

MESSAGE IN A BOTTLE

CO-HEADS TAKE HELM AT THE CHANDLER SCHOOL



Nelofar Mayar

Aryana Afghan Cuisine

BY MAKS DIAMOND

On a street in downtown Greenville, S.C., among all the other restaurants and businesses, sits a building that houses more than a restaurant; it holds a story. I walked in and saw three friendly ladies who welcomed our group from The Chandler School to take a seat at the table they had set up for us. The food was packed with flavor, and the experience was very hospitable.

In the kitchen is where you will find Nelofar Mayar, the talented cook who prepares the incredibly flavorful dishes served at Aryana Afghan Cuisine. Nelo sat with us and told us her story.

She is an immigrant from the beautiful country of Afghanistan, with the



A lantern is part of the traditional décor at Aryana's.



On September 20, 2021, Hunter Patterson and Evin Symmes took the helm as Co-Heads of The Chandler School following months of planning and preparation. Former Head of School, Dana Blackhurst, officially relinquished duties of the physical grounds and daily operations of information to these talented and dedicated leaders in the Chandler community.

The *Message in a Bottle* staff plans to interview the new Heads of School for an article in the November issue. Stay tuned for more information on this dynamic duo!

shiny black rocks covering the countryside. She grew up speaking Pashtun and Dari and even learned English early on in life. She lived there until around college when she and her family moved to Germany in 1978. They left due to the Cold War when the Soviets invaded. They left due to how the Soviets pressed their religion and put on too many rules.

During the Cold War, the Soviet Union and the US entered Afghanistan for infrastructure investments and military intervention. When they left, civil war began. Many tribes inhabited Afghanistan, so they could not fight back together as one.

"The country has never been the same place as my childhood home since," Nelo said.

In Germany, she experienced the Berlin wall that separated the two government beliefs of communism and democracy and split many families. In 1990, she met her husband, who was also an Afghan.

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Anna Bolton explains the Shoeless Joe Jackson Museum.

ALSO IN THIS ISSUE

THE IMPORTANCE OF SLEEP

SHOELESS JOE: A LOCAL LEGEND

THE WOMAN WHO BUILT BABY SUPERSTORE

HEALTH

To Sleep or Not to Sleep – That is the Question.

BY VALESHKA DIAMOND

There are so many things during the day that can affect sleep, and lack of sleep can have a huge impact on overall health. Scientists say you should at least get seven to eight hours of sleep each night. Not having a good sleep schedule, especially in school aged children, can lead to cognitive, health, and behavioral issues, as well as memory issues.

Sleep is the way the body recharges for the upcoming day. There are some huge risks and minor risks to not having a good sleep schedule. According to *CDC Healthy Schools*, “Children and adolescents who do not get enough sleep have a higher risk for many health problems, including obesity, Type 2 diabetes, poor mental health, and injuries. ... They are also more likely to have attention and behavior problems, which can contribute to poor academic performance.”

Lack of sleep causes high blood pressure and may lead to heart attacks. Your body releases a stress hormone called cortisol, which makes your heart work faster. Also, sleep allows immune cells and proteins to get what they need to be able to fight a cold or flu. Gaining sleep can help prevent gaining weight. When a body does not get enough sleep, it produces ghrelin, a hormone that then boosts appetite. A healthy diet can ensure positive habits for life.

There are benefits for overall health but also brain as well. While resting the brain is still hard at work, it is processing everything from that day, so without rest where could those memories go? The recommended seven hours of sleep is good for everyday functioning tasks and being able to concentrate without being in a moody or tired state.

Seven to nine hours of sleep aren't recommended for everyone. Certain ages require more sleep hours for growth and development.

Being able to fall asleep is important. For kids turning down the lights can help create a calm atmosphere that leads to relaxation. Teens can turn off electronics and possibly take melatonin, which is a dietary supplement for people with insomnia. Insomnia is a sleep disorder that can make it hard to fall asleep, or causes a person to wake up too early and not be able to get back to sleep. Ten to thirty percent of people suffer from insomnia. It is more common in older adults, females, and people with mental illness. However, anyone can have it, even from a young age.

Lastly, sleep plays a big role in behavior also. There are two ways that it could affect behavior. Anx-

Age Group	Age Range	Recommended Amount of Sleep/Day
Newborn	0-3 months	14-17 hours
Infant	4-11 months	12-15 hours
Toddler	1-2 years	11-14 hours
Preschool	3-5 years	10-13 hours
School-age	6-13 years	9-11 hours
Teen	14-17 years	8-10 hours
Young Adult	18-25 years	7-9 hours
Adult	26-64 years	7-9 hours
Older Adult	65 years or older	7-8 hours

ety is the most common mental disorder causing people to have trouble falling asleep. Mainly if they are nervous about a test or something huge going on at work, it can make them anxious. Secondly, not getting enough sleep can affect your mood during the day, and the ability to stay alert. A study from 2015 showed that most middle school and high school students were getting fewer hours of sleep than recommended.

