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July 2-15, 2026

200 years of Anderson: Still going strong

Congratulations, Anderson, you made it to 200 years.

Let's take a look at some Anderson highlights over the past two centuries. Ever since the first cornerstone was laid for the courthouse foundation, there has been scaffolding, and after 200 years, it's finally been taken down... for three



Neal Parnell

months, until more modern scaffolding can be found. Two hundred years ago, horses with buggies trotted down Main Street going five miles an hour, looking for a place to park, and we are now proud to say that the horses and buggies have been replaced by cars and

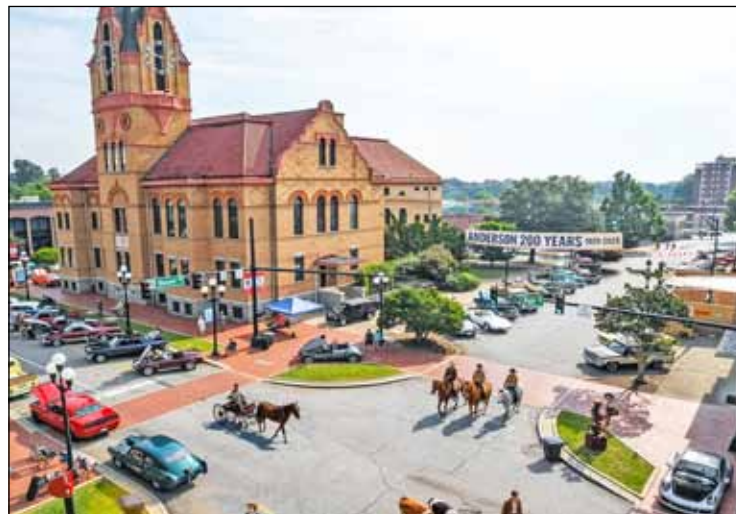
trucks going five miles an hour, looking for a place to park.

Anderson is getting old, but like many seniors, it has attempted to revitalize and reconstruct worn-out parts in the hope of staying young, but it still makes strange sounds when it stands up. Even though Anderson is aging, we'd rather be called "Historically Seasoned" and can still be considered Greenville's chill little cousin. If you were to ask, half of Anderson would say it's gotten too big, and the other half would say we need more stuff.

You may ask how in the world the Anderson people had fun in 1826? The truth is, they didn't. Fun had to be

incorporated into work. The ladies would have quilting bees, or the community would have a barn raising, which would be like a social event with food, drink, and work. There were no telephones, but that didn't stop Andersonians from communicating long distances. Just like today, we yelled. That's right, neighbors could be miles away, but on a quiet night, a farmer could cup his hands over his mouth and yell. "WHOOOEEEE!" That was the ring. When the neighbor heard that, he'd answer "WHOOOEEEE!" Then they'd have a yelling conversation until they were out of breath.

After 200 years, some things never change. The official beverage is still sweet tea, only now there are more opinions over whether it needs more sugar or a little lemon. "I'm full" still means "I left room for cake." We still give directions by



using what used to be there. The slow and simple life is still the same, especially on Clemson Boulevard at 5 pm. It used to take weeks for the doctor to come to your house to see you; now it takes weeks for you to go and see them. The same part is that you're either cured or dead when they finally do see you.

Fashion in Anderson is pretty much the same as it was in 1826; lots of denim and t-shirts. The only difference is that the blue jeans in 1826 were

SEE STRONG ON PAGE 2

Edward Jones
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How the Electric City is celebrating 200 years

America's 250th birthday is definitely a big one. But don't let it overshadow a second one that's a lot closer to home. This year, Anderson is celebrating its 200th birthday, and now is the time to plan if you don't want to miss the many special events and



Kim von Keller

opportunities to learn more about the history and the people of the Electric City.

THE PARADE

Think of it as Anderson's birthday party. Beverly Childs chairs the

county's bicentennial celebration, and one of the things she's most excited about is the Bicentennial Parade, scheduled for October 4, 2026, along Main Street.

"Right now, the most important thing for people to know about the parade is that the deadline for entries is August 17. The parade will feature veterans' groups, bands from the various municipalities within the county, and businesses. Those interested in participating in the parade should visit the county's website, andersoncountysc.org, and look for the link at the top of the home page. You'll find parade guidelines, band entry forms, and business entry forms. You can also find the same information at the Anderson County Museum website, andersoncountymuseum.sc.gov, and click on the Anderson County Bicentennial Parade tab."

KEEPSAKES

Childs is also the executive director of the Anderson County Museum. She moved to Anderson 20 years ago and hopes that everyone will appreciate the museum's collections and bicentennial keepsakes as much as she does.

