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July 6-19, 2023



BY DR. JACKSON WALKER

The summer heat of South Carolina is upon us, and this year it brought with it the Armadillo! While these strange creatures are very heat resistant, dogs and cats are certainly not. They're warm blooded mammals and like us, use internal mechanisms to regulate body heat. Dogs do this by panting, while cats simply find a cooler spot. This would go in the column

of cats being smarter than dogs, but that debate is still out.


Cats rarely succumb to overheating in normal outdoor environments. I have never even seen it. In dogs, overheating or "heat stroke" is when the body's internal temperature regulation system is overwhelmed by environmental factors, such as a hot backyard or even the sun at the lake. It is usually a combination of water loss, sunlight

exposure, outside temperature, and pet activity that exponentially compounds internal body heat. The goal is to mitigate these factors - time, temperature, sunlight and water loss. Access to clean water is a must, and it does not have to be cold, just not hot.

A baby pool filled with cold hose water makes a


SEE SUMMER ON PAGE 2

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Do you know your ABCs?

BY CHARLES KING
AND DR. JACK ABRAHAM

Please, hang with us for a few minutes. We are not writing about the alphabet you were taught in second grade. We want you to be familiar with the classification of portable fire extinguishers that are suitable for use in your home.

Fire extinguishers are rated by the type of fire the extinguisher can be safely used to extinguish. A fire extinguisher with an "A" rating is effective for fires involving ordinary combustible materials like wood, paper, and cloth. A "B" rated fire extinguisher is effective for fires involving burning liquids like cooking oil and vehicle fuels.

A fire extinguisher with a "C" rating is different from the "A" and "B" classifications because this type of fire extinguisher is rated for any fire that has the potential of electrocution to the user. Examples of fires when a class "C" extinguisher

should be used would be sparks coming from a lamp and smoke coming from an electrical circuit breaker box.

So, what classification of extinguisher is appropriate for the home? Answer: an "ABC" rated extinguisher. You will notice in the photograph of a fire extinguisher box there is a number before the "A" and "B". Each number represents the relative extinguishing potential of the extinguisher. A "2A" has twice the extinguishing potential as a "1A" rated extinguisher. A "20B" has a more effective potential when used on a burning liquid fire than a "10B". However, for the home a "1A 10B C" rating is the minimum you should consider purchasing.

How many fire extinguishers does your home need? It is important to understand that one and two-family homes are not regulated by fire prevention codes like an apartment building (multi-family

occupancy) would be. Residents / owners of a home are not required to have any fire extinguishers. However, the recommended placement of fire extinguisher(s) in a home would be in the kitchen and on each level of the home. If the home has an enclosed garage for vehicles, a fire extinguisher in this area would be recommended also. Locate the extinguisher where it is easily accessible and preferably mounted to a wall using the bracket that comes with the extinguisher.

If you want more information about portable fire extinguishers, we strongly recommend that you contact your local fire department. Fire extinguishers suitable for home use are sold at local hardware and building supply stores. A portable fire extinguisher also makes a good gift for friends and family. How to use a portable extinguisher is beyond the scope of this article, but there are several



training videos about how to use a portable fire extinguisher on YouTube.com. You may also contact your local fire department for additional information.

Charles King is Fire Chief of the Anderson City Fire Department, and Dr. Jack Abraham, EdD, is an Assistant Professor at Erskine College.

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Dr. Jackson Walker's Golden Retriever, Moses

Summer

CONTINUED FROM PAGE 1

really fun time and has become our go-to this summer with our Golden Retriever, Moses. We place the pool in the shade as well when it gets really hot. That said, I have found that exposure time is the one factor that gets most pets into trouble. This is why it's of utmost importance to be aware of time going by. Remember that if you feel like you need a break, your pet definitely does, so cool down often.

Did you know that some pets need sunscreen? It sounds crazy, but it's true. Bullfrog sunscreen has been the go-to brand for Army Rangers and Veterinary Dermatologists for years. Many

cats, horses, hairless dogs, dogs that have pink skin under a white haircoat, and/or dogs with a history of skin cancer can really benefit from sunscreen. However, sunscreen does not prevent overheating.

One last thing I will mention here is a trick my father showed me while quail hunting. Cotton needed a break and was panting pretty hard. He reached into the back of the jeep and opened a cooler filled with ice water. In that water was a very cold wet towel. He placed this on her like a robe. I laughed so hard, but I was thrilled! What a great idea and she cooled off quickly, avoiding a potential overheating situation.

So watch the sun, the temperature, the water bowl, and the time exposed. I hope you have a great summer with your four-legged companion and stay cool!

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Electrolux Group donates room air conditioners to help Anderson community fight summer heat

Electrolux Group last month donated nearly \$170,000 worth of room air conditioners to Anderson Interfaith Ministries, a non-profit organization committed to meeting the needs of struggling individuals and families in Anderson County. The 600 room air conditioners are Energy STAR certified and will help local community members beat the heat this summer, while reducing energy and costs.

“There’s nothing more essential than air conditioning in the middle of a southern summer when the heat index is at its highest,” said Helton Santos, plant manager of the Electrolux Group Anderson factory. “We are proud and honored to join such a strong community partner in taking steps to help high risk populations, like infants and the elderly,

stay comfortable and healthy this summer.”

Team members from the Electrolux Group South Carolina refrigeration factory added “sweat equity” to the donation by volunteering to unload the 18-wheeler truck at the Civic Center of Anderson County, putting the company’s purpose of shaping living for the better into action.

“We are so excited to partner with Electrolux Group. These air conditioners are a true blessing to our community and will be used to serve seniors and those suffering with respiratory issues. Electrolux Group – yet again – steps up to provide the resources required to serve families in need. Thank you for being such a great community partner,” said Kristi King-Brock, executive director of AIM.



Electrolux Group has been a proud member of the Anderson community for 35 years, manufacturing high quality refrigerators and freezers under the company’s Electrolux and Frigidaire brands.

