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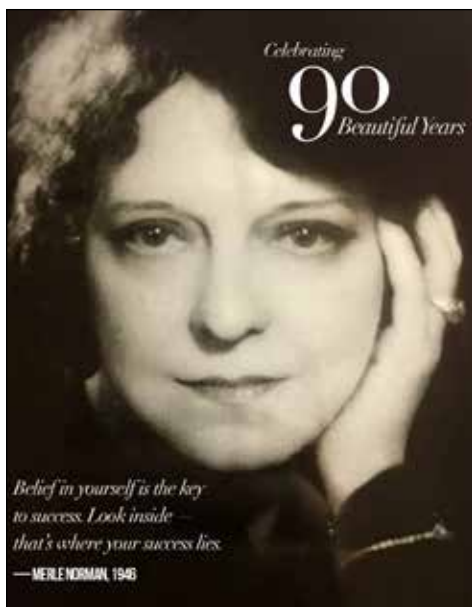
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MERLE NORMAN CELEBRATES 90 YEARS OF BEAUTY



BY JULIE BAILES
JOHNSON

Walking into Merle Norman Cosmetics and Day Spa is an unexpected and divine experience. Today's Merle Norman is unlike the Merle Norman your mother and grandmother patronized back in the day, although the concepts and quality of products remains unparalleled.

Cathy Hanks, owner and operator of Merle Norman in Anderson, says that time has changed the misconception that



Cathy Hanks, owner of Merle Norman Cosmetics & Day Spa

it's makeup for older women. "When I started working for Merle Norman at the age of 14, there were only a few products to choose from like blush, eye shadow, black, blue and brown mascara and a few sun protection products. We have made enormous strides in the beauty industry by adding hundreds of products and services", she says.

At the age of 14, Cathy went with her mother to Merle Norman for the first time and was later offered a job there. In the early 70's, Cathy's mother purchased the Merle Norman in Honea Path and they then became owner of the one in Greenwood, SC. Later, Cathy

SEE BEAUTY ON PAGE 2



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Beauty

CONTINUED FROM PAGE 1

and her husband Ronnie bought the store in Anderson. The rest is history.

90 years ago, the national business was started by female entrepreneur, Merle Norman Nethercutt. She studied medicine and chemistry before moving to California in the late 20's. Her quest to find the best cosmetics for her own complexion began in her kitchen by mixing ingredients in large coffee pots to later create the "3 Steps to Beauty" line that is still very popular today. In 1932, Nethercutt met and married advertiser Andrew Norman Gullickstead and changed her name to Merle Norman.

Merle's nephew, J.B. Nethercutt became the first employee and by 1934, there were over 90 franchises flourishing in the United States. During WWII, Merle Norman was called upon to create a special machine gun oil and camouflage stick for the American troops. In 1959, the Merle Norman brand was established as a household favorite with the Good Housekeeping Seal of Approval for the 3 Steps to Beauty line. In the early 60's, the brand blazed a trail of hygienic practices by launching their signature "Lip Bubbles" for women to sample the products. Throughout its illustrious 90-year history, Merle Norman has received hundreds of accolades from local news programs, beauty editors and national publications such as Allure, InStyle, Entrepreneur and Self Magazines.

Not only does Merle Norman offer some of the best cosmetics and skin care products in the industry, Cathy and her team offer services such as facials, microdermabrasion, acne treatments, massage therapy, manicures and pedicures, just to name a few. Along with top of the line products and luxurious services, they also offer Botox treatments distributed by Dr Jackie Han. "One of my favorite parts of owning this business is helping our clients with their skin care and makeup needs", says Cathy. "To see the beautiful changes in their skin and how happy it makes them feel inside and out is what makes me the happiest."

What was once a line of few products, is now one of the largest of its kind in the beauty industry. It's no longer a trip to purchase some eyeshadow and mascara, but a delightful experience of today's sought after beauty products and skin care lines, not to mention a place of relaxation and pampering.

Away from the shop, Cathy and her husband Ronnie love to read and travel. They have a son, Nic, and daughter in law, Lauriana. Her mother, Mildred Pruitt, 84 spent many years with the Merle Norman Company and retired in 2009. Cathy's father and step mother and sister live in Lima, Peru.

Cathy's love of the company and its products and services, is obvious to those who make Merle Norman a regular habit. If it's not in your routine, it should be. It is very well worth the visit.

CREATING HOME

LAMPSHADE LOVE

BY AMIE BUICE

When designing a room it is often not the large pieces that make the biggest impact, but the small details that may go unnoticed, that add something special to your space. You can add these details through interesting art, displayed collections, or family heirlooms. One of my favorite ways to add a little something extra is through lampshades.

If you flip through any design magazine you will see beautiful lampshades made out of lovely textiles. In striking solids, playful patterns and rich textures, lampshades are a great way to add another layer of depth and interest to any room. You can add a sense of formality with a silk shade in a bold color, make a formal lamp more casual with a natural woven shade, or add another layer of pattern.

When choosing a lampshade, the color and pattern options are endless. However, there is

a rule of thumb for the size. In general, your shade should be about two-thirds the height of your lamp base and double the width.

Charles Eames said that 'The details are not the details. They make the design.'

I think that this is true now more than ever. As you work to create the design of your home, building layer after layer,

thoughtfully chosen lampshades are just another piece of the puzzle. They could also be the perfect way to give your room what every room needs – a touch of something unexpected!