"Admission to the museum is always free, and our exhibits serve as reminder of the people and institutions that have helped our community grow and thrive for so long. We have over 35,000 artifacts that are cataloged here, and our bicentennial exhibit that opens on July 7 will feature the bell from the Historic Anderson County Courthouse. In addition to our more traditional museum exhibits, we also have a hologram experience, a 30-inch plasma globe, and a STEM education room.

"In honor of the Anderson's big birthday, the museum is offering bicentennial t-shirts that are made in the USA. We also have commemorative etched pewter cups that are just lovely, lovely pieces. We're particularly proud of a book, '200 Years in Anderson County,' that will be available for preorder later this summer."

THE ARTS

Erin Spainhour is the executive director of the Anderson Arts Center. Later this summer, the AAC will mount an exhibit that is a continuation of its Amerika Trilogy. Last year, the AAC featured the first installment, titled Amerikan Gothic, which examined the experiences of minorities in our country's past through the work of local artists Nat Morris and Shea Abramo. The second installment moves to the present.

"Amerikan Dream opens with a reception on August 28 and runs through October 16," says Spainhour. "As the second installment of the trilogy, Amerikan Dream expands the conversation from confrontation to contemplation. Where the first exhibition exposed the fractures of racial and social injustice, Amerikan Dream asks what comes after. Morris, an Anderson native, is an oil painter known for bold, thought-provoking works that spark conversation as much

as they capture the eye. Abramo's work is rooted in curiosity, storytelling, and the belief that art can create meaningful connections between people."

ASK A LIBRARIAN

Jen McGlone is the head of marketing and communications for the Anderson County Library system.

"We'll be announcing some of our fall activities soon, but right now, we're excited that our bookmobile will be in the Bicentennial Parade. For folks who want to know more about Anderson's past, we have a large collection of local history in the form of books, maps, vertical files, newspaper clippings, microfilm of old newspapers, year-books that date back to the 1940s, and business directories that date back to the 1930s."

BALLOONS, MORE BALLONS, AND A FEW SURPRISES

This year, Celebrate Anderson is joining forces with the Hot Air Affair, the signature event of the Cancer Association of Anderson. From September 6-8, there will be surprises that celebrate Anderson's bicentennial and a tent that will serve as a mini museum. Visit andersonevents.com and click on the Events tab to learn more. You can also go to facebook.com/celebrateandersonsc and look for updated information on the event.

Strong

CONTINUED FROM PAGE 1

worn out after years of wear and tear, and now they wear them down and tear them for you before you buy 'em.

I've lived here for 70 years, so I can poke a little fun at my hometown, but seriously...

There's a reason people stay here, or end up coming back. Anderson is the kind of town where you can still run into someone you know just about anywhere. Folks look out for each other here in a way that's getting harder to find. Anderson has a perfect location near Hartwell Lake, the Blue Ridge Mountains, and not too far from the coast. Most of all, Anderson just feels real, not trying too hard or moving too fast. Just a comfortable place that's proud of what it is.

After 200 years, the best thing about Anderson still isn't the place...IT'S THE PEOPLE.

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JULY 27 - 31, 2026

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THE HIDDEN COST OF STAYING CHARGED

I'm going to start this with some "Sara-lore" so I can give added context for why this book hit me so hard. Honestly, this book should hit everyone hard, but Kara is on my childhood turf. My family lived



Sara Leady

in Zaire, now known as the Democratic Republic of Congo (DRC), from 1993-1995 (ish) on a small mission base in the north-western part of the country alongside the Ugandan border.

Cobalt Red focuses

on the ongoing atrocities happening in the DRC and its long and brutal bloody history.

I'm sure a lot of us are familiar with the movie Blood Diamond, but what we aren't familiar with is the even more valuable resource that's being plundered from the DRC: cobalt. Now some of you are likely more versed in minerals and stuff than me, but when I hear cobalt I think of color. Cobalt, however, is quite possibly the most

valuable mineral on earth currently; we all have it woven into our lives, we likely just don't know it.

Cobalt is THE necessary ingredient for creating lithium-ion batteries, or in layperson terms, any battery that's rechargeable. As I sit here typing, there are at least five different things in reach that all have cobalt in them. There's my laptop, my cell phone, boyfriend's X-Box controller, his headphones for gaming, and my drawing tablet. More or less, none of these things can exist, especially not with their current ability to hold a battery charge, without cobalt. The issue is that cobalt can't exist without serious human rights violations, at least not currently.

The pillaging and devastation of both the people and the land of the Congo is not something new, rather cobalt is just one in a long line of valuables that are deemed worth the exploitation. Unfortunately for the region and its people, the Congo is one of (if not THE) naturally rich areas in the world (cobalt aside). Kara chronicles the

economics of the destruction of the region, starting with the slave trade and up through the myriad of mining operations. This gives not just history, but also context for how the DRC has come to be what it is and why the atrocities are able to continue.

