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Feb. 3-16, 2022



Classical guitarist Patrick Rice comes home

The Greater Anderson Musical Arts Consortium (GAMAC) will present guitarist Patrick Rice with special guest guitarist, Daniel Sarkela, as part of its Coffeehouse Series on Thursday, February 17, 2022 at 7:00pm at The Market Theatre.

A native of Anderson, Patrick Rice is building an impressive performance career as a classical guitarist. A recent graduate of Furman University where he received a Bachelor of Music degree in Guitar Performance, he has won several prestigious competitions including the Southern Guitar Festival & Competition, The Appalachian Guitar Festival, and The Columbus State Guitar Symposium. He participated in the U.S. premier of The Walls by Grammy award winning composer Sergio Assad with renowned guitarist

SEE RICE ON PAGE 2



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Rice

CONTINUED FROM PAGE 1

William Kanengiser of the Los Angeles Guitar Quartet followed by a performance of Vivaldi's Lute Concerto with the Furman Symphony Orchestra under the baton of Maestro Edvard Tchivzel of the Greenville Symphony Orchestra. In June of 2019, Patrick performed three world premieres in New York's famed Carnegie Hall as one of forty American guitarists selected to be in the first ever U.S. Guitar Orchestra. A concert tour of France followed. In March 2021, he returned to the Furman Symphony Orchestra for their recording of Vivaldi's Double Mandolin Concerto in G major.

In addition to his classical studies, Patrick is an avid bluegrass musician. Writing, performing, and recording bluegrass music with renowned fiddler, Dr. Andy Carlson, Patrick's first bluegrass EP, Don't Look Too Good, is now available for purchase.

Making his first GAMAC Coffeehouse appearance, Patrick's performance on February 17 will feature a blend of classical and bluegrass guitar and more. He will be joined by guitarist Daniel Sarkela. A graduate student at Furman University, Daniel is a well known classical guitarist and luthier based in Greenville, SC.

Tickets to GAMAC's Coffeehouse featuring Patrick Rice with guitarist Daniel Sarkela are priced at just \$15 and will be available for sale at the door beginning at 6pm on February 17 at The Market Theatre located at 110 Federal Street in downtown Anderson, SC. Concessions will be on sale. Masks and social distancing will be required. For more information, please call GAMAC at (864) 231-6147.

This event is made possible with generous sponsorship support from Elaine & Brett Stoll. Additional support is also provided in part by the SC Arts Commission and the City of Anderson Accommodations Tax Fund.

Book spotlight: Somebody Loves You, Mr. Hatch

Each year, as Valentine's Day approaches, I am fondly reminded of one of my all-time favorite picture books!



Katie Laughridge

Somebody Loves You, Mr. Hatch is a story about how a simple gesture of kindness can completely change someone's perspective on life. As the story begins, the reader is

introduced to Mr. Hatch, a lonely man who leads a very mundane and uneventful life. Life seemed hopelessly dreadful until one Valentine's Day Mr. Hatch receives from the postman a mysterious package with a big pink bow and a card reading "Somebody loves you".

Because he doesn't have any

friends and is all alone, Mr. Hatch can't imagine who would send this to him. The more he repeated the words "Somebody loves you" to himself, the happier and happier he became! Mr. Hatch concludes that he must have a secret admirer. So, with this wonderful thought in his head, he did something he had never done before—he laughed, danced, and even clapped his hands! He decided to change his drab everyday outfit to something more colorful and cheerful. When Mr. Hatch left his house in the morning, he found himself talking to the neighbors as they

passed by, and even offered a helping hand to a couple of people he found in need. However, after some time

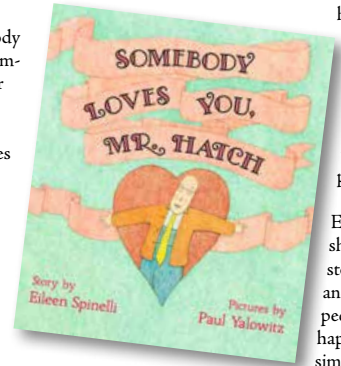
had passed, Mr.

Hatch discovers the identity of his secret admirer, and in doing so, enjoys the biggest surprise of his life!

The author, Eileen Spinelli, shares a heartfelt story of kindness and the unexpected joy and happiness that one simple act of kindness can have on a

person. You can find this book at the Anderson County Library, bookstores, or online. I hope you will enjoy it as much as our family does!

