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June 8-21, 2023

Anderson District 5 superintendent Wilson retiring

BY JANA MACKIN

Don't call it retirement.

Instead, call it Thomas Wilson's swan song as he bids adieu to a career that has spanned from rookie teacher to veteran school superintendent. For nearly a half century, Wilson has built a legacy of educational exceptionalism whether as faculty or administrator.

"I'm not retiring," said Wilson, Anderson School District Five superintendent. "I never use the word retire. I'm resigning."

Since 2013, Wilson has led the county's largest school district to become a first-rate school system. His retirement at the end of June leaves a leadership hole but gives him a chance to exit while on top, wishing the district all the best.

"Every superintendent has a shelf life," said Wilson, 68. "It was time for me to move on."

"There are three ways a superinten-



Anderson School District Five superintendent Thomas Wilson will retire at the end of June after leading the district since 2013.

SEE WILSON ON PAGE 2

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Wilson

CONTINUED FROM PAGE 1

dent leaves- retired, fired or die," he said.

"I prefer the first one," Wilson said.

During his time, Wilson advocated the penny sales tax that funded major projects and improvements, including the Anderson Institute of Technology career center. Athletic facilities and opportunities were also expanded and improved such as the new 62-acre facility at the Anderson Area YMCA Duckworth/Tucker Athletic Complex. He piloted the first e-learning program in the state, jump starting district virtual learning during the pandemic.

"Everybody has been impacted by him," said Coach Dickie Smith, former school board member who hired Wilson. "We went from the ashes to one of the best school districts in the state."

"It was his vision," said Smith. "He passed the penny tax."

"He never saw a penny he didn't like," Smith said. "He had to have throat surgery after speaking 45 times."

Wilson who came to Anderson as a child, attended and played football at T.L. Hanna High School, graduating in 1973. He also played football at Presbyterian College in Clinton where he graduated with a bachelor of science in 1977. He earned an M. Ed. and an Ed. S. in Administration and Supervision from Georgia State University in Atlanta. Wilson spent several years as a classroom teacher and coach in Georgia schools as well as serving as an assistant principal and principal. He served as a superintendent at Buford City Schools then at Carrollton City School from 2001 to 2010. He served as Associate Superintendent of Standards Based Learning, and then Director of Governmental Affairs for the Georgia Department of Education in Atlanta prior to his hire as superintendent at District Five in 2013.

During his time here, Wilson has also been active in civic and



community affairs, serving on several boards including the YMCA Board of Directors, South Carolina Association of School Administrators, Anderson University Board of Visitors and National Eagle Scout Association. His many awards include an honorary doctorate from Anderson University, the Order of the Palmetto, and named as a commissioner on the Education Commission of the States.

"Tom Wilson - exceptional leader, mentor, and friend ... and the very best reflector and storyteller," said Veta P. New, District Five Executive Director of Auxiliary Services and Community Engagement. "He has left a legacy in Anderson County, not only in District Five but for all schools and children in the county, through his early vision to propose and pass the 1 cent sales tax."

"Each student has benefited whether passionate about academics, the arts, and/or athletics," she said.

At present, Wilson is exploring various career and life options.

He does enjoy traveling with his wife, Mary Gwen, a retired school guidance counselor. The couple enjoy visiting their sons, Austin and Ethan, and grandchildren. Whatever Wilson decides for his next chapter, you can guarantee he won't be retiring from life.

"Just because there's snow on the roof," said Wilson, "doesn't mean there isn't fire in the hearth."

"I'm in a sweet spot in my life," Wilson said.

"It's like my wife and I are 21 again," he said, "with a little more money."



Where's the E?

Melisa Glenn and Louise Trammell reading The Electric City News during their trip to the Shores of Jenny Lake, Grand Teton National Park in Wyoming. Thanks for the ride, girls!

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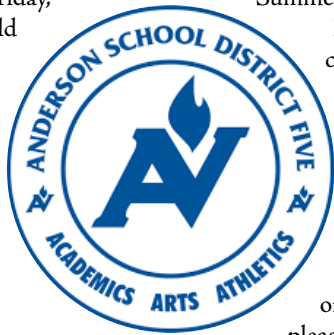
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Anderson School District Five provides free summer lunch program

The school district will once again sponsor the Summer Feeding program. The program provides free meals Monday, June 5th through Friday, July 21st to any child 18 years of age or younger. Meals are provided without regard to race, color, sex, age, disability, religion or national origin or Free and Reduced meal price status. However, some sites require enrollment in their program to receive a free meal. Anderson



School District Five and Culinary Services provides an average of 1800 meals per day as part of the U.S. Department of Agriculture's Summer Feeding Program.

Individuals should contact participating community locations for details and hours of service. Times may vary by location. For a complete list of sites or more information please visit our website

at www.flavor5.com or call Quentin Cavanagh at 260-5000 ext. 10250.

Site Name	Serving Dates	Contact Name	Contact Phone Number	Address	Bfast Time	Lunch Time
Anointed Hands	6/6-7/29	Yolana Guyton	864-570-5180	102 North Park Road	8:00 - 8:30	12:00 - 12:30
Camp Proverbs	6/13-6/22	Don Peppers	864-209-5632	3902 Liberty Hwy.	8:30-9:00	11:45-12:45
Centerville Elem.	6/6 to 7/1	Mike Bolton	864-260-5000 ext. 21201	1529 Whitehall Rd. 29625	x	10:45 - 12:05
Friendship Court Apartments	6/6 to 7/29	Rebecca Flynn	864-260-5000 ext. 50054	719 Mauldin St.	x	10:45 - 11:30
Fruit of the Spirit	6/6-7/29	Tammy Brown	864-551-5426	1429 Pearman Dairy Road	8:00 - 9:30	12:00 - 12:45
Glenview Middle School	6/6 to 7/29	Rebecca Flynn	864-260-5000 ext. 50054	2575 Old Williamston Road	7:30 - 8:00	11:15 - 12:30
Love & Care	6/6-7/29	Judy Gambrell	864-437-1935	1705 Lyndon Ave.	8:00-9:00	11:00 - 12:00
Nevitt Forest Elem.	6/6 to 7/1	Casey Thompson	864-260-5000 ext. 24062	1401 Bolt Dr. 29621	7:30 - 8:00	10:45 - 12:05
New Prospect Elem.	6/6 to 7/1	Sheron Simmons	864-260-5000 ext. 80121	126 New Prospect Church Rd. 29625	7:30 to 8:00	11:00-12:00
North Pointe Elem.	6/6 - 7-1	Joy Cobb	864-260-5000 ext. 42112	3325 N. Hwy. 81 N 29621	7:30 - 8:00	10:45-1:00
Robert Anderson Middle	6/6-7/1	Tonya Keaton	864-260-5000 ext. 54067	2302 Dobbins Bridge Rd. 29626	x	11:30 - 12:15
Southwood Academy	6/13-6/24	Joshua Powell	864-844-1988	1110 Southwood St. 29624	8:00 - 9:00	11:45 - 12:30
T. L Hanna High	6/8-7/6	Amy Ford	864-260-5000 ext. 85900	2600 Hwy 81 N. 29621	x	11:15 - 12:30
Varenes Heights CDC	6/6-7-29	Tiffany Bratcher	864-332-0904	440 Masters Blvd.	8:45-9:30	11:00-12:15
Welfare Baptist	6/6 to 7/29	April Brown	864-332-7247	2016 Bolt Drive	7:30-8:30	10:30-12:30
Westside High	6/6-7/1	Sheron Simmons	864-260-5000 ext. 80121	806 Pearman Dairy Rd. 29625	7:45 - 8:30	11:00 - 12:30
YMCA - Kid Zone	6/6 to 7/29	Amika Thomas	864-716-6284	201 E. Reed Rd.	8:00 - 8:45	11:00 - 12:00

All sites closed on Monday, July 4th and Tuesday, July 5th.