I'm sure you'll all find this shocking, but everything naturally comes down to power and money. Kara put his literal life on the line to do everything he could to track the money, who is buying and selling cobalt, and more importantly, the lives it's costing. Kara put a whole lot more on the line gathering proof that tech giants like Apple, Tesla, Samsung, etc. are all complicit in the supply chain of cobalt that leads back to child labor, human trafficking, and coverups of a multitude of human rights violations. Kara also proves that the concept of "conflict-free cobalt" (think like blood diamonds) is impossible. With the multitude of small and large scale cobalt exchanges that occur between the supposedly "clean" operations, and those of practical slave labor, are always eventually combined, eras-

ing any claim to "clean."

I get that my descriptors may feel dramatic, but I'm sugar coating the real horror that Kara uncovered. As he traveled from mine to mine, mentioning cities and areas I knew and visited as a kid, the reality hit home. While in Zaire, I saw the evidence of the brutality of the government and local militias firsthand. It may be over thirty years later, but some things you don't forget. Kara was intentional in his naming of Cobalt Red because the red describes both the natural color of the dirt in the region, but also alludes to the ground stained red over decades of violence against the people and the land.

Cobalt Red was a Pulitzer Prize finalist for 2024 and that's a testament to the incredible job that Kara did. This is serious investigative journalism at its finest. While Kara doesn't really give solutions, he does show that something needs to be done, and we, the obsessed users of all the lithium-ion batteries, are the ones with the power to maybe change the fate of an entire nation.



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Why are there so many homeless dogs in Anderson?



**JACKSON
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DVM

If you've spent any time on social media lately, you've probably seen the post:

"Found this sweet dog on Highway 81. Does anyone know who he belongs to?"

Sometimes the owner is found within minutes. Too often, no one comes.

As a veterinarian in Anderson County, I have seen countless homeless dogs over the years. Some are frightened. Some are injured. Many are incredibly friendly and simply looking for someone to trust. Every one of them started somewhere. None of them chose this life.

So why does our community have so many

homeless dogs?

There isn't one simple answer.

Some dogs escape from fenced yards and are never reclaimed. Some families experience financial hardship and can no longer care for their pets. Some dogs were never micro-chipped or even wore a collar. Others come from unplanned litters that quickly become more puppies than anyone expected.

The result is a burden shared by everyone. Animal Control officers, rescue organizations, shelters, foster families, veterinarians, and good Samaritans all work tirelessly to care for animals that have nowhere else to go.

The encouraging news is that every one of us can help.

Keep ID on your dog and make sure your contact information is current. Consider a microchip—it is one of the simplest and most effective ways to reunite lost pets with their families. Spay or neuter your pet when appropriate to help prevent unwanted litters. If

you're able, volunteer, foster, donate, or adopt from a local rescue organization. That's what I intend to do with the second half of my career, and you can hold me to that.

And if you find a stray dog, remember that behind every wagging tail is a story you may never know. That dog may have been loved yesterday and lost today. Our community has always been at its best when neighbors help neighbors. The same is true for our dogs.

Maybe we can't solve the homeless animal

problem overnight, but every dog that finds its way back home—or into a new forever home—is one less dog sleeping alone.

And that's a pretty good place to start.

I'm Jackson Walker, DVM, and this has been Ask the Dogtor, where my goal is to help our community better understand the dogs that share our lives.

*Green Grass and High Tides,
Jackson*

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TEN ESSENTIAL TIPS FOR STAYING SAFE THIS SUMMER

Rising temperatures and increased time outdoors bring both fun and potential health risks during the summertime. Dr. Kyle



indications of a dangerous heat illness. Seek shade and medical attention quickly.

Torni of AnMed Pediatrics - Piedmont, a trusted medical expert and passionate family health advocate, is encouraging parents to prioritize safety with a top 10 list of practical guidelines to help the season be enjoyed responsibly and without repercussions.

"Summer is a wonderful time to take some time away from screens and enjoy our beautiful South Carolina weather, especially for children and families, but it's important to be mindful of common seasonal risks," Dr. Neal said. "South Carolina is known to have its fair share of hot and humid weather and, a few precautions can go a long way in making an important healthy difference."

DR. TORNI'S TOP 10 TIPS FOR SUMMER SAFETY:

1. PRACTICE WATER SAFETY

Did you know that drowning is the No. 1 cause of death for children ages 1 to 4 in the U.S.? Ensure children are supervised at all times near pools, lakes and swimming areas, and seriously consider swim lessons for all ages. Don't swim alone.

2. KNOW SIGNS OF HEAT ILLNESS

Symptoms such as dizziness, nausea, excessive sweating or confusion could be

3. STAY HYDRATED

Drink plenty of water throughout the day — even before you feel thirsty. Avoid excessive caffeine and alcohol, which can contribute to dehydration.

