

District study motions don't go forward

Byrd says time between meetings partly explains delay in presenting recommendations to board

BY BRUCE MILLS
bruce@theitem.com

In part because of timing factors, the Facilities Committee of Sumter School District's Board of Trustees didn't present two motions Monday to the full board to move forward with studies that could affect the future of low-enrollment schools in the district.

Committee Chairman William Byrd said Wednesday that he wanted to initially discuss with the full board in executive session behind closed doors Monday night the potential contractual cost issues associated with two studies before discussing them in open session. However, because that item



BYRD

wasn't already listed on the public agenda for the closed session, he couldn't change the agenda Monday.

According to state law, a public agenda — such as a school board meeting agenda — must be finalized, posted and distributed to the media at least 24 hours before the actual meeting and can't be changed afterward.

Byrd said his intent Monday was to discuss potential bid price issues in executive session and then come back out to open session and present the studies as motions for approval by the

full board. However, he said he was advised by board Chairman the Rev. Daryl McGhaney that because he couldn't modify the executive session, it was best not to bring them back up in open session later.

Byrd said the situation just represented a "missed opportunity."

He anticipates at the next board meeting on Nov. 13 the board will discuss the potential contractual cost factors in executive session, and then he will present the two study recommendations when the board returns to open session.

Byrd said part of the issue was the fact the Facilities Committee made its two recommendations on Friday dur-

ing its meeting, and the full board meeting followed on Monday. The Facility Committee consists of three board members: Byrd, board Vice Chairwoman Karen Michalik and the Rev. Ralph Canty.

"Because we met on Friday as a committee, there wasn't an appropriate lapse of time to satisfy those other requirements for me to change the agenda," Byrd said. "Friday, we took the action; on Saturday and Sunday, no one was in the office, and Monday we're in the meeting. That was the nature upon which I was trying to be transparent to say to the board and to

SEE MOTIONS, PAGE A6

Chick-fil-A owner says mall sales have tripled

Freestanding restaurant will reopen in November

BY BRUCE MILLS
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Sumter's Chick-fil-A owner says he's just thankful to be involved with a business where everyone every day wants to know when it will reopen.

Scott Richardson, owner/operator of the two Chick-fil-A restaurants in Sumter, made his comments Tuesday about the remodeling effort for the freestanding Chick-fil-A at 1170 Broad St.

Since Sept. 29, Sumterites who prefer Chick-fil-A for its popular chicken sandwich, nuggets, Chick-n-Minis, and other items have had to visit the restaurant's smaller location at Sumter Mall to taste their favorites.

Richardson said restaurant sales at the mall location have tripled since before Oct. 1, but he and his management staff expected that. The influx of business at the mall eatery has been a challenge at times because the location is not made for that amount of volume, he said.

Management has tried to accommodate customers as much as possible during the transition with curbside service for Mobile One app guests during peak lunch and dinner hours and a small

SEE CHICK-FIL-A, PAGE A6



PHOTO PROVIDED

This photo shows what the newly remodeled freestanding Sumter Chick-fil-A will look like based on a recently renovated Chick-fil-A in another city. The store is set to open again in early November.

Sundogs at sunset



MELANIE SMITH / THE SUMTER ITEM

A solar halo with two "sundogs," the rainbow-colored patches of light near the sun, is seen at local astronomer Hap Griffin's observatory near Bethune on Saturday evening. According to Tiffany Means of *thoughtco.com*, sundogs, or parhelia, occur on one side of the sun or both sides of the sun before sunset or after sunrise. These can also appear near the moon after dark and are called moon dogs. "Sundogs form as sunlight is bent (refracted) by ice crystals suspended in the atmosphere," according to Means.

Sheriff's office's K-9s get new Kevlar vests

Dogs won vests after recent photo contest

BY ADRIENNE SARVIS
adrienne@theitem.com

On Wednesday, the K-9s of Sumter County Sheriff's Office received their custom-made Kevlar vests after winning a photo competition a few months ago.

The contest was hosted by Keeping K-9s in Kevlar, an organization that raises community money to purchase vests for patrol, SWAT or apprehensions dogs working for law-enforcement agencies. The vests were manufactured by K9 Storm Inc.

Staff Sgt. Jason Tassone, supervisor of the sheriff's office's K-9 Unit, said four of the agency's K-9s were entered in the contest, and three of the dogs



ADRIENNE SARVIS / THE SUMTER ITEM

K-9 Kaos shows off his new Kevlar vest at Sumter County Sheriff's Office.

placed first, second and third after the original first-place K-9's agency withdrew from the competition. The other K-9's agency received a private donation to purchase a vest, he said.

Tassone said although three of the K-9s won the competition, Keeping K-9s in Kevlar decided to provide vests for

all five dogs.

On Wednesday, the sheriff's office's four K-9s — Dina, Halo, Kaos and Tank — were put into their bullet-proof vests which also include handles and lead attachments. Tassone said the agency's newest K-9, Spike, would also be receiving a vest once he finishes training.

According to Keeping K-9s in Kevlar's Facebook page, each vest starts at \$2,500.

Tassone said the average price for a universal-size vest ranges from \$800 to \$1,000.

Sumter County's K-9s were fitted for the custom vests before receiving them. The K9 Storm vests can also be adjusted slightly so they can fit another dog if necessary, he said.

Tassone said the vests will definitely be useful when the K-9s are sent into dangerous situations. The K-9s will not

SEE K-9 VESTS, PAGE A6

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DEATHS, B3

Patricia M. Byrd
Donnie Winchester
Melonie Nelson
Wilene R. Capers-King
Naomi S. Hinnant

Steve A. Guest Sr.
Margie H. Gaylord
Nathan China
Linda A. Jennings
Kevin Canty

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PLEASANT

Mostly sunny today; clear and chilly tonight

HIGH 67, LOW 44

INSIDE

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the Sumter ITEM SECOND FRONT

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Veterans Day parade, meet and greet set

BY JIM HILLEY
jim@theitem.com

Lt. Gen. Michael Garrett, commanding general of U.S. Army Central/Coalition Forces Land Component Command, will be the keynote speaker and parade marshal for the 2017 Veterans Day parade and meet and greet Saturday, Nov. 11, at the old Sumter County Courthouse, 141 N. Main St.

The observance will begin with the parade at 10 a.m. Activities on the courthouse front lawn will begin with patriotic music at 10:45 a.m.

At 11 a.m., Bush Hanson of Sumter County Veterans will welcome attendees, and the Lakewood High School Air Force ROTC will present the colors. Hanson will lead attendees in the pledge of allegiance, and Senior Airman Cecile Saucier will perform "The Star-Spangled Banner."

A tribute to POW/MIAs will be presented by Larry Huff, the Lakewood High School AFROTC will present the POW/MIA flag, and Grey Holler will perform "Amazing Grace" on bagpipes.

Garrett will be introduced by retired Chief Master Sgt. Christopher McKinney, who is current executive director of Santee-Lynches Regional Council of Governments.

The Military Order of the Purple Heart will conduct a Memorial Wreath Ceremony, and Shaw Air Force Base will present a 21-gun salute. Holler will play taps.

Sumter County Veterans Affairs Director Valerie Brunson will honor selected Vietnam-era veterans with a presentation of medallions thanking them for their service. Veterans who wish to be eligible for the award must have their DD-214s on file with Sumter Veterans Affairs, Brunson said. She said all Vietnam-era vets are eligible to receive a lapel pin commemorating the 50th anniversary of the end of the Vietnam War.

After the ceremonies, a veterans' fair and meet and greet will be held on the back lawn of the courthouse, including vendors with information of value to veterans and barbecue by Sumter Combat Veterans.

Line-up for the parade begins at 9 a.m. at the corner of Main and Bartlette streets in the parking lot of Central Carolina Technical College Health Sciences Center and will proceed north down Main Street. The procession will make a right onto Calhoun Street and then a right onto Harvin Street before ending at the Sumter County Judicial Center, where entries will be able to offload participants and park in the judicial center back parking lot.

Anyone who would like to participate in the parade or as a vendor at the meet and greet is urged to contact the Sumter County Veterans Affairs office at (903) 436-2303 or vbrunson@sumter-countysc.org.

'Charlie Hits it Big'



Wilson Hall sixth-graders Dylan Jones and Connor Hanson, members of the theater class taught by Tara Schumacher, perform a scene from "Charlie Hits it Big." The students in the class wrote the screenplay based on the book by Deborah Blumenthal, made their costumes and created the sets for the recent performance held on the multipurpose room stage for students and parents.

PHOTO PROVIDED

Mystery comes to Seminar Series

BY IVY MOORE
Special to The Sumter Item

The University of South Carolina Sumter continues its 2016-17 Seminar Series on Friday with a bit of a mystery, when English professor Mary Ellen Bellanca presents on "Literary Detective Work." The presentation begins at 1:30 p.m. in Schwartz Building Room 117.

Bellanca said she has "been looking into the British romantic writer Dorothy Wordsworth," sister of the poet William Wordsworth.

Dorothy Wordsworth, Bellanca said, "is almost always referred to as 'unpublished' in her lifetime, but there are excerpts in books by William. The literary detective work comes in when looking for clues in 19th century books in which she's quoted."

Part of Bellanca's talk will concern what readers really thought about Dorothy's work, she said. "She had readership. Some of the story is about taking a more in-depth look at her work, especially its reception."

Dorothy Wordsworth's work was not published under her name until the last quarter of the 19th century; she lived from 1771-1855.

It was not until feminism got started in the 1970s, Bellanca said, that "scholars took another look at her. We read her on her own merits at that time."

Bellanca has taught at USC Sumter since 2003. She is a specialist in British literature and nature writing. She received her Ph.D. in English from the University of Delaware, writing her dissertation titled "Shining Like Green Flames: Rewriting Discovery in Nineteenth-Century British Nature Journals."

She has published extensively, including a book on Wordsworth and one titled "Daybooks of Discovery: Nature Diaries in Britain, 1770-1870," as well as articles on the journals of Gerard Manley Hopkins and George Eliot and the poetry of Alexander Pope and Anna Barbauld.

She also published a book and an article on the beginning of rural electric service in Pennsylvania.

Bellanca was the recipient of the USC Sumter Outstanding Scholarship Award for 2006-07.

The public is invited to hear Bellanca's presentation titled Literary Detective Work at 1:30 p.m. Friday in Room 127 of the Schwartz Building at USC Sumter. Admission is free, and refreshments will be served.



BELLANCA

RAY WILCOX

Point of Light dies at 98; remembered as a 'giver'

Ray Wilcox, 98, long known as one of Sumter's most giving volunteers, passed away Saturday at National Healthcare in Sumter.

Wilcox was born in Scranton, Pennsylvania, where he graduated from Washington Irving High School and worked for Western Union Telegraph Co. He later joined the U.S. Air Force and obtained the rank of lieutenant colonel before he retired in 1969.

Wilcox served in World War II, Korea and Vietnam. After retirement, he went on to work with Exide Battery as the manager of quality control before he retired from that position in 1982.

He received the Daily Point



WILCOX

of Light Award from President George H.W. Bush in 1990 for his "dedicated service to his

community and country."

Former retired Senior Volunteer Program Director Judie Bodie nominated Wilcox for the award.

"Ray basically is the quintessential volunteer," Bodie wrote in nominating Wilcox. She also cited his "positive attitude to life and his willingness to help others."

Grier Blackwelder, former president and CEO of the Greater Sumter Chamber of Commerce, said Wilcox was always a "giver."

"He was always doing something in the community," Blackwelder said. "There was nothing he wouldn't do for you if you asked."

Wilcox's record of volunteering is lengthy, working

closely with the law enforcement community on several initiatives, volunteering with RSVP, Sumter Art Museum, Sumter Gallery of Art, the Civil Defense Office, the Greater Sumter Chamber of Commerce and Habitat for Humanity.

At Tuomey Regional Medical Center, he spent one night a week volunteering in the emergency room.

"The emergency room is not an easy place to volunteer," said then Tuomey Director of Volunteers Nancy Rolan in 1990. "Not everyone can do it, but Ray is always willing to go the second or third mile."

In the 1990 article in *The Item*, Wilcox explained his

pendant for volunteerism.

"I couldn't sit home and do nothing," he said.

Wilcox served as chairman of the Pee Dee Regional Emergency Medical Services, chairman of the Sumter County Culture Commission, chairman of the South Carolina Quality Control Association and was a member of the Institution of Industrial and Electronic Engineers.

"I can't say enough about all he did and all he was," Blackwelder said.

A memorial service for Wilcox will be held at 2 p.m. today in Bullock Funeral Home Chapel, 1190 Wilson Hall Road. Military honors will follow the service.

— Jim Hilley

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Under the stars near Bethune

Local astronomer Hap Griffin invited community members, including the Sumter Digital Camera Club, to his observatory near Bethune on Saturday evening. Visitors enjoyed looking through telescopes set up at the event, a cookout, music and night photography far from city lights.



PHOTOS BY MELANIE SMITH / THE SUMTER ITEM



POLICE BLOTTER

STOLEN PROPERTY

A 50-inch Seiki flat-screen TV valued at \$500, a 42-inch Olivia flat-screen TV valued at \$300, an Xbox 360 valued at \$200 and a Polaroid Bluetooth speaker valued at \$15 were reportedly stolen from a residence in the 1000 block of Babette Road between 2:20 and 6:30 a.m. on Monday.

An Xbox valued at \$300; two TVs of unknown sizes valued at \$400; a stick welder, unknown make, valued at \$500; a DVD player, unknown make, valued at \$40; and three men's Michael Kors watches valued at \$1,300 were reportedly stolen from a residence in the 2400 block of Highview Street between 6:30 a.m. and 2:30 p.m. on Monday.

An air-conditioning unit valued at \$5,500 was reportedly stolen from a building in the 100 block of Ideal Circle about 1:50 p.m. on Monday.

A Kobalt trim saw valued at \$400 and a 7-by-14-foot black Horton enclosed trailer with white rims and chrome fender valued at \$4,500 were reportedly stolen from a residence in the 6100 block of Ramsey Road between 3 and 3:30 a.m. on Tuesday.

An orange-and-black Kubota zero-turn lawn mower valued at \$1,300 was reportedly stolen from a religious building in the 1400 block of Mulberry Church Road about 2:20 p.m. on Tuesday.

DAMAGED PROPERTY

A 2017 Dodge Journey sustained approximately \$1,000 while it was parked at a residence in the 4300 block of Amelia Drive about 12:40 p.m. on Sunday.

Amazon wants to come in and drop off packages

NEW YORK (AP) — Don't want Amazon boxes sitting on the porch? The company hopes you'll let a stranger inside to drop them off.

Amazon said Wednesday it'll launch a service called Amazon Key next month that will let people allow the door to be unlocked when they're not there so packages can be left inside.

The proposal drew plenty of humorous reactions on social media, as well as concerns about safety or delivery employees being mistaken for intruders. Amazon said the drivers would be well-vetted, while one expert said the company has built up trust with customers and younger customers were

more likely to try it out.

An in-home delivery program also falls in line with Amazon's strategy of trying to make shopping with it so convenient that consumers don't think about buying elsewhere. And with the option requiring a specific camera that it sells, the move helps Amazon tie customers even closer to its gadgets as well as the items it delivers.

Customers who want to use the service would need to be Amazon Prime members and would have to buy a camera and a Wi-Fi-connected lock from the Seattle-based company that starts at \$250. Shoppers will then be able to choose in-home delivery as an

option in the Amazon app.

When the delivery person shows up, he or she will knock first and scan the package. Amazon will make sure the person is at the right home and unlock the door. No codes or keys are needed, and the indoor camera will record the in-home delivery. The Amazon Cloud Cam also lets users watch a livestream or recorded video on Amazon's Fire tablet, Fire TV or its voice-activated Echo devices that have a video screen.

The service is likely to be more of a hit with younger families, said Timothy Carone, an associate teaching professor at University of Notre Dame's Mendoza College of Business.

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New Fall Selections

New screenings for U.S.-bound passengers on global airlines

DUBAI, United Arab Emirates (AP) — Five global long-haul airlines will begin new security interviews of all passengers on U.S.-bound flights starting today at the request of American officials, the companies said Wednesday.

Long-haul carriers Air France, Cathay Pacific, EgyptAir, Emirates and Lufthansa all said they'd start the screenings. A sixth carrier, Royal Jordanian, said it would begin the new procedures in mid-January after U.S. authorities granted RJ's request for a delay in implementing the measures.

However, the airlines offered different descriptions of how the interviews would take place, ranging from another form a traveler would have to fill out to actually being questioned by an airline employee.

It wasn't immediately clear if other global airlines would be affected, though the Trump administration previously rolled out a laptop ban and travel bans that have thrown the international travel industry into disarray.

The U.S. Department of Homeland Security did not immediately respond to a request for comment. However, it comes at the end of a 120-day deadline for airlines to meet new U.S. regulations following the ban on laptops in airplane cabins of some Middle East airlines being lifted.

Air France said it will begin new security interviews today at Paris Orly Airport and a week later, on Nov. 2, at Charles de Gaulle Airport. It said the extra screening will take the form of a question-



THE ASSOCIATED PRESS
An Emirates plane taxis to a gate at Dubai International Airport in Dubai, United Arab Emirates, in March. Long-haul carrier Emirates says it is starting new screening procedures for U.S.-bound passengers after it received "new security guidelines" from American authorities.

naire handed over to "100 percent" of passengers.