"No act of kindness, no matter how small, is ever wasted." -Aesop



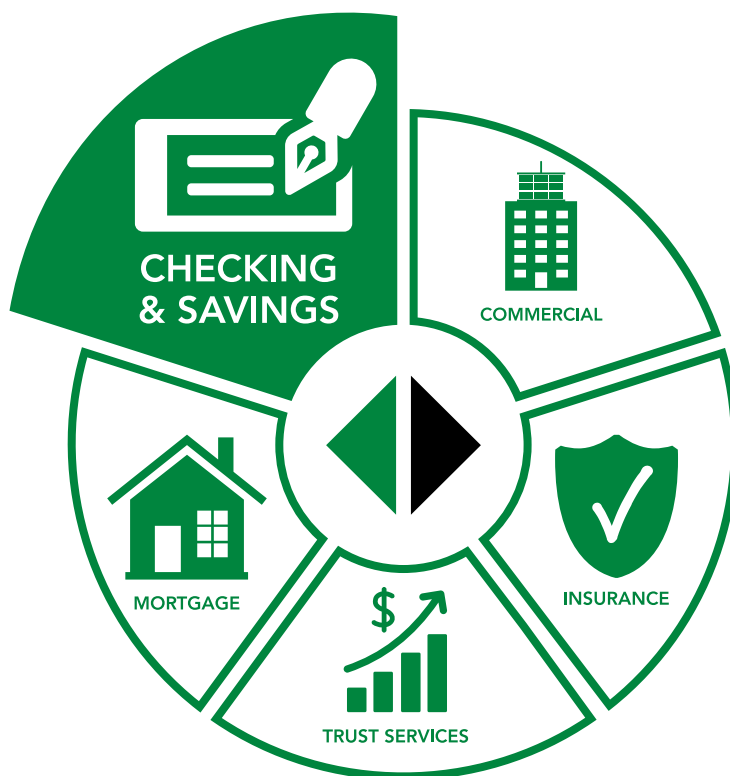
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National Healthy Weight Week

BY EMMY WILLIAMS

National Healthy Weight Week is celebrating the third week of January. For those considering surgery to achieve a healthy weight, AnMed Health provides options.

For long-term weight loss, AnMed Health's procedures are safe and effective for people who have tried everything. Regardless of the body type, there are both surgical and non-surgical weight loss options. AnMed Health provides a comprehensive weight loss program from pre-procedure education to post-procedure support groups. Compassionate and caring weight loss providers help patients determine the correct procedure depending on each patient's unique circumstances.

"We have been nationally accredited for more than eight years and helping people who need to lose 30 or 300 pounds. We have procedures that are minimally invasive that have resulted in a 200-pound loss in one or two years," said Joy Vaughn, AnMed Health bariatric program coordinator.

Ultimately, the best solution will help achieve healthier living, such as playing with



Johnice Moore

children, walking a family pet or dancing with friends. AnMed Health's weight loss clinicians are by the patient's side every step of their weight loss journey, offering encouragement.

Steve Smith attended a seminar offered by AnMed Health to learn about different types of weight-loss surgery. After obtaining information about weight-loss surgery options at

age 40, Smith decided to have a sleeve gastrectomy, also known as a gastric sleeve. The surgeon removed about 75% of Smith's stomach, leaving a narrow banana-shaped tube.

"The last thing I wanted to do was die and leave my wife and my son as a young man without me to guide him through life," Smith said.

After his surgery, Smith started walking every day. Eventually, he started riding a bike, running and swimming. Smith also participated in a triathlon.

Johnice Moore struggled to conceive a baby and thought her weight was part of the issue. After discussing weight-loss options with an AnMed Health physician and her family, she decided that a gastric sleeve was her best option.

"It was an amazing feeling after I was able to conceive and carry my baby to 40 weeks after having trouble prior to the weight loss. I also ran my first 5K race, the Midnight Flight in Anderson, and then I ran the New York City Marathon in 2018," Moore said.

To learn more about AnMed Health weight loss surgery options, visit <https://weightloss.anmedhealth.org/> or call 864.512.6255.

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V-Day ideas to make anyone's heart flutter

Valentine's Day is almost here and for some it can be a challenge. Even if you don't have a significant other, you can still have fun with a group of friends or your



Kristine March

gal pals or guy friends or whoever makes your heart happy. Plus, it's a great excuse to get dressed up. I have some simple yet beautiful ideas to make anyone's heart flutter. If you're feeling flirty, try red of course. A red lip is always a good idea and looks pretty on everyone. If you want fuller lips try a matte type shade. It will last throughout the entire evening and is kiss proof. My absolute favorite at the moment is

a brand from across the pond but is now sold in the U.S.

Charlotte Tilbury makes a beautiful one called Matte Revolution in the shade Scarlett Spell. She says it's like a little black dress, but for your lips and at right around thirty-five dollars. It's totally worth it. Her makeup collection is breathtaking and easy to apply. She has wonderful tutorials to get you ready, and shows you a step by step on how to use the product.

Another great look is eye-shadow. I love a great paler but those can be overwhelming. I discovered a glitter shadow by Urban Decay called Moon Dust. The color I love is called Space Cowboy but they have tons of shades. You can even upload a photograph and try it on virtually. How fun is that? It's right around twenty dollars and stays on for



up to sixteen hours so no messy creases or fall out. It's also vegan and cruelty free.

