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March 18-31, 2021

Meals on Wheels – Anderson celebrates 45 years with a groovy event

BY KIM VON KELLER
Meals on Wheels – Anderson is holding its spring fundraiser, Good Times in the Electric City on April 13th from 6:30 p.m. to 9:30 p.m.

Held at the beautiful Bleckley Station in the heart of downtown Anderson, this 1970s themed event will be a celebration of Meals on Wheels – Anderson’s 45th year of serving the elderly and disabled homebound of Anderson County.

There will be delicious

food and drink from local Anderson restaurants, exciting live and silent auctions, and groovy tunes by the Back 9 band! All proceeds from the event will directly feed the elderly and disabled homebound of Anderson County.

“45 years is an amazing accomplishment! We are excited to celebrate our 45 years of providing so much more than a meal

with this event,” says Laurie Ashley, executive director of Meals on Wheels – Anderson. “Good times can be described in many ways. For our recipients, good

times means that someone delivers a meal, a friendly visit, a warm smile and a check-

in on their well-being.”

Meals on Wheels – Anderson started in 1976 by Lila Albergotti and Lucille Mayo in response to the growing problem of senior hunger and isolation in Anderson County. Today, we continue that legacy by delivering a daily meal to over 600 elderly and disabled homebound residents across Anderson County.

For tickets and more



information, visit <https://acmow.org/good-times-in-the-electric-city/>, or email Josh Overstreet at josh@acmow.org.

acmow.org.

For more information on Meals on Wheels - Anderson, visit: acmow.org.



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Experience the joy of spring — and support AU students — at “There’s Music in the Air!”

There’s something about spring that naturally fills us with joy. We put winter behind us as the days become longer and warmer, and we witness rebirth as trees and flowers explode back into life. You’ll be able to experience everything that the season has to offer when the choirs of Anderson University present “There’s Music in the Air!” an outdoor concert on March 27th at 3:00 p.m.

The choir students of AU have been experiencing a kind of performance winter for the last year, ever since pandemic restrictions were put in place. Mabry Boyle, a member of the Women’s Choir, had only one semester under her belt when the world went on lockdown.

“The last choir concert I was a part of was in the fall of 2019, when all our choirs came together in our big auditorium to perform the pieces we had all been working hard on that semester,” she says. “I remember it fondly because our friends, families and community came to support us. Little did I know that would be the last one I had for a while. As a Vocal/Choral Music Education major, videos have been a great way to show our joy to those who cannot see us in person, but it’s just been very, very weird!”

Lydia Clark of the University Choir has missed performing in-person for a live audience as well.

“It has definitely been hard not being able to perform a choir concert live,” she says. “Live voices coming together to create beautiful harmony and emotion in an acoustic space is such a beautiful aspect of choral performance.”

“There’s Music in the Air!” will give students like Mabry and Lydia the opportunity to return to live performance as the Women’s, University and Concert Choirs present their selections on the beautiful grounds of the AU campus. The free event will begin at the east entrance of the Student Center and end at the Thrift Library. Guests are asked to bring portable seating and to wear face masks while on campus.

Dr. Richard Williamson, Director of Choral Activities and Concert Choir director, is excited for his students. “This will be our first public performance since things shut down,” he said.



“We had some virtual choir performances online, and some of our smaller groups have presented live-streamed performances, but this is the first time we’ve had the choirs perform publicly since shutdown. For ‘There’s Music in the Air,’ the Concert choir will be performing a range of short pieces from the Renaissance to recent, secular and sacred, shape note tunes to classical.”

Ms. Deedy Francis, Women’s Choir director, says her students have been working hard all semester to prepare for the event.

“The choral music presented during this concert will include some traditional choral ‘chestnuts’ as well as pieces by some contemporary choral composers,” she says. “The Women’s Choir strives to present works by women composers, and we will feature an exciting a cappella setting of Non nobis Domine (Not to us lord, not to us, but to Thy name let the glory be given) by Rosephanye Powell and I Count It All Joy by Jocelyn Hagen. The Hagen piece is with piano, violin, and harp.”

Alyssa Gaines of the Women’s Choir shares her director’s enthusiasm for the program.

“I’ve been with the Women’s Choir for two years, and I’ve only gotten to perform a few times in person with this group. I’m very eager to see how the connection and energy we have in rehearsal comes out in a real performance we’ve been looking forward to for so long! For me personally, this will be my last spring concert as I’m student teaching next spring, and I’m grateful for this last experience to be one that is so meaningful to everyone involved.”

The University Choir, under the direction of Dr. Christopher Hansen, has a diverse membership comprised of all walks of life on campus. The choir is accompanied by Mrs. Janice Wright, whose musical accomplishments are known to many throughout the Upstate region, especially in musical theatre communities.

“For ‘There’s Music in the Air!’ the choir has several selections prepared, and each is very different from the other,” Hansen says. “For example, Baba Yetu, by Christopher Tin, is a Swahili adaptation of ‘The Lord’s Prayer,’ made popular

by Sid Meier’s video game, Civilization IV. The Seal Lullaby, arranged by Eric Whitacre, is based on the beautiful classic story by Rudyard Kipling in which a mother seal sings softly to her young pup. We look forward to sharing outstanding musical selections that will encourage and delight anyone who loves to hear a choir or see young people sing.”

Concert Choir member Joel McCann can’t wait to perform for the Anderson community at “There’s Music in the Air!”

“There is something very special about singing together in a choir,” he says. “What I am very excited about is that we can now share this music with our city. All of our work and efforts can now help contribute to Anderson. We are finally able to display our unity as a choir and inspire our listeners to unify in the sound.”

Makaria Sanders, another member of the Concert Choir, agrees.

When music is shared,” she says, “we can create deeper harmonies and understand deeper meanings. This ‘togetherness’ of music has been hard to maintain during the Covid-19 crisis, though, so any chance to stand alongside my fellow students again and create art is incredibly exciting. In addition, having a live audience again will augment the value of this experience. Choral music, as an art form, is centered around shared experience and community, and I look forward to the chance to be part of it again.”

The directors and members of the Anderson University choirs encourage everyone in the community to attend “There’s Music in the Air.” In its outdoor setting, it promises to be a feast for the eyes and the ears after the long months of pandemic restrictions. Those who attend will also be supporting the students who have worked so hard to present this gift to the community. University Choir member Christina Boothe sums up the feelings of all the AU’s choir students as they prepare to sing on March 27th.

