

Electric City News

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March 13-26, 2025

Anderson Interfaith Ministries aims to please with 35th anniversary festivities

Mark your calendars for Friday, May 2 at 6 p.m., because the passionate team at Anderson Interfaith Ministries (AIM) is hosting An



Ainsley McCarthy

hosting An & AIM Affair to commemorate the nonprofit's 35 years of service to the Anderson community. The bash will be 3

Station, where the sev-

held at Bleckley

en-member live band Finesse will take the stage. Guests can indulge in complimentary champagne and a selection of heavy hors d'oeuvres, courtesy of sponsors Sullivan's Metropolitan Grille and Chappelear & Associates. Attendees may also find their fix at the cash bar.

Silent and live auctions will also be a part of the festivities, though some items will be available online prior to the event in a virtual auction as well, which will open Friday, April 25 and close on Saturday, May 3 at 6 p.m.

Event tickets for An AIM Affair are on sale now priced at \$100 for individuals and \$150 for couples.

AIM Executive Director Kristi King-Brock looks forward to the night with excitement, with hope



that those who hit the ground running each day to help keep others on their feet will get to take a small step back from the work and dance the night away.

"We really want to celebrate the impact we've made, because so often we think of our impact (affecting) just the folks who need Accept. Inspire. Minister

SEE AIM ON PAGE 2



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I'M NOT GETTING OLD

My wife is so sugary sweet. A few days ago, I said to her, "My joints are aching; I must be getting old." She says, "You're not getting old honey, you are Old." Ok, maybe Sweet isn't the word I should have used; she's more like



Neal Parnell

what the cereal companies say instead of sugar - Frosted.

Sure, if you look at the number 70, it may seem like a lot, but in reality, it's not that much at all. Seventy dollars will only buy you a mini-buggy of groceries. A seventy-year-old sea turtle is

only halfway through life, and some trees are still babies. I'm no turtle or tree, although I'm slower and stay in my shell while shedding hair like an Autumn Oak drops leaves.

I'm much more active now than I was in any of my working years. I'd slog around from 8 am to 6 pm, come home, plop down, and wait to do it all over again. Now, I can't wait to get up and get going on the many projects I never had time to do. There are some drawbacks to aging that must be overcome. 'Getting Lucky' now means being able to find my car in the parking lot. An "All-Nighter" implies not having to wake up and go potty. "In Style" suggests the clothes that still fit. "Far Out" and "Outta Sight" is where the mailbox is. "Blitzed" is what happens when I have two cups of coffee. The biggest lie I tell myself is, "I don't need to write that down." I'm a little bummed that the only females that pursue me now are mosquitoes, but I plan on having a smokin' hot body once again, at my cremation. My advanced age has not broken me from taking chances and having hope for the future. Just yesterday, I bought green

I told a buddy of mine that I was going to be seventy this year and he said, "Seventy?



Dang, do y'all still, you know, do it?" I said, "Dude, my wife doesn't even allow our underwear to be washed together!" I was kidding, I do have what I call Social Security Sex, I get it once a month, but it's not enough to live on. I find that with age my mind has turned to thinking of food over sex. I'm considering installing a mirror over the kitchen table.

My back goes out more than I do and I now get my gratification and pleasure from learning, something I never got around to doing when I was young. I've learned that

aging is like a roll of toilet paper, the closer you get to the end, the faster it goes. Knowledge is knowing that a tomato is a fruit, but wisdom is knowing not to put it in a fruit salad.

My body may be less efficient and less attractive in my old age, but God has blessed me with a richer mind, a broader soul, and wisdom that's at such a peak that I never wish to return to my youth. Getting older is like climbing a mountain - you may get out of breath, but the view is much better.

AIM

CONTINUED FROM PAGE 1

our services. The impact is so much greater than that," she said. "Our impact is on our volunteers. Our impact is on our staff. The support that comes through this ministry in all aspects from our stakeholders is pretty impressive."

Sometimes, their impact is larger than the group realizes, and a little acknowledgement

of the effort made to grease the wheels of change goes a long way.

"Our volunteers come here sometimes seeking opportunities to fit in, to have purpose in their lives, and being able to serve others gives them that, so they are truly serving God through serving one another," she said.

With that in mind, King-Brock recalled a time years ago when she had a 96-year-old volunteer named Mr. Earl tear up in her office after he was recognized as Volunteer of the Month. As he sat there, vulnerable, he told her, "You don't understand what that meant to me. When I put my wife in the nursing home,

I lost all reason to live, and ladies, you've given me a reason to live again. You've given me purpose."

AIM has numerous programs and initiatives which promote financial stability, career readiness, and food and housing security, all with the goal of self-empowerment. They always appreciate incoming volunteers and donations so that they can continue providing outstanding care to underserved populations. Readers who feel called to contribute or who may need personal assistance can reach out to the organization via their website aimcharity. org/index.php.

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Major League Fishing event on Hartwell this month

The second Major League Fishing (MLF) Tackle Warehouse Invitational event of 2025 is set to launch on Lake Hartwell next week, March 14-16 – the Tackle Warehouse Invitational Stop 2 Presented by Suzuki Marine.

The three-day tournament, hosted by Visit Anderson, will feature a field of pro anglers competing for a top prize of up to \$115,000. Anglers will take to the water to catch their five biggest bass each day, and the winner will be determined by the heaviest three-day cumulative total.

"We're very excited to have the Major League Fishing Tackle Warehouse Invitational at Green Pond Landing, Lake Hartwell, and Anderson County," said Neil Paul, Executive Director of Visit Anderson. "The leadership of Anderson County has given us a world-class facility in Green Pond Landing and the resources to host championship level events such as the Major League Fishing platform. The Invitational represents another first-time event in our community, and we are looking forward to sharing our brand of hospitality to the anglers, their families, sponsors, the staff and the fishing fans that will enjoy this event in our community."

