

DIVERSITY WORKS

JULY 2019 VOLUME 9 ISSUE 3

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MISSION AND VISION

OUR MISSION

Diversity Works© is a magazine for the socially conscious and responsible worker at any level. The magazine has a commitment to be a showcase for organizations and their individuals that represent best practices in diversity of the workforce and supplier choices. We feature articles on those displaying inclusionary vision in and for the marketplace and who can both encourage and provide role models to others. Diversity Works©, via its editorial content and other signature promotions, will be a vessel to inform the world about appreciating and accepting the physical, social, cultural and other differences in one another and promote better outcomes through interacting with those unlike ourselves. Our mission is to promote the concept "community" in the workplace, to stimulate literacy and save the planet via recycling printed matter.

OUR VISION

To create a more collaborative world wherein we practice diversity on a more balanced basis, to experience a return to reading and to reuse the ink and paper products that our reading materials are printed with.

Spanish Version

Translated by: Yadira Santiago, MA

NUESTRA MISIÓN

Diversity Works© es una revista dirigida a trabajadores, de cualquier nivel, socialmente conscientes y responsables. La revista tiene el compromiso de ser una vitrina para las organizaciones y sus individuos que representan las mejores prácticas en cuanto a diversidad de las opciones de plantilla laboral y proveedores.

Nuestros artículos muestran una visión inclusiva en y para el mercado; que a su vez estimulen y promuevan un modelo de conducta para los demás. Diversity Works©, a través de su contenido editorial y sus promociones de firma, será una fuente que informará al mundo sobre la apreciación y aceptación de diferencias físicas, sociales, culturales que promuevan mejores resultados a través de la interacción con los que son distintos a nosotros. Nuestra misión es promover el concepto de "comunidad" en el lugar de trabajo para estimular el conocimiento y salvar al planeta a través del reciclaje de material impreso.

NUESTRA VISIÓN

Crear un mundo más colaborativo en el que se practique la diversidad de una manera más equilibrada; experimentar un regreso a la lectura, así como la reutilización de los productos de tinta y papel con los que se imprimen nuestros materiales.

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FROM THE EDITOR'S HEART

DO THESE THINGS RIGHT NOW



Dawn "D.A." Goodwin
Editor

Don't be her or him. Do you know that person who waits for something bad to happen before taking some sort of action in life? He or she is the one I'm referring to. And it goes for all situations, both positive and negative. For instance, I urge you to check your health and seek an education now. But before you even say it or think it, let me say this. Your age does not matter when it comes to any of these topics. It's time to leave that outdated excuse in the past. I have had students in their upper sixties who were as inspired, if not more inspired, as some of my teenage students to seek higher education. Here's another one. Why wait to

give credit when it's already overdue? If someone deserves to be honored, please do it while he or she is still alive and able to receive that honor.

I know you've heard about it or have at least seen it in the news: the heartbreaking stories about the deaths of American tourists in the Dominican Republic. I won't lie. My friends and I were planning a girls' trip there for next year, but not any longer.

Yet, while we explore other vacation options, I've decided that in the meantime we should be enjoying hidden gems right here in our own community, many of which you will learn about as you read on. So overall, this issue of Diversity Works Magazine© is dedicated to getting you to do several positive things in life, but you can't keep pushing them off. Instead, you must do them now.

Honor. Coming up in this issue, we are celebrating with Raceway Ford of Darlington for 19 years of service, and we congratulate Elonda Blyther and Gracie McLeod on both receiving the 2019 Center Childcare Provider of the Year Award. Then, what is to be noted is how the Lake City Resource Center is honoring veterans. I could only hope that we all take the lesson from this that you do not have to wait until a certain day of the year to honor and appreciate others. That should be an integral part of our daily lives.

Practice. Another part should be practicing diversity and inclusion especially in work environments where diverse minds and personalities should be able to find comfort in being themselves. Therefore, I say let's appreciate the businesses and leaders who enforce diversity and inclusion principles. And did you know that churches could be made more diverse? Victoria Riollano is here to share how while Robin Lewis teaches us the differences between peacemakers and peacekeepers. Even if you need the breakdown of what diversity and inclusion mean, we have that along with other terms and definitions to increase your understanding.

Learn. We would not be doing any justice if we didn't check in with area schools. In fact, you'll hear from Coastal Carolina University, a school that is well aware of diversity and inclusion and deliberately works to create inclusive environments. Other educational institutions updating you include the Marion County School District, the Darlington County School District, Francis Marion University, Claflin University, Florence School District One, Florence-Darlington Technical College, and others, all of which are dedicated to educating our community.

Enjoy. Once again, it's time for the celebration of National Parks and Recreation Month, and of course, we are always pumped to see what fun is going on in the different parks in our neighborhoods. Lynches River County Park tells us about South Carolina's Revolutionary Rivers. The City of Hartsville is excited to announce its six parks have a variety of "activities or equipment for residents of all abilities, backgrounds and interests to use." The City of Dillon lets you know about its range of "activities from outdoor recreation to civic involvement" while the City of Florence describes how you can "beat the heat."

Cherish. Adorning this issue's cover, we have Florence's own Brian S. Yost, a workers compensation lawyer at Jebaily Law Firm. Yost loves and cherishes his own family, so it makes sense that he would work in what he calls "a family culture that serves working class folks" as he fights on behalf of injured workers and their families.

Prepare. It is time, more than ever, to love even harder on your loved ones and friends because lives and livelihoods are being lost way too often during the most unexpected storms of life. One thing we can do, however, is to at least prepare for the unexpected. For example, we are currently in the midst of hurricane season once again, but the Better Business Bureau's Dr. John D'Ambrosio is here to make sure you get your business affairs in order and are prepared for any potential storms.

Empower. Learn from the woman who helps others see the greatness within, and stay tuned to find three ways you, too, can empower females, not only in the community, but also worldwide. Here's one way: by shopping with female entrepreneurs, right here at home. Just imagine what positive growth could happen if you invested money into your own neighborhood. Also, find out which neighborhood organizations have been awarding thousands of dollars in scholarship money.

Handle. In other money-related news, Anderson Brothers Bank announces its new hires while Carolina Bank announces its new downtown location. Then, an important topic we cover is how to handle your finances before and after suffering from a sickness because your financial health is just as important as your bodily health.

Listen. By the way, just how healthy are you? Have you ever considered your family's medical history? That's something to seriously think about, especially because someone might not know that certain serious medical conditions run in your family. However, with the right information and by being proactive, you could possibly prevent the same issues from affecting your health.

In recognition of National Childhood Cancer, Prostate Cancer, and Gynecologic Cancer Awareness Months, our devoted team of writers brings stories of individuals who have claimed victory over cancer and those who lost their lives to the battle. But by listening to their personal stories, you will be uplifted and will see why you should live every day as if it were your last. Also, for Recovery Awareness Month, we celebrate those who have overcome addictions to alcohol and opioid abuse. As you hear from HopeHealth, CareSouth, MUSC Health Florence Medical Center and other healthcare facilities, take care in knowing that they are bringing the best healthcare teams, the latest technology and the most needed health-related topics to keep you informed on matters that could affect you. You'll learn about osteoporosis, aphasia—which I had never heard of before—and how to "BE FAST if you think you or a loved one might be having a stroke." In addition, we join with our medical facilities in welcoming new providers and board members, and we congratulate them for their well-deserved recognitions.

Appreciate. We couldn't miss out on recognizing and appreciating our local artists who each bring such unique talents that place them in their own creative categories. Badi Ellis, Kendall McRae, Mikayla Reighard, Tiffany Thomas, William "Cash" Stukes, and Keishawn Charles are just a few artists' names that you will forever remember when you get a chance to witness their work.

My breakdown of our July issue only discusses a portion of what you need to stay tuned for. You simply have to read on and remember to look around and ask yourself, "What am I doing right now?"

As always, we give much thanks to you for picking up the latest issue of Diversity Works Magazine©. Please reach me via email at admin@youreditingpro.net, or follow my author page on Facebook: @authorDagoodwin. I would love to hear from you!

DIVERSITY AND INCLUSION: THE NEXT FRONTIER

Submitted by Cynthia J. Walters, Ed.D



Cynthia J. Walters, Ed.D

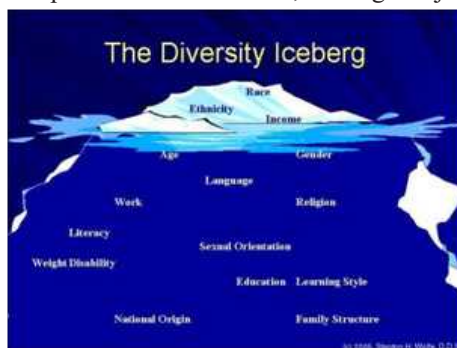
COLUMBIA -“Star Trek: The Next Frontier.” With a dark, gritty new spin-off, the futuristic cult series moves into uncharted territory (released in June 1989).

Although I am not a “Star Trek” fan, as I begin to write this article, the title of this movie came to mind. The setting [of this movie], while not exactly Blade Runner territory, is a desolate space station--a decidedly hostile environment. It includes a promenade with a space-age cash machine and a holographic brothel. Through it passes

a contentious assortment of humans and aliens. Station Commander Benjamin Sisko, while as courageous and honorable as U.S.S. Enterprise captains James Kirk and Jean-Luc Picard, openly expresses his discontent with his hardship assignment (Janice Simpson, Time Magazine, 1992).

So it is with diversity/inclusion practitioners, we are entering a new age composed of five generations, which is sometimes a hostile environment, and through it passes an assortment of leaders and employees. Many of us who are courageous and excited about this work experience it as a hardship assignment from terminology to metrics to proving return on investment. Diversity and inclusion is seen through different lenses by even the most seasoned practitioners. So how do we identify the next frontier and move to build better work/customer environments together?

Diversity and inclusion is more than race, gender and age (primary dimensions-what we can see). Like an iceberg, there is much more to every one of us that we can see (secondary dimensions). We’re all a complex mixture of factors, the large majority of which are invisible,



hidden “below the waterline.” Diversity and inclusion is about understanding, valuing and including all the differences we bring to life through each unique individual. When we think about it, secondary dimensions can make us more alike than we are different. However, we

seldom take the time to discover our similarities.

If we are going to move to the next frontier in diversity and inclusion, we must come together and be sure of what we speak as practitioners.

Much of what I believe and practice is based on research and training by R. Roosevelt Thomas, Jr., arguably the founding father of strategic diversity and inclusion management. Dr. Thomas shaped diversity and inclusion as a strategic business drive beyond affirmative action and compliance. Many, if not most, diversity practitioners view his work as the underpinning for what we know today as diversity and inclusion management. His wife, Ruby, states: “Roosevelt put the corporate world on notice that diversity wasn’t just good intentions about race and gender.” Thomas died May 17 after collapsing at his home in Decatur, Ga., at the age of 68.

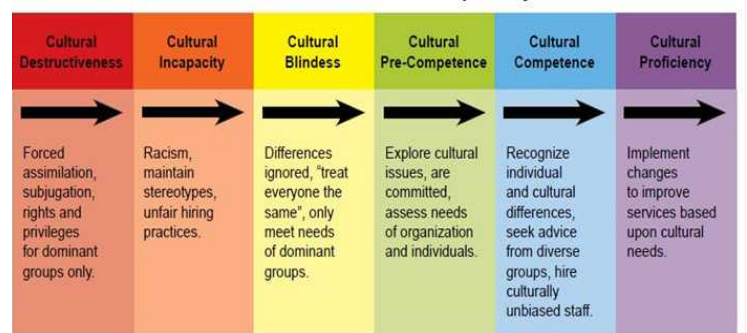
Let’s begin with terminology (which IS inconsistent among

practitioners) as I define them since I am writing the article:

Terminology:

- **Diversity:** any collective mixture characterized by differences and similarities with related tensions and complexities (R. Thomas Consulting and Training)
- **Diversity Management:** the process of creating and maintaining an environment that naturally enables all team members to contribute their full potential in focused pursuit of the organization’s objectives (R. Thomas Consulting and Training)
- **Inclusion:** Creating an environment where equity of opportunity exists for all in the workplace to experience personal success and contribute to the organization’s success. Inclusion is involvement and empowerment, where the inherent worth and dignity of all are valued.
- **Equity:** the quality of being fair and impartial; freedom from bias or favoritism
- **Stereotype:** an often unfair and untrue belief that many people have about all people or things with a particular characteristic.
- **Prejudice:** an injury or damage resulting from some judgment or action of another in disregard of one’s rights, especially detriment to one’s legal rights or claims.
- **Unconscious Bias:** prejudice or unsupported judgments in favor of or against one thing, person or group as compared to another, in a way that is usually considered unfair.
- **Micro-aggression:** the everyday verbal, nonverbal and environmental slights, snubs or insults, whether intentional or unintentional, which communicate hostile, derogatory or negative messages to target persons based solely upon their marginalized group membership.
- **Culture:** the “way of life” of groups of people, meaning the way they do things, and their beliefs and actions.
- **Cultural Competence:** the ability to respond effectively and appropriately to an individual’s or group’s different backgrounds, opinions and perceptions
- **Cultural intelligence:** having the capacity to work effectively with people from different cultural groups with or without having had prior experience

Continuum of Cultural Competency



Terry Cross, et.al, Toward a Culturally Competent System of Care (Vol.1), T

Metrics

Conventional measurements rely on counting the number of people within an organization who belong to each of several ethnic and racial categories; for example, you might count the number of men and women, or the number of white, black, Hispanic, Asian and other types of people. A company with a breakdown that reflects the real world (e.g., a ratio of men to women that’s close to 1:1) would probably be considered more diverse than a company that hires only white men.

This isn’t a bad standard for ballparking the “diversity” of a given

DIVERSITY AND INCLUSION CONT'D

company, and we can use that information to interpret the real results of that representation. For example, a McKinsey study that evaluated diversity levels at 366 public organizations found that ethnically diverse companies were 35 percent more likely to outperform their competitors in terms of profitability.

YOU MAY ALSO LIKE

But there are a few significant problems with this approach, which millennials are starting to acknowledge:

- **Quotas are hard to fill.** First, quotas aren't always easy to fill. Many companies in the tech sector, including Facebook, have pointed to a "pipeline problem"; essentially, they claim that applicants are overwhelmingly white and male, so they can't hire as many women and minority groups as would be required to create a fully representational workforce. While some read this as a poor excuse, there isn't much companies can do to immediately resolve this issue; it's something that needs to be worked out over time with future-focused strategies, and scrambling to fill an unrealistic quota isn't going to help them achieve that.

- **Numbers don't give the full story.** To millennials, diversity and inclusion should be more focused on business impact, thoughts and opinions and a culture of connection—rather than simple concepts like equality, fairness and filling quotas. There's no set of numerical data that can accurately tell you how influential a given minority group is within an organization, or how seriously their ideas are considered in a meeting. Even if you have a handful of board members representing minority groups, it means nothing if they aren't taken as seriously by the rest of the team.

- **Goals are set and measured by those in power.** Finally, consider that most diversity and inclusion programs are started—or at least overseen—by the people who are already in power. These leaders are the ones responsible for setting the goals, measuring them and deciding how valuable they are. With white men representing 72 percent of the leadership at Fortune 500 companies, there's a shocking shortage of diversity programs that have been created, designed or led by the people who need them the most.

The New Way to Measure

So if setting and filling a representational quota isn't the best way to approach the situation, how do millennials suggest we proceed?

One good start would be to measure more than just a person's presence within an organization; for example, you could measure each person's title and level within a company to show how much relative power they have. You could measure how often they attend pivotal meetings or how much they're involved in key decision making processes, such as documenting the makeup of your core hiring team.

Companies can also make progress by measuring more subjective perspectives and gathering indirect feedback from employees about how the diversity program is operating. Members of minority groups should be able to have at least some control over how the program is implemented and should be key voices in guiding its development in the future. Their perceptions, including feelings of powerlessness or lack of influence, need to be noted and used to make the program better. Similarly, all employees should be regularly evaluating how they're engaging with other cultures within the organization—a kind of individual-level diversity initiative that would be hard for businesses to mandate but easy for individuals to adopt.

Basic diversity quotas aren't necessarily a bad system, but they're not a comprehensive one. Today's astoundingly diverse millennial generation wants a system with better controls to measure influence and power, rather than just representation, and a greater focus on people over numbers.

Moving diversity and inclusion into the next frontier requires that we as practitioners come together to standardize terminology and determine what metrics help to strengthen and sustain the type of culture we want to design for the future.

What are your thoughts????

MCCALL FARMS TO HOST RURAL HIRING EVENTS

by Dawn "D.A." Goodwin



Sue Courtney & Jenny Treaster attending a job fair

EFFINGHAM-McCall Farms is excited to announce that it is organizing hiring events in rural areas including Lamar, Timmonsville, Society Hill and Darlington. According to Sue Courtney, recruiter for McCall Farms, the events will be in August. Community partners involved in the events include the following: McCall Farms (Sue Courtney); Representative Robert Williams; SC Probation, Parole and Pardon; Florence-Darlington Technical College; Royal Agency Transportation (Tyrone Joe); and Family Engagement and SC Vocational Rehabilitation Department.

The community partners are doing all they can to get all rural residents to the events, even those who may not typically make it to their job fairs that they usually hold in the Florence area. Courtney said, "We are making this a collaborative effort and including Royal Agency Transportation to coordinate transportation for residents that don't have any. We are trying to remove the barriers that anyone may potentially have to employment."

"Residents that are seeking employment should be on the lookout for advertisements about the upcoming hiring events. We have all positions from general labor that is entry level to forklift operator that requires a certification and experience. Ideally, anyone that attends should have an updated resume and any copies of certifications that may possess."

"The McCall Farms Hiring Office will be at the events, giving out free samples of our products for attendees as well as taking resumes and discussing all positions available. We will also have our Community Partners to help us recruit for these events. We will have Florence-Darlington Tech representatives to discuss continuing education and training opportunities, SC Probation Parole and Pardon Services to encourage their clients to attend, SC Vocational Rehabilitation Department to pass out information on their services, Royal Agency to discuss Transportation and more," said Courtney.

Any resident who is seeking a position in production, forklift operations, sanitation, etc., should plan to attend the upcoming hiring events.



ECCF STRENGTHENS PEE DEE WITH SCHOLARSHIPS

Submitted by Sarah Shelley, Executive Director



**Eastern Carolina
Community Foundation**

The Eastern Carolina Community Foundation (ECCF) is proud to announce the recipients of scholarship awards

for 2019 from five ECCF funds. A scholarship recognition event will be held on May 15 at 5:30 p.m. in the lobby of the Florence County Museum for the award winners and scholarship donors to meet and celebrate success.

FBI Construction Scholarship Fund

In the spirit of partnership, FBI Construction created a scholarship fund at ECCF to encourage people to enter the construction industry. Its desire to fund scholarships stems from a strong belief in education as well as a commitment to improve the quality of life where they do business.

Five students were chosen to receive a \$1,000 scholarship award. Three are from Horry County where FBI has an office. Carter Avallone will graduate from the Academy for Arts, Science and Technology and continue his education in architecture at Clemson University. Jessica Hoerner will also attend Clemson University to study architecture after her graduation from Myrtle Beach High School. Loris resident Noah Jackson will graduate from Conway Christian School to study engineering at Clemson.

Two FBI award winners are currently in college. Tristan Watson from Ruby is a civil engineering student at the University of SC. Maxwell Wheeler, from Darlington, holds dual enrollment at FMU and Florence-Darlington Technical College in civil engineering technology. He also received a scholarship award from FBI in 2018.

Wilson High School Class of 1945 Scholarship

The officers of Wilson High School Class of 1945 transferred their scholarship fund to ECCF in 2014 to last as an enduring source of financial aid to a graduating Wilson student who is not likely to receive a scholarship aid and has financial need. There are only four living graduates from the class, three of whom are active in helping ECCF choose the scholarship recipients each year.

My'ashia Haynesworth will receive a \$1,000 award to attend Allen University and study psychology. She is currently president of her Wilson High School Senior Class and band captain for the Marching Tiger Pride Band.

Justin O'Connor Memorial Fund

Justin O'Connor was entering his senior year of high school with a dream of playing college baseball. That dream ended on an early morning in July 2017 because of distracted driving. O'Connor's family and friends started the Justin O'Connor Memorial Fund at ECCF to honor O'Connor's memory and share his dreams. The fund will make two awards of \$1,000 each.

An academic award made for achievement based on O'Connor's qualities will be given to Jameson Purvis, a graduating senior at South Florence High School who will attend Clemson. He is a member of the National Honor Society and played football and baseball at South Florence.

An athletic award for a student athlete who has been accepted to a four-year college or university to play a specific sport will be awarded to Jett Herndon, a graduating senior at Marlboro County High School. Herndon will play baseball for Methodist University in Fayetteville, N.C.

Southeast Express Scholarship

To commemorate its 25th anniversary, Southeast Express, Inc. in Timmonsville established a permanent endowed scholarship at ECCF, dedicating the 2019 inaugural award to a graduating senior from Timmonsville High School, where the company has been located for 20 years. Bradley Taylor will receive the award. He has been active in athletics, the J.A.G. program and president of his Top Teens of America group.

William Penn Harrison Scholarship Fund

William Penn Harrison served as the principal of Wilson Elementary School in Manning. His former students dedicated a scholarship in his name in honor of their deep gratitude for his leadership.

Ronyaih Frierson and Jordan Loudon will receive \$500 awards. Frierson graduates from Scott's Branch High School in Summerton and will attend Coastal Carolina University to study sociology. After graduation from Manning High School, Loudon will attend South Carolina State University to study computer science.

Scholarships play a significant role in helping ECCF achieve its mission to improve the quality of life for citizens of the Pee Dee. For more information, call 843-667-1131 to learn how the community foundation can help you establish a scholarship.



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TO SERVE A COMMON GOOD by Angela Crosland



Pat Small (HSC Purchasing) serving a healthy breakfast plate at the Manna House.

TIMMONSVILLE-There is corporate social responsibility (CSR), and then there is CSR the Honda of South Carolina way. The residents of the Pee Dee who reap the benefits of the Timmons ville plant's footprint have seen a community transformed through its efforts. One of the most impactful endeavors is Honda's Week of Service (WOS). This year's dates were June 7-16.

It's the time of year when employees, which as a part of its corporate culture are referred to as "associates," dealers and suppliers complete hundreds of hours of volunteer service in one week. More than 25,000 volunteers participated worldwide, and 116 locally during this week, which coincides with Honda's Founder's Day of June 11, 1959. Leading efforts were Michele Pridgen, administration assistant manager for Honda of South Carolina and a core team of four others supported by 50 other associates from various departments within the Honda organization.

In Florence County, efforts were a medley of mentoring, S.T.E.M. demonstrations, food drives, meals served, hedge trimming, crime scene lab demonstrations, pet play and all sorts of other activities.

"All efforts are conducted simultaneously, so it is one massive national give-back week to society," says Pridgen.

Participating in this year's event was Honda of South Carolina Manufacturing in Timmons ville, Honda Research and Development Americas, Honda Trading America Corporation of South Carolina and Honda Federal Credit Union. Local dealerships participating include Generation 3 Powersport and Cale Yarborough of Florence.

Harvest Hope, the local arm of a national effort to end hunger; Manna House, a soup kitchen in Florence which provides a hot lunch five days each week; the Boys and Girls Club, which provides afterschool care for young people; and the Florence Humane Society were all participants and have been for a number of years now.

According to Nicole Echols of Harvest Hope of the Pee Dee, the reach of Honda in relation to its mission is expansive. "This partnership has been going on now for over a decade," says Echols. "Honda helps our agencies get products, secure them and distribute them. We couldn't do it without them."

The award-winning agency, Harvest Hope of the Pee Dee, credits Honda with the increase in manpower, which has enhanced the organizations capacity to serve area counties. Those counties include Chesterfield, Clarendon, Darlington, Dillon, Florence, Lee, Marion and Marlboro.

Mary Mack, the volunteer coordinator at Harvest Hope, was on the frontlines with Honda associates during this year's week of service and says, "The quality standards and everything they do at Honda is portrayed in the community."

Mack says the Honda team came in and bagged and organized food items and did so with great precision. They exuded professional integrity, which made the WOS most enjoyable. "I had fun just being in their presence," says Mack. "When you're forced to do something, there is no pleasure in it. Every team came out and gave 100 percent. I appreciate them so much."

An admiration for this corporation is a result of their presence not just during the WOS, but for a commitment that transcends those boundaries. Honda is spoken of as the generous benefactor whose presence can be felt at every crucial point in one's life. Honda has so positively permeated the culture that the executive director of the Boys and Girls Club of the Pee Dee, Neal Zimmerman, says it's difficult to remember when they weren't serving in various capacities throughout the community.

Its subtle approach to service makes it sometimes difficult to evaluate the impact. "There is a soft impact," says Zimmerman. "We'll have numerous kids feel special when someone they don't know comes in and spends time with them."

When these community leaders come in and say hi to a couple of kids, it adds value to the child's self esteem. Honda's associates are known for doing this year round. The WOS is a bit more specialized, says Zimmerman. "It's a little more specialized because they come in and spend time with them, exposing them to things we don't have," he says.



Onika and Regan sharing some puppy love at the Humane Society.

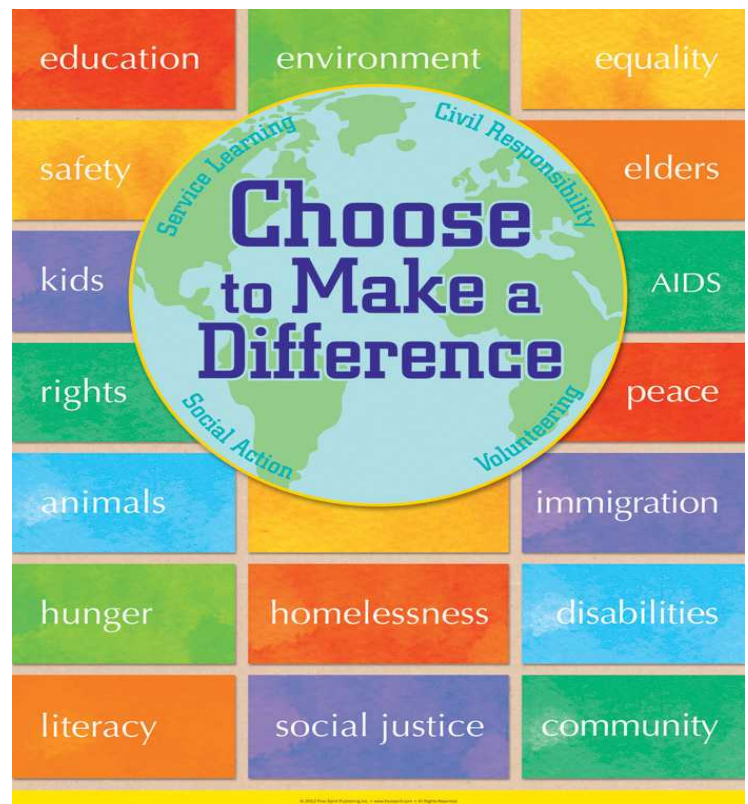
Each year, the 150 students who attend are involved in quasi S.T.E.M. activities at the Florence site, the result of which is as delicate as Honda's service throughout.

"It's hard to see an immediate impact but as with any day like that, (they) express more of an interest in learning about S.T.E.M. careers, whether it be

technology, science or some other area," says Zimmerman.

A greater take away for Pridgen is the undertaking of the same by other community business leaders. "(Ideally, we would) continue to forge opportunities for our associates to share their skills and passion of giving back," she says. "It would be great if other companies were so inspired that they, too, started similar events, but in different months. And ultimately our non-profit sectors and their services would prosper as would the community."

Though the opportunity to serve in an official capacity has passed, there is always next year, says Pridgen. Non-profit executives and directors who desire to partner with Honda are asked to contact Pridgen at 843-346-6087.



SUNSHINE HOUSE DIRECTOR AWARDED FOR SERVICE

Submitted by Florence County First Steps



Elonda Blyther

Florence County First Steps awarded Elonda Blyther with the 2019 Center Childcare Provider of the Year Award. Blyther is the director of Sunshine House Early Learning Academy in Florence and has been in the early childhood field for 21 years. She earned an associate's in early childhood education and is currently working on a Bachelor of Arts in educational studies. From an early age, Blyther knew that she wanted to be an educator. Her mother, who started

out as an early childcare educator but did not stick with it, was her biggest inspiration. "My mother was my biggest influence as she started her career as an educator of young children. Seeing her passion in how she worked with her students sent the desire to me. Even though her final service was taking care of the elderly, it still bridges her purpose of taking care of others, which left a permanent spot etched in my heart for ensuring quality care."

Blyther's facility focuses on children's education, accomplishments, growth and development. Activities are done in small group settings as well as individually. Blyther says that watching the children's different growth stages and seeing the children blossom and develop is by far the biggest reward. Although rewarding, it does have challenges. The foremost challenge that Blyther finds is "bridging the gap" between early childhood and the transition to the public or private school sector. "A lot of times, [children] come from this nurturing environment of love and care, and once they get to school, they hear 'let's sit down,' 'let's be quiet,' and we have a more hands-on environment." Blyther states that she is working on making sure that the children who attend her facility are well-equipped for making the transition.

The best advice that Blyther can give for those who aspire to be in the early childhood field is to love what you do. She says, "Many children are in the care of someone other than their parents for most of their waking hours, so if those individuals are not passionate and see their importance then we do a huge disservice to children and the world." Blyther feels that as long as individuals have passion for what they do, they will do fine and go far. "The road has been tough, but the outcome has been great! I am in love with being an educator. I will continue to extend my love of learning by teaching others to love learning. My visions and plans have been a huge part of the accomplishments I have today! Most importantly, the people that have rallied in my corner keep me grounded. I am, and I will continue to make a difference because I am walking in my purpose as an educator who leads."

For more information on Florence County First Steps, visit florencefirststeps.org or contact Spencer R. Scott at 843-629-0202.



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HARVEST HOPE AND DUKE ENERGY HOST MOBILE PANTRIES by Les Echols



Harvest Hope Food Bank partnered with Duke Energy to host mobile food pantries. (Photo by Marion Star & Mullins Enterprise)

MULLINS - On May 27 Harvest Hope Food Bank partnered with longtime community partner, Duke Energy, to host two mobile food pantries in Mullins and McColl. Each mobile food pantry served over 200 families.

The mobile food pantries were part of Duke Energy's recent commitment to Harvest Hope to provide 125,000 meals to feed residents in the Pee Dee struggling with food insecurity. Members of the Duke Energy team will be present in both Mullins and McColl, helping distribute food to our neighbors in the community. The mobile food pantries were held from 10 a.m. – 1 p.m. at the Little Pee Dee Baptist Association in Mullins and McColl Police Department, respectively.

"By partnering with organizations like Harvest Hope, we can make a lasting impact on the communities where we live and work," said Mindy Taylor, government and community relations manager for Duke Energy.

According to the Food Research and Action Center (FRAC), South Carolina's food hardship rate is the 7th highest in the country. This is especially true in rural areas of the state, many of which are considered food deserts. Mobile food pantries like the ones held in Mullins and McColl, help not only to reduce food insecurity, but to also improve the availability of fresh fruits, vegetables, and lean proteins for a healthier diet.

"One in five adults are food insecure in the Pee Dee," says Nicole Echols, development manager of Harvest Hope Pee Dee. "With the support of our partners like Duke Energy, we hope we can take a small step forward in the fight against hunger." The mobile food pantries were vital and impactful to these two rural communities.

The food insecurity rate is highest in the Pee Dee at 19.8 percent, with the state average at 13.5 percent. You can view other statistics on Feeding America's Map the Meal Gap.

About Harvest Hope Food Bank

Harvest Hope Food Bank is a non-profit organization serving people in need 20 counties in South Carolina. The Harvest Hope team operates out of three main locations in the Midlands, the Upstate and the Pee Dee. In 2018, Harvest Hope provided more than 22.9 million meals. To learn more, please visit harvesthope.org.

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STRUGGLE WITH
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THE 4-1-1 ON 2-1-1

Submitted by Rachel Baggett, Director of Marketing & Initiatives for the United Way of Florence County



The United Way of Florence County is excited to be able to again offer the services of 211 to all of the residents in the Florence County community. By contacting 211 by phone, through the app or by going online, individuals in need of assistance can talk to a live specialist and be connected to a wealth of services and resources in our area.

What is 211?

211 is a vital service operated and funded, in part, by local United Ways that is leveraged by millions of people across North America. Every day, clients contact 211 to access free

and confidential counseling services and assistance programs that help with a wide range of needs. In addition to providing support for those in need, 211 allows United Way to identify service gaps, unmet needs, underserved populations and common determinants that often lead to crisis.

What Can 211 Help With?

211 specialists can help connect individuals with:

- Housing & Utilities Payment Assistance • Health Care & Insurance Assistance
- Disaster Assistance • Food Assistance • Financial Education/Credit Counseling
- Job Training • Employment Services • Veteran Services
- Childcare & Family Services • Mental Health & Substance Abuse • Senior Services
- Volunteer Opportunities and much more

What Does 211 Do?

No matter the situation, the specialists at 211 listen, identify underlying problems and connect people in need with resources and services in their community that improve their lives. In 2018 alone, 211s in the U.S. answered almost 11 million calls and almost 1 million texts, chats and emails, helping millions of people with life-changing support.

Why Does 211 Matter?

211 does more than “patch people through” to agencies. Instead, 211 specialists are trained to identify root causes of a client’s problem – and connect him or her with a wide range of available resources that meet all the underlying needs, not just the one that prompted the call or web search.

How To Contact 211

To contact 211 and use its services, you can call by either dialing 2-1-1 or calling toll free at 866-892-9211. You can also research services and assistance programs through the website at www.SC211.org or by downloading the SC 2-1-1 app. 211 is free to contact, and all inquiries are kept completely confidential. The phone lines and online access areas are available 24 hours a day, seven days a week and are available in over 180 different languages.

How You Can Help

The United Way of Florence County wants to inform as many people as possible in Florence County about 211 and its services, but we need your help to do so. Please share our posts about 211 on Facebook, and also share information about 211 with anyone you know who might benefit from it. If you own or manage a local business, contact us at 843-662-2407, or stop by our office at 1621 W. Palmetto Street in Florence to pick up a poster and brochures (available in both English and Spanish) about 211 for your employees. If you manage or are employed at a local non-profit, you can add your non-profit and its services to the local 211 database by going online to www.SC211.org and creating an account.



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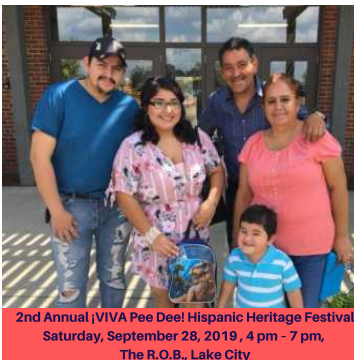
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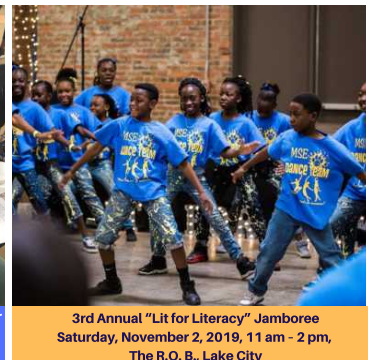
2nd Annual ¡VIVA Pee Dee! Hispanic Heritage Festival
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2nd Annual Senior Citizen's Fall Carnival
Thursday, October 3, 2019, 10 am - 2 pm,
The R.O.B., Lake City



2nd Annual Greater Lake City Community Baby Shower
Friday, October 11, 2019, 6 pm - 8 pm,
Location TBD



3rd Annual "Lit for Literacy" Jamboree
Saturday, November 2, 2019, 11 am - 2 pm,
The R.O.B., Lake City

LAKE CITY RESOURCE CENTER AIMS TO HONOR VETERANS

Submitted by Ericka Bennett, Director of the Greater Lake City Community Resource Center, A Program of Lake City Creative Alliance



Pictured above from left to right: Ericka Bennett, Dr. R. L. Cockfield, Edward Soles, Hubert McFadden, and George Richardson

LAKE CITY-This past November, the Greater Lake City Community Resource Center, a program of the Lake City Creative Alliance, held a celebration honoring veterans in the Greater Lake City area. During this patriotic celebration, Dr. R. L. Cockfield was named the

2018 Greater Lake City Veteran of the Year. Runners-up for this prestigious honor included Hubert McFadden, George Richardson and Edward Soles.



Dr. R. L. Cockfield

Dr. R. L. Cockfield moved to Lake City in 1925 when he was only one year old. He has lived there on East Main Street ever since then, leaving only to attend college at The Citadel and to serve in World War II. Cockfield graduated from Lake City High School in 1941 and enrolled at The Citadel that fall, but he left to join the U.S. Marine Corps during World War II. He served as a drill instructor at Parris Island and later served in the Third Marine Division in the Pacific where he fought at the Battle of Iwo Jima, one the most famous and deadly battles in the war. He returned to The Citadel and graduated in 1947. He later received master's and doctorate degrees in education from the University of South Carolina.

Cockfield spent his entire career educating young people in the Lake City area. He started as a teacher and also coached football, baseball and basketball. He was the principal of Lake City Elementary, Lake City Junior High and Lake City High School before ultimately becoming superintendent of Florence County School District Three and later mayor of Lake City from 1986 to 1990. He also founded the Western Tour for Boys and Girls and chaperoned groups of up to 28 teenagers all over the country for several weeks each summer.

Cockfield was honored as Lake City's "Young Man of the Year" in 1958, received the Order of the Palmetto in 1990, was the Lake City Chamber's Contributor of the Year in 1992 and was named to the Lake City Hall of Fame in 1995. He has been a member of the Lake City First Baptist church for over 80 years.



Hubert McFadden

Hubert McFadden is a native of Lake City. He is the second oldest son of the late Emma McFadden-Eaddy and Tommy Eaddy. After graduating from Lake City High School in 1983, he enlisted in the United States Marine Corps. He served in the USMC for 14 years and was stationed in locations as diverse as Panama, Grenada, Iraq and Somalia. He earned numerous awards and recognitions during his service, including Navy Marine Corps Achievement Medal, Combat Action

Ribbon 2 Star, Kuwait Liberation Medal, Armed Forces Expeditionary, Marine Corps Expeditionary, National Defense Service Medal, Overseas Deployment Ribbon 4 Stars, Southwest Asia Medal, Meritorious Unit Citation, Presidential Unit Citation, and Letter of Appreciation – Richard Nixon Library.

After McFadden retired from military service, he relocated to Manhattan, N.Y., where he was employed by Amtrak Service for five years. Upon leaving his job at Amtrak, he took a job at the United States Postal Service where he remained employed until his return to Lake City in 2004.

During his time of service in the Marine Corps, McFadden was injured. One of his great challenges was learning how to adapt to and maneuver around the pain he experienced from his injury. He was told that he would need to step out of the job market for a more realistic recovery.

McFadden has taken the opportunity to commit to performing

volunteer community service since returning to his hometown of Lake City since he wanted to continue being a contributing member of society in the wake of having to step out of the job market. He currently serves as president of the Lake City High School Athletic Booster Club, having served for 11 years total. He has volunteered during six of the seven ArtFields nine-day art competitions that are held each spring in Lake City. He also volunteers with the Dramatic Coffee Beans and serves as Esteemed Leading Knight at the local Elks Lodge. He volunteers for events at Moore Farms Botanical Garden, "Real Men Read" at Florence District 3 schools and serves as a Vacation Bible School teacher. McFadden is a tireless champion of Lake City, and he doesn't just "talk the talk." He "walks the walk!" His positive presence and boundless energy are huge assets to the organizations that he serves, and Lake City is a better place for his presence and his contributions.



George Richardson

George Richardson has been married to his wife Tamra for 28 years. They have a daughter, Ansley, a son, Aaron, and a grandson, Layton. Richardson has lived in Lake City for most of his life. He is employed with Farmers Telephone Cooperative (FTC) where he has worked for the last 20 years.

