

Call Tucker Oil for all of your petroleum needs!

Tucker Oil

Contact David Tucker Jr. at 803-603-4788 or tuck@tuckeroil.com

THE Electric City News **FREE!**

Your Connection to Local News, Sports, People and Happenings www.TheElectricCityNews.com August 5-September 2, 2020

Clowers' big city success rooted in small town encouragement

BY KIM VON KELLER

Movies make it all seem so simple. A young kid from a small town dances in front of a mirror or sings into a hairbrush until a twist of fate lands him or her on a Broadway stage. The reality of success, however, not only involves hard work, but the support of family, friends, teachers, and mentors as well. Anderson native Michael Clowers can tell you what that's like. "I started taking dance at the age of four at the Municipal Recreation Center," he says. "My friend was taking dance, and I just knew that I wanted to too. I asked my parents, and they signed me up. I'll always be grateful that they did that."

And with good reason. In the years since he left his hometown, Michael has gone on to become a professional dancer, director, and choreographer on stages such as Motiongate Dubai in the United Arab Emirates, Teatro Amazona in Brazil, Oasis of the Sea's Opal Theater, Broadway's Ford Center, and the famed Radio City Music Hall. And it might not have happened had it not been for his personal work ethic and his teachers in Anderson who encouraged him to keep doing what he loved.

Dancing, Singing and a Unique Audience

Michael was born at the Anderson Memorial Hospital in 1966. His parents, Earl and Phyllis Clowers, made sure that he and his brother, Roger, were always involved in physical activities. "I was very

curious and creative as a child," Michael remembers. "I was always jumping on the trampoline to see if I could fly or to learn what I could do in the air. We were exposed to a lot of activities, so this helped me learn what I liked doing and what I did not."

"Active" might have been an apt middle name for the budding dancer. "Michael, as a child, had so much personality and was not one to be in the back of the line," his mom remembers. "When he was three, he could amuse himself with a cape in front of the TV, turned off, so he could see his reflection in the screen as he danced to his own music. During his first recital at age four, he had people wondering what he would do next!"

For a creative child, Anderson offered a lot of dedicated instructors in the performing arts. "Millie Aiken was my first teacher," Michael says. "I took her tap class. She was so glamorous and always seemed like she was straight from the movies. I sang in the choir at First Baptist, and the Minister of Music, Jim Rodgers, taught me to read music. I played the trumpet at T. L. Hanna under Richard Baskin. To continue my performance training, I studied voice with Joyce Fraser. A favorite memory is the ballroom class that my dance partner, Heather Peek, and I took with Lewis Sullivan. We got to learn with the adults, which I loved because seeing how they hit their lines helped us to mature as dancers."

That ballroom class at the Municipal Recreation Center would also allow Michael to perform for a



rather unique audience. In the '60s and '70s, entertainment of all kinds took place at the Rec Center, including professional wrestling. Wrestlers with names like Gorgeous George and Farmer Jones often appeared, and their dressing room was the same space as the ballroom classroom. "It was so interesting to see the

SEE CLOWERS ON PAGE 4

STORM DAMAGE?

WE'VE GOT YOU COVERED!



Turn Key ROOFING

432 Sayre Street
Anderson, SC
864-241-8133

turnkeyroofing.net

Saved up for that new boat?
LET'S PROTECT IT.



JOHN ROBERTS INSURANCE

AUTO • HOME • BUSINESS
864.226.2229

Anderson's Agency

New installation of downtown sculptures

“We are very thankful to have a partnership with the City of Anderson that allows the Arts Center to facilitate new sculptures being installed every year through our Annual Juried Show,” says April Cameron, Anderson Arts Center Executive Director. “Public art is an important part of any community, and we think we received some outstanding pieces this year.”

As part of the Annual Juried Show, the Anderson Arts Center partnered with the City of Anderson to bring new art to downtown. Chosen sculptures by regional artists are displayed on and around Main Street for one year for all to enjoy. Now in its sixth year, the SculptTOUR program is a testament to Anderson’s national spotlight as a cultural tourism destination and leader in public art.