Lake Hartwell and Green Pond Landing is a familiar tournament destination for competing anglers – the fishery has hosted numerous major events over the years – including the 2020 MLF Phoenix Bass Fishing League All-American – and the world-class facilities offer a scenic showcase with the amphitheater-style weigh-in seating and the scenic backdrop of the beautiful lake. This event marks the first time since 2016 that a professional-level MLF event with the five-fish weigh-in format will be held at Green Pond Landing.

"Based on the extreme weather patterns I've seen, with lows in the 30s and highs

hitting the 70s, I suspect this will likely be a pre-spawn tournament," said Invitationals pro Kyle Cortiana, who has 14 career top-10 finishes in MLF competition. "The fish will be plump and heavy, staging in typical areas like brush piles, laydowns, and docks to warm up and feed. This event is going to be all about figuring out where they're setting up and capitalizing on those opportunities."

Cortiana plans to have several baits tied on to target both Lake Hartwell's big spotted bass and its healthy population of largemouth bass.

"I'll have a bottom-dragging bait, like a Carolina rig or a big football jig, to drag on the hard rocky bottoms," Cortiana said. "Lots of guys are going to be looking at them with their electronics, so the forward-facing sonar baits will be big – any sort of minnow. And I also think finesse baits will play – a shakyhead rig with a Yum Finesse Worm is always strong at Lake Hartwell, and I think we could see some on a Ned rig, like the Yum Dinger . It's hard to explain why it works so well, but it catches both big spots and largemouth there."

When it comes to weights, Cortiana believes consistency will be key for a strong finish.

"I think 18 to 21 pounds a day will keep you in contention," he noted. "If the weather stays consistent, we could see some impressive limits. There are definitely five, six, seven-pound-plus largemouth in there, so it's going to be exciting to see how it unfolds."

Anglers will launch at 7:30 a.m. ET each day from Green Pond Landing, located at 470 Green Pond Road in Anderson, South Carolina. Weigh-ins will be held at the landing and will begin at 3:30 p.m. Fans are welcome to attend all launch and weigh-in events and also encouraged to follow the event online throughout the day on the MLFNOW!* live stream

and coverage at MajorLeagueFishing.com.

The 2025 Tackle Warehouse Invitationals feature a field of professional anglers competing across six invitational tournaments around the country, for a total purse of \$4.3 million and valuable Fishing Clash Angler of the Year (AOY) points to qualify for the Invitationals Championship, set for Sept. 5-7 on the Mississippi River in La Crosse, and a coveted spot on the MLF Bass Pro Tour – the sport's premier circuit.

In Tackle Warehouse Invitationals competition, the full field compete in the two-day opening round on Days 1 and 2 in a five-fish, weigh-in format. Only the top 30 pros, based on their two-day cumulative weight, advance to the final round on Championship Sunday, where they will compete for the grand prize of up to \$115,000. The winner of the Tackle Warehouse Invitational Stop 2 at Lake Hartwell Presented by Suzuki Marine will be determined by the heaviest three-day cumulative weight.

Forward-facing and/or 360-degree sonar is limited to only days 1 and 3 of competition. No forward-facing and/or 360-degree sonar will be allowed on day 2 of competition.

The MLFNOW! broadcast team of Chad McKee and Rob Newell will break down the extended action live all three days of competition from 8 a.m. to 3:15 p.m. ET. MLFNOW! will be live



streamed on MajorLeagueFishing.com, the MyOutdoorTV (MOTV) app and Rumble.

Television coverage of the MLF Tackle Warehouse Invitationals Stop 2 at Lake Hartwell Presented by Suzuki Marine will air as a two-hour episode, premiering at 9 a.m. ET, on Saturday, Oct. 11 on CBS Sports Network.

Proud sponsors of the 2025 MLF Tackle Warehouse Invitationals include: 7Brew, Abu Garcia, Athletic Brewing, B&W Trailer Hitches, Berkley, Bubba, Deep Dive App, E3 Sports Apparel, Epic Baits, Fishing Clash, Grizzly, Humminbird, Lew's, Mercury, Minn Kota, Mossy Oak, Onyx, O'Reilly Auto Parts, Phoenix Boats, Polaris, Power-Pole, Precision Sonar, Strike King, Suzuki Marine, Tackle Warehouse, T-H Marine, Toyota, VOSKER, WIX Filters and YETI.

For complete details and updated information visit MajorLeagueFishing.com.

DESIGN ONADIME

Remember to send in your photos of a room you would like to have redesigned at little or no cost. Design on a Dime has been a popular contest in The Electric City News over the years. The concept was created by our design columnist and friend, Bill Ducworth. We are thrilled that Anne Gallant, of Beaufort has accepted this role as



Anne Gallant

a way to keep Bill's generous spirit alive and use her talents to give back to her hometown. May the most deserved room win! Send photos to electriccitynews@gmail.com



Colonoscopy is the gold standard of colon cancer screening. Here's why there's **nothing to fear**

If you're 45 or older, it's time to talk with your doctor about scheduling a colonoscopy. In fact, if you have a family history of colorectal cancer or other risk factors, your primary care provider might recommend that you start

Why? Early diagnosis can change the outcome dramatically.

Excluding skin cancers, colorectal cancer

is the third most diagnosed cancer in the U.S. Colorectal cancer is expected to cause 53,000 deaths this year, according to the American Cancer Society - but



experts estimate that 60% of those deaths could be prevented through screening tests that can lead to early detection.

While there are several screening options available, it is important to choose the one that is right for you. Your primary care provider can help you decide, based on your risk factors, family history and other factors.

Colonoscopy is the most commonly offered screening for colorectal cancer, and it is considered the gold standard. During a colonoscopy, a doctor uses a thin, flexible, lighted tube to check for polyps or cancer inside the rectum and colon. Most polyps and some cancers can be found and removed during this test.

Common fears and misconceptions surround colonoscopies, and until relatively recent years, colon cancer screening might not have been openly discussed. Overcoming those fears and scheduling that appointment

could be a lifesaver - literally.

