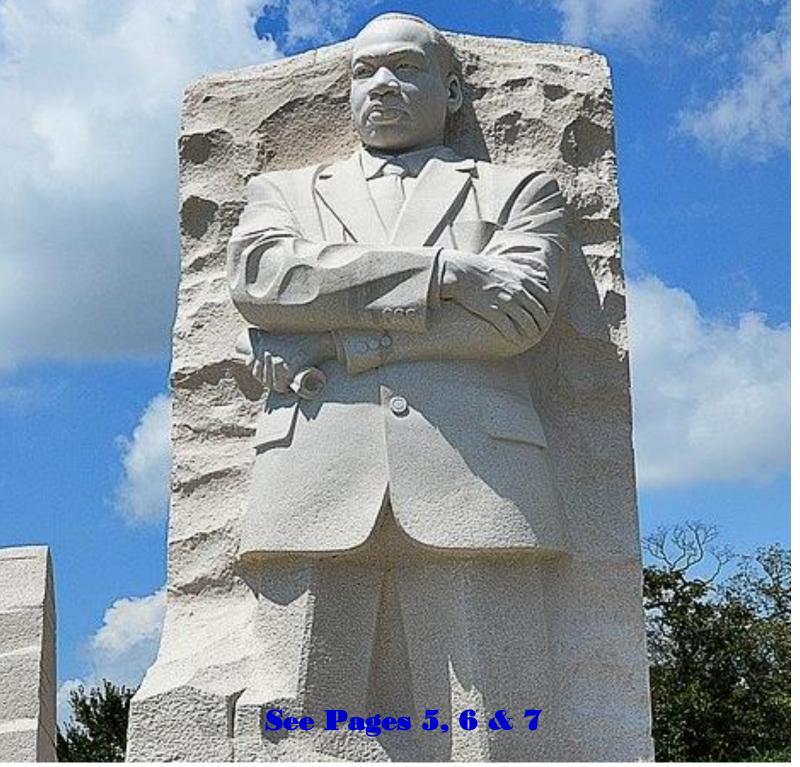
COMMUNITY MAGAZINE

January 2020

HORRY COUNTY AND THE NATION PREPARE FOR 2020 MLK BIRTHDAY CELEBRATION



Page 2 January 2020

Watch Out For The Salt!! **(By Popular Demand)**



ings on the intake of salt. Well, it is purposely done because I can't talk about it enough. Consider the following: The Center for Disease Control and Prevention (CDC) reports that More than

If it seems like every time I write

my column it comes with warn-

WM Health Editor

William Hughes, M.D., FACS half of food Americans buy ommended amount of salt.

The Washington Post (4/3/15, Bernstein) "To Your Health" blog reports that "more than half of" the food Americans "buy contains more than the recommended amount of salt for each serving" consumed. In the April issue of the journal Preventing Chronic Disease, researchers from the CDC found that "meat and pasta mixed dishes...were the top culprits, with better than 80

percent of each containing regions of the country examined (Pacific, East Atlantic)." Other foods containing more than the

too much salt in the three More than half of what we buy contains more than the recommended North Central, and South amount of salt for each serving we consume.

recommended amount of salt include "pizza (better than 70 percent), soups (more than 60 percent) and cold cuts (50 to 60 percent, depending on the region)." The ABC News (4/3/15, Shah) website points out that a high intake of sodium has been associated with hypertension. In order "for foods to be deemed healthy by the Food and Drug Administration, they must contain less than 600 milligrams of sodium per serving for meals or less than 480 milligrams of sodium per serving of individual food items," an amount that is "less than a quarter teaspoon of salt."

The Today Show Online (4/3/15, Fox) reports that the study authors wrote, "In all three divisions, 50 percent or more of products sold in most food categories exceeded the sodium-per-serving conditions for a 'healthy' food." The NPR (4/3/15, Aubrey) "The Salt" blog reports that in the study, CDC investigators "used Nielsen ScanTrack data, which captured sales of nearly 4,000 packaged food items sold in big, chain grocery stores around the country." They then examined "regional differences in the sodium content of purchased foods" and found that "no clear pattern emerged." In other words,

everywhere across the US, sodium consumption is

AMA Bulletin, 4/3/15, 2015; a report by Lenny Bernstein of the CDC states: More than 90 percent of us consume too much salt (guilty!), which, as you know, contributes to high blood pressure.

For some reason, blood pressure varies noticeably by region of the country, so a team of researchers from the CDC decided to determine whether there also are regional variations in the amounts of salt in the packaged foods we buy at the supermarket. [Salt intake is too high in 181 of 187 countries around the world]

Of packaged products in the 10 food categories that contribute the most sodium to the American diet, the only ones you can buy without worrying about salt content are cheese, bread and non-sugary snacks. (The full list is in the graph above.) Processed and restaurant food contributes 77 percent of the sodium in our

diets, according to the CDC, (Here's a nice graphic and some info that may surprise you.) *Linda* Schieb, a CDC epidemiologist and one of the authors of the new study, said it's important to

recognize that and shape your diet accordingly.

"We still shouldn't add excess salt," she said in an interview. "But most of the sodium you are consuming is coming from processed [and restaurant] food."

To meet the Food and Drug Administration's "healthy" standard, breads, cold cuts, soups, cheese, and "savory" snacks must contain 480 milligrams or less of sodium per serving. Pizza, poultry, sandwiches, pasta mixed dishes and meat mixed dishes must have 600 milligrams or less per serving.

According to the FDA, average intake of salt in the United States is about 3,300 milligrams per day, when we should be consuming about 2,300 milligrams (about a teaspoonful). Higher risk groups -- anyone over 51, people with high blood pressure, African Americans -- should be consuming just 1,500 milligrams. This FDA Web page contains some plainspoken advice that's easy to follow. High blood pressure is a cause of heart disease and strokes, which kill 800,000 Americans every year.

"An ounce of prevention is worth a pound of cure. Amen".

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Staff and Management

Edward McQueen—Publisher Genar Faulk — Treasurer

Contributors

April D. Garner William Hughes, MD, FACS Janet Thompson Vernell M. McDowell **Marjorie McIver** Dr. Judy Steele **Garlon Edge Sandra Gore** Mary "Cookie" Goings

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From Dropout To Standout: A Journey



From left, **Carl Dukes** was presented the Young Alumnus of the Year Award Fant, Jr.

Tigerville, SC (December 11, 2019) Carl Dukes ('12, MEd '14, EdD expected) quit school in ninth grade. So you might not expect to learn that he went on to become a teacher who also happens to be working on his fourth degree at the moment.

And last fall, he was named the winner of North Greenville University's 2018 Young Alumnus Award.

Dukes grew up in the **projects of Conway, SC**, he says. His mother worked as a housekeeper at a hotel 17 miles away, right on the water in Myrtle Beach. He remembers his father, struggling with addiction, was hardly in the picture.

With Dukes on his own most of the time, he racked up a criminal record early on. Because of the trouble he caused in class, he was forced to become a homebound student. Eventually, he decided to give up on school altogether. That's when he ended up in **South Carolina's Juvenile Detention Center** again.