“SculptTOUR adds such value to the cultural, aesthetic and economic vitality of our downtown. Public art contributes to our community’s identity, fosters pride, and enhances the quality of life for visitors and residents,” says Kimberly Spears, City of Anderson Economic Development Director. “It has the capacity to set us apart and reinforce that Anderson is creative and forward thinking. We are fortunate to have incredible artists who created really unique works for the public to enjoy.”

These are the 6 new sculpture installments for 2020.

Artist statements for sculpTOUR 2020

1 *Artist:* Bob Doster
Title: House Portal
Location: N Main Street in front of Indigo Custom Framing

Statement: House Portal is stainless steel sculpture that’s part of my portal series. In passing through the portal, you go from the past to the future while existing in the present.
Price: \$10,000

2 *Artist:* Bob Doster
Title: Trinity Vessel
Location: Carolina Wren Park
Statement: Trinity Vessel is part of the Vessel series, the shapes are reminiscent of the symbol used to represent The Father, Son, And Holy Ghost. The shapes are the drops from the sculpture “A Memorial,” which pays respects to the victims of mass shooting as defined as 4 or more per incident from the years 2014-2019 for a total of 2091.
Price: \$3,000

3 *Artist:* Mark Woodward
Title: Bicycles Don’t Eat Hay
Location: Corner of N Main Street and E Earle Street

Statement: Bicycles are a part of our culture, a part of our childhood memories, and increasingly a part of our adulthood with community bike trails popping up everywhere. “Bicycles Don’t Eat Hay” was built of 20 local, discarded bicycles. Look closely, maybe one was yours.
Price: \$15,000



4 *Artist:* Matt Amante
Title: Orbital
Location: Corner of S Main Street and W Benson Street

Statement: Orbital is a steel sculpture that focuses heavily on movement and balance. My goal for this sculpture was for it to be large but not to feel massive and heavy to convey the idea of movement within space.
Price: \$3,500

5 *Artist:* Adam Walls
Title: Conceive
Location: Corner of S Main Street and E Church Street

Statement: Conceive is meant to represent that moment when things start to happen - from the first beginnings of an idea to the initial germination of a seed.
Price: \$6,000

6 *Artist:* Adam Walls
Title: POW
Location: Carolina Wren Park

Statement: POW has meant different things to me since I first had the idea to build it. These days I like to think it represents the excitement of realizing that you’ve got what it takes to make a difference.
Price: \$6,000



RED ROCKET PUBLISHING OF ANDERSON, LLC

PUBLISHERS

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

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

LAYOUT/DESIGN

ART DIRECTOR
Zack Mauldin
zack@upstatetoday.com

GRAPHIC DESIGN
Nate Thomason
signal43@live.com

WRITERS

GARDEN & FLORAL
Susan Temple
gardningirl@yahoo.com

SPORTS
Bru Nimmons
bnimmons3@gmail.com

MENTAL HEALTH
Mary-Catherine McClain Riner
drmarycatherine@rinerounseling.com

FASHION
Kristine March

COLUMNISTS
Coach Jim Fraser
Kim Acker Von Keller
Katie Laughridge
Neal Parnell
Lina Maslo
Ann K. Bailes

TO SEND INFORMATION

Please make sure photos include the date taken, location and names of people in the photos. If photos are submitted via email, make sure they are a minimum of 300 dpi and saved as a JPEG file. If photos are mailed, we cannot guarantee the photo will be returned. The editor of The Electric City News will make your article/story grammatically correct without altering its content. The publishers of The Electric City News reserve the right to withhold inappropriate content or photos.

Ready for a checking account that's

MUSIC TO YOUR EARS?



Free Kasasa Tunes® checking includes:

- ▶ Refunds for what you buy online
- ▶ Includes iTunes®, Amazon®, or Google Play™*
- ▶ Plus, get refunds on ATM withdrawal fees nationwide!