THE GARDEN SHOP

A NEW WEED AND A CRAZY DEER



SUSAN TEMPLE
master gardener

This has been one of the longest springs in memory. Many days with weather much more like fall have been wonderful. For various reasons, I haven't spent a lot of time in the garden this spring though and the garden has sort of been on auto pilot. It's hard to tend a garden and train a new dog at the same time. However, the garden is doing quite well on its own and our new boy has great potential, as we keep telling ourselves.

A new weed has come into the garden this year, however, rattail fescue (*Vulpia myuros*). When reading about it, most sources have it listed for western parts of US. But as with learning most weeds, now that I know what it is, I see it along roadsides, in my pasture, etc. In the past several years, I've quit cutting some of the outer parts of the yard and let it return to pasture. This is most likely how the new



Rattail fescue

weed made it into the front garden. When reading, one site says it grows in dry, infertile, and compacted soil. Weeds can sometimes tell us about our soil by what is growing where. The soil may be compacted in the pathways,

and there is one area where rattail fescue grows mostly in the pathway, but otherwise, I disagree with dry and infertile soil. That does not apply where it is growing. Plus, we've had good rain. Rattail fescue pulls up very easily. Spraying it does not work very well because the foliage is so fine. The spots where I've sprayed it, it takes a very long time for it to die. Spraying is a last resort anyway and since it's not very effective on this weed, old fashioned pulling will be the best control. Maybe along the way, I'll learn of some benefits it provides.

The patch from last issue featuring larkspur and white rose champions is still in full bloom. This has been a wonderful show this year as they have been blooming since April. I've been watching bee balm, growing in the shade of Rosemay Glow flowering apricot tree, in this same spot. This bee balm is close to five feet tall but not a bloom so far. It's still early for bee balm to bloom, particularly with as cool as it's been. But it has powdery mildew, often a problem with bee balm. It requires excellent air circulation and lots of sun. This patch will be left until fall, then cut back and moved to a sunny spot. There are

lots of yellow rudbeckia that have come up from the seed packets, but deer have eaten almost every flower. Maybe the plants will get a chance to bloom. Deer have also eaten the blooms of some of the coneflowers in this area. Dadgumit! But they are leaving yellow coreopsis (*Coreopsis lanceolata*) alone. These are great reseeding annuals.

While writing this, a first happened with a deer. Yogi let out a big woof. I went to see why he barked. A deer was within about six feet of the fence (it's 10:30am). I have hopes that Yogi will not be a barker and he has not barked at deer any time before. There are enough dogs around that bark when the sky is blue and/or because the sky is not blue. The deer sort of lunged towards Yogi. Yogi jumped back a tad but didn't bark again. He went back to the fence. They had a stare off. Then that deer lunged again, this time being about four feet from the fence. Did this deer know there is a new dog here? They had a stare off again. Just as the deer stomped his foot, I went charging out like the mad woman I can be sometimes and scared it off. Gee wiz, eating my plants and now intimidating my dog? I don't think so!

Anderson County Human Relations Council honors students

Twenty-one middle and high school students were recently honored by the Anderson County Human Relations Council (HRC) for their efforts to promote acceptance and diversity within the school community. Students, their families, school and government officials were treated with an award dinner and presentation ceremony at the Anderson Civic Center in Anderson. The Anderson County Human Relations Council established the Cory White Diversity Award in memory of the student designer of its logo, Cory White. This annual award spotlights a student nominated by teachers and other school officials from each of Anderson County's middle and high schools. These students have positively affected their peers, teachers, and/or school staff in the areas of human rights, special needs, and disabilities, and/or cultural inclu-



sion and acceptance, qualities all exemplified by Cory White. Cory was known for his ability and efforts to reach out to those who were

alone, shy, or ignored.

RECIPIENTS

District One: Victoria Riddle

(Palmetto High), Harper Koon (Palmetto Middle), Karina Melendrez (Powdersville High), Madelyn Harrell (Powdersville

Middle), Saniya Fields (Wren High) and Brice Shelley (Wren Middle).

District Two: Kamarion Glenn (Belton Middle), Caleb Guest (Honea Path Middle) and Ava King (Belton-Honea Path High).

District Three: Paola Ruiz Rosario (Starr-Iva Middle) and Nevaeh Hammond (Crescent High).

District Four: Naomi Anderson (Riverside Middle) and Zy'Adriya Johnson (Pendleton High).

District Five: Emerson Fletcher (Glenview Middle), Lucy Gray (McCants Middle), Jazmone Groves (Robert Anderson Middle), Elijah Williams (Southwood Academy of the Arts), Grace Ikenegbu (T. L. Hanna High), Sendy Normil (Westside High), Rae Willis (Anderson Five Charter School) and Haley Eaton (Renaissance Academy).

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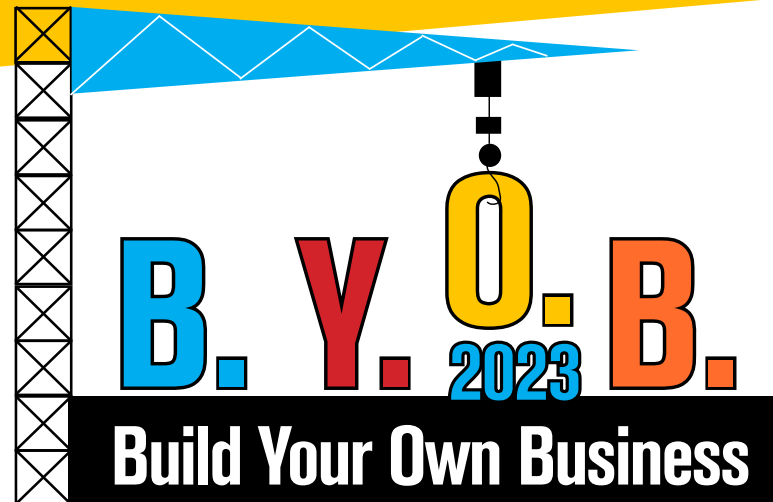
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Getting the most from 'good ole summertime'

Ah, the lazy days of summer. Remember? Back when you were young, and the days seemed to go on forever. Impacted as we are now with myriad responsibilities, it is hard to imagine there was such a carefree time.