Emirates said in a statement it would begin doing "pre-screening interviews" at its check-in counters for passengers flying out of Dubai and at boarding gates for transit and transfer fliers. It urged those flying through Dubai International Airport, its headquarters, to allow extra time to check into flights and board.

"These measures will work in complement with the current additional screening measures conducted at the boarding gate," it said.

Hong Kong-based Cathay Pacific Airways Ltd. said on its website that it had suspended self-drop baggage services and that passengers heading to the U.S. "will be subject to a short security interview" when checking their luggage. Those without bags would have a similar interview at their gates.

EgyptAir said in a state-

ment the new measures include more detailed searches of passengers and their luggage and interviews. The strict procedures will extend to unauthorized agricultural

or veterinary products.

Germany's Lufthansa Group said the new rules came from the U.S. Transportation Security Administration, which is under Homeland Security.

"In addition to the controls of electronic devices already introduced, travelers to the U.S.A. might now also face short interviews at check-in, document check or (their) gate," Lufthansa said in a statement.

Lufthansa Group includes Germany's largest carrier, Lufthansa, as well as Austrian Airlines, Swiss, Eurowings and several other airlines.

Basel Kilani, a spokesman for Royal Jordanian, said Wednesday that the airline will submit questions to passengers before check-in.

Flake hopes there is a 'tipping point' on Trump's behavior

BY EILEEN PUTMAN
The Associated Press

WASHINGTON — Republican Sen. Jeff Flake, invoking the 1950s demagoguery of Sen. Joseph McCarthy, said Wednesday "you can't continue to just remain silent" about President Trump's politics and behavior.

"There is a tipping point. ... I hope we're reaching that tipping point," Flake told NBC's "Today."

The Arizona senator made the rounds of morning TV news shows to talk about his decision not to run for re-election in 2018 and his impassioned speech on the Senate floor Tuesday, in which he said he could no longer be "complicit" with the Republican president.

"We are excusing undignified and outrageous and reckless speech and behavior as 'telling it like it is.' ... That's not right," Flake said Wednesday on MSNBC.

Trump immediately fired back on Twitter, saying that Flake and another retiring Senate Republican, Bob Corker of Tennessee — who had criticized Trump on Tuesday as "untruthful" and debasing the nation — aren't running for re-election because "they had zero chance of being elected."

He also contended that Flake and Corker stand alone, boasting in several tweets that he had gotten standing ovations at a Senate Republicans' luncheon Tuesday at the Capitol.

Other Republicans be-moaned the GOP infighting and feared its impact on the stalled Republican agenda.

"I wish we didn't have a personal discord. It distracts us from the main course," said Sen. Richard Shelby of Alabama, who mentioned a proposed tax overhaul. "But it is what it is."

Shelby said Trump had a right to defend himself in response to the criticism.

"I attack you, you're going to fight back, I hope," Shelby

said. Pressed on whether it is presidential to rise above personal attacks, Shelby said, "You might ask is it being senatorial, too?"

Sen. John Boozman, R-Ark., declined to comment on Flake's criticism, and when asked if Trump is fit for office, said, "Of course he is."

Flake cited the era of McCarthy, the Republican Wisconsin senator whose smear tactics alleging Communist infiltration ultimately led to his censure. In an op-ed column in *The Washington Post*, Flake quoted Joseph Welch, an Army lawyer, who stood up to McCarthy in a June 1954 hearing and demanded: "Have you no sense of decency, Sir?"

"The moral power of Welch's words ended McCarthy's rampage on American values, and effectively his career as well," Flake wrote. "We face just such a time now. We have again forgotten who we are supposed to be."

Flake also said he thinks more of his Republican colleagues will speak out.

"It's up to us to stand up and say, 'This is not acceptable,'" he told ABC's "Good Morning America."

Asked why others in his party haven't yet done so, Flake said, "There is some fatigue about it."

Flake stopped short of saying Trump should be declared unfit for office or impeached.

"The voters made their choice," Flake said. "He was elected fair and square."

America is Hungry for Martha Stewart's New 30-Minute Dinner Kits

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Consumers rushing to get Martha's delicious recipes and seasonal ingredients delivered to their doorsteps

For the next 48-hours, readers in South Carolina get 3 free meals and free shipping

Over 1 million dishes have been sold, and sales continue to skyrocket for the meal kit delivery service Martha & Marley Spoon.

"My kits make it possible for even the busiest of us to make delicious and easy meals. Customers love the fresh ingredients and the amount of time they save," said Martha Stewart.

A closer look at this convenience-enabling phenomenon suggests it was just a matter of time before sales took off.

A simple solution for Americans of all ages -- seniors in particular -- Martha & Marley Spoon is perfect for those who want to enjoy healthy, nutritious and fresh dinners in just 30 minutes a day. Martha & Marley Spoon sends Martha Stewart's trusted recipes and fresh, pre-portioned ingredients directly to your door.

Unlike other meal kit companies, Martha & Marley Spoon works with award-winning producers and purveyors so that you get fresh, healthy, and delicious ingredients in every meal.

Best of all, ingredients go from the farm to your table (instead of spending 2 weeks in a truck traveling to local supermarkets), food waste is reduced (Americans waste 187 pounds of fresh produce annually), and you can save hundreds of dollars per year (Americans throw away \$24 billion in produce alone each year).

Martha-Approved Meals In 30 Minutes A Day

The Martha & Marley Spoon culinary team is led by 14-year industry veteran Jennifer Aaronson, who earned her chops in the test kitchens of *Martha Stewart Living*.

Aaronson has condensed decades of experience into a once-weekly "meal kit" that lets consumers make delicious, restaurant-quality meals in just 30 minutes a day and at a fraction of the cost of eating out -- without planning, shopping, or kitchen stress.

With Martha & Marley Spoon, consumers eat delicious dinners, break bread with loved ones, and feel better about what they're eating.

Best of all is the simplicity of the service.

First, consumers choose from Martha's delicious 30-minute recipes. There are 7 new dishes and 3 customer favorites available each week, many of which come from the thousands of recipes Martha Stewart has shared through her television shows, books, magazines, and website over the years.

The team sends the recipes, along with all of the pre-portioned ingredients needed to cook them, directly to customers' doors in a chilled, insulated box. By delivering the exact quantities,



Fast-growing Martha & Marley Spoon is shipping thousands of meals every week to hungry customers across the country.

there's never any food waste or half-used ingredients rotting in the back of the fridge.

Fans of the product love that all they have to do is cook, relax, and enjoy the experience. Each recipe takes around 30 minutes, which enables households to eat well and have plenty of time for other important things.

As Martha says, "Save time to make time for everything else you want to do."

Why Americans Are Raving About This "Dinner in a Box"

The Associated Press calls Martha & Marley Spoon "the best meal kit," and the company has been featured in the *New York Times*, *USA Today*, *Fortune*, *The Today Show*, and more. In June alone, news of the service was covered by over 157 media outlets, seen and heard more than 600 million times.

What sets this meal kit service apart? We've boiled it down to 7 simple reasons:

- 1. Trusted, time-tested recipes.** While other companies offer unproven meal options, Martha & Marley Spoon sends you the best of Martha's 18,000+ recipes, so every meal you cook is a winner.
- 2. Time-saving cooking techniques.** Martha & Marley Spoon meals use Martha's smart cooking techniques so you can enjoy a delicious meal in as little as 20 minutes, with no planning or shopping whatsoever.
- 3. Choice and variety.** Martha & Marley Spoon offers 7 new recipes and 3 customer favorites to choose from weekly, with plans for both couples and families. It is the only service in America that provides total choice of what to cook for both families and 2-person households.
- 4. Thoughtfully-sourced ingredients.** Martha & Marley Spoon works with local suppliers to bring the very best to your table, including organic produce, artisanal cheeses and condiments, and ethically-sourced meats and seafood.
- 5. Timeless recipe cards.** Every box comes with beautifully-designed, sturdy recipe cards that are easy to follow and reuse.
- 6. Wholesome, balanced meals.** Recipes are designed for healthy weeknight cooking and eating, quick preparation, and they're a clear winner over take-out and frozen meals.
- 7. The freshest food around.** Martha & Marley Spoon focuses on fresh, local food that is sourced as little as 24 hours before shipping, meaning that your food arrives at its best.

"I Absolutely Love What You Are Doing For Me"

Rod, one of thousands of happy customers says, "I just wanted to thank all at Martha & Marley Spoon. Quality, value, convenience, I could go on. Amazing, delicious, healthy, wonderfully orchestrated meals with a 1, 2, 3 cooking approach. By the way, I started by ordering this for my college daughter who never boiled water prior to December. She is now making herself amazing, healthy, fresh food. Yay!"

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Fats Domino, rock 'n' roll pioneer, dies at 89

BY JANET MCCONNAUGHEY and KEVIN MCGILL
The Associated Press

NEW ORLEANS — Fats Domino, the amiable rock 'n' roll pioneer whose steady, pounding piano and easy baritone helped change popular music while honoring the traditions of the Crescent City, has died. He was 89.

Mark Bone, chief investigator with the Jefferson Parish, Louisiana, coroner's office, said Domino died of natural causes early Tuesday.

In appearance, he was no matinee idol. He stood 5-feet-5 and weighed more than 200 pounds, with a wide, boyish smile and a haircut as flat as an album cover. But Domino sold more than 110 million re-



Rock 'n' roll legend Fats Domino performs on the NBC "Today" show in New York in 2007.

records, with hits including "Blueberry Hill," "Ain't That a Shame" — originally titled "Ain't It A Shame" — and other standards of rock 'n' roll.

He was one of the first 10 honorees named to the Rock and Roll Hall of Fame, and the Rolling Stone Record Guide likened him to Benjamin Franklin, the beloved old man of a revolutionary movement.

"We've lowered the flag, and we're playing his music all day," said Greg Harris, CEO of the Rock and Roll Hall of Fame.

"Fats is the godfather of rock and roll," Harris said.

"On behalf of the people of New Orleans, I am eternally grateful for his life and legacy," New Orleans Mayor Mitch Landrieu said in a news release Wednesday morning. "Fats Domino added to New Orleans' standing in the world and what people know and appreciate about New Orleans."

"I can't wrap my arms around him being gone," said Quint Davis, producer of the New Orleans Jazz and Heritage Festival and a decades-long friend of Domino. "There are only two people from New Orleans, of New Orleans, that have changed the music of the world, and that's Louis Armstrong and

Fats Domino. Louis brought jazz in his own personal way from New Orleans to a world that really didn't know it, and Fats was right there with Elvis and the birth of rock 'n' roll and brought that to the world."

Domino's dynamic performance style and warm vocals drew crowds for five decades. One of his show-stopping stunts was playing the piano while standing, throwing his body against it with the beat of the music and bumping the grand piano across the stage.

His 1956 version of "Blueberry Hill" was selected for the Library of Congress' National Recording Registry of historic sound recordings worthy of preservation.

Domino became a global star but stayed true to his hometown, where his fate was initially unknown after Hurricane Katrina struck in August 2005. It turned out that he and his family were rescued by boat from his home, where he lost three pianos and dozens of gold and platinum records, along with other memorabilia.

Many wondered if he would ever return to the stage.

But in May 2007, he was back, performing at Tipitina's music club in New Orleans. Fans cheered — and some cried — as Domino played "I'm Walkin'," "Ain't It a Shame," "Shake, Rattle and Roll," "Blueberry Hill" and a host of other hits.

That performance was a highlight during several rough years. After losing their home and almost all their belongings to the floods, his wife of more than 50 years, Rosemary, died in April 2008.

Domino moved to the New Orleans suburb of Harvey after the storm but often visited his publishing house, an extension of his old home in the Lower 9th Ward, inspiring many with his determination to stay in the city he loved.

"Fats embodies everything good about New Orleans," his friend David Lind said in a 2008 interview. "He's warm, fun-loving, spiritual, creative



Composer and pianist Fats Domino is seen in 1956. The 89-year-old rock 'n' roll pioneer died Tuesday from natural causes, according to Mark Bone, chief investigator with the Jefferson Parish, Louisiana, coroner's office.

and humble. You don't get more New Orleans than that."

The son of a violin player, Antoine Domino Jr. was born Feb. 26, 1928, one of nine children. As a youth, he taught himself popular piano styles — ragtime, blues and boogie-woogie.

He quit school at age 14 and worked days in a factory while playing and singing in local juke joints at night. In 1949, Domino was playing at the Hideaway Club for \$3 a week when he was signed by Imperial record company.

He recorded his first song, "The Fat Man," in the back of a tiny French Quarter recording studio.

"They call me the Fat Man, because I weigh 200 pounds," he sang. "All the girls, they love me, 'cause I know my way around."

In 1955, he broke into the white pop charts with "Ain't It a Shame," covered blandly by Pat Boone as "Ain't That a Shame" and rocked out decades

later under that title by Cheap Trick and others. Domino enjoyed a parade of successes through the early 1960s, including "Be My Guest" and "I'm Ready." Another hit, "I'm Walkin,'" became the debut single for Ricky Nelson.

Domino appeared in the rock 'n' roll film "The Girl Can't Help It" and was among the first black performers featured in popular music shows, starting with Buddy Holly and the Everly Brothers. He also helped bridge rock 'n' roll and other styles — even country/western, recording Hank Williams' "Jambalaya" and Bobby Charles' "Walkin' to New Orleans."

Like many of his peers, Domino's popularity tapered off in the 1960s as British and psychedelic rock held sway.

"I refused to change," he told Ebony magazine. "I had to stick to my own style that I've always used or it just wouldn't be me."

Trump OKs test program to expand domestic drone flights

BY JOAN LOWY
The Associated Press

WASHINGTON — Some Americans could see a lot more drones flying across their communities as the result of a Trump administration test program to increase government and commercial use of the unmanned aircraft.

President Trump gave the go-ahead Wednesday, signing a directive intended to increase the number and complexity of drone flights.

The presidential memo would allow exemptions from current safety rules so communities could move ahead with testing of drone operations.

States, communities and tribes selected to participate would devise their own trial programs in partnership with government and industry drone users. The administration anticipates approving at least five applications, but there is no limit on the number of communities that can join.

The Federal Aviation Administration would review each program. The agency would grant waivers, if necessary, to rules that now restrict drone operations. Examples include prohibitions on flights over people, nighttime flights and flights beyond the line of sight of the drone operator.

Among the things that

could be tested are package deliveries, the reliability and security of data links between pilot and aircraft and technology to prevent collisions between drones and other aircraft and to detect and counter drones flying in restricted areas.

The trial program will collect data on drone operations that will aid the government's effort to develop a separate air traffic control system for

low-flying unmanned aircraft, Michael Kratsios of the White House Office of Science and Technology Policy told reporters in a conference call. Ultimately, the information is intended to be used to more generally expand drone flights across the country.

The test zones are expected to start going into place in about a year. The program would continue for three years after that.

Drone-makers and businesses that want to fly drones have pushed for looser restrictions. Trump discussed the issue with industry leaders at a White House meeting in June.

In the past two years, the FAA has registered more than 1 million drones. The majority of them belong to hobbyists. There are now more registered drones than registered manned aircraft in the U.S.

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MOTIONS

FROM PAGE A1

the public that I would like to add this to our discussion in executive session.”

Those two recommendations Friday from the committee were to allow Interim Superintendent Debbie Hamm to pursue a facilities study with an independent consultant to analyze the condition of the district's schools and a population demographics study for Sumter

County to include short-term and long-term enrollment projections in the district's schools.

According to committee members, the studies will be a comprehensive look at existing schools' physical assets and needs and future facility utilization, which could factor into closing certain schools or building new ones.

Byrd is a relatively new member of the school board. The Sumter County Legislative Delegation appointed

him to the board as an at-large member on July 31.

Michalik and Canty were not in attendance at Monday's meeting.

In other matters Monday, Willow Drive Elementary School Principal Trevor Ivey presented a report to the board on a cohort of 37 teachers from 12 schools in the district going through the process together of pursuing their National Board Certification. He said 71 teachers in the district hold the credential.

On JFK documents, Trump is squeezed over disclosure

WASHINGTON (AP) — President Trump is caught in a push-pull on new details of John F. Kennedy's assassination, jammed between students of the killing who want every scrap of information and intelligence agencies that are said to be counseling restraint. How that plays out should be known today, when long-secret files are expected to be released.

On one side is an alliance of sleuths and scholars pushing for Trump to mind the 1992 law that requires the release this week of all 3,150 still-secret files on Kennedy's killing on Nov. 22, 1963. For them, Trump has tweeted his intent to "allow the release of the long blocked and classified JFK FILES."

But U.S. intelligence agencies are apparently citing the same law to urge him to keep some files out of public sight on national security grounds. For this group, Trump's tweet offered a caveat that he intends to disclose the materials "subject to the receipt of further information."

Students of the assassination say the CIA is pushing Trump to keep some of the materials secret. The spy agency isn't denying that.

"Clearly there are documents, plural, files, plural, being appealed to him," said University of Virginia historian Larry Sabato, an authority on Kennedy. Of the pressure on Trump, Sabato

said, "I'm told reliably that it continues and that it has intensified." The historian said documents generated in the 1990s that could contain the names of people who are still alive are of particular concern to those who want files held back.

Whatever details are released, they're not expected to answer the major — and for many, still-lingering — question of whether anyone other than Lee Harvey Oswald was involved in the assassination, including the government. The Warren Commission in 1964 reported that Oswald had been the lone gunman, and another congressional probe in 1979 found no evidence to support the theory that the CIA had been involved. But other interpretations, some more creative than others, have persisted.

