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MAKING HISTORY

Galloway sworn in as Associate Judge for the City of Anderson

History was made and a glass ceiling shattered on April 25, 2022, when longtime local attorney Carolyn Galloway was sworn in as an Associate Judge for the City of Anderson. Judge Galloway is the first African American and female judge in the city's history. Associate judges play an integral role in our judicial system by setting bonds and issuing warrants.



Jim Harris

Judge Galloway is actively involved with her seven grandchildren and one

great-grandchild. She describes her life as being a lawyer for part of the day and a grandmother for the other part. Basketball and softball practices keep her and her husband, Johnny Williams, on the move.

A native of Pendleton, Judge Galloway graduated Summa Cum Laude from Benedict College, and also from the University of South Carolina School of Law. She is entering her 40th year of practicing law in Anderson. While being an active member of her sorority here, Delta Sigma Theta, she is also involved in her church. She has quite an extensive resume of service to the community.

She says that there is little she has not seen in her forty years of practicing law. Our community will benefit from her extensive experiences in the legal world. One of the primary lessons those experiences have taught her is that one has to "dive into every situation. Things often may not be what they appear to be, so I always



Longtime local attorney Carolyn Galloway was sworn in as an Associate Judge for the City of Anderson on April 25, 2022.

try to look a little further, look a little harder, to see if certain things need to be considered."

Being the first woman and African American to hold this position, she

SEE GALLOWAY ON PAGE 3

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Galloway

CONTINUED FROM PAGE 1

sees this as an opportunity to relate to people like her within the system. She says, "I just want to be that ordinary person who has the ability to help people when they need it."

"I am known by many people in the community, especially the African American community, and I believe they may be more trusting of me and relate to me. However, I will do what I am supposed to do, what I have been charged to do as a judge." She feels her ability to empathize as a woman and an African American will be an asset in dealing with the responsibilities of her new role.

She advises, "Forge your own path in life and see it through to the end. Trailblazing is not easy, but it creates opportunities for future travelers." She hopes to create an easier path for those who follow. She says she may be the only black attorney practicing in Anderson, so she hopes that her example encourages young people pursuing a career in law to remain in Anderson and practice in our community.

As to a perceived divide between the law and the citizens it serves, she says, "I am a realist. Because I've been involved in the system, I understand that it's not as separatist as it seems, but to others on the outside, it doesn't appear that way. I feel that we've come a long way, but we still have a long way to go."

Social media buzzed with news of the appointment. One Facebook user said of Judge Galloway and her new position, "You have represented the city of Anderson so well. We can say you have been preparing and poised for this all along. Thank you for your service, leadership, and professionalism throughout the years. Thank you, City of Anderson and Anderson City Council, for continued diversification." Another Facebook post said, "Well deserved. You will be incredible."

Commitment as a character trait is nothing new for Judge Galloway. Her Pendleton High School basketball teammate, Jan Hunt Weeks, isn't surprised by her success, recalling Carolyn as "very determined."

Anderson City Council Member Kyle Newton said of Galloway's appointment,

"Judge Galloway is a highly qualified judicial candidate, and I personally enjoyed hearing her describe her career as an attorney in Anderson. You could tell from the crowd at the swearing-in ceremony how impactful her appointment is, not only as the city's first African American judge but also as our first female judge. Under Chief Judge Josh Allen, I don't think our judicial branch has ever been in a stronger position, and adding Judge Galloway to the mix made the lineup that much stronger. The role of our municipal judges cannot be understated, and I appreciate all of them that have stepped up to serve the Anderson community."

"Forge your own path in life and see it through to the end. Trailblazing is not easy, but it creates opportunities for future travelers."

— Anderson City Judge Carolyn Galloway

With a mandatory two weeks of training to be completed before she takes the bench, she isn't officially putting on the robe just yet. Still, it won't be long before we see this passionate jurist adding to her impact on our community.

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RED ROCKET PUBLISHING OF ANDERSON, LLC

PUBLISHERS

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

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

LAYOUT/DESIGN

ART DIRECTOR
Zack Mauldin
zack@upstatetoday.com

GRAPHIC DESIGN

Nate Thomason
signal43@live.com

WRITERS

Neal Parnell
dnparn@gmail.com

Jim Harris
jimharris.atl@gmail.com

Rich Otter
ottwill@bellsouth.net

GARDEN & FLORAL
Susan Temple
gardningirl@yahoo.com

MENTAL HEALTH
Mary-Catherine McClain Riner
drmarycatherine@riner counseling.com

FASHION
Kristine March

SPORTS
Bru Nimmons

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

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A life-changing experience

It's happened to us all, likely. Something gets on our minds and we can't let it go, no matter how hard we try. That resolve just sticks until we do something. Recently, a circumstance like this led to events that changed two



Jim Harris

lives drastically and created a permanent friendship.

Heather Duvall is an Anderson native. She grew up in Homeland Park and graduated from Westside

High School. Now employed by the U.S. Postal Service, she went through a particularly trying time in her personal life earlier this year. That's when a perfect storm of circumstance and opportunity led to her having one of those life-changing experiences.

Ricky Robertson has been a fixture in Anderson for years. A member of our area's homeless population, he's recognized for his long hair and tattered jacket. He's known as gentle and quiet. He politely declines offers of help from concerned passersby until a brutally cold January night when fate brought Ricky and his soon-to-be guardian angel Heather Duvall together.

The forecast for Anderson was for snow and very low temperatures, with wind chills in the low teens. Conditions were a white flag for the area's homeless shelters, which means it was considered an emergency, and all available facilities were open. Despite the arctic conditions, Ricky had chosen to remain outdoors.

Like most in Anderson, Heather recognized Ricky from seeing him around the downtown area. Her parents had worked at Haven of Rest Ministries, and she had seen Ricky there before, but they had never spoken directly.

That chilly night, Heather stopped at a convenience store for gas and to pick up a couple of items from inside. She saw Ricky curled up next to an ice maker, using it as a wind block. She asked if he needed anything, to which Ricky replied, "No, I'm fine." Those were the first words that the two had ever exchanged. There would be more.

Heather drove away from the store, heading toward home. She couldn't shake the idea of Ricky outside in the brutal cold. She was fixated on the thought, "What if he dies on that sidewalk?"

