MARCH 2020

land, you reach Belfast, a city with

many murals on the Shankill and

Falls roads that are a testimony to

late 60's and continued for 30 years.

current troubles in other parts of the

world: Catalonia, Yemen and Pales-

tions to Belfast is the Titanic Belfast

experience, which recreates the sto-

ry of the world's most famous ship,

which sank on its maiden voyage in

1912, along with 1,500 of its passen-

gers. (As the Irish are fond of saying,

"She was alright when she left here.")

The new six-floor building is beside

the historic site of the original ship's

construction. Opened on the site of

the Harland and Wolff shipyard in

2012 to coincide with the centena-

offers a self-guided interactive tour

recreating some of the interior of

The next day, after traveling

Down, Northern Ireland, we took

a ferry (the bus itself boarded the

the early 18th century, it was built

for then-speaker of the Irish House

of Commons William Connolly and

became a model for future grand

for the remainder of our trip.

homes. We continued on to Dublin

ferry) to visit Strangford to visit

in the world."

ry of the Titanic's launch, the site

tine. One of the more recent addi-

the "Troubles" that began in the

In addition, other murals reflect

much to see. Highlights include the

The Boomer Vimes

S.C. Senior Lawyers Say "Slainte" President's Page

Nancy S. Layman

Thirty-three lawyers and their companions left Charlotte, N.C. on October 20, 2019, for an approximately seven-hour flight to Dublin, Ireland. On our early-morning arrival, Vivian from Friendly Planet Travel met us at the airport and accompanied us by bus to our first hotel. Fortunately, we were able to get into our rooms immediately, six hours before normal check-in, and had the remainder of the day to sleep, lounge or start exploring the pubs. So began a 14-day excursion that covered the entire country of Ireland. First observation about Ireland: it's vastly green and there are sheep.

Lots of sheep. Some goats, cows and horses, too. Much of the land, unsuited for farming, is ideal for animals. Sheep are raised for food

and for their wool. Because farms are relatively small and sheep have a penchant for roaming, their hind quarters are spray-painted—blue or red, sometimes orange or green. And since the occupation of shepherding has pretty much died out, new means of locating and keeping track of flocks are needed. Chips, like those placed in dogs and cats, are implanted and drones track wayward sheep that venture off into the mountains. The next morning, we were up early and on our coach with our new guide Geararoid going south-

west to County Killarney. Geararoid,

an invaluable aide, was with us for

the rest of the trip. Of course, we stopped at Blarney Castle, built in 1446 on solid limestone. At the top is the legendary Stone of Eloquence, a.k.a, the Blarney Stone. Kissing it (for luck) is easier said than done. You lie on your back, legs held by a castle employee, strain your head up to a jutting stone, give it a kiss and hope you can get up again. Nearby are the famed Blarney Woolen Mills with one of the largest quality craft shops in Ireland. Beautiful sweaters, gloves, scarves, hats and an array of linens are on display (and many are now in our homes). The second day in Killarney we

toured the Ring of Kerry—a 110mile, two-lane narrow road encircling the Iveragh Peninsula. Spectacular views of mountains, peat bogs, rolling hills and the Atlantic Ocean, then the Dingle Peninsula and Dingle Bay make this a special drive. As we left Killarney, we passed through Killorglin, the city famous for its annual Puck Fair commemorating, by one account at least, a he-goat, or Puck. Separated from his herd by Cromwell's raiders, Puck warned area residents of impending danger. A statue of a crowned Puck warranted a stop for a picture. When we

reached Killarney National Park, we took a ride in a jaunting car (photo above), a pony and trap that holds up to 10 people. As we rode, our guide entertained us with jokes and Irish fables.

