



SCBLA

South Carolina Black Lawyers Association

Newsletter

March 2021

Dear SCBLA Family,

Happy Spring! For most, this season symbolizes rebirth and rejuvenation as we come out of winter’s hibernation, both literally and figuratively. This is especially the case now more than ever after the year we have all been through, but it feels good to (finally) see the light at the end of the tunnel! We have been busy as an organization during this first quarter! The Black History Month membership drive was a success and we are happy to report that we had over 30 members sign-up as a result of that effort. I would like to recognize member Renee Gaters of F. Renee Gaters Law Offices for sponsoring a total of ten student members from both the University of South Carolina and Charleston Schools of Law!

We would also like to thank you all for taking the time to fill out the membership survey to help us better serve you! The feedback was helpful and we are using that information to help plan our programming. As such, we have planned a FREE virtual CLE this **Thursday, March 18th: COVID-19: Discussing and Overcoming the History of Vaccine Skepticism** featuring State Epidemiologist Dr. Linda Bell and Circuit Court Judges Clifton Newman and Jocelyn Newman. This CLE has been approved for 1 hour CLE credit and is sure to be an informative and timely discussion moderated by SCBLA officer Mark McLawhorn, Esq. Space is limited so we encourage you to sign-up using the registration tab in this newsletter.

Also, check out our new Health & Wellness column featuring fitness trainer Brandon Sistrunk. As we all know, “health is wealth” so let’s do everything we can to stay healthy and happy as we gear up for warmer weather and—hopefully—in-person gatherings in the near future! Last—but not least—we are happy to announce that our new website is currently under construction. The new website will have many new features including an online payment option, membership directory and job posting portal. Please be patient as we undergo this process.

As always, we encourage you to keep the suggestions and submissions coming. Please do not hesitate to contact us if we can be of assistance.

Yours in solidarity, Breon



Breon Walker
President



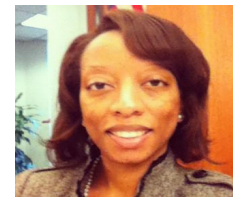
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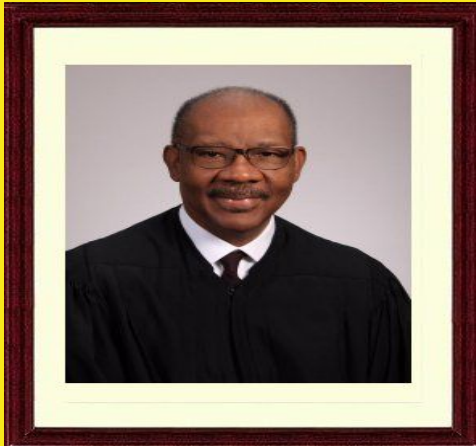
Mathias Chaplin
Parliamentarian



South Carolina Black Lawyers Association

Virtual Panel Discussion

COVID-19: Discussing and Overcoming the History of Vaccine Skepticism



The Honorable Clifton Newman
South Carolina Circuit Court Judge



Dr. Linda J. Bell
State Epidemiologist and Director
Bureau of Disease Control
SC Dept. of Health and Environmental Control



The Honorable Jocelyn Newman
South Carolina Circuit Court Judge

Thursday, March 18, 2021

3:00pm -4:00pm

Approved for 1 hour CLE credit!

REGISTER for FREE!

Moderated by Mark McLawhorn, Esq.

New Website Coming Soon

The South Carolina Black Lawyers Association is currently updating their [website](#) to better serve their members.

- New Layout
- Pay Membership Online
- Member Directory
- Newsletter Sign Up
- Job Postings
- Calendar

For more information, please contact scblaweb@gmail.com.



Member Spotlight

Natalie Ham, Esq.



Charleston County Council voted to hire Natalie Ham as county attorney on March 4. She is currently the general counsel for Charleston County School District and previously served as assistant city attorney for Columbia and assistant attorney general under Henry McMaster.

“On behalf of County Council, I am pleased to welcome Natalie Ham as the Charleston County Attorney,” said Charleston County Council Chairman Teddie E. Pryor, Sr. “Ms. Ham brings both knowledge and experience to Charleston County. Her work with Charleston County School District, City of Columbia and South Carolina Attorney General’s Office has proven her ability as a government attorney and will benefit the citizens of Charleston County.”

“I’m thankful for the opportunity and excited to continue to serve the citizens of Charleston County in this new capacity,” Ham replied.