"I just remember thinking about how, at that age, I'd already carried three of my cousins' caskets," he says. "I'm just like, 'How can I do something different?' As if in in 2018 by NGU President Dr. Gene C. answer to his question, a volunteer preacher visited the facility a short while later and gave a devotion. Dukes heard that God was giving him a second chance in life.

"That stood out to me. At that moment, I [began] realizing that God really had been watching out, looking out for me all this long time. Because I done been in some situations where there's no way I should have got out of 'em, but I was able to get out of 'em," Dukes says. "I said to myself, 'Let me try this God thing.'" A few months later, Dukes was released from the juvenile facility and called in to meet with the vice principal at his former high school, **Trevor Strawderman**.

Dukes brought up his grades and even finished high school on time. Upon graduation, he decided to attend NGU, a smaller university where he felt he could "stay focused." At NGU, he studied interdisciplinary studies, with concentrations in early childhood education and communication. He also received a scholarship to play football all four years, and he won the Iron Crusader Award in both 2010 and 2011. After graduating in 2012, Dukes stayed on at NGU as an assistant coach. In the meantime, he earned his Master of Education from NGU.

Just a few months after Dukes finished his second degree, Strawderman — the same administrator who had helped Dukes get back into school — called him up. He'd taken over as principal at North Myrtle Beach High School (NMBHS), and he wanted Dukes to join the faculty. Dukes took the job and discovered that he loved teaching students in the NMBHS special education program. "I know that I can connect with them and make a difference here, because I was these kids," he says.

During his first years of teaching, Dukes worked to earn his second Master of Education, with a focus in learning disabilities, from Francis Marion University. He's still continuing his education, now working towards his third degree at NGU: the Doctor of **Education**. "Education is really the key to creating opportunities for yourself," he says. "My goal for earning my doctorate at NGU is to go into administration then maybe become a superintendent. I just believe a lot of education needs to be reformed." His dissertation explores why students drop out and how to help them stay in school instead. "Don't get me wrong: we can't save 'em all. I know I can't save 'em all," he says. "But the ones that can be saved, we still losing them as well because we don't have the right programs in place to help these kids get through the situations they were born into and they don't have any control over." Of course, Dukes isn't waiting around for new policies to ignite a change. In his classroom, he works to teach his students important life skills they'll need to rise above their situations. Plus, he's not afraid to tell them about the real reason his life has changed: Jesus. "I know what the rules are, but sometimes I'm willing to make that sacrifice. When they ask me a question about myself, I share my faith freely," he exudes.

Between teaching, coaching wrestling, and studying, Dukes still makes time to organize an annual fundraiser to provide basic "If I can help take the pressure off parents for school classroom supplies for disadvantaged students in his hometown. materials, then I'm willing to do that," he says. Dukes also volunteers with Samaritan's Purse, mentors inner-city youth, and takes on motivational speaking engagements on occasion.

"Although he is continuously studying and working, he makes time to invest in his community, which in turn is a positive reflection on our university and a testimony to Jesus Christ," says Dr. Gene C. Fant, Jr., NGU president. "He recognizes opportunities and doesn't let them slip through his fingers."

At NGU's 2018 NGU Connect event, Fant awarded Dukes the Young Alumnus Award in recognition of his dedicated service to the community and powerful testimony.

"I have been an educator for 25 years and have never seen a more drastic turnaround than Carl," Strawderman agrees. "He has truly been an inspiration to me."

SOURCE: Original info from North Greenville University. Abbreviated and modified for utilization of space.

The Conway - Horry County MLK Planning Committee Hosts

The 40th Annual Martin Luther King, Jr. Celebration With a Weekend of Activities January 18 & 20, 2020 SATURDAY, JANUARY 18, 2020

Youth Rally/Community Forum: "Be the Dream"

10:00 AM-1:00 PM - Featuring Community Speakers

PLACE: Whittemore Park Middle School

*Students and Parents are encouraged to attend - LUNCH will be provided **MONDAY. January 20, 2020**

11:00 AM-Mason Temple Church of God in Christ, Conway, S.C.

Host Pastor, Superintendent, James L. Lee

Inspirational Speaker- Rev. Stephen Brown

Pastor, Living Word Baptist Church, Conway, S.C.

MARCH, RALLY and Main Event - Mason Temple COGIC

12:00 Noon - Keynote Speaker

Rev. Johnathan K. Greene, Sr.

Pastor, St. Paul A.M.E. Church, Little River, S.C.

*REFRESHMENTS will be served following the program

Contact Persons: Rev. Jerry Faulk, Chairman: **843-248-9390**, Mrs. Rosa Knox, Secretary: **843-213-1147**

Mrs. Claudine Schofield, Youth Activities Coordinator: 843-457-6795

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2020 Grand Strand Freedom Week & Annual MLK Celebration

You Are Invited

January 17-24, 2020





Carolina African-American Heritage Foundation Founders' Bennie and Marcy Swans has announced this year's events for the 14th Annual MLK Weekend and Grand Strand Freedom Week events taking place from Jan. 17 to Jan. 24 at venues around the Grand Strand.

The Signature event of the MLK celebration is always the annual MLK "Drum Major Awards" Breakfast at the Convention Center on MLK Day, Jan. 20, from 8 a.m. to 11 a.m. Attendance at this prestigious event has climbed to nearly 600 local and regional movers, shakers, community activists, media, government, and elected officials, and VIPs of every stripe and category. If You do not have your tickets or tables, today is the day to purchase, there are only a few tables left. Bring your group for a great morning of networking, celebration and a delicious breakfast. (843) 465-7236 or www.CAAHF.com for tables and tickets.

The Annual MLK Parade on Ocean Blvd has chosen as it's Grand Marshal the 1986 World Heavyweight Champion of the World James "Bonecrusher" Smith. You still have time to enter your church or business vehicles. Come-out and show-off your business or ministry to the Grand Strand.

The MLK celebration just wouldn't be the MLK celebration without the all-important Worship and Ecumenical Service. This year's service will be held at the Myrtle Beach First Presbyterian Church, 3810 Robert M Grissom Pkwy., on Sunday at 4 p.m. with many congregations. Bring Yours and join the most integrated Sunday of the year.

The popular Health & Fitness Summit and 5K Marathon and Fun Run will be held Saturday Morning at 8am at the Grande Park in Market Common

The Small Business Workshop will be held on Tuesday, Jan. 21, from 1 to 3:30 p.m. at the Myrtle Beach Train Depot, 851 Broadway St., followed by the Economic Development Summit from 4 to 6 p.m. On Wednesday, Jan. 22, the annual Job Fair will be held at Horry-Georgetown Technical College in Market Common from noon to 3 p.m., and on Thursday, Jan. 23, the Bias Training Workshop will be held from 9 a.m. to 1 p.m. at the Myrtle Beach Convention Center.

On Friday, Jan. 23, the weeklong celebration will conclude with the annual Performing Arts Showcase from 6 to 9 p.m.