The following morning, we be-

gan traveling north and took a short

River Shannon to Killimer. Next we

traveled along the coast to the cliffs

of Moher, which rise 700 feet above

boat ride across the mouth of the

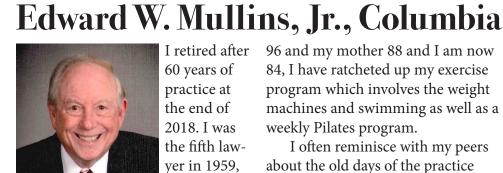
the Atlantic Ocean and extend over four miles. The winds can be fierce here, and the sound of seabirds is muted. Then we headed east to the Burren Region, a strange and unique area whose name, "Burren," means large stones. It is a high plateau of porous limestone, or karst, where no trees grow and no soil covers the stone, but where flowers bloom in cracks year-round. Castles and monastic ruins are numerous here. After spending the night in Limerick, our bus headed to Gal-

way where we had a tour of the city,

starting at Galway Cathedral. The

cathedral, built between 1958 and

1965 is officially named the "Ca-



Grier. The Mullins was my father,

Edward Mullins, Sr. The firm is now

known as Nelson Mullins Riley and

Scarborough with over 800 lawyers

and governmental affairs profes-

sionals with 25 offices in 10 states

and Washington, D.C. I gave up

my license to practice but still do

and the magistrate courts. I was

Bruner Powell Wall and Mullins

where my son Wade is a partner. I have an office and consult with

them on business development and

office practice. I'm still active in the

John Belton O'Neall Inn of Court,

the American Inns of Court, the

Richland County Bar, and am an

emeritus member of the American

College of Trial Lawyers. I have been

active during my career in a number

of legal related organizations such

Lawyers Association, the Defense

as the South Carolina Defense Trial

Research and Trial Lawyers Associ-

ation, the Federation of Defense and

Corporate Counsel, the Lawyers for

of Trial Advocates and The National

chose to spend more time with our

four grandchildren, one of which

and Lee University in the fall. The

youngest is a freshman at Heath-

wood Hall Episcopal School, where

she plays on the varsity basketball

and tennis teams. I often go to her

grandparents' day at several schools.

I now spend a lot of time traveling

to visit old friends I have not seen

in years while I and they are still

pushed back the surgery date.

Jack Muench **FLORENCE**

healthy spine.

active. Since my father lived to be

games and matches and attend

Civil Justice, the American Board

Center of State Courts.

pro bono mediations in the family

given a soft landing by the firm of

in what was

then Nelson

Mullins and

landmark in the city. Contemporary artisans designed the statues and stained-glass windows. Then we cruised the River Corrib while enjoying Irish coffee and a spectacular display of Irish dancing enhanced by the talents of a dance instructor and a local participant. Following Galway, our bus proceeded northwest to Connemara, a vast peninsula bordered by the rocky coastline of Galway Bay in the south. This is the area of small

thedral of Our Lady Assumed into

feet the central dome is a prominent

Heaven and St. Nicholas." At 145

villages where Gaelic is still the spoken language, and you can still see which contains the relatively low a neo-Gothic abbey formerly the in the UK House of Commons during the 1870s and 80s; later convent boarding school there ever since. A Gothic church has been restored on the property. We continued north, traveling to Donegal via County Sligo. Buried in a modest grave at Drumcliffe Churchyard is the Irish poet William Butler Yeats whose body lies next to that of his wife Georgie. Benbulben Mountain rises in the

Megalithic cemetery Carrowmore. It is estimated that over 100 tombs, or dolmens, exist at Carrowmore, 60 of which have been identified. The central tomb has been restored enabling visitors to see what a court tomb looked like when it was built over 5,000 years ago. On the way to Donegal we stopped at the Belleek Pottery factory, which has produced high quality Parian china since 1857. After a tour of the factory and its museum, and a stop in the gift shop, we continued to Donegal where we spent the night. Once again, we were on the road the next day to Northern Ireland. Our first stop was in Derry, or Londonderry as the British call it. Founded in the sixth century by St.

est city and port in Northern Ire-

feet thick in some places, were built to protect the town from the Gaelic chieftains in Donegal. The walls now divide two separate communities: the Bogside, a Catholic area and site of "Bloody Sunday," when British troops opened fire on a demonstration in 1972, killing 13 civilians and wounding 15 more, and Waterside, a largely Protestant area. Commemorative murals decorate the Bogside, including a house painted with the mural reading, "You Are Now Entering Free Derry." Along the Antrim coast in the

giant Bendandonner.) Traveling east in Northern Ire-WHERE ARE THEY NOW? 96 and my mother 88 and I am now 84, I have ratcheted up my exercise program which involves the weight machines and swimming as well as a weekly Pilates program. I often reminisce with my peers about the old days of the practice where the going annual salary for