About Electrolux Group

Electrolux Group is a leading global appliance company that has shaped living for the better for more than 100 years. We reinvent taste, care and wellbeing experiences for millions of people, always striving to be at the

forefront of sustainability in society through our solutions and operations. Under our group of leading appliance brands, including Electrolux, AEG and Frigidaire, we sell approximately 60 million household products in around 120 markets every year. In 2022, Electrolux Group had sales of more than \$13 billion and employed 51,000 people around the world. In 2022, Electrolux North America had sales of \$4.7 billion and employed more than 11,000 people. For more information go to www.electroluxgroup.com.

PAY ATTENTION TO LOVE BOMBING



**MARY-CATHERINE
McCLAIN
RINER**

Being showered with admiration, appreciation, love, and affection may sound like a dream come true—until it becomes a manipulation or tactic used by individuals with

narcissism. Displays of love often lead to feelings of security, safety, and trust while simultaneously reducing distrust, self-doubt, and resentment. If/when affection becomes overwhelming, persistent, controlling, or excessive, love bombing may be occurring.

The goal of love bombing is to provide excessive attention and admiration, which makes the other partner feel dependent and obligated to respond to the other partner. Similarly, the guilt may lead to going against your needs and instincts to please others. Like all other forms of

abuse, love bombing seeks to maintain control and power over another individual.

Examples include giving frequent compliments and gifts as well as sending numerous messages daily. Other flags include relentless communication, over-the-top gifts, pressure to commit, and not being able to tolerate boundaries set. Love bombing leads to an expectation that the recipient will say no to other social events, ignore boundaries, and sacrifice needs for the other. The constant affection and honeymoon phase begins to shift towards more

criticism, devaluing, and overall manipulation.

If you realize or believe you are a victim of love bombing, ask yourself if you compensate for poor treatment or if you’re afraid of abandonment or rejection. Remind yourself healthy relationships are built on closeness, respect, kindness, and proactive communication.

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.

ANDERSON HEAT

There are three types of heat. There's Dry Heat, the kind that's in Arizona and has no humidity. Even if it's a hundred degrees they'll say "It's hot, but it's a dry heat." Next, there is



Neal Parnell

Tropical Heat. This type of heat is loaded with moisture but there is usually a tropical breeze associated with it that allows a degree of comfort, like living on an island. Then there is "Anderson Heat." It's not dry or wet, but

reminds me of the clear molten ooze that comes out of a glue gun. Thermometers state only temperature, barometers measure pressure, but nothing can gauge the oppressive, stifling, side-walk buckling, solar intensity of Anderson Heat. Even the college educated and trained weather team of meteorologist at WYFF had to invent a new device they call the Muggy Meter, to jokingly suggest the boiling misery of Anderson Heat. There are more accurate ways to measure Anderson Heat that locals have passed down

through the years. Finding skateboards and pairs of flip-flops stuck to roads and walkways suggest that the day will be moderately warm and most outdoor activities can take place. Finding these same items turned to blobs of liquified goo on a crispy brown lawn is a warning that every living thing should be in an air-conditioned space. If you need an Ove-Glove to pick up the morning paper or to open your mailbox, then you're advised to seek shelter immediately.

Some lifetime residents like myself have become accustomed to the searing radiation of Anderson Heat and are willing to help those that seek cooling advice. You can spot us wearing perpetually deep mahogany tans in the daytime, and sporting our orange incandescent glow at night. I'm confident that we are immune to any nuclear blast, and that future laser weapons will have no effect on our UV and X-ray blocking skin. Space flights to Mars will transport many ordinary humans to the red planet, but only Andersonians will be able to form new colonies on Mercury.

Anderson Heat is not a result of any climate change or global warming trend, it's always been this way. I remember way back to



1960. I was five years old watching my mother sort clothes and waiting for the iron to get hot. She licked her finger and quickly touched the bottom of the iron to check if it was ready. It made a sizzle sound and she started ironing, but it wasn't plugged-in. That same year my dad had one of those plastic Hawaiian hula girls on the dashboard of his Ford Rambler convertible. You can imagine my surprise when I sat in that hot vinyl seat and saw that her coconuts and grass skirt had melted away.

I have met people right here in Anderson that have come from as far away as Vietnam, Mexico, and Australia, that thought it was hot in their countries, but marveled at the mag-

nified fever of Anderson Heat. They speak of their clothes shrinking while they have them on, and their cold tap water being eighty degrees. I just told them that in the summer I buy one size larger, and that the water temp will drop to seventy by November.

If you plan to visit our little city, be aware that Anderson Heat is unlike any other and may cause thermodynamic changes that seem impossible. If you see kids gathering popcorn in the field, don't worry, they pick raisins right off the vine too. And don't panic when you see a dog chasing a cat and they're both walking. Anderson Heat slows time and people to a crawl, so just sit back, have a cold beverage and enjoy the sweltering fun.