In conclusion, sleep plays an enormous role in lifestyle habits and our overall health. It is important. Every age group has different sleep needs. Until a person reaches full adulthood, the recommendation is at least seven to nine hours a day. See the chart above for the recommended amount of sleep for each age group.

A good laugh and a long sleep are the best cures in the doctor's book.
■ Irish Proverb

PERFORMANCE

Broadway is Back at Peace Center!

BY LILIANA GREENBAUM

The Peace Center has put on many amazing performances, and this year they should be just as good. There are nine new performances coming out, and all of them are rated very highly. For a review of five, keep reading.

The first one is called *Hadestown*, and it will be showing from October 5-10. *Hadestown* is a version of a myth from the Ancient Greek about Orpheus and Eurydice. In the story, Orpheus goes to the underworld in order to save his fiancée, Eurydice. It won eight Tony Awards in 2019 and the 2020 Grammy Award for the best musical theater album. The price of tickets to see *Hadestown* starts at \$39.00.

The next musical is *Oklahoma!*. The director, Daniel Fish, is said to have completely recreated the original. “Fish does so, in the first instance, by stripping the show to its bare essentials,” said Todd S. Purdum, writer for *the Atlantic*. It’s a romance that takes place in 1906. It will run from November 17-21. It has won the Tony award for best revival of a musical. Tickets to see *Oklahoma!* are starting at \$35.00.

About the musical *Tootsie*, the Peace Center writes: “Call it ‘musical comedy heaven’ (*Rolling Stone*). Call it ‘the most uproarious new musical in years!’ (*The Hollywood Reporter*). Call it *Tootsie!*”

Tootsie is about an actor who is very gifted, but he has also made a reputation for himself as being very hard to work with. In order to get a job, he must now pretend to be a woman. This musical is a comedy that the *New York Times* described as “a joyful delight.” It’s playing from January 4-9, and ticket prices start at \$35.00.

Then there’s the fourth show, which is called *Pretty Woman*. *Pretty Woman* is a classic romance. The two main characters for this musical are Vivian and Edward. It is choreographed and directed by Jerry Mitchell, two-time Tony Award winner. It runs from February 8-13 and ticket prices start at \$35.00.

The fifth and final musical of this review is actually the sixth musical

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Baby Superstore: The Little Company That Could

By Reece Foster



A map of Baby Superstores across the U.S in 1986.

When questioned about what she thought of the return of Toys R Us, she didn't believe it would be successful. She said that since retail has changed so much. Toys R Us might be too difficult to run to be a good enough business to invest time and money. The difference is due to the focus of online shopping today. A store like Babies R Us would have lots of trouble competing with influential companies like Amazon.

The store was first called Carolina Baby and changed to whichever state it was within. An example of this was when the company expanded into Georgia. It became Georgia Baby. Because of this name confusion, the company was named Baby Superstore. Against her wishes, afterward, Toys R Us changed the name to Babies R Us.

The partnership between the two owners of Baby Superstore is one people should acknowledge. They both had different jobs and personalities in the company. Jack was a visionary and handled the financing. Linda was the creator and executor who put their plans into effect. "Our partnership wasn't perfect, but we recognized each other's strengths and weaknesses." (Linda Robertson, personal communication, September 21, 2021.) It was as if they were 'the little company that could' -- never stopping until they had reached the top of the mountain.

During my interview, Linda gave me some advice that stuck. I believe it is the perfect way to summarize her journey. "When you have an entrepreneurial attitude, you want to be out there developing companies and doing that job. Being an entrepreneur will dictate how you do things. You're a sort of natural leader," Robertson said. (Linda Robertson, personal communication, September 21, 2021.)

I recently had the opportunity to interview the co-founder of Babies R Us, Linda Robertson. In short, Linda and her partner, Jack Tate, started a business selling baby products to expecting mothers. They grew their business until they had Toys R Us reach out to them. They sold their company for around \$300 million. In the interview, we discussed how Linda and Jack turned Carolina Baby into a large company. She said that instead of creating a business to last, she made one intending to make the most money possible. Linda didn't want to run a company; Linda wished to make money. However, she pointed out that money wasn't the big point of creating her business, but if you asked if she would still have sold it, she wouldn't say no.

