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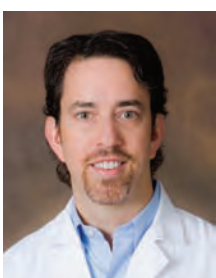
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# Citizen of the Year

## Susan Galloway

By Vic MacDonald

Editor

Transplanted from Gainesville, Georgia, to Clinton, South Carolina, Susan Galloway has set down roots and found her voice.

A Presbyterian College graduate, Galloway is one of a hearty band of tree-savers known as Clinton Canopy. Along with PC and the City of Clinton, they have set Clinton on a course like no other city in South Carolina. This community is the only one in the state to hold three tree-preservation designations at the same time – Tree City USA, Tree Campus, and Tree Line, a designation for successfully cutting trees away from power lines.

“Trees improve air quality,” Galloway said. “They provide shade and are pleasing to look at. I recently read a piece about a man in Japan who says science proves that being in the woods lowers blood pressure and lowers stress.”

Clinton Canopy grew from the 2013 Clinton Focus project originated by former city manager Frank Stovall. “In 2008-09 we turned in a report,” Galloway said. “We worked with the arborist at Clinton High School in 2010-11. We worked with Dale Taylor in Mountville and planted 150 trees, half dedicated to the honor and memory of veterans. It was a group effort.”

For her commitment to the green-space of Clinton, Susan Galloway was nominated by her peers and selected to be The Clinton Chronicle 2019 Citizen of the Year.

She says the Clinton High campus, in 2010, was a blank slate. It was around the time the American Legion sold its hut to the city, and seed money was raised for the CHS project. Maintenance was turned over to the CHS agricultural class, which also maintains some plants in uptown Clinton. More recently, Ag students at CHS and Clinton Middle School joined in the project to upgrade Pinehaven Park, a project funded by the TD Bank Green program.

Clinton Canopy also has developed Orr Park, a “pocket park” on Musgrove Street, and brought back to life a green space at “the split” of Hwys 72 and 56 in west Clinton (ironically, right across the street from TD Bank). The group has its eye on the other “split” of the two highways in east Clinton (across from Clinton Tire).

The city also replaced the stately, yet diseased oak at The Depot, and Clinton Canopy and the CHS Ag students also were part of that project. Two Arbor Days ago, the project was tree-planting at the Clinton Mills neighborhood park.

PC, also, has “stepped up in improving the canopy on campus,” Galloway said.

Susan and Morris Galloway have raised four sons – one each now in New Jersey and Kentucky and two in Clinton. They are entrepreneurs and in 1985 started a software business limited to a specific IBM machine. Morris knows the details; Susan is the sales agent. Morris also is actively involved with the Laurens County Community Foundation.

The Foundation and The Canopy have a lot in common, Galloway said, as the work of a few, together, can benefit the many. “I enjoy pulling people together into a network. It’s like a jigsaw puzzle. Everyone has strengths and weaknesses, you find those and work on the whole picture.”

Not surprisingly, given her green thumb, Susan Galloway is on the board for the Clinton Community Garden, yet she confides “I was not expecting to stay.”

In addition to growing vegetables, the garden board has guided construction of a pavilion for sheltered, outdoor presentations, and presents cooking and nutrition programs. Their major benefactor is Prisma Health – Laurens County Memorial Hospital.

“The people in that neighborhood have no place close by. Many of them walk to the grocery store,” Galloway said. “We are searching for an answer. We want to get the word out – the community garden is there for them.” On the MLK National Day of Service, 24 people worked in the Clinton Community Garden.

“It was built with the elderly and disabled in mind,” Galloway said. “That’s Blake Harwell, Steven Evans, Kendra Hamilton and Mark McVickers. I’m a flunky over there.”

“Flunky” or not, Galloway has the credibility now with city hall to be heard when she speaks.

She told the Clinton City Council last year that it did not have sufficient financial information to make an important decision – to disband the public safety department, reversing a course of more than a decade, and to re-establish police and fire departments. Council made the decision anyway, but the final financial impact has yet to be determined.

Galloway spoke up in advance of the March 5 City of Clinton municipal elections. Four seats are up for voting, just one is uncontested. She reminded the candidates that the way they conduct themselves will be a civics lesson for every school-age child in District 56, and beyond.

For these reasons, and many other, Susan Galloway was nominated as the Horizon Citizen of the Year.



“In my opinion, this call to civility in the election process was not only timely (Jan. 7) but a courageous act on the part of a conscientious and pro-active citizen of our City,” wrote Emily Bailey.

“She has been an outstanding member of the Century Club. She attends City Council meetings and made a great plea for civility and good manner at council meetings,” wrote Dr. Laura Ashley.

“In guess I found my voice,” said Galloway, modestly.

Just like a tree, “growing in place,” Susan Galloway aims to leave Clinton a flourishing place. She said, “Urban kids suffer from nature deficiency syndrome. Nature is something we have to offer, in an urban environment. We live in a park.”

And, she adds for those looking for a place to fit in, “Puzzle pieces sometimes fall on the floor, you have to pick them up and find where they fit in. Citizens, too, can pick themselves up. Brush themselves off. And find where they fit in.”



