

Sunday,
March 22,
2026

Issue # 109

THE CHRISTIAN VOICE

First Baptist Church of James Island

Rev. Dr. Charlie L. Murray Jr., Pastor



Pastor's Reflections and Appreciation

As your pastor, I wish to express my heartfelt thanks to God for His continued guidance and blessings. I am also deeply grateful to the entire congregation and to those participating online for allowing me to serve as the shepherd of First Baptist Church of James Island for another year. The journey may not always be easy, but your encouragement and support make it possible for me to lead and serve with dedication.

While pastoring can be challenging at times, I truly appreciate the support and assistance provided by the Church's Deacons. Their dedication and help enable me to fulfill my responsibilities and serve our church community effectively. The teamwork and commitment of the Deacons are instrumental in helping me navigate the demanding aspects of ministry and accomplish our shared goals.

I would also like to thank everyone for their generosity and commitment to the Financial Campaign. Your contributions are making a difference as we work toward completing the air conditioning project, which will require both time and significant resources. With the collective effort and ongoing support from the congregation, we are making steady progress toward our goal.

Thank you to all.

God Bless,

Rev. Dr. Charlie L. Murray Jr.

Dear Church Family,

As your editor, it is my joy to welcome you to this month's edition of our church newsletter. On these pages, we celebrate the many ways God is working in and through our congregation. May the stories, reflections, and updates found here encourage your faith and strengthen our sense of community. Thank you for being a part of our church family, and for your continued prayers and support as we journey together in faith. With Blessings,

Your Editor, Barbara W. McDaniel



Midnight/ Give God Thanks	Ministry News Missionary/Senior Usher	Health Ministry News/ Pharmacist's Perspective
Sis. W. E. Frasier/Sis. Tanya Ancrum	Rev. Ruth Williams/ Sr. Usher Ministry	Sis. Brenda Carey/Dr. LaShawn Cromwell
Inspirational and encouragement sections offer uplifting messages and positive reminders that can motivate readers to face challenges with renewed confidence. They foster a supportive atmosphere, helping to build a sense of community and well-being.	The Missionary Ministry Retreat offers a meaningful opportunity for spiritual growth and fellowship among participants. In addition, the Senior Usher Ministry is actively organizing a Junior Usher group to foster leadership and service skills in younger members.	Health articles aim to highlight the importance of providing valuable health information and to encourage readers to engage with them for their well-being.
Page(s): 2-3	Page 7	Page(s): 11-15

W.E. Frasier

MIDNIGHT: the Darkest Hour and the Moment for Miracles

The Biblical Example of Midnight

"But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them; and suddenly there came a great earthquake, so that the foundations of the prison house were shaken; and immediately all the doors were opened, and everyone's chains were unfastened" (Acts 16:25-26).

Defining Midnight

The term "midnight" is defined by Webster's Dictionary as (1) the middle of the night, specifically the twelve o'clock hour, and (2) intense darkness or gloom. In our natural world, midnight occurs sometime after nightfall and before daybreak.

The Spiritual Significance of Midnight

In the spiritual realm, midnight can represent a very dark hour—often the absolute lowest point in our lives. It can be a time when one feels trapped in a difficult situation with no light in sight. Many would succumb to despair if not for the Lord's presence in their lives. It is crucial to hold on to the Word of God and remember that we walk by faith and not by sight (2 Corinthians 5:7).

The Challenge and Test of the Midnight Hour

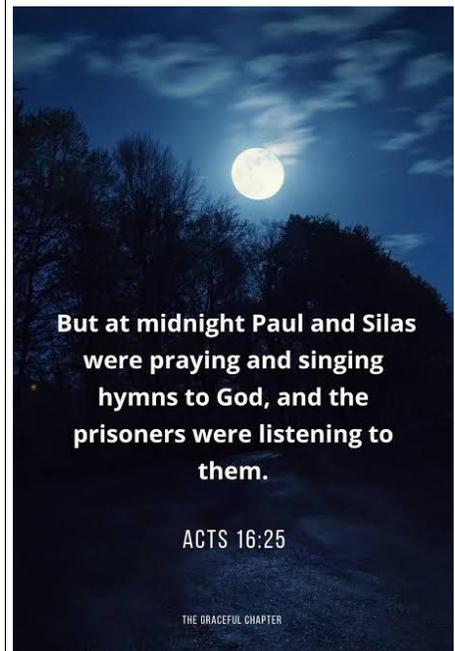
The midnight hour is not only the darkest hour of a circumstance; it can also feel like the longest. This is a time when our faith is tested, and our endurance to keep moving forward is put to the test. Whether it's a sudden illness, the untimely death of a loved one, a marital crisis that could uproot a family, or an unexpected financial issue that strains everything we've worked for, no one is exempt from facing their own midnight hour during life.