Richardson attended and graduated from Lake City High School. During his junior year of high school, he joined the Army National Guard in Lake City. After graduation he attended Boot Camp and AIT in Fort Jackson. He was a member of the Lake City National Guard Unit-B-B-4-178th FA Unit from October 1986 until November 2001, which is when he transferred to the Georgetown National Guard-HHB-4-178th FA Unit to take the position of the Headquarters Motor Sergeant. While a member of the Georgetown Unit, he was called to active duty during Operation Iraqi Freedom. He was deployed from Sept. 18, 2004, to Sept. 17, 2005, to Iraq and Kuwait. Richardson retired from the Army National Guard in March 2007.

Richardson has received several awards and recognition for his time served in the National Guard Army such as The U.S. Army Commendation Medal for his selfless service, perseverance and professionalism during Operation Iraqi Freedom. He has also received two Humanitarian Service Medals for his service during two hurricanes.



Edward E. Soles

Edward E. Soles, husband of Cora H. Soles, is a United States Marine Veteran of Vietnam. A native of Loris, Soles is the father of seven children and has several grandchildren. As a dedicated churchman, he serves in many capacities, such as chairman of the Deacon Board, Sunday School teacher and Bible study teacher at Mt. Clair Missionary Baptist Church in Lake City.

Before the celebration this past November, Soles hadn't shared any information about his past military experiences with anyone—not even his wife.

Soles' memories of his service were marred by the unwelcomed return home he experienced due to the racial tensions of that time. Therefore, he was very grateful to be honored at the celebration, noting it as the only "thank you" he's ever gotten for his service.

Do you know a veteran in the greater Lake City area who has made a tremendous impact on their community? Nominate them to receive a special recognition in November 2019. Nominations forms for the 2019 Greater Lake City Veteran of the Year will be taken until Friday, Sept. 6, 2019, and are available at the Greater Lake City Community Resource Center located at 410 West Main Street in Lake City, S.C. To be eligible, the individual must have resided in the greater Lake City area for at least two years, have received honorable discharge and must be able to provide a DD214 or other separation documentation. Only one submission per nominator allowed.

For additional information, email the Greater Lake City Community Resource Center at communityoutreach@lccreativealliance.org, call us at 843-374-0400, or visit our website: www.lccommunityoutreach.org.



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Wynelle Miller, Front Desk



April NeSmith, Front Desk



Amanda Bartley, Billing



Keshia Mumford, Therapies



*Michael Strickland, LMBT,
Massage Therapy*



*Amanda Eckert, LMBT,
Massage Therapy*

Bennettville Office: 209 W. Main St., Bennettville, SC

Conway Office: 113 Waccamaw Medical Park Dr., Conway, SC



*Deavin Jackson, Chiropractic Assistant
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Medical Director

Brandon Morris, DC

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April NeSmith Photography

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At Glory Foods®, we believe in supporting diversity. From our wide array of canned, southern-style vegetables to our wonderful variety of customers who enjoy them, we like to think that diversity gives life flavor.

MCCALL FARMS PARTNERS WITH SCHOOL IN ITS COMMUNITY

Story Credit to Morning News, by Ardie Arvidson, Morning News aarvidson@florencenews.com



McCall Farms and Dewey L. Carter Elementary School became school-business partners, and recently, a sign was unveiled to announce the partnership. From left: Adults in the photo with Dewey Carter students are Claudia Soto, a parent and employee at McCall Farms; Darryl Davids, the vice president of human resources at McCall Farms; Joey Gainey, assistant principal; Wendy Frazier, principal; Katie Cullen; and Gray Hunter, lean leader at McCall Farms and member of the founding Swink family.

at McCall Farms, said the company wants to be the “first phone call” when the school needs something. He said McCall Farms has been a part of the community for nearly 200 years, and it has more than 1,000 employees, many with children at the school. They are both part of the Effingham community of Florence County.

“We are ready to help when the children go back to school (in the fall),” Davids said.

“This gives the faculty and staff at Dewey Carter a neighbor to call when needs arise,” stated a news release from McCall Farms. “We have already been able to provide managers to participate in the Read to Succeed Literacy Program, give support of \$2,000 for the Gardening for Educators, and provided a meal for the teachers and staff during Teacher Appreciation week,” Davids said.

McCall Farms is a South Carolina-based manufacturer of products such as Margaret Holmes and Glory Food. It is a family-owned business of the Swink family.

“As a family-owned company, we feel a deep connection to the area and the families that live here,” Gray Hunter, the lean leader at McCall Farms and one of the generational leaders of the company, said in the release.

Woody Swink, co-president, also said, “This is our home and where many of our employees live and raise their families. They have children that attend Dewey Carter, so this is where we need to invest our time and efforts. It is all about family.”

“By partnering with local schools, the business can assist with fundraising efforts, back-to-school activities and literacy programs that provide positive ways to give back as well as invest for the future,” the release stated.

In return, schools get the extra support they need.

“Dewey L. Carter Elementary School is ecstatic about joining together with McCall Farms for a community partnership,” said Wendy Frazier, the school’s principal. “We have many students with family members employed by McCall Farms, and it will be a great way for them to pair with us for educational events and learning opportunities in the future.”

Claudia Soto is one of the McCall employees who attended the sign unveiling. “It means a lot to us,” she said. “All three of my children are here.”

“We look forward to McCall Farms walking alongside us in helping to positively educate and teach our students about their business and to also provide consistent volunteers to read with students or help mentor student during the school year,” Frazier said.

Darryl Davids, the vice president of human resources

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Chris, Lauryn,
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HOW A FAMILY'S PERSEVERANCE HELPED THEM REACH A SEEMINGLY UNATTAINABLE GOAL.

As members of the United States Air Force, Lauryn and Chris were as healthy and fit as a young couple could be. But when two of their three children tested positive for Cystic Fibrosis, everything changed. Along with endless treatments, trips to the doctor, and fear of catching even the slightest cold, was the realization that a typical life expectancy was only about 31. They soon learned of a "wonder drug" that was helping CF patients in trials, and actually treated the disease, not just the symptoms. When they were finally approved, it took only 6 months for their doctor to say something they hadn't heard before: "Your daughter looks healthy." Now, with a life expectancy into the 60s and beyond, these two veterans are free to have all the dreams parents have for their kids.

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ARE YOU READY FOR HURRICANE SEASON?

Submitted by Dr. John D'Ambrosio, CEO/President, BBB of Coastal Carolina



Dr. John D'Ambrosio

CONWAY-The calendar says that it's summer. School is out, and vacation is in. But it also means that it's hurricane season for our region. From June 1 through Nov. 30, we could get hit with a mild storm or a major hurricane. If past history means anything for the future, we need to get prepared. An average hurricane season produces 12 named storms, of which six become hurricanes, including three major hurricanes.

We've all heard the meteorologists telling everyone to get prepared now. The National Oceanic Atmospheric Administration's (NOAA) Climate Prediction Center is predicting that a near-normal Atlantic hurricane season is most likely this year, which forecasts a 40 percent chance of a near-normal season, a 30 percent chance of an above-normal season and a 30 percent chance of a below-normal season.

NOAA predicts in 2019 there is a likely range of nine to 15 named storms (winds of 39 mph or higher), of which four to eight could become hurricanes (winds of 74 mph or higher), including two to four major hurricanes (category 3, 4 or 5 with winds of 111 mph or higher). NOAA provides these ranges with a 70% confidence.

Why, you may ask, is the BBB talking about hurricanes? We want you to be prepared before and after a storm. Before the storm hits, you need to do evacuation planning. Storm surge is always a real possibility—more people die from drowning than any other way during a storm.

Also, you need to have cash on hand because ATMs may not. Check your insurance. Does your family have a communication plan? What about your pets? Do you know your local news stations or have weather alerts apps on your phone? Download them now so that you can heed any warning issued by local officials. And if you're told to evacuate, don't wait until the last minute to leave. Remember, if you are going to a shelter, take supplies with you.

After the storm, you'll need to assess the damage your property may have sustained. That's when you really need your BBB. First, be safe. It's an emotional time, and our first instinct is to get the first person available to come fix it. Take a moment and call us or go to www.bbb.org, and look for an Accredited Business that handles the type of damage your property has received. Take photos, and call your insurance company before you do any work on your home or business.

If there's a lot of damage in a community, rest assured that many "counterfeit" professional workers will come out to lend you a hand. Be careful when dealing with these workers. Often, they are just in it to get a fast buck from your misfortune. They will give you a "great deal" to repair your roof or fix your driveway. Many times, they want you to pay up front, and they never return—or if they return, they do shoddy work.

Your BBB has a post hurricane survival fact sheet kit that gives you details on what you need to be aware after the storm.

If you have tree damage, we have a fact sheet to walk you through the process. Need help with your roof? We have the most up-to-date information on what's required from a roofing company. If your home or business has sustained water damage, we have a fact sheet to help you choose the restoration company that best suits your needs. We even have a fact sheet to help you determine how to handle storm debris.

After the storm, our best advice is to contact us, your BBB. Find Accredited Businesses who have agreed to honor our Eight Standards of Trust. You can have peace of mind that you're dealing with companies that care about their work.

Hopefully, we'll get through this hurricane season without lots of flooding and damage. However, if we do get hit, please remember that your BBB is here to help you. You can search our website, www.bbb.org anytime day or night to find a business that suits your current needs.



Have a happy and safe summer.

About the BBB: The Better Business Bureau of Coastal Carolina is located at 1121 Third Ave., in Conway, S.C. and covers the counties of Darlington, Dillon, Florence, Georgetown, Horry, Marion and Williamsburg in South Carolina and Bladen, Brunswick, Columbus, Cumberland, New Hanover, Pender, Robeson and Sampson in North Carolina. For more information about becoming an Accredited Business, call 843-488-2227, or visit <https://www.bbb.org/myrtle-beach/accreditation-application>



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CHANGING THE NARRATIVE AROUND TOKENISM

Submitted By Dr. Nika White, President and CEO, Nika White Consulting, Best Selling Author of "The Intentional Inclusionist®" and "Next-Level Inclusionist: Transform Your Work and Yourself for Diversity, Equity and Inclusion Success"



Dr. Nika White

GREENVILLE-Admit it, the title made you cringe. It also made you click on this link. The word "token" is almost a taboo word. It's a word people don't like to be called. Tokenism is a concept organizations fear being accused of. But I'm here to challenge you to change the narrative concerning tokenism.

We've always heard the term "token," especially in movies. Back in the 90s "Not Another Teen Movie" referenced a few jokes about what it

means to be the "token black." This joke was perpetuated in South Park and a few others.

Token has always had such a negative connotation. As it should. But what does "tokenism" really mean? And why does it matter? More importantly, how can one embrace being the "token" and use it to his/her advantage? And if you are the person in your organization leading efforts of diversifying, championing representation and being more inclusive, what are your responsibilities relevant to this discussion of tokenism?

Merriam Webster defines Tokenism as "the practice of doing something (such as hiring a person who belongs to a minority group) only to prevent criticism and give the appearance that people are being treated fairly." In other words, Tokenism is used by companies, organizations and industries to appear diverse to the outside world (A.K.A. "window dressing" and "checking the box").

D&I experts urge organizations to diversify ensuring inclusion of underrepresented populations. But, to do so, organization must start somewhere. And sometimes that somewhere is with one person often perceived as the "token."

Being identified as the token person in your organization can feel terrible. We have seen and heard countless stories on how this is destructive and detrimental to a person. However, when one can rise above this and change the "token narrative," opportunity lies on the other side. How a person perceives being labeled or considered a token, can make all the difference in realizing a potential positive outcome exist. Some will view being the token as a curse, and others will interpret it as a blessing. It's all about strategically playing the hand you are dealt to win the game. Tokenism can cause some people to think like a victim when they should strive to think like a victor. Perspective is key.

Hundreds, perhaps thousands, of people in history could have played the victim. Instead, they viewed the opportunity presented to them exactly as that: an opportunity. They took the opportunity, ran with it and changed the narrative for themselves and for the minority groups they represent.

Take for example, RJ Mitte, who conquered the screen and stole the show on Breaking Bad, despite having cerebral palsy. Before him, people didn't know much about cerebral palsy and much less, people didn't know you could have cerebral palsy and act.

Then there's Alek Wek who in the 2000s was one of the first Sudanese women to conquer the international catwalk. Her distinctly striking African features set her apart from the rest, and since then, there have been a number of successful models who followed suit. Alek Wek has been quoted to say, "You don't have to go with the crowd..."

And let's not forget Ilham Omar who became the first Somali-American lawmaker against all odds? We have heard stories and read accounts of how Growing Up Muslim in America is not easy, but despite all that, Ilham defied all odds and went on to become the first Somali-American Muslim woman elected to state legislature. She has since then set a precedent.

As the "token representative," what does it take to go beyond a label and rise above it? How do you leverage your uniqueness to set

you apart and highlight your value? Consider these tips:

1. Celebrate Your Uniqueness - Your uniqueness is what draws people to you. It's your edge, and it's like a magnet. You could say it's your personal power. If you don't believe in yourself and what you makes you YOU, then you cannot convince anyone else that you deserve to share space with them.

2. Don't shrink your identity; highlight it - When you have no choice but to be labeled by society, you begin to care about that label. If everyone is going to recognize you by an unassigned label, then you might as well get picky about how they're going to refer to you. This is your chance to showcase who you are and control the narrative. Don't feel pressured to conform to mainstream...be YOU.

3. Forget feeling like "the token." Instead celebrate being "the only" - If you don't fit into the puzzle board around you, don't turn and twist - create your own jigsaw. Being the only allows you to stand out. When you are easily noticed, use that to your advantage by gaining influence with your peers.

4. Use the stage wisely to change the status quo. Remember, you are doing this for yourself, but you are also doing this to further the work of inclusion. You are doing this to make people understand who YOU are and what you represent. Be wise about what you contribute, and make it count.

5. Bring others along. Now that you have proven you are such an invaluable part of your team, it's time to bring others along. The end goal to all of this is to change the narrative, to set the precedent so that others may follow suit. The goal is to gain influence, and when you gain influence, ultimately you gain power. Power gives you voice.

If you are a leader in charge of diversifying your organization and hiring/promoting perceived underrepresented minorities, you are also instrumental to the success of this narrative change. How do you ensure you are mindfully hiring the right person and minimizing tokenism sentiments? Consider these tips:

1. Evaluate your organization's culture, but don't hire just for culture. That's how hegemony happens. You want different cultures.

2. Branch out of your network. If you only look for people in your network, you will surely find competent and skilled people. But they will be people who think like you. Instead, look outside of your network, post on job boards you don't normally post on and then hire the most competent and skilled people.

3. Set clear goals. Understand why you want your company to be more diverse. Does your company and board reflect the demographics of the community you serve? How will diversity help your company achieve its mission?

4. Commit to transformation. Creating a diverse and inclusive workplace heavily depends on leadership's commitment to wanting this change and transformation. Once you have decided you want a diverse organization, commit to it.

Don't forget that the only way people get offended by difference is if they categorize something as "better than" or "lesser than" or if they categorize difference by "inferior" vs "superior." In the end, difference is just that: different. And that diversity, in all of its forms, can help your company reach new audiences and reach the next level.





FIVE WAYS TO MAKE OUR CHURCHES MORE DIVERSE Submitted by Victoria Riollano



Victoria Riollano

1. Embrace families of different backgrounds.

Challenging diversity issues within the church starts with a smile. A recent poll stated that one of the top reasons people don't go to church is because they don't feel welcome. In fact, it has been found that the first 15 minutes of a person's experience will determine whether they will ever return—this is before the preacher even begins to preach.

When churches aren't intentional about having a culture of hospitality, new families leave feeling rejected, and can easily equate this lack of love with Christianity.

We must remember that families of a different background from the majority may already feel hesitant when attending. They aren't sure if they will be welcomed or if prejudices may exist. By simply giving a smile and introducing ourselves, we can help ease the discomfort some may experience.

"Do not neglect to show hospitality to strangers, for thereby some have entertained angels without knowing it" (Hebrews 13:2).

2. Preach diversity and racial reconciliation from the pulpit.

A few years ago, racial disunity hit a climax throughout America. With the ability to film moments of clear racial injustice, it became undeniable that there was more work to be done. In the times following a police shooting or riot, many turn to the church for solace. Yet, not every church takes a bold stand on these topics. Some stay silent to avoid disrupting the peace or spray a quick, cliché prayer of peace over the church.

In order for the church to be with one accord, pastors must be willing to address topics of race. We find that even Jesus took a stand on tough issues. He didn't mince words but stood for truth and confronted wrong. Does this mean every pastor is called to be a civil rights activist? No. However, local churches should be a safe place to turn for answers when the world is in disarray.

3. Be intentional about inclusion.

It can be easier to gather with those who have similar lifestyles and backgrounds. However, Jesus calls us to do the opposite. He encourages a spirit of hospitality and togetherness. In one passage, Jesus tells His followers to not just invite brothers, sisters, and rich relatives to their homes, but also others who are typically unseen (Luke 14:12-24).



Photo Credit: GettyImages/boonchai-wedmakawand

One way to know if you are inclusive with your friend group is to look at the "favorites" section of your phone. If all those people look exactly like you, you may have a good opportunity to be a part of the solution. Though pastors can preach the importance

of diversity from the stage, we have an individual responsibility to "be the church." Unless we are intentional about making the church feel like a family, there will continue to be clear racial divides in the church.

4. Be mindful of the social media presence of the leadership.

Social media can be an empowering tool or a vehicle for hatred.

As Christians, we have an amazing opportunity to use our social networks as a platform to share the gospel. An issue arises, however, when social media is used to share one's fiery passion or discontent over situations. The reality is that many Christians have a variety of opinions concerning hot topics. Even within the same congregation, racial disagreements can take place and cause disarray that spills into Sunday morning. Suddenly, someone you enjoyed seeing every Sunday is an enemy.

Even worse, unbelievers watch as members of the church go back and forth, even using Bible verses to argue about their beliefs. We must ask ourselves, is this the representation we want others to see of the church? In most cases, it is best that church leaders avoid liking, sharing, or commenting on racially-charged posts. I have seen people decide to never return to church after heated social media arguments over race.

"If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it" (1 Corinthians 12:26).

5. Show no partiality.

In the book, *When The Church Was Family*, Joseph Hellerman discusses the need to reflect on how Jesus used the word "brothers" to describe a community of believers. In New Testament culture, brotherhood was the top level of community and to be valued above all. When one is regarded as "brother," we can recognize that although there may be differences, we need each other. One is not higher or more valuable than the other. Instead, we are all members of the body of Christ and bring something that only we can



Photo Credit: Getty Images

bring.

Instead of running from the discomfort of accepting a new person, embrace them in the manner that Jesus, himself, would. Every individual adds unique value to the church. Rather than focusing on what they look like, see their addition as an opportunity to learn. See them as "brothers," not the "others." Special treatment isn't required. Those who may already feel out of place simply want to be a part of the family environment of your church.

When we are intentional about diversity, an environment is created where church members can easily invite anyone from their community to be a part of our fellowship. Just as heaven will be full of people from every tribe and tongue (Revelation 7:9), we, the church, must keep our arms open to embrace those who are different. What an amazing opportunity to create an atmosphere that reflects the diversity and unity of heaven itself.

Victoria Riollano is an author, blogger and speaker. As a mother of six, military spouse, psychology professor and minister's wife, Riollano has learned the art of balancing family and accomplishing God's ultimate purpose for her life. Recently, she released her book, *The Victory Walk: A 21 Day Devotional on Living A Victorious Life.* Her ultimate desire is to empower women to live a life of victory, hope and love. She believes that with Christ we can live a life that is ALWAYS winning. You can learn more about her ministry at victoryspeaks.org.

PEACEMAKERS & PEACEKEEPERS - WHICH ONE ARE YOU? by Robin Lewis



HEMINGWAY-When I heard it, I knew it was true. I had been doing my best to “keep the peace” intact around me and keep everyone okay, but I was sacrificing my soul. My entire motivation had been based in raw fear.

It was fear that had been growing unchecked for some time that felt like a vine that had climbed up, wrapped around my neck, bended me and was shutting off my voice.



I felt trapped and didn't know what to do.

And then a friend told me that she knew I was “just afraid.” And rightly so! I mean, my situation was abusive in many ways, but what power did I have?

That's the thing with ungodly fear - it takes your power every time. I realized that the peace I thought I had on the good days was nothing more than “fabricated peace - it wasn't real.” Temporary at best.

A counselor I would see later on asked, “Robin, when did you realize your voice had been stolen?”

I answered, “Just now, I think.”

I worked on myself for several years, learning to speak up and stand my ground, getting freed from fear and codependency, healing from abuse and finding the real me that God had created.

Fear is the opposite of love. Fear always takes while love always empowers. Anything based on fear always comes with a cost and consequences.



OPEN YOUR BIBLE

It was shortly after those events that I realized what three specific verses in the Bible were really saying. I felt as they'd been written personally for me.

1. “For God has not given us a spirit of fear, but a spirit of **POWER**, love, and a sound mind” - 2 Timothy 1:7.

All those days spent in fear were bending me to bow to it while stealing more of my personal power right from under my spiritual nose. God wanted me to walk in the personal power he had given me.

2. “Blessed are the peacemakers (makers and maintainers of peace) for they shall be called the sons of God” - Jesus in Matthew 5:9.

I would discover the difference between “peacekeepers” (fear-based) and “peacemakers” (power, love, and sound mind-based). The Greek word for “peacemaker” in this verse is “eirenopoios” and means “one who bravely declares God's terms which makes a way for wholeness, healing, and God's will to take place.”

“Peacemakers” pray, speak and act so that God's will can be established in a situation. They are willing to confront what is wrong so that true peace can exist. This almost always requires courage of some degree.

3. “When you know the truth, then the truth will set you free” - Jesus in John 8:32.

The Greek language has five words for our one English word for know. The Greek word used in this verse is the deepest form of knowledge where we become intimately acquainted with the truth we need so that



it becomes part of us. When we “know that we know,” the truth and our minds experience renewal, then the truth will set us free.

MONDAY MORNING POWER UP

Recently on Monday Morning Power Up, my Facebook live broadcast that airs every Monday at 7 a.m. EDT, I taught about peacemakers and what courage really is.

It's the peacemakers (not peacekeepers) who make a way for true peace - God's peace.

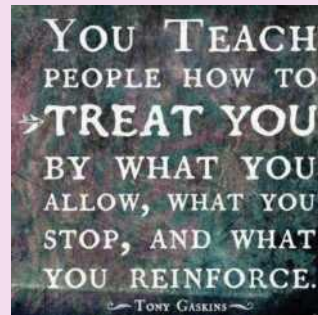
Let's read the definition again: “a peacemaker is ‘one who bravely declares God's terms which allow for wholeness, healing, and God's will to take place.’”

It takes courage to be a peacemaker. The dictionary tells us that “courage is the absence of fear,” but if we didn't feel the fear, we wouldn't need the courage. I define courage as “the feeling you have when you've decided that fear is not going to stop you.”

Sometimes courage comes as a whisper and sometimes it comes as a shout, but it only comes when we step out. Action conquers fear. I repeat, action conquers fear. Remember that when you feel frozen and need to move your feet or use your voice.

Whatever we focus on grows bigger to us. So if we are focused on our fears, they will loom larger and become overwhelming. But if we focus instead on our God, then guess what happens? Right. He seems bigger to us.

God's true peace is powerful and is able to keep us in peace and stability as we direct our focus on his continued faithful presence and unmatched power.



POWERLESS CHRISTIANITY

We weren't created for a weak or powerless Christianity where we are repeatedly running for cover or accepting less than God's will for our lives. We were created to “be salt and light” and to “shine like a city on a hill!” We have been created to stand out and make a measurable difference.

Think about the men and women in the Bible--people like Moses, Joshua, King David, Ester, Hagar, Jeremiah,

Daniel, Mary, Elizabeth, Paul and Peter. They all depended on the continual presence of God to fulfill their destinies. If they lost focus, it became harder for them to follow the Lord, but when they fixed their gaze on the power and presence of God, they were able to move forward courageously. God did miraculous things through those ordinary people, and he can do miraculous things through you too.

I love this quote by A. W. Tozer: “You might be in your day what the heroes of faith were in their day because at the time they didn't know they were heroes.”

As your spiritual life coach, I want you to feel encouraged and empowered by the true power, peace and love of God. I want you to learn to say a loud “No!” to fear-based decisions and to step into the peace that comes from God. When we are in that place, our perspective aligns with his, and our focus becomes clear, enabling us to carry out his will.

HOW CAN I SERVE YOU?

If you have been more of a “peacekeeper” like I was and want to turn that around, I can help. You're invited to book a **FREE** Life Discovery Session with me personally to share your story. I'll be ready with prayers and encouragement! You're also welcome to join the Monday Morning Power Up group on Facebook and have access to the live power-up sessions. If there's any way I can bless, serve or pray for you, please let me know. I'd be honored.

I'm in the trenches with you, mighty peacemaker! Don't forget your courage today!

Robin Lewis – The Freedom Coach is a certified life coach for women, a Bible teacher, and author and the leading expert in Holy Spirit-led coaching that sets you free and transforms your life with divine strategies. Visit her website at www.robinlewislife.com for more on her programs and events.

DCEF SURPRISES TEACHERS WITH MORE THAN \$8,000 IN GRANTS

Submitted by Christopher McKagen, DCSD Communications Specialist

DARLINGTON—The Darlington County Education Foundation (DCEF) recently continued its annual tradition of surprising Darlington County School District teachers in their classrooms with grants.

Teachers at six schools earned seven grants from the DCEF totaling more than \$8,000. Those seven grants will benefit nearly 2,000 students across the district. An anonymous donor paid for an eighth project, and the DCEF also delivered that surprise check.

Andrea Pulling, executive director of the DCEF, surprised the teachers in their classrooms with the money. She thanked all of the teachers for their passion and dedication in teaching children.

“On behalf of the Darlington County Education Foundation, I offer my congratulations to this year’s recipients,” Pulling said. “The DCEF was honored to award the grants. We applaud the educators in our district and are grateful for the work they do every day for children. Thank you for making a difference.”

The grants awarded by the DCEF for 2019 are:

- **Sarah Davidson Kelley** – West Hartsville Elementary - \$952 for “Up Close and Personal,” which will provide money for all fifth graders to take a field trip to the S.C. State Museum.
- **Alicia Fontenette** – North Hartsville Elementary School - \$500 for “Wiggle While You Work,” which will provide flexible seating for a classroom.
- **Kristin Nicholson and Michelle Turner** – North Hartsville Elementary School - \$3,000 for “Reading is Breathing In, Writing is for Breathing Out,” which will provide reading and writing opportunities

for all students of North Hartsville Elementary School students. Author Lester Laminack will visit the school and teach the children valuable instructions in reading and writing.

- **Kate Wright** – Brunson-Dargan Elementary School – \$535.32 for “We Will Succeed Because We Read,” which will purchase classroom books for a class.
- **Sharon Cox** – Mayo High School for Math, Science and Technology – \$493.98 for “Nspire Hearts 4 Whiskers,” a program that will include heart-healthy exercise as a part of learning mathematics standards.
- **Terry Langley-Dubose** – Darlington High School – \$1,861.98 for “Let’s Spread School Spirit.” The grant will afford a class at Darlington High School the opportunity to create an enterprising business. The students will create and make buttons to sell at different sporting events and activities at school.
- **April McPherson** – Spaulding Middle School – \$750 for “Enhancing the T in STEM!” The money will fund robots and a 3-D printer.
- (Anonymous Donation) – **Justin Means and Frank O’Shea** – Darlington High School – \$150 for additional funding for the Falcon Young Men of Distinction organization.

Founded in 1998 by parents, business partners and community leaders, the DCEF is “determined to provide additional support and public recognition for outstanding public school educators who daily invest their lives in the children of the Darlington County School District,” according to the foundation’s website. For more information, please visit www.TheDCEF.org.



Alicia Fontenette, a teacher at North Hartsville Elementary School, earned a grant from the Darlington County Education Foundation that will provide flexible seating for a classroom. Fontenette is joined by Kristi Austin, principal of North Hartsville, (standing left); Andrea Pulling, executive director of the DCEF, (standing right); and students from her classroom.



Sarah Davidson Kelley, a teacher at West Hartsville Elementary earned a grant from the Darlington County Education Foundation that will provide money for all fifth graders to take a field trip to the S.C. State Museum. Kelley is joined by Andrea Pulling, executive director of the DCEF, (left) and Julie Mahn, principal of West Hartsville.



Sharon Cox, a teacher at Mayo High School for Math, Science and Technology, earned a grant from the Darlington County Education Foundation to fund a program that will include heart-healthy exercise as a part of learning mathematics standards. Pictured are (from left) Andrea Pulling, executive director of the DCEF; Cox; Carol Ross, a teacher at Mayo; and Arlene Wallace, principal of Mayo.



Kate Wright, a teacher at Brunson-Dargan Elementary School, earned a grant from the Darlington County Education Foundation that will purchase classroom books for her class. Wright (center) is joined by some of her students; Ada Sindab, principal of Brunson-Dargan, (back left); and Andrea Pulling, executive director of the DCEF (back right).



Justin Means and Frank O’Shea of Darlington High School earned a grant from the Darlington County Education Foundation that will provide additional funding for the Falcon Young Men of Distinction organization. Pictured are (from left) Andrea Pulling, executive director of the DCEF; O’Shea; Means; and Cortney Gehrke, principal of Darlington High.



Terry Langley-Dubose, a teacher at Darlington High School, earned a grant from the Darlington County Education Foundation that will afford a class at Darlington High School the opportunity to create an enterprising business. Langley-Dubose (center) is pictured with Cortney Gehrke, principal of Darlington High, (left) and Andrea Pulling, executive director of the DCEF.



Kristin Nicholson and Michelle Turner of North Hartsville Elementary School earned a grant from the Darlington County Education Foundation that will provide reading and writing opportunities for all students of North Hartsville. Pictured are (from left) Andrea Pulling, executive director of the DCEF; Nicholson; Turner; and Kristi Austin, principal of North Hartsville.



April McPherson, a teacher at Spaulding Middle School, earned a grant from the Darlington County Education Foundation that will fund robots and a 3-D printer. McPherson (center) is pictured with Andrea Pulling, executive director of the DCEF, (left) and Nicole Jones, principal of Spaulding Middle.

DCSD STUDENTS EARN TRIP TO CLEMSON

Submitted by Christopher McKagen, DCSD Communications Specialist



Students from the Darlington County School District earned a trip recently to Clemson University through their success in the Reading Recovery program. Pictured are (front row, from left) Melany Sanchez, Xiomara Scott, Siobhan Scott, Tamera Lighty, Donrigus Carroway and K'lyn Jeffrey. Back row, from left are Clifford the Big Red Dog, Clemson Tiger, DCSD director of Early Childhood Kacy Keels, and DCSD Reading Recovery teacher leader Kimberly Floyd.

CLEMSON— Students participating in the Reading Recovery program at Thornwell School for the Arts recently attended the Tigers Read! event hosted by Dabo Swinney's All In Foundation and Clemson University.

Swinney, Clemson's head football coach, and his wife, Kathleen, sponsor the event through the foundation. The organization worked together with Scholastic Books and Clemson to provide an exciting and educational day focused on the importance of reading for more than 250 students from across the state.

Students kicked off their day with an exciting welcome from Clemson's marching band as they entered the football team's practice facility. Kathleen Swinney, football players and cheerleaders joined the students to read them a story, take photos and spend time together. Each student was also presented with 10 books to keep. The day was topped off with a hot dog lunch on the field.

Kacy Keels, Darlington County School District's director of Early Childhood, joined the students on the trip. She said everyone had a great time and that the district is fortunate to find such strong community support for early childhood reading success. "Our students worked hard to be successful in this program, and it was wonderful for the All In Foundation and Clemson University to recognize them," Keels said. "They saw how valuable reading is not only from their teachers but also from the perspective of other adults. It is critical that we motivate and prepare our students to be strong readers very early in their education."

St. Bartholomew's Church in Hartsville helped make the trip possible for the Darlington County School District students through a monetary donation.



The All In Foundation, partnering with Scholastic Books, provided 10 free books to DCSD students who were invited to the Tigers Read Kick-Off at Clemson University recently. Xiomara Scott, a student at Thornwell School for the Arts, shows off her books.



Clemson University football players and Kathleen Swinney welcomed students from across the state to the Tigers Read Kick-Off event recently. Students from DCSD earned invitations to the event by succeeding in the Reading Recovery program.

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- Our administration recognizes and values dedicated teaching professionals.
- We believe in excellence in teaching and learning for all.
- Our district prepares students to be college- and career-ready through rigorous academic courses and countywide real-world opportunities.
- We are conveniently located between ocean and mountains, a small town community with easy access to Columbia and Charlotte.



"GAME CHANGING" MANUFACTURING CENTER COMING TO GEORGETOWN

Submitted by HGTC



The Georgetown Center for Advanced Manufacturing, now under construction, is on schedule to open in time for fall semester classes to begin on Aug. 26. The 30,000 square foot Georgetown Center for Advanced Manufacturing will house up to 30 welding booths and more than \$2 million each in mechatronics and machine tool equipment, including manual and computerized numerical control machines.

CONWAY-Beginning this fall, residents of Georgetown and surrounding areas will have job training opportunities they've never had before and, with it, a potential for economic growth for the entire region.

"The Georgetown Center for Advanced Manufacturing will play a vital role in economic development in Georgetown and bridging the employment gap across the state," said Georgetown Mayor Brendon Barber. "It will produce tremendous opportunities for the people of Georgetown and provide a better quality of life for our residents. We are extremely fortunate to have a state-of-the-art facility like this right in our own backyard."

Employers across South Carolina have expressed difficulties in accessing a steady pipeline of highly trained workers, and Georgetown employers project over 240 jobs will be needed in welding, mechatronics, machine tool and robotics over the next two to five years.

Horry-Georgetown Technical College is stepping to the plate to provide the skilled workforce to meet industry demands.

EnviroSep, a full-service engineering and manufacturing company based in Georgetown, has recently experienced a substantial level of growth, and its leadership sees the new center as a key way to continue that growth. "We have benefited from the tremendous industrial and manufacturing growth from capital projects happening nationwide, but we have been somewhat hindered in our own growth by the limited skilled and trained workforce in this area," said EnviroSep president Tim Tilley. "The Georgetown Center for Advanced Manufacturing will provide us with a larger pool of highly skilled, qualified employees."

Bob Meltzer, chief operating officer of Peddinghaus Corporation, agrees. "The Georgetown Center for Advanced Manufacturing will increase the opportunities for Peddinghaus and all the other local manufacturers to better their workforces with highly trained, top-notch welders and machinists," Meltzer said. "The need for skilled employees that this facility will produce is overwhelming right now,

and not just in our immediate area, but around the country. I hear this from every customer and manufacturing business I speak with."

The Georgetown Center for Advanced Manufacturing is projected to support more than \$14 million in new capital investment in the community over the next five years. The new 30,000 sq. ft. facility will be home to advanced welding technologies, machine tool technology and the mechatronics technology programs. Mechatronics is a new program at HGTC and will be unique to the Georgetown Campus. Students in the mechatronics program will learn the fundamental skills in electronics, mechanical and fluid power and automated controls commonly found in the manufacturing industry. Graduates of this associate degree program will be able to perform a systemic analysis and troubleshoot equipment and machinery utilized in the industry.

The center will house up to 30 welding booths and more than \$2 million each in mechatronics and machine tool equipment, including manual and computerized numerical control machines. The \$13.5 million building is funded by a federal EDA grant, money from the state capital reserve fund, college funds and contributions from Georgetown County and the Georgetown County School District.

"The future of the manufacturing industry will be driven by highly skilled workers proficient in the areas of mechatronics, advanced welding technology and computer-controlled machine tools," said John Thomas, Georgetown County Council Chairman. "The Georgetown Center for Advanced Manufacturing will prepare workers in our community for that future and provide opportunities for people in the Georgetown region to become some of the most sought-after and highly paid workers in America. Georgetown County is proud to support the development of this facility."

Representative Carl Anderson, a proud graduate of Horry-Georgetown Technical College, is grateful for the commitment of community leaders to make this facility a reality. "Georgetown needs this facility," he said. "I want to thank President Fore and the entire staff at HGTC, as well as the Georgetown County School District and Georgetown County, for making this a reality for our citizens."

"The Georgetown Center for Advanced Manufacturing will help us support existing industry leaders like Peddinghaus, EnviroSep, Saferack, Liberty Steel, 3V Sigma, and more, and it will help us bring new businesses to our area by providing a ready-to-work skilled labor market. These graduates will be able to go to work immediately in high paying jobs."

The Georgetown Center for Advanced Manufacturing isn't just for college students. All programs will also be offered through the



“GAME CHANGING” CONT'D



Congressman Tom Rice toured HGTC's Conway Advanced Manufacturing Center in February and touted its ability to enable students to get high paying jobs and achieve their career goals.

HGTC Technical Scholars Program, which allows qualified high school students to take college courses that count towards high school and college credit. This facilitates a smooth transition to college and career while also providing significant savings in tuition cost.

Local companies will also be able to utilize the facility for customized training for their existing employees.

Workforce development funds, South Carolina Lottery Tuition Assistance Program funds, SC Wins funds, financial aid and scholarships will all help students pay for their education.

“If you have the desire to better yourself and enter this field, we’ll help you get there, not only with the training, but with the tremendous amount of financial resources available to help you complete the programs,” said program chair Jeff Ball. “With the existing workforce approaching retirement age, the demand for skilled tradespeople in this field is extremely high. Our job placement rate is 100 percent, and many of our graduates land jobs before they even graduate.”

Graduates of the manufacturing programs can expect to make an hourly rate of \$16 to \$21 and may begin earning a \$60,000 salary within five years of employment.

Representative Ronnie Sabb, a lifelong resident of Williamsburg County, has witnessed the evolution of manufacturing in South Carolina for decades. “I am so delighted about the direction our state is heading in and the role Georgetown County and HGTC is playing in it,” he said. “My mother received training for a manufacturing job through the CEDAR program as a seamstress. We are now manufacturing airplanes and automobiles, and this new manufacturing center will give people the skills needed for those jobs.”

“As more and more diverse industries open their doors in our region, we need to be sure our workforce is equipped with the training to fill high-skilled jobs,” said Congressman Tom Rice. “The new Georgetown Center for Advanced Manufacturing will play a vital role in connecting people in our community with exciting new opportunities in the manufacturing field, and our local economy will reap the benefits. It will be game changing for this region.”

Classes begin Aug. 26. To learn more and enroll, visit www.hgtc.edu/manufacturing, or contact Julie Golden, assistant provost of the Georgetown Campus, at 843-520-1476.



Representative Ronnie Sabb, HGTC President Marilyn Fore, and Representative Carl Anderson with a rendering of the Georgetown Center for Advanced Manufacturing.

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HOW CYPRESS ADVENTURES SUPPORTS YOUTH DEVELOPMENT by Ta'Meeka Epps



mind and emotions. Adolescence typically describes the years between the ages of 13 and 19. However, the physical and psychological changes begin as young as nine and continue through the “tween” years and early twenties.

Support during adolescence years is critical to the healthy development of teenagers to ensure they feel nurtured, safe and secure. Cypress Adventures, Inc., located in Hartsville, is a youth advocacy organization whose purpose is to bring the community together to support positive youth development.

Positive youth development focuses on developing the strengths and assets of adolescents. Cypress Adventures is a 501(c)(3) charitable organization that uses experiential education, outdoor adventure and peer mentoring to strengthen socio-emotional skills, workforce readiness and civic engagement. Cypress also offers team building and other professional development services for businesses, agencies and youth serving organizations.



Aimee Cox-King

The mission of Cypress is to educate and inspire independent students to contribute positively to their communities and to become effective leaders for 21st Century democracy. Cypress serves middle and high school aged youth through a free, after-school youth leadership development program. This program also serves college interns and 12- through 19-year-olds through a series of two-week summer camps.

Adolescence is the stage of identity formation as the brain’s ability to think critically begins to develop. This increased brain activity results in emotional sensitivity as hormones begin dripping into the anger and affection centers in the brain. Adolescents also experience an innate need for sensation and risk. Positive youth development requires environments that appeal to these unique and specific needs while fostering relationships with caring adults.

