Kittye's Korner

By Kittye Craig - Jackson

Having harvested all the knowledge and wisdom we can from our mistakes and failures, we should put them behind us and go ahead. I have one of the richest stores of knowledge and wisdom of anyone for I have made more mistakes than most people I know. Of course, I don't know all the mistakes that others have made – heck, I don't even know all of mine – but I do know that I have done some really, really stupid things in my life.

I have failed big-time in several areas of my life. But I've also been very lucky, for I never have had the tendency to dwell on those mistakes. Some of them have stuck with me for a while, but most I've been able to put into my past and move on without dwelling on them.

Putting them in the past does not at all diminish the importance of our mistakes, or the importance of making amends if others were involved. What it does is allow us to move on with our lives and focus on the present moment and its possibilities. If I'm worried about the stupid words them and not repeat them. But if I allow them to affect me too strongly, I might be afraid to say anything at all, and thus lose some important opportunities.

Some people don't want us to forget our mistakes. They want to remind us of them, and somehow, in a sad and warped way, make themselves feel better by making us feel worse. It's not a trap that we should fall into. What's done is done, and there's still plenty to do and to live through before our dying day.

Mistakes and failures have much to offer us, but we do have to be aware enough to recognize that fact, and willing to internalize the lessons and messages that they have. I'd hate to think that I've gone through the frustration and embarrassment of many of my mistakes for no real reason, and if I pull the lessons from them, then there certainly is reason enough.

By Tom Poland When you learn to see your mis-A Southern Writer takes for what they are – compulsory www.tompoland.net education – the harder you fall, the tompol@earthlink.net higher you'll bounce.

Messin' Around

101 ways to cope with stress

- Get up 18 minutes early
- Prepare for the morning the night
- before
- Avoid tight fitting clothes
- Avoid relying on chemical aids
- Set appointments ahead
- Don't rely on your memory ... write
- it down
- Practice preventative maintenance
- Make duplicate keys
- Say "no" more often
- Set priorities in your life
- Avoid negative people
- Use time wisely
- Simplify meal times
- Always make copies of important
- papers
- Anticipate your needs
- Repair anything that doesn't work properly
- Ask for help with the jobs you dislike
- Break large tasks into bite size portions
- Look at challenges differently
- Unclutter your life
- Smile
- Be prepared for rain
- Tickle a baby
- Pet a friendly dog/cat
- Don't know all the answers

I said yesterday, I can learn from

tioning was gainmomentum ing but you'd be hard · Ask someone to be your "ventpressed to find air-

In Sunday drives'

rare. Breezes blew back windows'

curtains and whirled through screen

doors on sultry summer days. In-

evitably, flies found their way inside

and made themselves at home in the

kitchen. It was there, at the hands of

my grandmothers, that they met their

fly swatters made of screen-wire?

My grandmothers wielded those in-

struments of doom with an Olympic

fencer's skill. How many times did I

watch those ladies pull off a trifec-

ta: dispatching three flies with one

bug sprays. Nor did they have

new-fangled bug zappers. No, they

walked around with a screen wire

fly swatter in hand. While talking to

me their eyes would dart about and a

smooth backhanded "swat" sent Mr.

Fly to that great compost pile in the

sky. Those ladies had fighter pilot

reflexes. They even clobbered flies

My grandmothers didn't need

Remember honest-to-goodness

heyday, air condi-

- partner" conditioned stores and homes in ru-• Do it today ral areas. Oh, you might see a win-· Work at being cheerful and optidow unit or two but central air was mistic
- Put safety first
- Do everything in moderation
- Pay attention to your appearance
- Strive for excellence NOT perfec-
- tion • Stretch your limits a little each day
- Look at a work of art
- Hum a jingle
- Maintain your weight
- Plant a tree
- Feed the birds
- Practice grace under pressure
- Stand up and stretch
- Always have a "Plan B'
- Learn a new doodle
- Memorize a joke
- Be responsible for your feelings
- Learn to meet your own needs
- Become a better listener
- · Know your limitations and let oth-
- ers know them too
- Tell someone to have a good day
- in Pig Latin
- Throw a paper airplane
- Exercise every day
- Learn the words to a new song
- Get to work early



A screen wire swatter beats a plastic one. -Tom Poland photo

Across the Savannah Grandma's weapon of choice

fly to a countertop's version of road kill possum.

