







This Page: the PC Pond & 303 Calvert Avenue, Clinton.





Doctor Warns: South Carolinians Must Get Outside This Spring After Just 22 Hours Outdoors All Winter

This compares to 24 hours and 36 minutes on average nationally.

Two thirds of respondents blamed the cold weather.

Imagine if something as simple as stepping outside into the daylight could add years to your life. A study out of the U.K., involving 90,000 people wearing wrist devices equipped with light sensors, suggests this might not be far-fetched. The findings were eye-opening: those soaking in the brightest daylight hours had a 17% to 34% lower risk of dying early compared to those stuck in dim, shadowy routines. It's not just about sunshine - it's about light itself, emerging as a surprising player in our health and longevity. Could our modern indoor lives be quietly costing us more than we realize?

To dig deeper into how Americans are faring with daylight exposure, Sleep Junkie commissioned a survey of 3,018 respondents. They asked how much time they spent outdoors this past winter. The results paint a vivid picture of a nation split between those embracing the crisp winter air and those hunkering down inside - potentially at a cost to their wellbeing. They also nudge us to reconsider our habits as spring starts stretching the days ahead.

On average, the survey found that South Carolinians spent just 22 hours and 39 minutes outdoors over winter (below the



national average of 24 hours and 36 minutes). That's just 2 hours 31 minutes per week in the natural light.

Nebraskans topped the list for the least time outdoors, clocking just 11 hours and 42 minutes total over the winter months. That breaks down to a measly 1 hour and 18 minutes per week - barely enough time to shovel a driveway, let alone soak up some rays. Brutally cold winters and early sunsets

STAFF

Chris Patterson	Publisher
Vic MacDonald	Editor/Designer
Victoria Steele	Office Manager
Christen Tollison	Sales
Jamie Bishop, Johnny Jacks	
Distribution	
March 26, 2025	

March 26, 2025

Printed at The Laurens County Advertiser

Cover by Victoria Steele.....Designer Rev. Wayne Morgan...Special Photos likely play a role.

On the flip side, Idahoans led the pack, averaging a hearty 3 hours and 57 minutes per week - totaling 35 hours and 33 minutes over the season - likely buoyed by an outdoor culture that nudges people outside, even in the chillier months.

The survey didn't stop at tracking hours - it sought to find out why South Carolinians stayed inside and how they felt about light in their lives. Here's what they found.

Why Didn't You Spend More Time Outdoors This Winter?

When asked what kept them indoors, 60% of respondents pointed to the obvious culprit: cold weather - nobody's eager to freeze. But 17% blamed the early darkness, a reminder of how winter's short days can

More on Page 10



635 BELL AVE. • CLINTON • 923-1559

Open 9-5 Monday-Saturday

DELIVERY AVAILABLE!

DYED MULCH

Lasts longer than natural mulch!

BROWN & BLACK

TOPSOIL Regular & Organic

LONG-LEAF PINE NEEDLES



Landscaping Service Available!

- **#57 WASHED STONE**
- RIVER PEBBLES **PEA GRAVEL**
- **RIVER SAND**
- WHITE SAND

GRAND OPENING OF FEED & SEED STORE -





440 WILSON ROAD NEWBERRY, SC 29108 (803) 276-1151 WILSONTRACTORSC.COM

CELEBRATING 41 YEARS!

THANKS TO OUR LOYAL **CUSTOMERS AND THE LAURENS COUNTY COMMUNITY!**

March Gardening

March Yard and Garden Tips (http://www.clemson. edu/laurens) Watch out for:

Lawns

White grubs - March begins the cycle of treatment for grub problems in your lawn. The bacteria Bacillus thuringiensis (Dipel, etc.) does a nice job on Japanese Beetle grubs, but it does take a little time to build up in the soil. Bacillus thuringiensis does not, however, control other types of grubs. See White Grub Management in Turfgrass for more information.

Things to do: Flowers

Pruning - March is a nice time to prune your repeatblooming roses such as floribunda and hybrid tea roses, just as the buds break dormancy. Do not prune your onceflowering roses now, but instead prune

them after the bloom. See Pruning Roses for more information.