I love mascara but lately I feel like they dry out so quickly. I'm always on the hunt for one that really works and is buildable. I found one recently that makes your lashes look false. It's my new go-to favorite and it's by Maybelline. The lash sensational is awesome and fans out your lashes. It's right at about seven to ten dollars and I absolutely love

it. It will make you look romantic.

Lastly for my creative types, try adding some crystal face jewels to your eyes or anywhere you want to sparkle. They give you an instant angelic aesthetic and it's a great excuse to wear them. Color Pop makes gorgeous ones and they're super easy to apply. So, this Valentine's Day, add some fun makeup to brighten up your mood and remember to let love rule. Make the sidewalk your runway and always be kind.

Allure Aesthetics focusing on men's needs

Experts project the men's personal care market to reach \$166 billion in 2022. Aesthetics have traditionally been marketed primarily to a female demographic, but social media and other influences are bringing men into spas and studios in record numbers. New technologies are creating products that focus on men's needs, and one local studio is seeing tremendous growth in its male clientele.



Jim Harris

Local physician David Budhoo saw a need to serve Anderson's rapidly growing aesthetic market with a luxury spa offering the latest treatments and services. He assembled a team of top-tier professionals and opened the doors to Allure Aesthetics MedSpa in February 2021. Their male customer base is rapidly growing through their Instagram and Facebook pages and referrals from female clientele.

With several dozen reviews on Google and Facebook and each one being five-stars, it's evident that clients are finding the staff and services at Allure to be most favorable. The studio was recently voted Best Spa/Medical Spa and Best Botox and Fillers in Anderson.

The team is uniform in its commitment to patient care and a positive, comfortable experience. Amber Taylor is a Family Nurse Practitioner with eleven years of experience in the medical field. Tammie Masters has been a registered nurse for over 24 years and has Master status as an aesthetic injector. Teri Smith is a Licensed Medical Aesthetician. Amy Greer is a Licensed Medical Aesthetician and serves as the Patient Care Coordinator.

These experts will provide new clients with a specific game plan designed to accomplish their individual goals and improve the health and appearance of their skin, which will also lead to a more youthful appearance. One male client said, "Teri at Allure is amazing! She takes time to listen to your concerns regarding your skin and skincare needs and implements a plan regarding those needs."



She is very patient and is very flexible with her scheduling! Love her work!!" Another client said, "It was more than inject and walk away. They explained HOW things work and took the time to get to know you as a person. Definitely recommend Allure!"

The team helps clients achieve a more youthful appearance using Botox/Dysport and Dermal fillers, the most popular requests. They also offer the Subnovii Plasma Pen Skin Tightening, which stimulates collagen production in the skin in the targeted areas. Another new and popular offering utilizes contouring and fillers to create a stronger jawline or chin for those wishing a more aesthetically pleasing look and minimizing a double chin.

A state-of-the-art piece of equipment, InMode, provides treatments called Morpheus8 and Lumecca, which improve wrinkles and skin elasticity. Morpheus8 is for skin tightening, which helps lift the skin and build collagen. Lumecca can address dark colorations, sun damage, and age spots on the skin and can be used in all areas of the body.

Frequently the services that best serve female clients also work well for men. HydraFacials are very popular for men wanting to improve appearances in the short term for a specific event, like a wedding or black-tie function. Micro-needling is available to address acne scarring.

Also available at Allure is a PDO Threadlift, a non-surgical facelift that is highly

effective in lifting the loose skin around the eyebrows, areas around the eyes, cheeks, jowls, and neck. This minimally invasive procedure requires no incision and provides a tightening effect on the skin. It can be done in around 45 minutes and requires zero downtime for recovery.

Men suffering from hair loss have a variety of options with Allure for hair growth stimulation with high success rates. The processes range from light diodes and micro-needling to PRP (Platelet-Rich Plasma). With PRP, a

blood sample is enriched with nutrients and specific bioproteins designed to facilitate hair growth and then reapplied to target areas. For those wishing to eliminate unwanted hair in certain areas, laser hair removal is a popular option that can eliminate the need for shaving or waxing.

Clients can also receive a custom program to take care of their skin at home between visits. The studio offers several lines of skin care products that help maintain the benefits received in treatments.

Allure has expanded beyond the appearance side of the industry by offering hormone-based treatments to address common issues of fatigue and declining drive and energy levels. Treatments begin with testing to determine the patient's specific needs and conditions, and then protocols are custom designed for each individual.

As for advice for men to improve their appearance, the team suggests consistent use of sunscreen, using proper cleaners and moisturizers, and maintaining a regular regiment combining home care and treatments from professionals.

Allure Aesthetics MedSpa is located at 1530 N. Fant Street, Suite B.