4. PROTECT YOUR SKIN FROM THE SUN

Use a broad-spectrum sunscreen with at least SPF 30. Reapply every two hours, and more often after swimming or sweating. Wear hats, sunglasses and light, loose, protective clothing when possible.

5. BE PREPARED FOR TRAVEL

Whether on a road trip or a flight, pack a basic health kit with medications, sunscreen, insect repellent and hydration supplies. Plan ahead to be sure you've secured enough prescription medications ahead of vacation.

6. AVOID PEAK SUN HOURS

Limit outdoor activity between 10 a.m. and 4 p.m., when the heat of the day and UV rays are strongest.

7. KEEP FOOD SAFE

Perishable foods can spoil quickly in warmer temperatures. Keep cold foods chilled, and avoid leaving food out longer than two hours, or one hour in extreme heat.

8. USE INSECT PROTECTION

Apply insect repellent appropriately to guard against mosquito and tick-borne illnesses. Wear long sleeves and pants in high-risk areas.

9. STAY ACTIVE SAFELY

Exercise during cooler parts of the day, and take frequent breaks, especially during intense activities. Staying hydrated in the summer is very important. When active, drinking water every 20 minutes of play or exercise and replenishing electrolytes at least every 60 minutes is important to avoid dehydration.

10. CHECK ON VULNERABLE INDIVIDUALS

Older adults, young children and individuals with chronic conditions are especially at risk in hot weather. Make regular check-ins during heat waves.



Dr. Torni said awareness and preparation are key to safety in all seasons. He cherishes the long-term relationships he builds with families at his practice in Piedmont.

To schedule an appointment or for more information, visit <https://anmed.org/providers/kyle-torni>.

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A Southern feast for the mind and table: A viewer's thoughts of PBS's The Savers of Flavor

BY MICHAEL SPAKE

If you have not watched an episode of PBS's *The Savers of Flavor*—particularly if you call the South home—you are missing a vibrant celebration of culture. Hosted by Chef Kevin Mitchell and historian David Shields, the show blends culinary tradition with storytelling from farmers, seed savers, historians, and food artisans dedicated to preserving “lost” ingredients that once defined Southern kitchens.

The production is thoughtful and visually stunning, making it difficult to choose a favorite episode. Just when I believed I had found one, the next episode would prove equally captivating.

The third episode, *Okra from Another Mother*, introduces Oliver Farm in Pitts, Georgia, where generations of farmers have preserved Motherland Okra and use its seeds to make artisanal oil. The episode was

so inspiring that I ordered their Okra Oil and Pecan Oil (Oliver Farm Artisan Oils—oliver farm artisan oils). An added bonus, Oliver Farm also includes recipes, making it easy to use these historic ingredients in your own kitchen. I will be traveling to Anderson, South Carolina in a few weeks and plan to visit their Station 31072 for lunch which is available Tuesdays and Thursdays.

No sooner had I declared that episode my favorite until the next installment, *It's a Great Pumpkin* (Dutch Fork Pumpkin), transported me back home to Upstate SC and the community of Pumpkintown. Along with telling the story of the Dutch Fork Pumpkin, this episode explores Cherokee history and features breathtaking scenes of Table Rock, where I spent many summer days hiking in search of cooler mountain air.

For me, however, there is an even more personal connection to *The Savers of Flavor*.

Before arriving at the University of South Carolina in 2004 as the Carolina Distinguished Professor, co-host David Shields was a professor in the Department of English at the Citadel, where I was fortunate to be one of his students. There, Dr. Shields taught courses from *Early American Literature* to *American Jazz* to the *Philosophy of Religion*. During each episode, when I hear Dr. Shield's voice resonating from my television, I immediately go back to my cadet days in Capers Hall as

an English major and hear his voice reading Ebenezer Cooke's *Sot-Weed Factor* or discussing the relevance of Captain John Smith in today's political identity of America.

Like much PBS programming, *The Savers of Flavor* reminds viewers that education and entertainment need not be separate pursuits. If you stream the series, you may be asked to make a modest donation to your local PBS station. But, for anyone who appreciates Southern history, exceptional food, and the stories of the people who preserve both, *The Savers of Flavor* is essential viewing that nourishes the mind as much as the appetite.



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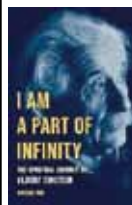
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Part of Infinity: The Spiritual Journey of Albert Einstein

Presented by Kieran Fox, MD, PhD



Albert Einstein remains renowned around the world for revolutionizing our understanding of the cosmos, but very few realize that the celebrated scientist had a deep spiritual side. This presentation will offer an in-depth exploration

of Einstein's spirituality, showing how he drew on a dazzling diversity of thinkers — from Pythagoras to Plato, Schopenhauer to Spinoza, the Upanishads to Mahatma Gandhi — to create a novel system where mysticism met mathematics, reality was revered, and the human mind was honored as a mirror of the infinite. Drawing on little-known conversations, recently published letters, and new research in the Einstein Archives in Israel, Dr. Fox will reveal what Einstein really believed and why his perspective still matters today.