The Miraculous Potential of Midnight

However, for the child of God, this midnight hour can potentially transform into the most miraculous moment of our lives. "Miraculous" describes something supernatural, much like the experiences of Paul and Silas. It's also reminiscent of what happened to Peter when he was miraculously released from prison—an angel of the Lord awakened him, broke his chains, and led him past the guards and through a locked iron gate (Acts 12:5-7). While no midnight situation is enjoyable, many of us faced challenges where we felt unsure about how to escape. Nevertheless, we held firm in our faith, knowing that if the Lord did not deliver us, we would be lost. Without a doubt, we know that God intervened. So, if you find yourself in a "midnight" situation, take heart. Your God knows where you are; He sees you and hears your prayers.

Midnight: A Time of Despair or a Moment for a Miracle?

Is midnight merely the darkest hour of your life, or is it the perfect moment for a miracle?



But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them.

ACTS 16:25

THE GRACEFUL CHAPTER

Tanya E. Ancrum

(“just a nobody, trying to tell everybody about somebody who can save anybody.”)



Give God Thanks...Even in Tough Times

Finding Gratitude in Every Circumstance

There is a story about a pastor and his wife who vacationed in Hawaii. One morning, they toured one of the Hawaiian Islands and, after their sightseeing, decided to take a walk along the beach. While Hawaii’s beauty is remarkable, it, like everything and everyone, has its flaws. As the couple walked, they noticed a homeless man searching through a garbage can. At first, the pastor assumed the man was collecting cans or something to sell. However, as he continued watching, he saw the man pull out a greasy, brown paper bag from the trash.

This moment was striking. We have plenty of food—more than we could eat—and yet, we often forget to say thank you. Here was a man with hardly anything, showing gratitude for a discarded sandwich. Some may wonder why someone with no home or food would give thanks. My answer is that the homeless man understood something many of us spend a lifetime trying to recognize: God deserves worship, praise, and honor, even in hard times. He acknowledged that, even when things are not going our way, God sees all, knows all, and cares for us.

Scripture tells us in 1 Peter 5:7, “Cast all your cares upon the Lord, for He cares for you.” Even in your darkest hour, God carries you.

God’s Promises in Difficult Times

Even when we are struggling, God promises never to leave us or forsake us. We may not have all the money in the world, the family love some enjoy, or the luxuries others experience, but we have hope in a risen Savior. He assures us that earth is not our eternal home and promises us a home not made by human hands. We have hope in a Savior who is always with us—comforting, guiding, and directing our path. All we need to do is trust Him.

Enduring Trials and Giving Thanks

As followers of Christ, we know we will face trials and tribulations. We know we may encounter injustice, unrest, and turmoil, but we also know that trouble doesn’t last always, and our good days outweigh our bad days. God will sustain us through all. Saints, don’t get weary in well doing. Hold on, pray on, and bless God—even in tough times. If a homeless, hungry man can give thanks in his situation, those of us who have food, clothing, and shelter surely can bless God. The Scripture reminds us in 1 Peter:

sustain us through it all.

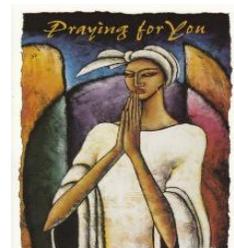
Thessalonians 5:18, “In everything give thanks: for this is the will of God in Christ Jesus concerning you.” Be encouraged; God is still in the business of turning things around!

Stay on the battlefield!



A simple prayer includes thanking God for His presence, protection, and unfailing love. Even when life is overwhelming.

Deacons Ministry



January – February 2026

“Praying that God surrounds you with love, comfort, and healing.”

Kurt Prioleau	Dontray Scott	Ellen McKinney	Kathy Nowell
Elizabeth Prioleau	Herbert Scott	Barbara W. McDaniel	Nathaiel Nowell
Lydia Young	Matthew Washington	Rudy Harrison	Sandra McKnight
Harriet Bright	Carleen Washington	LaQuette White	Deaconess Karen Battle
Cynthia Prioleau	Joan Richardson	Delbert Washington	Mary Mauldin
Stacey Heyward	Harry Burnell	Margaret Brown & Family	Deacon Lionel Whaley
Denita Connor	Alfreda Richardson	Christian Richardson	Barbara Haynes
Ndrea Frazier	Crystal Memminger	Camryn Richardson	Alexander Dillahunt
Benjamin Manigault	Wilhelmenia Brown	Dakota Smalls	Deacon Elijah Rivers
Cynthia Minor	Evang. Sandra Price	Deloris Gasdson	Deaconess Susan
Darius Krider	Darnell Richardson	Ann Chavis	Cromwell
Hazel Nowell	Ashley Jenkins Murphy	Sandra McKnight	Irvin Huggins
Mark Brown	Deacon Edward Wilder	Andrea Richardson	Terrell Rivers
Louise Truesdale	John Gaillard	Derrick Deasd	
Darcel Whitney	Albertha Richardson	Kamirrah Bloomfield	
Franklin Brown	Maxine Venning	Deacon Raymond Roper	
Eddie Simmons	George Russell	Tony Ladson	
John Henry Johnsson	Lucille Washington	Jaquinda Brisbane	
Janesha Dillahunt	Kenny Moore	Thomas Gibbs	



We are overjoyed to welcome you into our church family! Your presence is a blessing, and we believe God has led you here for a beautiful purpose. In this community, you will find open hearts, listening ears, and hands ready to serve alongside you.