“I have missed being able to sing with others in person,” she says. “It marks how far we have come to work together to continue to make magic happen through music.”



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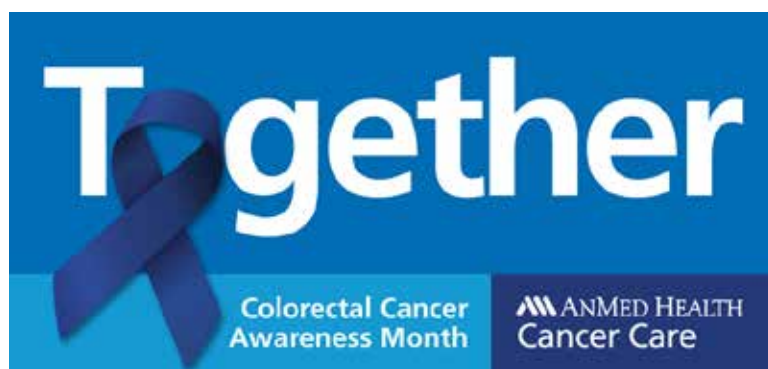
Take care of your colon

BY LEE BOGGS

March is Colorectal Cancer Awareness Month. AnMed Health encourages everyone who is due for a colonoscopy to be proactive in their colorectal health and schedule a screening this month.

Screening for colorectal cancer is a proven lifesaver. A colonoscopy leads to the detection and removal of polyps, some of which may progress to cancer. Early detection is extremely important. When colorectal cancer is discovered early, before it has spread, the five-year relative survival rate is about 90%, according to the American Cancer Society.

Doctors recommend a colonoscopy for people over 50 years old – earlier for people with a family history of colorectal cancer. According to the American Cancer Society, the number of people younger than 50 with colorectal cancer has risen in recent years. If you think you may be at increased risk for colorectal cancer, ask your doctor if you should begin screening before age 50.



Dr. Brian Sadowski, Anderson's first and only colon and rectal surgeon, said screening is the first defense against colorectal cancer.

"A colonoscopy is considered the gold standard in cancer prevention," said Dr. Sadowski, who is with AnMed Health Piedmont Surgical Associates. "The purpose of screening for colorectal cancer is to find lesions before they become symptomatic. If a patient waits for bleeding, pain, change in bowel habits, or other symptoms, the tumors are more likely to be advanced and more

difficult to treat. Colorectal cancer screening involves testing for colon cancer in patients with no symptoms, in hopes of catching smaller, earlier, less advanced lesions."

Dr. Sadowski provided common signs of colorectal cancer:

Blood in stool – may be bright red blood, darker/purple clots, or dark black stools. Blood can be on paper, in the water or on/mixed into the stool.

Increase or decrease in stool frequency.

Change in stool appearance



Dr. Brian Sadowski

– smaller stools, "ribbon shaped," increased mucous in stools, new constipation or new diarrhea that lasts for more than a few days.

Rectal pain or pain with bowel movements.

Abdominal pain, discomfort, bloating, cramping or "gas pains" that last more than a few days.

Unintentional weight loss – very vague symptom that needs to be investigated further.

Anemia – blood work shows low blood count from slow, constant bleeding from tumor.

Fatigue/weakness – from low

blood count.

Sense of incomplete emptying of the bowels, even when no stool is present.

"Symptoms are not always present. So the most important way to prevent colon cancer is by obtaining regular screening through colonoscopy, stool test or special screening x-rays," Dr. Sadowski said. "The goal of a colorectal cancer screening is to find pre-cancerous growths that can be removed so that they never develop into colon cancer in the first place."

Talk to your primary care provider about your screening options for colorectal cancer. If a colonoscopy is the recommended option for you, then ask for a referral to one of AnMed Health's colonoscopy specialists.

If you do not have a primary care provider, please call Wellness Connect, 864.512.3748, for help establishing a health care home.

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Seeing all kinds of wildlife

BY ANN BAILES

With his years of experience, Mike has taught me to keep my eyes open for all kinds of sights. We go out looking for birds, but often come back with a wealth of observations of both birds and other sights. Being a bird-watcher really means being aware of wildlife in general.

A traveler on Gaines Road in Townville can sometimes see a beaver dam in the creek that is very near the road. Occasionally someone knocks the dam down, and the water drains away, but more often than not the busy beavers keep their home intact. That is a sight that most people have read about in books, but not many have actually seen--yet if the water is not too high, that beaver dam is easily spotted from the car.

And on the other side of that road, a watcher just might see a big bullfrog sunning himself on the rocks. I've observed one perched on an old tire that someone threw into the creek (but that tire trash is a topic for another article). That's the same marshy area where I first saw a wood duck. Woodies are very secretive, and this one glided by very quickly into the undergrowth after it saw me.

A passing motorist will likely meet up with rabbits crossing the road in that area.

They seem to be everywhere!! They pop out of brushy areas where palm warblers, prairie warblers, indigo buntings, and yellow-breasted chats can be seen in the spring and summer. The rabbits don't seem to be bothered by bird species or by cars, and they always seem to avoid being hit.

The deer that are common in the upstate are usually very wary of humans, but a sharp observer just may see one, or several, grazing along the side of a country road, partially hidden in the woods. Even though they also peek out into fields right around sunset, a deer might show up at any time. They don't always follow the "rules" of feeding at night and sleeping in the day.

One of our favorite sights on Simmons Ford Road in Townville was watching a large buck sporting huge antlers, intent on catching a doe who was loping ahead of him at a quick pace. All we could see were their heads and necks (and his antlers) as they moved through the high grass of the meadow. It was beautiful. And she was like many human females -- running away just fast enough to be caught.

Wildlife is everywhere, on the sidelines, hidden from the average person's view, but not hidden from the person whose eyes are open and aware.



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7. I'm an animal downtown that typically you can ride, however, I am a sculpture so take a selfie but keep walking by
8. My colors are vibrant and take up a whole wall, you'll find me on Orr Street where I am long and tall!
9. A body of water is in my name but you will not need a life vest, wake up and eat - my specialty is breakfast!
10. I am the Willy Wonka of downtown, located on Main, come in my store and receive a sweet treat for playing this game!

*Go inside to claim your free prize for finding all of the eggs! You must go during store hours (Monday: 11am - 4pm, Tuesday-Thursday: 10:30am - 5:30pm, Friday: 10:30am - 9:00pm, Saturday: 10:30am - 7:00pm, CLOSED SUNDAY). One lucky winner will receive a free chocolate bunny!