The free after-school program has served 215 youth since conception in 2015. This year, Cypress will expand the Youth Leadership Development Program to consist of three 14-week courses. In Leadership 101-The Power of Play, high school students mentor middle school students through games and activities specifically designed to strengthen the five social and emotional skills of self awareness, self management, social awareness, relationship skills and decision making.

The program is scaffold, and participants who complete Leadership 101 progress to Leadership 201-Workforce Readiness where they explore their inner nature to discover what they love to do and how they can turn their skills into income, which helps them identify possible employment options. Leadership 201 also introduces interviewing, researching jobs and fiscal literacy. Leadership 301-Civic Engagement students explore world affairs identifying a cause they would use to impact change. They host a youth summit to address the issue as a capstone project.

Scholars have argued adolescence is the most neglected stage of human development. Teen pregnancy, gang activity and youth involvement in crime are problems most communities work to solve. Research shows when afforded opportunities to make pro-social choices, teenagers are more likely to choose pro-social over anti-social. “The

HARTSVILLE - Adolescence is a phase of development that can be seen as a difficult time due to rapid changes in body,

real problem is there are not enough opportunities which actually appeal to the developmental needs of teenagers,” stated Aimee Cox-King co-founder of Cypress and native of Hartsville.

Cypress Adventures bridges the gap by prioritizing what research has identified as the eight features of environments where adolescents have optimal chances to effectively learn and grow. These features include 1) physical and psychological safety 2) clear, consistent structure and appropriate supervision 3) supportive relationships 4) opportunities to belong 5) positive social norms 6) support for efficacy and mattering 7) opportunities for skill building and 8) integration of family, school and community efforts.

Cypress Adventures was founded by Aimee Cox-King, James Hudson, and Christopher Scott. Aimee Cox-King, executive director; Jauron Smith, program coordinator; Jalecia Williamson, program assistant; along with interns from Coker College, are the face of the company, but the participants are its heart and soul.

For more information about Cypress Adventures Inc. or to make monetary and in kind donations, visit the website at www.cypressadventures.org.



Cypress students backpacking



Cypress Bus

FMU’S INTERNATIONAL PARTNERSHIP

Submitted by FMU



FMU Assistant Professor of Nursing Dr. Deborah Hopla illustrates some of the technological implementations at the Luther F. Carter Center for Health Sciences in downtown Florence.

Nakhonn Sawan Rajabhat University in Thailand and Francis Marion University (FMU) are separated by about 10,000 miles. Despite the distance, the two institutions have cultivated a partnership that’s helpful to both parties.

For the past four summers, faculty and staff from the two universities have partnered to provide professors with an opportunity to teach and expand their knowledge of how students learn. Faculty groups from Thailand have traveled to the United States, and FMU faculty have traveled to Thailand.

FMU is the host location this year, and a dozen education professors from Nakhon Sawan Rajabhat University have been exploring the FMU campus and some of the finer points of project-based learning by FMU professors within the School of Education. Dr. Callum Johnston, association professor of Education at FMU, made the trip last year, helping his NSRU colleagues navigate a rigorous, two-week course on the subject of project-based learning.

The partnership between the two universities has been forged by Dr. Sompong Kraikit, a semi-retired Florence physician and advocate for education in Thailand. Kaikit hails from the same province as Nakhon Sawan Rajabhat University.



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CLAFLIN ANNOUNCES DR. WARMACK AS NINTH PRESIDENT Submitted by Claflin University



Dr. Dwaun J. Warmack

ORANGEBURG - The Claflin University Board of Trustees has announced the appointment of Dr. Dwaun J. Warmack as the ninth president of the first Historically Black College and University (HBCU) in South Carolina, effective Aug. 1. He succeeds Dr. Henry N. Tisdale, who is retiring after 25 years of transformational leadership at the Orangeburg institution founded in 1869.

“Dr. Warmack was unanimously chosen to lead Claflin University from a

pool of highly qualified applicants,” said James K. Lehman, chair of the board. “We believe he will continue Claflin’s upward trajectory, keeping the university among the nation’s leading institutions of higher education. He brings a brand of leadership that is inclusive, transparent and inspires teamwork.”

He inherits the leadership of an institution experiencing unprecedented growth and achievements in enrollment, fundraising, annual alumni giving rate and ranked as one of the top ten (#7) Historically Black Colleges and Universities in the nation by U.S. News and World Report.

“I am honored to lead one of the nation’s premier Historically Black College and Universities that has a tradition of producing visionary leaders and a proven track record devoted to student success,” Warmack said. “My aspiration is to honor President Tisdale’s amazing legacy by continuing the Claflin standard as a beacon of excellence in higher education for future generations to come. I am humbled by the opportunity afforded me to carry the torch and to continue the growth and development of Claflin University as a dynamic and powerful center of scholarship, research and education.”

Warmack will assume the mantle of leadership at Claflin after serving the last five years as President of Harris-Stowe State University in Missouri. He brings more than 20 years of progressive administrative experience in higher education at five distinct higher education institutions.



Under Warmack’s exemplary leadership, Harris-Stowe witnessed an institutional transformation, which is unparalleled in its 162-year history. He has shepherded more than \$24 million in external funding to the institution, including a \$5 million STEM grant, the largest in the school’s history. He cultivated more than 16 partnerships and collaborations with Fortune 500 companies, regional organizations and other higher education institutions to strengthen Harris-Stowe’s infrastructure.

Equally impressive, in the past five years under Warmack’s leadership, Harris-Stowe State University became the fastest growing

public university in the state of Missouri and has been recognized as a leader in graduating African Americans and other underrepresented groups with baccalaureate degrees. In addition, Harris-Stowe has witnessed a 34 percent increase in headcount; applications to attend HSSU soared to more than 7,000 in 2019 compared to 667 in 2013. The Harris-Stowe student profile has grown stronger-representing 37 states and 17 countries. Additionally, as part of the institution’s strategic plan that he spearheaded, the University embarked on an ambitious goal of expanding its academic offerings. As a result, degrees, minors, and certificate programs have increased from 14 to more than 50 offered. These include expanding the liberal arts, business degrees and Science, Technology, Engineering and Mathematics disciplines (STEM).

As a result of Warmack’s leadership in transforming the curricular and co-curricular enterprises at Harris-Stowe, the institution has been ranked regionally and nationally in various publications and online journals with U.S. News and World Report ranking Harris-Stowe as one of the best HBCUs and Midwest universities in the United States.



Dr. Warmack & family

His success at Harris-Stowe captured national acclaim cumulating with a front-page article in the Chronicle of Higher Education, features in the New York Times, the Detroit Free Press and appearances on CNN, Al Jazeera America, C-SPAN and NPR.

Prior to his appointment as President of Harris-Stowe, he served as the Senior Vice President, Administration and Student Services at Bethune-Cookman University. Prior to that appointment, he

was the Associate Dean of Students at Rhodes College in Memphis, where he had oversight over Student Affairs and Administration including Judicial Affairs, Student Activities, Greek life, New Student and Parent Orientation and Multicultural Affairs. Warmack also has held positions at Western Carolina University in Cullowhee, N.C., and Delta State University.

He provides a brand of leadership that is characterized by an unqualified insistence on data driven decision-making and a commitment to higher education’s current best practices. Considered to be a servant leader and visionary with a unique understanding and appreciation for today’s Millennial and Generation Y students, he is committed to the academic integration and holistic development of students.

Warmack is committed to developing programs that promote diversity, pluralism and cultural competency. Throughout his career, he has championed inclusion, academic excellence and the retention of underrepresented students. Over the years, he has presented more than 120 diversity and leadership presentations and workshops to an array of individuals and groups. He was recently selected as an Eisenhower Fellow, a highly selective and worldwide competitive fellowship.



ARE WE READY FOR THE FUTURE? Submitted by Dr. Kandace Bethea, Superintendent



Dr. Kandace Bethea

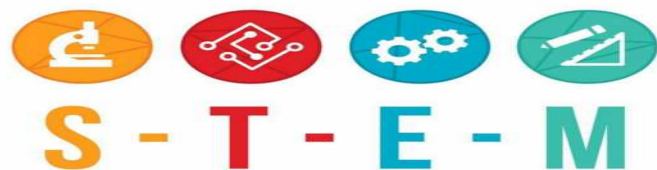
MARION—Are we preparing our students for the types of jobs, careers and post-secondary education they will face when they graduate from high school? According to the Smithsonian Science Education Center, “Four billion people on the planet use a mobile phone, while 3.5 billion people use a toothbrush. In the past two years, 90 percent of all of the world’s data has been generated. NASA plans to set foot on Mars in the next 20 years, and driverless cars are already being

tested in Europe. The future is here, and it requires a citizenry fluent in science, technology, engineering and math (STEM). STEM related jobs are growing exponentially, and a high percentage of them are going unfilled because our graduating students are not prepared with the 21st century skills needed to fill the vacancies. Schools are being challenged today to provide students with real engineering and design challenges that will align with 21st Century careers.

With this in mind, Marion County looked for opportunities to bring a STEM curriculum option to the district. With the closing of Britton’s Neck Elementary and the rezoning of the high school students to Mullins High School, Creek Bridge became a prime opportunity to develop a STEM academy for grades kindergarten through grade eight. The school will implement an elementary engineering curriculum rich with projects and lessons that tap into the natural curiosity of young learners, providing them the opportunity to explore through interactive projects, engaging literature and fun demonstrations. The installation

of a new STEM lab will provide students with a space designed for collaboration and materials that will foster project-based learning geared to enhance creative solutions to real world problems. Students will have the materials to explore robotics, learn coding, design products on a computer and then build those products using tools such as a 3-D printer.

But why put such importance on science, technology, engineering and math in the elementary school? Study after study has shown that exposing younger students to STEM experiences will increase their understanding of the concepts and promote exploration of these disciplines in the future. There is mounting evidence that if students don’t experience the spark of STEM before middle school, they’re unlikely to ever major in a STEM subject, let alone persevere to a STEM career. According to Industry Week (Aug. 21, 2018) in manufacturing alone, the U.S. will need to fill about 3.5 million jobs by 2025; yet as many as 2 million of those jobs may go unfilled due to difficulty finding people with the skills in demand. Many people feel we have come to a STEM crisis. As educators, we cannot ignore the signs of what tomorrow will need. Our mission is to prepare all students to live and work effectively, responsibly and productively within our society. If that is to happen, then we must provide our students with a curriculum that is rich in STEM opportunities.



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MUSC STUDENTS PRACTICE WORKING WITH INTERPRETERS

Submitted by Leslie Cantu



Antwan Walters said members of the deaf community were delighted to participate in an interpretation training exercise with medical students because it gave them a chance to explain what works and what doesn't. (Photo by Sarah Pack)

CHARLESTON - First- and second-year medical students getting ready to put their book knowledge into real-world practice got a chance to work with medical interpreters during a pre-clerkship program organized by the Medical University of South Carolina (MUSC) College of Medicine and MUSC Health Interpretation & Translation Services.

Terrell Washington, who's entering her second year in the MUSC College of Medicine, said she embraced the chance to think about putting herself in the shoes of someone who doesn't speak the language but needs medical care.

"I feel like you should get the same care no matter what language you speak. If it were me going to another country, I would want people to have patience with me," she said.

The college has held mandatory training on working with interpreters for about six years, said Alyssa Rheingold, Ph.D., who serves as one of the theme directors for the Fundamentals of Patient Care curriculum for pre-clerkship students.

This year was different, however, in that it was the first time the college partnered with Interpretation & Translation. The partnership meant that students got to work with Spanish language interpreters, as they have in the past, but also with American Sign Language interpreters. Community members volunteered as mock patients.

Antwan Walters, manager of Interpretation & Translation Services at MUSC Health, said members of the deaf and hard-of-hearing community were delighted to participate and are already looking forward to next year.

Many times, deaf patients feel that doctors don't know how to work with them, said Walters, who began his MUSC Health career as an ASL interpreter. "They felt like they actually had an opportunity to train the next generation of providers on 'how to work with me to meet my needs.' They loved that opportunity," he said.

Rheingold said the students appreciated getting feedback from the interpreters on things they could be doing differently, whether it was speaking more slowly, remembering to maintain eye contact with patients or avoiding idioms or jokes that won't translate.

"For a lot of students, they reported it was more challenging than they anticipated," she said. "They have to make a much more conscious effort of watching their phraseology and how to engage and establish rapport and empathy with a patient when you've got that additional language barrier, so I think it helps highlight to them some of those concepts."

Washington said the program forced students used to the go-go-go rhythm of medical school to slow down and practice patience.

The James Island native has some experience with this, as she often accompanies her father, who is blind, to medical appointments and has seen how people who aren't paying attention can inadvertently walk him into walls. So far in her experiences as a medical student in the hospital she hasn't encountered anyone who needed interpretation help, but she's glad to know the service is there. It's an opportunity to demonstrate inclusion, she said.

Walters said there's an art to medical interpreting. Interpreters are there to support the patient-doctor relationship, not to get in the middle. Therefore, a spoken language interpreter should sit behind the patient so the patient and doctor look at each other rather than the interpreter.

"If the interpreter is out of sight, it requires the provider to make eye contact and look at the patient, and vice versa," Walters said. "Compared to if the interpreter was in a triangle, everyone would focus on the interpreter, so now the patient and the provider no longer have that connection, and the interpreter becomes the center of attention, which is not the goal. We are supposed to be as unobtrusive as possible."

That doesn't work for patients who use sign language since they need to be able to see the interpreter. But even then, proper placement can help with the doctor-patient relationship. If the signing interpreter sits in line with the doctor, it's easier for the patient to quickly look from the interpreter to the doctor and back again.

Walters also noted that a medical interpreter's job is to interpret exactly what the patient and doctor say, not to loosely translate meaning. That means if a doctor starts using highly technical language, interpreters don't presume to give a plain-language explanation.

For example, the interpreter knows from experience and training that "myocardial infraction" means "heart attack." But if the doctor says "myocardial infraction," then that's what the interpreter says. If the patient looks confused, however, the interpreter might tell the doctor the patient doesn't seem to understand.

"We don't take it upon ourselves to lower the level of language," Walters said. "Our goal is to allow the provider to do that, because that's their patient."

It's all part of fostering a strong doctor-patient relationship, he said.

Rheingold said the chance for real-life practice is important for students, who will encounter people of all backgrounds during their careers. "That is essential for them to have that opportunity," she said.

Washington appreciated that MUSC makes these resources available and noted that the program emphasized it's the doctor's responsibility to use these resources. A language barrier isn't an excuse for providing inadequate care, she said.

"I thought it was definitely a necessary class. It's one of those things in health care I don't think we put enough emphasis on," she said. "And you really don't think about it. You don't think about it until you get into the hospital and you're like, 'Oh! This patient only speaks Spanish, and I have absolutely no way to communicate with them,' so it's great they're introducing this while we're in the pre-clerkship years."

Walters said they hope to add speakers of other languages for next year's program. He's had some interest from people who speak Vietnamese, Mandarin and Tagalog.

Interpretation & Translation Services and the College of Medicine are also collaborating to create a new elective for fourth-year students on language access in health care.



SOUTH FLORENCE TEACHERS CHOSEN FOR FELLOWSHIP

Submitted by Melissa Rollins, Communications Specialist Florence 1 Schools



It may be close to the end of the school year, but several teachers from South Florence High School will soon be headed back into the classroom: Lennette Diggs, Clare Smith and Hope Moyo applied for and were accepted into the Hollyhock Fellowship Program at Stanford University.

Around 80 teachers from across the United States will be housed on the Stanford campus as they gather for all expenses paid professional development.

“When I looked at the program information, and I saw that it was something that would deepen my understanding of what I was doing as a teacher and would help me reach more students than what I’m reaching, I was interested,” Smith said. “I talked to our principal Kim Mack, and she said that Hope Moyo had also expressed an interest. We needed a team to apply so I talked to Ms. Diggs, my partner in crime, and she came on board too; she and I are on the same teaching team.”

Diggs said that the application for the fellows program was interesting because it was more than just paperwork. “We had a lot of fun putting together our application because we had to submit a video to get their attention,” Diggs said. “We submitted a video on our enthusiasm about being in this program and how excited we are about learning more and providing equity for our students.”

They found out in March that they’d been accepted. “They told us we were the only team from South Carolina to ever apply,” Smith said.

“I cannot wait to see what teachers in other places are doing,” Diggs

said. “They might be in the same subject, but they might be doing something bigger, or I might be doing something bigger. I’m excited to roll up my sleeves and see what we can do.”

Smith and Diggs, who have been teaching for 29.5 years and 34 years respectively, said that the program is geared more toward younger teachers but that they are excited to learn new things and share it with the teachers at their school.

Diggs said that having another teacher to bounce ideas off of helps. “There might be rough periods, and it is always great to be able to go to someone else and say, I need you to listen to me. How would you handle this. Relevancy is important, especially in dealing with children because they have feelings, and they all learn differently. What she is doing might not be reaching a child, but I might be able to give her some advice and help her come up with something to help reach them.”

“We have to record a 15-minute lesson and bring it with us when we go out to California this summer,” Smith said. “What they will do is help us develop that conversation, that back and forth, between our students. We want to increase equity among all students, not just those top students. We want to learn ways to reach that student who is not self-motivated and can’t see past ninth grade. Those are the kinds of things they want to help us develop.”

The fellowship program is a two-year commitment, and the conversations between participants will continue via conference calls even after the on-site portions end.

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THE ACCESS, INCLUSION AND DIVERSITY COUNCIL Submitted by Emily Vrettos



Dr. Atiya Stokes-Brown

CONWAY - Coastal Carolina University strives to create and sustain an inclusive learning, living and working environment where all members of Teal Nation feel they are welcomed, supported and valued. In an effort to support the University's strategic plan, the Access, Inclusion and Diversity Council was recently formed. The two co-chairs of the committee are Dr. Atiya Stokes-Brown, assistant vice president for diversity and inclusion, and Emily Gaspar, director of accessibility and disability services. Working

with students, faculty and staff, the newly formed council functions as an advisory council and recommending body on issues of diversity, equity and inclusion. It plans to get students, faculty and staff involved in developing a model to embrace diversity and inclusion.

The Access, Inclusion and Diversity Council is made up of 20 members of the Coastal Carolina community. Eight of those members were chosen by appointment. This "appointment" process includes members based on the position they hold on campus. Up to seven of the remaining positions in this council were chosen via an application process, giving the opportunity for people of every background to join. What makes this new council groundbreaking is the application process to allocate remaining seats to give students and faculty the opportunity to contribute in inclusion work. The applicants were chosen by the two co-chairs based on qualifications, knowledge in diversity, leadership skills and their willingness to put forth the effort and time toward the council's goals.

Stokes-Brown says the main goal of the council, "... [the Access, Inclusion and Diversity Council] is to be a diverse body on campus made up of people from all over the campus--faculty, staff and students--all of whom have different lived experiences based on their identities."

The council will be taking data from a recent climate survey done on campus, along with recent studies from focus groups also held on campus, to produce a climate report. This data will help develop an access, inclusion and diversity strategic plan for the University.

Even with these goals, the council will have a wide range of other tasks to complete. These tasks include working to identify the execution



Emily Gaspar

of diversity programs across the University, acting as liaisons regarding diversity and inclusion for University outreach initiatives and even advancing the University's Strategic Plan.

The establishment of the Access, Inclusion and Diversity Council will help to continue the growth of ideas about inclusion across Coastal Carolina's campus. Meetings will be held monthly to discuss ideas and work toward the council's immediate goal of producing a campus climate report.



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Nicholas Coleman,
marine science major



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TSF AWARDS OVER \$145,000 IN GRANTS TO FLORENCE 1

Submitted by Debbie Hyler, Executive Director of The School Foundation



Back row: L-R: Erika Chapman, Suzette Watson, Dr. Richard O'Malley, David Copeland, Dr. Floyd Creech, Jennifer Danford, Haley Taylor, Carlos Washington, Chris Rogers, Susan Collins. Front row: L-R: Dora Mitropoulos, Brittany Smith, Cherisse Thayer, Carol Hill, Bobbie Chowdhary, Debbie Hyler, Jeff Helton and Dr. Tammy Pawloski

Trisha Caulder, chair of The School Foundation's (TSF) Grants Committee announced the foundation will distribute a total of \$145,413.80 in grant awards to Florence 1 Schools (F1S) for the 2019-2020 school year. The announcement was recently made at a grants reception held at the Floyd Conference Center.

The TSF Grants Committee funded six applications submitted by F1S educators. REACH was awarded \$14,886.29 for its "Google Expeditions for Elementary Learners!" grant, designed to help students visualize abstract concepts and to engage in hands-on experiences. Savannah Grove was awarded \$20,000 to continue its "Code to the Future" computer immersion grant. \$50,000 was awarded to F1S for a STEM Bus, which is a state-of-the-art, custom designed mobile classroom that will consist of advanced interactive technology. RN Beck/CDC Woods Road was awarded \$33,501.32 for its "Count 5! Continues" grant, designed to continue promoting the optimal development of young children and build a strong foundation for their future success in school and overall well-being. Timrod, Greenwood, Dewey L. Carter and Wallace Gregg Elementary schools were awarded \$12,822.96 for their "Keep Calm and Carry On" grant, designed to

teach students about social and emotional health while improving academic scores and lowering disruptive behaviors and emotional stress in the classroom. The F1S Adult Education program was awarded \$14,203.23 for its "VOICES" grant, which will create multiple possible pathways for adult students to earn academic and workplace credentials simultaneously.

"Each year, our teachers spend many hours researching and compiling these grant applications. It is exciting to see the vision they

have for our students and their desire to provide them with the skills necessary to succeed in school and in life," Caulder stated. "I continue to be amazed at the dedication and talents displayed by our F1S educators." Debbie Hyler, executive director of TSF stated, "Going into the schools and seeing firsthand the collaboration and passion our educators have for improving our children's educational experiences is certainly a rewarding experience."

To date, TSF has awarded \$1,670,444.30 in grants to F1S. This funding would not be possible without the support of the community and their donors.

For additional information, please contact Debbie Hyler, executive director, at dhyler@theschoolfoundation.org or call 843-662-9996.



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FMU PROFESSORS HONORED AT AWARDS DINNER Submitted by FMU



Honored Professors

Four Francis Marion University faculty members were honored for outstanding individual work during the past year at the University's annual faculty awards dinner.

Assistant professor of nursing, Dr. Tracy P.

George, received the Award of Excellence in Scholarship and Research; associate professor of management, Dr. Hubert H. Setzler III, received the Award of Excellence in Teaching; and professor of sociology, Dr. Russell E. "Rusty" Ward, received the Award of Excellence in Service. Dr. Fred Carter, president of FMU, said the three University award recipients are exemplars of the overall excellence of the university's faculty. "Tracy, Hubert and Rusty are among the finest members of this faculty, which in turn is one of the best college faculties in South Carolina," Carter says. "Their work reflects the very highest standards for research, teaching and service--the essence of our life as academicians. I enormously proud of their accomplishments and the excellence represented in their work."

Associate professor of English, Dr. Shawn Smolen-Morten, was also honored with the Charlene Wages Shared Governance Award, a special award presented by the FMU chapter of the American Association of University Professors. The shared governance award is given to a faculty member who has made significant contributions to shared governance—the balance between faculty and administrative leadership

at a university—at FMU.

Carter said Smolen-Morten is the personification of the cooperation that's present at the University. "Shawn epitomizes the spirit of collaboration that exists across this campus. He invests himself fully in ensuring that the faculty is represented in all essential decisions related to the governance and operation of this university, and he does it in a way that sustains the confidence of his colleagues with securing the respect and admiration of the administration. It's something easy to discuss, but it's tough to do. Shawn does it as well as anybody that I know," says Carter.

George earned an undergraduate degree from Davidson College, a B.S. and an M.S. from the Vanderbilt School of Nursing and her DNP from the Medical University of South Carolina.

Setzler earned his B.A. from Newberry College, his M.B.A. from the University of North Carolina Charlotte and his Ph.D. from the University of North Carolina Charlotte.

Ward earned both his B.A. and M.A. from Bowling Green State University and his Ph.D. in sociology from Kent State University.

Smolen-Morten earned his B.A. from the University of Illinois and his Ph.D. from the University of Massachusetts.

The University also honored retiring professors emeriti Joyce Durant and Dr. Ken Williams. Durant and Williams have dedicated the majority of their careers to Francis Marion, serving 65 years combined at the University.

Diversity in Higher
Education



VETERAN OVERCOMES CHALLENGES, BECOMES HONORS GRADUATE

Submitted by J. Craig Cotton, Director of Public Relations, Office of Communications and Marketing

ORANGEBURG - After six years on the job and being notified that her request for a promotion was denied, Retis Patricia Moss listened intently to every word the Claffin University recruiter said that day in 2014 when he came to her job at the Department of Juvenile Justice (DJJ) in Columbia.

He made a presentation about a partnership Claffin had established with DJJ that offered discounted on-site classes for employees and promised they could earn a degree in 18 months. Students could major in several areas, including criminal justice or get a master's degree in business administration. The program was specifically designed for busy, working adults who needed flexible class schedules to help them balance family and job responsibilities.

Moss was one of two DJJ employees at the Columbia site who enrolled in the program. "The timing was unbelievable," she said. "I always wanted to attend college, but I didn't. When I was turned down for a promotion because I didn't have a degree, I decided to enroll at Claffin."

Five years later, Moss, who is 57 years old, received her bachelor's degree in business administration with a minor in computer science at Claffin's historic sesquicentennial commencement on May 11. Moss graduated cum laude with a 3.62 grade point average despite numerous challenges along the way. She overcame physical abuse, a debilitating illness and a string of personal tragedies to achieve her dream of graduating from college. "I always wanted my degree and now I have it," she said. "I worked for it, and now it's mine."

After high school she enlisted in the military, got married and had a child. However, it became an abusive relationship, so she left her husband after 10 years. With literally just the t-shirt she was wearing, Moss headed back home to Bethlehem, Pa. She joined the Army Reserves, found a new job and raised her daughter. She was at peace and comfortable with her situation until the job she had worked for 17 years with the City of Bethlehem ended. Although she was working part-time with the Army Reserves, Moss decided to leave Pennsylvania when her sister jokingly suggested she come South for a "new job and a new husband."

Moss remembered taking a few college classes when she first entered the military, but stopped at her former husband's insistence. She once inquired about using the GI Bill to go to school, but realized those benefits had to be used within 20 years. It was too late for her. After that, she put college in the back of her mind. She thought she would never get the opportunity to attend college.

That was, until Claffin came calling and Moss was admitted through the Center for Continuing Education. She registered for mostly online classes. However, shortly after Claffin stopped offering classes at DJJ, Moss retired and began taking classes as a full-time student.

Moss had again found stability and was focused on her classwork. She was confident that her career opportunities would be expanded after she earned a college degree, but Moss began to recognize that she was losing weight and feeling physically tired. After a series of tests and doctor appointments, she was diagnosed with rhabdomyolysis, a condition in which damaged skeletal muscle breaks down rapidly. Moss was hospitalized and after being released, she moved back to Pennsylvania to live with her adult daughter and grandson. She continued to take classes online but her grades suffered due to reoccurring symptoms of her illness.

"Math was my biggest problem," Moss said. "I needed the direct interaction with my instructors that online classes did not provide. It was very difficult."

Moss persevered and once her health improved, she was determined

to complete her requirements for a degree, although she was no longer motivated by the possibility of a job promotion.

"I just didn't want to stop," Moss said. "I knew that if I quit school this time, I would never return, and I wanted my degree."

So, she packed up her walker, still weak from her illness, and moved back to South Carolina. This time, Moss moved to Orangeburg where she returned to Claffin as a full-time student. She attended classes on campus and her remarkable transformation resulted in her making the Dean's List and joining Toastmasters International, the non-profit educational organization that teaches public speaking and leadership skills. She was also selected to several honor societies including Alpha Kappa Mu, which recognizes academic excellence in all areas of study; National Society of Leadership and Success, the nation's largest leadership honor society which accepts students based on academic success and leadership potential; and Entrepreneurial Action, US, a community of student, academic, and business leaders. She embraced the collegial environment and attended numerous campus events and activities.

"She was very committed to doing what was necessary to earn her degree," said Mark Roberts, associate executive director of the Center for Professional & Continuing Studies at Claffin. "She endured illness, relocated several times, and transitioned from an online continuing education student to a full-time traditional student to complete her assignments. She went from using a walker, then progressed to a cane, and now she walks with no assistance at all. It really is amazing what she accomplished."

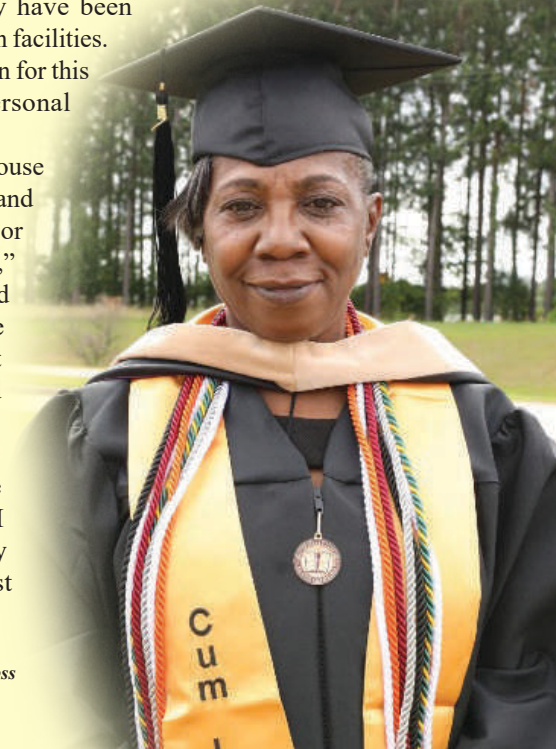
Now that she has her bachelor's degree, Moss plans to continue her education and get a master's degree. Her desire is to open a non-profit community closet that helps domestic violence victims, especially those released from incarceration after defending themselves from an abusive spouse or intimate partner.

"Often they are set free wearing the same clothes they wore when they were arrested, and without a supportive family, that's all many of them have. And for others, if the clothes were used for evidence, they are at the mercy of social workers or correctional officers to help them find something to wear."

She also wants to provide clothes for juvenile offenders who have a similar experience after they have been released from detention facilities. Much of her motivation for this work is her own personal experiences.

"I ran out of the house in the t-shirt I had on and knocked on the first door where there was a light," she said as she recalled escaping an abusive relationship. "That person let me in, called the police and gave me clothes to wear. I want to help others, just like someone helped me. I want to give back to my community and assist those in need."

Retis Patricia Moss



ADULT AND DUAL ENROLLMENT STUDENTS QUALIFY FOR SC WINS Articles submitted by FDTC



Florence-Darlington Technical College (FDTC) has received funding through the SC Workforce and Industrial Needs Scholarship (SC WINS), which allows many of its students, including those enrolled in dual enrollment courses, to earn college credit at little to no cost.

SC WINS is a S.C. Technical College System scholarship program designed to fill the workforce shortages in the state. SC WINS will cover the tuition cost of courses at FDTC after the student receives all other scholarship funding. Recipients who qualify will receive \$50 per credit hour (up to \$600). The SC WINS funding will be in addition to \$100 per credit hour of lottery funding. A book allowance of up to \$300 (\$150 per semester) will also be in effect annually.

“The SC WINS scholarship and lottery funding together make going to FDTC very affordable,” said FDTC Interim President Edward Bethea.

FDTC’S UPWARD BOUND KICKS OFF



2019 Upward Bound Summer Session

Florence-Darlington Technical College’s (FDTC) federally funded Upward Bound Program recently began its summer session for area high school students. Upward Bound helps assist high school students with developing the skills and overall confidence needed to succeed in a two-

year or four-year institution. Students from public high schools in Darlington, Florence and Marion Counties began the academic portion of Upward Bound back in January. That session was held on Saturdays through May.

During the summer, students spend four days a week at FDTC with teachers in academic areas of mathematics, science, foreign language and reading and writing. The summer session at FDTC will last for four weeks.

There are two ways a student can qualify for SC WINS

- by income if they are receiving Lottery Tuition Assistance Program (LTAP) funding and meet United States Department of Agriculture (USDA) income eligibility guidelines for free and reduced-priced meals. All programs at FDTC qualify for an income-based SC WINS scholarship.
- by major. Students at FDTC, who are pursuing a higher education in a critical workforce program and are receiving funding through the LTAP can receive SC WINS funding for the 2019 fall semester. Qualifying critical workforce programs at FDTC include but are not limited to technical education and healthcare programs.

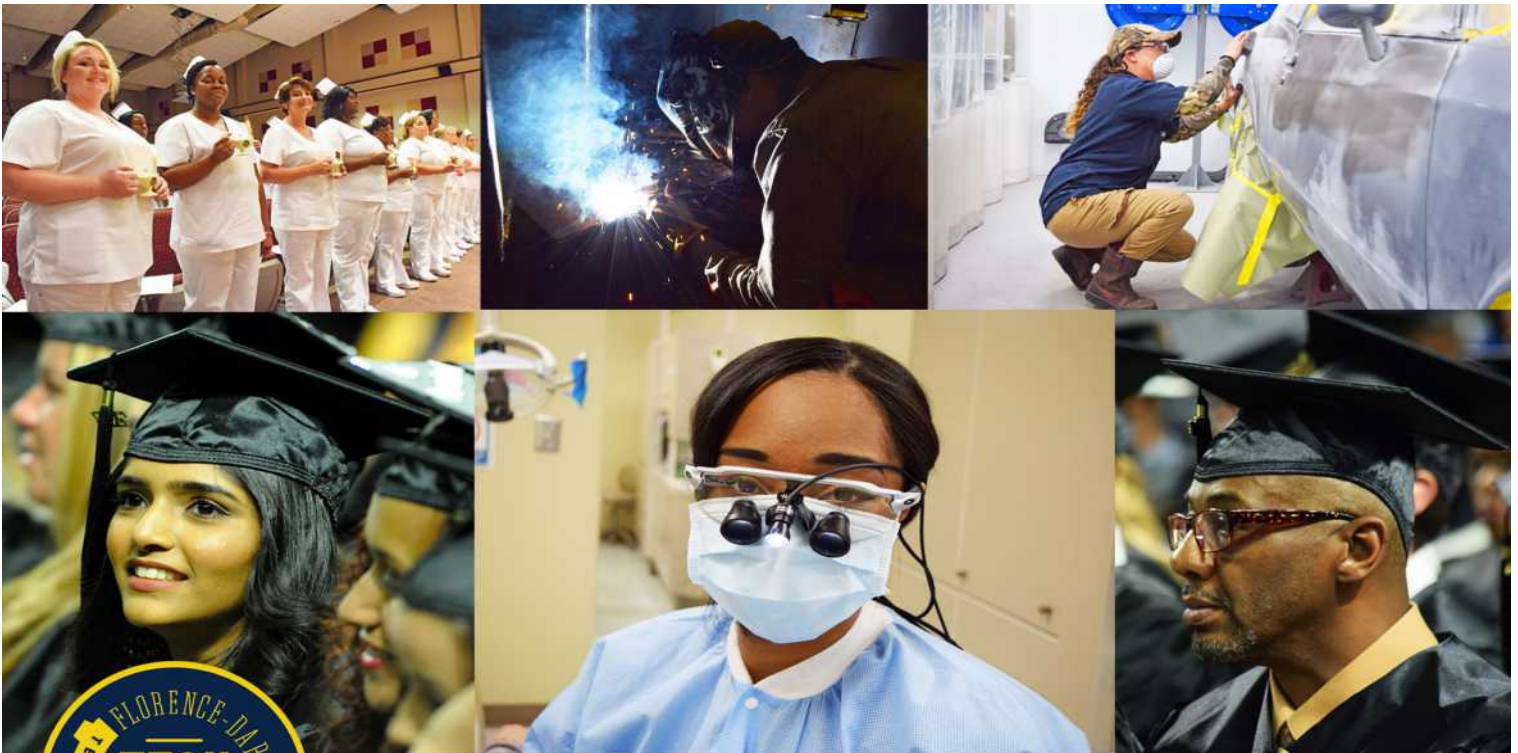
A student qualifying by program must be enrolled in at least six credit hours during each semester he or she receives the funding. At least three of those hours must include critical workforce instruction. A qualifying student must also be receiving LTAP, making passing grades, and must maintain at least a 2.0 GPA after attempting 24 credit hours to continue receiving the funding.

FDTC’s Upward Bound students will then have a one-week residential program at Francis Marion University, followed by a one-week trip.

“It has been a joy,” said Upward Bound project director, Toni Williams. “I have really enjoyed this program. I have enjoyed the students. They are here willing to learn and are willing to apply and tour these different colleges.”

Upward Bound at FDTC is a program for first-generation college bound high school students and income or academically challenged students. “The criteria to be in Upward Bound, you have to be a first-generation college student, meet the federal financial guidelines or need assistance in an academic area,” Williams said.

Visit www.fdtc.edu/trio/upward-bound/ for more information on Upward Bound at FDTC.



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FMCNA'S 2019 GRADUATION CEREMONY

Submitted by Spencer R. Scott, Executive Director of Florence County First Steps



Executive Director Spencer R. Scott, Provider of the Year Winner Gracie McLeod, and Program Coordinator Lana Hopkins

Florence and Marion Childcare Network Association (FMCNA) held its 2019 Family and Group Childcare Home Graduation Ceremony on May 30 at the Drs. Bruce and Lee Foundation Library, Florence. FMCNA is funded by a contract from SC DSS, Division of Early Care and Education through Florence County First Steps (FCFS) Partnership Board.

The ceremony began with Spencer R. Scott, executive director, welcoming the audience. Scott stressed the importance of parents and their enthusiasm for their children's education. "These kids are a blank slate, so they can become whatever they want to be. With your encouragement, they can do it," Scott remarked. He mentioned that his own children inspire him and told the audience that "your kids may inspire you to go back to school. I love the idea of us [parents] continuing our education while our kids are in school. It will inspire and motivate our kids, and we're all flourishing together."

Debra Session, program manager with the SC DSS-Division of Early Care and Education, spoke about the 10 Year Anniversary of working in partnership with Florence and Marion County First Steps to provide support for the quality enhancement initiative for family and group childcare providers in both counties. Over the past ten years, the partnership has continued to thrive, and they remain committed to providing support to enhance program quality, operations and leadership.

The graduates of 2019 then entered the room. Tristan O'Leary of Echols Family Daycare, Joy James of Ross Family Childcare Home,



2019 graduates, pictured left to right: Joy James, Serenity Rowell, Tristan O'Leary, Kaydence Gibson, Harmony Fulton and Max Hickman

Serenity Rowell of Thompson Family Childcare Home, and Harmony Fulton, Kaydence Gibson and Max Hickman all of Denise Scott Family Childcare Home were the graduates.

FCFS then gave recognition to the 2019 Family Childcare Provider of the Year winner. Gracie McLeod, the winner, received a gift card, \$250 Kaplan Gift Certificate and

a yard sign announcing the winner.

Carletta Isreal, County Partnership senior consultant of South Carolina First Steps, then gave the commencement speech. Isreal discussed the importance of education and discussed the "summer slide," where reading and academic achievements decrease (or "slide") during the summer. "These are opportunities to take every moment as a teachable moment, because [summer] is a time where they can relax, but you can really spend that meaningful time talking, communicating, and educating your kids on something that's totally new." She also stressed to parents the need to be mindful in what they say or do, because children are always watching and listening. She concluded her speech with giving names of organizations that have resources to continue reading achievement in the summer.

The ceremony ended with 2019 graduates going on the stage and receiving a certificate and a backpack. After the ceremony, a reception was held for the graduates and their family and friends.

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HGTC RECEIVES PALMETTO GOODWILL AWARD

Submitted by HGTC



Pictured, Left to Right: Palmetto Goodwill board chair Sean Sykes; HGTC vice president of Workforce Development, provost, and vice president for Continuing Education Greg Mitchell; and Goodwill President & CEO Bob Smith.

CONWAY – Horry-Georgetown Technical College (HGTC) received the Partnerships for People Award (North Region) at the Palmetto Goodwill's Shining Star Awards Banquet, held April 18 at Trident Technical College. HGTC received the award for its innovative

new collaboration with Palmetto Goodwill. HGTC's Train to Work Program provides participants seeking industry certifications with six different skill-building certifications in order to help get them into the workforce quickly.