Lawns

Fertilizer - it's time for application of nitrogen for Bermuda grass and zoysiagrass lawns that have been overseeded for the winter. Follow the recommendations on your soil test report for your lawn. DON'T fertilize centipede or St. Augustine yet, nor warm-season lawns that were not overseeded. See Fertilizing Lawns for more information.

Crabgrass and goosegrass - make the initial attack on your war with these weeds this month. You will need an application of a preemergent herbicide this month and again in June. See Grassy Weeds for more information.

Wild garlic and wild onion - March is the time for the second herbicide application for these two problems if you have them in your yard. See Wild Garlic and Wild Onion for information on herbicides

and rates of application.

Henbit - this nice little lawn weed can be a problem. Treat See Henbit for more information.

Nutsedge or "nutgrass" - nutsedge is very difficult to control. There are two main types in our area - purple and yellow. You must identify which you have before you begin treatment. Herbicides must be applied when the nutsedge is actively growing, which means decent soil moisture and warm conditions. See Nutsedge for more information.

Trampweed - if you saw this fluffy-looking weed last summer and fall, now is the time to treat your yard to prevent its return. This should be your second treatment if you have a cool-season lawn. Treat your warm-season lawn in November and February. See Annual Trampweed for more information.

Irrigation - now is a good time to inspect your irrigation system for repairs and upgrades. You should also scan your automatic timer's manual to re-familiarize yourself with how to set times. See the Home and Garden Center's irrigation publications for more information.

Ponds

Pond fertilization now to prevent its return this summer. if your pond needs fertilization this month is a good time. Do not fertilize within 4 to 6 weeks of liming the pond. See Fertilizing Recreational Fish Ponds for more information.

Vegetables

Vegetables - Some planting times for more common vegetables (See Planning a Garden for a full list and planting depths and spacings):

Asparagus crowns - early February - late March

Cabbage - Feb. 15 - Apr. 1

Carrots - Mar. 1 - 15

Lettuce - Mar. 1 - 15

Irish Potatoes - Mar. 15 - 30

Turnips - Feb. 20 - Apr. 1

The Clemson University Cooperative Extension Service offers its programs to people of all ages, regardless of race, color, gender, religion, national origin, disability, political beliefs, sexual orientation, gender identity, marital or family status and is an equal opportunity employer.

All pamphlets referenced in this calendar may be found online: http://www.clemson. edu/hgic or http://www.clemson.edu/cafls/ departments/esps/factsheets/.



Let us help you freshen up your space with top flooring selections



Expert Installation



Quality Service



2625 Winnsboro Rd, Newberry, SC 29108



Sandra R. Bigbee, Agent

Where Home and Garden Bloom Together

- **№ 19184 Hwy. 221 N Laurens**
- sandrabigb@yahoo.com
- Office: 864-984-6723
- **Fax: 864-681-0628**



www.whitakerfloorcoverings.com



Green School Yards

The TurfMutt Foundation Shares 5 Reasons Why Green Schoolyards Are at the Head of the Class

The Foundation's STEM-oriented lesson plans teach science in schoolyards and backyards March 4, 2025

ALEXANDRIA, Va. — The TurfMutt Foundation, which has advocated for the care and use of green spaces around us for over 15 years, says green schoolyards earn an A+. Green schoolyards are park-like — characterized by trees, grassy areas, flowering plants for pollinator support, and other spaces for outdoor learning, and areas showcasing living plants and vegetation.

Green schoolyards benefit the children who use them by improving mental health, physical health, and learning outcomes. But they are also good for the environment because they capture rainwater, slow runoff and clean the air students breathe. They also help connect fragmented ecosystems within a community, providing habitat and food for local wildlife.

"Green spaces are healthier places for all of us, long known to relieve stress and anxiety, and we encourage educators and school administrators to lean into the value of these living landscapes," says Kris Kiser, President & CEO of the TurfMutt Foundation. "We have a number of resources to help them teach students to become environmental superheroes like TurfMutt, using their own schoolyards as outdoor learning labs."