For example, Roger Stone, a close Trump ally, advanced the unsubstantiated and widely disdained theory that Lyndon Johnson, who became president upon Kennedy's death, was involved in it.

Stone is not sure key documents will see the light of day. He said that 440 documents related to the assassination, released by the National Archives in July, were so heavily redacted "on the basis of 'national security' that they are useless."

CHICK-FIL-A

FROM PAGE A1

drive-up location in the mall's parking lot for customers who don't want to come into the mall.

The freestanding Chick-fil-A will reopen during the first week of November — between Nov. 1 and Nov. 7 — Richardson said. He said he couldn't give a precise date at this time because snags and delays could still occur as construction nears completion.

The popular, freestanding Chick-fil-A opened in January 2002, and this is the first major reinvestment/remodeling effort for the facility, according to Richardson.

About every 15 years, Chick-fil-A's corporate office considers upgrading its restaurants with a newer, fresher look, and now's that time for Sumter, Richardson said. Chick-fil-A Corp. is actually funding the renovation, valued at about \$800,000.

Richardson said the remodeled Chick-fil-A will basically be a new store for the most part.

"They basically took the store down to the studs and just the brick and mortar," Richardson said. "But on the inside, everything is going to be brand new from bathrooms, tile floors, ceiling, a new roof — everything is new from top to bottom."

An additional 800 square feet is being added to the remodeled restaurant, and it will all be in the kitchen area for more cooking capacity. The customer area will remain the same size, with the same seating capacity, Richardson said.

A second drive-thru lane on the outside is under construction as well. Richardson said two order points is becoming standard in newer stores in the quick-service food industry.

When it reopens in November, the restaurant will maintain its regular hours of operation: 6:30 a.m. to 10 p.m. Monday through Saturday and closed Sundays. The Sumter Mall Chick-fil-A will also return to its normal hours of 10 a.m. to 9 p.m. Monday through Saturday and closed Sunday as well.

Richardson said he's excited about the reopening and

being able to serve the Sumter community.

"Hopefully we will be ready by the first part of November to open doors and let everybody come back," Richardson said. "People can go back to their routine. I think it's thrown a lot of people off their routine this month. Many people come in every day, or every other day, and it's kind of messed them up a little bit."



PHOTOS BY ADRIENNE SARVIS / THE SUMTER ITEM

Cpl. Cameron Prescott puts a Kevlar vest onto K-9 Halo.

K-9 VESTS

FROM PAGE A1

wear the vests all day, every day, but during situations where there is a suspect who is known to have a weapon, he said.

Deputy Ken Bell, public information officer for the sheriff's office, said it is important for the K-9s to be protected because they are also considered officers of the law. Harming one of the K-9s is the same as harming a deputy, he said.

"We certainly want to thank our friends at Keep-

ing K-9s in Kevlar for this wonderful donation," Sumter County Sheriff Anthony Dennis said.

He said he hoped that at least one of the K-9s would win the competition and was pleasantly surprised when donations were made that allowed all five K-9s to receive vests.

"This will help protect them in the event of a shooting," Dennis said. "These animals are officers, too. Anyone who assaults one of our K-9s will be charged just as if they had assaulted one of our deputies."



Each of the Kevlar vests, manufactured by K9 Storm Inc., is embroidered with the K-9's name.

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COMMENTARY

Journal article puts recent events into perspective

The recent hysteria among the left and the upstream media over the dispute between the press and President Trump about his call to the mother of a U.S. soldier killed in Niger recently received plenty of commentary, most of it the usual drivel from the “resistance” led by the Trump haters and their toadies in the press.

Hubert D. Osteen Jr.

The Wall Street Journal, America’s most reliable newspaper, produced a

Friday editorial that puts things in the proper perspective. It’s all about a lesson in grief and sacrifice.

I thought I’d share it with our readers — it’s titled “John Kelly’s Heroes.”

“Over the past nine months, Donald Trump’s cage match with the Washington press corps has turned into an unedifying national spectacle. Too often, the serious business of the nation has been pushed aside so that

the press and Mr. Trump could go tit for tat, like children on a schoolyard. On Thursday, an adult finally stepped into the room.

“John Kelly, Mr. Trump’s chief of staff and a retired four-star general, addressed White House reporters on this week’s dispute between the press and the president. That is the controversy around Mr. Trump’s call to the mother of a U.S. soldier who was killed during an ambush in Niger recently.

“As anyone who follows media reports knows, the president’s call to this mother grew into a personal feud between Trump and a Democratic congresswoman who disclosed what the president said. It then produced long newspaper reports examining the president’s relationship with every identifiable Gold Star family during his term.

“It took awhile for Mr. Kelly to get around to talking about that phone call. Instead, he spent some time offering what we in journalism — or anyone purporting to be engaged in a serious line of work — would call context. Mr. Kelly described what happens when a U.S. soldier or Ma-

rine — “the best 1 percent this country produces” — gets killed in action. What he described was a military process that is graphic, emotionally intense and, most of all, untouchable.

“Untouchable, as Mr. Kelly made clear, in the sense that what has happened is so grave, so personal and so difficult that the reality of pushing through it comes down to an encounter between the fallen soldier’s family, the officer who informs them and, in time, support from those who served alongside their son or daughter.

“Mr. Kelly explained that a personal call from the president is in fact not what families expect or want. But it has become something of a presidential tradition, and Mr. Trump asked Mr. Kelly what he should say.

“Mr. Kelly related what his friend and ‘my casualty officer,’ Marine General Joseph Dunford, told him when relating that Mr. Kelly’s own son had been killed in Afghanistan: ‘He said, Kel, he was doing exactly what he wanted to do when he was killed. He knew what he was getting into by joining that 1 percent. He knew what the possibilities were be-

cause we’re at war.’

“That, essentially, is what Mr. Trump said to the Gold Star mother, no doubt less eloquently. Standing in the White House press room, reflecting on a political spat over a dead soldier, Mr. Kelly said, ‘I thought at least that was sacred.’ His remarks are a rebuke to the congresswoman for politicizing a private phone call, and to the press corps for attempting to turn grief and sacrifice into a hammer against Donald Trump — who, as usual, made things worse by lashing out in response.

“John Kelly made a lot of people look small Thursday. The man who led soldiers in combat in Iraq described spending an hour this week walking in Arlington Cemetery, collecting his thoughts and looking at headstones, some with names of Marines who Mr. Kelly said were there because they did what he had told them to do.

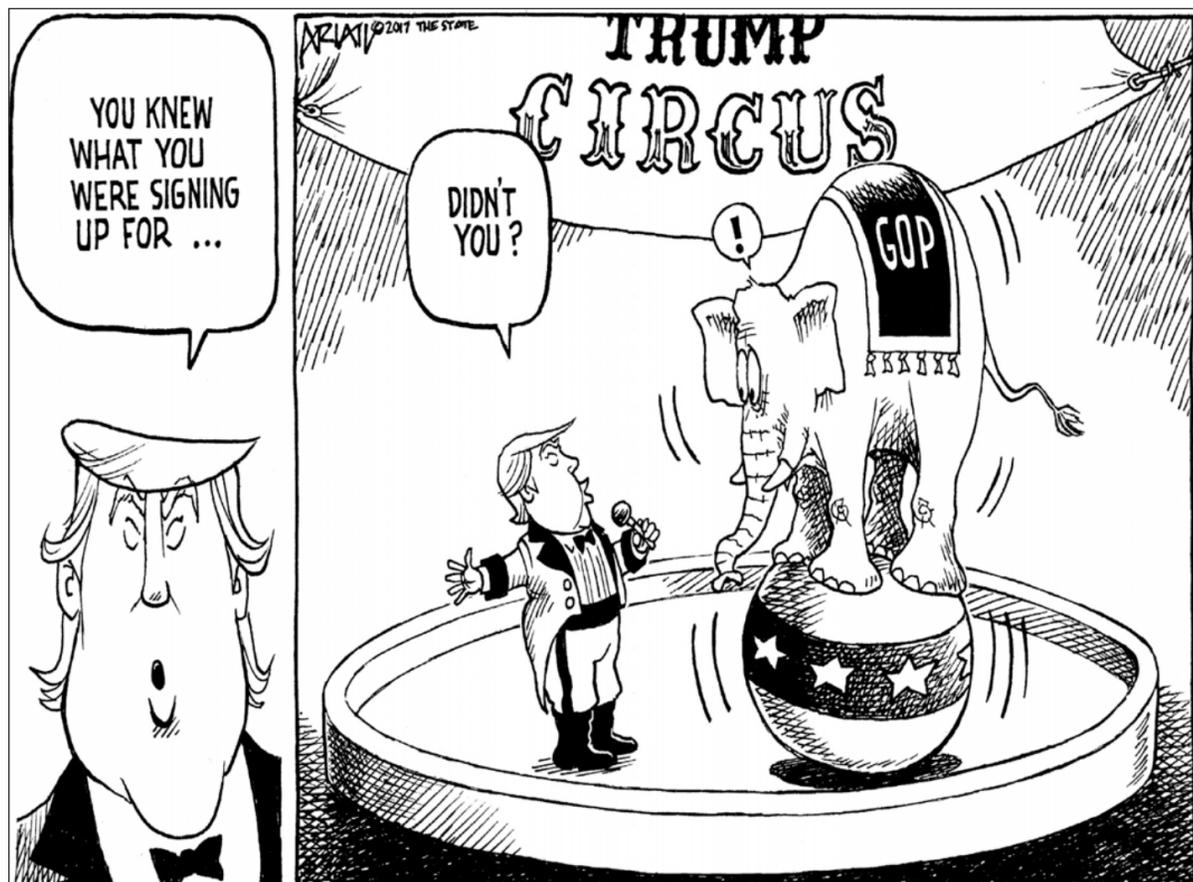
“Surely there is a sense in which the continuing political life of Washington is possible because of that sacrifice. That was John Kelly’s point. It would be nice to think the rest of the city could get it.”

EDITORIAL PAGE POLICIES

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COMMENTARY

Governor’s race shows treacherous terrain of Trump GOP politics

ARLINGTON, Va. — The breakfasts at Bob and Edith’s Diner are too pre-occupied with their tasty bacon and eggs to notice the Democratic gubernatorial candidate. Or perhaps, like all Americans who are more sensitive



George Will

than oysters, they are in the throes of political exhaustion and are trying to ignore this year’s only competitive gubernatorial race. In any case, they seem unaware that the mild-mannered pediatric neurologist in one of the booths — he is wearing a bourgeois disguise: gray suit, maroon tie — supposedly is “fighting for the violent MS-13 killer gangs” involving many Central American immigrants. The U.S. president says so, as does the gubernatorial candidate of his party.

In two weeks, Virginia will have America’s most consequential election since 50 weeks ago. Then, this became the only Southern state Hillary Clinton carried (by 5 points).

Today’s campaign dramatizes the difficult calculation confronting people who want the Republican Party restored as a vehicle for conservatism but who know that this requires expunging the political style — exuberantly fact-free accusations and screeds — exemplified by the “MS-13” tweet.

Lt. Gov. Ralph Northam won the Democratic nomination by handily defeating (by 10 points) a darling of the Bernie Sanders/Elizabeth Warren (both endorsed the darling) tendency in the Democratic primary, which attracted 177,000 more voters than the Republican primary did. Now, however, Northam is benefiting from his opponent’s intractable dilemma, that of all Republicans who remember life before 2016 and want to do what they are told cannot be done: Turn the clock back. Virginia’s incumbent Democratic governor, Terry McAuliffe, is popular. Virginia is purple trending blue: Democrats have carried it in three consecutive presidential races, they have won three of the last four gubernatorial contests and both U.S. senators are Democrats. Barack Obama has campaigned to energize African-American voters. And

the Republican candidate, Ed Gillespie, has a problem residing across the Potomac.

In 2014, Gillespie — former counselor to President George W. Bush, former Republican National Committee chair, adviser to Mitt Romney’s campaign, lobbyist extraordinaire — came within a whisker (under 18,000 votes) of defeating an incumbent U.S. senator, Mark Warner. This year, however, Gillespie barely defeated a full-throated Trumpian in the Republican primary. Gillespie is intelligent, temperate, experienced and happiest when talking about government policies. These attributes are, in the incandescent eyes of his party’s now-Trumpian base, defects of swamp creatures. So, he is gingerly tiptoeing across the treacherous terrain of Trumpian Republican politics.

This involves stoking the anger of those people who seem happiest when furious, but without infuriating everyone else.

He did the former with dishonest MS-13 ads featuring tattooed dark-skinned men (“Kill, rape, control.”) and accusing Northam of refusing to crack down on “sanctuary cities,” of which

Virginia has none. Gillespie’s admirers say he is better than he sounds. Others, remembering Mark Twain (who popularized the quip “Wagner’s music is better than it sounds”), say that in democratic politics — the politics of persuasive rhetoric — a candidate is the way he chooses to sound.

Recently, however, Gillespie has been stressing economic issues while Northam has been saturating liberal Northern Virginia with ads featuring women who are cross because Gillespie is pro-life. Never mind that governors have been almost irrelevant to abortion policy since courts took control of it two generations ago. Perhaps Northam’s ads are intended to enkindle progressives, but that should be done by the president’s daily reminders of his existence. If Gillespie enlists Trump to campaign for him, he will thereby embrace a political style that entails a political substance (e.g., harping on MS-13) suited to it. If he does not, Trump’s supporters will notice and accuse him of having standards, yet another swampish vice — the stigmata of elitism.

A Gillespie win on Nov. 7 would be a double victory

for Republicans. They would control another swing-state’s governor’s mansion in 2020. And it might send the Sanders/Warren true believers careening off on a “We told you so!” rampage, arguing — convincingly only to other believers — that Virginians chose a conservative Republican because Northam, although progressive, was insufficiently so. Then they could continue making “single-payer” (government-dispensed) health care progressivism’s central promise to a nation in which 157 million people happily get their health care plans from their employers.

So, if Gillespie wins, Republicans elsewhere will conclude that the derangement of their party does not hinder its prospering. If the Democrat wins, many progressives will be secretly as unhappy as the Trumpians who, like those progressives, will argue that their man lost because he was inconsistently and insincerely enthusiastic about his party’s most off-putting faction.

George Will’s email address is georgewill@washpost.com.

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AROUND TOWN

The American Red Cross encourages all eligible donors to give blood to support cancer patients and others during the month of October, which is recognized as Breast Cancer Awareness Month. Schedule your donation appointment by using the free Blood Donor App, by visiting www.redcrossblood.org or by calling 1-800-RED CROSS (1-800-733-2767). Help save a life by participating in one of the following American Red Cross blood donation opportunities: 2-7 p.m. today, Oct. 26, Grace Baptist Church, 219 W. Calhoun St.; and 9 a.m.-2 p.m. Saturday, Oct. 28, Mount Pisgah Missionary Baptist Church, 7355 Camden Highway, Rembert.

A Lincoln High School sports program will be held at 6:30 p.m. today at the Lincoln High School cafeteria, Council Street. Speakers include Joe Hoskins, Walter Washington and Dr. Dill Gamble. Cost is \$15 at the door. Call Titus Duren at (803) 315-4880 or Carl Baker at (803) 775-4088.

The DeLaine Community Senior Center will hold a yard sale from 8 a.m. to 2 p.m. on Saturday, Oct. 28, at the DeLaine Community Center, located at the intersection of Cane Savannah and Eagle roads. Call (803) 422-0980 or (803) 494-9410.

VFW Post 10813 will host a barbecue / fish and chips sale from 10 a.m. to 5 p.m. on Saturday, Oct. 28, at 610 Manning Ave. Call Walter Johnson at (803) 847-0212.

The Ain't No Stopping Us Aerobics annual health and wellness fair and trunk-or-treat will be held from 11 a.m. to 3 p.m. on Saturday, Oct. 28, at the South HOPE Center, 1125 S. Lafayette Drive.

Active Day of Sumter Adult Daycare Center will hold its first Oktoberfest from 9 a.m. to noon on Tuesday, Oct. 31, at 930 Oswego Road. There will be free health screenings, free flu shots, costume contest for kids and adults, games, prizes and food. The children will enjoy trunk-or-treat. Call Cassandra Wise at (803) 775-4281.

Halloween Trunk-or-Treat, sponsored by Sumter's Super Heroes, will be held from 6 to 8 p.m. on Tuesday, Oct. 31, at Sumter Law Enforcement Center, 107 E. Hampton Ave.

The Friends of the Sumter County Library Big Book Sale will be held as follows: 5-7:30 p.m. Thursday, Nov. 2, preview night for members of Friends of the Library only (join at the door); from 2 to 6 p.m. Friday-Saturday, Nov. 3-4, and 2 to 6 p.m. Thursday-Saturday, Nov. 9-11; and 1 to 5 p.m. Sunday, Nov. 12, "Bag O' Books Day," fill up a bag for \$5 (bags issued at the door). Sale is located at The Sumter County Library, 111 N. Harvin St. www.sumtercountylibrary.org

The Sumter Branch NAACP 34th Annual Freedom Fund Banquet will be held at 7 p.m. on Friday, Nov. 3, at the Sumter County Civic Center, 700 W. Liberty St. The Rev. Dr. James S. Cooper, presiding elder of the Northeast Conference Sumter District AME Church, will speak.

The Rembert Area Community Coalition will hold a barbecue from 11 a.m. to 4 p.m. on Saturday, Nov. 4, at 7530 Pisgah Road, Rembert, in front of Dennis Grocery.

The Marine Corps birthday dinner will be held at 6 p.m. on Friday, Nov. 10, at the Restaurant at Second at the Elk's Lodge. Call Fay at (803) 775-5768 for information or reservations.