She says, "The storm was coming through, and there were supposed to be super low temperatures. I just couldn't



Heather Duvall and Ricky Robertson

get him off my mind." She told her partner Chris, "I've got to go back up there and see about this. I've got to do something."

She returned to the store, pulled up next to Ricky, opened her car door, and invited Ricky in. She said, "Ricky, I'm going to take you to a warm place for this weekend, get you a hotel, and get you something to eat." She refused to let Ricky's initial resistance deter her, and he eventually got into her car.

Heather took Ricky to a hotel and took care of the tab for the next couple of days. After picking up food for him, she promised to see him the next day. While Ricky had been quite shy the first night, he began to open up to Heather by the second night. After the third night, she realized that the cost would be more than she could bear alone, so she posted about him on an Anderson area Facebook page. She set up a Cash App and a Venmo account so that those wanting to contribute could help Ricky. The following day, donations were sufficient to cover his hotel expense for an entire month, which bought time to work on more long-term solutions.

Next up, a local business, Troy's Muffler, donated gift cards, and Homeland Park's Walt Lanier raffled them for Ricky. They raised enough to cover additional living expenses. Area churches also assisted, as have many others from the community.

Ricky has some challenges that limit his abilities to perform specific tasks. A local attorney, Steve Yon, donated his time to guide Heather through getting the information and documentation needed to determine that Ricky was eligible for some assistance. It took about two and a half months, but they were able to get Ricky set up with an I.D., disability coverage, and Medicare coverage. Heather has also set up a bank account in Ricky's name.

Heather visits Ricky daily. As he began to trust Heather more, he agreed to a haircut, a fresh change of clothes and even drove her car. The tattered coat will stay, as it has a sentimental attachment. It once belonged to Ricky's late brother.

A local real estate investor, who chooses to remain anonymous, has purchased an area property and has committed to providing accommodations for Ricky. Members of the community have donated furniture and appliances to get him started. Those wishing to donate to help Ricky can do so at Truist Bank on Greenville Street.

After seeing Ricky's story on Facebook, several people have reached out to Heather and let her know that the story has encouraged them to do similar things for others. If you'd like to donate money, time, or both, check out <https://myresourceguide.org> for a list of organizations that help those in need.

Ready, set, play!

Spring has sprung. The cold winter days are gone, and children are anxious to venture outdoors to play in the warm sunshine. What better way to help your little ones expend a little energy than to visit your local playground.

Today, encouraging children to get outside and play is more important now than ever before. The advent of computerized video games, smart phones, and over-sized flatscreen



Katie Laughridge

television sets has resulted in a larger percentage of children opting to spend time glued to a computerized screen than enjoy creative play outdoors.

While technology has greatly improved many areas of our lives, it is essential to recognize the potential negative effects that "too much screen time" can have on our children. Research shows that technology can negatively affect the development of children's social skills and relationships, causing them to be socially awkward, withdrawn, shy, or intimidated by social situations. Overall health and the ability to focus can also be adversely affected.

Independent play is critical for kids, as it help develop the emotional, social and creative thinking skills they will later need as adults. Play also allows children to engage and interact with their surrounding environment, in a context of fun, safety and self-expression. While all play is valuable, free and unstructured play is by far the most critical- as it encourages kids to evaluate their surroundings, make decisions independently, and subsequently deal with the resulting consequences.

Independent free play also helps to build self-esteem and confidence to try new things. Something as simple as deciding whether to climb a ladder or swing from the monkey bars presents a challenge for a young inexperienced child. Contemplating and successfully conquering these seemingly small challenges early in life is crucial because it provides the courage to attempt bigger and more important challenges later in life. Independent play also forces children to interact with others, learn to make friends, navigate stressful situations and resolve conflicts.

Above all, it's important not to forget that children naturally love to play, run, laugh and just have fun! If you are unsure where to find a great playground spot this Spring, here are a few excellent suggestions:

Carolina Wren Park and Pavilion: East Whitner Street Amphitheater, paved park, and splash pad downtown.

Check out this website for free summer movies and splash pad hours www.downtownandersonsc.com/carolina-wren-park

Darwin Wright Park: Anderson Beach Boulevard
Playground equipment, picnic shelters, beach, fishing pier, disc golf course

Anderson Recreation Center Pavilion: North Murray Avenue
Playground attached to community fitness center, with picnic shelters and grills

Linley Park: East North Avenue
Neighborhood park, featuring swings, slides, play structures, and picnic tables

Watson Park: Brookview Drive
Neighborhood park, featuring slides, play structures, and picnic tables

Mineral Spring Park: W. Main Street (Williamston)
Large playground in a historic park in downtown Williamston

W.C. Nettles Park: Nettles Park Road (Pendleton)
Large playground, featuring playground equipment and picnic shelters

Get up, get out, and GO PLAY. The great outdoors is waiting! -Katie

LOOK FAST OR YOU'LL MISS IT

BY ANN K. BAILES

The show will probably be over with by the time this is in print. But I'm writing it up anyway, because yesterday the bird we've been waiting for, for two years, finally appeared! I was racked out in the recliner after work, when Mike walked into the kitchen, glanced out the window and yelled back "Rose-breasted grosbeak!" You wouldn't have known I could move so fast. It might have elicited some smart remarks from you-know-who, had he not been as pleased to see it as I was.

A male rose-breasted grosbeak is unmistakable. In the spring he is stunning black and white with a deep rose-pink triangle under his throat, on his upper breast. These birds migrate through our area in late April and early May, headed to nesting grounds much further north. Fortunately they make pit stops at feeders along the way. The advent of eBird.org and other internet sites has made their presence more well known, and many Carolinians get great, if brief, looks at this bird as it makes its way northward.

When the first rose-breasted is spotted, word spreads quickly to interested people



through social media, and soon anyone who knows about them is keeping an eye out. Though in some years they are scarce, in

others they are common and seen by many. Last year was one of those years. Seems like everyone I knew - except us! - in 2021 got a

glimpse of one of these striking grosbeaks.

The stream of birds coming through lasts for two to three weeks, and then it is over. At least until autumn. A few people get returning birds in September and October; however, in the autumn the males look much more like the more ordinary females, with the exception of each having a somewhat faded rose-colored triangle on the upper breast. So the male doesn't put on nearly the show in the autumn that he does in the spring.

The female rose-breasted grosbeak looks like a very large female house finch or purple finch, with a prominent white stripe through her eye and a triangular pinkish beak. But the male. Oh, that male. He is by far the more breathtakingly beautiful bird of the pair. We were able to watch him for about five minutes, and then he flew on.

