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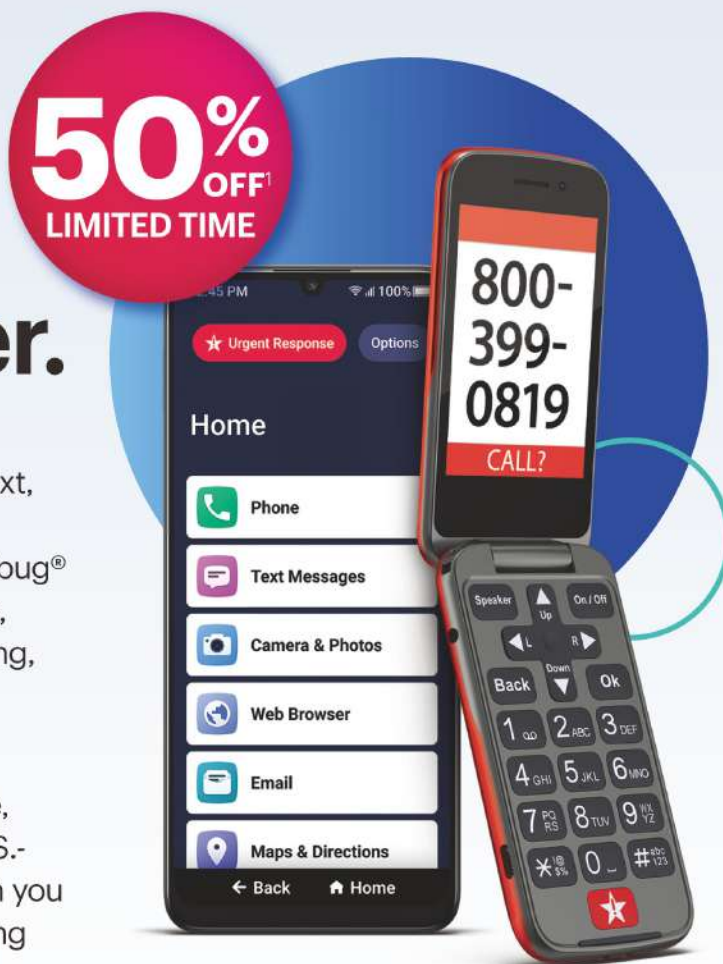
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Retail therapy fills vacant brains

Just what every husband wants to hear: Turns out,
shopping is good for your brain, Jan A. Igoe writes in this
classic column from July 2017.



Michelle Ducworth started
Twin Creeks Lavender Farm on
the same land where her father
raised beef cattle and followed
in the farming footsteps of
generations before him. Photo
by Matthew Franklin Carter.



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A reminder for year-round electrical safety

ELECTRICITY POWERS nearly every aspect of modern life, but if handled improperly, it can pose serious risks, including injuries and property damage. Electrical Safety Month in May serves as a reminder of the importance of preventing electrical hazards at home.

Tri-County Electric Cooperative understands the risks associated with improper electricity use, so we want you to stay vigilant and practice electrical safety year-round.

By following key safety practices, you can reduce the risk of electrical hazards and ensure your family stays protected. Here are five essential tips for powering up safely at home.

- 1. Be vigilant.** Regularly inspect your electrical system for any signs of damage or outdated components and replace any frayed electrical wires or cords. The Electrical Safety Foundation International estimates that 3,300 home fires originate from extension cords annually, either from overloading, overheating or fraying. Instead of relying on extension cords as permanent power solutions, contact a qualified electrician to install additional outlets.
- 2. Use surge protectors.** Safeguard your sensitive electronics and appliances with surge protectors. These handy devices

help divert excess voltage away from your electronics, reducing the risk of damage or electrical fires. Not all power strips include surge protection, so read the label carefully. Surge protectors can lose effectiveness and should be replaced when damaged or outdated.

- 3. Practice safe power strip use.** Avoid overloading electrical outlets with power strips that exceed the outlet's capacity. High-energy devices, such as heaters, microwaves and hairdryers should be distributed across multiple outlets. Overloading an outlet with a "busy" power strip can lead to overheating and create a fire hazard, so check the power strip's wattage rating before plugging in items.
- 4. Water and electricity don't mix.** Always keep electrical appliances and devices away from water sources, including sinks, bathtubs or swimming pools. Make sure your hands are dry before touching any electrical switches or appliances. Ground Fault Circuit Interrupters (GFCIs) should be installed in areas where water and electricity are typically in close proximity, including kitchens, bathrooms and outdoor outlets.
- 5. Educate family members.** One of the best ways to ensure safety in your household is to talk about electrical safety. Teach children not to play with electrical outlets or appliances, and ensure they understand the potential dangers of electricity. Create and rehearse a home fire escape plan that includes electrical safety precautions in case of emergencies.

Practicing electrical safety at home is essential for protecting your family, property and peace of mind. Consistently taking these steps can help ensure a safer, more secure home for you and your loved ones.

Chad T. Lowder

CHAD T. LOWDER
 Chief Executive Officer



TCE employees COO, Frank Furtick (left) and VP of Safety, Keith Schneider review the power strip label for wattage and surge protection information.

Lineman rodeo develops skills, safe practices

BY JOSH P. CROTZER

Tyler Knapp knew his first South Carolina Lineman's Rodeo would be challenging, but he wasn't expecting how much fun it would be.

"It's a lot more fun than I thought it was going to be," says Knapp an apprentice lineman who's been with Tri-County Electric for nine months. "There are a lot more people, and it's great having my family here."

Sponsored by The Electric Cooperatives of South Carolina, the rodeo mirrors real-world

challenges lineworkers face daily. In March, family, friends and peers of lineworkers from across the state gathered at York Electric Cooperative to see what the competitors do each day to power their communities.

Working with de-energized conductors under blue skies, electric cooperative linemen climbed the dozens of utility poles set up for the competitions and changed lightning arrestors on overhead line transformers, repaired broken neutral wire and simulated rescuing a fellow lineman.

While the South Carolina Lineman's Rodeo allows crews to showcase their skills to families and peers, the event prioritizes safety above speed. Each competition underscores precision, communication and control under pressure. The rodeo emphasizes safety through strict judging criteria designed to reinforce essential daily practices.

"They enforce safety a lot here, which is good," says Knapp. "That's how we do our job every day—as safe as possible."

Knapp points out that



Foreman Rusty Bair (left) is proud of the TCEC linemen who competed in the SC Lineman's Rodeo—Ryan Jones, James Sanders, Kevin Bennett, Aidan Whetsell, Russ Wannamaker, Tyler Knapp and Evan Williams (left to right).

training for and competing in the rodeo helps develop the skills he needs every day.

"Working with rubber gloves on smaller bolts, pulling a fuse in the wind—that's tough," he says. "In the real world, we have to handle outages in all kinds of conditions, even at night."

Knapp competed alongside fellow Tri-County Electric apprentices Aidan Whetsell, Kevin Bennett and Evan Williams. Williams earned a second-place finish in the Obstacle Course event, where competitors attach equipment and make connections on a 40-foot pole.

Tri-County Electric's journeyman team of Ryan Jones, Russ Wannamaker and Jamie Sanders also competed.

The rodeo opened with a flag-raising ceremony featuring lineworkers from each participating cooperative mounting the American,

South Carolina and Touchstone Energy Cooperatives flags atop utility poles. The festival-like atmosphere also included demonstrations and workshops offering families insights into the complexities of electricity management. Interactive exhibits, such as live-line demonstrations, highlighted the importance of safety around power lines.

