OCTOBER 16, 2021

## LAW ENFORCEMENT BBQ FUNDRAISER AT THE ANDERSON CIVIC CENTER

HOSTED BY:

11AM - 2PM



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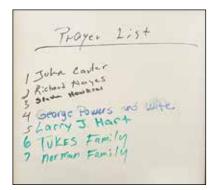
Sept. 30-Oct. 13, 2021

# Heart of a servant

#### **BY JIM HARRIS**

When we walk into a restaurant, our expectations are usually for a good meal and good service. If you walk into Shirley's Sole Food (yes, that's how it's spelled) in Toccoa, it doesn't take long to realize that those things are just the tip of the iceberg. Shirley is known far and wide for her chicken and her cabbage casserole. It isn't uncommon to see the place filled with customers that have driven an hour or more for the excellent food that she cooks from scratch every day. Dozens of rave reviews confirm just how well she delivers on food and service.

Some of those reviews mention more than food, however. They talk about how Shirley changed their lives. Take a look around the restaurant, and you'll start to see why. A dry-erase board in the hallway looks like it should display the day's menu



Shirley's Sole Food has a list of prayer requests listed on a dry-erase board in the hallway.

selections. Instead, it's a register of prayer requests, focusing on those in need of help for a wide variety of reasons. Customers call in from all over to ask Shirley to add names to the list. Continue your look around, and you'll see what looks like a tip jar for



**Shirley Combs and her son Perez** 

the staff, but closer inspection indicates it's for donations for a homeless shelter. Next to the jar, you'll find brochures for the shelter. Shirley's Shelter. You see, Shirley's is about so much more than good Southern food.

Toccoa native Shirley Combs always wanted to drive a school bus and operate a restaurant. Five years after starting her school bus route each morning and afternoon for the local school system, her son Perez shared that there was a restaurant space available next to a barbershop.

Fortunately, for so many, Shirley felt led to open her doors. In 2000, Shirley's Sole Food started on a shoestring. Most would have backed away from the challenge of opening a new restaurant with only \$100, but Shirley is a woman who never wavers in her faith, so she didn't hesitate.

She hoped for a good turnout on her first day, but she knew that no one had heard of her new business. It wasn't too surprising when no cus-

**SEE HEART ON PAGE 3** 



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## Elected officials team up to thank law enforcement

BY JIM HARRIS

Two Anderson area elected officials have teamed up to create an event to say "Thank you" to those who serve and protect our community in law enforcement. Supporters will be able to enjoy a great meal and offer a personal "thank you" to our area's police officers and deputies.

Kyle Newton has held the Anderson City Council Seat One since 2016. John Wright, Jr. was recently elected to represent Anderson County District One. The two have worked together for years, going back to before their public service. Given that there is a substantial overlap in the areas they now serve, the two find themselves in frequent communication and have joined forces on numerous projects. Those conversations led to this event.

An area in which they strongly agree is supporting the two police departments that serve our community, the Anderson County Sheriff's office and the City of Anderson Police Department. Kyle says, "We share the same support of law enforcement. It's something that our community and our constituents support, so it was a natural progression

to do a law enforcement barbeque and raise money for their foundations." As John says of the two departments, "They've been very intentional and proactive about building relationships in the community. We want to elevate law enforcement, support them and thank them for what they do." He continues, "They do the dirty work that no one else wants to do, and they rarely get thanked for it." They hope this event shows those who serve the level of support and appreciation in the community.

This type of event also serves the missions of the two departments. Both focus on community-based policing, so being out among the people extends what these officers do every day. Anderson City Police Department Chief Stewart and Anderson County Sheriff McBride plan to drop in, as do several other officers from each department.

With its popularity in our area, serving barbeque seemed a logical choice. The event will be held at the Anderson Civic Center on Saturday, October 16th, from 11 AM until 2 PM. In the event of rain, an indoor facility will be available. Guests will be able to eat



there or take their meal to go.

Creekside BBQ will provide the food, which will consist of a pork plate with Coleslaw and baked beans. Grainger Nissan of Anderson has signed on as the Platinum sponsor.

Tickets are only \$12 each and are available through Eventbrite, and the link to purchase can be found on the event's Facebook page, "Anderson Law Enforcement Appreciation BBQ." They can also be purchased via phone by calling Kensie at 864-224-3503.

The funds raised from the event will go to the Anderson Police Department Foundation and the Anderson County Sheriff's Foundation. The cost of putting on the event, including the food, has been covered by the founders and title sponsor. That means that all of the money raised from ticket sales will go directly to the foundations. Corporate sponsorships are available, and those sponsors will be recognized at the event.

