

THE WORLD

COMMUNITY



MAGAZINE

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INTERNATIONAL

November 2025

Dear Boomers:

Don't Retire.

Repurpose Your Synergy

By Darlene G. Lewis, Ret. Educator & WCM Contributor

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Meal Prepping for Busy People: Save Time, Eat Healthier

November 2025

By: Christian Newman



Christian Newman
WC Magazine
Health Editor

Meal Prepping is surging in popularity due to its healthy outcomes, cost savings, and reduced stress. The perception that healthy eating is expensive is certainly a myth. The multitude of benefits that meal prepping provides can mitigate the obesity epidemic that's currently ongoing in our communities. These include, but are not limited, to decreased time spent deciding what to eat, portion control functionality,



Above Info Courtesy of Pharma Gyn

enhanced weight management, achieving fitness goals, creativity with meals, and mindful eating that fosters intentionality around nutrition and lifestyle. Black Americans are disproportionately affected by type 2 diabetes, Hypertension and heart disease, conditions that are heavily influenced by our dietary choices. As I've entered this new phase of life in my Master of Science in Community Engaged Medicine at Furman University, I've found meal prepping to be an absolute game-changer. Specifically, from experience, during my undergraduate tenure as a dual-sport scholar athlete, I kept a nutrition log weekly that tracked my nutrition, and this helped tremendously in planning. Spending just two hours during the weekend prepping food for the week has helped me balance my schoolwork, job, and overall lifestyle. However, at one point in my life, just like many Americans, healthy eating often slipped to the bottom of the to-do list due to long workdays, family commitments, and the chaos of life. So, if meal prepping can save time, money, and stress while keeping us eating healthier, the next big question is:



Above Info Courtesy of Berry Street

What kinds of foods should we be filling those containers with? According to the USDA, foods such as vegetables, fruits, whole grains, lean proteins, dairy, and healthy snacks should be incorporated into meal prepping. Vegetables should be included in our meals with at least 2-3 cups consumed per day. Examples include Roasted broccoli, shredded carrots, sweet, and sautéed peppers. Vegetables are a powerhouse for meal prepping because they are packed with minerals, vitamins, and antioxidants that support overall health. Fruits should be included in our meals with at least 1 ½-2 cups consumed per day. Examples include whole apples, berries, grapes, bananas, oranges, and watermelon. If you

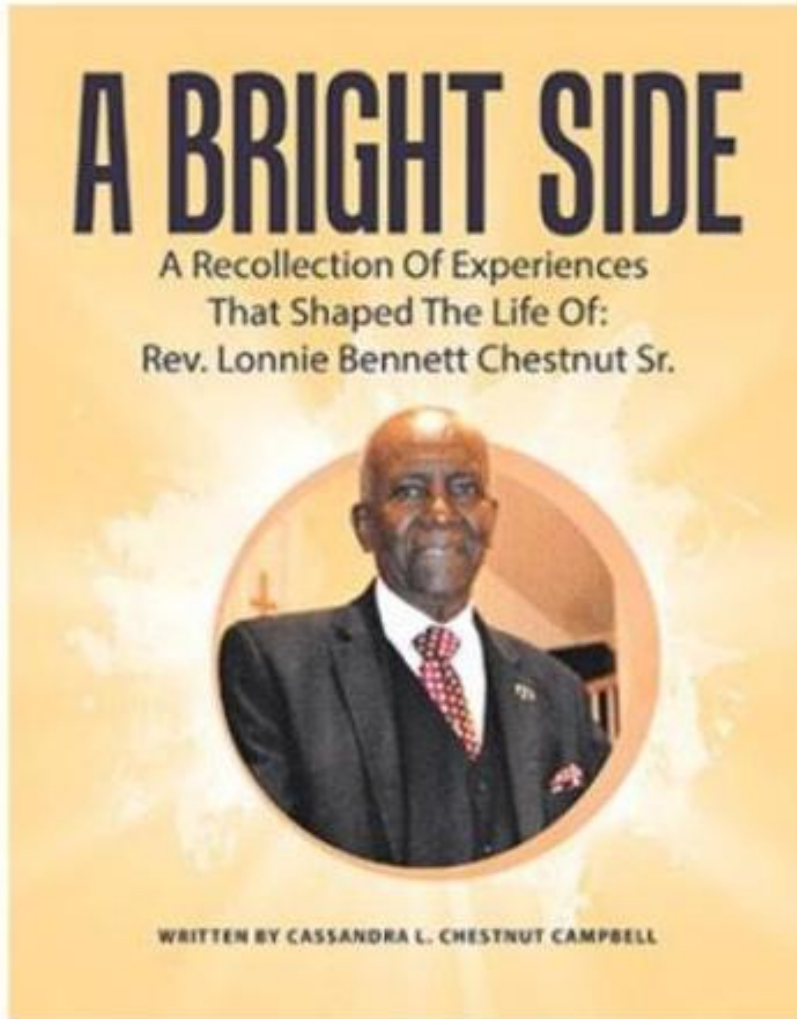
have never had a fruit salad, please try it in the near future. Essentially, it's a combination of healthy fruits with the addition of honey and lime, which is perfect for a nutrient-packed fruit snack. Also, smoothies can be stored and prepped in freezer bags for busy mornings to avoid skipping breakfast. Fruits are significant with meal prepping because they provide extra fiber and a sweet alternative to sugary foods that we are tempted to eat daily. Whole grains provide lasting energy and support digestive health. Grains contain a great deal of carbohydrates, which are the body's preferred source of energy. Carbohydrates are efficiently broken down into glucose and are readily used by cells to generate energy during our busy lives. Examples of whole grains include Brown rice, oats, whole-grain bread or pasta, and quinoa. Whole grains are ideal for meal prepping because they are nutrient-dense, energy-sustaining, and can be stored in the fridge for longer periods of time.

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A New Inspirational Book...

Written by

Cassandra L. Chestnut Campbell



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The Whittemore Racepath Historic Society was established in 2021 for the purpose of addressing disparities that exist throughout Horry County and to create initiatives/programs to address these issues: education, economic development, housing, historic preservation, as well as youth and senior programs. Our mission is to preserve, revitalize, and maintain historical sites of meaning to African American communities throughout Horry County, South Carolina as well as to showcase African American cultural heritage and the contributions of Whittemore Alumni throughout the United States.



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Iconic Singleton's Grocery in Conway To Close its DoorsFOR NOW

For the past 18 years **Mr. Abdul Halim Shahid**, owner of Singleton's Grocery, has made the Sugar Hill Section of Conway, SC the envy of seafood carry-out establishments in Horry County, **WILL CLOSE ITS DOORS ON DECEMBER 20, 2025.**

Mr. Abdul now says that 18 years is enough and really wants to retire this time, especially after first retiring from UPS and the US Army as part of his journey to Singleton's Grocery. The historic **Singleton's Grocery** has a very strong legacy in Horry County since it was established on Sugar Hill by the parents of Mr. Abdul, *the late Mr. Ben & Mrs. Lee Singleton in 1957.*



Mr. Ben & Mrs. Lee Singleton

The history of such a landmark in the community is deemed worthy of being told. Consequently, a report was produced from an interview with Mrs. Betty Singleton Davis (oldest daughter) and Mr. Abdul Shahid (youngest son) by *The World Community Magazine and Mrs. Priscilla Wyman Fuller* on December 28, 2024. The report outlined the journey leading up to the current **Singleton's Grocery location on 6th Ave. & Hill Streets in Conway.**

To appreciate this legacy and what it has meant to the Conway Community, WC Magazine would like to share a brief narration of the interview: *Mr. Ben was*



Abdul Halim Shahid
Owner



born in 1913 in the Santee section of Georgetown County. His wife Ms. Lee was born in 1918 in St Paul's community in Georgetown. They met and married in 1931 and had 12 children: 8 boys and 4 girls. Shortly after getting married, they opened a small grocery store in the St. Paul community in 1936. Mr. Ben had always wanted to open a business and work for himself. Shortly thereafter in 1946, they moved to Conway. Mr. Ben got a job working at Stilley Mills in Conway, SC and Mrs. Lee did domestic work for two or three years. They did not have a car at the time and Mr. Ben would ride a bike to and from work.

Mr. Ben had a vision that this store could be a one-stop shop and sell a variety of different items. Several families at the time were either on a fixed income or were low income. Mr. Ben and Mrs. Lee could be relied upon to grant credit to these families to allow them to buy things at the store. A lot of families would have had major hardships around food if not given this credit.

Although Mr. Ben could not read or write, he would have his family read him various items and memorize them. He was an excellent businessman and kept the business afloat with the assistance of his wife and at times his elder daughter, Betty Singleton Davis.

Mr. Ben's vision was to have one of his children take over the operation of the store as he retired. He did offer the opportunity to his youngest son, Abdul, but he being 21 years old at the time, turned down the opportunity. He could not envision himself working long hours 6 to 7 days a week. After Mr. Ben passed in 1986, Mrs. Lee took over the running of the store with some of the siblings, including Betty and the late Jean Singleton Pate. After Mrs. Lee's death in 2009 the two siblings continued to operate the store before closing it.

The store stayed closed until Abdul, the younger son, reopened it. He always knew his Father wanted him to take over the operation and he also had the same spirit as his father about running his own business. When he was 8 or 9, he had his own business selling bait for people to fish. After conferring with his siblings, he started the necessary paperwork to reopen the store. He did run into obstacles since rezoning had taken place. After gathering hundreds of signatures, he made a presentation before the Conway City Council and was granted the right to open the store on weekends in 2009. Since the opening, people come from near and far to get the fish that Abdul sells. When asked what legacy he wants people to remember about his father and the business, he indicated first and foremost, RESPECT. His father believed you should treat everyone with respect and secondly always do your best, no matter the job.

Mr. Abdul Would Like to Thank the Conway Community for Their Past Support

Singleton's Grocery will Close on December 20, 2025.