The Sumter County Veterans Association's Veterans Day program will be held on Saturday, Nov. 11, at the old Sumter County Courthouse on North Main Street. The program will begin at 11 a.m. with General Garrett of the Third Army will serve as keynote speaker. Prior to the parade, there will be a Veterans Day parade at 10 a.m. on Main Street. The program will honor all veterans, living or deceased, for the service they have given and continue to give to keep our country free. Call Larry E. Huff, chairman of the Sumter County Veterans Association, at (803) 236-1203 or (803) 494-2894 for information.

WEATHER

Forecasts and graphics provided by AccuWeather, Inc. ©2017

AccuWeather® five-day forecast for Sumter

TODAY	TONIGHT	FRIDAY	SATURDAY	SUNDAY	MONDAY
Mostly sunny	Clear and chilly	Sunshine and pleasant	Times of clouds and sun	Mostly cloudy and cooler	Cool with plenty of sun
67°	44°	75° / 51°	77° / 55°	62° / 38°	61° / 40°
Chance of rain: 0%	Chance of rain: 0%	Chance of rain: 5%	Chance of rain: 25%	Chance of rain: 25%	Chance of rain: 5%
WNW 4-8 mph	S 3-6 mph	SSW 4-8 mph	SSE 6-12 mph	W 8-16 mph	W 6-12 mph

TODAY'S SOUTH CAROLINA WEATHER

Temperatures shown on map are today's highs and tonight's lows.

IN THE MOUNTAINS

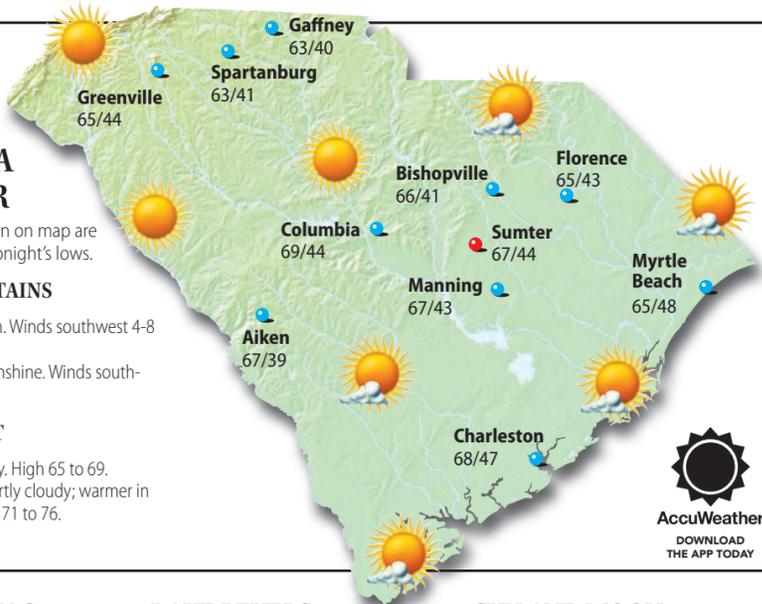
Today: Plenty of sun. Winds southwest 4-8 mph. Clear.

Friday: Plenty of sunshine. Winds southwest 4-8 mph.

ON THE COAST

Today: Mostly sunny. High 65 to 69.

Friday: Sunny to partly cloudy; warmer in northern parts. High 71 to 76.



LOCAL ALMANAC

SUMTER THROUGH 2 P.M. YESTERDAY

Temperature	Precipitation
High 66°	24 hrs ending 2 p.m. yest. 0.00"
Low 45°	Month to date 1.57"
Normal high 72°	Normal month to date 2.90"
Normal low 47°	Year to date 32.57"
Record high 84° in 2012	Last year to date 44.55"
Record low 30° in 1962	Normal year to date 40.14"

LAKE LEVELS

Lake	Full pool	7 a.m. yest.	24-hr chg
Murray	360	354.40	-0.03
Marion	76.8	74.32	+0.11
Moultrie	75.5	74.22	+0.15
Wateree	100	97.69	-0.32

RIVER STAGES

River	Flood stage	7 a.m. yest.	24-hr chg
Black River	12	4.89	+1.00
Congaree River	19	3.20	+0.20
Lynches River	14	4.30	+1.26
Saluda River	14	3.65	+1.52
Up. Santee River	80	75.28	-0.31
Wateree River	24	5.17	-1.33

SUN AND MOON

Sunrise	7:36 a.m.	Sunset	6:35 p.m.
Moonrise	1:22 p.m.	Moonsset	11:53 p.m.

First	Full	Last	New
Oct. 27	Nov. 4	Nov. 10	Nov. 18

TIDES

AT MYRTLE BEACH				
	High	Ht.	Low	Ht.
Today	1:42 a.m.	2.7	8:21 a.m.	1.1
	2:21 p.m.	3.0	9:20 p.m.	1.1
Fri.	2:33 a.m.	2.7	9:12 a.m.	1.1
	3:14 p.m.	3.0	10:12 p.m.	1.1

NATIONAL CITIES

City	Today Hi/Lo/W	Fri. Hi/Lo/W
Atlanta	69/50/s	74/55/s
Chicago	56/46/pc	49/38/c
Dallas	86/52/s	60/38/pc
Detroit	54/43/s	61/41/pc
Houston	83/63/s	72/41/t
Los Angeles	89/65/s	87/65/s
New Orleans	79/61/s	79/51/t
New York	60/46/pc	63/51/s
Oriando	73/54/s	79/61/pc
Philadelphia	60/44/pc	65/49/s
Phoenix	93/63/s	90/64/s
San Francisco	83/56/s	77/53/s
Wash., DC	60/43/s	66/50/s

REGIONAL CITIES

City	Today Hi/Lo/W	Fri. Hi/Lo/W	City	Today Hi/Lo/W	Fri. Hi/Lo/W
Asheville	63/37/s	71/46/s	Florence	65/43/s	73/49/s
Athens	68/44/s	74/48/s	Gainesville	73/44/s	79/54/pc
Augusta	72/42/s	78/49/s	Gastonia	64/41/s	71/47/s
Beaufort	69/49/s	76/59/s	Goldsboro	63/40/s	72/47/s
Cape Hatteras	67/51/s	69/61/pc	Goose Creek	66/44/s	73/54/s
Charleston	68/47/s	74/56/s	Greensboro	60/40/s	70/47/s
Charlotte	64/42/s	72/48/s	Greenville	65/44/s	71/47/s
Clemson	66/44/s	72/49/s	Hickory	62/40/s	70/44/s
Columbia	69/44/s	76/51/s	Hilton Head	67/49/s	73/61/s
Darlington	65/41/s	72/49/s	Jacksonville, FL	73/48/s	78/58/pc
Elizabeth City	64/44/s	70/52/s	La Grange	71/46/s	75/57/s
Elizabethtown	63/41/s	72/49/s	Macon	72/42/s	77/49/s
Fayetteville	64/42/s	73/47/s	Marietta	68/45/s	72/52/s
			Marion	62/37/s	68/45/s
			Mt. Pleasant	66/47/s	73/59/pc
			Myrtle Beach	65/48/s	72/58/s
			Orangeburg	67/42/s	75/51/s
			Port Royal	68/49/s	74/61/s
			Raleigh	61/40/s	71/46/s
			Rock Hill	64/40/s	71/47/s
			Rockingham	64/40/s	73/47/s
			Savannah	71/47/s	77/57/s
			Spartanburg	63/41/s	70/47/s
			Summerville	66/43/s	72/52/s
			Wilmington	66/43/s	72/52/s
			Winston-Salem	60/40/s	69/46/s

PUBLIC AGENDA

SUMTER COUNTY DEVELOPMENT BOARD
Today, 7:30 a.m., Greater Sumter Chamber of Commerce boardroom, 32 E. Calhoun St.

The last word in astrology
EUGENIA LAST

said or asked of you. Take time to digest the information and consider your options before you make a decision or respond. Acting too quickly will cause unnecessary stress. Take time out to relax and reevaluate.

TAURUS (April 20-May 20): Partnerships should be handled carefully. Distance yourself from unpredictable situations or people who can threaten your reputation, job or future. Speaking from the heart is your best course of action, but if that fails, prepare to walk away.

GEMINI (May 21-June 20): Learn and update your qualifications in order to get ahead. Take better care of your physical health. Don't let your emotions lead to a mistake that can cause injury or illness. Children or someone close to you will cause you concern.

CANCER (June 21-July 22): Make alterations for the right reasons. Refuse to get involved in an impulsive act that won't benefit you but can cost you a friendship or a financial loss. If you want to invest, put your money, time and effort into personal gain.

LEO (July 23-Aug. 22): Be careful how you handle your professional responsibilities. Work on your own if possible. Disagreements will leave you tired and confused. Consider offers or opportunities along with the chance to make a change in your status, reputation or position.

VIRGO (Aug. 23-Sept. 22): Participate in events that will bring you in touch with people who share your beliefs and have similar life goals. Sharing ideas will bring you closer to someone who can broaden your outlook and help you

discover new possibilities.

LIBRA (Sept. 23-Oct. 22): Personal problems will prevail at home. Take care of your responsibilities without being asked. Don't give anyone a reason to complain or to pick on you. A decision followed by a change to an important relationship is apparent.

SCORPIO (Oct. 23-Nov. 21): Travel, meetings and gathering information that can help you get ahead are featured. Your unique way of presenting what you have to offer will separate you from any competition you encounter. Interacting with peers is highlighted.

SAGITTARIUS (Nov. 22-Dec. 21): Step up and do what has to be done. Take charge and show initiative. Your ability to adjust to whatever develops will give you the edge when helping others. Refuse to let an emotional matter stifle your ability to get things done.

CAPRICORN (Dec. 22-Jan. 19): Put your own personal imprint on whatever you pursue. You'll be viewed as an entrepreneur and go-to person when collaborating with others. Explore new opportunities and express your opinions openly. Protect against injury and emotional arguments.

AQUARIUS (Jan. 20-Feb. 18): Do your research before you take a financial gamble. Moderation and leaning toward a simpler lifestyle will be in your best interest. Uncertainty and temptation will put you in a precarious position. Focus on personal growth and achieving better health.

PISCES (Feb. 19-March 20): You'll be rewarded if you volunteer for something that requires you to use your skills in diverse ways. What you gain will help you reconstruct the way you move forward and how you take care of your health.

We have a NOSE for NEWS

Call us at (803) 774-1200 or visit us at 36 W. Liberty St.

the Sumter ITEM

PICTURES FROM THE PUBLIC



Perry Register shares a photo of what he refers to as "the acrobatic squirrel." Mr. Register says this squirrel comes to his bird feeder on a daily basis to feed on the sunflowers.

HAVE YOU TAKEN PICTURES OF INTERESTING, EXCITING, BEAUTIFUL OR HISTORICAL PLACES? Would you like to share those images with your fellow *Sumter Item* readers? E-mail your hi-resolution jpegs to sandra@theitem.com, or mail to Sandra Holbert c/o *The Sumter Item*, P.O. Box 1677, Sumter, SC 29150. Include clearly printed or typed name of photographer and photo details. Include a self-addressed, stamped envelope for return of your photo. Amateur photographers only please. Photos of poor reproduction quality may not publish. With the exception of pictures that are of a timely nature, submitted photos will publish in the order in which they are received.

BIZARRO



SOUP TO NUTZ



ANDY CAPP



GARFIELD



BEETLE BAILEY



BORN LOSER



BLONDIE



ZITS



MOTHER GOOSE



DOG EAT DOUG



DILBERT



JEFF MACNELLY'S SHOE



Little girl's many boyfriends raise red flag for mom



Dear Abby
ABIGAIL VAN BUREN

DEAR ABBY — I am single and the mother of a 7-year-old girl. When she was 4, I decided there would be no parade of guys coming in and out of my life, or any at all. I have barely

and told him she had a boyfriend. Is this normal? Should I be concerned that she likes a new boy every few weeks, or that she didn't tell me she had a boyfriend even though I don't punish her for being honest? I'm concerned about her being interested in boys at too young an age.

DEAR MOTHER — Having a "boyfriend" at the age of 7 means something different than it does to a teenager or an adult. When your daughter tried to confide in you that she liked someone, you cut her off by telling her it "wasn't allowed." If you had let her confide in you, she wouldn't have found the need to do it with her grandfather. I suggest you open up the

lines of communication now, before it's too late. **DEAR ABBY** — I need suggestions on what to do to get a close family member to go out to lunch with me. I have offered to pay for lunch, let him pick the restaurant and do the driving. ("Nope. Can't go. Got to check with my wife. No.")

I am in my late 80s and he's in his late 70s. Someday it will be too late. What do you suggest?

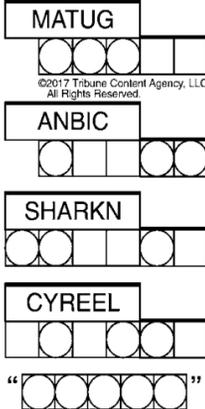
DEAR LOOKING TO LUNCH — Try this. Invite his wife to come to lunch with the two of you. However, if that doesn't work, forget about trying to get him to go because he may be less eager to see you than you are to see him.

dated and the few times I have gone out, I never talked about it around her. Over the last two or three years, she has come home every few weeks or months with a new boy she likes. I never say much except that she's not allowed to have a boyfriend. She recently swore her grandfather to secrecy

JUMBLE

THAT SCRAMBLED WORD GAME
By David L Hoyt and Jeff Knurek

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

(Answers tomorrow)
Yesterday's Jumbles: DRESS FRONT PUBLIC SONATA
Answer: The ram refused to smash horns with the other ram — NO IFS, ANDS, OR BUTTS

SUDOKU

HOW TO PLAY:
Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

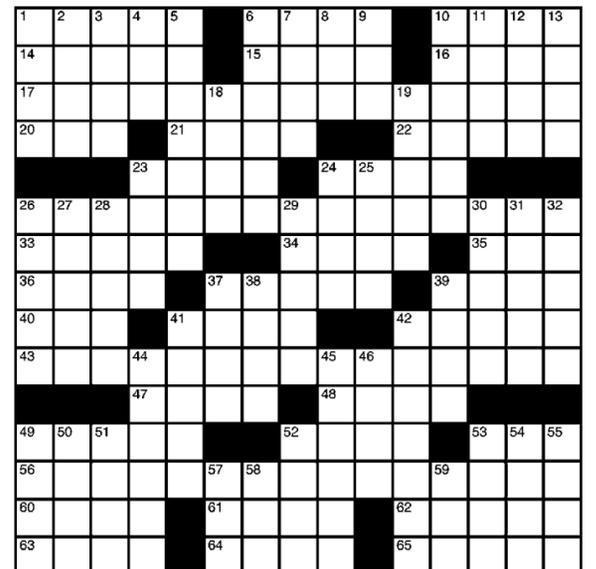
PREVIOUS SOLUTION

2	5	1	7	6	8	4	3	9
7	6	4	3	5	9	8	1	2
8	9	3	2	4	1	5	7	6
6	8	5	9	3	4	7	2	1
4	7	9	1	2	5	3	6	8
3	1	2	8	7	6	9	5	4
5	4	7	6	8	2	1	9	3
9	3	6	4	1	7	2	8	5
1	2	8	5	9	3	6	4	7

DIFFICULTY RATING: ★★☆☆☆

			8	5				2
	6		7	2				9
7					8	4		
			7	3	5		4	
				5				
1		5	2		9			
	8	6						1
5			8	1				9
4			3	2				

THE DAILY CROSSWORD PUZZLE



By Mark McClain

10/26/17

- ACROSS**
- 1 "The Hobbit" figure
 - 6 Moneyless deal
 - 10 It may involve an exchange of letters
 - 14 Like a raucous crowd
 - 15 Grassy "pet"
 - 16 Binged (on)
 - 17 FAN
 - 20 Donkey Kong, e.g.
 - 21 Tiny bit
 - 22 Gas in an arc lamp
 - 23 Cultural opening?
 - 24 Working away
 - 26 FAN
 - 33 Dark
 - 34 Holy Week season
 - 35 Menagerie
 - 36 Organa family royal
 - 37 Outback youngsters
 - 39 Cover up
 - 40 Is for many
 - 41 Trombone's symphonic neighbor
 - 42 First two-time Nobel
 - 43 FAN
 - 47 False move
 - 48 Try in court
 - 49 "Star Wars" genre
 - 52 Contrary girl of rhyme
 - 53 Relaxation spot
 - 56 FAN
 - 60 Oblique look
 - 61 Lowland
 - 62 Din
 - 63 Bigelow products
 - 64 Cut without mercy, as a budget
 - 65 Maker of iComfort mattresses
 - 18 Hand-holding celebratory dance
 - 19 Be real
 - 23 Where Vladivostok is
 - 24 --deucey
 - 25 Arithmetic column
 - 26 Solzhenitsyn subject
 - 27 Dia de Reyes month
 - 28 "That wasn't quite true ..."
 - 29 Do housework
 - 30 Netflix drama set in a Missouri mountain resort
 - 31 WWII riveter
 - 32 Devices used with ox carts
 - 37 Rubbish
 - 38 Flute's symphonic neighbor
 - 39 Sierra Club founder
 - 41 With "the," East and West, in a Kipling ballad
 - 42 Colorful set
 - 44 They're music to job-seekers' ears
 - 45 Molded
 - 46 Maryland athlete, familiarly
 - 49 Cellar contents
 - 50 First Nations tribe
 - 51 Thought
 - 52 Backless shoe
 - 53 Start to wake up
 - 54 Sitter's challenge
 - 55 Geometry figure
 - 57 Power agcy. since 1933
 - 58 Jazz band staple
 - 59 Landmark '70s case anonym
- Wednesday's Puzzle Solved**
- | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| W | A | D | S | L | A | T | H | O | U | S | T | S |
| A | P | O | P | A | F | R | O | I | N | T | R | A |
| L | P | G | A | M | A | I | M | L | T | E | O | N |
| L | A | H | S | E | R | V | I | N | G | T | I | M |
| A | L | O | F | T | I | N | C | A | N | P | R | |
| C | O | U | R | S | E | L | A | I | O | U | T | |
| H | O | S | E | R | E | L | G | A | R | P | | |
| S | E | E | I | N | G | W | I | N | E | R | | |
| A | S | O | N | N | O | N | K | T | E | L | | |
| F | A | R | E | I | N | C | R | E | A | S | | |
| S | T | U | T | E | A | R | O | D | I | S | | |
| H | E | L | P | I | N | G | V | E | R | B | | |
| A | R | N | A | Z | L | A | M | A | M | E | R | E |
| F | R | A | N | Z | E | N | I | D | A | R | E | A |
| T | E | S | T | I | S | A | T | S | P | S | T | |

