

# DIVERSITYWORKS

OCTOBER 2016 VOLUME 6 ISSUE 4

"For All of Us"



DR. CALVIN E. ROBINSON, JR



CINDY LAWRIMORE



BETTY HEMINGWAY



RANDY COLE

**DIVERSITY DRIVES  
SUCCESS**

**ALL LIVES MATER...  
JUST SERIOUSLY ASK YOURSELF**

**COLEMAN FAMILY PRACTICE  
WELCOMES NEW PROVIDER**

**IN A FULLER SERVICE CLASS  
ALL ALONE**

**NICHE ROLES  
WITH MASSIVE REACH**

## FEATURING:

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RUIZ FOODS

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## BUSINESS

4	FLORENCE'S RACE RELATIONS REPAIR HAS TANGIBLE IMPACTS
5	FLORENCE/PEE DEE AREA KICKS OFF UNCF FUNDRAISING
6	REDEFINING TODAY THE BUSTLE OF YESTERYEARS
7	GIDDY UP AND GIVE WITH UNITED WAY
8	DEBUNKING THE MYTHS
9	LOCAL WOMEN'S NETWORKING GROUP KNOWS DIVERSITY
11	GREENVILLE CHAMBER'S NIKA WHITE HONORED
12	REGIONAL APPRECIATION SHOWN TO GAMECHANGERS
13	LIVE2LEAD COMES TO HARTSVILLE
17	ACCUSTAFF DEEPENS INTERNAL FOCUS
18	FELLOWS IN EDUCATION PROGRAM BEGINS SECOND YEAR
19	IT TAKES THE COMMUNITY TO POLICE EVERYWHERE
20	GM PROGRAM DEVELOPS PEOPLE WHO CRAFT LIFE STORIES
21	DOES YOUR ORGANIZATION SUFFER?

## DIVERSITY IN SPIRITUALITY

22	GOD SAID IT FIRST: ALL LIVES MATTER
23	ALL LIVES MATTER... JUST SERIOUSLY ASK YOURSELF
24	REFOCUS

## EDUCATION

25	FMU WELCOMES 25 NEW FACULTY MEMBERS
25	FMU ONCE AGAIN RECOGNIZED
26	HAVE YOU ESTABLISHED A HOME/SCHOOL PARTNERSHIP?
27	SCHOLARS AWARDED AT INSPIRE US CEREMONY
28	COLLEGE PREP SCHOOL FALL SESSION
29	INNOVATION, NEW INITIATIVES MAKE FOR "INTERESTING" YEAR
30	PREPARING TO RESHAPE LAW ENFORCEMENT PRACTICES
30	DCSD'S JEFFERSON NAMED...
32	MCLEOD HEALTH FOUNDATION DONATES \$75,000
32	FDTC'S WELDING PROGRAM RECEIVES DONATION
34	DCSD KITCHEN STAFFERS STUDY HEALTHY MEAL PREP
34	GEORGIA-PACIFIC'S DARLINGTON DIXIE FORCE DONATES
35	CCU SWITCHES ATHLETIC CONFERENCES
36	FEMALES POSSESS A STRENGTH AND GENTLENESS
36	FMU NURSING PROGRAM NAMED
37	WILSON HIGH SCHOOL: THE 150TH YEAR LEGACY
38	IN A FULLER SERVICE CLASS ALL ALONE
39	GETTING BACK TO BASICS

## SPECIAL

40	DIVERSITY DRIVES SUCCESS...
41	CONTINGENCIES OF ABILITY TO PAY TO LIVE
42	MALE BREAST CANCER...IT HAPPENS
43	NEW PROBLEMS, NEW REMEDIES
44	LITTLE PINK HOUSES OF HOPE
45	NO GLASS SLIPPER FOR ALICE:
45	CHURCHES MESHING WITH CDV ON THE RISE
46	WALKING IN MOTHER'S SHOES MAKES THE WAKE UP CALL
46	TRAINING AND KEEPING QUALIFIED WORKERS IS KEY
47	OVERCOMER CONTINUES TO MAKE STRIDES
47	DEVELOPING THE FULLEST PERSON POSSIBLE
48	COUNSELING CENTER PUNCHING OUT DIVERSE SOCIAL ILLS
49	GROUP HOME PROVIDES SHELTER GUIDANCE
50	THE MIRACLE OF ADOPTION
51	CAREGIVER SPEAKS OUT: MY JOURNEY
52	PERSONAL ACCOUNT FROM JOURNAL OF A CAREGIVER
53	SOMETHING SPECIAL HAPPENS TO BOTH PARTIES

## FINANCIAL

54	5 REASONS YOUNG FAMILIES NEED FINANCIAL PROTECTION
----	--

55	ARE YOU PREPARED TO RETIRE?
----	-----------------------------

## HEALTH

57	NICHE ROLES WITH MASSIVE REACH
58	CHS PRESENTS FABULOUS FOR FALL GARAGE SALE
59	PREVENTING MOSQUITO BITES
60	CONSIDER CHIROPRACTIC DURING FIRST TREATMENT ROUNDS
62	CHS JOINS MAYO CLINIC CARE NETWORK
64	SUPPORT GROUPS AROUND THE PEE DEE
66	LUNG CANCER: A WOMEN'S HEALTH ISSUE
67	BRIDGING HEALTH BARRIERS FOR LATINO COMMUNITIES
68	AN INSIGHT INTO ADDICTION

## LIFESTYLES

69	CALEB IS ON HIS WAY TO STARDOM!
70	FEEL AT HOME IN THESE LOVING ARMS
71	THE UPLIFTING TRUTH ABOUT END-OF-LIFE CARE
71	FIVE IDEAS FOR CELEBRATING GRANDPARENTS
72	WILSON SENIOR CARE DARLINGTON BASED COMPANY
75	FRESH, UNIQUE AND MINIATURE ART WORK OPEN DOORS
75	BOOK RELEASE AIMS TO SET READERS FREE IN TURN
76	8 STEPS TO FEELING MORE SELF-ASSURED
78	BOY MEETS GIRL IN THE MIRROR
79	FALL FOR THE ARTS IN FLORENCE
80	"GO NUTS" AT THE 13TH ANNUAL SC PECAN FESTIVAL
82	WAR STORY AUTHOR HEADLINES FICTION & POETRY FEST
84	FALL ENTERTAINING FORECAST

## FEATURED ARTICLES



Stephen J. Wukela, Mayor  
City of Florence



Sonyetta Green  
Loving Arms, Inc.



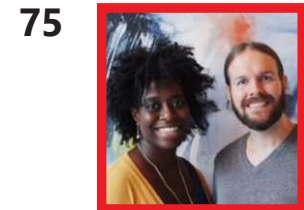
Patricia Alvarez  
Breast Cancer Survivor



Alphonso "Al" Bradley  
Florence Career Center



Walter Goffigan  
Coastal Carolina University



Tiffany Thomas & Symon Gibson  
Small Works 2016/ TThomas Arts

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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

## MANY HUMBLE THANKS & HIGH FIVES TO DIVERSITY WORKS MAGAZINE FOR AS MANY YEARS



Rennie Lunn-McAllister  
Executive Editor

The number five has a gajillion characteristics, so, in acknowledging this magazine's five year history, I'll only point out a few which represent the publication and its CEO's commonalities: most dynamic and energetic (of all single-digit numbers), loyal, independent, adventurous risk taker, versatile, smart, progressive, tolerant, adaptable, freedom in thought and action, balanced while on the move. There are also five vowels in the English language which we use primarily to tell our stories herein.

Yes, many of our readers know that tidbit yet perhaps did not crystallize these facts in their minds as they are so busy enjoying this quarterly giftbook.

The 2016 final edition that you are viewing/holding now is only different from what we have been delivering over the past five years is in that we are bigger and better and constantly growing.

As you peruse these pages, take the time to not only read but appreciate and launch dialogue about the fact that we have embarked on topics heretofore unaddressed in the majority of printed works. We talk about the human side of LGBT relationships, criminal domestic violence in the churches, how special needs and disabilities reshape our thinking and treatment and gains, then we really stretch out on the limb to create self-confidence and fulfillment. Amidst all of that, do pause to respond to this call to action edition and find yourselves in strategies to improve race relations wherever you are as Florence Mayor pinpoints in his message, how UNCF expands its mission, ways to give to United Way or have fun downtown Florence or at any of the Convention and Visitors Bureau venues, Lake City's events, then shake it up at the Florence Civic Center.

The more serious spectator can get educated on how Accustaff is preparing to develop the new workforce, get involved in Hartsville Chamber's Live2Lead broadcast or follow the Florence Chamber's Education Fellows' interactions. The community policing story on how Lake City Law Enforcement interacts with its publics should ignite notions about improving citizen/police relations, as the General Motors piece on developing the next generation of Black journalists and publishers takes the lead.

Our west coast correspondent -- Simma Lieberman -- never disappoints with her invaluable input, this time exposing and eliminating organizational "hidden genius constipation"; our award-winning upstate contributor Nika White debunks D&I myths and our spirituality writers are again on one accord that "all lives matter", especially as shown in the story of overcomer Elder Mario Deas, two very fortunate adoptees and their barren parents and a Dominican Republic native who beat cancer in America!

In particular, women flex their muscles through our cover feature on Ruiz Foods' CEO Rachel P. Cullen and Girls University Director Ashli Smart.

Full of hope and care from front to back, this magazine rocks its finest content thus far from FMU's record new faculty welcoming, presidential outlook, repeat awards and new programs; Trinity-Byrnes historic fall startup; Marion schools' invitation to parents/guardians; Inspire Us scholarships and the Florence Career Center's bold step into the future of law enforcement.

Also inside the realm of education is a kick up a notch from McLeod Health to Florence-Darlington TEC's nursing program, Duke Energy to TEC's welding program, Blue Cross Blue Shield's healthy foods summer workshop and Georgia Pacific Dixie Force assistance to Darlington County public schools. Coastal Carolina University may have switched athletic conferences but it has not given up the game of developing student athletes and I'm certain that nobody can celebrate a 150-year presence like Wilson High School.\* Horry Georgetown TEC enrollment advisor raises the bar for all who wear the same title as she, but none can step out above and beyond the job description like she does. The life learning journey could begin for many younger ones through ScienceSouth's foundational studies or the Governor's School (GSSM), whose programs and faculty are expanding.

Yes, breast cancer in males happens and for any who undergo that health issue, there are new remedies if you ask massage and bodywork therapist Sherri K. Scott. On the lighter side of the coin, there are Little Pink Houses of Hope. Now when it comes to spousal relationships, there are no absolutes if you ask 'Alice' about her glass slipper that did not fit after all or 'Abyss' whose husband jumped her in the pulpit, took her to the hospital and still is a very real threatening force today. Tonya Flowers lost her mom to abuse by her stepfather so now she opens her arms and doors to those going through the similar patterns, while Mary's Angels caters to younger women who are lost.

Eric Robinson at Voc Rehab delivers services another way: in training and enabling retention of a quality workforce of the most qualified candidates and as operatives of the Counseling Center of Florence, LLC help squash down bullies and their effect on victims among other social ills. Circle Park continues to do its quasi-governmental thing in aiding addicts to break the chains that bind and Carolinas Hospital System hosts a garage sale to benefit charities, announces new provider, advises about mosquito bites and networks with the Mayo Clinic!

Be sure to lend an ear to chiropractor Jennifer M. Evans on the route to her career choice and how HopeHealth removes obstacles between Latino communities and the service provider. How many of us knew that lung cancer was a predominately women's health issue or that there are practical ways out of addiction? Well, see all of that here.

Caregivers are a big hit this time and every time as we learn from Bill Mobley, Leo Commissioning and Agape Hospice.

One day we should all be so lucky to retire into what we prefer and Tim Stier at Anderson Brothers Bank can help with that.

I like to put a smile on our readers' faces so check out Caleb's story along with the book release by author/poet Doreen Reid, Loving Arms for the homeless, the tiny art museum exhibit and FMU's Fiction & Poetry Festival.

Makes me really eager to return from my medical sabbatical leave through the first quarter of year 6.

\*Savannah Grove Baptist Church in Effingham is also celebrating its 150th year.

## PUBLISHER'S MESSAGE

### FIVE YEARS AND COUNTING...



Diana M. Murphy  
Publisher

We have come to the end of another great year here at Diversity Works Magazine and we give all the thanks to Almighty God, Who empowers you, of course, our partners. We thank you for giving us the opportunity to serve and build our communities these past five years with diversification through Business, Diversity In Spirituality, Education, Finance, Health and Lifestyle by telling your story. We want you to always know that we greatly appreciate you and your business. Your partnership through progress for all has helped us to continuously grow.

We enjoy serving your companies' and organizations' needs. Thank you for trusting us in being your source for diverse information that educate and empower your community.

We are proud to welcome satisfied clientele and of being one of your publications of print. We look forward to many more years of mutually beneficial association and serving you along with sharing your success.

Please enjoy reading this last edition of this year and remember Diversity does Work.

To the diversity team, I appreciate you and applaud you for another awesome year of great reads.

# FLORENCE'S RACE RELATIONS REPAIR HAS TANGIBLE IMPACTS

*Submitted by Stephen J. Wukela*



*Stephen J. Wukela, City of Florence Mayor*

*On March 16, 2016, just months after the racially motivated murder by a white supremacist of nine worshipers while at prayer in Charleston's Mother Emanuel AME church, Florence Mayor Stephen J. Wukela delivered his annual State of the City address before the Florence area Chamber of Commerce. The Mayor used this occasion, before an audience of community business leaders, to speak at length on the issue of race. The speech opened with a*

*review of the rapid growth and redevelopment occurring within the City, and transitioned quickly into a discussion of the City's need to overcome persistent racism if lasting success is to be achieved. Portions of the speech are excerpted below:*

"I am proud of this City, and what has been accomplished here. However, my proudest moment as Mayor was not at a groundbreaking or construction project. My proudest moment as Mayor was on a day last June; after one of the darkest moments in our State's long history.

On a Wednesday evening that June, a young man walked into a church Bible study, sat with the members as they prayed, rose from his seat, and murdered them – because they were black.

I learned about it the next morning, Thursday, when I received a call from my neighbor and friend, Rev. Merritt Graves, Pastor at Mt. Zion, sister AME church to Mother Emanuel.

He told me what happened, and urged me to help him bring the people of this City together. We talked about this terrible tragedy. We talked about the danger of division and violence it presented in our city – and we determined to prevent it.

The next morning, the families of those killed stood in a bond hearing, looked into the face of hate and evil, and they did something incredible. They refused the urge to try to satisfy their thirst for justice by drinking from what Dr. King called "the cup of bitterness and hatred."

Instead, they stood on a high place of dignity, and offered forgiveness – with grace.

That same day, the City of Florence followed their example.

In my proudest moment, that Friday in June, hundreds of Florentines, black and white came together in Mt. Zion AME and responded to violent acts of racial hatred – with tears, and words of unity, compassion, and love.

Those actions quietly – but firmly – refuted all of the hateful, incendiary language of those, both black and white, who would widen the racial divide, who would exploit and inflame anger.

Grace prevailed that Friday.

It prevailed in spite of the fact that racism exists.

It doesn't exist solely in the minds of the black community – it walked into that church, it stared them in the face.

Racism does not exist solely in the actions of a madman – it exists in our community.

It exists in the division, black from white. A division that was embodied, for too long, by a wall of rotting buildings, and a junkyard, that separated north from south in this city.

It was expressed as infrastructure in the North was allowed to decay: roads crumbled and flooded, housing codes were unenforced, slum-lords thrived, and legitimate markets fled – along with many of those citizens that were able.

Worse yet, the black and white communities became strangers to



one another – and distance bred contempt.

We have done a great deal to undo that damage: We tore down the wall that divided us. On over 17 acres of property that once contained a junkyard, we removed 27,000 tons of contaminated soil, 1,500 tons of debris, and in its place built the Hope Health clinic that cost more than \$10 million, covers over 50,000

square feet, and provides more than 100,000 annual visits to thousands of patients, a majority of whom are in poverty.

Our formerly crumbling downtown has been replaced, through millions of dollars of investment, with a thriving center that brings this community together.

Neighborhood reinvestment is taking place in North, Northwest and Northeast Florence.

Government can tear down the physical walls that divide us, reinvest, and rebuild, but we must also rebuild relationships. Our community has begun that work too:



One group called "Help Florence Flourish", led by Rev. Chris Handley of First Presbyterian Church, Rev. Anthony Hodge, of Cumberland United Methodist Church, Ms. Frances Swink, and many others, has conducted a broad survey which found that all elements of our community identify racial division as our city's biggest obstacle. They have begun the long work of building relationships across racial lines with their Racial Bridging Focus Group

– we must support their efforts.

We must do this to be a great City.

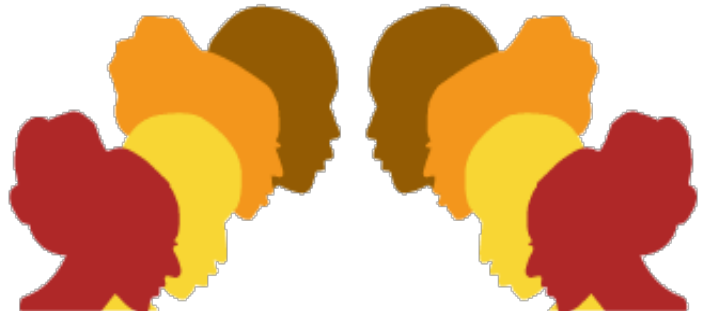
City government cannot accomplish this work alone. In order for us to be a great City, those who have been strangers must be neighbors. To be a great City, we must acknowledge, as Dr. Martin Luther King, Jr. did, that "we are all tied together in a great garment of destiny . . . an inescapable network of mutuality."

Tearing down walls is not enough.

Rebuilding the downtown and our neighborhoods is not enough.

One Friday in June is not enough,

but it is where we start."



Uniting to break the ties of Racism



UNCF  
MAYOR'S  
**MASKED**  
BALL  
FLORENCE/PEE DEE AREA 2016

*Save the Date*  
Friday, December 2, 2016 at 7:30pm  
Florence Civic Center  
3300 West Radio Drive - Florence

*Featuring*  
Elegant Dining  
Dancing and Live Entertainment  
by the "Painted Man" Band  
The Parade of Masks  
Celebrity Guest Speaker - **Kim Fields**,  
Actress, Singer and Director

Early reservations for prime seating  
and sponsorships are now being  
accepted. For more information and  
sponsorship opportunities, call UNCF  
at 843.580.UNCF (8623) or 843.472.1614.



## FLORENCE/PEE DEE AREA KICKS OFF UNCF FUNDRAISING CAMPAIGN

Submitted by Rosalind D. McGinnis, UNCF Area Development Director



A diverse group of business, community and political leaders, as well as dedicated individuals who support the mission of UNCF, will join together at the Florence Civic Center for UNCF's Annual Florence/Pee Dee Area Fundraiser on December 2. City of Florence Mayor Stephen J. Wukela is the Honorary Chair and is encouraging everyone to join him in wearing a mask and supporting the exciting UNCF Mayor's Masked Ball.

Notable figures from throughout the Florence/Pee Dee area will help support UNCF's mission to invest in the lives of our youth and ensure a substantial

return on the investment in the form of a better future for students and our country. Donor investments enable more than 8,500 young people in the state of South Carolina to attend college through UNCF scholarships each year.

The 2016-17 UNCF Campaign will run from September 2016 through March 31, 2017, with 80 percent of all funds from the Campaign remaining in the state. The overall South Carolina fundraising goal is \$600,000 with the Florence/Pee Dee Area being challenged with raising a \$150,000 investment.

The UNCF Florence/Pee Dee Area Leadership Council, chaired by Mrs. Charlene G. Lowery, includes corporate, faith-based and community leaders, as well as county chairs from Darlington, Dillon, Florence, Horry, Lee, Marion, Marlboro, Sumter and Williamsburg counties. The Florence/Pee Dee Area UNCF Leadership Council and

county chairs are charged with raising monies from businesses, faith-based organizations, community organizations and individuals.

"Throughout the next six months, there is a great likelihood that you may be invited to invest in the lives of the young people that UNCF serves, and we encourage you to say "YES!" The return on investment will be a better future for not only the young person that your money helps, but for our state and nation, as a whole," Lowery said.

Nationally, UNCF is the nation's largest and most effective minority education organization. To serve youth, the community and the nation, UNCF supports students' education and development through scholarships and other programs, strengthens its 37 member colleges and universities, and advocates for the importance of minority education. UNCF institutions and other historically black colleges and universities are highly effective, awarding 21 percent of African American baccalaureate degrees. UNCF does not stop there! UNCF administers more than 400 programs, including scholarship, internship and fellowship, mentoring, summer enrichment, and curriculum and faculty development programs, and supports more than 60,000 students at more than 900 colleges and universities across the country. Learn more at [www.UNCF.org](http://www.UNCF.org).

For information on how to support UNCF and/or attend the Florence/Pee Dee Area Mayor's Masquerade Ball, call 843.580.UNCF (8623).



# REDEFINING TODAY THE BUSTLE OF YESTERYEARS

Submitted by Amanda Pope, CMO Administrator



City's Tent at Pecan Festival

Have you been downtown lately? It's hard not to be excited about the new growth and energy in downtown Florence. Check out the Fall event schedule for downtown:

## **Friday, October 7**

Event: Tigerfest (Wilson High School Alumni Association)  
Location: 200 Block of S. Dargan and FMU PAC, Downtown  
Time: 5:30 p.m.-11:00 p.m.

The Wilson High School Alumni Association is celebrating 150 years of the WHSAA with a street festival. This event is free and open to the public and visitors are encouraged to wear their best Tiger-pride attire. Enjoy vendors, live music by Terence Young and the Finesse Band, and more! Tigerfest is part of a weekend-long homecoming celebration. Saturday, the party moves out to Legion Field for a tailgating celebration. More information on the Wilson High Alumni Facebook Page: @wilsonhighalumniassociation

## **Saturday, October 8**

Event: Downtown Florence Oktoberfest  
Location: 100 Block of S. Dargan St., Downtown  
Time: 5:30 p.m.-10:00 p.m.

Join us for our Fourth Annual Downtown Florence Oktoberfest featuring Fritz's Polka Band and the Pizazz Band. Enjoy traditional German foods by the Wurst Wagen and local food vendors, craft German-style beers, stein and beer barrel races, the annual "Running of the Weenies" dachshund races, arts and craft vendors, ceremonial keg tapping, and more! More information at: <http://www.florenceDowntown.com/downtown-events/oktoberfest/>

## **Saturday, October 15**

Event: The AHA Pee Dee Heart Walk  
Location: 201 N. Dargan Street, Downtown Florence  
Time: 8:30 a.m. – until

The Heart Walk is the American Heart Association's premiere event for raising funds to save lives from this country's No. 1 and No. 5 killers - heart disease and stroke. Designed to promote physical activity and heart-healthy living, the Heart Walk creates an environment that's fun and rewarding for the entire family. Your participation will help raise awareness and funds for the continued fight against heart disease. Enjoy this walk with friends, family, coworkers or strangers and you'll bond with along the way. The Heart Walk is stroller and wheelchair accessible. Dogs are welcome! More information at: <http://heartwalk.kintera.org/faf/help/helpEventInfo.asp?ievent=1150947&lis=1&kntae1150947=979AFD5AB0644CCE85B554F634172D72>

## **Friday, October 21 + Saturday, October 22**

Event: Chili, Brews, & BBQ (Florence Chamber)  
Location: 100 Block of S. Dargan Street, Downtown  
Time: 6:00 p.m.-10:00 p.m. on October 21 + during the day on October 22



Kids Zone at Pecan Festival

Food, fun, brews, and great live music abound at the Florence Chamber's 3rd Annual Chili, Brews, & BBQ event. The Festival spans across 1.5 days on S. Dargan Street, Downtown. Friday's featured events include a wing cook-off and live music. Saturday includes a SC



Mime at Pecan Festival

Barbeque Association-sanctioned BBQ cook-off, chili cook-off, fun for the kids, and live music. Domestic and craft beers will be available on both days. More information at: <https://www.flochamber.com/event/3rd-annual-chili-brews-bbq-festival/>

## **Saturday, November 5**

Event: 13th Annual SC Pecan Festival  
Location: Downtown Florence  
Time: 10:30 a.m. to 7:00 p.m.

The 13th Annual SC Pecan Festival hits Downtown Florence on November 5 with fun, fellowship, and family-friendly activities from 10:30 a.m.-7:00 p.m. Enjoy live entertainment on six stages including our brand new Pee Dee Dance Stage featuring local dance troupes. Also new for this year is the Pecan Pub, a place to kick back, catch the big game, and enjoy pecan-brewed beers (located at the FMU PAC on Cheves Street). Event highlights include a free kids fun zone, amusements and rides, over 250 vendors, live music for every taste, a classic car show, cartoon car feature, culinary competitions, Run Like a Nut, Bike Like a Nut, antique tractor show, ACO Pecan Classic cornhole tournament, and of course—PECANS! Catch our headlining band, Average White Band on the Main Stage at Irby and Baroody starting at 5:30 p.m. Go nuts with us at the 13th Annual Pecan Festival! More information: [www.scepecanfestival.com](http://www.scepecanfestival.com)

## **Wednesday, November 23**

Event: Thanksgiving Eve  
Location: James Allen Plaza  
Time: 5:30 p.m.-9:00 p.m.  
Information about this annual event coming soon.

## **Tuesday, November 29th**

Event: Annual City-County Christmas Tree Lighting  
Location: County Complex Parking Lot  
Time: 5:30pm

Bring the family and come join us as the City and County come together and light the City Christmas tree to kick off the holiday season while you enjoy songs of the season, hot chocolate and cookies!

## **FALL FLORENCE AFTER FIVE CONCERTS**

Friday, September 30, 5:30 p.m.-8:30 p.m. | The Classic Rock Experience, 70s Arena Rock Tribute

Friday, October 28, 5:30 p.m.-8:30 p.m. | Jebb Mac Band\*

\*October's FAF will also be our Downtown Halloween Celebration in collaboration with the Florence Zombie Walk (6 p.m.) and will include a kids carnival area, zombie makeup, and following the event, live music by DJ VooDoo Child from 8:45-9:45, and more.

Come experience downtown at one of these fun events! Also don't forget to visit the City Center Farmers Market as it is now a YEAR-round market in downtown Florence. The market, located at 369 West Cheves Street, is open every Saturday, 9am-1pm, with the exception of Christmas Eve which falls on a Saturday for 2016.





# GIDDY UP AND GIVE WITH UNITED WAY

Submitted by Rachel Baggett, Director of Marketing & Initiatives



"2016-17 United Way Campaign Chair John Cariati in the campaign video".

ride as possible with our annual campaign.

Each year, the United Way of Florence County holds an annual campaign to help raise donations for our seventeen local partnering agencies. We have selected these agencies to partner with because they are providing services that are addressing the most pressing needs right here in Florence County. These needs include therapy sessions for children who have been abused, home delivered meals to the elderly, shelter and meals for the homeless, and leadership and character development programs for youth. We also require each agency to go through a rigorous application process to ensure they are operating at a high standard and that your donations are being spent wisely. When you donate to the United Way, you can be confident that your donation is being used to impact the lives in our community in the most efficient way possible. Below are just a few examples of what our agencies were able to achieve with the donations they received from last year's United Way campaign.

You're in the saddle and holding the reigns when you choose to donate money. That decision can be stressful because you want to help others, but you may not be sure where to give to do the most good. That is why we here at the United Way strive to make your giving journey as smooth a

- 3,545 individuals were provided either a meal/and or a night's stay in a shelter
- 90% of youth in youth development programs are expected to attend college, a figure 27% higher than the national average
- 503 children who were the victims of abuse or neglect received counseling & therapy services
- 8,085 individuals received financial assistance to prevent eviction or keep utilities connected
- 1,400 individuals with disabilities or special needs received intervention prevention services, medical supplies, or respite care
- 3,066 youth received guidance, homework help, and leadership development
- 1,278 un-insured individuals received necessary dental and/or medical treatment
- 52,482 meals were delivered to home-bound seniors

Although our agencies were able to assist more than 25,000 individuals in the Florence County area last year, there are many individuals who still need our help. That is why we selected our 2016-2017 campaign tagline to be "Giddy Up and Give". It not only emphasizes the urgent need to reach out and help our neighbors, but it also encourages people to give through their donations, their voice, and their time. In the spirit of our Western theme, we are also encouraging everyone to consider rounding up their donation by 10% as part of our "Round Up Challenge" to help us serve as many individuals in need as possible. Through your giving our community is made stronger, and our collective achievement is that we are changing lives and making this a wonderful place to call home.

For more information about the United Way or to make a donation, please call 843-662-2407 or visit our website at [www.uwflorence.org](http://www.uwflorence.org). You can also view this year's campaign video on our website to hear the stories of several individuals who have been helped through the United Way campaign.

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# DEBUNKING THE MYTHS AND ILLUMINATING OR ELIMINATING THE EXCUSES

Submitted by Nika White, Vice President, Diversity and Inclusion Greenville Chamber



## GREENVILLE

-- Well, intentions can be the greatest motivation to start a new initiative. But sometimes plans fail to reach implementation because of misguided information. Diversity

and inclusion is one of those initiatives that I often hear about lacking in organizations due to myths and excuses. Consider these four points below designed to debunk the myths and illuminate the excuses that many organizations often are faced with.

**1. EXCUSE:** My organization is too busy to focus on diversity and inclusion; therefore we will leverage the outcomes that occur organically. I often hear organizational leaders express that they readily "invite diversity into its culture." Although I understand the intent, I take notice of the inaccuracy, which is that we do not have to invite diversity. Diversity is already here. We must; however; be intentional about welcoming and cultivating inclusion, because inclusion does not happen organically. Intentionality is incredibly important to the work of inclusion because it requires leveraging diversity to accomplish the organization's mission. Recognizing that diversity already exists, the question becomes what we each will do about it to allow businesses to grow and people to prosper.

**2. MYTH:** There's no true value to the bottom line of diversity and inclusion. Organizational leaders must believe that positive outcomes can occur with strategic diversity and inclusion practices integrated into the operations of an organization. The outcomes go beyond the social responsibility aspect and extends to becoming a bottom line imperative. Recognize that diversity is more than a moral challenge. It's a bottom line business imperative. Always align the reason for diversity and inclusion to a business case and be less concerned with trying to awaken people's social consciousness regarding diversity. An effective diversity

and inclusion strategy begins with believing that the outcomes are worth it. In order to believe in the results, one must first become educated on the benefits.

**3. EXCUSE:** My organization doesn't know how to manage diversity and inclusion effectively. One frequent reason organizations cite for not operating in the space of diversity and inclusion is that they simply do not know how to manage and implement a diversity and inclusion initiative. I do not doubt this to be the case, but I also know that what an organization values, is what they pursue and dedicate resources to. There are several resources available to organizations interested in integrating diversity and inclusion within their companies. If you do not know how, consider the thousands of resources available through textbooks, white papers, webinars, consultants, conferences, etc. In short, an organization not engaging in diversity and inclusion practices because the organization does not know how is simply an excuse to not get started. My challenge to all organizations is to throw out the excuse of not knowing how and invest the time and energy necessary to learn how. It is just that important, especially when considering the shift in demographics that are occurring where we soon will live in a society where there is no such thing as racial majority.

**4. MYTH:** Only large corporations with big budgets should be concerned with diversity and inclusion. The notion that you need to be a large company with hundreds of employees, a massive budget and a seasoned diversity practitioner on staff in order to implement a successful diversity and inclusion initiative is far from the truth. Positive intent and a willing champion is all that's needed to create a jumping off point to establish positive trajectory in the area of workplace inclusion. Every organization had to start somewhere. Don't be the organization that waits until all major milestones have been met before considering the value of diversity and inclusion.

Don't let a myth or excuse keep your company from joining in the ranks of successful organizations that are committed to diversity and inclusion and are reaping the benefits.



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## LOCAL WOMEN'S NETWORKING GROUP KNOWS DIVERSITY ENRICHES BUSINESS

by Robin Lewis



In the greater Florence area we are blessed to have a business women's networking group that was founded in 1998 and is still going strong! The Pee Dee Business & Professional Women's Network was begun 19 years ago by a small group of women who needed mutual support and encouragement as entrepreneurs. Women began meeting monthly to network, support,

and inspire each other forward in their goals and business visions. They brought understanding of the difficulties of being women in business, and supported each other in a personal yet professional way.

Today, this group is alive and well and the most diverse in its 19 year history. The current board of directors has worked to increase the group's diversity by personally inviting friends and business associates of other ethnic groups and backgrounds. They believe every woman has something unique to bring to the table that lets her shine. The differences in diversity have enriched the lives of every member as women learn from each other's perspectives, experiences, while benefiting from different skills and talents. Each meeting is rewarding in relationship while including a buffet meal, a professional speaker from the area, and a highlighting of the sponsor for the month. Networking time allows opportunity for women to get to know each other and while encouraging and supporting each other's business endeavors.

There are several non-profits represented in the group so compassion and involvement for others enjoys a strong focus. Members can give into the Courtney Graham Memorial Giving Fund during the year. The funds collected are divided between the local area non-profits during their December Season of Giving.

The vision statement of the Pee Dee Business & Professional Women's Network is "to empower women as leaders in business for



Current Board Members Honoring the Founding Board Members in 2016

increased potential, passion, and purpose through effective programs and networking opportunities." The current board members are Robin Lewis, President; Jennifer Robinson, Vice President; Cherry Gerrald, Treasurer; Paula Childers, Secretary; Corbett Rothwell, Membership; Nicole Echols, Event Coordinator.