"This is a true partnership that not only helps people gain skills, but helps industry sectors in need of skilled employees," said Palmetto Goodwill President & CEO Robert Smith. "We are proud of the great work being done and to be able to recognize Horry-Georgetown Technical College with Palmetto Goodwill's 2018 Partnerships for People Award in the North Region."

"We are very honored to receive this award, and we are extremely grateful for the hard work and dedication of our staff and the team at Palmetto Goodwill. Without them and our other community partners, including the City of Myrtle Beach, Coast RTA, SC Works, and the Horry Georgetown Home Builders Association, Train to Work would not exist."

The annual event is organized by Palmetto Goodwill to honor program participants who have overcome barriers to employment and to recognize businesses and individuals who have played a positive role in the growth of Goodwill's mission. It was attended by over 180 business and agency partners and hosted by Tessa Spencer of ABC News 4.

"We are honored to recognize Goodwill program participants who have successfully completed a Goodwill program and achieved stable employment," Smith continued. "We are also pleased to recognize our partners who have helped further Goodwill's mission of helping people achieve their full potential through the dignity and power of work!"

Palmetto Goodwill is a nonprofit social enterprise whose mission is to help people achieve their full potential through the dignity and power of work. Over 90 percent of Goodwill's revenue goes to fund mission related services. Goodwill serves its mission by providing job training, educational programs and employment services to people with barriers to employment. Last year Palmetto Goodwill served 15,398 people, provided training to 4,152 individuals and helped place 3,094 job seekers into new employment. For more information about Goodwill's programs and services, please visit www.palmettogoodwill.org.

HGTC offers college transfer and skilled associate degree programs in more than 65 fields of study, and many with online class options. Nearly all programs feature internships that lead to jobs. Ninety-five percent of students either transfer to earn advanced degrees or start careers in their respective fields of study. Horry-Georgetown Technical College prohibits discrimination against students and employees. Please direct discrimination and accessibility issues to the Office of Student Affairs at 843-349-5228 or Building 1100C, 2050 Highway 501 E., Conway, S.C.

Congratulations

CLASS OF 2019



TOTAL SCHOLARSHIPS - \$5,148,577 | CURRENT COLLEGE ACCEPTANCES

Valedictorian: Harrison Corns; Salutatorian: Madeline Tuck

First Honor Graduate: Ragan Swartz; Honor Graduates: Richard Ethan Beasley
Ernest Benjamin Buck III, Taylor Nicole Cunningham, Rachael Kelly Dausch
Carson Scott Munn, Benjamin Keyte Naso, Samuel Clark Smith

Chloe Elizabeth Arthur, College of Charleston; Joshua Hilton Barefoot, Clemson University
Richard Ethan Beasley, Wake Forest University; Hunter Mason Benton, Clemson University
James Dylan Berg, Francis Marion University;

Andrew Edward Bernhardt, University of South Carolina Honors College

Miles Christopher Blum, Francis Marion University; Henry Clarke Brunson, Francis Marion University
Taylor Kianda Buchanan, Tuskegee University; Ernest Benjamin Buck III, United States Air Force Academy;
Shamar Curtis Byrd, United States Navy; Duc Minh Chu, Auburn University;

Madison Caroline Collins, University of South Carolina

William Harrison Corns, University of South Carolina Honors College

Taylor Nicole Cunningham, Presbyterian College; Rachael Kelly Dausch, Winthrop University

Joseph Dominick Desser, The Citadel; Tymere Xavier Ervin, Clemson University

Anthony James Hernandez, Clemson University; Thorn Lee Huntley, Newberry College

Grayson Caroline Jeffords, Wofford College;

Lauren Ashleigh Jones, Florence Darlington Technical College Nursing Program

Michael Patrick Jordan, Francis Marion University; Erin Grace Lassiter, Clemson University

Mitchell Walker Lee, Embry Riddle Aeronautical University; Hayden Miller Lewis, Clemson University;

Alejana Lucas, Gardner Webb University; William Stuckey Lynn, Clemson University;

Madison Carol-Lynne McKimney, Coker College; Cameron Jesse Mills, Francis Marion University;

Carson Scott Munn, Columbia University; Benjamin Keyte Naso, Clemson University Honors College

Robert Cameron Nettles, College of Charleston; Nicholas Allen Olsen, The Citadel

Kaleigh Marie Perez, University of South Carolina; Mikayla Robinson, Coker College

Ethan John Salvadia, Greenville Technical College

Jaewon Seo, Massachusetts College of Pharmacy and Health Sciences

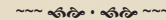
Samuel Clark Smith, Wofford College; Ragan Abigail Swartz, Western Carolina University

Morgan Jayne Terry, University of South Carolina-Aiken; Madeline Christine Tuck, Wake Forest University;

Mary Elizabeth Weatherford, Presbyterian College; Hope Elizabeth Wilberger, Stetson University;

Kayla Winnie, University of South Carolina; Matthew Grant Winstead, Clemson University;

Ruizhe Zhang (Micaelis), Hong Kong University; Xiuxin Zou (John), University of Delaware



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Cover Story

SERVING THE WORKING CLASS IN OUR MELTING POT by Dawn "D.A." Goodwin



Brian S. Yost

and the person gracing our July 2019 cover.

Yost moved from West Virginia to South Carolina when he was about 14 years old. "My parents were working class folks who decided South Carolina had more opportunities for our family." He graduated from Marion High School in 1998 and attended Coastal Carolina University for his undergraduate studies. But that was not the last stop in his educational journey. Yost went on to law school, graduating from the University of South Carolina School of Law in 2012 and then clerking for Judge Thomas Russo here in the 12th Circuit for a year. After that, Yost went into private practice.

When discussing what brought him to Jebaily, Yost said, "Just like most people, I wanted meaningful work doing something I enjoy. I didn't want to be a cog in a corporate machine. I wanted to make a positive difference in people's lives. Unfortunately, I don't have many practical skills, so that sealed the lawyering deal for me. Jebaily Law Firm is a family culture that serves working class folks, so it was a perfect fit for me, and I am very lucky to be a part of it."

Truly serving the working class of a growing melting pot like Florence requires having an awareness of the importance of diversity and inclusion, which Yost defines as "the idea that everyone is valuable, and everyone has something to contribute to the greater good." He added, "Different perspectives and new ideas are necessary ingredients of advancement. I think it makes the world a brighter and better place."

Stepping up and seeking change in the world is not an easy task, especially if fear is present. But Yost's advice for others is to not be afraid to put themselves out there. In fact, he said that failure is what molded him into the person he is today: "Don't allow fear of failure to stop you from trying. Find something you enjoy, and get to work. Don't take yourself too serious, and, most of all, be genuine. Be yourself. People appreciate sincerity."

"You learn a lot about yourself through failure--at least I have. It has repeatedly forced me to get back up, dust myself off and try again until I get it right. Also, my family, my mother, my father, my sister, and my in-laws

but, most of all, my wife and my children...they keep me grounded and centered on what's most important. Any goodness that has come from me, or any success I have attained, I attribute to them."

One quote that Yost lives by that can help others to succeed is, "Don't believe the hype." He said, "The expression is applicable on so many levels. Whether everyone is singing your praises or cursing your name, whether you are assured victory or warned of certain defeat, or whether you are watching FOX or MSNBC, try to stay humble, confident and to try to keep a level head."

Yost is, in fact, quite levelheaded, and he takes accountability for his own obstacles in life. "Everybody has their struggles, but I cannot honestly say that I have had to overcome any genuine barriers that were not of my own making. Most of my obstacles have come from within: doubt, insecurity, pride, vanity, and self-centered thinking. I still struggle with this regularly. It's easy to get caught up in the nonsense. I try to be grateful. I try to get over myself and switch my focus to other people. It's always rewarding to get a great result for a deserving client. It's especially rewarding to see a great result for a client translate into an observable betterment of that client's personal situation, like them investing in education or buying a house."

For those potential clients who are seeking legal advice, Yost said, "Hopefully, you never need an attorney, but if something comes up, ask around, do your homework and turn off the T.V. Find an attorney that will sit across the table from you, discuss your situation, show you respect and earn your trust."

This young attorney understands his clients' situations because he juggles having a career as well as a family. "Right now I am just coming out of the baby phase of family life. So, thankfully, I am starting to get a little more sleep, and I am able to socialize a little more. My wife and I have two children, Garland Elizabeth (age 5) and Charles 'Bennett' (age 3). I try to spend as much time with them as possible, but usually I get my family time in during the early mornings, late evenings and weekends."

Yost hopes to always be known for being two things professionally and personally: "Well, hopefully, a good husband, a good father, and a decent human being [personally]. Professionally, I'd like to be remembered as someone who helped injured workers and their families--somebody that helped regular folks. At the office, I work for about six awesome ladies that assist me with representing injured workers and some cases involving personal injury. Most days feel like we are twirling 12 plates with only 11 sticks, but everybody pitches in and, thankfully, we are able to get good results for most of our clients."

All in all, Yost says a day in his life is not "terribly glamorous." But although "glamorous" might not be the word he uses to describe his daily life, "grateful" is the word injured workers and their families might use to describe how they feel regarding his commitment to fighting on their behalf. And because of what Yost does for our community, we at Diversity Works Magazine© hope that the fight keeps him here forever.



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Appreciating Our Parks & Recreation

BUCHANON BREAKS DOWN PARKS AND RECREATION *by Jennifer Robinson*



Darlene Buchanan

Swinging, running, jumping and playing! Those actions define much of our childhoods. No matter the weather or season, being outside among the elements was and still is exciting and freeing. Most children play in their yards or at school, but we cannot forget the other places where playing was accepted and encouraged. For years, many cities throughout this country have had parks and recreational spaces where families can go to enjoy their communities, their environment and each other. Parks and recreation are more than just family fun.

Darlene Buchanan, Recreation division manager for the City of Florence, leads a team of devoted recreation professionals who have helped identify and offer programs that the public can enjoy. The staff of the Recreation Services/Sports Tourism Department has focused on listening to citizens about things that they would enjoy doing in their leisure. As a result, the department continues to expand its offerings and finds creative ways to reduce the cost to the citizens while providing high level programs that serve a real purpose and need. The department staff realizes that while July is designated as Parks and Recreation Month, they like to think that enjoying recreational opportunities is every month.

Diversity Works: What are Parks and recreation?

Darlene Buchanan: While they are distinctly different, each one can complement and enhance the other. Parks are what are often referred to as green spaces. Many, especially in more urban areas, view parks as open spaces to play, read, enjoy a picnic, fish and a host of other things that park planners have managed to design in public spaces. Recreation is what we as members of the public choose to do in our leisure, non-working hours. While we have the traditional parks that include things like playground equipment, walking trails and open green space, we also have parks that feature specific activities such as basketball, tennis, skateboarding, pickleball and softball/baseball. In the past couple of years, Florence has seen a resurgence in the use of its parks, and as a result, the diversity of the park offerings in Florence have intensified. Today, there are new venues for competitive and recreational tennis, pickleball, basketball and soccer that didn't exist 7-8 years ago.

Diversity Works: How long has P & R been in Florence?

Darlene Buchanan: Now that is something I would guess, only guess, that when the City of Florence incorporated on December 24, 1890, citizens at that time pursued leisure interests that were popular in that time period. Even at the turn of the century, people realized the importance of downtime as a way to alleviate stress. At that time people turned to vaudeville, dance, movies ("motion pictures" as they were called) and the sport that has become known as America's game—baseball—to occupy their free time. These interests gave people a reprieve from the doldrums of working hard throughout the workweek. And as travel began to improve through railway and automobiles, people were able to escape to the mountains or even to the shorelines for a few days or even longer from time to time. One of the earliest Parks and Recreation directors for the City of Florence was Billy Jeffers. Billy oversaw the City of Florence's municipal recreation

department that included swimming pools, ball fields and playgrounds throughout the city. Today, the Billy Jeffers Center in the Center of Timrod Park bears his name. His son Jeff is a 40+ year volunteer with the City of Florence Recreation Services/Sports Tourism Department.

Diversity Works: What are the locations in Florence, and what do they offer?

Darlene Buchanan: On the website you can gather a lot of information about the facilities. Visit www.cityofflorence.com. Then tab to the Recreation page, and scroll through the park listings there.

One notable park includes the Freedom Florence Recreation Complex located at 1515 Freedom Boulevard with nine lighted softball/baseball fields, three lighted football fields, a 12,000 sq. ft. gymnastics facility, a fishing lake, picnic pavilion, amphitheater, automated batting cages and miles of walking trails that can be enjoyed by the masses.

Another anchor to the City's recreation offerings is the Dr. Eddie Floyd Florence Tennis Center located at 1300 Jennie O'Bryan Avenue. There are 30 total lighted tennis courts – 24 asphalt and 6 clay courts. While there is no fee to use the asphalt/hard surface courts, there is a small fee for the use of the clay courts due to the cost of the maintenance



COF Soccer Pavilion

for these courts. The center has recreational free play and organizational play.

The new soccer complex is located at 3701 W. Palmetto Street and has 10 full-size, championship fields, two of which are lighted. Under construction at this time is the 6,000 square foot soccer pavilion. The two-story facility will include meeting space, staff office, restrooms, concessions area and a wrap-around viewing deck that covers the north, east and south sides of the building on the second tier. There is also a large lake that has already held kayaking and canoe demonstrations as well as an existing two-mile gravel walking trail around the circumference of the property.

The Pearl Moore Basketball Center is located at 500 Barnes Street on the Barnes Street Campus, which also includes the Barnes Street Activity Center and the all new inclusive park – BJ's Playground – for children with all abilities. The Pearl Moore Basketball Center has three full-size basketball courts, but the building can be multi-use too. It currently has six pickleball courts, and each existing basketball court can be modified to a volleyball court as well. There is a large lobby area, concessions stand and a generous eating space. There are small team rooms and a room for the tournament officials.

Diversity Works: Have there been any recent changes that you want to highlight?

Darlene Buchanan: There has been a tremendous growth in Pickleball— a hybrid sport combining tennis, ping pong and badminton. It is played indoors and outdoors and has a big following in Florence. There are 10 pickleball courts at the Timrod Park tennis facility and six indoor courts at the Pearl Moore Basketball Center. While the relatively new sport brings an opportunity for wellness, fitness and comradery amongst players, it has generated significant economic impact to the Florence community through the several tournaments offered throughout the year. Combined with tennis, the total economic

Appreciating Our Parks & Recreation

BUCHANON BREAKS DOWN CONT'D



FTC full aerial view

impact of these two sports was \$4.7 M in 2018.

The fastest growing program has been the O.W.L.S. – Older Wiser Livelier Seniors. Started in 2016 with the idea of offering something for the older, active adult, the program today consists of water aerobics, fit and

strong exercise, beatz (exercise built around percussion and rhythm), tai chi, dance movement, pickleball, lunch and learns, day trips, weightlifting and yoga. There are over 288 members and counting. The annual fee for membership is only \$12, and this includes all classes. Trips do not include meals and admissions.

Diversity Works: What are future plans for P & R in Florence?

Darlene Buchanan: The development of the 500 block of Barnes Street in downtown Florence as a recreation campus is a focus.

Currently, the site houses the Recreation Services/Sports Tourism administrative offices, Barnes Street Activity Center, Pearl Moore Basketball Center and the inclusive playground- BK's Playground. In September a new addition to the campus will be opened to the public: the City Center Farmers Market. The Market will be located adjacent to the Barnes Street Campus at 200 Sanborn Street. There will be ample space for vendors, exhibitors, outdoor use space and a commercial kitchen which may be rented by the public to prepare food items.

In response to a passage of an Installment Purchase Revenue Bond by the Florence City Council in 2017, \$15M was approved for various capital projects. This passage paved the way for new facilities and the refurbishment of existing ones to include two new community centers—one each at Dr. Iola Jones Park and Maple Park— new baseball facility and a new track and field facility, extending the city's existing trails system, providing new playground equipment at a number of city parks as well as remodeling existing facilities such as Freedom Florence Recreation Complex and the remaining community centers.

Visit any of the facilities in the Florence area. To obtain additional information about the City of Florence, visit www.cityofflorence.com.

IT'S GAME ON! FOR FLORENCE SENIORS by Dawn "D.A." Goodwin



Our Spanish Class getting ready for their outing to a Mexican Restaurant where they will order their meals in Spanish and bless the food.

No community could possibly be what it is today without its senior citizen population. The Florence community is no exception. Therefore, we must do what we can to support our seniors and keep them healthy, active and enjoying life. That's where the

Leatherman Senior Center comes in.

This year's theme for National Parks and Recreation, "Game On!" encourages the Center's programming superintendent, Abigail Ansley, to inspire seniors to get out and try new activities. She said, "I want to provide them to be inspired and motivate them to still be adventurous no matter what age they are."

Ansley is fairly new to Florence County Parks and Recreation, but she has a wealth of knowledge and experience to give our seniors. She is originally from Ashland, Virginia, which is 11 miles north of Richmond. She attended Coastal Carolina University and graduated in 2016 with a major in communication and minor in public health.



This is our Leatherman Seasoned Players (drama club) at their first Murder Mystery Dinner Performance

From 2016 to 2018, she worked at a retirement and assisted living community, organizing events and activities for senior citizens. She accepted the programming superintendent position in August of 2018.

"Although I have only

been with parks & rec for almost a year, I have been told by seniors that we have more programs, trips, and we create opportunities that allow them to socialize with others with same interest."

Today, Ansley works tirelessly on an array of activities for our seniors, including:

- Planning daily activities for seniors to attend, making sure activities are diverse for everyone's interests
- Planning local, statewide, national and international trips for seniors to explore and see what the world has to offer
- Planning events for seniors to attend (for example, the Golden Wedding Anniversary and Florence Senior Games)



Group of seniors on our New Orleans Louisiana trip exploring the French Quarter

and Mackinac Island and ending the year with New York City in December. We look forward to partnering with more organizations to create amazing events for seniors in our area."

For those community members who have not checked out the Senior Center, Ansley said, "I would highly recommend senior citizens in our community to come over. This is an opportunity to meet new people and try new things. We have volunteering opportunities, trips to go on, and wonderful senior events!"

Ansley said the Leatherman Senior Center has lots in store in upcoming months. "We are beginning in July a Tai Chi exercise class for Arthritis and High Blood Pressure Seminar. We will be preparing for our Fall Day Trips and will be traveling to Vermont/New Hampshire, Maine

Appreciating Our Parks & Recreation

SUMMER IN DARLINGTON

Submitted by Lisa Chalian-Rock, Planning Director



The park is located between Hampton and Siskron Streets.

DARLINGTON - In the City of Darlington, there are a variety of activities and events for young and old, alike, to enjoy.

PLAY! Enjoy outdoor playtime at one of the City's playgrounds and

parks. The first, built in honor of the late Sgt. Terrence Carraway, sits between Southern Pines and Magnolia Streets. It's just a hop, skip and a jump from the A.W. "Man" Stanley Gym and City Pool too. The second, nestled between East Hampton and Siskron Streets near downtown, has slides, swings and even a zip line.

Go swimming. What's summer without at least one afternoon by the pool? **The Darlington City Pool** is open to the public Wednesday through Saturday from 11 a.m. to 7 p.m. for just \$1 per day. Members at the **Darlington Family YMCA** and **Darlington Country Club** also have poolside options.

Explore the outdoors. Take a hike and bird watch through **Williamson Park**, a 70-acre woodland preserve just a few blocks from downtown. The trails are a mix of natural paths and wooden boardwalks crossing Swift Creek. For more information, visit www.williamsonpark.org.

Curl up with a good book. Head to the Darlington Library at 204 N. Main St. to catch up on your summer reading. Now you can also register to download e-Books at home if you prefer tech to paperbacks, and summer programs for kids are held at 10 a.m. Tuesdays with teen programs on Monday evenings.

Go to the Movies. Check out a free film at 1 p.m. every Friday at Harmon Baldwin Recreation Center. Family movies play at 4 p.m. every Thursday at the Darlington Library too.

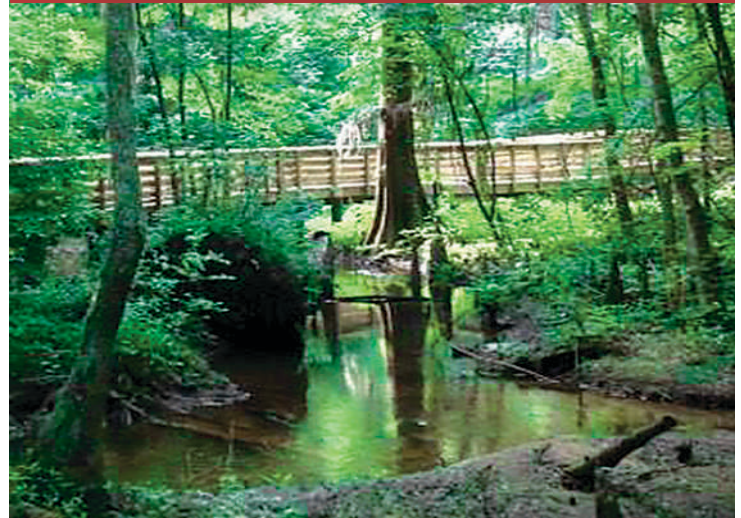
Practice your favorite sports. Darlington Area Recreation has a host of camps, including basketball and football and a summer basketball league, ongoing at both of the City's gyms. You can check into boxing and traditional or hip-hop dance classes too. Call 843-398-4030 for details.

Hunt for treasures! Darlington offers several antiques outlets for those who love to search for buried treasures. Dig through more than 20,000 square feet of furniture, handmade rugs and other collectibles at **Scarlett's Antiques** at 500 E. Broad St. Then, stop by the historic downtown, and see an extensive collection of custom, handmade fine jewelry, silverware and silver plates as well as many other antique items at **The Jewelers Bench** at 60 Public Square. Come explore the rich history of the region at the **Darlington County Historical Commission**, housed in the old county jail. Head to **B&B Variety & Antiques** at 703 Pearl St. to search antique and modern collectibles. The newest addition to downtown, **The Collector's Box** at 114 Cashua St., has tons of sports cards, coins and other collectibles. In the shadow of the Track Too Tough To Tame, the **Darlington Raceway Stock Car Museum** houses a large collection of stock cars, including those driven by Richard Petty, Bill Elliott, David Pearson and others. Admission is \$5 for adults and free for children 12 and younger.

Day-trip. Ride with Darlington Area Recreation on a variety of day-trips to make new friends, eat at iconic restaurants and visit attractions around the Pee Dee Region, Midlands and Charleston area. Call 843-398-4030 for registration and details. Visit www.darlingtonSConline.com for the latest Calendar of Events, or follow the City of Darlington on Facebook at www.facebook.com/DarlingtonSC.

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Appreciating Our Parks & Recreation

SOUTH CAROLINA'S REVOLUTIONARY RIVERS Submitted by FCVB



*SC Revolutionary Rivers paddling trail
Photo credit Christopher Neal Photography*

The South Carolina Revolutionary Rivers® trail highlights the Southern Campaign of the American Revolution, and in particular, the famous “Swamp Fox” General Francis Marion. This trail follows the Lynches Scenic River from Lynches River County Park to the confluence with the Pee Dee River and an upstream section of the Great Pee Dee River to just below the confluence with the Lynches.

Designated a National Recreation Trail in 2014, the 66 miles of river offers paddlers the captivating experience of floating through swampland that was once traversed by Patriots engaged in guerrilla warfare against the Loyalists. And these stretches of river appeal to more than just history enthusiasts. Birders and ecologists will also appreciate this terrain’s rich biodiversity. Paddlers often spy wild boar, beavers, otters, endangered birds and a variety of fish and vegetation along the trail.

For more information, please call 800-325-9005, or visit visitflo.com.

visitflo.com/revolutionary-rivers to view a map of public access points. And before heading out on the water, call the outfitters and guides listed below for excursion reservations. Both short and long excursions, as well as overnight rustic camping opportunities, are always available.

Lynches River County Park

Through active conservation, education and responsible use, the mission of Friends of Revolutionary Rivers (FOReVR) is to protect and promote the natural, historic, and recreational resources of the SC Revolutionary Rivers® National Recreation Trail located within the Pee Dee region of South Carolina.

Current FOReVR Projects

- making paddling excursions available to underprivileged students and to individuals with physical, mental and/or behavioral disabilities
- clearing fallen trees, making the full route accessible by boat
- promoting awareness of the historical significance of the SC Revolutionary Rivers trail
- developing platform camping opportunities along the trail

Get Involved

To be a part of the Friends group for the 66 miles of Lynches Scenic River included in the SC Revolutionary Rivers National Recreation Trail (from Lynches River County Park to the Great Pee Dee River), contact Barry Frick with RiverRat’s at 843-389-4656 or Jade Perkins at the Florence Convention and Visitors Bureau at 843-664-0330 or by email at jade.perkins@visitflo.com.

South Carolina's REVOLUTIONARY RIVERS



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Appreciating Our Parks & Recreation

CHECK OUT THE NEWLY-RENOVATED FLORENCE CENTER

Submitted by the Florence Center



The beautifully remodeled and expanded Florence Center hosts a full calendar of events year round

Residing in the heart of the hospitality district of beautiful Florence, the newly remodeled Florence Center offers over 75,000 sq.ft. of flexible space for social, professional and community events. The Florence Center is the largest convention, entertainment and exhibition facility in northeast South Carolina and serves as the region's premier hub for entertainment and civic events. The 10,000-seat arena, elegant grand ballroom, jr. ballroom and versatile nine meeting rooms provide for a full calendar of events.

The SMG-managed venue, which is centrally located at the midway marker between NY and Miami, sits at the intersection of I-20 and I-95 and has become an elite destination for conferences and meetings that range from 10 to 10,000 attendees and anywhere in between. This southern hotspot offers over 1,700+ adjacent hotel rooms, an abundance of neighboring chain restaurants and local cuisine, and sits next to the



Florence City Manager, Drew Griffin, speaks to the crowd during the Chamber Winter Legislative Breakfast at the Florence Center



A partial view of the upper parking lot at Florence Center during preparations for the Greater Pee Dee State Fair

region's premier shopping plazas. The Florence Center delivers an elevated experience for a diverse range of clients while generating an immense economic impact for the community and supplying an exceptional quality of life for residents through countless shows and entertainers. The world-class facility hosts an array of local, regional, national and international events of all types. Entertainers ranging from the likes of Travis Tritt, Boyz II Men, Puddle of Mudd, Mary J Blige, Willie Nelson, The Beach Boys, George Lopez, Larry the Cable Guy and Cedric The Entertainer have performed at the Center. More entertainment, including Monster Jam, Disney On Ice, AX ArenaCross, Cirque du Soleil, Sesame Street Live, along with musicals, rodeos, circuses and festivals complete a yearlong calendar.

Several new, self-produced events have recently been introduced and are quickly becoming annual favorites. The venue launched the Greater Pee Dee State Fair, Jingle Bell Christmas Market, Pee Dee Outdoor Classic and the Carolina Food Truck Rodeo with tremendous success, as well as revitalized the SC Kids Jamboree youth festival. Learn more about the venue, and see the full event lineup at www.florencecenter.com.

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Appreciating Our Parks & Recreation

PEE DEE TOURISM COMMISSION'S PLANS by Daniel James II, Cornell University ILR School '22



Beth Williamson

As America commemorates Parks and Recreation Month, it would be a celebration in vain without acknowledging the great state of South Carolina and the Pee Dee region in particular. The beautiful green and the palm trees of the Pee Dee region have made the Palmetto State an attractive summer hub and spring break excursion locale for many, far and near. However, all signs indicate that both the state and region owe their credit to the diligence found in the Pee Dee Tourism Commission.

With an unwavering commitment to produce advertisement that will boost the economy of the Pee Dee, the Commission has caused the region to attract visitors from around the country and beyond. In only recent years, tourism has become the number one industry in the state of South Carolina, with the Pee Dee region receiving national attention from the Southern 500, as being the largest one-day tourism attraction in the state of South Carolina.

Beth Williamson, the director of the Pee Dee Tourism Commission, says of her duties that “you can never count on any day being mundane.” With her role encapsulating all areas relating to tourism, attractions and general accommodations needed for visitors, her day could consist of a phone call from an out-of-town visitor needing assistance with lodging

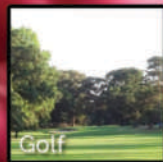
or even putting together a two-day itinerary during his or her stay in the area. In such interactions, Williamson aims in the upcoming year to aid tourists in discovering the undiscovered, but undoubtedly great places in the Pee Dee region, including growing projects such as the Revolutionary War Project, which includes displays throughout the region that serve as monuments to battles and other war occurrences.

Most preeminently, however, Williamson desires to “increase [the region’s] presence on social media,” especially in the growing digital age of the 21st century. If the Pee Dee Tourism Commission is able to achieve social media marketing mastery and successfully target demographics, in the next five years, Williamson senses tremendous success will come to the Pee Dee with regards to tourism and, therefore, the economy at-large.

With South Carolina and the Pee Dee region being the home to some of the South’s most historic sites, it is impossible to leave the state having experienced all of the great intricacies it has to offer. Because of that, Williamson suggests that any sight relating to agriculture is worth a visitor to the region putting onto their bucket list.

Although the Pee Dee Tourism Commission has no specific plans for celebrating Parks and Recreation Month, the Commission encourages all of those planning to visit the state to enjoy the Tobacco Museum in the City of Mullins, the Pee Dee State Farmer’s Market and to experience everything that the Pee Dee region has to offer.

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Appreciating Our Parks & Recreation

COACH T.B. THOMAS SPORTS CENTER'S ANNIVERSARY

Submitted by Lauren Baker, Public Information Officer



Hartsville is the largest city in Darlington County nestled in the Pee Dee region of South Carolina. Hartsville is home to major industries, charming quaint neighborhoods, Coker College and the Governor's School for Science and Math. With an ever-growing community, it is only fitting that the City of Hartsville Parks and Recreation is such a vital component and mainstay within the community.

The City of Hartsville Parks and Recreation is a collaborative effort with Hartsville Area Recreation, enabling them to provide well-rounded, enjoyable opportunities for athletic as well as non-athletic and senior citizen programs. The programs are funded by Darlington County and the City of Hartsville. The area programs offer opportunities for the community, including special events year round.

The Parks and Recreation Department has six parks across the City of Hartsville that are full with activities or equipment for residents of all abilities, backgrounds and interests to use. The City of Hartsville Parks and Recreation Department is excited about the opening of the new expanded handicapable playground on the campus of Byerly Park. The playground is located between the tennis courts and the track and field area. This new and improved playground is an expansion to Garrison's Place, previously located just outside of Neptune Island Waterpark. Garrison's Place was originally opened in June 2014 after local families started a campaign for "Special Play for Special Kids." City manager, Natalie Zeigler, is excited for the expansion of Garrison's Place and says that "Play is an important part of development of children as it builds social and physical skills while allowing children to establish confidence in themselves. We are excited of what the expansion of inclusive playground equipment will bring to the children in Hartsville."



10-year anniversary celebration of the Coach T.B. Thomas Sports Center.

This year, the Parks and Recreation Department celebrated the 10-year anniversary of the Coach T.B. Thomas Sports Center. At this anniversary celebration, community members in attendance heard from former players, family members and friends of Coach T.B. Thomas about the legacy that he left on the sports scene in Hartsville. It was clear that he was more than just a coach but also a mentor for youth in the area that needed a strong male figure to look up to and aspire to become. He taught them life lessons and left a legacy that will not soon be forgotten. The department is honored to be housed in a building that honors him.

HARTSVILLE -

Hartsville is the largest city in Darlington County nestled in the Pee Dee region of South Carolina. Hartsville is home to major industries, charming quaint neighborhoods, Coker

College and the Governor's School for Science and Math. With an ever-growing community, it is only fitting that the City of Hartsville Parks and Recreation is such a vital component and mainstay within the community.



Byerly Park Playground Photos

Events are also a major part of the work that the Parks and Recreation Department does each day. This year, the department partnered with the Young Eagles Association to offer a Hartsville Flight Fest at the Hartsville Regional Airport. This festival brought kids of all ages to the airport to explore the field of flight. The weekend was filled with a movie, games and even a FREE flight around Hartsville. The Parks and Recreation Department understands that recreation is more than just playing sports, and it constantly works to offer other opportunities for those that may not be athletically inclined. They also take pride in offering affordable, diverse and practical outlets to the residents.

The Parks and Recreation Department is very excited about expanding its facilities and their programs. In 2019, Hartsville residents can expect to see the

completion of an outdoor basketball court outside of Coach T.B. Thomas Sports Center. This court will allow even more opportunity for residents to play outside, explore the game of basketball and spend time with other residents. The strong presence of the Parks and Recreation Department can be felt throughout Hartsville. Because of this department, youth and adults alike have things to do, places to play and people to communicate with each day. The department is constantly looking for ways to improve the quality of life in Hartsville and welcomes ideas from the community.



Appreciating Our Parks & Recreation

BEATING THE HEAT WITH FLORENCE'S NEW SUMMER ADDITION Submitted by Amanda Pope, CMO Administrator



Andrew H. Griffin Plaza

The City of Florence hit the ground running this year with construction of a new home for the City Center Farmers' Market and continued progress with the City's Neighborhood Redevelopment plan. It is also moving forward with

additions and improvements to parks and recreational areas. When it comes to Florence, there is purpose in every action. Moving forward and building for the community is Florence's top priority, even to include fun solutions for beating the summer heat.

On June 7 the Andrew H. Griffin Plaza, which includes a new interactive water feature, opened at 146 S. Dargan Street. This park is a great addition to the downtown area that is inclusive to the youth in our community. The interactive water feature is designed for children ages 12 and under and includes eight spray jets that blend into one column of water with alternating spray heights and LED lights. Fountain hours of operation are Monday – Saturday from 9 – 11 a.m. and 2– 6 p.m., and Sunday from 2 – 6 p.m. During operating hours, an attendant will be present in the plaza area. Additional information and regulations are available on the digital sign near the entrance. This beautifully landscaped space, designed by CDM Smith and Land Plan South and constructed by JF Construction, brings meaning and a new dynamic to the experience downtown.

The Lorax: Unless statue represents another notable enhancement to the landscape. The statue adds a playful vibe to the plaza but also brings a deeper meaning. The bronze tribute was created by Leo Rijn. The Dr. Seuss quote, "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not," depicts inspiration and introduces a greater weight of social and environmental responsibility. The Lorax helps to deliver a lively landscape and promotes community interest and energy. The plaza is far more than just a place to cool off. It also provides a multifunctional space during special events downtown that is available for public use and enjoyment.



A sculpture of Dr. Seuss's character by artist Leo Rijn has been installed in the Andrew H. Griffin Plaza.

The plaza is named after Andrew H. Griffin, the city manager of Florence who is a native of Asheville, N.C., but has made Florence his home, serving this community for over 30 years. He became city manager in October, 2011. Griffin is passionate about community wellness and has positively impacted the community with his direction and enthusiasm. The City plans to hold a formal dedication and press event at a later date.

Florence embraces inclusiveness and creates opportunities and public spaces for all to enjoy. These parks and recreational facilities make Florence a great place to live, work and play.



Play hard!

on Barnes Street at the inclusive playground



Cool down!

on Dargan Street at the new Andrew H. Griffin Plaza

Find out more, www.cityofflorence.com

Celebrating diversity and inclusion in the City of Florence parks and plazas!

Appreciating Our Parks & Recreation

“GAME ON” FOR NATIONAL PARK AND RECREATION MONTH *by Angela Crosland*



City of Dillon Sports Complex

DILLON - It's probably no coincidence that National Park and Recreation Month falls right in the middle of the summer – July. It's the month when days are longest, school is out and families typically vacation.

It is the 34th year of this observance, and its purpose according to the National Recreation and Park Association (NRPA) is to promote the benefits of healthy, lively communities and to acknowledge the importance of parks and recreation in enhancing the quality of life for its citizenry. This year's theme is "Game On," and that is precisely what the director of Dillon County Parks and Recreation, Vernon Grimsley, has in mind for the month.

In fact, it is what they have in mind every month, according to Grimsley. "It's business as usual," says Grimsley. "(July) gets me ready for football. We just finished up with baseball, and we'll host camps in July."

The camps and tournaments are yet another way that recreation centers and parks connect communities.

In Dillon County, you will find a variety of activities from outdoor recreation to civic involvement. The county offers nine parks and playgrounds, 20 ball fields and 20 tennis courts located throughout it. If golf is your game, Twin Lakes Country Club in Dillon features an 18-hole golf course, swimming pool and clubhouse. Fishing is at its best in the Little Pee Dee River. The Little Pee Dee State Park offers fishing, camping and picnicking. Dillon County is also home to South of the Border, a resort and major tourist attraction located on I-95 at the NC state line.



Twin Lakes Country Club

Cultural and community activities are available throughout the year. The Dillon House Museum, artist series, Spring Fest, Celebrate Main Street and Christmas on the Blvd offer residents many opportunities for festivals, theatre, music and art.

In addition, Bridget Elvington with the City's Parks and Recreation Department says the city will host three sports tournaments this summer. The 2019 S.C. Dixie Youth Division 1 AA Coach Pitch, Division 1 Majors and Division 2 Majors state tournaments will begin on July 5 with the tournaments Opening Ceremony being held at the City of Dillon Wellness Center. Games will begin on July 6 at approximately 9 a.m.

The Department of Parks and Recreation is responsible for a variety of recreational events for its citizens. The Department offers leagues for youth in girls' softball, youth co-ed basketball and youth co-ed soccer. The department also works in conjunction with the Dillon Kiwanis Club in its youth baseball program. The department offers services to the senior citizens with monthly activities that include bingo,



Playground

daily trips and special programs. The department offers several special events throughout the year that include an Easter Egg Hunt and Breakfast with Santa. The staff is responsible for four neighborhood playgrounds.

Elvington has been with the city since she graduated from Clemson University. She earned a bachelor of science in parks, recreation and tourism management, so it was pretty clear early on that she would hold the position she has now. It's an industry of varied responsibility, but there are three things that have kept her getting up and going to work each day, she says. They are as follows: "knowing that I am doing something I love, knowing that I'm providing the community with fun opportunities for everyone and knowing that what I do provides a positive experience and memories for individuals and families."



Little Pee Dee River

"(I'm) hopefully making a difference in someone's life," says Elvington.

She's currently preparing for three major tournaments to be held

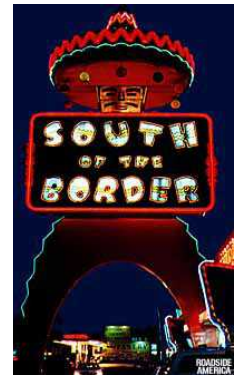
in July.

Elvington can provide information about the City of Dillon's events at 843-774-7218, extension 3.

For more information about upcoming camps in Dillon County, contact Grimsley at 843-845-1376 or vgtori@aol.com.

As for other happenings to commemorate the month, the Dillon County Clemson Extension Office has announced an upcoming summer camp. It is as follows:
Kick off the Summer with 4-H
July 23, 2019
1-4 p.m.

Youth are asked to bring their own lunch to the extension office in Dillon and participate in an ice cream making demonstration. They will also make tie-dye shirts. For additional information, contact Erika Jones at 803-238-2183 or erikaj@clemson.edu.



South of the Border

ABOUT THE NATIONAL RECREATION & PARK ASSOCIATION

The National Recreation and Park Association is a national not-for-profit organization dedicated to ensuring that all Americans have access to parks and recreation for health, conservation and social equality. Through its network of 60,000 recreation and park professionals and advocates, NRPA encourages the promotion of healthy and active lifestyles, conservation initiatives and equitable access to parks and public space. For more information, visit www.nrpa.org.



DILLON

South Carolina

Appreciating Our Artists

SEVEN YEARS OF SUCCESS: ARTFIELDS 2019 RECAP Submitted by Roberta Burns, Marketing Manager, Lake City ArtFields Collective



ArtFields 2019 was kicked off with a drumline parade from Benedict College. Photos by Mike Baker, Meade Agency.