Additional Information: Account approval, conditions, qualifications, limits, timeframes, enrollments, and other requirements apply. \$50.00 minimum deposit is required to open the account. At least 10 monthly POS debit card purchases post and settle to your account, enrollment in online or mobile banking, and enrollment in eStatements are conditions of this account. *The refund is limited to \$5 per month and is based on purchases from iTunes, Google Play, and Amazon.com. Limit of 1 account per social security number. There is no Monthly Service Fee to open or close this account. Contact one of our bank service representatives for additional information, details, restrictions, reward calculations, processing limitations, cycle dates and enrollment instructions. **Trademarks:** iTunes is a registered trademark of Apple, Inc. Amazon.com is a registered trademark of Amazon.com. Google Play is a registered trademark of Google, Inc. Apple Inc., Amazon.com and Google, Inc. are not participants in or sponsors of this program. Kasasa and Kasasa Tunes are trademarks of Kasasa, Ltd., registered in the U.S.A.

Clowers

CONTINUED FROM PAGE 1

show-business side of professional wrestling,” Michael laughs. “It was cool to see these huge guys showing up with their costumes before the bouts. They would come into our class and just watch us dance until we were finished.”

“That’s for Me!”

Professional wrestlers would not be the only audience Michael performed for. When he was in elementary school, he learned that the Anderson Community Theater was holding auditions for a well-known children’s musical.

“I remember being over at the home of a neighbor, Lisa Acker Parker, when her older sister started talking about how The Wizard of Oz was being put on by the community theater,” he says. “I remember thinking, That’s for me! She explained what it all was and what all you had to do to audition, and I went to the audition with my neighbor. Funny how a chance conversation can change your life, and that one did. I did over 15 productions at Anderson Community Theater, even after I went to Clemson. Mame, The King and I, and Peter Pan were some of my favorites. Director William Splawn taught me so very much about acting and the theater, like how to be prepared and to open your creativity and just be. There were many choreographers there, and they always pushed me. I remember Natasha Lazar asking me if I could do this or that, and I would say, ‘I have no idea what that is.’ She would show me, and I would say, ‘Yes, I can do that.’ They all acted like I could and should do it, so I did.”

Perseverance and Passion

Not everybody understood Michael’s passion for dance when he was growing up. He was often made fun of, and when the teasing would get to him, he would give up dance for a while. But his teachers never gave up on him or his talent. When his first teacher, Millie Aiken, started teaching an adult class, Michael joined them in secret. And it was another local teacher who strengthened his resolve to continue performing.

“I cannot stress enough how much June Horton means to me,” Michael says. “Eventually, I admitted that I loved dancing and did not care what anyone else thought about it, and I went all in with June as my teacher and mentor. She had us performing everywhere when I was in high school. She then taught me to love dance even



more than I ever thought possible. She taught with discipline and love all rolled into one fabulous teacher. She gave me the tools to succeed and then championed me every day and still does. She is an amazing teacher and friend who shared her love of dance and opened the world up to me. I had no idea what she was doing for me at the time, but I do now.”

But as much as he loved his family and teachers in Anderson, Michael always knew he wanted something more. “It was always there,” he says. “Sometimes I was scared to admit it, and so I would suppress it. But I think my teachers saw it, and they made sure that those seeds were watered. That feeling has always been a driving force for change and creativity in my life, to not shy away but run into the unknown.”

Michael’s route to a career as a professional dancer began while he was still in high school. He appeared in a series of Christmas commercials for J.B. White in Greenville and worked in shows at Six Flags in Atlanta on weekends and during the summer. His theme park work continued throughout his time as a college student. But after his second year at Clemson University, he got a summer contract with Opryland and then a year-round contract at Disneyworld as a Kid of the Kingdom, performing in front of Cinderella’s Castle.

Michael is appreciative of the pace his professional life took. As a young man, he worked in Atlanta, Nashville, Orlando, Fort Worth, Chicago, and Tokyo, where he met talented individuals with like-minded goals. “In each city that I moved to, the possibilities became greater,” he says. “My castmates were from all walks of

life, which then opened new pathways of thinking and inspiration. When I look back, I realize that I took small steps to New York City. I think that if I had moved straight there, it would have swallowed me up.”

