



News & Press

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QUOTE

'All that is necessary for the triumph of evil is that good men do nothing.'

EDMUND BURKE

75¢

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WWW.NEWSANDPRESS.NET

Solicitor: No wrongdoing by deputies who killed woman

By Bobby Bryant
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Darlington County sheriff's deputies who fatally shot a woman wielding a knife a little more than a year ago have been cleared of any wrongdoing.

April Elizabeth Webster, 47, of Edna Street north of Darlington, was killed in December 2018 when she confronted deputies at her home

with what was described as a large serrated knife.

She had a history of schizophrenia, and had stopped taking her medication, officials were told. Darlington County Sheriff Tony Chavis immediately asked SLED to investigate the case, which is routine in officer-involved shootings.

Last month, the News & Press obtained a copy of SLED's report, which SLED said was

forwarded to the 4th Circuit Solicitor's Office in March. (However, a SLED spokesman as recently as late July told the newspaper in an e-mail that the case remained open. The differing accounts could not be immediately explained.)

Based on the SLED report, the solicitor's office issued no indictments in the case, 4th Circuit Solicitor Will Rogers told the News & Press. The

deputies involved are not accused of wrongdoing and have long since returned to their jobs.

The SLED report says several deputies responded to 156 Edna St. late Dec. 16, 2018, after receiving a 911 call that Webster was suicidal, had cut herself "so bad" and "barricaded" herself in the house. According to the report, deputies had been called to the

house before.

Deputies were told at one point that Webster had served in the military, had knives and swords in the house, and intended to kill any law-enforcement personnel who got into the house.

The report states that during the call to 911, Webster could be heard screaming and saying, "I've been in the (expletive) military; I will (expletive)

take people out" and also saying "I will get shot tonight" and "I will die tonight."

At one point, the report says, deputies requested aid from the Hartsville Police Department's Special Response Team, but it's unclear when the aid was requested or when assistance arrived.

SOLICITOR ON 3A

Things to come: A glance ahead at 2020

By Bobby Bryant
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The new year, 2020, is a week old, and things are still slow.

We're still writing 2019 on our checks. Everyone is shaking off two midweek holidays in a row. The usual Monday-Friday routine has been shaken and stirred – what day is it, anyway? Every New Year feels a little like a hangover.

But we'll adjust. Over the next 51 weeks, here are some of

the things we can expect for Darlington County:

-- The South Carolina Democratic Party presidential primary is set for Saturday, Feb. 29. The state's Republican Party presidential primary isn't going to happen, unless something changes soon. The S.C. GOP's executive committee voted Sept. 7 not to hold a primary this time. "With no legitimate primary challenger and President (Donald) Trump's record of results, the decision was made to save South

Carolina taxpayers over \$1.2 million and forgo an unnecessary primary," party chairman Drew McKissick said.

-- Darlington's new \$20 million elementary school is scheduled to open in the fall for classes. The school, which replaces Cain and Brunson-Dargan elementaries, will be called J.L. Cain Elementary. Also expected in the fall of 2020: Opening days for new elementary schools in Hartsville and Lamar. (If you want to vote on the names for those two schools, go to the Darlington County School District's website.)

-- Bethea Retirement Community in Darlington was expected to complete a \$23 million, 60,000-square-foot health care and rehabilitation facility by the fall of this year. The project is "a pivotal moment, a life-changing event, in the future of every resident and staff (member) of Bethea," said Tom Turner, CEO and president of the S.C. Baptist Ministries of Aging. (Bethea is a ministry of that group.) The facility will encompass 88 private rooms, 22 for short-term care and 66 for long-term care.

-- Sometime this year, we likely will find out exactly what "Project Peach" is. The code-named economic-development project appears to be an expansion of, or addition to, the Georgia-Pacific/Dixie Cup facilities in Darlington. There's been talk of increased truck traffic. Apparently, "Project Peach" is going to manufacture, or complete the manufacturing of, something. But what?



The new Cain Elementary School CONTRIBUTED PHOTO

-- Well before Labor Day, we likely will know the name of the new company that will take over title sponsorship of the annual Southern 500 NASCAR race in Darlington. Bojangles' is ending its sponsorship after seven years.

-- Darlington's new mayor, Curtis Boyd, will begin his first year in office. (He was scheduled to be sworn in this week.)

-- Work will continue toward a new courthouse/judicial center for Darlington County, but don't look for completion yet. County Councilman Robert Kilgo has said the project could take two or three years to finish.

GLANCE AHEAD ON 3A



Terrence Carraway

Veteran city judge Causey dies

From Staff Reports

Former Darlington Municipal Judge Daniel B. Causey III died over the weekend, according to obituary information posted on the website of Kistler-Hardee Funeral Home.

Funeral arrangements are being handled by Kistler-Hardee Funeral Home. (See full obituary, A4.)

Causey initially was appointed municipal judge more than 30 years ago by then-Mayor Ronnie Ward and served until 2017, when he was

succeeded by Robert Stucks.

"This is very sad," former Darlington police chief Daniel Watson wrote on his Facebook page. "He was a very good man and very honorable. He should be honored by the city he served."



A dog breeder recently donated two bloodhound puppies to the Darlington County Sheriff's Office, and now officials are trying to decide on names for the dogs. Votes are being taken on the Facebook page for the Sheriff's Office. As of Friday, nearly 900 people had offered their picks for the pups' names. The options were down to 10: Cash, Sully, Scout, Major, Colt, Ruger, Thor, Xander, Smokey and Bandit. (Smokey and Bandit appeared to be leading the votes.) PHOTO COURTESY DARLINGTON COUNTY SHERIFF'S OFFICE



Ronald Page



Seth Cavanaugh PHOTOS BY SAMANTHA LYLES

Page and Cavanaugh honored as DFD Firefighters of the Year

By Samantha Lyles
slyles@newsandpress.net

Members of the Darlington Fire Department cast their votes each year to recognize outstanding service by both full-time and volunteer firefighters, and 2019's honorees are both examples of the dedication and professionalism DFD is known for.

Firefighter of the Year Ronald Page joined DFD three years ago as a volunteer, and has served over a year as a full-time member. His quick

assimilation of firehouse routines and on-site protocols wasn't a surprise to Chief Pat Cavanaugh, who recalls that he tried for several years to recruit Page into the service, noting that he had a feeling Ron would be an asset to the department.

Page says that even though he enjoyed hanging around the station and has some fire service lineage (his great-grandfather was Aiken's fire chief in the 1920s), it took him a while to make the leap. Once

he made the decision, he committed fully to the job and validated Chief Cavanaugh's instinct.

"In the time that (Page) has been here, he has excelled at every task assigned to him. If I send him for training with 10 different people from 10 different fire stations, he usually scores the highest," Cavanaugh says. "He's intelligent and has the drive to succeed."

FIREFIGHTERS ON 3A





The Pee Dee's Oldest
Independently
Owned Newspaper

opinion

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Word of the Week

permutation - major or functional change in character
Merriam-Webster.com

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OP - ED

Lost in Amethyst Country

By Tom Poland

The day after Christmas I drove to Tignall, Ga., to explore places I'd not seen and find Jackson Crossroads Amethyst Mine.

I didn't go on a whim. My Granddad Walker, just 14, was plowing a field when the mule reared up. "Heave-ho, mule." Up shot an amethyst cluster.

I think that cluster was in the vein that runs through Jackson Crossroads for Granddad's plow and Jackson Crossroads are in the same neck of the woods, as the older set would say.

And Tignall? When a girl, my mom's social life involved events in Tignall. Memories and amethyst were about to lead me to an old home place, church, and homestead but I'd never make it to the mine.

Up Highway 79 I drove turning left onto Delhi Road, a strange name for a walled city in India. Delhi Road runs south-east to Tignall, a town for which nothing explains its name. Along Delhi I saw a self-made tribute to country stores you see here and there.

A fellow plasters old Nehi, Royal Crown Cola, and Gulf Oil signs all over a black clapboard structure and from afar you think, "Ah, an old country store."

What I saw next pulled me over to a grassy shoulder drenched by two days' rains. A

home of the old days sat amid fallen trees.

Like fiddlesticks, five large oaks had fallen in different directions as if divine intervention had spared the spider-web-covered home, and it was divine for an old pew on the porch gave the old house a Sunday come to meeting air.

Walking toward the pew I spied a doll of the old days, made from rubber, with the left leg missing. Amputated. A grieving iron bed leaned over the doll's feet. Fallen leaves the color of dried blood spilt around the doll cementing the effect. I'd stumbled onto a murder.

Peering through a window I saw an old fireplace old folks whitewashed with kaolin come Saturdays. To the right, a tattered blue recliner offered a comfy spot for the owner's ghost to sit and reflect. Broken windowpanes and stringy spider webs spoke of desolation.

Despite spiders, suspicions of ghosts, and a murdered doll, the scene from the highway served up beauty and a vivid reminder that we sojourners leave homes, beds, dolls, and other memorials in our wake. Another world entire, an ancient one, hides along lesser-traveled roads. Seek it.

I motored into Tignall to find the Jackson Crossroads Amethyst Mine. In the post office the lady in charge answered my question. "I'm not

from around here." Across the street I spotted a one-legged old timer in an electric scooter. "That fellow will know where the mine is."

Wearing camouflage and smoking a cancer stick, he sounded as if a rasp had grated his vocal chords after which he gargled a slurry of moonshine and gravel. "Take a left at the light. Go to the end and turn?"

Turn? Turn where? This fellow's not long for this world, I thought. Eight miles later I turned left when I should have turned right. I spent the next hour looking for the mine. A lady in a convenience store set me straight, being local and not from Delhi, India.

I found my way and set out on a red clay dirt road marred by potholes, gullies, ridges, and wallows. I should have been in a Jeep.

I passed a granite marker high upon an embankment but just ahead the granddaddy of mudholes lay before me like an orange lake.

I turned around and stopped at the old granite marker to salvage something from my dirt road defeat. Climbing the steep embankment I surveyed the marker. Words were inscribed on the front of the tall and narrow stone marker.

WIFE
SARAH COTTEN
C. 1742-1814

These words were inscribed across the marker's beveled top.

HOMESTEAD OF
HENRY HILL
1730-1804

I imagined the log home that might've stood where woods reigned. Ashes to ashes, dust to dust, woods to woods. As I descended the embankment, rain-slickened leaves sent my feet flying and I landed flat on my back. "Oooooomph." The wind left me as the camera and tripod went one way, I the other. No one but birds and the ghosts of Sarah and John witnessed my fall. I felt as old as Methuselah.

On my meandering, aimless way back the back roads presented another gift, Friendship Baptist Church. I passed it, turned around, and drove onto its grassed-over lane past the church's tombstone-like marker. 1831.

Times are you step onto sacred ground. You feel it. No one needed to tell me the church was dormant. I fell in love with this bleached out old woman of a church.

Upon a knoll she sat, regal in her antiquity, on piers of mud-colored bricks. Locked double doors like worn mahogany looked out upon the graveyard. High above the doors remnants of a massive hornet's nest clung to the right side eave. Then I

saw it. It. A sarcophagus with one side fallen away.

Morbid curiosity has long plagued me. I've long wanted to peer inside a grave and see the skull, bones, perchance a gold ring on some finger separated from its brethren. I walked over and quietly placed my tripod and camera on the ground.

Closer still ... I saw a round white object. Closer still. Flint rocks covered any chance to see bones. I knelt, not in reverence, but to see better.

As I did, a cottontail rabbit bolted from the tomb scaring the hell out of me. "Damn," I said aloud. This resting place of a woman who died in 1865 had sent my heartbeat from 50 beats a minute to 106.

In all my cemetery explorations I have never seen so many broken and toppled tombstones. Although he sleeps his memory doth live and cheering comforts to his mourners give He followed virtue as his truest guide Lived as a Christian as a Christian died ... And another ... Thy form alone is all, thank God that the grave is given for we know thy soul the better part is safe yes, safe in heaven.

To the right front of the church a wrought iron fence surrounds a stone coffin. A cemetery tree, a thick cedar with bark shredding into ribbons, stands over the plot. Toward sundown the sun turns the wrought iron shadows into

comb-like teeth and western light makes it hard to tell cedar roots from fallen limbs.

Life and death at a glance but what struck me most was a window unlike the rest. Its venetian blinds, broken and mangled, cascaded in an arc within a window whose panes bear bullet holes. We live in such a glorious age.

Friendship Baptist Church. I had taken so many random roads to come by it I had no idea where I was. I was lost in amethyst country, but I drove on blind, knowing I'd find my way. And I did. Close to Anthony Shoals I realized I was near my Granddad Walker's old home place.

In my heart, I had come full circle. As I drove by Mom's childhood home, I realized just how this part of Georgia had avoided the modern blight that ruins all it touches. Some will say this land is backwards.

That it's poor, no place to live but I disagree. It's rich because of what it does not have. No cheesy strip malls. No dollar stores.

Not even much as gas stations go. Just old homes, old churches, and one cottontail rabbit that about gave me a heart attack. Thanks to that startling moment and my amethyst country ramble, I came away feeling more alive than ever, a feeling folks mired in modern life's monotony miss.

OP - ED

Mean has gotten meaner

By Bill Shepard

Another bomb explodes and the count for the dead and injured begins.

Another child is abducted from the home and fear grips the community, and shock waves spread throughout a nation. The search is on, in hopes of finding the evil culprits and bringing them to justice. But can man's justice atone for such atrocities? "An eye for an eye" sometimes does not seem enough.

It might be said that "old" is younger than it used to be, but "mean" has gotten meaner! They say that age is relative and that it is measured from where one is on the scale. When I was 10 years old, 16 seemed old and 21 was light-years away.

A person having reached 60 was considered the Methuselah of his time, and was referred to as "old and ditty." Having heard the word "ditty" used so many times in my youth, I decided to look to Mr. Webster for its exact meaning.

Yes, Mr. Webster had it printed in his book and that is usually where all questions about words end. I found the definition that seemed to fit the one used to describe old folk. At least, it made sense to me. It said that the word ditty was used to describe a song that was simple and ineffective.

The next time I hear myself referred to as an old ditty man,

I'll know they are saying that I have reached the age of being ineffective, I've done it again. I have waded into water over my head so I better get back to the beginning.

What I really started out to write about is this thing about "Mean getting meaner!" When I was a youngster, and yes, that was a long time ago, I often heard the words "You are as mean as you can be!" My mama would address those words to me sometimes, and especially when she had caught me in some of my mischievous behavior. I can hear her now, "Bill, you're as mean as you can be!"

The big question is "How mean can mean be?" I suppose the short answer might be, "As mean as the times will afford."

In a way, a person's meanness might depend on what he has with which to be mean. A man is limited as to what he can do with his bare hands. When Mama was making her accusations at me, for being as mean as I could be, was when she had discovered me behind the car shed smoking rabbit tobacco or dried fig leaves.