Screen wire swatters swat plastic swatters, (say that seven times) but you will be hard pressed to find a genuine screen wire swatter today. All you'll find are plastic ones. Go online, however, and you can find honest-to-goodness screen wire flyswatters. I suggest you get a few. Someday you will need them.

No visit to my grandmothers' home was complete without watching those Southern ladies reach for an old-fashioned screen wire flyswatter. Both had radar. A flick of the wrist and a bloody stain marked the spot of the fly's demise. But now we have plastic swatters not worth a hoot. Flies live to drop specks yet again.

Know what else was good about screen-wire flyswatters? The vanquished fly stuck to the screen where a shake over a toilet bowl buried the critter at sea. When a plastic swatter scores a kill over a slow, dimwitted fly, the departed remains where right it was, albeit wider, thinner, bloodier, and best of all, dead. But now you have to scrape up the mess.

One more thing ... Flies and kids make a bad combination. Kids have an annoying habit of standing in an open door, neither going in nor out. This will sound familiar to you baby boomers. "Close the door, you're letting flies in." Let 'em in we did and when the flies flew inside, my grandmothers were armed and ready. The

From Town Hall Keeping You Informed From the Mayor's Desk

Happy New Year

General Assembly

The South Carolina General Assembly reconvened on Jan. 8. The three 2019 Advocacy initiatives are: Update the Local Government Fund formula at guarantee a reliable funding level that is fair to cities and towns of all sizes. Expand flexibility for using accommodations and hospitality taxes to allow expenditures for infrastructure and law enforcement in tourist-related areas. And lastly, reduce the wait time for local law enforcement hires to be admitted to the S.C. Criminal Justice Academy.

Dr. Martin Luther King Jr. **Birthday Observance Celebration**

Jan. 15 is a day of service and a day to recognize a man who encouraged people from different backgrounds to come together to strengthen communities. Town Hall will recognize that day of Jan. 21 as a town holiday; therefore we will be closed in observance of this great leader.

The 12th Annual Dr. Martin Luther King Jr. Birthday Observation will be held on Sunday, Jan. 20 at the McCormick Middle School Gymnasium. The event will begin at 3 p.m. The speaker for the occasion will be the Rev. Dr. Linda Tucker, pastor of Holy Springs Baptist Church.

Healthier Lifestyles-Shrinkdown Across South Carolina, cities and towns are partnering with businesses and local hospitals to encourage healthier lifestyles for citizens. In McCormick, we are urging citizens to join a "shrinkdown" and set a goal, get in shape and lose weight.

From the Police Chief's Desk

On Thursday, Dec. 13, I was try- home. At 12:10 a.m. the call came ing to decide on a subject for my next out "we got him", and the dread that KYI article and left the office without a subject; that night my choice was made clear.

The Town of McCormick had one of its elderly citizens walk away from his home and around 7 p.m. a search started for him. I was amazed at the turn out that took place from the citizens of McCormick looking for him. We had people from all walks of life, from teenagers to senior citizens, and from every area contacting them directly and obtainof McCormick to come out. I would ing the equipment.

A food free way to do this is to walk and the senior center has a half-mile walking track that residents can utilize for walking off those holiday pounds. Call the Center to check this out.

Birth Defects Prevention and National Eye Health Care Month

January is the month which emphasizes these two events. Prenatal care is important to the future health of our children. The March of Dimes website lists that about 120,000 babies (1 in 33) in the U.S. are born with birth defects. (Center for Disease Control and Prevention - CDC). Birth Defects; Frequently Asked Questions. March 21, 2006. Visit the March of Dimes website and learn more about what you can do to help in this fight.

One of our greatest gifts is the gift of sight and January is the perfect time to have an annual eye exam. Improve your eyes – improve your health. Prevention is the key. Visit the eye-careamerica.org/eyecare website to learn more.

McCormick Lions Eye Clinic was held on Jan. 15, at the Chamber of Commerce, 100 South Main Street, from 9 a.m. until noon. For more information regarding the clinic or becoming a Lions Club member please contact: Tom Westgate at 864-391-3933

Streetscape Update

The bids that came in were over the \$500,000 grant awarded to the town. The project will be rescoped and rebid the early part of 2019, with a start date of early Spring and a completion date by November.