Deaconess Ministry

New Members: January – February 2026

NAME	CATEGORY
Traymont Smith	Christian Experience
Tanaya' Bennett	Christian Experience
Annette Richardson	Christian Experience
Devon Legare	Baptism
Ryan Robinson	Christian Experience
Antwan Bailey, Jr.	Baptism
Connor Simkins	Baptism
Ariyel Weathers	Baptism
Jermiah Triplin	Baptism
Francina Grant	Christian Experience
Nicole Barron	Christian Experience
Erin Livingston	Rededication

Bereavement Ministry

In Loving Memory of

FCJI Family

We offer our sincere condolences to Bro. Bryant Ricardo Williams (son), the Williams siblings—Stanley Williams, Mark Williams, Carlton Harden, Adrianna Harden, and Awilda Harden—Sis. Marlene Williams (aunt), cousins Victor Williams, Robin Williams, Stacia Williams, Stacey Williams, as well as other family members and friends, for the loss of their beloved **Bro. Ricardo Tyrone Williams**, who passed away on February 19, 2026.

FBCJI Extended Family

We extend our heartfelt condolences to Sis. Deitra Gibbs (daughter), as well as family and friends, on the passing of **Bro. Thomas Jesse Gibbs, Sr.**, who died on February 23, 2026.



Rev. Ruth Williams
Missionary Ministry

MINISTRY NEWS

Women of Faith **STANDING FOR JESUS**

September 10~13, 2026
Caribbean Resort
3000 N Ocean Boulevard
Myrtle Beach, SC 29577

Sponsored by the Missionary Ministry of First Baptist Church
1110 Camp Road, James Island, SC 94412
Reverend Dr. Charlie L. Murray, Senior Pastor
Church Office: (843) 795 7331

Join us for a meaningful weekend of learning, connection, and spiritual renewal. Together, we'll grow as women and deepen our relationship with God and one another. It's an experience you won't want to miss.

Room Type	Occupancy	Cost Per Person
One Bedroom	2 People	\$563
Two Bedroom	4 People	\$438
Three Bedroom	6 People	\$410

Cost Includes: Conference, Hotel, Breakfast, and Transportation
Non refundable \$50 deposit due by February 15, 2026
Payment Schedule

March 15 · April 19 · May 17 · June 14 · July 12 Final payment due August 9

For more information or to register, contact: Rev. Ruth Williams – (843) 532 1794
Sister Shirley Givens – (843) 276 2691 Sister Geraldine Singleton – (646) 549 1019

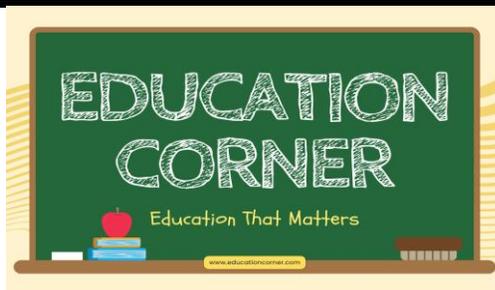


Senior Usher Ministry

The Senior Choir is reorganizing the Junior Usher Ministry for children aged 8–17. Interested parents and youth can meet with the Senior Usher Staff in the choir room after church on the third and fourth Sundays in March.



Alexis Corley
 4k Teacher
 Goodwin Elementary School



A Third-Generation Educator: Continuing a Family Legacy

Education has always been part of my story—even before I realized it would become my career.

I am proud to be a third-generation educator. My grandmother spent many years in education as both a teacher and an administrator, dedicating her life to helping students learn and grow. My mother followed a similar path and currently serves as a high school counselor, supporting and guiding students through important moments in their academic and personal lives.

While teaching and working with students runs in my family, it took me some time to recognize that this path was meant for me, too. Growing up, I always found myself drawn to children. I loved babysitting and jumped at every opportunity to help care for younger kids. As a teenager, I spent time serving in my church’s nursery and helping with Children’s Church. Even then, I enjoyed being around children, encouraging them, and watching them learn new things.

The moment everything clicked for me came in high school when I enrolled in Teacher Cadet. That experience was truly a turning point. It was like a light bulb went off, and I suddenly realized that education was exactly where I belonged.

Today, I am grateful to serve as an early childhood teacher, helping young learners build the foundation for their educational journey. Each day, I’m reminded how important those early years are and how meaningful it is to be part of a child’s growth and development.

In many ways, I am also continuing to follow in my mother’s footsteps. I am currently close to finishing my Master’s degree in School Counseling, which will allow me to support students in even more ways—academically, socially, and emotionally.

Looking back, it is special to see how three generations of my family have been connected through education. From my grandmother’s leadership in schools to my mother’s work guiding high school students, to my own journey in early childhood education and counseling, we have all shared the same goal: helping young people succeed.

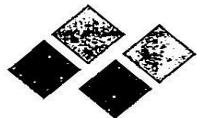
“Education is more than a career in my family—it’s a legacy of caring for, guiding, and believing in the potential of every child.”



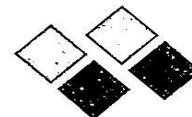
From left to right: Ms. LaShel Graham (mother), Ms. Alexis Corkley (daughter), and Deaconess June Roper (grandmother).