Sometimes, when the truant officer would visit to tell Mama that I had been playing hooky from school, I would hear that line and Mama would really put emphasis on -- "Just as mean as you can be!"

I have much to be thankful for. I am so thankful that the times had a limit on how mean I

could be. What if there had been all the ways of being mean then that are available to people today?

I shudder to think of how mean I could have been. Instead of smoking rabbit tobacco, I might have been smoking marijuana or using some other form of drugs. Words like marijuana, grass and pot were unheard of in those times -- that is, when referring to drugs. Grass was the stuff we hoed out of the yard, and pot was a thing Mama used to cook lima beans in.

Yes, I believe mean has become meaner.

About the closest thing to gambling that I knew was when I played marbles "for keeps," and some neighbor would call and complain to Mama that I had won all of her child's marbles. At those times, I could expect to hear those words again, "You are as mean as you can be."

The only dope I knew anything about was that which was sold at the neighborhood store in a bottle labeled Coca-Cola. It really wasn't dope; we learned better a long time ago, but it was called that by the village folk and many believed that it was. Even the preacher labeled it as a sin and warned his parishioners to leave the stuff alone.

Sometimes I would find enough of the empty bottles to get one for free, but I always

had a guilty feeling about drinking it, especially when I would go to church and listen to the preacher talk about how sinful they were. That is when I would know what Mama meant when she would say, "Bill, you are as mean as you can be."

I don't think anyone would disagree when I say that our world has become a meaner place than it once was -- what with terrorists spreading fear around the world and suicide bombers blowing up innocent folk in public meeting places.

You can't compare that kind of meanness with that of fishing on Sunday or playing marbles for keeps. One has to wonder just how long it will be before those horrible things that we read about begin happening where we live.

It's frightening enough to read about them happening elsewhere, but what if they begin happening in the mall where you and I shop? That is when I am going to charge, just like I know Mama would if she were here, "Mean has become as mean as mean can be!"

Note: One man on our village used to go fishing every Sunday. He could be seen early on Sunday morning headed to the creek with his fishing pole. Now in that day, that action placed him in the category of being as

mean as he could be. One day, the way I heard it, this man drew in his fishing line and attached to the hook was the label from a Red Devil lye can. Remember that label -- a pic-

ture of a red devil holding a pitchfork? It was said that he never again fished on Sunday. Sure would be great, if we could correct the meanness of our day that easily.

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Darlington County School District again offers parents choices in education

In an effort to give parents more flexibility and control in the educational process, Darlington County School District is again offering districtwide Expanded School Choice.

The application period for the 2020-21 school year will be Jan. 6 through Jan. 24.

Under the Expanded School Choice program, students who reside in Darlington County may request to attend any school in the county with the exception of Mayo High School for Math, Science and Technology.

Mayo High School already offers choice as part of its magnet program and is, therefore, not included in the Expanded School Choice program. Any student in Darlington County may apply for the Expanded Choice program, regardless of whether that student is currently enrolled in a public school, a private school or a home school.

Beginning Jan. 6 and running through Jan. 24, parents can submit Expanded School Choice applications to the district online. The district encourages everyone to use this method for submission. There will be limited paper applications at the district office, located at 120 E. Smith Ave. in Darlington.

On March 19, parents will receive an e-mail notifying them of their child's spot on the waiting list, which will be created through a random lottery draw-

ing. On June 10, parents will be notified if their child was accepted to their selected school.

Under the Expanded Choice program:

- Choice selections will be based on space availability at the selected school.
- Student athletic eligibility remains under S.C. High School League rules.
- Transportation will not be provided for Expanded School Choice. Parents and guardians are responsible for providing transportation.
- Once a child is selected to participate, Expanded Choice will remain in effect until the student completes the choice grade level.
- If a child moves into the county after the request period ends, the child must attend the school to which he or she is zoned. A parent can apply during the next choice cycle.

It is not necessary for parents to complete an application for their child to attend the school for which they are already zoned and attending.

The application for the Expanded Choice Program can be found on the district's website at www.darlington.k12.sc.us under the "For Parents" tab.

For complete guidelines, an application or more information, please contact Darlington County School District's Office of Administration and Operations at 843-398-2269.

Solicitor

Continued from 1A

Deputies at the scene persuaded Webster to open the back door of the house, according to the SLED report. Deputies entered and "were met by Webster, who was holding a large knife," the report says. "She came at them with the knife, causing the deputies to discharge their firearms." Non-lethal rounds also were fired. (A non-lethal round typically refers to rubber bullets or "beanbag" rounds.)

One deputy told investigators that "My life was in dan-

ger" during the confrontation, and that Webster never "hesitated or stopped" as he raised a rifle at her. When she was 4 to 6 feet away, the deputy said, he fired one round. "Webster stopped and came at him again with the knife," the report says. He fired again and heard another shot fired.

The SLED report says Webster ran at that point, then turned and "began coming at them again with the knife raised." Another round was fired and she collapsed. Deputies said they found she had another knife in a pants pocket and a stun gun in a holster, the report says. Webster was pronounced

dead at McLeod Regional Medical Center in Florence, the report says.

The incident took place before all Darlington County deputies were outfitted with body cameras.

Elizabeth Gainey, who lived with Webster – "my wife of 15 years" – told the News & Press that it wasn't necessary for the deputies to use lethal force.

"There must have been 20 cops at my home ... for one sick woman," Gainey said in a series of exchanges with the newspaper on Facebook.

"They knew she was bipolar and skitzofrantic (sic). She was extremely weak. Wore braces on her legs ...

elbows ... ankles. She could barely walk around the house. She suffered from PTSD."

"They are trying to get away with murdering a very sick and fragile woman," Gainey said. "My wife. I heard the cops talking not even 10 feet away from me. I heard them laughing and saying they were sick and tired of coming to this house ... dealing with that woman. Obviously ... many of the cops had been to our home before and they ALWAYS sent her to the hospital."

Firefighters

Continued from 1A

With typical aplomb, Page jumped in feet first. He says there was a learning curve to overcome, having never fought fires before, but the training and support from DFD personnel helped him assimilate quickly and become very efficient.

"It used to take me an hour to go over a fire engine (checking and optimizing all systems and equipment), and now I can knock the fire engine out in maybe thirty minutes," Page says. "Now, when guys tell me that they feel good seeing my name on the inspection sheet because they know things will be right, that just makes me want to try even harder...I put a lot of emphasis on perfection."

Volunteer Firefighter of the Year Seth Cavanaugh literally grew up going to fire scenes with his grandfather Michael

"Bull" Cavanaugh and father Pat, and he says he loved every minute of it. "As a young kid, every time their pagers would go off, I'd want to jump in the truck and go with them to the fire and see what it was like. I would watch them work and watch all the commotion, and I knew I wanted to be a part of that," Seth recalls.

Now 18 with two years of volunteering to his credit, Seth got an earlier start than most aspiring firefighters. He enrolled in DFD's Explorers program at age 14 and started formally learning about the fire service.

"Explorers come up to the station and help check trucks, learn what firefighters do, and when you turn sixteen you can take South Carolina Fire Academy classes. It helps give them a leg up in getting a job in the fire service," says Seth. "It also helps keep kids off the street and out of trouble."

With volunteer firefighters, they have the option to respond or not when a call goes out. Even with school commitments while pursuing his EMT certification, Seth managed to get out to 83 of 93 fire scenes last year. This dedication resonated with his fellow DFD members and earned their respect and recognition.

"Seth is a third generation firefighter. Ever since he was a kid, this was all he wanted to do," says Chief Cavanaugh. "Even when I'm not here, he comes up to hang out with the guys. He takes classes, keeps learning all the time. There are full-time guys who say they put more stock in what Seth says than in some of the more experienced volunteers who don't

come around much."

"Even some of the full-timers at other stations say that," Page adds, noting that even before becoming a volunteer, the younger Cavanaugh was always quick to offer assistance checking trucks and doing tasks around the fire station.

Both Page and Cavanaugh agree that the best thing about serving at DFD is the camaraderie and fellowship among the station's personnel.

"This is the best group of guys in the state. I'd put them up against any other department any day," says Seth.

"It's definitely a team-centered environment

Glance ahead

Continued from 1A

The facility will be in downtown Darlington.

-- The Terrence Carraway Fallen Officers Memorial Park at South Main Street and Avenue D in Darlington is expected to be completed by summertime. The park is to include a statue of the late Sgt. Carraway, a monument engraved with the names of South Carolina law enforcers killed in the line of duty and a teardrop wall. Carraway, who lived in Darlington and worked for the Florence Police Department, was killed in October 2018 when a gunman ambushed several officers.

-- Primary elections are June 9. And the presidential election/general election will be Nov. 3.

Other races on the November ballot will include the U.S. Senate seat held by Republican Lindsey Graham, the 7th District U.S. House seat held by Tom Rice, 4th Circuit solicitor (currently Will Rogers), Darlington County sheriff (currently Tony Chavis), Darlington County coroner (currently Todd Hardee) and Darlington County Council seats including those held by Robert Kilgo and Le Flowers.

The Board of Directors of Darlington County Water & Sewer Authority will meet in the Conference Room at 131 Industrial Way, Darlington SC at 5:00 p.m. on the following dates:

January 21, 2020	February 17, 2020
March 16, 2020	April 20, 2020
May 18, 2020	June 15, 2020
July 20, 2020	August 17, 2020
September 21, 2020	October 19, 2020
November 16, 2020	December 21, 2020

For more information, please contact the Board of Directors at 843-398-2269.

How to approach nutrition when feeding children away from home

Children can be picky eaters. Parents know that getting kids to eat anything, much less healthy foods, can sometimes make the dinner table feel more like a battlefield than a place to break bread. That's especially so when the dinner table is in a restaurant, where savvy youngsters might know less nutritious dishes like macaroni and cheese or fried chicken fingers are on the menu. But the benefits of a healthy, balanced diet are so numerous for youngsters that it's worth doing whatever it takes to get kids to embrace nutrient-rich foods, both at home and when dining out.

The American Academy of Family Physicians notes that a healthy diet can stabilize children's energy levels, help them maintain healthy weights and potentially prevent mental health conditions, including anxiety and attention deficit hyperactivity disorder, or ADHD. But recognizing the importance of a healthy diet and getting kids to embrace one are two different things, especially when kids are dining out and being tempted by unhealthy alternatives. In recognition of that, the American Academy of Pediatrics recommends the following strategies to parents who want their kids to eat healthy when they're away from home.

- Make meals all-inclusive. When preparing school lunches or taking youngsters out for a night on the town, make sure to offer a mix of foods from the



five food groups. The AAP recommends parents offer vegetables, fruit, grains, low-fat dairy, and/or quality protein sources, which can include meat, fish, nuts, seeds, and eggs. Offering each of these foods at every meal may not be feasible, but kids should eat foods selected from the major food groups at every meal.

- Avoid highly processed foods. The National Institutes of Health notes that studies have suggested there's a link between highly processed foods and health problems. Such foods, which typically contain ingredients such as hydrogenated oils, high-fruc-

tose corn syrup and flavoring agents, are typically high in calories, salt, sugar, and fat. While highly processed foods tend to be easier to make and readily available at restaurants, serving them to youngsters can start kids down the road to poor dietary habits, potentially increasing their risk for obesity and diseases like heart disease and diabetes. When packing snacks for school lunches or taking kids out to restaurants, be sure to include or bring along healthy whole foods, such as fruits and vegetables. This can ensure kids get some healthy fare during mealtime.

- Enhance foods if necessary. While high amounts of sugar, salt and fat can jeopardize the health of adults and youngsters alike, the AAP notes that small amounts of these substances can be used to enhance kids' enjoyment of healthy foods and increase the likelihood that they will eat them.

Parents may not have much control over what their children eat while away from home. But a handful of strategies can increase the likelihood that kids enjoy healthy fare when eating at school or at restaurants.

where we all work together," Page adds. "It makes everything go smoothly when everyone knows what they're supposed to do."

The Darlington Fire Department Firefighter of the Year award is sponsored by American Legion Post 13, and

the Volunteer of the Year award is sponsored by retired firefighter Bill Garland.

Anyone interested in learning more about the Explorers program or volunteering opportunities is welcome to call the Darlington Fire Department at 843-398-4013.

Visit for more information:
www.scdmvonline.com

REAL ID

Beginning October 1, 2020,

Your South Carolina driver's license or identification card must have a gold star to show it's a REAL ID in order to use it as your identification to board a domestic, commercial flight, enter a secure federal building, or visit a military installation*.

*You must have a reason to visit a military installation, and, even with a REAL ID, you may be subject to additional visitor control measures once on site.

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Because of the Lord's great love we are not consumed, for his compassion never fails. They are new every morning; great is your faithfulness.

LAMen TATIons 3:22-23

obituaries

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Earl Sterlyn Coe
Funeral services for Earl Sterlyn Coe were held Monday, Dec. 23, 2019, at Florence National Cemetery. Services were conducted by Sherman L. Barno Jr. Funeral Directors of Darlington.

Earl was a member of Bethel AME church and served honorably in the Air Force. He was a graduate of Mayo High School Class of 1965 and attended Francis Marion University and Florence-Darlington Technical College. Earl retired from BellSouth in 1995 after 20 years of dedicated service.

On Dec. 17, 2019, Earl peacefully transitioned at Charlie Norwood VA Medical Center, Augusta, Ga.

Surviving to cherish his memory are his mother, Mrs. Annie Lee Coe; his wife of 46 years, Linda Bradford Coe; two sons, Dr. Mark Coe of Charlotte and Brandon Coe of Columbia; two sisters, Dr. Cynthia A. Coe Gonzales, and Vera I. Coe, of Balch Springs, Texas; a brother-in law, Julius Alston; a niece, Jada Alston; nephews, Julius Alston III, Jonathan Alston, Braxton Rogers (Alexandria), Marion Coe IV, Dontavius Hughes; two grandnieces, Lauren and Julia Alston; two aunts, Eloise Coe and Willa Coe; godson Rev. Stacey (Felecia) Belin; a devoted friend, R.V. (Ruth) Reynolds; caregivers Millett Thomas, Bessie Sowell and Trina Shoffner, all of Darlington; caring and devoted nurse Pamela Odom-Ball, Darlington; his extended Bradford family of Lake City; Bethel AME Church, Lake City; a host of other relatives and friends.

Julian S. Lawhon

DARLINGTON -- Julian Spy "Bubba" Lawhon, 83, passed away Dec. 26, 2019. Funeral services were Sunday, Dec. 29, at Black Creek Baptist Church with burial at Black Creek Cemetery, directed by Belk Funeral Home.

The family received friends Sunday at the church.