Colonoscopy prep is a necessary part of the process

Fear and discomfort about the process of colonoscopy preparation is no small issue, said Dr. Davis Brian Berry, a gastroenterologist with AnMed Gastroenterology. Preparing for the procedure includes taking medication to

> empty the colon. Dr. Berry said that he and AnMed gastroenterologist Dr. Rabin Neupane have worked to make their prep system simpler for patients, by com-

bining medication with Gatorade for a process that is gentler than patients might expect.

"I try to talk to people about their prep," Dr. Berry said. "A lot of people will just chug the prep, and it's a lot better if you just sip it slowly."

While it likely means an afternoon at home the day before the procedure - Dr. Berry encourages some TV time while sipping the prep - patients should ask questions if they have concerns about what the process will be like. It's OK to ask, especially if those unknowns could be holding you back from scheduling the screening.

"There are options available," Dr. Neupane

Following the colonoscopy, patients can generally have a normal meal, Dr. Berry said. Some even stop for takeout on the way home.

Another common hurdle for patients is fear about anesthesia. Dr. Berry said the type of anesthesia now used for a colonoscopy is considered moderate, and it is different from the general anesthesia that someone would have for surgery.

In fact, patients are awake quickly once the procedure is complete. Risks are reduced without sacrificing comfort. It all makes for a good nap, according to Dr. Berry.

Colonoscopy is a tool for both screening and treatment, and it doesn't hurt like it used to for some

Colonoscopy is both a screening tool and a form of treatment, since polyps found in the colon are commonly removed during the procedure. Dr. Berry said patients will find that colonoscopies done according to the modern standard of care generally are comfortable. In the past, patients might have experienced abdominal cramping, often due to the use of regular air to inflate the colon, but that has been replaced with carbon dioxide, which results in a significant improvement in comfort.

The amount of time needed for a colonoscopy varies by patient, but Dr. Neupane said the average is 20 to 30 minutes, with about an hour and a half from check-in to wake-up after the procedure.

Despite knowing that early detection saves lives, it is human nature to want to delay. Dr. Neupane said you can't deal with a problem if you don't know that it exists.

"It's better to know that you have a problem or don't have a problem rather than just ignoring it," he said. "Knowing it earlier is safer and easier in the long run."





Dr. Davis Brian Berry

Dr. Rabin Neupane

Dr. Berry said it is important to talk through that concern and know how critical it is to get tested so early treatment, if needed, is an option.

"Just do it for your family and for your kids, so you can keep taking care of your family and be there for them," Dr. Berry said. "It's for you, but it's for your family, too. Cancer affects everybody in the family."

How to plan a colonoscopy and get it done

Dr. Berry wants patients to know that it's OK to ask questions and have their concerns and fears addressed. Ultimately, getting screened is critically important.

"I think they'll find that it's much easier than they think, and it's much more comfortable," he said. "And for your family, it's good information to have. I've seen it make a big difference in families. You're preventing cancers - particularly when I find a large polyp and I can remove it. A large polyp can turn into cancer very quickly. Most colon cancers are asymptomatic. Just because you're feeling OK doesn't mean you don't have colon cancer."

To schedule a colonoscopy or another colon cancer screening procedure, visit AnMed.org or contact your primary care provider.



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YOUR DENTIST CAN SAVE YOUR LIFE

Time to take better care of yourself. You deserve it!

In this column I want to speak directly to all our readers who are faithful hardworking moms and daughters, fathers and sons. In short all those who are meeting the day-to-day challenges of modern life head on – managing to balance and fulfill the seemingly never-ending demands of family and a job.

Furthermore, it is estimated that approximately 53 million U.S. adults are family assisting older relatives, spouses, friends, or neighbors with daily tasks!

If you are like me, there is great satisfaction in this. After all, a caring spirit is rewarding and fulfilling. But let's be honest. It exacts a toll – both mentally and physically. For everyone in this position there comes a point where -- whether we like it or not -- we must also make time to care for ourselves.

And that's not easy to do. From a practical standpoint how do we "step back"? Work piles up; there are chores that must be done; schedules to meet. We can actually find our-

selves "on call" 24/7! How then do we remain healthy and physically up to the challenges.

Recognizing the last thing you need is



Dr. Gabrielle F. Cannick

to add more to your "to do" list -- and considering the time pressures you may be under -- here are key self-care steps you should begin focusing on. I have included the "minimums" to help you establish a "base-line" that can help you achieve the most bene-

fit for the least time investment:

(1) Eat healthier fresh food. Processed food can affect your performance. If nothing else, avoid sugary beverages, snacks, and foods high in saturated fats ("fast food").

(2) Regular exercise. Minimum -- a brisk walk for a total of 150 minutes per week. More

is better. This improves your energy and mood.

(3) Restorative sleep. Varies by age but try for seven hours. I know it can be tough. You need two hours combined REM and deep sleep. Consider getting a monitoring device.

Now we come to perhaps the toughest part. "Me time". Yes, you've earned it. This is a vital step — maybe the most important. Moments alone let you recharge. Claim a block of time every week just for YOU. You don't always have to be doing something productive. In fact, you don't always have to be doing anything. Doing nothing also means staying off your phone or television. Enjoy a distraction-free moment with...yourself.

Depending on your circumstances, this ME focus may at first require taking baby steps. That's ok. Keeping ourselves fit for the challenges we face day to day is almost like being in training. Take it seriously. Please reach out to us if you have comments or suggestions. We are here for you. Consider us

your hometown resource for guidance and support.

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.

For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to grandoaksdental.com or visit us on Facebook at https://www.facebook.com/GrandOaksDental.



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RISING FROM THE DARKNESS: A SCULPTURE OF RESILIENCE AND REMEMBRANCE

The Carolinas, late fall of 2024. Hurricane Helene left a widespread trail of destruction, a stark and unanticipated reminder of nature's formidable power. While the storm's immediate impact faded from headlines within weeks, the echoes of its devastation persist to this day, particularly in Asheville, and remote communities of Western North Carolina. Amidst this backdrop of loss and recovery, a powerful sculpture has taken shape, a testament to the storm's destruction and the remarkable community-driven resilience it revealed.