by the seriousness of the case, the

result, time spent generally on the

case and to some degree the thick-

ness of the file. We, as trial lawyers,

month where you could go to court

and forefinger. There was no discov-

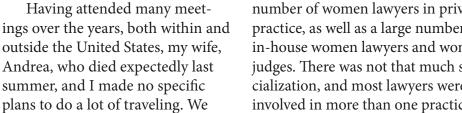
ery in the state courts so in those

courts it was "trial by ambush." We

had to be quick on our feet in cross

tried at least two or three cases a

examination of opposing witnesses and had little time to refer to notes on a legal pad. Dictation was direct to your secretary who took it down in shorthand and typed it out on a manual typewriter. Carbon paper was used make typed copies. Reproducing a document required the use of a solution that smelled bad, which gave way to thermal faxing with wax paper which was ultimately banned by the South Carolina federal district courts because they did not hold up well. Most offices would be open on Saturday mornings, and coffee breaks took place at the nearest drugstore. For a long time, there were no women on the state court juries. There were very few women lawyers. Now there are a great number of women lawyers in private practice, as well as a large number of in-house women lawyers and women judges. There was not that much specialization, and most lawyers were involved in more than one practice. Court security consisted only of an aged bailiff or two. Contact between lawyers was either by letter, in person or via the telephone. Legal research was only accomplished by going to the law books. The law, as Dean Prince of the USC Law school used to say, is a jealous mistress. This was true in my case as well as in others, but it was mostly a labor of love. I was fortunate enough to be a part of such a noble profession and would not trade the relationships I developed throughout my practice for anything in the world, and I deem myself so very fortunate that all the significant changes in the practice of law that occurred were on the backside of WELLNESS CORNER Six weeks ago, I underwent major back surgery. After one week in the hospital, another week in a rehabilitation hospital, and four weeks in intensive outpatient physical therapy, I am still far from being out of the



and is currently working for the D.C. office of the Philadelphia law firm, Cozen and O'Connor. Another grand-daughter is a second year at the University of Virginia, and

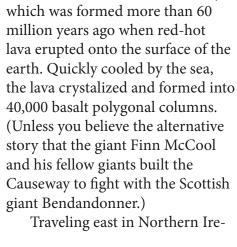
be diminished by more than half. Still more professional responsibilities Since the purpose of this article is to extol the necessary virtues of useful exercise, I won't recite the numbing and depressing statistics on the trillions of dollars spent annually on spinal issues. Instead, I'll simply posit that such problems are nearly universal, often devastating, and, hopefully, preventable or at least manageable with exercise. Of course, one need not be a surgery recipient to realize the significance of spinal health. After all, the spine performs three functions: protect the spinal cord, nerve roots, and several of the body's internal organs; provide structural support and balance to maintain an upright posture;

program of exercise, they should consult a physician. And while the purpose of this article is to extol the virtues, if not the necessity, of a solid back exercise regimen, my purpose is not to suggest a particular program. A link which will take you to many programs follows at the end of this article. It's a good place to start. Even if surgical intervention is not required, the central significance of

experience. Getting into a program of regular back exercise can be an easy way to help ensure that our Boomer Times are fulfilling and as pain-free as possible. Read more about back exercises here. **Lifelong Learning** at the Convention The Senior Lawyers Division held

thatched cottages. We made a brief stop in Connemara National Park Twelve Bens mountains, bogs, grasslands and hiking trails. From here we rounded the bend to Kylemore, home of Mitchell Henry, a wealthy financier and Member of Parliment owners donated it to the Benedictine nuns, and the sisters have run a

background. In the area around Sligo Town, known for its stone circles and ancient burial sites, is the