Born May 14, 1936, Julian was the son of the late Otis Marion Lawhon and Julia Mae Flowers Lawhon. Bubba worked with Sonoco Paper Products for 36 years and then worked at the Darlington County Recycle Center.

He was a member of Black Creek Baptist Church and will be remembered as a loving husband, father and grandfather.

He leaves behind his beloved wife of 62 years, Eleanor Trull Lawhon, also three children: Teresa (Les) Gandy, Cindy (Randy) Weaver, Otis (Nellie) Lawhon; five grandchildren: Erin (Jeremy) Stache, Jordy (Lacie) Gandy, Bruce Lynch, Thomas (Amanda) Lawhon, Bryant (Jenny Slade) Lawhon; four great-grandchildren, two sisters: Marian Braswell of Columbia and Edna Helms of Florence.

Memorials may be made to Black Creek Baptist Church, 137 Mont Clare Road, Darlington, SC 29540.

A guestbook is available online at belkfuneralhome.com.

Paul Joseph Halchak

DARLINGTON – Paul Joseph Thomas Halchak, 55, passed away Saturday, Nov. 28, 2019. A memorial service was held Saturday, Jan. 4, in the chapel at Belk Funeral Home.

Born July 25, 1964, in Honolulu, Hawaii, Paul was the son of Paul Thomas Halchak and the late Leona Nadene Brown Mahon. He served in the South Carolina Army National

Guard, and worked various construction, appliance and automotive maintenance positions.

In addition to his father, Paul Thomas Halchak, he is survived by his siblings, Georgann Gainey of Moncks Corner, Michael Halchak of Mechanicsville, Jude Halchak of Georgia, and several nieces and nephews.

In lieu of flowers, memorials may be made to the U.S. Department of Veterans Affairs for homeless veterans at www.va.gov/homeless.

A guestbook is available online at belkfuneralhome.com.

Sherry Huggins Watford

LAMAR – Sherry Huggins Watford, 68, died Wednesday, Jan. 1, 2020. Funeral service were Monday, Jan. 6, at Lamar United Methodist Church with burial at Lamar Memorial Cemetery. The family received friends Sunday at Belk Funeral Home in Lamar, and other times at the home, 521 E. Jackson St., Lamar.

Born Jan. 21, 1951, in Lancaster County, she was the daughter of the late J.B. and Louise Huggins. She worked at DSV Solutions in Lugoff and cleaned houses for many people in the Lamar area. Sherry was a lifelong member of Lamar United Methodist Church.

She is survived by her children, Danielle (Rodney) Windham, Crystal Gibbs and Dale Conyers; grandchildren, Braxton (Heather), Katie (Brennan), Brittany (Harry), Allee (Grayson), Hannah, Chance, L.J., Laylah, Sarah, Amia, Greighson, Amani; great-grandchildren, Blayden, Nevaeh, Oaklynn, Finleigh; her loving sister, Marilyn (Harry) Lawhon; beloved niece, Kerrie (Troy) Early; beloved nephew, David (Rebekah) Summers; her beloved lifelong best friends, Linda (Shot) Windham and Kathy Windham, along with many other special friends and family.

Memorials may be made to Lamar United Methodist Church, PO Box 555, Lamar, SC 29069; or to the American Cancer Society at www.cancer.org.

A guestbook is available online at belkfuneralhome.com.

Margaret Linda Watson McCoy

LAMAR – Margaret Linda Watson McCoy, 75, died Friday, Jan. 3, 2020. A graveside service was held Sunday, Jan. 5, at Lamar Memorial Cemetery. The family received friends Sunday at Belk Funeral Home in Lamar.

Born in Lee County on Nov. 29, 1944, Linda was the daughter of the late Elvie Watson and Bertha Stokes Watson. She will be remembered for being a loving and caring wife, mother and grandmother. Linda was a member of First Baptist Church in Lamar.

Surviving are her daughter, Gina (Clint) Woodham of Bishopville; grandchildren, Colby Hancock, Landon Hancock; great-grandchild, Stanton Hancock; sister, Annette (Carroll) Nichols, of Bishopville; brother, Laverne Watson of Winnsboro; son-in-law, Charles Hancock.

She was preceded in death by her husband, Julian McCoy; daughter, Teresa Hancock; and a sister, Elvieleen Medlin.

Memorials may be made to Lamar First Baptist Church, PO Box 431 Lamar, S.C. 29069.

A guestbook is available online at belkfuneralhome.com.

Sidney Raymond Nettles

FLORENCE -- Sidney Raymond Nettles, 62, passed away Jan. 3, 2020, from complications from frontotemporal dementia.

Sidney was born in Darlington Jan. 22, 1957, to John L. Nettles and Ann Rogers Nettles. He grew up a free-range child in Darlington and Florence and especially on Lake Robinson.

Sidney learned to sail almost as soon as he learned to ride a bike and he could water ski and windsurf much better than his older and better-looking brothers. His swimming skills were used as a lifeguard at Central United Methodists' Camp Sexton where the campers called him Mr. Sidney.

He graduated from McClenaghan High School in 1975. Along the way he found his calling, without knowing it, while maintaining lawnmowers, minibikes, and outboard motors (sometimes with his brother reading him the manuals).

He attended the University of South Carolina where he was a member of Pi Kappa Alpha fraternity. He graduated with a bachelor's degree in mechanical engineering.

He moved up from those lawnmowers and minibikes to piston and turbine combustion electrical generators. He kept your lights on and your phone charged with dependable power.

When he started at USC, students were still programming on punchcards. Early in his career, he was the new guy with Westinghouse who showed the old guys how to use an Osborne portable computer to balance turbine rotors, something he tried and failed to explain to his brothers.

He met and fell in love with Kyra Hoffmeyer, whom he married in 1982. They had twin daughters, Sydney Allison and Ammie Connor in 1999. After Kyra's untimely death in 2003, he raised the girls on his own, watching their footprints in the beach sand grow with them. He married his second wife, Karen, in 2007. She joined him in helping raise the girls.

Sidney spent the majority of his career with Carolina Power and Light, and retired from Duke Energy in 2017.

He was predeceased by his parents and his wife, Kyra Hoffmeyer Nettles. He is survived by his daughters, Sydney A. Nettles and Ammie Connor Nettles, both of Boone, N.C., and his brothers, Louis (Tami) Nettles of Florence, Leonard (Hope) Nettles and niece Sarah of Pawleys Island.

There will be a memorial service followed by a visitation at 11 a.m. Wednesday, Jan. 8, at Central Methodist Church, 167 S. Irby St. Florence. Services are being arranged by Belk Funeral Home in Darlington.

A guestbook is available online at www.belkfuneralhome.com.

Daniel Beaufort Causey III

DARLINGTON -- Daniel Beaufort Causey III, Esq., of Darlington and formerly of Conway, died Saturday, Jan. 4, 2020.

Mr. Causey graduated from college at The Citadel in 1964 – a place he credited for instilling his lifelong sense of duty, diligence and dedication. While at The Citadel, Mr. Causey was a mem-



ber of the sailing team, even sailing with the yacht of the Queen of England during a regatta in the Bahamas.

Following his time at The Citadel, Mr. Causey served as a lieutenant with the Army, 31st Infantry Regiment. Mr. Causey was stationed in South Korea, and led patrol missions along the border of the Demilitarized Zone following the Korean War. Mr. Causey told stories of sharing meals with people his patrol encountered on both sides of the border.

While in the Army, Mr. Causey was also a member of a paratrooper regiment, which he joined to help him overcome his fear of heights. Although Mr. Causey's jumps were successful, his attempt to get over his fear was not.

After the Army, Mr. Causey went to law school at the University of South Carolina, graduating in 1971. He then moved to Darlington to work under state Sen. James Pierce "Spot" Mozingo III before eventually opening up his own practice.

Mr. Causey took pride in working to assist his clients in seeking justice regardless of their racial or socioeconomic background. Mr. Causey was often rewarded for his legal services with gifts ranging from sweet potatoes to Christmas trees.

Mr. Causey was appointed Municipal Court Judge for the city of Darlington in 1987 – a position he held for 30 years before retiring in 2017.

Mr. Causey enjoyed the opportunity this position afforded to positively impact people's lives. His style from the bench was to deliver tough love so those who went before him would learn a lesson and not have to appear before him again.

Despite his stern demeanor, he was a fundamentally gentle and kind man. He believed in the promise of the human spirit to flourish if given the right opportunity, and worked to find creative solutions in court to allow that opportunity to happen.

Mr. Causey's commitment to individual growth extended outside his professional life. Mr. Causey served on the Board of Directors for the Billie Hardee Home for Boys, a place for boys who had been abused, abandoned or had become delinquent to find stability and get back on the right path.

Mr. Causey led the St. Matthew's Church Youth Group, and also served as a Vestry Member and Senior Warden of the church.

Perhaps the greatest example of Mr. Causey's commitment to the development of others was shown in his love toward his family. Mr. Causey was a devoted husband and father for whom no sacrifice was too great to ensure his family had what they needed to reach success and continually find joy in the wonder of life.

Funeral services will be held on Wednesday, Jan. 8, 2020, at 2 p.m. at St. Matthew's Episcopal Church in Darlington. The family will receive friends following the service at the church.

Donations in honor of Mr. Causey may be made to the St. Matthew's Church Chorale Fellowship by mail to P.O. Box 804, Darlington, SC 29540; or to the American Lung Association online at <http://action.lung.org/goto/DanCausey>.

Arrangements have been entrusted to Kistler Hardee Funeral Home of Darlington.

Living on Purpose

Our spiritual evolution

By Bill Holland

People believe many things about God and spirituality.

Some are convinced that it's arrogant to assume that we can know God's will or walk with the Lord personally, however, what most people never stop to consider is how could the creator ask His creation to accomplish something without knowing who He is or what He expects from them?

The divine reality of absolute truth includes the concept that God sincerely desires to share His mysteries and to work alongside His children to help them accomplish His will.

I do not believe like the deists who are convinced in their theology that God does not intervene in the affairs of humans. I personally embrace the conviction that our maker wants to help us and walk with us every second of every hour and patiently waits for us to ask for His assistance.

Have you considered that deists do not look to prayer as an answer but rather turn to their own intelligence to find solutions to their problems? It can also be noted that when deists do succeed from their labors, we generally know who receives the glory.

For those who are proud to pull up their own bootstraps, these individuals relate to God through logical reasoning and the observation of nature, but not by revelation or supernatural manifestations, such as miracles which is a phenomenon they regard with skepticism.

How sad that many live a lonely and miserable existence as they believe that humans are unable to have a personal relationship with the God who loves them more than anything. Like many of you, I'm grateful that we are not living on our own or need to rely on our own strength for everything. The deeds that have been manifested to the glory of God are spiritually empowered and accomplished by the very one who inspired them!

So, how can we learn to draw closer to God in this new year? The first step is to understand that in order to do His will, we must surrender ours.

We hope and pray that everyone would want to fulfill the destiny that God has made for them, but sadly we know this is not going to happen. Yes, we can be energetic and have a certain amount of worldly success, but this is not the same as following the blueprints of God's perfect plan for our lives.

You see, I believe that God has a general will and a perfect will for each of His chil-



dren. His general will is our obedience to the truth of His written Word, while His perfect will is the unique individual direction that He has chosen for each of us.

Every person has been called and a specific design has been drawn by the one who knew us before we were born. When we fall at His feet and surrender our mind and heart to Him, the light of His glorious presence can illuminate our path and then we make the decision to follow or refuse.

To those who respond to His voice they can look forward to hearing Him say, "Well done, my good and faithful servant: thou hast been faithful over a few things, I will make you a ruler over many things: Enter into the joy of your Lord" -- Mathew 25:21. For the ones who ignore their spiritual calling and would rather follow their own imaginations, they have not only wasted this life but are in danger of missing their heavenly invitation.

Is the Lord seeking someone who is perfect? I hope not, because Jesus is the only one who is perfect.

However, He is searching for an individual who wants to be transformed into what Christ died for them to be.

Why do we have such a hard time with this? Because our level of determination has not risen to the conscious state of complete surrender to God's demands. "We will only succeed for Christ when our desire to change becomes greater than our desire to remain the same."

Until we develop an attitude that we will not compromise with carnality, we are a "sitting duck" to defeat.

Personal change does not happen with a "whim" and being controlled by God's Spirit is a wonderful and noble suggestion, but it will take more than charisma, intelligence, or happy thoughts.

Spiritual advancement requires a complete transformation, as Jesus replied in Matthew 22:37: "Love the Lord your God with all your heart and with all your soul and with all your mind."

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PETS OF THE WEEK



other dogs. He is never in any real rush except to perhaps get near a human and snuggle very close to them. Kent is a pretty unflappable guy who would likely enjoy caring for kids in his new home and or even a nice older human couple who might move at the same rate of speed that he now moves. Friendly and affectionate but never overbearing, Kent is kind and considerate and everything you would look for in a companion pet. 6-plus years old; 54 pounds; lab mix

Ready to get the party started! Teen pup Jessie is just as sweet, snugly and cute as she can be! A huge hit with the volunteers, staff and other dogs at the shelter, at just 8 months old, this white, sleek jacketed playful gal can't wait to fill her new home with love, kisses and good times. Ask for Jessie today, won't you? 8 months old; lab/pointer mix; female

Good natured, older gentleman! Kent is Mr. Manners, Mr. Well Balanced and Mr. Most Likable all wrapped up into a sleek, handsome black coat. This polite, very steady tail wagging fellow is super skilled at calmly meeting new humans and



Have you lost or found a pet?

If you have lost or found a pet, go online to www.darlingtonhumane.org and click on the link **Lost/ Found Pets**. You will be directed to the www.thelostpets.com Web site where you can register your missing pet.

You will be able to provide a detailed description of your missing pet, as well as attach a photo. Upon registering your lost pet, an e-mail alert will be sent to the Darlington Shelter's e-mail address. This will allow the Shelter staff to recognize your lost pet should it arrive at the facility.

Area Happenings

Weekly Events

Alcoholics Anonymous

Alcoholics Anonymous will hold an open meeting of big book and traditions studies weekly at 8 p.m. Monday nights at Trinity UMC on Pearl Street. Use Orange Street entrance. Info: 843-395-6897. Al-Anon is a fellowship of adult relatives and friends of alcoholics for mutual support. Visitors are welcome. Childcare is not available. Al-Anon meetings: Thursdays at 8 p.m. at the Hartsville AA Hut, 310 S. McFarland Street. Info: 843-992-2981.

Al-Anon Meetings

Al-Anon is a fellowship of adult relatives and friends of alcoholics for mutual support. Visitors are welcome. Childcare is not available. Al-Anon meetings: Thursdays at 8 p.m. at the Hartsville AA Hut, 310 S. McFarland Street. Info: 843-992-2981.