A new board for the 2017-2018 term has been elected and promises to be strong leaders for taking the group into the future. The new board members are Lori Flowers, President; Robin Parker, Vice President; Wendi Miers, Treasurer; Corbett Rothwell, Secretary; Jill Kovalich, Membership; Janelle Townsley Walters, Event Coordinator; Felicia Orr, Publicity; and Catrina Fulmore as Membership Subcommittee.

The Pee Dee Business & Professional Women's Network group meets on the fourth Thursday each month from 12:00-1:00 pm at the Florence Country Club. Members and Guests each pay \$15 for lunch with annual dues stand at just a modest \$75, renewable every January. November and December meetings are on the third Thursday. The next luncheon meeting will be held Thursday, October 27th. To attend, please send an email to [peedeewomen@gmail.com](mailto:peedeewomen@gmail.com) and let them know you want to be added to the RSVP list for the buffet lunch. You may find and "Like" the group Facebook page to keep up with current posts and be notified of the After Hours Networking Events scheduled throughout the year. To subscribe to the monthly newsletter, send a text to 22828 with the word PEEDEEWOMEN. In this group, all women matter and all women are welcome, even stay-at-home moms. For more information, please visit their website at [www.peedeewomen.wix.com/peedeewomen](http://www.peedeewomen.wix.com/peedeewomen).



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# GREENVILLE CHAMBER'S NIKA WHITE HONORED AS MBE ADVOCATE OF THE YEAR

Submitted by Marion Mann, Marketing Director



Greenville Chamber's Nika White presented with the Carolinas-Virginia Minority Supplier Development Council MBE Advocate of the Year Award. Pictured from Left to Right: Dallas Simmons (Dominion), Tabitha Bowan (Lowe's), Nika White and Andrew Grier (Duke Energy)

**GREENVILLE** -- Nika White has recently received two special honors for her work as Vice President of Diversity and Inclusion at the Greenville Chamber. The Carolinas-Virginia Minority Supplier Development Council has named her MBE Advocate of the Year, and the national Diversity MBA Magazine has named her a Top 100 Under 50 Executive.

Chamber President/CEO Carlos Phillips notes, "Having an accomplished, regionally and nationally recognized team member in the space of diversity and inclusion sets our chamber and our community apart and strides ahead of most. Nika is truly an expert in this area and we celebrate these great accolades with her."

Carolinas-Virginia Minority Supplier Development Council MBE Advocate of the Year White was recognized as MBE Advocate of the Year at the Carolinas-Virginia Minority Supplier Development Council's (CVMSDC) Annual Business Opportunity Conference Awards Dinner in Charlotte, NC recently. The Carolinas-Virginia Minority Supplier Development Council, Inc. provides support for minority owned businesses, develops mutually beneficial networking opportunities with corporate members, and promotes minority business development.

As part of CVMSDC's ongoing effort to realize its mission and celebrate the successes, the Carolinas-Virginia MSDC Annual Award dinner serves as an opportunity to give special recognition to corporate/organizational members. The awards are based on nominations from certified MBEs and/or CVMSDC corporate members, and judging is

based on mentorship, active pursuit of opportunity creation, community awareness/involvement, and the volume of business currently conducted with Carolinas-Virginia MSDC MBEs. Learn more at [cvmsdc.org](http://cvmsdc.org).

## Diversity MBA Magazine's Top 100 Under 50 Executive

The national Diversity MBA Magazine named White a Top 100 Under 50 Executive. This group of leaders was selected by the magazine from a broad spectrum of business entities. The honorees are chosen from a pool of 282 nominees by a select panel of judges, with no repeats from previous years. "This year's 100 honorees are a unique group because they are a part of the exclusive 1000 honorees recognized for leadership over the past decade. Diversity MBA is also celebrating 10 years of diversity achievement," says Pamela McElvane.

Diversity MBAs Top 100 list is like none other. It is a strategic leadership recognition that embodies higher education, workplace inclusion and community commitment. The honorees are identified and supported by company and community leaders. White received the official award at Diversity MBA's Annual Business Leaders Conference & Awards Gala recently. Learn more at [www.diversitymbamagazine.com](http://www.diversitymbamagazine.com).

## About Nika White

Nika White's professional career spans 18 years, ranging from serving as an accomplished marketing communications executive, diversity and inclusion practitioner, economic development leader and community advocate. White found inspiration through the intersection of business, diversity and leadership and has made this her niche. On August 1, 2012, she joined the Greenville Chamber as Vice President of Diversity. In this role, White is responsible for creating and collaboratively implementing an overarching diversity strategy for the Greenville Chamber. As a key member of the chamber team, White designs and oversees initiatives that develop and promote inclusion of diverse businesses in the economic activities of Upstate SC.



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## REGIONAL APPRECIATION SHOWN TO GAMECHANGERS

*Submitted by Cheryl Lewis, Regional Workforce Advisor*



*Education Partners Recognized*

S.C. Department of Commerce Regional Workforce Advisor, Cheryl Lewis, and the Pee Dee Regional Career Specialist, Crishell J. Bass, held an Appreciation Breakfast recently to recognize educators and workforce partners who have done an exemplary job in providing career preparation and workforce development initiatives for Pee Dee Region youth.

The S.C. Education and Economic Development Act of 2005, known as Personal Pathways to Success included the inception of career specialists in schools who are charged with providing career preparation that include job shadowing, work-based learning, and career assessments for youth. It also included the need for partnerships with businesses and agencies to provide youth with career experiences, industry tours, and introduction to the world of work.

We want to thank all for the work that they do in providing these services in the Pee Dee Region.

School District persons recognized by Crishell Bass were: Yvonne Scott (Florence School District Three); Linda Thomas (Lee-Central High School); Patricia Hyman (Florence Career Center); and Janice Howard (West Florence High School). Workforce Development agencies recognized by Cheryl Lewis are: Clemson University Pee Dee Research & Education Center (Dr. Jim Frederick & Sara Nykos); Northeastern Technical College ( Tammy Morrell); Dillon County Economic Development Partnership (Tonny McNeil); and, Pee Dee Electric Cooperative (Brian Kelley).



## LIVE2LEAD COMES TO HARTSVILLE

Submitted by Quinetta M. Buterbaugh, President



John C. Maxwell Program seeks to "transform Hartsville"

**HARTSVILLE**– For the first time ever, the popular John C. Maxwell Live2Lead Leadership Broadcast will be presented in Hartsville, via video-streaming. Leadership Strategy and Consulting, LLC and the Greater Hartsville Chamber of Commerce are hosting the broadcast at the Hartsville Center Theatre on Friday, November 4 from 8:30 am to 12:30 pm, with registration beginning at 8 that morning. In addition, the Byerly Foundation will be providing tickets for employees of nonprofit organizations in the Hartsville area. The broadcast will feature four dynamic speakers and a Reflection and Connection activity, facilitated by Toyinda L. Smith, Leadership Speaker, Coach and Trainer with the John Maxwell Team.

The speakers include John C. Maxwell, the #1 New York Times bestselling author, coach, and speaker who was identified as the #1 leader in business by the American Management Association®. Simon Sinek, is the author of two books: the bestselling Start With Why: How Great Leaders Inspire Everyone to Take Action and Leaders Eat Last: Why Some Teams Pull Together and Others Don't. Liz Wiseman, teaches leadership to executives and emerging leaders around the world. She is the President of The Wiseman Group, a leadership research and development firm headquartered in Silicon Valley. She is the author of three bestselling books: Rookie Smarts: Why Learning Beats Knowing in the New Game of Work, Multipliers: How the Best Leaders Make Everyone Smarter and The Multiplier Effect: Tapping the Genius Inside Our Schools. Dan Cathy is the Chairman, President and CEO for Chick-fil-A. He has taken an unconventional, yet personally and professionally rewarding approach to Chick-fil-A leadership.

Tickets for the event may be purchased on the chamber's website at [www.hartsvillechamber.org](http://www.hartsvillechamber.org) or by calling (843) 332-6401. Sponsorships, which include tickets, an opportunity to speak at the event, and to have a display, are available through the chamber of commerce. All interested Hartsville-area nonprofit organizations may apply for tickets by emailing the employee's name, organization, and employee's title to [byerlyfdn@yahoo.com](mailto:byerlyfdn@yahoo.com).



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# ACCUSTAFF DEEPENS INTERNAL FOCUS

Submitted by Courtney Snipes, Sales/Staffing Consultant



With the challenges many organizations - including the Staffing Industry- are facing to plant and retain the new emerging workforce, recruitment has become somewhat scarce. Although staffing firms provide the flexibility of temporary workers, it has become increasingly difficult for such firms and other organizations to keep skilled employees.

The reason for these recruitment challenges is due to the aging workforce. With the exiting workforce taking their expertise with them, it is up to organizations now more than ever to provide an attractive workplace to the incoming workforce. This will mean providing opportunities to expand horizons, offering flexibility in areas not thought of before and looking for ways to merge multiple generations of mindsets. AccuStaff operatives are adjusting internal processes for screening and recruiting applicants to capture the new workforce. One method is by matching a talent based on their schedule availability, thus allowing them the flexibility desired. Another aspect of the process is a detailed interview discussing their likes and dislikes for specific job environments. Armed with this information and data, “matchmakers” are able to tailor their job search to fit client needs.

Currently, many organizations are adjusting to the changes in workforce and many are trying to figure out how to adapt to the aging workforce while welcoming Generations Y and Z. What the aging workforce organizations now have to understand is how to attract and engage the Y’s and Z’s more. One way organizations can do so is by understanding the differences between the two and figuring out how to merge them together. Many of Generation Y, also called the “Millennials”, is already in the workforce or in some college looking to step into the workforce soon. To embrace the new workforce, organizations now are moving to understand what current jobseekers and potential employees want from employers and when organizations

address these dynamics, they will be able to position themselves to attract Generation Y and Z.

In the chart below are key characteristics on what will help boost and attract Generations Y and Z. This study was conducted by Randstad US with the partnership of Millennial Branding.

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### Generation Y

- Working independently
- Communicating in person with bosses/co-workers
- Having honest leaders
- Being listened to and having ideas valued
- Having predictable hours and schedule
- Healthcare, paid time off, 401 (k)
- Permanent job vs independent contracting

### Generation Z

- Having a mentor
- Receiving input and feedback
- Wearing headphones and listening to music while working
- Having both genders represented in the workplace
- Diverse expertise, ethnicities and cultural backgrounds in the workplace
- Healthcare, flexibility and paid time off

# FELLOWS IN EDUCATION PROGRAM BEGINS SECOND YEAR

Submitted by Pamela Little-McDaniel, Florence School District One Director of Public Information



First row, (left to right): Angela Langley, Joe Craig, Bobbie Chowdhury, Jeannette Glenn, Ashley Nance, Billy Powers, Judy Kammer, and Debbie Hyler. Second row (left to right): Madie Robinson, Betty Gail King, Starlee Alexander, Robert Harris, and Waymon Mumford. Third row (left to right): Chad Patterson, LaShonda Nesmith, Michael Miller, Wanda DuBose-James, Decar Brown and Blake Pate.

Members not pictured are: Thomas Hunter, Jennifer Evans, Katie Wilcox, Andrew Kampiziones, Michele Pridgen, Kenneth Swaringer, and Chris Handley.

Local Leaders to Get a Close Look at Day-to-Day School Operations through Chamber, Florence One, School Foundation Partnership

Through a three-way partnership among Florence One, the Greater Florence Chamber of Commerce and The School Foundation, a program designed for business and community leaders to spend time getting a unique, behind-the-scenes look into schools in Florence One continues in its second year. The program, known as the Fellows in Education Program, began with an orientation today for its members.

During the duration of the program, there are plans for business and community leaders to see first-hand some of the successes and daily challenges educators face in the classroom. Within this program, there will also be an opportunity for interested participants to take part in a “Principal for a Day” exercise where the local leader will spend a portion

of the day with a school principal as he or she conducts the duties of running the school.

Florence One Superintendent of Schools Dr. Randy Bridges expressed his views about the program. “Again this year, we look forward to the continued partnership with The School Foundation and The Greater Florence Chamber of Commerce in this effort to build capacity within the community for our schools. I believe that the Fellows in Education program will be one of the best ways to allow community leaders to become knowledgeable about the interworking of our school system,” he remarked.

Organizers of the program say the ultimate goal of Fellows in Education is to create a cadre of local leaders who will be able to collaborate with policymakers and community members in developing better education policies in the local community. In its second year, the Fellows in Education Class of 2017 held an orientation for group members on Tuesday at the Greater Florence Chamber of Commerce.

The first of eight sessions began on Tuesday, October 4th with a visit to Carver Elementary, and sessions will be held thereafter on the first Tuesday of each month through the month of May at different Florence One schools. (See schedule.)

For the second class of Fellows in Education, members of the three-way partnership have again sought after a select group of over twenty community and business leaders whom they believe are civic-minded supporters of the need for expansion of local educational resources.

For more information contact Debbie Hyler, Executive Director, The School Foundation, [dhyler@theschoolfoundation.org](mailto:dhyler@theschoolfoundation.org); Michael Miller, President, Greater Florence Chamber of Commerce, [mmiller@flochamber.com](mailto:mmiller@flochamber.com); or Dr. Randy Bridges, Superintendent, Florence School District One, [randy.bridges@fsd1.org](mailto:randy.bridges@fsd1.org).



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# IT TAKES THE COMMUNITY TO POLICE EVERYWHERE

by Ta'Meeka Epps



**LAKE CITY**-- The relationship between the public and the police that are entrusted to protect them is critically important and at times extremely delicate. The safety of communities depends on both law enforcement and the citizens they serve. The police must display lawfulness through their commitment to serve while being transparent and proving their legitimacy. Recent negative perceptions of the police due to numerous public accounts of disproportionate

treatment of minorities have given rise to the notion that the police lack lawfulness.

Lawfulness speaks to the ability and willingness of the police to comply with constitutional, statutory and professional norms; while legitimacy is linked to the public's belief about the police and its willingness to recognize police authority. The interim Police Chief of Lake City, Lt. Jeff Johnson, knows all too well the importance of how the community views the police department and is committed to strengthening the relationship and ensuring that the department is lawful and legitimate.

Through community outreach programs and by recognizing the importance of accountability, they are able to bolster the trust and communication within their community. Through one community outreach program, Lake City Community Night Out, the department was able to promote community police relations while being transparent and showing they are simply people who wear a uniform to carryout their duties.

The Community Night Out was held the week prior to the students of the community returning to school (August 2016) at the Boys and Girls Club of Lake City. The event gave the police department a chance to bring the neighborhood together with the men and women who protect them. Chief Johnson stated, "The best way to prevent crime is to know your neighbors and the surroundings in which you live, so it is imperative get to know the people. If you have ever been on the side where you needed help you know it's best to deal with someone who shows compassion, someone who cares and puts themselves in the injured parties shoes."

The Community Night Out showed the citizens of Lake City that the officers have a tough job however they are citizens as well and



Interim police chief Lt. Johnson jumps rope with one of the children in attendance

want the best for the community. The event was planned in conjunction with the elected officials, police department and judicial members of Lake City and will become an annual event. The night saw the officers and all other employees in attendance playing basketball with the children, having conversations with their parents and fellowship through food with all in attendance.

The children in attendance showed a great interest in the duties of a police officer and were able to ask questions in an informal setting and receive one on one attention from several officers. The mission of the

evening was simple: to help the department build relationships with the citizens and create safer neighborhoods in hopes the community will stand with the department to prevent and solve crimes through combined efforts.

The hope of the Government of Lake City and the Police Department is to improve police and youth relations through interaction.



Interim Police Chief Lt. Jeff Johnson

Through constructive dialogue, each side will learn about the other and in the process, decrease hostility and tension toward the police department and the members of the force. Chief Johnson proudly stated: "We have a very great relationship with the community the men and women of the department are very well respected and that makes our job so much easier!"

Chief Johnson and all members of the Police Department say they are grateful for the citizens of the community they serve and welcome every opportunity they are able to utilize to improve the relationship

and the communication with the ones they have sworn to protect and serve.



**We would like to congratulate our Lake City Recreation Department's Dixie Youth O-Zone All Stars, 11-12 years olds, who recently won the District 10 Championship.**

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# GM PROGRAM DEVELOPS PEOPLE WHO CRAFT LIFE STORIES

by Rennie Lunn-McAllister



Legendary lyricist and hip hop pioneer MC Lyte helps celebrate Howard University journalism students, who were part of Chevrolet's inaugural "Discover the Unexpected" program launched in conjunction with the National Newspaper Publishers Association (NNPA). (From left to right) MC Lyte, Brandi Montgomery, Victoria Jones, Sidnee King, Tatyana Hopkins, and Rushawn Walters. (Photo by Tamon George)

During the process of discovery, there is an element of the unknowing, the veiled or the unfathomable. Yet in General Motors' recently culminated "Discover The Unexpected" program, the pioneering design to dig in and seek out had precise vision and clear visuals in the crosshairs from day one. "We started this program this past April with the intent to search for and develop the next generation of Black journalists and publishers to tell untold stories of all our humanity that are too often overlooked in and by mainstream media," said Michelle Alexander, Diversity Marketing Manager for Chevrolet.

Aimed at showcasing the uncovered aspects of African American life, history and culture, the summer fellowship for selected Howard University 'J School' students is right on point according to participants. "Before getting involved in DTU, I was mainly going to work, writing articles, going to break, then going back to do more of the same. But after being chosen to go on assignments that point me to subjects that are in no way mundane – yet that no one hardly hears of – I now really have stories to tell and know better how to seek them out," said Howard Senior Rushawn Walters minoring in Theatre Arts.



Howard University journalism student Sidnee King talks about her experience reporting at the Michigan Chronicle. (From left to right) Brandi Montgomery, Victoria Jones, Sidnee King, and Tatyana Hopkins. (Photo by Tamon George)

hear, then tell his story, has changed my life and perspective on what issues they confronted then and what our people face today," said the Springfield, MA native whose parents are immigrants from Jamaica. Walters is a White House Correspondents' Scholar, member of the National Association of Black Journalists who loves to read, travel and write on topics of health, social activism and technology. He was stationed at The Washington Informer.

On the success/sponsor relationship of the summer project, Alexander continued: "We did not want to invent just another program. We had to tap into the community in a new and positive

way by playing the key role in shaping career paths of people who really will speak our past to the future. This effort impacts parents and grandparents plus children to come and beyond. These students, through this program in partnership with the NNPA (National Newspaper Publishers Association), are the ladders that give rise to the overall cultural cues we are to take and reach in continuing our mission critical quest of finding new roads."

Another huge perk of the fellowship was that the students drove in pairs to their assignments in a 2017 Malibu. "Yes, it was strategic that they got to accent the launch of the new Malibu, involving themselves and their publics even deeper into the greater mix!" she shared.



Legendary lyricist and hip hop pioneer MC Lyte celebrates the completion of Chevrolet's first "Discover the Unexpected" program, which she championed as its program ambassador. (Photo by Tamon George)

The eight Howard University School of Communications students also rubbed elbows with legendary lyricist MC Lyte at their closing ceremony, after having worked with two NNPA professional advisors in select markets at member newspapers, and learned from National Newspaper Publishers Association President/CEO Benjamin F. Chavis, Jr., who has likened today's writers' products as augments to the historic 'Freedom's Journal' (the first African American-owned newspaper from 1827).\*

Charging them to always break the news, Chavis said: "On the ground and in the streets, these gifted and talented young journalists are helping to not only bridge generations concerning vital news coverage but are also using multiple media platforms to help reach new readers across the nation and the globe. We are proud of the opportunity and the engagement that the DTU program is offering to the NNPA family and community of publishers and media owners throughout the nation".

Keeping the wheels rolling to drive diversity forward, GM has drawn the map.

\*\*\*\*\*

\*Perhaps not directly related, the status and trends of African American media are interrelated and worthy of note. A Pew Research Center fact sheet report on African American News Media states that black newspaper and magazine (audited) circulation is trending downward; broadcast (12 television ownerships) is unchanged since 2015 with few changes pending; and digital space usage realizes gains in unique mobile visitors but fall in mobile minutes per visit.

For more information on General Motors/Diversity, visit: [www.gm.com](http://www.gm.com)

For more information on the NNPA (the trade association of more than 200 African American-owned community newspapers from across USA and the program, visit: [www.nnpa.org/dtu](http://www.nnpa.org/dtu)

For more information on Howard University, visit: [www2.howard.edu](http://www2.howard.edu).



## DOES YOUR ORGANIZATION SUFFER FROM THESE SYMPTOMS OF “HIDDEN GENIUS CONSTIPATION”?

Submitted By Simma Lieberman



1- People in your organization have great ideas for new products and services but they have no outlet to express them. Innovation stays in the realm of the product development team, or with your “regular” stars.

No matter how diverse your workforce is, if people can’t show what they can do, they will never feel included or achieve the highest level of success.

Employees who have solutions that may even be unorthodox for problems in different departments, or work levels don’t feel encouraged to participate. Then they stop trying, they keep their thoughts to themselves, and don’t appreciate their own value.

2- You have done things the same way for years with the same people who think like you. You’re mired in the business weeds and haven’t taken the time to expand your perspective. You have no time to talk to people outside your sphere, or research best practices from other organizations or industries. You don’t even know what you’re capable of, or the brilliance that can flow from your brain with the right outside stimulation.

3- People at all levels are in silos and don’t have the tools, knowledge or cultural permission to find ways to bring out the genius in each other.

**Organizational “genius constipation” results in talent being flushed down the drain from underuse. When people feel underused or underestimated they express their dissatisfaction in one of three ways:**

- 1- They go work for your competitor
- 2- They leave, start their own business and become your competitor
- 3- They keep their ideas to themselves which impedes your ability to move ahead of your competitors

**Here are three ways to end “hidden genius constipation” so brilliance in your organization can flow:**



1- Encourage unconventional solutions through your words and behavior. Solicit ideas from people who don’t always speak up. Consciously seek out people who are different than you, with whom you may not feel comfortable, or haven’t engaged.

Tell them you’re looking for input and new ways to meet customer needs that haven’t been tried before. Allow them to finish talking before interrupting or shutting

them down. Be willing to give them the opportunity to succeed in new areas.

2- Share challenges and best practices with leaders in other organizations and industries and determine what you can apply. Allow your mind to be stimulated. Get out of “the office.” Talk to customers and users of your products and services and ask them what new products, services or add-ons would keep them loyal for life and tell everyone they know.

Expand your perspective and open possibilities for new markets by getting feedback from people in different segments about what would appeal to them. Hopefully, you already have these people in your organization. Start building prototypes and unleash your inner genius.

3- Form cross-functional innovation teams that span as many dimensions of diversity as possible. Begin with a facilitated process for people to get to know each other and get comfortable. Learning and teaching everyone how to access diversity of thought to everyone can contribute in different ways.



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## GOD SAID IT FIRST: ALL LIVES MATTER

by Robin Lewis



"For God so loved the world..." and everyone in it, all who had lived before, and every person that would be born, that he did something so extraordinary in sending His only Son that the event divided time, caused an earthquake, and made it possible for every single person to come to know him as Father because to Him, all lives matter.

refuse a singing group because of one black member. I remember wanting to make them all act fairly, but what could I do as a teen but stand in what the Bible said even if other church members didn't? I remember desegregation and watching the lines of buses coming from adjacent communities filled with young black faces being brought into white school districts while watching my mother's tears. Her heart broke for them and for our nation as she explained that because of hatred they were bussed in and were probably feeling afraid. More than any other person, she taught me love and compassion, and that hate and its results would always be wrong. Children aren't born with racist beliefs; those beliefs are taught and are not founded in truth.

### The Apostle Paul and Diversity

Just as with any other topic, we go to the Word of God to understand. In Paul's day, the dividing line was between the Jews and Gentiles. After a transforming encounter on a dirt road, Paul realized that God's message was not just for the Jews, but was for everyone everywhere. Paul began to teach that God wanted all people to know Him, no matter the color of their skin or spiritual heritage. All people were His creation and objects of His love. The result of an encounter with God is a change of mind and heart. Many of us today need a life-transforming encounter with God and allow His truth to transform us.

If we practice hatred or discrimination against anyone, we are rebelling against a loving God who calls Himself the Father of all nations, the Father of every person. But that is right where He meets us! In our mess, as we open our hearts to His love, it should change us as it has people throughout history. Paul wrote in 1 Corinthians 1:2, "I am writing to you who have been called by God to be His own holy people. He made you holy by means of Christ Jesus, just as He did for all people

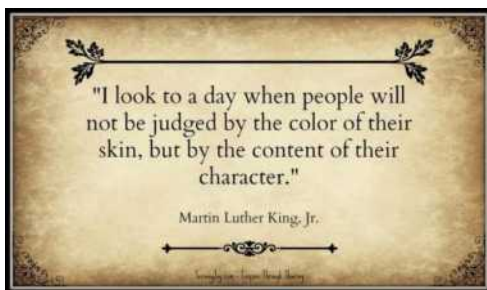
everywhere who call on the name of our Lord Jesus Christ, Their Lord and Ours." God does not show partiality to anyone, but loves a humble, gentle heart that is surrendered to Him and loves others. His love can transform us into people who practice showing the same equal love, value, and justice to all people groups.

But these truths will not be understood by everyone. Individuals who have received lies about people who are different in skin color, background, or heritage will continue to live that way until their beliefs have a collision with God's love. And those who are immature in mind and heart, will continue to be stirred up emotionally by haters towards people of other races even though there's no good sense in it. Our daily battle is between love and fear, with racism and prejudice being based in fear. Our role is to be God's change agents where we are and bring needed change. We do this in prayer, but also by publicly choosing compassionate and just actions.



### Bridging the Gap Through Love

Paul had been given authority by God to bridge the diversity gap of his day within the Church. Any difference we encounter can be talked through if our common goal is to follow Christ. If today you find yourself struggling with beliefs and emotions that run contrary to God's Word, let me encourage you to return to the starting point of your faith. Christ died on the cross not for those who considered themselves godly, but for everyone who realizes their need of His grace and forgiveness. The power of grace supercedes every difference between people if we will allow it to. Even Paul pleaded with new Christians who were allowing beliefs and traditions to divide them, "I appeal to you, dear brothers and sisters, by the authority of our Lord Jesus Christ, to live in harmony with each other. Let there be no division in the Church. Rather, be of one mind, united in thought and purpose" (1 Corinthians 1:10). The Church as the Body of Christ is supposed to look like Heaven. This is beautifully described in Revelation 7:9. If the idea of all races together makes you



### The Civil Rights Movement and Me

I was born in June 1960 during a turbulent time in our nation's history. As a child, I attended church with my parents and one of the songs I learned was "Jesus Love the Little Children". Those lyrics along with my parent's beliefs shaped and taught me that whether we are "red, yellow, black, or white" we are loved by Jesus for He loves all the children of the world. That includes adults, too. While I would come face-to-face with racial tension during those years and experience my own share of confrontations with racist adults, (nearly being put out of a car once when I was in the 5th grade), I would come to realize that you can't reason racism out of another. I would also come to see that racism is not limited to one race, but can be active in any. I would have to stand in my truth about love by realizing the gift my parents had given me in being taught to love and value every life. During those years, the conflict over injustice would fuel tension and strife evidenced through murders, hate group activities, and sit-ins resulting in ruthless beatings and jailing. My own church would



uncomfortable, then you probably won't like Heaven either! It is important to forgive what has happened so our voices can be healed to speak justice and love into our culture.

### **My Life Speaks**

As a white person, my African American friends are a gift to me. They enrich my life with understanding and I am thankful for their friendship. I'm not thankful because I have black friends; I am thankful because I have friends. I have the opportunity to learn from and appreciate others as they speak into my life to make it better. I am thankful for their stories and know that together we display love and unity as God's design. I am humbled by their wisdom and honored by their friendship because of the superb character their lives display.

Our lives speak without words. My prayer is that we will experience a collision with the love of God and be transformed to become instruments of peace in all areas of life and culture; that our nation would be known by its unity, love, maturity, and faith, by appreciating the diversity of race, gifts, skills, wisdom, and heritage. But my responsibility isn't fulfilled with a single prayer. I must live it out, for my life speaks what I believe.



We have the power to change our culture. Will you choose to forgive things that you've experienced and allow the value of every life to be seen through the way you live, the words and behavior you choose? May increasing love be your foundation so that your life displays God's truth that truly "all lives matter".

Robin Lewis is a professional speaker and certified women's life coach who encourages others to live lives of intentional purpose. She is working on plans for a women's ministry event for Spring 2017 that will welcome women of all races and backgrounds to learn and worship together. You can contact Robin by email at [robinlewiswords@gmail.com](mailto:robinlewiswords@gmail.com) and visit her website at [www.sozolifeleaders.com](http://www.sozolifeleaders.com) to find out more. This article is dedicated to her mother, Barbara Lawrimore, who taught her that justice and love go together.

## **ALL LIVES MATTER... JUST SERIOUSLY ASK YOURSELF TO WHOM?**

*Submitted by Dr. Calvin E. Robinson, Jr.*



*Dr. Calvin E. Robinson, Jr.*

For the past four years, this great country of ours has been experiencing a type of racial turmoil that we have not seen since the late 1960's. This social uprising has been gaining steam for some time but reached a boiling

point in 2012 when George Zimmerman of Sanford, Florida, whom most African Americans believe is guilty, was acquitted of the charge of murdering Trayvon Martin.

It was in 2012 after that verdict that an organization called Black Lives Matter was formed. I do not claim to have inside information on this organization but what one can surmise is that these individuals are concerned with what appears to be a blatant disregard for the lives of innocent and/or unarmed people of color by law enforcement and municipal governments. Conversely, there are those who interpret this movement to be comprised of race baiters who only care about people of color instead of being concerned with all people. These individuals counter by saying that All Lives Matter.

The question that comes to this observer's mind is: Are we dealing with semantics or are we experiencing a gross misunderstanding of what Black Lives Matter is saying? Are they saying that only black lives matter, or

are they trying to convey that Black Lives Matter Also?

I submit that all lives truly matter. It is written in the second paragraph of the Declaration of Independence:

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.

While not proclaiming to be an expert on this document, I do believe that the word "men" means all humanity, for surely those dedicated and learned men would not dream of discounting the relevance and importance of women and children.

Further, we read in the Holy Bible in the book of Romans Chapter 12, Verse 11:

For God shows no partiality.

The book of Galatians Chapter 3 Verse 28 teaches thusly:

There is no longer Jew nor Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus.

There you have it—in God's love letter to humanity, He is telling us that we all matter to Him. Jesus the Christ commanded: "love one another." If we love one another then we all will matter to each other, and if we all matter then every life that is lost should be of equal concern to the community.

The men and women of law enforcement who serve and protect our communities want

to go home to be with their loved ones at the end of the work shift. They put their lives on the line every day and they should be respected as such. With that thought in mind, each law enforcement officer therefore should treat all citizens with the same care.

In fact, we should all take a long look in the proverbial mirror and ask ourselves if all lives truly matter to us. This country is in need of an honest to goodness conversation on every level concerning our care and concern for each other. We should respect one another as fellow citizens of the world and grant each other the courtesy and decency that we expect for ourselves.

We are all Americans and this country became and remains great because of her vast diversity and because of the gifts and talents that we all brought with us whether we came before the European sojourners, whether we came through the Middle Passage on a ship of human cargo, or if we recently arrived as new immigrants from the four corners of the world. Regardless, we are here and God put us together for a reason. We should be the shining example to the rest of the world that all people matter regardless of race, creed, color, ethnicity, gender, or religious belief.

The people of these United States of America should show the world that All Lives Matter.

## REFOCUS

Submitted by Vincia M. Blaise



Vincia M. Blaise

You, I, nor any eye has imagined the magnitude of God's mercy and unfailing love. The magnificent brilliance of His presence, the power of His peace, or His divine purpose for his own.

### 1 Corinthians 2:9-10 King James Version (KJV)

9 But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him. 10 But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.

This foundational and fundamental truth from God's word reminds us in essence that our human vision is limited, misdirected, or simply out of focus. Imagine momentarily that your heart's desire is within reach; that stressful issue that you've been praying for an answer on, the healing that you've been trusting God for or the blessing that you are certain God has promised. Then, imagine an inexplicable delayed response or perceived silence from God and your natural response might be, "Lord why, what can I do to move You?"

Without fail, the automatic humanistic reaction is to look inwardly at what I have done wrong, what could I have done better, where did I go wrong what else do I need to do? God would rather a direct directional shift in focus. God expects us to look to him. "Where did I fail Lord?", but His Word declares, "fixing our eyes on Jesus the Author and the Finisher of our faith..." (Hebrews 12:2 English Standard Version)

The only posture of internal focus we should have it to say 'Father, search me and eliminate everything that erects a barrier between us. Create in me a clean heart and renew a right spirit within me...' simply refocus!

The key to realigning our focus is first the realization of who God is and understanding what his plans are. Then, we are expected and instructed to align our thoughts and actions with God's plan and purpose.

### The Bigger Picture

God's plan is bigger than anything you can imagine or envision. Jeremiah 29:11 (NIV) says, 'For I know the plans I have for you,' declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.'

We are reminded by this scripture of God's perfect plan for our lives and we are made blissfully aware of his genuine thoughts toward us - his faithful promises for us are security and assurance! Still, if you're anything like me, or perhaps a new believer or just a believer who is wrestling with this reality, you may have asked or are asking now, "Lord, just what is this plan you have for me? God, I just want to know. Here's what I have discovered. To understand, and be confident in God's plan, we must first understand and accept Who God is. God's identity reveals his flawless character, His plan and purpose.

