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Five Forks

Neighbors

September 2019



IN THIS ISSUE:

The Plumber's Superpower pg 9

Specializing in "Cute-ification" pg 11

*What Happens if Your
Car is Totaled* pg 14

*Improve Your Posture
With 4 Easy Exercises* pg 16

The Smith Family:

A Recipe for Togetherness

Cover photo by Mike Hogan



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301 River Walk Drive, Simpsonville	\$350,000	\$361,000	7 Hitchcock Lane, Greenville	\$585,000	\$565,000
10 Ossabaw Loop, Simpsonville	\$400,000	\$400,000	51 Griffith Creek Drive, Greer	\$609,000	\$600,000
201 Stone Dale Drive, Simpsonville	\$434,500	\$416,500	401 Hemingford Circle, Simpsonville	\$625,000	\$608,000
4 Topper Drive, Greenville	\$429,000	\$424,000	109 Griffith Knoll Way, Greer	\$610,000	\$610,000
215 River Walk Drive, Simpsonville	\$435,000	\$429,000	6 Crown Gate Court, Simpsonville	\$689,900	\$679,900
506 Pawleys Drive, Simpsonville	\$465,000	\$450,000	410 Renneson Drive, Greenville	\$695,000	\$685,000
405 Carriage Hill Road, Simpsonville	\$474,500	\$470,000	10 northbrook Way, Greenville	\$697,500	\$697,500
3 Laurel Oak Trail, Simpsonville	\$477,500	\$473,500	15 Weatherby Court, Greenville	\$749,900	\$749,900
504 River Walk Drive, Simpsonville	\$475,000	\$475,000	132 Ramsford Lane, Simpsonville	\$859,900	\$847,000
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23 English Oak Road, Simpsonville	\$469,500	226 Kilgore Circle, Simpsonville	\$844,900
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Know a student-athlete who rocks? Let us feature them as our Student-Athlete of the Month!
Email swalker@bestversionmedia.com

Dear Neighbors,

September can be a bittersweet time of year. On one hand, we finally have some days of tolerable and pleasant temperatures. But on the other hand, we're fully back to our routines at school and work, so have no time to enjoy these potentially lazy days. After the Labor Day holiday at the beginning of the month, it seems that there aren't any more holidays in sight. Well, unless you're one of those people that has already started Christmas shopping. If that's you, please send me your contact information. I have a list for you!

A lot of us would agree that one of the best things about September is the return of football season. I'll always remember what a friend once told me at the beginning of one football season. He said, "You feel that? This is the best time of the whole year. We're perfect. No one's messed anything up yet." Now, when else can you say that?

This issue of Five Forks Neighbors may not be perfect, but I happen to think it's pretty darn good. Our expert contributors are offering some great advice about plumbing, auto accidents, and even improving your posture! You can also learn more about a couple of our local businesses here in Five Forks.

One of those businesses is the photography business owned by Tracie Birch. Tracie has generously served as the Contributing Photographer for *Five Forks Neighbors* since this past April. Tracie is a pleasure to work with and we've enjoyed looking at the beautiful images she's given us of our Feature Families. We wish Tracie the best as she devotes more time to her family and growing her business. You can read more about Tracie and her business on page 12.

Fall, along with its cooler temperatures and football-filled weekends, is within sight, my friends! Remember: it's not whether you win or lose; it's how you eat the tailgate snacks!

Gratefully,

Shanna Walker



Shanna Walker
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The Smith Family:

A Recipe for Togetherness

By Shanna Walker

Photos by Mike Hogan

It was the summer of 1995, and Denise Scotti was a new graduate of Cornell University, living in her hometown of Long Island, NY. She and a friend were at a local sports bar to celebrate a hometown reunion when a handsome young man by the name of Kevin Smith caught Denise's eye. Denise caught Kevin's eye as well, but it was her jukebox selection that really piqued his interest. The pair struck up a conversation that went past their mutual appreciation of The Grateful Dead and went on into the night. As much as they enjoyed each other's company, at the end of the night, they didn't make plans to meet again. But Kevin didn't want Denise to get away, so he wrote his number on a piece of cardboard and left it on the windshield of her Jeep. Denise thought it was a sweet gesture, but she couldn't help thinking that she would have rather he had asked her for

her number, instead of the other way around. Denise "lost" Kevin's number, and the summer passed by without the two seeing each other again.