"Rising," created by upstate artist Stefan Cupka, is different from works of art you might have encountered elsewhere. It's a found-object sculpture, assembled from the very debris left in Helene's wake. From twisted metal and splintered wood, leaking transformers and broken insulators, Cupka has crafted a memorial to something far more impactful to our communities than grand figures or heroic battles: the fragile and often overlooked infrastructure that powers our lives, the exceptional losses endured by our communities, and the tireless individuals who work toward recovery.

The sculpture is simple on its face; a power pole, high-voltage lines, a transformer, and other critical parts of our power grid come together to rise from a haunting, reflective darkness. Rather than pristine, factory-fresh components, each piece bears the scars of the storm, a reminder of destruction and devastation. "Rising" is more than just a simple depiction of infrastructure, however, it is a tribute to those who lost all to the storm and the 25,000-plus recovery personnel who descended upon our communities in the aftermath. These workers, traveling from across the country and Canada, spent weeks away from their families and endured difficult conditions. They lived in temporary housing and faced the same struggles as those impacted by the storm, all while working tirelessly around the clock to bring life "back to normal."

Cupka's sculpture serves as a poignant reminder of the sacrifices made during this time. "I hope that this work encourages viewers to look up, and around, at the people and things that make our ways of living possible," the artist explains. As much as "Rising" is primarily positioned as a memorial, it also invites us to consider the unseen labor that keeps our lights on, our homes warm, and our communities connected. It asks us to appreciate the dedication of those who work behind the scenes, especially in times of crisis.

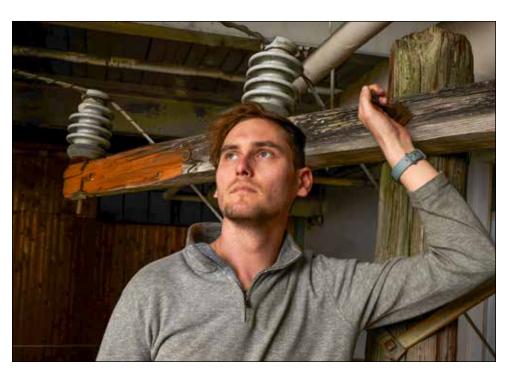
The sculpture's impact is amplified by its context. When displayed in a public space, "Rising" becomes a focal point for reflection and dialogue. It encourages viewers to reflect



on the shared experience of the hurricane, to remember the losses and celebrate the acts of service that followed. It reminds us that even as life returns to a semblance of normalcy for us, similar sacrifices are being made in communities around the world each day.

As Cupka's largest work to date, "Rising" marks a significant step in his artistic journey. A graduate of the Fine Arts Center and the South Carolina School of the Arts at Anderson University, Cupka works across multiple mediums, including sculpture and digital design. With "Rising," he has created a powerful and moving work of art. It is a memorial, a tribute, and a call to action, urging us to recognize the interconnectedness of our lives and the importance of community in the face of adversity. It stands as a testament to the human spirit's ability to rise again, even from the depths of darkness and chaos.

"Rising" is on display in the Taylors Mill Art Gallery in Taylors, SC through April and has been included in the digital gallery of works for the Fine Arts Center 50th Anniversary Curated Alumni Invitational at the Sheffield Wood Gallery through April 11th. Cupka is also seeking a partnership with Duke Energy to bring the sculpture to more communities impacted by Helene in the future.



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Seeing red

Imagine the ancients, taking a nighttime walk, and then looking up in the sky to see the full moon turning ... red. Blood red. In an era when scientific explanations were scarce, it's easy to see why those people were fright-



Ann K Railes

ened and thought that something terrible was going to happen. Now we know that what they were seeing was a total lunar eclipse; it's a scientific phenomenon, and it's nothing to be afraid of.

As long as the weather cooperates, sky

watchers in the Upstate are in for a similar experience during the night of March 13-14, as a total lunar eclipse will be visible in our area and over most of North America. It will be a beautiful sight.

Around midnight on Thursday, March 13 (going into Friday the 14th), the moon will lose some of its brightness. Then, from

about 1:00 am to 2:30 am, the moon will enter the darker shadow of the earth and will start to turn red. Totality (when the moon is completely in the darker shadow) will last over an hour, from 2:26 am to 3:31 am EDT. This is when the moon appears blood red. Then, as the earth continues its movements, the whole process will reverse in the early morning hours, completely ending a little after 5:00 a.m.

Lunar eclipses occur only when the earth passes directly between the sun and the full moon. Eclipses don't occur every month at full moon, but only a couple of times a year, because the moon's orbit is 5 degrees off from the earth's orbit.

But what I find most interesting about a lunar eclipse is why the moon appears red and not black. If an astronaut were to view the moon from above the atmosphere, the total eclipse would be completely dark. However, from inside our gaseous blanket, we see it



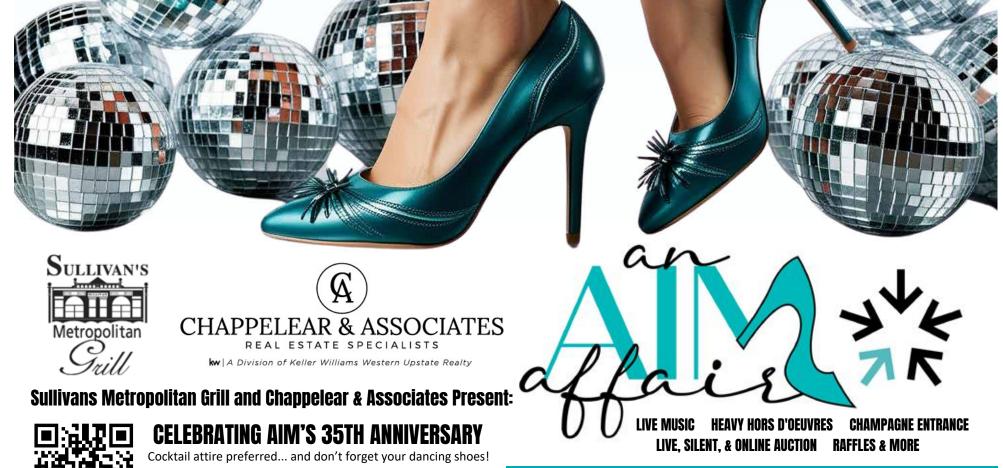
Image credit: NASA

as red. That seems weird, but there's a good reason. It's because any sunlight not blocked by the earth is refracted (bent) from around the edges of the atmosphere into the cone of shadow. The shorter blue and purple rays are scattered too broadly to affect the color. But the red rays that pass through the atmosphere are the longest, which is why we see red.