We might not see another one this year, because when they're gone, they're gone. But even that one five-minute sighting was enough. We got our glimpse of the male rose-breasted grosbeak, quite possibly one of the prettiest birds ever to pass through the Upstate.

ELECTRIC CITY EVENTS

• May 5th – May 15th — Great Anderson County Fair Contact: Tod Miller 770-781-3491

• Friday, May 13th — Blood Connection Balloon Launch 11:00 a.m. – 7:00 p.m. Contact: Katie Smithson 864-751-1191 ksmithson@thebloodconnection.org

• May 16th – May 18th — Great Anderson County Fair Move Out Days Contact: Tod Miller 770-781-3491

• Wednesday, May 18th — DHEC Training Exercise Setup Day Contact: Crystal Bulman 864-982-1715 bulmancd@dhec.sc.gov

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• Thursday, May 19th — DHEC Training Exercise All – Day event Contact: Crystal Bulman 864-982-1715 bulmancd@dhec.sc.gov

• Friday, May 20th — DHEC Training Exercise Loadout Day Contact: Crystal Bulman 864-982-1715 bulmancd@dhec.sc.gov Saturday

• May 21 — Youth Extravaganza All Day event @ Balloon Launch Contact: David Blanding 323-895-2970 deblanding@aol.com

• Sunday, May 22nd — Brax's Paw's Car Show Parking Lot 9:00 a.m. – 5:00 p.m. Contact: Teryi Louch 864-934-5960 teryij3838@aol.com

• Monday, May 23rd — Emergency Management Meeting 2 Ballrooms 9:00 – 1:00 Contact: Josh Hawkins 864-617-0161 jdhawkins@andersonsheriff.com

• Tuesday, May 24th — Planning Commission Meeting 6:00 p.m. Contact: Tim Cartee 864-314-3839 tcartee@andersoncountysc.org

• Thursday, May 26th — First Responder Career Day / Job fair Full Space 12:00 – 8:00 p.m. Contact: Anita Donley 864-332-5732 adonley@andersonsheriff.com

• Friday, May 27th — Carolina Superstars Set-up Day Saturday, May 28th — Carolina Superstars Dance Competition Full Space 10:00 a.m. – 8:00 p.m. Contact: Hazel Cartee 864-844-1249 hazel@carolinasuperstars.com

• Saturday, May 28th — Solid Waste Shred Day Balloon Launch 9:00 a.m. – 12:00 p.m. Contact: Samantha Porter 864-964-6732 sbporter@andersoncountysc.org

• On Wednesday May 18th at 12pm (in Room A) Anderson Recreation Center will be hosting a Lunch & Learn with a physical therapist from Elite Integrated Therapy as the speaker. Join us to learn more about your body & the importance of staying mobile. You may also ask questions to see if physical therapy is right for you. Whether you need to improve your mobility, recover from an injury, or manage muscle pain, a physical therapist can help get you on the road to recovery. Elite will also bring a lunch plate & a few goodies for anyone signed up ahead of time! Be sure to sign up at the information table in the lobby if you're interested.

• Side note-On May 18th SilverSneakers at 10:30am & Chair Yoga at 11:15am will take place in Room B so we can set up for the event in Room A.

Heat things up this summer

Summer is fast approaching. The weather can get very humectant, sticky and hot here in the south. So I've come up with a plan to take control of our hair and have a no fuss outlook. Whether you have curly or straight, short, buzzed or long hair, here are some styles that will keep you looking cool, literally.



Kristine March

Braids are always a fun look and easy to achieve. Purchase some clear elastics and try a rope braid to keep the hair off the face. Crown braids and halo styles are beautiful too. They're easy to do on yourself and like I always say there are multiple tutorials out there to pull off the look you want. I love to take two pieces of hair on each side and simply braid it and frame my face. It looks very seventies chic and so easy to do on unwashed hair. The elastics give it a more polished look and make the hair look infinitely better.

If you're going to a music festival or even the pool, try bubble braids. The look is easily achieved by spacing out a row of hair with your clear elastics then spreading the hair out. It causes this super cool bubble effect to the hair. So Bohemian and adorable. I love a good braid.

Another effortless look is getting curtain bangs which I just got. They're the easiest of all bangs, I might add and give you this instant retro vibe. It adds volume and I personally love the style. I love to pull half of my hair up and let the bangs flow down at my face. Add a big pair of sunglasses, of course, to finish the look. Easy to style and it makes you feel extremely glamorous in seconds. I use a round brush to style the bangs and a good hairspray that will generally last throughout the day. As far as color is concerned this season the words Money piece highlights is the newfangled term right now. It basically means face framing highlights right at the front of your part. It's gorgeous and your stylist will know exactly what you mean if you want highlights this summer. It gives bold definition and looks very vogueish for sure.

As far as hair accessories, I love a hair scarf. It gives you a Euro vibe. Tie it around your head or even braid it into the hair. Add a vintage silk scarf and voilà. It feels really comfortable and keeps the heat away as well.

These looks will keep your look fresh and they're so fun to try. It just takes practice. Try these out and get ready for the summer heat. Remember to make the sidewalk walk your runway and kindness always matters.

Opposites attract

Some couples like to believe that their romance came to be because they were exact opposites of each other; much like the south and north poles of magnets are drawn together. This is a myth, and I can prove it.



Neal Parnell

In the beginning, I had to convince my future wife that I liked what she liked.

If she said she liked long walks on the beach, I would then say that I just loved long walks on the beach. If she said that she loved to dance, all of a sudden, I loved dancing. In reality, I couldn't stand long walks anywhere, and I couldn't dance a lick, but if I wanted her to like me,

I was going to have to be more like her.

So, the next thing I knew, we were walking on the sands of Myrtle Beach. We were holding hands and had walked no more than a few hundred yards when a stray Frisbee smacked her from behind. We haven't walked on a beach since. That evening, the upper deck of the Pavilion was crowded with disco dancers undulating to the beat of Kool and the Gang, playing and singing "Jungle Boogie". In the most excited voice I could muster I said, "Wanna dance?" It was the last time she ever answered yes to that question.