A few months later, Denise and her friends were at another local watering hole to see a band perform. Once again, Kevin Smith was there, although Denise didn't recognize him from their previous meeting. The attraction was still there, though, maybe even stronger than before. She pointed Kevin out to her friends, saying, "See that guy? I could see myself marrying him—and I'm not even the type that wants to get married!" "That guy" approached Denise, and reminded her of the night they met earlier in the summer. The two began dating, and in August 2000, Denise Scotti became Denise Scotti-Smith.

Denise and Kevin share many

Continue on Page 6



interests, such as an appreciation for a wide variety of music, spending time with friends and family, and deep-sea fishing. They also share an affinity for serving others. Denise maintains a high level of volunteer involvement in our community. She serves on the Board of Directors for the Simpsonville Chamber of Commerce and also regularly gives her time to Junior Achievement, teaching students of all ages skills needed for success in the workplace. She was an avid volunteer for several organizations during her time in college. On her first date with Kevin, and many subsequent ones, she brought along one of the adults that she cared for in a residential facility. Denise explains, "If he (Kevin) couldn't appreciate all dimensions of my core and what makes me who I am, as I do him, we would not be where we are today!" She goes on to say, "We share a love of tending to causes greater than ourselves and Kevin's commitment to do so is what I love most about him." Kevin and Denise always bonded through their mutual devotion to civic activities, and they have been known to frequently recruit friends and family to join them in their pursuits. While serving on the board of an organization dedicated to community development and quality of life issues, Denise and Kevin were able to convince their friends and family to join them at an annual fundraiser, serving tea and dressed in colonial attire at a historic estate. "They were reluctant at first," Denise admits, "but we always made great memories. It felt good, knowing we were raising money to invest back into our historic community."

Denise continues. "A great cause tends to attract positive people who inspire our children and serve as additional

role models. We want our children to know that they can do anything they put their mind to and that they have the power to inspire others to do the same!"

Denise and Kevin also share a strong entrepreneurial spirit. Denise started her business, Mission Accomplished Consulting in 2008. She is the owner and president of the company, which provides human resource management services to all industries. Denise believes she inherited her entrepreneurial streak from her mother, who has a similar drive. "I'm often accused of working too much, but I love what I do, so it doesn't always feel like work to me! I'm always thinking of ways to improve my own business or my clients' businesses. The ideas don't stop coming just because office hours are over. Free time, work time, volunteer time, they all overlap; but, I really do love it that way."

Kevin credits his dad for his entrepreneurial tendencies. When he was just a teenager, Kevin began working with his dad, installing cabinets. Later, the pair went into business together and started Wellcraft Installation in 1995. Over time, Kevin's attention to detail, customer service, and quality earned him a solid reputation in the field of custom, high-end cabinetry. In 2010, Kevin and his partners founded Packard Cabinetry in downtown Hendersonville, NC. Kevin's work has been featured in several magazines, including *House*, *Traditional Home*, *Better Homes & Gardens*, and *Carolina Home & Garden*.

In his spare time, Kevin enjoys making home-brewed craft beer. He likes coming up with his own all-grain recipes. Denise says it's not unusual for him to convert the kitchen into "something that looks like a science lab!" He is a member

of South Carolina Upstate Brewers Anonymous (SCUBA) and recently won a contest for his home brew. He's hoping to bring home more wins.

Denise and Kevin definitely make family time a priority. They have two sons, Kevin, Jr. (15) and Vincent ("Vinny," 12). The boys inherited Denise and Kevin's love for deep-sea fishing and crabbing, just as Denise and Kevin did back on Long Island. Denise tells me, "Since we moved to Greenville, we take the opportunity to get the kids out to the coast when we can. Our trips to Long Island wouldn't be complete without grabbing some chicken on some string to get some blue claw crabs!"

Between running two businesses, doing schoolwork, and fitting in extracurricular activities, finding free time to get away with the family can be a challenge. So, the Smiths make the most of their daily routine by cooking together in the kitchen. They share stories and traditional recipes passed down for generations, including homemade raviolis, Italian Rainbow cookies, and many others. "We all love experimenting with unique ingredients and recipes," Denise says. "Sharing old traditions and creating new ones is a legacy we want to leave with our children to pass down for generations to come. We are a family of 'foodies.' Our kids will eat just about anything, which allows us to have a lot of adventures around food."