The amount of color depends on the amount of cloud and dust particles in the

atmosphere. (The 1883 explosion of the volcano Krakatoa caused a very dark red, almost black, lunar eclipse.) Sometimes the color is more of a light copper than a dark red.

A blood moon is a unique and, yes, somewhat eerie sight. So, to the heartiest and least sleepy among us, I highly recommend that you get up around 3:00 am on March 14 to view the eclipse. Former science teacher or not, I make no promises as to if I will join you.



AIMCHARITY.ORG Friday, May 2nd at 6:00 p.m.

At the Bleckley Station

FROM THE SHELF

On 'Dopesick' and addiction, part 2

On Dopesick and addiction, part 2

As previously stated, I'm opting to be frank in hopes of helping paint the picture of the person behind the addiction that we choose to forget. My childhood was rough. I've struggled with CPTSD most of my life. I can look back



Sara Leady

and see patterns of my attempts to cope with it, not all of which have been healthy.

Part of addiction is a means of feeling something other than a current feeling. By that definition, I could easily have been called an alcoholic before my sixteenth

birthday. I used alcohol to escape and cope with my childhood. If things were too much, I'd drink. It wasn't daily, or even weekly, it was when things were "too much." I was fortunate to recognize this pattern early (yay therapy) and change my coping methods, but the knowledge that I'm an individual who can be prone to addictive behaviors was there.

When I was in undergrad, I worked closely with the men's soccer team. Prior to my transplant surgeries for bone cancer, one of the players had been struggling to get off of pain meds for almost a year. Watching his struggles, I had a lot of concerns about the pain meds I knew I'd need post op. I requested a plan be made before surgery to make sure I

was able to safely get off the meds afterward. Had I not watched David's struggle, I don't think I would have thought about it, even though I knew I had an addictive personality and that narcotic pain meds can be highly

Bone transplants, especially marrow extractions, are one of the most painful procedures you can have. For a transplant they cut open the limb, through muscles/tendons, and then saw through the bone. For a marrow extraction, they drill into your hip bone and scrape out the marrow. It took me almost 2 months to walk normally again. I need you to understand the pain levels I was in from surgery so you can understand them in context of the discomfort and pain of opioid withdraw-

I was taking 20mg of dilaudid a day just to keep my pain manageable enough to function. Dilaudid, aka "hospital heroin," is significantly stronger than Oxy and I was taking enough for a 300lb man. I wasn't abusing it by taking that much; it literally was only diluting the pain enough for me to go about my day. In high school my addictive tendencies were about escaping. By the time I was 22, the experience of not being in full control of my body due to narcotic pain meds was trauma-

From the time I started to being fully off the meds, it was about six months. I knew what time of day it was based off the itch I

could feel for my next dose. Your skin crawls, you start to sweat, you get increasingly agitated, and your mind starts to race. I was doing this within the first month. It wasn't about getting pain relief, it was escaping what I started to feel as the time to take the next pill drew nearer. I couldn't handle the lack of control over myself, so I cut earlier and faster than we planned, which meant my withdrawals were more potent. I still have scars from aggressively scratching, trying to stop the feeling of fire ants crawling under my skin to go away. The only reason I made it was that, for me, the fear and pain of not being in full control of my own body outweighed those of the withdrawals.

I've had my issues, but the only time I've ever been suicidal was when I went through withdrawals. I was ready to face the pain of my bone being sawed in half and drilled back together over experiencing withdrawals. Let

THE DRUG COMPANY THAT ADDICTED AMERICA (tame in of taking 1

that comparison sink in. The first time I had surgery after everything, I was given Vicodin comparison). It had been 3 years, but within an hour single Vicodin I was back in

the throes of withdrawals. When I had my hysterectomy, I did it with Tylenol because I'd rather face the surgical pain than deal with the inevitable withdrawals.

I want you to think about this in its raw simplified words as you read Dopesick and think about opioid addiction. I was lucky that past trauma made the lack of control harder for me to cope with than the extreme pain of withdrawals.





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Setting the stage for spring style trends

There are some really impressive Spring trends that I can't wait to wear this season. Most of the time I usually like what's on the designers' runway and I always appreciate their creative brain regardless. Other times it can be an epic fail in my personal opinion, and just not wearable and unrealistic, but this year I'm basically liking it all. If you too want to follow suit, you will need a few cute pieces to refreshen or revamp your style for the season. It's time to defrost and get ready for some pretty weather and bask in the sunshine.

These trends are what I like to call smart attire. For starters, a silk scarf is a must. It can carry you into chilly evenings and you don't always have to get a designer one. Those can often times cost a fortune, but don't fret. Try purchasing one on Poshmark instead. Especially if you don't feel like draining all your savings. Poshmark has everything

from Halston to Dior for practically pennies. Plus, it instantly gives you a chic seventies vibe, which I adore.



Kristine March

My favorite way to tie a silk scarf is also super simple. First you will need to fold the scarf into a triangle in half. Wrap it around the back of

your neck leaving the two points in the front. Then with the two ends tie a double knot in front to finish. It looks so clean and almost regal. I never thought I would honestly like this trend, but I'm approaching forty this month and my style is evolving and that is the sweater tied around your shoulders look. It can drastically elevate your outfit from drab to old money in seconds. It's classic preppy, but it gives texture

and layering to your attire and makes you look polished. It will also keep you warm. Looking posh and having practicality are always a great combo. You can go from the office to a patio happy hour in this and still look totally put together.