Like many things these days, great lampshades are readily available at affordable price points. To give a little inspiration I've rounded up some of my favorites. If you would like details on any of these, feel free to email me!

Website: amiebuice.com Contact: amie@amiebuice.com



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Anderson's Scot-Irish migrant heritage

BY RICH OTTER

Anderson historian Arthur Holman delivered a talk to an outreach program sponsored by Grace Episcopal Church in 1992, and reproduced in full in the first volume of Anderson County Twentieth Century Memories and Reflections, discussing the ethnicity of Anderson's pioneers.

"The great majority of the people who settled here were of Scot descent. They had lived for a while in Ireland to escape the wars with the English. They came to this country and landed in Philadelphia in large numbers and in Baltimore. They did not land in Charleston because Charleston was an English city and the Scots hated the English because they had been at war with them so long in Scotland."

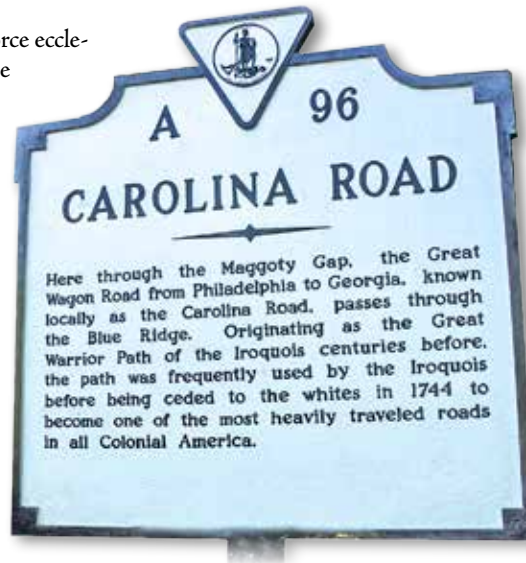
Scots as well as many English became followers of John Calvin and a form of Puritanism. The Scots strongly objected to state controlled religion in the Church of England and, for that matter, any restraint upon self-determination.

Those who came to America in the 18th and early 19th centuries were primarily from the Northern Ireland area known as Ulster. They were generally Presbyterians revolting from

England's attempt to enforce ecclesiastic control through the Church of England.

The troublesome Scots had been offered land in Northern Ireland by the English to get them out of Scotland and to hopefully constitute a buffer from equally troublesome residents of Northern Ireland. Many settled in Ireland between 1608 and 1697 but things did not go well in the long run. It became time to move on.

Between 1710 and 1775 it was estimated over 200,000 of the former Scots migrated from the Ulster area to the American Colonies along with a few English and Germans. They generally spread west and south in America. They had large families and needed inexpensive land not available in areas



Scotch Irish Carolina section of Great Wagon Road

previously settled by Germans and Quakers.

Such as it was, the Great Wagon Road provided a highway south. It began in Philadelphia and stretched some 800 miles to Augusta, Georgia, much of it following old Indian trails. In the early years it could dwindle to little more than a path,

particularly in the southern states. During their travels homesteaders were not always pleasantly welcomed by Native Americans.

John Holman estimated 98 percent of the Anderson early population originated from the Ulster area. They landed primarily in Philadelphia and Baltimore and moved in crude wagons and on foot bringing only what they could carry. One thing they were famous for

bringing with them was music that evolved into country music derived from a Scottish origin. The fiddle was a prized segment of their meager belongings. They also possessed the treasured art of making whiskey.

Anderson namesake Robert Anderson and Pickens forefather Andrew Pickens were two locally famous individuals among those migrants. Bounty land grants were offered to Revolutionary War veterans and the Scot-Irish had relished the opportunity to take arms against England.

Those who arrived from Ulster initially just identified themselves as Irish. To be distinguished from those later migrating from Ireland in the 1840s due to famine, they rebranded themselves as Scot-Irish.

The migrants were predominantly Presbyterian. Because they were settling in sparsely populated areas difficult to attract formally educated preachers, many split into Baptist and Methodist denominations hosting itinerant preachers. The Old Stone Church near Anderson stands on the site of an original Scot-Irish Presbyterian church which was destroyed by fire.

A major portion of the Anderson community still owes its heritage to the Scot-Irish migrants from Ulster - as do moonshiners.

Bring a book instead of a card!

Have you noticed that a Hallmark card these days can cost between \$5-\$7? Have you ever thought about spending a couple of extra dollars and giving a child a BOOK instead



Katie Laughridge

of a card? You can still write a meaningful message in the front cover but it is a gift that will "keep on giving!" Instead of throwing it away after a few days/weeks, your child can put it on their shelf and read it over and over again for many years to come!

Research clearly shows that reading

to a child, even while still in the womb, significantly impacts the development of many important cognitive and social skills. Some of these include:

- ♦ Encourages the development of language skills, cognitive thinking skills, and enhances memory.
- ♦ Teaches a baby/child about communication
- ♦ Develops listening skills and concentration skills
- ♦ Helps build a child's vocabulary.
- ♦ Introduces concepts such as numbers, letters, colors and shapes in a fun way
- ♦ Helps develop the relationship between parent and child while also encouraging a positive connection between children and books.

- ♦ Builds confidence, motivation, curiosity, and a desire to learn new things.