The TurfMutt Foundation offers free lesson plans aligned to science, technology, engineering and math (STEM) standards for grades K-8. The program has reached more than 70 million kids, teachers and families with its youth education materials.

According to the TurfMutt Foundation, here are five reasons why green schoolyards are at the head of the class:

Improved Learning Outcomes

Taking lessons outside can help students be more attentive to learning, and kids gain attention and working memory benefits when they are exposed to greenery. Children who have access to living landscapes are likely to perform better academically in science, math and language arts.

Better Mental Health

A systematic review of six studies shows that even passive nature engagement (greenness around schools, for example) has the potential to positively impact children's attention capacity, mood and memory. Additionally, views of green landscapes have been proven to help high schoolers recover from attention fatigue and stress.

Better "Soft Skills"

Green schoolyards or schools with access to green spaces promote outdoor learning, which can help children develop important competencies for future success in the workplace, including social and critical thinking skills.

Reduced Behavior Issues

Children who attend schools in greener areas are at lower risk of having attention-deficit/hyperactivity disorder symptoms. Additionally, kindergarteners – especially girls – who spent more time in green schoolyards and in the outdoors in general showed higher gains in self-regulation than those who did not have as much exposure.

Community Benefits

Incorporating factors such as school attendance and academic scores, carbon sequestration and rainwater retention, and overall community health and public safety, a recent report estimated that communities can reap a more than \$3 return for every \$1 invested in green schoolyards.

For urban schools, community parks can offer an outlet for green learning. For example, Bok Tower Gardens in Florida is renowned for its engaging learning experiences for kids of all ages and hosts fun and engaging field trips for

students. Louisville's Waterfront Park – home to the TurfMutt Foundation's Great Lawn – is nearly finished building its new PlayPort, an experiential learning center complete with an outdoor classroom.

To learn more about the studies mentioned above and to learn more about the many benefits of green space in our schoolyards and backyards, download the TurfMutt Foundation's International Backyarding Fact Book.

For more on the TurfMutt Foundation, visit TurfMutt.com or sign up for Mutt Mail, a monthly e-newsletter with backyarding tips and all the news from the TurfMutt Foundation here. Look for Mulligan the TurfMutt on the CBS Lucky Dog television show on Saturday mornings.

Media contact

Debbi Mayster, Four Leaf PR on behalf of the TurfMutt Foundation, 240-988-6243, debbi@fourleafpr.com

About the TurfMutt Foundation

TurfMutt, which celebrated its 15th anniversary in 2024, was created by the Outdoor Power Equipment Institute's (OPEI) TurfMutt Foundation and has reached more than 70 million children, educators and families since 2009. Championed by Foundation spokesdog, Mulligan the TurfMutt, and through education partners such as Scholastic, Discovery and Weekly Reader, TurfMutt has taught students and teachers how to "save the planet, one yard at a time." Today, TurfMutt is an official USGBC® Education Partner and part of their global LEARNING LAB. TurfMutt has been an education resource at the U.S. Department of Education's Green Ribbon Schools, the U.S. Department of Energy, the U.S. Environmental Protection Agency, Green Apple, the Center for Green Schools, the Outdoors Alliance for Kids, the National Energy Education Development (NEED) project, Climate Change Live, Petfinder and the U.S. Fish and Wildlife Service. In 2017, the TurfMutt animated video series won the coveted Cynopsis Kids Imagination Award for Best Interstitial Series. TurfMutt's personal home habitat was featured in the 2017-2020 Wildlife Habitat Council calendars. In 2024, the Great Lawn at Louisville's award-winning Waterfront Park on the Ohio River was renamed the TurfMutt Foundation Great Lawn as part of a \$1 million sponsorship. More information at www.TurfMutt.com.



First Lady Melania Trump Announces 2025 Spring Garden Tours

This spring, the White House will open its gardens and grounds to visitors. The grounds will be open on Saturday, April 5, from 10 a.m. to 4:30 p.m., and Sunday, April 6, from 10 a.m. to 2:30 p.m. On these days, visitors can explore the beauty of the South Lawn of the White House. The Jacqueline Kennedy Garden, Rose Garden, and the White House Kitchen Garden will also be accessible to guests.