L'Corine Gilchrist

Trident Technical College – EOC: Information



Scholarship Search



Successful Applications

Multiply your opportunities for being awarded!

- Start your search early.
- Read eligibility requirements carefully.
- Organize all your scholarship materials.
- Proofread your applications carefully.
- Do not leave items blank.
- Follow instructions exactly.
- Make sure your application is legible.
- Make copies of everything you send-file in a safe place.
- Double check your application.
- Get your application in early-don't wait until the deadline.

Scam Slogans and Phrases

How to protect yourself from being scammed

- "The scholarship is guaranteed or your money back."
- "You can't get this information anywhere else."
- "I just need your credit card or bank account number to hold this scholarship."
- "We'll do all the work ..."
- "The scholarship will cost some money."
- "You've been selected by a 'national foundation' to receive a scholarship."
- "You're a finalist" in a contest you never entered.

Financial Aid Website

www.studentaid.gov

Basic Tips on Internet Searches

Make every effort count...

- Make a list of organizations, churches, and foundations to use as subcategories for your search. Being specific will decrease the time you spend in your search and will yield better results.
- Use a variety of search engines because each will yield different results, i.e., Google, Yahoo, and Bing.
- After reaching a desired web site, check the sides or top of the home page for links to scholarships, grants, financial aid, funding financial assistance, or education, etc.

Documents

What you'll need to have on hand for applications

- References-put together a list of persons whom you can contact to write letters on your behalf such as: teachers, counselors, pastor, and club advisors/coaches.
- Transcripts/Transcript Request Form Some institutions will allow you to send an unofficial transcript, and others will require that you have the transcript sent directly from the school.
- College Essay
Have a copy on a flash drive so that you can change parts of the essay to relate more directly to the specific scholarship/grant for which you are applying.
- Documentation of ethnicity
- Documentation of disability
- Financial Information (completed tax returns)
- Letters of Acceptance from colleges/universities
- Thank you cards to send to people who helped you



Trident Technical College
Educational Opportunity Center
843-722-5512 or 574-6430

L'Corine Gilchrist

Trident Technical College – EOC: Information

Scholarship Websites

General Databases

www.collegeanswer.com
www.studentawards.com
www.fastweb.com
www.nationalmerit.org
www.petersons.com
www.scholarshiphunter.com
www.scholarship-page.com
www.financialaid.com
www.fastaid.com
www.feea.org
www.collegescholarships.com
www.scholarships.com
www.mapping-your-future.org
www.collegexpress.com
www.college-scholarships.com
www.coca-colascholars.org/cokeWeb (for Seniors)
www.okhighered.org
www.aie.org

Ethnic Minorities

www.hsf.net
www.collegefund.org
www.uncf.org
www.blackexcel.org
www.cherokee.org

Students with Disabilities

www.nfb.org

International/Study abroad

www.internationalscholarships.com
www.iefaa.org

Nontraditional

www.bpwfoundation.org

Military Scholarship Websites

www.militaryscholar.org
www.aerhq.org (Army)
www.afas.org (Air Force)
www.nmcrcs.org (Navy/Marine Corps)
www.cgmahq.org (Coast Guard)
www.afcea.org
www.military.com
www.veterancentral.com

Planning for College

- www.princetonreview.com
- www.collegeboard.com
- www.okhighered.org
- www.aie.org

Organize Your Materials

- Develop a simple spreadsheet to track applications you have completed and submitted.
- Create a filing drawer using a milk crate, large box or other containers.
- As you apply, create one file folder for each institution that you apply to for funding.
- Have a separate file for each of the following to make it easy to refer to or include in a packet along with your application:
 - Your personal background including documentation
 - Family background
 - Financial Information (tax documents, student aid report from FAFSA, etc.)
 - Letters of Acceptance from colleges, universities and trade/technical schools
 - Envelopes (large and regular) and first class stamps

Apply and Track

- Keep a list of web sites visited to reduce duplication in your search.
 - Enter information into your spreadsheet.
 - Make sure you check off each item that is required as you complete it and the date you sent information.
 - Use a wall calendar to backdate and enter important deadlines.
- Write down dates to call back institutions to confirm receipt of your materials, or to follow up as needed.
- Don't forget to follow up with your references, too!
- Send out your thank you notes as you go along. Do not wait!

Brenda Carey
FBC HEALTH MINISTRY



Tired, Achy Eyes? Finding Relief for Eye Discomfort

Are your eyes tired, dry, or achy? Many factors can contribute to these types of symptoms. But a big culprit can be the intense use of your eyes. Spending too much time looking at screens and held devices, like smartphones, can strain your eyes. So can normal aging. What can you do to find relief?

One major cause of eye discomfort is not blinking enough. “When we focus on tasks like reading or computer work, our blink rate just plummets,” says Dr. Chantal Cousineau-Krieger, an NIH ophthalmologist.

Not blinking enough can cause your eyes to become dry and uncomfortable. Certain people are more prone to eye dryness, too. This includes those over age 50, women, and people who wear contact lenses. Certain medications, like antihistamines, and health conditions can also add to eye dryness.