Board of Zoning Appeals

5:30 p.m. on Mondays on an as-needed basis, coordinated through the Codes Enforcement Office.

Business Network International

BNI meets each Tuesday at from 7:30-9 a.m. at Black Creeks Art Council, 116 W College Ave in Hartsville

Centennial Farmers Market

This market features fresh, organic gourmet foods, free-range eggs and homegrown, healthy foods including home-made breads and sweet treats and as always, live music and entertainment! Every Thursday from 4 – 7 p.m. Location: Corner of 5th St. and Carolina Ave. in Hartsville.

Crochet & Knit Clubs

Lamar: each Monday at 4:30 p.m. 326-5524
Darlington: 2nd Friday of the month 10 a.m. - noon 398-4940
Hartsville: "The Stitchers" group meets the 1st & 3rd Mondays and 2nd & 4th Thursdays at 5 pm.

Darlington Elks Lodge

Tuesdays: Swing/Shag dance lessons, "New" line dance lessons from 8-10 p.m.
Wednesdays: Karaoke from 8-10 p.m.
Thursdays: Bingo at 7:30

p.m.

Darlington Elks Lodge is located at 836 Timmonsville Hwy. For more info: 843-393-1451.

Darlington Library Programs

Summer Reading Program, Darlington Library, Tuesdays at 10 a.m.
Family Movie - Thurs. at 4pm
Accelerated Reader Testing, Available ALL Summer
Potluck Club [What the Fork?], Monthly Event, 4th Wednesday at 5:30 pm, bring one dish and feast on many...theme changes monthly, call 843-398-4940 for more information.

Darlington Kiwanis Club

Every other Thursday at 1 p.m. at the Darlington Country Club. Members often come a little early for fellowship.

Hartsville Kiwanis Club

Thursdays at 12:15 p.m. at the Hartsville Country Club

Hartsville Lions Club

Thursdays at 12:30 p.m. at Mr. B's Restaurant

Hartsville Rotary Club

Tuesdays at 12:30 p.m. at Hartsville Country Club

Paws to Read

Paws to Read is a literacy program where emerging and reluctant readers can create positive emotional connections with reading. Therapy Dogs International with their trainers come for one-on-one reading sessions on the first Saturday and third Tuesday of each month at 12:30 pm. and 3 p.m. respectively at the Darlington Library Branch.

Pee Dee SCORE

Pee Dee SCORE (Service Corps of Retired Executives) offers Free confidential counseling to America's small business, serving Darlington, Florence and surrounding areas. Existing and start-up businesses can schedule an appointment by calling the Hartsville Chamber of Commerce at 843-332-6401.

Story Time

Darlington: Thursdays at 10 a.m. Info: 398-4940 ext. 305.
Hartsville: Tuesdays at 10 a.m. Info: 332-5115 ext. 7.
Society Hill: Thursdays at 11:00 a.m. Info: 378-0026
Lamar: Thursdays at 11:30 a.m. Info: 326-5524

Monthly Events

American Legion

American Legion Post 13 of Darlington meets second Thursday of each month at the Post on Harry Byrd Highway.

City of Darlington Board of Zoning Appeals

5:30 p.m. on Mondays on an as-needed basis, coordinated through the Codes Enforcement Office

Darlington Branch NAACP

The Darlington Branch NAACP meets on the second Tuesday every month, 7 p.m. at 109 Pearl St. For more, please contact President Anthony Hall at 843-229-1274.

City of Darlington Design Review Board

Meets on an as-needed basis, coordinated through the Codes Enforcement Office

Darlington County Disabilities and Special Needs Board

The Darlington County

Disabilities and Special Needs Board will meet on the following dates and times in 2019. All meetings will begin at 2 p.m. The agenda and meeting location will be posted monthly.
Meetings: April 30, May 28, June 25, July 30, Aug. 27, Sept. 24, Oct. 29, Nov. 26.
No meeting in December.

Darlington County First Steps

2nd Tuesday each month at 5:30 pm in the Chamber of Commerce Boardroom, 214 N 5th St., Hartsville.

Darlington County Historical Commission Meeting

Darlington County Historical Commission meets at 10 a.m. on the first Thursday of each month at the Darlington County Historical Commission at 204 Hewitt Street in Darlington.

Darlington Kiwanis Club Board Meeting

The Board of Directors for the Darlington Kiwanis Club will meet at 6 p.m. on the second Tuesday of the month at Taki's Diner or a board member's home.

Darlington County Humane Society Board of Directors

Darlington County Humane Society Board of Directors meet at 6 p.m. on the second Monday of each month at Hartsville Memorial Library at 147 W. College Avenue in Hartsville.

Darlington Downtown Development Association Board of Directors Meeting

The DDRA Board of Directors will meet at City Administration, 410 Pearl Street, at 8 a.m. on the first Tuesday of the month, except in July and September.

Free Vision Screenings

Free Medical Clinic of Darlington County and the Darlington Lions Club are sponsoring free vision screenings, third Wednesday of each month, 1-4 p.m. at Free Medical Clinic of Darlington County, 203 Grove St. You do not have to be an FMC patient.

Head Start

Darlington County Head Start program policy council meetings, fourth Monday of each month, 5:30 p.m. at Butler Head Start Center, 1103 S. 6th St., Hartsville.
Darlington County Community Action Agency board meetings, 4th Thursday every month at 5:30 p.m., Butler Head Start Center.

Small Business Professionals Roundtable

These monthly Roundtable sessions, held on the second Tuesday of every month from 8-9 a.m. at the Greater Hartsville Chamber of Commerce, will give small business professionals an opportunity to explore best practices for tackling day-to-day issues and achieving long-term business goals. The ses-

sions will be facilitated by Coker University's Business Administration Department Chair Melinda Norris.

Veterans of Foreign Wars

The Darlington chapter of Veterans of Foreign Wars, VFW "GREY/FARROW" Post 3609, meets the first Tuesday of each month at 7 p.m. at Taki's Restaurant, 609 Pearl St. in Darlington

Jan. 2020

Williamson Park Committee

Tuesday, Jan. 14 at 5:30 p.m. at Harmon Baldwin Recreation Center, 300 Sanders Street, Darlington

Beautification Board

Wednesday, Jan. 15 at 5 p.m. at City Hall, 400 Pearl Street, Darlington

Connections at Breakfast - Habitat for Humanity

Thursday, Jan. 16 at 7:30-9 a.m. at the Darlington County Habitat for Humanity at 120 W. Washington Street in Hartsville. Connections events are held monthly. Chamber members host these events in their place of business so they can promote their products/services. Business cards are also collected from those in attendance and given to the host at the end of the event. Members who attend have an opportunity to be drawn to give a 60-second infomercial about their business.

Darlington County Planning Commission Meeting

Tuesday, Jan. 21 at 9 a.m. at City Hall, 400 Pearl Street, Darlington
Darlington County Historic Landmarks Commission
Monday, Feb. 3 at 5:30 p.m. at City Hall, 400 Pearl Street, Darlington

Darlington City Council

Tuesday, Feb. 4 at 6:30 p.m. at City Hall, 400 Pearl Street, Darlington

Feb. 2020

Williamson Park Committee

Tuesday, Feb. 11 at 5:30 p.m. at Harmon Baldwin Recreation Center, 300 Sanders Street, Darlington

City of Darlington Beautification Board

Wednesday, Feb. 19 at 5 p.m. at City Hall, 400 Pearl Street, Darlington

City of Darlington Tree Board

Monday, Feb. 24 at 5:30 p.m. at City Hall, 400 Pearl Street, Darlington

Inside GSSM

INSIDE GSSM is a day of imagination, inspiration, innovation, and fun for the whole family on Saturday, Feb. 29 from 10 a.m. until 2 p.m. at the South Carolina

Governor's School for Science and Mathematics in Hartsville.

March 2020

Darlington City Council

Tuesday, March 3 at 6:30 p.m. at City Hall, 400 Pearl Street, Darlington

Williamson Park Committee

Tuesday, March 10 at 5:30 p.m. at Harmon Baldwin Recreation Center, 300 Sanders Street, Darlington

Speed & Feed BBQ Festival

It's back and better than before! Our annual Speed and Feed BBQ Festival has gotten an upgrade (with a new Spring date) and now has become a two-day festival filled with live music, a car cruise-in, entertainment, amusement rides, food trucks, and - the obvious - a BBQ cook-off! Join us Friday, March 13 and Saturday, March 14 at the Darlington Raceway.

City of Darlington Beautification Board

Wednesday, March 18 at 5 p.m. at City Hall, 400 Pearl Street, Darlington

Joint Meeting of All City of Darlington Boards

Thursday, March 19 at 6 p.m., scheduled by the Planning Commission

April 2020

Darlington City Council

Tuesday, April 7 at 6:30 p.m. at City Hall, 400 Pearl Street, Darlington

Williamson Park Committee

Tuesday, April 14 at 5:30 p.m. at Harmon Baldwin Recreation Center, 300 Sanders Street, Darlington

City of Darlington Beautification Board

Wednesday, April 15 at 5 p.m. at City Hall, 400 Pearl Street, Darlington

May 2020

Darlington County Historic Landmarks Commission

Monday, May 4 at 5:30 p.m. at City Hall, 400 Pearl Street, Darlington

Darlington City Council

Tuesday, May 5 at 6:30 p.m. at City Hall, 400 Pearl Street, Darlington

City of Darlington Tree Board

Monday, May 11 at 5:30 p.m. at City Hall, 400 Pearl Street, Darlington

Williamson Park Committee

Tuesday, May 12 at 5:30 p.m. at Harmon Baldwin Recreation Center, 300 Sanders Street, Darlington

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Please send your church news and photos to: editor@newsandpress.net

Woman's Pee Dee District Department of the Pee Dee Missionary Baptist Association Winter Summit

The Woman's Pee Dee District Department of the Pee Dee Missionary Baptist Association will have their Winter Summit Jan. 11 at Zion Canaan Baptist Church on 612 South Hill St., Timmonsville. Registration begins at 9 a.m.; session at 10.

Mechanicsville Baptist Church
2364 Cashua Ferry Rd.,
Darlington. 843-393-1029.
Sunday: 9:30 a.m.-Sunday School; 10:30 a.m.-Worship Service
4 p.m.-Prayer Closet; 5:30 p.m. Evening Worship Services
Monday: Monday Night Ministry (MNM)-Youth Fellowship & Meal
Wednesday: 10:30 a.m. - Old Fashioned Chapel Service & Fellowship Meal; 6:30 p.m. - Small Group Bible Study (all ages) and Youth Group Meeting.

The Upper Room Holy Ghost Mission
Sunday morning worship is at 11 a.m. Bible study Thursday at 7 p.m. at 109 Main St. in Darlington.

New pastor at Cherry Grove church
Cherry Grove Missionary Baptist Church of Darlington invites you to celebrate the installation of pastor-elect Rev. M. Dewayne Mack on Feb. 15 at 7 p.m. at the SiMT Building, Florence. Cost is \$25 per adult, \$15 per youth 12 and under. Contact Janice Floyd, 843-621-7056; Brenda Goodson, 843-393-0261; Rebecca Hudson, 843-601-5230 by Feb. 7.

Church Prayer Line
Anyone who needs prayer is welcome to call Covenant

Baptist Church Prayer Line at 843-393-8555.

St. Catherine's Episcopal Church
3123 W. Palmetto St.,
Florence. Worship Time: 11 a.m. (4th Sunday 8:30 a.m.)
Sunday School: 9:45 a.m.
Phone: 843-601-3672.

Lawson Grove Baptist Church
3585 Lawson Grove Rd.,
Hartsville. Sunday - Church School at 9:45 a.m.; Worship Service 10:45 a.m.
Wednesday.

Black Creek Baptist Church
The church, 139 Mont Clare Road, Dovesville, announces hours: Sunday: 10 a.m. Sunday School, 11 a.m. Worship Services and 6 p.m. Evening Worship. Wednesday: 6:30 Adult Bible Study; Youth Bible Study, Children (Children In Action) 7:30 Adult Choir Practice

Second Missionary Baptist Church
Second Missionary Baptist Church, 212 W. Washington St., Hartsville, announces hours. 8 a.m. early morning worship service, 9 a.m. church school service, 10 a.m. morning worship.

Covenant Baptist Church
Covenant Baptist Church, 628 Pocket Road, announces hours: Sunday: 10 a.m. Sunday school, 11 a.m. Spoken Word Service.

Mt. Zion Tabernacle Ministries
Mt. Zion Tabernacle Ministries, 426 W. Broad St. in Darlington, announces hours: 1st/3rd Sunday Pastoral Sunday: Sunday School at 9:30 a.m.

The Lord Cares
Please continue to assist The Lord Cares in caring for those in need in the Darlington area. T.L.C.'s food bank is at 201 Grove St. in Darlington.

Principles of first aid everyone should know

Emergencies can strike at any time. When such situations arise, emergency care often must administered to someone who is sick or injured, and that care can mean the difference between life and death. Being prepared for emergencies means understanding basic first aid procedures that can help a person navigate a crisis — or at least stabilize the situation until paramedics arrive. The following are some first aid principles that individuals should know and practice, courtesy of the American Heart Association, American Red Cross and CPR Certified Indigo Medical Training. They should not replace formal first aid training, but can assist a person when he or she is providing medical care to someone in need.

Bleeding
Bleeding can almost always be controlled until more help is available. Severe bleeding can lead to shock and death, so bleeding needs to be addressed immediately. Cloth should be used to cover the wound, and direct pressure should be applied to stop the blood flow. Do not remove the cloth; add more layers as needed. Tourniquets may do more damage to a limb than good, so they are generally no longer recommended. Nosebleeds can be treated by pinching the nostrils for a few minutes until the bleeding stops. Wounds to the head and mouth tend to bleed a lot even if they are superficial. So keep a level head when addressing these areas.

CPR
Cardiopulmonary resuscitation is one of the most important medical procedures to know. If the heart is no longer pumping blood, a person can die quickly. Immediately start chest compressions hard and fast in the center of the chest, allowing recoil between com-

pressions. Many buildings also have automated external defibrillator devices that can help save lives. If you're not trained in CPR, then provide hands-only CPR, says the Mayo Clinic. That means uninterrupted chest compressions of 100 to 120 a minute (the beat of "Stayin' Alive" by The Bee Gees) until paramedics arrive. People who are trained also may perform rescue breathing. The Red Cross and other medical groups offer first aid and CPR certification classes that train people on how to perform CPR and use an AED.

Fainting
Someone suffering from shock or fainting needs blood to get back to his or her brain. Victims should lie on their backs with their feet elevated.