Meal Prepping for Busy People: Save Time, Eat Healthier

By: Christian Newman

Cont'd from Page 2



Christian Newman
WC Magazine
Health Editor

Lean proteins should be included in each meal of our diet because they provide muscle support through building and repairing tissue after daily exercise. Examples include: skinless chicken thighs, ground turkey, salmon, eggs, lean cuts of beef such as sirloin, and chickpeas. Proteins keep us full longer, boost metabolism, and are lower in saturated fat, which helps reduce cholesterol within our bodies. Essentially, proteins

are the backbone of healthy meal prepping and can be consumed in various varieties. Dairy is significant for meal prepping because it provides the necessary calcium and vitamins for bone growth.

Examples include skim milk, unsweetened yogurt, cottage cheese, and light butter. Every morning, I eat an Oikos Greek yogurt because it's easy to grab, high in protein, and rich in probiotics. Greek parfaits, which include yogurt, fruit, granola, and honey, are also a popular option and can be portioned for the week. Healthy Snacks keep us energized between meals, which prevents overeating within our diet. Fresh produce snacks such as baby carrots with hummus, apple slices with almond butter, or celery sticks with peanut butter are low in calories and high in vitamins. Whole grain snacks such as whole grain crackers with tuna, rice cakes topped with avocado, or oatmeal are high in fiber and provide steady energy release.



Above Info Courtesy of Cook, Eat, Live, Love



Above Info Courtesy of Meal Natrifee

Almonds, or cashews portioned into snack bags are a great source of healthy fats. Seasonings and Oils are what make meal prepping exciting instead of boring; however, only the right spices and herbs will bring health benefits. Examples include herbs such as basil or cilantro, spices such as paprika or cinnamon, and flavor boosters such as garlic or ginger, which keeps meals flavorful without the addition of extra sodium. The best oils used for meal prepping are olive oil, avocado oil, and coconut oil in moderation. Try your best to avoid vegetable oil because it's highly processed and can lead to inflammation. Most importantly, having the right materials makes

meal prepping faster, more enjoyable, and easier. Storage containers keep food portioned, fresh, and portable for use. Examples include Glass containers, BPA-free plastic containers, mason jars, or silicon bags. Cooking tools speed up meal prepping when preparing meals in bulk. Examples include: Sharp knives, a cutting board, an instant pot, an air fryer, and a rice cooker. Please avoid non-stick pans because they have a risk of toxic fumes. Prep tools such as measuring cups, a food scale, mixing bowls, colanders, and a vegetable grater also cut down on prep time. Organizational materials such as a weekly meal planner, grocery list app, and labels for containers keep the meal prep routine efficient. Lastly, I wanted to provide a sample meal that included Breakfast, Lunch, and Dinner. For breakfast, egg muffins with spinach and a Greek parfait are a great option. For lunch, a jerk chicken bowl with sweet potatoes is certainly a go-to choice. For dinner, baked salmon with brown rice and roasted vegetables is a perfect blend. You can also throw in an afternoon snack of a healthy smoothie and trail mix. Ultimately, during life's busiest seasons, with a little meal prep, you can eat healthier, save money, and reclaim your precious time. For more information: <https://nutritionsource.hsph.harvard.edu/meal-prep>

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By Steve Williams, Formerly of The Georgetown Times



Florence Linnen

One of the many quotes from Dr. Martin Luther King Junior that I love says, "Human progress never rolls in on the wheels of inevitability; it comes through the tireless efforts of men and women who are willing to be co-workers with God."

For over 50 years, no one has been a more willing worker for her Dunbar-Choppee-Browns Ferry Community than Florene Linnen. She has spent the better part of her life dedicated to improving her community. Mrs. Linnen is perhaps best known and beloved as the diabetes prevention advocate throughout Georgetown County and South Carolina. I first met Florene in 2010 while I was writing my book, **Ebony Effects: 150 Facts about Blacks in Georgetown, S.C.** At that point, I was halfway through

the book when I realized it was top heavy with men who had achieved extraordinary things in Georgetown County.

I needed to include women who had accomplished great things in my book. Since I wasn't raised in Georgetown, I started asking people for recommendations of women to feature. Among the twelve women suggested to me, Florene Linnen stood out at the top of the list. While many of the women recommended had passed away, I was pleased to find that Mrs. Linnen was a living legend whom I could interview.

We talked about the significant impact of diabetes on our state, especially within the Black community. Florene Linnen has been a drum major for the prevention of diabetes educating many about its causes, treatment, and prevention through numerous presentations at health fairs, workshops, and schools. She also founded the Community Outreach Resource and Education (C.O.R.E.) group in Georgetown to support those in rural areas of South Carolina.

"Over the years," said Florene, "I have participated in numerous community activities. Whenever I identified a need, I organized groups and initiated various programs and projects. Years ago, I helped bring the community together to form the Helping Hands Club. This group provided assistance to people struggling with their utility bills, medical expenses, and other essential needs. Our support included budgeting advice, training, and monetary donations. It was a very successful initiative."

One of the projects she initiated was "Rocky Point Park." She recalled, "When we were young adults, Rocky Point Park was a significant part of our entertainment. The Lord laid it upon my heart to bring the communities and churches together for a day of unity." With the support of missionaries from three churches, government officials, the sheriff's department, health agencies, pastors, and community residents, we came together to clean up Rocky Point Park.

Recently, Florene's beloved Browns Ferry Water Company, a local institution founded by Jerome Nicholas Holmes, a hometown hero in the late 1960s, faced the threat of losing ownership of the company due to a dishonest business deal. When Florene learned about the impending danger, she sprang into action, rallying the community to take a stand and they successfully saved the company.

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Her community activism has not always been welcomed. "In the 1990s," Florene writes in her book, **From the Cotton Fields to the Capitol**, "drugs were rampant in our community. I called a meeting with neighboring communities and told them that we would not allow drugs to take over. At that meeting, we made the decision to organize a march. The march would take place from Mount Olive Baptist Church to the Dunbar Bridge."

"Well, the news got out that there was going to be a march against drugs. I was in my office one day when a young lady came in and said, 'Mrs. Linnen, how are you?' I replied, 'I'm well.' The young lady then continued, 'No, you're not. I was in the washer last night and heard someone talking.' She went on to explain that a man claimed he had an Uzi for Ms. Florene Linnen because she had stopped his sales. I told her to go back and tell him that I have one too, but mine is much bigger than his Uzi because I have Jesus. And I said, most emphatically, 'There will be a march!'"



At 82, Florene may have slowed down, but she hasn't stopped. Never one to rest on her laurels, on Saturday, November 8th, she **hosted** a pre-Thanksgiving program at Nazareth AME Church in Choppee (7817 Choppee Rd. Georgetown, 29440). She says God has laid on her heart to organize yet another community event, which she has named "How I Got Over." Her goal is to remind some and educate others about how her community thrived before modern amenities. "I want young people to take ownership of their community," she said. "They should respect and listen to the wisdom of the elders and think about preserving the legacy of their community."

Her goal is to educate young people in various ways, using images of artifacts and tools, such as washboards, wash tubs, sewing machines, plows, irons, stoves, dipping wells, pumping wells, ice makers, and many other nostalgic items from the past.

"These are tough times we're living in," said Florene. "There's a lot of finger-pointing and divisiveness in the air." She aims to achieve two goals with this program. First, she wants to educate people about the principles of community, including mutual respect for others—especially our elders—charity, hard work, pride, and faith. Secondly, she hopes to reach those who feel hopeless due to the challenges they are facing. "Hard times don't last forever. Community means supporting one another, not turning against each other. As Bill Withers said, 'Lean on Me.'"

Through visual items and tools from the past, she aims to remind people of how her community survived before the advent of paved roads, bridges, and access to hospitals, schools, buses, and ambulance services. This was also before the convenience of washing machines, dryers, indoor plumbing, heating units, air conditioning, and refrigeration. Additionally, she reflects on a time before televisions, cell phones, computers, and the Internet, as well as before the establishment of the Paper mill, the Steel mill, Walmart, Piggly Wiggly, and other supermarkets. Lastly, she emphasizes the time before there was Social Security, Medicaid, Medicare, SNAP, and unemployment insurance benefits. Florene, who is self-educated, believes that no one should ever look down on another person for what they don't have. She was raised on values such as respect, manners, charity, faith in God, and love for others in her community. "My communities have supported me in many ways, and God has shown me favor," she says. "People have always been close to my heart, and I will always help in any way I can. I refuse to let fear stop me. It might make me a little nervous, but I will always stand firm in my faith."



CHS Educational Foundation Hall of Fame Banquet

Founded in 1986, the Conway High School Educational Foundation (**CHSEF**) is a 501(c)(3) non-profit organization offering the opportunity to support and enhance educational opportunities in the classroom. The foundation operates as a vehicle through which the community can make tax-free donations to support educational opportunities in the classroom and beyond at Conway High School. The **CHSEF** supports Conway High School by giving faculty members the opportunity to submit grant requests for classroom equipment or funding for projects that are not included in the regular school budget. Through the years, the CHSEF has awarded teacher grants totaling more than \$100,000. The Foundation's annual fundraiser is an awards banquet that honors outstanding alumni and educators by induction into the **CHSEF** Hall of Fame. It has been held annually since 1992, and the names of the honorees are found on plaques located in the lobby of Conway High School. Honorees' accomplishments and accolades are the legacy of **Whittemore and Conway High School** and proudly celebrate their contributions worldwide.

Anyone who wants to establish a scholarship or make a tax-free contribution to support the foundation can mail their donation to Coker Hall, CHSEF Treasurer, P.O. Box 3073, Conway, SC 29528.

The Banquet was held on October 14, honoring the 2025 **Outstanding Alumni** and **Outstanding Educators**. The Outstanding Alumni Honorees were *Veronica Gerald, Howard B. Smith (Posthumously) and Dr. Deborah Vrooman*. The Outstanding Educator Honoree was *Mary Moore*.



Jacelyn Spearman (CHSEF President) and Dr. Tanika McKissick (CHS Principal) welcomed the attendees.



Audience was wonderfully entertained by the CHS A Cappella Choir



L-R: Mary Hyman accepts Award for Howard B. Smith; Dr. Deborah Vrooman accepts award; Veronica Gerald-Floyd accepts award; and Mary Moore accepts award.



Attendees came from near and far to show support for the awardees.



