

Lifestyles

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ANNIE'S MAILBOX

Kathy Mitchell
and Marcy Sugar

She's wondering how to make the first move

Dear Annie: I'm a 43-year-old single female, intelligent, well-educated and attractive, and have many friends and interests. I am content being single.

Two years ago, I started working for a new company. Almost immediately, I sensed the chemistry with the boss, who is single and two years older. We get along well and seem to have quite a lot in common. This is not just a crush. I have come to realize that he embodies virtually every quality I look for in a partner.

I understand the potential pitfalls and difficulties that could arise from an involvement with someone at work. Although I love my job, I could easily find another position if that became necessary.

My company does not have a policy prohibiting work romances. Two of my current colleagues met here and have been married for six years. I know I am going to have to make the first move. The problem is, I don't know quite how to do it. I don't want to make the situation awkward, just in case I have misread the signs and he is really not interested in me.

— Looking for a Different Promotion

Dear Looking: You've obviously given this a great deal of thought and understand the hazards of a workplace romance. The easiest, and least risky, way is to invite the boss to join you for lunch, or for a cup of coffee or drink after work. His response will let you know if he has any interest in pursuing a relationship.

Co-worker's ice crunching is driving her batty

Dear Annie: I work in a small office with five other women. The woman who sits closest to me is constantly crunching ice. She also smacks and makes slurping noises. She can be heard all over the office. It is distracting and extremely annoying. Some of the women wear headphones to drown out the noise.

This woman knows we can hear her and that we find it irritating, but she doesn't care. Do you have any suggestions on how to get this rude woman to be more considerate of those around her?

— Going Insane in L.A.

Dear L.A.: Since she doesn't care that her crunching is loud and annoying, approach the woman with great concern and tell her that crunching ice is an indication of iron deficiency and she should see her doctor immediately. If you do this with sincerity and worry every time she crunches, she will either see her doctor or stop. You also have the option of discussing it with her supervisor. Beyond that, invest in headphones.

Light at the end of tunnel

Dear Annie: This is for "Stressed Out in Texas," the 11-year-old girl who is being bullied at school:

Dear Stressed Out: I am now a sophomore in college. However, the days of being teased by my peers are still very much in my memory. I will never forget the sickening loneliness every day I went to school and the countless hours spent alone in my room, not wanting to speak to my family because I didn't want them to know their daughter was a social outcast. I longed to be someone different, to fit in and belong. I will never forget the words they used – fat, ugly, stupid – or the cruel person who said I was "useless, and will always be alone and die unhappy."

Through the pain you feel now, you will learn how to be kind, even when kindness is not granted you. You will learn to be strong. You're already showing so much strength and grace beyond your years. Hang in there. One day you'll realize the people who caused you so much misery no longer matter. I hope you can look back on those days and say with a smile, "I made it out alive."

— T.

Dear T.: We were gratified by the number of formerly bullied readers who wrote to let "Stressed" know there is a light at the end of the tunnel. Our thanks for all your words of encouragement.

Vows spoken Sept. 29 in Chesnee

Amy Brooke Childers of Gaffney and Christopher Shawn Owens of Chesnee were married Sept. 29, 2007, in Chesnee. Roger S. Childers conducted the double ring ceremony at 2 p.m. A reception, given by the couple's parents, followed.

Mr. and Mrs. Owens are making their home in Chesnee after a wedding trip to Tennessee.

The bride is the daughter of Charles and Cindy Childers and Joseph and Deborah Pierce, all of Gaffney. Her grandparents are Ed and Martha Kelley of Greenville, Virginia Childers, Mary Beth Pierce, both of Gaffney, and the late Billy S. Childers.

A 1999 graduate of Gaffney Senior High School, she graduated from Spartanburg Technical College and works in the inventory department at Newark.

The groom is the son of Jesse and Christine Owens of Chesnee and grandson of Bonnie Owens of Chesnee, Bo and Alda Mae Fisher of Campobello and the late Joe Berry. A 1997 graduate of Chesnee High School, he is a mechanical technician at Spartanburg Regional Medical Center.

The bride was given in marriage by her father, Charles E. Childers, and attended by the groom's sister, Jessica Owens. Justin Reid of Chesnee was the groom's best man.