Next up is really easy. All you have to do is make your sleeves visible. It adds another dimension of chic. A button down is also a must for this look. You can layer it with a rugby polo, a blazer or even a sweater vest. There are three great designers to shop if you want to approach this trend. The best designers for this are, as always, the trusty Mr. Ralph Lauren, Lacoste and Tommy Hilfiger. If you're interested in buying these brands for almost half the price, you can try buying from Macy's or Nordstrom or Nordstrom

Rack and like I always say, try to thrift them as well.

Lastly, don't forget cute socks. You can try adding a frilly pair with some leather ballet flats or loafers or even or some knee high argyle ones with boots. It will give you that instant country club core look. This will upgrade your apparel and it will be efficient and effortless to do. What spring styles are you going to incorporate in your spring closet this season? Remember to make the sidewalk your runway and kindness always matters. Stay classy and conventional y'all!





LADY RAMS FALL IN STATE TITLE GAME

Khalia Hartwell is a smooth, 6-foot-5 force inside for the Westside Rams girls basketball

The sophomore can do a lot for her team. Despite being double-teamed by North Augusta, she scored 21 points and had 11 rebounds in the State AAAA final in Florence, S.C.

This time, it wasn't enough.

North Augusta overwhelmed Westside 50-37 to win the crown and avenge a loss to the Rams last year in the playoffs.

The Yellow Jackets outscored Westside 31-14 in the second half as the Rams were misfiring from outside. They shot 31 percent for the game, and that's including Hartwell's 10-of-14 effort.

"(Hartwell) played extremely well," Westside coach Nicole Hood told a Gannett reporter after the game. "I wish we had gotten a few more ways for the ball to go in. But as it's been all season, teams have double-teamed and triple-teamed her. But I'm extremely proud of how she played."

Westside finished the season at 24-3 and had won 13 games in a row. Last season,

Westside lost in the Upper State title game. This season, they advanced one game fur-

The Rams led North Augusta 23-19 at halftime, before the Yellow Jackets made their

Brian Hodges

move, grabbing a 31-28 lead after three quarters and pulling away in the final period.

All-State junior Celena Grant led North Augusta with 17 points.

"I told our team that just because we were down (at halftime) doesn't mean we are going to stay down,"

Grant told TV reporters. "Westside was playing their best and only led by four points."

It was North Augusta's sixth state title in nine seasons.

The Rams girls had won the Upper State title four days earlier on a late layup to beat South Pointe 59-58.

In Monday's victory, the Rams girls had trailed then-undefeated South Pointe by 17 points in the second quarter. But Westside battled back and won on a layup by MaKyhia Paul. 5-10 forward who had 13 points and 8 assists. In the victory, the Rams were led by Hartwell, who scored 13 points and had 13

rebounds, and eighth-grader Tiana Marshall, a

"I'm so proud of my girls and how resilient

they were tonight," said coach Hood after the win over South Pointe.



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THE CURE



A recent 2025 study found that more than 30% of Americans have experienced job burnout in the past year. Individuals may describe this feeling as exhaustion, distractibility, and/or feeling like a failure. Often times, individuals create unrealistic expectations about his/her purpose as a way to prove their sense of worth/value. The consequence at times is feeling a sense of failure and an ongoing cycle of exhaustion.

In my practice, I have seen burnout stem from 3 main sources:

- 1) Unrealistic or unmet expectations
- 2) A lack of joy in the process
- 3) Losing the sense of self

In order to overcome this endless striving, individuals often benefit from redefining what purpose means while also trying to attach to the process or journey. Distant goals may feel too long out to maintain motivation and steam. Creating several purposes and breaking a big "P" purpose down into little "p's" will protect against the feeling of burnout. In other words, it is important to find ways to recharge so that the desired goal does not feel unattainable. Outside of work, look for the daily glimmers of joy, search for outlets that excite you, and supplement with hobbies and friends who ignite your spark again. It's the small joyful moments where happiness truly lies.

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.

Draisen speaks about Jewish population's historic contributions to Anderson County

BY RICH OTTER

Offering a glimpse of a segment he has composed for an upcoming book of Anderson's 250 Committee celebrating the anniversary of America's Declaration of Independence and with recognition of the 200th year since Anderson County was split form the Pendleton District, Barry Draisen discussed the history of Jewish people who

contributed to the growth of the county during a presentation to the Anderson Genealogical Society.

The review of the accomplishments and contributions of the Jewish community demonstrated how it greatly exceeded its relative population size. The impact has been impressive, flowing from the initial Jewish merchants coming to Anderson through the community's professionals and industrialists.

Michael Lesser, a native of Germany, was the first such merchant arriving in Anderson just 28 years following our county's birth. Lesser's son Abraham was operating a store building on east Whitner Street when Erskine Gallant, on a hunting trip for the Charlotte Belk chain, encountered Abraham. He was conveniently considering retiring. Gallant, with the Belk organization, purchased his building in 1919.

The Jewish tradition continued with Oscar Geisberg who arrived from Austria in time to join the military and was in Anderson during the aftermath of the Civil War. He managed to be thrown from a horse and recuperated with help from Michael Lesser's daughter, Carrie, whom he subsequently married. That initiated a history of

Geisberg retail operations in Anderson.

The Geisbergs had nine children, all of whom became involved with mercantile businesses surrounding the square. They included a ladies' haberdashery, dry goods, a shoe store, and a Vogue shop.

Draisen explained that by 1878 Anderson had exploded to seventeen Jewish residents, all members of the Lesser-

Geisberg families. The early Jewish families were Orthodox and generally spoke Yiddish. They were followed by Jewish residents including Siegels, Fleishmans and Poliakoffs, all generally involved in merchandising dry goods.