Studies show that it's never too early to start reading to a child. Scientists have found that from gestational week 25 and forward, a baby is able to hear and react to the soothing, rhythmic sounds of a simple story. Even while in utero, an unborn baby is actively creating important neuron connections that play a significant role in their early cognitive development. Spending time reading with your baby (or young child) shows him/her that reading is important. If infants and children are read to often with joy, excitement and closeness, they will begin to associate books with happiness, which will result in a lifetime love for reading and learning. Research also tells us that reading aloud to a baby is a key factor in the development of their speaking ability. The more stories you read aloud, the more words your baby will hear and the better they'll be able to talk!

It's also important to continue to foster that love of reading as children become older! Don't hesitate to check out early readers, chapter books, graphic novels, joke books, and non-fiction books for those older children in your life. They will love it too. If you need suggestions, you can always check Amazon.com or our local bookstore.

So, the next time you are looking for the "perfect card" consider bringing a book instead. There is no finer gift than the gift of reading!

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Dr. Seuss



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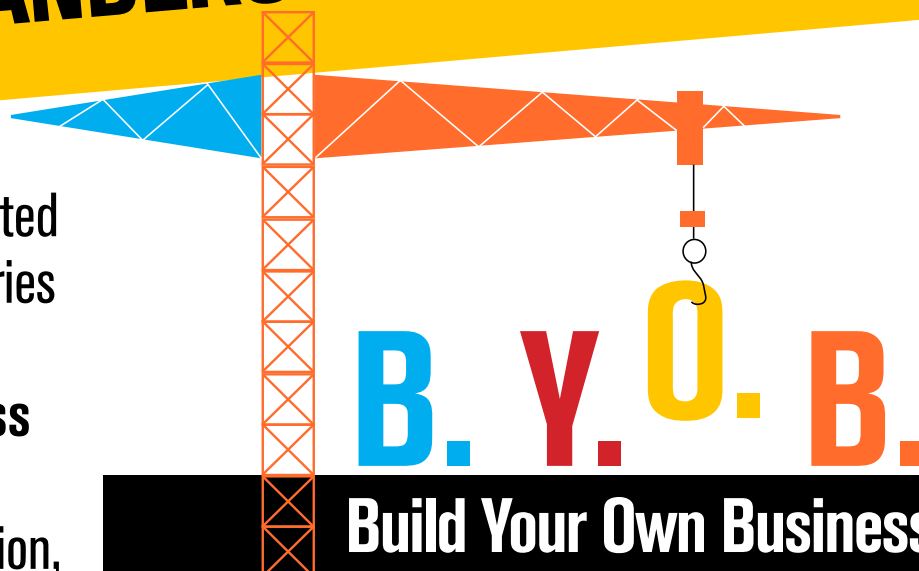
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YOUR DENTIST CAN SAVE YOUR LIFE

The mysterious REM sleep and why it is important

Scientists have long been fascinated by sleep. How it functions and the benefits we derive from a good night's sleep. And why poor sleep habits can impact our immune system and health.

Despite reams of research sleep remains mysterious. And no element of sleep is more mysterious than the phenomenon of dreams which occur in the sleep phase referred to as "REM", or Rapid Eye Movement. REM is one of five phases of sleep. During a typical night, we cycle through the five stages of non-REM and REM sleep several times. In phase one your body is falling asleep. In phase two we drift into steady sleep -- eyes stop moving, body temperature falls, and the brain is managing fewer tasks. In phases 3 and 4 we enter deep sleep. Our breathing, heart rate, body temperature, and brain activity slow to the lowest level. This is the stage that helps us feel rested in the morning. But as the night progresses deep sleep reduces and stage five or REM sleep increases and with

it -- we begin to dream. • Our eyes dart back and forth. These eye movements may correspond with what we are "seeing" in your dream. • While muscles in our eyes, face, fingers, and toes can still twitch, we lose muscle tone.



Dr. Gabrielle F. Cannick

• Our nervous system kicks in activating our body's fight or flight response.

Scientists speculate REM sleep is associated with our survival instinct, so we are ready to immediately respond to a threat. Still, Scientists have much more to learn about the REM dream phase. New research suggests REM may play a role in enabling us to store memories, regulate our mood, and process emotions. REM may enable us to learn new skills -- giving our brains the ability to adapt or change over time. It was thought our brains

stopped growing after childhood. Scientists now believe the brain may continue growing and changing throughout our lives making it possible to change dysfunctional patterns of thinking and behaving and to even develop new mindsets and new abilities!

Research is ongoing to determine just how REM sleep impacts our mental and physical health. But what we do know is getting a full night's sleep—seven to nine hours—and sticking with a regular bedtime schedule every night is important.

And for a variety of reasons more and more of us are having trouble sleeping.

This is an issue dear to my heart. Our dental practice is a member of the American Academy of Dental Sleep Medicine (AADSM). We work with local primary care physicians who diagnose and treat persons with sleep issues. If you think you have a problem, you can log on to our web site at sleepwellanderson.com and take the short quiz to determine if you need help. While there you can also request a free "sleep con-

sultation". Together we can evaluate your issues and discuss options. If you have any questions, feel free to call us. We are here to help you. Think of us as your hometown resource for guidance and support.

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.

For more information about Grand Oaks Dental and the services provided, please call 864-224-0809 or visit grandoaksdental.com or facebook.com/GrandOaksDental.



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ROSY IS AS ROSY THINKS

Last week, I heard something remarkable, and I want to share it with the readers of the Electric City News as it really speaks to the power of a positive attitude. But first, a word about sciatica.