I tried, I really did, but it must have been apparent to her that I had no rhythm, and was afflicted with an incurable case of dance fever that would never allow me to cut a rug, get down, or boogie. I



found that I had no magnetism at all, what I had was more like static cling. You may not want to hear this, but when it comes to budding relationships, the one that cares the least about it, has the power. I had practically no power, and the powers I did have were not attractive or manly in the least. I was like the weak refrigerator magnet that can't hold its own weight and slides to the floor. Begging and pleading would sometimes work if I could

squeeze out a tear. Sending flowers to her work would always get me dinner and a movie. What guy doesn't like a Pu-Pu platter from the Dragon Den, followed by an evening of Patrick Swayze in *Dirty Dancing*? I'm not sure that I ever became the man I wanted to be, but I did become the man she wanted me to be.



If you rub a weak magnet against a strong magnet they will eventually have the same strength. I may be semi-wrong, opposites may attract, but it takes an awful lot of rubbing before both will stick to the fridge.

WHERE THE REDHEAD GROWS

BY SEAN DIETRICH

My interview was scheduled for noon. It's not every day you are a keynote speaker for Miss Bernice's fourth-grade class career day, via video. I wore a necktie.

Miss Bernice's class has been interviewing a lot of people lately about their careers by using video calls. She has been introducing the kids to people with different occupations from all over the U.S.

So far, her class has welcomed guests from all fields. The class has interviewed PnD's, celebrated journalists, famous musicians, chefs, well-known songwriters, people who work in finance, pro fishermen, doctors and anyone else who drives a Range Rover.

I was scheduled to go on after the decorated navy pilot.

While the fighter pilot gave his presentation, I started to feel like an idiot. I looked at the little camera image of myself on my laptop screen and cringed. My red hair was disheveled, my face looked tired. The bags beneath my eyes could have been used for a Samsonite ad.

Captain America wowed his audience, and I was trying to remember when and why I became a writer in the first place.

Truthfully, I don't know when exactly I first wanted to be a writer. I can't remember ever NOT wanting to be one.

Still, I think it must have happened officially for me in the fourth grade. That was the year my teacher read, "Where the Red Fern Grows".



She would read aloud to us after lunch period, every weekday for an hour. And she did all the voices.

It takes real talent to do the character voices right.

That beautiful woman with the cat-eye glasses and the coiffed hair possessed such talent. I can never forget that period of my life.

We would file into the classroom after gorging ourselves in the cafeteria. She would turn off the lights, sit by the window, and read to us.

Students would gather around her like disciples in da Vinci's Last Supper. We would lie on the floor, sit at her feet, or recline in her bosom. She would hypnotize us with her voice, and many of us would completely forget about how badly we had to pee.

After she finished reading Wilson Rawls'

classic homily of boyhood, I knew precisely what I wanted to do with my life. I wanted to use the little boys' restroom.

But also, I wanted to be a maker of stories.

That year I started spending entire weekends before a little pinewood desk in my room, tapping out five-hundred-word pieces on my mother's manual typewriter. My stuff read like a bad "Curious George" book.

But I fell in love with the process of writing. Namely, because writing was among one of the only acceptable forms of entertainment fundamentalist boys like me had.

I grew up during a slower time. I don't mean to imply that I grew up in the late 1920's, but I was born at the tail end of an era that still used letters in phone numbers.

The internet had not been invented. Cell phones were devices only found in prisons. Arcade games had pinballs in them. And cable television was for people who told Charles to saddle their horse.

Thus, my boyhood was devoid of technology. The most advanced piece of tech equipment in our household was my father's console Zenith television. It was his prized possession. He wiped it down before and after each use.

Entertainmentwise, the highlight of our week was Howard Cosell, or CBS's "Sunday Night Movie". We never missed a Lawrence Welk rerun on PBS. And Carson was a deity.

Other than that, it was books for me. I read a lot. And I tried to imitate what I read by typing it onto paper. I adored Doyle, Pyle,

Defoe and Samuel Clemens. I idolized anyone who could make me laugh.

But I'll level with you. I was an untalented student. I wasn't quick. I wasn't diligent. I had a hard time following instructions, I couldn't pay attention. My grades were pitiful. I once lost the regional spelling bee with the word "purple".

Purple.

Later, I went on to fail the fifth grade. I was almost held back a year, but a charitable educator had mercy on my flailing self-confidence, and she let me enter the sixth grade.

A year later, after my old man died, I dropped out of school altogether and didn't return until I was a grown man with a mortgage. I was the poster child for white trash.

So, how am I qualified to give advice to young people on how to pursue their dreams? How can I, with a clear conscience, impart any words of value when I know so little? How, I ask.

So, when the navy pilot finished a stunning presentation for his awestruck audience, it was my turn. I was nervous. It was like being the follow-up act to Elvis.

The teacher asked me to explain to the class how I came to fall in love with writing.

I cleared my throat. And without preamble, I thumbed open a tattered copy of a children's book I once read in the fourth grade. A book that has helped me through some very hard times.

I did all the voices.

And I ditched the necktie.

YOUR DENTIST CAN SAVE YOUR LIFE

The facts on metabolism and weight loss

It is no secret one of the most challenging issues most people face is maintaining a healthy weight. Carrying too much weight is a national health issue, with the CDC reporting that an increasing percentage of the population is clinically obese, which can result in serious health issues from diabetes to heart disease and stroke.

Knowing the consequences of weight gain makes smart life choices even more important. But losing and keeping off unwanted pounds is far from simple. Factors determining the maintenance of a healthy weight are complex making weight loss efforts difficult. But do not stress. This can make matters worse. Let us educate ourselves and do the best we can.

Consider our metabolism. Every activity we do is powered by calories, or the energy we derive from the food we eat — from fighting infection to thinking — to normal bodily functions. Even at rest, we burn calories.

The question many ask is does a slower metabolism cause weight gain? According to

nutritional experts, no. It is better to focus on calorie intake and regular exercise than ways to boost metabolism.



Dr. Gabrielle F. Cannick

That said, there are changes that can be made in diet as well as exercise that can alter metabolic rate. The more active we are, the more calories we burn. The result is a more stable weight — and a healthier you!

To maintain a healthy metabolism,

focus on the following:

1. Take control. You can control what you eat and your physical activity. NOTE: muscle burns fat; moderate weight workouts can help.

2. Eat enough. Severe diets slow the body's overall metabolic rate, which in turn makes it more difficult to lose weight. However, some studies suggest moderate fast-

ing can rev up metabolism.