Volunteers and family members from various co-ops supported the linemen and their work. WIRE (Women Involved in Rural Electrification) hosted a bake sale to raise funds for the Chavis House at Burn Centers of America in Augusta, a facility that has treated many injured linemen.

The South Carolina electric cooperatives community also rallied to support two injured linemen from New Horizon Electric, raising funds through a raffle.



Tri-County Electric apprentice lineman Evan Williams earned a second place finish in the Obstacle Course event.

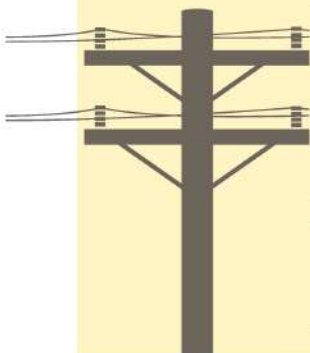
TCEC begins two-year pole attachment audit

Tri-County Electric Cooperative, like many of you, has seen an increase in activity in our service area by fiber communications installers attaching lines to the cooperative's poles.

While these companies are supposed to notify the cooperative before they install anything on our poles, that is not always the case. To look after the members' investment, we've contracted with Osmose services to perform a pole attachment audit. This project began late April and will continue across the whole system during the

remainder of 2025 and 2026. This audit is important to make sure that Tri-County has an accurate count of attachments and who owns them so that they can be correctly billed for the use of the cooperative's equipment.

Osmose's trucks will have their name along with signage indicating that they are contractors for Tri-County Electric Cooperative. Employees will also have a signed letter on the cooperative's letterhead explaining what they are doing and who to contact if there are any questions.



How increased power needs affect electric co-ops

WHEN RURAL ELECTRIC COOPERATIVES first strung power lines from farm to farm and through remote forests less than a century ago, most members had just a handful of light bulbs to power. With time, they added appliances like refrigerators, but they couldn't begin to imagine the number of electrical devices in today's homes and garages.

Times have changed.

Electricity demand is growing fast across South Carolina and the country. Nationwide demand increased 2.5% in 2024, and energy experts expect demand to grow another 3.2% this year. Through 2029, peak demand is projected to grow by the equivalent of adding another California-sized state to the U.S. power grid.

The rapid growth of artificial intelligence is a key driver of the national demand for electricity. Artificial intelligence requires the development of massive, energy-intensive data centers. These projects often land in rural electric co-op service territories to take advantage of inexpensive land.

Another key driver is the growth of domestic manufacturing, including a series of electric vehicle and battery manufacturing projects that companies have announced in South Carolina.

Yet, while our country is using more electricity than ever, the supply of one of our most reliable energy sources is drying up.

Through 2029, U.S. energy demand is projected to grow by the equivalent of adding another California-sized state to the grid.

We must forecast and prepare for rising demand before it arrives.

Many of America's large coal-fired power plants have been shut down in recent years. Most of the remaining coal plants are scheduled to be retired or converted to run on

cleaner-burning natural gas—a costly undertaking.

Our country simply isn't adding power generation fast enough to keep up with those retirements and the soaring growth in national energy demand.

Add in the uncertainty created by public policy debates around energy and climate

change, and you can begin to understand why 19 states face a high risk of rolling blackouts between now and 2028.

The energy industry closely studies demand because it takes a while to build the kind of generation you can rely on 24/7—namely, gas and nuclear power—often longer than a decade from groundbreaking to entering service. We must forecast and prepare for rising energy demand before it arrives.

As renewables become more efficient and cheaper to produce, their share of the power mix will only continue

to grow. Soon, battery technology may reach the point where large-scale storage of renewable generation becomes possible, but until then, we'll need more of those always-available power sources such as gas and nuclear power. —SCOTT FLOOD

MEMBERS SPEAK ON THE COOPERATIVE DIFFERENCE



I ♥ MY CO-OP

Lawrence Falter

LITTLE RIVER ELECTRIC MEMBER

MEMBER SINCE: 2017

HOMETOWN: McCormick

A team effort

When Lawrence Falter thinks of Little River Electric Cooperative, he doesn't dwell on the times he has lost power. Instead, he focuses on the linemen's efforts to turn the lights back on.

"They're great," Falter says. "They go out in tragic situations, risk their own life" to help people.

Falter says he knows his co-op hustles to

restore power within a reasonable time frame. While others might complain, he says he thinks about the toil of the linemen in difficult working conditions.

To Falter, being served by a co-op means more than getting power from a typical electric utility.

"It's a team," Falter says. "And it's not just that person in this department—it takes the whole team."

"It takes the whole team."

—LAWRENCE FALTER

WHAT'S YOUR STORY?



Scan this QR code or visit SCLiving.coop/stories to share what you love about your co-op. Entries may be published in future issues of *South Carolina Living*, online and on social media.



In 2022, data centers, which drive artificial intelligence, cryptocurrency and cloud computing, accounted for 2.5% of the nation's consumption of electricity. Predicted usage will rapidly increase that percentage in the coming years.

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MIKE COUICK
President and CEO,
The Electric
Cooperatives of
South Carolina

Every
generation
has an
opportunity
to make the
next chapter
of history
even better
than the last.

Connecting to our history

WHEN I THINK ABOUT HISTORY, it isn't the names and dates that stick out. It's stories about the real people who shaped our communities long before we came to inhabit them.

My home county of York boasts as rich a heritage as anywhere in South Carolina.

One of the area's earliest European settlers was Thomas Spratt, who inherited land north of Twelve Mile Creek, near what is now Fort Mill, in 1757. There, he befriended the Catawba people, hunting with them and fighting alongside them against the Shawnee. The Catawbas gave him the name Kanawha, after the West Virginia river where those battles took place. A bronze statue of Spratt and Catawba chief King Hagler honors their unique relationship along Charlotte's Trail of History.

Decades later, some of the Revolutionary War's most consequential battles took place in York County. In 1780, the British had near-complete military control in South Carolina—except in the backwoods that patriot militias relentlessly patrolled. One British officer, Capt. Christian Huck, was sent to crush them for good.

Huck's methods were ruthless. As he and his troops moved through what is now York County, they arrived at the plantation of Col. William Bratton, a local militia leader. There, one of Huck's soldiers pressed a reaping hook to the neck of Bratton's wife, Martha, demanding to know her husband's whereabouts. She refused, and only the intervention of a British officer saved her life.

Fortunately, Bratton and his men were nearby. By sunrise, they had surrounded Huck's encampment and launched a surprise attack, killing Huck and an estimated 35 of his soldiers. This victory, known as Huck's Defeat, marked the first major patriot militia victory over the British and helped shift the tide of the war.

Generations later, on a much larger battlefield, Col. Rufus Bratton—a descendent of William and Martha and a native of York—oversaw Far East Intelligence for the U.S. War Department. On the morning of Dec. 7, 1941, he was among the first officers to intercept messages warning of an imminent Japanese attack in the Pacific. But due to bureaucracy and bad weather, those critical warnings were delayed. By the time the messages

reached Pearl Harbor, the attack was already underway. At the end of World War II, Bratton was part of the liberation of Europe under Gen. George S. Patton.

These stories of York County heroes lead us to a more recent figure of impact. Congressman John Spratt, who died this past December, was a descendent of both Thomas Spratt and the Brattons. Deeply rooted in York County and blessed with unique intelligence and humility, my friend John left a mark that extended beyond his home county.