Microplastics are all over your kitchen, and plastic utensils are part of the problem. Plastic utensils could be leaking microplastics into your food each time you cook with them. These tiny plastic particles are everywhere, including the air we breathe.

A February 2025 study shows that microplastics build up in our tissues over time. The question scientists are trying to figure out is what this is doing to our long-term health. It also begs the question of whether it's the cause of some serious diseases.

From take-out containers and even some cookware, the plastics add up. The good news is you can lower your exposure with a few easy swaps. Let's start by looking at where they're most likely hiding.

CNET's Guide to Nontoxic Cookware

Are microplastics harmful?

Microplastics have become a serious problem for pollution, and now scientists worry about their potential health effects. An estimated 22 million micro and nanoplastics are inhaled by humans each year, and that is largely because they are so hard to avoid. You're exposed to microplastics in three ways: inhalation, ingestion or touch.



Microplastics have been shown to cause a number of issues in the human body. Microplastics and nanoplastics found in blood vessels have been linked to an increased risk of heart attack, stroke and, in severe cases, even death. Tissue inflammation, cell death and lung and liver impacts have all been noted. In animals and marine life, they can also cause oxidative and DNA damage, as well as cancer. Mice were shown to have reduced sperm count, ovarian scarring and hereditary metabolic disorders.

Much is still unknown about the exact effects of microplastics but studies so far have been sobering. They've inspired many home chefs to reconsider what they use in the kitchen and put in their bodies.

Microplastics are plastic particles smaller than 5 millimeters. Nanoplastics are much smaller and invisible to the naked eye, ranging from 1 to 1,000 nanometers -- a fraction of the width of a human hair.

Where microplastics hide in your kitchen

Microplastics are more common than you think. These are some places they may be hiding in your kitchen.

1. Nonstick cookware



A new study found that plastic and nonstick cookware released microplastics into food during cooking, heightening one's exposure to these potentially harmful pollutants. Australian researchers estimate that Teflon-coated cookware contains thousands, maybe millions, of microplastic particles, while a simple crack or fracture in your pan could mean exposure to more than 2 million microplastic particles.

2. Plastic food containers

Your Uber delivery could inadvertently be damaging your health, and it has nothing to do with what you order. With the rise of home delivery services, plastic containers are more common than ever, but these containers can easily add microplastics to your food when heated or washed. One study found that all reusable plastic takeout containers typically used by restaurants contain microplastics.



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Priscilla Wyman Fuller
WCM Contributing Editor

United We Stand and Divided We Fall

By Priscilla Wyman Fuller, WCM Contributing Editor

The above phrase is one that we hear numerous times. The phrase was first coined by John Dickerson in a pre-revolutionary War song in 1768. The phrase holds true today, considering the state of our country and world today. What is truer is the view we take of this in our local community. In Conway, we have a number of neighborhoods that remain close knit through many transformations. Unfortunately, there still appears to have been a disconnect as it relates to safeguarding our community. By this I mean knowing what is happening in the neighborhoods, what businesses or developments are being put there, and what major issues keep recurring.?

As we also look at Conway, there are numerous organizations in our community, not for profits, churches, sororities, and fraternities. All with their own missions, working to benefit the community in different ways. But what if we identified some high-priority needs in the community and band together to achieve those goals for all. What an overarching success that would be and clearly representing a force to be reckoned. This can surely happen if we all leave our egos at the door and decide that our community is bigger, more important and work together to make it happen. How many are ready to make it happen for our community in Conway? **Let's unite to make it happen now!**



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3. Plastic utensils



Plastic utensils can leach microplastics into your food when exposed to high heat levels.

Studies also show that plastic utensils release microplastics into your food, especially when used with hotter foods. When you eat the food, you also ingest microplastics that settle into your body and bloodstream.

4. Tea bags



It may come as a surprise, but microplastics could be hiding in your tea bags. When you brew tea, the bag is exposed to extremely high temperatures that can release its microplastics. This comes from polypropylene, a key component in the manufacturing of tea bags. Researchers at Spain's Autonomous University of Barcelona found that billions of microplastic and nanoplastic particles are released from a single tea bag for every millimeter of water it is submerged in.

Research has shown that a single plastic tea bag can release billions of microplastic fragments.

5. Certain spices

Depending on how it is packaged, that bottle of paprika could be full of microplastics. Many spices today use plastic packaging, which is concerning because one recent study found microplastics in all plastic containers tested. This can result in food contamination, which has increased in recent decades.

6. Plastic straws

Plastic straws are especially concerning because studies show that they release microplastics and nanoplastics, which can then be directly inhaled. Unfortunately, plastic straws are extremely prevalent, with about 8 million metric tons of plastic found in waterways each year. Once these straws and other plastics are in the water, they can affect not just the water but also the soil and animals found on or in it.

7. Canned food linings

BPA was a controversial material used in the manufacturing of canned food linings that could cause serious health effects. Today, non-BPA acrylic or polyester epoxies are more commonly used, but these are not proven safe either, as they too contain microplastics.

Kitchen material swaps to reduce microplastics

Luckily, you have alternatives. Before putting on your apron, consider adding these items to your kitchen to lower your risk of exposure to microplastics.

Wooden or stainless spatulas



There are alternatives to plastic spatulas. Consider trying out a wooden utensil set or one made from stainless steel. This can significantly reduce your exposure to microplastics while upgrading your used utensils.

Continued on Page 20

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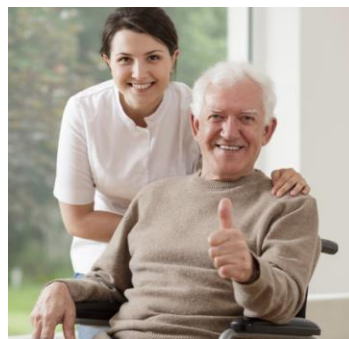
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Cont'd from Page 16

Wooden or stainless steel utensils

Instead of plastic utensils, try to use stainless steel utensils that can be better for the body and also the environment. Wooden utensils can also be a great substitute, working as a more eco-friendly option for your kitchen.

Glass or stainless steel food containers

You can't do much about how restaurants choose to package their food, but you can avoid using them in the future. At home, try to stick to glass, ceramic and stainless steel containers to skip the microplastics.

Loose tea leaves and strainers or infusers

Art of Tea English Breakfast Tea



Tea bags can be filled with plastic but a safer alternative could be loose tea leaves. Many companies offer loose tea leaves that can be used with a stainless steel strainer or infuser, which works the same as a tea bag but can be much healthier.

Spices in bulk or glass containers

To avoid potential contamination from your spices, switch to glass or ceramic packaging instead. This allows your spices to remain on your shelf without being infused with potentially harmful microplastics that can seep into your food.

Reusable metal or bamboo straws



Plastic straws take a toll on the environment and your body, causing serious issues for both. A better alternative would be metal or bamboo straws that can be washed and reused. Even paper straws are a better alternative than plastic ones.

Fresh produce or frozen produce

Plastic linings in canned food can hold microplastics, so to eliminate your exposure, look for foods that are packaged in glass instead. You can also choose to use fresh and frozen foods and produce that skips the packaging altogether.

Cast iron, carbon steel or stainless steel cookware

Plastic cookware is common in many kitchens but there are alternatives. Products like stainless steel skillets, frying pans and cast iron pans can all be great ways to upgrade your cookware without risking further exposure to microplastics.

The bottom line

Microplastics are lurking in our kitchens, hiding in cookware and utensils and making their way into our food. Although research continues, microplastics have been shown to cause damage to the human body, heightening concerns about the products we use and the materials used to make them.

Still, hope remains. With a few simple changes, you can reduce your exposure to microplastics and better protect your health. To learn more, [here are the most common foods with microplastics](#) and tips for reducing your intake.

The information contained in this article is for educational and informational purposes only and is not intended as health or medical advice. Always consult a physician or other qualified health provider regarding any questions you may have about a medical condition or health objectives.

All info in this report is courtesy of Lena Borrelli of CNET

Appreciating the Journey to Protect the Vote

By Priscilla Wyman Fuller, WCM Contributing Editor



The Voter Protection Committee of the Horry County Democratic Party held a Constitution and Citizenship Day on September 17th outside of the Election Board office in Conway. The common theme of the event was the importance of voting and how to protect it. Shirley Vaught did the welcome address with several other speakers emphasizing various aspects of the theme.

Rev. Cheryl Adamson did several readings from the Constitution and discussed the meanings and relevance to us as citizens.

Dr. Adamson spoke about several of the amendments to the Constitution, including freedom of speech, voting rights, and citizenship.

Rev. Kenneth Floyd expressed the need for people to understand the power of the vote and the need for citizens to use it and protect it.

Barbara Sloan from the Voter Protection Committee talked about voting as it relates to people with disabilities and how we are all affected.

The day was organized by Grace Gifford, Chairperson of the Voter Protection Committee. Ms. Gifford in closing out the program, also recognized Pushpa Rani Saxena, a naturalized citizen, for her work as a poll worker for over 20 years. Ms. Saxena passed away several months ago.



Dear Boomers:
Don't Retire. Repurpose Your Synergy
By Darlene G. Lewis, Ret. Educator & WCM Contributor



Okay Boomers...let's talk about the "R" word. You know that word they use after you have worked a zillion years and decide to step away from the plate. Who thought "retirement" was a good description of what seasoned adults do after they leave the workforce? Re-means "to do again" and "Tired"-means lack of energy. Whoever came up with this word was defiantly not a wordsmith!

No matter, Boomers, we have turned the idea of retirement on its head. Other generations don't know what to make of us! (but they do wish we would leave the workforce so they can get a job) When I had my "retirement" ceremony at the end of school last June, I proudly proclaimed that I was not retiring but "repurposing my synergy". I knew that after 43 years of teaching I did not want to totally leave the workforce. I needed to change my paradigm of working and employment, so I did. I took classes online through a temp service and received my certification to be a guest teacher (fancy name for substitute) in the school district. It was a great decision for me. I work when I choose, have classroom engagement, and make extra money for my grandkids or travel.