Tickets, Tables, Volunteers and Participation 843-251-2061 / 843-465-7236

Grandstrand.freedom.week@gmail.com * www.CAAHF.com







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Paul Juliano DMAJudicial -Law Enforcement Award



Jennifer Dennison DMA Good Samaritan



Verlene DeWitt DMAfor Democratic Activist Award



Michael Chestnut Jr. DMA Entrepreneur of the Year Award



Sidney F Thompson DMA for Civic Activism



Friday



Saturday



Sunday



Monday



Monday



Tuesday



Tuesday



Wednesday



Thursday



Friday



SCHEDULE OF EVENTS FOR THE WEEK

WELCOME RECEPTION

- Friday 1/17 5-7 p.m.
- · Myrtle Beach Chamber of Commerce

HEALTH & FITNESS SUMMIT & 5K RUN

- Saturday 1/18 8 a.m.-1 p.m.
- Market Common Myrtle Beach

5K MARATHON & FREEDOM RUN

- Saturday 1/18 8 a.m.-10 a.m.
- Market Common Myrtle Beach

WORSHIP & ECUMENICAL SERVICE

- Sunday 1/19 4-6 p.m.
- Myrtle Beach First Presbyterian Church

DRUM-MAJOR AWARDS & BREAKFAST

- Monday 1/20 8-11 a.m.
- Myrtle Beach Convention Center

MLK ANNUAL PARADE

- Monday 1/20 12-2 p.m.
- · Ocean Blvd (26 to 9 Avenue)

SMALL BUSINESS WORKSHOP

- Tuesday 1/21 1-3:30 p.m.
- · Train Depot, Myrtle Beach

ECONOMIC DEVELOPMENT SUMMIT

- Tuesday 1/21 4-6 p.m.
- · Train Depot, Myrtle Beach

JOB FAIR

- Wednesday 1/22 12-3 p.m.
- HGTC Conference Ctr Market Common, Myrtle Beach

BIAS TRAINING WORKSHOP

- Thursday 1/23 9-1 p.m.
- Myrtle Beach Convention Center

PERFORMING ARTS SHOWCASE

Friday 1/24 6-9 p.m.

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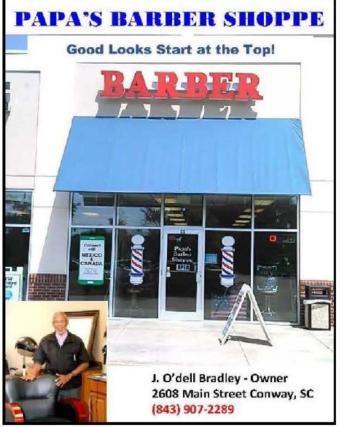


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2019 SOUTH CAROLINA ENTREPRENEURSHIP TEACHER OF THE YEAR



Monica Brishon accepting her award, sponsored by Atlantic Coast Advisory Group, from Jim Smith at YEScarolina 2019 Annual Gala

The YEScarolina SC Entrepreneurship Teacher of the Year is a South Carolina teacher who has shown dedication to their students, enthusiasm for entrepreneurship, and is a strong advocate for YEScarolina.

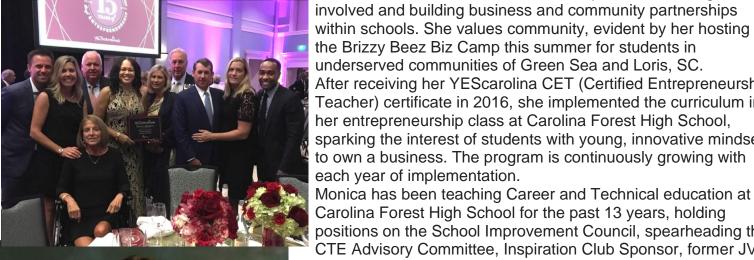
Monica Brisbon, MBA, NBCT, Ed.S, Carolina Forest Business Education Teacher, believes that students deserve an equitable education that includes rigorous and diverse learning experiences. Her teaching style provides real world experiences so that students are able to connect and apply their learning experience and be college and career ready beyond the classroom. As a member of her professional organizations SCBEA, SCACTE, ACTE, and community organizations Mt. Vernon Baptist Church, Project Grow, Conway-Horry County MLK Planning Committee, and Mothers Against Violence, Monica understands the importance of being

involved and building business and community partnerships within schools. She values community, evident by her hosting the Brizzy Beez Biz Camp this summer for students in underserved communities of Green Sea and Loris, SC. After receiving her YEScarolina CET (Certified Entrepreneurship Teacher) certificate in 2016, she implemented the curriculum in her entrepreneurship class at Carolina Forest High School. sparking the interest of students with young, innovative mindsets to own a business. The program is continuously growing with each year of implementation.

Carolina Forest High School for the past 13 years, holding positions on the School Improvement Council, spearheading the CTE Advisory Committee, Inspiration Club Sponsor, former JV Girls basketball Head Coach, Co-Sponsor of the National Technical Honor Society, Principal's Cabinet, Administrative Intern, and Teacher of the Year nominee. One of her goals is to advance her career as an Administrator in Horry County to help ensure the success of all students and implementing programs like YEScarolina's within schools.

Monica graduated from Coastal Carolina University, located in Conway, SC, with a B.S. in Business Administration, with a dual major in Management and Marketing. She obtained an M.B.A from Webster University in Myrtle Beach, SC, and an Ed.S in Educational Leadership from Arkansas State University, Monica is a National Board Certified Teacher and was selected as the 2017 National Fellow for the Association of Career and Technical Education (ACTE). "If I can help somebody along the way, then mv living will not be in vain."

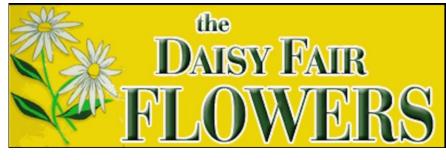
Congratulations to YEScarolina's 2019 SC Entrepreneurship Teacher of the Year, Monica Brisbon!





All information Courtesy of YEScarolina News







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Eating in a 6-Hour Window and January 2020

Fasting For 18 Hours Might Help You Live Longer

Abstaining from food for 16 to 18 hours a day could be key to treating a variety of health conditions -- even if you've got to train yourself to push past the hunger.

A review of past animal and human studies in <u>The New England Journal of Medicine</u> suggests that <u>intermittent fasting</u> can reduce blood pressure, aid in weight loss and improve longevity.



What is intermittent fasting, and is it healthy?

The report functions as a road map of sorts for physicians to prescribe fasting as a method of prevention or treatment for obesity, cancer, diabetes and heart disease.

Study author Mark Mattson, a professor of neuroscience at Johns Hopkins University, hones in on two types: Daily time-restricted feeding (eating 6-8 hours a day and fasting for 16-18 hours) and 5:2 intermittent fasting (fasting two days a week, usually capping a fasting day at 500 calories).

The catch? Most Americans don't intermittently fast (the norm is three meals a day plus snacks) and thus physicians are less inclined to consider fasting a solution to a broad range of health conditions, according to the review.

Because the research is relatively new, the report advises physicians to monitor their patients throughout intermittent fasting and gradually increase the duration and frequency of fasting to guide their transition.

How it works

Intermittent fasting has been studied in rodents and overweight adults to improve health across the spectrum, though it's not clear if those benefits are the result of weight loss. Alternating between fasting and eating can improve cellular health, Mattson said, most likely by triggering metabolic switching. In metabolic switching, cells use up their fuel stores and convert fat to energy -- "flipping a switch" from fat-storing to fat-saving.