This event is free and open to the public. A ticket is required, however, for all attendees (including small children). The National Park Service will distribute free, timed tickets at a tent outside the White House Visitor Center each day of the tours beginning at 8:30 a.m. The White House Visitor Center is located at 1450 Pennsylvania Avenue NW, Washington, DC, 20004, near the intersection of 15th Street and E Street Northwest.

Tickets will be distributed—one ticket per person—on a first-come, first-served basis.

Please note the following items are not allowed on the White House grounds:

- · Aerosols of any kind
- Animals (except guide dogs)
- Any pointed object
- Backpacks (oversized)
- Balloons
- Beverages of any kind
- Duffle bags and/or suitcases
- Electric stun guns
- Fireworks / firecrackers
- Food of any kind
- Guns / ammunition
- Insulated metal containers



- Knives of any kind
- Mace
- Selfie sticks
- Smoking (including e-cigarettes)
- Tablets (including iPads)
- Toy weapons of any kind
- Water bottles
- Bicycles and scooters

The Secret Service reserves the right to prohibit any other personal items. However, strollers, wheelchairs, umbrellas (no metal tips), and cameras are permitted. All items needed for medical purposes will be permitted on the tour (such as wheelchairs, electric scooters, glucose tablets, and EpiPens). Please identify and explain all items needed for medical purposes to Secret Service personnel upon arrival.

In the event of inclement weather, the event may be canceled. Please call the 24-hour information line at (202) 456-7041 to check on the status of the event.

For more information, including what visitors will need to access the White House campus, please visit www.WhiteHouse.gov/Visit.



Greenwood



Cutting edge solutions for your Home and Garden!



Call Us Now!

(803) 276-2148

www.hedgepathope.com



Have you ever wondered what to do when you find an injured animal? What about orphaned babies? When do you seek help?

Join Mercedes 'Mac' Curry from PAWS Animal Wildlife Sanctuary to learn how we can help our animal friends the right way.

Date: March 29, 2025
Time: 10:00 am-12:30 pm
Where: Joe Adair Outdoor Education Center
110 Scout Creek Court, Laurens, 29360
How: Scan the QR Code to purchase your ticket.
Lunch is included!
Cost: \$10



BBB Tip: How to buy furniture online

The online home furniture industry revenue has grown to \$15.5 billion in the past five years.

Greenville - The increase in revenue likely reflects the home improvements many homeowners are making, parents are shopping for desks for home school learning, and employees who have permanently switched to a work-from-home situation.

Convenience aside, making large purchases online should always be approached with care. The following tips will help you select quality furniture at a reasonable price and avoid a few common online shopping pitfalls.

Tips for purchasing furniture online

Only shop with reputable retailers. Research a retailer's page before deciding to do business with them. Reputable sellers provide information about their company and always have valid contact information. Look for company reviews online; for example, on BBB.org, shoppers can find out if an online retailer is BBB Accredited, read consumer complaints and reviews.

If shopping on consumer reselling platforms, verify the seller and product details. When shopping on social media or consumer-led platforms, check the seller's ratings, reviews, and transaction history. Ask for additional photos or videos to verify the item's condition, and be cautious of deals that seem too good to be true. If meeting in person, choose a public location and bring someone with you for safety. For shipped purchases, use secure payment methods that offer buyer protection.

Understand the store's return and refund policy. Return shipping for heavy items, such as furniture, can get costly. Some retailers may have unique restrictions for delivery and returns because of the coronavirus pandemic. Before placing an order, read carefully or call the retailer directly to find out upfront if a retailer has a return policy, if refunds are available, how refunds are issued, what the return process is, who pays for return shipping, and whether or not a restocking fee is charged. This information will often help decide whether or not you will complete the order.

Get to know the delivery options. Typically, furniture retailers offer three kinds of shipping, and each one may have a different cost.

Front door delivery: the packaged product will be shipped to your front door and no further.