MRS. CHRISTOPHER SHAWN OWENS
(AMY BROOKE CHILDERS)

Guidelines change for preventive antibiotics before dental work

ROCHESTER, Minn. – According to new guidelines, far fewer people need preventive antibiotics before dental procedures than previously recommended, according to the February issue of *Mayo Clinic Women's HealthSource*.

The use of preventive antibiotics for people with certain heart conditions stemmed from worries about endocarditis. That condition is an infection of the thin membrane that lines the chambers and valves inside the heart, called the endocardium. Endocarditis occurs when bacteria or germs from another part of the body, such as the mouth, enter the bloodstream and travel to the heart and attach to abnormal heart valves or damaged heart tissue.

An American Heart Association (AHA) committee found that for most people, the risk of endocarditis from dental procedures was low. Daily activities, such as brushing, flossing or chewing, are much more likely to cause endocarditis than are bacteria that enter the bloodstream from a single dental procedure.

"Preventive antibiotics before dental work are now recommended only for people who, if they develop endocarditis, are more likely to die or have serious complications," says Walter Wilson, M.D., an infectious diseases specialist at Mayo Clinic. Dr. Wilson headed the AHA committee that recently revised the guidelines.

The new recommendations suggest preventive antibiotics before dental work only for those people with artificial heart valves, a history of infective endocarditis, certain forms of congenital heart disease and cardiac valve abnormalities following a heart transplant.

Preventive antibiotics are no longer recommended for many people who have common heart conditions such as mitral valve prolapse or rheumatic heart disease. Before their next dental visit, patients who have taken preventive antibiotics should check with a doctor or dentist to discuss the guideline changes and determine if the medication is necessary.

Chronic disease self-management program begins Feb. 26

A self-help workshop designed to teach techniques to better deal with symptoms from different types of chronic diseases, such as heart disease, high blood pressure, diabetes, etc., will be held at Cherokee County Public Library, 300 E. Rutledge Ave., beginning Feb. 26. Classes will be held from 9:30 a.m. until noon on six consecutive Tuesdays until April 1.

Most chronic diseases have similar symptoms, such as frustration, fatigue, fear, anger, pain, depression and feelings of isolation. The workshop approach will help participants learn how to communicate more effectively with family, friends and health professionals, better understand the appropriate use of medications and how to evaluate new treatments.

Stanford University developed the program, titled "Chronic Disease Self Management Program." It is being offered here through a grant from the Lt. Governor's Office on Aging and Senior Centers of Spartanburg County Inc. Pat Ruff, who retired from Cowpens National Battlefield in 2006, and Yvonne Anderson are the two trained facilitators who will be leading the class.

Register by calling the library at 864-487-2711 and ask to speak with Kenny Covington; or call Anderson at Senior Life and Wellness Club, 864-562-4291, ext. 24.

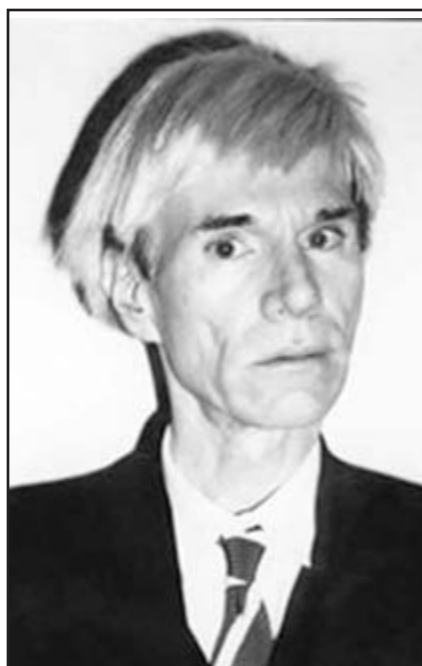
Each participant will use the book, *Living a Healthy Life With Chronic Conditions*, and an audio relaxation tape, *Time for Healing*.

It is the process in which the program is taught that makes it effective. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Registration forms are available at the library; there is a maximum number of 18 participants in each class.