THURSDAY EVENING OCTOBER 26

SP	FT	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
LOCAL CHANNELS													
WIS	10	3	10	WIS News 10 at 7 (N)	Entertainment Tonight (N)	Superstore A dead body is found in the store. (N)	The Good Place Michael must resolve a problem.	Will & Grace Grace must work for an obnoxious client.	(31) Great News Katie tries to impress her friends.	Chicago Fire "Devil's Bargain" Casey and Severide are at odds. (N) (DVS)	WIS News 10 at 11 (N)	(34) The Tonight Show Starring Jimmy Fallon Kelly Ripa; Jim Jefferies; Stokley. (N)	
WLTX	19	9	9	News 19 at 7pm (N)	NFL Thursday Night Kickoff (N) (Live)	NFL Thursday Night Kickoff (N) (Live)	(25) NFL Football Miami Dolphins at Baltimore Ravens. The Ravens return to M&T Bank Stadium to take on the Dolphins in the Week 8 Thursday night. (N) (Live)			(15) News 19 at 11pm (N)		(11:50) The Late Show With Stephen Colbert (N)	
WOLO	25	5	12	Wheel of Fortune "Girlfriend Getaways" (N)	Jeopardy! (N)	Grey's Anatomy "Danger Zone" Events leading to Megan's kidnapping. (N)	Scandal "Lost Girls" The team works with a surprise client. (N)	How to Get Away With Murder "I Love Her" Bonnie searches for answers. (N)	ABC Columbia News at 11 (N)	(35) Jimmy Kimmel Live "Susan Sarandon; Jeffrey Dean Morgan; ODESZA" Susan Sarandon; Jeffrey Dean Morgan.			
WRJA	27	11	14	Rick Steves' Europe Aerial view of Cappadocia.	Palmetto Scene South Carolina ghost stories.	A Chef's Life Prepping peppers; stuffing peppers.	A Chef's Life Food truck practice; pear relish.	Poldark on Masterpiece Ross attempts to rescue Dwight.	Shetland Maguire's death.	Tavis Smiley (N)	BBC World News	Charlie Rose (N)	
WACH	57	6	6	The Big Bang Theory	The Big Bang Theory "The Troll Manifestation"	Gotham "A Dark Knight: Hog Day Afternoon" A killer leaves pig heads on victims. (N) (DVS)	(01) The Orville "Majority Rule" A search for missing anthropologists. (N) (DVS)	WACH FOX News at 10 (N)	Sports Zone	DailyMailTV (N)	TMZ (N)		
WKTC	68	4	22	Last Man Standing A bear wanders into the store.	Last Man Standing Eve tries to avoid a tough teacher.	Supernatural "Patience" Dean and Jody protect a girl. (N)	Arrow "Next of Kin" A rogue team steals something lethal. (N)	Law & Order: Criminal Intent "Semi-Professional" A judge's mistress is murdered.	Law & Order: Criminal Intent "Homo Homini Lupus" A loan shark kidnaps a family.	The Game Chardonnay goes on an emotional ride.			
CABLE CHANNELS													
A&E	46	130	The First 48 "Blood on Bourbon" Mass shooting in the French Quarter. (5:30) ** "Predator 2" (1990, Science Fiction) Danny Glover, Gary Busey.	The First 48: Revenge Kills Fatal drive-by shooting in Dallas. (N)	The First 48 "Runner Runner" Quick-money scam leads to double murder. (N)	The Eleven: The investigators find evidence. (Part 3 of 6)	(03) The First 48 A double shooting in New Orleans.	(12:03) The First 48: Revenge Kills					
AMC	48	180	** "Jeepers Creepers" (2001, Horror) Gina Philips, Justin Long, Jonathan Breck. A flesh-eating entity pursues sibling college students.	** "Jeepers Creepers" (2001, Horror) Gina Philips, Justin Long, Jonathan Breck. A flesh-eating entity pursues sibling college students.	Monsters Inside Me	Monsters Inside Me	Monsters Inside Me	** "Lake Placid" (1999)					
ANPL	41	100	Monsters Inside Me	Monsters Inside Me	Monsters Inside Me	Monsters Inside Me	Monsters Inside Me	Monsters Inside Me					
BET	61	162	(5:00) ** "Peeples" (2013)	** "House Party 2" (1991, Musical Comedy) Christopher Reid, Christopher Martin, Tisha Campbell. Rappers try for college and quick cash.	Top Chef Junior	Million Dollar Listing Los Angeles Josh Flagg pops the question in style.	Real Estate Wars "Commission Control" John's frustration escalates. (N)	Watch What Happens Live	The Real Housewives of Orange County "An Unexpected Thaw"				
BRAVO	47	181	Top Chef "Comida Final" The final two chefs face-off.	Shark Tank Beer-infused ice cream.	Shark Tank	Shark Tank (DVS)	Secret Lives	Secret Lives	Secret Lives	Secret Lives	Secret Lives	Secret Lives	
CNBC	35	84	Erin Burnett OutFront (N)	Erin Burnett OutFront (N)	Erin Burnett OutFront (N)	Erin Burnett OutFront (N)	Erin Burnett OutFront (N)	Erin Burnett OutFront (N)	Erin Burnett OutFront (N)	Erin Burnett OutFront (N)	Erin Burnett OutFront (N)	Erin Burnett OutFront (N)	
CNN	3	80	(6:50) South Park "Sons a Witches" (2013)	(25) South Park "Whale W..."	South Park "Quest for Ratings"	South Park "W.T.F."	Tosh.0 "Yotta Life"	Tosh.0	Nathan for You (N)	The President Show (N)	The Daily Show With Trevor Noah	The Opposition w/ Jordan Klepper (N)	(12:01) South Park Animated. Idol.
COM	57	136	Bunk'd	Bunk'd Emma and Zuri butt heads.	Andi Mack Jonah Beck turns to Andi.	Stuck in the Middle	Bizaardvark "Friend Fight!"	Raven's Home Nia contacts her father.	K.C. Undercover	Liv and Maddie	Bizaardvark "Friend Fight!"	Raven's Home "Fears of a Clown"	Stuck in the Middle
DISN	18	200	Naked and Afraid "Worlds Collide"	Naked and Afraid "Man vs. Volcano" Montserrat; Udhampur, India; Trinidad. (N)	College Football Countdown (N) (Live)	College Football Countdown (N) (Live)	College Football Countdown (N) (Live)	College Football Countdown (N) (Live)	College Football Countdown (N) (Live)	College Football Countdown (N) (Live)	College Football Countdown (N) (Live)	College Football Countdown (N) (Live)	College Football Countdown (N) (Live)
DSC	42	103	SportsCenter (N) (Live)	MLS Soccer Columbus Crew SC at Atlanta United FC. Knockout round. (N) (Live)	Halloween Wars "Monster Party"	Halloween Wars	Chopped "Gimme Gator" (N)	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Chopped
ESPN	26	35	The Story With Martha MacCallum (N)	Tucker Carlson Tonight (N)	Hannity (N)	Hannity (N)	Hannity (N)	Hannity (N)	Hannity (N)	Hannity (N)	Hannity (N)	Hannity (N)	Hannity (N)
ESPN2	27	39	(6:05) *** "Men in Black" (1997) Tommy Lee Jones. Secret agents monitor extraterrestrial activity on Earth.	(20) ** "Dark Shadows" (2012, Comedy) Johnny Depp, Michelle Pfeiffer, Helena Bonham Carter. Vampire Barnabas Collins emerges in 1972 Maine.	NBA Basketball Atlanta Hawks at Chicago Bulls. From the United Center in Chicago. (N) (Live)	NBA Basketball Atlanta Hawks at Chicago Bulls. From the United Center in Chicago. (N) (Live)	NBA Basketball Atlanta Hawks at Chicago Bulls. From the United Center in Chicago. (N) (Live)	NBA Basketball Atlanta Hawks at Chicago Bulls. From the United Center in Chicago. (N) (Live)	NBA Basketball Atlanta Hawks at Chicago Bulls. From the United Center in Chicago. (N) (Live)	NBA Basketball Atlanta Hawks at Chicago Bulls. From the United Center in Chicago. (N) (Live)	NBA Basketball Atlanta Hawks at Chicago Bulls. From the United Center in Chicago. (N) (Live)	NBA Basketball Atlanta Hawks at Chicago Bulls. From the United Center in Chicago. (N) (Live)	
FOOD	40	109	Gmdy: Ga Tech	Hawks Pregame	NBA Basketball Atlanta Hawks at Chicago Bulls. From the United Center in Chicago. (N) (Live)	NBA Basketball Atlanta Hawks at Chicago Bulls. From the United Center in Chicago. (N) (Live)	NBA Basketball Atlanta Hawks at Chicago Bulls. From the United Center in Chicago. (N) (Live)	NBA Basketball Atlanta Hawks at Chicago Bulls. From the United Center in Chicago. (N) (Live)	NBA Basketball Atlanta Hawks at Chicago Bulls. From the United Center in Chicago. (N) (Live)	NBA Basketball Atlanta Hawks at Chicago Bulls. From the United Center in Chicago. (N) (Live)	NBA Basketball Atlanta Hawks at Chicago Bulls. From the United Center in Chicago. (N) (Live)	NBA Basketball Atlanta Hawks at Chicago Bulls. From the United Center in Chicago. (N) (Live)	
FOXN	37	90	(6:00) *** "A Royal Winter" (2017, Drama) Merritt Patterson, Jack Donnelly.	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop Vegas	Flip or Flop Vegas	House Hunters (N)	Hunters Int'l	House Hunters	Hunters Int'l	Flip or Flop Vegas
FREE	20	131	(6:59) Forged in Fire "Zulu Ikwa"	(7:58) Forged in Fire: Cutting Deeper Finalists forge a Tabar, a battle ax. (N)	Blue Bloods "Whistleblowers" Frank deals with a whistleblower.	Blue Bloods "Guilt by Association" A key witness in Danny's case is killed.	Blue Bloods "Personal Business" A woman's ex-boyfriend is murdered.	Blue Bloods "Genetics" An adoption dispute gets complicated.	(03) Ice Road Truckers "The Big Skid"	Forged in Fire	Forged in Fire	Forged in Fire	
FSS	21	47	Project Runway "A Little Avant Garde" Creating an avant garde look.	Project Runway The designers must use safety materials. (N)	Project Runway "Warrior Fashion" Using "Warrior Women" as inspiration. (N)	(33) American Beauty Star "Rock the Catwalk" Creating an	(33) Project Runway (N)	(12:02) Project Runway					
HALL	52	183	Hardball With Chris Matthews (N)	All In With Chris Hayes (N)	The Rachel Maddow Show (N)	The Last Word	The 11th Hour With Brian Williams (N)	Rachel Maddow					
HGTV	39	112	Lip Sync Battle	The Thundermans	** "Journey 2: The Mysterious Island" (2012) Dwayne Johnson.	Fresh Prince	Fresh Prince	Friends	Friends	Friends	Friends	Friends	
HIST	45	110	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	
ION	13	18	** "G.I. Joe: Retaliation" (2013, Action) within the government jeopardize the G.I. Joes. (DVS)	Seinfeld "The Beard"	Seinfeld "The Doorman"	Seinfeld "The Omega Man" (1971, Science Fiction) Charlton Heston, Anthony Zerbe. Mutants and ex-TV newscaster stalk last normal man on Earth.	** "Logan's Run" (1976, Science Fiction) Michael York, Jenny Agutter, Richard Jordan. Citizens in an idyllic domed city are killed at age 30.	(12:15) *** "THX-1138" (1971)					
LIFE	50	145	My 600-Lb. Life "Cynthia's Story" Cynthia loses weight for her children.	My 600-Lb. Life "Gideon's Story"	My 600-Lb. Life "Dottie's Story"	NBA Basketball New Orleans Pelicans at Sacramento Kings. From Golden 1 Center in Sacramento, Calif. (N Subject to Blackout) (Live)	(01) My 600-Lb. Life Cynthia loses weight for her children.	NBA Basketball Boston Celtics at Milwaukee Bucks. From UW-Milwaukee Panther Arena in Milwaukee. (N Subject to Blackout) (Live)					
MSNBC	36	92	Impractical Jokers	Impractical Jokers	Impractical Jokers	Impractical Jokers	Impractical Jokers	Impractical Jokers	Impractical Jokers	Impractical Jokers	Impractical Jokers	Impractical Jokers	
NICK	16	210	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	
NIKE	64	153	Law & Order: Special Victims Unit A sergeant's son is accused of rape.	Law & Order: Special Victims Unit A reckless mother's child disappears.	Law & Order: Special Victims Unit A powerful family fights a rape charge.	Chicago P.D. "Push the Pain Away" A mass shooting takes place.	Chicago P.D. "Born Into Bad News" The team helps retired Cmdr. Perry.	Chicago P.D. "Life Is Fluid"					
SPYKE	64	153	Law & Order: Criminal Intent "Badge"	Mary Mary "Kenya Make It On Time?"	Mary Mary "Cut the Cameras!" (N)	(13) Mary Mary "Cut the Cameras!"	(13) Mary Mary "Cut the Cameras!"	(12:13) Mary Mary					
SYFY	58	152	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	

'The Orville' returns to Roddenberry's topicality

BY KEVIN McDONOUGH

"The Orville" (9 p.m., Fox, TV-14) has been criticized as creator Seth MacFarlane's personal cosplay trip. But beneath its geekdom lurks a show that wants to return TV to the days when writers such as Gene Roddenberry used science fiction to discuss and explore contemporary controversies. The original "Star Trek" was among the first shows to cast black and Asian characters in principal roles, and it was never shy about evoking the problems of its day. Chief among them, then as now, was racism.

On tonight's "Orville," the ship visits a planet that very much resembles 21st-century Earth. An effort to extract two of their scientists from this planet runs up against its peculiar justice system, one that bases law on "majority rule" instead of a set of constitutional principles. They learn that things can get ugly when matters of justice are based on the emotions and whims of a momentary majority.

Fans of "The Orville" and its retro take on topicality might enjoy TCM's deep dive into 1970s dystopian science fiction, including "The Omega Man" (8 p.m.) from 1971 and the 1976 thriller "Logan's Run" (10 p.m.).

"The Orville" isn't the only series to wade into topicality. Two weeks ago, "Great News" seemed to anticipate the headlines with a satirical take on workplace sexual harassment. Tonight's "Grey's Anatomy" (8 p.m., ABC, TV-14) involves characters' flashbacks to Iraq. Violence toward police officers animates a gruesome serial killer on the lurid comic book series "Gotham" (8 p.m., Fox, TV-14).

The thoughts being provoked on some series transcend mere headlines. Set in an experimental fabrication of a fantastical afterlife, "The Good Place" (8:30 p.m., NBC, TV-PG) continually challenges viewers — not to mention its characters — to think about the very nature of existence and questions of right and wrong.

The very artificiality of this "heaven" and the ever-changing roles assigned to each character leave some wondering if there is a difference between selfishness and altruism.

Then again, the narrative's repetitive use of a "reset" button leaves some wondering if anything about the series matters at all.

Perhaps the divided reaction to "The Good Place" reflects the differences between people who see the show as effervescent, if empty, comedy, and those who enjoy it as a brilliant game.

TONIGHT'S OTHER HIGHLIGHTS

- FXX scares up a four-hour marathon of "Simpsons: Treehouse of Horror" episodes, ranging from "III" (8 p.m.) to "XXV" (11:30 p.m.).
- The Baltimore Ravens host the Miami Dolphins in "Thursday Night Football" (8:25 p.m., CBS, NFL). This game also streams live on Amazon Prime.
- Contestants create fashions for breast cancer survivors known as "Warrior Women" on "Project Runway" (9 p.m., Lifetime, TV-PG).
- Links to Al Capone loom large on the season finale of "Mysteries at the Museum" (9 p.m., Travel, TV-PG).
- A surprising client needs help on "Scandal" (9 p.m., ABC, TV-14).
- Disentangling a teen from barbed wire sparks arguments on "Chicago Fire" (10 p.m., NBC, TV-14).
- Bonnie wants the dope on Annalise's big case on "How to Get Away With Murder" (10 p.m., ABC, TV-14).