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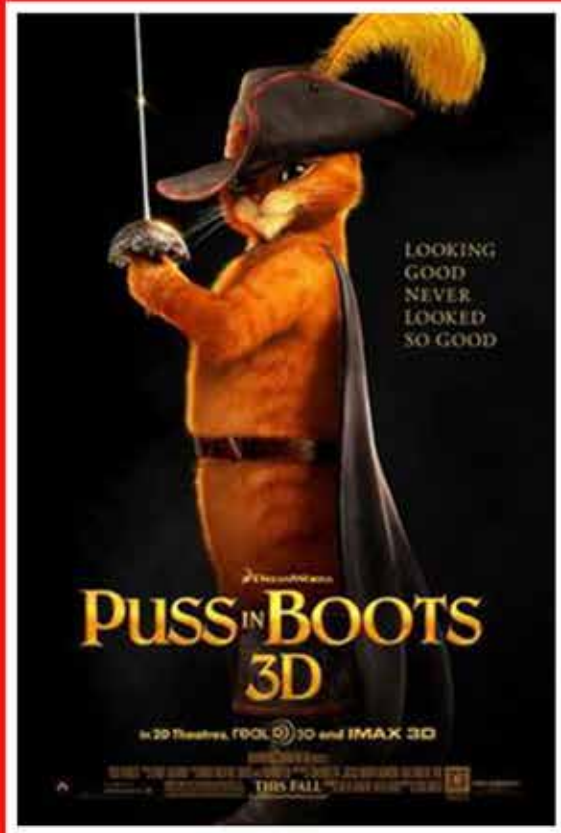
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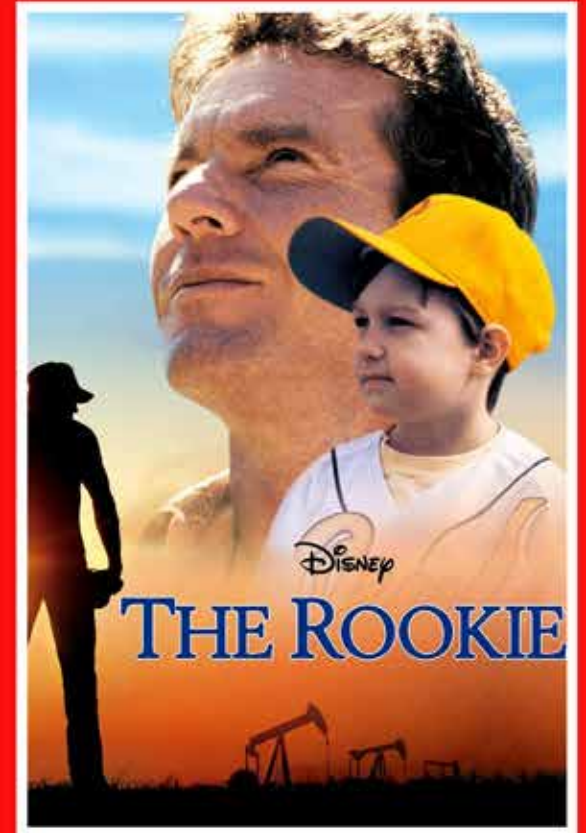
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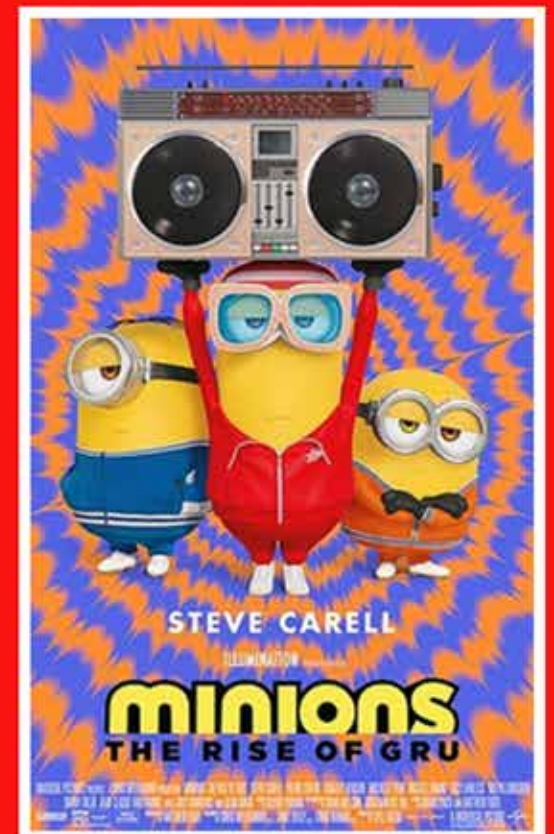
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YOUR DENTIST CAN SAVE YOUR LIFE

A refresher on the benefits of walking

It's well-known walking is regarded as one of, if not the very best, exercises for better health and graceful aging. In fact, scientific studies continue to confirm that exercise — specifically walking — coupled with diet, healthy relationships and a positive attitude is considered the “elixir” for a long and happy life.

Interestingly, there is one culture that offers living proof of the importance of this lifestyle. The one place on earth with the highest concentration of men and women aged 100 plus is Okinawa, Japan. I ask the question: “Is there value for you and me in understanding and learning how the longest-living people in the world stay active day to day?” One thing for sure, you don't need to go to the gym every day and run marathons. As Japanese centenarians show the key is to add movement to your day. One of the most important movements in their basic routine is simply raising your arms above your head and bringing them down in a circular motion. Really? Researchers studying

this subject have found that in our modern lives we may go for days without raising our arms to ear level!

The point is — choose to move. Embrace any practice you enjoy that makes you move. For me that centers around walking, although I am certainly adding as much overall body movement as I can from arms raised to bending to anything that improves my flexibility.



Dr. Gabrielle F. Cannick

Consider what happens to your body when you walk for just 30 minutes a day, certainly a reasonable amount of time devoted to yourself no matter how busy you are. This coincides with the official walking recommendations for moderate physical activity at least

5 times per week. Moderate physical activity is defined as a brisk walk. You should be a little short of breath while walking or have a little difficulty carrying on a conversation with someone walking with you.

From this you can achieve immediate physical and psychological benefits. Here are the big ones:

- ♦ Weight loss by burning calories.
- ♦ Reduces anxiety, depression, improves mood.
- ♦ Quality sleep. Helps you fall asleep and stay asleep.
- ♦ Strengthens the immune system to ward off common illness and infection.

Add to this increased cognitive function and memory. Bottom line, that thirty-minute brisk walk you carve out for yourself during your daily routine can result in a decidedly better quality of life with a reduced risk of chronic disease, thereby increasing your life expectancy. So, let's get moving! And we are

here to help. If you have questions or would like to chat, please reach out. We are 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](https://www.facebook.com/GrandOaksDental) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.



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NIBBLE & SIP

HOW TO WEATHER THE HEAT

If you haven't noticed, it's hot out there. Not fry-an-egg-on-the-sidewalk hot, but bake-a-loaf-of-bread-in-your-mailbox hot.