Avoiding other factors that increase eye dryness may help your eyes feel better, too. Air blowing directly in your face from a fan or from air vents in the car can contribute to eye dryness, says Cousineau-Krieger. So can smoke or windy conditions.

Normal aging can also lead to eye strain. With age, we start to lose our ability to focus on close objects. This is called presbyopia. Our eyes need to work harder to focus.

“When we look at something up close, we flex the muscle inside of our eye,” Cousineau-Krieger explains. “And just like any other muscle, if you hold the contraction for a long time, the muscle can become fatigued. Eventually, in your 40s, you end up not being able to see things up close as well. It’s a natural part of aging that goes along with gray hairs and wrinkles. And then we typically need reading glasses to be able to see things up close.”

But eye strain doesn’t only happen to adults. Children can also develop symptoms from intensely using their eyes. They may not tell you that their eyes hurt. Instead, they may start blinking forcefully or rubbing their eyes.

Page #2

Spending too much time on screens is also now believed to be contributing to children developing nearsightedness. Studies have shown growing rates of nearsightedness in children over the past few decades.

“Experts are recommending that children spend time outdoors playing to help them focus on things further at a distance,” says Cousineau-Krieger. “Hopefully, this will also help decrease the amount of nearsightedness. The amount of nearsightedness is going up around the world.”

To relieve eye discomfort, you can try some simple steps. Experts recommend the 20-20-20 rule. Take eye breaks every 20 minutes and look far in the distance, about 20 feet away, for about 20 seconds.

Wise Choices***Protect Your Eye Health***

- **Rest your eyes.** Take a break from tasks that require focusing on nearby objects every 20 minutes and look at something about 20 feet away for 20 seconds.
- **Limit screen time and take breaks often.** Encourage kids to spend more time outdoors and focus on things in the distance.
- **Keep your eyes moist.** Use eye drops called artificial tears when your eyes feel dry.
- **Prevent the air in your home from getting too dry.** Use a humidifier. Limit air conditioning.
- **Wear sunglasses when outside.** Choose sunglasses that block 99 to 100 percent of both UVA and UVB radiation.
- **Keep your eyeglasses and/or contacts prescription current.**
- **Maintain a healthy lifestyle.** Drink plenty of water, eat healthy, and get enough physical activity. Healthy habits can lower your risk for diseases and conditions that lead to eye or vision problems.
- **Quit smoking and keep your home smoke-free.** Get free help at smokefree.gov, 1-800-QUIT-NOW (1-800-784-8669), or by texting QUIT to 47848.

Newsletter 2026

Dr. LaShawn J. Cromwell, 340B

Over-the-Counter(OTC) Medications and Safety: A Guide for Our Church Family

Dear Church Family,

As your pharmacist and sister in Christ, I want to share helpful guidance about using over-the-counter (OTC) medications safely especially for our seniors and children.

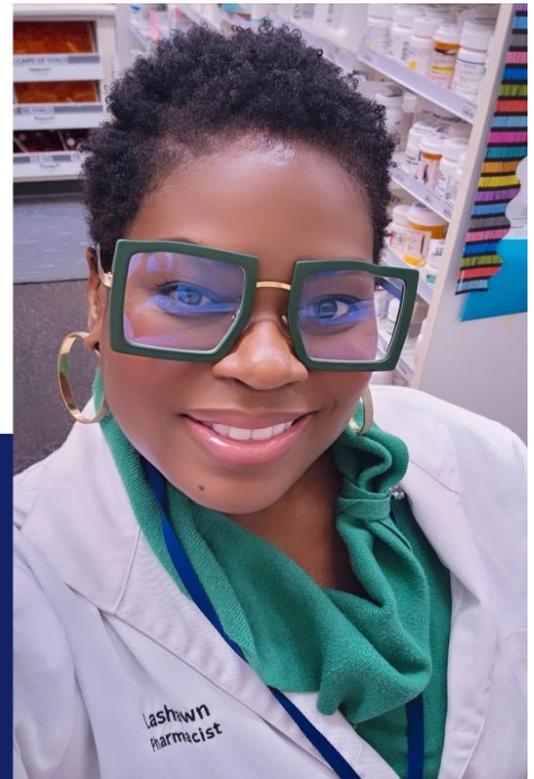
Common medicines like Tylenol® (acetaminophen) and Motrin / Advil (Ibuprofen) can be very effective when used properly, but if taken incorrectly, they can cause harm. Let's make sure we're using them safely and wisely.



For Our Seniors: Staying Safe

Helpful Nuggets:

- Ask before you take anything new: Always consult your pharmacist or healthcare provider before adding any new OTC.
- Avoid double dosing: Many cold, pain, or sleep products contain acetaminophen or ibuprofen. Taking more than one product with the same ingredient can lead to liver or stomach damage.
- Watch for drowsiness or dizziness: Some pain or sleep medicines can increase your risk of falls.
- Check expiration dates: Discard old, expired, or damaged medications safely.
- Call your provider or pharmacist if you experience any unusual symptoms or side effects.