Kieran Fox studied medicine at Stanford University and holds a doctorate in cognitive neuroscience from the University of British Columbia. He is a physician-scientist at the University of California San Francisco, where his research centers on the neural mechanisms and therapeutic potential of meditation practices and psychedelic medicines. He lives in San Francisco.



Scan for Website:
Additional
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Love the skin you're in

It's so hard to keep up with everything on the market as far as skincare is considered.

The women in our family before us most likely used a small jar of cold cream, a warm washcloth, maybe, just maybe, a little splash of witch hazel and more than likely called it a day. Well, times they are a changing.



Kristine March

People have about 12 different steps that they do with their skin regime every morning and

night now. I personally find some of it to be a little over the top, but if that's what makes you happy go for it. And let's not even get started on all of the different supplements. I will say that women are aging backwards because of it, but is it really worth what you're spending?

I find it fascinating that a lot of the women my age at 41 are already starting to get lots of work done. Botox, fillers all sorts of enhancements. There are so many different things that you can choose from. It is absolutely mind-blowing. I've never had anything "done", and I'm not sure that I will. I'm starting to kind of appreciate my little expression lines. Who's to say that I won't at some point, but it's really all about how it makes you feel.

I think there's a really good quote that I've said before. "Imagine if we all loved the way that we looked and loved our bodies", how the industry would completely go out of business. It's a billion dollar industry by the way. I guess we all get to a point where we feel like we need to fix something. It's certainly marketing at its finest.

I think the main thing that we need to fix is our kindness and how we speak to people and approach people and how we love people. That will really give you that glow. I've always said that certain people have an actual light around them, but it's because of how they glow internally. It's because they're nice to people and good to people.

There's definitely nothing wrong with taking good care of yourself, but use a happy medium approach. If you're kind of minimalist with your skin care like me, I have a few affordable non-surgical options that you can use. My favorite thing that I have been using at the moment is a lymphatic dry brush face tool and a gua sha tool. I use the corex snail serum, yes that sounds disgusting but, it works. I do facial massages that I look up on YouTube and you have an instant lift. No down time required.

I love Chinese medicine rituals as well.

Korean women have the most stunning skin in the world. They have so many beautiful natural methods that they use, and they work. There were a group of certain people in Japan working in a rice field one day and they noticed that the rest of their body was wrinkled, but their hands were not. It was from what we call sake. Fermented rice magically made their wrinkles disappear. There is a potion out called SK2 that's ridiculously expensive that tries to mimic that. It has a very interesting backstory if you want to research.

Now, back to my regimen. Water is free and staying hydrated is the most important thing you can ever do. It makes our skin and lips supple and everything function properly. Healthy doses of vitamin D are also important. Don't be afraid of the sun. As long as you wear a hat and use a little sunscreen, 15 minutes will change your mindset and give you an instant mood boost. Eat your skincare. Not literally, what I mean by that is vegetables. Omega-3s and antioxidants are so wonderful for healthy skin. Salmon pasta and chia pudding is so good for a glow.

I've also been obsessed with olive oil lately. Taking a small shot of lemon juice and olive oil in the morning does wonders. It won't magically detox your body, but it helps you feel full and it helps with your digestion and I definitely think it helps with your skin. Italian women swear by it.

I also love body oils. I love lotions too, but body oils are magical. I love the Palmer's shimmer radiance oil for summer. It is so lovely and light on your skin. It's around \$10. All the expensive ones are basically the same thing, but if you like to pay for the name, go for it. They make expensive ones that smell really good. Like the Osea and Loccitane brands, but like I said you're paying for the name. Back to Olive oil. You can also put that on your skin, a little dab on your face at night before bedtime and even on the heels of your feet and your legs. Olive oil for the win. My favorite olive oil brand is Graza and I love the Moreshe brand as well. Facials at home and professional ones can also naturally give you a lift and give you instant luminosity. They're also great for stress management which wreaks havoc on our skin. That and cortisol. If you're stress-free you will definitely gleam.

All of these ideas can make you feel pretty and healthy. What are some of your favorite skin rituals that make you feel radiant? Remember to make the sidewalk your runway, kindness always matters and try to love the skin that you're in y'all.

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Email your submission to ElectricCityNews@gmail.com. Photos will be accepted through July 24th. Fish tales should be no longer than 3 paragraphs.