A graduate of York High School and Davidson College, where he served as student body president, John went on to become a Marshall Scholar at Oxford and earn his law degree from Yale. He later served as an Army captain, receiving the Meritorious Service Medal.

In 1971, John returned home to practice law, run his farm and serve his community. While I was working as his law clerk, he won a seat in Congress. Over 28 years, he earned the respect and trust of colleagues on both sides of the aisle, eventually rising to chair the House Budget Committee.

One of my favorite memories of John comes from those years in Washington. I once brought a box of cupcakes for his staff, including coconut cupcakes just for him. I'll never forget the sight of one of the most powerful men in Washington with white coconut flakes scattered across his dark suit and tie.

As Congressman Jim Clyburn eulogized at John's funeral, John was "an inconspicuous genius and the most ordinary, extraordinary person I've ever known."

Pondering John's place among the great figures of my community's history fills me with pride and inspiration.

I believe every community in our state was shaped by those who came before. John's life is a testament that every generation has an opportunity to make the next chapter of history even better than the last.



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SWEET POTATOES

New takes on an old favorite

BY BELINDA SMITH-SULLIVAN



KAREN HERMANN

SWEET POTATO BISCUITS

MAKES 14-16

- 2 cups self-rising flour
- ¼ teaspoon cinnamon
- ¼ cup light brown sugar
- ¼ cup unsalted butter, cut into ½-inch cubes and chilled
- ¼ cup shortening, cut into ½-inch cubes and chilled
- 1 cup sweet potato puree (see chef's tip below)
- ½ cup buttermilk

Preheat oven to 425 F. Into the bowl of a food processor fitted with a dough blade, add flour, cinnamon and sugar and stir together. Add butter and shortening and pulse until the butter pieces are about the size of small peas (five to seven pulses). Pour into a large bowl, make a well in the center of the flour, and add the sweet potato puree and buttermilk to the well. Using a spatula or your fingers in a circular motion, fold the flour into the wet mixture. Mix just enough until a dough ball forms. Do not overmix! Turn dough out onto a clean, dry, floured surface.

Using your floured hands, pat dough into a round disk about ½ inch thick and fold in half. Repeat this step two more times. (Keep the surface floured.) Then pat dough into a disk ½ inch thick for normal biscuits or ¾ inch for tall biscuits. Using a 2-inch biscuit cutter dipped in flour, cut out biscuits starting at the outside of the dough and working your way to the center. Combine leftover scraps to form additional biscuits. Place cut biscuits on a baking sheet or in a cast-iron skillet, sprayed lightly with cooking spray. Bake for 10-15 minutes until lightly brown. Serve hot.



CHEF'S TIP How to make sweet potato puree: Preheat oven to 375 F. Cut a small slice off end of potatoes. Lightly spray potatoes with olive oil. Bake for 45-60 minutes, until tender. When cool enough to handle, scoop the flesh into a food processor and blend until smooth. Store covered in refrigerator for up to one week.

Sweet potatoes are not just for fries anymore. Branch out and start experimenting with this naturally sweet and delicious vegetable. Besides being packed with fiber, antioxidants and vitamin A, sweet potatoes are just plain good!



JULIA NEDRYGALOVA

SWEET POTATO AND ROOTS AU GRATIN

SERVES 6-8

- 1 tablespoon unsalted butter
- 1½ cups heavy cream
- 2 large garlic cloves, smashed
- 3-4 sprigs fresh thyme
- 1 teaspoon kosher salt
- ½ teaspoon fresh ground black pepper
- 2 large, long sweet potatoes, peeled and thinly sliced
- 3 large parsnips, peeled and thinly sliced
- 3-4 beets, peeled and thinly sliced
- 1 cup grated Gruyere cheese
- Fresh thyme leaves, for garnish

Preheat oven to 400 F. Grease an oval or round dish (2.5 quarts) with butter and set aside. In a small saucepan over medium-low heat, add cream, garlic cloves, thyme, salt and pepper. Allow to come to a simmer, but do not boil. Turn off heat and allow flavors to infuse the cream for 15 minutes. Strain out garlic cloves and thyme sprigs.

In prepared dish, arrange a handful of sweet potatoes, followed by parsnips, then beets. Repeat until all vegetables are arranged. Pour cream mixture over the vegetables, cover with foil and bake for 45 minutes or until fork tender. Remove foil and sprinkle with cheese. Bake an additional 15 minutes until cheese melts and the top is lightly browned and bubbly. Garnish with fresh thyme.



GWENNAEL LE VOT

SWEET POTATO PECAN PRALINE STREUSEL

SERVES 8-10

FILLING

- 5-6 medium sweet potatoes, rinsed and dried
- Olive oil spray
- $\frac{1}{2}$ cup milk
- 4 tablespoons maple syrup
- 2 teaspoons vanilla extract
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon cardamom
- 2 large eggs

TOPPING

- $\frac{3}{4}$ cup chopped pecans
- 2 tablespoons all-purpose flour
- $\frac{1}{4}$ cup rolled oats
- 4 tablespoons packed brown sugar
- $\frac{1}{4}$ teaspoon ground cinnamon
- Pinch of kosher salt
- 2 tablespoons unsalted butter, melted
- $\frac{1}{3}$ cup whole pecans

Preheat oven to 375 F. Line a baking sheet with foil. Cut a small slice off the end of each sweet potato to allow steam to escape, and place potatoes on baking sheet. Spray potatoes all over with oil. Bake one hour or until tender. Spray a two-quart (9-by-9-inch) baking dish with cooking spray and set aside.

When potatoes are cool enough to handle, remove skin, place potatoes in a large mixing bowl and mash with a fork or potato masher. (You can also use a hand mixer.) Add milk, syrup, vanilla, salt, cardamom and eggs and combine. Pour mixture into the prepared dish, smoothing the top with a spatula. In another bowl, combine chopped nuts, flour, oats, brown sugar, cinnamon and salt. Stir in the melted butter, then sprinkle the nut mixture evenly over the top of the potato mixture and top with whole pecans. Bake for 30 minutes or until golden brown on top. Allow to cool at least 15 minutes before serving.



IULIA NEDEYGALOVA

SWEET POTATO AND APPLE COBBLER

SERVES 8

- 2 medium sweet potatoes, peeled and diced or sliced
- 4 Granny Smith apples, peeled and diced or sliced
- 2 teaspoons fresh-squeezed lemon juice
- $\frac{1}{2}$ cup packed brown sugar
- 2 tablespoons cornstarch or arrowroot
- 1 teaspoon cardamom or nutmeg
- Pinch of kosher salt
- 2 tablespoons unsalted butter, cut into pieces
- 1 9-inch pie dough

Preheat oven to 375 F. Spray a 9-inch baking dish with cooking spray. In a large bowl, toss the apples and sweet potatoes with lemon juice. In a smaller bowl, combine sugar, cornstarch, cardamom and salt. Add to apples and sweet potatoes and toss again. Pour into prepared dish and dot with butter. Roll out dough and place over the top of the dish. Cut off excess dough; turn under and crimp. Cut three to four slits in top of dough to allow steam to escape. Bake for 45 minutes or until brown. Allow to cool before cutting and serving.

Living the dream on-screen

Some of Ursula O. Robinson's first memories of performing are set in her grandmother's house. There, caroling and a nativity scene evolved into a Christmas talent show—complete with her grandmother's "good towels and sheets" wrapped around Robinson's head.

The family Christmas performance was a tradition for years. But while Robinson's aunts and uncles quit when they got older, Robinson kept on acting. She performed while she attended college and grad school, where she honed her skills as a writer and educator.