We can't turn back the clock. But summertime still has its wonderful pleasures, and we need to make time to enjoy them. There is wisdom in the old saying that the simple pleasures in life are the best.

Previously in this column we have discussed the benefits of mindfulness or living more in the moment to enjoy life more fully. This certainly applies when summertime rolls around. On the other hand, some people seem to feel they must do extravagant things to make the most of the summer months. Personally, I fall somewhere in between. I like to be active – but I also like to relax and make the most out of *simple everyday things*. Consider:

Get outdoors with your family. Hiking, biking, swimming, all help body and mind. If

none of the above are your cup of tea, try brisk walking 20-30 minutes 5 days a week. This will have a major impact on your mood and cardiovascular health.



Dr. Gabrielle F. Cannick

Enjoy Nature's bounty. Seasonal fruits and vegetables are at their freshest, many brimming with secret health benefits:

- o Watermelon keeps you hydrated, your body cool, your memory sharp, your mood stable, and satisfied with fewer calories.

- o Sweet corn contains antioxidants that act like natural sunglasses, helping form macular pigment that filters out some of the sun's damaging rays.

- o Tomatoes contain high amounts of lycopene that help protect your skin from sunburn.

- o Blueberries help ward off muscle fatigue by mopping up "free radicals" that damage cells causing illness and aging. Free radical damage is the cause of a whopping 80 percent of all skin ageing. Not old age.

- o Iced tea on a hot day. Studies show drinking tea regularly may lower your risk of Alzheimer's and diabetes, plus have healthier teeth and gums. Be sure to sweeten with honey or natural sugar.

Self-care. Relax, breathe, disconnect. You've been working hard. Slow down. Try doing less with your cell phone. Take a week off from TV. Limit the internet and the woes and stress of social media. Unplugging for a whole day can feel like a daunting task, but the improvement in our mental health can be significant.

Then there's the importance of healthy sleep habits. Our practice specializes in sleep hygiene. Find a hammock and a good book -- and drift away with an afternoon nap. Now that's real stress reduction! Here's hoping you have an amazing summer filled with happiness and good

health. We are here to provide encouragement and guidance, a hometown resource you can count on.

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](http://www.grandoaksdental.com) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.



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Raising children in the digital age: Social media and screens



**MARY-CATHERINE
McCLAIN
RINER**

Technology has significantly expanded over the past two decades. Research suggests that individuals check their cell phones within the first 10 minutes of waking. Similarly, it is common for Americans to check their phones over 100 times daily. Teenagers are consistently using YouTube, Instagram, Facebook, Snapchat, and TikTok. In 2022, 1.3 billion photos were shared daily on Instagram while 4 billion snaps sent out each day. It should also be noted that teenagers today have never lived in a world without devices, smartphones, social media, and digital content online in general. Consequently, many individuals have a fear of missing out and/or experience an obligation to post on social media.

As parents, it is important to remember the following:

1) Open the dialogue and have an inviting conversation about social media. Create a space that is a no judgment zone and without distractions. Be curious about their current use, discover how often they are on their screens, explore the platforms used, and examine expectations for such engagement on social media. For many individuals, technology has become a self-soothing behavior to distract, numb, and/or distance from other uncomfort-

able thoughts/feelings (e.g., anxiety)

2) Do not assume the worst or that all teenagers have a problem. Remember, social media can be a positive tool and it is inevitably a part of their lives. Explore the games, apps, and platforms that are considered as favorites. Discuss whether they believe they have a healthy relationship with social media and technology. Discuss boundaries around screen time and whether they feel pressure from friends to be on the phone. Invite them to discuss worries and concerns.

3) Focus on the intention of social media, and encourage content that is inspirational, encouraging and supportive. Remind your children they can choose what to research, who to follow, what posts to share/save, and who to unfollow. Consider other alternatives to meet those goals and desires. For example, could you call a friend instead of chatting on social media. Instead of making another comparison, could you go for a walk? Essentially, we want to teach being mindful and acting with appropriate intentions and purpose.

Remember, social media is like food; it is always available and we do benefit from technology, yet we have to lean into balance and moderation. It is a learning curve and a moving target. Focus on neutralizing technology rather than labeling it as good or bad.

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

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TWO GREAT WEEKS

I have two big events to tell. The most important will be shared at the end. But right now, our news from today is: We are landlords! Finally! But not to people--it's purple martins that have found our "condominium"--our gourd set-up for martin nesting.

A year and a half ago, we prepared a dozen gourds, purchased from the Purple Martin Conservation Association, and hung them in plenty of time for migrating birds to find them and possibly stay to nest. A few seemed to come around from time to time, but they'd land, look in the gourds, and then leave. We found out later that the entrances were too small; the company took them back and sent us new ones with half-moon instead of crescent openings.

So this winter was a rerun as we prepared twelve new gourd homes

and did all that was possible to ensure nesting success. First we had to take care of a bluebird problem,



Ann K. Bailes

as their domineering ways were keeping the martins from coming around to investigate. We got the bluebirds set up in their own gourd nearby, and it worked. They're nesting and don't seem to be bothering the martins.

This spring, more martins came on the scene than last year, checking out the bird condominiums, and going partway inside--but never completely entering. Wiser heads on Facebook pages said that the holes were not a problem - it could take

the martins up to four weeks to really make themselves at home. But Mike wasn't satisfied. He felt like the entry holes were still a little too small. So he sanded one out about 3/16 of an inch more.

And within 24 hours, we had tenants in that gourd.

He sanded a couple more, and we now have six martins going in and out of the gourds. We're a little cautious about opening them all up, because the main reason for keeping the holes small is to keep out starlings and other undesirable birds. We'll make decisions about that as we go along.

But either way, purple martins have taken up residence! The sound of their calls and chattering noises as they enter and leave is unforgettable, and the sight of them sailing around the area on the wind currents, coming in for a landing as



they return, is a great reminder that summer has come to our farm.

And the second item? This is so much more important. We are grandparents! Our son and his wife

had a beautiful baby girl ten days ago, and we are over the moon.

Grandparents and successful martin landlords. We've had a great two weeks!!

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FROM THE SHELF

To reread or not, is it even a question?

I have found myself this year doing a surprising amount of rereading of various books for various reasons. The “reread debate” has always been an interesting one for me as I get,



Sara Leady

and maybe even agree with, both sides of the argument. I tend to be more or less choosy in what I’m rereading, or I have a specific reason I’m opting to reread a book. This year it’s been less about a reread for something like leading a book club discussion

or knowing what is happening in the latest installment of a series, but purely for revisiting a familiar story I’ve previously liked. I’ve more or less found myself in sort of unfamiliar reread territory in that it’s perhaps “purposeless” rereading.