New York, New York

Two events pushed Michael to make his biggest move. First, Michael Peters, choreographer of Michael



Jackson’s Thriller video, hired him for a New Kids on the Block television special. “Peters’ belief in me really gave me confidence,” he says. Second, a syndicated television program on which he appeared was cancelled. So in 1994, he moved to New York City, and it wasn’t long before he found a job.

“I got a job on my second day in the city at Radio City Music Hall, and Radio City kept me employed as a performer,” he says. “I loved it there, but my dream was to be on Broadway as a performer, so I auditioned and auditioned. I was an assistant choreographer on the original production of Side Show in ‘97, and I made my Broadway debut as a dancer in ‘98 as a replacement in Beauty and the Beast. It was so wonderful as it was full-circle for my Disney career. But my big dream was to originate a role on Broadway, and my dream show was 42nd Street. By the time the revival audition came around, I was choreographer AND director at Radio City, but I knew I could do both jobs. I auditioned, and I got the part!”

Working as a professional dancer is hard; working as a director and choreographer as well just makes it harder. “Broadway is a hard gig,” Michael says. “You do eight shows a week, so your life is catered around staying healthy and conserving energy so that you can perform. That being said, I loved every single minute! My favorite performing memory was performing at the 2001 Tony Awards on The Great Stage at Radio City Music Hall. We did the opening number. At that moment, my professional worlds collided. It was an incredible evening as we won for the Tony for Best Revival of a Musical and all went on stage to accept. It was the last time I danced at Radio City. I knew it that night and savored every moment.”

Another highlight of his time in New York put him at the helm of one of America’s greatest Christmas traditions. Having started as a dancer with the Radio City Music Hall, he eventually rose to the position of dance captain and then assistant choreographer. But in 2000, he was named director of the Christmas Spectacular Starring the Radio City Rockettes. The Christmas Spectacular has been a holiday tradition since its debut in 1933. With a cast of more than 150 singers, dancers, and musicians, the Christmas Spectacular is seen by more than 1 million people annually. So what was it like to direct such a historic show?

“It was spectacular, scary, life-changing, and a dream come true,” Michael says. “To cast the world-famous dance line was so fun, and to be at the helm of that show was quite the responsibility. I directed the show after the 9/11 attacks and was so very proud. To always be a part of the

history of Radio City and the Rockettes is something that will always make my heart smile. As a reminder of that time, we have four seats from Radio City that were taken out of the orchestra section in 1999.”

Citizen of the World

Following his work at Radio City, Michael went to work on a decidedly different stage: one that floats. He joined Royal Caribbean Productions as a director and choreographer, starting with an aqua show with divers, dancers, and acrobats. But his biggest project with the cruise line is the staging of the Andrew Lloyd Webber musical Cats. “I am the resident director of the production,” Michael says. “I have mounted, cast, and directed 10 productions of Cats so far that are performed on The Oasis of the Seas. There are on average two casts a year. We audition in New York City and London twice a year. Once cruising resumes, we will be installing cast 11 of Cats.”

Michael’s travels have also taken him to the United Arab Emirates. Friend Elaine Heinz was producing a show based on the Step Up movie franchise called Step Up Dubai, All In, and she wanted Michael to direct. “It’s a show about break dancing and the world of dance crews, all of which I knew nothing about,” he says, “so of course I said, YES! I love doing what scares me. I immersed myself in the culture and tried to learn what I could. I even went to a dance battle in Dubai! It was a great experience. The show is still running and will resume hopefully after the pandemic.”

Michael is currently based in Asheville, North Carolina, and he’s happy to be closer to his parents, who live on Lake Hartwell. Since leaving Anderson in the 1980s, Michael has visited all 50 states and lived in 12. He has visited 25 countries and counts the cities of Mykonos, Hong Kong, Singapore, Cadiz, Tokyo, and London among his favorites. But while he wanders professionally, he is emotionally grounded by the people he loves most.