Robinson has excelled as a tenured associate professor of drama at South Carolina State University and an award-winning humorous speechwriter. Still, she never slept on her original dream of making it as an actor.

"I was just saying, 'Hey, I'm gonna be famous,'" Robinson says.

Robinson acted in a few smaller TV shows and movies before landing a role in hit director Tyler Perry's "Divorce in the Black," which released last summer. In the movie, Robinson portrays a passionate mother whom she describes as "on the edge"—an emotion Robinson loves to play.

It gives her a chance to put her anger out into the world without worrying about it later. And that's one quality that makes the stage one of the safest places in the world, Robinson tells her drama students.

"You can be everything and then drop it, leave it there and walk away," Robinson says. "And that's exciting."

There is a magical invisible connection, she says, between the actor and audience in theater and film that makes the experience powerful.

"You take the audience with you on a ride, and they're laughing when they should laugh, and they're getting all of the nuances and everything you do; they're watching and responding to it, and it's like you have mastered this particular moment," Robinson says. "Yeah, that's the best feeling in the world."

Robinson hopes her experience will inspire others to take risks to achieve their goals, regardless of their age or experience.

"You can definitely live your dream, live a life that you never thought you could live," Robinson says. "You can do all of that, but it just takes you going out and doing some work."

—SYDNEY DUNLAP | PHOTO BY CRUSH RUSH



Ursula O. Robinson

AGE: Enjoying her "second act."

RESIDES IN: Orangeburg.

THE PLAYWRIGHT BUG: Robinson wrote her first play about Jack and Jill in high school. But in her version, Jack chases Jill for her money, and the story ends with an investigation worthy of "CSI."

WHERE TO WATCH: Catch Robinson in Tyler Perry's thriller "Divorce in the Black" on Amazon Prime Video and in Perry's Netflix drama series "Beauty in Black."

TAKING THE STAGE: Theater lovers can take on a new persona themselves by hiring her to write a personalized monologue.



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Where lavender and memories grow

Twin Creeks farm is a testament to family legacy and a memory-making place for new generations

BY MICHAEL BANKS

PHOTOS BY MATTHEW FRANKLIN CARTER



GROWING MEMORIES Adrianna Sowash, left, helps her daughter, Alana, cut a sprig of lavender alongside her friend Elzy McCoy during a play date at the Twin Creeks Lavender Farm.

There are moments when Michelle Ducworth is on her tractor, mowing along the rows of lavender, and she spots a dragonfly dancing just off her shoulder. She thinks of her father and the path that's led her here.

"It's like, 'Hey, Dad,'" Ducworth says, sitting in the shade of a barn at the end of another long day at her Twin Creeks Lavender Farm nestled in the rolling hills near Williamston. "He's my wingman, working beside me."

She tells of a day long ago when she and her dad were fishing at the pond nearby, and a dragonfly landed on his finger. He called her over, and she watched, spellbound, as the winged insect crawled from his hand to hers. It was a moment in time between a dad and daughter.

Years later, in 2015, her dad, Lyman "Butch" Ducworth Jr., went to lie down after dinner one night and never got up. He was 66, weary after countless 12-hour days as an emergency room doctor and his own battle with colon cancer.

Michelle Ducworth pauses and surveys the rows of lavender that sprout from the land that once served as a pasture for her father's herd of beef cattle. At the time of her father's death, she had a successful career in the medical field, and life seemed to be just fine.

"I never saw myself as a farmer. I was a surgical device rep. It was who I was," she says. "And I loved it. And I made a difference. I made a big difference. ... I miss it, but not enough to leave this."

Her hand brushes back a loose strand of her brown hair, and her eyes look out over the hills and the 200 acres that four generations of Ducworths have farmed and called home.

"I've never caught a dragonfly since," she says, "but I've always felt closest to Daddy when I'm here on the farm. It's where I was raised. I felt a strong calling to put the farm back to work."

Buck up, buttercup

The calls of mockingbirds and indigo buntings sing through the planted rows at Twin Creeks. There's a constant hum of bees as they bounce from one blossom to another. A grandmother and a mother, both in wide-brimmed hats, bend to cut the purple spikes that shoot up from the woody stems and clumps of green.

A late spring breeze blows from the north, and dustings of lavender cling to fingertips and pantlegs. Grasshoppers, no bigger than a thumbnail, bounce on strands of black weed barrier, their sound like kernels popping over an open flame.

It's hard to believe these 5 acres of hard-packed clay have, in less than a decade, transformed into a farm where seven varieties of lavender grow in thick clumps and people flock to gather cuttings for bouquets.

Ducworth originally dreamed of an organic herb



“It’s fun that people use this farm to gather. It’s a place of peace.”

—MICHELLE DUCWORTH, TWIN CREEKS FARM OWNER

garden with lavender, rosemary, thyme, lemongrass and basil.

“I had this vision where the best chefs from all over the Southeast would come to get the finest, freshest herbs. But then I got to look at all that you can do with lavender and how it promotes rest and peace and sleep and helps relieve people of anxiety,” she says. “I was like, ‘Wow, I’m really digging this herb.’”

There were doubters, of course.

Some people told her, “You can’t grow lavender here.” And she would think, “Don’t tell me I can’t do something.” Ducworth describes these conversations while a half-grin forms at the crook of her mouth. “Yeah, I’m pretty tenacious.”

With advice from Victor Gonzales, one of the nation’s top lavender growers, and the help of the Clemson agricultural extension office, Ducworth broke ground in 2017 and spread tons of lime and bone meal, working the soil again and again until it resembled sand more than clay. Then, she and her team hand-planted 7,500 seedlings and waited and waited.

Mice came and chewed the irrigation lines. Then, there were the weeds—that never-ending cycle of thistle and jimsonweed that threatened to overtake the young plants.

“That’s running a farm,” Ducworth says. “Not every day is going to be smooth and full of bliss. There are days when you’re praying for rain and days when you’re praying for the rain to stop. There were plenty of times when I thought, ‘Why is this happening to me? I worked so hard for this.’”

She stops, then nods her head. “Sometimes, God is just making you a stronger person and building you more character, and this is a test of how you’re supposed to handle things. In the end, you’d just better rise up and buck up, buttercup.”

So, Ducworth and her small team did what farmers do and



LAVENDERPALOOZA Top left: Morgan Moon, left, holds her daughter Emilia while she talks with her mother-in-law, Rae Brooks, as her husband, Graeme, picks lavender in the background.

▲ Betsy Bain, the field team leader at Twin Creeks Lavender Farm, hangs lavender to dry.

◀ DeDe Brame, left, and her daughter, Geraldine Ahart, make a fun outing out of a trip to the farm.

worked and weeded and weeded some more, and, in 2019, the lavender had grown to where it was ready for its first harvest. And it was then when Twin Creeks hosted its first U-Pick event.

A place of community

DeDe Brame, of Spartanburg, is an icon of farm fashion in a straw hat and scarf as she stands beside a row of the Grosso lavender variety. She seems unsure of what to do with the blunt-edged scissors in her hand.

“I’m a girl from Brooklyn, and this U-Pick is all new to me,” Brame says, pausing to swat at a wayward bee while calling out for her daughter, Geraldine Ahart, who soon appears with a big bundle of lavender in her hand. Ahart lives in Greenville and is a special education teacher in Spartanburg schools. She had suggested they visit the lavender farm.

The pair like to cook and were going to try some lavender recipes, while Ahart had plans to make her own lavender spray. She says she enjoys taking outings with her mother.