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A good old-fashioned homemade Valentine's card

Has this ever happened to you? You're standing in a supermarket or drugstore, looking for a greeting card, but the sentiment is either too mushy or makes references to



Kim von Keller

passing gas. It seems that there's almost no middle ground between Victorian England circa 1880 or "Dude, Where's My Car?" But as Valentine's Day approaches, fret no more. When I was in college A Very Long Time Ago, I took one of those aptitude tests that is supposed to point you toward your perfect career. Not to brag, but one of my test results suggested that I should be a verse writer for greeting cards.

So having presented my credential, I offer the following messages for your own homemade Valentines, regardless of your age.

And before you get too judge-y, I should also disclose that the same test suggested that I become a farmer, and the only thing I can grow is hair.

For Mom, a Haiku
Red wine on your shirt?
I'll wash it today, Mother.
Do I make you drink?

For Dad, Couplets
On Valentine's, I'll be a perfect daughter,
And leave you with a few drops of hot water
Inside the tank for when you take a shower
And not take mine for its accustomed hour
Because I know that yard work makes you stinky.
Am I the reason that you need a drinky?

For a Sister, an Acrostic
S - Sometimes

I - Incredible
S - Sometimes
T - Terrific
E - Eventually
R - Raging
For a Brother, a Fibonacci Poem
Junk
On
Your floor
Is so gross
But I still love you
Even though it makes me queasy.

For a Coworker, in Iambic Pentameter
I spent the weekend overcoming gloom
By thinking of you in the copy room.
I miss the way you yell into the phone
And mock the boss when he begins to drone.
Since my first day I've loved you from afar.
(Please, please, do not report me to HR.)
Finally, for My Sweetheart, in Free Verse

Do you know what I mean
When I tell you I love you
Or how much you mean to me?
You mean more to me than tater tots,
Even the extra crispy ones that are perfectly salted.
You can always have the last tater tot.
For you, I would give up Broadway show-tunes,
Even those from "Hamilton," even those from "Hadestown,"
And only listen to the Allman Brothers and Johnny Horton.
I would rather be with you, doing nothing, than ever again watch "The Detectorist,"
Which is a darned near perfect television show.
I love you more than fried potato products, Broadway, and subtle British television.
Now do you know what I mean
When I tell you I love you
Or how much you mean to me?

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Do the nervous system and immune system work together to keep us healthy?

Today we are all concerned about staying healthy and avoiding sickness. And we know the big three when it comes to prevention: a healthy diet, regular exercise, and quality sleep. Embracing these habits helps our body ward off disease. And if we do get sick it helps lessen the symptoms and enables us to get well faster. In short, we are strengthening our body's immune system.

But is there more?

While not conclusive, new research has uncovered what is believed to be a direct interaction between our immune system – and our nervous system. Put simply, the nervous system may play a role in regulating immune responses, for example, during an infection.

Our nervous system controls vital functions -- breathing, heart beating, posture, responding to pain, even our emotions. A healthy nervous system is essential to our quality of life. The nervous and immune systems have long been thought to be separate

entities in the body. But through on-going research we are beginning to understand more about how our nervous system and our immune system interact to keep us healthy.



Dr. Gabrielle F. Cannick

Let's consider our emotions, specifically our response to stress – which seems to be an increasing issue today with the pandemic coupled with the demands of modern life. Instinctively, we know getting that run down feeling – from

pushing ourselves and lack of quality sleep – can result in getting sick. Perhaps we should pay more attention to our stress levels and embrace habits that may help us maintain a healthier nervous system and improve our chances of avoiding sickness. So, the question

becomes are there specific things we can do to strengthen our nervous system? It so happens there are:

- It may sound strange. Take a pen and paper and write something for ten minutes each day. Your nervous system's pathways, receptors, and nerves must all react in a precise and coordinated way in order for you to form neat letters and legible words.

- Fill your lungs with fresh air, hold your breath for a few seconds, and exhale slowly. Do this for ten minutes a day. Plus, you will feel a lot better.

- Walk barefoot. Who knew! Yet, studies have shown blood viscosity, heart rate and inflammation all benefit from walking barefoot.

- Yoga. Similar to deep breathing exercises, Yoga can improve mood and reduce stress. We are all busy. But we must take time for ourselves. This may be a very beneficial "time out".

And again, there is nothing better than a good brisk walk. Be thankful for each day.

Take a deep breath; all will be well. Call with questions. We are your hometown resource for guidance and support.

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

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



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THE GARDEN SHOP

TENDING PEONIES



SUSAN TEMPLE master gardener

These days are being consumed with Greater Greenville Master Gardeners Symposium planning. I volunteered to chair for 2022. It is the 20th anniversary. This event is a fantastic day for gardeners. It is probably too late to get in this year but you can see information on their website, ggmga.org. Notices go out in December and usually by the end of December it is sold out. Not this year though, but sales have surpassed what we planned.