Northeast is the Giant's Causeway,

graduated from Wofford College one will be attending Washington

woods. Ultimately, surgery may have been avoidable. But for weeks I ignored the symptoms and concentrated on professional matters. By the time the pain became uncontrollable with Advil and the like, I graduated to steroid shots. It took about three months for their effectiveness to

because they support the spine and help to ward off the effects of decades of gravity and motion. For example, a disc that is well supported by strong and flexible muscles may be less subject to degeneration and deformation

are underused atrophy. An atrophied set of muscles will not adequately

support the spine, enhancing the possibility of life-altering issues. Unfor-

It goes without saying that before anyone commences even a light

tunately, as we get older, muscles atrophy more quickly, and, eventually,

and enable flexible motion. Each function is critical, and together, are

our spines in our lives indicates the far-reaching nature of trouble should it arise. A year and a half ago I was asymptomatic for the condition that brought me to the operating table and the resulting weeks of agony and despair. But I became too "busy" with my career to keep up my exercise program. Please believe me on this: back trouble is a character builder This time of our lives can and should be a fruitful, reflective, and integrative. We have much to give and many who treasure our company and

bers enjoyed good food, spirts and comradery. During the Saturday symwere 125 Bar members who were eligible for recognition. Although the maposium, attendees listened to jority of the honorees resides in South Carolina; there were also members award-winning educator, social in District of Columbia, Georgia, Florida, Indiana, Iowa, New York, North Carolina, Texas and Virginia. The honorees cover a wide variety of practice areas that include construction law, employment and labor law, insurance, probate and estate planning, real estate, tax law and worker's compensation.

album online here. Following Dr. Smith's presen-Director of the Social Media Listening Center at Clemson University, enlightened attendees with concrete examples of Clemson's research and Your Vote, Your Voice, Our Democracy:

Our last two days in Ireland were spent in Dublin where travelers explored numerous sites in the city on their own. Some visited Columba, Derry is the second largthe homes of Oscar Wilde or Bram Stoker, author of Dracula. Many land. The walls of the city, nearly 30 chose Trinity College, the oldest University in Ireland, founded in 1592 by Elizabeth I. Trinity's ancient library contains over 20,000 manuscripts, including the beautifully illuminated ninth-century Book of Kells, which contains the four Gospels of the New Testament. Still others visited the vast Guinness Storehouse or The Old Jameson Distillery. At night we visited a pub to hear music and see traditional Irish

The last day our guide Geararoid

was able to gain entrance for all of

us to the Central Criminal Courts

of the criminal justice system and

of Justice. Here we had an overview

the role of barristers vs. solicitors, a

tour of the new courthouse and the

opportunity to see a criminal case in

the next day for the United States. We were exhausted from travel:

After our farewell dinner, we left

progress.

us next?

early morning departures, suitcases outside the hotel door by 7 a.m., walking through cities and countryside, standing as expert guides lectured us, packing and un-packing suitcases, figuring out new showers, hairdryers and what currency we were supposed to use. But the group remained cheerful, upbeat, and we learned how to offer a toast that will stay with us: "Slainte." Here's to the health of us all and to future travel

adventures. Where will Nancy take

Congratulations M. Malissa Burnette & Pamela D. Robinson The Senior Lawyers Division recognized Malissa Burnette and Pam Robinson for their outstanding pro lawyers, fresh out of law school, was bono contributions. This recognition \$2,400. We didn't bill by the hour but



focuses on the improvement of the

civil legal system and the legal profes-

sion through pro bono publico service

to those unable to afford the services

of an attorney. If you are interested in

Europe By Riverboat **Charles E. Hill** How would you like to take a trip that would include cruising the canals of Amsterdam, walking through fields of tulips in Keukenhof Gardens, listening to a concert on the largest pipe organ in Europe in Passau, visiting historic A Bridge Too Far sites in Nijmegen and Arnhem, marveling at the immense Kolner Dom in Cologne, and cross-

place to place, and without having

to unpack every night and repack

You can do all that and a lot

more on a European River Cruise!

territory without having to endure

the usual hassle of travel. You tour a

locale one day, get back on the boat,

and wake up in the morning at a dif-

ferent destination. Your hotel moves

It's a great way to experience a lot of

every morning?

with you!

Europe has more navigable rivers than any other region of the world. There are the Germanic rivers—the Rhine, Main, Moselle and Elbe. There's the Danube in Eastern Europe. France has the Seine and Rhone. The Douro River traverses Spain and Portugal. There are many tour operators to choose from—Tauck, Viking, Uniworld, Avalon, and more. Also, many itineraries and trip lengths. You can get on the boat in Amsterdam and go all the way to Budapest, or you can select shorter segments in between. To ply these ancient waterways,

these ships must be long, narrow,

and low. They have to maneuver

and resist the temptation to reach

out and touch the side of the lock!