In addition to putting his creativity to work in the kitchen, Kevin, Jr. also has aspirations of becoming a developer in the

gaming industry one day. To achieve this goal, his course work at Mauldin High School is heavy in computer sciences. A well-rounded student, Kevin, Jr. also enjoys playing viola with his friends in the MHS orchestra. During his summer break, he occasionally works with his dad, learning the carpentry trade and business. He has practiced mixed martial arts since he was in kindergarten and is working toward his third degree black belt from Hurricane Karate. His dedication to the martial arts is an inspiration to his dad. So much so that Kevin, Sr. is currently working towards his first degree black belt.

Vinny may have gotten the entrepreneur bug from his parents. He recently decided to start his own lawn care and pet care service, and already has several consistent customers! The volunteer bug is there, too. He served as president of the student council at Rudolph Gordon Middle School last year. He also loves playing baseball and riding his skateboard. If he isn't playing Fortnite, you can find him running around the neighborhood, playing with his friends.

The Smiths have lived in Whitehall Plantation since 2007. They were drawn to the neighborhood because it was a new development that backed up to a beautiful nature preserve with plenty of mature trees. Like so many of our Five Forks neighbors, the Smiths are far from the hometowns where they

Continued on Page 8



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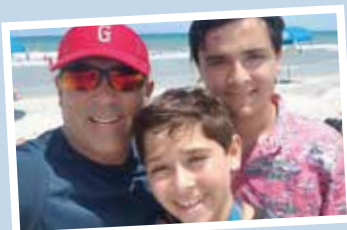


were raised. They don't have many relatives in Greenville, but they're incredibly grateful for the neighborhood friends that have become their family.

"What I enjoy most about our neighborhood is that many of us moved to the area at the same time and have children around the same age. Our neighbors feel more like aunts and uncles to our children; and, their children are like cousins to our children. I love watching the kids growing up playing with their friends. I love that our neighborhood is diverse with people from all over and with multi-national backgrounds. I love that our children will benefit from that diversity."

When asked if her family has a motto to live by, Denise references a quote from William James. "The greatest use of life is to spend it on something that will outlast it." With their dedication to giving back, commitment to entrepreneurship, and commitment to friends and family, the Smiths are leaving a footprint on our community that won't soon fade away.

Photos Submitted by the Smith Family



The Smith Men on vacation



Denise and Kevin in the early days



In costume for a good cause



Kevin and Vinny with a fresh catch



Vinny and Denise are all smiles



Kevin, Sr. and Kevin, Jr. in karate mode

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By Scott Smith
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A good plumber asks this question to help you avoid recurring issues. What caused the clog?

Say you went to the doctor with a pain in your leg. Imagine if they wrote you a prescription for pain pills without ever doing an x-ray.

Now, that doctor would lose her license pretty fast. But it happens all the time in plumbing, where you get a sewer line cleared with no diagnostic inspection performed.

The plumber collects their few hundred bucks and wishes you good luck. Maybe he throws in a lecture on not flushing your floss for good measure.

Those days should be long gone.

For the most part, plumbers use the same drain cleaning tools invented in the 1920s. This cable machine or 'rooter' works well for punching holes through clogs. But it only provides a few vague clues about underlying problems.

Back then, sewer line problems were diagnosed based on a 'feeling.' Not like a sixth sense type feeling, but a hitch in the machine. It took years for a plumber to become confident enough to diagnose a broken sewer line.

If you were lucky, you'd have a few stray roots stuck at the end of the device. That's evidence of a root intrusion, but you had no way of knowing how serious the issue was without digging.

Sewer cameras allow our plumbers to see underground - literally. It's always lovely when technology gives you superpowers!

Your focus might be the 'pain' - the clog, but don't ignore the cause. You might have a break in your line, root intrusion, or any number of issues.