Kim von Keller

And while heat may increase your thirst, not all drinks are the same when it comes to staying hydrated. The higher the alcohol content in your beverage, the more dehydrated you may become over time, so if you're enjoying a Sip outdoors, it's best to

leave the martinis and Manhattans for curling up in front of the air conditioning vent.

While I'm not the biggest fan of beer, it certainly has its place during the summer

months. A shandy – beer cut with lemonade – is quite popular in the U.K. But if you're feeling more South of the Border, try a Michelada. Think of it as a beer version of a Bloody Mary, but without the tomato. Its alcohol to water ration makes it a good choice when it's sweltering outside.

A cold drink doesn't necessarily mean you have to settle for a cold Nibble. I love elote, or Mexican street corn, but I may love Elote Dip even more, especially with a cold brew!

Michelada

- 1 lime wedge
- Chile salt blend (I like Tajin)
- 1/2 ounce lime juice
- 2 dashes Worcestershire sauce
- 2 dashes Tabasco sauce

- 1 pinch ground black pepper
- 1 pinch celery salt
- 1 bottle Mexican lager beer, chilled (I like Dos Equis Lager Especial)

Garnish: lime wedge (optional)

Pour your favorite chili salt blend onto a plate. Rub the lime wedge along the rim of a pint glass, and then dip the rim into the chili salt. Add the lime juice, Worcestershire sauce, Tabasco, black pepper, and celery salt to the glass. Fill the glass with beer and stir gently. Garnish with the lime wedge, if desired.

Elote Dip

- 1 (8 oz.) package cream cheese, softened
- 1-1/4 cups mayonnaise
- 1/2 cup crumbled Queso fresco
- 1/3 cup grated Cotija cheese

- 10-oz package frozen corn kernels, defrosted
- 3 green onions, chopped
- 2 tablespoon chopped fresh cilantro
- 1 tablespoons lime juice
- 2 cloves garlic, crushed
- 1 teaspoon ground cumin

Sturdy chips, for dipping (I like Tostitos Scoops.)

Preheat oven to 375°F. In a mixing bowl, combine all ingredients except chips. Spray a shallow 1-quart baking dish with a quick-release spray, such as PAM, and spoon the cream cheese and corn mixture into the prepared dish.


Bake 20 minutes or until hot and bubbling. Garnish with additional chopped cilantro and green onion if desired. Serve with chips.

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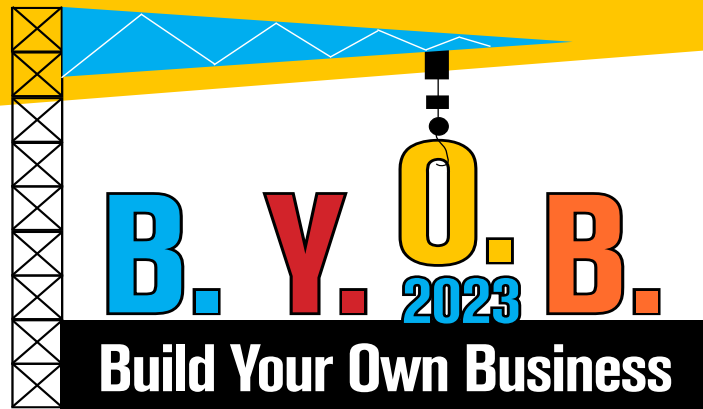
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Anderson's ambulance service

BY RICH OTTER

One of the fastest methods to introduce innovation is through warfare, and it isn't always the result of instruments of destruction. Certainly the Civil War impacted upstate South Carolina in many terrible ways but also influenced some beneficial procedures being implemented through the handling of wounded and deceased combatants.

Previously in Anderson the prevalent method of caring for a relative who had passed away involved a neighborhood activity preparing a final resting place and rapid construction of a suitable casket for the individual. In the case of an injured party it normally entailed a visit by a summoned physician to the home or required a rough wagon or other ride to the nearest hospital, if one existed.

War required rapid movement of a wounded individual by stretcher or carriage to medical facilities for treatment, possibly allowing a return to the fray. In the event of death, the party, when possible, would be embalmed and sent home for burial.

In 1858 a young German immigrant, George Frederick Tolly, settled in Anderson. He was a craftsman. He made furniture to sell to the public. He also made caskets. He achieved community leadership and served three terms as intendent of the town of Anderson. After the city's incorporation, he served seven years as mayor.

Recognizing the difficulties families faced in dealing with those who passed away, he

developed a full service funeral parlor. Having mobile equipment that could transport bodies also provided a means for carrying the sick or injured. The funeral home was capable of providing an ambulance service.

Tolly would not be the only one to offer this service in the Anderson area, but was the first. In 1923 Jesse McDougald and Ben Bleckley formed the McDougald-Bleckley Mortuary. McDougald had worked with G. F. Tolly & Sons. Sam O. Sullivan subsequently purchased an interest and became vice-president and treasurer of the new mortuary.

In those days it was not unusual for funeral home employees to go out in the country and perform embalming service at a deceased's home. They had what was known as a cooling board that might be placed on a dining room table where embalming chemicals were administered by gravity. Even if appropriate machines had been then available, there was no electricity out in the county.

A 1920s photograph showed what was reputed to be the first patient being transported from Anderson by aircraft for outside treatment. It was on the old rocky field that was Anderson's first airfield located where the Civic Center parking lot now exists. Pictured were Jesse McDougald and Bill King from the then McDougald-Bleckley Funeral Home. The pilot was Howard Drake. The patient and nurse are not known.

Jesse McDougald died at 29 years of age in 1930 and Bill King became manager and sec-



Air Ambulance Service

retary of the company. In 1935 Bleckley died and Darwin Reid, Sam Sullivan and Bill King became the major stockholders of the company with an interest also held by Alton Hall.