Pharmacist's Tip:

- Keep an updated medication list in your purse or wallet and bring it whenever you visit your doctor or pharmacy.

Br. LaShawn J. Cromwell, PharmD, 340B

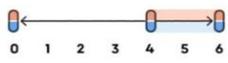
A Pharmacist Perspective

Dedicated to providing high-quality healthcare and keeping our community informed.



Common Medicines and Maximum Daily Dose for Adults

7 Things to Know About Over-the-Counter Advil vs. Tylenol

	ADVIL	TYLENOL
1 What's the active ingredient?	IBUPROFEN	ACETAMINOPHEN
2 What's the maximum daily dosage?	1200 mg/day	4000 mg/day*
3 What forms does it come in?	 TABLET, CAPSULE, LIQUID	 TABLET, CAPSULE, LIQUID, RECTAL SUPPOSITORY
4 What are the side effects?	STOMACH UPSET, DIZZINESS, AND HEARTBURN	RARE**
5 What organs does it affect?	 STOMACH KIDNEYS	 LIVER
6 Can you alternate them?	YES! 	
7 How often can you take them?	EVERY 4 TO 6 HOURS 	

* A lower maximum dose of 3,000 mg/day is often recommended for some groups of people, including older adults and those with liver problems.
 **Headache and nausea are possible.



- As we age, our bodies process medications differently, which can increase the risk of side effects or drug interactions. Here's how to stay safe:
- Always consider individual health conditions such as kidney disease, heart disease, or use of blood thinners. When in doubt, speak with your pharmacist or healthcare provider before starting or combining pain medications

Dr. LaShawn J. Cromwell, PharmD, 340b

For Children: Little Bodies, Big Caution

Ibuprofen (Motrin/Advil)

For children 6 months and older
Can give every 6-8 hours
Max daily dose 2400mg / 24 hours

Age	Weight (lbs.)	Infant Drops 50mg/1.25mL Dropper	Children's Liquid 100mg/5mL Syringe	Children's Chewable 100mg Chewables	Adult Tablets 200mg Tablets
ONLY for children 6 months of age & older	12-17 lbs.	1.25 mL	2.5 mL		
	18-23 lbs.	1.875 mL	4 mL		
	24-35 lbs.		5 mL	1 tab	
	36-47 lbs.		8 mL	1 1/2 tabs	
	48-59 lbs.		10 mL	2 tabs	1 tab
	60-71 lbs.		13.5 mL	2 1/2 tabs	1 tab
	72-95 lbs.		16 mL	3 tabs	
	96-131 lbs.		20 mL	4 tabs	2 tabs
	132+ lbs.		30 mL	6 tabs	3 tabs



Acetaminophen (Tylenol)

Can give every 4-6 hours
Max daily dose 3000mg / 24 hours

Weight (lbs.)	Children's Liquid 160mg/5mL Syringe	Children's Chewable 160mg Chewables	Adult Tablets 325mg Tablets	Adult Tablets 500mg Tablets
Under 12 lbs	Consult provider			
12-17 lbs.	2.5 mL			
18-23 lbs.	3.8 mL			
24-35 lbs.	5 mL	1 tab		
36-47 lbs.	7.5 mL	1 1/2 tabs		
48-59 lbs.	10 mL	2 tabs	1 tab	
60-71 lbs.	12.5 mL	2 1/2 tabs	1 tab	
72-95 lbs.	15 mL	3 tabs	1 1/2 tabs	1 tab
96+ lbs.	20 mL	4 tabs	2 tabs	1 tab

Helpful Nuggets:

- Use the correct dosing tool: Always use the measuring device that comes with the medication never a kitchen spoon.
- Check the label carefully: Dose based on your child's weight, not just age.
- Avoid double dosing: Don't give two medications for different symptoms that contain the same active ingredient (e.g., more than one product with acetaminophen).
- Store securely: Keep all medications up high, locked, and out of reach.
- Ask your pharmacist or doctor before giving cough and cold medicines to children under 6 years old.

Antorio & Allison Ladson

Celebrating Black History - Honoring Uncle Edward “Eddie” Ladson: A Legacy of Excellence



Edward "Eddie" Ladson

Uncle Eddie’s Remarkable Journey

Uncle Edward “Eddie” Ladson was a tall, proud man known for doing amazing things. He founded the Ladson House Restaurant on President Street, an elegant dining spot remembered for its white tablecloths, fine china, silver, and beautiful centerpieces. More than the details, what people remember most is the good food and the high-profile customers who would visit!

A Foundation Built on Hospitality

Before opening the Ladson House, Uncle Eddie spent 37 years as chief steward at the Carolina Yacht Club, mastering the art of hospitality. In the 1970s—when Black Charlestonians were shut out of many downtown restaurants—his restaurant stood as a place of dignity, excellence, and community.

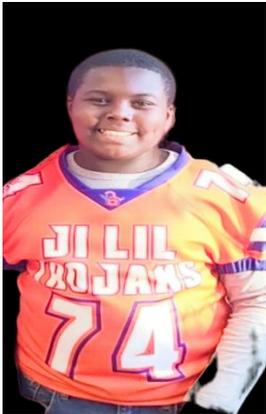
Lasting Legacy

Uncle Eddie’s legacy is Black History. He created belonging and respect regardless of the times—and he did it with quiet excellence and an open heart.