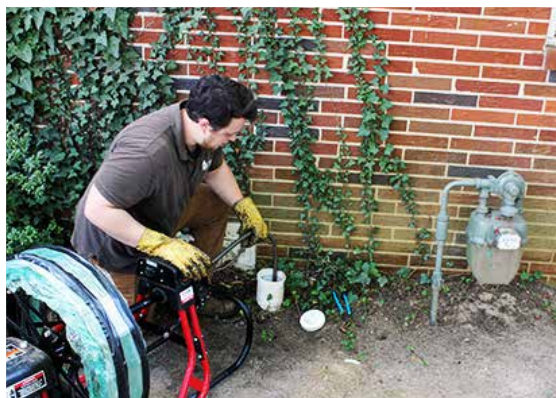
Or maybe not.

Sometimes clogs are caused by years of buildup. A good hydro jet cleaning can scrub away years of accumulation in about an hour. But without diagnostic tools like camera inspections, there is no way for a plumber to know the culprit.

Cameras allow us to get eyes on the situation. It turns out that a picture is worth thousands of dollars in excavation fees.

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Dates: 9/10th

Location: CCNB Amphitheatre at Heritage Park

Address: 861 S.E. Main St., Simpsonville, S.C. 29681

Phone: (864) 296-6601

Time: 7:30 pm

Price: Prices vary.

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Indigo Girls

Grammy®-winning duo Amy Ray and Emily Saliers are Indigo Girls, one of the finest folk duos of all time.

Dates: 9/10th

Location: The Peace Center

Address: 300 S Main St, Greenville, SC 29601

Phone: (864) 467-3000

Time: 7:30 pm

Price: \$35-\$55

Laughter Yoga

Presented by certified Laughter Wellness and Laughter Yoga teacher Linda Gillen. Registration required.

Dates: 9/12th

Location: Five Forks Library

Address: 104 Sunnydale Dr, Simpsonville, SC 29681

Phone: (864) 234-4904

Email: fiveforks@greenvillelibrary.org to register.

Time: 6:30-7:30 pm

Price: Free!

Paw Patrol Live! Race to the Rescue

Come roll with the PAW Patrol, everybody's favorite heroic pups!

Date: 9/14-9/15th

Location: Bon Secours Wellness Arena

Address: 650 North Academy Street, Greenville, SC 29601

Phone: (864) 241-3800

Time: Sat. 10 am and 2 pm;

Sun. 12 pm and 4 pm

Price: \$35 and up

Watercolor Birds

Learn how to paint birds with watercolors. Registration required.

Dates: 9/21st

Location: Five Forks Library

Address: 104 Sunnydale Dr, Simpsonville, SC 29681

Phone: (864) 234-4904

Email: fiveforks@greenvillelibrary.org to register.

Time: 10-11:30am

Price: Free! Supplies provided, or bring your own.

Child Freedom 5K Walk/Run

The first-ever Child Freedom 5k Walk/Run benefits the Child Freedom Coalition, whose goal is to end child slavery in India.

Dates: 10/5th

Location: Furman University

Address: 3300 Poinsett Hwy., Greenville, SC

Website: www.childfreedom.org/race

Time: 8:30 am

Price: \$25 adults, \$15 children

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Pigtails and Crewcuts

Specializing in "Cute-ification"

By Shanna Walker

One of the first rules of taking care of children is if you want to get a kid to do pretty much anything, you've got to make it fun!

Pigtails & Crewcuts owner Caroline Dover says the philosophy of her business is that haircuts can and should be fun for kids and stress-free for parents.

Caroline says, "At Pigtails & Crewcuts, we proudly specialize in 'cute-ification.' You know, like beautification, but cuter! We offer a range of kids' haircuts and styling services, professional ear piercing, hair bows, kid-friendly hair products, and even parties!"

Each salon has kid-friendly décor and plenty of the latest kids' books, videos, and toys to keep your little ones occupied while you wait. The staff is friendly and patient, committed to providing a stress-free environment where kids can laugh or cry, and just be themselves. They even have fun vehicle-shaped chairs for the little customers!

Pigtails & Crewcuts is a franchised business that began in Atlanta, GA in 2004, and quickly became one of the fastest-growing children's haircut franchises in the United States. However, each location is locally owned and is essentially a small business in and of itself. Caroline is the owner of two locations in Greenville: one on Augusta Road and the other on Woodruff Road. An active member of the Greenville community for over 33 years, Caroline started and owned a business called Re: Align Pilates before opening the Pigtails & Crewcuts salons. She is well versed in the risks and rewards of owning and operating a small business and believes that "shopping small" brings great value to our community. Caroline tells me, "Studies show that when you buy from a locally owned business, significantly more of your money is used to make purchases from other small businesses, which strengthens the economic base of the community."