After the snow was gone, I had to get outside. Between time being snowed in and symposium planning, I had a touch of melancholy for my yard. First on the to do list was tend peonies. Usually around

early January is when the tending is done. Every year after all the leaves have fallen, I go to each one, and gently by hand, rake off all the leaves. Then rub off any soil that has accumulated until the eyes are exposed. Eyes are pink buds that will be the coming year's growth and blooms. This is time consuming as there are about 75. There's no way to do it but crawl around on my hands and knees and get in there to get it done. Most came from my great great aunt Marshall's yard and are Festiva Maxima. The most special one came from Grandmother Cooley's yard. It's funny that I have no memory of that peony. It was out by itself towards the back of her yard. Maybe there used to be more plants there, I don't know. When she let me have it, I dug way out around from where it seemed to start growing and still cut roots off. Peonies can live a very long time, maybe a hundred years, and it is surprising how big the roots can get. The main root of Grandmother's

was almost as big around as my wrist. She did not know the name of it. I've tried to figure it out but so many peonies look very similar. It is simply called Grandmother's. The large majority of mine have white blooms. Sarah Bernhardt is a beautiful pink one and has that wonderful fragrance. I've bought other colors over the years from Adelman's in Salem Oregon and Peony's Envy in Bernardsville New Jersey. Peony's Envy came to the southeastern flower show in Atlanta a few times. It was a be still our hearts moment when Mama and I saw her booth. Local nurseries offer peonies too but variety is limited. Always buy one with the most eyes and types that bloom early. Peonies can take several years to bloom and bigger is definitely better when buying these. They're costly and worth every penny. Don't be fooled by ones in the little bags at big box stores. When they cost ten dollars, there is a reason. It will be years before they



Big peony bouquet

bloom. Some say peonies won't grow or bloom here since they need winter chill. They will if not planted too deep, and eyes are exposed in the winter. We are too hot for late blooming varieties. Like other bulbs, the foliage has to be left on the plant until it is all dead. I also put tomato cages around

mine and leave them permanently. Blooms almost always need staking. Plus the cage keep me, and all the others who tromp through the garden, from stepping on them. Some big peonies have several cages around them. Grandmother's is so big it has three cages.

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MY GRANDDADDY

My Grandfather, Clate (Mutt) Sanders, was the most perfect human I've ever known. He started work at Orr Mill when he was twelve years old and never missed a day in fifty-two years. He worked hurt, he worked sick, and would even fill in when others were hurt or sick on other shifts. My Mom tells me that once after work on a Friday, he climbed onto the church roof to replace the broken rope on the church bell. He was barefoot,



Neal Parnell

and when he stepped onto the hot tarred roof he was stuck and suffered terrible burns to his feet. They got him down and to the doctor, and she says that he crawled around the house on his hands and knees all weekend. On Monday, with his feet still in bandages, a couple of friends carried him into Orr Mill to clock in.

He also had a perfect church attendance record. Not just on Sunday morning, but Sunday nights, and on Wednesday nights too. Granddaddy was a Methodist, but my uncle

tells of when Granddaddy was a Baptist minister.

Back then, the Orrville Baptist minister's house was located next to the church. On the other side was my Granddad's house. People would knock on his door in the middle of the night looking for the Baptist preacher to help with a problem. Instead of having them wake the preacher, Granddaddy would minister to them right there on his front porch.

He was a quiet man that never raised his voice or his hand, but somehow when he spoke you knew to listen. My Grandmother was the same except for the hand part, which usually had a switch in it for me. I never heard either of them laugh out loud as most do, but with me around they had to try extra hard to hold it in. I remember in the early sixties when I was five or six years old, they took me for a Sunday drive after church. I asked where we were going and Granddaddy said, "To see Hartwell Dam, they are going to open the gates at two o'clock". I said, "Ooo, Granddaddy, you said a bad word". Now let me tell you, my Grandfather never cursed, and he had one dickens of a time trying to explain to me the difference between Dam and Damn, while



Grandmother was about to blow a laughing gasket out the window. We stood in the crowd just in time to see the gates open and I said, "Wow! Look at all of that Dam Water". I haven't seen two people's faces turn that red since the cherry pie-eating contest at the fair.

Granddaddy had a perfect routine for his

life that consisted of work and God, and never wavered from it. He lived to be ninety-eight. The accompanying picture is of his Orrville Methodist Sunday school class. He outlived everyone in that photo.

Thanks, Granddaddy, you'll always be Perfect to me.



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FROM THE SHELF

Grave Reservations

by Cherie Priest



Sara Leady

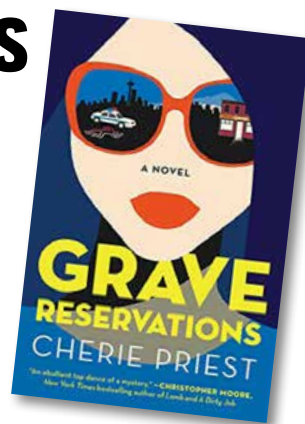
Cherie Priest is an author I've been an avid follower of for quite some time now. Originally known for Steampunk (yas girl!), and then horror (which contrary to habits here I don't actually read that much of),

she's recently released a new cozy-ish mystery and I am here for it.