*“I come before you tonight to challenge every person running for office to run a clean race, a race your mother and grandmother would be proud of. Whether running as a candidate or just voting, we are preparing and civics lesson for every student in Clinton, for every student in Laurens County. What will we teach them? Will we teach them that civil discourse is better than name calling and verbal attacks? Will we teach them that facts are better than false accusations and innuendo. Will we teach them that issues are more important than character assassination? We certainly get enough negative campaigning on a national scale. Is it possible to teach our children that, in a small community where opponents in an election are friend and neighbors, it is possible to disagree and yet still remain friends?”*

— Susan Galloway, Jan. 7, 2019, address to Clinton City Council

*“There are so many things we can agree on. I think it would be safe to say that every resident of Clinton wants a safe place to live, decent, affordable housing, and the ability to earn enough money to put food on the table. Clinton will be a better place when every resident can achieve these things. I expect every person running for office will say they want what’s best for Clinton. Let’s recognize what we have in common, realize we may have different approaches to achieving it and work together on good ideas, even if someone else came up with the idea. We will go further when we go together.”*

— Susan Galloway, Jan. 7, 2019, address to Clinton City Council



  
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# PC Acrobatics & Tumbling

## Amber King

By Haley Pye

For The Chronicle

Building a program from the ground up is no small endeavor. Spearheading a team on the forefront of a newly developing sport presents an even greater challenge.

Amber King, coach of PC's acrobatics and tumbling team, has readily accepted this challenge.

Coach King comes to PC with an already impressive résumé for acrobatics and tumbling. She founded the team at her alma mater, King University, in Bristol, Tenn. She has also served as the head coach for Glenville State College, in Glenville, West Va. There, the team qualified for event finals at nationals in their first year of competition.

With such a strong coaching base, PC's acrobatics and tumbling team hopes to reach the same level of achievement when they begin competing next spring.

And if you don't know what acrobatics and tumbling is all about, don't worry: the sport is not only new to PC, it is a new sport to everyone. Colleges began competing in acrobatics and tumbling a little more than 10 years ago.

"It's the first sport created in over a century and fastest to come through the NCAA," King said. "It's not like adding volleyball or soccer. We've added a totally brand-new sport that was created by women for women."

Acrobatics and tumbling derived from different disciplines of gymnastics. Competitions are held in a similar meet format with two to three teams and six events per meet. Athletes can compete in multiple events, making endurance a necessity.

The events themselves place emphasis on acrobatics, tumbling, pyramid building, tosses, and team events, all back to back. Each heat within an event has difficulty values.

Since the whole event occurs over the course of only about two hours, meets are also very fast paced.

"Acrobatics and tumbling places high demands on its athletes," King said, "and the women at PC are more than capable of meeting that challenge."

Student-athletes on the acrobatics and tumbling team come from a variety of athletic backgrounds. They bring with them many different strengths and are paired with events where they can most benefit the team score. Athletes receive training specific to their events.

"A lot of our athletes come from artistic gymnastics (bars, beam, vault, floor)," King said. "But we also draw athletes from high-level competitive cheer, trampoline and tumbling, power tumbling, acrobatic gymnastics, track and field, and even diving."

The women on PC's team also bring a different element of diversity to campus. Since PC's team is one of only 28 teams in the National Collegiate Acrobatics & Tumbling Association, the college is able to bring student-athletes to Clinton from all over the country.

The current roster includes student-athletes from South Carolina, North Carolina, Georgia, Tennessee, Florida, Virginia, and California. International students have already expressed interest in joining the team.

The opportunity of bringing new people to Clinton is exciting, but the sport itself will bring



lots of excitement to the area.

"A&T quickly becomes the favorite sport on campus because so many people love watching this skill set," King said.

Acrobatics and tumbling is a fast-paced sport with fantastic tumbling, acrobatic skills, and impossible pyramids.

"Acrobatics and tumbling is something people just enjoy watching," King said. "Seeing a performance of that caliber, pushing the limits of what the human body can do, is incredibly engaging. With the ability to really draw an audience, there is the potential to pull attendees from far off campus to see what this little college is up to."

The new sport can impact those in the community even more. Many young children in and around Clinton take gymnastics lessons, dance lessons, or enjoy cheering for their favorite football team.

"By bringing this kind of competition to Clinton, those same children will have the opportunity to see where their hobbies and dreams can take them, and maybe even a few young ones will be inspired to take up acrobatics and tumbling themselves," King said.

The PC community has gladly welcomed the acrobatics and tumbling team to campus. What stood out most to King about PC, compared to her previous schools?

"The culture," she said. "I feel PC really is focused on the students and the student experience, starting all the way up to the administration."

"We have a lot of support and it just feels like a family atmosphere. Everyone wants everyone to succeed."

Not that the program hasn't had its share of



challenges. The greatest struggle King has encountered is that acrobatics and tumbling program is a non-scholarship sport right now.

"Starting from scratch is tough," King said. "Starting with no means to reward athletes with some partial aid for what they bring on the mat is tougher."

In two years, South Carolina went from having one acrobatics and tumbling team to five. PC is the only school in the region not to offer any scholarship for the acrobatics and tumbling program. Despite this, the team has managed to build a strong foundation of more than capable women to fill its roster.

With a full roster for this fall and plenty of

practice time under its belt, the PC acrobatics and tumbling team is planning to compete in at least six meets when they take the mat in the spring of next year. They plan to host at least three of those in Templeton Gymnasium.

The team will compete against nearby schools, such as Converse, Limestone, and Erskine, as well as teams as far as Baylor University and the University of Oregon.