> - Mayor Roy Smith Jr. "Working Together Works"

was starting to seep into everyone's

Project Lifesaver – this project is

for agencies that have citizens that

are prone to walk off or get lost. If

you are reading this article, and you

have an interest, please contact me;

this would have to have community

involvement. Even if the department

does not join, you may look into

I am now considering joining

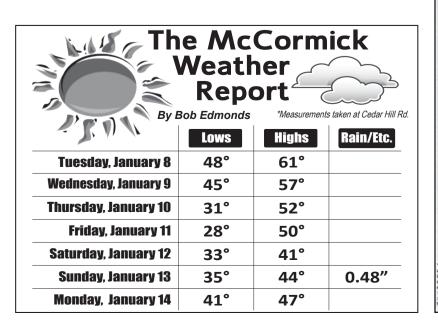
cold wet minds was lifted to joy.

- Look for the silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- Stop saying negative things to vourself
- Visualize yourself winning
- Develop your sense of humor
- Stop thinking tomorrow will be a better day
- Have goals for yourself
- Dance a jig
- Say hello to a stranger
- Ask a friend for a hug
- Look up at the stars
- Practice breathing slowly
- Learn to whistle a tune
- Read a poem
- Listen to a symphony
- Watch a ballet
- Read a story curled up in bed
- Do a brand new thing
- Stop a bad habit
- Buy yourself a flower
- Take stock of your achievements
- Find support from others

- Clean out one closet
- Play patty cake with a toddler • Go to a picnic
- Take a different route to work
- · Leave work early (with permission)
- Put air freshener in your car
- Watch a movie and eat popcorn
- Write a note to a far away friend
- Go to a ball game and scream · Cook a meal and eat it by candle-
- light · Recognize the importance of un
 - conditional love • Remember that stress is an attitude
 - Keep a journal
 - Practice a monster smile
- · Remember you always have options
- Have a support network of people. places and things
- Quit trying to "fix" other people
- Get enough sleep
- Talk less and listen more
- Freely praise other people

P.S. Relax, take each day at a time ... you have the rest of your life to live.

> (Contributed by John Fuller, **Greenwood**)



My grandmothers relied on the real deal. They would have disputed the New Oxford American Diction-

buzzing in the air.

maker.

swat.

ary's definition of "fly swatter" as "an implement used for swatting insects, typically a square of plastic mesh attached to a wire handle."

Plastic mesh? Please. Screenwire swatters struck with deadly force and were far more effective than today's plastic swatters, which flies evade with ease. You see, the little critters detect changes in air pressure and a clunky plastic swatter says, "Here I come" as its thick plastic air-mashing mesh tips Mr. Fly off. "I'm outta here" and off he buzzes. A thin mesh of screen-wire, however, arrives swiftly and silently with no shock wave, converting the

war commenced.

The days of smashing flies are behind us. Air conditioning made life more tolerable but it robbed us of color, character, and conflict. The war against flies required screen wire swatters and cotton puffs stuffed in window screen holes. Despite such patchwork measures, pesky, nasty,

greasy flies managed to invade the house. It was there that they encountered the original No Fly Zone, and if chaps, as we were called back in my day, got out of line, well, Grandma's weapon of choice swatter was good medicine for us too.

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like to thank each one personally, but I could not start to name them all. I guess it is true, there is no place like

-Happy New Year W. D. "Bo" Willis **Chief of Police**

From the Fire Chief's Desk

Hello Neighbors,

We are starting off the new year with a bang! I do not mean "fireworks". House fires are still a major threat, and with recent fires I have noticed that not a one of them have had any "working smoke alarms". This continues to be an issue so for a learning opportunity. If you are a landlord, rent a home from someone else, or live in your own home, you are responsible for installing and maintaining "working" smoke alarms. Homeowners – a couple \$20 smoke alarms will save your families' lives. I am currently working to try and get another shipment of smoke alarms from the Red Cross, however, with a limited supply, we will be assisting elderly residents first. Smoke alarms give everyone ample notice to a problem at any age, and provides the needed time to

get safely out of the home.

Next, please make sure your home is marked with a roadside "reflective" address sign; this can save valuable time when responding to your call for help.

And, in closing, have you reviewed your "home safety plan"? As you do, take time to think of the elderly family members. A few moments of your time testing or replacing smoke alarms will make you a hero.

As always, if anyone has questions, call me (864) 602-9214, or send me an email: mccormickfire@ wctel.net; the fire department can assist in making your home "Fire Safe for 2019".

> - Mike Barron **Fire Chief Town of McCormick Fire Department**

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