Andy Warhol Foundation for the Visual Arts announces 20th anniversary Photographic Legacy Program

USC Upstate to receive 170 Warhol photographs



Andy Warhol

SPARTANBURG – The Andy Warhol Foundation for the Visual Arts announced an unprecedented gift of Warhol art to 183 college and university art museums across the U.S. The gift, made through the Andy Warhol Photographic Legacy Program in honor of the foundation's 20th anniversary, consists of 28,543 original Warhol photographs valued in excess of \$28 million. The University of South Carolina Upstate has been notified that it will receive 152 of the Warhol photographs and anticipates delivery before April 1.

"Andy Warhol is recognized as a pop artist icon and having his original work in the permanent collection at USC Upstate is an exciting and unprecedented opportunity for a University of our age and size. In accepting this gift the Warhol Foundation requires each institution to promote and make public the collection through exhibition and research

venues and these requirements interface perfectly with the Metropolitan Mission of USC Upstate. We look forward to documenting and preparing the collection for presentations in the near future," said Jane Nodine, professor of art and director of the University Gallery at USC Upstate.

According to foundation President, Joel Wachs, the aim of the Photographic Legacy Program is to provide greater access to Warhol's artwork and process, and to enable a wide range of people from communities across the country to view and study this important yet relatively unknown body of Warhol's work. The program offers institutions that do not have the means to acquire works by Warhol the opportunity to bring a significant number of photographs into their permanent collections, while allowing those institutions that do have Warhol in their collections to enrich

CHAPS sponsoring fundraising tour to Rockies

The Cherokee Historical and Preservation Society has teamed with Collette Vacations to take a Trains of the Colorado Rockies tour Aug. 6-14. The tour is a fundraiser for CHAPS, but seats are limited and are available on a first-come, first-serve basis.

All those going on the tour will fly from Charlotte to Denver, where the tour will begin. The trip provides ample leisure time to look in shops and galleries along the way. The travelers will visit Rocky Mountain National Park and cross the Continental Divide en route to Grand Lake and Grand Junction. Dinner will be enjoyed one evening at a vineyard.

Mesa Verde National Park is also one of the tour stops. There participants will see the Spruce Tree Cliff Dwellings and Cliff Palace, two of the largest cliff dwellings built between 1211 A.D. and 1278 A.D.

On the seventh day of the trip, the tour goes east across southern Colorado to Canon City, home of the Royal Gorge Railroad. There the group will board a train and take a 24-mile ride, going under the highest suspension bridge in the world and enjoying some of the most spectacular scenery one will ever see.

None of the nights will be spent on the train. Two nights each will be spent in Denver, Grand Junction, Durango and Colorado Springs. Breakfast is served everyday and some dinners are included in the all-inclusive price of the tour; this does include the plane fare.

Anyone interested in finding out more about the trip may call 864-489-3988.

Ranger-guided Owl Prowls attract curious

HOPKINS – Dates for the Congaree National Park's "Owl Prowls" have been set. The ranger-guided night walks are held in the spring and fall each year. The easy, two-hour walks will be held March 7, 14 and 21 at 8 p.m.; April 4, 11, 18 and 19 at 8:30 p.m.; May 2, 9, 16, 23 and 30 at 8:30 p.m.; and June 6 and 13 at 8:30 p.m.

There is no charge for the popular walks; however, reservations are required and can be made no earlier than two weeks in advance for each walk. For reservations, call 803-776-4396 (ext. 10).

Established in 1976, the Congaree National Park preserves the largest intact tract of old-growth bottomland hardwood forest in the United States. This National Park Service site is a designated International Biosphere Reserve and Wilderness Area and serves as an outdoor classroom and laboratory for visitors, school children and scientists from all over the world.

the breadth and depth of their holdings.

Each of the participating institutions will receive original Polaroid photographs and gelatin silver prints selected by Jenny Moore, curator of the Photographic Legacy Program. "A wealth of information about Warhol's process and his interactions with his sitters is revealed in these images," notes Moore. "Through his rigorous – though almost unconscious – consistency in shooting, the true idiosyncrasies of his subjects were revealed. Often, he would shoot a person or event with both cameras, cropping one in Polaroid color as a "photograph" and snapping the other in black and white as a "picture."

By presenting both kinds of images side by side, the Photographic Legacy Program allows viewers to move back and forth between moments of Warhol's "art," "work," and "life" – inseparable parts of a fascinating whole."