ACCESS ALL THE CLUES VIA FACEBOOK



Leonard Skinner:

The man behind the name

BY JIM HARRIS

In the 1960s, especially in the South, boys' hair length was a significant issue. That was certainly the case at Robert E. Lee High School in Jacksonville, FL. Coach and P.E. teacher Leonard Skinner's enforcement of the school's dress code concerning hair length led to one of the most iconic names in music, Lynyrd Skynyrd. The N.Y. Times later said of Skinner that he was "arguably the most influential high school gym teacher in American popular culture."

Ronnie Van Zant, Gary Rossington, and original Skynyrd drummer Bob Burns sported long hair in those days and used Vaseline to try and disguise the length. Leaving the showers after P.E. revealed their actual hair length, so Skinner, enforcing the rules, sent the boys to the principal's office. Rossington eventually decided to quit school as a result of feeling hassled.

In Burns' parents' carport, the three jammed together, playing The Rolling Stones "Time is on My Side." Liking how they sounded, they decided to form a band. They soon recruited guitarist Allen Collins and bassist Larry Junstrom, later to be an Outlaws founding member.

They began playing using the name My Backyard. That soon changed to The Noble Five, then the 1%ers. Unfriendly audiences would yell that they only had 1% talent, which led to Van Zant deciding a name change was needed. Burns suggested Leonard Skinner as a poke at their former teacher. Eventually,



The author, with Leonard Skinner, circa 1999

the members decided to change the vowels to avoid legal issues, and by 1970 the band was playing as Lynyrd Skynyrd, with the classic spelling. So began the creation of a legendary band that came to define the genre of Southern Rock.

Over time, the relationship between Skinner and the band improved. For their third album, Nuthin' Fancy, Skinner, by then retired from teaching and owner of a real estate firm, agreed to allow a picture of his sign in the album's liner notes. He later recalled his phone ringing at all hours with people calling the number on the sign pictured on the sleeve. Years later, he introduced the band at a hometown concert at Jacksonville Memorial Coliseum. Some band members played at a bar Skinner opened in Jacksonville. In a 2009 interview, Skinner told The Times-Union of Jacksonville, "They were good, talented, hard-working boys. They worked hard, lived hard, and boozed hard." Skinner appeared in the short film "A Tribute to Lynyrd Skynyrd," produced as a promotional video, but after the crash was released as a tribute.



Leonard Skinner with Nuthin' Fancy album

Skinner was later diagnosed with Alzheimer's disease. In 2009, fans held a fundraiser for the former Coach, called "A Tribute to Coach Leonard Skinner & Southern Rock." Skinner died in 2010.

The band's story is well known. After some personnel changes that led to the band's classic lineup, they achieved tremendous success. In 1977, they released the album "Street Survivors." While on tour supporting the album, they left Greenville, S.C., on a flight



Real estate sign from Nuthin' Fancy liner notes

headed to the next show in Baton Rouge, LA. Tragically, the plane carrying the band and crew crashed in a swamp in Mississippi, killing Van Zant, guitarist Steve Gaines, backup singer Cassie Gaines, assistant Road Manager Dean Kilpatrick, and the two pilots. Other band members and crew were severely injured. The band reformed in 1987 and resumed touring and recording, and is still active today. They recently concluded their worldwide Street Survivors Farewell Tour, which featured various well-known acts, paying their respects to the band by appearing in supporting roles.



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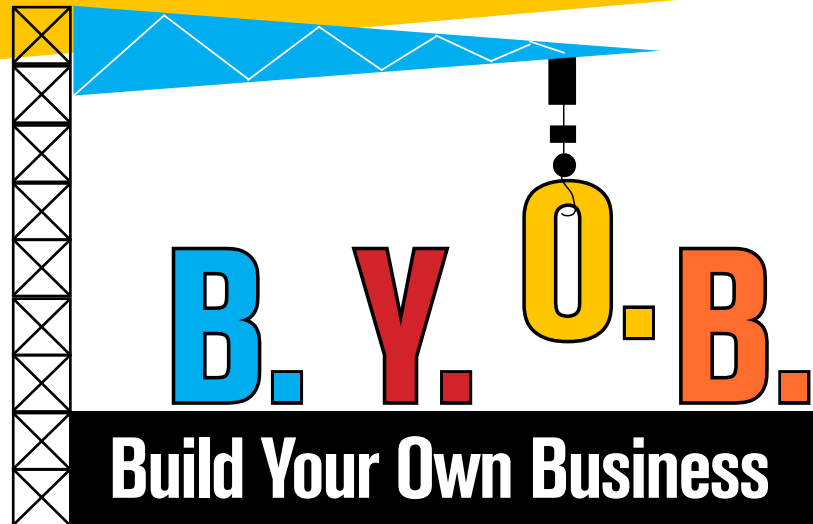
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Nancy Morgan Hart — an unsung hero

BY JIM HARRIS

There is no doubt that many heroes from the American Revolution have become permanent parts of our history. The stories of Paul Revere, Patrick Henry, Thomas Jefferson, George Washington, Ben Franklin, and Ethan Allen have frequently been depicted in books, films, and in teachings about our nation's story.

In nearby Northeast Georgia, a hero whose legacy has escaped that same limelight made a significant impact during our fight for freedom. Nancy Morgan Hart was a woman who would be deemed extraordinary at any time, but her exploits in Colonial days were unequalled.

Born in North Carolina around 1735, Nancy Morgan married Benjamin Hart, whose relatives included Kentucky Senator Henry Clay and Missouri Senator Thomas Hart Benton. The family relocated to Northeast Georgia in the early 1770s.

Locals referred to her as "Aunt Nancy." She was tall, called rough-hewn, and quite the hunter and shooter, possessing the skills needed to survive in the remote wilderness. Writer Edith Patterson Meyer says that Hart was once described as "a two-gun woman who drank and swore (and was) admittedly ignorant of all refinements."

Frank Clark is a historian and Director of the Hiram Parks Bell Research Center in Georgia. He sets the background for the stories of her deeds. "In the early days of the War, the Northeast Georgia area had a substantial number of Loyalists. Not only did these residents support the crown, but they also were aggressive in attacks on their patriot neighbors.



One such incident led to the murder of one of Hart's neighbors, John Dooly, a local hero."

