

## GOOD FRIENDS COLLECT MONEY FOR NEEDY



CHELSEA BROWN/FOR THE TIMES

The Ninth Annual Good Friends Luncheon held at Pawleys Plantation asked for donations to help those in need in Georgetown County. Santas came to each table to collect donations from the women in attendance.

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Women gathered for the ninth annual Good Friends Luncheon at Pawleys Plantation Thursday to raise money for those in need in Georgetown County.

In the past nine years, the group raised over \$320,000 for people who qualify for assistance.

In a Christmas theme room, the women listened to case stories from speakers.

With stories about single mothers and grandparents raising their grandchildren, they showed that Good Friends helped to ease their situations.

The speakers also explained how grateful they seemed when they were able to get financial help for medical bills or electrical bills.

In one of the stories, a woman was laid off from her full-time job and her hours were reduced at her current one. She needed help paying for one of her bills and Good Friends helped her. She then received a degree in Business Administration and is now employed, and working more hours.

They also said that in one case, a woman wanted to further her education so that one day she would be able to help others.

In all of the stories, the recipients were appreciative of the help they received.

One of the speakers, Gloria Barr Ford, said, "Good Friends feels that everybody is somebody."

This message echoed throughout the room as women placed donations in gift bags at each table.

When someone has financial trouble, they can receive up to \$300 from this "safety net" organization if they qualify for assistance.

The Georgetown County Department of Social Services chooses the recipients, and the Good Friends Board of Directors approves them.

Mary Stronman, a member of the Good Friends Board of Directors said that this process is open to all residents in Georgetown County.

"There has been an increase in the amount of people interested in Good Friends," Stronman said. "More people understand that it is a community-wide effort."

For more information about Good Friends, contact board member Doris Dawson at 843-245-9287.

## GOVERNOR

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According to the Post and Courier, the House Judiciary Impeachment Subcommittee on Wednesday voted 7-0 to recommend that the Legislature censure the governor instead of impeaching him for his 2008 state-paid escapade with his Argentine mistress and his June disappearance act.

After the House Judiciary subcommittee vote Wednesday, Sanford chose downtown Charleston, in front of St. Philip's Church, to respond.

He thanked the subcommittee members, and the citizens of South Carolina for standing behind him.

Sanford also apologized while in Georgetown.

The subcommittee's recommendation is generally seen as putting the matter to rest, even though the full 25-member House Judiciary Committee has to consider the recommendation next week and the House could still take up impeachment when it reconvenes in January.

Some residents who asked not to be

named, said they have lost trust in Sanford since he admitted cheating on his spouse.

"I don't agree with what he is doing," said the woman, who asked not to be named. "I do not approve of cheating against our spouse. That makes me lose trust. But if he doesn't let it interfere with his work, then it shouldn't matter."

Sanford said Wednesday he was grateful to the subcommittee members for their deliberative approach and to the public for standing by him, according to news reports.

He still faces some ethics violations that were lodged against him by the State Ethics Committee.

"I was encouraged repeatedly in traveling across the state over the last several months by countless people telling me to 'hang in there,' and 'finish strong,'" he said.

"The people of South Carolina have given me great strength in this adversity. I've created for myself, and I want to again thank them for it."

The subcommittee's action was seen as a deft political move that will take the state off the late-night television circuit of Sanford jokes.

It will also block Lt. Gov. Andre Bauer from moving into the governor's mansion for the remainder of Sanford's term, which would give him a leg up in the 2010 gubernatorial race, according to news reports.

It is also a key economic move to help South Carolina capitalize on Boeing's investment by showing that the state has a stable government.

But Sanford didn't get by Wednesday without a few punches.

The legislators on the subcommittee called his actions hypocritical, arrogant and reprehensible.

Rep. Jenny Anderson Horne, R-Summerville, said he is a failed statesman.

The subcommittee vote 6-1 to reject the proposal to impeach Sanford.

Rep. Greg Dellaney, a Chester Republican who authored the impeachment resolution, was the only subcommittee member to vote for it.

"I think they should get back to work," said another Georgetown resident. "I don't know what Sanford can do for Georgetown. He doesn't have any control over anything."

The Post and Courier contributed to this report.

## TREES

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homeowners for trimming a tree, but is meant to stop clear cutting, said Rob Schuhmacher, a Sierra Club member who is helping to refine the tree protection rules.

Home developers or those building subdivisions will come under more scrutiny for cutting trees, according to commissioners.

Commercial timber operations are not included in the tree protection ordinance.

Longleaf pines will go on the protected list, but only on the Waccamaw Neck, according to the proposed ordinance.

"They're making progress," Schuh-

macher said. "They're looking at all the possibilities. It's going to take a while. There are questions to be resolved."

He said he disagrees with the idea of placing pecan trees on a protected list of trees in Georgetown County.

The pecan tree is not a native tree of South Carolina, he said.

He agreed that longleaf pines should be protected in some parts of the county.

According to the longleaf pine Web site, the tree used to cover 30 to 60 million acres of the southeastern United States Coastal Plain.

The trees became overharvested in the past 200 years. Longleaf pines, which grow in the southeast, take at least 20 to 30 years to mature.

The proposed regulations say longleaf pines located on commercially

zoned land or multi-family lots within an area bounded by the Waccamaw River and the Atlantic Ocean should be protected.