I'm not the only seasoned adult to repurpose themselves and re-enter the workforce. Current data from the U.S. Bureau of Labor Statistics report that 19% of people aged 65 and older participated in the labor force last year meaning they were either employed or actively looking for employment. The data also indicated that 25% of workers, 75 and older, are a growing segment of the workforce. This data represents a significant increase from previous decades. Why are Boomers refusing to go home and sit in the rocker leisurely on the porch? The labor force participation rate for those 65 and older has been steadily increasing since 1985. There seems to be several reasons we are seeing an uptick in seniors 65 and up who continue in the workforce.

Staying active and engaged: Many retirees report that the physical demands and structure of work are important to them. A work environment helps forge friendships, breeds a sense of community, and holds boredom at bay.



Economic Factors: This trend is driven by personal choice and economic necessity. Some older adults may choose to continue to work because of inadequate retirement savings. Staying in the workforce allows them to continue to earn at the top of their pay scale and after 66 years and 10 months, seniors can earn as much as they want and receive Social Security without it affecting their benefits. It is a great way for them to add to their nest egg, which may have been impacted over the years by financial hardships, loss of employment, health concerns or a dip in the markets.

Changing Demographics: The overall population is aging, leading to a larger pool of older workers. Increased education, better health and a shift away from traditional company pensions have also contributed to more older adults staying in the workforce. Seniors are also in better physical shape due to better healthcare and are motivated to stay active and working.

Bridge Jobs: Many older workers take on "bridge jobs" that provide flexibility, combining part time work with income from retirement, savings, and other sources. Working part-time is a good way to test the waters, to make sure the hobby has staying power, and it also affords the retiree the ability to learn more about what they love. Seniors have immense knowledge of their jobs so companies may hire them to work as consultants to train and mentor new workers.

Retirees work to expand their horizons and try new things: Some retirees can't sit still, nor are they ready to take it easy. They view retirement as a second act, a chance to launch a new career, try a job they always wanted to do but couldn't. Some older people even [start a businesses in retirement](#). Now that the house is paid for, children with kids of their own, no large overhead, adults can finally tackle some job or career they tiptoed around, or a hobby becomes a financial boom. According to Gallup, [52.3% of businesses](#) in the U.S. are owned by people who are 55 and older.



Retirees work because they enjoy working: Based on the 2025 Retiree Confidence Survey from the Employee Benefit Research Institute, 88% of respondents who plan to work in retirement said the primary reason is that they enjoy working. This may come as a shock to other generations, but most Boomers started working in their teens and have had a linear employment history, unlike the up and down employment roller coaster younger workers face. That longevity builds a sense of commitment to work and company. Enjoyment was second only to staying active and involved, which 89% cited as a reason for continuing working.

Don't Retire. Repurpose Your Synergy*By Darlene G. Lewis, Ret. Educator & WCM Contributor**Cont'd from Page 23*

Boomers, we are so very blessed to have reached this divine age as a phenomenal force-of-nature cohort. We've fought in wars, lived as hippies, owned the coolest cars, seen the birth of technology, and hands down boogied to the best music ever made! Now, we may be the target of Gen X and Millennial jokes, but we now have the life they envy. A work life balance that they don't have or can't see having down the road. They may rib on us, but they are not

our enemies: they are our sons, daughters, nieces, nephews, and grandkids. We should reach back and pull them forward when we are able through advisement and like our parents extend the helping hand of compassion when able. They will one day stand on the precipice of the horizon we see now. Prayerfully, it will be as optimal as what we see before us.

We've paid our dues at work and if we decide to continue in the workforce or sit on the porch in that rocking chair, we can. We now have something that trumps youth; great credit scores, excellent health care (thank you Medicare and insurance) and money in the bank. Deciding when to leave the workforce now is less of a mandate and more of a decision everyone can make according to what works for them. Whether you decide to hang up your cleats or repurpose your synergy into a new career or job opportunity, the beauty of either is that the choice is ours. "Okay Boomer" sounds sweet to me!

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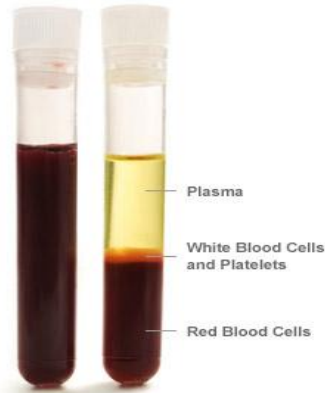
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Have you ever heard of a blood transfusion? If not, a blood transfusion is the act of taking blood from one person and giving it to another person. A man named **Charles Richard Drew** born June 3, 1904 was a trained surgeon and found a way to preserve blood to give to other people who needed it. He also invented blood plasma transfusion and stored plasma blood banks to give to others.

Samya A. Muhammad In February of 1941 **Dr. Charles Drew** was the

first to discover blood plasma. He revealed that blood plasma could separate from the blood to be used and stored in blood banks. He went to three Colleges: McGill University-Faculty of Medicine, Amherst College, and Columbia University. He received his Doctorate degree from Columbia University and Graduated from there in 1940. Dr. Drew was married to Minnie Lenore Robbins, they had three daughters and a son. He died April 1, 1950, due to injuries he sustained in a car accident at 45 years of age.



Dr. Charles Richard Drew



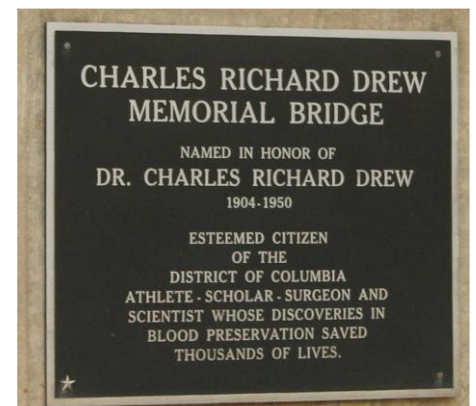
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By Priscilla Wyman Fuller, WCM Contributing Editor



Priscilla W. Fuller
WCM Contributor

In this new column, various things that occur in our community that will impact our community will be discussed. You, as a reader, may not agree with my perspective, but here you have an opportunity to express your opinion as I have expressed mine.

The Conway community has grown tremendously since the time I grew up. I see the growth of numerous businesses and countless homes being developed. That is a good thing to keep the town growing, but where are our voices leading a voice about WHAT GOES INTO our community? There are various mechanisms that are available, but are we utilizing them in our community? *The City Council meetings, the Planning Board meeting, and meetings with elected officials.* All of these are methods to let our voices be heard. Increased taxes on homes and other regulations are being put in place without your input. All of us pay taxes, which are utilized for development. We are justified to say that we have a voice on how those funds are being used and where those funds are used. We are so important to the process, but oftentimes our voices are just complaints to each other. Vote and Demand more of the people we elect for any public office. They are elected to represent the community. Let us demand that they do that !

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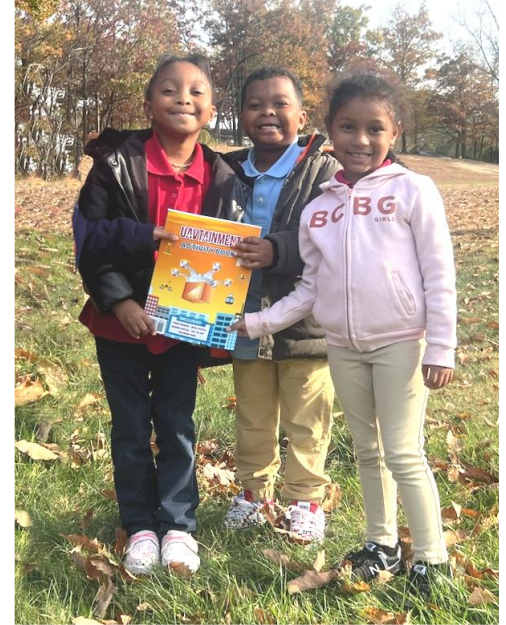
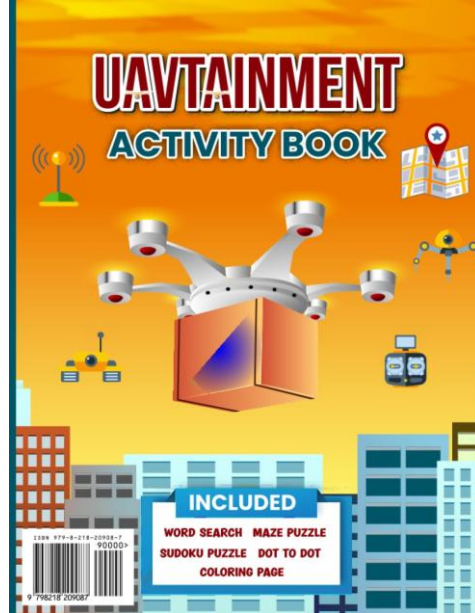


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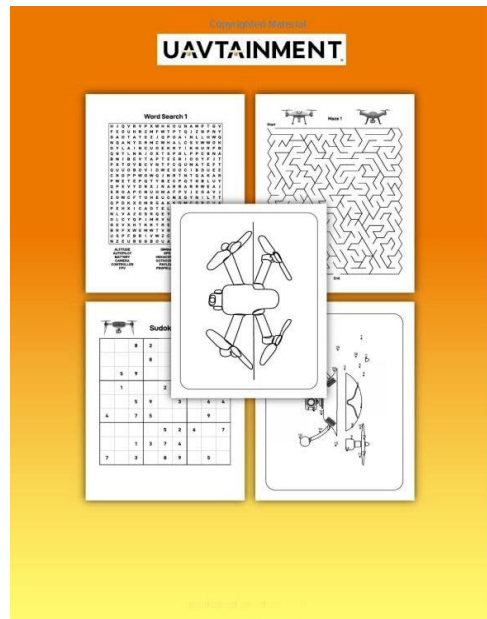
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8	7				1	5
	2			7		4
	9	2		1	5	
		8	7	2		
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7		5	3		4	



Back Cover of Book

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This activity book is perfect for kids aged 6-12 and makes a great gift for any child who loves UAVs and entertainment. Whether your child is a beginner or an experienced drone enthusiast, they are sure to enjoy the fun and engaging activities in this book. So why wait? Get your copy of UAVTAINMENT today, and let the fun begin **AVAILABLE NOW AT [Amazon.com/UAVTAINMENT ACTIVITY-BOOK](https://www.amazon.com/UAVTAINMENT-ACTIVITY-BOOK)**

You're Not Too Young for Colon Cancer

New research identifies the 4 earliest symptoms

Prolonged and unexplained bouts of diarrhea, stomachaches and spots of blood during bowel movements may be signs of early-onset colorectal cancer — a disease that's increasingly found in [young adults not old enough to qualify for colonoscopies](#).