### God's Plan Requires Knowledge

If we compare our understanding of our purpose to a target, or a bull's-eye, the center, would be God! The primary outercore would

be who we are (our own identity) and the external outercore would be the impact we make with our understanding of Who God is and His dynamic design for our lives. So, in actuality, our understand God's purpose is to first know God and secondarily, know who we are in God. Who God has called us to be and what God has called us to do are interwoven and unequivocally ingrained in Him. The only way we can truly know God is to study His character through emphatically and intentionally searching His Word!

Not only does God's word reveal God's character; It consequently demonstrates who we ought to be in Him, as empowered by Him. Truth after truth found in God's word tells of individuals who have been tried tested and proven by their trials as the elect of God. Consider Moses Joseph Job, Naomi, Ruth and yes, even Samson, then consider your own personal victories over trial.

### God's Plan Does NOT Require Surround Sound

Ezekiel in 1 Kings 19:12, said that God's voice was not in the wind, earthquake or fire, but instead, the gentle whisper. We don't need the best sound system for the loudest sound system with booming bass to hear what God is saying. We merely need a keen awareness of God's character because His voice will always be relatable to His word.

2 Corinthians 2:9 also says that ear has not heard. Let me ask this question, "what are you listening to? Who are you listening to?" Our ears should be open and receptive only to the immutable word of God; His still small voice.

The foundational scripture here further states, "...nor has it entered into the heart of man what God has in store..." This leads me to believe that God's plan requires open gates and surrendered hearts. A peculiar, prepared, and purposed heart. A planting place, poised to produce an abundant harvest on purpose. In my own life, I first had to come to the declared the resolution that I am diversely created on purpose, with purpose, and purposed for God's divine purpose and plan. King David emphatically expressed it best through the one hundred and thirty-ninth Psalms that says, I praise You because I am fearfully and wonderfully made.

### Nourishing The Seed

The seed is love! A love for God and His Word – The Living Word. Then, and only then, will God reveal His plan and purpose for us!

Live, Pray, Praise, Study, Serve, Worship, Impact, and Empower – On Purpose



## FMU WELCOMES 25 NEW FACULTY MEMBERS FOR NEW ACADEMIC YEAR

*Submitted by FMU*

Francis Marion University welcomed 25 new faculty members to campus as the 2016-17 academic year began its fall session. The class of new faculty is one of the largest at FMU in recent years, reflecting the accelerating pace of new programs coming on line at the university. Two of the new faculty members will teach in FMU's brand new Physician Assistant program, and another is a third faculty member hired for FMU's fast-growing Industrial Engineering program.

The new faculty members will teach in 13 different departments. They come from an array of academic backgrounds, and hold terminal degrees from 19 different universities including Penn, Texas Tech, George Washington, Florida, Indiana, Harvard and Colorado.



*New faculty at FMU for 2016-2017*

### New faculty at FMU for 2016-17

Dr. Enoch Agbesi Adogla, Assistant Professor of Chemistry. B.S. from University of Ghana, M.S. from New Mexico Institute of Mining and Technology, Ph.D. in Organic Chemistry from University of South Carolina.

Dr. Brittany B. Baker, Assistant Professor of Physics. B.S. from Northern Michigan University, M.S. from Texas Tech, Ph.D. in Physics from Texas Tech University.

Dr. Suzanne L. Barnett, Assistant Professor of English. B.A. from Hunter College of the City University of New York, Ph.D. in English from University of Pennsylvania.

Mr. David Baxley, Assistant Professor of Mass Communication. A.S. from Central Alabama Community College, B.S. from Mississippi State University, M.A. in Journalism from Mississippi State University.

Mr. Joseph Kennedy Bethle, Assistant Professor of Physician Assistant Studies. B.S. from Slippery Rock University, M.S. in Sports Science from Indiana University of Pennsylvania.

Capt. Christian Bonno, Instructor of Military Science. U.S. Army.

Mr. Michael L. Del Vecchio, Instructor of Mathematics. B.A. from Rutgers University, M.S. in Mathematics from College of Charleston.

Mr. Joseph Arthur Kennedy, Assistant Professor of English. B.A. from Duke University, M.Ed. from Harvard Graduate School of Education, M.A. in English and American Literature and Language from Harvard University.

Dr. Zilola Khashimova, MD, Assistant Professor of Health Sciences PA Program.

Dr. Candace Lapan, Assistant Professor of Psychology. B.A. from University of North Carolina at Greensboro, M.A. from University of North Carolina at Greensboro, Ph.D. in Developmental Psychology from University of North Carolina at Greensboro.

Mr. Edgar L. Larrea, Visiting Assistant Professor of Spanish. B.A. from Universidad Nacional Mayor de San Marcos, M.A. from Instituto Cervantes, Ph.D. in Spanish from University of South Carolina.

Dr. Alexander Lu, Assistant Professor of Sociology. B.A. from Centenary College of Louisiana, M.A. from Louisiana State University, Ph.D. in Sociology from Indiana University.

Ms. Kathryn Mann, Instructor of English. B.A. from Coastal Carolina University, M.A. in Writing from Coastal Carolina University.

Ms. Christine L. Masters, Assistant Professor of English. B.A. from University of Washington, M.A. from Western Illinois University, Ph.D.

in English from Purdue University.

Ms. Johannah Maynor, Instructor of Mathematics. B.S. from University of North Carolina, M.Ed. in Curriculum & Instruction from North Carolina Central University.

Dr. Bryan T. McLeod, Assistant Professor of School of Business. B.S. from Southern Illinois University, J.D. from Southern Illinois University, M.B.A. from Southern Illinois University, Ph.D. in Business Administration from Southern Illinois University.

Dr. Lisa F. Midcalf, Assistant Professor Education-Literacy. B.S. from Bob Jones University, MAT from Saginaw Valley State University, Ph.D. in Reading Education from Oakland University.

Dr. Michelle R. Murphy, Assistant Professor Education - Special Education. B.A. from University of North Carolina, M.A.Ed. from East Carolina, Ph.D. in Special Education from University of South Carolina.

Dr. Doris Páez, Assistant Professor Psychology. B.A. from University of South Florida, M.A. from University of South Florida, Ed.S. from University of South Florida, Ph.D. in Psychology from University of Florida.

Dr. Tiffany A. Phillips, Assistant Professor of Nursing. B.S. from University South Carolina, B.S. from Medical University of South Carolina, M.S./Ph.D. in Nursing from Medical University of South Carolina.

Mr. Rahul S. Renu, Assistant Professor of Industrial Engineering. B.S. from Visvesvaraya Technological University, M.S. from Clemson University, Ph.D. in Mechanical Engineering from Clemson University.

Dr. James Ritter, Assistant Professor of Education. B.A. from Western Carolina University, M.A. from Western Carolina University, Ph.D. in Literacy from University of Southern Mississippi.

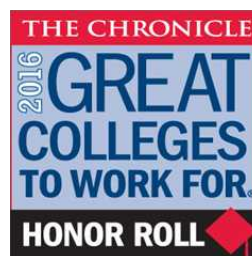
Dr. Dillon S. Tatum, Assistant Professor of Political Science. B.A. from University of Arizona, M.A. from The George Washington University, M.A. from The George Washington University, Ph.D. in Political Science from The George Washington University.

Dr. Paul H. Thompson, Assistant Professor of Voice / Chorus. B.A. from Marian University, M.M. from University of Wisconsin, Ph.D. in Musical Arts in Choral Conducting and Literature from University of Colorado.

Dr. Megan Woosley-Goodman, Assistant Professor of English. B.A. from Southern Illinois University, M.A. from Southern Illinois University, Ph.D. in English Literature from University of Missouri.

## FMU ONCE AGAIN RECOGNIZED AS A "GREAT COLLEGE TO WORK FOR"

*Submitted by FMU*



Francis Marion University once again has been recognized as a Great Colleges to Work For® Honor Roll School by The Chronicle of Higher Education, the leading journal of university and college life.

FMU's ranking is part of The Chronicle's ninth annual report on the Academic Workplace Special Issue, which will be available to subscribers and the public in the near future. The recognition is based primarily on a survey administered to faculty and staff in universities across the country, and compiled by a third party, Modern Think, a nationally recognized business consultant to universities and other institutions.

FMU is one of 92 colleges or universities recognized by The Chronicle, and the only university in South Carolina recognized as an Honor Roll school -- meaning FMU excelled in multiple categories of distinction. This is the fourth consecutive year that FMU has been recognized as a Great Colleges Honor Roll school.

# HAVE YOU ESTABLISHED A HOME/SCHOOL PARTNERSHIP?

Submitted by Dr. Kandace Bethea, Interim Superintendent



Dr. Kandace Bethea

**MARION** --It is no secret that students thrive when the significant adult(s) in their lives actively engage in their learning process. The need for a strong partnership between home and school may seem like a logical conclusion but the reality of keeping that partnership alive with communication and shared expectations is becoming more of a challenge as our lives become more demanding and complex. Like most systems, the Marion County School District is constantly searching for and inviting parent

and community participation in district-wide committees such as those that develop and review the district's strategic and reading plans. Each school has a School Improvement Council and a Parent/Teacher organization which provide parents/guardians opportunities to work together with school personnel to make decisions about the school's direction and purpose. Open Houses, sporting events and school-sponsored events are another way parents/guardians are welcomed to the school to have interaction with all the stakeholders of the school community. These types of events, where everyone comes together, is the only way our schools and our districts can successfully create an educational program that meets high academic expectations and fosters a caring and supportive culture for everyone involved.

We often allow job responsibilities or other limitations to be used as an excuse to not involve ourselves in these types of activities, but the importance of your involvement cannot be pushed aside. Children still want and need the participation of their significant adult. This can begin at home with conversations about what was learned in class that day, asking for graded papers and looking over the books and

assignments that are brought home. The world of technology has opened the doors for different levels of communication and the smart phone has brought that technology into the hands of many who have not had access to the Internet in the past. Teachers and administrators are accessible by email which has no time constraint. Although digital communication is not ideal, at least information is shared back and forth and students know they have been the center of conversation. Also know that all parents in our state have access to their child's grades and attendance in the PowerSchool Parent Portal.

One of the best ways parents/guardians can show the child that home and school do work together is to read. Take trips to the library together to find books for the family and take time out when everyone reads. Talk about the books you are reading whenever you are gathered



for a few minutes like the kitchen table or in the car. When possible, adults can have children read to them as well as adults reading to children and adults and children can read together in unison. This is a great way to share poetry together as you try different rhythms and pacing. Showing

children the importance of reading by making it a part of your everyday life just as it is a part of the school's daily routine builds that partnership.

Mid October marks the end to the first quarter of school and report cards sharing student progress will be sent home. If you haven't established that line of communication with your child's school, this is the perfect time to establish the conversation.



## We Are Marion County Educate•Prepare•Inspire

### Our Direction

Marion County School District: Preparing all students to live and work effectively, responsibly and productively within our society.

### Our Purpose

Marion County School District educates, prepares and inspires students to be productive citizens in a changing global society.

### Our Beliefs

- All students can become productive members of society.
- Education is a partnership among students, families, schools, and community.
- Our children are the center of all decision making.
- Education should prepare students to succeed academically and socially so they can compete for quality jobs and become productive members of society.
- Each person has intrinsic value and worth and is a unique individual with different needs and abilities.

More than  
**1.2 MILLION\***  
scholarships and grants  
have been awarded  
to South Carolina students.

\*Figures current from 2002 though 2014.

For more information on where the money goes,  
visit [sceducationlottery.com](http://sceducationlottery.com).



## SCHOLARS AWARDED AT *INSPIRE US* CEREMONY

*Submitted by LaDara T. Josey, M.A., Executive Director Inspire*



*Rising Star Award Celebrants (l-r): Tra'Shawnda Cox, LaDara T. Josey, Andersen Johnston, Johnathon Wideman and James Carraway*

Inspire Us is proud to announce the 2016 Rising Star \$500 scholarship recipients who are Tra'Shawnda Cox (Conway) and Anderson Johnston (Florence) and renewal recipients: Anna Kooper (Florence), Angelica McDonald (Hartsville), Jalynn Parnell (Timmonsville) and James Carraway (Kingstree).

Tra'Shawnda Cox is a graduate of the Horry County Schools Early College High School. She attends Coastal Carolina University where she will be pursuing an undergraduate degree in Sociology.

Andersen Johnston is a graduate of West Florence High School who now attends Francis Marion University, pursuing an undergraduate degree in Biology.

Anna Kooper is a West Florence High graduate and is attending the College of Charleston where she is pursuing an undergraduate degree in Biology and a minor in Spanish.

Angelica McDonald is a graduate of Mayo High School for Math Science and Technology. She is currently attending the University of South Carolina where she is pursuing undergraduate degrees in English and Public Relations.

Jalynn Parnell is a Darlington High School graduate. She is currently pursuing an undergraduate degree in Experimental Psychology from the University of South Carolina.

James Carraway is a graduate of Kingstree High School. He is currently attending Claflin University. He is pursuing an undergraduate degree in Biology.

The recipients wrote exceptional essays regarding community service and submitted two outstanding letters of recommendation. The students received their scholarships in late summer at the MINGLE of the Pee Dee event sponsored by Eastern Carolina Medicine.

Inspire Us is a non-profit organization dedicated to enhancing the lives of those in the Pee Dee Region of South Carolina by equipping them with the necessary tools to live inspired lives. Our mission is to inspire individuals to achieve their highest potential by providing people and livelihood skills. The Inspire Us Executive team believes that education is vital for our children's success and has committed to making The Rising Star Scholarship an annual event to continue to encourage and support students becoming "rising stars."

In addition to the scholarship awards in 2017, the Inspire Us team envision providing GIFTS (Graduation Incentives for The Scholars). This will include needed supplies for college freshman's living on campus: toiletries, comforter sets, school supplies, etc. The team is also planning College Tours for high school students. Inspire Us would like to thank each contributor: Woodson Law Firm, McKay's Expert Painting, St. Matthew's United Church, St. Matthews COGICJ, Door of Hope Christian Ministries, FATZ Café, Tidal Wave, MINGLE of the Pee Dee, Eastern Carolina Medical and many others for their support. Students may begin submitting their applications for the 2017 Rising Star Scholarship April 1, 2017. Visit the website at [www.inspire-us.org](http://www.inspire-us.org) for details.

Inspire Us Team

LaDara T. Josey (Executive Director), Johnathon Wideman (Director of Education), Gregory Allison (Marketing and Graphics Director) Derrick Bull (Board Member), Moreik Richardson (Team Member) Shonquene Scipio (Team Member)

# COLLEGE PREP SCHOOL FALL SESSION SEES HISTORIC LAUNCH

Submitted by Jordan Pupa, Director of Marketing



Trinity-Byrnes Collegiate School International Students pose for a group picture.

**DARLINGTON** -- Trinity-Byrnes Collegiate School started its 2016-2017 school year mid-August with a record-breaking enrollment number of 254 students in grades seven through twelve. Trinity-Byrnes is a college preparatory school that offers a rigorous yet flexible curriculum plus a wide range of athletic, and extracurricular activities. The school serves students in all counties of the Pee Dee region. Seventy-three students are new to the school this academic year, including 45 seventh grade students.

“Our considerable growth over the past five years has been phenomenal. Our outstanding academic, athletic, and fine arts programs have been a magnet for students throughout the Pee Dee region,” said April Munn, Director of Admissions and Communications.

Trinity-Byrnes has not only increased its enrollment, but it has also expanded its global initiative with students enrolled this year from China, Korea, Germany, and Thailand. Twenty-one students enrolled this academic year are international students. The international dimension is important at Trinity-Byrnes in order to prepare students

to be broad-minded, respectful, and accepting of people of different cultures and races. The diverse student population allows all students to gain real-life experience in order to be successful in an increasingly diverse world.

With the increase in international students this year, Trinity-Byrnes expanded its partnership with Coker College in Hartsville by developing an additional residential home for international students. The first house on Coker’s campus was arranged last year. The students in each house live with a Trinity-Byrnes staff member, have a Coker College dining plan, and have access to the Coker fitness center and library when needed.

To accommodate the enrollment growth, administrative positions have been restructured and created, as well as new teachers brought in.

“Our new faculty and staff will allow us even greater flexibility in offering superior academic opportunities such as AP courses, dual enrollment, and even greater course selections in math, science, and computer science. These are great additions to our already stellar dance, drama, music, and art opportunities that we offer,” said Ed Hoffman, Head of School. “These strong academic students guarantee continued college acceptance success.”

Trinity-Byrnes Collegiate School is a coeducational, non-discriminatory, college-preparatory day school serving students in grades seven through 12 located in Darlington. Trinity-Byrnes fosters development of every student’s intellect and character through strong academics, a wide variety of athletics, and extra-curricular activities. For more information contact April Munn, Director of Admissions & Communications, at (843) 395-9124, amunn@trinitybyrnes.org or Jordan Pupa, Director of Marketing at (843) 395-9124, jpupa@trinitybyrnes.org.

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# INNOVATION, NEW INITIATIVES MAKE FOR “INTERESTING” YEAR AT FMU

Submitted by FMU



Dr. Fred Carter

Francis Marion University President Dr. Fred Carter told university faculty at their annual kickoff breakfast that FMU is in for an “interesting” and innovative year. More than 300 faculty members and university staff attended the breakfast, which signals the opening of the academic year. FMU is expecting more than 4,000 students for the 2016-17 Fall semester.

Carter, who’s entering his 18th year, is the longest-serving president in FMU history and the senior public university president in SC, lauded the faculty for the power they have to transform society.

“That’s the uniqueness of our profession,” said Carter. “You can see the collective effects of our labor through the work of our graduates every single day. And those effects are phenomenal. Please know how very proud I am of what you do. You make an enormous difference in the lives of those you educate...and in the lives of those who benefit from that education.”

Carter also told the faculty that they’re in for an “interesting year,” in large part because of the national and state political climate. But he also noted that “back here on the ranch, things are going pretty well.”

Carter highlighted a number of new programs and initiatives underway at the university, including:

- Continuing development of a new program in Speech Pathology. Following state approval later this fall, the program is expected to begin in 2018.
- Plans for a new Honors Center on campus. The new building would house the university’s rapidly expanding Honors program as well as the Robert E. McNair Center for Research and Service and the university’s growing International program.
- The new Center for Academic Success and Advisement (CASA). The center will expand and enhance academic support and advisement services on campus. Two new advising director positions and two graduate student support positions will be part of the initiative. The key focus will be on providing support for freshmen students. Dr. Jennifer Kunka will assume leadership of the new entity with the title of associate provost.

- A new Social Sciences and Humanities Institute at Hobcaw Barony in Georgetown. Francis Marion University and Coastal Carolina University will partner with the Baruch Foundation to administer the new institute, which will encourage and develop new research opportunities at Hobcaw Barony, the 18,000-acre preserve operated by the Belle Baruch Foundation.
- An increase in the number of research sabbaticals available to FMU faculty each year.
- A 10 percent increase in funds available for faculty research projects and professional development.
- An increase in the number of faculty summer research stipends. The new stipends will include some funds for tenured faculty. Previously, the funds were available only to un-tenured faculty, as a means of supporting their research early in their career.
- Announced that plans are moving ahead for a Doctorate in Nursing Practice degree at FMU, and that the university will also consider a new baccalaureate degree in Recreational Therapy. Carter told faculty that “it’s simply time” for FMU to offer doctoral level instruction for nurse practitioners. FMU began offering the masters-level Family Nurse Practitioner degree in 2012.
- Announced that the university would hire an archaeologist for the history department next year. “We’re located in the middle of a region rich in colonial, antebellum and postbellum history,” said Carter. “It’s time that this university play a part in exploring, excavating, and preserving this history.”

The university also recognized 21 faculty members for state service anniversary. Those recognized were:

10 Years -- Dr. Larry Englehardt, Dr. Alena Eskridge-Kosmach, Mr. Nathan Flowers, Professor Charles Jeffcoat, Dr. DaljitKaur, Ms. Faith Keller, Associate Provost Chris Kennedy, Dr. Ron Murphy, Dr. Hari Rajagopalan, Dr. Shawn Smolen-Morton, Dr. Jeff Steinmetz, Dr. Matt Turner and Dr. Nancy Zaice. 20 Years -- Dr. Ken Araujo, Professor Tim Hanson, Provost Dr. Peter King, Dr. Christopher Johnson. 30 Years -- Dr. Allan Lockyear, Mrs. Demetra Pearson, Professor Glen Gourley, Dr. Charlene Wages, Vice President for Administration.



## THE TRANSFORMATION

MEDICAL AND NURSING EDUCATION AT FRANCIS MARION UNIVERSITY



francismarionu



# PREPARING TO RESHAPE LAW ENFORCEMENT PRACTICES, ATTITUDES

by Les Echols

The Florence Career Center has been at the forefront of many successful efforts to help local students build skills and learn trades that, in many instances, are not viewed as high profile or glamorous. One program that falls into this category is the Law Enforcement program. The program started nine years ago, and has a renewed vigor with a new instructor and the need for a more diverse and educated police force.

The Florence Career Center Law Enforcement Program is a two-year program for students in grades 10 – 12 attending Wilson, West Florence, South Florence and Timmonsville High Schools. The program is divided into two courses, Law Enforcement 1 and Law Enforcement 2. Each course carries 2 units of credit towards earning a high school diploma as well as earning dual credit at Florence Darlington Technical College. Students in the Law Enforcement Program study case law, ethics, cultural diversity, communication as well as learn technical skills such as handcuffing, arrest techniques, motor vehicle stops, and shoot/ don't shoot techniques. Students visit general session's court while in session, visit the jail and listen to a number of guest speakers from local law enforcement, judges and other leaders of the criminal justice system.



Al Bradley

Al Bradley, Director of the Florence Career Center, used comprehensive data when developing the program. "I started the program in 2007 after performing a needs assessment of jobs in the Pee Dee area which showed that there were a large number of available jobs in the law, public safety and security fields. Also the FSD1 Individual graduation reports showed that Law, Public safety and Security was the third most requested field of study by students on the IGP reports for the district. I felt that something needed to be done, so developing our own program made practical sense to me".



Joe Poston

Joe Poston, the instructor for the Law Enforcement I and II program, is enthusiastic about the impact the courses can have in the community. "The course teaches the basics of being a law enforcement officer", explains Poston. "Law enforcement is changing, and we need officers with a more diverse background to develop a law enforcement

background early". Although this is Joe's first year as program instructor, he is confident in his first and second year students.



Sgt. Priscilla Zimmerman

Sgt. Priscilla Zimmerman of the Florence County Sheriff's Department also discussed the value and quality in the program. "It is essential to get them into a program early", she said. "Just as doctors and lawyers are bred early for their field of choice, police officers need the same. Law enforcement should not be viewed as a career choice, but as something you want to do. You have lives in your hand and need to be educated as young as possible," continued Zimmerman.



Lathonia Barnes

A recent community meeting further established the need for the Law Enforcement program. It was a meeting on race relations with law enforcement held at Savannah Grove Baptist Church in Effingham. Event organizer Lathonia Barnes is also adamant about this program being another step for the younger generation in learning how to deal and interact with law enforcement.

"One key to unity is building rapport; you don't know a person's story or tendencies, there has to be a dialogue to foster the building of relationships". Mrs. Barnes also stated that she is collaborating with churches to create a series of diversity and social sensitivity trainings to bring law enforcement and the community together for dialogue.



The confidence that the community and FSD1 has with moving the law enforcement program to the next level reflects in Bradley's words. "The program is growing and we are seeing more minority students becoming interested in entering the field of criminal justice. This year we ordered a shoot/ don't shoot simulator so that students can experience real world law enforcement situations", concludes Bradley.

## DCSD'S JEFFERSON NAMED PRESTIGIOUS 'GOOGLE FOR EDUCATION CERTIFIED INNOVATOR'

Submitted by Christopher McKagen, Communications Specialist



Carla Jefferson

DARLINGTON-Carla Jefferson, instructional technology coordinator for the Darlington County School District, recently attained Google for Education's highest professional certification and is invited to attend the Google for Education Innovation Academy at Google headquarters in Toronto, Canada. Upon her return, Jefferson will be a Google for Education Certified Innovator, one of less than 1,000 in the world, according to Google.

The certification means Jefferson will join Google's premier educational professionals network, allowing access to innovative ideas and collaboration. She will also receive ongoing support from Google for Education to design and implement technological solutions and projects in her work.

Thirty-six Google for Education Certified Innovators will attend the Innovation Academy in early October after an application process that considered professional experience, passion for teaching and learning, innovative use of technology in schools and impact on other educators. A portion of the selection process included a review of a

technology project proposal each candidate submitted. Jefferson aspires to create an accessible digital space for students to collaborate through blogging. A video highlighting her idea can be found at <https://youtu.be/rJbW-CqadGE>.

At the Innovation Academy, Jefferson "will discover how to unlock creativity, translate insights into solutions, experiment rapidly, and build an effective innovation culture" in Darlington County School District, according to an email from Google.

"The application process contained elements that allowed Carla to demonstrate her creativity, innovation, experience, and leadership in the field of education," Google said. "Carla's innovation project focused on the vision to create an easily searchable space for classrooms and kids to list, find, and connect with each other through their blogs."

For more information about Google for Education and certifications, please visit <https://edutrainingcenter.withgoogle.com>.





# Florence Career Center



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*Mr. Alphonso Bradley, Director*

## MCLEOD HEALTH FOUNDATION DONATES \$75,000

Submitted by FDTC



The McLeod Health Foundation presented Florence-Darlington Technical College with a check of \$75,000

McLeod Health Foundation presented a check for \$75,000 to Florence-Darlington Technical College's (FDTC) Nursing Program late this summer at the Health Sciences Campus in downtown Florence.

The gift is an ongoing award from McLeod to FDTC for nursing scholarships. FDTC nursing students attend

clinical training at McLeod and many of them go to work at the hospital's facilities when they graduate.

"I do believe that nursing healthcare is such a future for all of us," said Tony Derrick, McLeod Health Chief Nursing Officer. "Florence-Darlington Tech's roots in healthcare has been truly a foundation to keep us all going. I think that's the key to our success and our ongoing growth."

With the high demand for nurses in the industry, Florence-Darlington Technical College is able to provide highly qualified and educated nurse candidates to McLeod Reginal Medical Center, through the college's extensive, hands-on education. More than 100 graduates complete FDTC's nursing programs each year.

Jill Lewis, Vice President of FDTC's Education Foundation said, "McLeod is one of our MVP's, Most Valuable Partners!" Tony Derrick added that the partnership between the hospital and the college is very valuable to the growth of healthcare in the region.

"We always say that patients seek out medical care at a hospital, but patients stay in the hospital for nursing care, and so we want to make sure that our nursing programs feel supportive, but not just the nursing but the allied programs as well," Derrick said. "The reason that we need to keep these relationships is because we know that we need future employees to help sustain the healthcare for this region. Our patients in our community deserve it, and that's why we're here."

## FDTC'S WELDING PROGRAM RECEIVES DONATION

Submitted by FDTC



Duke Energy's Government and Community Relations Manager Mindy Taylor presents Florence-Darlington Technical College with a check for \$70,000.

A \$70,000 gift from Duke Energy Foundation will allow Florence-Darlington Technical College's (FDTC's) Advanced Welding Center students to attend the College and make good salaries working as certified welders in the growing nuclear industry. Mindy Taylor, Government and Community Relations

Manager for Duke Energy, presented a \$70,000 check to FDTC President Ben Dillard and College Foundation Vice President Jill Lewis, at a ceremony at FDTC's welding center earlier this fall.

Taylor said, "Duke Energy Foundation is proud to make this gift to FDTC, because, it's highly trained welders are desperately needed in our power industry." The scholarships will be used by FDTC welding students enrolled in the Welding Center's Pipe Welding Academy.

According to FDTC, Duke Energy Foundation's gift will increase the numbers of welders, fitters and valve technicians in South Carolina certified to work in the nuclear industry. An aging population of pipe welders, pipe fitters and valve technicians will lead to a severe shortage of these workers within 10 years. FDTC has already provided over 200 welders, fitters and valve technicians to industries in South Carolina.

Given the acceleration of new nuclear reactors the need for skilled craftsmen is greater than ever. There is a waiting list of about 50 individuals at any given time wanting a place in FDTC's welding program. It has a 98 job percent placement rate – with over 87 percent of FDTC's welding students working in South Carolina.

Dr. Dillard thanked Duke Energy saying, "It's partners like Duke that are willing to step up to the plate and help us provide the education for these high paying jobs." The College's Foundation vice president also joined in the praise for Duke Energy. "We can't thank Duke enough for this gift! Thanks to them, a lot of welding students will be able to attend our college and get these great jobs."



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# DCSD KITCHEN STAFFERS STUDY HEALTHY MEAL PREPARATION

Submitted by Christopher McKagen, DCSD Communications Specialist



Darlington County School District Food Services employees (from left) Keyna Tedder, Bertie Jackson and Lizzie Sims learn food preparation techniques from Chef Danny Edge with Culinary Partners in July.

**DARLINGTON** – Darlington County School District Food Services employees sharpened their culinary skills and learned creative cooking techniques last month, continuing to improve the nutritional value and quality of food served to students and their families.

The 40 employees spent a week working alongside professional chefs and a dietician thanks to a generous

grant from BlueCross BlueShield of South Carolina. The valuable training focused on inventive methods of cooking while following nutrition requirements of the 2010 Healthy, Hunger-Free Kids Act. Employees learned about fresh spices and ingredients that add flavor without increasing sodium content. There is no longer a single fried dish on the DCSD menu, and the instruction highlighted ways to replace fried dishes with flavorful, nutritional foods. Employees also learned to prepare new soups, sauces, salads, vegetables and other entrees.



Food Services employees with the Darlington County School District gather around Chef Tim Page of Culinary Partners in July to learn creative and nutritional ways of preparing kitchen dishes.

Pam Vaughan, director of Food Services in Darlington County School District (DCSD), said she was thankful the employees were able to participate in the program. “It was excellent training, and the school Food Services employees were very positive about their experiences,” Vaughan said. “We haven’t had an opportunity to provide this type of training to our staff before, and it was outstanding. They really got involved, and I am

hopeful they will implement many of those skills in our cafeterias.” The training was provided by Culinary Partners, a nonprofit



Patricia Hunter, left, and Mary Ross, right, both Darlington County School District Food Services employees, work to prepare a meal during training with Culinary Partners’ Chef Danny Edge in July.

organization that works with school kitchen staff to train in preparing and marketing healthy foods to students. Eileen Staples, executive director of Culinary Partners, led the instruction. Chefs Tim Page and Danny Edge along with registered dietician Emily Moody assisted in the training. At least one employee from each of the 19 school kitchens in DCSD participated in and completed the

program.

Hartsville Middle School hosted the five-day program, and time was split between the classroom and the kitchen.

“As a district, we anticipate improving the quality of school meals, enhancing the taste of foods served in the cafeteria, and achieving a long term goal of making healthier meals for students as a benefit of the training,” Vaughan said.

BlueCross BlueShield of South Carolina funded a statewide grant to provide the training for more than 400 food services employees during a two-year period. The cost of the program for each location, which is funded by the grant, amounts to about \$15,000 and includes the food, supplies and training labor.



Forty Darlington County School District Food Services employees had the opportunity to participate in a weeklong training session on preparing healthy and flavorful foods this summer with nonprofit Culinary Partners. A grant from BlueCross BlueShield of South Carolina made the program possible.

# GEORGIA-PACIFIC’S DARLINGTON DIXIE FORCE DONATES MORE THAN 80 BACKPACKS & SCHOOL SUPPLIES

Submitted by Christopher McKagen, DCSD Communications Specialist

**DARLINGTON** – Eighty-four Darlington County School District (DCSD) students will return to school with new book bags and school supplies this year, thanks to the generous employees of Georgia-Pacific Dixie of Darlington.

Organized as the Darlington Dixie Force (DDF), the employees donated bookbags and loads of school supplies to students in schools across the district. DDF is a chapter of the Georgia-Pacific Community Affairs Service Force Team.

DCSD Superintendent Dr. Eddie Ingram thanked the Dixie family for supporting the education of Darlington County students.

“We are fortunate and appreciative to have a giving community in Darlington County,” Ingram said. “The Darlington Dixie Force’s donation will help so many of our students return to school prepared and ready to learn.”

Ashley Black, employee leader with Dixie, said the DDF worked alongside the district to identify students who would benefit the most from donated backpacks and school supplies.

“Every year the DDF team chooses three to four events and/or activities to give back to the community in which our employees live and work,” Black said. “We reached out to the Darlington County School District and asked which schools in the district had the highest percentage of lower income families and received the names of seven schools. The DDF team decided to provide three backpacks for each

of the grade levels represented within the seven schools identified, totaling 84 backpacks.”

Georgia-Pacific Dixie of Darlington employees made monetary donations and bought enough school supplies to fill all 84 backpacks, with plenty more to spare. The excess was donated to Hartsville and Darlington middle schools and Darlington County Head Start programs.

“Our Darlington Dixie team understands the importance of supporting our communities when and where we can,” Black said. “When we support our schools and our youth through donations such as these, we are investing in our community and its long term and success.”



Darlington Dixie Force members gather for a photo with Dr. Bill Boyd, Darlington County School District’s Associate Superintendent for Pupil Personnel, after donating 84 books bags and numerous school supplies for children of the Darlington County School District.

# COASTAL CAROLINA UNIVERSITY SWITCHES ATHLETIC CONFERENCES

by Ta' Meeka Epps



Walter Goffigan

Walter Goffigan has been a member of the Coastal Carolina University family since 2006, so he has witnessed how CCU student-athletes have continually achieved success in the classroom and on the field as part of the Big South Conference. With CCU's move to the Sun Belt Conference this year, Goffigan, or Coach G, as he is known on campus, says the University remains focused on developing and supporting student-athletes in all their endeavors.