My understanding of why people are against it comes down to FOMO. Every time you reread a book it takes the place of other new stories you could have, or some might say should have, read instead. I don’t know if the motivation is for a love of stories, the simple act of reading, expanding knowledge, or the impossible task of actually finishing your TBR list. For me, I’m usually skipping rereads because I’m attempting to read and know as many genres as possible so I can be a better librarian when it comes to buying fiction and giving recommendations. There’s nothing like discovering a new author to love and then going down a rabbit hole and devouring literally everything they’ve written (my record is a 19 book Karin Slaughter binder). Rereads take away from my discovering a new author to obsess over.

For funsies I thought I’d actually see how against rereading books people actually are, and why people do it or not. For this I made a Facebook poll I gave to one of the super-secret librarian Facebook groups that I’m a member of, just to see what my Brethren of Library Employees say about it. Y’all. I assumed it’d be an even split between pros and against, but I’ve been pleasantly surprised. Based on my small polling (100 plus respondents) rereading is something about 80% of my polled people do fairly regularly. Now most gave the caveat that they’re also pretty intentional about WHAT they reread. There’re a few outliers, boyfriend included (sigh), that almost exclusively reread, only rarely straying for new stories.

Biggest reason I’ve gotten in favor of



rereading is the familiarity of the stories, and the comfort that comes from rereading a loved book. I do a bit of this, but I mostly use those multiple reread titles like Harry Potter or Percy Jackson as a soundtrack for sleep. I can wake up and know exactly where I’m at in the story, and since I know what’s coming, I don’t have to actively keep listening so I can nod back off. When I’m rereading it’s often because I enjoy the story and re-immersing myself back in that world. Several librarians in my poll even mentioned some annual rereading of favorites.

I always love a new story, the escape into

a new world, getting to know new characters, and just experiencing the rush as I speed read

to get to the conclusion. This year however I’ve been about that reread. If I’m honest, I’m tempted to also go full reread outside of book club and major releases I’m really excited about. Not sure if it’s a need for comfort and escapism? Or maybe as I’ve been reading through the year (53 books read as I write this) I just haven’t been as wowed by the new stories I’m reading. It’s honestly been a battle a few times to even pick a book to review. Last year it tended to be too hard for me to narrow down to just one! There’s been a weird amount of meh this year and I’ve even been intentionally reading what I want and what interests me, not what I feel like I should be reading. So, with the clear blessings of the Brethren of Library Employees, I’ll keep chugging through Rick Riordan’s Percy Jackson catalog (currently almost through the Heroes of Olympus series) in between the new stuff and I’ll just enjoy the ride either way.

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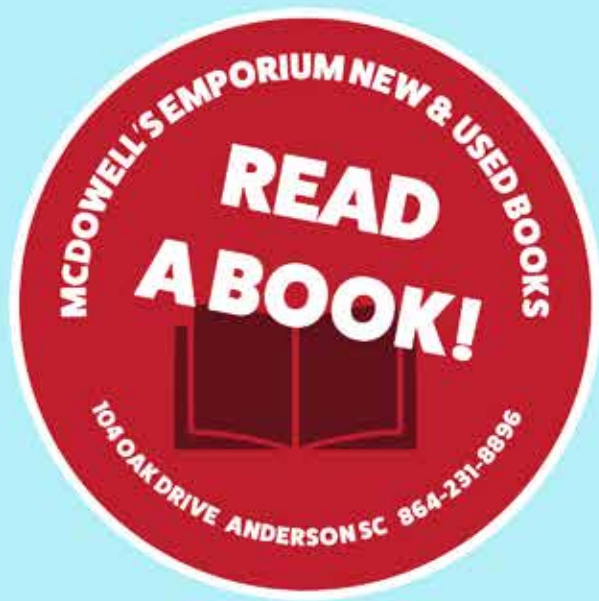
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THINGS TO DO LOCALLY!





Accessorize your hair for summer

Summer is basically here and I couldn't be happier. School's out for summer and now it's time to relax and unwind and soak up the sun. During the warmer months, my hair is always in my way and I have found some really great hair accessories for a no fuss, laid back look.



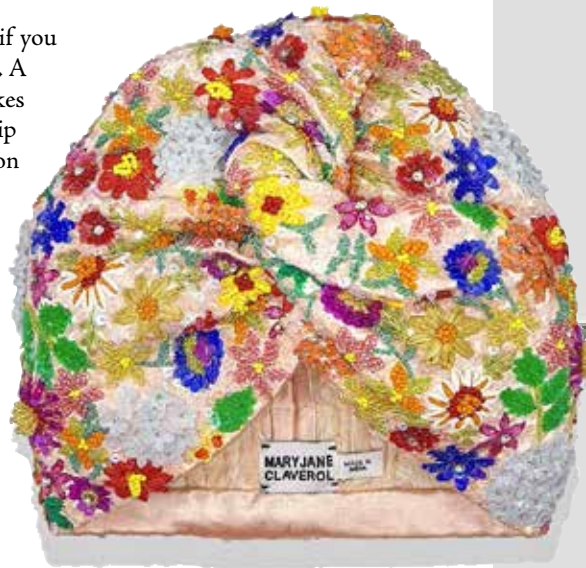
Kristine March

Hair clips are always great if you want to pull it off of your face. A company called Madewell makes a really adorable Daisy claw clip that's so perfect for a day out on the lake. It comes in two different colors and it's on sale right now for ten dollars. It will bring out your inner '70s child. Amazon has hundreds of different hair accessory ideas and at a great price point. If you have longer hair and you want to go for a more romantic look, try some gold and silver butterfly clips. EAONE makes gold and silver little butterflies that can cascade throughout your hair.

A fifty pack is just seven dollars. It would look absolutely dreamy for date night.

If you're attending a summer soiree or a fancy gala, try a crystal embellished crown.

It fits on the head like a headband. This is at a much higher price point, but a stunning piece to add to your wardrobe.



LELET New York makes angelic ones that are absolutely lovely. My personal favorite is the Rock Candy Crown. It has oversized crystals wrapped around a velvety soft headband. Definitely a show stopper for your next big event. They also make hammered glossy barrettes that would look great in a sleek pulled back bun or if you want to simply pin it in an up do. The ultimate retro chic accessory.

Lastly, I love a good turban. If



you don't feel like washing your hair that day, it's always a good look, especially for the pool. Mary Jane Claverol makes the most divine pieces. The Copacabana turban is absolutely adorable and it's covered in endless sequined flowers. Luxury pieces that are handmade in India. These are all fun ideas for balmy days and nights. What hair accessory are you going to rock this summer? Remember to



make a sidewalk your runway and kindness always matters. Happy summer y'all.

NIBBLE & SIP

Accidents at the bar and other good things

As our family beach vacationers are now all over the age of 21, we like to gather every evening for a cocktail hour before dinner. I take this as seriously as I do finding the beach rental, and I always arrive prepared with an assortment of liquors, liqueurs, syrups, and citrus fruits. I also carry my favorite cocktail books as inspiration.