Not long after that event, a group of six British troops reportedly shot a turkey near Hart's cabin and insisted she prepare it for them. Her husband was away in the fields, so she was forced to agree. Hart slipped their weapons through a hole in the wall to her young daughter outside as the soldiers dined. When the soldiers realized what was happening, one moved toward the guns. Hart then grabbed one of the guns and shot and killed him. A second did the same with the same result. She sent her daughter for her husband. When he returned, the group decided to hang the survivors in retaliation for the murder of John Dooly. Dooly's brother was summoned

to be a part of the event.

Hart could neither read nor write, so her heroic stories survived by being retold through generations. In the early 1900s, construction workers on a railroad project near the Hart family's original homeplace unearthed skeletons of six men buried in a row. Four of the bodies

showed evidence of being hanged. This discovery seems to have confirmed the legendary tale.

Hart was a skilled sniper, taking shots at British troops when possible. She also reportedly went into local British areas in disguise, spying on the soldiers there for information to pass to the Patriot militia.

In another incident, Hart was cooking soap in her cabin. Her daughter observed a spy looking in through the cracks. Hart threw the hot soap mixture, which contained lye, through the hole into the spy's eye, which stunned him, allowing Hart to tie him up and turn him over to the Patriots.

Hart relocated to Brunswick, GA, after the War. After her husband passed around 1800, she moved to Henderson, KY, where she lived out her remaining years. Hart died around age 95 in 1830.

In Hartwell, GA, the Hart County Historical Society has a selection of artifacts and information about Mrs. Hart. Museum associate Kathy Pfaender says that the facility is currently closed due to Covid but hopes to reopen by late spring. Hart County, GA, Hartwell, GA, and Lake Hartwell are all named in Hart's honor, as is the Nancy Hart Highway (Georgia Route 77).



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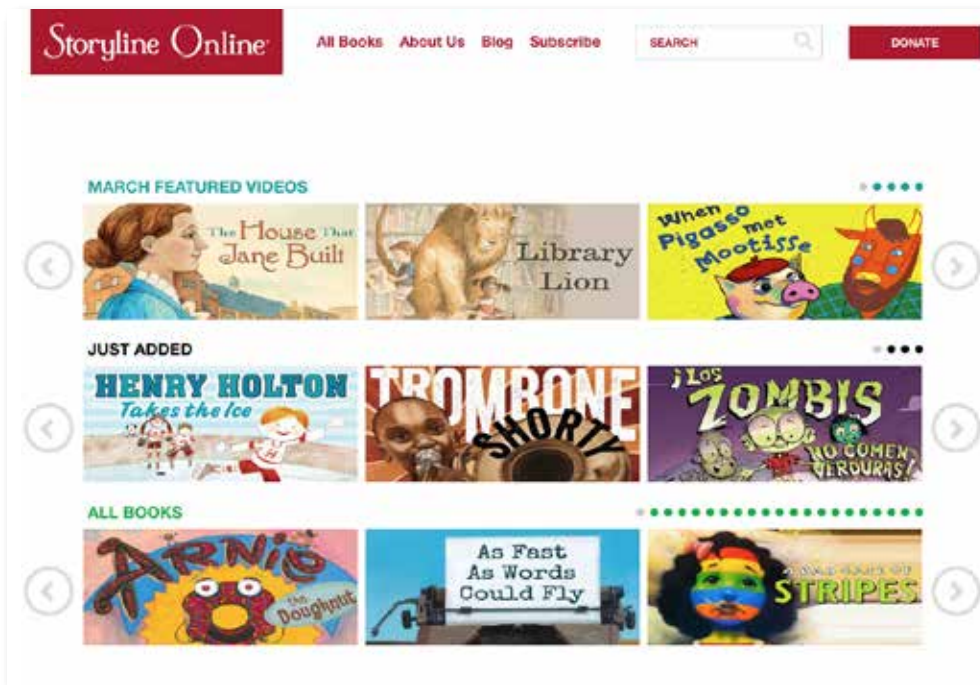
Several years ago a colleague told me about Storyline Online. I have utterly fallen in love with the captivating stories and talented



Katie Laughridge

actors and actresses who tell them. The SAG-AFTRA Foundation's award-winning children's literacy website, Storyline Online, streams entertaining kid-friendly videos that

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Reading aloud to children has been repeatedly shown to improve reading, writing, communication skills, logical thinking, concentra-

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Online is an excellent educational resource that is routinely used in classrooms, children's hospitals, and a multitude of other places where children congregate. The best thing about Storyline Online is that it can be accessed 24 hours per day/7-days per week by teachers, parents and

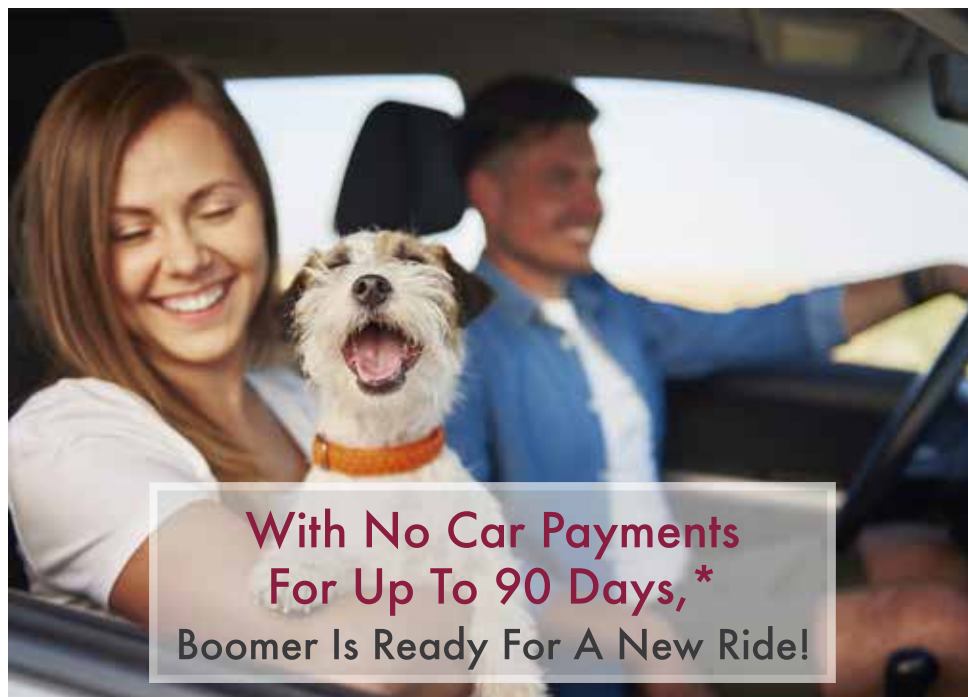
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Another great feature of Storyline Online is that it will introduce a fresh variety of new stories to listen to, and who knows, you may even want