The most troubling early symptom is rectal bleeding, a possible sign of colon cancer that's not comfortably discussed beyond the bathroom.

"It can be difficult or embarrassing to talk about," said Dr. Matthew Kalady, the director of the division of colon and rectal surgery at the Ohio State University Comprehensive Cancer Center. "But the reality is everybody deals with something like this," and it's important to understand what's normal and what's not, he said.

The new research from Washington University School of Medicine in St. Louis, published Thursday in the [Journal of the National Cancer Institute](#), included 5,075 people with early-onset colorectal cancer.



Abdominal pain

Rectal bleeding

Ongoing diarrhea

Iron deficiency anemia

Colonoscopy is the visualization of the large intestine with a tube called a colonoscope. (Ozgu Arslan / Getty Images / iStockphoto)

The goal was to find symptoms that might give [early signals of colorectal cancer](#), a disease that has been surging among younger people in recent years, with an troubling number not being diagnosed until advanced stages. According to the [American Cancer Society](#), the proportion of colorectal cancer cases occurring in people under age 55 doubled from 1995 to 2019, from 11% to 20%.

Continued on Page 37



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Remembering Mr. Joseph Evans, Jr. One of Whittemore High School's Finest

SUNRISE



March 10, 1940



SUNSET



October 8, 2025

**Mr. Joseph Evans, Jr.
Whittemore High School
Faculty**

Mr. Joseph Evans was born on March 10, 1940, in Salters, SC, where he grew up surrounded by love and laughter. He was the third of ten children. As a youngster, Joseph was known to see and fix things that were worn or broken, while designing and building things that he saw were needed. He was a man of deep thought and thoughtfully worded conversations. Life was always his classroom, whether he was the student or the teacher. He carried warmth with him throughout his eighty-five years of life, touching everyone he met with kindness, wisdom, and an unwavering sense of dignity, grace and peace. Whether he was teaching his children a valuable life lesson, molding the minds of his students in mathematics, mentoring and advising, completing everyone's income tax returns, sewing tailor-made garments, cooking scrumptious meals, completing home improvement projects, or helping others in need, his boundless generosity, has made the world a most beautiful place.



Upon graduating from Benedict College, Columbia, SC and meeting and marrying the love of his life, Victoria (Vic) Rush Evans, the couple made their home in Galivants Ferry, SC and were married for fifty-three years. Mr. Evans began his teaching career at the old **Whittemore High School**, Conway, SC in the late 1960's and later transferred to Aynor High School, Aynor, SC. During the period of integration. He retired from Horry County Schools in 1993 after thirty years of service. He was a member of St. John FWB Church for at least fifty years where he served on the Trustee Board, was a member of the kitchen committee and worked with the young adult choir for a period of time.

Joseph is preceded in death by his wife, Victoria, his parents, Joseph B. and Ada Tisdale Evans, Sr., six of his brothers, and one sister. **He is survived by his children, Anthony (Jackie) Evans, Antonio (Gabriella) Evans, Cheryl (Calvin) Brown, Sakinah (Daryl) Brown, Corey (Sakinah) Evans, and Keyara Carter, his two foster children, Durian Ross and Candace (Anthony) Tubens his twelve grandchildren, Antonio (Janeth) Evans, Jr, Daniel Evans, Victoria (Michael) Ward, Vincent and Anthony Mitchell, Corey Evans, Jr., Kamari and Kaelyn Stanley, Taylon Thigpen, Iyanah, Ahsiah, and Zuri Tubens, three great-grandsons, Michael, Hendon, and Isaac Ward, his sister and brother, Marier (M.H.) Stapleton and Girard (Deloris) Evans, several sisters and brothers in law, many nieces, nephews, cousins and close friends, who will carry his love and legacy forever**



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You're Not Too Young for Colon Cancer

Cont'd from Page 32

The new research found four distinct signals up to two years before a colorectal cancer diagnosis:

- **Abdominal pain.**
- **Rectal bleeding.**
- **Ongoing diarrhea.**
- **Iron deficiency anemia. Anemia is usually found in yearly blood tests.**

Participants had at least one of those symptoms that began as early as two years before they were diagnosed.

However, colonoscopies are recommended only at or after age 45. That means people may have symptoms long before they seek doctors' care or are ever diagnosed with colon cancer — a treatable disease if it's caught early, experts say.

"We kind of brush these things away as patients," said an author of the study, Dr. Cassandra Fritz, an assistant professor of medicine in the division of gastroenterology at the Washington University School of Medicine.

Still, "these symptoms should alarm you," Fritz said. "Go see a doctor to get further evaluation."

Nearly half of the study participants experienced at least one of those symptoms three months before they were diagnosed. The risk for cancer diagnosis

rose as additional symptoms popped up. The research highlights an "alarming problem" for young adults and the doctors who take care of them, said another author of the study, Yin Cao, an associate professor of surgery in the public health sciences division at Washington University School of Medicine. "We are sending a very clear message that young adults need to be aware of these symptoms," Cao said in an interview. The worry is that doctors, gastroenterologists and younger people are too often misdiagnosing or ignoring symptoms.

"To date, many early-onset colorectal cancers are detected in emergency rooms, and there often are significant diagnostic delays with this cancer," Cao said in a statement.

Symptoms like diarrhea and abdominal pain can be normal and fleeting. Experts said such symptoms lasting more than a week without any known cause warrant a call to the doctor.

"What I tell patients is if you have some diarrhea that resolves quickly, that's probably nothing to worry about," Fritz said. "But if you notice that it's lasting for weeks or a month, that might be something to have a conversation about" with your primary care doctor.

Dr. William Dahut, the chief scientific officer for the American Cancer Society, urges people to pay attention to early symptoms that may indicate problems.

"If there's something that you feel that's out of the ordinary, push a little harder for more diagnostic tests," Dahut said.

"We are sending a very clear message that young adults need to be aware of these symptoms,"

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First Lady Mary Dozier**



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Reverend James O. Rodgers, Pastor



Brook United Methodist Church - 9705 St. James Rd., Myrtle Beach, SC
Reverend Deborah Patterson, Pastor



Word of Life Christian Church - 7840 Highway 701 S Conway, SC
Rev. Dr. E. McClendon, Pastor



Mason Temple Church of God In Christ—1501 7th Ave., Conway, SC
Pastor James L. Lee -Superintendent

Clinton Earl Hemingway

Mr. Clinton Lee Earl Hemingway was born to the late Mr. James Pernel Hemingway and Mrs. Carrie Lee Hemingway on **July 12, 1950**, in the Popular Community of North Myrtle Beach, South Carolina. He attended Carver High School. **Mr. Clinton leaves to cherish his lasting memories his mother, Carrie Lee Hemingway; his wife, Minnie P. Hemingway; his beautiful children, Stephanie Barr of Myrtle Beach, SC, Clinton Hemingway of Denver, CO, Martin (Monique) Hemingway of Houston, TX, and LaTonya (Christopher) Stephens of Lexington, SC; his beloved grandchildren, Rachel Barr (Sam) Millhouse of Myrtle Beach, SC, Alexis Barr of Myrtle Beach, SC, Tre "Deja Hemingway of Houston, TX, Isiah Isom and Elias Isom both of Myrtle Beach, SC, Marquel (Samantha) Goings of Columbus, GA, Amiyah (Joshua) McFadden of Lexington, SC, Shaheem (Shamice) Stephens of Houston, TX, LJ Gibson of Lexington, SC, Malachi Hemingway of Houston, TX, and Cameron Stephens, Of Lexington, SC; many beautiful great grandchildren; his siblings, J ohhny (Brenda) Hemingway of Atlanta, GA, James Hemingway of Marion, SC, Fannie L. Fulton of Myrtle Beach, SC, Rev. Elizabeth Bowens of Surfside Beach, SC, Michael (Renee) Hemingway of Allendale, GA, Elder Charleather Greene of Warner Robins, GA, Pricilla Leza of North Myrtle Beach, SC, Margaret (Jack) Gore of Little River, SC, Marylin Hemingway of Fayetteville, NC, and Gibb Hemingway of Little River, SC: along with a host of aunts, uncles, nieces, nephews and sorrowing friends!**



1950 - 2025



Donald Harris

Donald Harris Sr., of Myrtle Beach, SC, entered eternal rest on **Monday, October 13, 2025**. He was born in Waynesville, NC, on **March 10, 1957**, to the late Sylvester Harris Sr. and Henriette Burton. He was a veteran of the Abbeville National Guard, where he made many cherished memories and friends. He also loved to travel, cook, and listen to music. He will be missed. **He is survived by his wife Beverley Harris of the home, his siblings, his children, Shonda Wade, Donald Harris Jr., Donovan Brown, Demotrious Harris, and a host of grandchildren, nieces, nephews, and other relatives and friends.**



1957 - 2025



Joseph Iriarte

Joey Joseph Iriarte of Fayetteville, NC passed away on Monday, **October 13, 2025**. He was born on **August 6, 1986**.