Last week, my nephew Sam and I found a recipe for a Hawaiian drink called Humuhumunukunukuapua'a, named for the state's official fish. It called for gin, but there was also a variation called the Lauwiliwilinukunuku'o'oi, which features rum and was named for the fish which finished third in the competition for representative fish. I thought I had all the ingredients, so we started mixing. Unfortunately, I didn't have enough amber rum, so I had to use dark rum as well. I also read the recipe wrong, grabbing

Velvet Falernum, a spiced liqueur used often in tiki drinks, instead of orgeat, a nonalcoholic almond syrup. I didn't want to scrap the entire batch, so I added the orgeat and balanced the rest of the pitcher with additional lemon juice and extra bitters. The results? A delicious happy



Kim von Keller

accident which we named the SamiSamiKimmeeKimmeeOopsieOopsie.

If you're going to go tiki with the Sip, go all in with the Nibble. Crab Rangoon is a classic tiki appetizer. I'd skip any kind of dipping sauce as the SamiSamiKimmeeKimmeeOopsieOopsie provides all the fruit you'll need.

SamiSamiKimmeeKimmeeOopsieOopsie

- 1 oz. lemon juice
- 3/4 oz. pineapple juice
- 1/2 oz. orgeat
- 1/2 oz. Velvet Falernum
- 1 oz. amber rum
- 1 oz. dark rum
- 4 dashes Angostura bitters.

Combine all ingredients in a cocktail shaker. Fill with ice, and shake until chilled. Strain into a Collins glass filled with fresh ice. Makes one.

Crab Rangoon

- 8 oz. lump crabmeat
- 8 oz. cream cheese, room temperature
- 2 scallions, diced finely
- 1 t. soy sauce
- 1/2 t. Worcestershire sauce
- 1 egg, beaten with 1 t. water
- 36 wonton wrappers

Vegetable oil, for frying

Combine crabmeat, cream cheese, scallions, soy sauce, and Worcestershire sauce in a small bowl, stirring until completely combined; set aside.

Lay out the wonton wrappers on a clean surface. Place 1 tablespoon of the crab mixture in the center of each. Using a pastry brush, brush the edges of the wonton wrappers with the egg wash. Fold the wonton wrapper in half to form a triangle, pressing the edges together to create a seal.

Heat approximately 2 inches of vegetable oil in a large skillet or Dutch oven. When the heat reaches 360°, add four to six of the filled wontons, frying until golden brown and draining on a platter lined with paper towels. Keeping the temperature at a steady 360°, repeat with the remaining wontons. Serve immediately. Makes 36.

AnMed opens modern, new maternity center at Medical Center

AnMed recently unveiled a modern, new maternity center designed to create the most soothing and comfortable childbirth experience possible at its downtown Medical Center campus today. The Center opened to patients on May 24 and will relocate services formerly provided at the Women's and Children's Hospital at the AnMed North Campus. Returning these services to the Medical Center will allow

for greater efficiencies in care and improved wayfinding by consolidating all inpatient acute care services in one location.

The AnMed Maternity Center is a 43,000-square-foot space spread over three floors that features nine labor and delivery rooms, 17 mother-baby suites, two dedicated ORs for C-section deliveries, a Level II nursery and offices for outpatient breastfeeding

support and car seat installation services.

"The new maternity center is a beautiful space that offers all the amenities and services expectant parents need and deserve," said Chief Nursing Officer Shaunda Trotter, RN. "But what we're most proud of is the exceptional team of experts who come together to make the experience extraordinary for each mother and family who delivers here."

Highlights of the AnMed maternity experience include:

- Compassionate and supportive nurses with knowledge of all the latest labor techniques
- Wireless fetal monitors to allow laboring mothers to move around more easily
- Access to expert breastfeeding support during and after your hospital stay
- A special menu to enjoy with a partner or loved one
- State-of-the-art security systems to keep your baby safe and secure
- A level II nursery to care for sick and premature newborns and to allow new mothers to rest

AnMed has a long history of looking after expectant mothers. In 1908, the hospital was founded by a woman named Jennie Gilmer who was committed to ensuring safe deliveries for women and babies in Anderson County. The first baby at the original Anderson County Hospital was born to Mr. and Mrs. T.B. Lumpkin on June 25, 1908, and AnMed has proudly carried on the vision of its founder by providing these services ever since. Today, more than 1,200 babies are born at AnMed each year.

About AnMed

AnMed is a 648-bed, not-for-profit health system serving the Upstate and northeast Georgia. The system is anchored by AnMed Medical Center, a 461-bed acute care hospital that has earned the prestigious Magnet® designation. The hospital system includes the AnMed Rehabilitation Hospital and AnMed Cannon in Pickens, S.C. With more than 400 physicians and 3,700 employees, AnMed is one of Anderson County's largest employers. Learn more about AnMed at www.AnMed.org.

Where's the E?



Mike McClain of Anderson took a break from walking the streets of Cartagena de Indias, Colombia to read the latest copy of the The Electric City News. Cartagena is a port city on the Caribbean coast that has squares, cobblestone streets, colorful colonial buildings, and is a popular beach destination.

DELIVERING A BETTER EXPERIENCE



AnMed
Maternity Center

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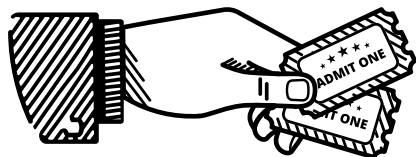
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A step forward for Anderson County

BY RICH OTTER

The area was formerly known as the Singer and then Ryobi property (finally TTI). Now it is becoming a heartbeat for Anderson County as the 1428 Highway 28 Bypass (Pearman Dairy Road) facility accumulates what have been many scattered segments of governmental departments under one roof, coordinating and enhancing functions.

It is still a work in process but is already a vital efficiency leap for Anderson County's government. County Council and Administrator Rusty Burns became aware there was a possibility TTI might move closer to Atlanta or Charlotte and as an incentive agreed to acquire both their previous Anderson and Pickens facilities if they would remain here.

The result was that TTI stayed in Anderson County. The county acquired their two previous properties, sold the Pickens facility after removing all usable equipment and retained the Anderson property for consolidating what had been inconveniently separated operations. Grant funds were obtained and, in effect, the county acquired the property without cost.

Already under one roof are such departments as the Public Works Administration; Roads and Bridges, Solid Waste, Facilities operations (for grounds and buildings), Storm Water and some information technology services. Other agencies include SC Works, Clemson Extension Services, training facilities for Tri-County Tech, Economic Development and the new business incubator that is devel-



1428 Pearman Dairy Road

oping promising industrial opportunities for Anderson County.

The building will include the Sheriff's Department when that transition is complete, presently waiting for full funding. In the meantime the department's training facilities have been largely consolidated on site. They had previously been widely disbursed and their relocation has already constituted a major improvement. Also now on site are special team units such as for the bomb squad,

dive team and the K-9 unit. An attached warehouse structure provides space for the department's specialized vehicles. When fully in place to serve the public, the sheriff's department will utilize a separate entrance in the front of the building.

Some of the extra warehouse space is currently rented.

There are separate entrances available for several departments and expanded parking for employees and visitors. The presently occu-

ried areas are fully American with Disabilities Act qualified.