Grave Reservations is set in Seattle, Washington and literally takes place in my old stomping grounds of Capitol Hill (where I did my undergrad—so much homesickness from this book). It follows Leda Foley, a struggling travel agent, and

sometimes seer of the future, who on a gut feeling makes a call to change a client's flight, which results in his not being on a plane that does in fact explode (all humans and dogs survived said explosion). While the client, Graddy Merrit is irate at her presumption to change all his travel plans on a "whim," when he watches the flight he was supposed to be on catch fire on the runway, he's at a loss for words.

Unbeknownst to Leda, Graddy happens to be a Detective with the Seattle Police Department and because of Leda's "gut feeling" leading to his being off the plane, Grady decides to take a chance and see if maybe she could "get feelings" regarding a cold case that he's been working on. Leda, used to people being weird about her psychic ten-



dancies, is reluctant to even admit the extent of her abilities to Grady, but as her fiancé's murder case is also still cold, Leda hopes maybe Grady could take a look into that too...

Much of the book is following the interactions of Leda and Grady, and on occasion Leda's boisterous best friend Niki, as they move through the case following different feelings and visions Leda gets

interacting with various pieces of evidence. Grave Reservations definitely reads like what I imagine cozy mysteries read like, but of the hip and spunky kind (I say this having never really read a cozy and more just seen the 'knitting shop' variety covers). There's obviously the mystery surrounding the two cases, how they may or may not connect, and how much of that may even tie into mob related shenanigans (lots of fun twists and turns).

There's also a lot of levity despite the murders and flashes of violence that Leda gets. Niki, her boyfriend Matt who manages the bar they haunt, the bar staff, and Grady's daughter all add in fun elements. Aside from the murder mystery and subsequent 'murder board' (as any good psychic would obviously have), Leda also spends part of the novel exercising her psychic muscles and learning more about her ability. A lot of this comes with "Klairsvoyant Karaoke," in which Leda takes a personal affect from a bar patron and from that "follows the feels" and selects a special song for them to sing at Karaoke nights. These

scenes are some of my favorites as the different songs mean different things to different people—often giving closure to the person. It's all very fun but also bears weight considering how some of the songs speak to the different bar patrons.

Overall I just really enjoyed the read. It had action, mystery, humor, maybe some hints for potential future romance, and just great fleshed out interesting characters. There's meat here but it's not overwhelming or gritty, just a great light but incredibly engaging read. This is the start of a new series from Priest, and as the hint from the last chapter gives, it's sure to get pretty fun with a new psychic coming on to maybe turn this one-time gig into a real psychic consultancy!

Of a completely unrelated to books note— if you're a Twitter person, Cherie (or rather her perfect herd of animals) are an absolute delight. I'm not much for Twitter, but she's the only thing on Twitter I have set updates for when she posts since it's, and quoting from her 'about me,' about 85% pet pics and the pets are divine (large dogs and an even larger cat).

The Commercial Bank is proud to announce that C. Nakia Davis has joined The Commercial Bank, as Executive Vice President.

Nakia was born and raised in Iva, South Carolina. He graduated from Crescent High School in 1993 and went on to graduate from Anderson University in 2000. He is a member of the Iva First Baptist Church. He serves on the IBSC Board of Directors, as well as United Way Board of Directors. Nakia serves on the Anderson University Board of Trust, and the Anderson County Board of Education.

Nakia has worked in community banking for 25 years at the Peoples Bank.

The Commercial Bank looks forward to welcoming C. Nakia Davis and his wife Brooke of 22 years along with their three daughters Ryleigh, Emerson, Brantley, to our family.



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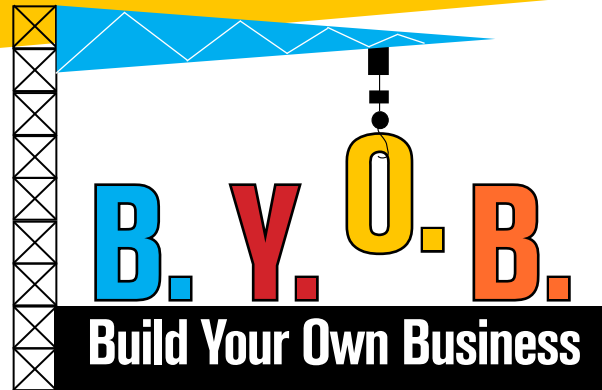
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UNUSUAL, DIFFERENT, CURIOUS

BY ANN K. BAILES

Unusual. Different. Curious. Pick your adjective, it will work for the cattle egret - which even in its name is unusual, different, and curious. How do cows and birds go together in the same name?

And yet, in January 2022 we saw just that. A cattle egret, following behind a cow. This egret, which is rare for our area in the winter, had been found in feed lots in the Townville area several weeks earlier, and it has been hanging around ever since. It forages in the mud and dirt, looking for insects and other tiny invertebrates--which happen to be kicked up by cattle as they move. Easy buffet.