3. Boost protein intake. This helps to maintain muscle mass.

4. Eat breakfast. Give your body fuel for the day ahead. Eating too little can put the body in "starvation mode" and slow the metabolism.

5. Limit sweets and processed foods. Boosting your metabolism requires eating foods that provide healthy energy. Avoiding processed foods containing artificial chemicals that damage the body. Processed foods are easily broken down by the body into sugar, which means your body does not use as many calories to process them. Following a healthy diet will enable you to burn more calories. Stick with nutrient-rich whole grains, vegetables, fruits, beans. And lean meat.

And stay hydrated! This simple trick boosts metabolism and it's good for weight loss. Plus, drinking water helps the body flush out toxins and move waste products through the digestive tract, which can also support

overall health and well-being. Call if you have questions. Think of us as 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.

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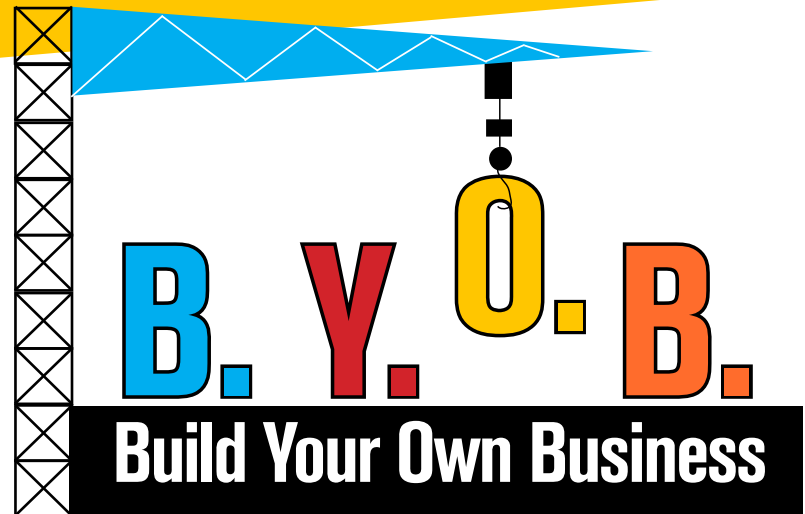
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NIBBLE & SIP

STEAK AND SALTINES? PROBABLY NOT



Kim von Keller

I'm a firm believer that people should eat what they like, how they like it. Well-done steak? It's not for me, but if that's your preference, go for it. But if you're going to order an expensive cut of meat — say, a prime Angus filet mignon — you probably wouldn't serve it with a side

of soda crackers. In other words, your side dish should probably match your main course in terms of quality.

It's the same when making a cocktail. The spirits market is crawling with bourbons right now, and on one end, you have the expensive, small batch, single barrel, well-aged varieties that are best with ice and nothing more. On the other end, you have those with lower prices



and lesser pedigrees that may be blended with any number of juices, sodas, or liqueurs to make a delicious cocktail. It's not so much about which bourbon you choose, but what you do with it once you open it.

One of my favorite drinks to make with a modestly priced bottle is the Urban Bourbon. I found it in a fun little drinks book called "Atomic Cocktails" by Karen Brooks, Gideon Bosker, and Reed Darmon. It only has four ingredients, and two of those are ice and a



lemon twist. The fourth is a liqueur called Tuaca, which tastes of vanilla and orange. The Urban Bourbon is smooth and sophisticated, proving you don't have to buy a top-shelf liquor for a top-shelf experience.

If my Sip is primarily bourbon, I like a salty Nibble to play off of its caramel notes, and what delivers

a better salty flavor than bacon? To accompany your Urban Bourbon, whip up a Bacon-Onion Flatbread. It makes enough to serve four, but it is so easy, you might be tempted to eat it all yourself!

Urban Bourbon
2 oz. bourbon (I use Makers

Mark)

½ oz Tuaca

Lemon twist, to garnish

Add the bourbon and Tuaca to an ice-filled cocktail shaker. Shake vigorously until chilled, then strain into a coupe or martini glass. Garnish with a lemon twist and serve. Makes one.

Bacon-Onion Flatbread

1 large prebaked naan bread (I like Stonefire Original Naan)

1 8-oz. container Philadelphia Original Whipped Cream Cheese Spread

4 slices bacon, fried until crisp and crumbled

1 large onion, sliced and sauteed in 4 T. butter

Preheat oven to 350°. Bake naan on oven rack until crisp and toasted, about 10 minutes. Spread with whipped cream cheese, top with bacon and sauteed onions, and cut into slices. Serves 4.

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DEATH ON THE RAILS IN ANDERSON

BY RICH OTTER

What is thought may have been the first fatal accident between an automobile and a train in Anderson County and possibly the State, occurred June 20, 1909 at Breazeale's crossing in Belton involving an Anderson Traction Company interurban electric railway trolley. The rail line ran from Anderson to Belton with extensions being then developed. The occupants of the automobile were James H. Cobb, superintendent of Belton Cotton Mills, Rev. Darlington D. Richardson, pastor of the Second Baptist Church in Belton, Rev. E. A. McDowell, field agent of the Baptist Courier and Mrs. D. D. Richardson. They were on their way to the Dorchester Baptist Church outside of Belton. Conductor C. P. Burris and Motorman E. E. Sanders reported that as they approached Breazeale's crossing they observed an automobile and determined there was adequate time



Ready for a trip to Belton

for it to complete its travel across the tracks. The Greenwood Daily Journal wrote the trolley was said to have been traveling about 15 miles per hour. The paper continued: "When the front

wheels of the automobile, however, had cleared the first rail of the track, the engine seemed to come to a standstill, and in a few seconds the car [train] struck it. The machine [automobile] was thrown some twenty feet into the air and smashed to splinters. All of the occupants were also thrown some distance, and it seems a miracle that all were not killed outright." Mr. Cobb suffered multiple severe injuries and died minutes after the crash. Rev. Richardson made it to the hospital but, also suffering considerable injuries quickly succumbed. Rev. McDowell was removed to the Belton Hotel where he was treated. He had a broken shoulder and arm but survived. Mrs. Hettie Richardson amazingly had only minor injuries, primarily having a sprained ankle. Rev. Richardson was only 36 years old at the time of the accident and in addition to his wife, was survived by five children. James H. Cobb was 33 years old and left a wife and two children. A later coroner's inquest determined the railway operators under the circumstances should be exonerated. The Anderson Traction Company had begun operations in 1905 and in 1906 and had made plans to develop an interurban line running from Anderson to Belton and extending on through Williamston, Pelzer and Piedmont to Greenville, a distance of