“We do the Thelma-and-Louise-type thing,” Ahart says. “We get the hats, we go to the vineyards ...”

Her mother taps her on the arm.

“You’re not supposed to divulge everything,” Brame says, and their shared laughter fills the field.

Nearby, Graeme Moon is cutting stems of Royal Velvet while his mother, Rae Brooks, of Walhalla, stands with his children Emma and Logan and his in-laws. His wife, Morgan, is holding their newborn, Emilia, against her chest. The Moons live in nearby Anderson, and this is their first visit to the farm. ▶▶



Lavender and memories

"They said they have lavender ice cream, and you had me at ice cream," Graeme says.

The Moons have bees similar to those in the hives adjacent to Twin Creeks, and they would love to add chickens, Morgan says. She grew up in the suburbs of Columbia but has embraced the country way of life.

"We got married, and he turned me into a country girl," she says. "I'm going to try to make lavender syrup. And maybe use it with my sourdough."

The lavender-pollinated honey and lavender ice cream, as well as elderberry lavender lemonade, are popular with customers and products of partnerships Twin Creeks has formed with other area businesses.

"I think it's really special when two small businesses can come together and collaborate and create a final product you can't get anywhere else," Ducworth says.

Since opening in 2019, Ducworth has slowly built her brand, making her own products and using the essential lavender oils harvested from her field. Her core products are lavender soaps, body butters and lotions. Altogether, there are more than 100 different Twin Creeks items.

The farm has hosted weddings, and Ducworth hopes to expand into corporate retreats. They've started replanting some of the smaller lavender varieties and have plans to expand to another field where they'll harvest lavender by machine while keeping the popular U-Pick events. Their sunset picnic and end-of-season Fourth of July celebration see large crowds.

"It's fun that people use this farm to gather. It's a place of peace," Ducworth says. "It's kind of a family here, and I like it that way."

Betsy Bain of Greenville has worked at Twin Creeks for the past five years. She's the field team leader and responsible for maintaining the fields and heading up the harvest. It's her job to show her work crews, made up mostly of area high school students, how to hang and dry the lavender in the barn and how to dig deep to remove the taproot of the weed.

Work can be brutal in the fields in the peak of summer, but it's where Bain likes to be.

"I love manual labor. I don't thrive behind a desk," she says. "Being outside, nature all around—that's my happy place."

Bain has worked at plenty of organic farms, but Twin Creeks



CULTIVATING CALM Teams of mostly high school students do the tough but fun work of collecting lavender and pulling weeds in the fields. Much of the crop is used to scent candles, soaps and lotions that are sold alongside honey and dried bunches of lavender in the farm's store.

GET THERE

WHERE: Twin Creeks Lavender Farm is located at 4638 Midway Road in Williamston.

WHEN: The farm's U-Pick season runs May 30–June 29, with an end-of-season celebration July 4. The farm is open from 9 a.m. to 2 p.m. Thursday through Sunday.

COST: The farm is free to visit; just pay for the lavender you pick in \$5, \$10 and \$15 bundles.

DETAILS: For more information, visit www.twincreekslavender.com.

NOTE: Only cellphone photography is allowed during U-Pick hours.

holds a special place in her heart. "I love people being in their element, doing their thing, the sense of community that is out here," she says.

Where lavender and memories grow

Some say a dragonfly symbolizes a rebirth and represents change in one's life. Others say it brings good luck, financial gain and even happiness. And while the bees are dominant at Twin Creeks, the dragonflies are also present among the lavender. Often, they appear when least expected, hovering just off your shoulder.

"I've loved every era in my life," Ducworth says. "It was tough when Daddy died, but this blossomed from it. Now, if God said, 'I'll give you your daddy back, but you have to give up the farm,' I'd give up the farm, obviously."

"But still, I have a much better quality of life. My schedule is no longer revolving around my 90-something surgeons I used to have to keep up with. And there's something to be said for that."

Her cellphone rings, and her mom, Barbara, is asking how much longer she'll be. Mom's over in the family homestead that dates back to 1892, less than a five-minute walk away. It's where Ducworth distills the oil from the lavender. It's also where she and her younger brother, Scott, grew up.

There's a shuffle of feet at the barn door, and a man enters—he's a neighbor who saw the bees, and he's looking for the lavender honey he's heard so much about.

These experiences—the smiles, the people, the memories—even out the long, hard, hot days in the field. Creating memories of a lifetime is something great, Ducworth says.

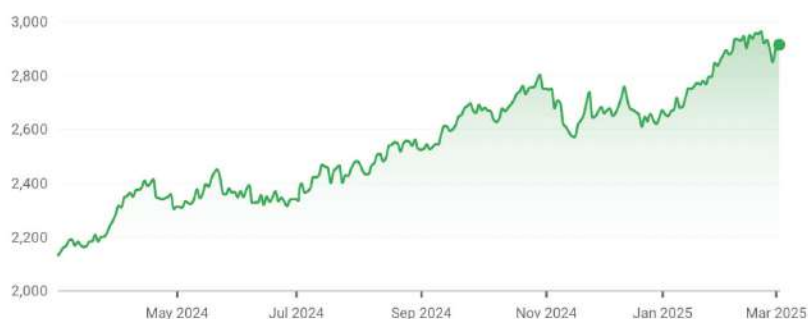
"Maybe a child grows up and says, 'Mom, remember when we went to this lavender farm and we had the best ice cream and it was one of my favorite times?' I want to be a part of that." ☺



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Upstate

MAY

16–25 The Fair at Heritage Park, Heritage Park, Simpsonville. fairatheritagepark.com.

17 Mountain Roots Herb Festival, Hagood Mill Historic Site, Pickens. (864) 898-2936 or visitahagoodmill.com.

22–24 Plum Hollow Alternative Bluegrass Festival, Plum Hollow Farm, Campobello. (864) 357-0222 or moonshiners.com.

22–June 27 Upstate Shakespeare Festival, Falls Park, Greenville. (864) 235-6948 or warehousetheatre.com.

23 Great Scot Parade, Main Street, Greenville. gallabreae.com.

24 Flopeye Fish Festival, Great Falls Baptist Church, Great Falls. flopeyefishfestival.com.

24 Greenville Scottish Games, Furman University, Greenville. gallabreae.com.

30–31 Greenville Jazz Fest, downtown, Greenville. (864) 232-2273 or greenvillesc.gov.

30–June 15 Enemy of the People, The Warehouse Theatre, Greenville. (864) 235-6948 or warehousetheatre.com.

JUNE

5–8 South Carolina Festival of Flowers, various locations, Greenwood County. scfestivalofflowers.org.

6–15 Joseph and the Amazing Technicolor Dreamcoat, Greenwood Community Theatre, Greenwood. (864) 229-5704 or greenwoodcommunitytheatre.com.

6–17 Chautauqua History Comes Alive Festival, various venues, Greenville. (864) 244-1499 or historycomesalive.org.

7 Sparkle City Rhythm & Ribs Festival, Barnet Park, Spartanburg. rhythmndribs.org.

14 Music on the Mountain, Table Rock State Park, Pickens. (864) 878-9813.

14 Rock the Ranch, 155 Charlie B Farm Road, Seneca. rocktheranchmusicfest.com.

19 Juneteenth at Unity Park, Unity Park, Greenville. (864) 232-2273 or greenvillesc.gov.

20–29 Murder, Plain and Simple, Centre Stage Theatre, Greenville. (864) 233-6733 or centrestage.org.