Choking
The Heimlich maneuver can be performed when someone is choking. Contrary to popular belief, people who are choking do not typically make any sounds. Stand behind the victim and wrap your arms around him. Place a fist between the person's rib cage and belly button, and place your other hand over the fist. Deliver a quick thrust upward, and keep doing this until the foreign object is dislodged. Choking in children is handled differently depending on the child's age. Parents can get training in child maneuvers.

Sprains and fractures
Sprains and fractures occur readily, especially among active adults and children. Immobilize the limb, apply a cold pack, elevate it, and offer anti-inflammatory drugs for discomfort and swelling. A doctor should be seen for further diagnosis and treatment. Common first aid procedures can help save lives or reduce the severity of injuries when promptly offered.



Francis Marion's Kassab Art Gallery to host new exhibit

Francis Marion University's Adele Kassab Art Gallery, located in the Hyman Fine Arts Center is hosting the its first exhibition of the new year, Dereliction: Changing Structures by Pamela Winegard.

The exhibit, which examines the narratives between community members and the places they inhabit through metaphorical landscapes and other measures will be on display until Feb. 20 and open to viewing Monday through

Thursday from 8:30 a.m. to 5 p.m. Dereliction has been acclaimed for its commentary on nostalgia, transience, permanence, heritage, to illustrate fractured relationships. Winegard is an award-win-

ning mixed media artist and printmaker. She was inducted into the National Association of Women Artist in New York City in 2015, and was the 2012 Artist in Residence at the McColl Center for Visual Art in Charlotte, N.C.



The rise of telehealth services

Getting sick once meant traveling to a physician's office only to sit in a waiting room with fellow under-the-weather individuals. Few if any people like leaving home when they're feeling ill, and thanks to technology, many no longer need to do so. Telehealth services, which the Massachusetts Medical Society defines as the delivery and facilitation of health and health-related services including medical care, provider and patient education, health information services, and self-care via telecommunications and digital communication technologies, are revolutionizing the healthcare industry. In many instances, patients need not leave the comfort of their beds or sofas to be diagnosed and treated. The Office of the National Coordinator for Health Information Technology says telehealth,

which is a broader scope of remote healthcare services than telemedicine, can utilize everything from videoconferencing, the internet, store-and-forward imaging, streaming media, and terrestrial and wireless phone communications. Many providers and insurance companies now offer some method of telehealth services. Consider some of these statistics. • The American Telemedicine Association says more than one-half of all hospitals in the United States have a telehealth program. • Forty-eight states require payers to cover telehealth, says the Center for Connected Health Policy. • BBC Research indicates that telehealth makes up roughly one-quarter of the healthcare-related technology market.

• The American Medical Association says nearly 75 percent of all doctor, urgent care and emergency room visits could be handled safely and effectively over the phone or via video. • Beckers Hospital Review says 82 percent of millennial patients surveyed would rather have a telemedicine visit than an in-person consultation. • Around seven million people use telehealth services across the globe, according to eVisit. Telehealth can connect rural providers and their patients to services at other sites and promote patient-centered health care. With a shortage of some medical specialties in rural areas, telehealth can play an important role in ensuring all patients get access to care they need. But the benefits do not only extend to rural patients. Individuals who are elderly

and/or those who have mobility issues and cannot travel easily can benefit from telehealth services. Furthermore, any patient with a rare condition may no longer have to travel long distances to consult with specialists in that field. Telehealth applications and programs on smartphones, tablets or laptops can make it easy for people to monitor their health. These apps can enable patients to do things like track health measurements, share information with clinicians, manage chronic illnesses, and set medication or appointment reminders. Patients also can communicate with providers to get health information through patient portals or to refill prescriptions effortlessly. Telehealth is changing the face of medicine and utilizing technology in unique ways.

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Preventive care involves safeguarding mental health as well

Preventive care is often looked at through the needs people need to do to protect their physical well-being. For example, a healthy diet and routine exercise, while beneficial to mental health, are often viewed as lifestyle choices that can make people feel better physically. But taking steps to protect one’s mental health also is vital to a long, productive life.

The U.S. Department of Health and Human Services notes that positive mental health and mental wellness can have a profoundly positive impact on a person’s life. Positive mental health can help people realize their full potential, cope with the stresses of life and make meaningful contributions to their communities.

What can I do to protect my mental health?

Learning to recognize the early warning signs of mental health problems can help prevent such problems from escalating and compel people to seek help. The DHHS advises anyone feeling these signs or recognizing these signs in others to seek help for themselves or their loved ones:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or as if nothing matters
- Unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Severe mood swings that cause problems in relationships
- Persistent thoughts and memories you can’t get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- An inability to perform daily tasks, such as taking care of your children or getting to work or school

Taking steps to protect one’s mental wellness is a vital component of preventive care. More information about mental health is available at www.mentalhealth.gov.



FMU to celebrate MLK Day

Francis Marion University’s annual Dr. Martin Luther King celebration will be held on Thursday, Jan. 16 on FMU’s campus.

The event includes a commemorative candlelight march and a special program of word and music. This year’s keynote speaker is the Rev. Dr. Calvin Robinson Jr., pastor of Trinity Baptist Church in Florence.

The public is invited to participate in both the march and to attend the program. The march begins at 6:15 p.m. at the Wallace House and covers approximately a half mile to Chapman Auditorium, site of the program.

The program will feature special music by FMU’s Young, Gifted and Blessed Choir and select FMU students, and the address by Robinson, a Florence County native, returned to Trinity in 2015 after a successful career in the U.S. Air Force, and as a preacher at churches in Virginia and Connecticut.

Robinson is a graduate of South Carolina State University and its Air Force ROTC program.

Robinson earned a Master of Arts degree in Procurement and Acquisitions Management from Webster University and earned Doctor of Ministry degree from Virginia University of Lynchburg.

Robinson is a powerful advocate for Christian education and has developed curriculum for classes for youth, single adults and married couples.

Robinson and his wife Ann have three adult children: Avril, Angel, and Calvin III.

SCPRT secretive about renters at Governor’s Mansion complex

By Rick Brundrett
The Nerve

Since Henry McMaster became governor in 2017, the state’s tourism agency has received more than \$675,000 from renting the historic Lace House at the Governor’s Mansion complex in downtown Columbia, records show.

But the S.C. Department of Parks, Recreation and Tourism (SCPRT) – whose director, Duane Parrish, is a member of McMaster’s Cabinet – won’t reveal who has rented the public building, contending it would be an “unreasonable invasion of privacy” under the state Freedom of Information Act.

The Nerve recently requested, under the open-records law, a breakdown of rental income, the purpose of the each event, and the identities and mailing addresses of the renters since Jan. 1, 2017. SCPRT released six pages of records, blacking out the names and addresses of all of the renters.

Most of the listed 225 events, scheduled from Jan. 14, 2017, through today, were weddings, though the gatherings also included five unspecified fundraisers, a “board retreat,” another “retreat,” and four other events labeled only as “meeting,” “meeting/social,” “social” and “winter social.”

The only identified organizations connected to functions at the Lace House were “SC Home Builders,” the “Heritage Garden Club” and the “Black Expo,” records show.

The Governor’s Mansion complex is located on nine acres off Richland Street in Columbia’s Arsenal Hill neighborhood. The Governor’s Mansion has long been the official residence of the governor.

Contacted by The Nerve, longtime state government watchdog John Crangle said SCPRT should release the Lace House renters’ identities.

“So long as it’s public property and the money is going to the state,” said Crangle, government relations director for the South Carolina Progressive Network, “(the public) ought to know who’s paying this money to the state and what they’re getting in

return for it.”

“Otherwise,” he added, “it’s subject to a lot of abuse.”

In an email responses to The Nerve, Emily Johnson, SCPRT’s general counsel, said the agency will “maintain the confidentiality of the personal information unless it is overwhelmingly in the public interest not to do so,” noting that the “public interest in knowing who rented a facility, where they live, and how much it costs is outweighed by privacy rights which belong to the individual, not the Agency.”

But Crangle, an attorney, said Lace House guests don’t have an “expectation of privacy” because the events are held on public property.

“You have to walk on publicly owned sidewalks and grounds to get there,” he said. “If you want to have a wedding ceremony on the steps of the State House, would you have an expectation of privacy? I don’t think so.”

Asked about Lace House guests having potential access to McMaster, Johnson replied: “Like state parks, access to the Lace House or other facilities on the Governor’s Mansion Complex does not equate to the Governor’s mansion or the Governor. The Governor is a public servant equally available regardless of the rental of public facilities.”

McMaster spokesman Brian Symmes did not respond to written questions from The Nerve about whether the governor has attended any Lace House events since becoming governor in January 2017, or his position on the rental of mansion complex facilities.

In its written budget proposal for fiscal 2021, which starts next July 1, SCPRT said given the agency’s “success in marketing and operating the Lace House as an event rental venue over the past three years, the Agency believes that there is significant potential to expand this successful operation to include other facilities on the north side of the Governor’s Mansion Complex, including the Caldwell-Boylston House, the Carriage House, and the Gardens, hereafter known as the Venues at Arsenal Hill.”

SCPRT records provided to

The Nerve show that the agency received a total of \$679,774.50 in rental income from Lace House events over the three-year period: \$166,045 for 65 events in 2017, \$234,237 for 76 events in 2018, and \$279,492.50 for 84 events this year.

Event rental costs ranged from \$625 for a baby shower in 2017 to \$5,800 each for two weddings in 2018. Full-day rental rates during the “peak” seasons of March through May and September through November range from \$1,800 on Mondays through Thursdays to \$4,100 on Saturdays, with lower rates for half-day events, according to the Lace House’s government website.

Other “venues” at the Governor’s Mansion complex can be added to the Lace House rental for fees ranging from \$800 for the “Wedding Garden” to \$1,100 for the “Memorial Garden,” according to the website.

A video posted on the Lace House Facebook page begins by saying, “The Lace House boasts an exclusive location at the Governor’s Mansion complex,” and contends the site offers “an ideal setting for photography sessions and film shoots.” The building and side terrace can accommodate up to 300 guests, while the “Memorial Garden” and “Mansion Mall” at the complex can seat up to 400 and 600-plus guests, respectively, the video says.

Although SCPRT wouldn’t release the identities of Lace House renters to The Nerve, the Facebook page includes public recommendations from those who were married at the location or used it for other types of events.

Originally constructed in 1855, the Lace House was acquired by the state in 1968 and became the “official guest house of the Governor’s Mansion, accommodating overnight guests of the Governor and providing extra space for

official functions of the Governor and his administration,” according to the Lace House website.

In 2001, the Lace House was “reopened for use by the public for weddings, parties,

lectures and other revenue generating functions” in “keeping with the administration’s belief in maximizing the value of state assets,” according to the website.

Brundrett is the news editor

of *The Nerve* (www.thenerve.org). Contact him at 803-254-4411 or rick@thenerve.org. Follow him on Twitter @RickBrundrett. Follow The Nerve on Facebook and Twitter @thenervesc.

NOTICE OF ELECTIONS

STATE OF SOUTH CAROLINA

COUNTY OF DARLINGTON

A Democratic Presidential Preference Primary will be held on Saturday, February 29, 2020. This primary will be conducted in the polling places listed in this notice.

The deadline to register and be eligible to vote in the Democratic Presidential Preference Primary is January 30, 2020.

The polling place locations for some precincts may be combined with others for the primaries, as allowed by law. The polls will be open from 7:00 a.m. until 7:00 p.m. at the polling places designated below. These primaries will be held under the rules for providing Photo ID at the polling place. Voters will be asked to provide one of the following Photo IDs at their polling place.

- S.C. Driver's License
- ID Card issued by S.C. Department of Motor Vehicles
- S.C. Voter Registration Card with Photo
- Federal Military ID
- U.S. Passport

If you have one of these IDs, you are ready to vote. Voters should remember to bring one of these IDs with them to the polling place. Voters without Photo ID can get one free of charge from the Department of Motor Vehicles or their county voter registration and elections office. Voters who encounter reasonable impediment to getting a Photo ID should bring their paper voter registration card without a photo with them to their polling place. These voters can then sign an affidavit swearing to their identity and to their reasonable impediment to obtaining a Photo ID and vote a provisional ballot. This ballot will count unless the county election board has grounds to believe the affidavit is false. For more information on Photo ID, visit scVOTES.org or contact your county board of voter registration and elections.

At 9:00 a.m. on Saturday, February 29, the county board will begin its examination of the absentee ballot return envelopes from the Democratic Presidential Preference Primary at the Darlington County Board of Elections and Registration 131 Cashua St., Darlington SC 29532. Telephone number is (843) 398-4900.

On Thursday, March 5, at 10:00 a.m. the County Board of Canvassers will hold a hearing to determine the validity of all provisional ballots cast in the Democratic Preference Primary. This hearing will be held at Darlington County Board of Elections and Registration 131 Cashua St., Darlington SC 29532.

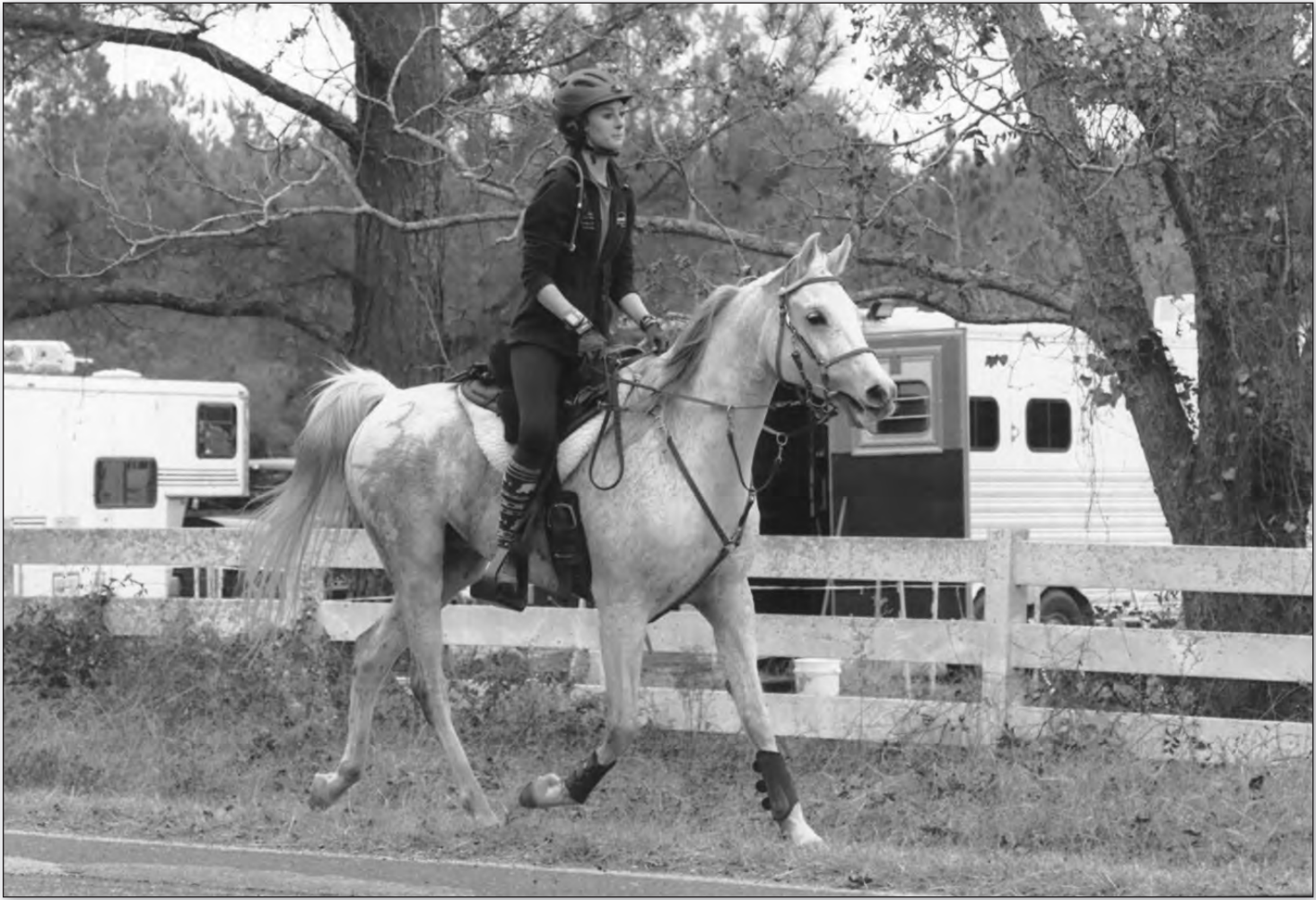
The following precincts and polling places will be involved in this election.