The winner, along with other great photos, will be published in our last issue in July. The winner

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THE GARDEN SHOP

A seldom seen beauty



**SUSAN
TEMPLE**
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gardener

Many years ago, as in about 30, when Mama and I first started shopping at the South Carolina Botanical Garden's plant sale, she chose what has turned out to be a very unique, beautiful shrub, particularly when its fall color blazes beyond anything else around – Redvein enkianthus (*Enkianthus campanulatus*). We've not seen one in a nursery since. Maybe this plant has been offered and we missed it. But I doubt it. For many years, the name was lost. We finally took a branch to one of the SCBG sales, and Patrick McMillan identified it for us.

Redvein enkianthus is deciduous, and Mama's is now about six to eight feet tall and maybe that wide. In early spring, it has small bell-shaped white flowers that are tinged with pink. They daintily hang from the branches, much like *Pieris japonica*, as they are in the same family. But redvein enkianthus is not at all finicky like

pieris can be. Foliage might be described as slightly similar to an azalea. Come fall, the colors are blazing red and/or maroon. Smooth, pretty bark gives winter interest too.

Morning sun, dappled all day shade, and protection from full afternoon is best. But the more sun, the better fall color will be. We got lucky where Mama planted hers. Her backyard is mostly shady; some parts are full shade. However, where redvein enkianthus is gets afternoon dappled shade until later in the day. Then it gets a bit of afternoon sun. It is jaw-dropping in the fall, back lit by the afternoon sun.

Finally, last year, I decided to try and root some. I've had the supplies to air layer shrubs for longer than I want to admit but never got around to trying. My intention has been to air layer camellias for Anderson Master Gardeners' plant sale. I marked the calendar though for redvein enkianthus. Experts said late winter, early spring. In early March, while sphagnum moss was soaking in water, I scraped a bit of bark off near the end of a branch where old wood met new, put root tone on it, wrung out excess water from the sphagnum moss, covered the branch, and put plastic wrap to hold the moss. Then



From spring blooms to blazing fall color, redvein enkianthus is a hidden gem in the garden.

wrapped all of that with tinfoil. The tinfoil supposedly keeps the sun from burning the plant but seems to me that would make it hotter. I also buried a limb that had finally gotten long enough to do that. That is the easiest way to root something.

With the air layering, I did this on six other branches, mixing lengths of stems, and mixing new and old growth, to see if any root better than others. It supposedly takes about three months. The weight of the process broke one of the limbs, but it is still growing so I've left it alone. It is hard not to look at this experiment. One has been my check and see branch. So far,



nothing! Mid to late summer is supposedly the best time to root from cuttings. I'll be trying that here soon. I'm confident the stem on the ground will root, and I feel better about rooting from cuttings now, so I'm hopeful that by one of these ways, I'll have more of this redvein enkianthus beauty.

FOUND: AN ATTIC TREASURE

We've been cleaning out our house and garage attics – a hot, sweaty, dusty, filthy job. We've found many mementos and treasures from the past – some still nice, some ruined due to heat, time, and the possible presence of little animals whose evidence was clear in some boxes. Our grown



Ann K. Bailes

children each have piles of things saved for them, and we've made several trips to the thrift store and to the dump.

The other day Mike came in the house and found me in a back room. By the smile on his face I could tell that he must have found something special. He had. It was a cherished gift from long ago, something I



thought had gotten away from us and was maybe in a landfill or who knows where. These two long-lost ducks, carved from reed bundles, hold a wonderful memory for me. They will no longer be tucked into dusty boxes but will be displayed in a prominent place in our home.

It was two days before Christmas, 1984.

I was spending the night with friends near Anderson, getting ready to leave for my parents' home in Alabama the next morning. Mike had showed me around town and then taken me to his boyhood home for supper to meet some of his family--his dad and a couple of his sisters who were there. Mike and I hadn't been dating long, but were getting serious very quickly. Obviously, I was a little nervous at being "on display" around Mike's dad for the first time. He was kind and friendly, but revealed nothing of what his first impression of me was, or how he felt about his son and this woman contemplating a future together.

The next morning I was starting to head out, but Mike called and said "A couple more of my sisters have come in for Christmas. Before you leave town, come back by the house and let me introduce you

to them." So I did just that, and enjoyed meeting two more of his sisters.

But I needed to get on the road. While starting to make my exit, Dr. Bailes said "Wait just a minute," and trudged to the back of the house. Those of us lingering at the front door made small talk during this pause.

And then he reappeared, holding two decorative ducks carved from reed bundles – pretty little pieces that were nicely sculpted. "Here," he said, thrusting the ducks into my arms. "These are for you."

I smiled, graciously accepted the gift, and said goodbye to all. Mike walked me to my car and I drove the five hours to Alabama, from time to time looking with a smile at the gift on the seat next to me. I knew what those two ducks meant. I had passed the test.

SLEEP: THE GREAT HEALER

Recently in this column we've been discussing the three essentials for proper self-care. There are diet and exercise. Then there is sleep. And sleep just may be THE most important of all, affecting our overall health in dramatic ways.