A county permit would be required for most limb and root pruning, except for trees being pruned on single-family lots.

Tree topping wouldn't be allowed, according to the ordinance.

The new ordinance would also ask that developers not remove trees in order to comply with stormwater regulations.

Developers shall design stormwater infrastructures so as to reduce the number of significant or landmark trees removed.

"Tree density and function are complementary issues to good stormwater retention and system design."

## An active lifestyle begins with healthy joints

The new year often means resolutions like being healthier or exercising more often.

What many people don't know is that our joints are the critical part of the body that allows us to be active and do the activities we most enjoy.

Approximately one-third of Americans 35 and older say their joints prevent them from doing their favorite sport or activity in the last year and more than 50 percent of them just accepted that as part of the aging process, according to a recent study.

The good news is there are simple and effective steps you can take to strengthen and protect these "forgotten soldiers" — ensuring your joints a

healthy kick-off to an active year.

**1. Manage your weight.**

You won't just look better — you'll feel better. Every extra pound puts four times the stress on your knees and other weight-bearing joints.

Even a small amount of weight loss will give you joints relief.

**2. Be supplement savvy.**

Dietary supplements like glucosamine have been proven to help maintain joint function and mobility.

Glucosamine is produced naturally in the body, but due to the physical demands of everyday life (let alone running, tennis or even walking), our body's supply is often not enough.

Joint Juice beverages provide an

easy way to drink your daily supply of glucosamine and avoid having to swallow two big horse pills a day.

**3. Stretch.**

Stretching isn't just for workouts.

Take breaks throughout the day, especially at the office, to get re-energized. Range-of-motion exercises are a good way to keep muscles and ligaments flexible and strong.

**4. Use good technique.**

When sitting, standing and especially when lifting, using the proper technique will prevent fatigue and injury.

Ask an expert if you don't know how to do it, but be sure to assess your technique for these simple daily activities.

—ARA Content

## Eco-bag system returns to the Pig new and improved

After a successful summer test market, My Eco Bag System is debuting their new and improved reusable bag system for \$19.99 now at the Piggly Wiggly, Litchfield.

This is the same store whose customers purchased the product, tested it and provided feedback about the bag system, as well as rolling it out in Piggly Wiggly Grocery Stores throughout South Carolina after the first of the year.

"The only long term sustainable option for the environment is reuse. There are negatives to both plastic and paper bags. Paper bags devastate forests and create water and air pollution, while plastic bags blow around littering our environment," said Kristen Brown, local resident, consultant for the Environmental Agency (USEPA) and inventor of the My Eco Bag System.

"Experts from the American Chemistry Council and the Paper Industry can spin the environmental facts to make both options sound better for the environment than the other. Recycling appears third on the EPA hierarchy (Reduce, Reuse, Recycle) because recycling itself uses energy. Reuse is the ultimate answer to the grocery bags."

## Consumer challenge

Brown's passion for the environment and the benefits of reuse have driven her to use her product to formulate the "Did You Bring Your Bag Today" Challenge.

"My Father invented the plastic grocery sack in the 70's. His invention, along with the simple question, 'Plastic or Paper,' changed consumer behavior," noted Brown. "Now four decades later, could history repeat itself? Could a steadfast question from the cashiers and baggers once again alter our course and chart a new path toward sustainability by asking 'DID YOU BRING YOUR BAG TODAY?'"

The goal of the "Did You Bring Your Bag Today" Challenge is to establish a collaborative partnership between local grocers, schools, environmental groups and government officials to create sustainable reuse behavior change throughout the local area.

Proceeds from the sale of My Eco Bag System through the Piggly Wiggly, Litchfield will be donated to the grocer's school partner, Waccamaw Elementary, to support and encourage an existing or new environmentally-oriented school program.

A contribution of sales also will be donated to SCUTE (South Carolina United Turtle Enthusiasts).

The "Did You Bring Your Bag Today" Challenge will be supported by banners, signs and buttons for the grocer of which will be supplied by My Eco Bag System and Green Waste Solution.

## Four shopping bags

My Eco Bag System is a convenient four shopping bags in one storage tote system. And like a puzzle, they fit perfectly together into a shopping cart.

When the groceries reach the end of the checkout, they are placed directly into the My Eco Bag System bags with-in the cart. From there, they are easy to lift from cart to car and easy to carry from car to house.

The smallest bag is designed to hold glass bottles and jars. Fabric bands conveniently keep glass from clanging together.

The medium bag is designed with an insulated liner to pack chilled and frozen foods. A zipper close helps hold temperature during shopping trip.

The large bag is designed for fruits and vegetables to include an anti bacterial liner making it easy to wipe clean.

The extra large bag is designed to hold all other groceries. It is perfect for large oversized boxes and paper supplies.

The system is made from 100-percent recyclable polypropylene 5.

For more information about My Eco Bag System, call 1-888-ECO-8048 or visit [www.thegrocerybagsolution.com](http://www.thegrocerybagsolution.com).

## Poll Results

from [gtowntimes.com](http://gtowntimes.com)

South Carolina ranks 41st among the states in obesity. If current trends continue, nearly 48 percent of South Carolinians will be obese within the next decade. What are our chances, frankly, for turning this around?

Lousy:	289 or 77.4%
Fair:	53 or 14.2%
Good:	31 or 8.3%

## TRAFFIC REPORT

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