35 miles. The first stage from Anderson to Belton was completed on July 13, 1907. Anderson Traction Company survived any accident liability but was facing other difficulties. Due to a debt owed Anderson Machine & Foundry Company, amounting to some \$200,000 (estimated by inflation as equivalent to about \$5.6 million in 2021), was placed in receivership in March of 1908. Edwin W. Robertson of Columbia and Robert E. Ligon of Anderson were designated receivers for the company with Frank R. Frost later added to the position following a complaint by International Trust Company of Baltimore, Maryland, apparently another creditor. As of May, 1908, Anderson Traction Company had completed 18 miles of track. In October of 1909 the assets of the company were sold and the purchaser became the Greenville, Anderson & Spartanburg Railway Company with interests controlled by the Duke syndicate. The new company by 1913 possessed 31 motor cars, 2 service cars and two electric engines. The railway system also connected with a line locally developed by John W. Linley and C. G. Boleman that serviced the new area known as North Anderson. The North Anderson line remained in service until 1928 when replaced by Duke Power Company busses.

Pssst! It's just a beverage!

One of the best ways to learn about food or drink is to attend a tasting class. Held at colleges, culinary schools, or cooking stores, these events are generally small, usually 20 to 30 people, and are led by an educator, a chef, or a sommelier. Tasting classes are a fun way to learn about a particular cuisine, style of wine, or type of spirit through sampling. A few weeks ago, Ted and I accompanied some friends to a bourbon tasting at the McCutchen House, the dining room operated by the University of South Carolina's College of Hospitality,



Kim von Keller

Retail, and Sports Management. Led by a USC professor, the class featured five bourbon samples and food meant to complement the taste of each. Not only was it was fun to sip new bourbons and break down the flavor components, it was also fun to chat with others who enjoy the flavor of bourbon whiskey. Except for that one couple. I still don't know their names because they didn't talk TO anyone; instead, they talked AT everyone. And what they really wanted to talk about was Pappy's, as in Pappy Van Winkle Kentucky Straight Bourbon Whiskey, which played no part in the tasting whatsoever. Made by Buffalo Trace Distillery, the Pappy Van Winkle line features bourbons that have been aged for 15, 20, and 23 years in very small batches. For collectors, Pappy Van Winkle is the Holy Grail of bourbon and equally hard to find. In earlier years, a 23-year-old Pappy might have gone for \$150 a bottle, but that same bottle today will go for several thousand.

One online retailer offers the complete Van Winkle lineup — a total of 6 bottles, only three of which bear the name Pappy — for \$20,999, and, no, I did not put the decimal point in the wrong place. I don't know which ones this couple own, but these are highlights from their rather lengthy monologue: "We have more than one bottle of Pappy's in our liquor cabinet." "There really is no other bourbon like Pappy's." "We only open the Pappy's when there's something to celebrate, and we get to decide which celebration is worthy of Pappy's." "My uncle, who had never tasted Pappy's, wanted to try our Pappy's, and we said no." "Pappy'sPappy'sPappy'sPappy'sPappy's." In addition to being generally annoyed, their rumination on Pappy's also left me a little sad. Sad that their elitist commentary resulted in so many sniggers from their classmates. Sad that they owned something that they rarely get to enjoy. Sad that they wouldn't share with a relative. And in case you're thinking, Well, if I paid five grand for a bottle of bourbon, I wouldn't share either, I have a suggestion: Don't ever, EVER pay that kind of money for a beverage, which is what Pappy's is. It may be a good bourbon, but there are a lot of good bourbons whose prices aren't driven sky-high by pop-culture references, limited supply, and ridiculous mythology. Instead, find a tasting class near you. Visit the tasting rooms of the distilleries along Kentucky's Bourbon Trail. Start a bourbon-tasting club in your neighborhood or community. No matter how you go about it, learn what it is you really like, buy it, and share it with others over food, stories, and laughter, which is what a Nibble and Sip should be about. After all, bourbon is just a beverage.

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FROM THE SHELF

Daughter of the Deep

by Rick Riordan

One of the focuses of my English undergraduate degree was looking at Hero Theory (think Campbell's Hero With a Thousand Faces), specifically in children's literature.



Sara Leady

That's when I discovered Rick Riordan, who first started writing Middle Grade books with his first series, Percy Jackson.

Riordan's bread and butter is retellings. The Percy Jackson series retells Greek

myths in contemporary times. The sequel series, , Heroes of Olympus, pulls Roman mythology into the Greek world, then the Kane Chronicles hits on Egyptian myths, and Magnus Chase series (my favorite) introduces Norse mythology. Needless to say, Rick Riordan is a busy guy. His latest book, Daughter of the Deep, is a bit of a different take for him since it doesn't tie to any mythology, and instead is a retelling of 20,000 Leagues Under the Sea by Jules Verne.

I love me some Riordan, like I can't get enough, but I was iffy on this one as I found the original Verne too, uh, slow, to finish and Disney's 1954 film adaptation was a bit meh for me as well. There's a lot of bones for a great story, but for me the time period and delivery just didn't engage me despite the epic tale. Uncle Rick (as he's known by fans on the Internet) absolutely delivered on taking those bones and fully engaging me with his take on Verne with Daughter of the Deep.

Like a lot of Riordan's other titles, Daughter of the Deep is a contemporary retelling focusing on the descendants from

the original 20,000 Leagues (there's some The Mysterious Island stuff too). We're immediately introduced to Ana Dakkar and her brother, descendants of Captain Nemo, a.k.a. Prince Dakkar. Both are students at Harding-Pencroft, a special academy for students that focuses on all things maritime and marine science, and even some sea warfare classes (we'll get to that).