LAKE CITY— ArtFields 2019 was an incredible success. Thousands gathered in Lake City over the 9-days to view world-class Southern art displayed in venues across town. This year, hundreds of artworks were included in the show

after being picked by a selection panel. Each of the 12 eligible states was represented in this year's competition, along with more than 250 pieces of student artwork completed by students grades 1-12 from across South Carolina.

Winners of the competition were announced on May 4 for both ArtFields and ArtFields Jr. A jury panel spent time in Lake City selecting winners and visitors got to cast their vote for the People's Choice Awards. The judges for both competitions were impressed with the quality of the work on display.

"In real life it [the art] actually affects you," said jury panel member Farzad Kohan. "There are a few pieces that went under my skin and are still there, you know what I mean? There are pieces that made me laugh or pieces that made me very sad."

The winner of the \$50,000 Grand Prize was Forrest Lawson from Winter Park, Fla. with his piece titled "6/12/2016," which was a tribute to the victims of the Pulse Nightclub shooting. In second place, winning \$25,000, was Anastasia Ntrebine from Gastonia, N.C. with her piece, "Almost Familiar."

When the votes for the 2019 competition were tallied, the People's Choice 2-D winner was Charles Clary from Conway, S.C. with his piece "Memento Moriddiddle." The 3-D People's Choice Award went to Noah James Saunders from Athens, Ga. with his wire portrait "Luminous." Both People's Choice artists won \$12,500.

For the ArtFields Jr. competition, awards were divided into four grade ranges. In the Primary category, Jackson Artmstrong received first place; Meggs Kinard, second; and Faarisah Mubashshira third. For the Elementary category, Klair Wilson earned first place; Hannah Stark, second; and Kinley Reames, third. Mia Zhou won first place in the Middle division with Alyssa Lor taking second and Juliette Behrends in third. Finally, for the Secondary artists, Glenn Courtney won first place; Aaliyah Houston, second; and William Williams, third.

In the annual portrait contest, a crowd favorite event, active duty and retired military personnel were honored as models while artists spent

three rounds of one hour each creating their likeness. Gerard Earley from Columbia, S.C. was the first-place winner with Kristen Eisenbraun and Stuart Whitis taking second and third places, respectively.

In addition to the artwork and portrait contest, the event this year included a drumline parade, the annual ColorMe 5K, student tours, Dandelion Gala, public art installations, Makers Market, live music and laser shows. Tourists also got the chance to dine in Lake City's numerous eateries and engage with three artists who completed murals on Sauls Street and Church Street.

Carla Angus, who leads the ArtFields event, was extremely excited about this year. "I think it is continuing to grow in all aspects," she said. Angus has been with the program since its inception and has seen firsthand the impact of the event on the community and beyond. "Through working with the children I can see how comfortable they are becoming with interacting and discussing the artwork," she shared.

Business owners get a chance to be in on the fun by participating at venue hosts. They select artwork to be displayed in their shop and connect with the artists to learn more about the story behind the work in their business.



Donald Walker's mural "Transformation" was a favorite of all ages as visitors tried to find objects hidden in the painting.

team and muralists.

Looking forward, be sure to visit Lake City for amazing art exhibitions in fine art gallery spaces at TRAX Visual Art Center and Jones-Carter Gallery. Currently open Tuesday through Saturday from 11 a.m.-5 p.m., exhibits from Beverly Buchanan, Jerry Siegel and Jenny Fine are on display. Admission to both galleries is free.

Save the date for ArtFields 2020 from April 24-May 2! If you are an interested artist, the submission period will open in September. Visit our website, artfieldssc.org, or connect with us on Facebook and Instagram to stay up to date on all the art happenings in Lake City!



Lake City, South Carolina lives art: Whether it's our annual ArtFields® festival or the simple art of bringing Southern flavor and craftsmanship to everything we do, Lake City is a place for artists of the everyday. When you visit our historic downtown, you'll see just how we bring that spirit of creativity to life. Our art is everywhere—outdoor sculptures stud our downtown and unassuming buildings house world-class art—and our residents and retailers are our artists. With unique dining experiences and expertly curated boutique shops that sell everything from bowties to motorboats, downtown Lake City isn't just a historic district: it's a masterpiece.

Discover the art of downtown at www.visitlakecitysc.com


Lake City
downtown
MAKE YOUR ART

THE ARTS COMMUNITY CELEBRATES 2019 ARTS AWARDS Submitted by Sandra Cook, Executive Director, FRAA



The Florence Regional Arts Alliance hosted a reception during which several community members received recognition for their contributions to the arts community of Florence County. The awards presented are themselves works of art. Thomas Arts, a fun and exciting brand headed by Tiffany Thomas, was commissioned to create the 2019 Arts Awards. Thomas is a Florence native and currently lives in Lake City. Thomas Arts was the recipient of the 2018 Business and Arts Partnership Award.

The following individuals were recognized through these awards and were presented by the recipient of the 2018 award:

Dr. Sherry Woods presented the John W. Baker Distinguished Service



Christine Fisher and Dr. Sherry Woods

Award to Christine Fisher. This Award recognizes an individual from Florence County who has significantly impacted the quality of life in our community through his/her activities, contributions and/or accomplishments in the arts. “Ms. Fisher has been a performer, advocate, and promoter of the arts in Florence County. A former teacher in Florence 1 Schools, she was elected

FSD1 Teacher of the Year, SC State Teacher of the Year, and served as the director of the Arts and Basic Curriculum Project, which allowed her to promote arts programs statewide for the past 18 years.”

Thomas Arts Studio presented the Business & Art Partnership



Lynda English, Jackie Wukela and Tiffany Thomas

Award. The Business and Arts Partnership Award recognizes a vital commitment to the arts as evidence by operational and/or project support provided on a substantial and ongoing basis. Tiffany Thomas presented the award to Jackie Wukela and Lynda English of Lynda English Gallery Studio.

Wukela and English are anchors in our arts community. Serving as an arts hub, the studio reaches outside of its walls and into all facets of the arts in Florence County. Most recently, Wukela donated her time and talent to create beautiful custom art pieces for the program covers for the Florence Symphony Orchestra. The pieces she has created have varied between acrylic collages, oil and watercolor. She has kindly donated these custom pieces to the FSO where they will be auctioned.



Chrissy Monaco and Murriel Calcutt

English served as artist-in-residence with McLaurin Elementary and helped in the creation of their mural, “The Storytelling Wall.”

The Gregory Fry Arts Educator Award is presented annually to an educator who either resides or works in Florence County. Public and private schools educators are eligible for this award, as well as individuals in higher education and those who teach through registered 501(c)(3) arts organizations. Murriel Calcutt presented the award to Chrissy Monaco. “Ms. Monaco has rejuvenated the Drama program at Trinity-Byrnes Collegiate School, giving her students not only thorough dramatic training but also a platform on which to display their skills. Her productions there have ranged from the classic and heart wrenching “Bus Stop” to loud, fun musicals (“Legally Blonde,” “Freaky Friday”), to experimental (“Camp Shakespeare” monologue medley).”



Uschi Jeffcoat and Triza Cox

The Outstanding Arts Organization Award is presented annually to the Florence County arts organization that has a tremendous impact on the community. This may be through programming, projects, resource development, advocacy or other innovation. Uschi Jeffcoat presented the award to The Drama Lady Theatre Group. “Within the past year, the Drama Lady Theatre Group, under the direction of Triza Cox, has produced the following plays, using independent fundraising, casting and design: ‘What Gets Left’ by local playwright Brooke Mogy Watkins (April 2018), ‘Miss Julie’ by August Strindberg (August 2018) and ‘For Colored Girls Who Have Considered Suicide/When the Rainbow is Enuf’ (November 2018).”



Diana Murphy and Michele Pridgen

Diana Murphy presented the Frank H. Crow Award Recipient. This award is presented annually to a Florence Regional Arts Alliance board member, staff member of volunteer who has had a tremendous impact on the organization’s growth and success. Murphy presented the award to Michele Pridgen. Pridgen has served on the board of directors of the Florence Regional Arts Alliance as a valued member, officer and currently as immediate past president. She is instrumental as an arts advocate by solidifying partnerships between corporate industry leaders in Florence County and our Arts community.



Gracy Richardson, Michele Pridgen and Katie Brock

In addition to these awards, the Florence Regional Arts Alliance’s Michele Pridgen presented the 2019 recipients of the Betty Ann Darby Scholarship Merit Awards. These annual scholarships are possible due to the generous support of Honda of South Carolina.

Kathryn Brock:

Brock is graduating from South Florence High School. She will be attending Charleston Southern University. She plans to major in graphic design. She said that from the moment kindergarten teachers placed crayons in her hands, she’s been an artist. During high school, Brock has

THE ARTS COMMUNITY CONT'D

been a member of National Art Honors Society, Beta Club and Junior Marshall. She placed in South Carolina Independent School Association's Art competition and has created designs for various community Arts projects.

Gracyn Richardson:

In the fall, Richardson plans to attend Francis Marion University and major in graphic design. This will allow her to pursue her lifelong dream of working in the visual arts. Richardson is a member of the Beta Club and Debate Club. She has worked with the afterschool program at McLaurin Elementary, Build-A-Bed program and is currently working on building her self-employed design business. She will graduate from Wilson High School.



Olyvia Gregg

Olyvia Gregg:

Among other high school activities, Gregg is a member of the Beta Club, Drama Club and Bruin Elite Dance Squad and is student representative for CAPA. Gregg has worked with Florence Little Theatre and was the assistant director for the production "The Dixie Swim Club," and she participated in their Rising Stars production of "Hairspray Jr." as Little Inez Stubbs. Gregg will graduate from South Florence High School and plans to major in Dance at Coker College. (Her

mother accepted her award. Gregg was performing the same evening and was not able to attend the awards ceremony.)

The Florence Regional Arts Alliance would like to thank the administration, staff and faculty of Florence County Public High Schools for helping us recognize and support the young artists in our community

by presenting to them the Excellence in Arts Education Awards. These awards are presented in conjunction with Honda of South Carolina.

Students were nominated on the basis of their superior achievement as well as for their participation in school and community arts activities. It is our hope that such awards will encourage recipients to make their artistic pursuits a life-long endeavor.

Honda of South Carolina and the Florence Regional Arts Alliance were pleased to present the awards to the following recipients in their respective disciplines during each high school's awards ceremonies:

- | | |
|------------------------------------|--|
| Hannah-Pampilco High School | Timmons High School |
| Mary Claire "Noel" Dotson - Chorus | Kezirah Easterling - Band |
| Britney Cooper - Drama | |
| | West Florence High School |
| Johnsonville High School | Matthew Price- Band |
| Parker Herndon- Visual Art | Brianna Forshey- Chorus |
| | Allysia Samuel- Orchestra |
| Lake City High School | Ebony Hunter - Drama |
| Alana Fulmore- Chorus | |
| | Wilson High School |
| South Florence High School | John Benedict Qusea Odasco- Visual Art |
| Kathryn Brock- Visual Art | |
| Ricky Tate- Dance | Hannah Ward- Chorus |
| Olyvia Gregg - Dance | Trevor Schroeder- Orchestra |
| Cameron McKenzie Bell- Chorus | MyAshia Haynesworth - Band |
| Olyvia Gregg- Drama | |
| Darrin M. Davis - Band | |

For more information about the Alliance's awards and scholarship program, please visit the Florence Regional Arts Alliance's website at www.florenceartsalliance.org, or contact the director, Sandy Cook, at 843-407-3092 or by email director@florenceartsalliance.org.

USING ART TO ARTICULATE by Adalia Ellis



Tiffany Thomas

The unique handcrafted pottery by Tiffany Thomas is a prime example of the immense homegrown talent that Florence can take pride in. If there is one Tiffany Thomas, how many more are there that we have yet to see?

Thomas grew up right outside of Florence on a farm in Effingham with five brothers and sisters. She didn't always know that she wanted to be an artist. She was always curious about the world and loved to draw. As a child, her favorite thing to do was to play outside. One of the places she loved to play was in her

brothers' tree house that had masks and art pieces by her mother on display. She especially loved her mom's clay figures.

In high school Thomas was very introverted, so she created elaborate stories that went along with her drawings. But it was a teacher that encouraged her as an artist. "At FDTA, A teacher noticed my writing and drawings and suggested I apply to FMU for their fine arts program."

Thomas was eventually accepted into Francis Marion University. She was initially in the graphic design program, but she was drawn to clay and painting. Thomas' art reflects her love for the feel of the clay in her hands and bold colors in her paintings. "I feel that art allows me to articulate

what I feel within. It gives me a voice and a drive to continue creating."

I personally met Thomas by way of an odd request. I am a Latin dance instructor, and I was looking for a space to host an evening party. I had heard about her through a mutual friend. What struck me about her was how easily she said yes to my request. At this time the studio and shop was located on Dargan Street in downtown Florence. Thomas Arts ended up being the perfect location for a night of Latin dance. The space was infused with her creative energy--warm, welcoming and beautiful. The artwork was breathtaking. Thomas has since relocated to Lake City.

She describes business side of her pursuit of art as, "vulnerable, thrilling and terrifying...all at the same time!" She ships her pottery all over the world, and her favorite thing to experience is when a customer sends a picture of themselves, holding a mug, telling her how much it means to them. "I feel honored to bring joy to their lives."



Tiffany and her mug creation

It is Thomas' hope that if someone sees her art 50-100 years from now that they'll see that she strove to be honest and true to whom she was.

Browse her artwork by visiting www.thomasarts.com

DON'T WAIT FOR INSPIRATION

Articles by Adalia Ellis



Uschi Jeffcoat

When asked what would someone learn about her if they saw her artwork 100 years from now, Uschi Jeffcoat responded, "That I liked birds and metaphors!" Jeffcoat, a local educator and water-color artist was born in Germany and grew up in Huntsville, Ala. Though Jeffcoat calls both places home, her mother was very intentional that she maintained a strong connection to her German heritage, so she spent summer vacations in Germany. She eventually moved to Florence with her husband

due to his job, which is an example of the changing dynamics in Florence that is seeing more and more people from all over the country and the world settle into our small southern town.

When Jeffcoat was young, she enjoyed making art, but she had never considered "being an artist" as an occupation when she became an adult. Actually, in elementary school, she had her eyes set on becoming president one day until she learned that her birth place would be an obstacle. Yet, it was during her childhood that the passion for art took root, and she doesn't remember a time that creating wasn't a part of whom she is. Jeffcoat, when sharing about this time stated, "I have a few specific childhood memories which include drawing an owl with oil pastels in school or making a room length caterpillar on dot matrix paper with a childhood friend. At those moments, I remember wishing the day would never end."

The people Jeffcoat encounters and her day-to-day experiences find their way into her work through brushes, paints and easel. She is a better person when she is creating. When writing about creative inspiration she said, "While there are some moments where inspiration does hit, for the most part, I've learned that consistent steadfast time creating has a greater return than waiting to be inspired."

Even working in a creative field takes work and effort for an artist to make it financially. Jeffcoat said she works to keep good records for tax purposes and to maintain a website and social media accounts. There are days when she finds this side of business to be exhausting but it is all part of it. On the other hand, she eliminated the pressure to meet a bottom line by pursuing a line of work that allows for time in the studio.

As middle school German language teacher, Jeffcoat gets to share her love for language and education while having time to be an artist. "Within this season of life, my arts business is more an offering from my studio rather than a need to meet a bottom line figure. I have the freedom to try new things, learn and experiment for my own purposes."

To peruse Jeffcoat's artwork, visit www.uschijeffcoat.com.



BlueJay



Mother's Little Helper



Educator

STUKES SHARES SILVER LINING

If someone were to walk into Soule Cafe in downtown Florence on any given day he or she will probably see William "Cash" Stukes sitting at a table intently working on his laptop. A local photographer and filmmaker, he is a transplant who has laid deep roots in Florence.

Stukes grew up in New York City in South Jamaica, Queens. It was while living there that he got started as a DJ in high school. Once he became good enough, he stepped up as one of the DJs for the Universal Nation, an online site that features the musical creations of DJs, while serving the public for club and private events. As he grew in popularity, he would become the DJ for the Diplomats, a Harlem based hip-hop group. Stukes was also approached to be the road DJ for Trey Songz, a New York based R&B, soul and hip-hop artist, but he turned down the opportunity. He left the music industry when he moved to South Carolina where his love for taking photos and being a creator would take over his life.

Stukes always wanted to be an artist. "My artist passion came from the neighborhood I lived in. My neighborhood is known for housing some of the biggest artists in the United States. Being in the presence of most of these artists gave me the drive to become an artist myself."

There are ups and downs pursuing film and photography as a business. There are many late nights, early mornings and lots of time away from his family. Like any new business owner, there are no days off. There is a constant reminder of how quickly time passes as he works to meet deadlines. He sometimes gets burned out from the late nights, early mornings and constantly being on the clock. And where's the silver lining? He gets to make a living doing something he enjoys and have fun at the same time.

Stukes is inspired by the smiles he puts on his clients faces once their photographs or films are complete. He is also inspired by the tears of joy that his clients show when moved by a particular image or video. Though seeing the happiness expressed by his clients is motivation to keep following his passion, his biggest inspiration is his children. "They keep me striving to make something so great that they look back on me and say, 'My father created this, and he left us something that would take care of us for the rest of our lives.'"

If someone were to see Stukes' work 50-100 years later, they will learn that he pays close attention to detail and goes against the grain in his own unique way when it comes to photography and film. "They would learn that my style is different from everyone in the same profession."

To become familiar with his work and services, visit www.atyourservicemedia.com.



TATTOO PARLOR OWNER USES PASSION TO GIVE BACK by Adalia Ellis



Badi Ellis at work-Photo credit: At Your Service Media, William Stukes

Badi Ellis was born in Hartsville but grew up in Florence. He left the area in his early twenties in order to see what the world had to offer outside of here. He started by traveling the country and eventually the

world by working on cruise ships as a massage therapist. After about 15 years of traveling, he decided to settle back in Florence.

As a child, Ellis always doodled, but it would get him in trouble in school. He always wanted to do something that had to do with art. He just didn't think he would make a career out of it.

Around age 12 or 13, Ellis discovered his passion for a specific style of art that would later set him apart as a tattoo artist. While at the Louis G. Gregory Baha'i Institute in Hemingway, he sat next to a family friend and noticed he was doing an art project for one of his university classes. That university student introduced pointillism to him. "I was blown away by the detail and the fact that he could create

a picture with only dots. So from that moment on that's what I did... dots...and lots of them."

For Ellis, art was a way to get into a calm place internally. Sometimes he would just start with one dot, not knowing what he was going to do. He just went with the flow and where his hands placed the dots.

In the 1990s to early 2000s tattoos were not legal in South Carolina, so the thought of becoming a tattoo artist never crossed Ellis' mind. In the past year, however, he has become the owner of Imperial Ink on Evans Street, earning himself a reputation for not only running a professional shop but for his unique tattoos. "The fact that I can provide for myself and others while doing something I love is indescribable."

As the newest owner of Imperial Ink, Ellis has spearheaded wonderful initiatives. One such initiative was free tattoos for all emergency response personnel following the tragic shooting that saw two beloved police officers lose their lives last year. For a community and emergency response family in mourning, for those who pay tribute through skin art, this was a powerful way to show love.

When considering what people learn about him when they see his art, Ellis hopes they know that he didn't follow the norm. In fact, he shuns following the rules. Art is meant to change, transform and in his own words, "Art can be the individual expression of a person's soul."

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ARTIST PROPOSES THINK TANK TO HELP UNDERSERVED by Les Echols



Bhakti Larry Hough

BISHOPVILLE- The month of August is American Artist Appreciation Month, making it an ideal time to recognize and appreciate a diverse range of American artists who have a refined appreciation for art and to embrace all varieties of art. Bhakti Larry Hough is an artist and musician in the Pee Dee area with a vast portfolio of community service in the arts.

To say Hough wears many artistic hats is almost an understatement. A native of Hartsville, Hough is an accomplished and versatile cultural, creative and mass media artist with extensive experience in the creation, development, management and execution of communications, mass media, and artistic performance endeavors, projects and entities.

Hough formerly hosted radio talk shows with four different radio stations, including City Beat on WYNN 106.3 and radio Baha'i of Hemingway. He is a former staff writer for the Morning News and the State newspapers and current columnist for the Lee County Observer and Camden Chronicle-Independent. Hough also served as a consultant to Fortune 500s such as Sonoco and Wellman, special community program development and was a grants research advisor to former Coker College provost and Dean of Faculty, Dr. Ronald Carter.

At the young age of 10, Hough became involved in music. From then through his adolescence, he performed with family members in a gospel group. Over the years, it was a hobby, but he knew even then it was what he wanted to do professionally. "I have always loved music and was into it, but I wasn't a prodigy in that my parents did not feel compelled to groom me as a musician, but music is my first love," explained Hough.

Hough got into jazz as well as African and Latin percussion and now serves as a percussion instructor. But it wasn't until 2005 that



Bhakti Project Poster

he'd become seriously involved in the music industry as a career, earning most of his income as an artist, moving from managing public relations for acts to performing. He said, "I haven't become rich or famous, but I have been able to make a significant chunk of income as a professional musician and with other artistic

endeavors."

Further, Hough is percussionist and vocalist for his jazz band, the Bhakti Project. The group had released several CDs. He is also the director of worship music and choir soloist at Emanuel UME in Camden.

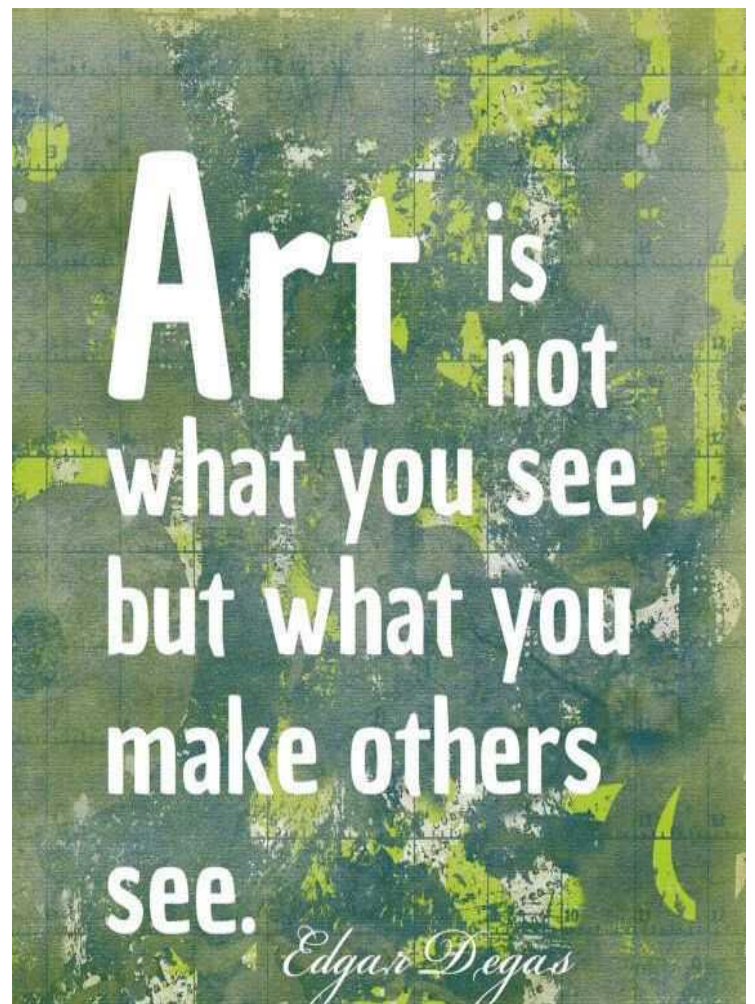
When asked what changes he would bring to the community on a cultural level, Hough gave interesting insight. "A viable solution could be a think tank of scholar's intellectuals, artists and clergy come together to examine issues that affect underserved populations. Think tanks are influencing policy and even writing legislation. There is not enough focus on people who fall through the cracks. We need a more robust social and anti-discrimination component. On aggregate, we



are not reaching back to pull young, disadvantaged African Americans out of the prison pipeline. That can change with something like a think tank and additional programs to intervene," concluded Hough.

Hough has served on and chaired several community organization boards of directors and planning committees, including starting a "jazz in the park" series and serving as former director of the Sankofa Festival in Florence. He served as chairman of the South Carolina African American Heritage Commission and is a charter member of the former SC African American Heritage Council. Currently, he is resident and Artist-In-Residence at Bhakti's New World Arts of Bishopville, an art presenting and public relations company whose mission is to provide inspiring, educational and entertaining cultural artistic experiences through Hough's music and other cultural creative works.

Hough can be reached on Facebook at Bhakti's NewWorld Arts.



HARTSVILLE HIGH STUDENTS WIN ART CONTEST Submitted by Christopher McKagen, DCSD Communications Specialist



Kendall McRae of Hartsville High School won first place in Keep Darlington County Beautiful's annual art contest. Her winning artwork will be printed on official t-shirts. Pictured are (from left) Gary White with Keep Darlington County Beautiful, McRae and HHS Art Teacher Jaron Sanders.

HARTSVILLE – Kendall McRae and Mikayla Reighard, both Hartsville High School students are the first and second place winners of the 2019 Keep Darlington County Beautiful annual art contest.

Gary White, the recycling coordinator for Darlington County Environmental Services, congratulated both students on their outstanding submissions, both centered on the theme of “A Cleaner Future For Our County.”

“The Keep Darlington County Beautiful group has the pleasure of sponsoring this anti-litter artwork contest in the school district,” White said. “There were many excellent pieces of work submitted. We extend our congratulations to Kendall McRae for first place and Mikayla Reighard for runner-up in the contest.”



Mikayla Reighard of Hartsville High School earned second place in Keep Darlington County Beautiful's annual art contest. Her painting will be printed on official t-shirts. Pictured are (from left) Gary White with Keep Darlington County Beautiful, Reighard and HHS Art Teacher Jaron Sanders.

Students who choose to participate in the contest must create works of art using Palmetto Pride's colors of blue and green as well as the organization's theme. The contest aims to promote the importance of not littering.

The organization printed the artwork of Reighard and McRae on official t-shirts. Both students also received gift cards, hand-delivered by White.

Each year, Palmetto Pride funds the cost of gloves, vests, trash grabbers and trash bags when Keep Darlington County Beautiful participates in the Great American Cleanup throughout April, May and June.

For more information about Keep Darlington County Beautiful, or to volunteer, please call 843-398-4800.

LOCAL ARTIST HUSTLES REGARDLESS OF EVERYTHING by Ta'Meeka Epps



Keishawn Charles

HARTSVILLE—Millennials and Generation Z are the demographic cohorts following Generation X or the baby boomers. Millennials and Generation Z individuals were born between the years 1980-2015 and are often labeled as having confidence and tolerance. However, they display a sense of entitlement and narcissism.

Entitlement is a “right” or being owed something and narcissism the pursuit of gratification or admiration of one's own idealized self-image and attributes. Are those good or bad traits? Who's to say when it leads to a generation of innovative, tech savvy leaders with an entrepreneurial spirit?

As one searches for his or her purpose, cause, idea or mission to complete, he or she creates the plot, the pattern, in essence, developing the story before becoming the storyteller. Professionally, he is known as SHAWN, but to his family he is Keishawn Charles, a young man who fell in love with setting words to beats, creating music and telling stories, which gives birth to visions that are life.

Charles was born and raised in Hartsville with his two older sisters by his grandparents and a single mother. He vividly recalls the moment he fell in love with music: “I was introduced to music at age four. My mom was playing Biggie. It had to be early 2001. The music was slow, but his flow was mesmerizing. I started writing poems, short stories... every creative thought, which came to me, I put onto paper after hearing Biggie. I am sure most of it made very little sense. However, I knew I had a story I wanted to tell the world.”

Charles has come a long way from the bright-eyed little boy listening to, yet not able to fully comprehend, the heaviness of the flow spit by one of the greats, Biggie. Charles is now 22 years of age and a published author. His first book, “Trouble or Success,” was published

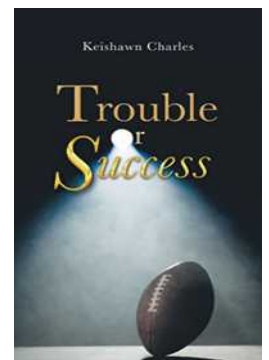
March 15, 2018. The sequel, “Life is not all it Seems,” will be released late summer, 2019.

INFAMOUS HUSTLE-HUSTLE OVER EVERYTHING
Keishawn's record label was incorporated May 9, 2018. His single “What If,” the lead song off of the forthcoming EP due to be released July 2019, is intended to give listeners a look into his life. “I left high school without earning a diploma. I received a certificate of attendance. I had so many teachers telling me what I was not able to accomplish until I forgot the words of my grandmother and mother: ‘Never allow someone to tell you what you can achieve, and finish everything you start.’ I walked across the stage and accepted the certificate because I knew greatness was still within me. Through my books and my music I want people to understand your past does not set a limit on what you will achieve. You, alone, own that power.”

Music and stories invoke emotions as they are birthed from emotions. Charles experienced the pain of seeing his mother make her transition when he was 20 years old. He took the hustle she gave him and moved up north to New York with his aunt, his mother's best friend, where he added grit and determination to his hustle.

Creativity comes easier to some more than others, and the industry is full of duplicates re-producing a sound. However, Charles is carving out his own niche and will convince all naysayers he belongs with the heavy hitters and can stand on his own.

Charles has brought his polished sound back home down south. His record label, his books and his shoe line, Hustle Steps, are the avenues he intends to continue developing as he writes he way through all his struggles and triumphs.



Charles's book, “Trouble or Success”

11-YEAR-OLD PASSES CANCER'S TEST *by Ta'Meeka Epps*



Keniyah and her family

HARTSVILLE-September is Childhood Cancer Awareness Month, an annual international campaign to raise support, funding and awareness of childhood cancers and the impact for sufferers and families of those suffering

from the potentially deadly disease. The most common cancers in children are (childhood) leukemia (32 percent), brain tumors (18 percent), and lymphomas (11 percent). Childhood cancer is devastating to the growth and development in children, and devastating to their families and friends.

At a time when young people should be focusing on school, play and socializing, if they have cancer, their focus can be on medication, operations and what life they have left. Christmas Eve for most children is spent baking cookies to leave out for the one who brings them all the things they wrote on their list. For one little girl, she was undergoing surgery to have her adenoids and tonsils removed.

On December 24, 2015, Keniyah was eight years old when a lump on her neck started to grow at an alarming rate, and her glands in her neck and throat were so swollen they caused breathing complications. Imagine the anxiety of waiting for your child to come out of surgery for removal of her tonsils to be told by the doctor she has b-cell non-Hodgkin lymphoma stage 2.

B-cell non-Hodgkin lymphoma is cancer that originates in your lymphatic system, the disease-fighting network spread throughout your body. Doctors do not know what causes the cancer. They do know, however, it begins when the body produces too many abnormal lymphocytes--a type of white blood cell.

Keniyah and her family received treatment and services through MUSC Pediatric hematology and oncology team. The treatments were administered over the course of 2 years. She endured spinal chemotherapy, IV chemotherapy, oral chemo and injections of chemotherapy. Keniyah and her mother April traveled to Charleston, two and a half hours away from their home, up to three times a week for treatments and follow-up visits, and she was admitted for weeks at a time.

Keniyah is a big sister whose presence was missed by brother, Isaiah, and sister, Nala, although the little warriors could not fully understand what their hero was enduring they cried and longed for her when she had to stay in the hospital. Keniyah's father, Kendrick, and Aunt, Kendra, stepped in and stepped up. Aunt Kendra became Keniyah's and her mother's personal Uber, and Daddy Day Care was in full effect on the home front working a full time job and making sure the other children maintained as much consistency as possible.

Three and a half years later, Keniyah stands as a survivor. She is cancer free. "Thank God!" exclaimed her mother. "Keniyah now plays basketball and softball. She plays the piano and violin. She did not give up even though there were times she wanted to. Her school even had a t-shirt made that reads, 'I may have cancer but cancer does NOT have me!' Keniyah is my hero! She is the strongest girl I know. When all odds were against her, and she presented all the side effects which only 1 percent of other patients presented, she prevailed."

Keniyah is now eleven in middle school and back to being a big sister to her siblings. What seemed to be the biggest test of her sweet short life has been a journey for her and the entire family. "It was a test for her and a test for the family," explained her mother. "It was a test to see if we had the faith in GOD we said we did. We are forever grateful to ALL who supported while we were on this journey. MUSC PEDS HEMOC Department, MUSC Children's Hospital 7B, Courageous Kids, Camp Happy Days, The Church of God Nazareth Apostolic Church and all the parents who gave us information and guided us, THANK YOU!" #TEAMKENYAH

SLATER'S GRAVE FIGHT FOR LIVES

by Angela Crosland



Whitney Slater

DARLINGTON-It was the best of times.

It was the worst of times. It was the best because she was a nursing student at a university in the prime of her life. It was the worst because while she was home on a break, she was diagnosed with stage 1 breast cancer, the earliest of what's considered "invasive."

Whitney Slater was diagnosed in September of 2009 and succumbed to the disease in June of 2011 at the age of 21, but not before making it her life's mission to advocate for

others who suffered from the illness and addressing what she believed was the root cause.

"She advocated that people make sure they check themselves to see if anything else is going on with their bodies," said Loretta Slater, Whitney's mother. "She believed you should get a second and third opinion."

Whitney was told that the tumor was the size of a quarter and really nothing to be alarmed about. "She believed in what the doctor was telling her at the time, but me and my mother really wanted her to seek (additional) help," said Loretta.

Cancer Center of America advertisements pervaded the television market at the time and recommended Whitney contact them for assistance. When Loretta was unable to take time off work to accompany her daughter to Arizona for the care, she didn't know what she would do. Their only saving grace was the doctor's report around the same time, which then said that the cancer appeared to have responded to treatment positively and was not visible.

Some three months later, however, their faith was dashed with news that Whitney's cancer had returned and was now at stage 2. It was recommended that she have her left breast removed.

By the holiday season in 2010, Loretta was well beyond taking any more chances with her daughter's health. She decided to drive Whitney for treatment offered in Philadelphia, Pa. "I didn't care what they (job) said. I wanted help for her," says Loretta.

It was there that the Slaters found out that the cancer was actually at stage 4. "By this time, she's devastated," says Loretta. "We would have had a chance if it was caught early enough. We were both angry and sad."

Whitney immediately began drastic treatment often referred to as the infamous "red devil," earning its slang name from its vibrant red color and the radical adverse side effects it has on patients. The technical

SLATER'S GRAVE FIGHT FOR LIVES CONT'D

term for the treatment is doxorubicin, and Loretta said it was difficult to watch her daughter in this stage of treatment. "In just 30 days, it took her hair all the way out. She had hot flashes, menopause-like symptoms and (was) feeling bad all the time."

The Cancer Center of America then recommended a treatment to slow the cancer's growth, but Loretta's insurance wouldn't pay for it. She decided not to let that stop them. "We would work out a plan (to pay). I said, 'Whatever it takes.'"

But then she was met with more opposition. "Because she's from South Carolina and was not comatose—she can talk, breathe, etc..." said Loretta, use of the DEMO treatment couldn't be approved.

Whitney used the remainder of her life researching to find the source of her illness. She believed it to be environmentally induced and was able to locate documented cases of others who lived near her who died as a result of the toxicity. Two nearby plants that were believed to have released toxic chemicals into the soil and water supply in the neighborhood where Whitney lived are alleged to be responsible for the death of several people. From stomach, colon, lung and breast cancer, Loretta said she can pinpoint every nearby house impacted by toxins from these plants.

Upon her death and as a result of Whitney's research, the Slater Foundation was established (2012). It provides scholarships for deserving youth as well as awareness of environmental issues. The foundation was recently presented the 2019 Community Solar Champion Public Education of the Year Award.

In addition, most recently, Duke Energy dedicated its Nichols solar farm to Whitney M. Slater Foundation renaming it in her honor.

Loretta and the New Alpha Community Development Corporation of Florence were instrumental in ensuring the solar farm would benefit low-income customers, including securing Duke's agreement to waive the solar farm connection fee for 400 families. They also secured Duke's agreement to provide free energy efficiency upgrades to 1,500 area households. The 7.12-megawatt farm with more than 20,000 solar panels supplies the energy to the program's subscribers and generates enough energy to power 1,167 homes annually.

Kingdom Living Temple of Hartsville is hosting "A Climate For Change Conference 2019" on Oct. 18-19 at the Southern Institute of Manufacturing and Technology (SIMT) at 1951 Pisgah Road, Florence SC. 29501. To register go to <https://www.eventbrite.com/e/creating-a-climate-for-change-conference-2019-tickets-52856612551>.

RESILIENT SURVIVOR STILL WALKING BY FAITH by Ta'Meeka Epps



Mandy Arvidson

HARTSVILLE—"Your child has cancer" are four words a parent never wants to hear. According to research 43 families a day will hear those exact words. During Childhood Cancer Awareness Month, every September, the mission is to educate and bring awareness to this potentially deadly disease while supporting those suffering from the illness and the ones who love them through it all.

During the month of September and during the year, we pay tribute to the children currently battling cancer, the families who love them, the doctors, specialists and other caregivers treating them, the survivors of childhood cancer, the children who lost their lives to the illness and the researchers continuing the work to cure childhood cancer.

We honor the beautiful ones who fight the brave fight before they are even old enough to form memories of their journey. They are able to share their survival story as adults to encourage other beautiful ones on their journey.

Mandy Arvidson was 17 months old in May 1983 when she was diagnosed with acute lymphoblastic leukemia (ALL). Childhood acute lymphoblastic leukemia (also called ALL or acute lymphocytic leukemia) is a cancer of the blood and bone marrow. This type of cancer usually gets worse quickly if it is not treated.

"I was so young I didn't understand. I don't remember being told I had cancer. My entire life I have not known anything else. I thought I was normal and everyone had to go through what I went through. My mother says that at first, I was told I had been very sick as a baby and had to go to the hospital. To me the words cancer, leukemia, and chemotherapy were part of my life. I never asked why me I never asked my parents if I was going to die. It was normal to me."

Prior to the ALL diagnosis, Arvidson had an ear infection which

took two rounds of antibiotics before it responded to treatment. She recalls her mother telling her she was very pale and would cry and hold her breath, causing her to lose consciousness. The initial diagnosis was "bottle anemic," iron deficiency resulting from prolonged bottle feeding she was admitted to the hospital where additional blood work was ordered. When the results came back, her family was advised to seek assistance from one of the Medical Universities in the state, they took her to MUSC.

Arvidson endured spinal taps and intense rounds of chemotherapy regularly for three years. Then after a couple of years in remission the cancer returned when she was five years old. She endured three more years of chemotherapy and spinal taps. Once again, she was told she was in remission. She went a short six years before the cancer returned again when she was 11 years old.

Arvidson and her family were told her only chance for survival was a bone marrow transplant. Another round of chemotherapy commenced while they searched for a match. She was placed on the bone marrow registry. An unrelated donor was found in San Antonio Texas by the name of Tina Rodriguez. Arvidson received a bone marrow transplant when she was 12. A year after her transplant Arvidson was connected with her donor. They forged a relationship and became pen pals. Arvidson's guardian angel was called home before they were able to physically meet.

Twenty-five years has passed since her bone marrow transplant. She is a true survivor and has battled cancer even in her adult years. She lost her left kidney to kidney cancer, had half of her right lung removed due to stage 1 lung cancer and had to endure a double mastectomy due to pre cancer cells being detected in her breast.

She is resilient and walks by faith not by sight, "God picks HIS strongest people to handle his toughest tests. I accept the health problems that are thrown at me, and I press on, for I know who I am and whose I am."

A CHILD'S STRENGTH *by Jennifer Robinson*



Mother, Erin; Gwena; and her brother, Nikolas, on the steps on the courthouse after finalizing their adoption

September is Childhood Cancer Awareness Month. This is an annual international awareness month to raise support, funding and awareness of childhood cancers and the impact for sufferers and families of childhood cancer. Childhood cancer is devastating to the growth and development in children. It is also devastating to their families and friends. At a time when young people should be focusing on school, playing, and socializing, if they have cancer, their focus may be on medication, operations

and mortality. Parents of childhood cancer sufferers have the anguish of watching their children suffer, and the stress of decisions about medications and treatments, as well as decisions on time off work for themselves and time off school for the child. It is also difficult trying to explain to a child medical diagnoses and answering the resulting questions on life and faith. Worst of all, is the loss of a child to cancer, a devastation that can never be put right.