In 1934, Jesse McDougald's brother, Douglas, formed a funeral home with members of the Johnston family that was called McDougald-Johnston Funeral Home. Ben J. Pearmen became an integral part of management. Later Douglas McDougald acquired the Johnston interest and the name was changed to McDougald Funeral Home.

Because having two funeral homes with the McDougald name was confusing to the public, the McDougald-Bleckley name was changed to Sullivan-King Mortuary in 1949. In 1969 both Sam Sullivan and Bill King passed away and Jack D. Gilliland became manager. He served until his retirement in 1997. At that point the ownership shifted solely to Bill King's son, David King, and Bolt McClain. David King became chairman of the board and Bolt McClain president and general manager.

In addition to ambulance services being operated by G. F. Tolly & Sons, McDougald Funeral Home and Sullivan-King Mortuary, there were similar services performed in the Black community by Jackson Funeral Home, W. I. Peak & Co., and C. Lee Davis Funeral Home. In Belton, Cox Funeral Home and in Honea Path Cox, W. B. & Co. were also functioning with ambulance services.

Near the end of the 1930s, Tolly and Sons, McDougald Funeral Home and Sullivan-King Mortuary, wanted out of the ambulance service to just concentrate on the funeral home business. An agreement was reached with Anderson Memorial Hospital. Each of those companies transferred one vehicle to the hospital and the hospital continued the service in the immediate Anderson area. Harry Hayes, a Tolly employee, followed the ambulances to the hospital. Funeral homes serving the Black community continued their ambulance services.

But further changes were not far in the future.

Summer 2023: Exploring the Great Indoors

It finally happened. My household now has fiber-optic, high-speed Internet.

It was a long time coming. Over the years, we had a hot spot for emails, and we paid a ridiculous amount for satellite television. We kept up with movies and series with a Netflix DVD subscription. (A week after I canceled it, Netflix announced that they were doing away with DVDs, making me believe that we were their last subscribers on Earth.) Occasionally, Internet service providers would call and promise speeds so high that I had only to say "The Crown" and Queen Elizabeth II would appear in my family room. Then they'd enter my rural address into their database and offer me speeds of UP TO 1.5

megabits per second. With speeds that low, it would take me longer to watch a movie than to produce one.

You may be saying to yourself, Kim, what did you do without access to The Information Highway? The Is-The-Dress-Blue-Or-Gold controversy? TikTok dances? Cats playing keyboards? Pizza Rat?

If you must know, I was hanging out with our neighbors, Fred and Wilma Flintstone. But now, thanks to 21st-Century technology, Ted and I are catching up with

everything we've been missing. The timing couldn't be better as the temperatures and the humidity both approach the high 90s. This year, we're spending the summer exploring the Great Indoors.

We now have all the subscriptions that the cool kids have – Hulu, Netflix, Prime, Apple TV+, YouTube, and Roku – and a couple that they don't. BritBox and Acorn are two of our favorites. If you don't subscribe, BritBox offers British programming. Acorn streams British programming, too, but includes movies and original series from Canada, New Zealand, and Australia.

What we've found is that we love a good mystery, and nobody does them better than the former British Empire. Whether it's a whodunit on

the moors of Scotland or a death in Montreal, we curl up on the sofa, turn the AC down a notch, and grab a blanket. As our friend Wayne describes us, we really enjoy murder mysteries, but only if they occur in cold climates.

I like to think it's the power of suggestion. Put a detective, clad in Harris tweed, on top of a hill that's beneath a moody, gray sky, and I feel 10 degrees cooler. On the other hand, when we watched the Julia Robert/ George Clooney comedy "Ticket to Paradise," which is set in Bali, I told Ted that I wasn't crazy about it. "The sky was too bright, and everybody seemed to be sweating," I told him.

For a real chiller, though, there's nothing like "Fortitude," available

on multiple streaming platforms. It has snow. It has ice. It's dark most of the time. It also has polar bears and the Northern Lights and people in big down coats and what I can only describe as Scandinavian heavy metal music. The tag line? "Perched on the edge of the Arctic Circle, Fortitude is one of the safest towns on earth. There has never been a violent crime here. Until now."

I'm sure I'll be outside at some point, and when I am, I'll drink water and slather sunscreen and wear my Ray-Bans like my mom and SC DHEC say I should. But until summer's over – which in South Carolina could be sometime in November – I'll continue exploring the Great Indoors, one cold-climate murder at a time.



Kim von Keller

Anderson, a robust area for home value growth

Nestled in the heart of the Upstate, Anderson has become a vibrant city known for charming neighborhoods, strong sense of community, and varying forms of economic opportunities. In recent years, homeowners have experienced a significant increase in home equity, making this area an ideal location to invest in real estate.



Tina Brown

Anderson has witnessed remarkable growth in property values over the last few years. According to Realtor.com the median list price for a home in Anderson rose from \$243,000 in 2019 to \$310,000 in May of 2023. The city's key location, between the Blue Ridge Mountains and metropolitan areas of Greenville and Atlanta, has made for an attractive destination for homebuyers seeking a balance of big city amenities and natural beauty. This demand coupled with a limited supply of available housing, has resulted in competitive real estate markets and escalating home prices.

A strong local economy in Anderson has played a critical role in driving home equity growth. The city is home to a diverse range of industries that includes manufacturing, health-care and education. The growth of Anderson University and AnMed Health Systems has

contributed to a strong job market and an influx of skilled professionals. As our economy thrives, residents enjoy stable employment and increased income. The city of Anderson has recently focused on enhancing recreational facilities and improving transportation. The revitalization of the downtown area has brought new businesses, restaurants and entertainment options, contributing to the overall desirability of the area. The enhancements have not only elevated property values but have created a thriving community we can be proud of.

The presence of well-respected institutions of higher education in Anderson University and Tri-County Technical College has had a positive impact on home equity growth. These institutions attract students, faculty, and staff who seek local housing. Additionally, Anderson County's strong school districts and private schools have made the area an appealing destination for families.