Jerome McDaniel
Sports Editor

YOUTH ATHLETES
In the
Spotlight

Tariq Watson: A Well-Rounded Young Leader

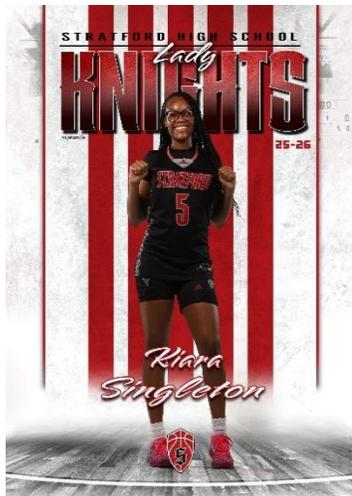


This month’s Youth Athlete Spotlight features Tariq Watson, an 11-year-old fourth grader at James Island Elementary. Tariq is actively involved in his church, First Baptist Church, where he participates in Children’s Church, the Master Mimes, and has served as Master of Ceremony and performed in the Christmas Play.

Academically, Tariq is an A-B Honor Roll student who is described as bright, humorous, and possessing a good spirit. He is involved in multiple school activities, including the newspaper staff, Student Council, fundraiser and field trip committees, and the Trebuchet team. The Trebuchet team applies STEM principles to develop products across engineering, technical, architectural, and structural design. Tariq aspires to become a physicist or volcanologist, focusing on the study of volcanoes, eruptive activity, and associated hazards. His favorite subject is reading, and his favorite teacher is Ms. Bonnett.

Beyond academics and church, Tariq is also an accomplished athlete, playing defensive tackle (#45) for the James Island Lil Trojans football team. His speed, quickness, and agility make him a standout player, and his team finished the season with a 6-5 record under coach Matt Long. He plays alongside classmates Amir Burnham and Cam Pinckney. Tariq also enjoys basketball, soccer, and spending time with his siblings, Tarez, Taliah, and Tamiah. He is the son of Salima Williams.

Kiara Singleton: Scholar, Athlete, and Leader



Kiara Singleton, a 16-year-old sophomore at Stratford High School, distinguishes herself as an exemplary student and accomplished athlete for the Stratford Knights. This month’s Youth Athlete Spotlight recognizes her achievements in Track and Field and Basketball. At First Baptist, Kiara has been actively involved in Children’s Church, performed with youth choirs, and participates as a member of the Sister-to-Sister Ministry.

As an Honor Roll tenth grader, Geometry is among her preferred subjects. Kiara demonstrates exceptional commitment to her studies, dedicating considerable time to academic pursuits to maintain a high grade point average. She aims to pursue a career in engineering and is currently evaluating various collegiate options.

Kiara’s dedication extends beyond academics to extracurricular activities, where she excels in Stratford athletics. As a track and field specialist, she competes in events including discus, shot put, and javelin. She recently won first place at a 5A meet with a 23-meter javelin throw and is striving to improve her performance further to qualify for lower-state meets. Her personal best javelin throw exceeds 24 meters, and Coach Wayne anticipates continued growth over the next two years. On the basketball court, Kiara played post for the junior varsity team in her initial year under Coach Sandy and now serves as guard/small forward for the varsity team, wearing jersey #5 under Coach Tolliver’s leadership.

Kiara is the youngest daughter of Toni and Christopher Singleton and highly values family connections, particularly time spent with her sister, Krista. She is the granddaughter of Theodore and Barbara McDaniel.

Stacey Heyward

Spotlight on Rhoda Harris



James Island Elementary School

Feb 26 · 🌐

Another day, another reason to celebrate the amazing people in our school, Ms. Harris, Head Start Family Service. #JIESLighthouseSpotlight #EverydayLeaders #lightingtheway

Lighthouse SPOTLIGHT



Ms. Rhoda Harris



YEARS IN EDUCATION

11



YEARS AT JIES

11



**FAVORITE SUBJECT
IN SCHOOL**



Send a gift

Social Studies

WHAT DID YOU WANT TO BE WHEN YOU GROW UP?



I wanted to be a nurse, but Chemistry got the best of me!!!



FAVORITE THING ABOUT WORKING IN EDUCATION

My favorite thing about working in education, especially 3yr olds, is seeing their growth happen in real time.



MOST PEOPLE DON'T KNOW...

I love to sing.....all the time!!