Precincts	Polling Location	Address
Antioch	Antioch Recreation Center	2462 Antioch Rd.
Auburn	Centerville Fire Station	2380 N. Center Rd.
Bethel	Bethel United Methodist Church	2423 Bethel Rd.
Black Creek - Clyde	Lake Robinson Rescue Squad	2364 W. Old Camden Rd.
Burnt Branch	Hartsville Middle School	1426 Fourteenth St.
Darlington #1	City Hall	400 Pearl St.
Darlington #2	Pate Elementary School	1010 Indian Branch Rd.
Darlington #3	High School Ninth Grade Bldg.	501 Spring St.
Darlington #4	Cain Elementary School	607 First St.
Darlington #5	Mayo High School Gym	364 Chestnut St.
Darlington #6	Brunson Dargan Elementary School	400 Wells St.
Dovesville	Dovesville Fire Station	511 Mont. Clare Rd.
Hartsville #1	First Presbyterian Church	213 W. Home Ave.
Hartsville #4	Outreach Center (Fourth St. Entrance)	404 S. Fourth St.
Hartsville #5	T. B. Thomas Sports Center	701 W. Washington St.
Hartsville #6	Jerusalem Baptist Church	301 S. Sixth St.
Hartsville #7	Scott Center	201 N. Damascus Rd.
Hartsville #8	North Hartsville Elementary School	110 School Dr.
Hartsville #9	American Legion Hut	135 Society Ave.
High Hill	South Darlington Fire Dept.	4793 Hoffmeyer Rd.
Indian Branch	Indian Branch Community Center	2070 Indian Branch Rd.
Kelleytown	West Hartsville Elementary School	214 Clyde Rd.
Lake Swamp	Lake Swamp Fire Station	6140 Oates Hwy.
Lamar #1	Lamar Town Hall	117 W. Main St.
Lamar #2	Lamar High School	216 N. Darlington Ave.
Lydia	Lydia Community Center	5069 Indian Branch Rd.
Mechanicsville	Mechanicsville Fire Station	1932 Cashua Ferry Rd.
New Market	Pond Hollow Fire Station	2225 Ruby Rd.
Oates	St. Johns United Methodist Church	214 W. Seven Pines St.
Palmetto	Palmetto Fire Station	1304 E. McIver Rd.
Society Hill	Society Hill Town Hall	280 S. Main St.
Swift Creek	Swift Creek Fire Station	137 N. Center Rd.

Hartsville #6 new location



The 1969 Class of Mayo High School held their 50th reunion Aug. 22-25. Sixty-four former classmates participated: Elbert Backus, Edith Bacote, Chris Black, Catherine Boatwright Billups, Wallace Brockington, Robert Campbell, William Coe, Frank Coefield, Blondell Cooper Austin, Ervin (Joel Warsaw) Dargan, Gloria Davis, Roosevelt Davis, Samuel Davis, Lorestine Dubose Hunter, Lonnie Eldridge, Seeroy Evans, Mitchell Goodson, Charles Ham, Marshall Ham, Richard Holloman, Josephine Hooks Lee, Gwendolyn Hudson Simon, Lawrence Jackson, Cora James Maxwell, Charles Jerry, Willie Lee Jerry, Raleigh Jett, Yolanda Jett Jackson, Eddie Johnson, William Johnson, Robert Jones, Connie Leonard Kennedy, Ada Mack Hamlin, Hazeline Mance Jackson, Katherine Marcus Hamlin, Louis McCall, Leon McCray, Naomi McKenzie Pratt, Ruth McKenzie Dubose, Mary McLeod Wright, Barbara Muldrow Davis, Jacqueline Muldrow, Jerome Parrott, Bobbie Pierce Kelly, Linda Richardson Hickson, Malik (Leroy Robinson) Shabazz, Rickey Samuel, Vivian Sawyer Bristow, Julia Scott Davis, Donnie Simon Gibson, Levern Stevenson, Betty Swinton, Andrew Thomas, Allen Thompson, Virgil Wells III, Vivian Jeanne Wiley Hanna, Lawrence Williams, Pecola Williams McDaniel, Theodore Williams, Idella Willoughby Davis, Lawrence Wingate, Roberta Wingate Balthrop, John Wright and C. Melvin Yarborough. CONTRIBUTED PHOTO

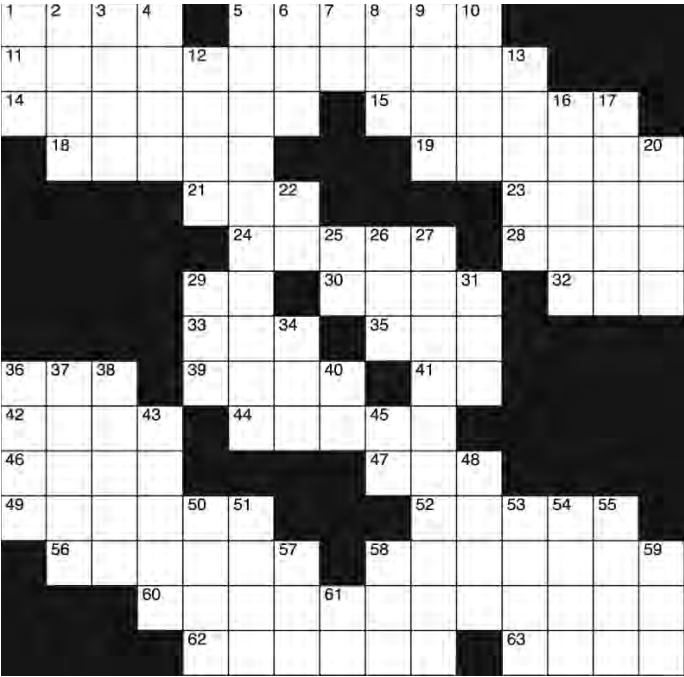


Aanuke Mounahbi (Boone), owned by Mark and Marie Sobiski of Darlington, extended his winning streak to seven after a first-place finish in the Carolina 30-mile endurance ride. The ride was held Nov. 30 in Ruby with 29 entries. Competitors from six Southeastern states participated. Boone was ridden by Brooks Prater of Rock Hill. Boone was also winner of the 30-mile Best Condition and High Vet Score award presented by the veterinarian team judging the fitness of all horses entered. PHOTO BY BECKY PEARMAN PHOTOGRAPHY



On behalf of the Pilot Club of Darlington, Linda Brunson, chair of Community Service Projects, presents a check to Becky Hill, residential director for the Trent Hill Center for Children and Families. The Trent Hill Center's Bell House is a group home for youths who have been removed from their homes due to abuse, neglect or abandonment. The Trent Hill Center gives housing priority to local youth, in an effort to keep them close to their homes, families, schools, churches and communities. CONTRIBUTED PHOTO

CROSSWORD



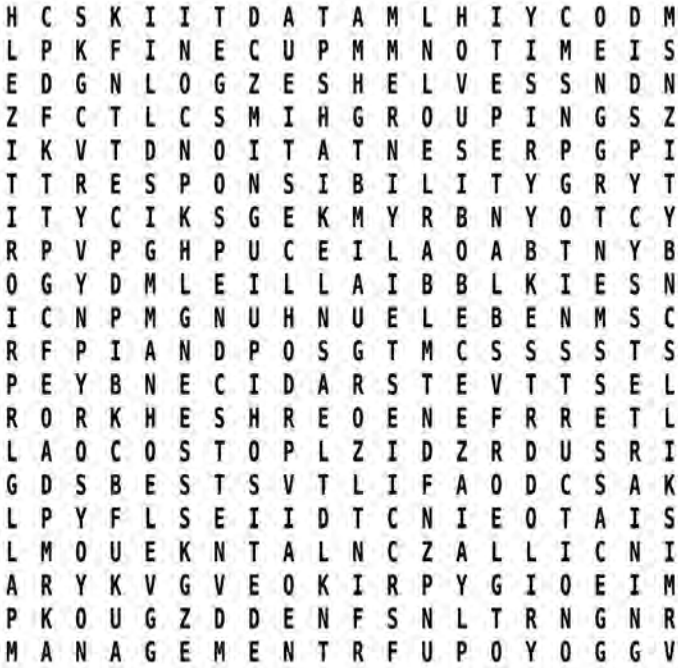
- ACROSS**

 - 1. Beer ingredient
 - 5. Popular FOX TV show
 - 11. Recurring from time to time
 - 14. Criticized severely
 - 15. Musician
 - 18. German urban center
 - 19. Quenched
 - 21. Human gene
 - 23. Indian music
 - 24. Accumulate
 - 28. One who graduated
 - 29. Atomic #109
 - 30. Semitic fertility god
 - 32. Sportscaster Patrick
 - 33. Child's dining accessory
 - 35. Payment (abbr.)
 - 36. Guitarist's tool
 - 39. Dabbling ducks
 - 41. Commercial
 - 42. Style someone's hair
 - 44. Biu-Mandara language
 - 46. Actress
 - 47. Large hole in the ground
 - 49. One-masted
- sailboats

 - 52. Tropical Asian plant
 - 56. Concurs
 - 58. Latin term for charity
 - 60. The number below the line in a fraction
 - 62. Reddish browns
 - 63. This (Spanish)
- DOWN**

 - 1. Belong to
 - 2. One time only
 - 3. Parent-teacher groups
 - 4. Puts in place
 - 5. Editing
 - 6. In the course of
 - 7. Helps injured people (abbr.)
 - 8. OJ trial judge
 - 9. Resist authority (slang)
 - 10. Formerly alkenols
 - 12. "Cheers" actress Perlman
 - 13. Jewelled head-dress
 - 16. Viking Age poet
 - 17. Vanuatu island
 - 20. Wish harm upon
 - 22. Unit of length
 - 25. Blood type
- 26. Drain
 - 27. Do-gooders
 - 29. Advanced degree
 - 31. Business designation
 - 34. Chinese-American actress Ling
 - 36. Performs on stage
 - 37. Slang for money
 - 38. Large Russian pie
 - 40. The Mount Rushmore State
 - 43. Narrow inlet
 - 45. News organization (abbr.)
 - 48. Scarlett's home
 - 50. Micturates
 - 51. Monetary unit
 - 53. Any customary observance or practice
 - 54. Sons of Poseidon
 - 55. Facilitates grocery shopping
 - 57. Standard operating procedure
 - 58. Former OSS
 - 59. Midway between south and southeast
 - 61. The Wolverine State

WORD SEARCH



- | | | | |
|---|--|---|---|
| ASSESS-
MENT
CLUTTER
DATA
DEADLINES
FILING
GARBAGE
GROUPINGS | INSTRUC-
TION
LEADER-
SHIP
LISTENING
MANAGE-
MENT
NOTES | ORGANIZED
PRESENTA-
TION
PRIORITIZE
PROBLEM
SOLVING
PROFES-
SIONAL | RESPONSI-
BILITY
SCHEDULE
SHELVES
SKILLS
STORAGE
TIME
TRAINING |
|---|--|---|---|

Answers on 11

Search public notice ads
from this newspaper at
SCPPublicNotices.com

Public notices from virtually all S.C.
newspapers are now available online
in one convenient location.

This service is provided by S.C. newspapers at no cost to taxpayers.

No foul play in teen's death on hunting trip, DNR says

A death that took place during a Darlington County hunting trip did not involve foul play, a state Department of Natural Resources officer says.

On Dec. 21, DNR said, sheriff's deputies were alerted to a body off Oates Highway early that morning, according to local media reports.

An investigation found the body was that of an 18-year-old who had gone hunting with his father, said DNR Lt. Ben Byers.

He said the teen apparently suffered "a medical incident" – apparently some type of seizure – and fell face down in shallow water, where he drowned.

The investigation ruled out foul play, Byers said. He said it was simply an "unfortunate event."

The name of the teen was not immediately available. Byers said the man and his son were believed to be from the Darlington area.

-- Bobby Bryant

Jane Windham's recipe for Chili with a kick

- Ingredients:**
- 1 1/4 lb. ground beef chuck
 - 1 cup bourbon
 - 4 garlic cloves, minced
 - 1 tsp dried oregano
 - 1/2 tsp dried sage
 - 3 tbsp olive oil
 - 1 medium yellow onion, chopped
 - 3 bell peppers, seeded and chopped (1 each of red, green, and orange)
 - 1/2 jalapeno pepper, seeded and chopped
 - 1/4 cup orange juice (I used lemon juice)
 - 1/2 stick unsalted butter
 - 1 tbsp chili powder
 - 1/2 tsp cayenne pepper
 - 3/4 tsp salt
 - 1 (28 oz.) can crushed tomatoes
 - 1 (15 oz.) can black beans, drained and rinsed
 - 1 (15 oz.) can garbanzo beans, drained and rinsed
 - 1/4 cup sour cream
 - 3 fresh mint leaves, finely chopped
 - 4 oz. Cheddar cheese, shredded (I used Monterrey Jack)
- Directions:**
- 1. In a large pot over medium heat, add beef, 1/4 cup bourbon, half the garlic, oregano and sage. Cook, breaking up beef with a wooden spoon, until meat is



browned, 6 to 7 minutes. Using a slotted spoon, transfer beef mixture to a medium bowl and set aside; discard remaining juices.