In a report from WSPA in 2021, it was stated that the city of Anderson's population is booming, with accelerated housing growth. In that article, City Manager David McCuen said that this is the fastest that the city has grown in decades, and we're really excited about that. "It's a real cycle effect. When you have more residential development, it brings more retail amenities, it brings other amenities and a greater tax base for the city to be able to enhance our parks, our opportunities for resi-

dents here...quality of life," McCuen said.

Anderson, SC has emerged as a city where homeowners have experienced remarkable growth in home equity. Factors such as rising property values, a thriving local economy, investment in infrastructure and amenities, and the presence of revered educational

facilities have contributed to the upward trend. Homeownership is a huge step toward financial stability and equity in that home is a boost to the owners overall net worth. Anderson residents can confidently know that their real estate investment has been a wise one.

May the FOURTH be with you...

We are on book list #4 of a series of articles highlighting book series for various age groups. This week we will talk about fourth graders. Fourth graders are leaving chapter



Katie Laughridge

books and entering the world of younger middle grade books. The difference between the two is that chapter books are usually shorter, illustrated, and about less complex topics. They will overlap in themes like friendship and family or animals and identity.

However, middle grade books are about twice as long, if not three times longer, and usually don't have illustrations. The topics will be more complex — about bullying and divorce and death.

I hope you will find a book series below that you can offer to your fourth grader.

Check out your local bookstore, library, or Amazon for the following titles:

I Survived Collectors Toolbox by Lauren Tarshis

Miles Morales: Spiderman by Jason Reynolds

The Land of Stories by Chris Colfer

Trapped in a Video Game by Dustin Brady

Diary of Wimpy Kid by Jeff Kinney

Amulet Boxed Set by Kazu Kibuishi

The Wild Robot by Peter Brown

Percy Jackson and the Olympians by Rick Riordan

Stick Dog by Tom Watson

Who Would Win? By Jerry Pallotta

Mighty Jack by Ben Hatke

Big Nate by Lincoln Peirce

Phoebe and her Unicorn by Dana Simpson

The Sasquatch Escape by Suzanne Selfors

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-Katie

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FROM THE SHELF

'The Night Circus' by Erin Morgenstern

I read *The Night Circus* several years ago when it first debuted as a bestseller. I recently reread it to see if it might be a good choice for our new romance book club. I'm leaning toward no since the romance part of the story is in the second half of the book, but it was such a lovely revisit that I knew I needed to share its charm with other readers regardless of the book club.



Sara Leady

The Night Circus is one of those novels that is hard to nail down a genre descriptor, or even feel of the novel, because it is seamlessly so many different things all at once. I'd tie historical to it since she gives dates for the late 1800s right at the turn of the century, but honestly it also reads out of time. There's romance, and while it is the center of the novel, it's ultimately about the circus, but the circus is also only thriving because of the love story... There's magic but I wouldn't call it fantasy, I'd barely flirt with calling it 'magical realism.'

An argument could be made for literary fiction, but again we have all of the above elements that tend to make readers hesitant to call something "literary." If anything I'd say the novel is sort of like the circus it focuses on: something you don't necessarily describe, but rather experience.

The Night Circus reveals the story of Le Cirque des Rêves, a circus that only happens at night and that "arrives without warning." As it states in the first paragraph, "it is simply there, when yesterday it was not." The circus was designed to be a battleground between two magicians, students of two rival magicians each claiming that their technique of teaching and harnessing magic is the best. Our two students, Celia and Marco, were bound to the competition as children and are aware of the competition, but not the stakes. They compete by expanding on or adding new additions to the circus, speaking back and forth to each other through their magic (which reflects them both as individuals, their magic style, and their experiences.) This is where our love story comes in; they are not initially aware of who their competitor is but they admire the magic, and it creates a beau-

tiful conversation that obviously leads to love. Unfortunately, and unbeknownst to them, the competition is to the death, which also holds the circus and its other performers in the balance as the game is played out.

I want to go into detail and describe the circus, the attractions, the performers, literally all the things, but like I said above, this is a novel you experience and I wouldn't want to rob you of any component of it. I will say this is a rare novel that I want made into a movie, and am okay with them screwing the story (to an extent), just so I can see it visually come to life. We have a magic competition taking place in attractions of a late 19th century style circus that also happens to be entirely in black and white... Like the only color within the attractions would be the cats who perform tricks (all very well cared for and loved) and the red accessories or the Revellers (regular circus goes). I have a pretty stellar imagination, especially as an artist, and what I have in my head is stunning, and I know with

the right set and costume designers, I would forgive butchering the story purely for the visual experience of the circus come to life.

The circus doesn't just set the stage for the competition but a beautiful examination of life, one's purpose, what we're willing to do for love, found family, and finding oneself. You fall in love with each character and how they each uniquely add layers to the story and conversation. This book truly reflects the experience of the circus in that you can reread it and still find something you missed, gaining a deeper appreciation with every experience. *The Night Circus* was definitely the reading experience I needed, as it always is every time I read it.



GAMAC Chorale planning auditions for new members

The Greater Anderson Musical Arts Consortium (GAMAC) Chorale under the direction of Dr. Don R. Campbell will hold auditions for new members on Wednesday, July 12, and Thursday, July 13, beginning at 4 p.m. Auditions will be held in the choir room at Trinity United Methodist Church, 1809 North Main Street, Anderson, SC—directly across from Ingles Supermarket. Signs will direct you to the choir room. Singers should come with their voices warmed up. All materials will be provided. Auditions are by appointment only. To schedule an appointment, please call the GAMAC office at (864) 231-6147.

The Chorale will perform three times this year as part of GAMAC's annual concert season. Performances will include an opening performance titled *How the West was Sung* as well as GAMAC's annual Christmas concert featuring favorite carols performed with the Anderson Symphony Orchestra. A third performance is scheduled for Spring 2024. Additional activities will include a Messiah Sing-Along, Christmas caroling in downtown

Anderson in early December and social gatherings. Rehearsals will be held on Monday nights from August through April.