#### RED ROCKET PUBLISHING OF ANDERSON, LLC

#### **PUBLISHERS**

Julie Bailes Johnson 864-221-9269 julie@theelectriccitynews.com

Ginny Bailes Fretwell 864-934-1477 ginny@theelectriccitynews.com

#### LAYOUT/DESIGN

ART DIRECTOR

Zack Mauldin zack@upstatetoday.com

#### **GRAPHIC DESIGN**

Nate Thomason signal43@live.com

#### **WRITERS**

Neal Parnell dnparn@gmail.com

Jim Harris jimharris.atl@gmail.com

Rich Otter ottwill@bellsouth.net

#### **GARDEN & FLORAL**

Susan Temple gardningirl@yahoo.com

#### MENTAL HEALTH

Mary-Catherine McClain Riner drmarycatherine@rinercounseling.com

#### **FASHION**

Kristine March

#### **COLUMNISTS**

Kim Acker Von Keller Katie Laughridge Ann K. Bailes Amie Buice

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### Heart

#### **CONTINUED FROM PAGE 1**

tomers showed up. Around 2 PM on that day, she saw a man she thought could be homeless walking by her storefront. Calling him over, she asked if he was hungry. When he confirmed, she asked him to find others in the same situation and return, and she would feed them. He soon came back with others, and Shirley hosted them for one of her excellent meals. A tradition of service began that day that has grown into something so much more. Each day at 2 PM, when lunch service at Shirley's has ended, the area's homeless line up at the rear door and come inside for a free lunch. That itself shows the kindness that the owner possesses, but she doesn't stop there.

Shirley's faith and servant's heart are contagious to everyone around her. She always felt led to open a homeless facility, and, in 2007, she was able to open Shirley's Shelter. Again, with no money, she went forward solely on faith. Soon after she opened, a customer told her he felt led to

help with the rent. Over time, that assistance evolved into purchasing and remodeling the home that houses Shirley's Shelter today.

She witnesses to her prospective tenants, gets them into the church, and makes sure they are committed to improving their own lives. Many have been abandoned by their own family and are truly alone in the world.

Shirley's Shelter provides a home for up to eight men and an apartment that can house up to three women. Shirley says the shelter has helped over 250 people get back on their feet so far. Currently, the apartment is occupied by a woman who has schizophrenia. Her own family has essentially disowned her, so Shirley says she will be her family from now on.

Many of Shirley's residents have returned to their own families and now lead productive lives, but they never forget Shirley's role in helping them get back on track. One young man Shirley helped had returned to his home and family in Ocala, Florida. Sadly, he recently found out he had terminal cancer. On the day before he entered Hospice care, he called Shirley to thank her for her role in turning his life around.



U.S. Rep. Doug Collins had Shirley Combs' story read in to the United States Congressional Record.

In 2019, Shirley and her selfless contributions were recognized at a lofty level when U.S. Rep. Doug Collins of Georgia had Shirley's story read into the United States Congressional Record. He quotes Shirley as saying, "We are called to care for the least among us." The Congressman concludes by thanking her for transforming lives in Toccoa and beyond.

In 2020, a customer that had ridden her bus as a child set out to share her story. That evolved into a feature by In Touch Ministry. They produced a video showcas-

ing her history and vision, introducing Shirley and her mission to the world. Lives were touched from day one as people from everywhere reached out to Shirley about the impact of her story. On the day the video first ran, an anonymous donor sent \$10,000 to help with the shelter's expenses. A truck driver, who Shirley has never met, began sending a portion of his paycheck every week to help with operating costs. Another man in Hawaii reached out and let Shirley know that her video had changed his life. He recently sent her a shipment of pineapples as a thank you.

On the fourth Saturday of each month, Shirley cooks a down-home, Southern-style breakfast with a catch. There's no check for the meal. Instead, diners donate what they can to Shirley's Shelter. Her response when people tell her what she is doing is impressive? "You can do the same thing," she says.

If you visit Shirley's Sole Food, you'll likely plan a return visit because of the incredible home cooking you'll enjoy. You may also want to return because you'll know you've met an extraordinary woman with a servant's heart and a rock-solid faith.

#### THE GARDEN SHOP

## Back in the garden again



Losing practically a month of routine garden tending and piddling around in the yard, the first taste of fall has been extra welcomed. The house painting is done and turned out really good. I'm glad that crazy side didn't win and we stayed with gray. It's still surprising how white the white parts are. It seems to somewhat glow in the dark. Hopefully this paint job will last another 19 years. By then, I may be too old to

Most everything went back like it was. The vintage sprinkler collection was redone thanks to a roadside treasure I picked up; a quite large baker's rack, still with its glass shelves. It takes up much less space than the table they were on and there's room for more sprinklers on the rack. Yippee! Hostas and ferns have been re-planted. It seems all did fine while heeled in

a pile of leaves. There is no sign of Solomon seals returning but I think they will eventually. The unknown lilac bush is re-sprouting. I hope the new growth will be harden off by frost. There's no sign of confederate jasmine coming back. That's good. I've decided I don't want it on the trellis again. There are several seedlings of dutchman's pipe vine (*Aristolochia macrophylla*) that will be planted on the trellis. Part sun and moist soil is what it prefers and the trellis area should provide that. There are a couple of clematis I am going to move there too, see if they get enough sun.