2. In the same pot over high heat, heat olive oil. Add onion, bell peppers, jalapeno, orange juice, butter, and remaining garlic. Cook, stirring occasionally, until vegetables begin to soften, about 10 minutes. Add chili powder, cayenne, and salt and cook, stirring frequently for 1 minute. Add remaining bourbon, reduce heat to medium, and cook until liquid is reduced by half, about 8 minutes.

3. Add tomatoes and bring mixture to a boil over medium-heat heat. Add beans and reserved beef. (If mixture is dry, add up to 1 cup of water.) Reduce heat to medium-low and simmer, partially covered, for 1 hour. Before serving, stir together sour cream and mint in a small bowl. Divide chili among bowls and garnish each with about 1 tablespoon Cheddar and 2 teaspoons mint sour cream. Serve with tortilla chips or cornbread.

Notes: I used a variety of peppers because I had some

in the garden. I substituted lemon juice for the orange juice and omitted the dried sage. I also used my own canned tomatoes. Adding the fresh mint to the sour cream really adds something special to the chili.

This recipe originally appeared in the October 2012 issue of Country Living Magazine. Reader Brian Miske, submitted the recipe, and it's a good one!

See more from Jane Windham at cottageatthecrossroads.com.

2 inmates die at county jail

Authorities are investigating the deaths of two inmates at the Darlington County jail over the weekend.

One inmate died Friday night. The other, a federal prisoner, died Saturday.

The inmate who died Friday night has been identified as Patrice Latoya Watson McFadden. She was being held on two counts of felony DUI and two counts of reckless homicide in a collision near Society Hill that killed two men.

The cause of her death was not determined. The State Law Enforcement Division has been asked to investigate.

In the other case, the inmate's name had not been released by press time Monday, nor had the cause of death. Officials said this person was a federal prisoner.

Local media reported that the man suffered a "cardiac event."

Lawmakers making the green after getting green light from ethics panel

By Rick Brundrett
The Nerve

Almost three years ago, the state House Ethics Committee quietly gave written approval to an unnamed House member who is an insurance agent to sell insurance policies to local disability boards and county hospitals.

The Jan. 25, 2017, "advisory opinion" also said the lawmaker didn't have to abstain on voting on any matters related to two state agencies that provided funding to the local disability boards or county hospitals.

Last year, The Nerve revealed that state Rep. Brian White, R-Anderson, an insurance agent and the then-chairman of the budget-writing House Ways and Means Committee, reported receiving a total of nearly \$39,000 in insurance commissions since 2015 from five disability service organizations that annually get millions in funding from the state Department of Disabilities and Special Needs (DDSN) – one of the two state agencies cited in the 2017 advisory opinion.

The story also revealed that White reported to the State

Ethics Commission receiving a total of about \$28,000 in insurance-related payments from 2008 through 2016 from a county hospital that received funding from the state Department of Health and Human Services (DHHS) – the other state agency cited in the 2017 advisory opinion.

No one accused White of any wrongdoing, though he was removed from the Ways and Means Committee just several weeks after the November 2018 story. He didn't respond to a written message from The Nerve seeking comment on the 2017 advisory opinion.

Former Rep. Mike Pitts, R-Laurens, now a Laurens County magistrate who in 2017 was the House Ethics Committee chairman, and current Rep. David Weeks, D-Sumter, who is the committee's vice-chairman, didn't respond to written messages asking whether White requested the 2017 opinion.

Asked the same question, Rep. Murrell Smith, R-Sumter, the current chairman of both the House Ethics and Ways and Means committees, said in a written response that the Ethics Committee is "never

aware of who requested" advisory opinions because there is "attorney-client privilege" between the House member requesting the opinion and committee attorneys who draft the document, adding the lawyers "do not advise the Committee who actually requested the opinion."

Asked if any House member ever waived the attorney-client privilege – which would allow the identity of the lawmaker to be made public – since he has been on the committee, Smith, an attorney, replied, "Not that I can recall."

That means although advisory opinions are public records approved by elected committee members, the identities of the lawmakers requesting opinions likely will continue to remain secret.

State law allows legislators to police their own ethical behavior through their respective House and Senate Ethics committees. Over the years, the committees have liberally interpreted state ethics laws – to the benefit of lawmakers.

Take the 2017 advisory opinion involving the anonymous House member-insur-

ance agent, for example.

In that case, the committee said the lawmaker would not violate state ethics law by selling insurance policies to local DDSN boards and county hospitals that receive legislatively approved funding through DDSN and DHHS, noting the legislator uses the "competitive bidding process to submit insurance proposals, and thus does not have an interest distinct from the general public."

The committee, however, didn't indicate whether it had verified that any competitive bidding involving the lawmaker was done.

It also said in the opinion that the House member didn't have to abstain from voting on matters related to DDSN or DHHS because local DDSN boards and county hospitals "to whom he competitively sells insurance products do not receive direct budgetary funding from the South Carolina General Assembly."

In recent years, the committee has made it easier for House members to make money from government agencies or put family members on their campaign payrolls. For example, in

three 2017 and 2018 advisory opinions issued while ex-Rep. Pitts was the committee chairman, the panel gave approval to unnamed House members to:

- Be employed with an unidentified county treasurer's office in a county in which the member's spouse was a county councilman. The committee noted it would be "good practice but it is not required for the Member to abstain from voting on a line item in the General Appropriations bill for local government."
- Represent, as an attorney, clients in state workers' compensation claims, property condemnation claims with the S.C. Department of Transportation, and unspecified "matters" in the state Office of Motor Vehicle Hearings. The committee said the member was prohibited from voting on state budget sections for those agencies, though as The Nerve has previously pointed out, lawmakers in those situations can vote on the state budget as a whole. The Nerve also has reported about how legislator-lawmakers or their law firms collectively have made millions

in legal fees annually from state and local government agencies.

- Pay a family member from campaign funds to work on the campaign, so long as the lawmaker paid the "fair market value for bona fide services rendered," and maintained "signed documentation regarding the work performed by the family member."

The Nerve also reviewed recent Senate Ethics Committee advisory opinions. That committee, though, formerly chaired by Sens. Luke Rankin, R-Horry, and Paul Campbell, R-Berkeley; and currently headed by Sen. Sean Bennett, R-Dorchester, has issued a total of only four opinions since 2015, none of which dealt with employment issues, online records show.

Brundrett is the news editor of The Nerve (www.thenerve.org). Contact him at 803-254-4411 or rick@thenerve.org. Follow him on Twitter @RickBrundrett. Follow The Nerve on Facebook and Twitter @thenervesc.

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How to stock the car for roadside emergencies

Disasters can happen in a flash, and having a plan in place for common emergency situations can make it easier to handle adverse conditions, particularly when away from home.

According to MFASCO Health and Safety, a supplier of first aid supplies and kits, 90 percent of people do not carry first aid supplies or other emergency gear in their vehicles. Among those who may carry supplies, 30 percent never check to determine if they're in good working order. The National Safety Council says that drivers should always keep emergency supply kits in the trunks or cargo areas of their vehicles. Kits should be inspected every six months, and worn out items should be replaced.

Roadside emergency kits can make the difference between getting back on the road safely or being stranded

- for hours. Such kits also may help prevent or treat injuries, potentially saving lives. Weather should be considered when preparing vehicle emergency kits, which should include the following.
- A properly inflated spare tire and tire-changing equipment
 - Jumper cables
 - A multipurpose utility tool and/or tool kit
 - Flashlight and batteries
 - Flares or triangle reflectors
 - An extra quart of motor oil
 - A first-aid kit containing at the least, gauze, tape, bandages, antibiotic ointment, aspirin, nonlatex gloves, scissors, hydrocortisone, thermometer, tweezers, and instant cold compress
 - A blanket
 - A tire pressure gauge
 - A portable tire inflator
 - Paper towels

- Nonperishable, high-energy foods
 - Drinking water
 - A reflective vest
 - Duct tape
 - A fire extinguisher
 - An ice scraper
 - A folding shovel
 - Coolant and washer fluid
 - A phone charger
 - Baby/child supplies, if pertinent
 - Rope
- Keep roadside emergency kits organized at all times. Store items securely in a milk crate, box or backpack so they are always readily available. People should familiarize themselves with the items in the kit so they know how to use them correctly and quickly.
- With some planning and organization, drivers can have the supplies they will need to make it through roadside emergencies safely.



LEGAL NOTICES

NOTICE TO CREDITORS OF ESTATES

All persons having claims against the following estates MUST file their claims on Form #371ES with the Probate Court of Darlington County, the address of which is Room 208 Courthouse, One Public Square, Darlington, SC 29532, within eight(8) months after the date of the first publication of this Notice to Creditors or within one (1) year from date of death, whichever is earlier (SCPC 62-3-801, et seq.), or such persons shall be forever barred as to their claims. All claims are required to be presented in written statements on the prescribed form (FORM #371ES) indicating the name and the address of the claimant, the basis of the claim, the amount claimed, the date when the claim will become due, the nature of any uncertainty as to the claim and a description of any security as to the claim.

Estate: McCleery B. Cunningham
Date of Death: 11/8/2019
Case No: 2019ES1600587
Personal Representative: Elizabeth C. Gault
Address: 2531 Shiland Drive, Rock Hill, SC 29732
Attorney: John Jay James, II
Address: PO Box 507, Darlington, SC 29540

(24p3 leave in thru 1-8-20)

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Estate: Henry Neronald Graham, Sr.
Date of Death: 10/20/2019
Case No: 2019ES1600590
Personal Representative: Angela Graham
Address: 2425 Explorer Drive, Hartsville, SC 29550

(24p3 leave in thru 1-8-20)

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Estate: Michael Smith
Date of Death: 11/26/2019
Case No: 2019ES1600592
Personal Representative: Michael A. Smith
Address: 101 Pine Knoll Ct., Elgin, SC 29045

(24p3 leave in thru 1-8-20)

SUMMONS AND SUM-

MARY OF COMPLAINT STATE OF SOUTH CAROLINA

COUNTY OF DARLINGTON IN THE COURT OF COMMON PLEAS
FOURTH JUDICIAL CIRCUIT C/A NO: 2019-CP-16-01073
Kevin Muninger, Plaintiff, vs. Thelma T. Moore, and all persons claiming any right, title, estate interest in or lien upon the real estate described; any unknown adults and those persons who may be in the military service of the United States of America, all of them being a class designated as John Doe, whose true name is unknown; any un-born infants or persons under disability being a class designated as Richard Roe, whose true name is unknown, Defendants.

TO THE DEFENDANT ABOVE-NAMED:
YOU ARE HEREBY SUMMONED and required to answer the Complaint in this action, a copy of which is herewith served upon you, and to serve a copy of your Answer to said Complaint on the subscriber at 814 West Evans Street, Post Office Box 1317, Florence, South Carolina, 29503 within thirty (30) days from the service hereof, exclusive of the date of such service; and in case of the failure to do so, judgment by default will be rendered against you for the relief demanded in the Complaint.

YOU WILL PLEASE TAKE NOTICE that the original Summons and Complaint were filed with the Clerk of Court for DARLINGTON County on October 10, 2019 at 3:58 PM, for purposes of quieting title, as described in the Complaint.

SUMMARY OF COMPLAINT

Pursuant to an execution and subsequent levy, the Tax Collector of Darlington County, South Carolina, acting in her official capacity, offered for sale the real property of Thelma T. Moore for non-payment of 2007 real property taxes. The property is described as follows: All those certain pieces, parcels of lots of land lying, situate and being in the County of Darlington, State of South Carolina, known and designated as Lot Nos. 243 and 244 in Section 1, as shown on a map made by W. R. Banks, Registered Surveyor, dated January 21, 1960, and recorded in the Office of the Clerk of Court for Darlington County in Plat Book 31, at page 61. Reference is also made to a map made for Robert E. and Lori B. McElroy by Lind, Hicks & Assoc., Surveyors, Inc. dated July 8, 1997, and recorded in the above-mentioned office in Plat Book 169, at page 315. Said lot being bounded as follows, to wit: On the North by Lot Nos. 245 and 246 for a combined distance of 100.00 feet, on the East by Lot No. 242 for a distance of 200.00 feet; on the South by Greystone Drive for a distance of 100. feet; and on the West by Lots Nos. 232, 231, 230 and 229 for a combined distance of 200.00 feet. Reference being had to the above mentioned maps for a more complete and accurate description.

This being the same property conveyed to Thelma T. Moore by Deed of George L. Wilcox and recorded in Deed Book 1040 at page 238 in the Office of the Clerk of Court for Darlington County. TMS# 218-09-01-039
October 10, 2010

s/CHARLIE J. BLAKE
Florence, South Carolina
CHARLIE J. BLAKE,
ESQUIRE
S.C. Bar No.: 16980
FINKLEA LAW FIRM
814 West Evans Street
Florence, SC 29501
Phone: (843) 317-4900
ATTORNEY FOR PLAINTIFF ORDER APPOINT-

ING GUARDIAN AD LITEM

IT appearing unto the satisfaction of this Court upon reading Plaintiff's Petition to Appoint Guardian ad Litem Nisi, and Michele Dahl Sturkie, Esquire, Sturkie Law Firm, Post Office Box 2260, Florence, SC 29503, having consented to act as Guardian ad Litem Nisi and to represent the Defendants including all unknown persons with any right, title or interest in and to the real property located in Darlington County, South Carolina, and designated as TMS#: 218-09-01-039 any unknown adults and those persons who may be in the military service of the United States of America, all of them being classes designated under the fictitious names of John Doe and Richard Roe, hereinafter referred to as "Defendants," and that the said Michele Dahl Sturkie, Esquire, is a suitable and competent person to understand and protect the rights and interests of such Defendants and has no interest herein adverse to the interest of said Defendants and is not connected in business with the Plaintiff in this action or with their counsel.

IT IS THEREFORE, ORDERED that the said Michele Dahl Sturkie, Esquire, Sturkie Law Firm, Posts Office Box 2260, Florence, SC 29503, be and he is hereby designated and appointed Guardian ad Litem Nisi for said Defendants and she is hereby authorized to appear in and defend such action on behalf of said Defendants and to protect their interests, unless said Defendants, or any of them, shall within thirty (30) days of the service of a copy of this Order upon them, exclusive of the day of service as herein provided, apply to this Court for the appointment of another competent and discreet individual of their choice to serve as Guardian ad Litem for them, for the purposes of this action. Upon the failure of such application, within the specified time, this Order shall automatically become final and absolute.