In addition to being a savvy businesswoman, Caroline is a mother

to five children, and a grandmother to seven! Her love for children and knack for business made Pigtails & Crewcuts a natural fit for her. Currently, none of her grandchildren live locally, so she has to get her "grandbaby fix" at work! "I really enjoy being in the salons and seeing the kids," she says. "I get to be the grandparent there as well. I get to love on them, and visit with them...and then give them back!"

When you work with young kids, there are always funny stories. Caroline shares a story about a 3-year-old who came to the salon for an ear-piercing. The staff and the child's mother had her all situated and ready for the piercing when the child became hysterical. "The mother had anticipated this situation, so she told us to go ahead with the piercing because she knew her daughter really wanted to do it. So, we did, and then they paid and left. A few minutes later, the mom came back inside to tell us that her daughter, through her tears and sobbing, said, 'But, Mommy, I want to get my ears pierced!' She thought they were leaving without her getting her ears pierced. She never realized that we had already done it!"

Having awesome, funny kids like this as your clientele obviously makes the workday fun. But Caroline says they also do other things to up the fun factor in the salons. She tells me, "We make our work day fun by decorating the salon with different themes throughout the year. We like to go all out at Christmas and create some Pinterest-worthy decorations." Caroline knows that having fun together as a staff is essential to maintain a positive work environment. "We love going to escape rooms for team-building exercises." That definitely sounds like fun!

Caroline credits her dad as her inspiration. "He came from a rural town in Missouri and attended a one-room schoolhouse. After serving in the military, he completed college in just three years, and then went on to law school. He taught me that education and hard work are the keys to success. Once he set his mind on something, he never gave up, and he taught me to do the same."

So, the next time your child needs a little "cute-ification," stop by Pigtails & Crewcuts! There's sure to be fun for everyone!




Pigtails & Crewcuts
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Life Prints by Tracie: Capturing Moments in Time

By Shanna Walker

“Time flies.” It’s a sentiment we hear often, and one that Tracie Birch takes to heart.

Tracie is a professional photographer and owner of *Life Prints by Tracie*. But, first and foremost, Tracie is a devoted wife and mother. Born and raised in Upstate SC, Tracie married her best friend, Rodney, more than 21 years ago. She and Rodney have made a beautiful life together along with their two amazing children, Alex (21) and Annah (18). Talk about time flying! Tracie admits that she can hardly believe how fast her children have grown.

No one can stop or slow the passage of time, but Tracie believes that photography is one of the only ways we can truly capture life’s cherished moments. She tells me, “as I watch my own family grow, I see how fast time flies and how important it is to capture those moments that so swiftly pass us by. These are the little things that we sometimes take for granted.”

Tracie was led to photography by her love for her children and family. Like many of us, Tracie yearned to have mementos of some of the precious times and events with her loved ones.

Knowing that she couldn’t be the only one who felt this way, Tracie started *Life Prints by Tracie* in 2007 so she could share her talents by capturing memories for other families.

Tracie deeply loves what she does. She feels both honored and humbled when clients choose her to photograph their most special moments.

“To me, portrait photography is about capturing the true essence of life and personality,” Tracie says. “When my clients allow me to view their lives from my perspective, it is truly a gift. My goal is to make



their moments last a lifetime.”

Natural light and familiar surroundings help Tracie take photographs that truly reflect her clients’ personalities. She does photo sessions at her home studio or on location. Tracie also does Commercial

Photography, such as headshots, group photos, and real estate photography.

I asked Tracie what her favorite part of her job is, and she said, “Getting to know the families I work with and draw out their personalities in photos is a wonderful feeling. But what I really love is to watch families welcome their new little ones. It’s so rewarding for me to have the opportunity to capture such fleeting moments.”

Tracie credits God, her family, and her wonderful clients for getting her to where she is today: doing what she loves and giving others irreplaceable memories to enjoy for a lifetime.

For more information about Tracie and her business, visit her website at lifeprintsbytracie.com.