1986 - 2025



Flossie Frazier

On Sunday, October 12, 2025, Flossie Bell Frazier Faulk, affectionately known as "Babe" to her family and friends, peacefully received her heavenly crown and wings. Flossie was born on **March 2, 1943**, in Bucksport, South Carolina, to the late Flora Ben Marshall and Rubert Frazier. Flossie graduated from Whittemore High School in 1960. **Flossie now joins her beloved parents, Flora and Rubert; her brother, Harold; her aunts, Maggie and Rhuetilla (Till); and other cherished family members in their eternal home. She leaves to celebrate her life and carry forward her legacy, her loving daughter, Janice (Robert); son, Anthony; grandsons, Jamal and Justin; sister, Rodella (Elton); brothers, Russell, Thayer (Annie), and Bobby (Lula); aunts, Elaretha and Albertha; and a host of nieces, nephews, cousins, and dear friends who will forever treasure her memory.**



1943 - 2025



Deloris Wilhemina Craig

Dolores Wilhelmina Humprey Craig was born **June 25, 1935**, in Brooklyn, NY to Garland A. Humphrey and Velma E. Humprey. At an early age, Dolores accepted Jesus Christ and became a member of Sandy Mount Baptist Church in Smithfield, VA. Dolores met and married Harold J. Johnson at Bridge Street Church. She was proceeded in death by her husband, Henry Craig; her parents, Garland A. Humphrey and Velma E. Humprey; three brothers, Earl Humphrey, Barry Mooring, and Edward Wilson; and one sister, Doreena Taylor. She departed this life on **October 23, 2025**. **Mrs. Craig leaves to cherish her memories to her daughters, Brenda Johnson of NY, Roslyn (Richard) Heywood of GA, Brend McCray of SC; one son, Harold Johnson, Jr. of GA; one sister, Thelma Humphrey of NY; one brother, Elliott (Janice) Mooring, of PA; one grandson, Jermaine (Shere) Cooper of GA; three great grandchildren, Carter Cooper, Justin Thomas, and Brooklyn Cooper of GA; a special niece, Syreeta (Jermaine) Robinson of NY; one god-son/nephew, Rodney Taylor and Freddie Taylor of NY; and a special great niece, Madison Robinson; many cousins, and relatives, and friends, adopted daughters, grandchildren and many friends in Atlanta. Special thanks to the following: Sonny's Auto her neighbors, Kevin and Michelle. To all her friends at the Burgess Center with whom she played her favorite game "Rummikub". And lastly, Peggy and all her friends at K&Q Restaurant.**



1935 - 2025



Frances Ann Gore

Frances Ann Washington Gore age 83, passed away peacefully on **October 26, 2025**, surrounded by her son and grandsons. She was born on **September 3, 1942**. Frances was the third child to the late Clyde and Jannie Gore. At an early age she gave her life to Christ, and her roots in her faith were deep and strong. She met the love of her life, Herman "Wash" Washington in 1966 while he was stationed at Myrtle Beach Air Force Base. In 1968 they were joined in marriage. Years later they gave birth to their one and only child Fritz. She was preceded in death by her parents, Clyde and Jannie Gore, and a sister, Myrtle Davis. **She leaves to cherish her memories, a loving son, Fritz Washington of Columbia, SC, five loving grandsons, Shakeem Washington of Conway, SC, Malik Washington of Columbia, SC, Aamir Washington of Columbia, SC, Devonte McBride of Myrtle Beach, SC, and Omar Washington of Columbia, SC; three great grandchildren, Cameron "Cam" Washington, Malik "Leeky" Washington, and Sincere Washington; a sister, Barbara Fields of Brooksville, SC; and a brother, Clyde Gore of Columbia, SC; and many nieces and nephews.**



1942 - 2025



Harry Cameron

Harry Cameron, age 78 of Myrtle Beach, South Carolina, passed away peacefully on **October 9, 2025**, at Georgetown Memorial Hospital. He was born on **May 30, 1947**, in Lake City, South Carolina. He graduated from Thomas Jefferson High School in Brooklyn, New York. Harry was deeply loved by his family and friends. **He is survived by his daughters, Miranda Cameron-Bostick, LaTonya Cameron-Vereen (Lynwood), and Tashana Cameron (Jason Lanngren); his son, Treavis Salters; his brother, Abraham "Bay" Cameron; and his former wife, Ruby Salters Carrillo. His legacy continues through his eleven grandchildren, Darnae Cameron (Anthony Rivera), Rayshawn Bostick, LaTasha Bostick (Adam Manke), Georgiana Vereen, Lynwood Cameron Vereen, Dominik Horan, Kierra Bostick, Rhyana Horan, Jossalyn Vereen, Jay'zen Lanngren, and Jensyn Lanngren; and four great-grandchildren, Tatyana Rivera, Kailyn Manke, Aiden Manke, and Adam Ace Manke. He also held close to his heart, a host of nieces, nephews, aunts, uncles, cousins, and close friends who were like family to him. He was preceded in death by his mother, Beatrice "Flossie" Gathers Cameron; father, Henry Cameron; stepmother, Elizabeth Myers Cameron; brothers, John Henry Cameron, Eddie Joe Cameron, and Robert Myers; and sister, Nellie English.**



1947 - 2025



Jeremiah Aldrey Gore

Jeremiah Aldrey Gore, the fourth of five children was born to Al and Sonora Gore on **March 11, 2005** in Wilmington, North Carolina. He departed his earthly life and entered his heavenly home at the age of 20 on **October 10, 2025** in Longwood, North Carolina.



2005 - 2025

Jeremiah graduated from West Brunswick high school of Shallotte, NC in 2023. He played football for the Buccaneers of Shallotte, NC. Jeremiah accepted our Lord and Savior Jesus Christ at a young age at Mt. Calvary #2 Missionary Baptist Church. **He is survived by his parents, Al and Sonora Gore; four siblings, Janisha, Damarius, Alisha and Jamarien Gore; one nephew and four nieces, Cayden, Zuri, Peyton, Paris and Chanel; an adopted sister, Tammy Butler; his godmother, Linda Stanley; god sister, Aja Stanley; and a special cousin, Jeremy Gore that he loved so dearly.**

Robert J. Simmons

Robert James Simmons was born on **October 10, 1936**, in Myrtle Beach, South Carolina. He departed this earthly life on **Friday, October 24, 2025**. Robert received his education in the public schools of Horry County, South Carolina. One daughter, Monica Brown, preceded him in death.



1936 - 2025

Robert leaves to cherish his memories his wife, Ruby Simmons of the Sandy Island community of Georgetown, South Carolina; his daughters, Jackie (Pastor Willie) Wilson, of Myrtle Beach, South Carolina, Renee S. Campbell of Georgia, Evonne Simmons Stuckley of Myrtle Beach, South Carolina, and Elaine Simmons of Myrtle Beach, South Carolina; 3 other children; five grandsons, eight granddaughters, thirteen great-grandchildren, and great-great-grandchildren, a host of aunts, uncles, nieces, nephews, other relatives and friends.



Lee Stanley Becton, Sr.

It is with great sadness that we announce the passing of our beloved **Lee Stanley Becton Sr.** who departed this life on **October 15, 2025**. Born in Kinston, NC on **August 4, 1937**, Lee brought joy and warmth to all who knew them.



1937 - 2025

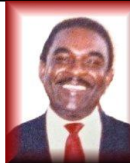
They are survived by his daughter, Susan Becton, and sister-in-law, Eyvonne Becton, as well as many dear friends. Lee was preceded in death by his wife, Linda Becton, and his son, Stan Becton. Lee will be deeply missed, but their memory will live on in the hearts of all who were fortunate enough to know them.



John Henry Simmons, Sr.

John Henry Simmons, Sr., age 78, of Horry County, S.C. departed this life on the afternoon of **October 11, 2025**.

Born on **February 3, 1947**, in Horry County, John Henry was the beloved son of the late Evelyn Simmons and Mary Alice Chestnut. He was preceded in death by his daughter Deborah Bonaparte; sisters Olivia Chestnut and Emma Gore; and his brothers Eddie Simmons and Leroy Chestnut. John Henry attended local schools in Horry County and later became self-employed. He was a member of Sandy Grove Missionary Baptist Church. **He leaves to cherish his memory his devoted wife, Lucille Simmons; his loving son, John (LaToya) Simmons, Jr. of Myrtle Beach, SC; a son-in-law, Joseph Bonaparte of Hardeville, SC; he will be deeply missed by his grandchildren, Crystal Bonaparte, Diamond Bonaparte, Kiera Simmons, and John Simmons, III; an honorary grandson who called him "granddad" his Palmer, great-grandchildren, Ashton Palmer, Iniko and Okina Palmer, who affectionately called him "GRANDEDDY," and "Papa." John Henry is also survived by his brothers, Chris Chestnut of Myrtle Beach and Rio Simmons of Hemingway; his sisters, Linda (Leon) Davis of Myrtle Beach and Emily (Michael) Johnson of Conway, SC; and his uncle, Bobby Jean Simmons of Myrtle Beach. He will be fondly remembered by his brothers-in-law James (Mary) Pryor of Conway, Thomas Pryor of Myrtle Beach, Greg (Sharon) Pryor of Myrtle Beach, and Jeff Pryor; and his law Linda Pryor of Atlanta, GA.**



1947 - 2025

Shanterior Latrice Orr

Shanterior Latrice Orr was born on **March 27, 1978** in Dade County Miami, Florida to the late Sandra Orr. Our heavenly Father decided to remove Shanterior's name from the book of life on **Thursday, October 9, 2025** at the tender age of 47. Shanterior attended Miami-Dade Public Schools and was a graduate of Coral Gables Senior High School. She was employed in the food industry and earned a management position for more than 15 years. Over the years, she became the mother of six children and one grandchild to whom she adored. Sadly, her mother, Sandra Orr; two daughters, Shantonsha Orr and Joniara Orr; a nephew, Jamal Sessions; and Paulette Gray, all preceded her in death. **Precious memories will be shared by her children, Charlie Bellinger, Malcolm Williams, Sanaa Orr, and Justion McCray, Jr.; one grandchild, Lailani Dalainea Orr; and a host of other relatives and friends.**