to add them to your own library at home- just as we have! A few of our family favorites include Somebody Loves you, Mr. Hatch, The Tale of Two Beasts, The Hula Hoopin' Queen, Carla's Sandwich, No More Noisy Nights, Arnie the Donut, Henry Holten Takes the Ice, When a Dragon Moves In, and A Bad Case of Stripes. Another feature of Storyline Online that I love is how at the end of each story, the reader explains why they chose that particular book to share with the audience--making a "text-to-self/text-to-world" connection. It makes the story even more meaningful and encourages you, the listener, to think about why/how you may choose the books you read.

So, the next time you are just worn out from your busy day at work to read yet another story or maybe just want to try something a little different one night a week, check out Storyline Online (www.storylineonline.net). Give it a try- I promise you'll absolutely love it.

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Native American petroglyphs at Hagood Mill

BY RICH OTTER

When a South Carolinian was asked by a western rock art enthusiast if South Carolina had any Indian rock art, the answer was “Yes, the only problem is, they are invisible.” To a certain degree the joking response was correct.

The eastern Native Americans utilized both trees and rocks as canvases for their thoughts but the trees are long gone with only some known sketches by surveyors or army officers remaining. The petroglyphs and pictographs have suffered immensely from Eastern climate weathering.

The trees were generally used along trails as messages for those following, including warnings of danger, territory markers, or to reflect war heroics. Although the tree images, known as arbor glyphs or dendroglyphs, are gone, names often disclose prior locations by reference to such as the painted forest or picture creek.

Rock art is normally an expression of the creator’s thoughts or possibly communication with the spirits and usually defies interpretation unless specifically identifiable as a human, animal, or object. This is particularly true in the eastern United States.

Tommy Charles undertook a project to locate and record the sites of rock art throughout South Carolina as described and well-illustrated in his book *Discovering South Carolina’s Rock Art*. Much



Discoverer Tommy Charles at the Museum

of the rock art is on private land or otherwise protected from vandalism but one viewable site is nearby, a few miles beyond the town of Pickens at Hagood Mill on Highway 178.

Due to the age and weathering of petroglyphs in our area, most rock art usually is barely visible, or not visible at all during clear weather.

The ideal time to search has been when it is or has been raining. Mike Bramlett, a volunteer helping Tommy Charles during the survey, happened to be passing Hagood Mill on a rainy day and stopped to look at a rock shelf that had previously not revealed images during bright sunlight. He was convinced the location was a nat-

ural place for such images. Thanks to the rain, he spotted what he recognized as human forms and contacted Tommy Charles.

The figures were on the edge of what was an old dirt road installed in the 1820s. With the help of Pickens County and the City of Pickens, the dirt was removed

and produced a fascinating array of petroglyphs. Because of the weathering, most petroglyphs in South Carolina have had to be photographed at night with angled lighting to bring out the images. To protect the new found rock art and accomplish equivalent clarity, a building was constructed over the rock shelf with lighting optimally angled to illuminate the petroglyphs.

It can be difficult without other indicators to determine if petroglyphs are historic or prehistoric but in this case, having been buried since the 1820s and the nature and condition of the images, it seems certain these are prehistoric but a specific date cannot be determined with current procedures.

At Hagood Mill there are about twelve humanoid figures that can be seen as well as a few abstract images. Most South Carolina sites primarily are composed of abstracts with a few stick figures making this site particularly interesting and important.

The few pictographs found in South Carolina are in sheltered areas and are generally very faded. Some have to be photographed and enhanced with special processes to even bring out the images, being completely invisible to the naked eye or at most appearing as colored smudges.

The Hagood Mill Museum where the petroglyphs are housed and visible to the public, including other archeological displays, is open Monday through Saturday from 10 a.m. to 4 p.m.

THE GARDEN SHOP

Enjoying winter interest



Japanese Cornel Dogwood in bloom



**SUSAN
TEMPLE**
master
gardener

Sometimes we miss what is close to home wishing for far off visits. Last week I visited the grounds of Biltmore House for the first time, having only visited at Christmas for a home tour. We were interested in wandering at a time less crowded, say than the tulip festival. And winter is one of my favorite times to visit gardens. Winter lets one see the structure of trees and shrubs when foliage is dormant. Bark details are easily seen. Many times color variations of bark can be more intense in winter. Visiting gardens in winter also provides a chance to see how foliage of some evergreens and conifers turns colors in winter. Then there are plants that bloom in winter, many with wonderful fragrance.

A stand out in every area it was planted was Edgeworthia (*Edgeworthia chrysantha*). This is one of those plants botanists changed the name. It used to be Edgeworthia payrifera. I struck up a conversation with a couple intrigued by it and it was one of the few areas where the name was not listed. That was an impressive thing about the part we wandered. Practically every plant was tagged with botanical and common names. Edgeworthia is a plant that most people call by its Latin name. I don't recall hearing anyone say "That paperbush smells heavenly." I told the couple it was commonly called rice paper plant. I hope that didn't stick with them because that is wrong. Rice paper plant is a totally different thing. Oops! Come to find out they were from



Stewartia bark

Greer. Small world. I tried to grow edgeworthia once but did not know then it needs very well drained soil. It was planted in an area that stays damp if we've had a good bit of rain and it rotted. Maybe it's worth another try now.

Bark of mature Stewartia (*Stewartia*

pseudocamellia) was also a standout. From a distance it looks similar to a crepe myrtle. Seed pods stay during the winter too, similar to how crepe myrtles keep their seed pods. White flowers start out edged with pink in early summer. It has pretty fall color too as foliage turns shades of orange and yellow. Deer pass it by in my garden. Even being relatively young, about eight years in my garden, the trunk already has taken on some of the mottled look of older trees.

