

BETHESDA'S SENIOR SAINTS



Deacon Walter and Margie Mack

From the Diamond to Devotion: Partners in Life, Anchored in God.

“Hey, tell my friend I said hello.” Those simple words, spoken over sixty years ago, sparked the beginning of a love story that has stood the test of time.

In the summer of 1962, Walter and Margie met on the baseball diamond in Port Royal, SC. What began with a casual greeting quickly blossomed into a friendship and then into a love that would last a lifetime. On August 3, 1963, they were married, beginning

a journey together that continues to inspire all who know them.

Though they tried life in the big city of Washington, D.C., their hearts were always drawn back to the Lowcountry. Before long, they returned home to the community they loved so dearly.

Over the years, both Walter and Margie have made remarkable contributions to Beaufort County. Walter became one of the county's first paramedics and served faithfully with Beaufort Memorial's EMS. His path of service also led him to work as a Police Officer for the Town of Port Royal, an Assessor, and a Delinquent Tax Agent for Beaufort County, among other roles. Yet for many, Walter is best remembered for his extraordinary voice. From his early days singing with his brother with the Community Gospel Singers of Port Royal, SC, to talent shows at Robert Smalls High School and the Mather School for Girls, to his years as a member of the Traveling Souls Gospel Singers of Beaufort, SC, and the Voices of Victory, of Bethesda Christian Fellowship. Walter's gift of music touched lives throughout the Lowcountry and beyond.

Margie dedicated her early years to her home and children before stepping back into the workforce. After their third child was born, she

returned to her role as secretary, beginning a remarkable fifty-one-year career, forty-six of which were spent as the trusted secretary to Louis D. Dore, Esq. Through her diligence, integrity, and service, she positively impacted countless individuals and families in Beaufort County. At the same time, she poured her love into her home—creating clothes for her family as a talented seamstress, keeping a warm household, and offering unwavering devotion to her loved ones. Together, Walter and Margie have been blessed with five children, seven grandchildren, and twelve great-grandchildren. When asked what has kept their marriage strong for more than six decades, their answer is simple yet profound: a shared sense of friendship and faith. They consider each other best friends, and both agree that placing God first has been the foundation of their love and longevity.

Today, Walter and Margie continue to be an example of devotion—not only to one another, but also to their family, their community, and, above all, to God. Their story reminds us that true love, rooted in friendship and strengthened by faith, can withstand the trials of life and leave a legacy of hope for generations to come. Favorite Verse: Proverbs 3:5,6 - Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.



Pyeongtaek, South Korea A Spotlight On LaDonna Holmes



Serving military families provides a deeper appreciation for diverse population

During my undergraduate studies in education at Benedict college. I was presented with information to work overseas. At that time, the possibility of working abroad seemed terrifying to me,. However, after obtaining my license as a professional counselor,

I was presented with an incredible opportunity to provide counseling to military families stationed overseas. This experience gave me a deeper appreciation for working with diverse populations as I serve military service members, their spouses and families. How did Benedict College prepare you for the international community?

My time at Benedict College was pivotal in shaping both my personal and professional journey. Benedict College helped to prepare me by exposing me to diverse perspectives, especially through the Fort Jackson partnership. The education I received at Benedict College also gave me a strong theoretical and practical foundation in family development, which was essential when navigating different cultural environments. The critical thinking and empathy emphasized at benedict were key in adapting to my new role abroad.

What is one thing that you love about living in Korea?

I love immersing myself in the culture, meeting new people, and exploring nearby countries, South Korea's unique blend of tradition and modernity is fascinating. The respect for tradition and community-oriented culture is something that has had a positive influence on me personally and professionally. Plus, the cafes, food, esthetics, and scenery here are amazing! I love how the smallest experience feels like an adventure.

What is the one thing you miss about home?

I miss family gatherings, the warmth of spending time with love ones. The holidays just aren't the same without being surrounded by my family's laughter and traditions. I also really miss authentic Mexican dishes and Chick-Fil-a—those are definitely some of my comfort foods and simple pleasures can serve as a reminder of home, especially when you're thousands of miles away.

What is one piece of advice that you would give alumni and /or current students who are thinking about moving to another country?

My advice would be to do it! Embrace the opportunity and fully immerse yourself in the local culture. There will be challenges, but each of them offers the chance for personal growth. Living abroad teaches you adaptability and opens your mind in ways you can't anticipate. It's also essential to stay open-minded, be patient with yourself, and learn from every experience. I'd recommend making an effort to understand the customs— it will help you feel more connected. Lastly, stay in touch with home, but be sure to also build a support system locally.

October Breast Cancer Awareness Month

Although the exact cause of breast cancer is not known, most expert agree that several things can increase your risk of developing breast cancer.