Kim von Keller

According to the Cleveland Clinic, the sciatic nerves — one on each side of the body — are the longest, thickest nerves in the body. Each sciatic nerve begins in the buttock/gluteal area and branches down to the feet and toes. Sciatica is sometimes the result of a pinching or compression along the sciatic nerve, usually as a result of herniated discs or osteoarthritis. The sensation associated with sciatica is often described as a “burning” or “stabbing,” often in the lower back and extremities, which worsens over time.

And I thought standing in line at the DMV was a pain in the butt. I started this research of sci-

atica after a conversation with a woman my husband has known his whole life. Rose, who is almost 80, is from the same small farming community as Ted. She and her husband worked hard, raised three children, and continue to help with their grandchildren. Thirty years ago, when Ted’s dad was widowed and needed a caregiver, she took the job, keeping him in line and allowing Ted and his siblings to sleep worry-free. These days, we keep up with Rose and her husband via Christmas cards and letters, but when we realized we hadn’t heard from her recently, we called to see how she was doing. She caught us up on her family and all the goings-on in Lugoff, but at the end of the conversation, she told us that she was experiencing significant back pain and was receiving therapy for sciatica.

“Aw, man, that’s terrible!” Ted said. “I’m sorry that you’re suffering with this.”
“Oh, Teddy,” she laughed, “I’ll be all right. The pain just lets me know I’m alive.”
Please see paragraph two for a

review of burning, stabbing lower back pain. And yet, she has found something positive in it.
Let’s unpack that idea for a moment. I’m sure that Rose also feels alive when she hugs her grandchildren or takes her first sip of coffee in the morning, and I know that she would rather be free of pain than undergoing treatment for it. What’s remarkable, though, is that when she could have any other emotional response to her physical condition, she has chosen to look at it positively, thereby making her condition easier to live with.
This kind of positivity seems to be in short supply, and the news is filled with stories of the easily aggrieved. Disgruntled fast-food customers call 911 when they don’t receive enough ketchup packages. Disgruntled hotel guests go ballistic when their bathmats are too small. Disgruntled passengers attack flight attendants — and even fellow seatmates — for more reasons than I can possibly list.
What if we could be more like Rose and frame those annoyances in a more positive way? Less ketchup





If we can take life’s annoyances and look at them through a different lens, we could all be more calm, more grunted (yes, a real word), and, well, more rosy.

heightens the flavor of the other ingredients on your burger. Thin towels make you appreciate the sanctuary of your home’s bathroom. Long flights just mean more delicious Biscoff cookies. If we can take life’s annoyances and look at them through a different lens, we could all be more calm, more grunted (yes, a

real word), and, well, more rosy.
It’s a tall order, this rosiness, and for most of us, it doesn’t come naturally. But if we are mindful of the challenges we encounter, we can reframe our thinking and make them easier to face, whether we’re at the pain clinic, McDonald’s, or the DMV.

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Ulas Broom, witness to history

BY JIM HARRIS

In the 20th century, baseball was not only considered "America's Pastime," but it had an impact on the social mindset of the country. One local man, Ulas Broom, witnessed it firsthand.

In WWII, over 500 major leaguers entered military service, along with thousands of minor leaguers. Baseball raised money for the war effort. President Roosevelt even petitioned the Commissioner to keep baseball going during the war to keep morale high. He said, "I consider baseball a good thing for the population during the war."

On April 15, 1947, baseball made a groundbreaking move. Jackie Robinson, who had been playing with Montreal in the International League, stepped on the field for the Brooklyn Dodgers, wearing number 42 and breaking the color barrier in Major League baseball. This move created a ripple effect that would change history. Most authorities agree this one occurrence enabled the Civil Rights actions that followed. Dr. King once said, "Jackie Robinson made my suc-

cess possible. Without him, I would never have been able to do what I did." By that time, Ulas Broom had fallen in love with the game. He says of Robinson, "Here's a man that cut the ice for us." He looked forward to seeing the changes in the country and in the game he loved. Unfortunately, he would still face the darker side of human behavior and evidence of what was left to be done.

Ulas was born in Champaign, IL, in 1936. His father, Rochell Broom, Sr. played for the Champaign American Giants, affiliated with the Negro Leagues. He told his sons, "I want you to play baseball." Ulas and his brother, Rochell, Jr., started in the Midget Leagues, as Little League wasn't open to black players then. In one of his earliest baseball memories, Ulas recalls being on the field when the news came in that President Roosevelt had died. His Dad, also his manager, stopped play, and the players removed their hats for a prayer.

In 1946, Ulas and his family moved to Danville, IL. He remembers when great Negro League barnstorming teams like the Kansas

City Monarchs and the Birmingham Barons came there to play. Sometimes, the visiting teams would play the hometown Danville Dodgers. Ulas got to see some of the game's greats, including superstar Satchel Paige.

The Negro Leagues didn't have the same financial resources as MLB, and their structure was much less formal. Teams and leagues came and went, but the constant was exceptional baseball. Some teams played most of their games around the country instead of having a traditional home field base. These teams were referred to as "barnstormers," like the Indianapolis Clowns, Hank Aaron's first professional baseball team. Numerous leagues around the country functioned as developmental or farm teams for the major Negro League clubs. These clubs were not affiliated to a single team like the farm teams for the National and American Leagues. Players earned less, traveled more, and often were relegated to substandard accommodations as others weren't open to blacks. Yet, they persevered, driven by a love of the game.