“I cannot tell you how much my parents mean to me,” he says. “They have always encouraged me and loved me. But the biggest guide in my journey as a dancer, choreographer, and director is my husband, Clay Chaffin. We met when I was working at the Magic Kingdom and he was playing Prince Charming. We have been together for 32 years and married for seven. Having love in your life helps you to dare to reach for what you thought you could not. He is my biggest cheerleader and confidant, and we share the spirit of adventure.”

The opportunities to see dance performance have grown tremendously since Michael took his first dance class in 1970. Television shows such as Dancing with the Stars and So You Think You Can Dance draw huge weekly audiences, and dancers on social media sites such as Tik Tok inspire young people around the world. There are kids across America who watch those shows and videos and dream of the life in dance Michael Clowers has made for himself. So what advice would he give to those young people who, like him, want to “run into the unknown”?

“I think the most important thing is to listen to your heart,” he says. “If it tells you to love, to learn, to help, do that! Those things are what move us to purpose.”



BUSINESS SPOTLIGHT

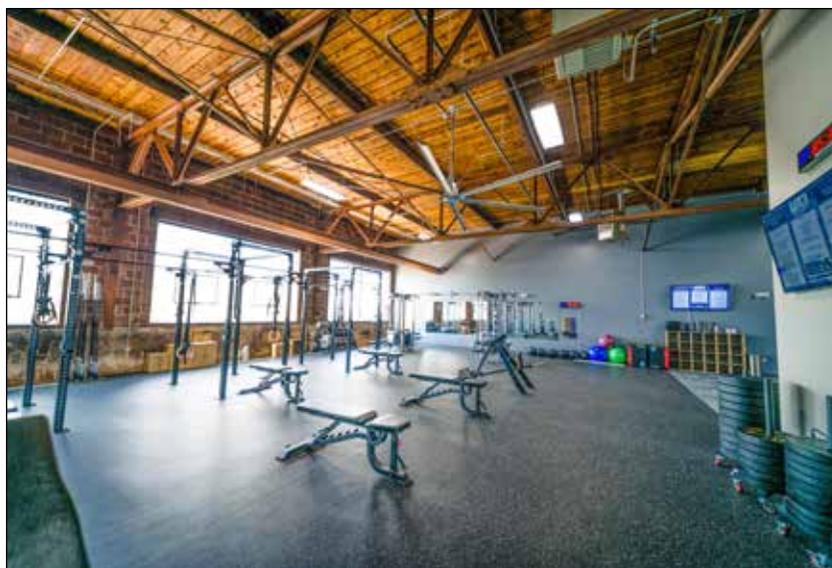
BY MARY HALEY THOMPSON

PHOTOGRAPHY BY WILL MALONE

New gym opens in downtown Anderson

TLK Training opened its first location at 111 East Calhoun Street in downtown Anderson. Now in its second month of operation, members are raving about a gym experience that is brand new to the market.

After years developing their careers in the sports and fitness industries, business owners Jon Rutter and Nick Meeks decided to open a facility they would call their own. Jon is a soccer player turned coach from Birmingham, England who moved to South Carolina to enroll as a student and athlete at Erskine College. Upon graduating with a bachelor's degree in sports management, he later advanced his degree when he moved to Anderson and obtained a master's degree in business administration from Anderson University. Jon is currently a full-time coach at AU for men's soccer. Born and raised in Virginia, Nick graduated from James Madison University with a bachelor's degree in exercise science. Nick moved to South Carolina for a job opportunity with Clemson Football and later made Anderson his home. For fun, Nick started a gym out of his '87 Chevrolet pickup truck. He hauled equipment and set up shop at local parks. Word spread and attendance was so high, it was time to graduate to an indoor facility. While his home garage sufficed for some time, Nick and his wife Cindy eventually



opened CrossFit Electric City on Main Street in 2011.