With their first step into competition next year, PC acrobatics and tumbling hopes to put itself on the map in the acrobatics and tumbling world.

As King puts it, "It's not about just making history at PC, but with this entire sport."

## NOMINEES for Citizen of the Year

Rev. Steven Evans and Jim Davidson were nominated as The Clinton Chronicle Horizon Citizen of the Year.

Rev. Evans will be featured in the People & Places section March 20, as the fifth and final speaker in the 2019 Clinton YMCA Youth Prayer Breakfast program. A nomination for Evans says, in part:

"Not only did he pastor and deliver soul-stirring sermons at Friendship (AME Church, Clinton), his passion is to serve, and he jumped in with both feet to serve the citizens of Clinton and the surrounding communities. He has partnered with local pastors of all faiths to bring closeness and unity through the annual Sunday

Nights in the Neighborhood worship services. Another project to bring unity and fellowship to the community was the Nat Fuller Reconciliation Feast, and Rev. Evans served on the planning committee. To address other issues of utmost importance to the citizens, he presently and actively serves in the following capacities, Board of Directors, Laurens County Community Foundation, Columnist for the Clinton Chronicle: "Community Consciousness", Board Member Clinton Community Garden Project, Board Member Laurens County United Miniseries, Chaplain with the Laurens County Sheriff's Department, Board Member AMI Kids-Piedmont, currently serving as the chief consultant for the

Martha Denny Project. Additionally, he has worked tirelessly with the School District 56 administration to champion causes for our young people."

Jim Davidson will be The Clinton Chronicle Horizon Citizen of the Year, 2020. A nomination for Davidson says, in part:

"It was my pleasure and privilege to serve on Jim's team for Carpenters for Christ over eight summers, from 2008 to 2015. As the leader of our team, Jim not only had to scout potential work sites in advance but also coordinated the assignment of tasks to individual team members. His expertise and patience were amazing as he directed our crew (many of us being quite

inexperienced) in how to re-shingle roofs. Jim always treated each home as if it were his own, making sure that the job was fully complete to the highest standard. And he was inevitably the first to arrive on site, the last to leave, and the hardest working member of the crew. In addition to his service with Carpenters for Christ, Jim is constantly on the lookout for opportunities to serve those in need. If a tree falls during a storm and blocks a road, Jim will volunteer to help remove it. If a home has suffered damage from a fire or flood, Jim will offer his services and help recruit others to assist."

Thank you to everyone who made nominations for The Citizen of the Year. - Editor

**The Clinton Chronicle**

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**NOMINATE A VETERAN**

The Clinton Chronicle seeks the names of veterans for profiles in the 2019 Veterans Salute. Nominate a veteran for a profile in this special section by sending Name and Contact Information by mail: Editor, The Clinton Chronicle, 513 N. Broad St., Clinton SC 29325; or by e-mail: editor@clintonchronicle.net All nominations will be considered. Thank You.

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# New Red Devil Football Coach

## Corey Fountain

By Vic MacDonald

Editor

Once all the “niceties” were over, Corey Fountain could get down to talking football.

Introduced Feb. 5 as Clinton High School’s new football head coach, Fountain traded his Silver Foxes (Lamar) gear for Red Devil (Clinton) gear and began making his transition official. In just a short time after being introduced, Fountain met the young men who likely will become his first Red Devil team.

“We want to get these kids in the weight room,” Fountain said. “We will play fast, smart, physical – Clinton has always been a physical team. There are a lot of intricacies that go into building a football program. Initially, we have got to get into physical condition; it’s about getting to work.”

“I am most proud of all the phone calls I have gotten that tell me what a good person he is,” CHS Athletics Director Nickie Templeton said. “To me, that’s more important than football. (To the new coach) we have a lot of people in this room that will get behind you. We know you feel pressure, but we hope not too much pressure.”

“He’s transitioning to Clinton. We want you to have all the support you need, get any contacts that you might need, any help that you might need.”

Clinton varsity football has not had a winning season since 7-4 in 2010. The season before, Clinton won the Class AAA State Championship.

Fountain was head football coach at Lamar High School, and he formerly coached at Laurens District 55 High School. He has led his team to winning seasons since 2014. The 1A team was Region and Upper State Champions in 2015, 2016, 2017 and 2018. In 2015 and 2017, they were also the 1A Division II State Champions. Fountain received recognition as Region Coach of the Year, SC High School Sports Report Regional Coach of the Year, Class A Upper State Coach of the Year and SC High School League Coach of the Year.

Fountain received his bachelor’s degree in business administration from North Greenville College and a Master of Education from Grand Canyon University.

As a student at North Greenville, he was a four-year letterman in baseball and football, and was named Academic All-American in baseball and football for four years.

As a student-athlete at Lamar, Fountain played football with John Abraham, future NFL Hall of Famer with the NY Jets out of the University of South Carolina. Fountain graduated Lamar High in 1997.

Addressing his new challenge, Fountain said, “I’m excited about this opportunity, excited about



meeting these kids. They are our resources – our student-athletes – and I want us to be as big a family as we can. If they want to play football, we want them to come out.”

At Lamar, Fountain said the Silver Foxes were

a hybrid offense, running the ball complemented by an attack-oriented defense. “We want to control the football and create turnovers.”

Why here? Why now? “Clinton has a great tradition. The town rallies around its players and ath-

letes. We’ve got to get these guys to see the same vision, move forward. It’s all about building relationships, letting them know I care about them and I’m going to invest 100 percent in his program.