Alaska-Canada shoreline, these

boats are necessarily small, and the

In contrast to the giant vessels

passengers on board may number no more than 120. This fosters a congenial, club-like atmosphere. There may be only one or two dining rooms, along with a lounge and bar. The workout area, if there is one, will likely be miniscule. Frances and I have enjoyed two river cruises—one through Holland and Belgium, and the other on the Danube from Regensburg to Bratislava. As this is written,

we are preparing for another—the

Many itineraries include side trips

to places not actually on the river.

On the Danube trip, we started out

with several days in Prague. On the

Rhine tour, we'll begin in Milan and

While cities like Vienna, Am-

sterdam and Brussels have much

to enjoy, they are not exactly wait-

ing to be discovered. The throngs

of tourists in summertime can be

Rhine from Basel to Amsterdam.

overwhelming. Well-preserved medieval towns like Rothenberg and Cesky Krumlov are also difficult to appreciate when trying not to get lost in the crowds. Maybe we should consider one of these trips in the fall—but miss football season in South Carolina? Can't do it. Some of our fondest memories of these trips are of small, lesser-known places. Regensburg, on the Danube, dates back to Roman times and is not so touristy. In Holland, a charming Dutch couple

Congratulations to the Class of 1969! In 2000, the SC Bar Senior Lawyers Division created the "Nifty Fifty" to honor Bar members who have practiced law for 50 years. On October 18^t, 2020 Chief Judge James E. Lockemy provided a heart-felt speech to members who were honored during the Nifty Fifty luncheon in Columbia. There

It was an exciting time at the SC Bar Convention in Columbia. The

Bobby Kilgo

Division hosted its annual Friday night reception, where members were able to see old friends and make new ones. We even had a few future seniors join us. Bar President Bev Carroll was in attendance and has been a strong supporter of the Division. The SLD Symposium was held on Saturday morning. Attendees enjoyed presentations on topics ranging from mental aging issues to the use of computer analytics to trace social media. In March, the Executive Council is scheduled to meet in Mount

Pleasant for its annual spring retreat. Officers, council members and committee chairs will discuss Division goals and initiatives for the upcoming Bar year. With over 5,000 members, the Division has submitted a request to the Bar to add an additional Division representative to the Board of

Governors. This request will be considered at the House of Delegates meeting in May. It is my pleasure to lead this year. Should you have any questions, please contact me at robertkilgo@ att.net or the Division's Bar staff liaison, Tara Caine at tcaine@scbar.

org.



by the public to the SC Bar's forum,

www.SC.FreeLegalAnswers.org. The

client wanted to know if what they

proposed could be done without a

On January 24, at the SC Bar

Convention, USC School of Law

members of the Bar to help ad-

Pro Bono students teamed up with

dress the backlog of questions. This

court hearing!

special Friday Blitz resulted in 99 questions being answered. Receiving an honest, direct answer can be of great assistance to the public but during the Friday Blitz the law students were also beneficiaries. One student noted "these questions are much more fun than the hypos we get in class." Teaming up with lawyers insured successful and professional answers to real questions. The topics ranged from divorce, custody, bankruptcy, landlord duties, debt collection, employment issues and items that defy categorization. The Senior Lawyers Division was well represented during the

event with Malissa Burnette, David Cantrell, Barbara and Greg Ohanesian, and John McDougall each spending time with a student and drafting responses. Their efforts were greatly appreciated by all. Those who post a question are asked to complete a short survey. We receive high marks for responding to their questions even if the information we provide is not what they want to hear. The project gets low marks when questions sit for long periods of time without any

response. Every lawyer should be

signed up to help in this simple way.

Together we can improve the pub-

lic's impression of our profession. It

is a habit we should all embrace. How easy is it for every lawyer to

help? As simple as logging on to www.SC.FreeLegalAnswers.org and signing up. The SC Bar Pro Bono Program will respond, clear you and send instructions on setting up an account. Did you know? • You can have the questions on a particular topic sent to your email as they are posted? You don't have to answer, but you might find it takes just a moment and everyone loves getting a speedy answer. Many Bar members believe that

the SC Free Legal Answers site is

only about family law. WRONG!