The cattle egret exists worldwide. In other countries, it goes by other names, a few of which are elephant birds, rhinoceros egrets, and hippopotamus egrets. That's because - you guessed it - it follows those animals for the same reason it follows cows. It will also follow camels, ostriches, tortoises, and even farmers' tractors. Buffets come in all sorts of ways.

The cattle egret is not native to North America, but is believed to have flown from West Africa to South America, moving northward by the 1940s. It is now well entrenched on our continent, lives year round on the gulf coast and across all of Florida,

and is usually only a summer bird in South Carolina. It also ranges all the way to Canada, but those trips are in the summertime for breeding or in what's called post-breeding dispersal. A winter cattle egret, therefore, is unusual for Anderson and the upcountry of South Carolina.

The cattle egret is very different from the great- and snowy egrets with which we are more accustomed. It usually lives near our coast, but though in that region still prefers upland fields to low, marshy areas. It is smaller and heavier than the other long-legged egrets, and it has a short, thick yellowish bill. In short, while we think of that bird family as being long, lanky, and graceful, this cousin is compact and stocky.

Another couple of curious facts: During breeding season it sports orangish buff-colored feathers on its usually white head and breast. And one more thing: It plays cowboy sometimes. It doesn't always just follow cattle; sometimes it even hitches a ride to glean all the bugs it can from the cow's back.

This bird fits all the adjectives. Unusual. Different. Curious. And we've just had one in Anderson. Normal as we are in the Upstate, we do attract some odd birds sometimes. Don't get concerned. I'm talking strictly about our feathered friends.



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NIBBLE & SIP

For a family Valentine's Day, make it adaptable

Valentine's Day is a big umbrella. Whether it's school kids exchanging cards or sweethearts going to dinner or single friends grumbling about their love lives, there is a celebration for everyone, and that includes families. This means that the perfect Valentine's Nibble and Sip should be adaptable to both ages and tastes.



Kim von Keller

My favorite adaptable cocktail is Strawberry Lemonade Two Ways. For the adults, the ingredients are shaken and strained into a martini glass. For the youngsters, the vodka is eliminated and the remaining ingredients are combined over ice. Everybody wins.

As a family Nibble, Mini Quiches are

also adaptable as the ingredients can be switched out according to personal preference. Swiss cheese, bacon, and onions are a classic, but feta and spinach or Parmesan cheese, Italian sausage, and Parmesan cheese are excellent combinations as well. Be sure to serve the quiches on a fancy, celebratory platter surrounded by homemade Valentine cards.

Strawberry Lemonade Two Ways
Lemonade (I like Simply Lemonade)
Strawberry puree (recipe below)
Lemon vodka, optional (I like Deep Eddy)

For the adults: Combine 2 oz. lemonade, 1 oz. strawberry puree, and 1 oz. lemon vodka in a cocktail shaker, fill with ice, and shake until chilled. Strain into a martini glass and serve.

For the kids: In a rocks glass, combine 4

oz. lemonade and 2 oz. strawberry puree, fill with ice, and stir until well chilled.

Strawberry Puree: Thaw a 15 oz. container of frozen sliced strawberries with sugar (available at Walmart and other supermarkets). Place thawed strawberries and their juice in a blender and blend until smooth. Using a kitchen strainer, strain puree into a small bowl.

Mini Quiches (adapted from Pillsbury.com)

1 box (14.1 oz) refrigerated Pillsbury™ Pie Crusts (2 Count), softened as directed on box

2 eggs

1/2 cup milk

1/4 teaspoon salt

Option 1: Shredded Swiss cheese, crumbled bacon, and sautéed onion

Option 2: Crumbled feta, sautéed onions, and cooked spinach, squeezed dry

and chopped

Option 3: Crumbled Italian sausage, chopped sun-dried tomatoes, and grated Parmesan cheese

Heat oven to 375°F. Spray 24 mini muffin cups with cooking spray.

Remove pie crusts from pouches. Sprinkle a cutting board with flour. With 2 1/2-inch round cutter, cut 12 rounds from each crust. Press one pie crust round into bottom and up sides of each muffin cup.

Place a heaping tablespoon of your desired filling combination in the bottom of each pie crust. In 2-cup measuring cup, beat eggs, milk, and salt with a fork until well blended. Slowly pour mixture into crusts, filling to within 1/4 inch of top.

Bake 25 to 30 minutes or until golden brown. Cool for several minutes before lifting the quiches from the muffin cups with the tip of a knife. Makes 24 mini quiches.

New Instagram account focusing on local church basketball

BY BRU NIMMONS

ANDERSON — The city of Anderson has a rich basketball history. Whether it's great players like Larry Nance and Saudia Roundtree, legendary coaches like William Roberts, Barney Brown and Ed Brown, or any of the city's multiple state champion basketball teams, basketball runs deep in the DNA of the Electric City.