While catching up weeding, tending, and enjoying early fall colors, I thought a little bouquet might make a nice picture for this article. It doesn't take a lot of space to grow several plants in the picture. Starting on the left, Lantana, the sort of orange blooms, will get big or need frequent pruning. Plan on six feet wide. It's great for summer to frost blooms, butterflies love it and deer do not. The two red blooms, Turks cap (*Malvaviscus arboreus drummondii*), will need a bit of space too. Left on its own, it will be as big as lantana, maybe a tad wider. But it is short. About four feet tall. Deer do

not eat it either and it will bloom in full shade. Generally a pass along plant, it might be hard to find in nurseries. Pale red bloom is spider lily. These bulbs can be mixed in among most any perennials. Lavender/pinkish is Cleome, a reseeding annual. They get about four or five feet tall and sort of bounce and flop around. Deer pass them by too. Maroon spikes in the middle are celosia, another reseeding annual. Deer do enjoy them some. Purple is ageratum. It can be a bit of a garden floozy, really getting around the garden. But it pulls up easy. Deer pass it by too. Yellow Fireworks golden rod mingles in with the ageratum and really looks good together. Another deer pass by. Fall just wouldn't be right without purple berries of beauty berry. A great native shrub that will need some room. But it can be stumped each winter to help keep it smaller if need be. Deer do not like it either. Dark maroon in front is red head coleus, great annual for pots. My big surprise is the gourd that came up from some tossed out last year. And the white flowers are alyssum, from a bag of seeds at Tractor Supply. It has turned out great and I will definitely be on the lookout for another bag next year.



Fall bouquet



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October 5-9

## How this hobby happened

#### BY ANN K. BAILES

I'm always a little self-conscious about telling people that I like to watch and identify birds. Somehow that hobby conjures up pictures of little old women in khaki shorts and boots, peering through binoculars at some little spot in the woods. Maybe wearing a pith helmet.

But birdwatching is something that unexpectedly brought my husband and me together in the early years of our marriage. He was an outdoorsman; I was a city girl. He loved hunting; I had never picked up a gun. Even though we had cleared the hurdles of the major issues before getting married, we were very different.

For four months that first year, we rented a small house in the country with a pond across the road. Mike was working long hours, and I had time to kill. I noticed a large white wading bird standing in the water of the pond, and wondered what it was.

So I bought a bird guide, and in those pre-internet days, also went to the library and checked out some books. We didn't realize what we were getting into then. I studied up on that large white bird, a great egret. Then I started reading about the great blue heron that also came to the pond, then the spotted sandpiper, and then the summer tanager that Mike heard calling in the nearby woods. We learned so much about the great variety of birds at that rural location.

Mike was already familiar with much of South Carolina's wildlife, but he was also interested in what I had learned. We discovered that we were quite a team--he had the insight and innate ability to pick up sounds and motion in the outdoors, and I was the reader. We kept lists and watched everywhere we went. I picked up some of his extensive knowledge. All of this got us more and more attached to watching birds and nature.

Even after our son was born, we kept up with this hobby somewhat--as much as is possible with a baby in the house. Our home at that time had a large shelf feeder directly out of our second-story bedroom window, about fifty yards from woods and stream. That meant a big variety of species were coming



there for sunflower seed.

But after moving back to Anderson, the hobby waned. Two young children, a cat, no good location for a feeder, and very little time, all meant that finding birds became an occasional thing rather than a focus of our lives. However, now that the children are grown, and we no longer have a cat, we have become intent on watching birds again. Something new to see and learn about is always out there. And the best part is -- we don't even have to wear khaki shorts, boots, or pith helmets.

#### **NIBBLE & SIP**

## Getting funky at five o'clock

Humans are creatures of habit. Somewhere along the way, we discovered that beer or wine poured directly into a glass are perfectly good beverages, as are spirits mixed with some kind of juice or soda. If we want something salty, there are peanuts and pretzels. Something creamy? French onion dip.



Kim von Keller

But occasionally, it's good to throw off our comfort cocktail hour and try a funkier Nibble and Sip, especially with National Get Funky Day right around the corner. For your snack, try a Funky Flatbread Pizza. Made with blue

cheese, this delicious

bite hits you in the face (in a good way) with its pungent moldiness. Luckily, it's kept in check with the sweet jam, salty bacon, and peppery arugula salad.

And if you enjoy a whiskey sour, you'll really enjoy a New York Sour. This cocktail is anchored with sharp rye whiskey and tamed with simple syrup and lemon juice. The added egg white gives the drink the body it needs for the final ingredient, one ounce of Malbec wine. You can use any red wine, but I'd stick with the Malbec. It has a chewy quality that really brings the funk. By holding a spoon just right over the drink and pouring the wine slowly, you'll end up with a beautiful float on top.

Funky Flatbread Pizza

1 ½ c. arugula

1 T. olive oil

1 t. lemon juice

1 flatbread (I like Stonefire, which come in a package of two)

¼ c. fig jam

3 slices cooked bacon, crumbled

4 oz. blue cheese, crumbled

Preheat oven to 425°. Line a baking sheet with parchment paper. Toss arugula with olive oil and lemon juice and set aside.

Spread fig jam on flatbread, then sprinkle with bacon and blue cheese. Place flatbread on prepared baking sheet and bake for 10-12 minutes, or until the flatbread is crisp and the cheese is melted. Remove from the oven, top with arugula salad, and cut into 8 pieces. Serve immediately.

