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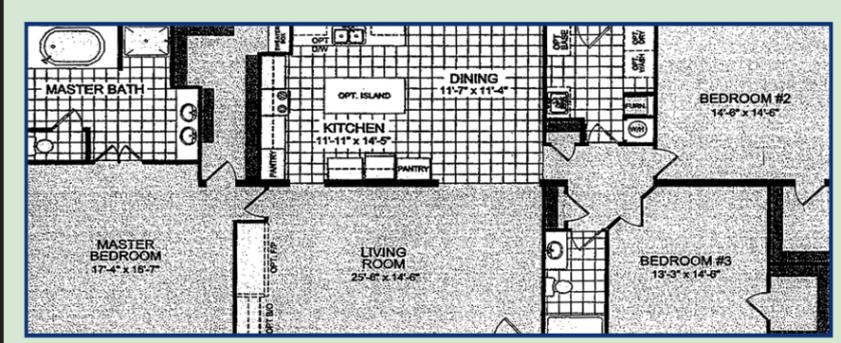
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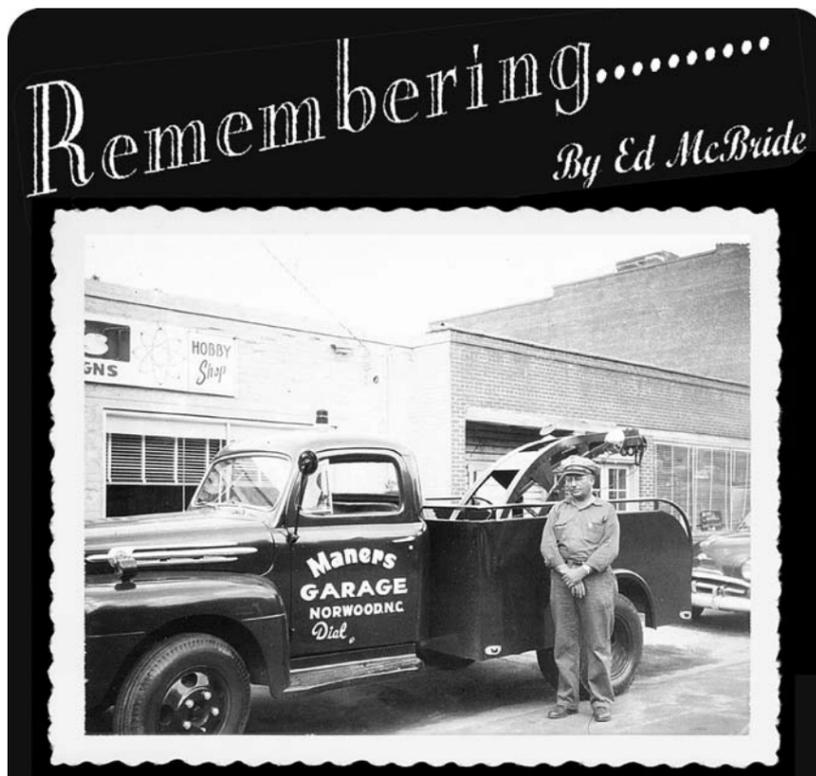
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Remembering.....
By Ed McBride

Maner's Garage

Pines Maner was a young man many years in downtown Norwood - standing beside his wrecker when I in fact there were several businesses lettered this Ford for him on that I did signs for - but not many of the "old timers" are there now. Mr. Maner and his wife are both deceased.

September 11, 1957.

It had to be a "long time ago" - the North Carolina Telephone system had begun "switching over" to the dial system and all the numbers had not been assigned - that is why it was not on the truck doors - (just "Dial").

Maner's Garage was open many years in downtown Norwood - in fact there were several businesses that I did signs for - but not many of the "old timers" are there now. Mr. Maner and his wife are both deceased.

Could you believe that my charges to hand letter both sides of the wrecker above was only \$7 back then! But then, for only about two dollars, at Bowman's, Lucy and I could have "stew beef, rice, two vegetables and tea" for lunch!!

Preparing for Flu Season

Cooler weather is quickly approaching and that means it's time for scarfs, mittens and flu vaccines. Already health experts say it's time to start preparing for flu season and taking preventative actions.

"Flu season can begin as early as October and as last as late as May," said Sandra Teal, nurse practitioner at Carolinas HealthCare System Anson.

The flu, or influenza, is a serious disease caused by a virus that infects the respiratory system. Though colds are also caused by viruses, the symptoms of the two illnesses have some differences. Flu symptoms are more severe and affect the whole body and are more likely to be accompanied by fever, chills, nausea, headache and extreme exhaustion.

Every flu season is different and it affects people in different ways. Even healthy people can get the flu and spread it to others.

"The flu is awfully unpleasant so getting the flu vaccine is a good idea for anyone who wants to reduce their risk of getting sick," said Sandra. "The sooner you get the vaccine the better because it takes time after getting the vaccine for antibodies to develop in your body and for your immune system to provide protection against the flu."

In addition to getting your flu vaccine, there are several other preventive actions you can do to avoid catching or spreading the flu, including:

- Maintaining a healthy diet, exercising, drinking plenty of fluids and getting plenty of sleep can help keep your immune system strong.
- Avoid close contact with people who are ill.
- Wash your hands often to avoid spreading germs. Regular hand washing is one of the best ways to protect yourself from seasonal illnesses.
- Use antibacterial disinfectant to regularly clean surfaces that may spread the infection.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Avoid touching your eyes, nose or mouth.

Sandra Teal, FNP, sees patients at Carolinas HealthCare System Anson. For more information, visit CarolinasHealthCare.org/Anson.

South Piedmont Community College Opens New Advising Centers to Guide Students Toward Graduation

South Piedmont Community College has recently dedicated two new Advising Centers, one on its L.L. Polk Campus in Polkton and another on its Old Charlotte Highway Campus in Monroe. These centers will play a key role in keeping SPCC students on a clear path toward graduation.

The new centers are part of South Piedmont's ongoing Quality Enhancement Plan (QEP), which currently focuses on the topic of student advising. Students attending the grand opening will receive customized graduation planners, created with them by specially trained master advisors, which map out a path to graduation that is aligned with each student's educational and career goals.

For more information contact Director of Advising Dr. Malinda Daniel at (704) 290-5261 or mdaniel@spcc.edu.

Class of 1974 Reunion Meeting

The Bowman Senior High School Class of 1974 will meet at the Lady Bug Restaurant in Wadesboro at 10 a.m. on Saturday, September 27. Come out with plans for the 40th reunion. Contact Annie McCoy Smith at 704-465-1149.

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