Landlord-tenant, employment,

housing, work, health care, pro-

bate, benefits, consumer, bank-

ruptcy, school, immigration and

even a category labeled oth-

er-non-criminal are the general categories. You can see the name of the person and the county they live in and sometimes even the opposing party, but you are anonymous! Unless you decide to reveal your name and contact information, the individual asking the question does not know who you are. • The attorney-client relationship is

limited in scope so there's no long-

You are covered by the ABA mal-

term commitment

practice insurance and You help the Bar capture those elusive pro bono hours. For more about SC Free Legal Answers please visit the information for volunteer attorneys online.

showed us their mom and pop dairy

farm, and an old timer in wooden

world's foremost art museums, but

wouldn't have known where to start.

number of pieces, but her insight as

to the composition and significance

of each made this visit a highlight.

In Prague, the guide told us what

it was like living under the Com-

munist regime, which controlled

Czechoslovakia until the revolution

of 1989. The lady leading our group

in Maastricht was having a partic-

ularly difficult time with English.

it is so vast that, on our own, we

Our guide selected just a limited

shoes demonstrated his working



Referring to a stone wall built by the Romans, she explained that one outcropping served as a bathroom. But she didn't know the right word, so she called it a "sh!#house," to our astonishment and amusement! through locks and sneak underneath bridges. You don't want to be on the There is also time to spend on top deck when going under a bridge the boat itself, enjoying the passing scenery from the sun deck or from the comfort of your room. River cruising is a comparatively new that sail the Caribbean, or skirt the

phenomenon, so most of these boats are fairly new, with modern amenities. The inclusive price may cover excursions, gratuities, meals and unlimited spirits! We have found the food on board to be excellent and the service outstanding. (Some cruise lines charge extra for off-boat excursions.) These cruises have become so popular that you should make your reservations well in advance; a year is not too early. Also, it's important to book your flights as soon as you can, as much as nine months before you leave. We recommend going a day early, in the event of travel delays, and to have a while to adjust to the six-hour time differential. The climax of our Danube trip

was a semi-formal dinner at the

Palais Pallavicini in the heart of

Vienna. The baroque ballroom was

and statuary. A trio playing Mozart's

"Eine kleine Nachtmusik" greeted us

in the anteroom. We took our seats

three violins, piccolo, base, cello and

in the ballroom and an ensemble

from the Vienna Philharmonic—

piano-played while we enjoyed a

four-course meal and endless wine.

Singers from the opera, a tenor and

a soprano, gave dramatic perfor-

mances. Two ballet dancers added

to the entertainment. For the fina-

ensemble played "The Blue Danube."

le, the dancers waltzed while the

What an evening!

elegant with chandeliers, mirrors

Hopefully a river cruise in Europe is in your future, and we wish for you similar wonderful experiences! **CALENDAR OF EVENTS** 2020 **SEPTEMBER 18** Nifty Fifty – 1970 Admittees Senate's End, Columbia **OCTOBER 2-4** Fall Retreat Pebble Creek Village, Cashiers, NC. 2021 **JANUARY 21-24** S.C. Bar Convention Charleston

Washington

Caine at tcaine@scbar.org.

We want to hear from you

an article, book recommendation or

other materials for the next issue of

your submission to Mills Gallivan at

mgallivan@gwblawfirm.com or Tara

The Boomer Times, please forward

If you are interested in submitting

seniorlawyers.

Lawyers Division will host a trip to Washington, D.C. for members to be sworn in before the U.S. Supreme Court. The Division may send up to 12 members. First-come, First-serve basis. The Court application fee is \$200 and \$50 for those admitted before the U.S. Court of Appeals for

the Armed Forces. Attendees will be

responsible for their lodging, travel

will host a complimentary reception

for members and their guests on the

and meal expenses. The Division

On December 9, 2020, the Senior

evening of December 8. A breakfast will be held prior to the ceremony. A courtroom lecture is tentatively scheduled on the afternoon of December 9. The lecture will provide a thorough introduction to the Supreme Court, the history of the building, and the architecture of the courtroom.