1978 - 2025



Rubin Nathaniel Edge

Mr. Rubin Nathaniel Edge was born on **August 20, 1945** to the late Jimmie and Alberta Edge. He gained his wings to his eternal home on **October 11, 2025**. At an early age he accepted Christ as his personal savior and became a member of Macedonia AME Church in North Myrtle Beach, South Carolina. He was affectionately known as Naye, Nathaniel, Papi, Gerber Gerber, Dank, and Nate. He retired from Myrtle Beach Hilton and Tidewater Golf Course. He was an avid fisherman and loved watching GRIT TV (westerns). He was preceded in death by his parents, Jimmie and Alberta Edge; one daughter, Retha Mae Nance; a grandson, Marvin Jerome Nance, Jr.; four sisters, Catherine Bellamy, Lorraine Prince, Lizzie Mae Alford, and Sharon Riggins. **Nathaniel leaves to cherish his memory, his devoted wife of 58 years, Elouise Edge of the home; his children, Lena Edge and Nathan (Lisa) Edge; four grandchildren, Willis (Susan) Nance, Daryl Edge, Ingrid Edge, and Stephon Edge; four great grandchildren, Lily Nance, Isabella Nance, Kia Nance, and Landon Edge; one sister, Pastor Sandra Jones; four brothers, Jimmy (Archie Bell) Edge, Edward (Beverly) Edge, Albert (Star) Edge, and Lee Otis (Angie) Edge; many other family members and a host of devoted nieces, nephews, friends, and one special friend, Al Vereen.**



1945 - 2025

Willie Stanley

Willie Lee Stanley was born on **September 7, 1953** in Southport, North Carolina to the late Simon and Wilhemina Stanley. He departed this life on **Saturday, October 18, 2025**. Willie was a 1971 graduate of Shalotte High School in Shalotte, North Carolina. He was united in holy matrimony to the late Josephine W. Stanley, and they were blessed with three children. Later he met and married the late Estella S. Stanley, and they were blessed with three daughters. Willie was preceded in death by his parents, six aunts, seven uncles, both of his wives, a son, Edward C. Williams; three siblings, Carol Crawford, Connie Stanley, and Denise Royster. **Willie leaves cherished memories to his children, Sherry Williams, Bernice Williams, Cathy Sinclair, Autrey Sinclair, Gwen (Ted) Sanders, Michael Stanley, and Sophia Menser; two brothers, Simon (Ethell) Stanley and William (Rita) Stanley; two sisters, Minnie (Charles) Bellamy and Rachael (Derrick) Smith; one aunt, Ruby Livingston; a host of grandchildren, great-grandchildren, nieces, nephews, cousins, other relatives and friends.**



1953 - 2025



Wilber G. Green, Sr.

Wilber Gene Green, Sr. was born on **February 14, 1938**, to the late Annie Green and the late Louis Marlow. Wilber attended Union School. He was preceded in death by his wife, Bonnie Green; one daughter, Annie Green; one son, Wilber Green, Jr.; his brothers, Eddie and Joseph Green; and three grandchildren, Raymond Marlow, Anthony Grissett, and Raqun Green. He departed this life on **October 6, 2025**. *Wilber's life and memories are survived, cherished, and loved by his daughters, Willa (Alfred) Marlowe of Thomasboro, NC, Rosa (Curtis) Green of Columbia, SC, and Dora (Vince) Green of Durham, NC; his sons, Gilbert (Stephanie) Green of Calabash, NC and Raymond (Anthony) Green of Longwood, NC; his sisters, Mary Stanley, Elizabeth Relford, Lina Johnson, all of Calabash, NC, and Geneva Davis of FL; his brother, Noah (Emma) Green of Longs, SC; his son-in-law, Willie Joe Grissett; a special daughter-in-law, Anhanet Green; 21 grandchildren, 13 great grandchildren; 1 great-great grandchild; sisters-in-law, Annie Vereen, Estelle Wilson, Rosa Pearl Grissett, and Everlina Green; brother-in-law, Charlie (Ada) Marlowe; special friends, LC Hill, Curtis Johnson, Charlie Ray Vaught, Rev. William Henry Vereen, and Jason and Tulsa Scott who lived across the street. He is also survived, cherished, and loved by his nieces, nephews, cousins, and other relatives and friends.*

**1938 - 2025****Shatisha Ya'niue Phillips**

Shatisha Ya'niue Phillips was born on **June 10, 1976**, in Brooklyn, New York to the late Ms. Carolyn Evon Phillips and Ronnie Samuel. On **Monday, October 27, 2025**, she departed this earthly life for her prepared place in our Savior's Kingdom. She was preceded in death by Moses and Betty Hodges, her surrogate parents who raised her as their own. She gave her life to Christ at an early age at Christ Baptist Church of Coram, in Coram, New York. Since relocating, she became a member of Salem AME Church of Conway, South Carolina. She attended the public schools of Charleston graduating in 1995 from Middleton High School. She loved to read, play solitaire, listen to music, cook, and sing to the top of her lungs. Tisha had a great sense of humor and if you were ever in her presence, you were sure to have a good laugh. *She leaves to cherish her memories her two beautiful daughters: Heaven Doveyah Evon Hutto of Columbia, SC and Brooklyn Skyye N'Terra Williams of Bucksport, SC. One sister, Diane Hodges of Tampa, Florida; and two brothers, Moses Hodges, Jr (Joycelyn), and Jamal Hodges (Jamie). One Uncle, Harold Phillips (Geneva), and Aunt Lillie Mae Phillips. A host of other family members, nieces, nephews, cousins, and other family members and close friends.*

**1976 - 2025****McKiever****Alberta Mitchell Ballen**

Deaconess Alberta "Mickey" Mitchell Ballen, daughter of the late Greely and Oree Mitchell, was born on **June 26, 1960**, in Conway, South Carolina. She peacefully entered eternal rest on **October 5, 2025**. Alberta was a proud 1978 graduate of Conway High School and a devoted member of Mt. Zion Missionary Baptist Church. Alberta was preceded in death by her parents, Greely and Oree Mitchell; brothers, Carlisle and Emory Mitchell; sisters, Gloria Watts and Carolyn Vereen; and her late in-laws, Janet and Richard Johnson and Wyonne Wilson. *She leaves to cherish her memory: her devoted husband of 41 years, Deacon Gerald Ballen; two beloved children, Tiffany (Jaylin) Glover of Conway, SC, and Jeremy Ballen of Myrtle Beach, SC; and three precious grandchildren, Jeremy "Jaydon" Ballen, Alayah Ballen, and Autumn Glover, all of Myrtle Beach, SC. She is also survived by three brothers, Roosevelt (Janice) Mitchell, Anthony (Gladys) Mitchell, and Willis Mitchell, all of Conway, SC; one sister, Berniece Wagner of Syracuse, NY; her father-in-law, Robert Wilson of Flint, MI; mother-in-law, Laura King of Myrtle Beach, SC; two aunts, Reece Mitchem of Augusta, GA, and Andis Mae Mitchell of Little River, SC; sisters-in-law, Margaree Mitchell, Vernita (Dion) Holbrook of Arlington, TX, and Barbara Blain-Bellamy of Conway, SC; and brothers-in-law, Kevin Wilson of MI, Mark (Samantha) Johnson of Conway, SC, Paul King of Atlanta, GA, Michael (Linda) King of Myrtle Beach, SC, Jeffrey King of Conway, SC, and Rickey Ballen of Conway, SC.*

**1960 - 2025****McKiever****Pastor Tommie Kennedy Campbell**

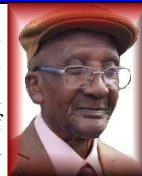
Tommie K. Campbell, affectionately known as "Boot," was born on **January 11, 1956**, in Myrtle Beach, South Carolina to the late Pastor Maude Kennedy Ridges and Moses Kennedy. She peacefully transitioned from this life on **Thursday, October 2, 2025**, at the age of 69. *She leaves to cherish her memory: her devoted son, Michael Campbell; spiritual daughter and caregiver Martine C. Watts, spiritual grandchildren Prince and Royal Watts, her sisters, Mozella Bradley (Solomon) and Holly D. Carpenter; her brother, Steven Kennedy; her grandchildren, Michael Jr., Malachi, Mekhi, and Trinity. her special niece, Joi Bradley; her special nephew, Michael Spivey; her special goddaughter, Cierra Clayton; and a host of nieces, nephews, cousins, spiritual children, church family, and friends. She was preceded in death by her mother, Pastor Maude Ridges; her father, Moses Kennedy; and her brother, Samuel Vaught, Jr.*

**1956 - 2025****McKiever****Tyrese O'Martin Blathers-Stanley**

Tyrese O'Martin Blathers-Stanley was born on **February 5, 1980**. He departed this life on **Saturday, October 18, 2025**. Tyrese was the son of Willie Blathers and the late Juanita Miles Conley. He was raised in the home of the late Johnny Stanley and Jackie Miles Stanley. He attended Horry County Public Schools, where he showed skills in basketball and football. *Tyrese leaves to cherish his memory his loving and loyal mother, Jackie; his devoted best friend, Diane Tassi; two brothers, Tyrone Miles-Stanley and Alex Stanley (Javona); four sisters: Tanya Washington, LaTasha Blathers, Peggy Stanley Washington (Charles), and Sheron Grant; five nieces: Shardasia, Nazriah, Kamari, Kaelyn, and Jayda; eight nephews: Robert, Devon, Tyrone, Tyron, Elijah, Azaryah, Jordan and Jaxson; eight aunts: Pat, Brenda, Sherri, Margaret, Mable, Jean, Francis, and Diane; six uncles: Kelvin, Baxter, Wayne, Ralph, Lewis and Jimmy; Special friends: Robert Dale Hill, Earl Vereen and Raeford Whalen Vereen; Man's best friends, Memphis and Sunny and a host of cousins, other relatives and friends. He will be deeply missed, fondly remembered, and forever cherished.*

**1980 - 2025****Latimer's FUNERAL HOME****Jerry Lindo Smith**

Jerry Lindo Smith Sr. of Conway, South Carolina, passed away peacefully at his home, surrounded by family, on **October 25, 2025**. Born on **April 15, 1937**, he was the son of the late Dan Smith Sr. and Joeanna Grant Smith. He was preceded in death by his two sons, Barry Smith and Jerry Smith Jr., and his daughter, Arietta Smith. *Jerry leaves to cherish his memory his loving children: Tyrone Smith (Deborah), Carolyn Smith, and Wanda Carter, all of Conway; Larissa Phillips (Sofonias) and Aves Smith (Lisa), both of Columbia, SC. He is also survived by his devoted sisters: Frances Mishoe and Shirley Smith, both of Conway; Lena Mae Gore of Cool Spring; Pauline Stone of New York; and Terre Jones of Texas. He will be lovingly remembered by his 23 grandchildren, 40 great-grandchildren, and a host of nieces, nephews, relatives, and friends who will forever hold him in their hearts.*