The benefits

Findings on intermittent fasting range in the diet's effectiveness, but some studies in animals and humans have linked the practice to longer lives, healthier hearts and improved cognition.

The article points to the residents of Okinawa, **known for their extreme longevity** and low-calorie, nutrient-rich diet. Their intermittent fasting might contribute to their life spans and keep obesity at bay, the authors posited.



How to succeed at intermittent fasting

Intermittent fasting is thought to improve insulin resistance, which can stabilize blood sugar levels. Findings from a small 2018 study found that three men with type 2 diabetes, also known as adult-onset diabetes, were able to stop taking insulin after losing weight from intermittent fasting -- findings that clash with the widely-held belief that diabetes is incurable.

A previous study (that Mattson co-authored) showed the switch can increase resistance to stress by optimizing brain function and neuroplasticity, or the brain's ability to adapt to develop throughout one's life. And older adults who were put on a restricted-calorie diet showed improved verbal memory compared to two other groups who hadn't fasted, a 2009 study found. Physical function even improved for some patients. A study of young men who fasted every day for 16 hours lost fat and retained muscle while resistance training for two months.

The limitations

The long-term effects of intermittent fasting require more research that isn't available yet, and the studies that do exist are narrow. The clinical trials focused on overweight young and middle-age adults, so the benefits and safety can't be generalized to other groups, the authors said.

Twitter's CEO Jack Dorsey is into intermittent fasting. What is it?



Another thing: It's a difficult diet to stick to, particularly in the United States, where the concept of three meals a day is "so ingrained in our culture" that a change in eating pattern often doesn't cross doctors' or patients' minds, Mattson wrote.

It'll almost definitely leave participants hungry, irritable and less able to concentrate, the study said. Almost 40% of people who were assigned to a fasting diet dropped out of a 2017 JAMA study -- one

of the drawbacks of intermittent fasting as a weight-loss regimen, Dr. Frank Hu, chairman of the Department of Nutrition at Harvard University's T.H. Chan School of Public Health, noted to **Harvard Health Publishing.**

"It's human nature for people to want to reward themselves after doing very hard work, such as exercise or fasting for a long period of time," he said. "So there is a danger of indulging in unhealthy dietary habits on non-fasting days. When the brain is deprived of food, appetite hormones in the hypothalamus, the brain's "hunger center," are released in a flurry and can trigger overeating. But Mattson said the pain is temporary. "Patients should be advised that feeling hungry and irritable is common initially and usually passes after two weeks to a month as the body and brain become accustomed to the new habit," he said.

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"Fine people on both sides"

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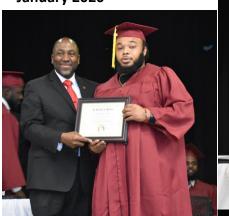
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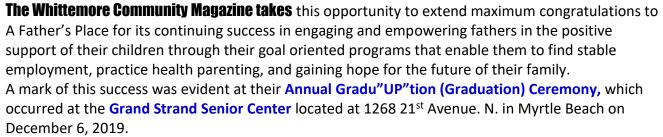
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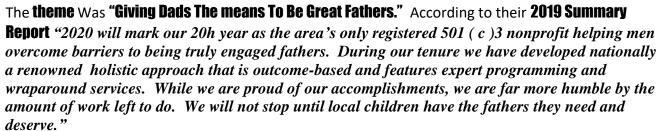








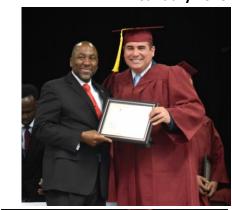




The ceremony was given a great welcome and invocation by Mr. JV Mott; shortly afterwards, a delicious dinner was served; Mr. Ronald McGinnis addressed the Gradu"UP"s; The Mighty Father's Place Staff excitingly presented the Awards to the Gradu"UP"s. Many of the Honorees were given the opportunity to give their testimonials. The Hon. Larry White, Conway City Councilman, gave the acknowledgements followed by the closing Prayer by Rev. Wallace Evans, Jr, CEO of A Father's Place.















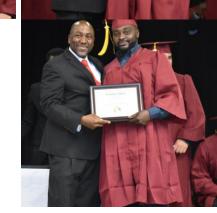














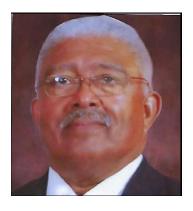






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By Marjorie McIver







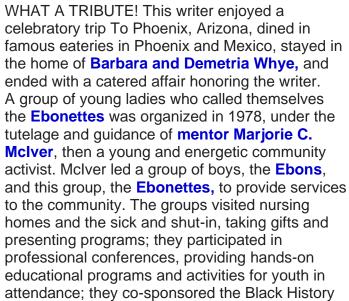
The Ebonettes - 1978











Cultural Arts Association programs; and created programs and activities for the youth of Horry County.

To show their gratitude and appreciation to the writer, the group flew McIver to Phoenix to a luncheon at Barbara's home. That evening, they dined at the famous Lo Lo's Chicken and Waffle Restaurant. On Saturday, they went to Barbara's condo, Las Palomas Resort, in Mexico, where they ate a pool side lunch and enjoyed a swim at the beach resort. On white sands, the Ebonettes formed a circle in memory of deceased member, Cynthia Smalls. That night, they dined at Mary's Seafood Restaurant in Mexico. Sunday Brunch was eaten at the acclaimed restaurant, LON's at the Hermosa Inn.

Members of the Ebonettes in attendance were: *Barbara* Hickman Whye (resides in California, Phoenix, and Mexico); Rachel Daniels Inabinet (Alabama); Cassandra Hemingway (Atlanta); Monica Pate Murdock (Charlotte); Michelle Singleton Sessions and Bernadette Grant (Conway); *Tremelia Heyward Donaldson* (Atlanta); and *Monique Jones* Burgess (Myrtle Beach).

The group will convene in Conway in June to plan give-back event for the Conway and Horry County community.





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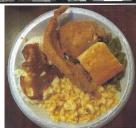
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Margie's Scholarship Bash: More Than A Celebration



Marjorie McIver's Annual Scholarship Bash, with its theme "Kicks & Denim", was held on Friday, November 15, 2019, at the Waccamaw Shrine Club located at 10 Elm Street in Conway, SC. The eventful evening showcased numerous walk-on local talent.

During intermission, **Mrs. McIver** shared the purpose of the Whittemore Alumni Scholarship, which paid homage to local Icons who have impacted the communities and the youth of the Conway - Grand Strand areas.

It has been customary in the past for Mrs. McIver to forgo receiving birthday gifts for scholarship monetary gifts. This year she again asked the community to give generously to the scholarship fund. The results enabled her to give four \$1000 scholarships to high school graduates who are descendants of the former Whittemore High School. One scholarship was given in honor of her sister, Myra Thompson, who lost her life in the Emanuel 9 tragedy in Charleston, SC on June 17,

2015, one in honor of Katie Floyd Daniels, a strong advocate and supporter of the Whittemore Alumni Association (\$1000 donated by Rachel & Reginald Inabinet & Family), and two others in honor of educator Marie Floyd, Etrulia Dozier, Willard Dowling, and Cynthia Brockington. In the past she personally purchased computers, and/or printers, ink and computer paper, along with other technology supplies to six deserving high school graduates.