CULT CHOICE

Timothy Olyphant stars in

the 2010 shocker "The Crazies" (7:17 p.m., Starz Encore), about small-town residents turned into bloodthirsty maniacs by a toxic substance. A remake of a low-budget film from 1973 written and directed by the late George Romero.

SERIES NOTES

One Halloween "decoration" proves far too real on "Superstore" (8 p.m., NBC, TV-PG) ... Loretta Devine guest-stars on "Supernatural" (8 p.m., CW, TV-14) ... Grace gets a dream job working for a nightmare client on "Will & Grace" (9 p.m., NBC, TV-14) ... Onyx arrives on "Arrow" (9 p.m., CW, TV-14) ... Kate shows off some hip connections on "Great News" (9:30 p.m., NBC, TV-PG).

LATE NIGHT

Miles Teller and Jason Hall are booked on "The Daily Show With Trevor Noah" (11 p.m., Comedy Central) ... JoAnna Garcia Swisher and Paul Weller appear on "Conan" (11 p.m., TBS) ... Julianne Moore, Jermaine Fowler and Capt. Scott Kelly are booked on "The Late Show With Stephen Colbert" (11:35 p.m., CBS) ... Jimmy Fallon welcomes Kelly Ripa, Jim Jefferies, Cole Swindell and Stokley on "The Tonight Show" (11:35 p.m., NBC) ... Susan Sarandon, Jeffrey Dean Morgan and ODESZA appear on "Jimmy Kimmel Live" (11:35 p.m., ABC) ... Liev Schreiber, Cheryl Hines, Mikey Day and Sonny Emory visit "Late Night With Seth Meyers" (12:35 a.m., NBC) ... Dustin Hoffman, Kenneth Branagh and Jordan Spieth appear on "The Late Late Show With James Corden" (12:35 a.m., CBS).



Prince performs at the Forum in Inglewood, California, on Feb. 18, 1985. AP FILE PHOTO

Prince's shoes go on display at London's V&A museum

LONDON (AP) — A pair of floral-patterned satin shoes worn by Prince has stepped into the collection of Britain's Victoria & Albert Museum. The art and design museum says the "exquisitely crafted" shoes illustrate the imagery and industry of Prince, who died in 2016 aged 57. The zippers feature "love symbol #2," the logo to which Prince changed his name in 1993. The shoes also have metal braces in-

serted between heel and sole to help support his vigorous leaps. The shoes went on display Tuesday at the museum, which also holds costumes from Elton John, Mick Jagger and The Beatles. Collection director Geoffrey Marsh said the footwear "not only records the dedication of one of the world's great performers but highlights the range of design and craft skills necessary for large stage shows."

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LEGAL NOTICES

Summons & Notice

SUMMONS AND NOTICE

IN THE COURT OF COMMON PLEAS THIRD JUDICIAL CIRCUIT 2017-CP-43-01458

STATE OF SOUTH CAROLINA COUNTY OF SUMTER

LaQuesta S. Rufus, Plaintiff,

Tyler C. Scott, -v- Defendant.

TO THE DEFENDANT: Tyler C. Scott

YOU ARE HEREBY SUMMONED and required to answer the Complaint for damages in an automobile accident, the original of which has been filed in the office of the Clerk of Court for Sumter County, on the 4th day of August, 2017, a copy of which will be delivered to you upon request; and to serve a copy of your answer to the said complaint upon the undersigned attorney for the Plaintiff, John D. Clark at the Clark Law Firm L.L.C., at Post Office Drawer 880, 22 E. Liberty Street, Sumter, South Carolina 29151-0880, within thirty (30) days following the date of service upon you, exclusive of the day of such service, and if you fail to answer the complaint within the time stated, Plaintiff will move for an Order declaring you, the Defendant in default on the ground

Summons & Notice

that Defendant failed to timely answer or otherwise submit responsive pleadings to the Complaint filed with this Court on August 4, 2017. In addition, the Plaintiff will seek the relief requested in the Complaint previously filed in this matter.

John D. Clark, Esquire
Attorney for Plaintiff
22 East Liberty Street
P.O. Drawer 880
Sumter, SC 29151

SECOND AMENDED SUMMONS

IN THE COURT OF COMMON PLEAS Civil Action No. 2016-CP-43-00835

STATE OF SOUTH CAROLINA COUNTY OF SUMTER

Zurich North American Ins. Co., aka Empire Fire and Marine Ins. Co., Plaintiff,

Shawn Holden, Kadressia Holden, Quindon Dais, a minor under the age of 14, Vincent B. Croom, Natalie Ukata, Quinton Dais, a minor under the age of 14, Tedra Lang, Quinnee Allen, a minor under the age of 14, Taren Lewis, Isys Smith, a minor the age of 14, Jalen Jackson, a minor under the age of 14, Quenine Robinson, Valencia Croom, a minor, Michael Dais, Lyndon Allen, Isley Smith, and Jalen Jackson, Defendants.

TO: THE ABOVE-NAMED DEFENDANTS:

YOU ARE HEREBY SUMMONED and required to answer this Amended Complaint, a copy of which is now served upon you, or otherwise appear and defend, and to serve a copy of your Answer to said Second Amended Complaint upon the Plaintiff at the office of his attorney, 3321 Forest Drive - Suite One, Columbia, South Carolina 29204, within thirty (30) days after service, and if you fail to answer the Second Amended Complaint within the time aforesaid, or otherwise appear and defend, the Plaintiff in this action will apply to the Court for the relief demanded in the Second Amended Complaint, and judgment by default will be rendered against you for the relief demanded in the Amended Complaint.

Respectfully submitted,
Robert L. Reibold
No. 9284
WALKER / REIBOLD
Post Office Box 61140
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Health MATTERS

inside

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- C4** How community health care centers are beneficial
- C5** Tips for a healthy Halloween
- C5** 3-D mammograms may be right for you
- C6** Mom was right: Add more produce to your diet
- C7** Exercise is good for a healthy heart



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Expert: Children are especially at risk for flu

FROM PALMETTO HEALTH

Influenza, more commonly known as the flu, is a serious infectious disease you can get from anyone infected. Healthy people can get the flu, and adults and children with other chronic diseases, such as diabetes or asthma, are even more at risk. Every year, flu season lasts from late fall to May.

The flu virus can leave you sick for five to seven days and can cause some very uncomfortable symptoms, including but not limited to:

- headache;
- body aches;
- persistent cough;
- sore throat; and
- fever that can be high.

According to Dr. Caughman Taylor, senior medical director at Palmetto Health Children's Hospital and chairman of the Pediatrics Department, complications from the flu can be more severe than only missing five to seven days of school or work. In fact, the flu causes up to 50,000 deaths annually in the United States.

Taylor emphasized the special risk for children suffering from the flu, especially children with diabetes, asthma, seizures or any types of disease that increase the chance of hospitalization. "Up to 85 percent of children who die each

year from the flu are children who did not get the flu vaccine," Taylor said.

Many people doubt the effectiveness of the flu vaccine as they believe the flu shot is a cause of infection or causes the flu. Taylor emphasizes that the flu shot does not cause the flu. Also, while admitting the flu vaccine does not provide 100 percent protection, Taylor says it is an effective tool for preventing the flu. The vaccine's main side effects are sometimes a sore arm, a slight headache or a short fever over one or two days. However, "It is a good trade-off to avoid being sick for seven days, getting hospitalized or suffering from complications such as pneumonia," he said.

The flu can cause more extreme illness to pregnant women than women who are not pregnant. Confirmed by the Centers for Disease Control and Prevention, the flu vaccine only works for anyone six months and older, which makes the vaccine safe for pregnant women and babies older than six months. Pregnant mothers are encouraged to get a flu shot during their pregnancy to protect themselves and the lives of their unborn babies.

Palmetto Health is initiating a campaign to increase the number of people who are immunized with the flu vaccine. "We believe so strongly in the flu vaccine that we are offering free flu shots at churches around our community. The shots are free and no insurance is required," Taylor said.

Palmetto Health Tuomey offers free flu shot clinic

FROM PALMETTO HEALTH TUOMEY

Come fight the flu this season while enjoying free food, games and prizes at Palmetto Health Tuomey's free flu clinic from 9 a.m. to noon on Saturday, Nov. 11, at Jehovah Missionary Baptist Church. Palmetto Health is helping to protect you and your family by offering the shot to anyone 6 months and older — at no charge to you. No insurance is required, and the shots will be given on a first-come, first-served basis.

The flu is a serious disease you can get from anyone who is infected. Healthy people can get it, but adults and children with other chronic diseases, such as diabetes or asthma, are even more at risk.

During the 2016-17 flu season, there were 14,652 cases of the flu, 657 flu-associated hospitalizations and 13 flu-related deaths in this state.

"Receiving your seasonal flu vaccine protects you and also those around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people and people with

certain chronic health conditions," said Letitia Pringle-Miller, an administrative director at Palmetto Health Tuomey.

While a flu vaccine cannot give you flu illness, there are side effects that may be associated with getting a flu shot. These could include soreness, redness or swelling where the shot was given, a low-grade fever and aches.

The Centers for Disease Control supports yearly flu vaccination as the best tool available to protect against the flu and its potentially serious complications. Although a flu vaccination does not guarantee protection against the flu, it does tend to reduce the duration of the flu and makes your illness milder if you do get sick.

"The body's immune response from vaccination declines over time," Pringle-Miller said, "so an annual vaccine is needed for optimal protection."

Jehovah Missionary Baptist is located at 805 S. Harvin St. in Sumter. For more information about the flu or this free event, contact the Palmetto Health Community Health office at (803) 296-3070.

Know how to handle cyberbullying before it strikes

BY LESLIE JUSTICE

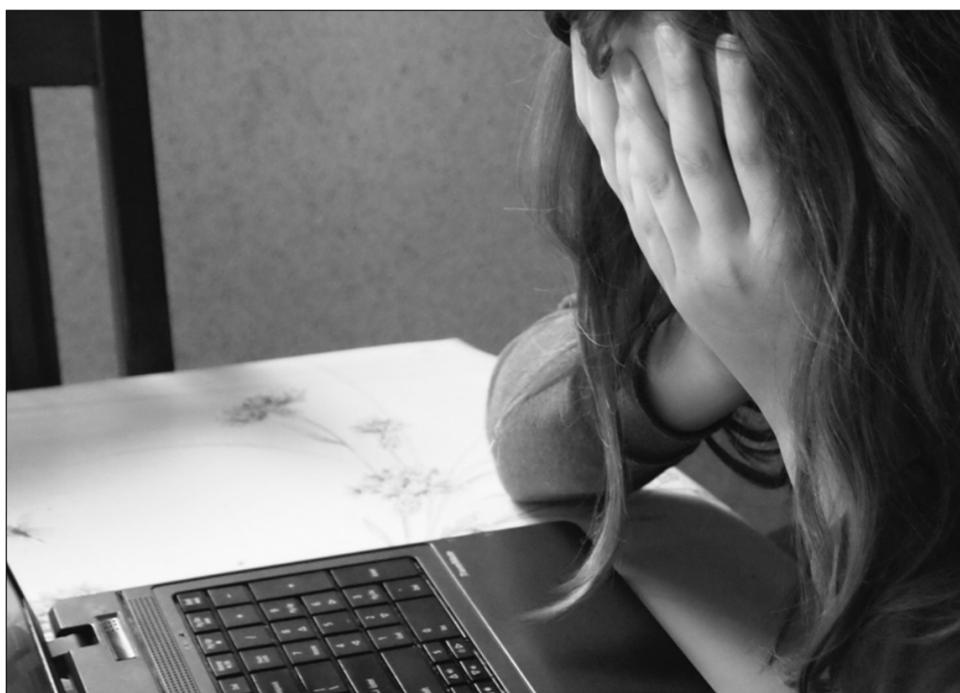
MSN, APRN, PMHCNS-BC
Director of Behavioral Health Counseling Services, Sumter Family Health Center

Bullying is a form of aggression that may be repeated acts of psychological or physical oppression involving the abuse of power in relationships to cause distress or control another.

Bullying is typically understood to be a physical aggression, but there are many ways it is becoming more common. The majority of people now have access to the internet, and bullies now have a new avenue that involves communication technology, mobile telephones, text messaging and social media sites to cause distress to others. Let us call them cyberbullies.

The preferred method of communication has become social media, such as Facebook. This is an easy venue for bullies, and the number of cyberbullying continues to rise, and unfortunately, most go unreported. It is vital for parents, health care workers, teachers and police to know about these incidents, as well, as the services that provide these avenues. While every situation is different, it helps to have some general guidelines on how to handle cyberbullying in order to get yourself or a loved one on the road to healing.

The definition of a victim, according to Webster, is one that is acted on and usually adversely affected by a force or agent, one that is subject to oppression, hardship or maltreatment or one that is tricked or duped. Victim mentality is an acquired personality trait or reaction in which a person



starts recognizing themselves as a victim of the negative actions of others and behaves as if this were the case even though there is clear evidence this is not the case. People in a victim mentality have been the victim of wrongdoing by others or have suffered a misfortune through no fault of their own. Breaking out of this mentality involves understanding within the victim that he or she is not helpless, cannot be passive and learn that he or she has control and must speak out. Let us call electronically bullied victims E-victims.

Here are nine ways E-victims can confront cyberbullying.

• First, do not respond. Ignore posts, comments, texts and calls. Refrain from the urge to respond; it is better to

stop and report the incident to a parent or trusted adult or professional. No matter how much the words hurt, do not post a response. Cyberbullies want you to respond and are waiting on a reaction. Do not give them one. If you respond, the situation will only escalate, and you are like a fish on a hook — do not go for the bait.

• Second, save all messages as evidence. This includes comments, posts, emails, blog posts, social media posts, tweets and text messages. Even though the first reaction is to delete everything, do not delete it. Without any evidence, there is no proof of the cyberbullying.

• Third, report cyberbullying to parents or authorities available, your school counselor,

principal, health care provider or law enforcement if serious threats occur. When reporting cyberbullying, include copy of the tweets, text messages, posts or other correspondence you have saved in files and keep a copy of this file for yourself.

• Fourth, report cyberbullying to the social media site itself and to the internet service provider. When cyberbullying occurs in personal accounts, it is important to forward copies to your ISP. If the bullying happened on a social media site, be sure to report it to them as well. Most have a way to do this. For example, abuse@facebook.com or abuse@hotmail.com. The cyberbullying usually leaves a clear trail of evidence that if reported to authorities can go a long way to

putting an end to it.

• Fifth, contact the police immediately regarding any threats of physical violence, death, suicide, or indications of stalking. Also, report harassment that has continued over a long time, along with saved files for the police to evaluate the incidents.

• Sixth, cut off communication by canceling current social network accounts or change the cellphone number and get an unlisted number. Block the cyberbully from your account or cellphone to make it very difficult for the cyberbully to contact you or your loved one.

• Seventh, be aware of the effects of cyberbullying. People experience a variety of feelings including sadness, being overwhelmed, feeling depressed or even suicidal. Do not be afraid to get help for yourself or love one. Get distractions away from the computer and social media, and redirect attention away from what other people are saying or doing.

• Eighth, be around family and supportive others. Talk to someone about what is happening. Consider talking to a counselor, preacher or health care professional.

• Ninth, if you are a parent, logically you want to take away the cellphone. Do not take away computers or cellphones so that the person feels secluded or cut off. This can exacerbate feelings of isolation and loneliness and make teens not want to be open about what is happening for fear of losing their phone. This makes them more likely not to report cyberbullying.

It is my sincere wish that this does not happen to anyone, but if it does, use these recommendations.

Help is available when choosing your health insurance

BY HOLLY CHASE

Director of Community Development, Sumter Family Health Center

Do you need to choose health coverage, but you're not sure how to pick what's right for you or your family? The health insurance marketplace is a way to help you find health care coverage that meets your needs.

Not only can you view and compare health coverage options online, but with one application, you can also have those options tailored to your personal situation and find out if you might be eligible for help paying for coverage.

When you apply, you'll find out if you qualify for private health insurance, lower costs based on your household size and income, coverage through Medicaid and the Children's Health Insurance Program or if you can get savings to use right away to lower your health insurance premiums.

No matter where you live, you may be able to buy insurance from private health plans that cover a comprehensive set of benefits and plans. The Marketplace must treat you fairly — they can't deny you coverage because of a pre-existing condition.

As a federally qualified community health center, Sumter Family Health Center, has certified application counselors available full time to help you with your marketplace application.

Sonya Del Rio, the SFHC outreach and enrollment coordinator for the health insurance marketplace, and her staff are available to assist individuals at the center.

COMPARING PRIVATE HEALTH PLANS

You can compare plans based on price, benefits, quality and other features important to you before you

make a choice. As you compare plans in the marketplace, you'll see what benefits each plan covers. This will be helpful if you have specific health care needs.

Every health plan in the marketplace offers the same set of essential health benefits, including doctor visits, preventive care, hospitalization, prescriptions and more. Plans can offer other benefits such as vision, dental or medical management programs for a specific disease or condition. However, specific benefits may be different in each state.

Compare plans based on what's important to you, and choose the combination of price and coverage that fits your needs and budget. Think about your health care needs when choosing a plan. If you expect to have a lot of doctor visits or need regular prescriptions, you might want to select a plan that has higher monthly premiums, but pays more of

the costs when you need care. You could pay lower out-of-pocket costs for each visit, prescription or other medical service.

WANT HELP OR NEED MORE INFORMATION?

The certified application counselors at SFHC are available for walk-ins at the main office at 1278 N. Lafayette Drive.