"The NCAA and CCU are committed to celebrating the student as well as the athlete," said Coach G, who began his career at CCU as a student-athlete academic adviser and is now associate director of student-athlete support services. It's his goal to help mold and develop the holistic student-athlete.

Student-athletes must balance the role of being a full-time student while participating in a collegiate sport sponsored by the educational institution in which they are enrolled. Time management, core values and a dynamic support system are needed for student-athletes to excel in the classroom and on the field. Coach G and Coastal Carolina University emphasize academic success and personal development to all who adorn the teal and bronze colors of the Chanticleers.

That emphasis was evident on opening night of the College World Series in Omaha, Neb. The CCU baseball team was awarded for having the highest cumulative GPA among teams at the CWS, and sophomore pitcher Bobby Holmes was recognized for having the highest grade point average among all student-athletes at the series. The baseball team went on to win the College World Series and become the national champions. Coach G believes Coastal Carolina brings an academic powerhouse to the Sun Belt Conference along with its dynamic athletic department. Preseason predictions have the Chanticleers at or near the top of the rankings across all sports.

When asked how he believes switching conferences will benefit Coastal and the student-athletes, Coach G exclaimed, "The recognition,

exposure and diversity which comes along with joining the Sun Belt Conference is tremendous and the marketability of our students during their matriculation and beyond will be immeasurable."

Joining the Sun Belt Conference brings an increase in revenue streams; Coastal Carolina University will have greater opportunities for research within their already award-winning programs of study and increased visibility across the nation that will result in increased recruitment and retention rates. The transition to the Sun Belt Conference will allow for continued growth and increase in overall institutional prestige.



The relationship between academics and athletics at any institution of higher academics is an evolving one. While some student-athletes may experience difficulty balancing the responsibilities of their sport with the responsibilities of their academics, other student-athletes may find that the high

degree of organization required to excel in both academics and athletics leads them to be successful on and off the field and later in life.

Coach G sets the standard of excellence high and pushes student-athletes beyond the limits they have placed on themselves to position them to accomplish goals they once thought were unattainable. He does not allow the pursuit of athletic success to compromise academic integrity. Coach G wants students who represent the University in their chosen sport to also excel in life. He knows excellence looks different for each student and also requires an individualized plan to maximize each student's potential.

"We want to be the top of the Sun Belt," he said. "We are not making the transition to merely be a part of a new conference. If we are going to expect the best out of our student-athletes, we must also expect the best out of our University. We have laid the foundation and now we will continue to excel."

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# FEMALES POSSESS A STRENGTH AND GENTLENESS THAT SEAMLESSLY COEXIST

by Ta' Meeka Epps



When fostered and allowed to develop through dynamic support systems, engaging academic and social interactions in structured environments, females possess a strength and gentleness that present as one and the benefits will prove to be most

advantageous to the total development womankind. Girls University is an all girl leadership and enrichment after school academy where the mission is to motivate, inspire and educate through tutoring, mentoring, leadership, social and life skills development.

Ms. Ashli Smart is the National Program Director of the one-of-a-kind program she has brought to the Pee Dee Region. Through the after school academy, workshops and seasonal camps Girls University will provide female students a safe haven where they will be exposed to a diverse group of females enriching their youthful/mutual experiences while allowing room for self expression through creativity and team-building exercises all of which will bring about self-awareness and help foster healthy social interactions.

As national director Ms. Smart manages and oversees all programs for Girls University as well as branding and marketing of the program and management of all staff. Girls University has been making strides since May of this year in the Pee Dee Area and Smart has a model to bring five locations within five years while continuing to grow the initial program in Florence. Her desire is to help all females from various backgrounds understand that the power to invoke change and to empower one's self lies within.

The staff at Girls University knows education is critical to reaching one's full potential and believe that children have the capacity to transcend their circumstances when given a safe environment, opportunities, and loving support. Girls University will continue to build upon the STEM and STEAM foundation the females have been introduced to through their school curriculum while giving the student

opportunities to explore potential career opportunities within the technology field. Girls University will impart the idea that Individuals are responsible for their destinies and actions, and all children deserve the guidance, support and opportunities to choose a path to reaching their full potential; and if they are receptive to the assistance they place themselves in a position where success will without doubt be attainable.

Ms. Smart and the staff of Girls University will show participants that respect for the values, unique perspectives, dignity and talents of every individual is the foundation of positive social and emotional development, as well as strong and vibrant communities.

A willingness to love, integrity, respect, honesty and service to others are important characteristics of all who are a part of the Girls University family. The national director handpicked all staff ensuring they possessed all of the aforementioned qualities and were within an



age range where the participants would be comfortable opening up and allowing the program to impact them in positive ways.

"It is my purpose to share my experiences with the next generation and there are situations where the young ladies are not getting the support they

need from home, or from school so it is my duty to stand in the gap for as many young ladies as possible. Girl's University in Florence is not the last center, this is only the beginning; we provide an outlet to help females learn how to properly relate with other females on a personal and professional level. If I can make a difference in the life of at least one girl than I have fulfilled my purpose," Ms. Smart expressed.

For all information relating to Girls University or enrollment into the program visit the website at [www.girls-university.com](http://www.girls-university.com).

## FMU NURSING PROGRAM NAMED A NATIONAL "CENTER OF EXCELLENCE"

Submitted by FMU

Francis Marion University's Department of Nursing has been named as one of 15 new Centers of Excellence by the National League for Nursing, the nation's premier organization for nurse faculty and leaders in nursing education.

NLN Centers of Excellence exemplify the League's core values of caring, integrity, diversity, and excellence, and faculty at designated institutions bear a responsibility to share their experience, knowledge, and wisdom for the benefit of everyone in nursing education.

Schools and programs that receive NLN Center of Excellence recognition must meet high standards of excellence in nursing education. Each school is recognized for a particular trait that is critical to superb nursing education.

FMU was recognized for "Promoting the Pedagogical Expertise of Faculty." It's one of just seven schools across the nation recognized in that area. The others in that category include Duke, Indiana, Connecticut, the University of Louisiana-Lafayette, the University of North Carolina-Greensboro and Louisiana State University Health Sciences Center-New Orleans.

Dr. Ruth Wittmann-Price, dean of FMU's School of Health Sciences and past chair of the Department of Nursing, says NLN recognition is a notable, but highly appropriate benchmark for FMU's Department of Nursing.

"We have a long-standing commitment to providing our students with the very best instruction, which means providing them with the very best faculty," says Wittmann-Price. "That's a never-ending process,

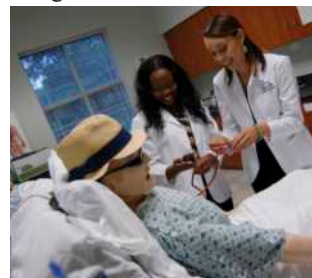
as any great nursing instructor will tell you. The professors must keep learning, keep improving, right along with their students."

Adds Dr. Karen Gittings, Chair of the FMU Department of Nursing, "Our faculty consistently produces excellent research but they all consider themselves teachers first. That's what makes FMU a special place for nursing education."

Dr. Beverly Malone, the CEO of the National League, says the real importance of NLN Centers of Excellence is to set examples for others to follow.

"Centers of Excellence raise the bar for all nursing programs by serving as role models of visionary leadership and inclusive excellence that nurture the next generation of nurses," says Malone.

FMU is one of just 56 institutions nationally that has been recognized as a Center of Excellence by the National League of Nursing.



FMU Nursing Student Angelica McCoy and Nursing Faculty member Dr. Crystal Graham

It's one of just two nursing schools in South Carolina with that designation. FMU will be formally recognized at the League's annual Education Summit in Orlando later this fall.

For more information, contact Tucker Mitchell, executive director of public affairs, at Francis Marion University. 843.661.1332, [cmitchell@fmarion.edu](mailto:cmitchell@fmarion.edu).

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The application and SLED form should be completed and submitted to the Florence One Office of Public Information at least one week prior to the training date. Tuesday training sessions begin at 5:00 p.m.

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## WILSON HIGH SCHOOL: THE 150TH YEAR LEGACY

by Anna Bowman



According to the Wilson High School Alumni Association's website, the school is celebrating its 150th anniversary. The school was founded in 1866 as a public high school for black students in Florence. The new school would be named in honor of Mr. Josh Wilson, a black postmaster. Today, Wilson High School, the school once founded to educate black students, boasts a

population of 1,300 students of all races.

Bryant Moses, president of the Wilson High School Alumni Association for the past 10 years, believes that the school is great today because of the outstanding academic preparation that has been the cornerstone for Wilson throughout its existence. The school, which is the only school in the Pee Dee to offer the International Baccalaureate diploma, has had a steadfast dedication offering the best education to its students in order for them to be competitive in their future careers.

Wilson High School is one of only a few "former" predominately black schools that survived and kept its original name after schools were integrated. Moses explained that in the early 1980's there were plans for Wilson to be renamed, North Florence High School, but it would take the relentless efforts of the late Senator Frank Gilbert and the late Dr. R. N. Beck, along with others to

fight for the school to remain Wilson High School. A deep love for WHS has allowed the school to build one of the strongest alumni associations in the state of South Carolina. In fact, Wilson has a stellar reputation of "painting" the city of Florence "Purple and Gold," during its homecoming week, when all current students, staff, and alumni from various chapters of the Wilson High School Alumni Association gather to celebrate their beloved school.



The Wilson High School Alumni Association has always had a strong bond with the school, and during this sesquicentennial celebration year the alumni association is hoping to make an even greater impact by encouraging 150 people to donate blood; each graduating class to donate \$150 to the school for the students; and encouraging other alumni to donate 150 hours of

community service. Since its inception in 1972, the WHSAA has grown to include more than 200 members in the Florence Chapter. The other chapters are in the following sites: DC/Maryland/Virginia, Connecticut, New York, Philadelphia, Georgia, and North Carolina, with the Florence chapter being referred to as the "mother" chapter. Wilson alumni are very active in participating in events that will keep the legacy of Wilson High School viable for years to come. Over the years, WHS has seen its graduates become lawyers, doctors, business owners, and several of its graduates have made a name for themselves on the national level.

To contact the Wilson High School Alumni Association, visit the website: [www.wilsonhighalumni.org](http://www.wilsonhighalumni.org).



# IN A FULLER SERVICE CLASS ALL ALONE IS BETTY HEMINGWAY

by Ta' Meeka Epps



Betty Hemingway

Enrollment advisors recruit new students to a college or university and assist prospective students with navigating the required steps for admission and enrollment. They are more often than not the initial contact person for all potential students; acting as an ambassador for the institution. After a student is accepted and enrolled at an institution the enrollment advisor has completed all duties required of their position but then there are those who go above and beyond making themselves available to their students beyond requirements of the position.

HGTC has their very own ambassador in Mrs. Betty Hemingway, a new student enrollment advisor working under the student services department. Mrs. Hemingway started at Horry Georgetown Technical College as a student so her connection to the school runs deep and her passion to serve the HGTC community even deeper.

Mrs. Hemingway has worked at the college for 22 years and knew from the moment she sat in the classroom as a student she would have a lifetime connection to HGTC. After receiving her degree from Horry Georgetown Technical College she went into the workforce believing life's experience would lead her back to HGTC and when it did she would use the opportunity to assist in fostering some of the brightest minds and talents from all over the world.

Her position requires her to recruit new students then advise them and get them on the right path to a successful career. Along with other duties, Mrs. Hemingway works very closely with the international student population helping to diversify HGTC. She assists the international students with securing needed student Visas and with their transition to the Grand Strand Area as students.

Mrs. Hemingway works with recruiting new students, however, she has an open door policy and encourages all her students to visit

her office whenever they need any assistance; even with transferring to neighboring Coastal Carolina University to continue their studies. She believes she has a duty to offer assistance to all students and educate the students across the board. "The student services department is here to help cultivate a career path for those who have no idea where they see their place in life and then help them figure out the best possible ways to obtain their idea of success," Mrs. Hemingway stated.

When asked why she serves her students with so much zeal, she smiles and states, "It takes a passion and a desire to want to see the students excel. I often tell my students I will see you in two years, I will see you walk across the stage I am just as vested in your success as you are." Then her smile softens and her voice lowers as she continues to speak, "I have sat on the other side of the desk as a student, I know what it feels like to not be properly advised, or to feel like a number that walked through the door instead of an individual and I made a decision to never make a student a human being that sits on the other side of my desk feel how I was made to feel so I engage the students with the intent to get to know them while making every interaction a personal one, not a cookie cutter process."



Because of employees like Mrs. Hemingway standing in the student's corner going above and beyond her job description enriching their lives, Horry Georgetown Technical College is able to equip the students with the necessary knowledge and skills to place them in the best position to succeed. Mrs. Hemingway, through her passionate actions, is compelling the students of HGTC towards victory for themselves and for all of whom their lives will impact, and for such monumental deeds is to be saluted.



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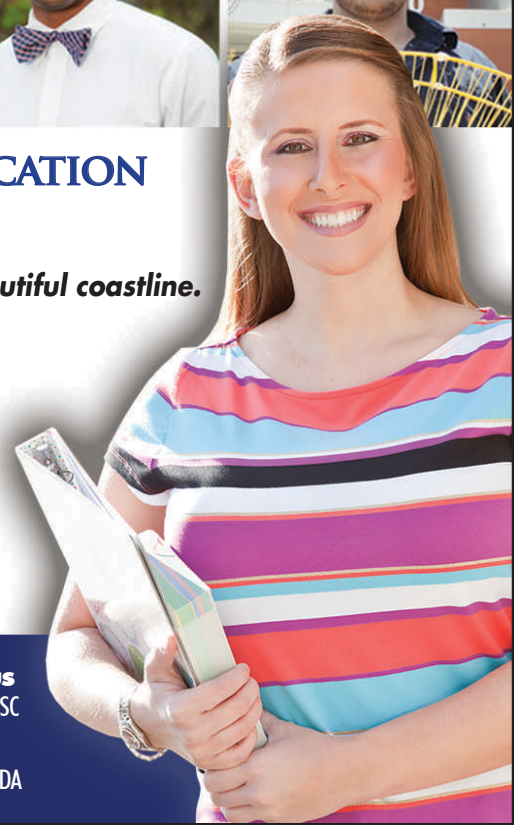
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# GETTING BACK TO BASICS

Submitted by Andreaka Johnson, Director of Marketing and Communications



Forensics 2016

Any contractor will tell you that without a strong foundation, the lifespan of a building may be in jeopardy. So why would the same not be true for education? Parents often want their kids to use the newest technology or enroll in

advanced classes, but it is important to first ensure that they understand the basics. For knowledge built with a strong foundation can never be lost.

**It's all connected** It's important that children learn at an early age that science, math, and literacy are all connected. Visit any class of school age children and you will have several tell you they want to be a doctor when they grow up. Unfortunately some of that enthusiasm wanes when they discover that math will be a key component in their studies. Sure as adults we see the correlation, but often times children see disciplines as singular themes, with one having nothing to do with the other. Therefore, look for ways to demonstrate how these subjects connect by choosing age appropriate activities that incorporate all three. It really could be as simple as following a recipe in a cookbook; there's reading, measurement, and usually some chemical reactions involved.

**Take nothing for granted** Learning is an ongoing process, and nothing should be taken as a given. Age or grade level does not necessarily equate comprehension. So take some time and



Engineering 2016

observe your child's dexterity with using tools for assembly or cutting out objects, whether they've mastered the use of a ruler, and have an understanding of basic arithmetic. Again, these may seem rudimentary

in nature, but they are nonetheless important in establishing a basis for a strong education and life skills in general.

**Seek opportunities for reinforcement** Take advantage of educational outlets that provide children the opportunity to explore different disciplines. Whether that be activities with the Scouts, youth groups, or Saturday workshops at ScienceSouth, educational reinforcement is helpful regardless of the format. A different educational venue may just be what's needed to turn on the proverbial light bulb for your child.

Creating an educational environment where all disciplines are interconnected helps develop a well-rounded student who is able to think critically. ScienceSouth strives to be the resource for parents and educators alike to provide this experience to their youth.



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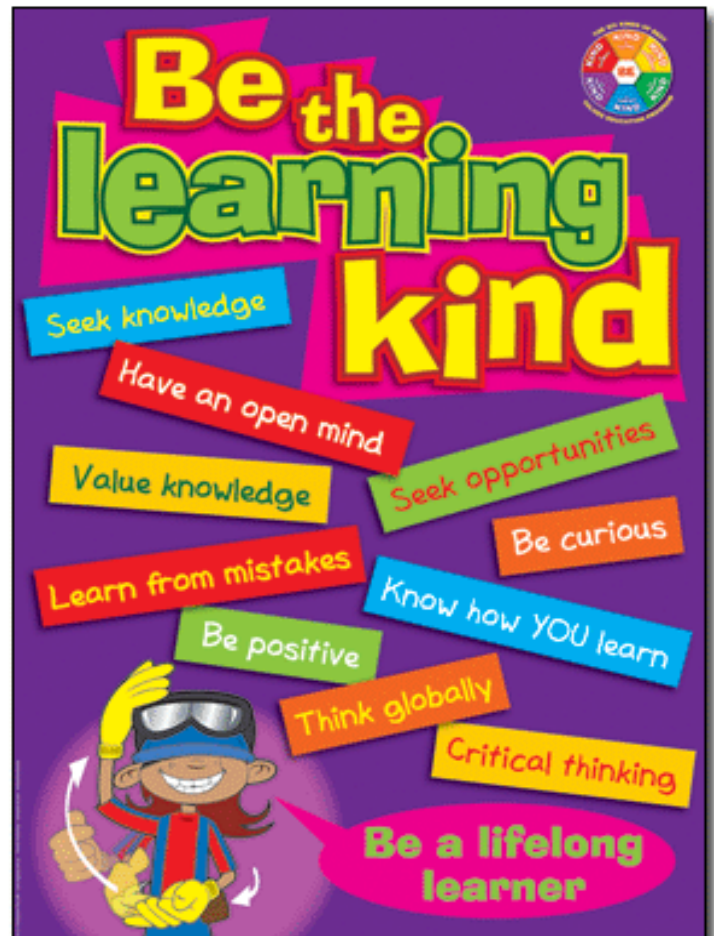
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## DIVERSITY DRIVES SUCCESS ... YESTERDAY, TODAY AND TOMORROW

by Rennie Lunn-McAllister



Rachel P. Cullen

facilities to the consumers they reach.

Clearly a gargantuan task -- interfacing with a diverse group of food scientists, technologists, developers, safety experts, testers and the entire spectrum of collaborators who impact the end product-- is what makes her day. Every. Single. Day.

Cullen was groomed for her current position since her early days on a farm 9 miles out of Pageland, SC where her parents instilled in their children to seek out experiences and pursue their ambitions. Learning from activities like teaching others to swim, competing in community speaking contests and participating in team sports, she began to value, appreciate and practice the strengths of collaboration and teamwork that equate to -- in her terms-- the power of diversity. "It is a natural part of my life both personally and professionally and that is why I see it as such a critical component of the workplace," she said.

"For us at Ruiz Foods, all of our team members recognize diversity and winning as going hand in hand. We all know our focus is fixed on our consumers, customers, vendors/suppliers and communities. Our teammates are always encouraged to interact with each other, learn from each other, respectfully challenge/debate and grow with each other because different viewpoints lead to better discussions, better decision-making and ultimately, better results. Now because we have such a vast variety of customers, diversity is a key element in our relationship with our consumers who are comprised of people who want multiple choices in the foods they eat, the flavors they prefer, the spices, heat levels, textures and so on. That being said, all people want food that tastes great, is available at a good value and is, of course, safe to enjoy. And because we have a team with diverse backgrounds having their say in our products, we believe we create better products with a wider appeal. In fact, statistics show that we have approximately a 5x better success rate than the average consumer products goods (CPG) company. Personally, I believe it all points back to our strength in diversity and a belief in what it positively brings to the table," she elaborated.

All of this company's magnitude helps keep it forceful, but did not begin with today's leadership. It all began in 1964 when Louis Ruiz and his son, Fred, began making frozen enchiladas and burritos to sell to 'mom and pop' grocery stores. And while they started the company on the simple premise of providing great tasting Mexican food they quickly realized that the real strength of the company was

### DINUBA, CA --

There is a very significant reason that all 3,100 of Ruiz Foods' Team Members wear a badge that reads "I Make A Difference". And that is "because they (we) do... conscientiously, willfully and with a purposeful commitment to take charge of our roles -- at every level -- in every work day to bring out the absolute best from what we positively put into it," according to President & CEO Rachel P. Cullen, who paves the superhighway from the foods produced in their US-based

their people. Currently the firm enjoys a very strongly diverse workforce across the nation -- embracing a variety of ethnic groups and team members -- who have been working for Ruiz Foods for a range of two to 30+ years. They consist of American Indian, Asian, African American, Hawaiian/Pacific Islander, Hispanic/Latino or White descent. And many Team Members -- sometimes 10 to 20 different individuals -- become involved at regularly scheduled executive team meetings, presenting and recommending a course of direction on projects they lead. Project leadership and project ownership are vital and stressed to Ruiz Team Members who are in position to spearhead or to all of whom aspire to one day do so.

"Let me explain how this works. First, the Ruiz family culture brings cohesiveness to the organization. I think it is because we know the owners, we are all working together with common goals and have a shared value system. To this cohesiveness, add our broad range of experiences and knowledge and you create a strong team. We encourage a team approach to work: in fact, teamwork is one of our six core values in addition to integrity, safety, innovation, respect and quality," she told.

The company's El Monterey brand is the #1 frozen Mexican food in the United States and its foodservice brand -- Tornados -- is a leader in convenience stores' roller grill category. When asked, Cullen believes that it is the modern day workforce that makes the company fierce and competitively advantageous. "We are category leaders and remain positioned for long term growth. Our culture, our commitment to our customers and our belief in the power of diversity positions us for unending future growth and success," she explains.

Displaying on the dashboard for the Florence, SC manufacturing facility is a buildup of its workforce from 350 to more than 500 by the end of 2017. "Growth has been fast and exciting. We have been working closely with SC Now and with their guidance and assistance, we have had the good fortune to hire great people as members of the Ruiz Team. Other Ruiz Foods facilities are in Dinuba/Tulare, CA and Denison, TX.

That same level of commitment extends after the workday or week has ended through one of several internal programs. "Ruiz Cares" mobilizes volunteers to identify and render services to diverse local community outreach causes. Ruiz 4 Kids, the company's non-profit, raises money to benefit children in the communities in which Team Members work and live through High School Senior scholarships and a Mini-Grants for Teachers Program. In Florence, SC alone, Ruiz 4 Kids has distributed more than \$5,000 in scholarships and more than \$36,000 in Mini-Grants 4 Teachers since the facility opened.

A deliberate, hands-on planner who delights in taking risks and admits she makes mistakes, Cullen does not lean on her own understanding of/for operations and outreach, but relies on all of the members of the company's executive and leadership teams who surround her for the greater good of Ruiz Foods outcomes. "In one of my first meetings with our Chairman, Kim Ruiz Beck, I remember how she talked about her dad and grandfather and how she was always grateful for what they refer to as achieving "The American Dream". As a result, they had a strong commitment to paying it forward whenever possible by giving opportunities to other minority-owned or family-owned businesses as vendors/suppliers to the company. It is a practice that Kim Beck was exposed to at an early age ... embraced... and it is what we still do today."

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## CONTINGENCIES OF ABILITY TO PAY TO LIVE SHOULD REALLY EXIST?

Submitted by Patricia Alvarez



Patricia Alvarez

Imagine the fate of your life being determined by your financial ability. Would you survive? Sometimes access to healthcare is taken for granted in the U.S. I'm Patricia Alvarez, a citizen of the Dominican Republic and a breast cancer survivor.

During a self-exam, I felt a lump in my breast. It wasn't unusual since I had bilateral cyst removed as a teen. I thought it would dissolve, but after two months it hadn't. An appointment with my gynecologist was delayed due to a broken ankle. So, bed-ridden with a heavy cast,

I couldn't go anywhere. One night I had a disturbing dream. I saw myself asking a Psychiatrist how to tell my children I had breast cancer. This was a sign from God. When the cast was removed, I immediately saw my doctor and this time, it wasn't a cyst. In May 2013, I was diagnosed with HER2 breast cancer which spread to my right arm and neck lymph nodes. The news was devastating. I went to my boyfriend and as he held me, I sobbed for what seemed like an hour. How could this happen? I have children to care for! I finally realized, crying won't solve anything. I'm fighting for my life! And so the battle began.

To my dismay, my insurance didn't cover mastectomies. Additionally, it only covered part of my treatment. In the DR, if you don't have insurance you must pay cash. And if you don't have money to pay for each treatment, you don't get it. So, many people die trying. I had to pay \$8,000 up front for my mastectomy in the DR, and an oncologist told me I could die while having chemotherapy. Thank God my cousin Lhissa Santana was a Doctor at Carolinas Hospital. I shared what was going on and the treatment plan my doctor provided; Lhissa asked a colleague, Dr. Skaff, to review it. Dr. Skaff also concluded that the treatment would kill me; based on the plan. I was advised to get to Florence, SC, STAT!

Now I was faced with the dilemma of either traveling to Florence or having treatment in the DR, where I had a supportive family and boyfriend. I needed help with this decision but no one I knew had ever faced this challenge. I cried myself to sleep that night with my head filled with questions, again I had a dream. This time God was carrying me like an infant. He said, "don't worry, I have you, you will be O.K." That was it! The validation I needed to proceed. With my kids settled away with their nanny and my father, my mother and I boarded a plane to South Carolina.

In the U.S., additional out-of-pocket expense was incurred. Carolinas Hospital made suitable arrangements for my unique situation and I started Chemotherapy soon after arrival. The American Cancer Society provided a gas card and referral for a prosthesis, which was a help, but there were limited resources available for me. My boyfriend was my ROCK, emotionally and financially. Before treatment I was informed of what side effects to expect, but I didn't anticipate it so soon. Two weeks after chemotherapy my hair started falling out. I felt helpless knowing I couldn't stop it, but I wasn't letting cancer control me; I shaved off all my hair! That's right, I DID IT! Now take that cancer!! I immediately posted my picture on Facebook to show that true beauty is within and losing my hair and breast are only scars from my battle; a battle I was certain to win! I felt powerful again! Even

if just for the moment, that day - I defeated cancer!

One of the most difficult parts of my journey was leaving my kids, and not seeing them daily. I attempted to get holiday Visas but the U.S. Embassy denied it thinking I would illegally remain in the U.S. Thank God for Skype and FaceTime; these tools united us and helped me endure. When diagnosed, people thought I wouldn't survive. I had poor nutrition, was timid, shy, and had no tolerance for pain. But I proved them wrong. I fought like a girl, never missed treatment, stayed positive, and put myself in God's hands. That's the key to any struggle, resolve to make it, then do it! I admit I questioned God, but soon realized HE has a purpose. Because of this journey I was able to assist someone from my hometown who was also diagnosed. I provided support, shared what I experienced, and gave her HOPE. Without going through this journey myself, I couldn't have done that. I had the privilege of attending a Pink Tea hosted by Carolinas Hospital Breast Cancer Support Group. There I met survivors just like myself who supported each other. We need this, and I plan to start a support group or foundation in the Dominican Republic.



My kids, boyfriend, parents, siblings, family and friends were my daily impulse to persevere and never look back. In October 2014, I completed my treatment and returned home. I had reconstruction surgery performed by Dr. Julio Molina, a wonderful plastic surgeon in the Dominican Republic who helps breast cancer patients get reconstruction for a low cost. Every October, he provides a totally free surgery to a lucky survivor. And, I still follow-up with Dr. Skaff in Florence.

God sent me many angels, people who rotated driving me to treatment, and people who thought of me as family. I'm grateful for Fatima Cepeda, my new mom, and the Jehovah Witness Spanish community. Dr. Skaff and Carolinas Hospital became my angels and restored all HOPE in me. The medical staff made me feel safe, as if my life was important to them. I couldn't have been blessed with a better team; I love them all. Most of all, I'm especially grateful for my cousin Lhissa and her husband for providing a home-away-from-home. If it hadn't been for her and Dr. Skaff, I may not be alive today. The financial struggle was real and I know many people don't have the resources, I was truly blessed. The Pee Dee now has a Cancer Relief Fund, something I wished existed in 2013.



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## MALE BREAST CANCER...IT HAPPENS

by Kim Williams



Gary Williams

It was the spring of 2009. I was a healthy 36 year old man. I was busy living life, being a son, a father, a husband, and holding down a full time job. So I shrugged it off, when I began to experience some discomfort and soreness when I would shower. This went on for a few weeks, until the soreness turned into pain in my left chest area. I couldn't ignore it any longer, and began to

look for answers. Since I rarely had the need to visit doctors, I didn't have a primary physician, and sought help from the staff at First Choice Healthcare on Second Loop Road. The doctor there, wasted no time in probing and prodding me. She quickly sent me for a biopsy and a mammogram. I have to admit, this was an extremely painful procedure to have done, since I had very little to put into the machine, and this is a more common test for women. When I received the results, I was shocked to learn it was malignant. Breast cancer is not a word that is associated with men very often. In fact, I had never heard news of a man with breast cancer. It was tough to comprehend for my family and I. As if this wasn't stressful enough, my dad passed away during this same time. He had battled with lung cancer for five years. We buried my dad on Friday and my surgery was scheduled for the following Monday. As you can imagine, it was a whirlwind of emotions. I was trying to be an emotional support for my grieving family, while faced with the unknown of what the future held for me. That Monday, I had a full mastectomy on my left breast. Dr. Player and his staff were amazing throughout this whole process. They made sure that I understood what I would go through, and experience during the surgery, as well as the healing time period afterwards. I could not have asked for a more caring, supportive, and encouraging group of people to help me through this time. The procedure from start to finish lasted about three to four hours and was performed at the day hospital at McLeod.

Afterwards, we learned that the doctors were able to get all of the cancer, and were relieved, thanking God for bringing me through this time in my life. Although the diagnosis and surgery happened so quickly, the healing process was much longer, and took about two months before I was able to resume daily activities. This resulted in a bit of depression because I found myself in need of physical and financial support. Everyday activities such as bathing, getting dressed, and preparing food, became a struggle because I could only use my good arm and couldn't get my bandages wet. My mother and wife were strongly supportive during this time. However, God is what got me through my day to day emotions. Many people think that the only treatments available is the dreaded words, chemo and radiation. However, after discussing what the doctor recommended, I ended up having to take 2 pills that were a 30-day treatment. After the pills, I had to go to check ups every 3 months, then 6 months, and now every 5 years. This was my experience as a breast cancer survivor.

If someone asked me for advice, I'd say to them, at the first signs of anything out of the ordinary, get it checked out, don't put it off. Early detection is key! Don't keep your feelings or thoughts bottled up, people want to help, but often have no idea how they can.

Although our family has always enjoyed participating in events held by the National Cancer Society, it holds a much more special place in our hearts, since my life was affected by cancer. (It's almost October, and I know, I'm getting my pink shoelaces ready!)

Until a few years ago, I had kept my story to myself, because I felt uncomfortable about it. However, I noticed there are so many people out there that have a similar story to share, and when sharing these ups and downs, it becomes hope for others. So, my hope is that my story, our stories, will be able to help someone else.



### The LuCanne Foundation

Presents

### Couture for the Cure

Charitable Fashion Event

Saturday, October 29, 2016

5:00 p.m. -- 8:00 p.m.

Cheraw High School Gymnasium

#### Tickets

\$10.00 in advance

\$12.00 at the door

#### Entertainment

Michelle White & DJ Chuckie Robinson

Door Prizes!

Hor'd'oeuvres!

#### About Us

The LuCanne Foundation is a non-profit organization founded in November 2013 to commemorate the life of LuAnne Patterson who lost her battle in June 2007 to Inflammatory Carcinoma of the Breast (IBC), a rare form of breast cancer.

The foundation is founded upon three ideals: prevention, service, and celebration. Unlike other nonprofit organizations that use profits for cancer research, The LuCanne Foundation provides direct services to cancer patients, their family members, and survivors of cancer.

90% of proceeds will assist cancer patients undergoing chemotherapy and radiation treatments.

10% of proceeds will be donated to St. Jude Children's Research Hospital.

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## NEW PROBLEMS, NEW REMEDIES

Submitted by Sherri K. Scott, Massage and Bodywork Therapist



Sherri K. Scott

When I decided to become a massage therapist 13 years ago, I didn't realize that massage was more than going to the spa for stress relief and pampering. In fact I've only had one professional massage prior to class, but I knew that I wanted to help people with touch therapy. I soon realized that there were so many different areas of health that massage therapy could be beneficial towards. One area intriguing to me was women's breast health. In school we were taught to stay away from the breast. Through independent study, I found that there were massage

techniques for breast health and to help women living with cancer, as well as post op after a mastectomy. That's what I wanted to do, so I took an extensive course and became certified in manual lymphatic drainage as well as several courses in oncology massage.

Sometimes when a woman has breast surgery lymph nodes are removed for testing. Once one or more lymph nodes are removed, she's at risk for lymphedema and her arm could swell on the surgical side.

Lymphedema is the swelling of (the arm in this case) or other parts of the body because of damage to some part of the lymphatic system. Swelling occurs due to excess fluid within the tissues under the skin because of trauma, surgery, a blood clot, radiation or infection. This is Secondary Lymphedema.

Then there is Primary Lymphedema or Milroy's Disease. It's normally a genetic condition caused by congenital abnormalities in the lymphatic system. This is when it became personal for me because I



found out by going to this class that my oldest son (then 29) had primary lymphedema and we didn't know it. We thought his bigger leg was just a deformity and no doctor had ever told us differently. He had cellulitis (twice); an infection commonly found in people with lymphedema and an ultrasound was done on

his leg and we were never told of his condition. It wasn't until I received my books in the mail before class and there was a picture of someone who had a leg like his that it all came together. Since then he was treated at the lymphedema clinic in Florence and manages the disease very well. Whether primary or secondary, lymphedema is a chronic lifelong condition that needs to be managed and taken seriously.