The eventful evening showcased numerous walk-on local talent. They all came by to show their support for this very worthwhile event





Mrs. McIver (Top Left) explained to the very supportive audience that scholarships will be given in honor of Katie Floyd Daniels, Willard "Kutt" Dowling, Jonell Cynthia Brockington, Marie Floyd and Etrulia Dozier, as well as a scholarship given in the honor of her sister, Myra Thompson, who was killed in the Emanuel 9 tragedy in 2015.



McKiever FUNERAL HOME



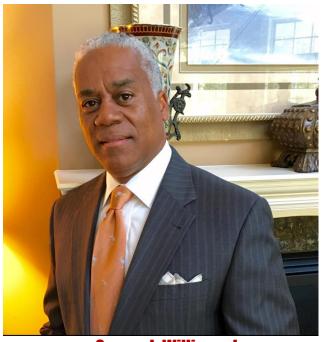
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Whittemore High Class of '69 Celebrates Its 50th Reunion

By Genar F. Faulk

The Whittemore High School Class of 1969 was blessed to celebrate its 50th Reunion Class on 1st and August 12-16, 2019 with two very well-planned activities. We thank God for the classmates who gave of their time and resources to participate events that will forever cherished. Over the past fifty years our class has provided a host of Reunion activities that began under dedicated leadership of the late Edward Mishoe, our first Reunion President. Activities included family picnics, a cruise to the Bahamas,



cookouts, memorial programs, and other social events. We were blessed and grateful for his service.

For over 25 years, Ronald "Squirt" Phillips has carried the torch as President with the support of dedicated members. Under his tenure, activities included a 30th Reunion cruise, 40th reunion social/dinner at the Holiday Inn West, a Riverboat Dinner Cruise at Barefoot Landing to celebrate the 60th birthday of our classmates and other gatherings that included services at area churches and other social events.

The kickoff for our 50th Reunion was held on June 1, 2019, with a dinner/program at the Mason Temple COGIC Banquet Hall in Conway. Classmates adorned their special designed Whittemore Bulldogs Purple & Gold tee shirts. Christine Williams served as Chairperson for this event. Ronald Phillips served as Presider for the program and gave a very warm Welcome. An inspiring Prayer was given by Wilbur "Harold' Bratcher. Afterwards, classmates joined in to sing The Class Song to the tune of "To Sir with Love." Genar F. Faulk then took the class of a stroll down memory lane with Reflections from 1963 to 1969. The Memorial was led by Vivian G. Miller, Ronald Phillips and Constance Perkins. Special Presentations/Recognitions were done by Christine Williams. A plaque was presented posthumously in remembrance of Edward Mishoe that was accepted by his wife, Gwen and family members. We were delighted to have former WHS Faculty members in attendance that included the following: Mrs. Lucille Stone (served as a Homeroom teacher for our class from 1963-69); Ms. Mary McCray Owens (teacher and coach); Mrs. Mary Moore and Dr. Willa J. Dewitt were our guidance counselors. Words of thanks were expressed and certificates and tee shirts were presented to these faculty members for their dedicated service. Presentations were also made to Ronald Phillips and Genar Faulk for their service. Gwen Mishoe, the widow of Edward Mishoe, made a special presentation to the class in memory of her late husband. The Blessing was provided by Richard A. Bellamy.

A delicious meal was personally prepared for the class by Christine and thoroughly enjoyed by all.



Whittemore High Class of '69 Celebrates Its 50th Reunion - Cont'd

By Genar F. Faulk





Following remarks by Ronald, the class joined in to sing the WHS Alma Mater. The closing prayer was given by Wilbur Bratcher to conclude a thoroughly enjoyable event. Along Christine, other members committee were Deborah В. Hickman. Earnestine F. Johnson, Constance Perkins, Patricia J. Singleton, Sandra F. Gowans and Jerry Langley. We salute this committee for a job well-done! We express special thanks to Mrs. Annette Y. Harden for the beautiful decorations. We are so very thankful that

Mason Temple allows us to utilize their facility due to an 11th hour site change. We also thank the technology department for their assistance and the great help from classmate, Deborah B. Hickman. Special thanks to classmates who traveled from out of town to participate in this one-day event.

On August 12, 2019, classmates and guests boarded a very comfortable motor coach for our main Reunion event that included a five days/four nights historical tour of Savannah, GA. Jekyll Island, St. Simon Island, and Beaufort, S.C This portion of the Reunion was coordinated by Margaret Joanne Sealy though Diamond Tours. We were in for a treat educationally and socially! Thirty- five classmates and guests participated in this event. We had a guided Trolley tour of Savannah, the "Belle of Georgia." A major Historic site included First African Baptist Church, the oldest African-American Church in North America where we learned much about its role during the Underground Railroad. We visited St. Simon island and had a guided tour of Jekyll Island and summer homes of some of Americas wealthiest families. On St. Helena Island, we visited the Penn Center, the site of one of the country's first schools for freed slaves. Much information was also shared about the Gullah culture. An evening event occurred at the Air and Space Museum where we had an enjoyable dinner. Following dinner some classmate showed the crowd that they are still young at heart and had a great time-line-dancing!! We were happy to have Sarah Randall Simmons, our 1969 Miss Whittemore in attendance!

Our classmate, Rev. Sam Spain invited us to his beautiful church in Lady's Island, SC and gave us a very interesting historical background of the church. Afterwards, Rev. Spain and his wife, along with members of the church treated us to a scrumptious seafood feast! We had a great time enjoying the food and fellowship! On our final night, we enjoyed a live production of a play at a downtown theater. On Friday our last activity was shopping before journeying back to S.C. This was indeed a great trip. The educational experience far exceeded our expectations!

Kudos to **Joanne**, our trip coordinator, and all the classmates, spouses, and guests who participated in this event. We also express our deepest gratitude to the WHS Class of 1969 Reunion Committee for your dedication through the

years. We salute the following: Ronald Phillips, President; Vivian G. Miller, Class Reunion Vice-President; Margaret S. Sealy-Secretary; Doris G. Alston Asst. Secretary; Genar F. Faulk, Treasurer; Richard A. Bellamy, Chaplain; and Committee Members: Jan B. Alford, Sandra F. Gowans, Earnestine F. Johnson, James Lawson, Harold Singleton, Christine Williams, Joyce Robinson, Queen Cox Reed, Warren Dixon, MacArthur Corbitt and Jerry Langley.



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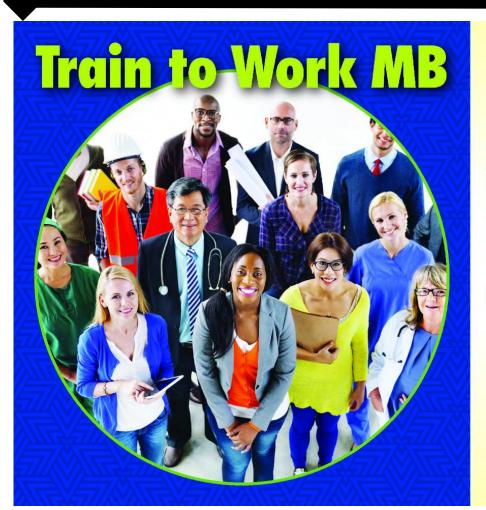


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There's More.