Pops for Pups

Big Hearts Set Big Goals

By Shanna Walker

McCain Childress, a rising 8th grader at Southside Christian School, can officially add “Girl Boss” to her growing résumé. McCain is the founder and CEO of Pops for Pups. She formed this organization to raise funds to benefit the Canine F.E.T.C.H. (Friends Encouraging Therapeutic Coping and Healing) Unit at Prisma Health–Upstate. The F.E.T.C.H. Unit is an animal-assisted therapy program for patients and their families. The program provides facility dogs who partner with a handler to care for patients at the hospital. Facility dogs differ from therapy dogs in that they are expertly trained from birth to work full-time with a handler and be actively involved in patient care. In a health care environment, activities such as grooming, feeding, snuggling, and playing fetch with a facility dog can aid patients in medical rehabilitation and psychiatric programs. The F.E.T.C.H. unit currently employs six dogs. The dogs are expected to work 7-10 years.

When McCain was in the 5th grade, she was inspired to philanthropy work by one of her teachers. Mrs. Katie Trapani from Cornerstone Christian Academy in Norcross, Georgia gave each of the students in her class \$5. She told the students they could choose to donate the money directly to a cause of their choice; or, they could use the money to try and raise funds for their cause. McCain took her \$5



and bought popsicles. She sold the popsicles and raised \$1,000, which she then donated to the Georgia SPCA.

Shortly after the Childress family moved to our area, McCain learned about the Canine F.E.T.C.H. unit. She recognized that the organization was a perfect fit for her desire to help animals and a continuation of the work she started while living in Georgia. Sadly, Katie Trapani, the teacher that was such an inspiration to McCain and her classmates, passed away from breast cancer in 2017. Pops for Pups is a way for McCain to honor her teacher by helping others.

You know how they say, “Go big or go home.” Well, McCain is going big. She has a goal to raise \$100,000! If McCain and Pops for Pups raise this amount of money, that will mean that the F.E.T.C.H. unit will be able to establish an endowment for the program. Having an endowment will ensure that the program can continue indefinitely and that there will always be funds available to care for the canines that are part of the program.

McCain knows that it won't be easy to reach her goal. She also knows that she can't do it alone. She readily acknowledges the unwavering support she has from her community, her friends, and her family, parents Mark and Kari Beth Childress, and big brother Faxon. With a determined smile, McCain says, “Even if you only have \$5, you can grow it if you have people to help you.”

McCain Childress is a young lady with a big goal and an even bigger heart. If there's anyone out there that can turn \$5 into \$100,000, I think she's the girl!

For more information, visit <http://ghsgiving.org/fetch>. Or, follow @popsforpups on Instagram.



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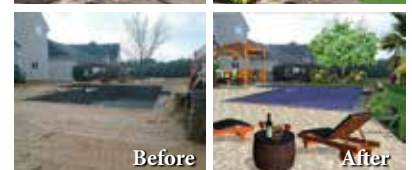
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What happens if your car is totaled?



By Andrew Thornal
State Farm Insurance

Learn what goes into the decision and what your options are.

If your car has been damaged and the potential repair costs exceed the value of the car, it is considered a total loss. Here are answers to common questions that spring up when your vehicle has been declared totaled.

Why was my vehicle totaled?

After a loss (for example, a collision, vehicle fire or flood damage), there are a few reasons your vehicle may be declared a total loss. Often, the repairs are estimated to cost more than what the vehicle is worth — vehicle worth being the actual cash value determined by its year, make, model and major options, as well as mileage and overall condition. (Though the damage may not look bad, the repair can cost much more than you'd think.)

Other reasons for totaling a vehicle include when the damage makes the car irreparably unsafe or if your state's regulations require it for your vehicle's damage severity.

How much will I get?

You'll receive the determined actual cash value of the vehicle, minus

the deductible you chose when insuring it, as well as any applicable state taxes and/or fees.

What if I'm still paying off the vehicle?

You'll be responsible for satisfying your loan agreement whether or not the money you receive covers it all. This is why you might consider gap insurance, so called because it covers the gap between what you owe on the vehicle and its current market value. If you have State Farm® auto insurance, ask your agent about Payoff Protector®.

What if I want to keep my vehicle?

Talk to your auto insurance company or, if you have State Farm auto insurance, speak with your agent or claim representative to see whether state regulations allow you to keep your vehicle and, if so, what your reduced payment amount would be.