L'Corine Gilchrist
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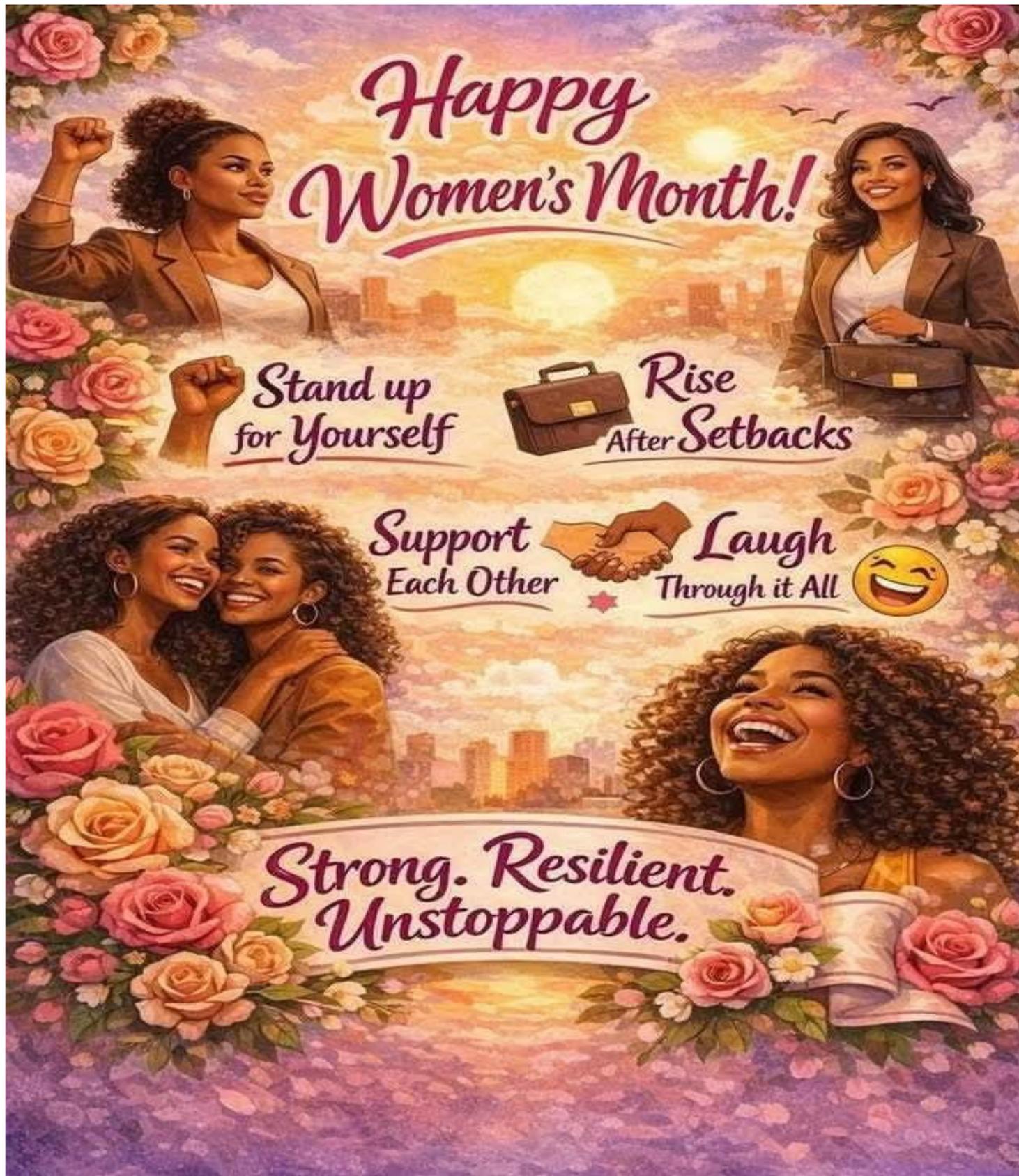
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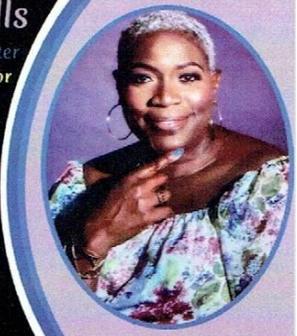


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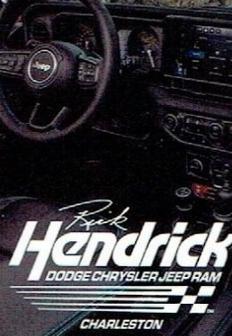


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"For many are called, but few are chosen."
Matthew 22:14



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Email to:
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 Articles are welcomed from
 All Auxiliaries.

Barbara W. McDaniel
 Editor-in-Chief

NEXT NEWSLETTER:
 Student Recognition
 Saturday, June 27, 2026

THEME FOR THE YEAR
 “Affirming Faith, Foundation and Family”

OUR MISSION STATEMENT
 To praise the Lord, bring in the lost; prepare the
 Saints to serve, and bind the church in love.

OUR VISION STATEMENT
 To be a full-service Church, reaching all people,
 enhancing their quality of life by ministering to
 the needs of the whole person. Body-Spirit-Soul

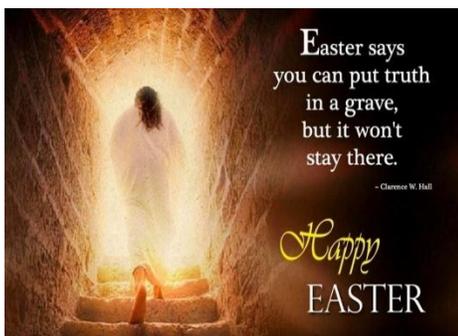


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