Barry Draisen's family took root when Hyman Draisen married Eunice Poliakoff. They entered into the Jewelry business

that subsequently expanded into such things as record players and radios. As a youngster, Barry recalled during the store's opening passing out boxes of raisins—a big "D" was inscribed as the first letter on the box for a bit of inexpensive advertising. They expanded later into musical instruments eventually becoming Draisen Edwards Music.

Barry Draisen

He recalled how, during the Great Depression, Max Siegel loaned the city of Anderson \$50,000 and also loaned the Anderson Country Club funds to help get through the period. Reuben Siegel excelled in athletics and assisted the county with mental health care.

Alvin Fleishman became the first Jewish valedictorian at Boys High with the same honor achieved at Washington & Lee University. In addition to his family busi-

ness endeavors, Alvin taught classes at Tri-County Tech and established a scholarship program there in the 1990s.

Phil Silverstein's jewelry store is the only retail operation remaining in Anderson founded by a Jewish Merchant. It is now operated by his son, Benji. Phil Silverstein's wife, Rosalyn, was famous for her singing voice and starred in numerous local theater productions.

Jules Kaplan operated a shirt factory in Anderson County. Louis Funkenstein established a local plant to make boxes for Kaplan's factory.

A twenty-year old youngster by the name of Bill Epstein came to Iva with \$5,000 in 1954. He opened Iva Manufacturing Company with ten sewing machines and grew the company to six plants with some 700 employees. Meanwhile, Bill's wife, Elaine, was involved with community projects accumulating numerous awards.

Professionals with Jewish roots have included attorney and Judge Barry Knobel, Daniel Draisen and Steve Krause. The medical field, has been represented by Dr. Andria Draisen, Medical Technologist David Draisen, Dr. Harry Geisberg (the last of the Lesser-Geisberg families), Dr. Leslie B. Greene, and Dr. Robert Friedman. Richard Shirley served as Mayor of the city of Anderson.

As Barry Draisen pointed out, in the almost 200 years since Anderson County's founding, the Jewish population has amounted to only one thousandth of one percent of the total population, but has "had a profound and positive effect on improving the lives and fortunes of all Anderson County residents."





MARK YOUR CALENDAR

BY AINSLEY MCCARTHY

★ free ★ there is a fee for this event
★ for families ★ for adults

March 13

★★ Tickets on sale for the 5th Annual Feast for Kids' Sake

Location: UP on the Roof

Time: April 12 at 6:30 p.m.

Tickets start at \$75, chef's dinner & wine tasting for Big Brothers Big Sisters of the Upstate

★★ Anderson Board of Zoning & Appeals neeting

 $\label{eq:Location: Location: Main St. \\$

Time: 5:15-6:30 p.m.

★★ Sewing 101: Buttons

Location: Anderson Main Library, 300 N. McDuffie St.

Time: 5:30-6:30 p.m.

★★ Live Music with Luke Smith

Location: The Bradbury Bistro, 502 N. Main St.

Time: 6 p.m.

★★ Paint This or That!

Location: Electric City Pizza Company, 305 S. Main St.

Time: 6:30-8:30 p.m.

Tickets are \$35

★★ Opening Night: "Come Fly with Me" with Mill Town Players

Location: Historic Pelzer Auditorium, 214 Lebby St.

Time: 7:30 p.m.

Ticket prices may vary

★★ Trivia Night

Location: Wheel & Fowl, 121 N. Main St. Time: 7 p.m.

March 14

★★ Community Baby Shower

Location: Elks Lodge #1206, 225 McGee Rd. Time: 10 a.m.-12 p.m.

This event will provide resources for expect-

★★ St. Patrick's Four Day Irish Fest Location: The Local Uptown, 301 N. McDuffie St.

Time: 11 a.m.-close on March 14.-March 17 Live music, DJ, bouncy house & festive food/ drink specials

★★ Opening Night: "Tick, Tick...Boom!" at Market Theatre

Location: Market Theatre, 110 Federal St., Suite 6

Time: 7:30-9 p.m.

Ticket prices vary, RATED PG-13

March 15

★★ City Seed Make N' Take

Location: City Seed at the Station, 520 N. Murray Ave.

Time: 1 p.m. for kids class, 2:30 p.m. for

adults class

\$18 per ticket for kids class, \$40 per ticket for

★★ BARK: Reading to Therapy Dogs Location: Powdersville Library, 4 Civic Ct. Time: 11:30 a.m.-1 p.m.

★★ Angus Sale

Location: T. Ed Garrison Arena, 1101 W. Dueen St.

Time: 12 p.m.

Free admission

★★ Blood Drive

Location: Growler Haus, 313 N. Main St. Time: 12-5 p.m.

March 16

★★ Singer Songwriter Sunday

Location: Carolina Bauernhaus, 115 Federal

Time: 5-7 p.m.

March 17 | St. Patrick's Day

★★ St. Patty's Celebration at McGee's Scot

Location: McGee's Scot Irish Pub, 116 W. Orr St.

Time: 11 a.m.-10 p.m.

Live Irish music & food/drink specials

★★ Open Mic Night

Location: Carolina Bauernhaus, 556 Perry Ave, Suite B118

Time: 6-9 p.m.

March 18

★★ The Anderson Community Task Force: Seeking Solutions on Homelessness

Location: Anderson Arts Center

Time: 5:30 p.m.

★★ Anderson County Council meeting Location: Council Chambers in the

Courthouse, 101 S. Main St.

Times 6.20 n m

Time: 6:30 p.m.

March 19

★★ Winged Wednesday at SC Botanical Garden

Location: Meet at parking lot next to SCBG Visitor's Center

Time: 8-9 a.m.

\$10 per person, register at least two days in

This is a beginner level birdwatching tour, but everyone is welcome

March 20

★★ Law Talks: Social Security Disability Benefits

Location: Powdersville Library, 4 Civic Ct. Time: 4-5 p.m.

★★ Meet The Team at America's Home Place

Location: 4152 Clemson Blvd. Ste E

This event will educate participants about the process of building a custom home

★★ Creative Art Group Session Location: Atrium Gallery in the Arts Warehouse, 110 Federal St.