Zenobia Whitis Garner

Zenobia Whitis daughter of the late Ben Whitis and Gussie Chestnut Whitis, was born on October 8, 1941, in Conway, South Carolina. She attended public schools in Horry County and was a 1962 1941-2019 graduate of Whittemore High School.

Zenobia met and married the late George L. Garner, Sr. formerly of Estill, SC. From their union, two children were born. Zenobia worked in the hospitality industry for over 30 years as an employee of the Yachtsman Resort Hotel in Myrtle Beach, SC. She was awarded Employee of the Month and Year on numerous occasions for her ability to develop lasting relationships with patrons. She retired from the industry after over 40 years. Zenobia's family was a unique extension of the village that helped to raise her and her siblings in the '40s, 50s, and '60s in Horry County. Between her two families, she had 19 brothers and sisters and a host of uncles, aunts, and cousins whose lives she impacted by her gentle love and kindness. Zenobia enjoyed sharing stories with her children and grandchildren about her life while growing up in Conway. They developed a love for people they never met, like the late Mariah and Tom Johnson, who helped raised Zenobia and her brother George. The late Rosa and Andrew Johnson completed the extension of her Horry County familial foundation during Zenobia's young life and into adulthood.

Zenobia learned to love and follow God early in life. She attended Bethel AME Church in Conway for a brief time but joined Friendship Missionary Baptist Church, where she was a member for more than 40 years. She was active in the church's senior missionary society and participated in activities until her health declined. Zenobia departed this life on December 7, 2019 an extended illness. Left to cherish beautiful memories are her devoted and loving family- children; April D. Garner, Timothy L. Garner, Sr., Tiffany Hunt-Williams, and Carl A. Tucker of Conway, SC; grandchildren -English A. Garner (raised in the home); Ukee Tucker, Leon "Kye" Garner, Jr., Erika Timothy Simmons, and Nicole Huggins of Conway, SC; one great-grandchild, Loyalti Mitchell; sisters and brothers from the Johnson lineage, Myrtle Mae (Lonnie) Chestnut, Ermyn Trude Hall, and Mary Eliza "La" (Willie) Greggs of Conway and George (Peggy) Johnson of Buck- sport; sisters and brothers from the Whitis lineage, Ann Garner, Mary Ann Whitis, Ella Mae Campbell, Sylvia Whitis of New York, NY, and Janie Whitis-Cooper of Georgetown, SC; Hunter Whitis and Pastor Jerome Whitis of Georgetown, SC; two sisters-inlaw, Deloris Moore and Lillian Johnson of Conway, SC; two granddogs, Sage and Sheeva; her beautiful and loyal sisterfriends of over 50 years, Sarah Gagum, Earlean Williams, and Sarah Wiley of Conway, SC and Adline Warren of Newport News, VA; special daughters, Sabrina Moore, Marsha Pyatt, and Bonnie Eaddy; and a host of nieces, nephews, cousins, family, and *friends*. She was predeceased by four sisters- Joann Grate, Mamie Vereen, Mable Bruce, and Debra nephews and other Elaine Hunt; four brothers-Lee Whitis, Ben Whitis,

Latimer's FUNERAL HOME Larry E. Hunt, Jr.

Jr., Andy Johnson, and Preston White; and one son-

Annie Ruth Dixon

Mrs. Annie Ruth Dixon. daughter of the late English and Mary Lee Stanley, was born on June 13, 1929 in Wampee, South Carolina. Annie Ruth was a beautiful housewife who worked on the farm assisting her husband



until her health declined. She departed this life on **December 4, 2019.** She served as the Mother of the church. Annie Ruth leaves to cherish her memories six children, Diane (Calep), Barbara, (Sarah), Kenneth (Vickie), Ronald Warren (Geraldine), and Gregory: three sisters, Lydia Sandiford, Estell James, and Geraldine Vereen; two sisters-in-law, Sarah Stanley and Sylvenia Dixon; eleven grandchildren Daryl (Sabrina), Phillip, Ryan, Kimberly (Simon), Sherida (Benji}, Yakina (Rodney}, Cory (Kellie), Kendall (Tiffany - Deceased), Vanessa, Jason, and Jamison (Annette); seventeen greatgrandchildren, one great-great-grandchild, and a host of nieces, nephews, cousins, extended family and friends. Annie Ruth was predeceased by her husband, Reverend Rochelle Dixon, a son-in-law, Donald J. Johnson, and a granddaughter-in-law Tiffany Dixon, A special thanks to Greg for being there for 57 years. He took care of her until the end. A special thank you is also extended to her caregivers, Brenda Garrett, Ryan Brown, Kellie Dixon, Sarah Dixon, Frieda Roberts, Jayshawn Dixon, Tavon Dixon, Kennedi Brown, Elizabeth Trigveros,

Mariah Dixon-Tyson, and Vickie Dixon



1939 - 2019

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Dennis Cyrus

Brother Dennis Cyrus was the son of Willie and Ella Cyrus. He was born on November 6, 1939 in Hemingway, SC. He departed this life on Wednesday, November 27, 2019. He was predeceased in death by his loving daughter, Denise; parents and four brothers.

Her graduated from Battery Park High School in Indiantown, SC. After school he moved to Brooklyn, NY, where he was employed at the New York Times Newspaper. Her later relocated back to South Carolina and settled in the Hillsboro Community in Conway. He recently joined Mt. Calvary # Missionary Baptist Church. He leaves to cherish his memories; Rosanna, his loving wife of 57 years; sister: Ella Louise Gaskin (Leroy), Helen Wesley (Rev. Harold), Wilhelmenia Baisden, God Sister Carrie Reed Gillion; in-laws; Joan (Robert) McFadden, Shirley (Clayton) Washington, Gloria Wilson, Lois McFadden, Diane (Raymond) McCray, Thelma (Jessie) Harvin, Janie (Steve) Parsley, Cora (Harold) Lee, Karen (Phila) Tucker, Joseph (Lisa) Harvin, Leroy (Deloris) Williams, Jerry (Betty) Williams and Harry Williams.

a host of nieces, relatives and friends.



Cheryl Andre' Gerald

Cheryl Andre' Gerald departed this life on 26 Dec 2019. She was the eldest of two children of Sister Mary Dozier and Reverend Willie Joe Dozier born on 13 Jun 1958. Cheryl loved the Lord and became a member of Mt Calvary



Missionary Baptist Church #1 at an early age. At the time of her passing she was a faithful participant of Mt Moriah Missionary Baptist Church where she served on the choir. She was also a member of the Young Women's Association. She graduated in the class of 1976 from Conway High School. After high school Cheryl attended Coastal Carolina University and Horry Georgetown Technical College. married Anthony Gerald and to this union was born Anthony Gerald II (Lil Tony) of Myrtle Beach SC. In addition to her child Anthony Gerald and his wife Affton, Cheryl is survived by her biological father Mr. Henry King and stepmother Nettie King of Philadelphia PA, 3 grandchildren (Alvya Gerald, Ahyonna Gerald, A'Bnee Gerald-all from Myrtle Beach SC), 3 sisters (Cynthia Jones-Sumter SC, Theresa King-Philadelphia PA, Cora King -Virginia), 1 brother in law (Terrel Jones- Sumter SC), 1 niece Cyntrel Newson of Columbia SC, 1

(Cetario Jones nephew of Two Tucson Arizona), grandnephews (Sir Arthur Newson and Isaiah Newson-Columbia SC) and a host of uncles, aunties, cousins and McKiever



Edward Myers, Jr.