#### New York Sour

2 oz. rye whiskey

¾ oz. simple syrup

1 oz. fresh lemon juice

2 T. pasteurized egg white

1 oz. Malbec wine

In a cocktail shaker, combine rye whiskey, simple syrup, lemon juice, and egg white. Fill with ice and shake vigorously; the longer you shake, the more body you'll develop in your drink. Strain into an ice-filled rocks glass. Holding a spoon over the top of the glass, with the bowl facing downward, slowly pour the malbec over the back of the spoon so that the wine floats on top of the cocktail. DO NOT STIR! Serve immediately.





## Top shoe picks for fall

I simply adore shoes. What woman doesn't? Fall is officially here and I have chosen my top shoe picks for the season. Clogs are back. I love clogs because they instantly



Kristine March

give you that European chic vibe. You can pretend like you're in the Swedish countryside with the new Free People version. The name of the clog is The Abby by MIA shoes. They even come with an ankle strap and that to me is a bonus. The ridged bottom will

be great for walking around town and goes with dresses and cropped jeans.

For a cozy, plush style I love the shearling lined Birkenstock. You can pair it with practically anything and you will literally be walking on sunshine. The Birkenstock shoe is timeless. It's great to wear for autumn and running errands on your off days or for something on the more casual side.

If you want to go completely over the top and glitzy, my dream pick is the Givenchy Shark Lock Pant Boot. It's made of black leather and absolutely gorgeous. The price range is extreme but it's a work of art. If you're more on the sporty side go with the DKNY Sawyer wedge sneaker look. It would be great if you're out and about in the city. Sleek and high quality.

For my final pick I have to go with a good boot. It just screams fall. A company based out of London called The Hippie Shake makes an embroidered pair, with orange and brown flowers, fittingly called the Penny Lane. They are absolutely stunning. They lace up with a block heel and are seventies vintage inspired. Pair them with a wide brimmed hat and oversized sunglasses and you will be the belle of the ball. I always say if you can't travel the globe you can at least look the part. All of these shoes will get you ready for the most beautiful time of the year. Make the sidewalk your runway and kindness always matters. Happy Fall Y'all.



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MARGARETLMATTOX@YAHOO.COM
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LISA WARWICK
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IG WAR.WICKSTUDIO



DEBBIE BZDYL

ABSTRACT ARTIST

DEBBIE@DEBBIEBZDYLART.COM

WWW.DEBBIEBZDYLART.COM



JANE FRIEDMAN
JANESPETART@HOTMAIL.COM
WWW.JANESPETART.COM
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#### FROM THE SHELF

## 'Apples Never Fall' by Liane Moriarty

When approaching this book review I was trying to think how to even categorize Liane Moriarty's writing (this one especially) into a specific genre (or make that plural). You



Sara Loady

may recognize her as an International Best-Selling Author for close to the past decade, or perhaps you've watched HBO's Big Little Lies, or Hulu's brand new show Nine Perfect Strangers (both based on books by the same names). If you're familiar with the

shows or her actual books you're likely taking a pause to think how you might attempt to categorize her as she constantly blends multiple genres together. Being a librarian I looked to a solid resource, like the Library of Congress, to see how the brilliant cataloging hive mind there classified the title. Apparently they classify ALL of Moriarty's writing as "women's fiction." Which is asinine to me.

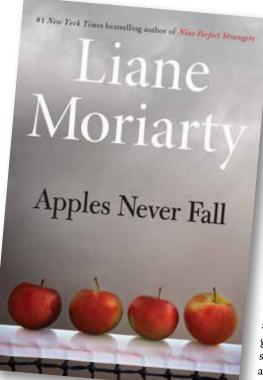
\*Insert soap box\* Just because a book is by a woman, about women, or about family or other domestic endeavors, does not make it women's fiction. I could rage for hours on this. In general, when you hear the phrase "women's fiction" most people jump straight to "chicklit" and think more in terms of Hallmark-style novels or your typical beach reads (Mary Alice Monroe, Dorothea Benton Franklin, some Danielle Steele, even some Nora Roberts) and Liane Moriarty definitely does not fit that vibe - like at all. Now I'm by no means knocking that type of book (I'm making serious headway through the romance genre right now), BUT labeling Moriarty this way is misleading. It's especially misleading to label Apples Never Fall this way. It is part mystery, part domestic fiction, part family-focused, honestly even with some thriller aspects, and it's pretty heavy on the sports element, all while also making you laugh (see why I was looking for an expert's opinion?). In other words, probably not what you think when you hear "women's fiction." \*Steps off soapbox (for

Apples Never Fall follows the Delaney family, a fairly famous tennis family, as they navigate the disappearance of the mother and the potential that foul play (likely at the hands of family) is to blame. The Delaneys consist of Joy and Stan, who met as professional tennis players, then coached tennis and ran the Delaney School for tennis. Over the course of their 50 year marriage they had four children, and coached each in tennis as well. Amy is the oldest and a bit of a mess. Logan could have gone pro if he'd just cared enough to try. Troy

failed on the tennis court but is massively successful with stock trading. Then there's Brooke, the youngest, and Stan's favorite despite not going pro with tennis due to migraines ("she could have been so great!").