21 Americana Folk Festival, Hagood Mill Historic Site, Pickens. (864) 898-2936 or visitahagoodmill.com.

SCLiving.coop/calendar

Our mobile-friendly site lists even more festivals, shows and events. You'll also find instructions on submitting your event. Please confirm information with the hosting event before attending.



The Chautauqua History Comes Alive Festival in Greenville, June 6–17, features actors taking on the persona of famous figures, including Susan Marie Frontczak who portrays humorist Erma Bombeck.

21 Moonlight Paddle, Oconee State Park, Mountain Rest. (864) 638-5353.

25 June Tea, Sigal Music Museum, Greenville. (864) 520-8807 or sigalmusicmuseum.org.

26–28 South Carolina Festival of Stars, Main and Saluda, Ninety Six. (864) 543-2200 or townofninetysix.sc.gov.

28 Fairforest 5K, Croft State Park, Spartanburg. (864) 585-1283.

28 Freedom Blast, Greer City Park, Greer. freedomblast.org.

Midlands

MAY

17 Spring Art & Craft Festival, Native American Studies Center, Lancaster. (803) 313-7172 or nativeamericanstudies.org.

22–25 The Black Cowboy Festival & Rodeo, Greenfield Farm, Rembert. blackcowboyfestival.net.

23–24 Black Hawk Ranch Pro Rodeo, Black Hawk Ranch, Rock Hill. blackhawkranchrprorodeo.com.

24 Flopeye Fish Festival, Great Falls First Baptist Church, Great Falls. flopeyefishfestival.com.

24 Spring Bluegrass Festival, Fiddler Branch Farm, Lexington. (803) 465-4759 or martinsvintagemusic.com.

30 Big Nosh Jewish Food Festival, Tree of Life Congregation, Columbia. bignosh.org.

31 12,000 Year History Park Native American Lifeways Tour, 1120 Fort Congaree Trail, Cayce. (803) 739-5385 or cayce12000years.com.

JUNE

1 Midlands Family Expo, Columbia Metropolitan Convention Center, Columbia. (803) 545-0181 or columbiacventioncenter.com.

5–8 Party in the Pines, Main Street, Whitmire. whitmiresouthcarolina.com.

5–8 South Carolina Caribbean Festival, The Granary Event Center, Columbia. facebook.com/southcarolinacarnival.

6–7 Peach Tree 23 Yard Sale, Highway 23, Batesburg-Leesville to Modoc. (803) 685-5511 or ridgespringsc.com.

6–8 Jurassic Quest, South Carolina State Fairgrounds, Columbia. scstatefair.org.

6–14 Southeastern Piano Festival, University of South Carolina School of Music, Columbia. southeasternpianofestival.com.

6–22 First Date, Fort Mill Playhouse, Fort Mill. (803) 548-8102 or fortmillplayhouse.org.

7 Nature: The Survivor Series, Poinsett State Park, Wedgefield. (803) 349-4817.

10 Taste on the River, Stone River, Columbia. beautifywestcolumbia.org.

12–22 The Big Friendly Giant, Sumter Little Theatre, Sumter. (803) 775-2150 or sumterlittletheatre.com.

14 Newberry Juneteenth, downtown, Newberry. newberryjuneteenth.com.

20 Aiken Master Gardener Lunch Box: Hurricane Helene Recovery Efforts in Hitchcock Woods, Millbrook Baptist Church, Aiken. (803) 508-7739 or aikenmastergardeners.org.

20–July 26 Elton John and Tim Rice's Aida, Trustus Theatre, Columbia. (803) 254-9732 or trustus.org.

21 Columbia Shrimp & Grits Fest, Seawell's, Columbia. columbiashrimpandgrits.com.

21 Juneteenth Freedom Fest & Parade, downtown, Columbia. juneteenthfreedomfest.com.

27–28 WSO Theatre and Film Festival, Harbison Theatre, Columbia. (803) 407-5011 or harbisontheatre.org.

27–28, July 4–5 The Hunchback of Notre Dame, Rock Hill Theatre, Rock Hill. (803) 326-7428 or rockhilltheatre.org.

28 Great American Campout, 2573 Lake Haigler Drive, Fort Mill. (803) 547-4575 or ascgreenway.org.

28 Lake Murray's Independence Day Celebration, Lake Murray, Columbia. (803) 781-5940 or lakemurraycountry.com.

Pee Dee & Lowcountry

MAY

16–18 Sun Fun Festival, Plyler Park, Myrtle Beach. sunfunmb.com.

17 Bulls Bay Nature and Heritage Festival, Sewee Visitor & Environmental Education Center, Awendaw. bullsbaynaturefestival.com.

17 Spring Family Day, Middleton Place, Charleston. (843) 556-6020 or middletonplace.org.

23 Caroline Aiken and Yes Ma'am Family Band at the Awendaw Green Barn Jam, Awendaw Green, Awendaw. (843) 452-1642 or awendawgreen.com.

23–25 Original Gullah Festival, Henry C. Chambers Waterfront Park, Beaufort. originalgullahfestival.org.

23–June 8 Piccolo Spoleto, multiple venues, Charleston. piccolospoleto.com.

23–June 8 Spoleto Festival USA, multiple venues, Charleston. spoletousa.org.

JUNE

5–8 Carolina Country Music Fest, Burroughs & Chapin Pavilion Place, Myrtle Beach. carolinacountrymusicfest.com.

6 Charleston Gallery Association Artwalk, downtown, Charleston. charlestoncvb.com.

6–7 High Tide Music Festival, Riverfront Park, North Charleston. hightidefestival.com.

6–8 Black Moses Freedom Festival, Penn Center, St. Helena Island. blackmosesfreedomfestival.com.

7 Sand Sculpting Contest, Front Beach, Isle of Palms. (843) 990-7076 or iop.net.

7 Music Festival of the Lowcountry, Henry C. Chambers Waterfront Park, Beaufort. musicfestivalofthelowcountry.com.

12–15 Ain't Misbehavin', University of South Carolina Beaufort Center for the Arts, Beaufort. (843) 521-4145 or uscbeaufortcenterforthearts.com.

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MAY

17 Abbeville County
17 Anderson County
17 Bamberg County
17 Calhoun County
17 Colleton County
17 Laurens County
31 Kershaw County
31 Lexington County

JUNE

7–8 Richland County
7–8 York County
14 Barnwell County
21 Georgetown County
28 Allendale County
28 Florence County
28–29 Chester County

14 Charleston Charity Duck Race, Daniel Island Waterfront Park, Daniel Island. charlestonduckrace.com.

14 Family Day—Art & Agriculture, Florence County Museum, Florence. (843) 676-1200 or flocomuseum.org.

14–21 Hampton County Watermelon Festival, downtown, Hampton. hcmelonfest.org.

18 Yoga Fest, James Island County Park, Charleston. (843) 406-6990 or ccprc.com.

22 Florence Symphony Rocks!, Francis Marion Performing Arts Center, Florence. (843) 661-4444 or fmupac.org.

25 America Sings!, First Presbyterian Church, Hilton Head Island. (843) 341-3818 or hiltonheadchoralsociety.org.

28 Carolina Day—Commemoration of the Battle of Sullivan's Island, Fort Moultrie, Sullivan's Island. (843) 883-3123 or charlestoncvb.com.