You do not have to be a patient of the center. The open enrollment period of time, during which eligible individuals can enroll in a qualified health plan, is Nov. 1, 2017, through Dec. 15, 2017. This year's open enrollment is shorter than most so the SFHC staff encourages patients to act soon.

Assistance is also available at SFHC's other facilities by appointment. For more information, call Del Rio at (803) 774-4632, or email her at enroll@sumterfhc.com.

We aren't limited by our DNA; eat your fruits, veggies

BY MISSY CORRIGAN
Sumter Family YMCA

How many times have you heard, "It's in my genes" or "My parents had it?" The topic of genetics comes up when people talk about their current health or the future of their health because inherited genes influence our health. However, with epigenetics, a new branch of study on how our environment influences our genes, scientists question the belief that DNA pre-determines our health, regardless of our choices.



CORRIGAN

About 30 years ago, modern science began to see a connection between nutrition and disease or good health. The human body is so complex that the simplicity of cause and effect could not and cannot easily apply. Since it takes so long for chronic physical responses to food intake to show up, it is more effective to look at regular dietary patterns than a single nutrient. Although, it is important to note that when the body lacks a certain nutrient it works to compensate for the deficiency which causes some processes in the body to work overtime and others to under perform.



Scientists that are exploring beyond genetics believe that emotions, thoughts, nutrition, stress management and lifestyle choices determine whether or not certain genes get activated. This puts us in charge of our future to age well or struggle with chronic disease.

Scientists think that the food we consume, particularly plant food, can positively alter our gene expression. A plant-based diet consists of colorful vegetables and fruits that are packed with phytonutrients and antioxidants. These are known to contain protective and healing qualities as well as anti-

inflammatory properties.

Eating various fruits and vegetables provides protection against oxidative stress. Oxidative stress occurs in basic everyday breathing and thinking as well as during exercise or metabolic processes. It is also a result of exposure to pollution or chemicals in the foods we eat. All of these are known to harm the body's immunity and ability to self-heal.

Additionally, consuming more fruits and vegetables daily can help manage free radicals that promote inflammation and conditions such as heart disease. For example, if we don't con-

sume enough B vitamins, which are found in foods such as spinach and beets, blood vessels can deteriorate, endangering cardiovascular and brain health.

Scientific studies are confirming how certain foods can positively influence our genes so we are no longer limited by our DNA. For this reason, we are encouraged to eat fruits and vegetables that are the colors of the rainbow.

Missy Corrigan is executive of community health for Sumter Family YMCA. She can be reached at mcorrigan@ymcasumter.org or (803) 773-1404.

There are steps to prevent cardiovascular disease in patients with diabetes

DR. DENNIS LANG
McLeod Cardiology Associates

Living with diabetes is difficult. Adults with diabetes face a 2-4 times greater chance of cardiovascular disease. Patients with diabetes



LANG

undergo a higher rate of coronary artery surgeries than non-diabetics. Nearly 70 percent of adults with diabetes age 65 and older die of some form of cardiovascu-

lar disease.

Diabetes and its effect on the body place a person at high risk of stroke, heart attack, coronary artery disease and peripheral arterial disease. Many people with Type 2 diabetes are unaware they have it and may already have developed complications associated with it. We also know that appropriate treatment and lifestyle changes can decrease the risk of diabetes.

FIRST STEPS

Work with your physician to determine if you need cardiac testing. The American College of Cardiology has these indications for diabetic patients:

- Do you have cardiac symptoms?
- Has a resting Electrocardiogram Test suggested you have blocked arteries or an impending heart attack?
- Do you have Peripheral Arterial Disease or Carotid Artery Disease?
- Are you over age 35 with a sedentary lifestyle but plan to begin an exercise program?
- Do you have two or more of the following risk factors: high cholesterol, high blood pressure, diabetes, smoke or family history of coronary artery disease?

NEXT STEP

If testing shows you are at an increased risk, your cardiologist may start you out with these types of medications – among other drugs:

- aspirin;
- beta-blockers to reduce your blood pressure by blocking adrenaline;
- ACE Inhibitors, which can enlarge blood vessels and reduce blood pressure; and
- medications to reduce fat production and lower your cholesterol.

Your cardiologist will probably also recommend that you increase your physical activity, lose weight and quit smoking.

HOW DOES TREATMENT HELP

Losing weight and following a healthier diet (less fried foods, more fruit and vegetables) will improve your diabe-

tes status. Diabetes is a chronic — meaning a long-lasting, ongoing — disease. You may never get rid of it, but you can improve your risk of heart and vascular disease in the following ways:

- Controlling your blood glucose can reduce your risk of cardiovascular disease by as much as 50 percent, reduce the risk of a heart attack by 42 percent and reduce the risk of cardiovascular-related death by 57percent.
- Reducing lipids — the fat-like substance in your blood — can reduce cardiovascular



complications by 20 percent to 50 percent.

ACTIONS YOU CAN TAKE

By making healthy lifestyle changes you can reduce your risk or delay the development of diabetes. Work with your

personal physician if you need assistance in making those changes or on controlling your diabetes. See a cardiologist for further testing if you have any of the five indications in the "First Steps"

section in this article.

Dr. Dennis Lang is a cardiologist with McLeod Cardiology Associates, 540 Physicians Lane, Sumter. Appointments can be made with Dr. Lang by calling (803) 883-5171.

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How community health centers benefit your community

BY HOLLY CHASE

Director of Community Development
Sumter Family Health Center

Community health centers, or federally qualified health centers, are nonprofit, community-owned organizations serving medically underserved communities confronted with financial, geographic, language, cultural and other barriers. CHCs provide high-quality, affordable primary and preventive health care and often provide pharmaceutical and behavioral health services, as well.

CHCs are located in areas where care is needed, and they improve access to care for millions of Americans regardless of the patient's insurance status or inability to pay. More than 1,300 health centers deliver care at more than 9,700 sites in every state and territory.

CHCs serve as the medical and health care home for more than 25 million people nationwide including 7 million children and 260,000 veterans. CHCs in South Carolina served more than 365,000 South Carolinians in 2016. The cost of care for these patients ranks among the lowest in health care, and the inappropriate use of emergency rooms is reduced, which saves taxpayer dollars. CHCs also generated almost \$93 million back into the state economy, employing more than 3,000 employees throughout the state.

National Association of Community Health Centers is celebrating 52 years of success in health care delivery across the U.S.

Health centers started 52 years ago as a pilot project during President Lyndon Johnson's War on Poverty. Today, they have compiled a significant record of success that includes:

- Reducing income and ethnic health disparities nationwide, even in the poorest and most challenged communities;
- Reducing infant mortality rates;
- Producing \$24 billion in annual health system savings;
- Reducing unnecessary hospitalizations and unnecessary visits to the ER; and
- Maintaining patient satisfaction levels of nearly 100 percent.

Another key to health centers' accomplishments is patient involvement in service delivery. Governing boards — the majority of whose members must be patients according to grant requirements — manage health center operations. Board members serve as community representatives and make decisions on services provided. Active patient management of health



counseling services and infectious disease services. The main office also has an on-site pharmacy with a convenient drive-thru to meet the needs of each patient. Carolina Women's Specialists, the women's health care location, offers comprehensive OB/Gyn & Midwifery services to women of all ages. The Pinewood location, PHC, offers primary and pediatric care. Offering a new service for Sumter Family Health Center, the Carolina Dental Associates office opened in October 2017 and provides dental needs for the entire family.

SFHC and its centers served almost 14,000 patients last year, and with more than 195 employees, its economic impact to the Sumter community is important as well.

Sumter Family Health Center is committed to continually improving the quality of care and services in this community. While equipping patients with the knowledge, ability and motivation to make healthy choices and live healthy lives, the center works to eliminate the barriers caused by financial circumstances, giving each patient the same quality care and service.

For more information on SFHC and the services provided locally, please call (803) 774-4500 or visit www.sumterfhc.com or www.carolinawomenspecialists.com.

If you live outside of Sumter County and would like to find a CHC in your area, visit www.scpca.org or www.nachc.org.

centers assures responsiveness to local needs and helps guarantee that health centers improve the quality of life for millions through improved access, cost-effective and high-quality care, reduction of health disparities, effective management of chronic illnesses and improved birth outcomes.

Health centers not only deliver good quality care, but also serve as critical economic engines helping to power local economies. Community-owned and operated businesses, health centers employ hundreds of thousands of individuals at about 9,700 sites across the nation. In addition to primary care

services, which contribute to a healthier local workforce, health centers provide a comprehensive range of services that promote economic and workforce development in the community and make a significant contribution to the economic viability and growth in the community.

LOCAL CHC IMPACT

Sumter Family Health Center, a local CHC, provides comprehensive primary and preventive health care and social services to medically underserved individuals and families in Sumter County. The center's mission is to make sure that everyone in the Sumter community gets

good, quality health care and it is dedicated to building a healthy community and improving the health, well-being and quality of life of each person served at the center.

SFHC has four locations to serve the community. The main office is at 1278 N. Lafayette Drive in Sumter; Carolina Women's Specialists is at 319 N. Main St. in Sumter; Pinewood Health Center facility is at 25 E. Clark St., Pinewood; and the new dental office, Carolina Dental Associates, is at 1105 N. Lafayette Drive in Sumter.

The main SFHC office offers services including family practice and pediatrics services, behavioral health



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5 tips for a healthy Halloween this year

FROM PALMETTO HEALTH

Halloween is just around the corner, and the candy shelves are tempting us. Palmetto Health Heart Hospital dietitian Lisa Akly offers these tips to help you have a healthy Halloween.



AKLY
1. Don't keep candy in your home throughout the season. We currently see the grocery store shelves lined with our

favorite Halloween treats. To avoid the pre-Halloween temptation, purchase your candy of choice as close to the trick-or-treat day as possible, and keep it out of sight until it's time for the trick-or-treaters to arrive.

2. Explore healthy Halloween giveaways and party pleasers. For healthy, but festive, Halloween party treats, consider cutting up fresh veggies such as colorful bell peppers, carrots and celery and shaping the pieces into traditional Halloween images (a pumpkin

for example). Serve the veggies with healthy cheeses, crackers and dips. Fruits make a great alternative to candy for a healthy Halloween giveaway. Oranges or tangerines filled with pudding make a unique dessert. You also can consider individually packaged raisins or other dried fruits, individually wrapped pretzels or popcorn.

3. Send your trick-or-treaters off with a healthy meal. A healthy meal before trick-or-treating may help avoid the candy temptation. Broccoli,

cauliflower, squashes and sweet potatoes are some healthy vegetables available this season. A wholesome soup along with a sandwich on whole-grain bread is one example of many healthy, pre-trick-or-treat meals to start your evening of Halloween fun.

4. Eat a rationed amount of familiar and favorite treats. Unless you are very familiar with the household from where it came, do not eat any homemade Halloween treats. After you have discarded any

unwrapped and tampered with candies from their trick-or-treat bags, have your children choose only their absolute favorite pieces of candy, and ration it out a little at a time. Candies provide calories with very few nutrients, and the added sugar plays a role in causing cavities.

5. Halloween is an opportunity for physical activity. Creating active Halloween party games and trick-or-treating is a great opportunity for children to achieve their 60 minutes of physical activity for the day.



AP FILE PHOTO

Vials of flu vaccines are seen in Philadelphia in 2013. No vaccine is perfect, and it can take many years to find out how well a new vaccine works and how long it lasts. The annual flu vaccine is a particularly hard one to nail. The virus changes quickly and spreads easily. U.S. health officials make their best guess each spring about the formula for the next flu season.

U.S. vaccine panel will discuss waning effectiveness, new shots

NEW YORK (AP) — Two years ago, George Green got stabbing pain and bad blisters around his right arm. It was the worst case of shingles his doctor had ever seen.

"I said, 'Wait a minute, I had the vaccine! How come I got this?'" recalled Green, a 68-year-old engineer in Austell, Georgia, who got the shot seven years earlier.

His doctor at Emory University, Dr. Sharon Bergquist, said about 10 percent of the patients she's given the shingles shot have come back with the disease years later.

No vaccine is perfect, and it can take many years to find out how well a new vaccine works and how long it lasts. Sometimes, health officials have called for an additional dose when it became clear the first round wasn't cutting it. But disappointing performance is also prompting drug-makers to pursue new vaccines for older patients, using new additives to boost effectiveness.

The issue of waning protection is expected to be discussed when the Advisory Committee on Immunization Practices meets in Atlanta. The two-day meeting opened Wednesday. The federal panel of experts recommends what vaccines children and adults should receive and when.

FLU

The annual flu vaccine is a particularly hard one to nail. The virus changes quickly and spreads easily. U.S. health officials make their best guess each spring about the formula for the next flu season. In four of the last seven seasons, the flu vaccine didn't work much at all in people 65 and older, who can be hit hard by the flu because of weaker immune systems. Some doctors wonder whether those seniors who get a shot in September need another dose in January to protect them through the flu season — a question that hasn't been well studied, said Dr. William Schaffner, a Vanderbilt University vaccine expert who works with the committee. There's a relatively new vaccine for those over 65 that includes an immune-boosting additive, but it hasn't been around long enough to know exactly how well it works.

The vaccine panel will hear an update about a nasal-spray version of flu vaccine that it

stopped recommending after health officials said it wasn't working in U.S. kids.

MUMPS

Mumps is best known for causing puffy cheeks but sometimes can lead to hearing loss, meningitis and even loss of sterility. A mumps vaccine has been part of routine childhood shots for nearly five decades. Yet, there were 5,300 cases reported in the U.S. last year — the most in a decade — and so far the numbers this year are not far off. Illnesses in vaccinated people tend to be less severe, health officials say. Still, research suggests that 10 or more years after the second childhood dose, protection against the virus fades enough to help outbreaks take hold.

The federal panel is not expected to propose a third dose for all kids but is talking about endorsing an extra shot where an outbreak occurs.

HEPATITIS B

The hepatitis B virus can destroy the liver and lead to death. New infections fell after vaccines became widely available in the 1980s and were later included in childhood shots. It is spread through contact with blood or other bodily fluids, and the vaccine is also recommended for some adults. Experts have noted signs of faltering protection, particularly in diabetics and older adults. Outbreaks in nursing homes and assisted living facilities have been a recurring problem.

Dynavax Technologies Corp. has developed an adult vaccine called Heplisav-B, which also uses a new additive. The shot showed impressive levels of protection in studies, but the Food and Drug Administration is seeking more information before deciding whether to approve it. The vaccine panel is expected to discuss it but doesn't take a recommendation vote until a vaccine is licensed.

SHINGLES

Anyone who has had the chickenpox can get shingles, a painful condition that causes blisters, when the chickenpox virus resurfaces decades later. Merk's Zostavax has been available for about a decade, and it is recommended for people 60 and older. That's the shot George Green got.

Zostavax only cuts the risk of getting shingles in half and lasts about five years, the Centers for Disease Control and Prevention says. On Friday, the FDA licensed a second shingles vaccine, GlaxoSmith-Kline's Shingrix, which also uses a new additive. The vaccine committee is to decide whether to begin recommending it. Shingrix has been shown to be 90 percent effective and last at least four years in company-sponsored studies. Glaxo officials say they are confident it will last years longer. Experts say it will take many years to know for sure.

3-D mammograms may be right for you

BY JEANNETTE FULTON, MD
Diagnostic Radiologist, Pitts Radiology and Palmetto Health Breast Center

You may have heard of 3-D mammography but are unsure how it's different



FULTON

than standard 2-D mammography. More importantly, you may be unsure if 3-D mammography is right for you. Here are five things you should know about 3-D mammography:

WHAT IS 3-D MAMMOGRAPHY?

A three-dimensional mammogram, also known as breast tomosynthesis, is the newest FDA-approved technology for breast imaging. It produces a 3-D picture of your breast by taking several X-rays from different angles. A computer turns these X-rays into 3-D images using technology similar to a CT scan.

WHAT IS THE ADVANTAGE OF 3-D MAMMOGRAPHY?

Research shows that for women with dense breast tissue or strong risk factors for developing breast cancer, 3-D mammography provides improved visualization and the following patient benefits compared to 2-D mammography:

- Detects 41 percent more invasive breast cancers;
- Detects cancers 15 months earlier; and
- Reduces false positive

readings by up to 40 percent.

HOW DO I KNOW IF I HAVE DENSE BREASTS?

After your annual screening mammogram (using either 2-D or 3-D technology), your imaging provider will notify you by letter if you have dense breasts. At Palmetto Health Breast Center, we encourage patients who have dense breasts to talk with their physicians so they can make an informed decision about the need for 3-D mammography at their next annual screening mammogram.

DOES A 3-D MAMMOGRAM FEEL ANY DIFFERENT?

A 3-D mammogram will feel just like a 2-D mammogram. It requires the same number of X-rays and the same amount of compression as a 2-D mammogram.

DOES INSURANCE COVER 3-D MAMMOGRAPHY?

Currently Medicare and some commercial insurance plans cover 3-D mammography. We encourage patients to contact your insurance plan before your next screening mammogram to learn about your plan benefits.

All women should begin regular screening mammography at age 40, or younger if they have a family history of breast cancer. To learn more, visit PalmettoHealth.org/BreastCenter or contact the Palmetto Health Tuomey Mammography Department at (803) 774-9046.

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Follow these tips to control holiday eating

Staying fit during the holiday season can be quite challenging, even for the most ardent fitness enthusiasts and disciplined calorie counters. Between Thanksgiving and New Year's Day, many people are offered a wide assortment of foods, beverages and other indulgences — typically in mass quantities.