Dr. Gabrielle F. Cannick

Because sleep is so important, in addition to my Grand Oaks dental practice I have added an emphasis on helping people suffering from sleep issues.

Check out our Sleep Well Anderson website at <https://sleepwell-anderson.com>. We offer gentle, effective solutions to help you reclaim restful sleep!

So, if you are waking up feeling unrested or lacking energy believe me, you're not alone. According to the Centers for Disease Control and Prevention, approximately one-third of the entire U.S. adult population is suffering from poor sleep habits.

Stop and consider how remarkable – and mysterious – sleep is. Every night we lie down, close our eyes, lose consciousness – and restore ourselves! We tend to take it for granted not fully appreciating how valuable a good night's sleep is. The idea we can get by with minimal sleep is simply wrong. Sleep is a function of being alive and essential for our health -- from our brain and emotional well-being to our cardiovascular and immune systems.

Science has long asked the question: What is the purpose of sleep? Yes, our bodies need to rest. But it's much more than that. We now understand our brains are highly active while we sleep, performing different tasks in different sleep stages. Here are just a few benefits of sleep that are quite stunning:

- + Protects and restores cognitive performance Without sleep, concentration, reaction time, decision-making degrade.
- + The brain does house-cleaning by flushing out toxins that accumulate during wakefulness, including certain proteins that

are linked to cognitive decline.

- + Regulates emotions.
- + Adjusts synaptic strength which enables our nervous system to transmit, process, and coordinate information.
- + Tunes up the circadian system to regulate sleep timing, hormone release, body temperature, and metabolism.
- + Coordinates hormone production that affects stress, appetite, metabolism, and tissue repair.

Think about this when you put your head on your pillow tonight. It's also important to note studies show men and women 18 -34 are the least rested of all age groups -- and they tend to have the hardest time falling asleep. If you are struggling to fall asleep, experts recommend practicing a calming activity like breathing exercises. Avoid phones for sure. (Our 24/7 connectivity should be moderated.) And of course, seek professional help if the problem persists.

In all it's hard to overstate the importance of a good night's sleep. Don't neglect this important aspect of selfcare. If you or a

family member is experiencing sleep issues, we may be able to help. Reach out for a free consultation. We're your hometown resource for guidance and support!

Dr. Gabrielle F. Cannick is a dentist, Diplomate of the American Board of Dental Sleep Medicine, and certified Nutrition, Lifestyle, and Wellness Coach. Dr. Cannick is the owner of Grand Oaks Dental and Sleep Well Anderson, located at 3905 Liberty Highway in Anderson. Dr. Cannick is passionate about integrating oral health, sleep medicine, and lifestyle coaching to promote whole-person wellness. She is a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, the Dental Organization for Conscious Sedation, and the American Academy of Dental Sleep Medicine.

For more information about Grand Oaks Dental, Sleep Well Anderson, and the services provided, please call 864-224-0809, or click to grandoaksdental.com or sleepwellanderson.com.



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THE Electric City News

Kids Corner

IF I COULD GO ANYWHERE THIS SUMMER, I'D GO TO... BY 2ND AND 4TH GRADERS

Lake Jo Casy. First you can swim in the lake. Next, you can hike up the tall, and steep hills. Last, you can stay in a Log cabin. These are the reasons I want to go to Lake Jo Casy. -Izzy

I would go to Paris. I would see the Eiffel Tower. I really want to try the pastries. It would be so fun! I want to see the city and do everything there. I want to here there language. I want to go to the Ferris Wheel and go to the Carnivals. I want to go to a Boutiaque. I think Paris would be the best summer trip ever! -Lucy Brunson

Clevind. First, I would go to the pool with my cousins. Next, I would go to are rent house and have fun. Last, we are

going to fish! -Harvey Wood

Watiki with my family. First there is a hot tub. Next there's three humongus slides. Last, I will get to spend time with my family. -Jessa B.

The beach to swim and relax. -Emmy Dopireac

Probably Maki a lot and the beach. -Greyson Goins

Marulon Beach. First I will jump in the ocean. Next I will make a sand cast. Last I will have a ice cream. That's what I would love to do in the summer. -Matthew Jones

Omaha for the College World Series. -Jackson Shirley and Hewitt Guffee

Myrtle Beach. First thing I would do is unpack before we go to the beach. Then after we unpack I would go to the beach and swim in the water. After that we would go to the hot tub to warm up after the cold water. -Serenity Reeves

Paris because I've never been and I want to see the Eiffel Tower. -Lakelyn Neitzer

Travel with my dad where ever he goes for work. -Ella Bennett

Hawii. I want to see the ocean and the beach. Next, I would love to find seacel and clate some seacels. Last, so I can spind time with my spacele family. Thes are res-ins I would go to Hawii. - Remlee Coker The Bahamas! -Jack Walker