Across from the main building is the new fleet vehicle maintenance facility including greatly increased storage space. The maintenance area is likely unparalleled in the State. Fleet Manager Joseph Stone explained the new facility began operation on in July of 2022, and functions with 17 employees servicing some 1,000 units including motor vehicles, marine and utility units. A smaller nearby building for the Facilities Department stores building and grounds maintenance equipment.

The buildings, warehouses and grounds provide more than ample space for future development.

Perhaps the greatest benefit for the departments is having an abundance of working and storage space. Facilities Manager Brian Richardson says such storage permits records to be appropriately consolidated, maintained and readily available, including drawings and original plans necessary when there are maintenance problems regarding county facilities and for future development.

The different departments being in such close proximity permit greater coordination for planning, development and operations – a considerable saving of time promoting efficiency. It also avoids some equipment duplication.

The main building under one roof maximizes security. Hazards are minimized with structures meeting current standards.

The acquisition is an amazing step forward that will benefit many future generations in Anderson County.



Anderson County Fleet Services

Fooling me once is easy. How about twice?

There's a French term you might have heard before, *trompe l'oeil*, which means "trick the eye." Sometimes it's applied to paintings that have a three-dimensional, almost photographic quality. A perfect example is artist Blue Sky's "Tunnelvision," painted on the wall



Kim von Keller

of a building in Columbia, created to look like a winding road carved out of a mountain. Confectioners also use *trompe l'oeil*, creating sweets which look like delicious, delicious fruits that are actually made of horrible, horrible marzipan. But what I experienced recently on a family beach vacation was a trick of a different sort.

I've decided to call it *trompe l'oreille*, which means "trick the ear."

While out at dinner, my daughter and I went to the restroom. It was tiny, so we had to wait for availability. While we were waiting, we heard the following conversation from one of the stalls

"Pull up your underpants," a young woman said in a sing-songy way.

"Pull up your underpants. Pull up your underpants. Good job!"

Obviously, we were hearing a mom and a small child.

"Okay, now slip on your shoes. Slip on your shoes."

The response was sad and low and kind of mumbled.

"That's okay," the young woman said. "That's okay. Hey, would you like me to tell you a story? I had just moved to New York, and it was right before my 21st birthday. My mom and dad couldn't come up, and I didn't know anybody I could celebrate with. But do you know who came? You came! You flew up at the last minute so I wouldn't be alone. We had such a good time in the city!"

So not a small child. The young woman was obviously helping a friend who had spent too much time at the bar.

"Oh, wait a minute," the young woman said. "Slip your shoes off. We're gonna need to change your pants, but that's okay. See? I have another pair in my bag."

Who just happens to have extra pants in their bag? What was going on? Nothing was obvious about what we were hearing. Elizabeth and I returned to our table, but I was desperate to know who this young woman had been helping. My seat faced the restroom entrance, so I kept an eye out until the two people opened the door and walked across the dining room. The young woman wasn't with a small child. She wasn't with a drunken friend. My ears had well and truly been tricked.

Holding on to her arm was an elderly lady, bent at the waist and walking slowly. Her hair was white and thinning, and as she walked, she looked to and fro across the room, focusing on nothing in particular. The young woman matched her stride as if they had all the time in the world, happy to be out and be seen with such lovely company. She was carrying a small day bag, the kind you carry in case someone needs something.

The kind you might carry for your grandmother.

I almost cried. I wanted to walk over and hug them both, the older lady for remembering an important birthday, and the young woman for being so patient and for treating her companion with so much dignity. In a world where people can be anything, being kind isn't always a first choice, but I had just heard it in spades.

I don't usually like to wait on a restroom stall, but I'm glad I had to. I don't usually like to be tricked, but I'm glad I was. Fool me once? Shame on me. Fool me twice? Thank you from the bottom of my heart.



I'm the newbie here at the Electric City News but thought it noteworthy to mention this milestone. They call them articles or columns in the newspaper biz, but I consider them tales, as I tend to truthfully pepper the facts with a pack of fibs and a barrel of rumors. Way



Neal Parnell

back in the late 50s and early 60s when I was being reared, you may recall that parents used disciplinary measures that are not condoned today. There were times when I would be standing at the front door with a belt in my hand, waiting for my dad to get home from work. It's not easy for a man to administer a whuppin' with one hand holding his pants up. My dad wouldn't stand for me fibbing in the least, so I learned to use words that straddled the truth while dodging any semblance of a lie, purely for survival purposes. "Neal, did you hide my belt before I went to work this morning?" No sir, I didn't hide it, I think my foot must have nudged it under the couch when I wasn't looking. This corny wordplay didn't keep the belt from swinging, but he couldn't swing as hard while laughing. I believe that I was falsely accused at times, just so he could hear my next tale. "Neal, did you try to change a 'D' into a 'B' on this report card?" No sir, I actually thought that I did do it.

It was New Year's Day of 2020 when I happened upon the Ginny Bailes Fretwell Facebook page. Ginny, you know as co-owner of the ECN, along with her sister Julie Bailes Johnson. Anyway, photography repair

has been a hobby of mine for years and I saw a photo on Ginny's page that needed some work. I repaired it and messaged her. She liked the repaired photo and I messaged back that I wrote stories too. Now I'm sure Ginny hears this all the time from people that are positive that they are the next Pat Conroy or Harper Lee, but she said, "Send us a sample and if we like it, we will see how it goes." I sent her a sample story right away and she thought it was "cute" but asked me if I could write an article about the Nutty Sweet Shop. I said, "Sure" having no idea if I actually could. It must have been a slow week for article submissions at the ECN because they liked my article and said that it would be published in the next edition. My family and I were so excited to see the article in the paper, and I got a bigger surprise when I received a check in the mail. That was it, my writing career was complete, I had been published and paid. I messaged Ginny and Julie to thank them and wish them continued success with the ECN. I was flabbergasted when they told me that they would like for me to become a member of the ECN writing team, and I had to ask myself if they were messaging me from a bar.

One hundred Tales later and I'm still here wondering when Ginny and Julie will stop self-medicating and realize their mistake of allowing an uneducated, backwoods, country scribbler to continue staining their valuable space with mediocre nonsensical refuse.

All kidding aside, it's been a fantastic one-hundred-tale experience writing for the ECN, and I hope that I have provided at least one chuckle to someone's day. Thank You All for making Anderson "ELECTRIC"!!!

The effect of technology on real estate

Technology has had a significant impact on real estate in recent years, transforming various facets of the buying and selling processes. The first key area affected by technology is property searches. The internet and real estate websites have revolutionized the property search process. Potential buyers can now access extensive property listings, high quality photos, virtual tours, and detailed property information from the comfort of their home. In addition, sellers' properties are available online, reaching a much larger audience and increasing activity.



Tina Brown

Virtual and artificial reality technology has made it possible for buyers to virtually tour properties without physically visiting them. This can save time by allowing potential buyers to get a sense of the property layout and features. Also, real estate developers are using virtual reality to showcase projects before



they are even constructed.