28 Conway Riverfest, downtown, Conway. (843) 248-2273 or conwayriverfest.com.

28 Freedom Fest, Public Square, Darlington. darlingtonchamber.com.

28 The Lizard Man Stomp, downtown, Bishopville. (803) 484-6359 or facebook.com/lizardmanstomp.

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	AM		PM	
	Minor	Major	Minor	Major
MAY				
16	9:00	2:47	9:27	3:13
17	9:58	3:45	10:24	4:11
18	10:55	4:42	11:21	5:08
19	11:49	5:37	—	6:02
20	12:16	6:28	12:40	6:52
21	1:03	7:14	1:26	7:38
22	1:46	7:58	2:10	8:22
23	2:29	8:41	2:54	9:06
24	3:13	9:26	3:39	9:53
25	4:01	10:16	4:30	10:45
26	4:56	11:12	5:27	11:43
27	5:58	—	6:31	12:47
28	7:05	12:49	7:38	1:22
29	8:14	1:59	8:45	2:30
30	9:21	3:07	9:50	3:35
31	10:23	4:10	10:49	4:36
JUNE				
1	11:18	5:06	11:41	5:30
2	—	5:55	12:06	6:17
3	12:28	6:38	12:48	6:58
4	1:07	7:16	1:26	7:36
5	1:42	7:52	2:02	8:12
6	2:17	8:27	2:37	8:47
7	2:53	9:03	3:14	9:25
8	3:31	9:42	3:54	10:05
9	4:13	10:25	4:37	10:49
10	4:59	11:12	5:25	11:38
11	5:50	—	6:17	12:04
12	6:45	12:31	7:12	12:58
13	7:42	1:28	8:08	1:55
14	8:39	2:26	9:05	2:52
15	9:36	3:23	10:01	3:48
16	10:30	4:18	10:54	4:42
17	11:22	5:10	11:45	5:33
18	—	5:59	12:10	6:22
19	12:33	6:45	12:57	7:09
20	1:18	7:30	1:43	7:55
21	2:03	8:17	2:30	8:44
22	2:52	9:06	3:21	9:36
23	3:45	10:01	4:16	10:32
24	4:44	11:00	5:16	11:32
25	5:46	—	6:18	12:34
26	6:50	12:35	7:20	1:05
27	7:53	1:39	8:21	2:07
28	8:53	2:40	9:18	3:05
29	9:48	3:36	10:11	3:59
30	10:37	4:27	10:59	4:48
DATA BY SOLUNAR SERVICES				



MAY IN THE GARDEN

■ If you have waited until now to start your summer veggie patch, you haven't missed out on the garden party. This month is a great time to plant green beans, eggplants, cucumbers, lima beans, collards, okra, sweet potatoes, watermelons, squash, tomatoes and peppers.

■ Since recycling comes naturally to gardeners, turn a few leftover beverage cans into something useful: plant labels. Simply cut rectangular strips with tin snips (watch out for jagged edges) and use an old ballpoint pen or metal lettering stamps to indent permanent names into the soft aluminum on the unpainted side.



WIN THE WAR Stop snails and slugs in their (slimy) tracks.

TIP OF THE MONTH Tired of slugs and snails munching on your spring plants? Dispatch them with the next generation of commercial slug and snail killers that contain iron phosphate as the active ingredient. While effective against slimy intruders, they are safer for use around pets and wildlife than metaldehyde-based products that have been common for years.

You can also get help from the kitchen to battle slugs and snails by applying rings of used caffeinated coffee grounds around any tender targets. You can try sawdust, wood ash or diatomaceous earth sprinkled under plants, too, but if any of these get wet, you will have to reapply them.

The case for crocosmia

BY L.A. JACKSON

I ENJOY WRITING ABOUT plants with strange names—they make me seem smart, bordering on erudite, both of which I aspire to be someday. Crocosmia is just such an example of a garden pretty with a strange name, and I do like to dote on it. So, first, pronounce it correctly: “crow-KOS-me-ah.”

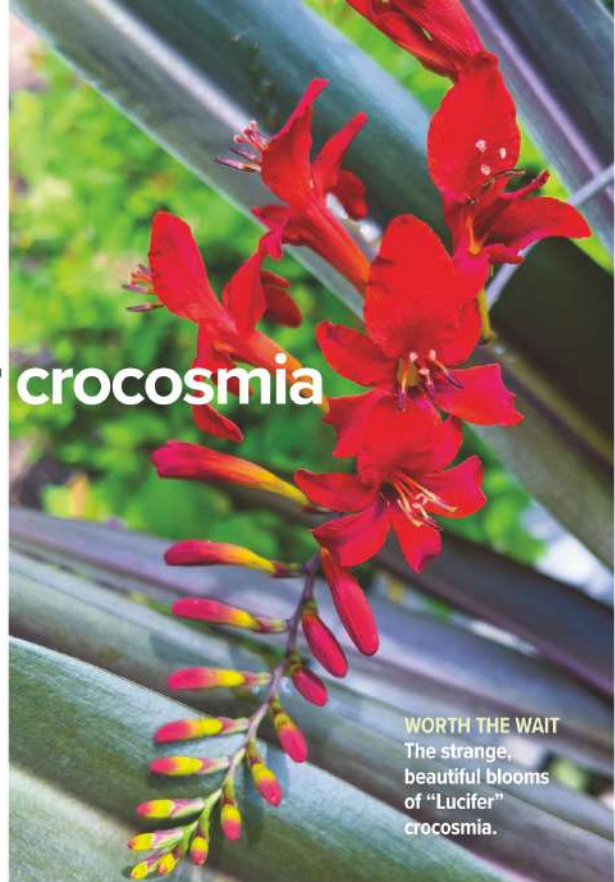
Now, let's grow it.

Crocosmia (*Crocosmia* sp.), a South African native related to irises and gladioli, is a deer- and rabbit-resistant perennial hardy for all gardens across our state. It is grown from corms, which are swollen underground stems similar to bulbs, and this month is a prime time to plant them. For the best bloom production, choose a site that basks in full sun but, if possible, is screened by late afternoon shade.

The corms should be planted about 4 inches deep and 4 to 5 inches apart in an area that has been heavily amended with compost or quality commercial topsoil, followed by a 3-inch topping of mulch in early June.

As soil temperatures rise, thin, blade-like leaves will emerge and be followed by a dazzling blossom show that usually starts in early summer. The first year's bloom parade might be a bit underwhelming, but by the time plants are fully established for their second summer season, they should be in maximum flowering flaunt mode.

And they are worth the wait. As the small, tube-shaped flowers open, their bright petals bend back until each blossom fully exposes its pistil and stamens to the four winds. The blooms (hummingbird and butterfly magnets, by the



WORTH THE WAIT
The strange, beautiful blooms of “Lucifer” crocosmia.

L.A. JACKSON

These blooming beauties are hummingbird and butterfly magnets.

way) are displayed on drooping fans held up by 2- to 3-foot-tall, arching stems that bob in the slightest breeze.

The most popular—meaning, easiest to find—crocosmia cultivar is undoubtedly “Lucifer,” a devilish delight that glows with fire-engine-red flowers. “Emberglow” and “Red King” also sizzle with reddish-orange hues. Mellow for yellow? Cultivars such as “George Davidson” or “Sunglow” can butter up your flower border. And “Prince of Orange” is self-explanatory.

Once established, crocosmias can easily spread—with some selections spreading to the point of bullying neighboring plants. Dividing the clumps in early spring about every three years will help keep these plants in check and, as a bonus, maintain flower production vigor.

Crocosmia is easy to say and grow, and in the summer, when its flowers are in their glory, this beauty is definitely easy to enjoy! ☺

L.A. JACKSON is the former editor of Carolina Gardener magazine. Contact him at lajackson1@gmail.com.