As the story opens, Joy and Stan have just sold their tennis school. Newly retired, and having absolutely no idea what to do

with all their free time, they are struggling to handle spending so much time together without resorting to divorce or murder. They're in their 70s and still play couples tennis.



Everyone coos over

their insane chemistry, especially on the court, but things are just lacking spark and purpose now. Enter Savannah, a banged-up girl who knocks on their door late at night after a massive fight with her boyfriend. Is this new houseguest the spark they needed? Or will this be the end for them, quite literally.

Fast-forward a year and Joy has gone missing after sending her children a bizarre text message. Her phone is found under the bed,

a shirt with her blood is found buried in the woods, and Stan even admits they had a big fight the night she disappeared. All things point to foul play and Stan is the circumstantially the most likely culprit. Enter the

Delaney children, split on their support and belief in their dad's innocence. Tensions are high as the last time all the Delaney's were in the house together old betrayals were laid bare and Savannah (who stayed with them for months) left without a trace.

As the police investigation progresses Moriarty introduces flashbacks from when Savannah showed up on Joy and Stan's doorstep and how each child responded to the Delaney's embracing Savannah as one of their own. There's a lifetime of baggage and issues to unpack with each of the Delaney children and their very complicated life regarding tennis, their parents, and how the two are intertwined. Putting aside sibling rivalries, family legacies, and current stresses, the family will have to come together to get to the root of what really happened to Joy.

Like all of Moriarty's books, there's more to the story than what's on the surface, and there is of course her trademark killer twist. As an avid reader of hers, I'd place Apples Never Fall in my top five favorites of her books. It's tough since I don't know that I'll ever get over the twist from Nine Perfect Strangers. I was literally laughing out loud like a loon at the gym with that one. If you haven't jumped aboard the Moriarty train, especially if it's because of the "women's fiction" label, I highly recommend you do so. The ride is definitely always worth it.

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## **Baseball in the Electric City**

#### BY RICH OTTER

In its primitive form, in England during the mid-1700s it was known as rounders. After being carried to America it evolved into a popular pastime with a changed name – baseball.

In 1907 there existed in Anderson the Electricians ball club (likely named thanks to the wizardry of William C. Whitner) that played in the South Carolina League with teams thereafter in the Carolina Association (1908-1912) and finally the Palmetto League in 1931.

Then along came the Tri-State League between 1946 and 1954, a class B league that produced the Anderson Rebels. They played at Nardin Field.

Perhaps Anderson's most vociferous advocate for baseball in those years was A. P. "Doc" Durham. Marshall Fant remembered Doc Durham as a "well-known character. When Doc came to Anderson he didn't have two dimes to rub together but he did have a formula for making Vim-Herb. There was probably more alcohol than anything else in his remedy. It was a pick-you-upper....Doc owned the Anderson Rebels baseball team." Teams came and went but Doc Durham's enthusiasm endured being revitalized when a minor league professional team returned to Anderson in the 1970s with his help and encouragement. (Durham also hosted a popular Vim-Herb radio show that periodically included local amateur musicians, a treasured memory of Carey Jones who played a guitar.)

At the same time there was serious baseball competition between teams in the Southern textile league that built company morale and was an excellent way for mills to keep employees and instill company pride and loyalty. Games constituted a primary source of entertainment for employees. Former Williamston mayor Marion Middleton remembered how he was paid to play ball as a 40 hour employee and never knew what department he was supposed to be in.

Many textile team players were sought after by professional organizations as well as other textile firms. Games were often played at Cater



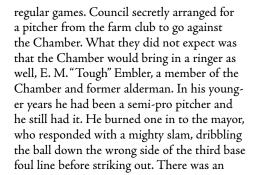
**Anderson Memorial Stadium** 

Park in Anderson and John Gates recalled that Postelle Cater had "a swinging board in the fence on a bent nail and we could pull it up and slip in. Mr. Cater fixed that for the young people who lived around there so we all snuck in when the old textile baseball teams were playing." They also did so when the fair arrived.

In September of 1968 discussions began between the City of Anderson and the local American Legion Chapter for the construction of a stadium on city land where American Legion baseball games would be played as well as a Western Carolina League farm team to be known as the Anderson Senators. A lease was given to the American Legion and construction was begun and completed to the point of permitting the Legion and the farm team to have their games.

Unfortunately, construction costs exceeded what the Legion had anticipated and the farm team was not able to meet all of its obligations. The City of Anderson took over the facility and its obligations and finished some of the construction when the property reverted to the city. Arrangements were made with the Legion to continue using the stadium and for professional farm teams to play in the then named Anderson Memorial Stadium.

In celebration of the new facility, Anderson City Council challenged the Anderson Chamber of Commerce to a game of a few innings at the stadium before one of the





A.P. "Doc" Durham - Courtesy Anderson County Museum

equally embarrassing display by other Council members. And to think, it occurred on their own home field.