Linda had the opportunity to go to China for her business. When asked if she noticed anything "shady" in the companies, she said no. One of the biggest problems with the business Linda ran was the time it took to make products. She would have to estimate what colors or toys would be popular a year from that time. That was due to the time it took to manufacture and ship the products. It was almost as if the industry was a big guessing game. It isn't a problem today and could've made Linda's business worth way more if it had. Linda also said when she sold the company. "We were not part of the financial deal." (Linda Robertson, personal communication, September 21, 2021.)



Baby Superstore eventually became the multi-million-dollar Babies 'R' Us.



Linda Robertson holding her favorite customers.

FICTION

THE BURIED BOTTLE:

CHAPTER I

Sully stared at her alarm clock as if she didn't recognize the familiar chime that woke her daily. She had been sleeping deeply to the rhythm of the falling rain outside. As consciousness filled her mind, the young tween threw the covers to the side wondering if she would have hockey practice this afternoon now that the rink would be wet.

"I'll text Chloe when I get downstairs," Sully thought to herself. Chloe had been at The Chandler School since she was six, and she knew the headmaster Dana Blackhurst and his preferences better than anyone. Dana had installed a hockey rink at the school out of his own love for the sport, and he encouraged everyone to play even though it was the boys who dominated the school team.

Sully's older brother, Jonas, was showering in the bathroom between them. He was fourteen and suddenly mindful of his appearance. He had started ninth grade this year at Greenville High, and with the new school had come a new confidence that annoyed Sully. She missed the old days when they rode to school together and talked about their common friends at Chandler.

Sully knocked on the door. "Hurry up, Jonas," she called impatiently. "Mom is taking me to school today before you even leave."

"I'll be out in a minute, Sullivan," Jonas barked back. Only her family and neighborhood friends used the name Sullivan. Sully was the nickname Cheerio had given her at school, and it had stuck.

While Sully waited, she pulled on her favorite jeans and rain boots. The day had already lost its magic with the unexpected rain. She picked up the hockey bag that lay in the corner determined to take it with her if only to remind the teachers that she, a girl, intended to play.

The bathroom door opened as Jonas exited the other side to his room, towel around his waist. The air was thick with moisture that covered the large wall mirror. Sully had ten minutes to get ready including finding a granola bar for breakfast. It was too early to have her patience tested, but already she could feel her adrenaline pumping, which irritated the tomboy. As she struggled to sweep her thick brown hair into a rubber band, it occurred to her that the teachers had mentioned on Friday a school-wide search for a time-capsule that had been buried on the property when it had been a stately mansion on the outskirts of Greenville in the 1920s. A descendant of the original owner had told Dana the story and hoped that eventually the relic would resurface.

Maybe the hunt would begin today while the earth was soggy, thought Sully with some hope. She aced from the bathroom and down the stairs. Mrs. Diamond stood at the island, granola bar in hand and greeted her daughter.

I wondered if you were going to rise today," she said cheerfully. "You are not my Mary Sunshine in the mornings and especially on Mondays," she continued. "Let's get going. Traffic will be slow on Augusta Street because of the rain and now the time-change."

At school Sully found Chloe quickly. Th

two took their seats in the back of the classroom watching for Thomas to enter the door. He was new this year having moved from Texas after a hurricane had destroyed his family home. Thomas was more interesting than the other boys the girls had known since elementary school. He had seen parts of the country that were a mystery to the east coast natives. Moreover, he had travelled to Afghanistan when his father had been a reporter for the Associated Press. In addition, he had signed up for hockey and already seemed confident about his abilities.

"Did you hear?" Thomas announced more to the boys than to the girls as he strode into the room. "Dana wants us to start looking for the buried time capsule this afternoon. It means he's going to cancel classes after lunch, guys!"

Sully settled back into her chair and smiled at Chloe. This stroke of luck was what made Chandler the place she had grown to love. Even on a dark, rainy morning, there was always the possibility of an adventure at this school.

The first four periods drifted by slowly. The normal progression of time somehow had shifted down gear. Even in Dana's history class, which Sully usually eagerly anticipated, she was restless. Lunch period finally arrived. The rain had stopped leaving behind mist and puddles, but the conditions were actually ideal for digging up dirt, thought Sully.

Has Dana said any more about the capsule hunt this afternoon?" asked Chloe as she and Sully made their way to the benches on the front porch where the two usually ate.

"I heard him tell Chapman he has shovels and gloves in the office, which I think means he hasn't changed his mind," answered Sully.