As we worked our way back to the gate, we came around a bend and were stopped in our tracks by a tree in full bloom with bright yellow flowers. From a distance the only guess was some kind of witch hazel but there was no fragrance. It was tagged Japanese Cornel Dogwood (*Cornus officinalis*). According to Missouri Botanical Garden's website, cornel dogwood grows as a multi-stemmed large shrub or a small tree. Fall color can be shades from drab yellow to reddish purple. It has red fruit in fall too. The bark peels on it too like a Stewartia. Missouri Botanical Gardens is a great reference, even for gardening in our area. I wonder if Biltmore House ever has a plant sale. Their garden shop was closed. Shucks!

Managing anxiety and letting go of controlling behaviors



**MARY-
CATHERINE
McCLAIN
RINER**

What does "controlling" behaviors mean? Examples include over-planning and getting upset when things go off plan, obsessing about minor or insignificant details, thinking there is only one way to do something, and/or being critical of others. Likewise, you may feel the need to micro-manage, you have high standards, change is difficult, and trusting others to plan is hard.

Often, these controlling behaviors are rooted in anxiety and fear. When people over-plan, it is common to have the illusion of safety or happiness. The challenge is that we cannot control other people, situations, or our bodies. While some may believe having control makes them feel better, it typically leads to problems in relationships, frustration, and higher stress levels. Similar processes happen when people strive for perfectionism.

To reduce controlling behaviors, consider the following:

1. Challenge the fear! What are you truly afraid of if you are not able to control a situation or person? What is the worst-case scenario, and what are the chances that something

bad will happen? Chances are, these outcomes are negatively exaggerated.

2. Visualize and practice acceptance in order to reduce stress and reduce the tendency to over-take responsibility. Integrate mindfulness and practice meditations. Journal what is in your control and what is not; consider the problems stirred up by engaging in controlling behaviors; ask yourself if another way to cope with fears exists.

3. Strengthen your flexibility muscle. Eliminate the all-or-none thinking. Lean into trusting other people and that they are capable of also making good decisions. Reduce the burden of always being "right" and having the "solution."

4. Use a mantra, such as I can tolerate uncertainty, my way isn't the only way of thinking, I can hold space for the unknown, and I do not have to control everything.

At the end of the day, the goal is building tolerance for uncertainty. Slowly, you can identify which worries are "useful" and which are "ineffective" and "less helpful." As you lean into the worry, you will inevitably be more comfortable with unpredictability. The art of surrendering really is beautiful.

Mary-Catherine McClain Riner, Ph.D., Ed.S., M.S., is a Licensed Psychologist with Riner Counseling, LLC. Visit www.rinercounseling.com or call 864-608-0446.

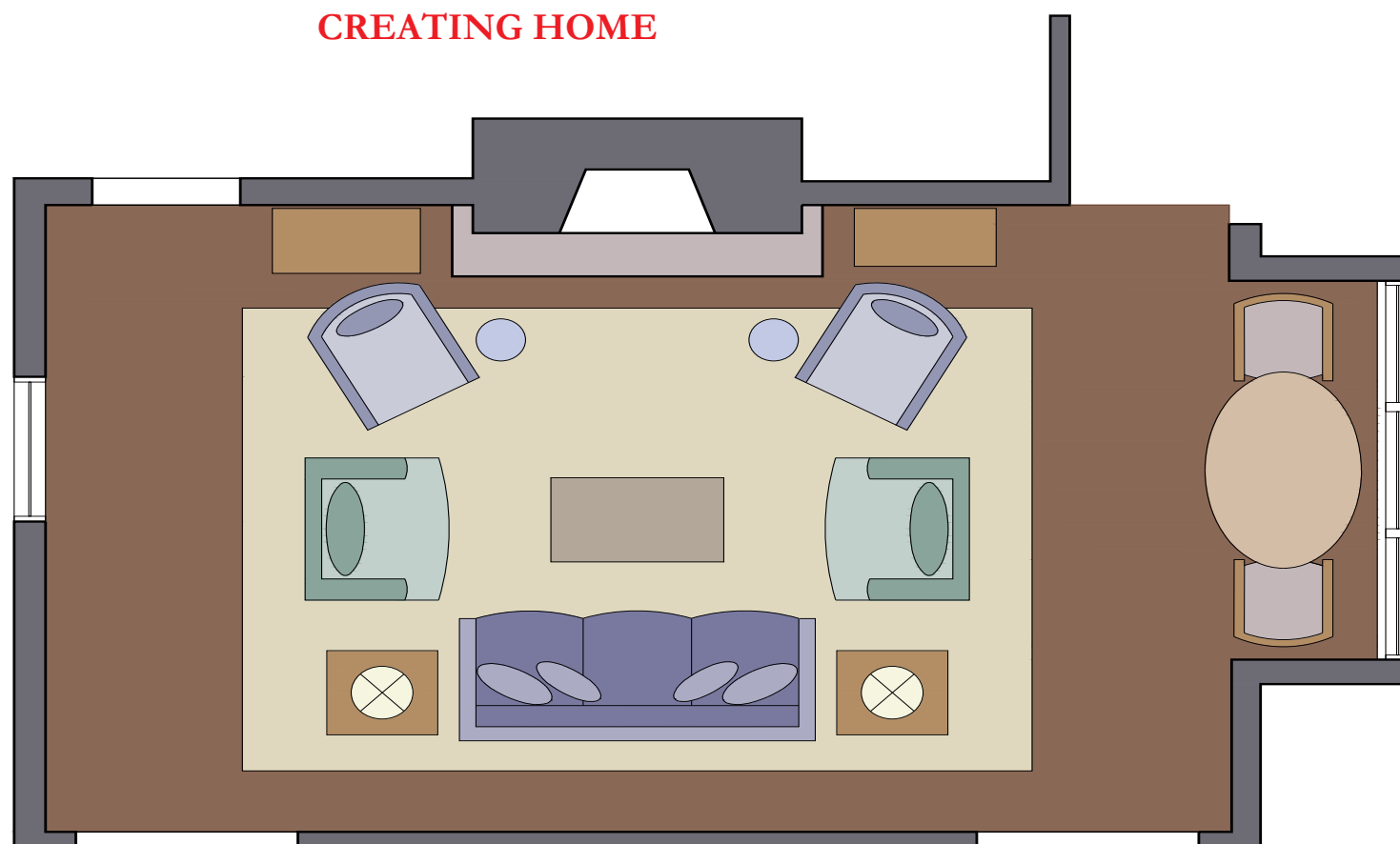
Scaling furniture

BY AMIE BUICE

There are so many aspects of Interior Design that I enjoy, some of the obvious being selecting rugs, textiles, lighting, and the finishing touches that pull a room together. One of my favorite parts of a project, though, is space planning. This may not seem as dreamy as planning the perfect window treatment, but it is absolutely one of the most important parts of the process, and for me is like solving a good puzzle.