The most common cancers in children are (childhood) leukemia (32 percent), brain tumors (18 percent), and lymphomas (11 percent). Children are very precious, and we want to protect them from those things that cause them hurt. Sickness is one of those things that we want to most protect our children from, but in certain instances, it is challenging.

Erin Robinson has been caring for her daughter "Gwena" for five years. Gwena was diagnosed at age two with acute lymphoblastic leukemia (ALL). Since the diagnosis, Erin has made many sacrifices to ensure her daughter's protection and well-being. Gwena's chemotherapy was intense, but she did not require radiation transplant. As to be expected, the chemotherapy was harsh on her two-year-old body and compromised her immune system. It caused severe sinus problems that resulted in sinus surgeries. Gwena remained strong and in good spirits throughout her treatments. She is now in full remission and living a healthy life.

Erin acknowledged the love and support of her older brother, Nikolas, who as four when she was diagnosed. He experienced many changes due to his sister's illness, but he encouraged her by finding creative ways to have fun. Erin's life was not only impacted by watching her child battle ALL, she lost her job during to FMLA exhaustion and was going through a divorce. But Erin was able to remain strong because she knew Gwena and Nikolas needed her.

The road to recovery Gwena and her family has had its twists and turns, but they have endured the trials.



Gwena just finished performing at ballet camp, her first camp after ringing the bell and being done with treatment

Part of the trials are knowing that many children in which they became associated lost their battles with cancer. But they have learned to celebrate their memories and be an encouragement to their families and those who are currently battling cancer.

Gwena's recovery would not be successful without the care from Palmetto Health Children's Health (now called Prisma Health) in Columbia. She also attends Camp Kemo, a week long camp

for children who have or had cancer. The support of Prisma Health has been great, but the most support came from her family. Erin also credits the group "PHCH Momcology," a group she found on Facebook, with helping her better cope with being the parent of a child who has battled cancer. She raises awareness by participating in Relay for Life as a family. They also walk in the Light the Night Walk and donate to the Kick It Kaylin Foundation.

Childhood cancers make up less than one percent of all cancers diagnosed each year. About 10,590 children in the United States under the age of 15 were expected to be diagnosed with cancer in 2018. Childhood cancer rates have been rising slightly for the past few decades.

Because of major treatment advances in recent decades, more than 80 percent of children with cancer now survive five years or more. Overall, this is a huge increase since the mid-1970s when the five-year survival rate was about 58 percent. Still, survival rates vary depending on the type of cancer and other factors. The survival rates for a specific type of childhood cancer can be found in our information for that cancer type.

After accidents, cancer is the second leading cause of death in children ages one to 14. About 1,180 children younger than 15 years old were expected to die from cancer in 2018 (<https://www.cancer.org/cancer/cancer-in-children/key-statistics.html>).

MUSC PROVES DAD'S POINT

Submitted by MUSC Children's Health



Chase Towne

CHARLESTON—At eight months old, Chase wanted to walk. He was learning to pull up but would not put pressure on his right leg. His concerned parents, Chuck and Christine, took him to the pediatrician, who sent them to the Medical University of South Carolina (MUSC) Emergency Department for fear he had a septic joint because his white blood counts were off.

The next morning, the MUSC Children's Health medical team discovered a cancerous tumor the size of a softball in his abdomen. After multiple tests, Chase was diagnosed with Stage IV Neuroblastoma, an aggressive cancer of the sympathetic nervous system. He had a metastases to the liver, spine, abdomen, skull and dura (the lining of the brain), multiple bones, bone marrow and skin.

For children with advanced stage "high neuroblastoma," the survival is less than 50 percent. MUSC Children's Health participates in clinical trials for neuroblastoma through the Children's Oncology Group and the Beat Childhood Cancer Research Consortium, including a trial incorporating molecular profiling of the tumor with the addition of a targeted drug at diagnosis, Peds PLAN (Pediatric Precision Laboratory Advanced Neuroblastoma Therapy) and a trial with a drug eflornothine (DFMO) at the end of standard therapy. A new study conducted in part at MUSC Children's Health found that DFMO increases survival for children with high risk neuroblastoma.

Chase had his treatments at MUSC Children's Health, which included one year of intensive chemotherapy and five surgeries, one of which was a craniotomy where skilled surgeons removed part of his skull to get to the tumor in between the two hemispheres of his brain.

The family was at MUSC for weeks at a time, including older sister Olivia who was three years old when Chase was diagnosed. "MUSC helped

MUSC PROVES DAD'S POINT CONT'D

us tremendously with Olivia—they wrapped their arms around her too. They did a lot of explaining to her about central lines and about the Broviac tube Chase had in his chest for the first three years of his life,” said Chuck. “A lot of days she was the best medicine for him.”

Today Chase continues to thrive as a nine-year-old. There is “no evidence of disease,” and he recently went from an “every three-month check” to a “once a year check” at the MUSC Followup After Cancer

Treatment (FACT) clinic.

Chase still stays active playing with Olivia and now with his younger sister, Faith, while his dad lends input to the MUSC Children’s Health Family Advisory Council. The family also runs a nonprofit called Hammer Out Pediatric Cancer to raise money for the cancer research lab at MUSC Children’s Health – the only research facility in South Carolina dedicated to pediatric cancer research.

Prostate Cancer Awareness

MUSC FIRST TO OFFER SBRT FOR PROSTATE CANCER PATIENTS

Submitted by C. Eric Wooten, M.D., Radiation Oncologist



Dr. Charles Eric Wooten

Prostate cancer is the most-common non-skin cancer diagnosed in men. The American Cancer Society predicts about 174,650 new cases of prostate cancer will be diagnosed this year. This means that about one in nine men will be diagnosed with prostate cancer in his lifetime. It’s the second leading cause of cancer death in American men behind lung cancer. Most people know how dangerous prostate cancer is, but not everyone understands the many treatment options available. Most importantly, every

hospital is not capable of providing the same type of care.

Selecting the right treatment option, for low and intermediate risk prostate cancer patients, can be challenging. This is because cure rates are similar among the many treatment options. The two most common treatment options for prostate cancer are surgery and radiation therapy. One treatment option for men is active surveillance, or carefully following patients to delay therapy. Alternative treatments either do not have a strong evidence basis or have increased risk of side effects.

Even among surgery and radiation, there are multiple types of treatments. Three surgical options for prostate cancer are open, robotic and nerve-sparing. There are also multiple types of radiation treatments to choose from such as brachytherapy and external beam radiation therapy (EBRT). Each of those can be further broken down to different methods and types of delivery.

Knowing the benefits and risks of each treatment type can make the decision much easier. Brachytherapy and surgery patients only require a single invasive surgical procedure. However, both come with their own side effect risks. EBRT can typically takes nine weeks of daily outpatient treatments. This treatment might work for men who live nearby the hospital but difficult if you have to travel long distances.

There is a new option MUSC Health Florence Medical Center is proud to be the first in the region to offer for early and intermediate stage prostate cancer. Now it’s possible to get the benefits of EBRT with much fewer outpatient treatments required. The treatment is called stereotactic body radiation therapy (SBRT) and is also known as stereotactic ablative radiation therapy (SABR). SBRT or SABR is a type of EBRT delivered with high precision and offers a cutting-edge treatment option. There are many advantages to using SBRT because it’s non-invasive, cost-effective

and convenient.

SBRT is shown to have less side effects than traditional radiation, and it more effectively controls early stage lung cancer. SBRT is now being used to treat many different types of cancer such as primary lung cancer, pancreatic cancers, primary and metastatic liver cancers, kidney tumors, bone metastasis, adrenal glands and now prostate cancers.

There are multiple studies showing SBRT works for prostate cancer. It’s now recommended by the National Comprehensive Cancer Network (NCCN) guidelines as an option for all low and favorable intermediate risk patients. The SBRT treatment is limited to centers with the equipment, training and support to perform this advanced form of radiation therapy. Good evidence shows prostate cancer is more susceptible to larger doses with fewer treatments. The key to good patient outcomes is getting the right people with the right tools. MUSC Health Florence Medical Center is proud to be trained by one of the founders of SBRT. Combining training with a great deal of clinical and research experience makes it possible for our hospital to offer this option to men.

MUSC Health – Florence Medical Center is the first in Florence to use select specialized procedures to reduce side effects from prostate radiation. SBRT and hydrogel spacer procedures complement each other to maximize treatment. It moves healthy organs away from radiation, reducing urinary, bowel and sexual side effects. Before starting, we use an MRI to assist planning treatment, as it is a more reliable and accurate method of imaging the prostate. We combine the CT and MRI images with advanced planning software and conform to the most recent research study guidelines.

We have had excellent feedback so far from our patients. Our first patient was reluctant because of the side effects of invasive procedures, so he wanted to pursue EBRT. His occupation made it difficult to come in every day for nine weeks. He was very happy to find out we could complete his therapy in only five outpatient treatments.

We are able to create a radiation plan by using multiple state-of-the-art radiation planning and delivery technologies. SBRT is a real win, for our patients and our hospital, as the first in Florence to offer SBRT to our patients. This is just one of the many exciting things we have planned for prostate cancer patients this year and next.

Dr. C. Eric Wooten is a board certified radiation oncologist and a member of the MUSC Health Florence Medical Center medical staff. For more information, please call 843-674-2470.



PROSTATE CANCER HITS TWO GENERATIONS *by Chinel Boateng*



John and Deborah James celebrating in their daughter Chinel's wedding with family

Growing up in the James' household, a medical diagnosis was "hush, hushed," as if it were self-instigated. Whether hypertension, hypothyroidism, diabetes, heart disease or a diagnosis of cancer, it wasn't talked about. So, when my father was diagnosed with prostate cancer in 1988, neither

he nor my mother shared this with their children. It would be years later that they'd finally disclose this pertinent information.

I don't remember exactly when, but I do remember my mother saying, "Your father has prostate cancer, but he doesn't want anyone to know--even you kids."

Well I had just had a baby, but I surely didn't know what a prostate was. What is prostate cancer? The prostate is a gland found only in men. It is below the bladder and in front of the rectum. The size of the prostate changes with age. In younger men, it is about the size of a walnut, but it can be much larger in older men. Just behind the prostate are glands called seminal vesicles that make most of the fluid for semen. The urethra, which is the tube that carries urine and semen out of the body through the penis, goes through the center of the prostate. The prostate gland makes some of the fluid that is part of semen. Prostate cancer begins when cells in the prostate gland start to grow uncontrollably. Prostate cancer is the most common cancer in men (not counting skin cancer). It is also one of the leading causes of cancer death among men <https://www.cancer.org/cancer/prostate-cancer/about/what-is-prostate-cancer.html>.

So, my father, John James, battled this demon called cancer, as would two of his brothers, Roger and Leroy; at least two of his nephews, Bill and Charles; and two of his three sons, Timmy and Jimmy. I recall the day of my aunt Jessie Mae's funeral, who died from breast cancer, when my uncle, Leroy, my cousins Bill and Charles, and my brothers, Timmy and Jimmy, were huddled in the middle of the floor at the repass in a heavy discussion. Of course, I wanted to know the subject of the conversation. Timmy informed me they were discussing Charles's recent diagnosis of prostate cancer and what treatment option he should choose.

Signs and symptoms of prostate cancer:

Early prostate cancer usually causes no symptoms. More advanced prostate cancers sometimes cause symptoms such as:

- Problems urinating, including a slow or weak urinary stream or the need to urinate more often, especially at night
- Blood in the urine or semen
- Trouble getting an erection (erectile dysfunction or ED)
- Pain in the hips, back (spine), chest (ribs) or other areas from cancer that has spread to bones
- Weakness or numbness in the legs or feet, or even loss of bladder or bowel control from cancer pressing on the spinal cord

Most of these problems are more likely to be caused by something other than prostate cancer. For example, trouble urinating is much more often caused by benign prostatic hyperplasia (BPH), a non-cancerous growth of the prostate. My father experienced blood in his urine, and unlike a lot of men, he did not ignore it.

COUSIN BILL'S JOURNEY

"September 2015 was the beginning of my prostate ordeal after numerous visits with a urologist who monitored my prostate numbers during regular PSA (prostate-specific antigen) screenings. The visit a month earlier revealed my PSA number had a significant increase. The doctor I had seen for years was retiring, and I was given an opportunity to remain with the practice and select another urologist. My first visit with the new doctor was a discussion of family history. I shared that three of my uncles had prostate cancer/surgery and two died because of the disease. He informed me that there was a 25 percent chance that I would develop prostate issues. He recommended that I have a biopsy. I was tested in six regions, and the results were positive in four of the six, revealing 15 to 70 percent cancer in those regions and the glee scores were not in my favor to ignore. The doctor discussed various treatment plans and the likelihood for success with three of the treatments. After a discussion with my wife, I chose prostatectomy."

"The physical recovery and the loss of sexual desires were an emotional ordeal at the initial stage. I had another ordeal coming home with a catheter bag upon my release from the hospital. This was a moment of truth, as it was the time when I needed the assistance of my wife."

"I've come to the realization that the decision I made was choosing life over death...and how vital it is to share the importance of early screening with my sons. I can now say, without mental reservation, the decision I made was made in the best interest of myself and my family."

Cousin Bill and my father both chose to have a prostatectomy. And my father told all of my brothers that, if diagnosed, they should choose the same. After my father's surgery, he was placed on a chemotherapy pill. One dose of the pill had him so sick, he vowed never to take it again. His doctors advised against it and even told him to go home and write his obituary. Well, my father outlived them and more.

When my brother Timmy was diagnosed at the age of 50, he and his wife contemplated on the prostatectomy. He shared with me that as they had decided to call his doctor the next morning, he saw a report on CNN where a doctor stated that they believe they had been performing these surgeries prematurely. That changed his decision to chemotherapy and radiation for six months and keeping a watchful eye on his PSA. Timmy is a 10-year survivor.

On the other hand, his twin Jimmy did as our father instructed. When Timmy was diagnosed, Jimmy began having his PSA checked every six months. Six years after Timmy's diagnosis, Jimmy was diagnosed and chose to have the prostatectomy. Jimmy is now a three-

year survivor, and it will be interesting to see my brothers' journeys. I don't know what cousin Charles decided to do. However, he had access to four men in the family who all had to make the decision.

Prostate cancer death rate is higher in African-Americans than any other ethnic group. Be proactive, not reactive. Early detection is key.



Bill James and his wife, Cheri



THE UNEXPECTED ENTRY OF CANCER Submitted by Robin Robinson



Robin Robinson

HARTSVILLE - The beginning of an unfamiliar journey began on a summer's evening in July 2015. While visiting my mother in New York City, and after preparing supper and getting ready to bathe, I noticed a light, pinkish spotting. It seemed a bit unusual since I'd already gone through menopause. The second occurrence happened about three weeks later. Now my mind was really pondering what was going on. I called my doctor's office in South Carolina at CareSouth Carolina to schedule an appointment upon my return.

In September what was supposed to have been my routine, three-month blood pressure check-up took a spin when I mentioned the spotting. My primary doctor at the time was Emmanuel Cooper who bluntly stated, "You do know that a sign of cancer." Well, I sure was not expecting to hear those words. We discussed what should I do from there, and he recommended I see an OB/Gyn.

My first appointment with the OB/Gyn was November 16, 2015, in Florence. Dr. Gary Emerson did two procedures: a Pap Smear and a Biopsy. I was told it would take three to four days for the results, and I would hear back from his office once they were in. After four days, I received a call from the office with an urgent message for me to call ASAP. I became anxious and felt something was wrong. On Nov. 23, the week of Thanksgiving, I returned to the office for a second visit, which Dr. Emerson confirmed it was cervical/uterine cancer. After receiving the overwhelming diagnosis, I began to cry, but Dr. Emerson and his nurse both sat with me and comforted me, assuring me that they were going to take very good care of me, and I would be fine.

The next step was a referral to South Carolina Oncology Associates Cancer Center in Columbia. On Dec. 4, 2015, I met my surgeon oncologist, Dr. William Merritt where we consulted about the options available. I had a CT Scan done, and lots of questions were answered. On Dec. 11, I was to return to get results of the CT Scan and to make my decision of what would be next. After lots of crying and praying, I decided to have the surgery. I asked Dr. Merritt if we could possibly wait until January because I wanted to return to New York so I could spend Christmas holidays with my mother and to share with her, my sons and immediate family members what I was experiencing. Dr. Merritt agreed. I could wait, and the surgery was scheduled for Monday, Jan. 18, 2016.

Fast forward to the day of the laparoscopic surgery at Palmetto Health Baptist Hospital in Columbia, which was successful, thank the Lord...I had five incisions around the stomach/abdomen area to remove the cervix and all cancerous tissue!! On Tuesday, the 19, I was released from the hospital but had to come back on Friday, Jan. 22 for my incisions to be checked along with the removal of a catheter, which helped my bladder perform during and after surgery. Everything was good at this visit, so the next appointment was scheduled on February 12, 2016.

I was to rest and recuperate for the coming weeks--no lifting, bending or strenuous activities were my instructions, but on Sunday, Jan. 24 my mother gained her heavenly wings!! Lord, have mercy, my God!! All I

could do was call on him because surely it was too much for me to understand--losing my mother dealing with just having surgery in less than one week, so my faith went to another level. I knew God would have to carry me through this because I was not able without him. God, who has already seen me through some tough, life-changing storms, especially the tragic sudden death of my oldest son in 2009, is the same God that will be my rock now. There was not any time for me to sit back and feel sorry for myself or have a pity party. My heart was broken, yet I was determined to "Fight like a Girl!"

At February's appointment I was told I would have to begin chemotherapy possibly radiation. Orientation was scheduled where I met my oncologist, Dr. Karim Tazi, at McLeod's Cancer Center in Florence. Six chemo treatments were scheduled with the first one starting on Monday, Feb. 29 and every third Monday until completed.

The course of treatments varied month to month. My hairs begin to shed after the first treatment, so I had it all shaved off. I had an allergic reaction to the second one, but through it all God was with me! The remaining four I was counting down until graduation, which was on June 13 when I rang the bell and got my certificate of completion. After a brief resting period, orientation was scheduled for me to meet my Radiation Oncologist, Dr. Virginia Clyburn-Ipock. I was fitted for my Mole which would be used for the treatments, a total of 28, which began August 8, Monday through Friday weekly until completed. After two weeks of radiation, I was hospitalized for four days due to shortness of breath and pain in the lower back right side which turned out to be a blood clot in the lower right lung. I was given Xarelto for six months to prevent any other clots. Once released from the hospital it was back to the radiation treatments, and my graduation date was Sept. 22, 2016. I was elated on graduation dates, shouting and praising God to ring bells which indicated completion of treatments!!

Psalms 103, 1-4, reads, "Praise the Lord, Oh My Soul All My Inmost Being, and Praise His Holy Name. Praise the Lord, Oh my Soul and Forget Not All His Benefits--Who Forgives All Your Sins and Heals All Your Diseases, Who Redeems Your Lives from the Pit and Crowns You with Love and Compassion!"

I will always be thankful and grateful to God for the gift of my life and all he has done and continues to do. What I thought were "obstacles" turned out to be "opportunities" that I am blessed to share. I encourage all women and young adults to please have yearly exams as preventative measures. My three oncologist appointments are twice yearly along with CT Scans.

I would like to thank my wonderful supportive family for the love you always give! My dear friends/support team! My dynamic team of oncologists for their love, compassion and expertise medical knowledge/care! S.C. Cancer Oncology Associates, McLeod Cancer/Radiation Center Staff, Radiology, Gift Shop, American Cancer Society Relay for Life, all my prayer partners, the pastors, deacons and all church families that prayed for and with me and continue to on a daily /weekly basis!!

Last, but definitely not least, "Daughters of the King" Women's Ministry who showed me so much love in September of 2017 when I was crowned queen and now a current member. Thank you for supporting, encouraging and continuing to be a blessing. I love you all and am so appreciative.

In closing, as I reflect upon my journey I have learned to always love, trust and have faith, believing Gods words!! Set /position yourself, stand still and you will see the salvation of the Lord! I got the victory because Jesus had already fixed it. To God Be the Glory Forever!!!



FACING GYNECOLOGIC CANCER HEAD ON by Jennifer Robinson



Michelle Bailey

What do you do when the pink ribbons only raise awareness for breast cancer, and other types of cancers are not as well known? In 1999, the Foundation for Women's Cancer established Gynecologic Cancer Awareness Month to provide information about types of reproductive cancers. The risks, warning signs and prevention are important information that the foundation wants to share for women to be healthy. It is estimated that 98,000 women will be diagnosed with gynecologic cancer and that at least 30,000 of those women will die of this disease.

Gynecological cancers are those that develop in a woman's reproductive tract.

They include:

- Cervical cancer • Ovarian cancer • Uterine cancer
- Vaginal cancer • Vulvar cancer

There are different risk factors for each of these cancers, including, in some cases, heredity. It's important for women to be aware of the types of gynecological cancer, symptoms and potential warning signs to watch out for, and screening and prevention strategies (<http://www.ashsexualhealth.org>).

Michelle Bailey, survivor of ovarian cancer, talked about living with the disease and how now being actively involved in raising awareness through social media campaigns helps her empower others. Michelle recently celebrated 16 years being cancer free. In May of 2003 she was diagnosed with a well-differentiated endometrioid adenocarcinoma with squamous metaplasia of the left ovary, which is also known as ovarian cancer. Bailey shared, "My husband and I had been trying to have a baby since the birth of our son in 1999. By 2002 I had already had three miscarriages, and in February of 2003 we learned that I was pregnant again. During the years leading up to this pregnancy, I suffered with consistent, painful, large ovarian cysts on both ovaries. Each cyst would typically only last a month or two and then rupture. However, when it was discovered that I was pregnant again and at nine weeks, via ultrasound, a large cyst was present. If it continued to grow, we would evaluate the risks of removing it. At my 12-week appointment, the baby's heartbeat was confirmed, and our doctor suggested that we see a genetics counselor with this pregnancy. At 14.5 weeks we went in to see our new doctor, and they performed an ultra sound to determine what, if anything, needed to be addressed. It was then we knew immediately that something was wrong. Our baby boy had died."

"While removing the unborn child, it was discovered that a mass had grown to the size of a deflated soccer ball. The mass was so large that it was determined that the blood our baby needed was being fed to the tumor instead. After the surgery to remove the deceased child, we scheduled another surgery to remove an ovary. We knew the risks of wanting to grow our family, but we were willing to take them. I was back in the operating room within a week and it was determined that the ovary and fallopian tube had to be removed along with some testing of lymph nodes, etc."

"The road to recovery, in the first few years was hard. From 2003

to 2010 I had multiple surgeries. We had also been through fertility treatments, and I was unable to get pregnant after the first ovary was removed. My remaining ovary was not functioning properly, and I would never be able to get pregnant. For my health and sanity, my husband and I made the decision in 2007 for me to have a full hysterectomy. This was a very hard decision but only made after another cyst was discovered on my right ovary that looked suspicious. After the hysterectomy, I had a scare in 2010 with what turned out to be a 3cm x 2cm inclusion cyst behind my colon that was thought to be a reoccurrence of cancer. Since 2010 I have had no issues! I go annually to Charleston to see Scott Jennings, Gynecological Oncologist for my examinations."

"My husband Chris has been my rock. He stood by my side during all of this and continually would say 'whatever you want to do, we will face it head on, together.' Our son was so little during most of this, but during my 2010 surgery when he was 11 years old, he [was] so sweet and loving, which really sustained me. My mother, a breast cancer survivor herself, has and always will be my person. My in-laws and aunt have also been an amazing support system."

Another support system for Bailey was connecting with other survivors. She said, "I became very active in the local Relay for Life shortly after my hysterectomy and stayed active even during my 2010 surgery where my cancer team, as I called them, supported me. Many of them I now call family. Because we all survived, it created a bond. I have not been as active in the organization for the past 5 or so years, but I will never forget."

"To help educate people, every September I launch a social media awareness campaign. I want to help other women realize that taking care of their bodies has to be a priority. So often we forget about ourselves until it is too late. I sometimes think, had I not of been pregnant, I may not have caught the cancer in its early stages. I learned a tough lesson in May of 2003 to never ignore your body. Know the signs and symptoms of ovarian cancer; it might just save your life."

Michelle Bailey is doing a wonderful and much needed task in educating people about gynecological cancer. Awareness and conversation about this disease is key to its eradication. We all should join in the conversation.



Most women fail to recognize **the signs and symptoms** of gynecological cancers, and are usually unaware of the alarming signals unrelated to their reproductive organs, like increased urination and back pain, reveal a recent study.



RUBICON ADDRESSES MYTHS ABOUT OPIOID ABUSE by Jennifer Robinson



Phillip Amerson

HARTSVILLE-September is national observance for National Recovery Month. This month is used to bring awareness to drug/alcohol addiction and recovery. In recent years there has been a surge in opioid abuse. In the US alone, on average, 130 people die every day from an opioid overdose. In 2017, the number of opioid overdose deaths (including prescription and illegal opioids like heroin and illicitly manufactured fentanyl) was six times higher than in 1999. Though opioid use is a national focus, there are other types

of drugs for which people become addicted.

The misuse and abuse of alcohol, tobacco, illicit drugs, and prescription medication affect the health and well-being of millions of Americans.

- Excessive alcohol use can increase a person's risk of developing serious health problems in addition to those issues associated with intoxication behaviors and alcohol withdrawal symptoms.
- Tobacco use and smoking do damage to nearly every organ in the human body, often leading to lung cancer, respiratory disorders, heart disease, stroke and other illnesses.
- Marijuana has not only immediate effects like distorted perception, difficulty problem solving and loss of motor coordination, but also effects with long-term use such as respiratory infection, impaired memory, and exposure to cancer-causing compounds.
- Opioids reduce the perception of pain but can also produce drowsiness, mental confusion, euphoria, nausea, constipation, and—depending upon the amount of drug taken—can depress respiration ([tps://www.samhsa.gov/find-help/atod](https://www.samhsa.gov/find-help/atod)).

South Carolina reports 749 opioid overdose related deaths in 2017. This high number of deaths in S.C. is indicative of the many people who become addicted to this drug that is often prescribed. For every 100 persons in S.C. 79.3 prescriptions were written and, nationally, 58.7 prescriptions for every 100 people. Unfortunately, there are myths about opioids that make it difficult to control abuse of the prescription medication. Many believe that addiction to prescription medication is impossible. This myth must be addressed because people will be prescribed what is commonly known as pain killers and will believe they are only consuming the medication. A system in S.C. called SC Reporting and Identification Prescription Tracking System (SCRIPT) has been created to monitor the number of opioids prescribed and how often they should be taken.

Deaths often occur with opioid abuse, but many people eventually identify their addiction and receive help. A local former addict, Phillip Amerson, spoke with Diversity Works to share his struggles and success. Amerson stated that he did not know he was addicted until he was in his late teens. He says he first experimented with drugs in the 7th grade after buying his first bag of marijuana. It felt good, he stated, and then he began to share his experience with his friends. Those friends introduced him to their friends, who had access to other

drugs, such as pills, LSD, mushrooms, crack, cocaine and ecstasy. What is important to know about his addiction is that it was not circumstantial, but experimental. Many people who use drugs use them as a coping mechanism to deal with pain and trauma. Amerson stated, "I tried drugs and just liked it."

It wasn't until years later, he said that he learned he had an addiction. There was not an intervention from family because "taking pain pills" was not identified as an addiction. His mother, he said, did not know he had an issue because he was taking his pain pills as she thought he was directed. His sobriety came as a result of his best friend's death and his own scares of overdosing. He is appreciative to Rubicon Family Counseling for helping him on his journey. With the support of his wife of 18 years, Amerson remains sober and celebrated one year on May 24. We salute Phillip Amerson for sharing his life and wish him well as he continues to move forward.

Addiction is difficult, and recovery is even more challenging. Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma and heart disease. The observance reinforces the positive message that behavioral health is essential to overall health. Prevention works, treatment is effective and people can and do recover (<https://www.naadac.org/national-recovery-month>).



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WHAT WE DO TODAY AFFECTS OUR FUTURE GENERATIONS

Submitted by Jennifer Flowers, MS, Ed.S., CPS-4th Circuit AET Coordinator, Rubicon

SOUTH CAROLINA



ALCOHOL ENFORCEMENT TEAMS

HARTSVILLE-South Carolina Alcohol Enforcement Team (AET) coordinators was created for all 16 Judicial Circuits in 2007 after the passage of the Prevention of Underage Drinking and Access to Alcohol Act of 2007. Alcohol Enforcement Teams implement prevention

evidenced-based practices and environmental strategies to reduce underage drinking and harmful consequences.

I have served as the AET coordinator for the 4th Judicial Circuit for the last 10 years. The 4th Judicial Circuit Alcohol Enforcement Team is a multi-jurisdictional team of various agencies throughout Chesterfield, Marlboro, Darlington and Dillon Counties. These AET

members utilize their resources, skills and enforcement of existing laws to restrict use and access of alcohol by youth. AET law enforcement members conduct Compliance Checks, Saturation Patrols, Safety Checkpoints, Bars Checks and Restaurant Walk-Throughs. These partnerships with prevention agencies/law enforcement are some of the most powerful resources in obtaining sustainable outcomes.

The AET model that is used by Rubicon and many agencies throughout the state includes building partnerships with community coalitions/law enforcement and providing merchant education to retailers in order to reduce youth access, improve merchant compliance/provide research-based merchant education, build community support for enforcement of underage drinking laws through media/community coalition maintenance and develop local law enforcement support to prevent underage drinking and enforcement efforts. These efforts and strategies used throughout the 4th Judicial Circuit have increased partnerships and reduced the buy-rate of alcohol by youth each year.

USING ADDICTION'S CONSEQUENCES TO HELP OTHERS by Adalia Ellis



Christopher Bullard

HARTSVILLE-Rubicon, Inc., located in Hartsville, provides family counseling services as well as addiction prevention and recovery programs. In order to meet the demands that such services address, an organization must have people who demonstrate empathy, understanding, compassion, resilience and perseverance. These qualities are all evident in substance abuse specialist, Christopher Bullard. His primary role is to support those in recovery

through peer support and as a person who is in long-term recovery himself. Bullard's personal experience with addiction and his road to recovery, led to a shift in his life's work and his contributions to the well-being of his community.

Bullard grew up in Lamar, where he worked as a respiratory therapist and cardiovascular interventional specialist for 20 years. He says, "I love the people in Lamar, and the Pee Dee region. I love helping people, and my true passion is recovery from alcoholism and addiction."

Bullard's struggle with addiction started with a single opiate prescription after he caught meningitis from a patient. He ended up hospitalized and was released with a prescription for opiates that were meant to relieve pain, but he quickly became addicted. The consequences of his addiction hurt his family, friends and his mental, spiritual and emotional well-being. After 12 years, despite the hopelessness, numbness and disconnection he felt, he chose to lean in and face them head on.

"I went to detox at Bruce Hall, then met my sponsor there who showed me what they did to not only overcome addiction, but change my life. I joined a group called ANA, and started several meetings where people could be understood instead of judged and find recovery through hope," Bullard said.

Through this process he found his true purpose in life, which was to pursue his passion of helping others who were as hopeless or lost

as he once felt. It was during this time that he accepted a position at Rubicon.

When discussing prevention, Bullard emphasized the importance of education that addresses the effects of substances, which include the physiological effect on the body and the fact that the brain changes as a result of prolonged use of addictive substances. Education at the community level is needed as well. Bullard said, "By accepting the fact that this is a medical condition and not a choice for those who have lost control...the changes that occur in the brain convince the addict or alcoholic that they not only want, but need, the substance in order to survive. When accepted, it not only makes it more likely that the person will seek help, but gives them support from those around them which is vital for successful recovery of their lives."

The stigma that exists around addiction can make it difficult for an individual to seek help and overcome hopelessness. Education that leads to understanding is a sure solution to overcoming the stigmas that surround addiction.

"I am very grateful for these (consequences of addiction) because in the end, I had no idea of how to change on my own. I was so hopeless, and these consequences not only cost me everything, but gave me more. They gave me a chance to find my way back to my God, then myself, my family, and my true purpose, which was helping others."





DON'T GO ABOUT RECOVERY ALONE by Les Echols



Matthew Jeffords

Circle Park Behavioral Health Services is a well-known agency that provides valuable services to the citizens of Florence County. According to its website, the mission of Circle Park is to “reduce the impact of alcohol, tobacco and other drug abuse on the citizens of Florence County by providing high-quality and cost-effective behavioral health.”

Diversity Works Magazine© had an opportunity to catch up with Circle Park employee Matthew Jeffords. Jeffords is a clinical counselor at Circle Park and has been a full-time pastor of The Lutheran Church of The Incarnate Word since 2007. He has worked in the recovery field for the last five years. “Up until recently, I served as peer support specialist at Circle Park. One of the most important parts of that role is to connect people with their community and help them build and strengthen their support system,” explained Jeffords.

As Jeffords transitions into a counseling role, he continues to encourage the people he works with to identify new ways to build and strengthen their recovery support system. “No one can do that alone,” he continued.

The clinical counselor stressed that Circle Park’s job is not just to stop problem behavior in our community, but to promote a culture of recovery. This means engaging the people they serve, their families and

the community at large in conversations that will help reduce stigma surrounding addiction; increasing education about issues related to substance use; and focusing on solutions.

Jeffords showed his passion when speaking on the impact of addiction and said, “Addiction devastates lives. A lot of work, time and patience go into recovery. You must meet people where they are to help them get where they want to be. Helping people sort through the chaos, or even helping them find the motivation to sort through the chaos, can be very challenging.”

In addition, Jeffords drove home his experience and how relevant it is to his current position. “As a person in long-term recovery, I am grateful to be able to serve people who are going through some of the same struggles that I have and to show them that there is a solution. Bill Wilson, founder of Alcoholics Anonymous, once said: ‘I need another alcoholic so that I can forget my troubles by talking to him. I need him as much as he needs me.’ I could’ve never made it without the support and encouragement of the recovery community. That is the message we need to get out into our society-- that recovery is a reality for countless people who felt helpless and hopeless at one time. Nobody should have to do it alone,” concluded Jeffords.

Jeffords received his Bachelor of Arts degree in church music from Concordia University in Chicago and his Master of Divinity degree from Concordia Theological Seminary in Ft. Wayne, Ind. He and his wife, Cara, have six children.



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HERE MATTERS Submitted by Synovus

At Synovus, we believe the best way to ensure the long-term health of our bank is to help ensure the health of the communities we serve. That means more than taking deposits, providing loans or earning the right to do the next transaction. It also means serving with our time, talent and resources.

Synovus' community outreach program, "Here Matters," builds on our legacy of service to local communities as the "bank of here," focusing Synovus' volunteer and financial contributions in three areas: education, health and wellness and needs-based opportunities. Synovus team members demonstrate that "Here Matters" through pre-planned, footprint-wide projects — and through our rapid response to event-driven needs.

In 2019, team members in Synovus' five-state footprint collected more than 15,600 bottles of water, three tons of peanut butter and jelly, and 1,170 books and volunteered for more than 50 projects across our footprint during our spring "Here Matters" outreach. In South Carolina, team members collected books for the library at Connie Maxwell Children's Home in Greenwood; contributed toiletries and other personal-use items for the New Day on Mill transitional housing facility in Camden; threw a pizza party and played financial-literacy bingo at Manning Middle School in Manning; participated in American Heart Association's Heartwalk in Sumter; and collected items for Harvest Hope Food Bank in Columbia.

In the fall of 2018, team members collected nearly 28,000 diapers and more than 4,500 10-item toiletry kits (including shampoo, soap, deodorant, shaving cream, razors, etc.) for Synovus' first ever Simple Needs Project. Boxes of diapers, baby wipes, toothpaste, mouthwash — 73,000 items in all! — were assembled into kits and packed for delivery

to more than 80 community service agencies across our footprint, including Nashville Rescue Mission, Tuscaloosa One Place, St. Pete Free Clinic and Transitions Homeless Center.

In October, we celebrate military, public safety officers and first-responders as part of an "Honoring Our Heroes" outreach. Picnic lunches and meal deliveries to fire stations and precincts are provided to on-duty first responders throughout the footprint. Team members collect blankets, clothing and food staples for homeless veterans, and others work on home renovation projects for elderly or disabled veterans. Several branches have partnered with Operation Shoe Box and Support our Soldiers to send care packages to overseas military members, with one branch collecting more than 200 pounds of snacks, toiletries, video games and other items.

Not every initiative has been planned in advance. As Hurricane Irma approached south Florida in 2017, team members in Columbus assembled a convoy of five trucks for immediate dispatch. Using branches in Naples and Fort Meyers as staging areas, the team distributed 600 cases of water, gas generators, lumber, carpentry tools and other supplies and provided assistance with clean-up efforts. Around the footprint, team members raised \$18,000, and the company contributed an additional \$10,000 for distribution to team members with immediate needs and for community relief efforts.

As part of "Here Matters," Synovus provides financial and volunteer contributions to local agencies such as United Way, which we support in many of the communities in our footprint and Feeding America food banks. We also have long-standing relationships with many elementary, middle and high schools as part of "Here Matters" focus on education.

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HOW TO HANDLE YOUR FINANCES IF YOU GET SICK



Have you ever come down with a case of shingles, needed a knee replacement or undergone emergency surgery? Let's hope not—for the sake of your finances. Many people don't realize just how much an illness can impact their financial lives.

Independent contractors, business owners and even employees who need to miss work due to a non-job-related illness or injury may have to shoulder a serious financial burden.

In today's increasingly gig economy, you are not guaranteed paid sick leave even if you are a salaried worker, according to the United States Department of Labor.¹

What's more, having paid sick leave doesn't always protect you. A serious illness requiring significant time off can negatively affect your finances, forcing you to take out loans or use your credit cards to keep afloat.

The 2016 Federal Reserve Board survey² found that 44 percent of adults say they either could not cover an emergency expense costing \$400 or could cover it only by selling something or borrowing money.

Here are four tips for handling your finances before—and after—getting sick:

- **Build an emergency fund:** Create a separate account from your retirement and other savings for emergency living expenses. Set up regular automated withdrawals from your checking account, and aim for a minimum of three to six months of living expenses.
- **Look into disability insurance[^]:** While most people with dependents understand the need for life insurance, they may overlook disability coverage. The latter can protect those in the gig economy, as well as

stay-at-home spouses/partners, by replacing a portion of income that is lost when someone gets sick.

- **Negotiate medical bills:** Did you know that medical bills are negotiable? Just because the pay line says \$5,000 doesn't mean there isn't some wiggle room. Research what is a fair and reasonable rate for a procedure by checking websites such as Healthcare Bluebook³ or the Medicare/Medicaid provider database⁴, which tracks procedure prices across the country. Then call both your health insurance provider and the hospital, and try to negotiate a lower bill.⁵

A little planning now can save you from the big financial headache that frequently comes with a medical emergency.

[^]Products available through one or more carriers not affiliated with New York Life, dependent on carrier authorization and product availability in your state or locality.

This educational, third-party article is provided as a courtesy by Julie A. Cord, agent, New York Life Insurance Company. To learn more about the information or topics discussed, please contact Julie A. Cord at 317-289-3010 or jacord@ft.newyorklife.com.

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<https://www.moneyunder30.com/paying-medical-bills-you-cant-afford>

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CAROLINA BANK OPENS IN DOWNTOWN FLORENCE Submitted by Carolina Bank



Carolina's Bank new downtown location

In 1936, J. Wesley Beasley opened the first branch of Carolina Bank on Railroad Avenue in Lamar. He was uncompromising in his mission to offer our community a bank that is in close touch with the needs and desires of the people it serves. Today, four generations of the Beasley family have built on that noble tradition.