From 1980 until 1984 the Anderson Braves used the field for a farm club. Then it was used by Anderson College. In 2007 it was upgraded for an independent team, the Anderson Joes, but the team folded. After that it remained used solely by Anderson University.



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Vim Herb mural in memory of A.P. "Doc" Durham

The first pass was right in front of my eyes with a buzz that lasted only a millisecond. The cat in my lap would have snatched it in a flash when it was a kitten, but now only turned one ear and went back to sleep. I didn't think much



Neal Parnell

about it at the time, the game on T.V. had my attention. When it passed my eyes again, like Maverick buzzing the tower in "Top Gun", causing me to spill Dr.Pepper onto me and the cat that launched from my lap and landed safely on the floor. I declared war on the tiny

Ace pilot, and set the alert status to Def-Con 4.

As I was tracking down my swatting weapon of mass destruction, the supersonic stealthy insect did a fly-by right by my ear. I caught a

glimpse of my enemy out of the corner of my eye, and I swear that beneath those compound eyes there was a smile. I was in stalking mode now and waved the swatter around trying to flush the two-winged annoyance into the open. For

twenty minutes I checked behind curtains and scanned the walls and ceilings before sitting once again, all the while knowing that the enemy was laughing and watching me sweat. I relaxed a bit and got back into the game, but still clutching the swatter and the thought of outsmarting and destroying the mini airshow acrobat.

A commercial came on, and just as I was about to get up and make a snack, I spotted the little buzzer. I couldn't believe it, the thing was in my lap, siphoning half-dried Dr. Pepper from my jeans. The pure gall and cunning of this airborne enemy amazed me as I slowly ungripped the swatter. Unthinkingly I slapped my lap and shouted in pain as the six-legged jet escaped with a high-pitched laugh. The "Rambo" like tactics were now hitting below the belt causing an innocent civilian to suffer. Something had to be done to rid the house of this most unwanted intruder.

I forgot about the game and the snack, and focused all of my attention on my adversary. I studied and found that my foe hated the cold and was attracted to light. I bumped down the A/C, closed all the curtains, turned off the lights. I only left sunlight coming in through a storm door and waited. It worked! My aeronautic nemesis had landed right in the middle of the storm door window. I slowly raised the swatter and could tell that the cold had lessened its reaction time. I heard my wife open the front door just as I swatted. It escaped my swat and shot past my wife like a speeding bullet. As I turned to stare out the door in defeat, there it was on the outside, in the same spot, smiling.

Oh, Superfly

You're gonna make your fortune by and by, But if you lose, don't ask no questions why, The only game you know is do or die, Ah, ha, ha,.....

## Super-Fly | The most 'Spooktacular' time of year

the past

few years

our fam-

ily has

this tra-

dition.

A few

of the

costume

themes

we have

chosen

The most "Spook-tacular" time of year is almost upon us! Soon the streets will be filled with little ghosts and goblins, with a few princesses and super heroes mixed in, all seeking to collect a bagful of as much sugary, gooey candy as possible in under two hours.

Halloween is also a tradition that the entire family can enjoy, not just the kids. If you're looking for a unique and fun way to celebrate this year, consider involving all family members by choosing a Halloween costume theme. This is great way for everyone to participate, have fun, and share a lot of laughs they will not soon forget. Inspiration for your family Halloween costumes can come from anywhere: your kids> favorite video game characters, the books you read to them before they fall asleep, the shows they watch on TV, and even their favorite foods. While purchasing outfits for the whole family can be a bit pricy, there

are plenty of "do-it-yourself" Halloween costume ideas that can easily be made with material you already have at home. Over



Katie Laughridge

include the Flintstone family, super heroes, and characters from the Wizard of Oz. Last year, my entire family of fourteen dressed up as characters from the circus. The costumes were hilarious

and kept us laughing all evening.

If this is something you would like to try, I have provided a few ideas for family Halloween costumes you may find interesting:



Disneyland Tourists (Disney shirts, mickey ears, fanny packs)

The Incredibles (red shirts, pants, or tights, and then add the details with black, yellow, white, and orange felt)

Where the Wild Things Are (fashion some wigs with horns paired with street clothes)

Care Bears (matching sweatpants and hoodies with appli-

Rag Dolls (vintage clothes, red wigs made of yarn, paint red cheeks and eyelashes on your

Harry Potter costumes (simple black robes paired with striped ties or scarves in the Hogwarts house colors of your choice and adults in the family

can dress as their favorite Hogwarts professors)

Scooby Doo characters (Shaggy, Freddy, Daphne, and Velma looks can be recreated using thrift shop clothes, wigs, and glasses)

Toy Story (Woody, Buzz Lightyear, Andy, Mr. Potato Head, Mrs. Potato Head, Little Bo Peep, Slinky Dog, Rex, Hamm the Piggy Bank, and other characters provide lots of opportunities to be creative)

Beekeepers (The kids can dress as the bees, and the adults can be the beekeepers)

Where's Waldo (Simply find red-and-white striped shirts, red beanie hats, and black glasses to turn your family into a group of Waldos)

Donuts (adults can dress in an apron and a baker's hat and kids can dress as actual dough-

Let this Halloween be one to remember!