Top risk factors linked to breast cancer:

1. Aging

Breast cancer risk increases as you get older. By age group, breast cancer is diagnosed in:

4 out of 1000 women in their 30s

15 out of 1000 in their 40s

24 out of 1000 in their 50s

35 out of 1000 in their 60's

2. Being Female

Although breast cancer can and does occur in men, most breast cancers are found in women.

3. Personal History

Women who have dense breast or who have been diagnosed with breast cancer before are at increased risk

4. Family History

A woman's risk increases if her mother, sister, daughter, or two or more close relatives, such as cousins, have a history of breast cancer, especially if they were diagnosed at age 50 or younger. Those with a strong family history may benefit from testing for a gene specifically associated with the life time risk of developing breast cancer. This should be discussed with your physician to see if you should have this testing.

5. Not breast feeding

Women who don't breast feed have a higher risk of breast cancer than those who breast feed. The more months of breast feeding, the lower the risk of breast cancer.

6. Hormones

Female hormones play a part in some types of breast cancer. Your risk is higher if:

*You use estrogen-progestin hormone therapy after menopause for several years

*If you begin your menstruation before age 12 and start menopause later that age 55

*Your first baby at a later age or you do not bear any children

*Being overweight which can increase the amount of a hormone called estrogen in your body.

Health Corner



Dr. Andra Davis-Tolbert

Childhood Obesity

Childhood Obesity- What Can We Do About It?

Childhood obesity has become a public health concern in the United States. Today, up to 24% of American children and adolescents are overweight and up to 18% are obese. In particular, the highest rise is in minority populations. These measures are determined by the body mass index (BMI). The BMI is a measurement of weight with respect to a person's height. The BMI does not look directly at body fat but this measurement is the closest correlate.

There are many reasons why a child or adolescent becomes overweight or obese. Some variables we cannot change. These factors include: genetics, hormonal disorders and certain required medications. The variable I will focus on today is one that we can totally control. It is also the variable that has changed the most over the years- lifestyle.

To sum it all up, our lifestyle changes over the past two to three decades have made us lazier and we eat bad. As technology has advanced, we have become more sedentary. Meals which were once a gathering time for families to sit and talk about their day have become more meals on the go. These changes have us now dealing with what have been more traditionally adult problems but now in a younger population. The consequences are great and affect both the physical and mental aspects of a child's life. Some of these are: hypertension (high blood pressure), diabetes, hypercholesterolemia (high cholesterol), liver and kidney diseases, low self-esteem and social isolation. So what can we do about this? In a young growing body that is supposed to be getting taller and heavier, it can be become challenging to minimize excess weight gain but still foster appropriate growth when it is supposed to be happening. Direction should always be from a health care provider. Here are a few tools to get started:

• GET MOVING!

- * Decrease TV and computer time.
- * Walk 30 minutes every day.

• ADEQUATE REST

- * Children and adolescents need at least 8-10 hours of sleep a night.
- * Lack of sleep make children more tired and less apt to be more active.

• DECREASE SUGARS

- * Decrease in what is considered free sugar intake; in particular, avoid things with the ingredients monosaccharides or disaccharides. Examples are honey, syrups, and fruit juices.

• DECREASE FATS

- * Goal is to decrease intake of total fats; especially saturated fats. Examples are French fries, pizza,

- potato chips, cookies, and cakes.

• DECREASE SODIUM

- Minimize the amount of salt added when cooking or eating.

- Look for salt substitutes.

- A good rule of thumb: Most packaged foods found on a shelf have very high sodium content and should be avoided.

• INCREASE WATER INTAKE

• INCREASE FRESH FRUITS AND VEGETABLES

• LIMIT FRIED FOODS

- * The oils used to fry food have a lot of fat. This in turn gets absorbed in to the foods we eat.

• LOW FAT DAIRY PRODUCTS

- *Whole milk has a significant amount of sugar and fat. 2% milk is not much different. Low fat milk is considered 1% or skim. Whole milk is critical to a developing toddler.

*****THE TRANSITION TO LOW FAT DAIRY PRODUCTS NEEDS TO BE AT THE RECOMMENDATION OF YOUR CHILD'S HEALTHCARE PROVIDER.***

We spend a lot of time focusing our energy on making our children successful for future careers. I encourage us all to continue doing the same. We must also recognize the importance of maintaining healthy lifestyles for them as well. This will involve the entire family, the child and the healthcare team. It truly takes a village! One step at a time, one meal at a time, one day at a time.



But without faith it is impossible to please Him; for he that cometh to GOD must believe that He is, and that He is a rewarder of them that diligently seek Him. (*Hebrews 11:6*)

When you're in a relationship with someone you want too make them happy. You want to learn about them and their ways and concerns. That way you can understand them better.

Investing your time and trust in the Lord is also indispensable. That relationship is what empowers you to live a faith filled life. Without a strong faith in GOD it's impossible to please Him. But when you embrace your faith and trust in GOD, seeking Him everyday you will be blessed in countless ways beyond imagination.

Submitted by,
Sister C. Bennett