They continue to proudly manage the daily activities of the bank and have grown Carolina Bank into six counties across northeastern South Carolina. They account for over \$460 million in assets, 15 branches and offer a wide range of banking services to meet every personal or business need. Its branch managers and staff, many of who are long serving employees, live in the communities they serve. As such, they are able to practice Beasley's mission and quickly make loan decisions based on local economic factors along with personal or business circumstances.

In addition to traditional and electronic bank services, Carolina Bank, through specialists in its CB&T Wealth Management division, offers a wide range of investments and insurance products including asset management, retirement planning, wealth transfer and succession planning for businesses and individuals alike. The Wealth Management division's knowledgeable specialists meet with customers at any Carolina Bank location.

In December of 2018, Carolina Bank officially opened the doors of its new headquarters and branch location located at 185 West Evans Street, downtown Florence. In addition to having its fourth Florence branch location, the new headquarters is home to the CB&T Wealth Management division, mortgage loan department, employee training facility and bank operations. They could not be more excited to be a part of the growth in downtown Florence. New projects are underway, including a new branch in downtown Darlington to replace the 60-year-old current branch on the Square. Carolina Bank continues to invest in the community and offer their customers the services they have come to rely on in a modern banking facility.

In the spirit of J. Wesley Beasley, Carolina Bank continues to exceed what is expected of a community bank and distance themselves from the cold practices of mega banks. Carolina Bank's managers and staff understand the people of South Carolina because they are your neighbors and want the best for its customers and our community.



It is Carolina Bank's mission to remain true to the ideals envisioned by our founder, J. Wesley Beasley in 1936. So, we continue to be a family-owned and operated community bank, dedicated to providing locally based community growth and financial services for our neighbors.



HOW TO IMPROVE YOUR CREDIT SCORE BEFORE APPLYING FOR A MORTGAGE



In today's world, lenders use many different types of credit scoring models. There are virtually hundreds of different models out there for lenders to choose from.

Many lenders continue to use conventional models that don't provide a score for millions of consumers. That often puts younger borrowers, such as millennials, at a disadvantage.

Millennials are less likely to have long credit histories, and they may only have one or two credit accounts. Because young adults today carry more student loan debt, they are understandably reluctant to assume more debt. While that's a prudent approach on the part of millennials, it can cause their score to be lower than those with deeper credit histories.

Many lenders are adopting new tools that address this problem. One example is VantageScore 4.0, which scores approximately 40 million more consumers than other conventional models.

Unfortunately, mortgage lenders are not able to use this model and rely on more conventional credit scoring models.

Regardless of the model, there are some common things you as a consumer can do to make it easier to get your next loan.

1. Assess your report. Get a copy of your report from the three major credit reporting companies (Equifax, Experian and TransUnion) at www.annualcreditreport.com, and make sure the information is accurate. Evaluate your issues. Do you have a short credit history?

You may need time to build it up. Is your file "thin" (fewer than four credit accounts)? Thicken it up (See No. 2). Are you using too much of your available credit? Pay down what you can on existing accounts to keep your credit utilization at 30 percent or less. Have you missed payments? Use calendar reminders or other tech solutions to help you stay on time. Getting in the habit of pulling your credit report once every 12 months is a good credit management habit.

2. Keep and use longstanding accounts. Don't cancel an older account in an attempt to stop yourself from overspending, as the length of your credit history matters in traditional scoring methods. Use your accounts with care, and don't charge more than you can afford. If you haven't used an account in a long time, make a small purchase or two to keep the account active.

3. Use technology to your advantage. Many companies allow you to set up automatic payments of minimum amounts to help you avoid late fees, or will send email or text reminders when a bill is coming due. As long as you have the income to support automatic payments (and/or ready reserve at your bank or credit union, just in case), go ahead and sign up. Just make sure to keep a record of the dates and amounts of future payments to avoid unpleasant surprises.

4. Test your credit score know-how. Visit www.CreditScoreQuiz.org, created by VantageScore Solutions along with its partner, Consumer Federation of America, to see what you know and learn ways to improve your credit score.

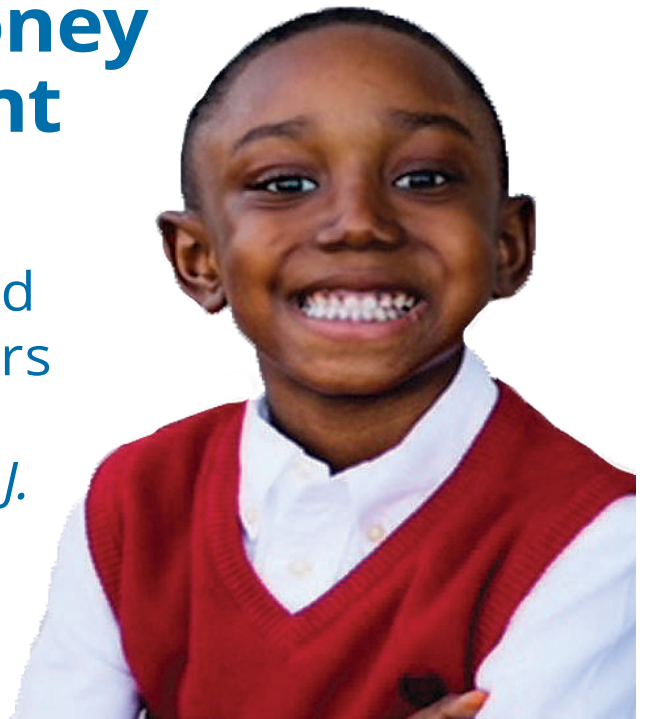
No matter your situation, you can improve your own credit outlook by taking stock and following these tips to boost your score.

How do you earn money to put in your account at the credit union?

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— Chris J.

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WEST NAMED BRANCH MANAGER

Articles submitted by Susan Grant, V.P. Marketing/CRA Officer



Holly West

MYRTLE BEACH—Anderson Brothers Bank appoints Holly West to branch manager of the Myrtle Beach Grissom Parkway Office. West joined ABB in 2016 where she previously served our Myrtle Beach customers at the Oleander Office. With this most recent promotion from branch operations coordinator to branch manager, West will continue to assist customers with a full array of financial products and services, including commercial and consumer deposits. In addition, she will provide administrative and supervisory support and will direct operations and staff within the Grissom Parkway branch.

“Holly is a talented, hands-on banker, and her strengths and experience have proved to be invaluable as we continue to grow in Horry County,” said Bryan Lenertz, vice president Horry County executive with Anderson Brothers Bank. “She has an enthusiastic desire to contribute to the continued growth of this bank, and her positive attitude has equipped her to be a tremendous asset.”

ABB ANNOUNCES NEW HIRES



Elizabeth Smith



Ashley Jackson

Mullins Main Office announces the addition of Elizabeth Smith and Ashley Jackson

Smith recently joined Anderson Brothers Bank as a teller, and she will assist customers with various transactions and provide excellent customer support.

Jackson joined Anderson Brothers Bank as a loan assistant, where she will assist loan officers with day-to-day lending operations and will assist customers with various lending services offered by the bank.



Brooke Fennell



Kentley Lipps

Conway Church Street Office announces the addition of Brooke Fennell

Fennell joined Anderson Brothers Bank as a teller where she will assist customers with various transactions and provide excellent customer support.

Market Common Office announces the addition of Kentley Lipps

Lipps joined Anderson Brothers Bank as a universal banker, and she will assist customers with a number of the banks services and products, handling various customer transactions while providing excellent customer service.

Myrtle Beach, Grissom Office announces the addition of Diana Bernal and Shane Johnson



Diana Bernal



Shane Johnson

Both Bernal and Johnson joined Anderson Brothers Bank as universal bankers. They will assist customers with a number of the banks products and services and handle various customer transactions while providing excellent customer service.

About Anderson Brothers Bank

Anderson Brothers Bank is a full-service community bank offering a complete range of competitive loan services and deposit products. Founded in 1933, this family-owned bank blends the elements of traditional personal service, local market awareness and advanced technology to meet the financial needs of its customers.

Anderson Brothers Bank offers 23 branches conveniently located in 16 communities throughout the Pee Dee, Coastal & Low Country regions of South Carolina with plans for continued growth next year in Myrtle Beach. The bank's main office is located at 101 North Main Street, P.O. Box 310 in Mullins, South Carolina. For additional information about Anderson Brothers Bank, call 843-464-6271, or visit ABBank.com.

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Pictured L to R: Tim McCoy, Debbie Guyette, Jessica Buttles, Bryan Lenertz

FINANCIAL WELLNESS MOVES EVERY FAMILY SHOULD MASTER



If you had to grade your financial literacy, what would it be? Are you an A+ saver, investor and planner, or do you think you could do better? If you grade yourself average at best, you're not alone.

When asked to grade their own financial literacy, more than half of Americans say they'd earn a "C" or lower, according to new data from Prudential Financial. This isn't surprising, considering data from Prudential's Financial Wellness Census shows less than half of Americans are on track to meet their financial goals, including planning for retirement.

Regardless of where you are on your family's financial wellness journey, the best way forward is through financial literacy. Researching, educating yourself and getting advice from a financial professional can help you make the best decisions based on your life stage, risk tolerance and goals.

Each family's situation and goals are unique, and things like life stage and personal preference will impact how they choose to prepare for their financial future. To get started, here are five financial wellness basics every family should master:

Set up an emergency fund

Life is a series of experiences, and sometimes the unexpected can hit your finances hard. Whether it's a car breaking down, your AC unit on the fritz or even losing a job, it's important to be prepared for emergencies. If you don't already have an emergency fund, start saving a little each month until you reach your goal. A good rule of thumb is to have three months' worth of expenses saved in an emergency fund. So, if your monthly expenses are \$2,500, you should have \$7,500 saved.

Create a budget

Saving for college? A new car? How about starting that emergency fund? Whatever your family's financial goals are, it's important to have a plan in place that helps you achieve those goals. Budget to manage day-to-day expenses, and include in that budget a commitment to save for bigger milestones. For tips on getting started, do some research. There's no shortage of advice, whether you decide to go it alone or consider using the help of a professional financial advisor.

Plan for the unimaginable

If you have people who count on you for financial support or caregiving, you should have life insurance. A life insurance policy can help give your family financial peace of mind should the worst happen. There is no rule as to how much life insurance you need, but important things to consider are your annual income, mortgage debt, potential college costs for kids and other future financial obligations.

Save for retirement

According to data, of Americans who have retirement savings and debt, nearly one-quarter have more in total debt than in retirement savings (23 percent), while 15 percent of Americans say that they have no debt but also have nothing saved for retirement. Planning for retirement is something that should start as soon as possible. If your work offers any type of matching program, make sure to take advantage. If you don't, you're essentially leaving free money on the table.

Seek professional advice

Retirement, life insurance and savings can be confusing. Information overload is partly to blame. According data, two-thirds of Americans

agree that the list of things they need to learn to successfully manage their finances keeps growing, not shrinking. That's where financial literacy programs and professional financial advice can play a key role. Nearly two-thirds of Americans don't have a financial advisor. They say they cannot afford one (42 percent) or don't believe their financial situation warrants needing an advisor's help (26 percent). The reality is that advice is more within reach than ever before - and it's not just for the wealthy. A financial professional can help at various stages in life and work with you to create a strategy based on your timeline, risk tolerance and goals.

Financial wellness isn't always a matter of having more money. Instead, it's a journey that takes a combination of proactive effort, dedication and professional guidance.



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HERE'S TO YOUR HEALTH

MUSC NURSES RECEIVE PALMETTO GOLD

Articles submitted by MUSC Health Florence Medical Center



MUSC Health Florence Medical Center nurses, from left: Michelle Thompson, RN, MSN, clinical nurse educator; Cheryl Dorriety, RN, Director Day Hospital and Endoscopy; Michelle McCray, RN, BSN, Nursing Services; Jenny Johnson, RN, BSN, The Women's Center; Victoria Conyers, RN, BSN, 6th Floor; and Michelle Isgett, RNC, BSN.

A coalition of South Carolina nursing organizations has named six Carolinas Hospital System nurses among the state's top 100. The announcement from the South Carolina Nurses Federation distinguishes them as Palmetto Gold winners.

The six nurses recognized were Michelle Thompson, MSN-Ed., RN, Education; Cheryl Dorriety, BSN, RN, nurse manager Day Hospital/Endoscopy; Michelle McCray, BSN, RN, 7th floor; Jenny Johnson, BSN, RN, Women's Pavilion; Victoria Conyers, BSN, RN, 8th floor; and Michelle Isgett, BSN, RNC-OB, Women's Pavilion.

Palmetto Gold is the premier statewide nurse recognition program that salutes registered nurses for exceptional nursing practice and commitment to the profession. Nominations are received from nursing employers and peers from a variety of nursing education and health care facilities across the state. One hundred nurses are selected from the nominations and will be honored during a formal gala with a specially-designed Palmetto Gold pin and certificate.

"I have a lot of respect and admiration for these six exceptional nurses. Those who know them will not be surprised that they were chosen for this prestigious award. I applaud them for their outstanding achievements and appreciate so much the valuable contributions they make not only to MUSC Health Florence Medical Center, but to the nursing profession," said Costa Cockfield, chief nursing officer.

Proceeds from the gala are used to provide scholarships for students in state-approved registered nursing programs in South Carolina and continue the legacy of excellence in nursing for South Carolina citizens.



The Palmetto Gold Scholarships will be managed by the South Carolina Nurses Foundation, a 501-C3 organization, whose mission is to promote high standards of health care by insuring the advancement of the nursing profession through awards, grants and scholarships.

LEE NAMED FIRST DAISY AWARD HONOREE



MUSC Health Florence Medical Center is proud to recognize Sharon Lee, RN, as the first DAISY Award recipient

Sharon Lee, a registered nurse (RN) in CVICCU, was named the first DAISY Award Recipient at MUSC Health Florence Medical Center. (DAISY is an acronym for Diseases Attacking the Immune System.) The DAISY award is given to a nurse whose job performance exemplifies the mission, vision and values of MUSC Health. The recipient must also keep a consistent focus on meeting patient-family goals, collaborate with the healthcare team to meet patients' needs, use critical

thinking to deliver extraordinary patient care, and demonstrate a caring attitude, as well as professionalism in the workplace during all situations. Sharon was nominated by the son of a patient.

"My family and I would like to recognize this nurse for outstanding professionalism and quality nursing care," said the patient's son. "My mother spent her final days in CVICCU with me at her bedside. Her health was critical and guarded. During her hospitalization, Sharon exemplified compassion, kindness, and superior critical thinking skills. Momma's condition was very labile and changing from minute to minute. Sharon was with me when I received the news that my momma's organs were shutting down, and her body was giving up. To say I was emotional is an understatement. This nurse comforted me in my grief while maintaining a watchful eye on Momma. I cannot thank this nurse enough for her passion for healing and for providing the best care possible for a well-loved mother in her last days of life."

The DAISY Foundation is a not-for-profit organization, established in memory of J. Patrick Barnes by members of his family. Barnes died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon auto-immune disease. The care he and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families. Nurses may be nominated by patients, families, and colleagues. Recipients of the DAISY award are chosen quarterly by the DAISY committee at MUSC Health Florence Medical Center.

About MUSC Health

As the clinical health system of the Medical University of South Carolina (MUSC), MUSC Health is dedicated to delivering the highest quality patient care available while training generations of competent, compassionate health care providers to serve the people of South Carolina and beyond. Comprising some 1,600 beds, more than 100 outreach sites, the MUSC College of Medicine, the physicians' practice plan, and nearly 275 telehealth locations, MUSC Health owns and operates eight hospitals situated in Charleston, Chester, Florence, Lancaster and Marion counties. In 2018, for the fourth consecutive year, U.S. News & World Report named MUSC Health the number one hospital in South Carolina. To learn more about clinical patient services, visit <http://muschealth.org>.

Founded in 1824, MUSC and its affiliates have collective annual budgets of \$3 billion. The more than 17,000 MUSC team members include world-class faculty, physicians, specialty providers and scientists who deliver groundbreaking education, research, technology and patient care. For information on academic programs, visit musc.edu.

ROBERTS INTRODUCES CRISIS RESPONSE PROGRAM by Daniel James II, Cornell University ILR School '22



Stacey Roberts

With awareness concerning mental health becoming even more widespread and accessible throughout the country, acknowledgement of such awareness efforts in both the state of South Carolina and the Pee Dee region are in order. Pee Dee Mental Health, having served the Pee Dee region for over 40 years, is affecting change by collaborating to expand approaches to mental health services in order to meet the needs of its community. Most recently, it has done so through the new Community Crisis Response and Intervention Program,

created through a contract with the South Carolina Department of Mental Health and Human Services. In an attempt to expand the psychiatric services available to South Carolinians facing immediate mental health crises, clinicians are now available 24 hours a day for every day of the year.

The first of its kind, this program not only provides mobile services to the individuals facing the crisis, but also does not fix patients into any one care option. Since its inception, the program has excelled in linking individuals to mental health and psychiatric resources, and also bridging the mental health education gap. As a result, the CCRI hotline ceases to ring, which is hopefully an indication of growing awareness of this program's availability to the Pee Dee community. In order to facilitate the growing awareness, the CCRI program hopes to expand from its current 29 county radius to include all 46 counties in its jurisdiction by the end of the summer 2019.

Stacey Roberts, a regional supervisor for the SC Department of

Mental Health's Community Crisis Response and Intervention Program, serves as a consultant for the Pee Dee Mental Health Center, copartnering to ensure the program becomes a success in the region. However, such success only is truly accomplished, as acknowledged by Roberts, through a thorough education concerning mental health and suicide prevention, in particular. Roberts says that imminent suicide risks are provided mobile assistance through CCRI, while allowing clinicians to educate families concerning mental health resources. With Suicide Prevention Awareness Month coming in September, there are many ways that CCRI has already offered critical avenues of commemoration. Most notably, the SC Department of Mental Health is known for offering trainings to aid communities in promoting suicide prevention, including through Zero Suicide and Comprehensive School Suicide Prevention Programs.

However, despite this education from clinicians, minority communities and African-American communities, in particular in S.C., are still disproportionately unaware and disadvantaged with regard to mental health resource access and suicide prevention safety nets. When asked of Roberts what she hopes the marginalized communities of the Pee Dee know concerning suicide prevention and mental health resources, it was simply that "there is help available and you don't have to fight this battle alone...Dum Spiro Spero — while you are breathing there is always the hope for things to get better."



SC Department of Mental Health



Pee Dee Health Care
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Phone: (843) 393-7452

Professional Pharmacy
201 Cashua Street
Darlington, SC 29532
Phone: (843) 393-6591

Genesis Health Care Florence
1523 Heritage Lane
Florence, SC 29505
Phone: (843) 673-9992

Lamar Family Care
301 W. Main Street
Lamar, SC 29069
Phone: (843) 395-8401

Walterboro Family Care
457 Spruce Street
Walterboro, SC 29488
Phone: (843) 781-7428

Valcourt Pediatric Associates
124 Medical Park Drive
Walterboro, SC 29488
Phone: (843) 782-3636

Olanta Family Care
211 South Jones Road
Olanta, SC 29114
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The newest practice Genesis Health Care Florence (Formerly named Dr. Brent Baroody) now includes OB/GYN, Urology, Internal Medicine and Case Management.

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NEW BEHAVIORAL HEALTH TEAM Articles submitted by Donna Tracy, Communications Coordinator



E. Nicole Cogdell-Quick

HopeHealth welcomes three new behavioral health providers in Florence: E. Nicole Cogdell-Quick, LPC, a behavioral health counselor; Marsha Tunstall, LPC, LAC, a behavioral health consultant; and Samantha Jefferson, LPC, a behavioral health consultant.



Marsha Tunstall

Cogdell-Quick graduated from Argosy University, Atlanta, Ga., with a Master of Arts in psychology, professional counseling, and earned her Bachelor of Science in Psychology, with a minor in sociology from Francis Marion University in Florence. She sees patients at HopeHealth on Palmetto Street and is a certified addictions counselor. Cogdell-Quick is a member of the South Carolina Association of Alcoholism and Drug Abuse Counselors.



Samantha Jefferson

Tunstall graduated from Liberty University, Lynchburg, Va., with a Master of Arts in professional counseling and earned her Bachelor of Arts in psychology from Coker College, Hartsville. She is certified by the Board Examiners for Counselors, Marriage and Family Therapists, Addiction Counselors and Psycho-Educational Specialists and sees patients at HopeHealth on Palmetto Street.

Samantha Jefferson graduated from Francis Marion University in Florence with a masters degree in clinical counseling/psychology, and earned her undergraduate degree in psychology with a minor in biological sciences from Clemson University, S.C. She sees patients in the Medical Plaza, is a member of ISSA, and is certified by the Board of Examiners for Counselors, Therapists and Psycho-Educational Specialists.

HopeHealth is one of 23 nonprofit, federally qualified health centers

in South Carolina. We provide quality and affordable health care services to individuals in Florence, Clarendon and Williamsburg Counties and infectious diseases services in Aiken, Clarendon, Florence, Orangeburg and Williamsburg Counties. To become a patient, call 843-667-9414 or visit hope-health.org. For questions or more information, email tstrauss@hope-health.org or call 843-245-2291.

HOPEHEALTH NEW BOARD MEMBERS



Barbara Brooks



Buzz Rogers



Teresa Myers Ervin

HopeHealth's board of directors announced the appointment of four new members at the Annual Meeting held in April. Joining the

board are Barbara Brooks, Teresa Myers Ervin, Andre Dorsey and Buzz Rogers.

Board members are selected for their expertise in community affairs, local government, business development, social work and other philanthropic interests.

In keeping with the Federally Qualified Health Center requirement that a majority of directors is served by the center, nine of the 12 board members call HopeHealth their primary health care home.

Rotating off the board were Tom Shearin, collections manager for the City of Florence, who served as vice chair; Elizabeth Poston, a social worker; Jeanie Brown-Burrows, Williamsburg County Councilwoman; and Brandis Winstead, Moore Intermediate Elementary School counselor.



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REFERRED PAIN

Submitted by Miranda L. Peavy, Communications Coordinator



Jack Thomas Sproul, MD,
Orthopedic Surgeon

HARTSVILLE—Once after doing a lot of lifting and bending, I had the sudden onset of pain in my foot that was referred from my back, which had been a known problem. I realized I spend every weekday convincing people that their pain is referred from somewhere else, but when it happened to me I was convinced my foot was the source of the pain. It is very human that when we feel pain, we expect that it is generated at the area it is felt.

Referred pain is when pain is generated in one area and felt in another. In orthopedics, the pain is often present in either the arms or legs but is generated in either the neck or lower back. Interestingly, referred pain always goes out away from the center of the body. In other words, the pain can be referred from the neck to the shoulder but not from the shoulder to the neck. Referred pain patterns are constant, making these problems a bit easier to diagnose. We feel all pain in our brain, our center of consciousness. For example, pain sensors in the foot are transmitted by nerves that go into the spinal cord and up into the brain where they reach consciousness. If the nerve is pinched en route, it may send a signal to the brain, which is interpreted as pain at the foot, even though it originated in the nerve at the lower back. This is known as sciatica.

Sometimes the mechanism of referred pain is not as clear. Most people are familiar that sometimes with a heart attack people will have pain only in the left arm or jaw. Obviously, the heart is in neither of these locations, but the brain perceives the pain as coming from these areas. In orthopedics, pain from degeneration of discs (the flexible spacers in between the vertebrae) or the small facet joints in between the vertebrae are often perceived elsewhere. If the spine degeneration is in the neck, the pain is referred to the shoulder or arm. If the spine degeneration is in the lower back, the pain is referred to the buttock region or thigh. This type of referred pain is independent from pinching of a nerve root. Interestingly, this type of referred pain does not typically go further than the elbow or knee.

Treatment of referred pain involves determining the source of pain. Doctors who treat pain often use written pain diagrams, where people mark on a body diagram where the pain is perceived. As these patterns are constant, evaluation of the source, often the cervical or lumbar spine, with X-ray or MRI may be helpful.

Not surprisingly, treatment of the neck or treatment of the lower back is the way that we manage pain referred to the arms or legs. An injection into the shoulder when the pain is generated from the neck is somewhat like replacing your TV when the problem was in the cable or TV station. Neck and lower back are particularly prone to degeneration because they have moving parts. Just like machinery, the moving parts wear out. Treatment of the neck or lower back may involve physical therapy, injections or, if not helped by simpler methods, surgery.

Dr. Sproul is now accepting new patients. Appointments may be made by calling 843-383-3742 or visiting 700 Medical Park Drive in Hartsville.



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HRSA GRANT PROVIDES VIRTUAL REALITY THERAPY AT HOPEHEALTH

Submitted by Donna Tracy, Communications Coordinator



HopeHealth behavioral health team members recently completed training on virtual reality exposure therapy. The therapy is now used in Behavioral Health Services at HopeHealth on Palmetto Street in Florence to help with phobias, trauma, substance use disorders, posttraumatic stress disorder and mindfulness training through immersion in virtual environments.

Behavioral health team members at HopeHealth recently completed training on virtual reality exposure therapy and have begun using the treatment in Behavioral Health Services at HopeHealth on Palmetto Street.

Virtual reality therapy uses body tracking devices, visual displays, and vibrotactile sensory input to immerse patients in a real-time computer-generated virtual environment. Research has demonstrated the effectiveness of virtual reality technology for treating a variety of difficulties. It is used as a tool to enhance cognitive-behavioral therapy and is a successful and time-limited treatment for a number of psychological difficulties.

“Exposure therapy has been used for decades as a highly effective, evidence-based treatment for anxiety disorders including phobias, social anxiety, and posttraumatic stress disorder,” said Farrah Hughes, director of Behavioral Health Services at HopeHealth. “With this virtual reality equipment, our therapists can make this highly effective treatment more widely available to those who need it.”

Hughes and members of the HopeHealth behavioral health team were trained on-site in early April by psychologist Dr. Judith Cukor, an expert in virtual reality exposure therapy from Cornell, and Jonathan Huff, a technology engineer from Virtually Better, Inc.

LaToya “Tori” Hughes, a behavioral health consultant at the HopeHealth Medical Plaza participates in virtual reality exposure therapy training.



Dr. Farrah Hughes, director of Behavioral Health Services at HopeHealth, participates in virtual reality exposure therapy training.



Meridith Graham, a behavioral health consultant at HopeHealth in Kingstree, participates in virtual reality exposure therapy training.

provided by Health Resources and Services Administration (HRSA) and means that therapists in behavioral health have access to the latest technology to enhance psychotherapeutic treatment. The treatment can be used for:

- Exposure therapy for phobias and various traumatic experiences
- Relapse prevention training for substance use disorders
- Exposure therapy for posttraumatic stress disorder, particularly for combat veterans
- Mindfulness training

This technology also provides immersive relaxation and mindfulness training to help overcome symptoms of anxiety, depression and other difficulties and to improve emotional well-being.

HopeHealth is one of 23 nonprofit, federally qualified health centers in South Carolina. We provide quality and affordable health care services to individuals in Florence, Clarendon and Williamsburg Counties and infectious diseases services in Aiken, Clarendon, Florence, Orangeburg and Williamsburg Counties. To become a patient, call 843-667-9414, or visit hope-health.org.

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RUBICON GIVEN CSC COMMUNITY AWARD

Submitted by CareSouth Carolina



Pictured left to right: Heather Clark, MAT case manager; Denise Cooper, CEO Rubicon; and Wendi Sutherlin, clinical supervisor.

DARLINGTON-- CareSouth Carolina recently awarded the Community Partnership Award to Rubicon. The Community Partnership Award is given to area organizations to recognize their partnership with CareSouth Carolina as they serve and aid the community.

Rubicon was recognized in 2019 because of its partnership with CareSouth Carolina's Reach Out and Deliver Services (ROADS) initiative. The ROADS initiative allows CareSouth Carolina to offer medical services at remote locations through several different units.

In 2019, CareSouth Carolina acquired an additional unit- Freedom ROADS- to be used for Medication Assistance Treatment (MAT) services remotely at local agencies, including Rubicon. MAT is the use of FDA-approved medications, in combination with counseling and behavioral health, to provide a "whole-patient" approach to the treatment of substance use disorders.

"We started out going one day a week, but because of the high demand, Rubicon extended an offer for us to come back a second day each week," said CareSouth Carolina Chief of Project Development Joy Gandy. "They understand what the patient needs and the importance of giving the patient whole treatment. We felt it necessary to give them the award."

Rubicon provides prevention, intervention and treatment services to enhance and maintain families and individuals, improving the overall health of the community.

SAFE PRESCRIPTION MEDICATION STORAGE

Submitted by Theresa M. Curtis, MJ, ECHO Coordinator



Theresa M. Curtis

HARTSVILLE--In the ever-growing era of the opioid epidemic, it is important that safe storage and disposal of prescription medication become a priority in our communities. According to information from South Carolina's Department of Alcohol and Other Drug Abuse Services website, JUST PLAIN KILLERS, there were 782 deaths involving prescription drugs in South Carolina in 2017 with nine of those deaths being in Darlington County. One death is too many, and proper storage and disposal of medication is a start to help address this epidemic.

Below are listed some safety tips to help keep our families safe:

- Know your prescriptions (name of medicine, number of pills given and what it is for)
- Keep medicine secured (keep in locked cabinet or box)
- Do not leave loose pills laying around
- Take medicine as prescribed by doctor on the bottle or container
- Do not share medication
- Do not flush medications down the toilet (use proper disposal methods)

Darlington County has one medication disposal site located at the Darlington County Sheriff's Office on Harry Byrd Hwy. You can also pick up Deterra medication disposal packets from Rubicon Family Counseling Services on East Carolina Avenue in Hartsville.

For more information on safe storage and disposal of prescription medication and to find disposal locations near you, go to www.justplainkillers.com or contact Rubicon Family Counseling Services at 843-332-4156.

Reference

(n.d.). In Just Plain Killers. Retrieved from <http://justplainkillers.com/>

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MUSC RECOGNIZES VOLUNTEERS FOR OVER 10,000 HOURS OF SERVICE

Submitted by MUSC Health Florence and Marion Medical Centers



Volunteers from MUSC Health Florence and Marion Medical Centers came together for the annual volunteer appreciation luncheon.

During a recent appreciation luncheon, MUSC Health Florence and Marion Medical Centers honored over 50 volunteers who collectively contributed more than 10,000 hours of service to the hospitals in 2018.

“When you volunteer, you are making a commitment to share your time to make life better for those who are in need,” said MUSC Health Florence and Marion Medical Centers’ chief executive officer, Vance Reynolds. “Your gift of time has a tangible impact on the lives of those individuals who are touched by your generosity.”

The hospital relies on the talents of volunteers to support staff and enhance hospital activities by greeting and escorting patients and visitors, ministering to patients, assisting with discharges, serving as resources at information stations and assisting with clerical duties.

“I want to thank you for your dedication, the sacrifice of time away from loved ones and your families,” said MUSC Health Florence and Marion Volunteer Services coordinator, Sheree Meadows. “Thank you for donating your time to care for the hospital and our patients. I am delighted that we are able to recognize volunteers for their valuable contributions to our facilities and communities.”

Each year, MUSC Health Florence and Marion Medical Centers take time to recognize the volunteers who give so much of their time and talents. For more information about the hospital’s volunteer program, call 843-674-2975, or visit MUSChealth.org/volunteer-florence and MUSChealth.org/volunteer-marion.

HOW STRONG ARE YOUR BONES?

Submitted by Gregory R. Palutis, MD



Dr. Gregory R. Palutis

According to statistics from the National Osteoporosis Foundation (NOF), one in two women and up to one in four men over the age of 50 will break a bone due to osteoporosis.

Osteoporosis happens when bones in your body lose mass or when there’s less material in the bone, and it becomes less strong.

The weaker a bone is, the more likely you will be prone to a bone fracture or break. Unlike so many other diseases or conditions there are no tell-tale signs you might have osteoporosis. It’s not painful, hard to identify with an x-ray, and the first sign is usually a bone break.

Women are much more prone to osteoporosis, and after age 50 your percentage increases even more. We recommend women age 65 or older get tested for osteoporosis even if they are in good health. Women with a family history of it, or other risk factors, could be encouraged to be tested as early as 40 years old. The test, or bone

density scan, is simple and painless. It measures bone density in different areas of the body, typically the spine, neck or wrist. For example, we know what a typical 60 year-old’s bone density should be, and we compare it to your bone density. If your levels are lower than a “typical” person of your age we know you’re at risk for osteoporosis.

A leading risk factor in women for osteoporosis is menopause. What happens is women lose estrogen, which helps maintain bone density. Alcohol, smoking, steroids, low body weight and malabsorption diseases such as Celiac disease, anemia and lactose intolerance are also factors that lead to osteoporosis. African-Americans are five percent, whites are 10 percent and the highest population of those at risk are Mexican and Hispanics, at 13 percent.

It’s estimated by 2022, there will be 12.3 million people over age 50 who will be diagnosed with osteoporosis. Many of them are due to hip fractures. This is a serious event that, unfortunately, most of the time, tells us a patient has osteoporosis. A fracture can happen in the lower body just from walking or falling.

One of the best ways to combat osteoporosis is to exercise. Bones respond to exercise. If you do moderate intensity exercise, your bones will respond to that. The big recommendation is to do regular exercise that puts stress on your skeleton, causing bones to get stronger. This doesn’t mean you need to go run a marathon. It just means walking, swimming or lifting weights are good examples of regular exercise. It’s been shown as people age, they can actually reduce osteoporosis through exercise.

Leading a healthy lifestyle by eating right also helps combat osteoporosis. Incorporate calcium into your diet. I don’t suggest taking calcium supplements for bone health, it can be detrimental and cause kidney stones. It’s always better to consume 1,000 milligrams per day through your regular diet than taking supplements.

Many times, we come into contact with patients after they’ve broken a bone due to osteoporosis. It’s my job as a physician to follow through with the patient and treat the osteoporosis appropriately afterward.

Treatment can be a combination of oral treatments and injectables. In the past, there were only oral medicines, but now you can get injectables once a week or per year. Medicines coming out are aimed at reducing osteoporosis, depending on your risk factors. The most common are bisphosphonates, used to prevent bone density loss. New treatments are coming on line all the time.

If you think you are at risk for osteoporosis it’s important to consult your healthcare provider. Dr. Gregory Palutis is a board certified orthopaedic surgeon and a member of the medical staff at MUSC Health Florence Medical Center. He is accepting new patients at MUSC Health – Orthopaedics, 1580 Freedom Boulevard, Suite 100, at the Florence Surgery Center. For more information, call 843-413-6835.





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Dr. Scott is accepting new patients. For appointment, call **843-413-6930**.



Florence Medical Center

ROBINSON FILLS MEDICATION EDUCATION GAP Submitted by Andrew Boardwine, Communications Specialist



Tammie Robinson, PharmD

HARTSVILLE -Tammie Robinson strives to make a difference in the lives of the people she comes in contact with through education, counseling and encouragement. Serving as the clinical pharmacist in CareSouth Carolina's CSC Community Pharmacy in Hartsville, Robinson works with a diverse group of patients ranging in age, ethnicity and economic class.

"There are people from a broad range of backgrounds that use our services," Robinson said. "No matter who they are, we work hard to give them the best care possible and

provide a pharmacy that knows them personally and a place they can be comfortable asking questions."

Robinson, who has worked at CareSouth Carolina for more than seven years, began serving as the Medication Therapy Management (MTM) pharmacist in January. Through the program, she is able to take an in-depth look at patient's prescriptions and help educate them on the importance of their medication.

"The program helps fill in the education gap," Robinson said. "A lot of the patients have chronic conditions, things like hypertension, high cholesterol, asthma, diabetes and high blood pressure. They are on what we call 'maintenance medications.' I am able to go in, look at their prescriptions and help them understand the importance of taking that prescription to help treat that condition."

It's not just about the importance of the prescription, though. "It helps with adherence," Robinson said. "We review how they take it, why they take it and what the medication is treating. It's surprising how many

times we have had patients who did not truly understand their medication. I am able to counsel them and answer questions that may arise."

Robinson looks for ways to make things easier on the patient as well by placing easy-to-read instructions on bottles and taking time to discuss concerns with them individually. "It makes a difference when you know your pharmacist," she said. "CareSouth Carolina is a great platform for me to meet people and gives me a chance to assist them and get to know them. We have received great feedback, and people have been appreciative of us giving a little extra to make sure they completely understand their medication."

Robinson, a Columbia native, said that she and her husband Dr. Leroy Robinson moved to the Pee Dee more than 20 years ago, but it wasn't their original intent.

"When we pinpointed places that we would think about moving for work, the Pee Dee wasn't even under consideration, but Leroy had an opportunity to serve here, so we made the decision to move," Robinson said. "Hartsville is a unique place. It is not necessarily a small town, but still has that small town feel. We're close enough to some of the bigger cities, and the people here have been so welcoming over the years."

Robinson received her Bachelor of Science in biology from South Carolina State University before completing her BS in pharmacy and PharmD at the University of South Carolina.

Outside of work, she enjoys spending time with her family and her dog "Fitz." She has two daughters named Savannah and Ashley. Community involvement includes board of directors for the Darlington County Special Needs and Disabilities and Darlington County Free Medical Clinic, as well as active membership in Hartsville Alumnae Chapter Delta Sigma Theta Sorority, Inc.

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HOPEHEALTH DIETITIANS/LIFESTYLE COACHES EARN STATE RECOGNITION

Submitted by Donna Tracy, Communication Coordinator



From left, HopeHealth Diabetes & Nutrition Institute team members: Anita Longan, Sonda Jett-Clair, and Kitty Finklea with Brooke Brittain, the vice president and nutrition section chair for the South Carolina Public Health Association. The HopeHealth dietitians/lifestyle coaches were among 12 individuals statewide who recently received a Voice of Public Health Award.

Three of HopeHealth's Diabetes and Nutrition Institute team members were among a dozen individuals recently recognized by the South Carolina Public Health Association (SCPHA) as recipients of the Voice of Public Health Award, a new award recognizing those doing phenomenal work in public health in South Carolina, according to Brooke Brittain, vice president and nutrition section chair for SCPHA.

Nominations for the award were accepted in April during the SCPHA's celebration of Public Health Month. Brittain said one of the organization's main goals was to really recognize those doing wonderful things for public health. Three of the 12 people chosen for this award are three of Hope Health's finest:

- Kitty Finklea, registered dietitian and certified personal trainer
- Sonda Jett-Clair, chronic disease prevention coordinator
- Anita Longan, registered dietitian and certified diabetes educator

"When you think of people doing great things for public health, you will think of Kitty, Sonda and Anita. These ladies have such a passion and dedication to improving the health of everyone in SC," read their nomination letter. "I like to borrow Sonda's favorite phrase that is when you know better, you can do better. This is so true and really shows how much these ladies care about their patients and want to help them live healthier lives. These three ladies work so hard and have such a positive attitude. I could not think of any three people more deserving for The Voice of Public Health Award."

The three HopeHealth recipients were presented with their awards after a SNAP into Health class at the Medical Plaza by Brittain, who is also the SNAP-Ed program coordinator.

SNAP into Health is open to the public and part of the team's ongoing partnership with the Department of Health and Environmental Control. The monthly nutrition class addresses a variety of topics, such as food label reading, portion size and cooking demonstrations. Each class includes a budget-friendly healthy cooking demonstration with generous samplings to taste.

"The participants enjoy learning how to take better care of their health through this fun and interactive class that provides a wealth of nutrition information," said Kitty Finklea. "They also make new friends and enjoy learning together." To learn more about classes and other public events currently available at HopeHealth, visit hope-health.org/events.

HopeHealth is one of 23 nonprofit, federally qualified health centers in South Carolina. We provide quality and affordable health care services to individuals in Florence, Clarendon and Williamsburg Counties and infectious diseases services in Aiken, Clarendon, Florence, Orangeburg and Williamsburg Counties. To become a patient, call 843-667-9414, or visit hope-health.org.

For questions or more information, email tstraus@hope-health.org or call 843-245-2291.



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WHAT IF YOU CAN'T "JUST SPIT IT OUT"? Submitted by Erin Ward, MSCCC-SLP, MUSC Health Outpatient Rehabilitation Center



Erin Ward, MSCCC-SLP

It affects more than two million people yet almost 85 percent of Americans say they've never heard of it, according to the National Aphasia Association (NAA). It's aphasia, and the NAA defines it as an impairment of language, affecting the production or comprehension of speech and the ability to read or write.