Once a woman has been diagnosed with lymphedema, her doctor should refer her to have manual lymphatic drainage therapy and will be advised to wear a compression sleeve on her arm to keep the swelling down. This is normally done by a physical therapist or an occupational therapist. Most insurance companies will pay for treatment at the lymphedema clinic but unfortunately they won't continue to pay indefinitely.

As a massage therapist trained and certified in lymphatic drainage,

I can give a "tune up" once in a while to help manage lymphedema symptoms of excessive swelling. I'm also trained in bandaging, scar tissue mobilization, and auxiliary coring treatment and can assist with range of motion exercises.

I also specialize in a technique called massage cupping and use a medicupping machine which provides vacuum therapy for scar tissue release. I use it for various other massage treatments that help with pain relief such as fibromyalgia, rheumatoid arthritis and tendonitis.

Working in a chiropractic clinic, our main focus is holistic pain relief and pain management. Normally what brings people into the office is for neck and back pain. While many people think about chiropractic care as something you seek out after you're in pain, chiropractic also helps prevent many injuries and health problems that you want to avoid such as headaches, sciatica, and carpal tunnel. Whether pain is due to an accident or repetitive strain injury, our doctor finds where there may be misalignments of the spine and treats with "adjustments" that help bring the spine back into proper alignment. Massage therapy helps relax tight muscles in order for those adjustments to hold better and longer.

Sherri K Scott is a Licensed Massage Therapist and a 2004 graduate from Southeastern School of Neuromuscular and Massage Therapy in Columbia, SC. She is married, has four adult children and five wonderful grandchildren. She's worked at Family Neck and Back Center, in Florence for almost ten years. She considers herself a lifelong student, taking continuing education classes often in order to stay current and wholeheartedly believes that massage should be an integral part of one's healthcare team.

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## LITTLE PINK HOUSES OF HOPE

by Donna SantiAnna



The name “Little Pink Houses of Hope” may have you envisioning something really small and pink, but the reality is quite the opposite. For breast cancer survivors and their families, Little Pink Houses of Hope provides services that are immeasurable! Although the organization is based in

Burlington, NC, their retreats extend to 11 different locations across the nation, and even to the Virgin Islands. Little Pink Houses of Hope offers week long retreats for individuals who are currently battling breast cancer, or have been in treatment for breast cancer in the last year. These retreats provide a week of fun and relaxation in a beautiful setting for both the cancer survivor and their family.

Jeanine Patten-Coble is the founder of Little Pink Houses of Hope. While on a pre-planned family vacation immediately after being diagnosed with breast cancer, she took a run on the beach to clear her head. While running, she noticed a group of abandoned oceanfront homes. The site piqued her interest as she continued her run back to their beach house, Jeanine couldn’t get the houses out of her head. She envisioned painting the houses pink and creating a cancer retreat center. It was almost all she could think about all week, these houses and what they were calling her to do. Jeanine envisioned a plan to change the world, and before long, she put her plan into action. In 2011, 41 breast cancer survivors and their families attended retreats in four different locations.



The mission of Little Pink Houses of Hope is to offer breast cancer survivors and their families a week to relax, to reconnect and to celebrate life. It is their goal to help foster family bonding by providing a place where families can enjoy time together during a very difficult time in their lives. “When you get a

cancer diagnosis, it’s the toughest time to plan a vacation,” said Jeanine Patten-Coble, but that may be the time when you need it the most. At no cost to the family, they are provided a with a house, meals, and activities such as kayaking, fishing, carnivals, crafts, and more, depending on the location of their retreat. The only out-of-pocket expense for the survivor’s family is the cost of traveling to and from the retreat. Families attending the retreats are also afforded some travel discounts through airline and car rental partners.

Little Pink Houses of Hope currently has 11 retreats in five locations of North Carolina: Carolina Beach, Hatteras Island, Emerald Isle, Oak Island and Buxton; in Florida: Key West and New Smyrna Beach; there is a retreat in Gulf Shores, AL; one in Myrtle Beach and one in St. John, VI. The organization is planning to expand, as well, says Jeanine Patten Coble, “We will be adding four locations each year for the next four years. By 2020 we will offer 28 retreats to families.”

In October each year, Little Pink Houses of Hope lists all of the available retreat weeks and destinations on their website. Breast cancer survivors who are interested in attending a retreat must submit an application. The applicant must be ambulatory, they must have medical clearance, and they must be 18 years of age. Although priority is given to the survivors who are currently undergoing treatment, if one has



been in treatment for breast cancer within the most recent 12 months that patient is eligible to apply as well.

So how can an organization afford to provide all this to these selected families? Little Pink Houses of

Hope receives monetary donations from the public and they raise money through various fundraising events. The volunteers of Little Pink Houses of Hope donate their time, talents and hearts to the survivor families. And the houses, although not necessarily “little” or “pink,” are donated by some very generous donors who are willing to lend their houses out for a week at a time.

Since the inception of Little Pink Houses of Hope, 500 families have attended their retreats. Breast cancer survivors, caregivers, husbands, wives and children, have all been given something so big and so meaningful, it’s hard to put into words. Some of these families have made lifelong friends that stay in touch and support each other long after the retreat is over. Families take home treasured memories that will last a lifetime. Most importantly, these families have been given hope – hope that there is life after cancer.

If interested in volunteering, making monetary or services donations, or finding out more information about this organization, visit the website at [www.littlepink.org](http://www.littlepink.org) or call 336-213-4733. Visitors can also “like” their Facebook page Little Pink Houses.



# Crowns of Hope

Hat Fashion Show

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More

Supporting: Breast Cancer Awareness and The Fight Against Domestic Violence

		
Stephanie Jenkins “The Jewelry Lady” Premier Designs Inc.	Sonyetta Cooper Founder of Girlz of the Pee Dee	Joyce Ford The Naomi Project Terry James, Photographer
		
Tonya Morman Spoken Word	Dr. Jennifer Evans Words of Encouragement/ Empowerment	Andrea Frondorf Connections by Drea

October 29 at 2 p.m. at the Match Maker Conference Center  
 2736 TV Road Florence, SC 29501 - \$10 donation entry fee



# Domestic Violence Awareness

## NO GLASS SLIPPER FOR ALICE: A STORY OF HEARTACHE AND ABUSE

by Anna Bowman



Every little girl dreams of finding her Prince Charming; Alice was no different. He said all the right things at the right time to make her heart melt. It has been said that a woman's wedding day in the most important day in her life - but for Alice, the most important day of her life, is the day she saved her life by leaving an abusive marriage.

Alice, (\*not her real name), described her life before her marriage as being "happy and exciting," she said, "I was happy to meet my future husband, and knew I wanted to share my life with him." So when he "popped the question," she was more than happy to squeal an enthusiastic "Yes, I'll Marry You," to the man who just asked her to share her life with him, after all, she had indeed founded her "Prince Charming."

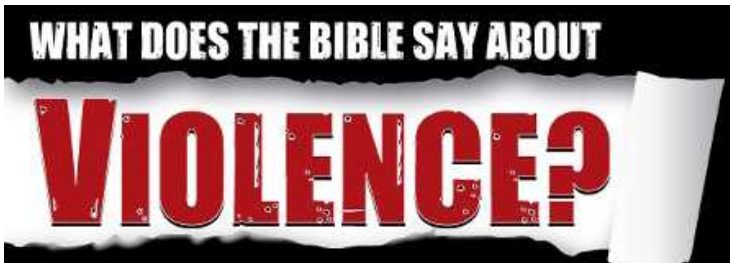
Like all newlyweds, the couple was happy settling into their new life as "man and wife" with a very bright and promising future ahead of them. But suddenly, without warning, things began to change, and the man she loved, and vowed to love forever was gone - replaced by a stranger she didn't know. When asked why she didn't leave the first time he physically abused her, she innocently answered, "I was in shock." Alice's shock turned into a four year ordeal before she realized she had to escape in order to survive the abuse.

As anyone can imagine, it was hard for her to function in her daily life, she said, "I just hoped for the best, trying not to provoke him and hoped he was in a good mood when he came home." Four years is a long time to "hope" for the best, especially when things only got worse for Alice. But she would gain the courage to leave and found solace in the arms of her friends, who helped her transition into the survivor she is today. She didn't have a fairy tale ending with Prince Charming like little girls dream of, but she received something more valuable and priceless - her second chance for a better life! She offers advice to anyone in her former situation, "I just want anybody in this situation to know there is a better life out there and you can have it," she said, before adding, "Just pray and have courage."

Words of wisdom from a princess who tried on the slipper, that when it didn't fit, discovered the strength from deep inside her soul to walk away as a survivor!

## CHURCHES MESHING WITH CRIMINAL DOMESTIC VIOLENCE ON THE RISE

by Rennie Lunn-McAllister



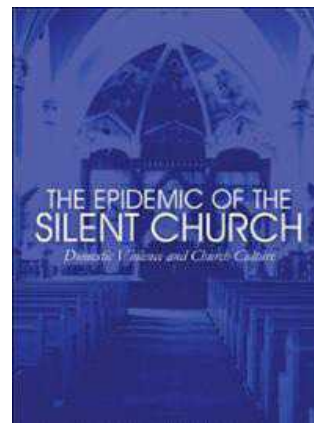
It would seem that church culture and criminal domestic violence culture would have nothing in common, yet, at an ever increasing rate, they are becoming more enjoined.

Understanding that everyone can bring anything to the altar, how literally should that go?

Meet Abyss (alias), a pastor who married a minister, her subordinate, who on numerous occasions tried to take her life. Her story sounds a lot like those of other women who are victims of domestic abuse... from storybook to a 180 degree flip manifesting through isolation from friends, extreme dominance and role reversal (he convinced her she was the culprit but he enrolled in anger management anyway) and beating her silly with anything he could reach.

A couple for nine years and married for four, they only have the one understanding that he is the boss and they are only going to go forward his way as lust turned to love and back again over time. "He used to and still will beat me. He fell in love with my cooking in the kitchen and in the bedroom. He came to the church during service more than once and tore me from the pulpit before witnesses and beat me down real bad... accusing me verbally and abusing me mentally and physically... saying he loved me but hated me. He took me to the hospital where I received five stitches in my face, almost lost my eye from that cell phone beating... I learned it was more obsession than anything else because he didn't get my calling in the ministry. I have lost several jobs and two churches because of this man. He required

me to call him at the end of my workshift every time and if I was two minutes later than he thought it would take for me to get from work to home, he would dive on me to reinforce what he thought he was supposed to be teaching me. He lies to cops and they let him go free. I got so scared of him that I got a restraining order but it was not enforced because something happened and I didn't show up to sign it. So now I'm a sitting duck and he comes here when he gets ready and I have to call the cops every time. Sometimes I escape."



All the same, she firmly believes -- as does every Christian -- that she is more than a conqueror. "Now I know that Satan is an opposer and he comes against anything of God, yet as God has instructed us as wives to be submissive to our husbands - and we are still married yet living apart - I am obedient to God and know that He will handle this matter in His own time and way. My husband has got to want to be delivered of that demon that he houses and allows to control him. I'm going to always stand with God. I love my husband like we are supposed to; but I'm not in love with him. I love

God."

*Intimate partner and domestic violence are major public health and criminal concerns in South Carolina as an average of 36,000 assaults are reported to law enforcement every year. In 2014, the Palmetto state led the nation in the highest number of women killed by men, twice the national average (Violence Policy Center)*

*Assaults consist of rape, beatings, mental/verbal/physical abuse. To view an extensive list of risks, damages, effects suffered by victims/survivors and their children and perpetrators' self-inflicted harm, visit [www.domesticabusecenter.net](http://www.domesticabusecenter.net)*

## WALKING IN MOTHER'S SHOES MAKES THE WAKE UP CALL

by Anna Bowman



Tonya D. Flowers and her husband Deacon Bobby L. Flowers Jr. Co-Founder

**DARLINGTON** - The state of South Carolina is number one in the nation for women being abused and killed because of domestic violence. It's a statistic that so many of us don't realize it, including the women trying to hide from the violence with their frightened children in tote. With this disturbing information, in 2013, Tonya D. Flowers opened the House of Refuge, Refuge Outreach Ministry, a safe place for homeless battered women and children. She knows exactly how it feels to be in their position and she knows in her heart what they need to feel safe - a place of refuge to soothe their aching hearts. Flowers understand their trauma on a very personal level.

Flowers, herself is a survivor of horrific domestic violence. "As a victim of domestic violence, and losing my mother to domestic violence at the hands of my stepfather, I was inspired to reach out and be a voice for our community assisting others come out of their deep despair by letting them know that they aren't alone. In 2013, Flowers wrote her autobiography, "There is a Way Out," detailing her ordeal with domestic violence and her journey as a survivor.

She attributes God as her guiding force who undeniably saved her life and planted the seed of the outreach ministry in her soul. She said, "God is a present help in a time of need and he gave me this vision to

serve others in need." Her vision initially was just to provide a place for abused victims to come and share their experiences with other victims; God's vision for her was to expand her territory to create the saving grace that is today, the House of Refuge, Refuge Outreach Ministry. As an advocate for battered women and children the doors are open 24 hours a day because domestic violence can happen to anyone at any time.

Flowers and her 14 volunteers are dedicated to helping the individuals who are referred to them for support by other organizations or agencies, as well the victims who contact them on their own. The center offers an array of programs to empower the women who come to the transitional house. As an enthusiastic Flowers details some of their services, "We offer counseling, services for those seeking jobs, group support, parenting classes, and ways for the residents to continue their education," she said.

She expresses her gratitude to the countless organizations, agencies and individuals who continuously offer their support to her outreach ministry: The city of Darlington, Vaughn Insurance, Milling Law Firm and Jebaily Law Firm, CSX, Sisters of Charity, Medicap Pharmacy, Walmart, First Church of God, Rubicon, Pee Dee Mental Health, Serenity Counseling, FDTTC, Darlington's Fire and Police departments, Sonoco, as well, as Piggly Wiggly, Bi Lo, Hardee's and Takis Restaurant. It truly takes a village to support the victims of domestic violence, and the House of Refuge, Refuge Outreach Ministry is grateful for everyone who understands and supports their vision. To make a donation, contact Flowers at (843) 624-3214.

## National Disability Awareness



## TRAINING AND KEEPING QUALIFIED WORKERS IS KEY

by Les Echols



Eric M. Robinson

The most important factor to building and improving a quality workforce is the training and retention of qualified candidates. While a number of candidates struggling to find employment have the willingness and desire to work, they may face barriers that hinder their path. Vocational Rehabilitation is an agency that prepares and assists eligible South Carolinians with disabilities to achieve and maintain competitive employment. Vocational Rehabilitation equips individuals with the tools and the confidence they need to become productive members of the workforce.

Eric Robinson, a Counselor with VR, gives a summary of the organization's services: "We help those that are unemployed find the job that best suits their strength. We also assist those that are employed to maintain their employment by addressing the limitations that hinder their performance." Like most VR employees, Eric's job does not stop at just securing employment for an individual. On a day to day basis he sees new applicants and assesses their eligibility for services.

"I am responsible for working with my eligible clients to address their weaknesses, build their strengths and address their employment needs," continued Eric. Although individuals with disabilities are the 'target demographic', so to speak, there are others, such as ex-offenders and addicts. According to the New York Times in 2011, various studies have

found unemployment rates of 50 percent or higher for former prisoners nine months or a year after their release. "This population has made some poor decisions in the past and even paid their debt to society through time served", Eric explains. "The biggest obstacle they face is most employers will not allow them to move on. If the goal is to have them re-enter society, there should be opportunities available to allow them a chance at living a positive life. But, unfortunately those opportunities become few and far between which leads to a repeat of the criminal lifestyle for sheer survival". VR plays a role in leveling the playing field of employment for these individuals. "My Caseload consists of adults from the alcohol/drug, and probation/parole population. I am also responsible for building relationships in the community to find employers that are willing to hire our clients".

Robinson also touched upon the importance of disseminating facts when it comes to individuals with disabilities entering the workforce. "It is very important for our society to understand disabilities because of the false stigma that is placed on citizens that have disabilities. Awareness will help society to see that although the disability is a part of the person, it does not dictate who the person is or their willingness to work and contribute to society".

Eric has been with Vocational Rehabilitation for more than two years.



He is also an ordained deacon in the African Methodist Episcopal church, and lives in Florence with his wife, Jennifer and they have three children.





## SUPERACHIEVING OVERCOMER CONTINUES TO MAKE STRIDES

by Rennie Lunn-McAllister



Mario Germaine Deas

When he was born 44 years ago, too many onlookers said he would never make it. But there were a few key people – his mom chief among them – who believed that despite the challenges of what appeared to be a slight birth defect, her baby son Mario Germaine Deas would prevail and be somebody important. Now a strong, handsome, spirit-filled and educated preaching and singing worship leader who is self-sufficient and whom his family, church and communities call great, Elder Deas has proven that small circle of believers to be right on point

with what he says God had in plan for him all along.

Across the years, he has seen highs and lows and in-betweens, beating hurdle after hurdle and obstacle after obstacle. He has crowned numerous mountains (of surgeries), walked through bumpy valleys (of ridicules from closed-minded folk) and leveled off again in plateaus (of self-efficacy) to re-map his path, but he says nothing ever got in his way. “I’m an overcomer but I don’t do it by myself. My mother introduced me to God a long time ago and our faith, which grows daily, plays a huge part in our willpower – you know God gives us free will – to do what pleases Him the most. A lot of people thought it would be over for me a long long time ago but even as a child of 12, I felt in my heart that God had a calling on my life and my mother and church family encouraged me through a support system you would not believe,” he said.

Support came from other sources as well, like his first grade teacher and classmates who tried to help him as he wore braces and glasses, teaching him to trust externally; a comedian uncle who visited daily to

cheer and tease; two big brothers who would defend and play with; a dad and mom who worked to make every road to success possible and wellwishers from all sorts of unexpected and diverse places. He even had a fifth grade teacher who would transport him from classroom to lunch in a hand truck... and the memories live on.

Graduating from Wilson High School in 1991, he received the gift of an electric wheelchair from his mother, Pastor Joan Deas, so that he could attend Florence-Darlington TEC on its campus to study Health Information Management. “I had an elevator key and could navigate pretty well from class to class but I remember liking most the medical side of it and spent more time in pathology,” he said.

That learning environment made him hunger for more so some time later he pursued Newburgh Theological Seminary in Indiana and earned his BA in pastoral leadership in 2014. “This school is known as ‘The College of the Bible’ and they do all they can to help students in their spiritual walk,” he shared, adding that one’s spiritual walk is more internally based than from any other source than God Who dwells therein.

Elder Deas’ favorite scripture is “Many are the afflictions of the righteous, but the Lord delivers them out of them all” and he credits how much of a strength his family – especially his mother with whom he shares the pulpit at Angels All Around Ministries – has been on his outcomes.

“I’ve come a long way, yet there is room to go and grow because this we know: To whom much is given, much is required and I’ve got a lot to give... beginning each day rising to and overcoming the challenges that await me and my people.”

It could be considered a shame that those naysayers from 44 years ago cannot see, no, enjoy and appreciate him now.

## DEVELOPING THE FULLEST PERSON POSSIBLE

by Les Echols



Kevin Williams

From early intervention to job coaching, Florence County Disabilities and Special Needs Board (FCDSNB) offers services that promote self-sufficiency regardless of a person’s disability. The FCDSNB is an agency that supports people by providing them with training in all areas of independent living skills (self-help skills, self-advocacy, personal responsibility, health and exercise skills training, safety skills, community awareness,

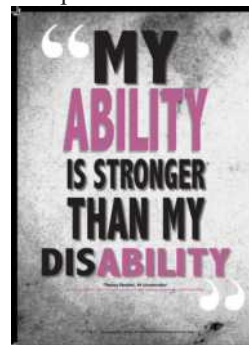
money management skills and employment skills). These services are located in the major communities of Florence, Lake City, Timmonsville, Johnsonville, Olanta and Pamplico. More than 1,000 people are being served throughout the county. FCDSNB supports a strong vision and mission to be the premier provider in promoting and supporting self-determination, personal growth and inclusion for people to achieve their desired outcomes. The mission statement is centered around RESPECT: Respecting; Educating; Supporting Person’s Expectations and Choices with Trust.

FCDSNB has a diverse range of clientele, ranging from people with intellectual disabilities, to autism and head and spinal cord injuries. Providing employment services to individuals with disabilities is a major focal point of FCDSNB. According to FCDSNB’s website, “Employment Services is an on-the-job training service that links employment of people with disabilities to local businesses. Trained professionals assist individuals with the completion of applications, interviews, and job placement. In this age of corporate consciousness, companies learn quickly that pride and a solid work ethic emanate from their employees with disabilities,

creating goodwill with 43 million Americans with disabilities, their families, friends and co-workers. Supported employment opportunities include job coach, enclave and mobile work crews”.

Diversity Works spoke briefly with Kevin Williams, an employee of FCDSNB. Kevin actually started as a client and because of his work ethic and dedication, is now a part-time Vocational Specialist. “My day to day duties include assisting and training others on contract work (working with a group assembling kits for a contract that we have here at FCDSNB), and making sure that the kits contain all parts before shipping out. I also drive a forklift and other duties as assigned”. To gauge productivity output levels, FCDSNB makes sure they have a degree of performance measures. “I assist in encouraging people to work on goals, assisting my co-workers with all activities provided at the programs and to attend in-service trainings as required and requested by the agency”.

Since being involved with FCDSNB, Kevin has earned his driver’s license and is a dependable employee. “He follows instructions and is willing to learn, said Day Support and Employment Supervisor Bobbi Campbell about Kevin. “He is wonderful, and if we had more employees



like him it would be great. We are proud to be a part of making lives better, and Kevin is a big part of that”, continued Bobbi. Kevin himself also stressed that Disability Employment Awareness is very important because “it helps to make people more aware of people’s abilities and not their disabilities. It also celebrates the fact that people are capable of being employed and that their abilities outweigh their disabilities. All people should be treated with respect and dignity, with or without a disability”, concluded Kevin.

## COUNSELING CENTER PUNCHING OUT DIVERSE SOCIAL ILLS, BEGINNING WITH BULLYING

Submitted by the Counseling Center of Florence, LLC



Back row (l) to (r) Laura Smith and David Kahn; Front row (l) to (r) Lynn Roberts and Scott Wilcox

The Counseling Center of Florence, LLC opened its doors on February 14, 2000. The office was founded by David A. Kahn, Ph. D. with a goal of meeting the outpatient mental health needs of our community. Our office provides outpatient mental health services to Florence and the surrounding counties.

This facility offers quality, ethical and confidential services provided by a very caring and qualified staff in an office that can provide services to individuals age 2 years and older. Operatives also provide individual and family counseling services, as well as some specialized group sessions for victims and offenders.

### A Broad Case Study Finding...

One of the biggest problems with the act of bullying is that the authorities who are responsible for helping the bullying behavior to stop do not apply effective techniques to address the problem. Children are told to inform an adult (teacher, principle, and parent) if they are experience bullying. Once a child reports bullying to an adult the response is often ineffective. Typical ineffective responses include: downplaying the bullying behavior as unintentional; asking the victim what they did to encourage the bullying; having the victim and the bully sit in a room together to “work out the problem”; and removing the victim permanently from the environment where the bullying occurs.

Often adults fail to follow up on these interventions to ensure the bullying has stopped or has not increased because the victim reported the behavior. An adult’s intervention will be more effective if they believe that the victim feels bullied and take appropriate action such as: talk to the victim and bully separately not together; keep a close eye on how the alleged bully interacts with the victim; make sure the victim and bully are not put into situations where they can interact without adult supervision; help the victim gain coping skills; participate in role-plays about

bullying prevention; and write an apology letter or do a good deed for the victim. A final intervention should be separating the bully from the environment, such as changing classrooms (not expulsion) permanently should the bullying behavior continue.

David A. Kahn, Ph.D., LPC, LPCS

Why do bullies bully? Figuring out why someone is being a bully may help others deal with bullying more effectively. There can be many different reasons that a person may bully. Some people need to feel powerful or in control. This means that there is something that is happening or has happened in their life that they gave little or no control over. They may be experiencing stress, depression, pressure, or even bullying themselves. They need to feel powerful and in control of something so they find someone that they feel is weaker than they are to take that stress out on or regain the control that they have lost somewhere. When a teacher, parent or other adult is dealing with a child that has become a bully it is important to explore why they feel a need to victimize people that they feel are weaker. Why they need that control in their life. Understanding where they lost a sense of control may lead to healing for the bully and prevent future bullying. Finding out what causes a problem can be the first step in preventing future problems.

Lynn Roberts, MA, LPC/i

Bullying is often thought of as a child-related issue, but it exists in the adult world as well. While many small groups are viewed as positive, such as a Bible study or AA, there is the possibility for criticism and negativity to grow. The power of small groups comes from its shared sense of identity. Group members focus on a common goal and become protective over their group. As members of a group tend to become more agreeable with one another, they may find themselves in group polarization in which the shared opinion of that group is stronger and more extreme than the opinion of any one person of the group. There are typically one or two leaders of a group, sometimes not easily identifiable. If one of these leaders introduces a negative idea about someone, then the other group members tend to follow regardless of their individual beliefs. Therefore, that group tends to give more power to the negative behavior as it is accepted, reinforced, and often encouraged by others in the group. Members of that group are not able to see the problems

of their behaviors as they compare their behaviors to those in the group, those like them. Those outside of the group, those who experience the negative behaviors, see it as bullying. One of the best things that individuals being bullied can do is seek support. Talk to someone he or she trusts. Find the power in himself or herself. Find a positive group who is supportive of him or her.

Laura Smith, MS, LPC

Bullying is something that all of us, at some point in our lives, have experienced. Whether at the hands of a classmate, coworker or supervisor, or even our spouse or significant other. Currently, as a Country, we are discussing bullying on a larger scale as we debate the actions between groups of individuals. Regardless of form, the result seems to be the same: feelings of anger and fear from a sense of helplessness. To address the effects of bullying in counseling, the client and I identify the specific cause, address the possible reasons behind the bully’s behavior, recognize the emotions that are being experienced, and determine what is in the client’s ability to control. Then we improve current coping skills and assist to develop additional coping skills that add to a client’s “tool box”. Along the way we practice using the new and existing coping skills in counseling sessions, at home, and at school or work with feedback being provided by the client, family, and teachers. No two bullying situations are the same; no one coping skill or intervention is going to work 100% of the time; and no single counseling session or use of a coping skill will solve the problem with one try. The process is the act of training ourselves to recognize what is being felt and determine which coping skill is appropriate for the situation. In doing so, we lessen our sense of helplessness, fear, and anger.

Scott R. Wilcox, MA, LPC/i



## GROUP HOME PROVIDES SHELTER GUIDANCE AND THE INDIVIDUAL WAY FORWARD

by Mallory Brayboy



Juantia Green

Mary's Angels Independent Living for Young Women is a 501 (c) 3 nonprofit organization founded to make a difference in the lives of young women by educating, empowering, and inspiring them. Its founder, Juantia Green, had no idea of the life changing events that would take place when she relocated from Baltimore to South Carolina in 1989. She gained employment with Behavioral Health where she noticed a female client who was very at risk. The teenager displayed both physical and verbal aggressiveness and seemed lost in the system. Upon turning 18,

the young lady was allowed to sign herself out of the center and entered into a world of homelessness. Green decided to privately take the young lady into her own home. Shortly thereafter, a memo was sent out by her former employer, informing employees that they were not to provide any further assistance to this young lady should they see her. Green's secret was eventually revealed at the agency and she was terminated from her position. This was a devastating blow, yet she chose to look at it from the bright side. "I said to myself 'If I'm going to lose my job because I'm helping, then this is what I was meant to do'", says Green.



Expression of Culture

As a foster parent, Green decided to open her home a little more for the benefit of other lives. While employed with Behavioral Health and a foster parent she encountered several girls who lacked basic living skills upon transitioning out of group homes and foster care. Thus, Mary's Angels Independent Living nonprofit organization was born in 2005. The organization provides independent living and life skills services to help young women between the ages of 13-21 become self-sufficient individuals

and build and maintain a healthier lifestyle. The name Mary's Angels came from a heartfelt conversation with a pastor. "I was talking to a pastor about my situation - being fired, not being able to get any benefits or unemployment, and not letting it get the best of me. The pastor told me that angels were watching over me, and it just stuck with me. Mary is the mother of Jesus. If anyone is watching over me, it's her angels", says Green.



Consistent and dependable on-site coaches and mentors

The other half responsible in powering this nonprofit is Greens' daughter, Shadi McFadden. McFadden effectively handles the marketing, website, and social media as well as offering mentoring. McFadden has relocated to Columbia and Green is now the sole mentor for the group. Green is working on returning the mentoring program back to the schools to continue

discussing anti-bullying, self-esteem, and character building. Across the past four years, Mary's Angels, has franchised with the Miss South Carolina and Miss America Pageant Organization and started the Miss Williamsburg County Scholarship pageant to help deserving young ladies attend college. The pageant is open to females ages 13-24 residing in the state of South Carolina. This past August

they held the first annual anti-bullying event 'Do the Right Thing!.' This event was transpired by learning about the death of Amy Joyner-Francis who was violently attacked and killed by three female students at a Delaware high school. "I saw it on the news and just started crying as if I personally knew her. I told my daughter something has to be done about these young ladies", said Green, who added that a major lesson taught at the anti-bullying event is responding and reporting, not just recording these incidents. Several generous groups supported 'Do the Right Thing!' including, but not limited to: Kingstree Police Department, The Department of Juvenile Justice, Kingstree Nupes, and Mrs. Rush from Williamsburg County School District who all took the time to explain the consequences of bullying. Fraternities and sororities also donated school supplies, discussed their youth programs, and the process of entering college. A representative from Autism Speaks participated as well by educating parents on their rights when their child is being bullied in school as well as the rights for children with disabilities.



Juantia Green and daughter Shadi McFadden

Future goals for Mary's Angels are to have several independent living homes for young women. She also wishes to expand and assist mothers who've been incarcerated in establishing and reunifying their relationship with their children. Green, currently assists a maternity group home for young parents and expecting mothers ages 16-21. Green assists them in laying out realistic long-term goals that will allow them to become productive citizens. "I want them to understand that you have to be prepared for life. You can't just lay back and relax when you have a child, someone that depends on you", said Green.

She also discusses the importance of education, making career choices and being happy with what you do, gaining stability, reunification with your family, communication, and dressing for success. Mary's Angels is currently accepting applications for the upcoming 2017 Scholarship Pageant and their basketball program at this time. The basketball program is designed for girls who cannot participate in school activities due to disciplinary issues. Green has developed relationships with local YMCA's and referees in the area to give the young ladies an opportunity to learn the sport from professionals and socialize with others outside of their comfort zone. "I have a lot of ideas and a lot of potential things I want to do for girls in and out of the community. I just want to get our girls back on track", says Green, who is currently seeking an additional home to provide a safe haven for the young women. She also remains devoted and active in the lives of past and present winners of the annual scholarship pageant. You can find out more about Mary's Angels and the scholarship pageant at [marysangelsliving.weebly.com](http://marysangelsliving.weebly.com) and at [misswilliamsburgcounty.weebly.com](http://misswilliamsburgcounty.weebly.com).



## THE MIRACLE OF ADOPTION

by Donna SantiAnna



Disney World 2006 (L to R) Husband Don, Andy, Emily and Donna

I vividly remember when I first knew I wanted to be a mother. I was just seven years old, and my mom had brought my brand new baby sister home from the hospital. I wore my big sister crown with pride! I was the oldest of five children, and my mom welcomed all the help she could get. I quickly learned how to feed her, change her, and love and protect her. At seven, I certainly didn't understand where babies came from, but I knew that one day, I was going to have one of my very own.

Fast forward 25 years later. Newly married, my husband and I agreed we wanted children right away. After a year of not conceiving, my doctor suggested fertility drugs, and that was the beginning of eight long years of fertility treatments. We tried everything from artificial insemination to invitro fertilization, and some more unconventional methods such as voodoo and fertility statues. Every prayer, every birthday cake, every penny in the fountain; my wish was always the same, I wanted to be a mom. I'd pray for twins, a boy and a girl. Each month I'd anxiously wait to see if I had become pregnant, and each month I'd be disappointed.

Eight years of doctors, procedures and disappointments was difficult, to say the least. No one knew why we couldn't conceive. One morning I woke up and knew I was done trying. I had to face the fact that I was not going to get pregnant. My husband and I had several nieces and nephews that we were close with, and I had to wonder if God was trying to tell us that becoming parents was just not in the cards for us. I thought, maybe we need to focus on being the best aunt and uncle we can be, and be thankful for those blessings. In theory, I agreed, but I still had this tremendous yearning to be a mom.

Friends of ours had a family member that had recently adopted a baby here in the United States. They explained the process to us and explained that it was not as difficult as we once thought. My husband and I met with their adoption attorney and decided that adoption would be the answer to our prayers. We immediately completed the paperwork, passed our home study, and within months were matched with a birthmother who was already four months pregnant.

In February 2001 our beautiful daughter Emily was born. We arrived at the hospital hours after she was born, and the minute they put her in my arms everything made sense. I knew then that this was the child I had waited all my life for. I fell instantly in love with her. I looked in that adorable face and promised to love her, protect her and guide her. I had been given this precious little girl, and there was nothing more special. All those years of trying to conceive, the doctors, injections, procedures and heartache just melted away from my memory. In that moment, I had never been more sure that those hardships were just necessary stepping stones to lead me exactly where I was right in that very moment; holding MY precious child. I was finally a mother.