## INTERNAL DYSREGULATION



Individuals under chronic stress often experience trauma responses to cope with internal dysregulation. These coping mechanisms ironically and unfortunately are often applauded and reinforced by our "grind" culture or society that fosters a need to be busier.

Socially rewarded responses to trauma may include the following:

- People pleasing
- Overachieving
- Perfectionism
- Intense Exercise + Always saying "yes"
- Overscheduling
- Over commitment
- Restrictive Eating
- + Powering through on minimal sleep

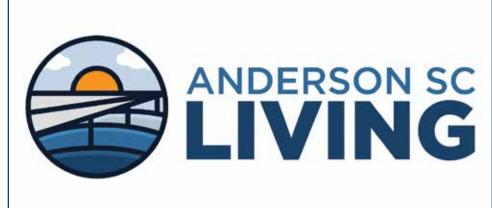
Each item on the list above is often perceived as a "strength" in our society. However, individuals often ignore the risk and cost to adopting the above as

coping mechanisms. While alcohol, self-cutting, other substances also reflect trauma responses, individuals may fail to see the unconventional ways trauma impacts an individual. While the person appears to have it all together and will prioritize others above the self, that same individual may wake up at 4 AM to hit the gym, count calories, and fill up the calendar.

The risk is the impact on the body and on relationships. The mind may push while the body experiences heart palpitations, severe

headaches, digestive stress, sweating, etc. Before we applaud individuals for being busy or someone's intense drive, let's make sure we are not reinforcing a negative trauma response in a system that is flawed. Check on your heart. What does it need?

Mary-Catherine McClain Riner, Ph.D., Ed.S, M.S., is a Licensed Psychologist with Riner Counseling, LLC. Visit www.rinercounseling.com or call 864-608-0446.



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## If it's broken, then fix it

I am a sucker for National Days. Not just the important ones like Labor Day or Presidents Day, although those are pretty good too. The ones  $\tilde{\boldsymbol{I}}$  most look forward to most are the kind that local news anchors talk about when it's a slow news day and there's nothing else to report, a la, "Today is National Tater Tot Day, paying homage to those salty, crispy fried nuggets first made famous in 1953. So don't be a spectater. Pick some up at your favorite fast-food restaurant today!" And then the other anchors laugh and groan at the use of such a clever potato pun. And then there are six commercials for who to call if you've been injured in an

I think the reason that National Days please me so is that over the last 18 months, most other events are just depressing or demoralizing. That's probably the reason I'm having such a hard time getting ready for Tuesday, October 5, otherwise known as National Get Funky Day.

Funky is one of those words that we all understand but some-

times have a hard time explaining. Merriam Webster defines it as "odd or quaint in appearance or feeling; unconventionally stylish; characterized by rhythmic elements similar to those of funk [music]." Even with an

official definition, though,

it's sometimes easier to give examples of who or what is funky.

To my way of thinking, funky people

include Chaka Khan, Bruno Mars, and any older lady rocking eye glasses with ginormous frames. Funky places include Bert's Market at Folly Beach, the UFO Welcome Center in Bowman, and the Jockey Lot right here at home. Funky things include platform shoes (especially when worn by men), feather boas (when worn by anyone), and a really good blue cheese.

Conversely, Walgreens is never

funky, nor is the Biltmore Estate or interstate highway welcome centers. Un-funky things are walking shoes, ball caps, and Kraft Singles. And un-funky people include Vanna White, John Mulaney, and that TikTok lady who sings about "Minnesota salads that aren't really salads." Oh, and also me.

I used to be funky, but I think it's

Of course, that's what life as a responsible adult can do to a person. One minute, you're getting down to Kool and the Gang, and the next, you're getting down to tie your toddler's shoe. You have a mortgage, one of those jobs where you have to wear a Polo shirt, and before you know it, you're getting down, you can't remember why, and you just hope that no one's looking when you awkwardly return to a standing position.

But even broken things can be fixed. As of this writing, National Get Funky Day is in exactly two weeks. These are my plans to be ready to bring it:



Up my playlist: Less James Taylor and more James Brown; less Kansas and more Ohio Players; less Phil Collins and more Bootsy Collins.

Revisit my wardrobe: It's time to give my sensible flats some rest. Somewhere in my closet are a pair of brown suede moto boots with three-inch heels that I bought with a Christmas bonus a few years ago. As long as I'm either sitting or standing still, they could still work.

Bring back the sweet, sweet dance moves: I'm a hardcore home fitness enthusiast, but these days, I'm likely to default to the treadmill while I catch up on episodes of The Durrells in Corfu on PBS. Back in the day, though, I'd spend an hour dancing to whatever chart-toppers had 160 beats per minute. OutKast, I think it's time we get back together to shake it like a Polaroid picture.

I may have aged out of a totally funky lifestyle, but with some practice — and possibly some Aleve — I ought to be able to pull it off for one day out of the year. If you celebrate your groove on October 5, send me a picture of you at your funky best. But if you don't quite know how to get started, hold out for October 9, National Moldy Cheese Day. It doesn't get funkier than a runny, slightly smelly Brie.