Real estate professionals are also embracing technology by using advanced data analyzing tools to gather and evaluate property information. They are used to determine property value, market trends, and demographics. This helps their clients to make more informed

decisions about pricing properties for sale and making proper offers when purchasing. Technology has also changed the real estate transaction process. Buyers and sellers can complete much of the paperwork online and reduce the need for in-person meetings. Electronic signatures enable parties to sign

contracts and agreements remotely and speed up the closing process. Real estate mobile apps and websites, such as realtor.com, have made it easier for buyers to find properties that match their preferences. These platforms can offer personalized searches and send notifications for new homes on the market.

Drones with cameras have made it easier to capture aerial images and videos of properties. This technology is useful in showcasing large acreage, commercial buildings, or properties with unique features, such as lakes, barns and golf course views. This type of photography or videography provides a more comprehensive view for potential buyers.

Overall, technology has brought efficiency, convenience, and clarity to the real estate industry. It has improved the property search process and made the transaction process easier. However, it is important to remember that the human element and personal interactions are essential in real estate transactions. Technology cannot replace the expertise and guidance of trusted real estate professionals.

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Upstate Running Club – Anderson

URC-Anderson. You may not know what it stands for, but I bet you know a current or active member. From our OG humble beginnings with 11 members to our current membership of over 1000, (with at least 40 of those being active on a weekly basis), you've probably seen us on the streets in Anderson. Well, Anderson, Greenville, Pickens, Oconee... you get the picture, we're everywhere.

Now, who are we? What do we do? We are your neighbors, teachers, students, caregivers, and friends. We are those people that you see early in the morning or late in the evening... running. Yes, that's right, we are the Upstate Run Club in Anderson. Our group consists of people from all walks, I mean runs, of life. Beginning at age three all the way up to, hmm, maybe I don't need to call out the top age, even though they are probably in the grand masters age group (typically over the age of 60)!

URC-Anderson is a group of like-minded individuals that enjoy camaraderie, fellowship, and our community. Everything we do is done with passion. URC-Anderson is a club that provides coaching for our youth, volunteers for local races and just has fun.

So, you don't think that you can be a part of a running club because you prefer walking? We have that too. We are all inclusive, no matter your level of running. You are welcomed with smiles, fist bumps, hugs or words of encouragement, every time you show up.

However, one of the most important things



for URC-Anderson is to support our community. We do this in many areas. One way is that we meet at a local small business to begin our group run on Thursdays and alternate this starting point between several businesses. We also volunteer for local youth track meets and their practices. Another way we give back is through donations, whether through time or gifts. Several members of the group have served meals to the homeless, they have picked up trash on our routes, and have held paper drives for local non-profits. We love to give.

URC-Anderson provides a wonderful opportunity to meet others and serve beside them after you have run beside them. Speaking of running, we do that too. Our group runs happen multiple days and times

per week. The most popular group run happens on Thursday evenings beginning at 6 p.m. This is where you will find 40 members on average each week participating in a 3-ish-mile run. We also have longer distance group runs on Saturday and Sunday. The distances for these vary anywhere from 3 miles to 20 miles.

Another opportunity for a group run happens on Tuesday evenings. This is typically used for speed training when someone is preparing for a race. The McCants track has been home to this training for the last several years, but with the hot summer months approaching the group will do some trail runs in the shade. The newest location will be at Rocky River Nature Preserve where

we can have some shaded trails. We are excited about trying something new for our group.

As you can see, we have many opportunities to gather with friends, support our community and become better runners. If you've been looking for ways to become involved, give

us a try. We will get you out on your feet and you won't be disappointed.

For up-to-date information on our weekly runs and current races, check out our Facebook page, Upstate Running Club-Anderson.



T. L. Hanna High Class of 1973 50th Reunion



Date: August 26th
Place: The Bleckley Inn
Time: 6:00 - 9:30
Cost: \$60 per person
Cash Bar



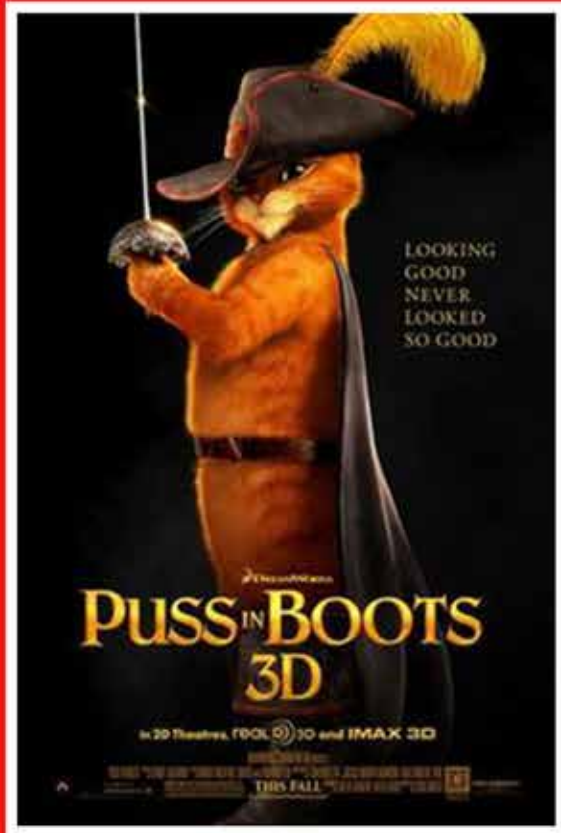
The committee needs email address or phone numbers from classmates