LGVSG Trust in Every Drop

LAURENS, SC

LAURENS COUNTY WATER
AND SEWER COMMISSION
3850 HWY 2218

WWW.LCWSC.COM 864-682-3250 800-358-3445 ROOTED IN RELIABILITY, GROWING WITH SUSTAINABILITY, AND NOURISHED BY PARTNERSHIP WITH PROACTIVE SUPPORT. TRUSTED SAFE WATER FOR THE HOME AND GARDEN YOU LOVE.

Inside delivery: the delivery person will take the packaged furniture into your home, sometimes into the room of your choice.

White glove delivery: the delivery person will take the packaged box to the room of your choice, unbox it and assemble it if necessary. They will also clean up any mess from the packaging and take it with them.

Ask before placing the order if these delivery options are available, as some retailers have changed to curbside or simply front door delivery service to avoid contact delivery.

Measure your space - will it fit through the door? Be extra conscientious when measuring the space where the new furniture will go. A small mistake when taking measurements can mean the difference between the new sofa fitting comfortably in the living room or not fitting through the doorway and down the hall! Make sure to measure doorways, ceiling heights, and any hallway space (including banisters) the furniture must get through to reach its final destination.

Choose the color carefully. As they appear on a computer screen, furniture colors can be significantly different from how they look in real life. Look at furniture images on different devices to get a better feel for the color. Consumer reviews can be helpful, too, as many people will comment if the furniture is darker or lighter than it appears online.

Read several reviews. When finding the ideal piece or furniture, read as many consumer reviews as possible, keeping a critical eye out for comments about the quality of the furniture and the experience with the retailer. Use these for reference before making a final purchasing decision.

Ask questions right up until making a purchasing decision. Reputable furniture companies will happily answer any questions about a specific product until the button to purchase it is clicked. When in doubt, contact the company directly. For example, maybe it's essential to know whether the feet of a couch unscrew so it will fit through a tight doorway. Many companies are also willing to send fabric swatches for a reasonable fee – a good idea if there is a specific color or texture preference to match in the room.

Do a price comparison. Some pieces of furniture are available from multiple retailers, so always compare prices before getting the best deal. Don't forget to factor in shipping fees and taxes when comparing prices.

For store financing, rent-to-own, and layaway plans, carefully read the fine print. Since furniture can get expensive, many retailers offer store financing, layaway plans,

MAKE YOUR GARDEN
MORE BEAUTIFUL

Verdin's Too is a charming open-air garden center offering a wide selection of plants, shrubs, and trees, plus decorative items. Let us help you make your garden beautifu!! From novice to expert, Verdin's Too has everything you need to bring your garden vision to life.

125 E LAURENS ST, LAURENS

(864) 984-0244

and rent-to-own options. If you are considering one option, carefully read the financing plan. How much interest is charged? How long does the payment plan last? How many payments over how many months or years will it last? Is there a fee to pay the balance in full? Get the answers to all of these questions before signing a finance agreement.

Inspect furniture upon delivery. Before signing any delivery paperwork, inspect the furniture. If it is damaged or missing pieces, you don't have to accept it. When a delivery is refused because of damage, you will no longer be responsible for payment.

For more information -- Learn more about safe online shopping by reading the BBB Tip: Smart shopping online tip. Read the FTC's advice on renting to own. When researching a furniture retailer, look to businesses who adhere to the BBB Standards for Trust. Read more about BBB's Accreditation Standards.

###

ABOUT BBB: The Better Business Bureau has empowered people to find businesses, brands, and charities they can trust for more than 110 years. In 2021, people turned to BBB more than 200 million times for BBB Business Profiles on 6.3 million businesses and Charity Reports on 25,000 charities, for free at BBB.org. The International Association of Better Business Bureaus is the umbrella organization for the local, independent BBBs in the United States, Canada and Mexico. BBB of the Upstate was founded in 1982 and serves 10 counties in the Upstate area.



Clinton Canopy posted, "Daffodils are blooming in Clinton in memory of our loved ones! Visit https://www.clintoncanopy.org/daffodils to see the names of those honored and spend a moment downtown enjoying the first of many blooming seasons."