I went through all those sleepless nights and crazy days just like any other new mom, and I won't lie and say it was easy, because it wasn't. But I was in awe of this tiny little girl who was my daughter. My mom still teases me today about how I dressed Emily in several



Mother's Day 2016 (L to R) Emily, Donna, and Andy

outfits daily just to take more pictures. I was so in love with her! We'd have so much fun together, playing at home, shopping together, having lunch, going on playdates, and I thought life was about as perfect as it gets. I was wrong.

When Emily was almost a year old, our social worker called us to tell us Emily's birthmother was pregnant again and she wanted both of her babies to be kept together. So, in June of 2002, our son, Anthony, was born. Once again, just like with Emily, I fell totally in love with this tiny, handsome boy, and I knew that he was meant to be with us. Our family was finally complete. I was also so thankful that Emily and Anthony would now have each other as biological siblings.

My sweet babies have now grown up to be amazing teenagers. They are healthy, happy, kind, smart, athletic children. They work hard, both in sports and school, and they have a real love for life. For us, adoption was, and always will be our biggest blessing. We wanted our children to feel the same way. Our kids have known that they were adopted since they were toddlers. Right from the start they knew just how much they were wanted, and how much they were loved. Today, they are very well adjusted kids and they talk openly and proudly about the fact that they are adopted.

That recurring wish for a boy and girl set of twins, well, my son and daughter 16 months apart is close enough! There is not a doubt in my mind, I love my children just as much as I would if I gave birth to them, sometimes I think maybe even more! The journey was long, and at times heartbreaking, but in the end, there is nothing I love more than being a mom.

One of my favorite quotes is from Valerie Harper, the actress, who is an adoptive mom as well, "However motherhood comes to you, it's a miracle." There is nothing more true. My children may not look like me and may not have my genes, but they are my children and I am their mom, in every sense of the word; and that is a miracle.

November is National Adoption Month. Consider if adoption may be right for your family.





## CAREGIVER SPEAKS OUT: MY JOURNEY

Submitted by William "Bill" Mobley



Pam and Husband William "Bill" Mobley

Caregiving is the one attribute more innately suited for women and more naturally adaptable for men. There are three things to focus on when caregiving for your loved one. It's a trinity similar to religion but focused on spirituality. Stay productive doing something positive. Embrace the fact and imprint the realization that you love someone better than yourself. Never lose hope regardless of what the

natural tells you. Succinctly stated something to do, love, and hope for.

The initial diagnosis is shocking and devastating for the victim and family members. As the man of the house I felt particularly assaulted because I am tasked with protecting my family. Should I have moved out of South Carolina with its extraordinarily high incidence of cancer? Did I not provide enough visits to the doctor or well care? Was I too busy working to notice any indicators that something was wrong? These questions and many more will fill your mind and the only answer is that chronic disease is unfair, brutal, and out of your control.

Cancer snatches the sense of security and well being from the innocence of children, and adults alike. Our safe noonday bright sun literally changed to the darkest scary midnight with a singular emotional snapshot. As with any destructive force a new energy is created focused on confirming medical coverage, benefits, transportation, diet, finances, emotional support, physical demands, physical restrictions, and unimagined what-ifs.

My initial support system was my children who were forced to face this terror, and a multitude of long distance phone calls offering prayers, "I love you", and "Call me if I can do anything". Locally we had many associates, some friends, and few close friends that we could rely on to sacrifice what we needed from them. The irony of this three tiered support system is that we tried to hide any indicators that help was needed, or that the disease was really harming us. Historically we privately managed adversity within the family, had difficulty adjusting to our new normal, and accepting the fact that our loved one was battling cancer felt like a betrayal of our never speaking negatives into existence. By eventually "coming out" to the broader community released pressure from attempting to hide something about which you should never be ashamed. This expanded our support system to others affected by the disease, The American Cancer Society, hospital resources, church resources, and strangers who unexpectedly gave something of value we needed.

Finding items of comfort, or food that is tolerable is one key frustration battling cancer. Tea tree oil will help keep the nails on the feet and hands from falling off when undergoing chemotherapy. Cocoa butter lotion and utter cream lotion heal the burns from radiation. Plastic utensils eliminate the metallic taste on the palate when eating. Washing clothes separately prevent any chemotherapy residual from absorption into other family member's bodies. Kissing on the lips can only be done with tightly closed lips. Never

eat at buffets to prevent germ transfer to you or your loved ones. Cook a large variety of vegetables because meat will become the enemy. Watch positive programs or comedy to promote a positive mental attitude. Read books that inspire, comfort, and entertain. Surround yourself with positive people to prevent any negative imprinting. Meditate in your place of refuge. Open your creativity to anything and everything that might help. Pray, pray, pray.



Plain and simple, this disease sucks. The pain that you watch is profoundly disturbing. The sacrifices to give care for your loved one keep you exhausted. The tears you shed are inexhaustible. The emotions to protect them are all encompassing. The tension and dissension that breed within your family is immense. The sleepless nights appear to be unending. The discussions with your doctors are terrifying. The expenses you incur begin with finances and end with being changed forever. The fear, the fear, the fear. God gives you all you need to handle It.

The biggest issue to manage is the feelings of hopelessness. Not only the despair of the victim but for you as well. Look at the person fighting the disease the same way you did before the diagnosis. Treating them differently reinforces the reality of every fear they have inside. Don't try to turn the channel at every cancer center of America commercial. If the word cancer is spoken or seen treat it as if it has no power. Remember that cancer does not define who you are. For me I spent the entire 10 year battle doing everything I could to demonstrate love and support. We were synchronized by a shared metronome of respect, consistency, love, and willingness to fight. I remember each of the 29 surgeries, nine years of chemotherapy, and 127 admittances to Carolinas hospital that provided great care. Three years traveling to Duke University Cancer Center four hours away almost weekly as the disease progressed. Even traveling to MD Anderson in Houston Texas for reassurances that I had done everything properly that was within my control. All this was a privilege for my wife, my friend, my best everything, my Rainbow. The greatest gift I found at the end of this Rainbow was truly a pot of gold. Not financial gold but no regrets, no remorse, no second guessing, and no questioning of my loyalty, effort, or duty. God rewarded me by allowing me to see an Angel at her feet. It touched us simultaneously and showed

me that her spirit is resting with the one that loves her best. God's peace is forever with me. Don't abandon the one you care for and deny you this wonderful peace that must be earned. Fight Like Pam!

*It Is Complete*

Book available on Amazon.com  
website [WWW.JustImagineMe.com](http://WWW.JustImagineMe.com)  
and blog [ImagineUs.com](http://ImagineUs.com)





## PERSONAL ACCOUNT FROM JOURNAL OF A CAREGIVER

by Chinel Boateng



Tina & Leo Comissiong

When we think about survivors, how often do we think about the caregiver? The person(s) who helps without being paid. It's not often we think about their journey. Leo Comissiong is no stranger to the label "caregiver".

Leo's wife, Barbara, was diagnosed with Chronic Myelogenous Leukemia shortly after they were engaged. "I had a choice; not to marry her or to marry her. And I must say to anyone listening to me, your wedding vows are very important. For richer, for poorer, in sickness and in health... if

you cannot take care of the sick, do not get married", chided Leo. He and Barbara were married in New York where he worked as a V.P. of Investments for a prominent firm.

"I was crazy with my first wife and I absolutely drained myself", Leo stated. During that time Wall Street was a beast, and so was Leo. But soon the hectic workload, his wife's battle with cancer, and the soaring bills really got to him. "I remember an instance when Barbara's insurance changed and the hospital simply couldn't get the billing right. I had the pressure of my job, the pressure of my wife's cancer, and now this? I burst into the President's office and demanded the problem be fixed immediately! That's how crazy I was during that time." Leo was young, vibrant, and successful. He didn't worry about his health.

Barbara and Leo conceived during her cancer treatment. As a result of the drugs, their daughter was blind in one eye and has a mild case of cerebral palsy, she's now 31. Barbara survived nine years; their daughter was four when she passed.

"After Barbara passed, everyone had a girl for me, even the church people" boasted Leo, "but Tina's voice intrigued me." It didn't take too long for them to become a family. Their union was blessed with three more children.

In October 1999, the predictions of Y2K caused Leo's firm to be acquired. Consequently, all V.P.s and above were laid off. Leo found himself jobless, forced to sell his home, and he and his family relocated to Florence. Once here, his employment challenges continued. Eventually, he became an independent insurance broker and Tina worked in the health industry.

In 2016, after 26 years of marriage, Leo heard words he hoped he'd never hear again; Tina was diagnosed with breast cancer. This was devastating news. Leo had some experience in the area of caregiving, but he was a little seasoned now.

"With Tina's diagnosis, because I'm a diabetic, I had to take care of myself so I could take care of her", pledged Leo. Although both diagnoses were different, there were a few similarities in care. "Some similarities were helping them keep their heads up; their spiritual selves. Because, as they go through the medication, it tears them down physically and mentally. It's a very arduous task, because you have to keep yourself up, as well as keeping your wife up", Leo explained. "Then there's the stress of running a household, feeding my children, not having as much of her income in running the house.... I go to all of her appointments, and help her every time the doctor says "you're triple - double", or "breast", or "cancer", or "chemotherapy", and the hot/cold side effects. The medications affect her uterus; therefore, she goes into menopause. I also keep up with the medications, the allergic reactions to the medicines, and weaning out which one is causing the reaction. But if I had a 9-5 job, I wouldn't be able to do for Tina."

When a loved one is diagnosed, the whole family is diagnosed. "My daughter cried, my youngest son would get agitated around his mom; he's better now, and Leo is my oldest son, our rock", chirped Leo. "I told them not to let this interrupt their life; I GOT THIS. My investment is into you, you take your lives and you run for it." He says God taught him patience.

As with survivors, caregivers need a support system. "Nobody thinks about the caregiver. People always ask how my wife is, but no one ask how I am", expressed Leo. "I wasn't looking for a support group. I wasn't looking because it was so personal; it was my wife. And you had to deal with the doctors, the nurses, and GOOD LORD the bills! Every day I go to my mailbox there's a freakin' bill! Oncology, surgery, you name it. The hospital has organization that will help you with some of these bills. If you give them \$5, it's an intent to pay. But sometimes even that was hard. I have to feed three kids!"

In his closing, Leo's message to other caregivers is: "...remember



Tina & Leo Comissiong

your wedding vows, 'in sickness and in health', because if you cannot take care of someone when they're sick, there's a problem. If you really love that person, you love them with hair, or no hair. You love the person. That's the first thing I would say. And that would get them to thinking... do I love my wife? Do I love my spouse? Really love them - to see them deteriorate and come back from it, or deteriorate and not come back from it. And we would talk about medications.

You see, I've been reading articles about caregivers and people with cancer, but they never tell you the in between stuff. A lot of people have survived cancer. But they never tell you what happens when they're diagnosed and when they're fine again. The changes your body goes through when they're actually giving you poison. What happens when you first lose your hair? Does it come out in clumps or one at a time? What do you say when your wife's bald - no eyebrows, no eyelashes, no hair - not even down there! I simply said, I love you. I love you for who you are."

According to the Caregiver Action Network, there are 10 tips for family caregivers:

1. **Seek Support** from other caregivers. You are not alone.
2. **Take care of your own health** so you can be strong enough to take care of your loved ones.
3. **Accept offers of help** and suggest specific things people can do to help.
4. Learn how to **communicate effectively** with doctors.
5. Caregiving is hard work, so take respite breaks often.
6. **Watch out** for signs of depression and don't delay getting professional help when you need it.
7. **Be open** to new technologies that can help you care for your loved one.
8. **Organize** medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. **Give yourself credit for doing the best you can in one of the toughest jobs there is!**

<http://caregiveraction.org/resources/10-tips-family-caregivers>



# Appreciating Our Caregivers



## SOMETHING SPECIAL HAPPENS TO BOTH PARTIES IN CAREGIVING WORLD

by Les Echols



Caregivers often have daunting tasks to accomplish on a daily basis. By the same token, making sure patients are provided with adequate care is no small accomplishment. In many ways, hospice caregivers have an even bigger challenge; to provide empathic care to those nearing the

end of life. Agape Hospice is one such organization. Its mission statement says, in part: Agape “provides comprehensive end-of-life care to individuals and their families in a compassionate, faith-based, and dignified environment”. According to their website, “Agapé Hospice provides a full line of services throughout their South Carolina locations. They offer home hospice services as well as onsite hospice services. They have experienced professionals also provide hospice in facilities throughout the area. We also aim to educate the individual, the family, and the community about end of life decisions, experiences, and needs. Agape also offers full grief support and spiritual support to every patient. Modern palliative services can offer everyone involved in the process the support and guidance they need during this time”.

Elaine Lewis, a registered nurse who works as a patient care coordinator for Agape Hospice, joined the organization six years ago. She said she was, as anyone would be, unsure about a career change to an organization that seemed so grim. But now she loves what she does. “I love what I am doing, and if I had known how fulfilling the position was, I would have come to hospice earlier”. Elaine started her career with Agape as a case manager. “I had a caseload of about 12 patients with whom I did home visits, managed meds and gauged symptoms”, continued Elaine, a seasoned nurse of 22 years. Although her current position has more focus on administrative aspects, Elaine still recalls that being at the bedside of someone is a unique and humbling experience. “You are consistently educating patients as well



as their families”, says Elaine. “Keeping them comfortable is our goal; sometimes the families just need reassurance and encouragement. It’s extremely hard to watch a loved one die, and they never forget the people who are there to ease the transition”.

We asked Elaine how important it is to recognize caregivers. “It’s so important, it’s a hard job for nurses, aides and all involved. It is a physically and emotionally draining, definitely different from working in a hospital. There are many intimate moments spent with families”, something Elaine is accustomed to having spent 16 years working in an emergency room. And yet, many of the other services that Agape offers go under the radar. Social Workers, chaplains, all assist not just while the person the dying, but during the grieving process in helping

families with the sometimes inconceivable task of coping with loss and moving forward.



Elaine, who received her Associates in Nursing from Central Carolina, is very passionate about her position. “When you love you are doing, particularly in this field, there is a level of fulfillment that cannot be matched”, concluded Elaine, emotionally. Aside from her nursing degree, Elaine is

CHPN (Certified Hospice and Palliative Nursing) certified with an extensive 16 year career before coming to Agape. She has a loving husband and three children.

Agape Hospice serves the entire state of South Carolina with more than twenty locations statewide.

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## 5 REASONS WHY YOUNG FAMILIES NEED FINANCIAL PROTECTION NOW



If you've played sports at any level, you know how powerful momentum can be. When it's on your side, the game feels easy. When it's not...well, things can snowball on you in a hurry.

That's why it's so important for young families to start building financial security—and to do it right away. While this may seem like an impossible task in today's economy, you may find it comforting to know that there are steps you can take—no matter how small—that can have a significant impact on your future.

Take life insurance for example. While many young couples mistakenly believe that life insurance is too expensive, those who look closely are often pleasantly surprised. Let's look at a few reasons why:

1. Life insurance is more affordable the earlier you buy it. The premiums on life insurance policies are partially based on age. In most cases, that means the earlier you buy, the lower your premiums will be.
2. Term life insurance provides economical protection. Term life insurance policies provide temporary protection (as opposed to the lifelong protection of permanent life), so they are initially less expensive. That means you have the ability to provide your family with more protection than you ever thought.
3. You may be able to upgrade later. Many term life policies allow you to convert to permanent life insurance if your needs and

budget change. That way, you can lock in a lifetime of protection and never have to worry about being denied coverage due to a change in health.

4. You never know when something will happen. While we don't like to admit it, tragic events can—and do—happen every day. For young families, this can be especially troubling since they often have the fewest assets to fall back on and the most time to live without your financial support.

5. You can use other assets more freely. Knowing you have this basic protection in place, you may be more willing to put your other financial resources to work.

It isn't easy for young families to make financial headway these days. But like most things in life, the sooner you start, the better off you'll be. As we've seen, life insurance can be an affordable way to get the ball rolling, and to give your loved ones the financial protection they need, at the time when they need it most.

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](mailto:jacord@ft.newyorklife.com).



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# ARE YOU PREPARED TO RETIRE?

Submitted by Tim Stier, Investment Officer



Tim Stier

Whatever “retirement” means to you, you’ll need to design a financial plan suited to your specific vision of the future.

Retirement used to conjure up images of lazy days spent in a rocking chair. Today’s retirement is very different. You might plan to open a business of your own. Or perhaps you’ll return to school for that degree you never had the chance to complete. So what does this redefined retirement mean to you? There is no one

answer. In the coming decades, “retirement” will mean something different to each of us. Regardless of your decision, you’ll need to design a financial plan suited to your specific vision of the future.

## Income is key

A good starting point might be to examine your sources of retirement income. If you pay attention to the financial press, you’ve probably come across at least a few commentators who speak in gloom-and doom terms about the future for American retirees, decrying a lack of savings and warning of the imminent growth of the elderly population.

True, there is widespread concern about at least one traditional source of income for retirees – Social Security. Under current conditions, Social Security funds could fall short of needs by 2033.<sup>1</sup>

This shift makes it even more important for individuals to understand their goals and have a wellthought-out financial plan that focuses on the key source of retirement income: personal savings and investments. Given the potential duration and changing nature of retirement, you may want to seek the assistance of a professional financial planner who can help you assess your needs and develop appropriate investment strategies.

As you move through the various stages of the new retirement, perhaps working at times and resting at others, your plan may require adjustments along the way. A professional advisor can help you monitor your plan and make changes when necessary. Among the factors you’ll need to consider:

- **Time:** You can project periods of retirement, reeducation, and full employment. Then concentrate on a plan to fund each of the separate periods. The number of years until you retire will influence the types of investments you include in your portfolio. If retirement is a short-term goal, investments that provide liquidity and help preserve your principal may be most suitable. On the other hand, if retirement is many years away, you may be able to include more aggressive investments in your portfolio.
- **Inflation:** While lower-risk fixed-income and money market investments may play an important role in your investment portfolio, if used alone they may leave you susceptible to the erosive effects of inflation. To help your portfolio keep pace with inflation, you may need to maintain some growth-oriented investments. Over the long-term, stocks have provided returns superior to other asset classes.<sup>2</sup> But also keep in mind that stocks generally involve greater short-term volatility.
- **Taxes:** Even after you retire, taxes will remain an important factor in your overall financial plan. If you return to work or open a business, for example, your tax bracket

could change. In addition, should you move from one state to another, state or local taxes could affect your bottom line. Tax-advantaged investments, such as annuities and tax-free mutual funds, may be effective tools for meeting your retirement goals. Tax deferral offered by workplace plans – such as 401(k) and 403(b) plans -- and IRAs may also help your retirement savings grow.

## Prepare Today for the Retirement of Tomorrow

To ensure that retirement lives up to your expectations, begin establishing your plan as early as possible and consider consulting with a professional. With proper planning, you may be able to make your retirement whatever you want it to be.

To learn more about investment options, contact your local Anderson Brothers Bank branch or our financial consultant, Tim A. Stier. You may also read more on our website [www.abbank.com](http://www.abbank.com) by searching Investments or Tim Stier

Source: Social Security Administration, The 2014 Annual Report of the Board of Trustees of the Federal Old-Age and Survivors Insurance and Federal Disability Insurance Trust Funds, July 2014.

<sup>2</sup> Past performance is no guarantee of future results. Stock investing involves risk including loss of principal.

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## NICHE ROLES WITH MASSIVE REACH

By Mallory Brayboy



Randy Cole

Circle Park Behavioral Health Services is one of 32 county alcohol and drug facilities in the state. The organization got its start in 1972 under a federal act to provide alcohol and drug treatment services to each individual county. They received loans in the amount of \$5,000 from both the county and the city. These loans were repaid and the majority of their funding now comes from grants and other service fees. “We’re quasi-governmental which means we get a portion of the alcohol excise tax from the county”, says Randy Cole, Chief Executive Officer of Circle Park. What began as mainly a referral source with a small staff and tight budget has grown to an organization with a nearly \$5 million budget and about 90 staff members. Services provided by Circle Park include outpatient, intensive outpatient, individual counseling, family counseling, prevention, education and intervention. Charles Young, the previous Chief Executive Officer, was Circle Park’s first director and served 36 years. During his time, he set forth several long and short term goals for the organization. Cole is only the second CEO at Circle Park. About 60% of the organization’s referrals come from the legal and judicial systems. The other 40% comes from walk-ins, self-referrals, marital problems, anger issues, school referrals, and other partnering state agencies. Their main goal is to serve the Florence community but they also serve the greater Pee Dee area as well.

A fatal accident during Cole’s high school years sparked a passion that Cole would carry for a lifetime. After the death of a school friend was killed in an alcohol related accident, Cole participated in advocacy and support groups with other athletes in his school. “It was a support group we had as athletes and that’s what got me interested in counseling”, says Cole. He began his career as a Clinician in Charleston, in the early ‘90’s. Here, he worked with adolescents at Charter Hospital before relocating to Greenwood where he served as a Chemical Dependency Tech for a recovery center in conjunction with Self Memorial Hospital. After earning a master’s degree from Central Michigan University, he worked at the Saluda Commission on Alcohol and Drug Abuse Services as a Treatment Director and Deputy Director. Cole officially joined Circle Park in January 2009. “It’s unique to our field to have a director who also has a background in counseling”, says Cole. “The important thing is I can relate to the counselors and I do know when it’s overbearing. When someone shares their problems with you all the time it can be overwhelming to deal with as a professional.”

At the time of his arrival, Circle Park was housed inside of a 50,000 square foot building on Gregg Avenue know as McKenzie Park. Circle Park occupied only the top 10,000 square foot third floor while the remainder of the building was leased by Palmetto Pee Dee Behavioral Health, as a residential treatment facility. Through a series of fortunate events and persistence, the organization was able to recently move into a new, and much larger, space at 238 SouthCoit Street. This new facility will continue to provide a wide range of high quality and cost effective services to the Florence community and the greater Pee Dee area.

In addition to this location, Circle Park operates the Chrysalis Center which is a 21,000 square foot residential facility located at 1430 SouthCashua Street. The Chrysalis Center houses up to 16 mothers and their children, including pregnant women and children 10 and under. This unique facility provides an extended-term residential treatment for these women while providing a therapeutic opportunity for the mothers and their children.

The current building at 238 SouthCoit Street was originally donated to the Florence Chamber of Commerce. The Chamber utilized the third floor and suggested that Circle Park come in, remodel the bottom two floors, and move in. However, Cole, in his forward thinking mode, decided it would be best in the long term to secure the entire building. Once the

Chamber relocated into their current location at 100 West Evans, renovations began November 2015.

“My goal when I came on as the new CEO was to acquire a new building. I wanted to make sure it was friendly to the patients and also to the staff”, says Cole. This meant the new facility would have to include an ample amount of group rooms because most of our services are in group settings and Cole wanted to ensure the patients and their families were comfortable. Privacy was also an important factor. In the old building, administrative staff and visitors had to walk through patient areas. Cole felt the need to create a “patient friendly environment” with the use of a more private waiting area and intake and assessment offices. “The first thing you want to do when you’re in a professional services environment is to set people at ease”, says Cole. The new facility also includes a large community room where they plan to provide education services as well as hosting conferences and trainings. In addition, Cole is looking forward to the economic changes that come along with the new location “The new facility pulls Circle Park out of a residential area and places us as part of



Marshall T. Rainey and Randy Cole

the downtown revitalization. Patients will be able to ride from the hospital to our facility and get screened and assessed”, says Cole.

Marshall T. Rainey, an at-large member and treasurer of the Circle Park Board of Directors, accounts Cole’s strong leadership as a driving force behind the new changes implemented by Circle Park. “The new building will create more visibility, allow us to reach out more to all the communities, and increase our service area because of recognition. It also allows for treatment, testing, and counseling to be offered all in one area now”, says Rainey. “I’m very proud of the work that he has done, and I’m proud of our board in the way they have supported him.”

Circle Park also recognizes and supports October as National Drug Abuse Prevention Month. The group supports efforts such as FAVOR (Faces and Voices of Addiction and Recovery), a local recovery group. They also advocate for recovery efforts in the community within faith based organizations, our community partners and our hospital systems. “The screening of alcohol or other drug issues is not the primary function as a medical staff. For instance, if you go into a hospital for a burn they’re going to treat the burn, they’re not going to ask you if substance abuse was the cause of the burn”, says Cole. Hopefully through education the community will begin to look how substance abuse is the root cause of many of the medical and social issues we encounter.



Circle Park New Building

Circle Park participates on numerous national and state boards and committees. Such as Mcleod Fellow, SC Healthy Outcomes Plan and the Behavioral Health Services Association of SC, where they are able to educate non-profit organizations, talk about their substance related disorder services and offer effective solutions. “We believe in what we do, and we know that recovery works. We recognize that addiction is not a simple problem with a simple solution. Our goal isn’t to keep someone in our services forever. Even through all of our recent changes our mission remains to reduce the impact of alcohol tobacco and other drug abuse on the citizens of Florence County by providing high quality and cost effective services.”

# CAROLINAS HOSPITAL SYSTEM PRESENTS "FABULOUS FOR FALL" GARAGE SALE

Submitted by Maggie Keller, Healthy Woman Coordinator, CHS



Carolinahospital System's Healthy Woman will be hosting a Fabulous for Fall Garage Sale, to be held Saturday, November 12th, from 8 am until

11 am in the parking lot of Carolinas Hospital System located 805 Pamplico Highway. This is going to be an exciting morning with an amazing purpose - a benefit for Empowered to Heal, they help empower victims of sexual abuse and trauma. Reservations for a space are \$15 in advance, \$20 the day of, to bring your old things to sell. What you make is yours to keep, money from reservations goes to Empowered to Heal; what you don't sell and is usable by Naomi Project can be donated to them. Their core mission is to change the lives of families going through domestic abuse. This event will have you cleaning out your old knick-knacks for a two great organizations!

Please visit CarolinasHealthyWoman.com to reserve your spot(s). For more information call 843-674-2615.

## About Carolinas Healthy Woman

At Carolinas Hospital System, our Healthy Woman program was designed by women, for women. We aim to empower all women with the knowledge and confidence to make informed health care decisions and maintain a healthy mind, body and spirit through different events like this one. Women juggle many roles and responsibilities: mother, daughter, caregiver, career professional, volunteer and friend. You give to those you love, but finding time to care for yourself can be a challenge. That's why we hope women (and men) will take advantage of this opportunity to clean out their clutter and help other women lead strong,



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**843-665-9349**  
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happier, healthier lives through Empowered to Heal and the Naomi Project.

Healthy Woman is a free to join but the benefits are priceless. Members can take advantage of free seminars, health fairs, educational programs and interactive events designed for women. We offer health care seminars that cover timely and pertinent topics.

## About Empowered to Heal



Empowered to Heal offers mentoring and support groups for survivors who feel they may be alone following sexual trauma. The long term effects of sexual violence may be difficult to face alone. We are here to provide resources to help

you on your journey to healing. When survivors are believed, it helps them with getting the assistance they need to being the healing process. We sit down with each survivor and help them determine their personal course of healing and working with them to achieve goals they set for their lives.

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# PREVENTING MOSQUITO BITES OR... BEATING THE ITCH WHEN BIT

Submitted by Mark Warrin, Marketing Coordinator



Dr. Temujin Chavez

While Zika cases identified in the U.S. are still primarily related to travel outside the country, the threat has reinforced the importance of preventing mosquito bites. Mosquitoes spread many types of viruses that can cause diseases. West Nile virus (WNV) is most commonly transmitted to humans by mosquitoes. Fortunately, most people infected with WNV will not have any symptoms. About 1 in 5 people who are infected will develop a fever with other problems. Less than 1% of infected

people develop a serious neurologic illness.

Both Zika and West Nile Virus are spread by Aedes aegypti mosquitos. This mosquito is local to South Carolina and the southeastern United States.

To minimize your chance of being bitten, limit your outdoor activities from dusk to dawn when mosquitoes are most active. If you do go outside, cover up with long-sleeved shirts and long pants. Mosquitoes may bite through thin clothing – treating clothes with permethrin or another EPA-registered insecticide can provide extra protection.

When used as directed, EPA-registered insecticides are safe for pregnant women. If wearing sunscreen and insecticides, apply sunscreen first then apply insect repellent.

Use an insect repellent with one of the following active ingredients – DEET; Picaridin, also known as KBR 3023, Bayrepel and icaridin; oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD); or IR3535. Products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) should not be used on children under three years of age.

Helping children avoid bites Insect repellent should not be used on babies younger than two months. Instead, dress infants or small children in clothing that covers arms and legs, or cover the crib or baby carrier with mosquito netting.

Follow guidance on the package before applying insect repellent on children – spray it onto your hands and then apply to a child’s face. Do not apply insect repellent to a child’s hands, mouth, cut or irritated skin.



Once You’ve Been Bitten---

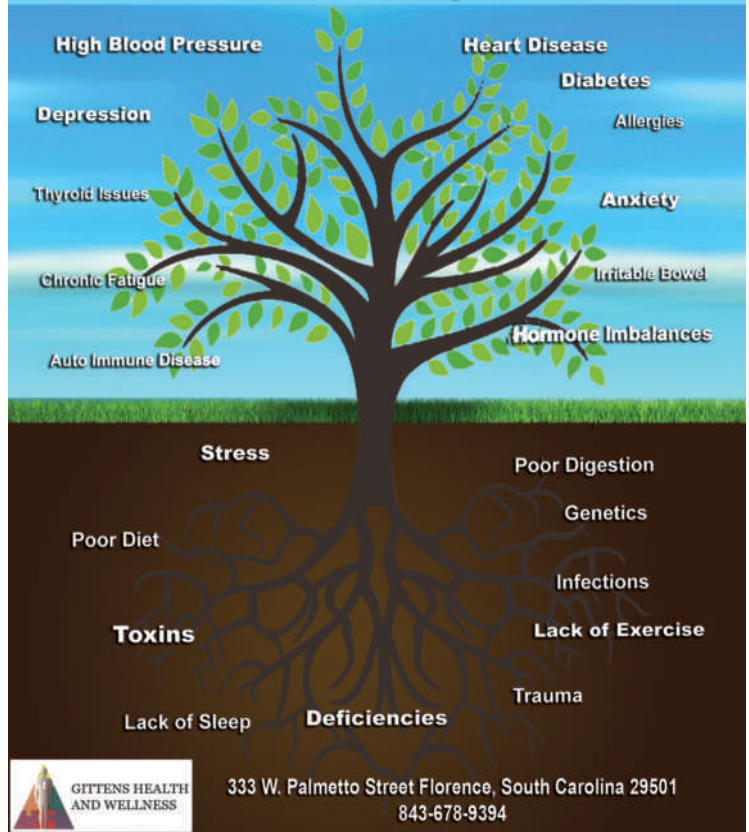
Even the best preventative measures probably won’t protect you from all bites. In the case of a normal reaction, a hydrocortisone cream or calamine lotion will provide relief from itching. A cold pack, ice cubes or a cool bath without soap may help relieve symptoms as well.

For more serious allergic reactions, oral antihistamines such as Benadryl or Claritin, topical anti-itch lotion or benzocaine, a cool bath without soap or an epinephrine autoinjector (EpiPen) in case of anaphylaxis may be used to treat your reaction.

If you experience fever, severe headache, body aches, nausea or vomiting, rash, confusion or neurological changes, contact your doctor. These could be signs of a more serious reaction.

Dr. Temujin Chavez is board certified in Infectious Disease & Internal Medicine. He is associated with Carolinas Infectious Disease, an affiliate of Carolinas Medical Alliance and he is a member of the medical staff at Carolinas Hospital System. He is accepting new patients. To make an appointment, or refer a patient please contact Dr.

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# CONSIDER CHIROPRACTIC DURING FIRST TREATMENT ROUND

Submitted by Dr. Jennifer M. Evans, Chiropractic Physicians, Eastern Carolina Family Medicine



Dr. Jennifer M. Evans

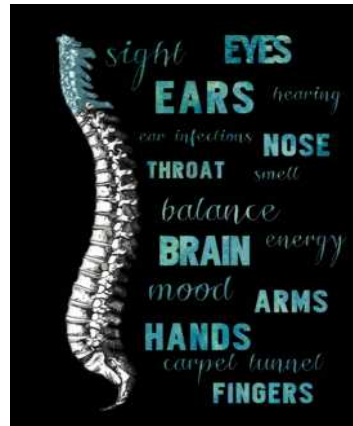
October is the month that has been designated and deemed as National Chiropractic Health Month. A month that I take pride in magnifying what I attempt to do every day: Spreading and raising awareness of the value and vast benefits of Chiropractic care and holistic medicine.