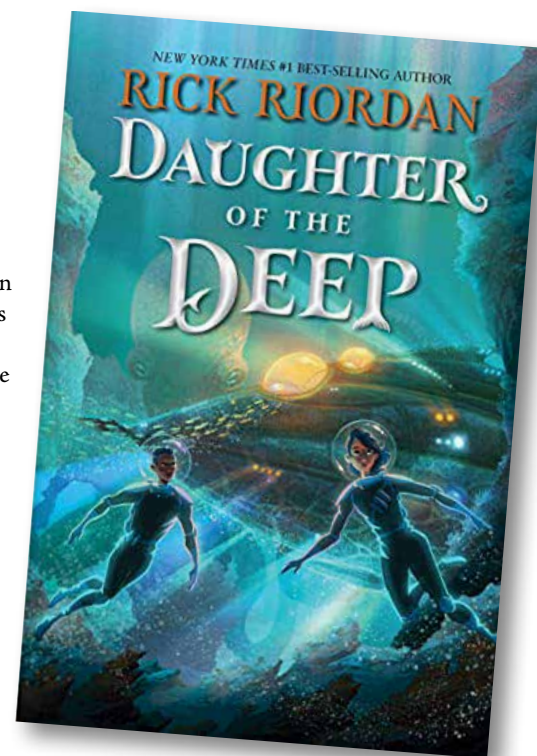
Ana is about to take her big final test for the school year (legit at sea on a yacht with live rounds) in order to move on to the next grade when tragedy strikes and the school literally explodes and falls into the ocean... Why would a school explode, you ask? Well, when schools teach maritime warfare (the military recruits from the school-it's totally valid), it would be natural for rivalries to go too far, right? Yes, like any true book set in a school, there is a bitter rival who is in fact out for actual blood.

The conflict between Harding-Pencroft Academy and The Land Institute goes deeper than just rivalry and all the way back to the original crew of the Nautilus and a desire to control Nemo's futuristic technology (there's money to be made and wars to be won, after all). Adding to the suspense and heightening the conflict between the schools, the majority of Nemo's tech is tied genetically. Hence, how the Dakkar siblings get involved. At the start of the conflict, Ana knows none of this, nor do her classmates; they haven't reached a high enough grade level for that amount of security clearance. While she and her classmates are on the run, they are also trying to tease out the truth of

what may or may not be going on between the two schools and whether the Nautilus (yes, THE Nautilus) still exists.

The story sounds like a lot, but it's done so well that it reads like a high octane sea adventure. Per his usual magic, Riordan balances the seriousness of who should decide who has access to technology, and how it is or isn't used, with humor and a wonderful cast of characters. Ana and her classmates all bring different skills to the table as a crew, but also as a great example of writing a balanced cast of diverse characters.

Daughter of the Deep is currently listed as a standalone, which is a rarity for Riordan's middle grade books, but I'm holding out hope we might get some more installments. This one is extra fun for me since it's also a perfect bridge for a middle grade, or juvenile fiction reader, sliding into books for teens and young adults. While Riordan's stuff is generally targeted to youth,



don't let that (or the terrible movies) shy you away from reading Daughter of the Deep. His ability to translate older stories to contemporary times with so much humor and deft character building really shouldn't be missed by any reader at any age.



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Separation and divorce: Communicating with children



MARY-CATHERINE
McCLAIN
RINER

One of the most difficult and painful conversations to have with children is informing of a pending divorce. Children will remember this conversation, what was said, how it was said, where it was shared, and how parents treated one another. It is important to talk with your children before they hear it from someone else. Consider these strategies:

1. Be intentional with your words. It is

- important to resist the temptation to speak out impulsively and emotionally. Children do not need to feel the anger or hurt you are experiencing because of the divorce.
2. Plan to speak with your children together. Working together shows your children you care and are committed as parents. Even though children may be different ages, you can follow-up with older children after the news has been shared.
3. Focus on reassurance and support rather than the blame and the truth. It can be extremely damaging to share “mom had an affair” or “dad is leaving us.” Children do not need to feel caught in the middle of parental decisions.
4. The details are less important. However, a general explanation of why is helpful. Using

- “We “language is important. For example, “we both want our fighting to stop” or “we have tried to work out our differences yet have not been successful.” The specific “personal” issues are less important.
5. Children will want to know how divorce will impact their lives, specifically what will change and what will remain the same. It is OK to not know all the details. You can be honest about what you know and what still needs to be determined. Things such as friends, sports, academics, after school activities, etc. will be the same.
6. Expect a variety of reactions from your children, which are all normal. The lives of your children will be forever changed and impacted. Individuals may internalize or

- externalize. Focus on controlling your own emotional reactions and feelings, and give children the permission to feel whatever arises.
7. DO not force or expect questions, yet invite conversation and open dialogue. If questions are presented that you do not know yet, it is OK to be honest and say you will follow-up. DO NOT share the legal and financial dynamics.
8. Reiterate that the divorce is not the fault of your children, and you are never divorcing them.

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.

THE GARDEN SHOP

TAKING WHAT MOTHER NATURE GIVES



SUSAN
TEMPLE
master
gardener

Need and want are very seldom the same things. Something good that came from the last couple of years is knowing there are so many things that are simply not needed. Nothing to do with gardening but why did I ever think 14 shades of lipstick were needed. Or 28 pairs of shoes. Some females might wonder how a girl can get by with only 28 pairs of shoes. But my weakness was earrings more than shoes. I'd be scared to count how many earrings are in my collection. Shoes are practical now (and hopefully not too orthopedic looking) and earrings are more clip than pierced because they hide the old lady ear lobes. And I do love my ear bobs, as Grandmother Crittendon and Aunt Issie called them. Many of my favorites were Issie's. I may be seen around town in my haggardly style or in my ax murderer looking yard clothes, but I'll have on a fancy pair of ear bobs.

As the last couple of years have changed the way I go through life, it has also changed my way of gardening somewhat. Not being one to borrow worry, sometimes thoughts of what I will do with my place when I'm an old lady do run through my mind. Fortunately, my garden style is very informal and Mother Nature does what she does for the most part. In the past couple of weeks, the garden has exploded with early summer growth. Peonies are blooming and fabulous. Baptisias are blooming, both native false indigo and hybrid yellow Carolina moonlight. They give height and deer pass them by. Daisies, that reseed and pop up here and there each year, are blooming.



Clover

Alliums are setting buds and giving interest even before opening. Deer also leave them alone. And holy moly, clover is having a fantastic year. Doing some planning for becoming that old lady, parts of the pasture are no longer bush hogged and slowly becoming part of the woods. Some areas that used to be part of the yard are becoming part of the pasture. Price of diesel has made that change. Areas that are cut with the lawnmower are white with clover blooms.