Behind them Thomas appeared unexpectedly. "Hey," he said abruptly. "Do you girls want to come with Jack and me this afternoon if Dana lets us work in teams?" Thomas looked at them intently waiting for an answer. He was direct, but he had a way of smiling as he spoke that made even his pointed questions pleasant.

"We'll think about it," said Sully teasingly. "Have you heard when we're supposed to get equipment?"

Before Thomas could answer, Dana suddenly sounded the foghorn calling a school-wide meeting outside the room everyone called The Nest. He was wearing a hardhat. He waited to speak until all students and teachers had sat at attention. Then he addressed the modest crowd. He spoke slowly but excitedly about the opportunity to find something that had been buried nearly a hundred years ago. "You're going to unearth history!" he pronounced. "You're going to discover secrets about the past!" he spouted. "It is an exciting opportunity!" he said characteristically.

The teachers divided the students into ten groups of mostly five, giving each a spade and gloves. Sully, Chloe, Thomas, Jack, and Harrison made up one of the two oldest groups. Their closest friends, Caroline, Hannah, Jay, Will, and Joseph, comprised the other. A friendly

competition bonded them, especially among the boys, who already had drawn battle lines. "You're going down!" taunted Jack, looking at Harrison specifically.

Harrison held up his spade in defiance. "We'll see about that, Bro," he responded.

Dana gave the rules of the hunt. Each dig had to be on Chandler property and if abandoned, had to be recovered with grass seed and straw. As far as he knew the capsule could be anywhere on the two acres. He told the kids to prepare to unearth former pets, farm tools, broken pottery, even graves -- that anything they found was an artifact. The students had until 3:00 to search the grounds. He would sound the air horn thirty minutes prior to carpool. As he spoke, the excitement built. Eyes scoured the landscape trying to determine a starting place.

Just as Dana was giving final instructions about safety, Jack leaned into Sully and whispered, "Follow me. I have a hunch based on something your brother told me about the Wyche family who built this place."

POETRY

Autumn Fires

By Robert Louis Stevenson

In the other gardens
And all up the vale,
From the autumn bonfires
See the smoke trail!

Pleasant summer over
And all the summer flowers,
The red fire blazes,
The grey smoke towers.

Sing a song of seasons!
Something bright in all!
Flowers in the summer,
Fires in the fall!



A picture of an Afghan woman that reveals the lovely countryside.

Aryana Afghan Cuisine

Continued from page 1

Eventually they moved to America due to her husband's job. They raised four children who are nearly grown and aspire to be in the medical field. One of her own daughters helps out at the front desk and is working on becoming a doctor.

Throughout her life, Nelo had always enjoyed cooking and often cooked food for her friends and family. They always complimented her on the food she prepared, and they encouraged her to open a restaurant.

Nelo is still enjoying her popular restaurant in Greenville, where she is able to share her beautiful culture with her patrons through the flavors and smells of the memorable dishes she prepares for them. She still misses her country. It's been 32 years since she left it.

Broadway is Back at Peace Center!

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playing. *Frozen* is the fifth one, but it's sold out. The sixth musical is called "*Jesus Christ Superstar*." It's about the last seven days of Jesus's life from the perspective of Judas Iscariot. It's playing from April 26-May 1.

If you happen to want to see any of these shows and are just worried about Covid-19, you should know that the Peace Center has taken many precautions to help keep everyone safe. For starters, no one will be allowed to enter performances without proof of either a full Covid vaccination, a positive antibody test, or a negative Covid test. If kids ages five to 18 do not meet any of these requirements, they must wear a mask at all times. Masks are recommended but not required unless you are under the age of twelve and do not have any proof of a negative Covid test. All of the Peace Center employees and volunteers are fully vaccinated and will be wearing masks. The surfaces are disinfected before and after every performance. Going to these performances should be a fun and safe experience.



LOCAL HEROES

A Tribute To A Greenville Legend

BY ANNA BOLTON

On Thursday, September 9, 2021, Media Class went to the Shoeless Joe Jackson Museum. We were given a tour of the museum by director Dan Wallach. The Shoeless Joe Jackson Museum was the original house Jackson lived in. It was saved by Richard Davis in 2006 when it was being sold. He bought the house in fear of it being bought by someone and then being destroyed and being built as a condo instead. The building was cut in half then carried on platforms over to where it is now.

Shoeless Joe had lived in Pickens County as a kid and was illiterate. He had never gone to school and instead worked in mills. Brandon Mill was where he first played at age six. Much later it was here where he got the nickname “Shoeless” Joe Jackson. He got it because his shoes weren’t broken in yet, so he took them off. He played sock-footed the last few innings.