My love for chiropractic and my frank introduction into this realm of medicine was nothing short of extraordinary. Growing up in the small country town of Lynchburg,

South Carolina my exposure to this healthcare field was nonexistent... So was my knowledge and awareness. During the pursuit of my undergraduate degree, this reality quickly changed. When I was a sophomore in college pursuing a biology degree in a pre-medicine curriculum, my brother was involved in a tragic car accident where he was ejected from the vehicle and unfortunate injuries and fatalities occurred with the other passengers. I remember getting the call from our mother that he was being airlifted to Richland Memorial Hospital with dreadful expectations. Even more familiar was the heart wrenching emotions that I felt and the heartbreak that I recall seeing on my mother's face when we finally arrived in the ICU. I remember the hope that we fought to keep as the healthcare team there relayed to us their medical opinion of his prognosis... Very poor! We were told that due to the neurological impairments and spinal injuries as a result of the ejection from the vehicle, he would not be able to speak properly again, likely walk again, or regain many of his day to day functions such as personal care, eating without the feeding tube etc. In shock at the news as we visited daily, we began to lose faith. We watched him in agonizing pain, nearly screaming at the top of his lungs to being restrained to his bed because of the violent and hallucinating side effects caused by his potent medications. He wasn't "living". He was just being sustained. He couldn't recognize us, and truthfully, neither could we recognize him. As we approached wit's ends, hanging on to what little faith we had left; in God, in healthcare, in the human body period... we were introduced to the possibility of holistic and alternative treatments as an option. Desperate for a change, with seemingly nothing to lose, we made a choice to give it a shot. In short, holistic medicine ended up being a saving grace for my brother and my family. Coupled with mainstream medical care, not only was he able to decrease the medication that was being administered to him, but within weeks of care the feeding tube was removed, he'd begun reforming words and speaking, and had even taken his first few steps. We'd forgotten our roots; the upbringing of home remedies and the innate ability of our bodies to heal itself and sustain life "naturally". We were still stuck in the mindset of the vast majority of today's time: the "quick fix"; the magic pill or procedure to take away the symptom, rather than the answer to the root cause of the symptom(s).

So what made this "chiropractic" treatment and care so special, so profound, and simply life changing to my family and me? As I researched and studied more about chiropractic, I began to understand its foundation and its premise. Hippocrates, also known as "the father medicine", once said, "Get knowledge of the human spine, for this is requisite for many diseases." But why, you may ask? Let's consider a quick biology lesson on the nervous system. To understand how chiropractic care can have these broader benefits,

it's useful to know a little bit about how your nervous system works. The nervous system is the ONE system in the body that directly affects EVERY other system. What's known as the "powerhouse" or the major control center of the body? The brain. What's the major extension of this Control Center that provides instruction to the nerves that then relays that message to the body for proper function? The spinal cord. There are 2 major subdivisions of the nervous system: the central nervous system and peripheral nervous system. The brain and spinal cord makes up what's called the "central nervous system". The peripheral nervous system is a network of nerves that links the body to the brain and spinal cord. This system



hosts the vast majority of the Autonomic nerves. These are the nerves that sense when you are cold and will increase your body temperature, control your heart rate, your blood pressure and digest your food, to name just a few functions. These nerves are under direct control of the brain and cannot be affected by us. Then there are the spinal nerves which are responsible for carrying the motor, sensory and autonomic responses from the brain and spinal cord to the rest

of the body and conversely. The nervous system is so important to human life and development that it is the FIRST system to form in a developing fetus, allowing for normal growth and organization of tissues to form a complete human being. The nervous system sort of works like how a power plant works to send electricity through a series of electrical lines so that your power would work in your home. If something happens to the power lines, say a tree falls on one or some type of accident occurs to physically alter the integrity of the power line, the power then is affected and won't turn on in your home. Just the same, as the spine serves as a pillar to support the body AND to protect the spinal cord, which sends these electrical signals to from the brain to the rest of the body through nerves, if it is altered or "out of place" through physical, chemical, or emotional stress this interferes with the brain's ability to supply power (or instructions) to the rest of your body. Much like the tree on the power line interfering with the power going to your home. This interference can manifest in many different ways: neck pain, back pain, headaches, digestive issues, sleep disturbances, fatigue, irritability and numbness and tingling to name a few. The most important thing to remember is that many times there aren't major initial noticeable signs of these misalignments, or as chiropractors refer to them, subluxations. Just as the signs could easily go unnoticed for high blood pressure or high cholesterol. Meanwhile the body is trying to adapt to this stress on the nervous system due to this alteration of the normal alignment of the spine, and this can progress into bone degeneration and loss of vitality of the body and its organ systems.



Today my approach to each patient that I've had pleasure and privilege of treating continues to be the foundation for all that caused me to fall in love with chiropractic. A whole body, all encompassing approach to optimal health. One large aspect of health that in many events we don't consider is that "optimal" health is interdependent with the engagement of the body to the mind and spirit. Proper balance and health of these factors are equally important in order to reach optimal health. In fact, it has been shown that dis-ease of one system can manifest as an illness or disease in another. For instance the loss of a spouse or loved one causing we often times refer to as a "broken heart", yet in reality leads to a heart attack or heart condition. Let's consider a physical impairment (broken limb, brain damage, or organ failure) leading to emotional/mental distress or depression. At a time when when chronic diseases are at an all time high and more humans (and animals) are on pharmaceutical drugs, we need quality resources and understanding more than ever to help us understand the nature of health and disease.

This is why my goal and effort is an approach to get to the root of why a patient has gotten sick, and focuses on helping them heal in the most powerful and natural way possible. Sometimes this may require the aid and co-management of other physicians and specialties, but in the end the overall goal is to address the root cause of the issue to get the patient better as painlessly, naturally, and less destructively as possible so that they can reach optimal health and stay better longer! Chiropractic care is not the answer for every ailment, but in my opinion it should be one of the primary considerations during the course of conservative evaluations before progressing to other aggressive approaches. Freely flowing information across your nervous system is an essential element for optimal health. Is your nervous system free of interference... If not, then there's no way that you are on your way to "optimal" health.

**5 phases of chiropractic care**

- WELLNESS**  
*I want to be the best that I can possibly be.*
- MAINTENANCE**  
*I want to prevent future problems from occurring & old ones from returning.*
- SUPPORTIVE**  
*I want to keep the progress I've made by continuing care.*
- CORRECTIVE**  
*I want to truly fix my spinal dysfunction and retrain muscular weaknesses.*
- PAIN RELIEF**  
*I want to be pain free as quickly as possible.*

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- AUTO & SPORTS INJURIES
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# CAROLINAS HOSPITAL SYSTEM JOINS MAYO CLINIC CARE NETWORK

Submitted by Mark Warrin, Marketing Coordinator



Carolinas Hospital System and Mayo Clinic announced today that Carolinas Hospital System has joined the Mayo Clinic Care Network, a growing network of independent health care providers committed to working together to benefit patients and their families.

Carolinas Hospital System physicians will have access to Mayo Clinic expertise to benefit patients. The goal of the network is to help patients get answers to complex medical questions while staying close to home.

“Carolinas Hospital System is honored to be selected a Mayo Clinic Care Network member,” says Darcy Craven, CEO, Carolinas Hospital System. “Physicians in our community will collaborate with Mayo Clinic physicians to improve the delivery of health care for patients through high-quality, data-driven, medical care and treatment. Our patients gain the benefits of Mayo Clinic expertise within their own communities.”

Carolinas Hospital System will work with Mayo Clinic to share medical knowledge and clinical expertise. Local physicians will have access to information and services including:

- eConsults to connect providers with Mayo specialists when they feel that additional input will benefit their patients
- AskMayoExpert to give caregivers point-of-care access to the latest Mayo Clinic-vetted information for evaluating and treating a variety of medical conditions
- Health care consulting to promote improved processes by sharing Mayo’s clinical, operational and business models
- eTumorBoards that offer live conferences to discuss complex cancer cases with a multidisciplinary panel of Mayo Clinic specialists and other network

members

In addition, providers of Carolinas Hospital System also can access Mayo Clinic’s extensive library of patient education materials as well as grand rounds presentations that feature Mayo Clinic physicians and scientists.

“We are pleased to welcome Carolinas Hospital System to the Mayo Clinic Care Network,” says Ryan Uitti, MD, medical director, southeast region, of the Mayo Clinic Care Network. “This relationship is another way for both organizations to build on a common core value: collaborating to provide the best possible care to patients.”

Launched in 2011, the Mayo Clinic Care Network now consists of more than 40 member organizations in the U.S., Mexico, Puerto Rico, Singapore and the United Arab Emirates. Carolinas Hospital System and

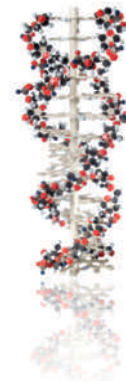
other members undergo a rigorous evaluation before joining the network. All share Mayo Clinic’s commitment to improve the quality and delivery of health care.

**About Carolinas Hospital System** Carolinas Hospital System is a 396-bed regional healthcare provider with nearly 300 doctors in all major specialties and the area’s first accredited Chest Pain Center. Carolinas Hospital System has more than 1,800 employees and provides comprehensive acute care, cancer care, cardiac care, emergency/trauma services, maternity care and specialized rehabilitation programs. For more information, visit <http://www.carolinashospital.com/carolinas-hospital-system/home.aspx>.

**About Mayo Clinic** Mayo Clinic is a nonprofit organization committed to clinical practice, education and research, providing expert, whole-person care to everyone who needs healing. For more information, visit <http://www.mayoclinic.org/about-mayo-clinic> or <http://newsnetwork.mayoclinic.org>.

**MEDIA CONTACTS:** Kimberly Geiger, Carolinas Hospital System Marketing, 843-674-2613, [kgeiger2@carolinashospital.com](mailto:kgeiger2@carolinashospital.com)  
Rhoda Madson, Mayo Clinic Public Affairs, 507-284-5005, [newsbureau@mayo.edu](mailto:newsbureau@mayo.edu)

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**The 30-Minutes-Or-Less E.R. Service Pledge –  
at Carolinas Hospital System.**

**CAROLINAS**  
HOSPITAL SYSTEM



\*Medical professionals may include physicians, physician assistants and nurse practitioners.

# SUPPORT GROUPS AROUND THE PEE DEE

**Artful Expression Support Group for Cancer Patients and Caregivers**  
Meets: 2 pm second Thursday of the Month  
Place: Florence County Museum, 111 W. Cheves St in Florence  
Contact: Raquel Serrano: 843-777-5695

**Brain Tumor Support Group**  
Meets: 6 pm, Last Thursday of the Month  
Place: Florence Neurosurgery and Spine Center, 1204 E. Cheves St. in Florence  
Contact: 843-673-0122 or visit [FlorenceNeurosurgery.com](http://FlorenceNeurosurgery.com)

**Breast Cancer Group**  
Meets: 5:30 pm, first Tuesday of the Month  
Place: Carolina Hospital System's Educational Classroom, Medical Mall B  
Contact: 843-674-6206

**Shelby's Group: Breast Cancer Support Group**  
Meets: 6 pm, third Thursday of the Month  
Place: McLeod Resource Center, 927 E. Day St. Florence  
Contact: Raquel Serrano: 843-777-5695

**Multiple Myeloma Support Group**  
Meets: 6 pm, third Tuesday of the Month  
Place: McLeod Center for Cancer Treatment & Research, 401 E Cheves St. in Florence  
Contact: Raquel Serrano: 843-777-5695

**Ostomy Support Group**  
Meets: (Starting in November) 3 pm second Sunday of the Month  
Place: McLeod Pavilion Conference Center  
Contact: Sondra Moseley: 843-777-6339

**Breast Cancer Support Group**  
Meet: Quarterly on Mondays 6:30  
Location: Varies  
Contact: Ginger Joy: 843-687-4302  
Place: Carolina Hospital System's

**Domestic Violence/ Sexual Assault Support Groups**  
Chesterfield County  
Meets: 4pm every Tuesday  
Place: Chesterfield Satellite Center, 339 N. Page St.  
Contact: Tierra Cash, 843-623-7364 Or [tcash@peedeecoalition.org](mailto:tcash@peedeecoalition.org)

Dillon County  
Meets: 5pm every Tuesday  
Place: Dillon Satellite Center, 300 N. First Ave.  
Contact: Rebecca Tyson: 843-774-0898 [orttyson@peedeecoalition.org](mailto:orttyson@peedeecoalition.org)

Florence County  
Meets: 6 pm every Tuesday  
Place: 220 S. Irby St.  
Contact: Johnna Williams, 843-669-4694  
Or [jwilliams@peedeecoalition.org](mailto:jwilliams@peedeecoalition.org)

Marion County  
Meets: 4 pm every Thursday  
Place: Marion Satellite Center 1305 N. Main St.  
Contact: Alicia Morrison, 843-423-6568 [oramorrison@peedeecoalition.org](mailto:oramorrison@peedeecoalition.org)

Marlboro County  
Meets: 4 pm every Wednesday  
Place: Marlboro Satellite Center 108 Parsonage St. in Bennettsville  
Contact: Chanda Collins: 843-479-0882 [orccollins@peedeecoalition.org](mailto:orccollins@peedeecoalition.org)

Williamsburg County  
Meets: 11 am every Friday  
Place: DHEC Building, 520 Thurgood Marshall Highway in Kingstree  
Contact: Freda Cox: 843-354-6481  
Or [fcoc@peedeecoalition.org](mailto:fcoc@peedeecoalition.org)

**Breastfeeding Preparation**  
Meets: 6:30 pm, second Tuesday of the month (registration is required)  
Place: Floyd Conference Center at Carolinas Hospital  
Contact: To register, call 843-674-4525; for [Or tcash@peedeecoalition.org](mailto:Or tcash@peedeecoalition.org)

**Mommy and Me: Pee Dee Breastfeeding Coalition Support Group**  
Meets: Monthly  
Contact: Rebecca Campbell: 843-229-7085  
Or [peedeebreastfeedingcoalition@gmail.com](mailto:peedeebreastfeedingcoalition@gmail.com)

**Childbirth Preparation**  
Meets: 6:30 pm, first Tuesday of the month  
Place: Floyd Conference Center at Carolinas Hospital  
Contact: To register, call 843-674-4525; for more information call 843-674-4665

**Darlington County Autism Support Group**  
Meets: Once a month from September until April  
Place: 2300 E. Home Ave. in Hartsville  
Contact: Coretta Bailey, 843-307-3386 or 843-307-4179, [coretta.bailey@yahoo.com](mailto:coretta.bailey@yahoo.com)

**Gestational Diabetes Class**  
Meets: 1 pm every Tuesday  
Place: Floyd Conference Center at Carolinas Hospital  
Contact: 843-674-4525  
**Al-Anon Meetings**  
Meets: Noon on Tuesdays and Thursdays, 6 pm on Mondays and

Wednesdays  
Place: 413 S. Church St.  
In Florence (Tuesdays and Thursdays) Or St Paul United Methodist Church (Mondays and Wednesdays) Contact: 843-662-4938, meetings are for friends and relatives of alcoholics

**Amputee Support Group**  
Meets: 5:30 pm, Fourth Tuesday of the month  
Place: Cafeteria at Carolinas Hospital In Florence  
Contact: 843-661-3600

**Back to Basics Narcotics Anonymous Support Group**  
Meeting Meets: 7 pm every Wednesday  
Place: 406 S. Kemp St. in Florence  
Contact: Irma R. Wilson, [irmawilson@yahoo.com](mailto:irmawilson@yahoo.com)

**Diabetes and Nutrition Classes**  
Meets: 2 pm, first and third Tuesday of the month  
Place: Floyd Conference Center at Carolinas Hospital  
Contact: 843-674-4525

**Hartsville Brain Injury Support Group**  
Meets: 2 pm second Tuesday of the Month  
Place: Hartsville Memorial Library 147 W. College Ave in Hartsville  
Contact: Danny Weaver: 843-383-5585

**Mental Illness Family Support Group**  
Meets: 6:30 pm, second Thursday of the month  
Place: Central United Methodist Church  
Contact: 843-413-1500

**Multiple Sclerosis Support Group**  
Meets: 5:30 pm third Tuesday of the month  
Place: Cafeteria at Carolinas Rehabilitation Hospital  
Contact: 843-661-3600

**Parkinson's Disease Support Group**  
Meets: 5:30 pm, second Tuesday of the month  
Place: Carolina Rehabilitation Hospital  
121 E. Cedar St in Florence  
Contact: Nancy Wright: 843-673-0854 [haybrton@gmail.com](mailto:haybrton@gmail.com)

**Parkinson's Support Group:**  
Meets: 5:30 pm second Tuesday of the month  
Place: Carolina Rehabilitation Hospital  
Contact: 843-661-3600

**Senior Citizen's Association Alzheimer's and Dementia Support Group**  
Meets: 6 pm, third Thursday of

the month  
Place: Leatherman Senior Center in Florence  
Contact: Janeque Wright: 669-6761 ext.228

**Stroke Support Group**  
Meets: 4 pm, fourth Tuesday of Month  
Place: Carolinas Hospital System's Outpatient Rehabilitation Center  
Contact: 843-661-3600

**Clarendon County Support Groups**  
**Alzheimer's Support Group**  
Place: BJ Drayton, Palmetto Health Tuomey Home Service  
Contact: BJ Drayton, 803-773-4663

**Breastfeeding Support Group**  
Meets: the first Monday of each month  
Place: Palmetto Health Tuomey Women and Children's Education  
Contact: 774-BABY (2229)

**Cancer Support Group**  
Meets: The third Monday of each month  
Place: Women's Imaging Palmetto Health Tuomey or the Education Department Palmetto Health Tuomey  
Contact: Susan Parnell 803-774-9047 or Phyllis Buckner 803-774-8678

**Horry County Support Groups**  
**You "Grow" Girl Women's Group**  
Issues: Anxiety, Codependency, and Women's Issues  
Meets: TLC Counseling Center 289-H Highway 90 East Foxfire Plaza Little River, South Carolina 29566  
Contact: Lenore Bolig: (843) 486-2528

**Thyroid Cancer Support Group**  
Survivors, family members & caregivers.  
Meets: Third Tuesday of every month from 6 to 7:30 PM.  
Location: 2000 Coastal Grand Circle, Ste 520 Myrtle Beach, SC  
Contact: Wendy Shelley- 843-457-5112

**Alanon Club**  
Place: 910 67th Avenue North Myrtle Beach, SC  
Phone: 843-449-4215  
Support Families & friends of Alcoholics

**Alanon- Alateen**  
Place: P.O Box 8618 Myrtle Beach, SC  
Phone: 843-449-0187  
Support for teenage family & friends of alcoholics

**Diabetes Support Group**  
Meets: Rehabilitation Services Building in Classrooms B and C.  
2369 Cypress Circle, Conway SC

Contact: Mary Jo Hamrick, BSN, RN  
843-347-8013; remaining classes October 24 and November 28, 2016

**Breast Cancer Support Group**  
Meets: 2nd Tuesday of Each Month  
From 5:30pm to 7:30pm  
CMC Outpatient Diagnostic Center  
801 Farrar Drive  
Conway, SC 29526  
[Jeannie.Gibson@cmc-sc.com](mailto:Jeannie.Gibson@cmc-sc.com)  
National Alliance on Mental Illness

**NAMI Pee Dee**  
Contact: Lou Hanna  
Phone: 843-413-1500  
Email: [lbhanna3@joimail.com](mailto:lbhanna3@joimail.com)  
Support Group: Family- Every 2nd Thursday at 6:30 p.m., Central United Methodist Church, 225 W. Cheves St., Florence, SC

**NAMI Grandstand**  
Contact: Bill Hamilton  
Meeting Dates, Times, and Locations:  
Contact Bill Hamilton  
Support Groups: Family- Every first Thursday at 6:00 p.m.  
Our Lady of the Sea Catholic Church  
(Parish Activity Center- Room D)  
1100 8th Ave. North, N. Myrtle Beach, SC 29582  
Phone: 843-234-1216  
Email: [whamilton5@sc.rr.com](mailto:whamilton5@sc.rr.com)

**NAMI Sumter**  
Contact: Fred Harmon  
Phone: 803-905-5620  
Email: [fharmon1@sc.rr.com](mailto:fharmon1@sc.rr.com)  
Meeting Date, Time, and Location: Meets quarterly; contact Fred Harmon for details.  
Support Groups: Family- Every 1st Thursday at 7:00 p.m.  
St. John United Methodist Church, 136 Poinsett Dr., Sumter, SC

**NAMI Low country (SC)**  
Contact: Sarah Eliasoph, Director of Operations  
Phone: 843-681-2220 ext. 1#  
Email: [nami@hargray.com](mailto:nami@hargray.com)  
Meeting Date, Time, and Location: Contact the affiliate office or visit our website.  
Support Groups: Family  
1. Beaufort- Third Monday at 7:00 p.m., St. John's Lutheran Church, 157 Lady's Island Drive  
2. Bluffton - Fourth Tuesday at 10:00 a.m.,  
Low country Presbyterian Church, 10 Simmonsville Road  
3. Bluffton - Fourth Tuesday At 6pm, Unitarian Universal Church, 110 Malphrus Rd



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# LUNG CANCER: A BIGGER HEALTH ISSUE FOR WOMEN

Submitted by Mark Warrin, CHS Marketing Coordinator

NOVEMBER IS  
**LUNG  
CANCER**  
AWARENESS MONTH



When you think of women's health concerns, lung cancer may not come to mind. But each year, lung cancer kills nearly twice as many American women as breast cancer — and this number is on the rise. In recent years, lung cancer rates have steadily declined in men, but risen dramatically in women. While the reasons for the disparity remain unclear, researchers are tracking down the causes and identifying the most effective prevention strategies for women.

## IT'S NOT JUST SMOKERS

These days, everyone knows that smoking cigarettes is a major cause of lung cancer, but one in five women who develop the disease have never smoked. For women, lung cancer risk appears tied to uniquely feminine factors, including: Hormones. The influence of female hormones, especially estrogen, makes women more likely than men to develop lung cancer. In addition, estrogen promotes growth in lung tumors, speeding the spread of the disease. Higher sensitivity. Some studies have suggested that women may be more susceptible to lung cancer because they are more sensitive to carcinogens (cancer-causing substances) in tobacco smoke and the environment.

## A GENDER ADVANTAGE

Though women are developing lung cancer at a faster rate than men, they are also more likely to survive lung cancer, at all stages of the disease. Why? One reason may be that women tend to notice and seek treatment for lung cancer symptoms such as a persistent cough,

hoarseness or chest pain sooner than men. In addition, women diagnosed with lung cancer tend to be a few years younger than their male counterparts, and therefore stand a better chance of fighting off the disease. Also, women tend to respond better than men to lung cancer treatments, including chemotherapy and targeted medication therapies.

## PROTECTING THE LUNGS

The same risk factors that can lead to lung cancer in women also contribute to other respiratory problems, including chronic obstructive pulmonary disorder and asthma. To reduce your risk:

**Avoid secondhand smoke.** According to the American Lung Association, exposure to others' smoke leads to some 7,330 lung cancer deaths in nonsmokers every year. **Test for radon.** This naturally occurring, colorless and odorless gas is the second leading cause of lung cancer. Have your home tested annually for elevated radon levels and promptly repair any problems. **Avoid environmental carcinogens.** Limit exposure to air pollution, asbestos and other known cancer causing agents. **Take hormones into account.** Women at high risk for lung cancer should discuss the issue with their doctors before deciding to take hormone replacement therapy. For women at the highest risk, estrogen-blocking medications may also reduce the risk of developing lung cancer.

Experiencing lung cancer symptoms, such as persistent cough or hoarseness? Talk with your doctor. To find a doctor who can help you learn more about your risk for lung cancer and need for screening, visit [CarolinasPulmonology.com](http://CarolinasPulmonology.com) or call 843-673-7529 to find a physician.

Remember that this information is not intended to replace the advice of your doctor, but rather to increase awareness and help equip patients with information and facilitate conversations with your physician that will benefit your health.

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# BRIDGING HEALTH BARRIERS FOR LATINO COMMUNITIES

Submitted by Donna Tracy, Communications Coordinator



Eduardo Velazquez (right), an interpreter at HopeHealth, helps Olga Gonzalez check in for her visit. Velazquez is one of several interpreters at the community health center who help bridge barriers to health care for Latino communities.

Across the nation health issues are impacting communities. From the dramatic increase in opioid addictions, to the media attention surrounding mental health, to the ongoing endemic of obesity and diabetes, health care accessibility to quality care is a concern for all.

For many communities, Federally Qualified Health Centers help open doors to essential primary care services and health care needs addressing these issues. These centers, such as HopeHealth, are not free clinics. They do, however, offer programs and sliding-scale fees to help bridge financial barriers to health care access and provide quality, equitable care regardless of ability to pay. Business owners, corporate CEOs, banking executives, migrant workers and the unemployed single parent are all examples of our customers who receive care at community health centers like HopeHealth.

Within the larger community, some populations face additional barriers to receiving timely health care. Language and cultural barriers, lack of access to preventive care, limited understanding of the health care system and lack of health insurance are some of the factors that can impact the health of such populations. In South Carolina, the Hispanic population increased 161 percent between 2000 and 2012 – the most rapid growth across all states. The majority of this growing community are young, working families. Therefore, early prenatal care, pediatric well-visits and chronic disease prevention are essential steps in keeping their families healthy. However, many of these working families rarely use the health care system except for childbirth and emergency services because of such barriers.

## Reaching Out

Programs and initiatives at community health centers directly respond to the needs in their local communities to bridge these barriers to care.

Initiatives like HopeHealth's Latino Servicestackle these problems proactively by focusing on a variety of health aspects in Latino communities. This service includes using bilingual interpreters within the health care system. These interpreters have become an essential and growing part of the HopeHealth team in Florence and Manning; they help provide clear communications between patients and providers by breaking down the language barriers that hinder appropriate care.

Bilingual community health workers provide culturally-relevant outreach, education, and access to care where Latinos frequent most such as tiendas, Hispanic churches, laundromats, and the fields and factories where some may work. They also help patients navigate the health care system; connect individuals to needed resources such as prenatal care, primary care, specialty clinics, Medicaid, WIC and more; and they help foster a health care environment that is approachable and accessible.

Sunlight Farms - HopeHealth's Latino Outreach Coordinator Gabriel Cardona (right) checks in with Jose Moises Lopez. Sales at a farm in Summerton, SC. Sales is a seasonal farmworker working under the Migrant and Seasonal Farmworkers Program through the Rehabilitation Services Administration. Cardona visits local farms in the Manning area to help educate seasonal farmworkers, like Sales, on the importance of getting proper health care for diseases such as diabetes and childhood obesity.

SC Office of Rural Health; PASOs; Arnold School of Public Health, Latino Studies, at the University of South Carolina; and The Boys and Girls Club of the Pee Dee.



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# AN INSIGHT INTO ADDICTION

Submitted by Mark Warrin, CHS Marketing Coordinator

## Addiction Recovery

Heal The Root - Heal The Tree



A 1987 television campaign, “This is Your Brain on Drugs,” featured an egg sizzling in a frying pan. In reality, the effects of drugs and addiction on the brain involve a series of complex mechanics. Discover how addiction can fool even the smartest brain cells. **How the brain operates normally:** In an intricate process involving neurons, neurotransmitters, receptors and transporters, the brain dictates the body’s cognitive and physical function. Chemical neurotransmitters carry the messages from neuron to

neuron, attaching to specifically matched proteins—or receptors—to properly transmit the message and then recycling through transporters to their original neuron. **How the brain operates on drugs:** Drugs mimic and disrupt the brain’s natural communication process by triggering the release of a larger than normal number of neurotransmitters without the corresponding recycling process or by turning on neurons that then send abnormal messages through neurotransmitters.

**The Means to Addiction** In addition to interrupting the brain’s normal function at the communication level, drugs and other addictions create a rush of dopamine. This neurotransmitter is involved in cognitive, emotional and movement-related messages. More importantly, it is also the major stimulator for motivation and pleasure. Since the brain naturally links life-sustaining substances with the release of dopamine and the experience of pleasure, drugs and other activities develop into addictions by convincing the brain that they are life sustaining.

Over time, the brain reacts to the artificial flood of dopamine by producing less of the chemical. People with addiction then seek out their drug of choice to maintain heightened dopamine levels. According to the National Institute on Drug Abuse, such long-term behavior can lead to the following health complications:

- Cancer
- Cardiovascular disease
- Hepatitis B and C
- Human immunodeficiency virus/acquired immune deficiency syndrome
- Mental illness



**Curbing the Craving** The road to recovery from any type of addiction is a difficult one with behavioral and emotional challenges as well as physical cravings that emerge from the chemical mechanism of addiction. Techniques to combat these include:

**Rethink the memory.** Because a craving typically revives positive memories of the addiction, actively remembering the negative impact of the addiction can help thwart the craving. Get distracted. Replace consuming thoughts of the addiction

with an activity that engages the mind and body in thoughts unrelated to the cravings. Talk it out. Discuss the craving as it happens to neutralize the desire and help understand the triggers causing the craving.

- The Centers for Disease Control and Prevention estimates that 75 percent of adult alcohol consumption can be classified as excessive or binge drinking.
- According to the National Council on Problem Gambling, 6 million adults and 500,000 teenagers in the United States have gambling habits that can be classified as an addiction.



The Drug Abuse Warning Network reports that illicit drugs contributed to more than 4.69 million visits to U.S. emergency departments in 2009

The alcohol and drug rehabilitation center at Carolinas Hospital System is called BRUCE HALL. It provides a safe, holistic environment with private rooms, 24 hour emergency services and care, daily therapy services and a supportive, experienced staff. For more information, please contact: Bruce Hall (843) 661-3133 Toll Free (800) 221-8108

Remember that this information is not intended to replace the advice of your doctor, but rather to increase awareness and help equip patients with information and facilitate conversations with your physician that will benefit your health.

Sources: [www.cdc.gov](http://www.cdc.gov) (<http://www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm>), [www.drugabuse.gov](http://www.drugabuse.gov) (<http://www.drugabuse.gov/publications/science-addiction/drugs-brain>), [www.samhsa.gov](http://www.samhsa.gov) (<http://www.samhsa.gov/data/2k12/DAWN096/SR096EDHighlights2010.htm>), [www.helpguide.org](http://www.helpguide.org) ([http://www.helpguide.org/mental/drug\\_abuse\\_addiction\\_rehab\\_treatment.htm](http://www.helpguide.org/mental/drug_abuse_addiction_rehab_treatment.htm)), [www.npgaw.org](http://www.npgaw.org) (<http://www.npgaw.org/problemgamblinginformation/factsfigures.asp>), [www.medicalnewstoday.com](http://www.medicalnewstoday.com) (<http://www.medicalnewstoday.com/info/addiction/>)



## COLEMAN FAMILY PRACTICE WELCOMES NEW PROVIDER

Submitted by Mark Warrin, CHS Marketing Coordinator



Cindy Lawrimore

Veteran Family Nurse Practitioner Cindy Lawrimore has joined Coleman Family. Lawrimore received her Master’s Degree in Nursing from The University of South Carolina and is certified by the American Nurses Credentialing Center as a Family Nurse Practitioner. She has 19 years of experience as a Family Nurse Practitioner, and a total of 32 years in the nursing profession.

Cindy is a native of the Johnsonville / Hemmingway area and is looking forward to serving Pamplico and the surrounding areas. She values a patient / provider relationship where both the provider and patient are active participants in health-care management goals.

Coleman Family Practice is associated with Carolinas Medical Alliance. Cindy and Brandi Reynolds, M.D. are accepting new patients. To schedule an appointment, please call 843-493-5252 or visit [ColemanFamilyPractice.com](http://ColemanFamilyPractice.com) to request an appointment.

## CALEB IS ON HIS WAY TO STARDOM!

by Anna Bowman



Caleb poses for statue

Caleb is getting used to his new “celebrity” since the statue of him and the late Dr. Roswell Nathaniel Beck was unveiled on the public plaza of Francis Marion University’s new Luther F. Carter Center for Health Science. Caleb’s mother, Mrs. Chrystal Johnson, explains how her six-year-old son was chosen to become a part of the exciting tribute to the late Dr. Beck. “We learned about the sculpting project through my husband’s aunt, Mrs. Deborah Baccus. She

mentioned to my husband, Nathaniel Johnson, that the sculptor, Alex Palkovich, was looking for a young boy to pose in an upcoming sculptor project that he was asked to do. At this time we didn’t know what the sculpture would be about. My husband took Caleb down to the Palkovich’s studio where he took some pictures of him and told us he would let us know if he was chosen. Within the next month or so we received a call back that Caleb was chosen.”

Johnson isn’t surprised that her son was selected. “Caleb is a very humble, patient and smart little boy,” she said. His father and I knew that he would be able to listen to the instructions from Mr. Palkovich, even though it was going to be a very “new” and “unique” experience, posing for the statue, which took several sessions. Mr. Johnson accompanied his son during the session and was amazed at how well his son was able to work with the renowned sculptor. “When we saw the finished project we were amazed and very proud. Words can describe how we felt. It was so surreal, to see a sculpture of our son that really looked just liked him,” said his mother.



Caleb viewing statue

The project for Caleb and his family started out to be a once in a lifetime opportunity, but they never imaged just how special the family was connected to the late Dr. Beck, once they realized he was the person being honored with the statue.

“My mother, Elizabeth Smalls, used to work for Dr. Beck,” said Caleb’s mother. “When we found out that the “Doctor” in the sculptor was Dr. Beck. She told us some very touching stories of how kind and brilliant Dr. Beck was

when she worked for him. Also before the ribbon cutting there was an article in the paper that gave some background on Dr. Beck and what he did as a doctor and for the community that we read to Caleb.” She said her son asked tons of questions to others in the community as well and some of the older generation in our community such as his grandmother and church members remembered Dr. Beck for all of his great works and were able to give Caleb many examples of what he did for the community and what he stood for as a doctor which led to why he was being recognized with a statue.



Family with Mayor Wukela



Family with Alex Palkovich

Once word got out that the young “patient” in the statue was modeled by Nathaniel “Caleb” Johnson, he became an instant “celebrity.” The first grader, who is in the Montessori program at North Vista Elementary School, has signed a couple of autographs and he has gotten some recognition on the news, in the church and within the community, so you could say he was a little small town celebrity, his mother stated. His brother Jermaine, also gets questions from his friends at school wanting to know how cool it is to be the brother of the little boy in the statue.”