Working with what Mother Nature gives, clover (*Trifolium repens*) does provide nitrogen. Not that I fertilize these parts of the ground but they positively would not need any nitrogen applied. I've let it grow under some trees and shrubs to be a groundcover. Clover spreads by rooting along the ground at each plant node. Seeds can also be planted as a cover crop. It has crept into part of the garden and effort may be spent trying to get it out. Clover helps maintain moisture and chokes out other weeds. Yippee.

It has a decent tap root too so it takes those nutrients deep into the soil and aerates the soil in the process. I don't have any livestock, and I'm guessing many ECNews readers don't have a cow in the yard, but clover makes better meat and milk more nutritious. According to WedMD, studies are being done on benefits to humans too. So far they think it helps build better bones, reduces prostate cancer, and increases blood flow. I wouldn't go hungry if I had to live on clover at the rate of what's at my place this year. And to what most of us want to feed in our gardens, it's great for butterflies, bees, moths, beneficial insects, and earthworms. Maybe deer will get full from of it and pass by all the other plants I wish they would leave alone. Some of the blooms have a pink tinge to them. Clover is also drought tolerant. At least something will be green come summer.



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Lesley Pregenzer

FAVOR names Pregenzer as new CEO

FAVOR, a non-profit corporation that provides compassionate and innovative recovery support services to those suffering from substance use disorder in the Upstate, welcomes Lesley Pregenzer as CEO. Pregenzer was the Director of Development and Alumni Services at Pavillon in Mill Spring, NC and brings over 25 years' service as a non-profit professional to FAVOR. She starts February 21.

"I am very excited about joining FAVOR," Pregenzer says. "I believe FAVOR offers a highly effective model of serving those suffering with substance use disorders, and their families, along many pathways to recovery."

Pregenzer built a vibrant and engaging alumni department at Pavillon and raised significant resources for the organization. Pregenzer also had a long tenure at World Vision, a humanitarian aid organization helping children overcome poverty.

As a woman in long-term recovery, she has dedicated herself to providing equitable access to all people in need of support.

Pregenzer was born and raised in the California Valley. She received a BA from Humboldt State University in Northern California and spent 20 years in Seattle before settling in South Carolina. She resides in northern Greenville County with her husband Bob Morris, their combined 5 adult children and their rescue pup, Bo.

About FAVOR

FAVOR's mission is to assure that everyone has a fighting chance at recovery in the Upstate of South Carolina. It provides a compassionate and innovative response to the suffering caused by substance use disorders for over 5,000 individuals in Upstate South Carolina every year: Rebuilding Lives, Empowering Families and Changing the World.

FINANCIAL FOCUS: Financial advisors can help reduce anxiety

The long-running coronavirus pandemic has fueled a lot of anxieties – including financial ones. But some people have had far fewer worries than others.

Consider this: Among those investors who work with a financial advisor, 84% said that doing so gave them a greater sense of comfort about their finances during the pandemic, according to a survey from Age Wave and Edward Jones.

Of course, many people experience investment-related fears even without a global health crisis, and that's probably not surprising, given the periodic volatility of the financial markets. But financial guidance can come in handy during relatively normal times, too.

A financial professional can help you ...

... Look past the headlines – Inflation, interest rates, pandemics, elections – there's always something in the news that could affect the investment world in the short term. But by helping you construct a portfolio that's built for the long term and reflects your goals, risk tolerance and time horizon, a financial advisor can enable you to look past the headlines.

... Avoid emotional decisions – Many

people let their emotions drive their investment choices. When the market goes through a downturn and the value of their investments drops, they sell to "cut losses," even though these same investments may still have good business fundamentals and promising futures. Conversely, when the market is on an uptick, some people chase after "hot" investments, even when they become overpriced and may have very little room to grow. But a financial advisor can help keep you from making these fear- and greed-based actions by only recommending moves that make sense for your situation.

... Work toward multiple goals – At various times in your life, you may have simultaneous financial goals. For example, you could be investing for a retirement that's decades away, while also trying to save for a child's college education. A financial professional can suggest ways you can keep working toward both objectives, in terms of how much money you can afford to invest and what types of savings and investment vehicles you should consider.

... Prepare for the unexpected – Most of us did not need a pandemic to remind us

that unexpected events can happen in our lives – and some of these events can have serious financial impacts on us and our loved ones. Do you have adequate life insurance? How about disability insurance? And if you ever needed some type of long-term care, such as an extended stay in a nursing home, how would you pay for it? A financial advisor can evaluate your protection needs and recommend appropriate solutions that fit within your overall financial strategy.

... Adapt to changing circumstances – Over time, many things may change in your life – your job, your family situation, your retirement plans, and so on. A financial professional can help you adjust your financial strategy in response to these changes.

Achieving your financial goals may present challenges, but it doesn't have to cause you years of worry and distress – as long as you get the help you need.

Phone: 864 224 2955

E Mail: shane.hunt@edwardjones.com

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CREATING HOME

Before + after: A painted floor



Amie Buice

There are so many things that can transform a space. One of the most common and impactful is a fresh coat of paint on the walls. But what about the floors?! When I moved into our home, our kitchen floor was a dated linoleum tile. It was not in my budget to change it, so in an effort to update the floor affordably, I decided to paint it. The change was unbelievable! Here's how I did it.

Initially I chose a petite diamond pattern. Simple, elegant and relatively easy. I started by painting the entire floor white. I visited Anderson Paint and Decorating, where they helped me choose the appropriate floor grade paint. When the white paint dried, I taped off small squares in the corners where the linoleum tiles met. I tested a few sizes until the diamonds seemed like the right scale. It took less than two days and completely changed the room.

After living in the space for a year I noticed that so much white showed a lot of wear and tear, so I decided to add larger light blue diamonds in between the petite dark blue diamonds. To create the diamond shapes throughout, I had to also add connecting stripes around each square. While this was a bigger project than the first, it was another complete transformation of the space.

An unattractive floor can be a hard thing to overlook in a room and replacing it completely is such a huge expense. Through this process I learned a lot about painting floors, but the biggest lesson was in seeing how a couple of cans of paint can add new life to a room, beyond its four walls. Painting a floor gives you the opportunity to add new color, pattern and character to any room. Take a look around your home to see if any floors could benefit from a fresh coat of paint. A weekend project could lead to years of enjoyment!

Website: amiebuice.com

Contact: amie@amiebuice.com



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