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**To:** Adams, ChaneyChaneyAdams@gov.sc.gov  
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**Subject:** MidlandsBiz + MidlandsLife: Mac Bennett announces retirement as United Way of the Midlands President and CEO; Restaurant Week now in Columbia

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## ON THE MOVE IN THE MIDLANDS

### Mac Bennett announces retirement as United Way of the Midlands President and CEO

United Way's President and CEO, Mac Bennett, announced his retirement after 12 years with the organization, effective June 30, 2017. "During his time at United Way, Mac has had a tremendous impact on the community and the organization." [Read More](#)

### A Conversation with Lt Gen John W. Rosa, President, The Citadel

Lt Gen John W. Rosa became the 19th president of The Citadel on January 3, 2006. His presidency has been marked by a focus on strategic initiatives that to enhance The Citadel's mission of developing principled leaders. His concern for keeping a Citadel education relevant in the 21st century while holding to the values that make the college unique has strengthened the college in significant ways. [See More](#)

### Restaurant Week Columbia

Restaurant Week Columbia is happening now! Click here for a searchable list of the participating restaurants. [See More](#)

### SC Arts Commission seeking local arts heroes for Verner Awards

Recognize South Carolina innovators, supporters and advocates of the arts with a nomination for the Elizabeth O'Neill Verner Governor's Award for the Arts — the state's highest arts award! The nomination process is simple — just email, mail or hand deliver a letter of nomination by Nov. 1. [See More](#)

### Murphy & Grantland adds to attorney team

Alexis Vitali Blich has joined the law firm of Murphy & Grantland, P.A. as an associate attorney. Her practice will focus on a variety of insurance defense and insurance coverage matters. [See More](#)

## **Understanding the Difference Between Mistakes and**

### **Failures**

Brian Maynor, Style Coach: "If you read any professional blogs, newsfeeds or journals you've undoubtedly noticed a lot of focus is being placed on failure." [Read More](#)

## **Sisters of Charity Foundation of South Carolina awards \$97,000 to Collaboration for Ministry Initiative grantees**

The Sisters of Charity Foundation of South Carolina announced the recipients of the 2016 Collaboration for Ministry Initiative grants. [See More](#)

## **Historic home of Clemson Tigers leaps into the future**

Littlejohn Coliseum, Clemson University's landmark venue, has undergone a transformation to modernize the facility and elevate the student-athlete and fan experience. [See More](#)

## **Freddy's Frozen Custard & Steakburgers coming soon to Columbia**

Fast-casual restaurant, Freddy's Frozen Custard & Steakburgers, recently began site work at 457 Killian Road across from McDaniels Acura in Killian's Crossing. [See More](#)

## **South Carolina Federal celebrates 80th anniversary with free member event**

South Carolina Federal Credit Union has spent 2016 celebrating 80 years of member service. To top off the festivities, the credit union is inviting members to join them on October 20, 2016 for a day at the South Carolina State Fair, free of charge! [See More](#)

## **Engineering firm Geosyntec relocates**

Newmark Grubb Wilson Kibler, a leading real estate services firm, announced senior associate George Meetze represented the consulting and engineering firm, Geosyntec Consultants, Inc. [See More](#)

## **Q+ Architects welcomes intern architect**

Quackenbush Architects + Planners welcomes Jueminsi Wu, Associate AIA, to the firm as intern architect. [See More](#)

### **Pelion High School inducts four into Hall of Fame**

Pelion High School honored four of its most distinguished supporters on Friday, September 23, 2016 with a Hall of Fame induction ceremony. [See More](#)

### **Lexington One Center molding next generation of medical professionals**

High schoolers face a myriad of choices, whether to play sports, join the yearbook or newsletter staff, pursue marching band, join a club, become part of student government.