Basketball continues to be an important part of the city to this day, with the Westside High School girls in the midst of defending a Class 4A state championship, and that importance can also be seen in the competitive church league scene in Anderson.

Church league basketball has been a part of Anderson for many years, but leading into the 2021 basketball season, the Instagram account @andersonchurchball began promoting the league with posts on preseason rankings for their upcoming season.

Consisting of teams from Anderson's NewSpring Church, First Presbyterian Church, Hope Academy and Concord Baptist Church, the league includes boys' 18u and 16u, as well as a girls' 18u.

The 18u boys' level has seen the most focus throughout the season, with their games being covered by the Instagram account, which often posts in a faux sports network style, reports



rankings, results and updates to the league in much the same way a network like ESPN would.

Throughout the season, First Presbyterian Church has been the team to beat for the 18u boys, but Hope Academy hasn't been far behind.

While they currently sit third in the power rankings, NewSpring B is the best of the three teams representing NewSpring. Led by last season's T.L. Hanna High School starting quarterback Jay Dillard, NewSpring B recently defeated Hope 45-43 behind a big 20-point performance from Dillard.

The other two NewSpring teams, A and C, have not matched their counterpart, especially C, which started the season ranked as the second-best team before falling to fifth currently.

With the season nearing its end, playoffs are on the horizon as each team vies for the championship.

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T.L. HANNA YELLOW JACKETS

TL Hanna girls riding losing streak midway through Region I-5A schedule

BY BRU NIMMONS

ANDERSON — In the midst of a rebuilding season, the T.L. Hanna Yellow Jacket girls' basketball team continued to struggle as it reached the midpoint of region play last week.

The Yellow Jackets opened region play with losses to Woodmont and Mauldin, before looking to right the ship in a three-game schedule last week.

The Jackets kicked off play last week on the road against the Hillcrest Rams on Jan. 25.

Hanna led against Hillcrest throughout the night and entered the fourth up 26-23, but the Jackets were

outscored 17-11 in the final quarter in a 40-37 loss.

Hanna guard Taylor Wessel was the only Jacket to score in double figures, putting up 12 points on the night, while center Grace Ikenegbu managed to record six points and a team-high 17 rebounds.

Coming off the loss, things didn't get easier for T.L. Hanna, as the Jackets hosted the region-leading J.L.

Mann Patriots on Jan. 26.

Once again, the Yellow Jackets were engaged in a close game as they trailed the Patriots by just three points heading to the fourth quarter.

However, the Jackets fell for the ninth game in a row in a 48-41 loss to J.L. Mann, as

Patriot guard Caitlin Bowling put up 16 points.

The Yellow Jackets had one more

opportunity to get a win last week, as they traveled to face the Woodmont Wildcats on Jan. 28.

For the third time in five days, the Jackets fell as the Wildcats outlasted them in a 46-36 loss.

After the loss, Hanna fell to 5-13 overall and 0-5 in Region I-5A. With only four games left in region play, the Jackets will need to finish strong if they have any hopes of making the playoffs.

The Yellow Jackets returned to action at home against Mauldin on Feb. 1, with results unavailable at press time, before finishing the season against the Greenville County trio of Mann, Wade Hampton and Hillcrest.



WESTSIDE RAMS

Rams looking for turnaround in region

BY BRU NIMMONS

ANDERSON — With the home stretch ahead in the regular season, the Westside Rams are in dire need of a turnaround, sitting at 1-3 in Region I-4A play.

The Rams, who were sitting at .500 heading into region play, opened the region slate with back-to-back losses against Easley and Travelers Rest.

After a nearly week-long break, Westside returned to the court at Pickens High School on Jan. 25.

The Rams got back on track in a big way against the Blue Flame, dominating Pickens to the tune of a 71-41 win.

Ten Westside players managed to get on the board in the Rams'

shellacking of Pickens, but Kaziaes Hemphill and Lamaurion Scott stood out the most on the day.

Hemphill managed to lead the team in scoring and rebounding with 18 points and six boards, while shooting 100 percent from the field.

Scott matched Hemphill on the glass with six rebounds and was second on

the team with 11 points.

Coming off the win over Pickens, Westside returned to Pickens County for the second time of the week against the Easley Green Wave on Jan. 28.

After leading 33-31 at the end of three

quarters, the Rams seemed poised to defeat the region-leading Green

Wave. However, Easley guard Todd Williams hit a miraculous half-court shot in the final seconds of regulation to tie the game at 48-48 and force overtime.

In overtime, Westside was unable to hang on and fell to Easley 62-57.

With the loss, Westside fell to 9-11 overall and 1-3 in region play on the season, but with four region games left, there is room for the Rams to improve in their final region games.

The Rams were set to return to action at home on Feb. 1 in a tough matchup against Travelers Rest, with results unavailable at press time, before having three winnable games to end the season against Walhalla and Pickens.