“If you get it running, and running efficiently, the wins will come.”

Fountain will be assistant athletic director for football operations, academics director and business teacher for Clinton High School. He spent 5 years just after leaving his first coaching gig at North Greenville as a Medicaid auditor.

“They brought in a new coach. I went into the private sector, it just wasn’t me. Nobody wants to see an auditor walk in.”

Love of coaching brought him back. “You don’t win on Friday night. You win in the off-season. You win on Monday, Tuesday, Wednesday and Thursday.”

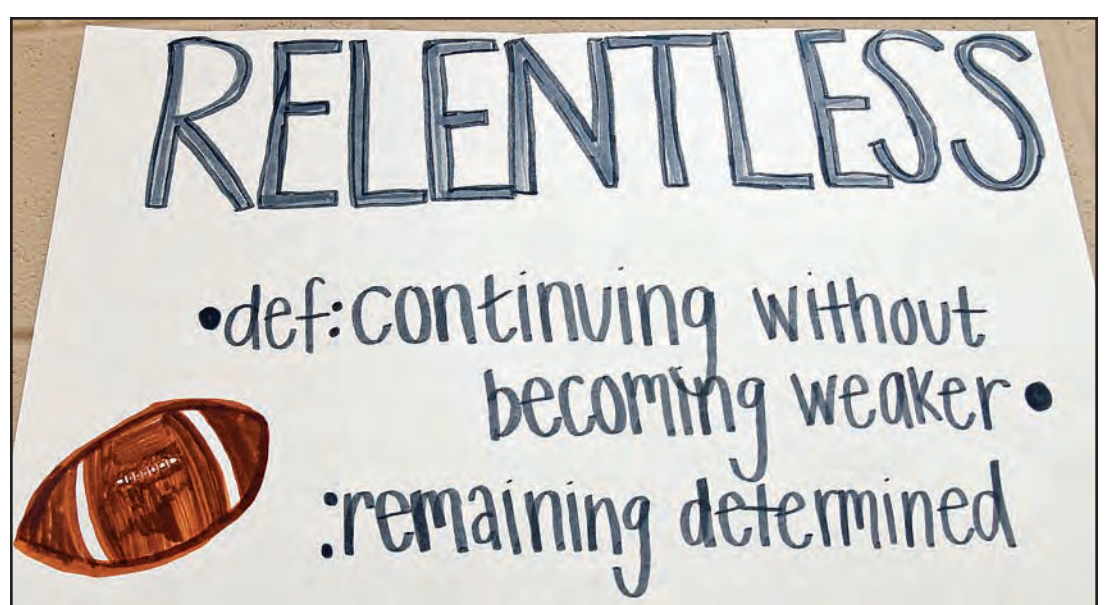
The lure of the Clinton job was multi-faceted. “The timing of different things just came together. I applied, got an interview, and it all worked out. Leaving them – the kids I have invested in – is the hardest part,” Fountain said. The new Clinton coach was at Laurens in 2005-10, spent 2010-11 at Hillcrest, then moved back home to Lamar for two seasons as an assistant before becoming the head coach. Tapping into one of the richest football traditions of the Pee Dee (Darlington-Florence on the way to Myrtle Beach), championships followed.

Corey said his wife Lauren keeps him grounded. “I am blessed,” he said. “She keeps me straight, keeps me organized. With three kids, my wife holds down the home front. She has to do that – she lets me coach during the season, after that I’ve got baby duty. I do all the diapers and put them to bed.”

In his comments at Fountain’s introductory news conference, District 56 Superintendent Dr. David O’Shields said, “Questions have been asked of me, what gave you the idea that he is the one? His priorities are focused on foundations that are timeless. Children need role models, and he is a continuation in that lineage of role models, because Clinton has always wanted to have coaches who are role models.”

“Corey answered questions about building enthusiasm. You recruit the halls. You go for people. You don’t expect people to come to you, because children often don’t know what they don’t know. In game situations, things don’t always go the way you want them to go. You think on your feet, you morph into something else. Corey has a diversity of talents, his ability to unite a coaching staff investing in the youth of Clinton. Creating a sense of pride. Good blue-collar work, that’s what’s made Clinton great.”

“The mills may be gone, but the mill ethic is here.”



# New Perspectives in History

## Dr. William Harris

By Zoe Montague

For The Chronicle

Teaching history was always the plan for PC professor, Dr. William Harris. The process of getting there, however, took longer than expected.

Harris lived all over the country in his childhood. Harris' dad was a historian as well, so he grew up in academics, moving to whatever town housed the university at which his father worked.

"I grew up in Indiana. My dad was a professor at Indiana University. Then we moved to Augusta, GA when I was in middle school. He was the college president over at Paine College. I lived there through high school and then my last year we moved to Houston, Texas," Harris said.

Harris began his college career at Morehouse College, then finished at Alabama State University. He then went on to get a master's degree in history at both the University of Akron in 2002 and Cornell University in 2005.

"I was more interested in civil rights and student activism in the 60s, so that's what drew me to history, but then I shifted," Harris said. "I knew that there was something special about Mississippi, so I went a hundred years earlier to try to figure out what Mississippi was like during slavery."

In 2015, Harris received his Ph.D. in history from Cornell. His dissertation focused on slave life in antebellum Mississippi. Harris taught classes at nearby colleges and raised his children while finishing his Ph.D.