When space planning for my clients I use a program called AutoCad, which allows me to draw the floor plan of a room. Once that step is complete I can give my clients many options for renovation plans, changes in interior architecture, or kitchen and bathroom layouts. It is also very helpful for furniture planning! When a room is drawn out I can plug in existing furniture to be sure it will fit, and scale in new rugs and furniture to ensure that we get the right size. It can be very difficult to envision the way something will fit into a room, so seeing it in plan view is very helpful. If you don't have access to a furniture planning software, there are some simple things that you can do to be sure that your furniture fits properly.

Begin by measuring the room. Even if it's very basic, measure the perimeter including doors and windows, your ceiling height, and your overall length and width. Keep this handy when searching for large pieces of furniture. Just by having your overall dimensions,



you can be sure that you have enough clearances around the large pieces. Keep in mind the size of your room. Smaller rooms should have smaller furniture, larger rooms can take larger pieces. Nothing makes a small room feel smaller than an enormous sofa or table. Once you've selected something that you like, tape out the dimensions on the floor. This way you can walk around it, and truly get a sense of how much space it will take up. You can do this for rugs, any large pieces of furniture, and even art.

The comfortable feeling that you get from a well decorated room comes from more than beautiful rugs and accessories. Having furniture that fits properly and is arranged nicely is

the unnoticed 'something' that makes a space enjoyable. Once you have pieces that are a good scale and proportion you can move them around, playing with the arrangement. It may

drive your housemates crazy, but that's part of the fun!

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

SPRING FASHIONS

Spring will officially make its appearance next week and the color scheme this year is lovely. The actual color of the year is a warm,

happy yellow which compliments everyone and it supposedly puts you in a better mood.

Let's be honest, we all need that after the year we've had, to lift our spirit. Wear it in a dress or better yet paint a wall in your kitchen

that color for an instant cheery feeling. Rust and olive green would look incredible in a blouse, mint green is back this season. Combining some of these colors will really take it to another level. Raspberry sorbet, burnt coral and marigold are the epit-

ome of a beautiful spring afternoon. Imagine sipping cocktails on the patio in a sundress in one of these shades.

French blue and ultimate grey would be divine with a pashmina or handbag in that shade. Amethyst orchid would be a beautiful color for an eyeshadow on the eyes. Pale pastel pink is gonna be huge in lipstick shades and I couldn't be happier. If you know me at all, that's my signature shade. Try a pair of sunglasses in a periwinkle blue.

A pedicure in cherry red is always classy and chic. Try a beautiful hat in that shade too. Be daring and dazzling. My personal favorite in these Pantone shades this year is silver. What's your favorite?

Remember to make the sidewalk your runway and be joyous this season. Enjoy the sunshine and be kind. Happy springtime y'all.



Kristine March

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Scam warning

BY RICH OTTER

They target the most vulnerable audience because they are people who grew up trusting others in a far less cynical age. They are the “mature” segment of the community still using home telephones and often possessing limited computer skills.

They are deluged with either automated robocalls or in-person calls from centers jammed with callers, many originating from Nigeria or similar foreign countries. Using home numbers compiled from telephone books that target older users, multiple simultaneous calls are dialed that are designed to stop ringing if not picked up before an answering machine is activated – usually after three rings.

If an individual is on the line, there will normally be a sound somewhat like a beep. If a caller does not begin speaking within a reasonable time it is because another pigeon has been caught and the line will go dead. If picked up, there will be some high pressure pitch or message to which you must immediately respond for a purpose you can't refuse or referring you to another number to call if they get you on the hook. If it is a robocall, you will be directed to call a given number.

One other personal type call you may receive is to “grandpa” or “grandma” for help. Ask the grandson's name and date of birth or some other personal question. (They will probably say you are a dumb so-and-so and hang up.) Of course, if the grandchild always uses a pet name, you automatically know the call is a scam. When the call comes in, don't say a grandchild's name, like “Charlie.” Using a phone book number the con artist knows he is likely to get a grandparent. Trying enough numbers will eventually pay off.

The story line of a call may take many forms. You are being called by the Social Security Administration or the IRs because your Social Security information is being used in Texas or on a tax return. The caller insists you must take appropriate action immediately and, of course, you will have to furnish your correct information so the “fraud” can be confirmed. It could be that “your” Amazon account has received a suspicious charge. Or there is a

prize you have won and you either have to prove who you are or put up a retainer.

The caller may state your credit card payments have been monitored and your interest rate can be greatly reduced. All you have to do is call a number and give them your credit card information. Other regular frauds are that a lawsuit has been brought against you or that the IRS is levying against you and you need to call a designated number with your proper information so they can stop the proceedings.

Using the name of a company you might be likely to use, like a bank, credit card provider or even an airline, they may say your information has to be updated. You will be required to give them the last four digits of your Social Security number and the credit card number you usually use.

Your computer is also a typical target where they are “upgrading” your information before your email address is cut off or your account is closed or there has been some suspicious activity that needs to be resolved. A friend or relative's email account may have been hacked and you receive a message asking for some money to be transferred or a gift card arranged. Call the friend or relative.

As to the Do Not Call List, that has become almost a joke. If you check their site about dealing with these situations, they will certainly be happy to accommodate if you give them information about the caller. Well, the caller identified as the Social Security Administration, the IRS, the sheriff's department or a credit card company.

There is no question you could be receiving a call from a bona fide police benevolent association or other worthwhile charitable group or your favorite political party, but with all of the crooks out there it is impossible to tell. Even giving your address so they can mail information could be bad. If they have your phone number they probably already have a phone book with your address.

Robocalls in February were determined to be up 15% over January and amounted to 150,000 a day in the US.

These people are smart. Don't trust any of them.

MUSINGS OF AN OLE BALL COACH



The 2021 Class 4A State Champion Westside High School girls' basketball team

THE ROBERTS FAMILY – AN AMERICAN SUCCESS STORY

One of the truly great family histories is being blazed right here before our very eyes. Right here in our own town. I am speaking of the remarkable Roberts family



Jim Fraser

of Coach William and Linda Roberts. I know, they have been chronicled many times, but just when it seems as if the saga has settled down, they do something preposterous.