Dinsyworld. First, you can do so many rides at Disney World. Next, you can eat good food yommy. Last, you can get your face painted. I would love to go to Dinseyworld this year. -Cece Finke

Germany because of the food and the cool windows. -Bane Parker

Paris because my baby cousin Leona lives there. I would also want to go to Florida because the beach is nice. I also want to go to Willyam's Burg because my aunt lives there. -Charlie Kempf



BILLY BOB'S BY RIVERS TATUM, 4TH GRADE

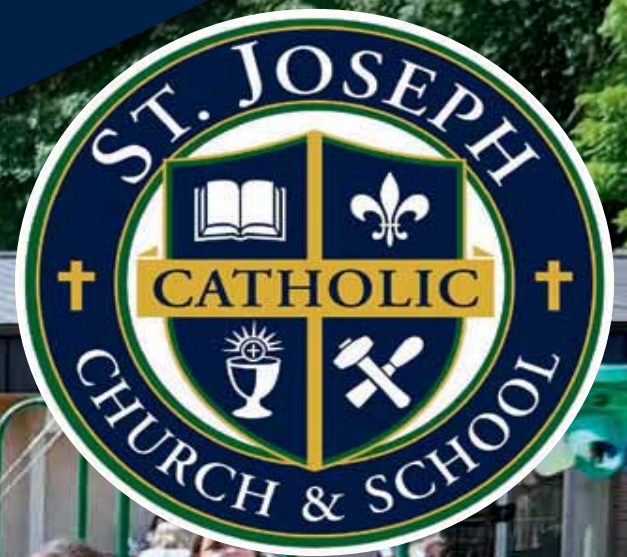
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Anderson County commemorates 250th anniversary of Carolina Day

BY RICH OTTER

On June 28, 1776, a British invasion fleet sailed toward Charleston Harbor. It was one week prior to the signing of the Declaration of Independence. As the fleet approached Sullivan's Island, they had a quick awakening as to what lay ahead.

Celebrating the Colonist's first major victory of the American Revolution that ensued, the Anderson County 250 Committee joined the State of South Carolina with its recognition of the event on June 28, Carolina Day.

Fort Moultrie, named for its commander William Moultrie, had been hastily constructed with palmetto logs and sand. It was on the southern tip of Sullivan's Island. The island's northern edge was exposed at ebb tied by what the British were informed was a shallow area between it and Long Island (the present area of Mount Pleasant). They rudely discovered after their troops landed on Long Island that the shallow passage was still seven feet under water. Troop passage was virtually impossible, especially under a barrage of gunfire.

The northern end was protected by some "eight hundred defenders, including thirty Catawba Indians. Its American commander, Col. William Thomson, also had two cannons. It was a turkey shoot for any attempting to cross the passage.

As crude as Fort Moultrie appeared at the other end of Sullivan's Island, the palmetto logs and sand provided surprising protection for the defenders at the southern tip of Sullivan's Island. Cannon balls just sank in or bounced off the sand and logs. The area had been described as a "slaughter pen," but good fortune was on the side of the Americans. Three of the ships that moved in for shelling ran aground.

The British only had fifteen flat bottom boats that could be used to land troops on Sullivan's Island at one time, but the troops were fortunate. It was recognized sending them in would be a slaughter.



WILLIAM MOULTRIE

By evening, the British ships wisely withdrew. They had fired over seven thousand rounds and used twelve tons of powder. That compared to nine hundred and sixty rounds by the Americans and four thousand pounds of powder. Damage to some of the British ships and their men had been severe. The Americans had only twenty-six wounded and twelve killed. It was a remarkable victory, sorely needed by the rebel-

ling Americans.

The men on Sullivan's Island had risen against the mighty British navy in the cause of liberty. It was a rallying cry heard throughout the Colonies. It really could be done.

After the British retreated, celebrating church bells were rung throughout the area. That is an honored tradition picked up for Carolina Day, two-hundred and fifty years later.

Larry Mitchell, the project committee member of the Carolina Day program of the

Anderson County 250 Committee, reported churches, government agencies, and anyone with a bell, for that matter, had been asked to participate on Carolina Day, June 28, 2026. Beginning at 2:50 pm, bells were rung in unison twenty-five times throughout the county in recollection of the historic occasion. Twenty-five "solemn taps" were offered in recognition of the number of decades since the historic battle.

Mitchell said it had been a "daunting task trying to reach out to everyone," but it was an exciting and historic occasion to bring our citizens together to honor the courage and sacrifice of those who stood up to an empire at a time of extreme need. Even if church or government bells had long been retired, twenty-five soft ceremonial taps in some instances delivered recognition of the cause undertaken, demonstrating appreciation of those who have followed.

The celebration caused our citizens to stop, think and be grateful for the freedom and independence that has frequently been challenged and still must be defended.

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