Ulas progressed with his brother



Ulas Broom

to D-League ball with the Keystone Athletics, a minor league farm team. Initially, they were an all-black team, playing against other all-black teams. In 1956, their team joined the Wabash League, being the only black team playing against seven all-white squads. They usually traveled to their opponent's parks, regularly receiving taunts, jeers, and racial epithets from the stands. Ulas recalls, "We let it go over our heads. Our manager couldn't do anything about it, and theirs wouldn't. We had to play ball."

On July 4th, the team traveled to Cayuga, Indiana, to play for the league championship. Receiving their usual

harassment from the spectators and ignoring it as they had decided, the game began. Shortly they were comfortably in the lead. Soon they heard what sounded like fireworks, only to realize the sounds were gunshots and that bullets were flying over their heads. Their manager pulled them off the field, and they raced from the park. Ulas recalls, "That day showed us what people cared about other people. We didn't know if we were going to get shot or what." Years later, that memory is still fresh in his mind.

Ulas soon married and started a family. He opted for a job at General Motors, leaving advancing in the game he loved to the side. He continued playing baseball, recalling that GM assigned shifts to accommodate those who played in leagues after work hours. His brother, Rochell Jr., moved back to Champaign, where he played for the Champaign Eagles. He later tried out with the Memphis Red Sox, then was signed to the Kansas City Monarchs. He is currently in the Negro Baseball Hall of Fame.

Ulas relocated to Anderson many years ago and considers it home. An accomplished musician, he still works out with the Anderson University baseball team when he can, offering sage advice and inside tips to young players.



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Time to hit the beach

It's about that time to hit the beach! Here are some really amazing products and fun fashion to go to the surf in style. I have discovered some really unique things to bring to



Kristine March

the sea and it's nothing like those big, heavy igloo coolers your parents made you drag along. For starters, everyone needs a great beach towel. I'm really loving the circular mandala ones that you can use on your chair, as a table cloth, or even a tapestry. They come in

funky styles that are microfiber with awesome prints and colors. A must have. You can order on Amazon.

I'm also loving the super sized spa towels from Pendleton in Aztec designs. They're more expensive but worth it. One of the most important products I discovered is called Beach Powder from Uncommon Goods. It's a talc free powder that removes sand from your skin instantly, whilst leaving a subtle vanilla scent and body shimmer. I love the ocean but the sand can be a nuisance and at sixteen dollars this product is super cool to keep in your beach bag.

Sunscreen is vital and I love all of the Sun Bum products. If you want a pretty glow and a safe tan I love the Maui Babe Browning lotion. It's got aloe in it and is super nourishing for the skin. I protect my peepers with my trusty Ray Bans because they have such a light weight feel. If you don't want to worry about losing a pair in the ocean and still want comfort try Sojos round polarized style for half the price.

Yeti tumblers and coolers are worth every penny. Your beverage will stay cool all day in the sun. Speaking of beverages, cocktails in a can are so easy to pack in the cooler. No blender needed. I'm loving a brand called Two Chicks. They have a fabulous sparkling margarita, Palomas and vodka with elderberry. So delicious. I like to keep my lips glossy and healthy with Burt's Bees lip shine in my signature color, Whisper. I also love Oribe for my hair. If you're headed to a beach bar or restaurant after your beach day simply spray the volume texturizing dry spray in your hair for an instantly fresh look.

I love a good body spray. I usually keep Egyptian Goddess oil in my bag or a fragrance mist like Brazilian Crush or Gucci Guilty roll in perfume. I love Billabong beach bags and backpacks to stay organized. Havanita flip flops will never rub or blister your toes and my favorite swimsuits at the moment are boho long sleeve rash guards with a zipper. Sexy yet functional. All of these items should get you feeling your best. So make the shore your runway and have fun in the sun.

A passion for helping people

BY JIM HARRIS

We've all been there.

Maybe our doctor tells us we need to make some lifestyle changes. Perhaps a clothes shopping trip gives us a wake-up call when our size increases. Or we just get sick and tired of being sick and tired. Whatever the reason, we decide to get fit. Typically, we start a diet someone recommended, buy a treadmill or elliptical, start a fitness program we've seen online, or sign up for a new gym membership. When we don't see the results we're looking for and the pounds are stubbornly hanging on, we gradually go back to our same old habits; junk food reappears in the cupboard, the equipment goes to the garage or basement, and the gym membership gets dropped. Sound familiar?

In Anderson, Chosen Fitness has identified the issues that often leave us short of our goals and created an effective and affordable training system to break through those barriers and see goals accomplished. The programs blend accountability, professional workout routine creation, and nutritional guidance as part of the program. The team ensures that clients have a partner in their journey. Their five trainers can help clients of any age and level of fitness. With every client being unique, each plan is specifically customized to fit that individual's condition, needs, and goals.

Chosen Fitness has a passion for helping people as its core. Owner Bonita Fambrough was only two classes from getting her bachelor's degree in nursing at Atlanta University but felt she could help people more proactively. She says, "A lot of things people are in the hospital for are preventable with proper diet and exercise." She felt there was a better path to help people avoid many of the conditions that medicine treats. "I wanted to help people before they got on medications," she says.

Bonita decided to become a personal trainer and took a position in a fitness center in Anderson. She had several successful years there, and her experiences allowed her to begin envisioning a concept for a new kind of training studio. She wanted her clients to have access to the best trainers and skilled nutritionists but in a much more intimate and private setting than a crowded gym floor. The team at Chosen prides itself on providing an atmosphere with



a family feel. She adds, "Here, we're gonna push you, but we're gonna love on you, too."

Personal trainer Jasmine Traynor was led to a career in fitness by an experience from her teenage years. Her grandmother passed when she was only 14, after struggling with high blood pressure, diabetes, and obesity.