# Jackets overcome early deficit to beat Westside in annual rivalry showdown

#### BY BRU NIMMONS

Anderson's two high school football teams entered the anual Electric City Shootout on Sept. 24 from two very different positions.

The T.L. Hanna Yellow Jackets were undefeated and ranked among the top five teams in Class 5A, while the Westside Rams had struggled out to a 1-3 start.

The Rams had shown themselves capable of beating anyone on a given Friday with their upset of Byrnes and seemed like they may do it again, going up 14-3 on Hanna in the first half.

However, the Yellow Jackets bounced back, scoring 42 unanswered points to take the rivalry matchup.

The Rams received the opening kickoff, but Hanna forced a quick punt and took over around midfield.

The Jackets moved quickly into the red zone on a



### **Hanna Yellow Jackets**

Aug. 20	Laurens	W, 23-17
Aug. 27	Wren	W, 27-16
<b>Sept. 10</b>	BHP	W, 43-10
Sept. 17	Easley	W, 62-14
Sept. 24	Westside	W, 45-14
Oct. 1	Woodmont	HOME
Oct. 8	Mauldin	HOME
Oct. 15	J.L. Mann	<b>AWAY</b>
Oct. 22	<b>Byrnes</b>	<b>AWAY</b>
Oct. 29	Hillcrest	<b>AWAY</b>

16-yard pass from Jay Dillard to Walt Smith, but a false start penalty and third-down sack from Westside's Nore Belton forced a field goal attempt. Hanna kicker Logan McConnell drilled the kick from 41 yards out to give Hanna a 3-0 lead with 7:01 left in the first quarter.

After the Hanna score, the Rams went to work, driving nearly 80 yards behind the arm of quarterback Peter Zamora and legs of tailback Hunter Puckett before Puckett busted through the left side of the line on a direct snap run of two yards to give Westside a 7-3 lead with 2:56 left in the first.

The Jackets shot themselves in the foot again on the next drive, losing five yards on an illegal formation penalty, and were forced to punt once again. The Rams bobbled the punt, but were able to come up with it at their own 34.

Zamora then hit receiver Jimmar Boston down the field for a 66-yard touchdown to swing the momentum fully in Westside's favor and increase the lead to 14-3 with 1:03 left in the opening quarter.

Things continued to go wrong for the Jackets on the ensuing possession, as Westside's Zeke Marshall came up with an interception, giving the Rams the ball back at Jacket 48.

Puckett continued to pound the ball for the Rams, getting down to the Hanna 28. The Jackets stood their ground from there, holding the Rams at the 28 on three consecutive plays and forcing a pooch punt to the 11-yard line.

Big runs by Smith and Kam Johnson quickly moved the Jackets to the 41 before Vashun Burton broke free on a 48-yard run down to the Westside 12-yard line. Two plays later, Dillard ran it in from 11 yards out to cut the lead to 14-10 with 5:49 left in the first half.

A three-and-out for Westside gave the ball back to the Jackets, and the running game kept rolling, moving down to the Ram 29, where Fletcher Cothran scored on a fourth-down run to give Hanna a 17-14 lead with 2:16 left in the half.

After another stop by the Hanna defense, the Jackets took over with 1:19 left in the half. Burton broke loose for a 25-yard run, but the Jackets seemed content to go to half ahead by a field goal. Then, on the final play of the half, Dillard hit an open Johnson deep for a 49-yard touchdown pass to give Hanna a 24-14 lead at the break.

The Jacket swarm continued in the second half, as Johnson took the opening kickoff past midfield. Two plays later, Dillard broke free for a 43-yard touchdown run to give the Jackets a 31-14 lead less than a minute into the half.

Needing to score, the Rams went to work, moving into Jacket territory behind Puckett and consecutive receptions from Zamora to Ryan Brownell. A screen pass from Zamora to Amir Dendy kept the Rams alive on fourth down, but the offense stalled out from there, turning it over on downs.

Just two plays into the next possession, Burton broke free on the edge once again, racing 70 yards down the field for a touchdown to give the Jackets a 38-14 lead with 6:06 left in the third that signaled the end for Westside's chances.

The Westside offense continued to struggle, failing to score again, while the Jackets added one more touchdown late on a 15-yard run by Jaylon Thompson to give Hanna a 45-14 win in the rivalry showdown.

With the win, the Jackets will move on to region play hosting the 4-1 Woodmont Wildcats on Oct.

1. Meanwhile, the Rams will try to get back on track against 2-3 Easley to open region play on the same night.



### **Westside Rams**

Aug. 20	BHP	L, 23-20
Aug. 27	Summerville	Canceled
Sept. 3	Greer	L, 28-25
Sept. 10	Byrnes	W, 64-62
Sept. 17	Hartwell Co.	L, 63-28
Sept. 24	Hanna	L, 45-14
Oct. 1	Easley	HOME
Oct. 8	Travelers Res	t AWAY
Oct. 22	Walhalla	HOME
Oct. 29	<b>Pickens</b>	AWAY