What do I need to do if I decide to surrender it?

First, clear out the car and remove personal items and paperwork. If possible, clear your information from the navigation and mobile phone systems, and take off the license plates. Round up all copies of the key and the title. Then, contact your State Farm agent for further instructions and to schedule vehicle pickup.

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Improve Your Posture with 4 Easy Exercises



By Dr. Patrice Hazan

GroupHab Physical Therapy

It doesn't matter how attractive you are; if you walk into a room with a flexed and slumped posture, you will not be looking very good! Not to mention, you will likely have back pain! Poor posture leads to stressed muscles and ligaments. As a result, poor posture can easily lead to back pain. In contrast, tall, straight posture and a strong core can make a person appear confident, strong, and young, as well as reduce back pain.

Many older adults struggle with poor posture and often assume that rounded shoulders and a flexed spine are part of the normal aging process. This is absolutely untrue! Poor posture comes from weak and tight muscles that occur as a result of sitting in flexed positions for long periods of time.

Thankfully, there are a few simple exercises that, when performed regularly, can keep you standing straight and tall!

- 1. Standing backward bend:** Stand with feet shoulder-width apart. Place your hands on the back of your hips, and slowly lean back, arching your back and bringing the hips forward. Hold for 15-30 secs. Repeat 3-4 times a day.

- 2. Scapular retraction:** Hold onto weights with arms by your side. Squeeze your shoulder blades back together. Hold for 15 secs. Repeat 15 times.
- 3. Chair sit-up:** Sit on the edge of a chair. Keeping the back straight, lean back at the same time you are extending your legs, then return to the sitting position. Repeat ten times.
- 4. Doorway pectoral stretch:** Stand in a doorway. Place your hands high on the door frame and lean in. You should feel a good stretch in the front of your shoulders and your pectoral muscles. Hold for 30 secs. Repeat twice a day.

Poor posture is not part of normal aging and can be prevented! Performed daily, these simple exercises can have a profound impact on improving the way you stand and feel.

If you want help improving your posture and core strength, and reducing back pain, GroupHab physical therapy in Simpsonville offers individual PT treatment and affordable small group exercise classes. To learn more, visit our website at grouphab.com.



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Love Is Blind

By Victoria P., Summerwalk

Tootsie is a seven-year-old chocolate dachshund. She was her mom's only puppy. And her mom, a miniature dachshund, also lives with us!

Tootsie has always been very active and loved playing ball. In April 2018, Tootsie began having trouble following and finding the ball, which was very unusual as it was her favorite pastime. She also had an extreme sudden weight gain. We took her to the vet, who diagnosed her with SARDS (Sudden Acquired Retinal Degeneration Syndrome). It is a disease in dogs that causes sudden blindness. The cause is idiopathic and symptoms include increased hunger, increased thirst, and blindness.

Tootsie's blindness has progressed to full blindness. At first, we were unsure how to move forward for her with some people saying that full blindness would not be a good life for a dog. Tootsie showed us otherwise! Although it has slowed her down a bit, it has not stopped her. She still loves to play, walks in the yard with us and visits the dog park.



Tootsie has learned to listen for my voice and finds her way back to me. She is a very easygoing dog and loves people. She is always right next to us anywhere we are in the house.

Some say love is blind and we totally agree! We love Tootsie, blind or not. She is an amazing companion and shows that a happy life is all in how you approach it!

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Magic Tomato Sauce

RECIPES

By Denise Scotti-Smith

This is a classic family recipe that is a hit with our family and friends. No cooking required!

Ingredients

- 1 pound of linguini or Fettuccini
- Butter 1-2 tbs.
- 1 cup of scallions chopped (Green and white parts)
- 1 Cup of Fresh Parsley chopped
- 1- 2 Fresh basil leaves chopped
- 2 cloves of garlic minced
- 1/2 cup of light oil (vegetable or olive oil)
- 2 cups of chopped tomatoes
- Parmesan / Locatelli Cheese
- Red Wine Vinegar

Instructions:

1. Combine the scallions, the parsley, the basil, tomatoes, the garlic, and the oil and let marinate for at least 2 hours.
2. Cook pasta.
3. Coat cooked pasta with butter
4. Poor the tomato mixture over it.
5. Put a dash or two of red wine vinegar.
6. Add cheese to taste.



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