Jasmine was frustrated that she couldn't help. This loss set Jasmine on her life's mission. "I just wanted to help anyone I can," she said. After playing college basketball and receiving a degree in kinesiology, she studied to become a personal trainer. Internships at Clemson and Anderson University and working with sports teams helped her develop the skills to work with clients. She joined Chosen Fitness in April 2020 and works with all types of clients; older individuals working to improve their mobility, athletes trying to maximize

their performance, and young people who see the benefits of building healthy habits early on. Her motto is, "You have one life. Don't waste it."

Chosen Fitness also offers therapeutic massage and stretching services. They're located in the Anderson Mall.



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Breathing relief available for emphysema patients

BY CINDY LANDRUM

Some patients with chronic obstructive pulmonary disease (COPD) will breathe a little easier thanks to a new, minimally invasive procedure available at AnMed Health.

Dr., a pulmonologist with AnMed Health Pulmonary and Sleep Medicine, identifies potential patients with severe emphysema for the procedure, which uses a small, umbrella-shaped valve to improve lung function.

COPD is a group of progressive lung diseases that obstructs airflow and causes difficulty breathing. According to the American Lung Association, over 16.4 million people in the United States have been diagnosed with COPD, and millions more may have it and not know it. COPD is the third-leading cause of death by disease.

"There's a huge population of people with COPD in Anderson County," said Drake Sorrow, COPD navigator with AnMed Health Respiratory Services.

Emphysema is one of the most common types of COPD. The Centers for Disease Control and Prevention says it affects 3.5 mil-

lion in the United States.



Dr. Abhijit Raval



Drake Sorrow,
RRT/RCP

Dr. Raval said that people with COPD have a functional obstruction that limits their ability to exhale air out of their lungs.

"The lungs are like a sponge, and they can only hold so much air," he said.

When a COPD patient can no longer take in any more air, they become short of breath, Dr. Raval said.

"COPD is a progressive disease," Sorrow said. "It's going to get worse. It will not be cured."

But there are effective therapies that can help control symptoms, slow progression, improve quality of life, and reduce the risk of exacerbations of symptoms that can lead to hospital stays.

Sorrow works with hospitalized COPD patients to ensure they have access to medication, inhalers, oxygen, nicotine cessation programs and follow-ups with a pulmonologist.

"The program cuts down on the readmission rate for COPD because they are getting the follow-up care they need," Sorrow said.

Dr. Raval said there are only a few medications available to treat COPD and emphysema, and sometimes those medications don't work well.

The procedure gives specialists such as Dr. Raval a new option in treating severe emphysema.

The valve is placed in targeted airways of the lungs during a short bronchoscopic procedure. Once the valves are in place, air can get out of that part of the lung, but none can get in. The

hyper-inflated bad part of the lung collapses and allows the lung's good part to function better. It is an in-patient procedure and usually requires a two-day hospital stay.

Candidates considered for the new procedure are those who are not responding well to the standard treatment with a lung capacity of less than 45 percent. If a patient meets the criteria after a complete medical history and physical exam, a CT determines if they would benefit.

Dr. Raval said some patients could climb stairs after the procedure, something they haven't been able to do in a long time.

"It impacts a patient's well-being and their day-to-day life," Dr. Raval said.

If you have COPD, talk to your primary care provider about your condition and ask for a referral.

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MUSINGS OF AN OLE BALL COACH

PANTY RAIDS – A REAL MOB ACTION

We have seen mobs in action more than we wanted in recent months. What started as peaceful “Black Lives Matter” protests were sometimes infiltrated by some who had looting and destruction as a goal!

While in graduate school at Western Carolina University in the 1960’s I did a dissertation on the “Psychology of the crowd.” My conclusions were that the crowd (mob) had two components – they thought as one, and they had a specific purpose. So, therefore they ran the gamut of human emotions, from lofty altruistic to dark sinister, forbidding, sometimes from the innermost recesses of Hell itself.

The revolutions of the colonists against Great Britain. The French and Bolshevik revolutions all started as peaceful protests that ended in

liberation of their people, from century old monarchies.

Conversely how many innocent people have been cruelly, and summarily murdered by unruly angry mobs? Consider the lynching of African Americans whose only crime was to be a different skin color. Or consider the countless thousands of western cowboys and drifters whose crime was stealing cattle or a horse.

Our latest episodes of mob rule are the crimes and chaos the looters and gangs have desecrated the motive of the BLM Movement. The

assault on the Capitol stairs, the destruction that can be wrecked by a mob with one focus.

After laying the groundwork for the various and sundry reasons for mob rule, let me tell you of another, that did not have thievery revolution of justice as its focus.

I was a lucky dog to have college memories of mob actions in two colleges in 1951-53 and 1955-58. The mob psychology that propelled this movement was to have ribald, decadent, degenerate, exiting bodacious innocent fun. It was a completely unique college experience. They were called panty raids.

My first experience with this noble experience of higher learning took place at USC in the spring of 1952. The lovely coeds of Simms Dorm issued a challenge to the male

students. Come on over, it stated the night and time and procure said panties – if you were up for the challenge. Of course, no red-blooded southern gentlemen would run from a challenge that questioned their manhood.

Nothing was more exhilarating than to show up at Simms and find the coeds hanging out their windows waving their precious commodity with a banner with the words, “Fetch them if you can.” Of course, the Columbia police were there to see that it never occurred.