[See More](#)

### **NAI Avant facilitates ±25.67 acre land sale in Chapin**

NAI Avant senior brokers Tom and Tombo Milliken recently represented the buyer in the purchase of ±25.67 acres of land on Old Lexington Highway in Chapin. [See More](#)

### **Columbia College CC Players and Dr. Jade Huell, Assistant Professor of Communication Studies attend Petit Jean Performance Festival**

CC Players, a student performance organization housed in the Columbia College Communication Studies program, will travel with Dr. Jade Huell, Assistant Professor of Communication Studies to participate and perform in the 2016 Petit Jean Performance Festival in Arkansas, October 14-15. [See More](#)

### **The Wordless News**

By Columbia illustrator, Maria Fabrizio: The story: The 'harvest moon' rises Friday. And it might be a supermoon. And there's an eclipse. [See More](#)

### **Broaden Your Parameters of Success**

Brian Maynor, Style Coach: It's fall and while the weather is perfect and outdoor activities abound the end-of-the-year looms ahead pushing you to reach all of your annual goals. [See More](#)

### **Beauty is only skin deep**

By Jisoo Lee: What is beauty? The dictionary defines it as "that which is physically attractive." And that's true, and it's a good thing; right? Not always. [See More](#)

### **The Great Wallenda Walk**

Tom Poland: Where were you some 46 years ago on July 18, 1970? No, I am not talking about the making of Deliverance, although the novel came out that year. I'm talking about a life-daring feat high above Georgia. [See More](#)

### **Butternut squash, a versatile veggie**

By Kay MacInnis: Butternut squash is a pretty versatile veggie. First, it is a starchy vegetable, which means it is a carbohydrate. It is a rich source of beta-carotene, which is converted in the body to vitamin A, a powerful antioxidant. [See More](#)

### **Marathon runs**

By Temple Ligon: I recently updated a short single-sheet biography for a speech I'm giving next week to the Columbia East Rotary Club at the Fairgrounds. [See More](#)

### **Healthy Recipe of the Week – Crock Pot Sweet Potatoes**

By Jan Pinnington: Easy enough for kids to make! Just 2 ingredients and a bit of time make these potatoes easy, delicious, and nutritious! [See More](#)

### **The Alcohol Guide for this Holiday Season**

By Sean Vander Veer RD, LD, CPT: What are the best and the worst alcoholic drinks when watching our weight? First the obvious: Alcohol is not a weight-loss aid. The more alcohol you drink, the more weight loss may slow down, as the body burns the alcohol before anything else. [See More](#)

### **Restaurant Week Columbia**

October 13-23 - Restaurant Week Columbia starts today. Click here for a searchable list of the participating restaurants. [See More](#)

### **Beloved Bohemians**

October 16 - Columbia's if ART Gallery presents on the inaugural concert of Columbia's new early music ensemble, The Vista Ensemble. [See More](#)

### **Soda City Market**

October 15 - Soda City is a weekly market focused on brain, body and belly. Each Saturday from 9am – 1pm on the 1500 block of Main Street in Columbia, SC, Soda City features local and regional food and craft vendors. [See More](#)

### **The 68th Annual Trinity Bazaar**

On Saturday, October 15 from 10 am – 2 pm, Trinity Episcopal Cathedral at 1100 Sumter St, Columbia SC, will open its doors and hearts to the Midlands community for shopping, fellowship, and fun — all for a wonderful cause. [See More](#)

### **Hemophilia of SC Annual Turkey Trot 5K Run**

November 5 @ 9:00 am - 12:00 pm - The HSC Turkey Trot is the Chapter's 5K Walk/Run fundraiser which is held in the late fall during the Thanksgiving holiday season. Hosted by Hemophilia of South Carolina, the Turkey Trot is the Chapter's biggest fundraiser. [See More](#)

### **Events around Columbia and the Midlands**

See business and after hours events here. [Read More](#)

### **Political cartoons from Robert Ariail**

Published on MidlandsBiz.com almost daily. [See More](#)

### **Kathleen Parker: Whither, comma?**

"My favorite bumper sticker I've never seen: Commas matter." [Read More](#)

### **MidlandsBiz Facebook Page**

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