**1937 - 2025****Latimer's FUNERAL HOME****Ticy Powell**

Ticy Powell was born on **April 3, 1975**. She departed this life on **October 2, 2025**. *She leaves her two sisters, Candice Simmons and Vanity Simmons both of Conway SC. Preceded in death by her mother, Betty Simmons, her father, Earl Walsh Williams, grandparents- Essie and James Lisbon, Joanne and Don Sessions all of Conway SC.*

**1975 - 2025****Latimer's FUNERAL HOME**

Dwayne Chestnut

Dwayne Chestnut, beloved son, brother, and friend, entered into eternal rest on **October 20, 2025**. He was born in New York, and later made North Myrtle Beach, South Carolina, his home, where he spent the majority of his adult life. Dwayne was proud graduate of North Myrtle Beach High School, Class of 1982. Dwayne was preceded in death by his loving mother, Roberta Chestnut, who now welcomes him home in Heaven. *Dwayne's memory will forever be cherished by his family, friends, and all who were blessed to know him.*

**N/A - 2025**

Latimer's FUNERAL HOME

Artella Norma McCroskey

On **October 9, 2025**, **Artella Norma McCroskey** (nee Foy), age 94 years, departed this life in Myrtle Beach, SC. She was born on **June 8, 1931**. She was preceded in death by her husband, Victor Lee McCroskey Jr, her sisters Gertrude Steinhilber (John), Regina Weber (Charles), Lula Kissinger (Bill) and her brothers Hayden Foy (June) and Joseph Foy (Gerry). Artella is survived by four daughters: Sharon Alley (Mike), Victoria Barnett, Margaret Hinkle (Mark) and Karen Stillion (Lyndell Guy). She is also survived by seven grandchildren and twelve great-grandchildren. *Her grandchildren are Eric Alley, Mollie Shuman (Justin), Nicholas Meekins, Theresa Hall, Ciara Barnett, Brittany Merchant and Justin Stillion. Her great-grandchildren are Faylinn, Olya, Austin, Christopher, Coen, Rylen, Lyric, Amari, True, Messiah, Hendrix and Liam.*

**1931 - 2025**

Latimer's FUNERAL HOME

Terry Bessent

Deacon Terry Lee Bessent, son of the late Emma Rea Claridy and John Washington Smith, was born on **August 27, 1963**, in Wampee, SC. He departed his earthly life on **October 6, 2025**. He was preceded in death by his parents, three sisters: Min. Sandra Spivey, Tracy Claridy Fowler, and April Smith; two brothers, Richard Bessent and Craig Smith, and his stepfather Lacy Claridy. Terry was educated in the Horry County School System, where he graduated from North Myrtle Beach High School in 1982. *He leaves to cherish his loving memory his steadfast and devoted wife, Minister Anaglie C. Bessent; his daughter, Destiny L Bessent; his son, Christopher E. Johnson; and four grandchildren: Saharra, Eli, Anariah, and Kobe Philius, one sister, Copano Smith, four brothers: Ricky {Lottie} Bessent, Carrol (Doris) Bessent, Dentria Smith and Germany Smith, one brother-in-law: Dennis Fowler, two aunts, Jessie Mae Gore and Daisy Smith, two uncles, David Smith and Eugene Smith, and a host of nieces, nephews, cousins, friends, and his Mt. Calvary#2 Missionary Baptist Church family. To say that Terry will be deeply missed is an understatement, but to say that we loved and knew him is a Blessing.*

**1963 - 2025**

Latimer's FUNERAL HOME

Joseph Evans, Jr.

Mr. Joseph Evans, Jr. was born on **March 10, 1940**, in Williamsburg County in the area of Salters, SC. He is the son of the late Joseph B. Evans, Sr. and Ada Tisdale Evans. He departed this life on **October 8, 2025**. Upon completing high school and then graduating from Benedict College, he and his wife made their home in Galivants Ferry, SC. Joseph met his beloved wife, Victoria (Vic) Rush Evans in college and they were united in holy matrimony for over 50 years. Joseph began his teaching career with Horry County Schools as a math teacher in the late 1960's at the old **Whittemore High, Conway, SC** and in the early 1970's he transferred to Aynor High School, Aynor, SC during the period of integration where he retired in 1991. His dedication to educating youth last for thirty years. Mr. Evans was a member of St. John Freewill Baptist Church in Galivants Ferry, SC. *He leaves behind to continue to share his legacy and memories, his two devoted and dedicated, caregiver grandsons V. Evan and Anthony Mitchell, his five children, Anthony (Jackie) Evans, Antonio (Gabriela) Evans, Cheryl Evans (Calvin) Brown, Sabrina Evans (Daryl) Brown, Corey (Sakinah) Evans, and baby girl Keyara Carter along with his two other foster children, Candace (Anthony) Tubens and Durian Ross, a loving and caring sister, Marier (MH) Stapleton and brother Girard (Deloris) Evans, and several sisters and brothers in law. Joseph leaves fond memories with his grandchildren Antonio Evans, Jr. (Janeth), Daniel Evans, Victoria Brown Ward (Michael), Corey Evans, Jr., KaMari and Kaelyn Stanley, Zymire Thigpen, Iyanah, Ahsiah and Zuri Tubens, three great grandsons, Michael Elijah, Hendon and Isaac Ward, his nieces, nephews, cousins and friends. We extend our appreciation to the caregivers' team of Ardent Hospice & Palliative Care who are LaQuisha, Leann and Anita that played a major role in caring for Mr. Evans.*

**1940 - 2025**

Latimer's FUNERAL HOME

Billie Hickman

Billie Hickman was born on **August 28, 1948**. She departed this life on **September 29, 2025**. *She leaves to cherish her beautiful memories; Daughter, Karen Hickman Lewis (husband Samuel Lewis); daughter Sandra Hickman Thomas (Husband Walter Thomas) and grandchildren; Aaliyah Rodgers and David Hemingway.*

**1948 - 2025**

Latimer's FUNERAL HOME

Carolyn June Gethers

Mrs. Carolyn D. Gethers (June), age 77 of Philadelphia, PA, passed away in Durham, NC, surrounded by her loving friends. A beautiful and kind gem has completed her earthly journey and entered heaven on **Monday, August 18, 2025**. She was Born on **Monday, August 15, 1948**, daughter of Cora June and James Brisbon. Carolyn attended William Penn High School. An all-girls school at the time. and Vaux Junior High School. Although she was born in Philadelphia, PA. she spent many summers in Lane, South Carolina with her beloved Aunt Ida. *She leaves behind her surviving spouse, Leonard Gethers. In addition, her legacy of love includes her daughters, Nichole and Naomi Wilson, who will forever cherish the unconditional love and wisdom their mother imparted. Carolyn's brothers, Benjamin June and Arwin Brisbon, remember her as the beacon of their family, a sister who always led by example. The family tree Carolyn nurtured with love continues to flourish through her grandchildren, Brittney Wilson (wife, Teirra Wilson), Dashawn Davis, great-grandchildren, Amoure and a host of nieces, nephews, great nieces, great nephews, and great grand nieces and nephews. Her stepchildren, Lesley, Lamont, Lauren, and Leah Gethers, will remember her as a loving and nurturing presence in their lives, always guiding them with love and supportive embrace.*

**1948 - 2025****Maxine Albertha Dukes**

Maxine Albertha Dukes, affectionately known as "The Grand Marshall of Sugahill," transitioned peacefully on **October 24, 2025**, at Lower Cape Fear Life Care Center in Wilmington, North Carolina. She was born on **November 14, 1944**, to the late Grace and Joe Hicks of Conway, South Carolina. Maxine was united in holy matrimony to the late Billy Lee Dukes. To this union, a beautiful family was born. She leaves to cherish her precious memories: Regenia (Terry) McCray, Curtis (Denna) Dukes, Yolanda Dukes, Marylon (Willie) Melvin, Richard (Shirlene) Dukes, and Ted (Dethra) Dukes. She was preceded in death by her beloved daughter, Rosita Woodard. Her legacy continues through 21 grandchildren, 40 great-grandchildren, and 3 great-great-grandchildren. She is also survived by five sisters-in-law: Marcella Hicks (Richmond, VA), Daisy Hamilton (Elizabethtown, NC), Shirley Newton (Charleston, SC), Mary Brown (Apex, NC), and Eveline Sherman (Jacksonville, NC), and a host of nieces, nephews, cousins, and friends. She was preceded in death by her siblings: Earleaner Akins, Curtis Hicks, Cornell Hicks, and Gilbert Johnson. Maxine attended Horry County Public Schools and spent many years working as a compassionate caregiver. She shared a lifelong and special bond with her dear friends: Betty Bromell, Sandra Gowans, Ann Parmley, and Eva Mae Harshaw. The family extends heartfelt appreciation to the staff of Lower Cape Fear Life Care-especially Nurse Paige Marcus and Chaplain Catherine Hall- for their exceptional care, compassion, and support during her transition.

**1944 - 2025**

Latimer's FUNERAL HOME



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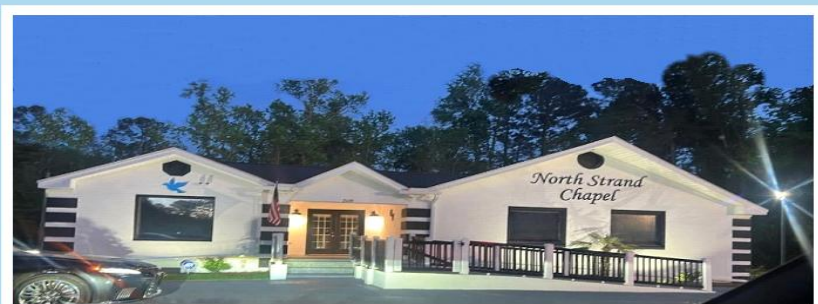
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