"I taught for five years before getting a tenure-track position so hopefully it shows in the classroom," Harris said.

Coming to teach at PC was a no-brainer, according to Harris.

"I like the ability to get to know my students," he said. "My family is here, I have family in Sumter. My kids can see their grandparents more than twice a year now."

As a professor with a focus on American history and African-American history, Harris has learned how to sell a class to get students interested.

"Titles matter," Harris said. "My 'Race and Violence' class jumps at people. I've had 19 students in that class this semester and they're really engaged. They're asking questions, they are reading the material and thinking about it."

To Harris, having so many engaged students is important, especially in an African-American history class.

"These classes are necessary at PC," Harris said. "You can't learn South Carolina or US history without considering the place of African-American history."

The favorite topic of students is typically the civil rights movement.

"Students like to hear about it [the civil rights] because they are the age of the kids that took charge of much of the civil rights movement, so it's relatable," Harris said.

Harris hopes to take students on a civil rights trip down the path of the Freedom Riders from D.C. to Mississippi.



Harris said that the history department at PC has supported all of his endeavors, like his dream class, Black Comedians as Social Critics.

"This class would be using black comedy from the early 20th century through Dave Chappelle and more recent stuff, to see the ways they describe racial issues in America," Harris said. "Just trying to figure out how, though they are comedians, you can read what they're doing in ways that actually describe black struggles."

"The problem is trying to figure out a way to teach that class where you get enough theory in the beginning to not get 25 kids that just want to watch Dave Chappelle for two hours. Getting people who will enjoy the comedy, but will also engage in a serious way."

As Harris finishes up his second year at PC, he has the unique opportunity to go with the history department on a second study abroad trip in two years.

"Last year I got to go to Germany, and this year I'm going to Spain," Harris said. "It's amazing to be here two years and have those two opportunities."

He is working with another history professor, Dr. Jaclyn Sumner, on creating a class that combines their expertise in American and Latin American history.

"Dr. Sumner and I are trying to put together a class that deals with race in the Americas, so I would like to think that that might be an option to turn into a Maymester course," Harris said. "It could be something where we deal with slavery in Cuba or Brazil."

Harris also serves as the faculty advisor to the Multicultural Student Union (MSU) at PC.

"Ideally MSU provides a space for students of color and other groups of people to have their own space and their own sense of belonging, not separate from the campus but one that celebrates their sense of uniqueness," Harris said.

The club holds a variety of programs such as discussion groups, dinners, and bonding experiences.

Harris has recognized the importance of teaching African-American history classes in America, more broadly, but especially at a liberal arts college like PC.

## Moments of Victories

# Dr. Nathan Herz

By Mallory Hopkins

For The Chronicle

"There was a lady who had a stroke and could not move her arm up from her side," Dr. Nathan Herz recalled. "Then one day, she waved hi to me because her arm was working again."

Herz, PC's new director of occupational therapy, loves sharing these kinds of stories. They're "moments of victories," he says, about the patients he has served in more than 30 years of practicing occupational therapy.

These "moments of victories" are the reason Herz calls occupational therapy "the profession of defining moments."

For him, "defining moments" can be as small as helping a person be able to wash their face again and as huge as helping a Parkinson's patient walk on their own again.

Herz plans to continue creating stories like these as he begins the doctor of occupational therapy program at PC. The three-year program is projected to start in 2021 and will accept 35 students its first year.

PC's occupational therapy program is the fourth program Herz has assisted with the development of and developed. He developed and started the OT doctoral program at the Murphy Deming College of Health Sciences at Mary Baldwin University in Staunton, Va. He was also the head of the master's level OT program at the Medical College of Georgia (now Augusta University) and helped design the master's program at the Jefferson College of Health Sciences in Roanoke, Va.

The program at PC will continue PC's tradition of service, according to Herz.

"The profession is 85 percent heart and 15 percent science," Herz said. "The ability to connect with people is most important."



Occupational therapists help make a physically or mentally ill person independent again. OT's focus on the activities that occupy the patient's time during the day and the ones that keep them from being independent. These "occupations" could be dressing, bathing, cooking or cleaning, for example.

The process for helping a patient involves an interview, evaluation, and an individualized and customized treatment

plan for each patient.

"The connection is necessary because occupational therapy is so individual that it is literally different for each patient," Herz said. "If you want to be successful as an OT, you have to connect to the patient."

When it comes to patient care, Herz takes to hear the famous Teddy Roosevelt quote that most individuals "do not care how much you know, but want to know

how much you care." It's only when patients know that you care that they trust you, according to Herz.

Herz chose to begin the program at PC for the opportunity to help make students successful in a field he loves.

"That's why I do what I do," he said. "My job is to make the best program possible so that students and their patients can be as successful as possible."

He also decided to begin the program because of the people he's met at PC and in Clinton. Herz moved back home to Edgefield from Virginia and wanted an opportunity that was more local.

"The friendly people at the school, along with the school's values, are what made me decide on PC," Herz said. "Both of these attributes are conducive to the type of OT program I want because OT becomes a family after everything students, professors, staff members, patients and others experience together."

PC's doctor of occupational therapy program will be housed in Bailey Hall, one of the college's former residence halls. OT students will be in Clinton during the first two years, which are didactic classes. Students may be in Clinton for their third and final year too, one devoted to clinical experiences.