While there are varying levels of aphasia, it's always caused by injury to the brain from a stroke or by brain injuries from head trauma, brain tumors or infections. Typically, I see two types of aphasia the most: receptive and

expressive.

Receptive aphasia is when someone is not able to identify objects. I could ask you to pick up a pencil, write your name and put the pencil back down, but it might seem like I was speaking a foreign language. Another example would be if I asked you to touch your mouth. You know that your mouth is on your face, but you can't seem to remember where on your face.

Expressive aphasia is when you're not able to name things or carry on a conversation or call things by the wrong name. In other words, I could be holding a coffee cup and call it a flower? I know it's not a flower, but I can't remember the phrase "coffee cup." It's like the words are on the tip of my tongue.

Other signs of aphasia might be difficulty following commands, like if someone asks you to sit down or stand up. You may stumble through words in conversation or get stuck on simple words. My expressive aphasia patients tell me it's frustrating. They can't help but feel trapped because they know what word should be used, but they just can't say it. It's just not possible for them to express how they feel.

If you've had a stroke, or some type of brain injury, it's important

to ask your primary care doctor for a referral to get evaluated for aphasia. The sooner you can get therapy, the better you can recover. About one-third of my speech therapy patients have aphasia. Most of them recover in two to nine months. If you wait two years before starting therapy, it's not as likely you will be able to recover. I have patients in their late thirties able to fully recover.

Another reason to get evaluated is because you may not know you have cognitive deficits. For example, people may not realize they can't balance their check book. I can evaluate you and determine if you have deficits.

How do you know if you're just getting old or you have aphasia? This is a hard line because your brain has a right and left side. A stroke on the left side of the brain means you'll likely have aphasia. A stroke on the right side typically causes cognitive problems.

In therapy we are basically trying to re-wire your brain. There are parts that are damaged due to stroke or head injury. We find out your level of aphasia and work on whatever needs you have and go from there. It's different for every person.

Aphasia is fascinating from a therapist's point of view. For example, it's fascinating when a person can count from one to ten, but when you show them the number two, they can't tell you what it is. It's important to understand why it's so difficult for those with aphasia to communicate. They're not cognitively impaired or "slow," they just can't make out what you are saying or get their point across. The therapy strategies we use really help. To me, it's rewarding because patients feel like you understand them.

Erin Ward, MSCCC-SLP, is a certified speech pathologist helping people with speech impediments, cognitive communicative disorders due to stroke and/or aging, voice disorders, pediatric speech, dysphagia, dyslexia and dementia. She is part of the care team at MUSC Health Outpatient Rehabilitation Center in Florence. For more information please call 843-661-4360.

DON'T WAIT AND BE FAST FOR A STROKE Submitted by MUSC Stroke Center



It's important to BE FAST if you think you, or a loved one, might be having a stroke. Each year more than 795,000 people are affected by stroke according to the Centers for Disease Control.

The F-A-S-T acronym was branded by the American

Stroke Association and other groups. FAST is an effort to help people remember four signs of stroke: "F" – Face drooping; "A" – Arm weakness; "S" – Slurred speech; and "T" – Time to act quickly. Now, health professionals are encouraging people to take it a step further: to BE FAST.

Brandon Hooks, RN-ONC director of MUSC Health Florence Medical Center Stroke, Neurology, and Orthopaedics said many people overlook "B" – for balance loss, and "E" – for eyesight loss.

"The biggest thing we promote is early recognition – what a stroke looks like," Hooks said. "We are always looking at our goals and processes to make ourselves better to help people with stroke. A stroke affects certain parts of the body, depending on what part of the brain is being affected. Adding the "B" and "E" helps people catch the smaller symptoms people may not have been aware of before. The goal is to help people seek medical help faster if they're experiencing stroke-like symptoms."

Wendy Davis, RN-ONC stroke coordinator at MUSC Health Florence Medical Center, said, "It doesn't happen over time. These are sudden changes in vision, arm weakness, slurred speech, or a drooping face, for

example. Don't wait for the symptoms to go away. We would rather you overreact and be safe."

A stroke, also known as a "brain attack," happens when blood vessels carrying oxygen to the brain are blocked by plaque or rupture.

"Once you have a stroke, if you don't get the appropriate medical treatment within a certain time, you could have lifelong irreversible damage. Early recognition and detection helps reduce the possibility of lifelong stroke effects," Hooks said.

MUSC Health Florence Medical Center is a designated Primary Stroke Center accredited by The Joint Commission, which ensures the Stroke Center has demonstrated there are solid best practices in place that ensure patients are able to receive treatment in a timely manner. Advances in technology now allow a neurologist to assess the patient minutes after arriving at the hospital, and a 24/7 neurologist is available through MUSC Telehealth.

"Within minutes the neurologist can determine if you have an intercranial bleed," Hooks said. "As part of the stroke treatment process, we have to rule that out first before we can administer tissue plasminogen activator (tPA) medication. The drug is injected to dissolve blood clots and improve blood flow to parts of the brain with blockage."

"When you have a stroke, there's a small window of time you can receive tPA. When EMS is called, they assess you and radio in to us so we can activate the stroke alert. This means we will be fully prepared and the stroke team ready when you arrive," he said.

For more information call the Stroke Center at 843-674-5473



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HOPEHEALTH EARNS NCQA RECOGNITION

Submitted by Donna Tracy, Communications Coordinator



The National Committee for Quality Assurance (NCQA) recently announced that HopeHealth in Lake City, HopeHealth in Kingstree, HopeHealth in Manning, and HopeHealth Pediatrics in Manning have received NCQA Patient-Centered Medical Home (PCMH) Recognition under their 2017 Standards for using evidence-based, patient-centered processes that focus on highly coordinated care and long-term, participative relationships.

The NCQA Patient-Centered Medical Home is a model of primary care that combines teamwork and information technology to improve care, improve patients' experience of care, and reduce costs. Patient-Centered Medical Homes such as HopeHealth, continuously strive for improved patient-centered access, team-based care, population health management, care management, care coordination and transitions, performance measurement and quality improvement.

"Patient-Centered Medical Homes provide integrated services and coordination for exceptional care while easing the burden of patient navigation through the health care system," said Yvonne Van Camp, HopeHealth director of corporate quality. "NCQA recognizes patient centered medical home practices and physicians who value quality health care utilizing the latest clinical protocols and ensure the patients receive the best care at the right time."

To earn recognition under the latest standards, HopeHealth demonstrated the ability to meet the program's key elements. NCQA's

latest standards required annual attestation, demonstration and reporting to maintain recognition. NCQA standards aligned with the joint principles of the Patient-Centered Medical Home established with the American College of Physicians, the American Academy of Family Physicians, the American Academy of Pediatrics and the American Osteopathic Association.

About HopeHealth

HopeHealth is a nonprofit corporation that provides integrated health services for more than 41,000 patients in areas surrounding Aiken, Clarendon, Florence, Orangeburg and Williamsburg counties. It was founded in 1991 as a grassroots HIV/AIDS support organization and was designated as a Federally Qualified Health Center in 2007 to expand its services to include primary and pediatric care. Today, HopeHealth has 13 locations with more than 60 providers covering primary care, dental care, chiropractic care, behavior health and psychiatry, pain management, substance use disorders, diabetes and nutrition care and women's health services.

About NCQA

NCQA is a private, nonprofit organization dedicated to improving health care quality. NCQA accredits and certifies a wide range of health care organizations. It also recognizes clinicians and practices in key areas of performance. NCQA's Healthcare Effectiveness Data and Information Set (HEDIS®) is the most widely used performance measurement tool in health care. NCQA's Web site (ncqa.org) contains information to help consumers, employers and others make more informed health care choices.

For questions or more information, email Tiffany Straus attstraus@hope-health.org, or call 843-664-3629.

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5 WAYS TO CREATE - AND CELEBRATE - FAMILY TRADITIONS



While modern mobility may mean that distance keeps members of a family apart, more-- and younger--members of many families across the country are finding significance in their heritage and making it come alive in their own ways. Special family and cultural traditions can strengthen family bonds, provide a sense of belonging and connect the present day to a richer history. Whether tied to holidays or unique meaningful moments, gathering in together helps a

family have fun and create new memories.

Although one family has grown and bottled wines in Napa Valley for almost 75 years, the iconic CK Mondavi and Family makes a point of celebrating their shared Italian heritage through food, wine and a favorite traditional pastime--bocce ball.

From their family to yours, here are a few ways you can explore and celebrate your own family traditions.

1. Identify your family's origins and cultural heritage. With the increasing popularity of DNA kits and family websites, more people are exploring their family origins than ever before. Whether you speak with older members of your family to learn more about your background, send off your DNA in a box or explore a genealogy website--or a combination of the three--now is a great time to explore where you and your spouse or significant other's families came from.

2. Create a family tree to share with your parents, siblings and extended family. Maybe other relatives can help fill in some of the missing pieces. Talk about what these discoveries mean to all of you and how they help you better understand some of your family's traditions, traits and habits. Create a photo album, collage board or scrapbook to commemorate what you're learning about your family tree. This will be a great gift to leave your children and grandchildren someday.

3. Become a tourist of your origin countries. Whether you can travel to one or more of your origin countries for real or just become an armchair tourist for the time being, find out more about the country or countries your ancestors came from. Taste some food and wine from that region, explore the art and music of that area of the world, immerse yourself in a craft or learn to play a traditional game or sport--like bocce ball if you're Italian--to help you identify with your origins.

4. Rediscover traditions from your family's past and recreate them. Talk to your parents, grandparents and other elders in your family who can tell you stories about the traditions and celebrations that may have fallen by the wayside during our busy, less connected modern lives. Look through photo albums and family memorabilia, and see if you can recreate a family tradition to bring the newer generations that sense of history and continuity.

5. Develop new family traditions. What could be better than enjoying a weekly or monthly dinner with your family, serving the food and wine that are part of your family's heritage? CK Mondavi and Family is steeped in their Italian heritage. They regularly gather to play bocce ball together and to share and enjoy food along with the wines that have become their legacy, including the 2018 spring white wines: Chardonnay, Sauvignon Blanc and Pinot Grigio. A large portion of the grapes in CK Mondavi and

Family wines are estate grown on the family's 1,850 acres of vineyard property, and the family is committed to working with American growers that they've had partnerships with for generations. Their wines can become a part of your family's own traditions, new and old.

Learning about family and history is all about making connections with those people who are most meaningful to you. What better way to use what you learn about your heritage than to turn it into an opportunity to gather together and celebrate where you came from and where you're going.

TIPS ON BEING A FRIENDLIER NEIGHBOR



In this age of political and economic uncertainty, many Americans are seeing the value of living in caring neighborhoods and acting as good neighbors.

One recent survey found 75 percent of Americans think

it's important to welcome new neighbors, 58 percent say it's important for neighbors to socialize and 37 percent are more likely to seek help from a neighbor than a friend when it comes to small projects.

Further, the chance to meet others is often cited as a primary reason why millennials prefer living in urban neighborhoods. The survey found 58 percent of millennials have had face-to-face interactions with their neighbors, while 40 percent wish they were better connected than they already are.

Interested in becoming a better inhabitant of your own neighborhood? Consider these suggestions aimed at promoting a kinder, friendlier environment.

*** Introduce yourself.** Take the first step toward being better acquainted. Instead of avoiding contact when in your yard or out for a walk, shake hands, say "Hi" and make an effort to remember people's names.

*** Take new neighbors housewarming gifts.** Make newcomers feel wanted and welcome by acknowledging their arrival with a thoughtful gift.

*** Give new families contact info for neighbors and neighborhood amenities.** Include phone numbers for emergency services, doctors' offices, dentists, schools, babysitters, entertainment options, sources of great takeout food, dry cleaners and any other assets you think may be helpful.

*** Organize a neighborhood event.** It could be as simple as a front-porch open house or as strategically planned as a neighborhood cleanup, but any gathering that brings people together to socialize is bound to create goodwill and a friendlier neighborhood vibe.

*** Stay aware of who needs help.** When possible, organize meal delivery, dog walking, transportation and/or other assistance for neighbors going through tough times.

*** Live by the golden rule.** Treat your neighbors as you would like to be treated. Clean up after pets and kids, drive through at reasonable speeds, don't be overly loud, mow at reasonable hours, return anything you've borrowed and generally stay aware of how you're coming across to others.

In a world that can sometimes feel overwhelming, it can feel good to live in a neighborhood that feels more like a community than an anonymous collection of strangers. Consider how you can take initiative to create warmth and peace within your own neighborhood.

TIPS FOR PRACTICING SELF-CARE



Ever feel like the days just get away from you, and you don't have time to do all the things you need to do, much less want to do? Often wish you could just spend your evenings or weekends on your own personal goals, practicing some self-care or just relaxing? There are many ways you can take more control of your time and take better care of yourself. Sometimes it's a question of prioritizing what you want to do--and outsourcing the rest.

Simplify meal prep and cooking. Unless cooking is enjoyable and relaxing for you, chances are you get home from work stressed and hungry--and tired of takeout. Fortunately, there are dozens of options for letting yourself off the hook when it comes to cooking from scratch without sacrificing good, healthy meals. Today many different plans exist for ordering pre-packaged ingredients and recipes in a manageable form for you to prepare at home, with minimum fuss. Not only are they delicious, but you can find services that cater to particular health plans or your specific dietary needs.

Outsource house cleaning. While we all wish we had beautifully organized, clean homes, it's almost impossible to do everything we'd

like to keep our houses in great shape. Merry Maids offers a variety of cleaning services that allow you to choose which tasks or rooms you most need help with. Merry Maids' home cleaning services are available weekly, every other week, monthly or one-time, so you can pick the service that best suits your lifestyle. On every visit, the team from your local Merry Maids franchise dusts, vacuums, washes and sanitizes each room. Imagine the hours of reclaimed time and peace of mind you'll have, knowing you're coming home to a beautifully clean home every night.

Prioritize health and exercise. You try your best to exercise, so why not give yourself the most help you can to meet your wellness goals and also a reward when you achieve them? Hiring a personal trainer or signing up for a class that you know will inspire you to keep up your fitness level is an investment in yourself that will pay dividends in your future and make you feel great right now. Whether it's Zumba, spin class, yoga or Pilates, any activity that helps you build strength, flexibility and fitness is worth the cost. Then be sure to treat yourself with an occasional massage, sauna or spa visit--whatever helps you relax and feel good.

Take a time-out. When you are able, plan your next vacation for a location that you know will be both fun and relaxing. If a long vacation is not in the cards, plan a mini-break, even just for a weekend, to get away from the daily routine and let you focus on yourself, your significant other or your family. Something as simple as spending a night in a local hotel--with as many amenities as you can enjoy--will leave you feeling refreshed and invigorated. You've earned it.

The next time you're feeling stressed and overwhelmed, choose to outsource those tasks that can take over your life, and give yourself the best gift ever: the gift of time.

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DON'T DELAY THE TALK ABOUT ALZHEIMER'S



After 30 years of painting commercial buildings, Mario Martinez of San Jose, Cali., had experienced days like this before—grueling hours under a sun-soaked sky, doing back-breaking work. He loved his job, but after spending hours outside, he was ready to go home.

Martinez bent down to pick up his paintbrush, roller and can. Turning back to look at his day's work, he paused. His heart sank. He knew something was wrong.

"Mario came home and told me he had painted the wrong side of the doors on the building," his wife Veronica said. "It was alarming because he's been painting buildings for years and never made this kind of mistake. It worried us both."

The couple had both noticed that Martinez seemed to be more forgetful recently, but neither had shared their concerns with the other. Now that Martinez's memory lapses were interfering with his work, it was time to talk.

Take action through conversation

"Veronica told me I was asking for more and more help," Martinez said. "I told her that I was forgetting a lot of the things she asked me to do. The more we talked, the more I realized I had a problem. I was forgetting many moments in my life and not enjoying activities that I had enjoyed before."

The couple's difficult conversation led Martinez to his doctor's office, and he was eventually diagnosed with Alzheimer's disease.

Martinez is not alone. He is one of more than five million Americans living with Alzheimer's, which is a fatal brain disease that causes problems with memory, thinking and behavior. Every 65 seconds someone in the United States develops Alzheimer's disease, and it's the country's sixth leading cause of death.

Despite Alzheimer's growing impact, many families struggle with discussing the issue. A recent Alzheimer's Association survey revealed that 72 percent of Americans say that talking to close family members about cognitive decline would be challenging for them. However, having these difficult, but important, conversations sooner can prevent a crisis and improve health options and outcomes.

Reach out for help

To encourage and help more families discuss cognitive problems sooner, the Alzheimer's Association, in partnership with the Ad Council, has launched the "Our Stories" campaign. "Our Stories" features real stories of people who noticed cognitive changes in a family member and took the first, difficult step to initiate a conversation.

"It's understandable that many families are reluctant to express their concerns and start a conversation, but there are good reasons to do so," said Ruth Drew, director of information and support services, Alzheimer's Association. "Initiating conversations sooner can enable early diagnosis, which offers many important benefits, including allowing more time for critical care planning, better disease management and providing diagnosed individuals a voice in their future care."

Whether you're noticing changes in yourself or a loved one, starting a conversation about Alzheimer's can be difficult, but it can make a big difference, and there are resources to help. When something feels different, it could be Alzheimer's. Now is the time to talk.



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2019 ECO Founders Day

Alpha Kappa Alpha Sorority Incorporated, Epsilon Chi Omega Chapter has had a rich history of supreme service since its beginnings in 1908. Under the leadership of 31 presidents, members of the chapter have made noteworthy contributions to their communities. Through its international programs and signature programs of the local chapter such as the bi-annual Pink Gala, Epsilon Chi Omega has used the proceeds to provide charitable contributions as well as scholarships for deserving students. These service-driven projects lend credence to their motto, "Service to All Mankind." These initiatives fuel the emphasis for their annual fundraiser events.

On Sept. 27, Epsilon Chi Omega Chapter will celebrate its fourth Bi-annual Pink Gala fundraiser event. "A Black & White Affair" will be held at the Southeastern Institute of Manufacturing & Technology (SIMT) Building. The evening will feature fine dining, great entertainment, music and dancing. Tickets are \$40 per person. Doors open at 7p.m. Proceeds from this event will allow the chapter to assist students through scholarships and support charitable community events throughout the Pee Dee area.

Since the implementation of their 2018-2022 International Programs whose theme, "Exemplifying Excellence Through Sustainable Service" is a call to action from their International President, Dr. Glenda Glover, members have rallied around this theme and have been energized to work even harder for their communities and to make an impact on the world.

The targets for the current International Programs are: HBCU for Life; A Call to Action #CAP, which targets students who will be attending college for the first time; a Women's Healthcare and Wellness initiative; Building Your Economic Legacy; The Arts!; and Global Impact. These targets have inspired members to renew their efforts and to work harder to be of service to "all mankind," not only in their communities, but also globally.

Epsilon Chi Omega Chapter members believe that they are to give back to the community they serve, so their Pink Gala on Sept. 27 will provide them the opportunity to raise money to help make a notable

difference in the Pee Dee area.

To purchase tickets to attend this stellar affair, contact the Pink Gala Committee. For further information about the Pink Gala and the chapter initiative, please visit their website at www.ecoaka1908.org.

About Alpha Kappa Alpha Sorority, Incorporated

Alpha Kappa Alpha Sorority, Incorporated® (AKA) is an international service organization that was founded on the campus of Howard University in Washington, DC in 1908. It is the oldest Greek-lettered organization established by African-American, college-educated women. Alpha Kappa Alpha is comprised of nearly 300,000 members in 1,024 graduate and undergraduate chapters in the United States, Liberia, the Bahamas, the U.S. Virgin Islands, Germany, South Korea, Bermuda, Japan, Canada, South Africa and the United Arab Emirates. Led by International President Glenda Baskin Glover, Alpha Kappa Alpha is often hailed as "America's premier Greek letter organization for African-American women." For more information on Alpha Kappa Alpha Sorority and its programs, visit www.aka1908.com.

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Students and sorors who attended the session

More than their pearls, ivory, salmon pink and apple green and their line's notable stroll down the yard, the Alpha Kappa Alpha Sorority, Inc., Epsilon Chi Omega Chapter is bringing about formidable change in South Carolina and in the Pee Dee region, in particular. Since this chapter's charter at the Old Wilson High School on Athens Street on March 8, 1952, the women of this sorority chapter have held true to their organization's commitment to the "Service of All Mankind." Through programming that seeks to promote the health, wealth and education of its membership, it has left an indelible mark on its constituency — largely an African-American one.



Panelist for left to right: Ashli Smart, Ron Chapman, Bailey Parker, Samantha Murray and Tamell J. McDaniel

Their standout efforts, however, must be attributed to their collaborative efforts here in the Pee Dee region, which has yielded major success. Just this spring, the Epsilon Chi Omega Chapter of Florence, South Carolina partnered with the Campus Connections, Bible Centered Teaching (B.C.T.) Inc., a nonprofit Christian educational organization led by Gerald Baucom, to host an informational session bringing awareness to people of color concerning scholarships and educational opportunities afforded to them at Historically Black Colleges and Universities (HBCUs). This event, featuring admissions directors, counselors, financial aid personnel and student representatives, provided students with networking and mentoring opportunities that they would have scarcely found anywhere else. Those who decide to apply, interview, have good academic standing and are accepted into the Campus Connections program have access to this information readily available and at their fingertips. While equipping its students with a strong Christian foundation in an atmosphere conducive to spiritual growth, the Campus Connections program affords these aspiring collegiate students to tour HBCUs throughout the country in the school year following their acceptance.

While extending its branches to include non-sororal organizations such as Campus Connections is increasingly becoming the norm, Alpha Kappa Alpha Sorority has always had a commitment to collaborative relationships with other fraternal organizations. On June 1, Alpha Kappa Alpha Sorority, Inc., Epsilon Chi Omega Chapter linked arms with the Alumni Chapter of Kappa Alpha Psi to host a financial symposium event titled, "Financial Wise 101." This gathering featured a panel comprised of financiers and business professionals from the around the state of South Carolina, including Ashli Smart — founder of Girls University, a K-12 after-school academy; Ron Chapman — a

member of First Citizen Investor Services; Bailey Parker — a specialist for SC Consumer Affairs; Tamell J. McDaniel — a business specialist for Wells Fargo; and lastly, Samantha Murray — a top selling associate for Weichert Realtors.

When asked of the panel, "How does credit influence financial success?" McDaniel made it clear that "if you owe more on credit than you bring in, then it's troublesome," with Murray encouraging those present in the audience to utilize credit monitoring applications on smartphones and all resources at one's disposal to ensure financial success.

Jaun Quzack, a member of Alpha Kappa Alpha and event organizer, when asked how "Financial Wise 101" fits into the sorority's purpose, said, "Our goal is to bring awareness to African Americans with regards to making better financial decisions. We are often behind the curve."

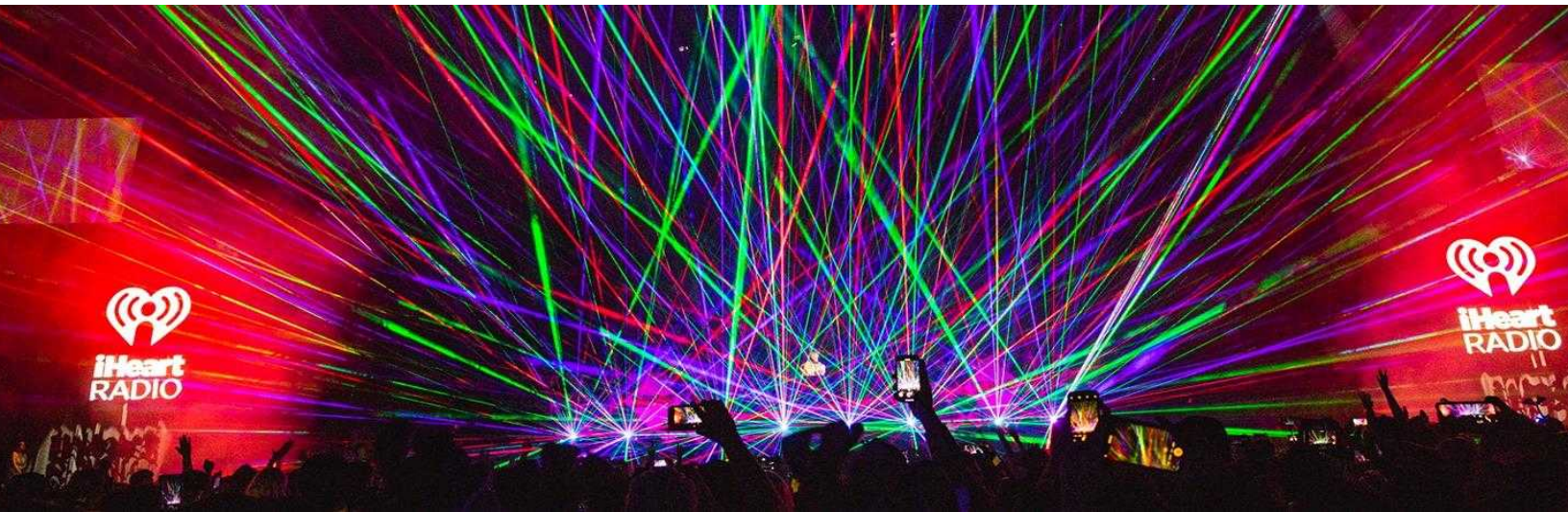
However, Mearl Robinson, an attendee of the event and recent sociology graduate, refuses to be behind the curve, indicating that her goal for the next year would be "to grow wealth and relieve debt."

With building economic legacy as a pillar of the sorority chapter's commitments, they strive to educate on homeownership, entrepreneurship and wills, as well as estate planning. These sentiments were echoed by Chris Lewis, president of Kappa Alpha Psi alumni chapter and event organizer, who said, "It starts a lot with credit - it's the basis of everything," referencing social mobility within black communities and simple livelihood in today's America.

As evidenced by its commitment to the uplift of African American people of the Pee Dee, the widespread impact that the Epsilon Chi Omega Chapter, of Florence, S.C. is having on the Pee Dee region is both indelible and profound.

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CELEBRATING 19 YEARS OF SERVICE

Submitted by Raceway Ford of Darlington



John Isgett and Freddy Sparks

DARLINGTON- Raceway Ford of Darlington is celebrating its 19th year in operation servicing customers throughout the Pee Dee for all their local automotive needs. As a franchised Ford dealership, Raceway offers an array of services from sales to service and parts support. John Isgett, president and managing partner of the Raceway Automotive Group, contributes the success of the dealership to the continued support of the community. "As the area's locally owned and operated Ford dealership since 2000, we take great pride in partnering with our local communities. Working together contributes to all of our successes," states Isgett.

Leading the sales department in Darlington is Freddy Sparks who always had a passion for helping customers find the right vehicle at the best price. "For 19 years, Raceway has led the charge in helping our customers. Our relationship only begins with the sale of the vehicle. Servicing that vehicle is just as important, and we stay with our customer throughout that journey," say Sparks.

As a franchised dealership, Raceway Ford of Darlington offers the full line up of Ford vehicles along with Ford certified pre-owned and many other models across all makes. Coupled with sales is financing, which is offered to their customers from one of the many lenders they have relationships with at the dealership. "We take pride in not only finding the right vehicle but also securing you the best rate and term available. Likewise, helping others rebuild their credit has been one of our specialties," said Sparks.

Raceway Ford of Darlington is located on the Hwy 52 Bypass (701 S Governor Williams Hwy) in Darlington. Located in Hartsville are Raceway Ford of Hartsville and Raceway Chevrolet. Collectively, the automotive group offers customers complete sales and service support with GM and Ford certified technicians. Also located in Hartsville is Raceway's Collision Center,

accidents occur. See the entire Raceway team for the best price, financing options and service (before and after the sale) at one of its three locations or online at www.racewayautomotive.com. Celebrating 19 years and "No Hassles, Guaranteed!"

GRAHAM DISCUSSES H.O.P.E. FOR FAMILIES

by Ta'Meeka Epps



S. Rochelle Graham

HARTSVILLE -Helping Our People Excel or H.O.P.E Counseling, Coaching & Consultant Services has been creating space for people to heal since its inception in 2001. The organization was originally named Queen Emma's Quest for the Best at H.O.P.E. in memory of the founder, S. Rochelle Graham's, cousin Queen Emma who fought a valiant battle with breast cancer years prior.

After the death of her beloved Queen Emma and the diagnosis of her sister with breast cancer in 2000, Graham noticed the need for counseling and/or grief assistance for family and loved ones dealing with the effects of the trauma. "I wanted to be the catapult for helping individuals enhance, enrich, and improve their level of functioning and to become or maintain their role as a productive law abiding citizen in their community beyond any pain or suffering they may have experienced."

The mission of H.O.P.E is to provide quality programs and trainings to individuals, organizations, businesses, government agencies, educational institutions and churches that promote positive self-change and professional development; to offer appropriate skills that allows all clients to find balance and solutions, which encourage normal functioning; self-empowerment; to assist abused women break free from past hurt and pain; and to offer positive means for recovery.

H.O.P.E is an organization that encourages people to believe in self when all odds are against them and to gain the courage to tackle every obstacle they may face. H.O.P.E attempts to help our people realize their potential and help them excel during their greatest adversities--by giving them HOPE.

"Hope" is defined by Merriam-Webster as to cherish a desire with anticipation: to want something to happen or be true. The organization teaches life skills, coping skills, stress management and anger management and provides parenting and couples counseling. H.O.P.E offers annual marriage seminars and plans to expand its services by providing workshops and seminars in the areas, which focus on the youth. Through these services the organization equips the clients with the tools and strategies needed to turn hope into reality.

S. Rochelle Graham, MA LPC was born and raised in Brooklyn, N.Y. and currently resides in Hartsville. She is a licensed mental health therapist who provides family, group and individual counseling to men, women and children. Individuals who choose to seek careers in the field of professional counseling usually have one thing in common: the desire to help others overcome psychological and behavioral issues to lead happier, healthier and more productive lives.

When asked why she serves, her response was simple, "I always want to be obedient to God, who directs me. He has chosen me to be his servant. He allowed me to experience so many painful events in my life yet he brought me through victorious every time. I want people to understand in spite of what you go through, you will make it to the other side it takes a strong desire-HOPE. You got to want to do it. You must have drive, you have to be motivated to get it done, you must have will power, willing to fight through any and all circumstances no matter how bleak it seems. Finally, you must do the work each and every day."

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AKA CHAPTER'S SOROR-OF-THE-YEAR

Submitted by Earline F. McClary, Ivy Leaf Reporter



Teresa Moses

Teresa Moses was chosen by her chapter as Soror-of-the-Year. Soror-of-the-year is a spotlight to highlight the notable accomplishments of a local member who has gone above and beyond the call of duty while upholding the values and character of the epitome of sisterhood. Moses is a proud alumnus and graduate of S.C. State University with a Bachelor of Science Degree in office management and administration and a master's degree in counseling from Webster University. Her career started and continues with the S.C.

Vocational Rehabilitation Department, where she has served in various capacities with the agency for the past 26 years. She is currently the area supervisor in the Williamsburg Area Office and Work Training Center, serving Williamsburg County and the lower Florence County area.

Moses's professional accomplishments as an employee are the following: Consumer Service Awards, president of the Professional Staff Association, and Lower State Quality Assurance Award recipient. She was honored for leading her area team to the 2016-2017 Overall Program Integrity Award. She has also served as chairman of the Williamsburg County Interagency Council for 2017 and 2018 and currently serves on committees within Williamsburg County.

Moses is a member of the Round O Missionary Baptist Church in Darlington. There, she has worked in the following ministries: Missionary, Junior Missionary, Usher, Youth Department, Youth, and Adult Praise Dance and Music. She has also served as church secretary for nine years.

Moses became a member of this illustrious sorority when she was a student at South Carolina State University (Beta Sigma Chapter in the fall of 1991). Continuing her passion to serve those in the community,

Moses joined the Epsilon Chi Omega Chapter, Florence. She served as program co-chairman in 2018 for the following targets: Women's Health, The Arts, and Global Impact. She also served in the following committees: Sisterly Relations, Membership and Gala. She currently serves as recording secretary. In addition, Moses continues to be active in the current international programs under the theme Exemplifying Excellence Though Sustainable Service and serves on the Gala, Membership, Standards and Ivy Reporter committees. At the end of the day, no matter what International Target or committee it is, she is willing to assist wherever and whenever she can to promote valuable programs to the community.

Teresa Moses is married to Woodrow Moses, and they have two children: Woodrow Moses, Jr, now a senior at S.C. State University in Orangeburg, and Kayla Michelle Moses, now a senior at the S.C. Governor's School for the Arts and Humanities in Greenville.

Moses likes to use the Chinese proverb: "Give a man a fish, and you feed him for a day; teach a man to fish, and you feed him for a lifetime." She believes if you have faith in yourself, and you work hard, then you will always earn success.

About Alpha Kappa Alpha Sorority, Incorporated

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3 WAYS TO EMPOWER WOMEN IN YOUR COMMUNITY AND WORLDWIDE



Female entrepreneurs make up approximately 1/3 of all entrepreneurs worldwide, and it's always a great time to highlight, support and applaud women in business, in your community and across the globe.

Here are a few easy ways you can celebrate and support businesswomen and female entrepreneurs.

Shop women-owned businesses. Know about a restaurant, shop or service-oriented business in your area that's owned and operated by women entrepreneurs? (If you don't, do a little online research to find some.) Go out of your way to shop at their location, refer friends and family members to their businesses, and be sure to let them know that you support their efforts in your community. Give them a boost

by posting a positive review of their business on social media. Helping female-owned businesses thrive is a great way to empower women in your own backyard.

Mentor women and girls in your industry. Find ways to offer female students and younger employees a chance to learn more about educational and employment opportunities in your own field. Contact career counselors at high schools or local colleges, and offer to let students shadow you at work, or give them a chance to do an informational interview with you to learn more about your business. Help them get connected within your business network, and share your experiences. If your employer is willing, develop an internship or on-the-job training program to encourage and empower up-and-coming women in your industry.

Support companies actively involved in projects that empower women. This year, find special ways to celebrate and support the women in your neighborhood and around the world who are working hard to create better lives for themselves, their families and their communities.



THE STORY OF JAMESTOWN Submitted by Terry L. James, Jamestown Foundation, Executive Director

Original African American Reconstruction Settlement 1870, Ervin James's legacy richly contributes to the story of black history after the civil war, the story of southern agriculture and the story of community development in a time when many groups of African Americans struggle to survive. In 1870, Ervin James bought a sizable tract of land on his own from Eli McKissick and Mary E. Poston near Florence. The transaction was formally documented in a deed recorded on January 23, 1871. James's purchase developed into more than just a family farm. During the last two decades of the nineteenth century, his tract of land grew into a small rural African American community. The community thrived for about 70 years, from its establishment in the 1870s until the 1940s. The story of Jamestown is a remarkable one. Beginning with Ervin James's original purchase, the community expanded through cooperative purchase from James's five sons--Sidney, Ellison, Eli, Fisher, and James James--as well as his son-in-law, Alonza Wright. James's five sons and son-in-law divided up the original tract of land into six twelve-acre plots for each of them to farm individually.

Throughout the last decade of the nineteenth century and the first decade of the early twentieth, these six men made several cooperative purchases to increase the collective land holding of Jamestown, creating a rural community of about 250 residents, among its institutions were the Jamestown Cemetery, dating from its earliest days; the Summerville Methodist Church (renamed Bowers Chapel), established about 1880; and the Summerville Rosen Wald Elementary School, built in 1926.

Check us out on "Making It Grow" with Amanda McNulty; YouTube: Jamestown Foundation/Facebook Jamestown Foundation; www.Jamestownfound.org; "A proud Winner Of The 2018 Telly Award"; National Register of Historic Places as of October 25, 2018



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July 26 - 28, 2019

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Friday Night 7:00 pm
Jamestown Play - "For the Love of the Land
Ebony Hillbillies Etc.
Chapman Auditorium at FMU

Saturday Morning July 27, 2019
9:30am - 3:30pm
Celebration of Jamestown Educational Event
6301 Jamestown Rd., Florence, SC 29506

Saturday Night 6:00pm - 7:00pm
Banquet at University Cafe - FMU
4822 E. Palmetto St., Florence SC 29506

Sunday July 28, 2019
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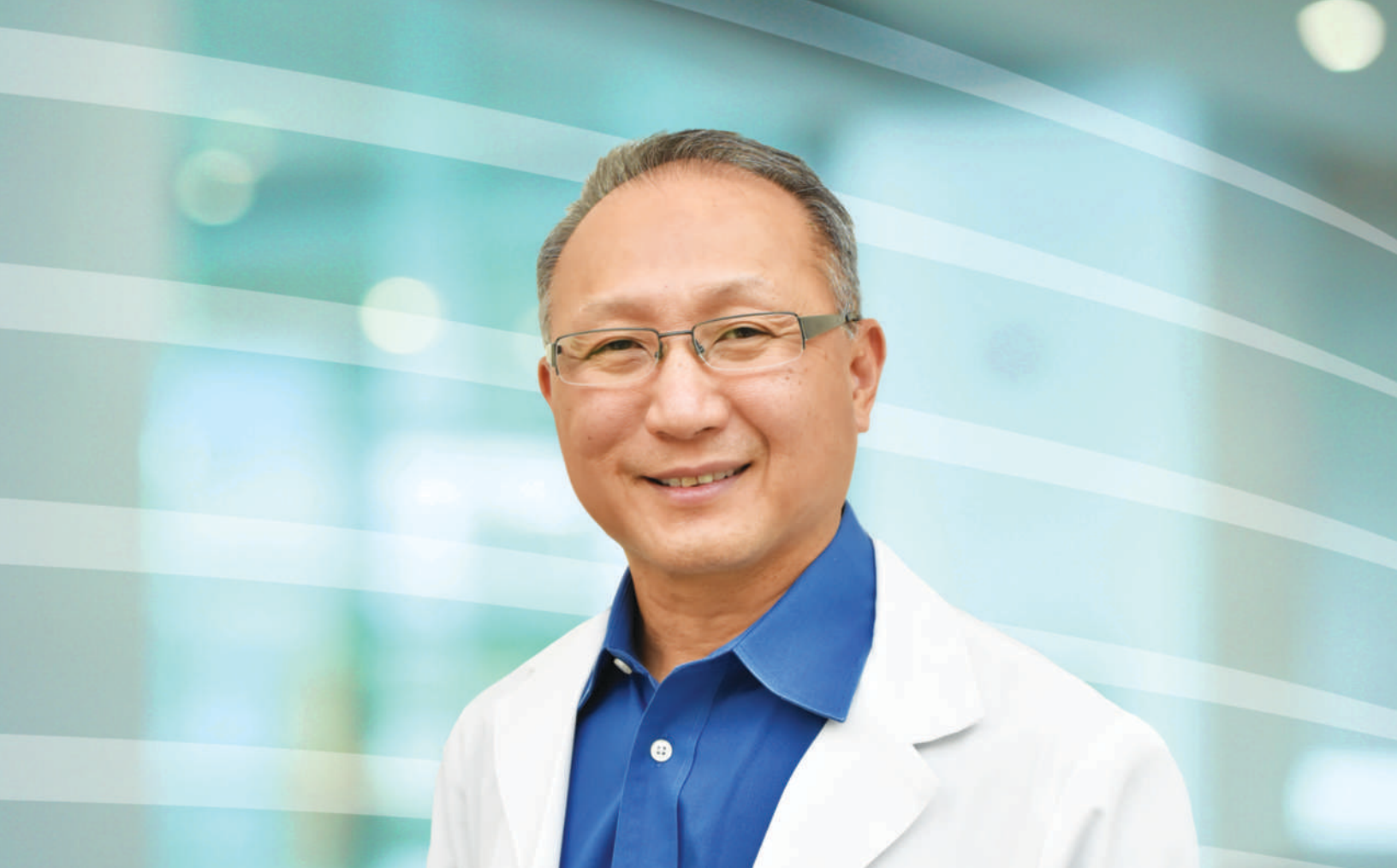
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