Ham holds a Bachelor of Science, Masters in Public Health and Juris Doctorate from the University of South Carolina. In addition, she is a member of the board of directors for the Charleston Symphony Orchestra, a member of the SC Bar’s Judicial Qualification Committee and a Riley Fellow Graduate of the Riley Institute’s Diversity Initiative. It is expected that she will begin her new role in April.

[*Post and Courier*](#), March 7, 2021.

Announcements

The **South Carolina Commission on Indigent Defense** is accepting applications for Indigent Defense Contracts for FY2021-22 from attorneys interested in contracting to provide representation for indigent clients in **Criminal Conflict, Family Court (Abuse and Neglect, TPR), Post-Conviction Relief (PCR) and Sexually Violent Predator cases**. Attorneys meeting the following requirements are encouraged to apply for a contract:

- Be a member in good standing with the SC Bar
- Have at least 3 years of experience handling cases in one or more of the above contract case types
- Have and maintain malpractice insurance coverage
- Willing to comply with the terms of the 608 Contract Program

The application period opened on March 1, 2021 and will end on March 31, 2021. Contracts are available in all 46 counties in the state. Visit the SCCID website at www.sccid.sc.gov to view important information about the contract program AND to complete an application for a contract. All applications must be received by 5 p.m. March 31, 2021. Please direct all questions regarding the application process and the program to Herverly Young at (803) 734-1343 or by email at hyoung@sccid.sc.gov.

Gallivan, White & Boyd, P.A., one of the Southeast's leading law firms founded more than six decades ago in Greenville, South Carolina is seeking:

-Associate Attorney, with preferably 2-5 years' experience to join our **Worker's Compensation Group in the Greenville, South Carolina office**. The candidate should have excellent academic credentials and admittance to the South Carolina Bar. The ideal candidate will be able to communicate effectively and possess excellent writing, analytical, and computer skills. Top twenty percent of the class, moot court, and law review preferred. The candidate must have the ability and motivation to independently manage a caseload, move all pending cases forward toward conclusion on a timely basis, and comply with reporting requirements. Prior experience in a Worker's Compensation practice is preferred.

-Associate Attorney, with 1-3 years' experience to join our **Litigation Group in the Columbia, South Carolina office**. The candidate should have excellent academic credentials and admittance to the South Carolina Bar. The ideal candidate will be able to communicate effectively and possess excellent writing, analytical, and computer skills. Top twenty percent of the class, moot court, and law review preferred.

Please email cover letter, resume, and professional writing sample to Kim Donald, kdonald@gwblawfirm.com.



HEALTH REVISION

BY: BRANDON SISTRUNK

How many times do you wait until the new year or put off your workout and meal plan routine? How many times do you struggle to stick with an outlandish health routine? Like diet plans or doing a 2-hour workout to make a drastic change before your birthday or trip? There is nothing wrong with trying, but if you miss a day (or two) do you give up or do you restart or regroup? I used to fail at these routines until I decided to change my way of thinking. I would try to do crazy diet plans and 2-hour workouts before a trip or an event because I wanted to look a certain way. As a trainer, I learned that you must make your health revision easy for you. I throw New Year's resolutions or procrastinating out the window and just start.

I wake up at 7 a.m., I pray, then I just do one exercise. I do squats or sit-ups to start off my morning with 10-20 reps. During my lunch, I take a little time after 1 p.m. to do 2-3 exercises. After 5 p.m., I go to the gym or—if I don't—I walk or jog. Before I go to bed, I do 1-2 exercises.

You should do what works for you, but that's how I gradually changed my health. You can also sign-up for a workout class if you feel lost in working out or you can hire a personal trainer who will look at your overall health. Either way, this will hold yourself accountable and keep you motivated to reach your goal or new lifestyle.

It only takes one step at a time and you can build each week when you are able to do more.

Continued on next page.

HEALTH REVISION

Continued

Here is a workout you can do, and it doesn't require you to complete it...just do a few.

Also, check out my Instagram page [@b_roc07](https://www.instagram.com/b_roc07) if you are looking for some good workouts.



TB WORKOUT
2-3SETS 30-60SEC
EACH EXERCISE
HIGH KNEES IN PLACE
FIRE PUNCHES
JUMP SQUATS
PUSH UPS
JUMP LUNGES
THRUSTERS
BICYCLE ABS
SIT UPS

DON'T GIVE UP.
WHAT ARE YOU WAITING FOR

Contact Us



P.O. Box 1092 Columbia, SC 29202