Students must have taken courses such as human or vertebrate anatomy, physiology, and abnormal psychology, but Herz insists that the personal connection is what will make students succeed as occupational therapists.

He looks forward to hearing PC students share their own moments of victories, like this one he shared: "A boy with cerebral palsy climbed a 60-foot wall, rang a bell, and then he encouraged other kids that they could climb it the whole way too."

These kinds of stories will begin right here in Clinton.

# Better Health & Education in the Community

## Dr. Tiffaney Threatt

By Erin Register

For The Chronicle

More than 30 million American adults have diabetes and another 86 million have prediabetes.

The numbers are even more staggering closer to home, according to Dr. Tiffaney Threatt, associate professor and director of Presbyterian College School of Pharmacy's Wellness Center.

"South Carolina ranks among the top 10 highest rates of Type 2 diabetes in the nation," Threatt said. "Laurens County, designated a medically underserved area, has diabetes rates higher than the state average."

So, in 2010, when the PC School of Pharmacy's Wellness Center was created to help members of the community manage chronic disease, the first program to be developed was a diabetes education program.

"Diabetes education was the logical choice," Threatt said.

The comprehensive diabetes education program became accredited by the American Association of Diabetes Educators in 2011. The program follows the national standards for diabetes self-management education and support. Those from the local community and surrounding counties referred to the Wellness Center are eligible to participate.

"The diabetes education program is patient-centered," Threatt said.

Community members can take part in the service at no charge. A generous grant from the Laurens County Health Care Foundation and funding by the School of Pharmacy support the program.

"The Dean of the School of Pharmacy clearly recognizes the many needs of the community around us and desires to uphold Presbyterian College's motto, 'Dum Vivimus Servimus' meaning While we live, we serve," Threatt said.

Threatt pointed out that nearly one-third of the patients referred to the diabetes education program are uninsured or underinsured.

"Therefore, the decision was made several years ago to not charge for specific services, such as diabetes education," Threatt said. "Having to pay for this service would preclude many patients in our community from being able to receive this benefit."

In addition to the services, the Wellness Center's classes play a significant role in the program. Every referred patient undergoes an initial assessment with a diabetes educator.

"This first meeting is a time for the educator and the patient to get to know each other, as no two people or their needs are the same," Threatt said. "This allows the educator to help the patient set measurable goals and develop an education plan to gain the skills and knowledge necessary for managing diabetes."

The classes are very interactive, incorporating games and hands-on learning. For example, in the nutrition class, participants can work with food models to build healthy plates and count carbohydrates.

The diabetes educator may also bring in real foods to sample that have been prepared in a healthier way.

"We set up a follow-up meeting three months after the patient has completed their education plan to ensure success or identify what barriers are getting in the way," Threatt said.

Additionally, the program offers individual refresher classes to help participants get back on track if they have had some setbacks.

Pharmacy students complete one of their 4th year Advanced Pharmacy Practice Experience rotations in the Wellness Center. Students conduct assessments with diabetes patients referred to the clinic, facilitate group diabetes education sessions, conduct health screenings, answer drug information questions for health care providers and patients, and provide immunizations and other services.

The Wellness Center helped approximately 120 patients in the community last year. Many of the patients are seen multiple times as they progress through the program. A number of patients enrolled in the program have prediabetes or are overweight and at risk for de-



veloping diabetes.

"Many of the lifestyle concepts and skills we teach to patients with diabetes easily apply to prevent diabetes and losing weight," Threatt said. "We believe that many patients have more power in their lifestyle decisions to prevent or control diabetes than most medications they could be given. Knowledge truly is power!"

According to Threatt, some patients get off or reduce their medications by learning the right things to do and losing weight.

"But that doesn't mean that medications aren't important," Threatt said. "Medications can be a necessary part of managing diabetes."

Many success stories come out of the PCSP Wellness Center. It is not unusual for Threatt and her colleagues to see patients in the beginning who are very apprehensive about their health and their ability to manage it.

The Wellness Center's policies and programs provide easy-to-un-

derstand information and resources and are able to help empower people to make healthy choices, according to Threatt. Patient laboratory data for diabetes management has demonstrated that the program works to help people manage their diabetes successfully.

"One patient even credited our program with saving her life, stating that she had lost hope in every aspect of her life and had every intention to end her life," Threatt said. "She attended our program to appease her family but ended up finding a small spark of hope that changed everything."

For Threatt, Dr. Eileen Ward, the other diabetes educator at the Wellness Center, and the rest of their team, the great reward is interacting with wonderful people in the community and helping to make a difference in their lives.

"Truly though, learning is a lifelong process," Threatt said. "We are pharmacists who run this Wellness Center, and I believe our patients have much to teach us as well."

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# Beloved Journalism Professor Taken too Soon

## Keith Cannon

By Lindsay Hollandsworth

Special to The Charlotte Observer

As a part-time correspondent for The Charlotte Observer for over two decades, Keith Cannon may be remembered by many readers. A reliable fixture on the sports pages, he covered games and playoffs with true enthusiasm. He was a graduate of Clemson, the University of Florida and Texas A&M, so his love of southern sports ran deep. However, about 30 miles east of Charlotte is where Cannon did his greatest work.

For 24 years, Cannon lectured, taught and molded future writers as a professor of journalism at Wingate University. It's where I met him as an 18-year-old freshman with plans to be a smart, witty writer. Through my four years at Wingate, I grew to know Cannon well. I served as the features editor on the campus newspaper, a project under his purview, and I took more than one of his classes. He was popular beyond the walls of the school of communications, and I'm just one of many students who benefited from his gentle guidance. All of us could write volumes about how wonderful he was.