We descended on the dorm as if on a holy crusade marching abreast down the halls knocking on doors and demanding a prize bolstered by numbers. We were bold and intrepid on adaption to be over-whelmed and a bit timid. While at Newberry

College we marched straight and tall each spring. We needed no invitation we did not even enter the dorm as the Newberry coeds would simply throw the contra band out of the windows.

Ah, panty raid, a rite of spring that has retreated into America’s past. To be resurrected by some old goat’s musings.

Jim Fraser was the athletic director and head football coach at T.L. Hanna High School from 1968 to 1985. He was also a full member of the faculty and taught U.S. History.



Jim Fraser



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Ages: 3-7

Event Time: 9:00am – 12:00pm

(Waves start every five minutes and will be assigned at packet pick-up)

Pre-registration cost: \$15.00 (\$20 Day-of)

Cost includes t-shirt and medal

*T-shirt guaranteed if registered by May 21st

Packet Pick-Up: Friday, June 4th, 3pm – 6pm (Drive-thru on AnMed side of YMCA)

Saturday, June 5th, 8am – 9am (Tent near Water Works)

To Register: Scan the QR Code above to register online, or visit our front desk to register in person.

New in 2021 – Adaptive Division

In this new division, we welcome participants with diverse abilities from our community. The adaptive division takes place on the same course, but may be modified for our participants who face physical and intellectual challenges. Adaptive heats begin at 11am. There is NO AGE LIMIT for the adaptive division.



Yoga in the Park

Carolina Wren Park

May 29th

8:30am

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THE GARDEN SHOP

A COOL NEW THING



SUSAN
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I am not a hoarder and watch that show just to be sure. I like certain things and I collect certain things. But isn't that what the hoarders say? We've all kept something for years, never needed it, trash or donate it, to only need that very thing shortly thereafter. Thanks to the ad in ECNews first part of April, I ended up at the estate sale of Mr. and Mrs. Holman. Yeah, that's it...blame it on someone else. I went to look at wrought iron furniture. I love a good ol' bouncy chair. A set of chairs was still available but I continued on. Something wasn't just right about those chairs for some reason. Shortly after looking further, things lead me to be sure Mrs. Holman loved flow-

ers. I did not know Mrs. Holman. Now I was really interested. I can get hung up and spend more time than most just meandering and lollygagging. Boy did I get hung up. And the money I was going to spend on the set of chairs was spent on the centerpiece on the dining room table. It is her thing, for lack of knowing the correct term, that she used for floral design in flower shows. It was surrounded by fine china so I asked for assistance. The lady said "What do you want to do with it?" I explained I needed to fiddle with it and I wasn't about to do that around the china. I'm good at breaking things. She quickly moved it over to the corner of the room and sat it in a chair. Smart lady and I was thrilled! It has moving parts and I tested to be sure they do hold water.

I've only done a design for a flower show one time, getting an honorable mention. Surely it was for my effort. I had little clue of all the formalities but was willing to give it

a shot. The theme was parasailing. How was I to know the design was supposed to move, that making my parachute of flowers, attached to an actual boat prop, was wrong. I thought it was clever. That sucker wasn't going to sway in any breeze, maybe not in a blustery wind either. Now if I can just get another opportunity to try a design in a flower show, maybe Mrs. Holman's thing will bring me luck.

Her floral stuff is right up my alley. I got a couple of ikebana vases. I do know there is a true art to ikebana arrangements. One is a strange blend of black and green glazed pottery. With the right shade of foliage, it will be quite a looker. I missed one thing but overheard a lady ask her husband "What is this?" He said it was to stack wood. Close, it's a floral hoop on a base.

But I majorly got hung up in the library. Twelve floral design books later, I should have plenty of inspiration for her floral arranging



things. And what gardener doesn't need clay flower pot napkin rings... on her placemats of assorted floral, fruit, and bird scenes.

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NIBBLE & SIP

Cocktails at home: Choose your own adventure

Most of us who enjoy cooking started with strict adherence to recipes. This is a sensible way to learn, as too many failures in the beginning will make you leave the kitchen and take up bird-watching. Learning to mix a cocktail also requires a set of directions. Add too much of one thing or too little of another and that daiquiri you think you made may be better suited to starting charcoal.



Kim von Keller

But after you become more experienced with the shaker, you'll see that a good cocktail has its basis not only in good ingredients, but in their proper ratio. And once you recognize the ratio, you can use your own taste preferences to create something entirely new.

Take, for example, the Millionaire No. 1. Not to be confused with the Millionaire, which is bourbon based, the Millionaire No. 1 features equal parts white rum, apricot liqueur, and sloe gin, with two-thirds the amount of lime juice. It's a delicious cocktail, fruit-ish but not too sweet, with just the right amount of sour. You might

be tempted to make it again and again, but if you sub out the rum for another clear spirit, the liqueurs for the fruit flavors of your choice, and a different citrus, you've created your own cocktail adventure, complete with naming rights.

That's what I've done with the I'll Settle for Half in Cash. Gin is perfect once the weather turns warm, and I love the combination of blackberry and orange. And to nibble as I think about what I'd do with that 500k, I'll put together Honeyed Feta with Thyme and Pistachios. It's quick and easy, but tasty enough to please Warren Buffet or Oprah.