If you are interested in attending

and would like additional information, please contact Tara Caine via

email at tcaine@scbar.org or by calling (803) 576-3766/toll free (877) 797-2227, ext. 146 **no later than** June 30.

Wellness: John H. Muench

GET INVOLVED For additional information on the Senior Lawyers Division and to found out how you can become involved, please visit www.scbar.org/

winner. The winning students will be recognized and presented with a \$500 check and the overall winner plaques and medals will also be pre-

to stimulate the interest of our youth in our judicial system and the rule of law. For additional information and to view the packet **online**. If you are interested in participating in this project, please contact Judge these essays, a winner will be chosen Mark Hayes at (864) 562-4144 or mhayesj@sccourts.org.

Committee Chairs *Legal Assistance Program:* M. Malissa Burnette *Membership:* David Cantrell Pro Bono: Pamela D. Robinson *Special Projects:*

with a \$1,000 check. Appropriate sented. Homeschooled students are also encouraged to participate. This is a marvelous opportunity for lawyers to interact with the

Out-of-State Representative:

Nancy S. Layman

To view the pictures from this memorable occasion, please visit the photo discoveries. Mr. Henderson has excoordinating emergency responders tensive background in social media during Hurricane Florence in South analytics. He has presented at nu-Carolina. merous conferences and works with The center has the ability to agency and corporate marketing. track social media trends from more Clemson had the first such center than 600 media, including Twitin the United States and was instruter and public Facebook accounts. Don't worry, they cannot access mental in discovering Russian trolls' interference in the 2016 national your private Facebook accounts! election. The center was vital in

students in grades 9-12 in the public schools of Spartanburg, Union and Cherokee counties have participated. Teachers in each school choose the best student essays from each grade. The winning essays were then submitted to the Spartanburg County Bar Association, which, in turn, chose the best essay from each grade and the best overall essay. On Law Day, the county bar invited the winning students, their teachers, parents and friends to the **Officers** *President/Section Delegate:*

you don't need! Hon. Carolyn C. Matthews its annual reception and symposium in conjunction with the SC Bar Convention in January in Colum-

bia. Division festivities began with a

Friday night reception where mem-

such atrophy is nearly irreversible.

Constitution. Senior Lawyers Division will receive submissions from each participating county or group of counties. From

Hon. Carolyn C. Mathews

A. Sandy Cruickshanks, IV

President-Elect:

Greg Ohanesian

Secretary:

Over the years the Spartanburg

leadership of Judge Mark Hayes,

constitutional issues. Over 1,000

has sponsored an essay contest on

worker and gerontologist, Dr. Macie P. Smith, chief executive officer of **Diversified Training Consultants** Group, speak on recognizing and treating cognitive impairment. In her highly passionate presentation, she addressed normal aging and offered a variety of methods for dealing with and interacting with individuals and family members. tation, Will Henderson, associate

of such import that nothing resembling normal life can exist without a These functions are taken for granted until something goes wrong. Even then, early symptoms of trouble are often ignored. But perhaps you, like I, might be surprised and ultimately edified to learn that the "trouble" can be ameliorated or even avoided by engaging in simple exercises. The spine contains a number of components, which work together in a complicated and effective fashion in performing its three functions. There are many muscles in the back, particularly those whose main function is spine support. Those muscles are critical to good spine health than a disc which is not so supported. It is axiomatic that muscles which

The Nineteenth Amendment at 100 courthouse, where all of the stu-County Bar Association, under the dents were honored, and each grade winner presented a \$100 check and the overall winner a \$500 check. In addition, each student was given a plaque and a medal. The event generates media attention and excitement among the participants. More importantly, the students are involved in the study of the rule of community, and more importantly, law, our judicial system and the U.S.

for each grade, as well as an overall **FY 2020-2021 SLD Ex. Council** Terms will begin on July 1, 2020 *Region II (exp. 2022):* Clarence Davis/ T.F. "Biff" Sowell, III Hon. Neil W. Dickert, exp. 2022 Region III (exp. 2021): Ronald J. Jebaily/ Barbara P. Ohanesian *Region IV (exp. 2022):*

For the statewide contest, the

Dan M. David/ Ralph E. "Ned" Tupper

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