Cannon died this week (Feb. 4, 2019) at the still-young age of 66, another bright light lost to the scourge of cancer. His absence is palpable for the Wingate community, and it's left me pondering what exactly made him such a great professor. I've come to several conclusions.

First and foremost, Cannon was fair. In the classroom, he kept his political opinions to himself and emphasized neutral reporting. I attended Wingate in the early 2000s, a period where the Bush presidency and Iraq invasion occupied national headlines. I don't recall one comment he ever made about those events. He knew his role was teaching the trade, not the issues, and in doing so he built strong writers.

Second, he was an advocate for free speech. Among my favorite cautions Cannon issued was to be vigilant for calls of "free speech for me — but not for thee." He must have had that in mind as he allowed campus newspaper writers the editorial freedom that college students deserve. I am certain we were wrong and didn't always have the most mature opinions, but he let us because that's how you teach free speech.

Third, Cannon knew that his students had to see how journalism skills were implemented. He connected us to a world outside the classroom by inviting alumni back to share their professional adventures with students, arranging 'field trips' to print and television newsrooms and orchestrating



international adventures through Wingate's study abroad programs. He also knew journalism was changing, so he was an early adopter of social media and attended workshops and conferences — indirectly offering his students examples of life-long learning.

Through a series of opportunities, largely orchestrated by Cannon, I realized a different career path and now work in communications and public

relations. These days I regularly interact with journalists, and I can only imagine how inefficient I'd be had I had a lesser professor than Cannon. In an era where good journalists are under assault, bad journalists abound and 'fake news' generates public distrust, high-quality professors who promote the classical ideals of journalism are more important than ever.

Just before his death, a fellow alumna organ-

ized a Wingate scholarship in Cannon's name. He always said he'd fund scholarships if he won the lottery. Hopefully in the years to come, the scholarship turns out a professor or two of equal measure. The future of journalism depends on professors like Keith Cannon.

Lindsay Hollandsworth is the Communications Director for the John William Pope Foundation in Raleigh. Email: lindsay.hollandsworth@jwpcf.org

## One of the good guys — I'll miss him

By Larry Franklin

For The Chronicle

I came to work at The Chronicle in June, 1974. Keith was already on staff as a sports writer or he came on board soon after.

At one time, Keith Cannon, Jamie Adair, Ernie Segars, Eddie McGee, Kathy Barker, Nancy Phillips, Ann Jones and I were all on staff at the same time. The press room was filled with McGees and Cables. We would probably all refer to those times as the good old days.

After the paper was printed on Wednesday afternoon, everybody in the building (including publisher and owner Donny Wilder) would hustle back to the press room and insert papers, label subscriber papers and get everything ready to go to the post office or to the stores.

At various times, we had high school students helping insert and label -- including Lou Stephens Jr. and Lynn McGee (now Black). We would stand at the painted gray tables, many of us smoking (Keith never smoked) and slap B sections into A sections and so

forth.

Jamie remembers that Keith would laugh at the rest of us because we knew the words to all the songs (we often broke out into spontaneous singing).

Ernie said he and Keith were together on staff just briefly before Keith left to become the public information officer for School District 56. He was the first (and I'm pretty sure, the only) PIO the school district ever had.

At some point, he realized he was destined for bigger and better things. A master's degree from the University of Florida and a PhD. from Texas A&M followed.

When he died, he was chair of the communications department and an associate professor of journalism at Wingate University in North Carolina, where he had been for years.

From time to time, Keith would volunteer to cover for The Chronicle a Presbyterian College or Clinton High School sporting event in the Rock Hill-Charlotte area.

The first time he offered, I told him I'd love to have him do that, but I could pay him only \$30. He said that was fine. So I had a guy with a doctorate working for 30 bucks a story. He did it because he

loved sports, he loved writing and he loved Clinton.

Once, it was either during the summer or when he was on a sabbatical, he offered to conduct a thorough study/critique of our newspaper -- coverage, writing, design -- from top to bottom.

We sent him issues for several weeks and then he spent a few days here in Clinton meeting with the staff and making a number of thoughtful suggestions on how we could be a better newspaper. Even though his byline appeared in large newspapers and other publications, he was a community journalist at heart.

And that heart was huge. He was a diehard Clemson fan. I am not. We would exchange good-natured barbs from time to time, either via emails and sometimes in print. I can hold my own in most battle of words, but I always felt Keith got the best of me in any exchange we had.

I remember when he worked for District 56 and he met his wife Jayne, who worked for the Laurens County Advertiser. They became one of the happiest married couples I've ever known. They traveled, they laughed. They loved their dogs. And Keith always loved his family and friends in Clinton.

He was one of the good guys. I'll miss him.

## Entrepreneurs Hope to Reconnect Clinton, PC

### Marion Brown

By Zoe Montague

For The Chronicle

There's a saying in college communities that food is the one thing that will convince students to leave their dorm and engage in the community. This saying especially rings true for PC senior Marion Brown.

Brown, the new owner of Jitter's Cafe, found that the food he ate there formed his love for the restaurant. He found himself eating at Jitter's Cafe multiple times a week.

"At one point I went in there four days in a row. It's kind of absurd, but it happened," Brown said. "I would go in there for lunch, normally after accounting class, for a year."