I'll Settle for Half in Cash

¾ oz. good quality gin
¾ oz. blackberry liqueur
¾ oz. orange liqueur
½ oz. lemon juice
fresh blackberries and orange slices, quartered, to garnish

Combine the gin, blackberry liqueur, orange liqueur, and lemon juice in a cocktail shaker filled with ice. Shake vigorously and strain into a martini glass. Garnish with skewered fresh blackberries and a quartered orange slice. Makes 1.

Honeyed Feta with Thyme and Pistachios

8-oz block feta cheese, patted dry
Honey, for drizzling
1 T. fresh thyme leaves
¼ cup chopped pistachios

crackers, for serving

Place the feta on a serving platter and allow to soften slightly. Drizzle with honey and top with fresh thyme leaves and pistachios. Serve with your favorite cracker. Serves 4-6.

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Honey, they've shrunk the Grahams

National Biscuit Company, later shortened to Nabisco, started mass producing Graham Crackers in 1898. They were inspired by

Sylvester Graham, a vegetarian minister who was looking for a healthy treat for his flock of Grahamites. A one-pound tin of Grahams Crackers cost ten cents, and each Graham was three inches wide by six inches long. The



Neal Parnell

Graham Cracker stayed this size for over one hundred years. In 2008 the Cracker was reduced in size to five inches long, by two and a half inches wide, for our convenience. I didn't notice any change at the time. In 2010 the Graham Cracker was further reduced to four and three-quarter inches by two and one-sixteenth inches. I took notice that not only had the box size shrunk,

but now there were only 14 ounces inside. But wait, there's more (or less). Instead of eleven Graham Crackers per stack, now there are only nine. Nabisco did increase one thing about their Graham Cracker, the Price, how convenient. The packaging of the Graham Cracker used to be a simple wax paper that was folded and lightly sealed for easy access to the sweet treat. The new packaging must be made from some sort of alien plastic that requires super-human strength to gain entry, and by the time it's opened you're left with only Graham Cracker crumbs.

Graham Crackers, (actually, they now just call them Grahams), also come boxed in what is called new "Fresh Stacks". These are packaged not as a whole cracker, but a half of a Graham, and it actually says on the box, "About eight crackers to each stack." ABOUT, really? If I want to have four s'mores, sometimes I'll need to open another Fresh Stack. Unbelievable!



Remember the One Pound box of original Grahams that was shrunk to 14 ounces, well these new "Fresh Stacks" have been shrunk to just 12.2 ounces and cost even more, again for Your convenience.

This shrinking trend has found its way into all of our homes. For instance, a bag of sugar is now four pounds instead of five pounds, with the same price of course. What used to be a half-gallon of ice-cream is now 1.5 quarts, and I'm still not sure if a slice of bread has shrunk or the baloney has enlarged.

I bought Graham Crackers for the honey-sweet taste and my affinity for Jif peanut butter, but as of 2021, honey is far down on the list of ingredients, and I'm not sure that a honey-bee produced it.

Graham Crackers started as 2 grams of



Graham flour that gave them a healthy golden color of crispy deliciousness. Now the Graham has a whopping 8 grams that has them appearing quite pale. Top that off with the new ingredient of SOY, and you've got a Graham that tastes like bland petrified sawdust. The American Classic Graham Cracker that we all loved is now headquartered in America, but produced and packaged out of the country.

I regret that I could not find anything positive to say about what used to be my favorite snack, I tried, I really did. I do acknowledge that there is one thing worth mentioning. The pictures of the Grahams on the outside of the box look large and have a color and texture that remind me of what used to be on the inside.

I suppose in 2022 Grahams will come in a tic-tac container, with instructions on how to assemble a tiny S'more.

Saved by the — mockingbirds

BY ANN BAILES

It's easy to project human characteristics onto animals, especially because the expressions of birds that are captured on camera sometimes do make them seem almost like people. But one time I saw an incident in which birds really did do something like humans would do, and it wasn't in my imagination.

We were standing outside after our church service one evening, talking with friends for a few minutes before going home. Dusk was approaching, but a good bit of light was still present. Cars were passing on 28 Bypass, and all was calm. Nothing was happening to suggest the drama that was about to follow.

Then we saw a squawking bird altercation like we'd never seen before or since.

We heard the ruckus before seeing it. Squalling and bird shrieks - LOUD. The sounds went on and on. Obviously something was very wrong.

Then the birds came into view, from the side of the church. A hawk was carrying a mockingbird in its talons, planning on using the smaller bird for supper. However, the mocker's friends weren't letting their friend go without doing everything they could to help. They were absolutely steel magnolias, circling their wagons around a friend who desperately needed their help. Two of them were flying alongside the hawk and prey, and were squealing, pecking, and thoroughly giving that hawk what-for. Between beak pokes into the sides of the predator, they let out more loud squeals.

The whole procession was flying fairly near the ground, much lower than their usual flight, and the hawk was by far getting the



worst of the deal. It was doing its best to get away with its supper, and really should have had the speed to be able to win this thing. But the weight in its talons, and the irritations of the attackers, were slowing it down.

Finally, after several seconds of this avian confusion, the hawk had had enough. About the time they got to the road, Mike saw it finally drop its intended prey. That fortunate mockingbird avoided being the hawk's supper that night.

The whole spectacle was over in a couple of seconds. I thought the hawk was a red-tail, but Mike thought it was a slightly smaller species such as a Cooper's Hawk. Everything happened so fast, so close to dusk, that we couldn't really specifically identify the hawk under those circumstances. We could identify those mockingbirds, though. And I hope I can be as faithful to my friends in time of need as those mockingbirds were to theirs.



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We see you, we support you, we appreciate you!

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