State of South Carolina

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1. 15¢ kWh – South Carolina Monthly Rate Average (August 2024) | eia.gov/electricity | Actual data powered by Symphony
2. 30% through 2032, 26% through 2033 and 22% through 2034

Retail therapy fills vacant brains

BY JAN A. IGOE

AS A SOCIETY, it appears that we're all getting dumb and dumber with every passing minute. Erudite scientists (who somehow found a way to stay smart but are selfishly hoarding it) have confirmed that our IQ scores are dropping like suicidal flies. So, enjoy walking erect while you can, my fellow hominids. Evolution might be a round-trip ticket.

They say lots of things are contributing to our decline, things like reality TV and bad diets (too much buttered bacon, too few fermented chia seeds). And that "ability to multitask" you find in every job description—well, it turns out that's no good for us, either. Doing five things at once doesn't enhance productivity. It just lets us screw everything up faster.

Remember when chewing gum was supposed to help with concentration? That may not be true after all. The old "walk and chew gum" thing is risky business for our diminished brains. We could choke or trip (probably not simultaneously, since that would be multitasking).

Ironically, infinite access to knowledge is working against us. Now that the entire spectrum of human accomplishment is a mere click away, we can't remember anything that's not on our cellphones. The more we Google, the more our brains mimic abandoned storage facilities. They're vacant.

There is one ray of sunshine in all this. "Retail therapy" turns out to be a thing—a real thing. Some experts say that shopping helps us stay sharp mentally and physically. You get to lift things, compare prices and hunt killer bargains,



Ironically, infinite access to knowledge is working against us. The more we Google, the more our brains mimic abandoned storage facilities.

all of which activate brain circuits and grease your math lobes. It turns out that running away from the screaming guy waving the credit card bill at home is beneficial aerobic activity, particularly if he's chasing you up and down stairs while you leap over stuff. (That's from my personal research.)

Neurobiologists believe that novel kinds of stimulation—or neurobics—build our mental muscle. Cleaning the house with the same old upright weapon won't stimulate your brain, but if you try it while crawling around blindfolded, your brain will be a happy camper. Brains love a challenge.

Some of my friends have been working on ways to combine the benefits of retail therapy with neurobics—to help their significant others avoid deadly brain flab, of course.

Take my buddy Casey, who is an extremely honest person. And so frugal. She finds her entire wardrobe at consignment shops. So, when her soulmate asks if she's wearing something new, Casey just asks, "You mean this old thing?" and everybody's happy.

Pam's technique is more creative, which is very good for brains. She heads straight from Dillard's designer racks to her dry cleaner, plucks off the price tags and has her hub pick everything up the next day. It gives "laundering the loot" a whole new meaning.

When my friend Monica got a \$300 speeding ticket on her way to a sale, she wanted to protect her mate from worry, so she couldn't pay by check or credit card. Instead, she got \$20 cash back from 27 different stores with her bank card, paid the ticket in cash and went shopping with the extra loot. Her brain solved a problem, and her honey never suspected he was sleeping with Dale Jr.

So, protect your brain today, and go buy stuff. Let the dummies push the Hoover. Our math lobes need grease. ☺

EDITOR'S NOTE: South Carolina Living is reprinting some of Jan A. Igoe's previous columns. This "Humor Me" originally appeared in the July 2017 issue. Visit SCLiving.coop/news/in-memory-of-jan-igoe.

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NON-TOBACCO RATES

MONTHLY RATES

Issue Age	\$100,000		\$250,000		\$500,000		\$1,000,000	
	Male	Female	Male	Female	Male	Female	Male	Female
30	9.06	7.88	9.79	8.66	13.03	10.86	17.68	15.11
36	9.21	8.31	10.35	9.51	14.03	12.36	21.10	17.74
37	9.21	8.58	10.54	9.93	14.79	13.01	21.94	19.43
38	9.21	8.71	11.69	10.25	16.01	13.94	23.65	20.25
39	9.46	8.86	12.35	10.66	17.03	14.36	24.50	21.94
40	9.63	9.10	12.94	11.08	17.91	15.21	26.19	23.63
41	10.05	9.22	13.66	11.83	19.43	16.78	29.57	26.17
42	10.48	9.26	14.21	12.67	21.12	18.59	32.95	28.51
43	10.98	9.50	14.74	13.52	24.08	19.76	38.44	30.96
44	11.58	9.84	15.80	14.36	26.19	21.40	42.50	33.69
45	12.25	10.17	17.07	15.20	28.73	23.56	47.57	37.08
46	12.84	10.65	18.09	16.18	30.78	24.90	50.95	39.99
47	13.43	11.16	19.18	17.07	32.95	26.59	55.62	43.42
48	13.48	11.88	20.44	17.76	34.64	28.42	57.54	47.01
49	13.71	12.33	21.77	18.77	37.18	30.31	62.62	51.35
50	14.46	12.99	23.41	20.00	39.71	33.31	68.65	56.26
51	15.38	13.75	25.38	21.18	44.57	34.98	77.39	61.14
52	16.37	14.87	28.02	22.76	49.19	37.94	87.62	66.79
53	17.46	15.88	31.30	24.81	54.57	43.94	100.97	78.15
54	18.69	16.72	34.39	26.21	60.44	46.05	113.07	84.63
55	20.70	17.51	37.60	27.86	66.75	49.43	126.87	91.67
56	22.69	19.48	42.17	31.37	73.93	55.29	139.42	100.90
57	24.69	20.63	46.07	33.65	81.18	59.73	155.05	109.42

MONTHLY RATES

Issue Age	\$100,000		\$250,000		\$500,000		\$1,000,000	
	Male	Female	Male	Female	Male	Female	Male	Female
58	29.07	21.98	50.58	36.96	90.59	64.40	171.95	118.71
59	31.60	23.51	55.57	39.88	100.09	70.22	189.27	128.98
60	34.14	24.28	61.26	42.99	112.38	75.69	208.96	139.28
61	37.60	25.65	66.80	47.11	125.99	85.48	237.01	156.56
62	41.49	27.91	74.28	51.33	140.97	94.41	266.17	171.10
63	44.70	34.39	85.55	59.60	156.32	103.51	287.62	189.69
64	48.23	38.53	93.16	64.38	172.38	113.14	326.16	211.66
65	53.18	41.15	101.79	70.36	190.05	126.49	360.58	233.60
66	59.15	44.62	115.13	75.41	212.51	138.32	397.41	257.88
67	65.66	49.09	130.13	83.65	234.48	151.67	442.05	283.85
68	74.33	59.65	145.11	112.92	261.19	173.71	490.41	321.07
69	82.98	65.91	161.68	129.33	292.32	187.50	547.39	351.10
70	93.20	73.30	181.25	148.72	329.12	203.80	614.73	386.58
71	102.45	82.71	204.38	159.34	373.07	234.59	701.44	442.89
72	113.68	94.13	232.46	172.23	426.44	271.99	806.74	511.27
73	127.55	108.24	267.15	188.15	492.36	318.18	936.81	595.73
74	142.08	123.01	303.50	204.84	561.42	366.57	1073.07	684.22
75	159.25	140.48	346.45	224.56	643.04	423.76	1234.11	788.80
76	200.03	174.92	418.29	276.67	784.08	529.52	1488.28	981.25
77	249.54	216.74	505.52	339.94	955.35	657.94	1796.92	1214.92
78	310.70	268.40	613.27	418.11	1166.92	816.58	2178.16	1503.59
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