I don't want to overwhelm you now, so let's try to be sequentially correct: Coach William “Tack” Roberts was enough to write books about coaching and teaching at Westside High winning several State Championships in three sports. Get out of here, three sports! His wife Linda was not baking cookies for the booster club or making pom poms for the cheerleaders, she was carving her own legacy by being chairperson of the English Department. In addition to compose the words to the alma mater.

Not to overwhelm you but their remarkable prodigy includes Kory, the Head Principal at that same Westside for the many years. Ok, so they had another son Terence, and let's see now oh yeah he's the Mayor in addition to running a successful business. I should stop

now because to have a son, Mayor of like the 7th largest city in the state and another who is principal of a huge 4 A school! Come on man! By the way another son Kenny administers the business while his brother attends to his Mayoral duties.

Ok so the saga is complete now, and by the way, we knew all this, what else you got? Only this yesterday March 3 Westside won the State 4 A girls basketball championship. Coached by, guess who – Kory's wife Jackie. Now tell me this sports fans when was the last championship, 29 years ago coached by who, Jackie's father in-law, Kory's dad. I've got to take a break.

I first met the family patriarch, Coach in 1968. I was leaving eight years in Aiken to take over as Head Coach and Athletic Director at T.L. Hanna which as most are aware was concocted in 1962 as the fusion of Girls High and Boys High. There had always been just Westside when Coach Tack had won more championships as I had coached games. After a perfunctory meeting we didn't get back together until 1970 – the year of desegregation. We now had a keen interest in each other. Coach would be getting our players West and we had his East of Murray Avenue. We remained good buddies through years of playing, respecting and confirming and sharing. After leaving coaching I worked with he and his wife Linda on tax shelter annuities.

So as succinctly as possible let me tie up this great American saga. The union of Linda and Coach who had been the face of Westside for decades produced Kory who would take over the legacy. And then son, Terence would become one of the first African Americans to take over a typical southern town that had, until recently a segregated school system.

To further secure the wonderful contributions Linda and Tack have made to this school and town let's now add a daughter in-law Coach Jackie Roberts who just happens to be principal Kory's wife (you won't find that combination many times in modern education circles) now we juxtapose that with a State Championship. The 1st in 29 years that had Jackie as one of its players.

So, it goes without further saying that the ubiquitous Roberts name has made its impact and continues that impact on our town of Anderson, South Carolina.

Jim Fraser was the athletic director and head

football coach at T.L. Hanna High School from 1968- 1985. He was also a full member of the faculty and taught U.S. History.



NIBBLE & SIP

If spring is here, can summer be far behind?

After the cold, dark days of winter, spring has finally arrived! Springtime in South Carolina is probably my favorite 47 minutes of the year, right before our brutal summer arrives. So in honor of the fleeting season, I'm putting away cocktails highlighting darker liquors, like bourbon, Scotch and mezcal, for the lighter flavors that best accompany short sleeves and temperatures in the high 70s.

This week, instead of a Nibble and a sip, I'm serving up two sips. The Ohana, an original creation of mine, is light and fruity with a backbone of amber rum and coconut water. I suggest you take it a step further and garnish your Ohana in the true tradition of the tropics. Grab some toothpicks, skewers, or cocktail picks and garnish the drinks with pineapple chunks, lime slices, Maraschino cherries with the stems, pineapple leaves, paper umbrellas, or edible

flowers. Or all of the above. To quote food chemist and cookbook author Shirley Corriher, "Wretched excess is just barely enough."



Kim von Keller

For the younger members of your household -- or when you realize how strong your first Ohana was -- try the Faux-hana, the Ohana's nonalcoholic cousin. It delivers all the tropical flavors of the alcoholic version, but you'll be alert enough to enjoy those delightful 47 minutes of spring.

Ohana

2 oz. amber rum
2 oz. coconut water
1 oz. pineapple juice

1 oz. passion fruit juice
¼ oz. lime juice
¼ oz. grenadine
garnishes of your choice
Combine rum, coconut water, pineapple juice, passion fruit juice, lime juice, and grenadine in a cocktail shaker. Add ice cubes and shake until chilled. Strain into a tall glass and garnish with abandon.

Faux-hana

3 oz. coconut water
1 ½ oz. pineapple juice
1 ½ oz. passionfruit juice
½ oz. lime
½ oz. grenadine
Combine coconut water, pineapple juice, passionfruit juice, lime juice, and grenadine in a cocktail shaker. Add ice cubes and shake until chilled. Strain into a tall glass and garnish like no one's watching.

NOTE: I used Jarritos Coconut Water and Ceres Passion Fruit Juice.



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DON'T TOUCH YOUR FACE

I know, you've got an itchy nose just reading the title, or maybe it's that little spot on your neck that needs a little scratch. Trying to ignore the urge to scratch or touch won't help.



Neal Parnell

The itch will morph into a flaming skin cell that must be extinguished by a finger or a firehose. We often scratch our heads or place our fingers over our lips when contemplating a thought or an answer. Touching our skin releases a hormone called Oxytocin which can increase calm and reduce stress. As I type, my face has become one huge exasperating itch, (excuse me while I remove my glasses and rub both hands all over it), thank you. Touching our face is just something we cannot resist doing. Think about it, the second our hands are covered in dirt or grease our nose automatically develops a powerful itch that must be scratched, and it will get scratched using any means necessary. First you'll try twitching your nose like "Samantha on the old t.v. show Bewitched", when that doesn't work, you'll try to scratch it using your arm, or that tree close by. The scratch reflex is an action



taken by the body to remove a perceived or actual foreign item from the skin; such as an insect, or a spider web. I say perceived because an itch can also be contagious just like a yawn. When we see someone scratching we often find something to scratch too. And let's not forget that itch that is out of reach and requires any device longer than our arms to eliminate, (please don't use any kitchen utensils if possible). Perhaps you are familiar with the



'Phantom itch', this is an itch that seems to be in one place, but needs to be scratched in another to be relieved.

If you've made it this far without scratching or touching your neck, head, or face, you must be covered in calamine lotion or you're comatose. So how do we stop this finger to face or body madness? The truth is, we can't. All parts of the body are susceptible to an

itch, except for the things we use to scratch with, such as, fingernails, and teeth.

The doctors and experts know that we are going to touch our faces, so the next time you feel an overwhelming urge to touch your face, be sure to remind yourself that there is only one scientifically proven way to scratch without spreading germs or viruses, **WASH YOUR HANDS!**



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