According to researchers at Stanford University, although the average person only gains about one pound during the holiday season, quite frequently that pound sticks around, and those extra pounds add up year after year. As a result, it doesn't take too many years of holiday bundt cakes to gain a considerable amount of weight.

Annual holiday weight gain can contribute to weight-based problems such as obesity, heart disease and Type 2 diabetes.

The holiday season might not be the best time to start a diet, but holiday eating does not have to derail healthy lifestyles. The following are ways to avoid holiday weight gain and still enjoy all of the parties, adventures and time spent with friends and family.

- Focus on festivity instead of food. When hosting holiday festivities, make the bulk of the celebration about an activity rather than food. If guests are focused on fun, such as a sing-a-long, dancing or tree trimming, they may be less likely to overeat.

- Don't show up starving. Eat a light, healthy snack before participating in any holiday revelry. Hunger pangs may drive one straight to the buffet table.

- Survey your options prior to eating. Guests should scope out the food choices and then make the smartest selections possible. Avoid creamy sauces, greasy foods and those that are heavy on cheese. Fill up on vegetables, and then you won't feel bad about splurging on a dessert.

- Go sparingly on alcohol. People seldom realize how quickly calories from beverages can add up. A 12-ounce glass of beer has about 150 calories, a 5-ounce glass of red wine has about 125

calories, and a 1.5-ounce shot of gin, rum, vodka, whiskey or tequila has about 100 calories, according to the National Institute on Alcohol Abuse and Alcoholism. Furthermore, alcohol lowers inhibitions, so you may be more likely to overindulge in more spirits or extra food when intoxicated.

- You can't buy back calories with exercise. Putting in a marathon exercise session the next day probably will not undo the damage done from overeating the night before. Maintain a consistent workout schedule all through the holidays.

Holiday weight gain is not inevitable for those who take control and exercise discipline.

Mom was right; eat your fruits and vegetables

BY LINDSEY THURMES MCCOY, RD, LD

Sumter Family Health Center Dietitian

Did you know that more than 90 percent of Americans do not eat the recommended number of servings of fruits and vegetables every day? A general goal for an adult eating about 2,000 calories per day is to get



MCCOY

three cups of vegetables and two cups of fruits. A good way to remember this is to think "Strive for 5" servings per day.

Why do we focus so much on fruits and vegetables? Well, produce packs some of the best nutrition we can eat. After all, mom did know best when she said to eat our vegetables. Produce is chock full of vitamins (like vitamin C and folate), minerals (like potassium and calcium), fiber, antioxidants, phytochemicals and more.

You may have heard before to "Eat a Rainbow," meaning to choose a colorful variety of fruits and vegetables. That is because all the different nutrients in produce are what gives fruits and vegetables their bright, vibrant colors. It is important to include sources of green, red, orange/yellow, blue/purple and white fruits and veggies each day to help your body get a variety of nutrients it needs to be healthy.

GREEN

The easiest color to find in produce is green. We can see almost endless fields of green here in South Carolina, filled with some of the freshest and

most flavorful produce available. Naturally low in calories and fat, and high in fiber, leafy greens in particular can help to manage our health including our weight and blood sugar. Vitamin K in leafy greens can help us with our bone and gut health, and quercetin (a bioactive compound) acts as an anti-inflammatory. Add a serving of leafy greens to breakfast by including them in an omelet or as a side salad with lunch.

Vegetables: leafy greens (spinach, collards, kale), avocado, brussels sprouts, cucumber, herbs (basil and cilantro) and zucchini

Fruits: green grapes, green apples and honeydew melons

RED

Lycopene is an antioxidant that gives a lot of red produce its color. It is associated with good heart health and reduced risk of prostate and breast cancers. Cooking foods with lycopene makes the nutrient easier for our bodies to absorb and use for improved health. Make your own vegetable soup with canned, no-salt-added diced tomatoes, a little broth and whatever vegetables you have to use up in your refrigerator. This makes a great starting dish with dinners in the winter.

Vegetables: radish, red bell pepper and tomato

Fruit: Raspberries, strawberries and watermelon

ORANGE/YELLOW

Beta-carotene (a precursor to vitamin A) does not just give orange and yellow produce its eye-catching color. It also gives us the nutrients we need to keep our eyes and vision healthy. Not only that, beta-car-

otene is also good for our skin and teeth. Bump up the nutrition level of your snacks by adding some chopped apricots or pineapple to nonfat yogurt, or swirl some pumpkin puree in soups and stews for a creamy texture.

Vegetables: carrots, pumpkin, sweet potatoes and yellow peppers

Fruit: apricots, cantaloupe and pineapple

BLUE/PURPLE

Research has found anthocyanin (a type of antioxidant) to have anti-inflammatory properties, improve immune health and decrease cancer and dementia risk. Add some shredded purple cabbage to slaws, or freeze black grapes for a sweet, after-dinner treat.

Vegetables: eggplant and

purple cabbage

Fruit: blueberries, blackberries, plums, purple and black grapes

WHITE

Probably the least thought about color for produce, but these fruits and vegetables do not lack their share of healthy nutrients. Onions and garlic add a lot of flavor to dishes and come with anti-inflammatory properties. Mushrooms are a hearty and filling vegetable full of vitamin D, selenium and B vitamins too. Add onions, garlic and ginger to boost up the flavor of favorite dishes, or make ground turkey and beef stretch further by adding chopped mushrooms.

Vegetables: cauliflower, ginger, jicama and parsnips

Fruit: bananas and

white peaches

With just a little bit of planning you can be sure to reach your recommended servings each day. Start at the grocery store by making sure your cart has a few colorful options in it. Keep frozen fruit and vegetables without added sugar or seasonings available at home to quickly toss into dinners. Choose canned vegetables without added salt and fruit packed in 100 percent juice. Lastly, keep your produce front and center in your fridge or on your counter as a visual reminder to include some with every meal and snack.

For more information visit www.ChooseMyPlate.gov to find your recommended number of servings, recipes, and more.

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Exercise is good for a healthy heart — but how much?

DR. RYAN GARBALOSA
McLeod Cardiology Associates

Failure to exercise is cited as one of the primary contributors to death from heart disease. The association between physical activity and heart disease was noted more than 60 years ago, when a researcher compared



GARBALOSA

heart disease in conductors on double-decker buses. Those who climbed the stairs to collect tickets reported less heart disease than those who did not. As the world advances, we walk less, many jobs are more

deskbound or automated, and games do not require us to leave the couch.

Even if you have other risk factors — such as a family history of heart disease, obesity, smoking or diabetes — regular exercise or physical activity can help reduce your overall cardiac risk. Staying active helps control many things such as blood pressure, glucose levels and the health of your blood vessels.

WHO SHOULD EXERCISE

Basically, the answer is easy — almost everyone should engage in physical activity that's appropriate for your capacity. Even if you don't have cardiovascular disease risk factors, staying active can help you prevent premature death compared to people who are sedentary.

Not to underestimate the problem of obesity, one study indicated that for middle age and elderly people exercise benefits may outweigh the impact of being overweight. The study said that obese people with no or low levels of physical exercise are a third more likely to develop heart disease.

Too much sitting can increase your risk of cardiovascular disease. According to the American Heart Association, adults who watch more than four hours of television a day have a 46 per-



cent increased risk of death from any cause and an 80 percent increased risk of death from cardiovascular disease. Becoming more active can help lower your blood pressure and also raise your levels of good cholesterol.

Physical activity is also good for youth. Unfortunately, a national survey indicated that as much as 30 percent of children and teens had no light-to-moderate exercise in sessions of 10 minutes or more a week.

HOW MUCH IS ENOUGH?

Moderate exercise, such as brisk

walking for 30 minutes a day is helpful and burns 600 to 1,200 calories a week. Other exercise alternatives include cycling, swimming and yard work.

If you can't find 30 minutes a day to exercise, try taking the stairs rather than the elevator or walking a short distance rather than driving a few blocks to your next destination.

ACTION YOU CAN TAKE

Without regular physical activity, the body will slowly lose its strength, stamina and ability to function well. People who are physically active and at a

healthy weight will live about seven years longer than those who are not.

If you are over age 45 and have two or more of the risk factors — family history of heart disease, smoking, obesity, high cholesterol or blood pressure and a sedentary lifestyle — consult a cardiologist before starting exercise.

Dr. Ryan Garbalosa is a cardiologist with McLeod Cardiology Associates, 540 Physicians Lane, Sumter. Appointments can be made with Dr. Garbalosa by calling (803) 883-5171.

How to reduce stress caused by your job

Work-related stress is an all too common problem in workplaces across the globe. According to the American Institute of Stress, 80 percent of workers report feeling stress on the job.

The American Psychological Association notes that stressful work environments can contribute to a host of physical problems, including headache, sleep disturbances and short temper. Chronic stress can produce more serious consequences such as high blood pressure while also weakening sufferers' immune systems.

Getting a handle on stress can be difficult. But there are a handful of ways for professionals to get a handle on their stress without negatively affecting their careers.

SPEAK UP ABOUT STRESS

As noted, stress at the workplace can affect workers' performance, which employers are looking to optimize. Workers can speak to their employers if they feel their work environments are conducive to stress. Work in tandem with an employer to develop time-saving strategies that make it easier to get work done on time.

TAKE MORE TIME OFF

According to the "State of American Vacation 2016" report from Project: Time Off, American workers failed to use 658 million vacation days in 2015. Vacation is not just a time to get away, but it's also a valuable, effective way for workers to recharge. The APA notes that avoiding the negative effects of chronic stress and burnout requires workers to take time away to replenish and return to their pre-stress level of functioning.

EMBRACE RELAXATION METHODS

The APA recommends professionals coping with workplace stress embrace techniques that can effectively alleviate stress. Such techniques include meditation and deep-breathing exercises and can help workers develop their ability to focus purposefully on a single activity.

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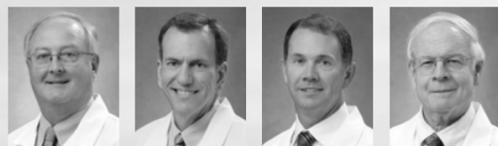
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Simple solutions for sleep

The importance of a good night's sleep is well-documented. Numerous studies have found that the effects of a good night's sleep go beyond boosting energy levels and improving alertness. A better sex life, less chronic pain and an improved mood are just a handful of the documented benefits that a good night's sleep can provide.

As important and beneficial as sleep is, many adults in the United States simply aren't getting enough rest. A 2016 study from the U.S. Centers for Disease Control and Prevention found that more than one-third of American adults are not getting enough sleep on a regular basis. Those findings are based on guidelines from the American Academy of Sleep Medicine and the Sleep Research Society that recommend adults between the ages of 18 and 60 sleep at least seven hours each night.

Getting a more restful night's sleep requires concerted efforts on the part of adults who are falling short of seven hours each night. But the following are some simple ways for adults to start getting more rest.

- Stick to a routine seven days a week. People tend to alter their sleep routines based on the day of the week, with many going to bed later at night and sleeping in later in the



morning on weekends. But the National Sleep Foundation notes that going to bed at the same time each day, including weekends, helps people feel more sleepy at bedtime and fall asleep quickly.

- Avoid alcohol in the hours before going to bed. Alcohol can make people feel sleepy, but that effect is short-lived. The sleepiness many people feel after consuming alcohol wears off quickly, and that can lead to interruptions in sleep.

- Avoid stimulants in the late afternoon and at night. Alcohol is a depressant that can affect the quality of

sleep a person gets. But stimulants can also make it hard to get a good night's sleep. Nicotine acts as a stimulant in small doses, so smokers should stop smoking that last cigarette before bedtime if they're not getting decent or adequate sleep. Caffeinated beverages also should be avoided in the late afternoon and at night because caffeine stimulates the nervous system and can make it difficult to fall asleep, even if it's been several hours since that last cup of coffee.

- Take short daytime naps. Some people find that daytime naps improve the quality of their nighttime

sleep. That might be due to the link between naps and stress. A 2015 study published in the Journal of Clinical Endocrinology & Metabolism found that short naps can reduce stress. Reduced stress levels can make it easier to fall asleep at night. Limit naps to between 20 and 30 minutes, as naps that stretch on too long may interfere with nighttime sleep.

Sufficient sleep can have a dramatic, positive impact on a person's quality of life. Developing a good sleep routine and employing additional strategies can help sleep-deprived men and women get more restful nights' sleep.

Grandparent-grandchild relationships have numerous benefits

In the not-so-distant past, extended families were the norm, with multiple generations residing on the same street if not in the same house.

Today the family unit is largely an amalgam of different situations. The rise of two-income families has pressured parents into finding childcare situations. Quite often grandparents once again step in to offer guidance and support for youngsters. This can be a good thing for both the grandparents and the grandchildren.

Although a bevy of psychological research focuses on parent-child relationships, new evidence points to the benefits of the grandchild-grandparent relationship as well. Close relationships between these different demographics is often a sign of strong familial ties.

A study from researchers at Boston College discovered that emotionally close ties between grandparents and adult grandchildren reduced depressive symptoms in both groups. Research at the University of Oxford among English children between the ages 11 and 16 found that close grandparent-grandchild relationships were associated with benefits including fewer emotional and behavioral problems and fewer difficulties with peers.

Adults and grandchildren alike benefit from relationships with their elders. Grandparents can provide a connection and exposure to different ideas while providing a link to family history and knowledge regarding traditions and customs not readily available elsewhere.

Nurturing grandparent-grandchild experiences may be easy for families where grandparents live in the same house or close by. For others, it may take some effort. The following are some ways to facilitate time spent together.

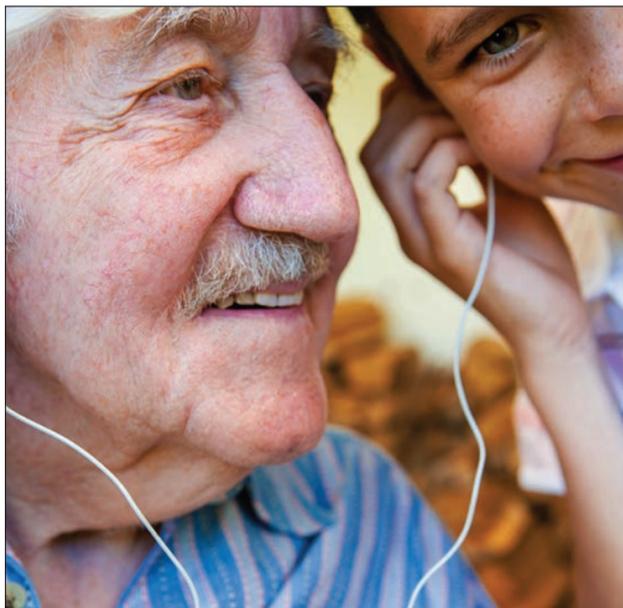
- Schedule regular family reunions or get-togethers. Host or plan multi-generation events that bring the family together and expose children to various members of their family.

- Promote one-on-one time. Have grandchildren spend time with grandparents in intimate settings. Alone time can be good for both and offers each undivided attention. A meal at a restaurant or time spent doing a puzzle or craft can be interesting to both generations involved.
- Video chat when possible.

If distance makes frequent visits challenging, use technology to bridge that gap. Send photos, letters and electronic communications. Tech-savvy grandparents can use Skype or Facetime to stay in touch and speak one-on-one with their grandchildren.

- Share skills with each other. Either generation can play teacher to the other. Grandparents may have certain skills, such as baking, sewing or wood crafts, they can impart that may not be readily taught today. Children can help grandparents navigate computers, video games or sports activities.

Grandchildren can help grandparents feel younger, and grandchildren can learn new experiences from their grandparents.



A study from researchers at Boston College discovered that emotionally close ties between grandparents and adult grandchildren reduced depressive symptoms in both groups.

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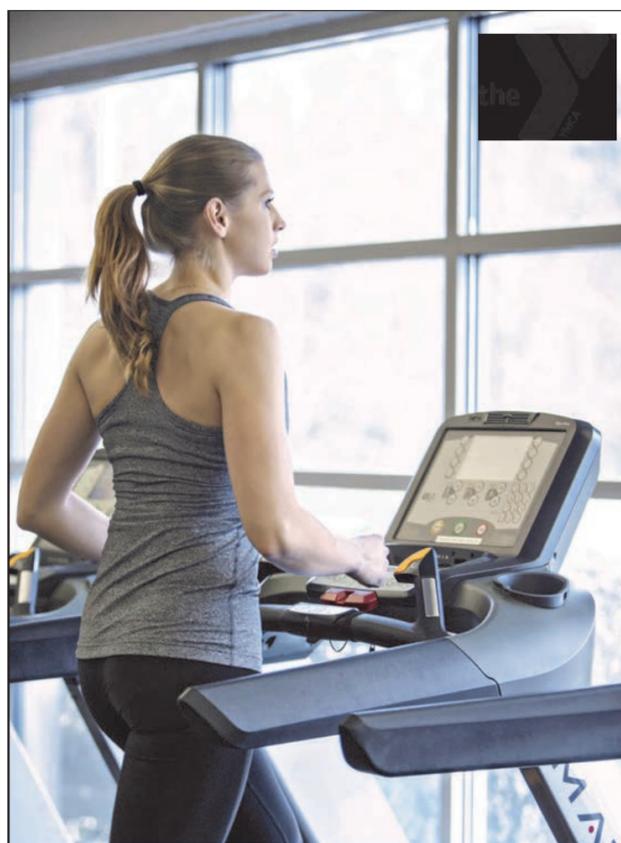
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