Renamed the GAMAC Chorale in 1990, the ensemble began in 1970 as the Anderson Civic Chorale. The ensemble continues to be a civic ensemble comprised of talented singers from all areas of the Upstate and neighboring Georgia. The mission of the group is to provide singers and audiences the opportunity to experience quality choral music performances of all genres and styles. Dr. Don R. Campbell was named conductor of the Chorale in 2010.

GAMAC Chorale auditions and membership are open to all talented adult singers regardless of race, religion, gender, or orientation. New members will find a diverse and welcoming community of singers dedicated to great music with a big dash of fun! The GAMAC Chorale is funded in part by generous contributions from individuals and businesses in addition to funding from the South Carolina Arts Commission which receives support from the National Endowment for the Arts.

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THE GARDEN SHOP

RETHINKING AND REVISITING



SUSAN TEMPLE
master gardener

The garden, and the rest of the yard, are bringing lots of pleasure these days, even though we have now hit 90 plus degrees. Hopefully Mother Nature will not turn off her spigot and things can stay nicely watered. There are always things I would change in the garden if possible, but for the most part, it's a case of shrug my shoulders and move on. When luck gets things right, it's yippee.

A generic tag in my garden book, dated February 2020, has short-toothed mountain mint written on it. I have no idea where I got it. Must have been only one because usually the number of plants is written with the name. The note also says it was planted at "Drops of Gold" holly (*Ilex crenata*). I first learned of mountain mint at the Hunt Cabin in SC Botanical Gardens. It was covered in buzzing, flying things that were thoroughly enjoying it. This was during a native plant certification class and Patrick McMillan was singing its praises for pollinators. Pretty, silvery white/green (ish), sort of odd looking flowers on busy plants about four feet tall, native, sounds like something to add to the garden. We know mint's reputation. For whatever reason, plain ol' mint planted along the back of the house has not done what we know mint to do. However, mountain mint is living



Cherub peeking through

up to its reputation. One would not know the hollies are there until winter. They no longer have their chartreuse color because the mint has shaded them out and full sun in winter does not give them time to recover. They're growing though. There is also a home-made gazing ball of sorts pretty much hidden. It is really a vintage hanging light fixture, wonderfully 60's, white and gold, with a cherub finial on it. If you look closely at the picture, it is just peeking through. Designers would not suggest planting a four foot tall plant at the edge of a garden. This mint is spreading from the edge and is not a problem. It gets run over with the lawnmower. The rest of the patch is beginning to spread further than I want and is headed into plants I do not want it to engulf. Hence, let pulling begin. It is doubtful metal landscaping edging will stop it. Plus, I

would love to get the hollies out. This winter I may dig them up, try to remove all the mint roots, pot the hollies for a few years, and see if I can win the war. The mint flowers could almost pass for powdery mildew on a quick glance but if one likes a white, or moonlight garden, this plant shimmers in the dark. Some will get moved into the pasture this winter and let it run to its heart's content.

A favorite that brings great pleasure every year is a home-made container, hay rack sort of thing, at the breezeway. I can see it from the kitchen, pass it every time going out the breezeway door, deer haven't come up to it (yet), so I can plant anything I want. Light is just right with a mix of sun and shade so practically any plant can be happy. There is a bleeding heart (*Dicentra eximia*) in it. This is a native perennial that blooms from spring into summer with lacy foliage. Tulips are planted some years. Sometimes they bloom following years. Different annuals are added each spring; caladiums, pentas, angel wing begonias, vinca, impatiens, scaevola, coleus. This



Homemade hay rack

year it is coleus. In winter, arum is the only thing usually growing. Evergreen cuttings, moss, gnarly sticks, pine cones, cool bark, whatever catches my eye are put in it. At Christmas, sometimes it gets ornaments put in it too. This container is near the top of my favorite. Some of the winter cuttings root too, an extra plus.



A promise is a promise

From the time he was old enough to have his first hair cut, Will Phillips has been going to Tara Thomas, stylist at Oasis Salon in Anderson. Twenty four years later, Tara is still maintaining Will's hair. Will is currently a youth intern at New Covenant Church and promised his youth group that he would dye his hair if they reached a sign up goal for Reformed Youth Ministries' trip to Panama City, Florida. The goal was met and Will kept his promise to have Tara dye his hair to look like neapolitan ice cream. It was all in fun and for a great cause. Will is set to graduate from Anderson University in December with a degree in Christian Studies. After graduation, he plans to attend Seminary and continue working with youth and bringing smiles to everyone around him. Thank you, Tara and Will, for being part of the fun.

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Bay 3 partner spotlight on jewelry artist Cheryl Gibisch

"I started collecting rocks as a child on our family's Wisconsin farm. I loved the layers, patterns, and colors. Later in life, I returned to this love when I discovered that I had a talent for arranging stones in beautiful and unusual combinations," explained Cheryl Gibisch, a partner in Bay3 Artisan Gallery. "Using semi-precious stones, pearls, and silver in my designs, I make one-of-a-kind pieces from the very small and delicate to the chunky and funky. I also use precious metal clay, which is designed, molded and kiln fired to become 99% solid silver pieces, all uniquely constructed."



Cheryl shared that her inspiration could come from anywhere. "I like to look to nature for my designs, especially for my silver. I would say my mission is to make beautiful and affordable creations out of what I consider gifts from the earth that truly brighten anyone's day." Winning "Best in Jewelry" at the Libertyville, Illinois art fair was an especially proud moment for the artist and "almost as much fun as designing wedding jewelry for family and friends".

Cheryl's work can be seen in the Bay3 Artisan Gallery located just off the Atrium



Gallery in the Anderson Arts Center Warehouse on 110 Federal Street in Anderson. The Gallery is open Wednesday – Friday from 11:00 – 5:00 and Saturday from 10:00-1:00.