Shoeless Joe did not like the nickname so whenever he wasn’t on the field, he would dress extremely nice. He ended up playing for three major teams: the Philadelphia Athletics, Cleveland Naps, and the Chicago White Sox.

It was while he played for the White Sox that the infamous Black Sox Scandal happened. Eight players were banned from playing because they took money to lose the game on purpose. Even though two of the players never took part in it, they were banned from baseball for knowing about it. Joe was not believed to have partaken in the Black Sox Scandal but was given money from a friend of his who got it from betting on the game. The fact that Joe played his best in the game getting one of the highest batting scores he ever had shows he did not

want to ‘throw’ the game. I asked Mr. Wallach if he thought Joe’s punishment was fair, and he responded, “He was banned for life, not eternity, so yes I believe it was a fair punishment” (Dan Wallach, personal communication, September 9, 2021). When I asked if he was the best player of all time, Mr. Wallach said without hesitation, “Yes.” (Dan Wallach, personal communication, September 9, 2021).

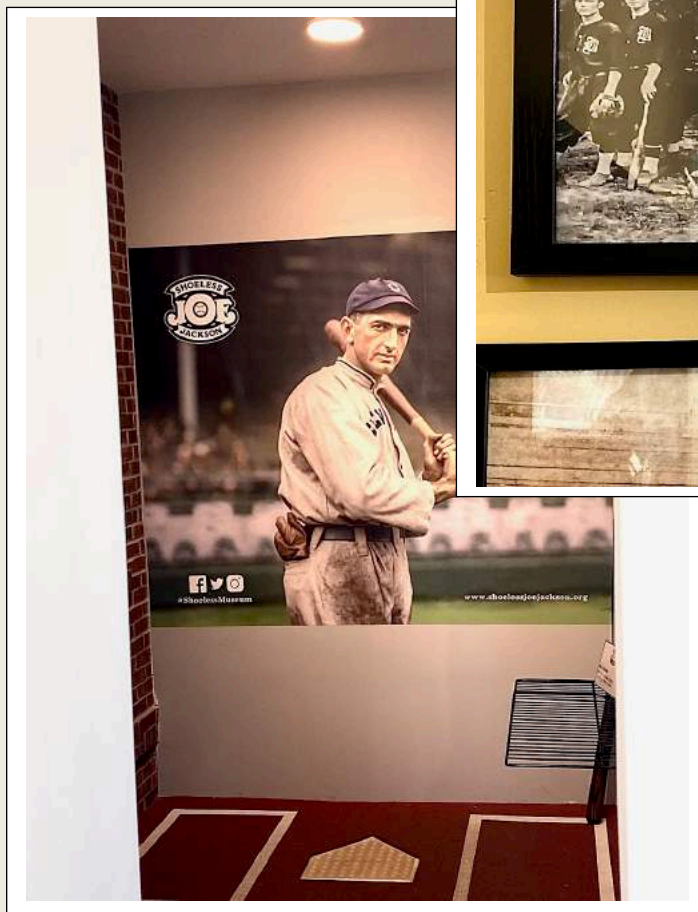
Joe Jackson was one of the first five-tool players and only one at that time with a modern grip. Mr. Wallach did say, “Only ten of his signatures are written by him, most of them were written by his wife.” (Dan Wallach, personal communication, September 9, 2021) An inability to read and write haunted him his entire life.

Joe earned the slogan “where triples go to die.” He got this nickname because at the Field of Dreams, there was a huge wall that no one could hit over. Whenever it was hit to that wall, there was certain to be a triple because of how far away it was. Joe had insane reflexes, though, and he could always get at least a double.

Joe and his wife moved to Georgia after his professional baseball career ended, and Joe had worked in a dry-cleaning business. The dry cleaning had twenty men in it. They later moved back up to South Carolina to take care of Joe’s mother who had become sick.

Once they moved back here, Joe opened a barbecue restaurant and a liquor store. Today there are plans to make the liquor store a T-shirt shop. It is going to look almost exactly same as his liquor store. I don’t know what happened to his barbecue restaurant, but in Illinois there is a bar and grill named after him that is still open. Greenville does have a memorial park in honor of this local athlete.

If you are a baseball fan or Shoeless Joe fan, I suggest going to the museum. It is free of charge and is open seven days a week from 11:00-7:00.



From left to right: 1. The author at the Shoeless Joe Jackson Museum. 2. Shoeless Joe with Black Betsy, his favorite bat. 3. Wallach points to Joe.