MR. EDWARD MYERS JR. {86} was born the son of Edward Myers Sr. and Shirley Myers on November 23rd, 1933 in Georgetown, SC and departed his life on December 17th, 2019. Edward attended Georgetown



public schools and worked at a well-known cleaners in Georgetown, SC. He joined the United States Army in 1953. He married Stella Myers on July 25th, 1959; in their union they had three {3} daughters, Diane, Sonia, and Felicia. After living in Boston, MA for forty {40} years, he and his wife relocated to Little River, SC. Edward leaves to cherish his fond memories his three {3} daughters: Diane Myers, of Boston, MA, Sonia Tomlin, of Little River, SC, and Patricia White of Methuen, MA; two {2} brothers: Leon Myers of Orangeburg, SC and Bennie Myers of Boston, MA; one {1} sister, Patricia Brown of Nashville, TN and a host of grandchildren, great grandchildren, cousins, and friends.



Demetra Kelly Blain

Demetra Kelly Blain was God's gift of a beautiful baby girl to **Dr. Peter** Carlisle and Mrs. Juanita Lynch Kelly on August 5, 1948. Born in Wilmington, NC, she moved to Conway, SC with her family, where she attended the Whittemore



Schools. Demetra transferred to Mather High School in Beaufort, SC, where she graduated. She attended Mather Junior College and Bennett College in Greensboro, NC, preparing her for a career in Medical Laboratory Technology. Demetra's work in both the Loris Hospital and Conway Medical Center was instrumental in determining patient diagnosis and progress in their treatment. She was a trusted and valued technician until her retirement after thirty years of service. She departed this life on Thursday, December 19, 2019. Demetra's parents, Dr. and Mrs. Kelly, her beloved former spouse, Jobe Abraham Blain, and stepdaughter, Gwendolyn (Ghee) Blain (Harold) preceded her in death. Remaining to mourn her loss are her son Shea Carlisle Clarkson (Liane) and three grandchildren Aaliyah J. Clarkson (Augusta Ga.) Noel A. Clarkson (Augusta Ga.) and Uriah L. Clarkson (Biloxi Ms.). Also grieving are her brothers Patrick Kelly (Manonne), Michael Kelly (Diane), Peter Kelly (Pamela) and Anthony Kelly (Judith), and stepchildren Barbra Blain-Bellamy (Bobby), Mamie (Lynn) Blain, Jobe (Jay) Blain, and Bryan Brown (Leshaunda).

William Allen, Jr.

Mr. William Allen, Jr, was born on July 30, 1933. He departed this life Thursday, December 5, 2019 in Loris, South Carolina.



McKiever

Pierre Fignole

Mr. Pierre Fignole was born on November 4, 1950. He departed this life Monday, December 23, 2019 at Grand Strand Regional Medical Center, Myrtle Beach,



933 - 2019

1950 - 2019



Vicki Lynn Moss Blair Moore

Mrs. Vicki Lynn Moss Blair Moore, daughter of Ernestine Moss Bellamy Blair Raymond Franklin Blair was born July 25, 1957 in Brooklyn, New York. She attended and graduated school in Brooklyn.



1957 - 2019

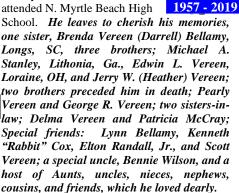
Vicki also studied and learned the Bible with Jehovah's Witness in her teenage years and dedicated her life to Jehovah God. Vicki met and married David W. Moore of Memphis, Tennessee; their union was blessed with five Raymond, Demetrius. Johnathan, Traevond and Mardacious Moore. Vicki was a homemaker who opened her heart and home to several foster children over the years, even adopting one son into the family circle. Vicki was called home to Jehovah on December 13, 2019. She parted her life at home following a short illness. She leaves to cherish her living memories her sons: Demetrius, Johnathan, Raymond, Traevond and Mardacious Moore all of Memphis, Tennessee; one brother: Alvin (Shirley) Blair of North Myrtle Beach, South Carolina: four aunts: Shirley Moss Bellamy, Merlener Moss Riggins, Mary Moss Black all of Little River Neck, South Carolina and Cheryl Gilbert of Norwalk,

California; one uncle: William Blair of New Jersey along with a host of nieces, nephews, cousins, relatives, friends and a very special friend Ms. Lottie Strong W. Kiever of Memphis, Tennessee.



Everette "Bootney"

Mr. Everette "Bootney" Vereen, son othe late Pernell P. Vereen and Hattie L. Vereen, was born August 5, 1957 in Loris, SC. He was educated in the Horry County Public Schools and attended N. Myrtle Beach High





James Earl Spain

James Earl Spain was born April 25, 1937 in Conway, South Carolina to James H. Spain and Cleo Middleton Spain. He departed this earthly life on December 21, 2019. He was educated at Whittemore High School in Conway, South



Carolina graduating in 1954. After high school he enlisted in the United States Army, serving in the 511th Airborne Infantry. He matriculated to Claflin University, where he played football and served as captain of the football team until graduating in 1961. Between the years of 1961 to 1964, Earl worked as a _physical education teacher and football coach in Bamberg, South Carolina, as an Educational Coordinator for the New York Department of Recreation and as a Probation Officer for the Philadelphia Juvenile Court System. In 1965, Earl moved back to Horry County and married his childhood friend

Priscilla Robinson. To this union two children were born, Melondy and Jes. Earl was a life member of the Kappa Alpha Psi Fraternity, pledging in 1959 and was a charter member of the Conway Myrtle Beach Alumni Chapter. His legacy will continue through his dedicated companion Priscilla R. Spain, daughter Melondy Spain Moultrie (Marc), son James E. Spain II, grandson; Brandon Campbell, granddaughters; great-Faith and Morgan Moultrie, granddaughter Paris Campbell, nieces Monique Spain, Amber Spain and, Alleah

Fairwell and a host of cousins and other family members.



Gragery Boone

MR. GRAGERY BOONE, {62} was born the son of the late Curtis Boone and Vernestine Wilson-Boone on **September 2, 1957**. He departed this earthly life on Saturday, December 7th, 2019. Gragery was preceded in death by



1957 - 2019

four {4} siblings: Jimmy Boone, Barbara Boone, Glinda Boone and Ernestine Alvarez. Gragery was educated in Philadelphia School System before moving to South Carolina. He was a great handyman with a heart of gold. He helped his family with home improvements and many mechanical issues. He was a jack of all trades and will truly be missed. Gragery leaves to cherish memories: one {1} son, Gregory Oliver; two {2} grandchildren, Jamiya Oliver and Zvon Oliver; two {2} sisters, Della {Jeremiah} Bellamy of Littlr River, SC and Carolyn {Thomas} Johnson of Conway, SC; two {2} brothers, Curtis and Kenny Boone both of Philadelphia, PA; four aunts: Amie Graham of Conway, SC, Mary Ellen, Loraine Wilson of Longs, SC, Brenda Lewis of Charlotte, NC; one {1} uncle, Walter Boone of Philadelphia, PA and a host of nieces, nephews, cousins, extended family and friends.