PRUITT JOINS THE ELECTRIC CITY NEWS SALES TEAM

The Electric City News is proud to welcome Anderson native Becky Pruitt to the sales team. Becky grew up in Anderson but has also lived in St. Pete, Ft. Myers and Naples, Florida as well as Davidson and Charlotte, North Carolina. "Advertising sales is my passion and it's great to be back in Anderson", Pruitt says. "I have followed The Electric City News for many years and consider it an honor to be onboard with Julie and Ginny and their amazing publication. I am very excited about reconnecting with old friends and new," she says. We have no doubt Becky will be an enormous asset to the staff.



If you have a business and would like more exposure, please contact Becky to discuss a game plan. She can be reached at (864) 367-2102 or beckypru@aol.com.

ELECTRIC CITY EVENTS

ANDERSON SPORTS & ENTERTAINMENT CENTER

Thursday, July 6 Hot Tub & Swim Expo Setup Day 8:00 a.m. – 5:00 p.m. Contact: Chris Sutton 828-452-5534 csutton1147@gmail.com
Friday, July 7 Hot Tub & Swim Expo Arena 2:00 p.m. – 7:00 p.m.
Saturday, July 8 Hot Tub & Swim Expo Arena 10:00 a.m. – 7:00 p.m.
Sunday, July 9 Hot Tub & Swim Expo Arena 10:00 a.m. – 5:00 p.m.
Monday, July 10 Hot Tub & Swim Expo Load-out Day 8:00 a.m. – 5:00 p.m.

Thursday, July 13 Vocational Rehab Summer Program Arena TBD Contact: Teri Gilstrap 864-260-6000 tcgilstrap@andersoncountysc.org

Tuesday, July 18 Golden Years Jamboree Setup Day 8:30 a.m. – 5:00 p.m. Contact: Kelly Barnwell 864-617-7243 kbarnwell@andersoncountysc.org

Wednesday, July 19 Golden Years Jamboree Arena 8:00 a.m. – NOON Thursday,

July 20 Sheriff's Recognition Ceremony Ballrooms 1:00 p.m. – 3:00 p.m. Contact: Christi Lee 864-260-4368 cleee@andersonsheriff.com

Friday, July 28th: Southern Fried Circuit presents Darius Rucker 7:30 to 11:00 PM

For more information go to www.southernfriedcircuit.com Doors open at 6:00pm, Opening act 7:30pm, Darius Rucker 8:45pm

Monday, July 31 Upstate Kid's Fall Consignment Sale Setup Day 8:00 a.m. – 10:00 p.m.

Contact: Kim Kelley 864-710-7393 kimkelley@bellsouth.net

ANDERSON UNIVERSITY BASKETBALL CAMP

July 17th through July 20th 9:00 AM to 4:00 PM
Abney Athletic Center
909 East Calhoun Street
Contact Stephanie Williams (913) 901-7546
Kindergarten through 10th grade

ANDERSON COUNTY LIBRARY

Sweet Tea with author Kristy Woodson Harvey
Wednesday July 19th @ 12:00 PM

Kristy will be speaking about her latest title, *The Summer of Songbirds*. Copies of the book will be available for purchase and signing. Light refreshments will be served. Registration is required online at <https://tinyurl.com/3duyv7m5>.

MOVIE NIGHT IN THE PARK

Friday July 14th @ 8:50 PM
Addams Family 2

SUNSET YOGA IN THE PARK

July 23rd @ 7:00 PM
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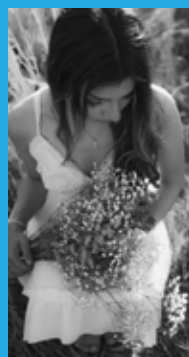
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REMEMBER TO PRACTICE SELF-CARE



We often forget how vital it is to just turn off our brains for a minute. We're constantly on the move with work, children, travel, bills and everyday stressors. Life is busy and messy so we need to occasionally just zone out. Otherwise, we become anxious and just completely overwhelmed. We should never feel guilty for wanting to take care of ourselves either. If we do that, we can help other people in our families and take care of them better.

Some of the things that I enjoy for self-care are lighting my favorite candle or incense. I love to put on a good record on my record player. Generally something calming like jazz or Enya. Elevating your skin care is a nice way to start. I love to run a bubble bath with a glass of Pinot Noir. Moisturize my skin and use an ice roller on my face. Fresh flowers in a pretty vase are a definite must for me. I also love arranging them. Not only does it take your mind off of things, it's something beautiful to look at and it brings the outdoors inside.

Moving our bodies two or three times a week is also really good. Walking outside in nature, taking a yoga or Pilates class or going for a brisk swim in a lake, river or ocean is the ultimate self-care. Taking your pet on a walk is great for you and your animals. Even a long country drive alone is good for the mind,



Kristine March

body and soul. Unwinding, and coming back down to earth and being grounded is really important.

The hustle and bustle can really wreak havoc on our nervous systems as well. So don't be afraid to splurge on a massage or a facial. A sauna is so good for that too. It helps with sleep and inflammation. It even jumpstarts our stem cells and enhances collagen production for our skin. I love a eucalyptus shower with steam. Just tie up a big bouquet of it and hook it to your

shower head. Not only does it smell good, it even boosts our respiratory system and is great for allergies.

Hydrating is so important. I love to make a good spa water recipe. I like to add blueberries, strawberries, lemons, cucumbers and mint and infuse it for a few hours. So healthy and it tastes great. Lastly, getting the proper amount of sleep is something everyone needs to work on. I try to go to bed by 10 pm every night now and limit my phone time. I love a noise machine and keeping my room cool and dark. I recently got all new bedding with nice thread count sheets. I like to wear an eye mask and hit the hay. I have noticed a difference in the way I feel in the morning. Clear headed and ready to take on any of the day's challenges. Sleep just makes us happy and less grumpy too. What are some of the ways that you like to take care of yourself?

Remember to make the sidewalk your runway and kindness always matters. Namaste, y'all!

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