Time: 5:30 p.m.

Everyone is welcome

March 21

★★ SC Bronze & Gold State Gymnastics Meet

Location: T. Ed Garrison Arena, 1101 W. Queen St.

Time: Starting at 8 a.m. March 21-23 Tickets are \$20 for adults, \$10 for ages 6-17 or 65+, kids under 5 get in free

★★ Live Music

Location: Magnetic South Brewery, 516 N. Main St.

Time: 6-9 p.m.

★★ Wine Tasting

Location: The Kitchen Emporium, 418 N. Main St.

Time: 6:30-8 p.m.

\$15 entry fee

★★ AU Baseball vs. Carson-Newman Location: AU Sports Complex, 431

Williamston Rd.

Time: 4 p.m.

March 22

★★ Home & Garden Show

Location: Anderson Sports & Entertainment Center, 3027 MLK Jr. Blvd.

Time: 10 a.m.

★★ Trucks on Main 2025

Location: 101 S. Main St.

Time: 10 a.m.-2 p.m.

★★ Out of the Shadows: A Look Back at Black Baseball in SC

Location: Anderson County Museum, 202 E. Greenville St.

Time: 2-3 p.m.

March 23

★★ Baby Basics at AnMed Health Location: AnMed North Campus, 2000 E. Greenville St.

Time: 2-4 p.m.

This event is meant to help new mothers navigate the first stages of newborn care

★★ Singer Songwriter Sunday Location: Carolina Bauernhaus, 115 Federal

St. Time: 5-7 p.m.

March 24

★ ★ Anderson City Council meeting Location: the first floor of City Hall, 401 S. Main St.

Time: 6 p.m.

Meetings are also broadcast live and archived on YouTube @CityofAndersonSC

★ ★ The Final Night of "Tick, Tick, Boom!" at Market Theatre

Location: Market Theatre, 110 Federal St.,

Suite 6

Time: 7:30 p.m.

March 25

★ ★ Home Safety: Accessible Housing & Safety Workshop

Location: Anderson Main Library, 300 N. McDuffie St., Room B & C

Time: 3-5 p.m.

Sponsored by the City of Anderson & the Community Housing Resource Board

★★ Mediterranean Cooking Class -part I Location: The Kitchen Emporium, 418 N.

Time: 6:30 p.m.

\$35 per ticket, reservation necessary

March 26

★★ Trivia Night

Location: Magnetic South Brewery, 516 N.

Time: 7-9 p.m.

Ticket prices vary

March 27

★★ Dreamland Amusement at the Anderson Carnival

Location: Anderson Mall, 3131 N. Main St. Time: 1 p.m.

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THE GARDEN SHOP

Early blooms with Spirea



It seems late winter blooms are delayed this year due to the very cold weather towards the end of 2024 and beginning of this year. While driving past the Museum last week, some white plants, Ogon Spirea (*Spirea thunbergii*), caught my eye whipping around in the wind. Spirea are great plants unless your garden is shady. There are many different varieties from large to small, and bloom times can be staggered from late winter into summer, maybe even late summer.

Ogon is one of the first to bloom. Its chartreuse foliage gives interest after it blooms. Fujino Pink (*Spirea thunbergii*) is another very early blooming variety. Pink buds open to pale pink flowers, eventually turning very pale pink, almost white, before fading away. It was at least a month behind its normal bloom time this year and is in full bloom now. Ogon will eventually grow to about four or five feet tall and wide. Fujino is a bit taller but only about four feet wide. Fujino also grows vase shaped so it would not take up as much space as Ogon since Ogon grows more rounded.

Bridal wreath (Spiraea prunifolia) is setting buds now and should be blooming soon. Twenty-some-odd years ago, I started a hedge of it. Another vision of grandeur that I had to give up. Cutting around it was too much trouble, and the pasture grass grew up in it. Bridal Wreath came from Grandmother Cooley's, and since it holds special memories, I transplanted some of it into a bed in the front yard. Many years ago, before the house was built, a shade garden was started in the middle of yard with an Empress tree, only to later learn it is an invasive monster. Once the tree was cut down (and it appears, knock on wood, I did not infect the woods with it), azaleas, most of which also came from Grandmother Cooley's, went from deep shade to full sun. A maple tree replaced the Empress tree, but it died. The gardener apparently did not do a good job in planting it and roots girdled it to death. The azaleas have done pretty well, overall, and this time around, an oak tree was planted to give them shade, someday. If they can just hang on.

Bridal Wreath is in the center of this bed. Bridal Wreath variety can grow to about six feet, maybe taller, and about as wide. It will sucker a bit with age but not invasively so. Reeves (*Spirea cantoniensis*) is another white variety that will grow about five feet tall but wider. It blooms later in spring.

For summer blooms, Anthony Waterer is a very easy one to grow. It's a bit smaller, only three or four feet tall and wide. Dark pink blooms start in early summer and bloom for several weeks. It will sporadically bloom throughout the rest of the summer and deadheading will extend the bloom. The flowers dry and give interest into late fall. They also make nice cut dried flowers.

Spirea have pretty fall color. They are almost foolproof. Give them sun and well-drained soil. Deer don't eat them. There are no pests or diseases. It's never a good idea to plant something too big for a space thinking it can be pruned to fit. However, spirea can be cut back hard after blooming, and they will most likely bloom even better the following year.

There is one but though. It seems to me some new varieties, like Candy Corn, Double Play Doozie, Blue Kazoo, etc., don't do well. Candy Corn has struggled in my garden, and I'm not sure it's going to make it. This is the second attempt with Candy Corn. There are four in the garden, two in one location, two in another. We'll see what happens this year.



Ogon spirea in bloom

There are native spirea. Meadowsweet (*Spirea alba*) which has white flowers but prefers cooler weather than ours. It was a fail in my garden. A few stems resprout every year

but it never grows much. Steeplebush (*Spirea tomentosa*) has pink flowers, and it prefers moist to wet soil. It also was a fail, even in a somewhat damp place.





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