Janis Fave Jenkins

Ms. Janis Fave Jenkins was born on January 9, 1956. She departed this life Monday, December 9, 2019 in Myrtle Beach, SC.



1956 - 2019



McKiever

Elizabeth Brown Davis

Mrs. Elizabeth Brown Davis was born on November 17, 1927. **She** departed this life on November 27, 2019 at the home of her daughter in Charlotte, NC.



1927 - 2019



McXiever

Matthew Singleton

and

residence, the late deacon George Powell and

Sister Marcena B. Powell. Matthew attended

Whittemore High School and continued his

education in Moline. Illinois. Matthew leaves

precious memories to be cherished by his

brothers: Willie N. Singleton (The late Ester)

of Conway, SC; George W. Singleton of ten;

his sisters, Laura A. Singleton of Bloomfield

Hills, MI; Marcena S. Jones (Robert) of

Conway, SC; and Ruthenia Bromell (Jackie)

of Conway, SC. Matthew had a special

confidante in Ms. Johnnie "Jean" Koonch for

many years, and nieces, nephews, cousins,

friendship with brother Mattison Powell and

Sammy Clifton as if they were brothers.

He cherished his

family and friends.

Mrs.

CHARLENA LOUISE GREEN, {76} the daughter of the Mr. Matthew Singleton was born late David Brown and Sarah Brown July 24, 1953 in Horry County, was born February 4th, 1943 in Conway, SC. To the late Mr. Pawleys Island, SC. On Wednesday, Willie Singleton December 4th, 2019 God called her Florence Powell Singleton. On home to her eternal resting place 1943 - 2019 December 3, 2019 he departed surrounded by her family and this life at his grandparents

Charlena Louise Green



friends. Charlena was educated in the Georgetown County Public Schools System. She was a dedicated daughter, mother, sister, aunt, grandmother, and friend whom will truly be missed by those who knew and loved her. Charlena was married and devoted to the late Prophet Henry Green for fiftyfive {55} years and from this union four {4} children were born: one {1} son, John Henry {Jacqueline} Green, Jr. of Pawleys Island, SC, three {3} daughters, Angela {Norris} Smith of Loris, SC, Henrietta {Glenn} Alston of Murrells Inlet, SC and Mary {Ben} Hodges, Jr. of Covington, GA; eighteen {18} grandchildren; nineteen {19} great-grandchildren; four {4} greatgreat-grandchildren; three {3} sisters, Shirley Smith-Pickett of Murrells Inlet, SC, Myrtle Edwards of Pawleys Island, SC and Sarah King Grady {deceased; two {2} brothers, Paul Brown {deceased} and David Brown {deceased} and a host of nieces, nephews, other relatives and friends



Patricia Lorene Bowman

MS. PATRICIA LORENE **BOWMAN**, {55} was born on July 31, 1964 in Holy Hill, SC to the late John L. and Mary Bowman. She affectionately called "Pat or "Tricia" by all who loved her. She peacefully departed this life



at home on Saturday, December 07, 2019. Patricia was a member of Faith Temple COGIC Conway, SC during her youth. As an adult, she transferred her membership to Mason Temple COGIC. Patricia leaves to cherish her memories four {4} children: Dontrell, Christopher, Jazzaray, and Terry Bowman; she raised: LeTarsha, Teresa and Tajhma; three {3} grandchildren: Taliya Lewis, A'mayja and A'mariya Stukes; two {2} brothers: Herman Bowman {Catherine} preceded her in death and Allen Bowman; five {5} sisters: Carrie Bowman, Pamela {Isaiah} Spain of Green Sea, SC, Betty Jean Bowman of Charleston, SC, Ester Bowman of Conway, SC, and Cynthia Davis of Mullins, SC; six {6} uncles: John {Mary} Collier, Samuel {Mary} Collier, Henry Collier, Melvin Collier, Ackerman {Inez} Wilson; a special aunt: Patsy {David} Graham; her niece / daughter / caregiver: LeTarsha {Lafayette Washington, Sr.} and their children: Lafayette Jr. and Kwa'Dell; her special friends: Patricia Cox, Nell Johnson, Francina Wilson. Isaac Eaddy and Yvonne Williams and a host of nieces, nephews, other relatives and friends.



1964 - 2019

Eva L. Stanley

Ms. Eva Stanley, age 69, died at Palm Gardens Center for Nursing and Rehabilitation, Brooklyn, New York on Thursday, November 21. 2019. Born on March 7, 1950 in Little River, South Carolina.



1950 - 2019

She relocated to Brooklyn, NY with mother in 1955. Eva received education in Brooklyn, NY. She was a hard worker and always kept a job. She worked as a Home Health Aid and for the New York Board of Education until retiring. Eva was a member of Greater Bible way Temple Pentecostal Church, Brooklyn NY. Eva was blessed to have two children and one Eva leaves to cherish her grandchild. memories; her mother Lucille S. Batts, daughter Monique N. Stanley (Kenneth Greene), granddaughter Kalenna Greene, brother Steven Batts (Elaine), several nieces, nephews, cousins and family and friends. She also leaves a close friend

Darlene Callahan and family.

atimer's FUNERAL HOME

Linda DeWitt-Remy

Mrs. Linda DeWitt-Remy was born to Edward, Sr. and Gwendolyn Grissett on January 5, 1971 in Conway, SC. She departed this life on November 29, 2019 at McLeod Medical Center in Florence, SC. She was



preceded in death by her father 1971 - 2019 Edward Grissett, Sr. She leaves to cherish her sweet memories; her husband, Jerome Remy of St Lucia; her mother, Gwendolyn Grissett of Conway, SC; her son, Tre DeWitt, Conway, SC, Daughter, LaQuasha DeWitt of Conway, SC; a brother, Edward T. (Tezra) Grissett; sisters: Sandi Grissett of Conway, SC; Alicia (Nelson) Edge of Conway, SC, and Tara Vaught Weeks of Sumter, SC; one adopted brother, Marcus DeWitt, Conway, SC; two grandsons; Zykeon DeWitt and zalin DeWitt; aunts and uncles: Rosa Lee Dozier of Myrtle Beach, SC, Ethel Washington of Conway, SC, johnnie (Edison) Grate of Conway, SC, Sylvia Lee of Conway, SC, Sandra Wells, Conway, SC, Elizabeth DeWitt, Conway, SC, Janice (Junior) Days, Conway, SC, uncle Johnny (Kat) Grissett of Conway, SC; great uncles: Jacob Booth, Columbia, SC. Isaiah Booth of Myrtle Beach, SC, Willie Joe Crawford of Conway, SC; and uncle benny Vereen of Longs, SC.



In Loving Memory of Matthew and Beatrice Rhue









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