So how does a six-year-old react to seeing himself in bronze for the first time? “At first he was very shy and overwhelmed by all of the picture taking and questions from everyone at the ribbon cutting, but after things settled down he was very humble and he smiled and said “Ahh, man I can’t believe this is me!” his mother said. When asked how h enjoyed working with Palkovich, Caleb said, “I was excited to pose for Mr. Alex. He is nice and very funny and he always told me to hold my head up, stick my chest out and I put my hands in my pocket like a big boy!”



Family in front of statue

The project was very special to Caleb and because of his unique experience and learning about the late prominent physician, Dr. Beck, Caleb hopes to become a doctor when he grows up. “I want to be an ambulance doctor. The kind of doctor where when the ambulance comes to the hospital I will help save the life of the person so they won’t die. I want to save lives and make everyone feel better,” said the little local “celebrity.”



# FEEL AT HOME IN THESE LOVING ARMS

by Ta' Meeka Epps



Sonyetta Cooper, Shelter Site Manager of N.R. House

On any given night there are more than 241 homeless people in Florence and that is just the base number as the actual number of homeless each night may actually triple the number reported. (Retrieved from URL [www.schomeless.org](http://www.schomeless.org) (2014 SCCH Point in time count report))

As a child, all of your basic needs are supposed to be provided by the ones who love and support you and home is always supposed to be where the heart is. So what happens when a child is not able to recognize home or a support system?

Loving Arms, Inc. is a private not for profit organization operating in Florence and the surrounding counties to address the runaway, homeless and unstably housed epidemics facing youth in the Pee Dee Area. These epidemics facing the youth of the Pee Dee Area places them at a higher risk for sexual exploitation and trafficking, drug addiction and disease disrupting mental, social, emotional and physical development.

Norma and Roberts House or N.R. House II will operate as an emergency shelter for youth ages ten through 18. N.R. House and its staffers believe every child deserves a safe place to sleep and until a child can be returned home or until suitable housing is available, they will find a home at N.R. House II.

Sonyetta Cooper is the Shelter Site Manager of N.R. House II where she is responsible for the overall function of the shelter or basic needs center (shelter, food and clothing provided) and must ensure that all cost safety of the residents is never compromised. Ms. Cooper has spent the past couple decades serving as a community activist. Her work in the community started at the former organization Hope for the Pee Dee before she founded Girlz of the Pee Deean organization to empower all girls to be smart, strong and innovative.

Ms. Cooper's advocacy background and her passion to serve others are purposely aligned with the mission of Loving Arms, Inc. to vigorously advocate for the youth while inspiring them to be self sufficient, responsible and productive members within the community. When asked why the work at Loving Arms is so important Ms. Cooper's response was filled with hope: "We are going to be the voice of the voiceless using an holistic approach to get to the root of the issue finding the underlying problem then work with the family to empower them and build up the family structure."

Loving Arm's will provide temporary, 21-day, housing to displaced

youth, however the focus is on rebuilding the broken family unit and returning the child to the home if and when possible. Loving Arms will assist the youth with navigating the resources available to them because they understand the process of getting the help needed can be a traumatizing event as well. Loving Arms will take the journey with all youths and their families from advocacy to empowerment making every party involved accountable for their decisions, actions and choices.

Loving Arms will educate, mentor, provide shelter, counseling, tutoring, referrals and other social services to members of the communities in which they serve. The work being done by Loving Arms, Inc and its emergency shelter N.R. House II is the first of its kind in the Pee Dee Area and with the support of the community the impact will reach beyond divides strengthening one of the essential core elements of the community; family.

For ways to help Loving Arms fulfill its mission and impact the life of the youth within the community visit [www.lovingarmsinc.com](http://www.lovingarmsinc.com).



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# THE UPLIFTING TRUTH ABOUT END-OF-LIFE CARE



When a loved one is critically ill, hearing that it's time for hospice care can be devastating news. On top of the emotional upheaval of coping with a terminal illness, you may be unsure what hospice care really is - and believe it's just an indication your loved one will likely pass away.

Yet the time your loved one spends in hospice care doesn't have to be sad - for anyone. Hospice can be a deeply rewarding time of great comfort for patients and their families.

Hospice care is not about waiting for someone to die, and that's unfortunately a very common misconception. The goal of hospice is to provide to a patient, who has a life-limiting illness, the physical comfort and medical care they need to stay in their home for as long as possible, while at the same time supporting their caregivers. The hospice team helps families by educating, supporting and identifying any needs they have, ranging from chaplain support to finding mortuaries and veteran benefits.

The decision to begin hospice care is a communal one, with the patient, caregivers, loved ones and medical professionals contributing to the dialogue. A terminal diagnosis from a doctor usually begins the process of seeking hospice care. Also, as a family member's health begins to decline due to illness, conversations about end-of-life care are proactive and compassionate.

Hospice care providers often encounter common misconceptions about hospice care.

The truth behind some mistaken beliefs:

\* Hospice is for the last few weeks of life. The hospice Medicare benefit is for the last six months, if the disease follows its normal course. Most people who enter hospice have done so because they've received a diagnosis of a life-limiting illness. But people who enter hospice often live longer, and with a better quality of life, than terminally ill people who do not go into hospice. Many are even able to come off hospice

service if their condition improves.

\* Hospice means giving up. Hospice is actually a commitment to a high level of care for a loved one. "It means making them as comfortable and safe as possible so they may enjoy time with their loved ones for as long as possible.

\* Patients are heavily medicated. Patients receive medication under strict physician guidelines, and caregivers closely monitor comfort care protocols so each patient's pain and symptoms are uniquely managed.

\* Hospice patients can no longer see their doctors. Patients can continue to see any of their previous doctors. Rather than taking anything away, hospice adds a layer of medical support.

\* Hospice care ends when a patient dies. Because hospice cares for the patient's caregivers and loved ones as well as the patient, hospice team members continue their support for 13 months after the patient passes away. The hospice team provides grief support for the families and will continue to work with them to address any lingering questions, and to help identify their needs.

The hospice team is comprised of the assigned physician and nurses to provide the direct medical care to the patient, while a chaplain, social worker and bereavement counselor provide additional support and education to families and caregivers.

Hospice ideally occurs in a patient's home, whether that's a personal residence or assisted living community. It is a Medicare-reimbursed benefit, and most private insurance providers do also cover some hospice costs.

End-of-life care isn't just about taking pain medications to relieve symptoms until death. It helps people gain emotional strength and carry on with daily life, while improving the quality of life. The goal is to help patients and their families make every remaining moment as comfortable and enriching as possible.



## FIVE IDEAS FOR CELEBRATING GRANDPARENTS AND FORGING DEEPER BONDS



There's no arguing that grandparents have special relationships with their grandchildren. Whether they are a couple hours' drive away or a flight across the country, distance doesn't dissolve this bond.

National Grandparents Day happens every September,

but grandparents and families shouldn't have to limit the celebration to just one day of the year. Here are five fun ideas for staying in touch with family, no matter how near or far they live.

Play games online together

Technology can be a wonderful way for different generations to connect long-distance. Beyond phone and video calls, schedule time for grandkids and grandparents to play virtually. There are numerous programs that let players in different locations challenge each other to cards, checkers, chess and more. Interactive sketching apps make drawing or playing tic-tac-toe a breeze from two locations. A little play can make everyone's day.

### Schedule weekly phone calls

Making a weekly phone date ensures everyone stays in touch. Long-distance phone calls are easy and budget-friendly when you use an affordable cellphone provider. With a new 30-day smartphone-only plan with talk, text and data for just \$15 a month on the largest 4G

LTE networks, you'll have enough money left to spoil the grandkids. And, with no activation or cancellation fees, you can change your no-contract plan as often as your needs change, without penalties

### Read a book together

The written word has a way of bringing people together. Pull up video calling for the whole family to read a goodnight story together. Older kids can select a series of interest with their grandparents and read at the same time, meeting each week via a video or phone for a discussion. Perhaps Grandpa or Grandma can start by suggesting their childhood favorite, and family members can take turns selecting books from there.

### Pen pal exchanges

In a digital world, it's rare to receive letters. However, kids love to get mail, so why not start a pen pal exchange? Small kids can color pictures while big kids can practice penmanship and writing skills. Grandparents and grandkids alike will love receiving fun surprises in the mail from each other. Strive to send items once a week so everyone has something to look forward to.

### Video performances

If you cannot connect in-person but the kids and grandkids want to show off their talents, try a video performance! Whether it's demonstrating the year's dance recital choreography, practicing a new tune on the piano, or acting out a fun play, kids will enjoy showing off and grandparents will feel extra loved. Hit the record feature and send grandparents the file afterward so they can revisit any time they're missing the grandkids.

# WILSON SENIOR CARE DARLINGTON BASED COMPANY EXPANDS

Submitted by Dianne Dennis, Marketing Director



Grand Strand Healthcare

**DARLINGTON-** Wilson Senior Care, , announced the purchase of Grand Strand Healthcare, an 88 bed skilled nursing facility located at 4452 Socastee Boulevard in Myrtle Beach.

Wilson Senior Care (WSC) is an established healthcare provider focusing on senior care services for more than 50 years. The addition of Grand Strand Healthcare will allow WSC to serve the citizens of Myrtle Beach and surrounding areas.

Dennis Lofe, President & CEO of Wilson Senior Care, stated that “We were honored when the former owners approached us about purchasing Grand Strand Healthcare. I am proud of Wilson Senior Care’s reputation in the healthcare industry. We continue our strong commitment to caring for the seniors in Darlington County and anticipate the opportunity to serve additional seniors with this expansion in Horry County”.



The acquisition increases WSC’s operations making it the largest skilled nursing provider in the Pee Dee Region, with more than 506 skilled nursing beds and 750 employees. This progressive healthcare organization generates approximately \$42 million in

annual revenues.

WSC is an employee owned company that operates 3 skilled nursing facilities, a short-term rehabilitation facility, a long-term care pharmacy, a medical uniform retail store (all in Darlington County) and 2 skilled nursing facilities (in Horry County). For more information about Wilson Senior Care and its services please visit [www.wilsonseniorcare.com](http://www.wilsonseniorcare.com) or search Wilson Senior Care on Facebook.



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## FRESH, UNIQUE AND MINIATURE ART WORK OPEN DOORS FOR EMERGING ARTISTS

Submitted by Uschi Jeffcoat, Executive Director, Florence Regional Arts Alliance



Tiffany Thomas and Symon Gibson

Small Works 2016 is a juried visual arts competition featuring a compilation of small pieces selected from a wide range of media and artists. The show aims to provide a place for the emerging artist to place alongside the professional artist. All works are no larger than 12" x 12". Organized by the Florence Regional Arts Alliance, the show is underwritten by a generous gift from International Knife and Saw, Inc. The show aims to support the downtown economic revitalization

efforts this year by highlighting a new arts space. Small Works 2016 will be housed in the TThomas Arts at 167 North Dargan Street. Prizes will be awarded at a reception on October 28, which begins at 5:30. The duration of the exhibit is October 28-November 18.

## BOOK RELEASE AIMS TO SET READERS FREE IN TURN

by Rennie Lunn-McAllister



Doreen Reid

CHERAW -- Personal experiences compounded with Biblical passages can go one of two ways: build up power or destroy preconceived notions and leave a spiritually blank launchpad. It is the intent of author/poet Doreen Lettsome Reid in her recently released book "He's Worthy", to do whichever is necessary. Spirituality is a personal matter.

"Increasing power and faith is intentional if it has the right foundation, but in some instances, many beliefs need to be shaken, tested and reformed in order for the believer

to grasp God's intended purposes for His people. That is the aim of my book – to rightly divide the word of truth and summon all the sheep into one Divine fold," Reid said recently.

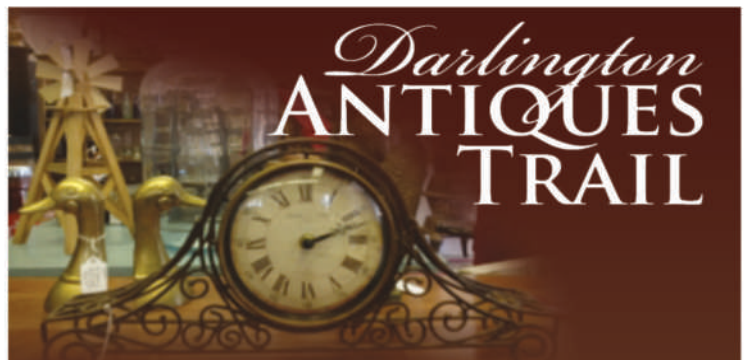
"We as women, wives, mothers often find ourselves waiting on someone to validate, affirm, confirm or support what's on the inside of us. We are often well aware of the hidden treasure within our vessel – the diamond that God has placed there to be seen and used for His glory. But we also often hold back or pull back from revealing what's on the inside because we are waiting for others to see our beauty on the outside," she says in prefacing her book.

Be admonished: waiting can be dangerous and humankind cannot have it their way while yielding to God simultaneously and that is why she labored eight years to shine some light on the way, the truth and the life.

"Waking up 3 am for three years to "prepare my family for their day and myself for studying, writing bits and pieces of the book and working has truly shown me how to unlock what's inside me so that God gets His glory. I no longer have the fear that 'others would not believe that God wants to use me or that they wouldn't accept that He placed value in little old me or that He couldn't prove Himself strong and mighty through somebody like me'. I'm confident enough to share with the world that it is true for me and all the rest of us who trust and obey Him," she said.

After trying to finish Florence-Darlington TEC across 20 years, she did. And this past spring, she graduated Charleston Southern University with a degree in early childhood education. She now teaches preschool in Marlboro County.

Published by Xulon Press, "He's Worthy" is available at Barnes & Noble or by contacting the author at doreenreid.newbeginning2013@gmail.com.



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[www.darlingtonSConline.com](http://www.darlingtonSConline.com)

# CREATING CONFIDENCE: 8 STEPS TO FEELING MORE SELF-ASSURED

Submitted by Maureen Allen



Virtually everyone struggles with a lack of self-confidence at some point in their lives and it's perfectly normal to feel unsure of yourself in certain situations. However, if you find a lack of confidence is holding you back from fully enjoying your personal life, or achieving your professional

goals, it may be time to take action.

"There are actually steps you can take to rebuild your confidence, even when you're struggling to feel self-assured," says Susie Moore, a motivational speaker, best-selling author and life coach. "Confidence is a real-life super power that affects every aspect of your life, from your relationships to your career and social life, but it's also more attainable than you think."

Moore shares tips on how you can be your most confident self and live a fulfilled, unconditional life:

\* Tap the power of words and positive thinking by starting every day with an uplifting mantra. Positive self-talk such as "I am loveable. I am worthy. I am enough" can help boost confidence levels. Make a conscious decision to be more kind and gentle with yourself every day.

\* Practice a strong pose and smile to help enhance your sense of confidence. Confidence is all about attitude. Making these small physical changes can immediately impact how self-assured you feel in any situation.

\* Make self-care non-negotiable. Take time to listen to your body and give it what it needs to help you feel confident. That's energy you can devote to better things, like reconnecting with the people and parts of your life you've been missing.

\* Keep your mind and body active. Being busy leaves you little time to overthink, so fill your life with activities you enjoy. Yoga, visiting friends, reading, cooking, going for walks or even organizing your closet all count!

\* Speak with intention. The way you talk impacts your mood, your confidence and how other people perceive you. When you use verbiage like "I'll try" or "I don't think I can," you're really allowing yourself permission to feel unconfident. Instead, build confidence and commitment with statements like "I will" and "I know I can."

\* Don't overcomplicate things or allow yourself to be distracted by unimportant things. Focus on your daily objectives and long-term goals by cultivating a clear and positive vision of how you want your life to be.

\* Listen to, but don't heed negative opinions of others. Your positive attitude and vision are more important than anyone else's negative thoughts.

\* Be sure to reserve time and energy for your own priorities. Busy lives mean we can get bogged down with commitments to others, and while those things are important, it's vital to take care of yourself and your own priorities first. Build your schedule around the time you need for your own goals and let everything else fit in around that.

"Confidence is an almost-magical quality that can help you lead your best, most fulfilled life and - more importantly - it's in your grasp.



*"Come in as Friends and Leave as Family"*

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## BOY MEETS GIRL IN THE MIRROR

by Rennie Lunn-McAllister



Shannon and Erin

The relationship that Shannon and Erin have built together has all the makings of a traditionally successful and solid lifetime duo: romance, loyalty, love, mutual respect and promises of forever, shared responsibilities, teammates, God-driven, same sex, WHAT??)(\*&^% Yes, the couple are lesbians and say that they have found their soul mate in each other.

“We believe that we are all put on this earth to love and be loved and this is no different; it is just the choices we make,” said the younger one who is in school to earn a degree and become the

breadwinner soon.

Having met online less than a year ago, they note that for the record they were both born girls who lived a pretty much heterosexual life, even dated a few men and one of them got married to one, but there was always some inkling or inner notion that they were not ‘normal’. “When I was a pre-teen, I remember being attracted to girls but couldn’t tell anyone because all the other girls and boys were interacting like their parents were at the time. It was a painful and uncomfortable period of years for me to grow up in with my secret and hormones going on and loneliness all at the same time,” recalled Shannon, whose family is more acceptable of their relationship and with whom they both reside temporarily.

“We are the same as everyone else who knows that love is universal,” said Erin who was married nine years to a ‘cheater’ and once modeled for the TV show ‘Deal or No Deal’. “I used to open the briefcase, smiling and displaying what they told me to. But when I met Shannon I opened a box of chocolates for life that I’m sure is a good deal.”

Reared in broken homes, Erin was adopted and never got to know her birth siblings until after the death of their father. They still function in a strained coexistence, but she gets along famously with her adoptive family.

Acknowledging that neither of them ‘really miss anything about men’, the thirty somethings who are most protective of what is theirs -- meaning each other -- say that there is no real job description for who they are or what they do, but there is a mission objective: “We want the world to be more educated about our lifestyles and personal choices just as we are of theirs and more understanding and accepting of our human, civil and reproductive rights. We wanna be able to go to church together around here and be married there some day. Then raise a family in our hometown like anybody else someday.”

And since they echo to each other the sentiment that neither would ever want to be with anyone else, some day is the operative word here.

\*\*\*\*\*

For LGBT support groups, The Guild of South Carolina, (visit <http://www.scglbg.org/>) or Harriet Hancock Center, (visit [www.harriethancockcenter.org](http://www.harriethancockcenter.org)) can help.





# FALL FOR THE ARTS IN FLORENCE

Submitted by Florence Convention and Visitors Bureau



Fall's cool weather brings a welcomed break from the summer heat in Florence. And it brings a new round of exhibits, festivals, and outdoor activities to enjoy.

Arts and entertainment in Florence County in the fall features a colorful lineup. From a sports racing exhibit

at the Florence County Museum to "To Kill A Mockingbird" at the Florence Little Theatre to concert lineups and the notable November festivals in Florence.

A featured exhibit at the Florence County Museum launched in time with the Bojangle's Southern 500 highlights the career of Timmonsville native and national sports racing legend Cale Yarborough. On loan from the NASCAR Hall of Fame as well as from Yarborough, museum visitors will see the major events and accomplishments throughout Yarborough's career. The exhibit runs through mid-December. And don't forget -- on Thursdays, the museum hosts free public tours at 2 p.m.

The fall line-up of plays at the Florence Little Theatre gets into gear with "To Kill A Mockingbird" in mid-November. Based on the Pulitzer Prize-winning novel, the Southern Gothic play focuses on tomboy Scout Finch during the 1930s and touches on intense subject matter. And in early December, the FLT Schoolhouse Players will put on The Elves & The Shoemaker perfect for children and families.



There's plenty to choose concert-wise this fall, as well. Francis Marion University Performing Arts Center will host the The Doo Wop Project, Parris Island Marine Band, and Enrique Graf, among others. Florence Civic Center will bring back the '90s with the "I Love the '90s" show featuring Vanilla Ice and Salt N Pepa with Spinderella, and then An Evening with Danny Gokey, an American Idol favorite and Billboard Music chart-topper.

The Florence Symphony Orchestra, one of the oldest continuously operating symphonies in the state, kicks off its season with the Polish-French Connection in October and features soprano Lindsey McKee in November.

Arts-related, there are a couple small works shows in the community. Florence Regional Arts Alliance will hold its opening reception at 5:30 p.m. Oct. 28. The juried show has three cash prizes and an honorable mention. The host venue for this year is the new TThomasArts studio at 167 N. Dargan St. The Lynda English Studio Miniature Competition and Sale reception and awards ceremony will be held at 5:30 p.m. Dec. 8. The juried show also has three cash prizes for adults as well as youth. The studio is located at 403 Second Loop Road in Florence.

And in the literary realm, the Pee Dee Fiction & Poetry Festival will be held Nov. 10-11 at Francis Marion University to promote and celebrate literature and reading with four nationally known and best-selling authors and poets. For more information, visit [www.peedeefiction.org](http://www.peedeefiction.org).

## SOUTH CAROLINA



The S.C. Pecan Festival features more than 250 food-and-craft vendors, special art demonstrations, a free kids zone, amusement rides, antique tractor show, car show and competition, cook-off competition, chalk art competition, Pecan Classic cornhole tournament, Run Like A Nut races, Bike Like A Nut race and plenty more to offer the entire family.

For more ideas of what to do this fall, visit the Florence Convention and Visitors Bureau's calendar online at [visitflo.com/](http://visitflo.com/) events. From local performers to Broadway shows, local festivals to pro tennis tournaments to Wild Weekends at the Environmental Discovery Center, we'll keep you busy in Florence and across the Pee Dee.



# Holiday Goodness

## arts & crafts BAZAAR

**One Day Event**  
**Sat., Nov. 19, 2016**  
**9am - 4pm**

**Free Admission**  
**Santa &**  
**Free Carriage Rides - 10 - 3**  
**Free Children's Magic Show, 11 & 2**  
**Drawings for \$10.00 "Vendor Bucks"**

**Dillon Wellness Center**

---

*Same Day - Same Place!*  
**Humane Society of Dillon County**

*3rd Annual*  
**Chili COOK-OFF** 

\$5.00 - Sample All Contestants & 1 vote for "Peoples Choice" Trophies - Cash Prizes

**11:00 to 2:00**  
*Wellness Center Grounds*



## City of Marion

### 27<sup>th</sup> Annual

#### Holiday Prelude & Community Tree Lighting Celebration

**Saturday, December 3<sup>rd</sup>**  
 HMRA Prelude to Christmas 9am-1pm  
 Marion Christmas Parade 4:30pm  
*Sponsored by the Marion Chamber of Commerce*

**Sunday, December 4<sup>th</sup>**  
 Annual City Tree Lighting Celebration 6pm  
*Marion County Courthouse*  
 Fireworks at Withlacoochee Park 7pm

**Saturday, December 10<sup>th</sup>**  
 Historic Marion Christmas Tour of Homes 2-6pm  
*Sponsored by Marion Chamber of Commerce & the Pilot Club of Marion*

**Thursday, December 15<sup>th</sup>:**  
 Downtown Marion Merchants' Extended Shopping Hours  
 6-8pm Downtown Marion

\*call the Chamber office for information/details 843-423-3561

# "GO NUTS" AT THE 13TH ANNUAL SC PECAN FESTIVAL ON NOVEMBER 5, 2016

Submitted by the SC Pecan Festival Committee



The 13th Annual South Carolina Pecan Festival is right around the corner, and this year promises to deliver brand new attractions and fantastic live entertainment throughout the 11-block festival grounds in Downtown Florence. From its humble beginnings in 2003 with one stage and one block of activity, this event has transformed into one of Florence's most iconic festivals and one that locals and visitors should not miss.

The family-friendly SC Pecan Festival kicks off on Saturday, November 5 featuring six stages of live entertainment, amusements, rides, a free Kids Fun Zone, pecan culinary

competitions, classic car and truck show, antique tractor show, the ACO Pecan Classic cornhole tournament, Bike Like a Nut and Run Like a Nut races, and more than 250 food and craft vendors! In addition to these festival staples, there's a new attraction in town—the Pecan Pub, a place to kick back, catch the big games, and sample several Pecan-brewed beers! The Pecan Pub will be located next to the FMU Performing Arts Center on Cheves Street.

Spend the day with us at the South Carolina Pecan Festival and catch one (or several) of our fantastic Pecan Festival entertainers. With everything from gospel and blues to bluegrass, beach music, and rock and roll, there is something for everyone. Make sure to check out another brand new attraction this year with our HopeHealth Dance Stage featuring dance troupes from across the Pee Dee Region. Don't miss

our headlining act, Average White Band, who hits the Main Stage at Irby and Baroody at 5:30 p.m. Don't want to get caught up in the crowd? Check out our brand new Main Stage VIP Area sponsored by Conway Rental--\$25 gets you access to a prime viewing spot and a few beers to enjoy the show!

Are you a culinary master looking to show off your talents and win great prizes? Enter our annual Pecan Cook-off and show us what you've got! Fill out the registration form (available online) and bring your recipe and best dish using pecans to the 100 block of Evans Street at 10:15 a.m. to compete for the \$250 Best Overall Award! Pick up your pecans, pies, pecan treats, and festival t-shirts from our Official Pecan Festival Booth—come early for the best selections and sizes! Are arts and crafts more your style? Check out our live artist demonstrations at the Breezeway on Evans (100 Block) and check out our arts and crafts vendors scattered throughout the festival grounds.

If that wasn't enough, don't forget about our FREE Kids Zone located on the lawn of the FMU Performing Arts Center (S. Dargan Street). Check out the Kids Zone Stage featuring live entertainment, inflatables, roaming characters, balloon sculpting, petting zoo, Soda City Cirque performances, a bicycle giveaway, storytelling, Joy the Clown, and so much more!

The South Carolina Pecan Festival is one of the largest events held annually in Florence, attracting more than 50,000 people each year. Go nuts with us this year and enjoy great food, fellowship, family fun, and of course, PECANS! For more information and a festival map, visit our website, [www.scpccanfestival.com](http://www.scpccanfestival.com) and find us on Facebook for updates and features leading up to festival day!

## FRIDAY, OCTOBER 21ST

Wing Cook-Off  
5:30 PM - 8:30 PM



2016



## SATURDAY, OCTOBER 22ND

BBQ & Chili Cook-Off & Festival  
11:00 AM - 3:00 PM



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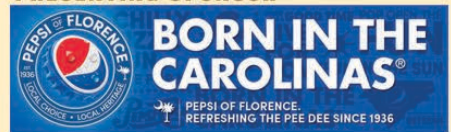




# SOUTH CAROLINA PECAN FESTIVAL

**SATURDAY 10AM-7PM**  
**NOVEMBER 5, 2016**

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*Average White Band*

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MAIN STAGE  
AT IRBY + BAROODY

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OR FIND US ON FACEBOOK

# WAR STORY AUTHOR HEADLINES FICTION & POETRY FESTIVAL

Submitted by FMU



Marine veteran Phil Klay

Marine veteran Phil Klay, whose riveting exploration of the emotional trauma inflicted by combat in Iraq and Afghanistan vaulted him onto the New York Times Bestseller List, is the headliner for the 10th annual Pee Dee Fiction and Poetry Festival at Francis Marion University.

The annual two-day festival will be held on campus Nov. 10-11. It features panel discussions and book signings by the authors. It is free and

open to the public. The festival also plays an integral role in fall classes at FMU. Works by the participating authors are taught in select classes. Students then have an opportunity to meet with the authors in special workshops and discussion groups.

Klay will be joined at the festival by award-winning authors Angela Flournoy, Aimee Nezhukumatathil and Catherine Pierce.

FMU faculty chair and English professor Rebecca Flannagan organizes the event with a committee of faculty members from the Department of English. She says this year's event will be a momentous one.

"We are excited to have fiction writers Phil Klay and Angela Flournoy whose award-winning books will be taught in our composition and literature classes," says Flannagan. "Our poets Aimee Nezhukumatathil and Catherine Pierce will be featured in creative writing and literature classes, as well. We have a great line-up of young writers whose works will resonate on both the personal and political level."



Angela Flournoy

*Redeployment* (The Penguin Press) is a collection of short stories that takes readers to the front lines of the wars in Iraq and Afghanistan. In his book, Klay explores the complex feelings of brutality, faith, guilt, and fear that a soldier experiences during war, while also revealing the isolation and despair that can accompany a soldier's homecoming. *Redeployment* won the 2014 National Book Award for Fiction and the 2015 Chautauqua

Prize.

Klay is a graduate of Dartmouth College and a veteran of the U.S. Marine Corps. He served in Iraq's Anbar Province from January 2007 to February 2008 as a Public Affairs Officer. Klay received his MFA from Hunter College.

Flournoy's debut novel, *The Turner House*, was a finalist for the National Book Award and a New York Times notable book of the year. The novel was also a finalist for the Center for Fiction First Novel Prize, the PEN/Robert W. Bingham Prize for Debut Fiction and an NAACP Image Award. She is a National Book Foundation "5 Under 35" Honoree for 2015. Flournoy is a graduate of the Iowa Writers' Workshop, where she received an undergraduate degree from the University of Southern California. She has taught at the University of Iowa, The New School and Columbia University.

Nezhukumatathil is the author of three poetry collections: *Lucky Fish* (2011), *At the Drive-In Volcano*, and *Miracle Fruit* (2003)—all from Tupelo Press. Her most recent chapbook is *Lace & Pyrite*, a collaboration of nature poems with the poet Ross Gay. Nezhukumatathil is a professor of



Aimee Nezhukumatathil



Catherine Pierce

English at State University of New York-Fredonia, where she teaches creative writing and environmental literature. Nezhukumatathil will be the Grisham Writer-in-Residence at the University of Mississippi's MFA program in creative writing in 2016-17.

Pierce is the author of *The Girls of Peculiar*, winner of the Mississippi Institute of Arts and Letters Poetry Prize, and *Famous Last Words*, winner

of the Saturnalia Books Poetry Prize. She co-directs the creative writing program at Mississippi State University. Pierce earned her B.A. from Susquehanna University, her M.F.A. from Ohio State University, and her Ph.D. from the University of Missouri. She now lives in Starkville, MS., where she is also an associate professor.

For more information on the authors and events at the festival, go online to <http://departments.fmarion.edu/english/pdfpf/>.



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John G. Vincent is a successful entrepreneur and workplace consultant who focuses on high performance management, behavioral economics, strengths-based leadership, leading change and performance development. Expert in generational differences, he is author of 'UPSIDE, a Guide to Achieving Your Full Potential in Life' and founder of The Genesis Group, a company specializing in maximizing human capital.



Keynote presenter Marc Burt, head of Diversity and Inclusion at Honda North America, Inc., who leverages D&I to drive outcomes and accelerate the pace of change through increased communication, elevating consciousness, awareness and commitment to diversity inside and out of the organizational workplace. A Honda team player of 17 years, Burt's major responsibility has been to administrate dealer development and Minority Dealer Training Programs that increase minority-owned Honda dealerships, a similar function he performed for 16 years at Ford Motor Company.

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Space is Limited and Reservations Must Be Made by Monday October 24<sup>th</sup>  
Ticket Cost is \$75.00, Which Includes Continental Breakfast and Lunch**

*Increase Production & Profitability Through Diversity Focus Training...*

# FALL ENTERTAINING FORECAST: COZY, COMFORTABLE AND OUTDOORS

Submitted by FMU



Mix candles with your glassware to create

Whether an afternoon tailgating before the big game or a fun-filled evening under the dazzling autumn stars, the forecast for this season's entertaining is trending toward cozy, comfortable and outdoors.

You think the big lifestyle shift right now is toward eating out less and entertaining more at home, and autumn is the perfect season for taking your get-togethers outside. Think about it - the temperatures are cooling down following our record breaking summer heat. You can have more people at outdoor gatherings than you can generally fit in your home. Plus, there's more flexibility because you can easily have one or more set ups, whether that means setting up tables for dinner or having canapés and finger foods around a fire pit.

Fall is a great season for ditching the paper and plastic and taking your dinnerware outdoors. Tableware industry experts say there are many positives to introducing your "good stuff" to Mother Nature. It won't blow away like paper plates, and it's far more environmentally friendly than Styrofoam.

## Mix it up

While serving finger foods on small plates is extremely popular and encourages your guests to mingle, there's a definite return toward the comfort and connection of a sit down meal. To set the perfect fall table, designers encourage mixing and matching patterns to reflect your distinctive style.

You should generally start with a pattern that sets the tone for the evening, one that reflects what I'm feeling for this particular gathering. Whether that's a cute salad plate that's going to sit atop the dinner plate,

or a fun color I want as my main design element or theme. I want for my entire table.

That may mean pairing a current fall favorite, such as a dinner plate in Woodland by Spode, with vintage American amber glass from the 1940s. She also mixes different pieces. For example, adding a hued glass accent salad plate creates another layer of dimension, while a bright goblet can infuse a much needed pop of seasonal color.

Light up your evenings

There's really no need to go heavy on the decorations for fall outdoor entertaining. Bright leaves, pumpkins, seasonal berries and other naturals create the perfect autumn décor. Experts say you don't need a floral centerpiece if you have nature all around you. Instead, use candles to light up your evenings.



Add seasonal color by pairing favorite fall patterns with vintage American glasscozy fall centerpieces

when lit, creates a simple, warm feeling on those nights when you're just starting to feel a nip in the air.



## SAVE THE DATE

Friday, March 17, 6:30 PM TO 10 PM

Southeastern Institute of Manufacturing & Technology (SiMT), Florence, SC

*Come enjoy an opportunity to screen Black-themed short films in celebration of creative content by and about Blacks of the African Diaspora. If you love films this will be a treat for you. Who knows, you may decide to tap the inner Tyler Perry or Steven Spielberg in you and direct a short film! We look forward to seeing you there.*

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