IT IS SO ORDERED.
Darlington, South Carolina
s/Paul M. Burch, Judge #2048
December 5, 2019
Circuit Court Judge

(24c3 leave in thru 1-8-20)

NOTICE TO CREDITORS OF ESTATES

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Estate: Ernest Paul Gainey, Sr.
Date of Death: 7/28/2019
Case No: 2019ES1600485
Personal Representative: Samantha Jones
Address: 308 Kenwood Avenue, Hartsville, SC 29550

(25p3 leave in thru 1-15-20)

NOTICE TO CREDITORS OF ESTATES

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Probate Court of Darlington County, the address of which is Room 208 Courthouse, One Public Square, Darlington, SC 29532, within eight(8) months after the date of the first publication of this Notice to Creditors or within one (1) year from date of death, whichever is earlier (SCPC 62-3-801, et seq.), or such persons shall be forever barred as to their claims. All claims are required to be presented in written statements on the prescribed form (FORM #371ES) indicating the name and the address of the claimant, the basis of the claim, the amount claimed, the date when the claim will become due, the nature of any uncertainty as to the claim and a description of any security as to the claim.

Estate: John Aaron Beasley, Jr.
Date of Death: 12/11/2019
Case No: 2019ES1600599
Personal Representative: Betty B. Williams
Address: 416 Oakdale Drive, Hartsville, SC 29550

(26p3 leave in thru 1-22-20)

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Estate: William B. McCown, III
Date of Death: 12/6/2019
Case No: 2019ES16-00003
Personal Representative: Henry M. Funderburk, III
Address: 211 Green Drive, Darlington, SC 29532
Attorney: Albert L. James, III
Address: P.O. Box 507, Darlington, SC 29540

(26c3 leave in thru 1-22-20)

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Estate: Johnny Junior Suggs
Date of Death: 6/23/2019
Case No: 2019ES1600004
Personal Representative: Wallace Lee Suggs
Address: 701 Wagon Road, Darlington, SC 29532

(26p3 leave in thru 1-22-20)

NOTICE TO CREDITORS OF ESTATES

All persons having claims against the following estates MUST file their claims on Form #371ES with the Probate Court of Darlington

County, the address of which is Room 208 Courthouse, One Public Square, Darlington, SC 29532, within eight(8) months after the date of the first publication of this Notice to Creditors or within one (1) year from date of death, whichever is earlier (SCPC 62-3-801, et seq.), or such persons shall be forever barred as to their claims. All claims are required to be presented in written statements on the prescribed form (FORM #371ES) indicating the name and the address of the claimant, the basis of the claim, the amount claimed, the date when the claim will become due, the nature of any uncertainty as to the claim and a description of any security as to the claim.

Estate: Frances Godwin Ward
Date of Death: 12/2/2019
Case No: 2019ES16-595
Personal Representative: J. Ronald Ward
Address: 111 Alabama Drive, Darlington, SC 29532
Attorney: John Jay James, II
Address: PO Box 507, Darlington, SC 29540

(26c3 leave in thru 1-22-20)

NOTICE TO CREDITORS OF ESTATES

(26p3 leave in thru 1-22-20)

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Estate: Robert Dale Watford
Date of Death: 12/10/2019
Case No: 2019ES1600601
Personal Representative: Elizabeth W. Brown
Address: 548 East Jackson Street, Lamar, SC 29069

(26p3 leave in thru 1-22-20)

NOTICE TO CREDITORS OF ESTATES

(26p3 leave in thru 1-22-20)

OF ESTATES

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Estate: Helen Jordan Windham
Date of Death: 12/10/2019
Case No: 2019ES1600001
Personal Representative: Justin Lee Jordan
Address: 2582 Wild Heron

Court, Dacula, GA 30019

REQUEST FOR PROPOSALS

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Roof Replacement Services at Airport Terminal IFB 01-01-16-2020

REQUEST FOR PROPOSALS

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REQUEST FOR PROPOSALS

Darlington County is accepting proposals for the following:
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REQUEST FOR PROPOSALS

Darlington County is accepting proposals for the following:
Generator for Landfill Scale House RFP 04-01-28-2020

REQUEST FOR PROPOSALS

Darlington County is accepting proposals for the following:
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(26c1 leave in thru 1-8-20)

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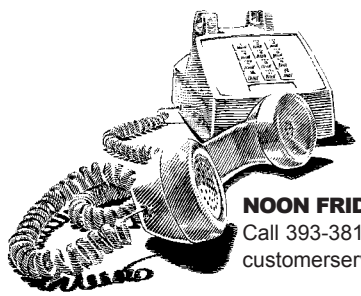
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The role screening should play before starting an exercise regimen

Exercise plays a significant role in disease prevention. According to the Centers for Disease Control and Prevention's National Center for Chronic Disease Prevention and Health Promotion, physical activity helps to reduce individuals' risk of chronic conditions, including type 2 diabetes, heart disease, various types of cancer, and dementia.

As vital as exercise is to a healthy lifestyle, many people simply are not getting enough of it. A 2018 report from the National Center for Health Statistics found that only about 23 percent of American adults between the ages of 18 and 64 are meeting the benchmarks for physical activity guidelines set forth by the U.S. Department of Health and Human Services. And that problem is not unique to the United States. A recent study from Statistics Canada found that only about 17 percent of adults in Canada were meeting the minimum guidelines for weekly physical activity established by the Canadian Society for Exercise Physiology.

Such figures illustrate the emphasis that many adults must place on getting more physical activity. But returning to physical activity after a long layoff or becoming physically active for the first time are not as simple as lacing up a pair of running shoes and hitting the road. In fact, the American College of Sports Medicine notes the importance of preparticipation health screening for adults

about to engage in physical activity after a period of inactivity.

What is a preparticipation health screening?

A preparticipation health screening is an examination conducted by a physician that looks for particular issues that may interfere with one's ability to exercise. Doctors will likely ask patients about their medical histories and their family histories as well, as each of these factors can be used to determine whether a person is ready for physical activity or any restrictions need to be put in place to protect them.

What happens after a preparticipation health screening?

Once a physician conducts a health screening, he or she will conclude if an individual can exercise and how much he or she can exercise. Adults who are cleared to exercise but have never been physically active or have gone years without exercising will likely be advised to take it slowly at first. Doctors may provide specific exercise recommendations or refer patients to a sports medicine professional who can help them devise an appropriate workout regimen. Doctors also may recommend followup appointments to track patients' progress. Such appointments can be invaluable, as they can help people whose overall health has improved after limited exercise ramp up the intensity of their workouts,

which can help them continue on the course to a healthier life. However, it's important that people consult their physicians before increasing the intensity of their workouts. A second screening might even be worthwhile, helping people and their physicians alter workout regimens that reflect their improved overall health.

Many people aspire to exercise more. In many instances, a preparticipation screening is a vital component for people looking to become more physically active after a long layoff.

3 simple ways to eat healthier every day

Diets can be difficult to navigate. Since no two people are the same, a healthy diet that satisfies one person won't necessarily satisfy another. Vegetarians might be perfectly happy without chicken or steak, while some people might shudder at the notion of never indulging in the occasional filet mignon.

While the most effective diets tend to be those that emphasize nutrition while still allowing individuals to indulge in some of their favorite dishes in moderation, the following are three ways that everyone, regardless of their personal preference, can eat healthy every day.

1. Eat lots of whole-grain carbohydrates.

Fad diets tend to paint carbs as the enemy, but various studies have shown just how integral carbohydrates, particularly whole-grain varieties, are to a healthy diet. One such study published in 2018 in the medical journal The Lancet Public Health found that diets that got between 50 and 55 percent of their calories from plant-based carbohydrates like whole grains were associated with a lower risk of mortality than low-carb diets that favored ani-

mal-derived protein sources. When buying carbs at the grocery store, shoppers can opt for whole-grain varieties, including whole-grain pastas, brown rice and cereals. That won't require sacrificing flavor and makes for a simple way to eat healthier every day.

2. Make a concerted effort to eat more fruits and vegetables.

The United Kingdom-based National Health Service, which is the largest single-payer healthcare system in the world, recommends eating at least five portions of fruits and vegetables every day. That may sound like a lot, but it's pretty easy to incorporate all those healthy fruits and veggies into a diet. For example, add a serving of antioxidant-rich blueberries to your cereal bowl each morning. At dinner time, allow vegetables to take up the most real estate on your plate. The Centers for Disease Control and Prevention note that diets rich in fruits and veggies can help people control their weight and may even reduce their risk for certain diseases, including cancer.

3. Kick added sugars to the curb.

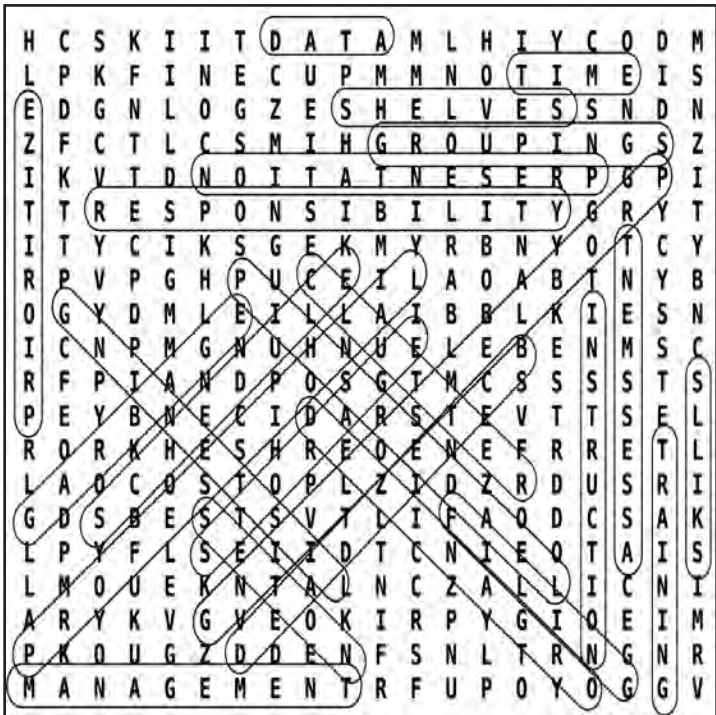
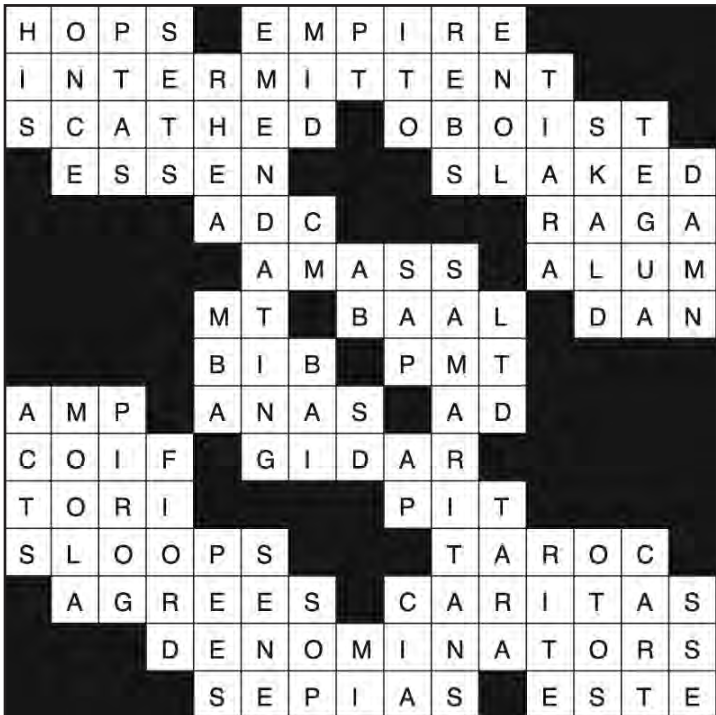
Avoiding added sugars is

another way anyone, regardless of their food preferences, can eat healthier every day. Healthy foods such as fruit contain natural sugars, and these don't pose a threat to overall health. However, added sugars, which the Harvard Medical School notes are found in many foods and can include honey, molasses and corn syrup, can increase a person's risk for various conditions and diseases, including obesity, heart disease and diabetes. Fruit contains fiber that slows the absorption of natural sugars, but the body digests added sugars much more quickly, leading to an uptick in blood sugar levels that can ultimately contribute to diabetes. Added sugars can be found in a host of foods and beverages, including some that aren't generally considered unhealthy, like bread, certain breakfast cereals and pasta sauces. When shopping, consumers should read nutrition labels and avoid products with excessive amounts of sugar.

Eating healthy does not require people to abandon their favorite foods. A few simple adjustments can be all it takes to improve the nutritional value of your diet.



Answers from 8



Fort Jackson Family Day



At Fort Jackson in Columbia recently, the 2nd Battalion, 60th Infantry Regiment “Scouts Out” BCT Family Day finally arrived as families raced to embrace for the first time since the start of their loved ones’ Army basic training. PHOTOS BY FORT JACKSON PUBLIC AFFAIRS

Stop eye strain before it starts

It’s that time of the year when many areas of the country are under the cold cloak of winter. Unforgiving temperatures can translate into an increase in hours spent indoors, whether at work or at home, and more time relying on devices to pass the hours.

Spending more time watching television, playing video games, texting friends, or browsing the internet can lead to a condition known as “computer vision eye strain.” Eye strain also may be caused through intense eye use, such as while driving

long distances or engaging in activities that require close attention, such as crafting or reading.

The American Optometric Association says digital eye strain can result in various forms of discomfort, which increase with the amount of screen use. The most common symptoms include:

- headaches;
- blurred vision;
- dry, watery or burning eyes;
- increased sensitivity to light; and
- neck and shoulder pain.

The AOA says viewing a computer or digital screen often

makes the eyes have to work harder. The AOA notes this is different from reading a printed page. The letters are not as precise or sharply defined, and areas of contrast can be muted. Also, the presence of glare and reflections on the screen may make viewing difficult. Furthermore, the Mayo Clinic says people tend to blink less while using digital devices, and view them at less than ideal distances or angles.

Alleviating eye strain from digital sources involves making changes in daily habits or

the environment. Taking regular eye breaks, and looking at objects from different distances can help them focus. These tips may help as well.

- Adjust the lighting to reduce glare on screens or your task.
- Limit screen time as much as possible and engage in other activities.

- Consider the use of artificial tears products to lubricate dry eyes.

- Choose the right eyewear, and work with an eye professional to find products that can assist you. Specialized glasses or contact lenses are designed for computer work. Investigate tintings and coatings that also may help.

- Blink often to refresh the eyes.

- Talk to a doctor if eye strain persists or changes in severity.

When the weather gets cold, people may rely on digital devices for recreation more than they otherwise would. Avoiding eye strain in such situations can help people avoid discomfort.



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