The low prices that came along with the large portions are what caught Brown's attention. His go-to meal was the Beef Daddy, pulled pork on a hoagie with French onions and mayo.

"The previous owner (Ashton Barrington) got to know me because I kept ordering the same thing. I would go in there every single time and get the Beef Daddy," Brown said. "If I went there 70 times in a row, I got the same thing. Eventually, it came to a point when I'd just go in there, and he'd go, 'Beef Daddy!' He didn't even know my name, he'd call me Beef Daddy."

The restaurant gave Brown a close place to retreat to, away from the stress of school.

"It was really relaxing going in there," he said.

"The people are really nice. You could go in there and sleep or study or really do virtually anything. So I enjoyed going in there."

During his many hours at Jitter's Cafe, Brown began to wonder who would take over the restaurant when the owners were ready to retire.

"I just thought, 'Maybe this is a good idea. I'm a senior. I should try to get something done. Might as well ask,'" Brown said.

Last summer, Brown began talking with the previous owners about buying the restaurant. The Barringtons owned the restaurant, which was originally called Elaine's on the Square, for more than 22 years. They changed the name to Jitter's Cafe, and the restaurant became famous around town for its friendly owners and great deals. It has remained a fixture at 106 Musgrove St. in downtown Clinton, operating through the ups and downs of the local economy.

On Jan. 16, Brown and his business partner, James Sims, officially took over as the new owners of the restaurant. Sims graduated from Spartanburg Methodist College in December and will manage most of the restaurant as Brown finishes up his last semester at PC.

And Brown couldn't have taken over the restaurant at a better time, as far as his classes go. In his final semester at PC, he is taking Strategic Management, Entrepreneurship, and Business Law. These three courses will help him get the business up and running.

"Everything's too real," Brown said. "It's too



connected."

Brown said majoring in business administration at PC has prepared him for owning a business. He feels that he was prepared for the steps he has taken negotiating buying the business and then completing the process that was required to take over Jitter's.

"What I have learned in the business program helped me a lot, especially the very beginning parts of it," Brown said. "It all started out in conversation with just me asking Ashton if I could see his books one day. Income statements, all that stuff. I looked over what I've been taught, and I could see it was a good opportunity.

"I was able to utilize a lot of what I've been taught at PC."

Brown is thankful for what PC has provided him in his business career. He wants to give back, in a way, by better connecting PC to Clinton.

"In the short term, most of the restaurant will stay the same. In the long term, I really want to make it more connected with PC," Brown said. "I think the city and the school are a little too far away. Not physically of course. But figuratively, I think they could be a lot closer together."

If anything can do it, food can. Good food has a way of bringing people closer together.

After all, it's the pulled pork sandwich on a hoagie roll that got Brown to engage in the community in the first place.





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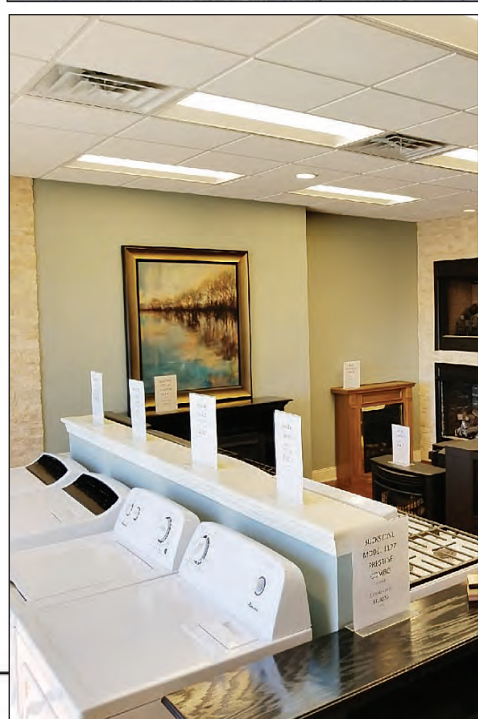
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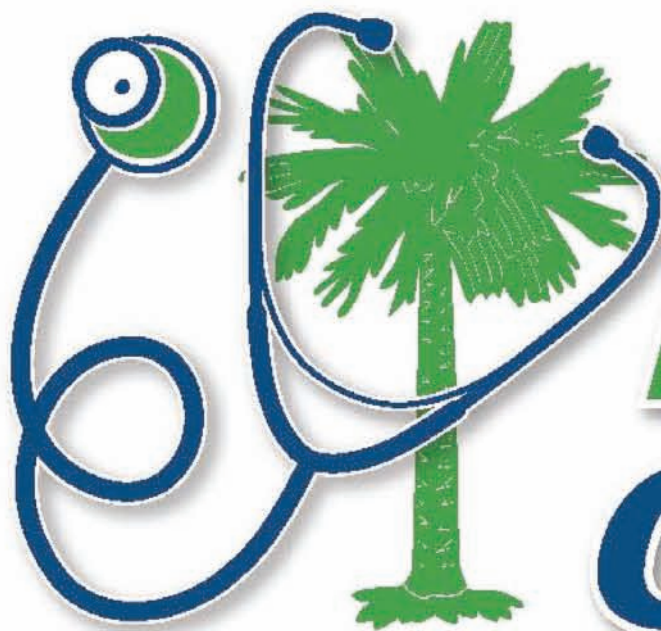
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