Contact: Marshfant@gmail.com
Louiseknisley@yahoo.com

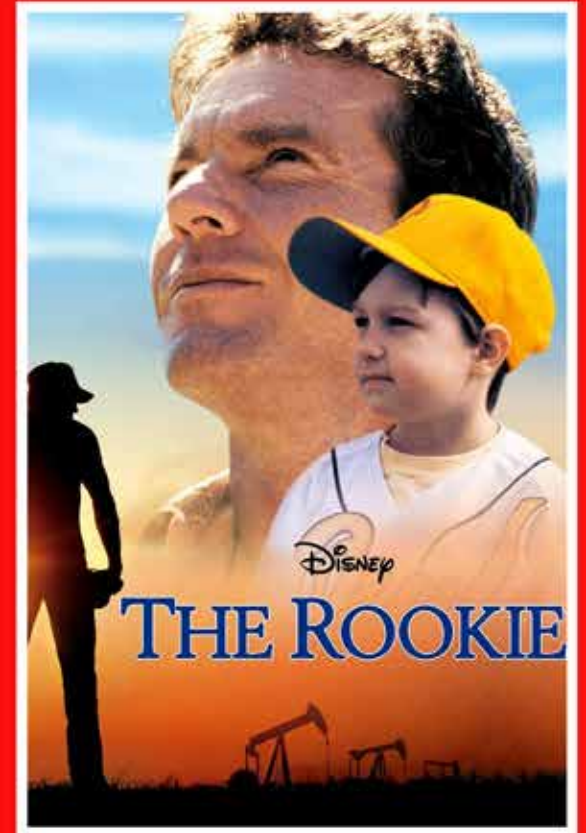
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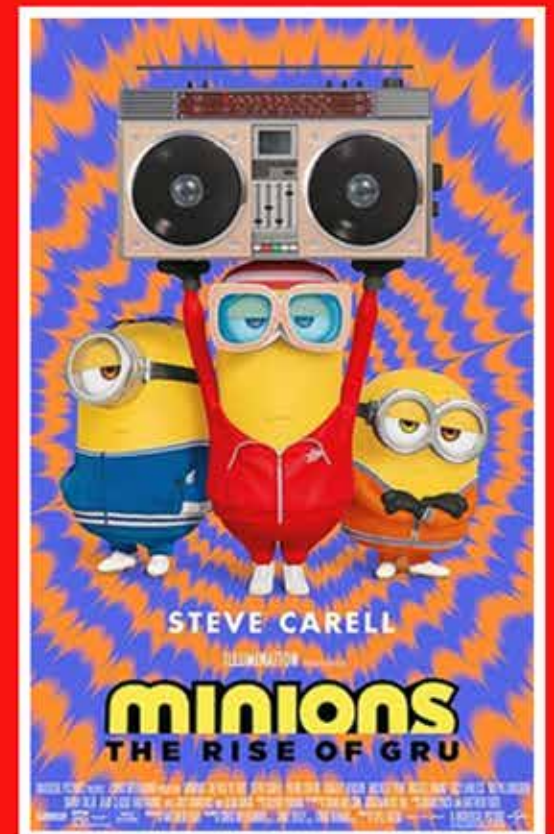
The Rookie

Friday, June 23 @ 8:55pm



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Friday, July 14 @ 8:50pm



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Friday, August 11 @ 8:30pm

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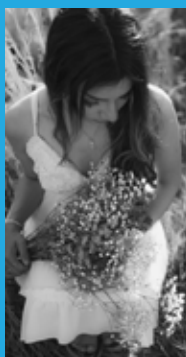
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JAMIE

I am in a hospital waiting room. My wife is having cataract surgery right now. For the last four hours I've been in this crowded holding pen of optical patients where we have been exposed to dangerous quantities of daytime television.

Currently, there is a TV mounted overhead with volume set to "deafen." We are prisoners, all forced to watch "Live with Kelly and Mark," where the banter between co-hosts goes like this:



Sean Dietrich

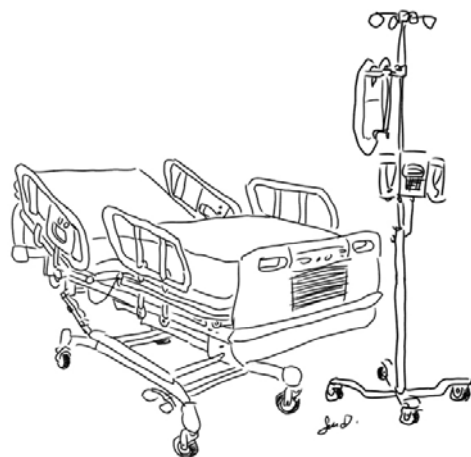
"I'm so glad it's June."

"Me too. Does June have 31 or 32 days?"

"It only has 28."

My wife was nervous about getting surgery this morning. I could tell by the way she was chewing her fingernails when we arrived at the hospital.

My wife is a feisty individual who, aside from being a dedicated fingernail chewer, is not afraid to use strong language during appropriate situations, such as, traffic, national championship games, Bible study, etc.



So when the male nurse, for example, inserted a needle into my wife's arm, she implied loudly that he had been born to unmarried parents.

After that, we waited for several hours while medical staffers took her vitals, made sure her heart worked properly, examined her blood pressure, and asked vitally important medical history questions, such as, "Will this be a co-pay?"

Then they wheeled her back. I waved goodbye to her.

And now here I am. Waiting alongside other eye surgery candidates. All of whom wear looks of dread on their faces.

I don't know how anyone could be anything but nervous. So far, we have watched dozens of patients get wheeled into the mysterious back room, then re-emerge after a few hours with bandages, eye patches, groggy looks on their faces, and wearing butt-revealing gowns.

These surgery patients are usually accompanied by escorts who roll them along in wheelchairs. And you can tell the patients are still loopy from medication by the way they affectionately grope their escorts, even if their escort happens to be their spouse.

I do not like hospitals. My current health-care plan is to remain 2,500 feet away from all medical-care facilities. Because in my experience, whenever you go near a hospital, including to deliver the U.S. Mail, they give you a catheter the size of a fire hose.

A few years ago, I had a minor surgery and I was administered a catheter by a disgruntled nurse named Wilma who had hands like Virginia hams. Wilma was apparently angry with the entire male species, because before she inserted my catheter, she began talking about her ex-husband.

"You wanna know what that FOOL said to me?" said Wilma, as she performed her duties. "Do you KNOW WHAT THAT FOOL SAID TO ME?"

Sadly, I never learned what the "fool said" because I was too busy screaming the Lord's Prayer.

Although, right now, I'd rather have a catheter installed by Wilma than watch "Live with Kelly and Mark."

Finally, my wife emerges from the OR. She's wheeled through the hallway in a chair. She looks tired, and she wears a patch over her eye.

And I'm thinking here of a time, long ago, when they took my wife to the operating room to cut her open because they thought she had cancer. I'm thinking of the way I cried when they took her away from me. I'm thinking of last year, when I had the same sort of biopsy performed on me. I'm thinking of how short life is.

When you're young, you think life is going to last a lot longer than it actually does.

I hug my wife. I'm just enjoying the essence of her shampoo, and her wonderful smell. And I don't mean to strive for melodrama, but I love this woman so much it hurts.

"How'd it go?" I ask, squeezing her tightly.

"Ouch!" she says. "Don't hug me so hard!"

Then she shoves me away and implies that I was born to unmarried parents.

Ah, amor.

Sunset Yoga in the Park



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August 13 @ 7pm

September 3 @ 6:30pm

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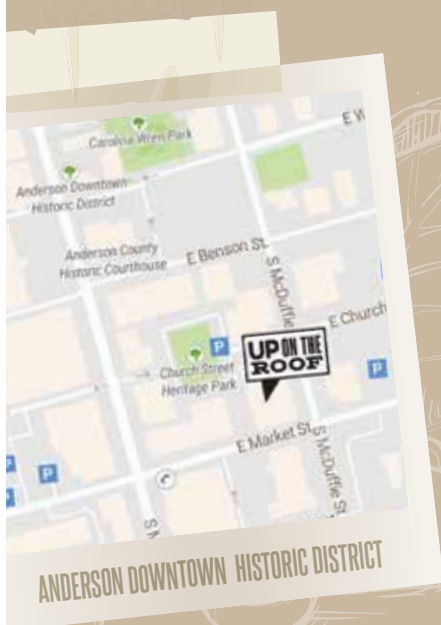
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