Get Outdoors - Continued from page 3

11% cited packed schedules with work or school, while an equal share admitted they just prefer the cozy allure of indoor activities. It's a mix of practical hurdles and personal choices, but it's clear the elements hold the biggest sway.

Do You Chase the Light When You're Stuck Inside?

For those logging hours indoors, 80% said they make a point to sit near windows or in well-lit spots while working or studying. The other 20%? Not so much. It's a small habit that could make a big difference, especially when outdoor time is scarce.

Are You Taking Vitamin D Supplements to Make Up for It?

With sunlight in short supply, 53% of respondents said they food rich in the vitamin to bridge the gap, while 47% skip them.

Would a Longer Life Get You Outside?

85% said they'd tweak their daily routine if they knew 30 minutes outdoors could lower their risk of dying early. Only 15% shrugged it off. That's an overwhelming number of people willing to trade a little Netflix for a shot at a longer life - proof that the right motivation can move the needle.

Does Where You Live Make Outdoor Time Easy?

When asked if their state offers enough public spaces to encourage winter activity, 64% of South Carolinians gave a thumbs-up, while 36% felt shortchanged. Think parks, trails, or even well-

shrink our world. Another take vitamin D supplements or lit plazas - places that invite you to the natural rhythms of light out even when the air bites.

> Does Daylight Actually Perk You Up?

> feel more energized and alert on days when they get decent natural light, with just 12% claiming it doesn't faze them. It's a nearuniversal boost, backing up what science is starting to shout: light isn't just nice - it's a need.

Sunlight vs. Screentime: Who Won This Winter?

73% admitted they racked up more screentime than sunlight this winter, leaving only 27% who tipped the scales toward the sun. It's a revealing stat in our tech-drenched age, where glowreal thing.

and dark, possessing an internal circadian clock that is synchronized by light," says Dr. Stuart A whopping 88% said they Peirson for Sleep Junkie. "As such, exposure to natural outdoor light – even for just 30 minutes a day – is important to ensure the correct alignment of our circadian clock, which is essential for our sleep quality and overall health. When our circadian rhythms are correctly aligned they optimize our performance and mood and potentially reduce long-term health risks. In today's digital age, where artificial light often disrupts our internal clocks, exposure to natural daylight is one of the simplest yet most powerful ing screens often outshine the ways to improve our circadian rhythms and improve our physi-"Our bodies are finely tuned cal and mental health."



HANNA

HEATING AIR CONDITIONING

Need optimal temperature or heating? Contact us now and enjoy quality services at affordable prices!





Routine Maintenance



Emergency Repairs





HEATING AIR CONDITIONING

Contact Us

307 Jacobs Hwy, Clinton 864-833-7337

1365 Parker Road, Enoree 864-969-3471

Wicker's Greenhouse & Nursery

Celebrating 46 years in business!

CHECK OUT OUR NEW GARDEN SHOP WE NOW CARRY VEGETABLE GARDEN SEEDS & SUPPLIES!

Our Product Line Includes:

- Geraniums
- Ferns
- Bouganvillas
- Vegetable Plants
- Bedding Plants
- Foliage Baskets
- Blooming Baskets
 Osmocote Fertilizer
- Azaleas
- Mandevillas
- Tropical Hibiscus
- Camelias

- Fruit Trees
- Shade Trees
- Ornamental Shrubs
- Gypsom
- Fafard Potting Soil
- Garden Fertilizer
- Mushroom Compost
- Black Kow Manure
- Stout Ollie Compost
- Long Needle Pine Straw

Custom Planting Available

We will CUSTOM PLANT Container Gardens!

24385 US Highway 76, Newberry SC 803-321-8311

(Located halfway between Joanna and Newberry)

Wild Bird Supplies: **Feeders and Food**

Landscape Design, Consultation and Lawn Maintenance Services

We have 10greenhouses filled with our areas climate in mind.

Our vegetable and bedding plants in the flats are grown on site, not shipped in. They are grown and hardened off in climate controlled greenhouses, with loving care, by us, to be ready at the proper planting time

"Like Us"