Jon and Nick met at CrossFit and the fate of their business started on a paper napkin one morning at Anderson's beloved Mama Penn's Restaurant. For months they brainstormed and developed a program that filled a need in today's fitness industry. With over 40 years of combined experience in fitness, sports training and coaching, Jon and Nick launched TLK Training in Anderson.

TLK Training is a gym that features preplanned workouts and personal training services at an affordable cost. Members select a workout from a menu of options outlined as part of a three-week plan. Trainers are on the floor and available to help guide you through each move. Daily workouts feature a series of resistance moves and cardio that can be accomplished in a short period of time.

Another important member of the team is trainer Andrew Lauster. "He's got what it takes," Nick explains. "His



Pictured, from left, are Owner Jon Rutter, Trainer Andrew Lauster, Owner Nick Meeks

skillset, personality and work ethic are rare to come by and it was a top priority for us to have him on our team."

Jon and Nick emphasize that TLK is perfect for someone who has never stepped foot into a gym, but just as effective for the seasoned athlete who wants to take his or her skillset to the next level. "It is important to us that we know every member by name and their fitness goals," Jon said. "We want to build relationships with our members to ensure TLK is an experience unique to everyone."

TLK stands for Thrive-Longevity-Knowledge and its mission is to provide members with a blueprint to improve his or her quality of life. From traveling to America to play soccer and starting a gym out of a pickup truck, Jon and Nick's story paints a picture of the American Dream. Visit TLK Training and experience a program that is groundbreaking in today's fitness industry.

TLK is located on Calhoun Street within a mixed-use property that also houses Electric City Brewing Co and Electric City Fitness Co.



Sauna amenity at TLK Training

TLK Training

111 East Calhoun Street
(864) 540-0697
more@tlktraining.com

Hours of Operation:

Mon - Thurs: 6am - 8pm
Fri: 6am - 7pm
Sat: 7am - 1pm

For updates, connect with TLK Training on Facebook and Instagram.



An Outer Banks getaway

My family and I recently went to Outer Banks, NC. It was one of the most pristine and beautiful beaches I have ever been to. It's a long drive, but once you're there it's worth it.

We drove down the North Carolina Highway 12 for what seemed to be forever. It is filled with sand dunes as big as a mountain and picturesque views that go on for miles. Corolla is at the top of the island and that is where you see the wild horses or Spanish mustangs that have been there since they were shipwrecked many moons ago.



Kristine March

You can take tours or drive your own car on the beach and find them yourself. So heavenly to see. There are great little shops and restaurants and bakeries throughout. Ice cream and mini golf and the best salt water taffy I have ever had. I will say it's more primitive and untouched than the beaches we've used to, but that's what made me fall in love with it.

We stayed on Hatteras Beach in adorable cabanas that were on the beach. If you're a Nicholas Sparks fan check out the Nights In Rodanthe House. It's so lovely to see especially if you have read the book or watched the film. Rodanthe is just beside Hatteras so everything is centrally located. You can rent bikes on the island and get a chartered boat if you're into fishing. Definitely stop at Risky Business Market on Hatteras for amazing fresh seafood. We boiled shrimp and steamed oysters and it was blissful. Go see the Hatteras light house and walk on the piers. Lay out on the beach with a pina colada and ease your troubles away.

We also loved this island because we basically had it to ourselves. It's kid friendly and fun and you will make amazing memories with your loved ones. I highly recommend OBX. It would even be beautiful in the fall or any season for that matter. It's a peaceful paradise and we can't wait to go back. So pack your swimsuit and make the beach your runway. Happy end of summer y'all.

Patients prepare for, recover from surgery at LifeChoice Cardiac Rehabilitation Program

BY CINDY LANDRUM

Marlene and Tom Hodgetts are a married couple that does everything together, including going through cardiac rehabilitation at AnMed Health's LifeChoice Cardiac Rehabilitation Program after each suffered a heart attack.

"It was depressing for both of us to be sick at the same time," said Marlene Hodgetts. "LifeChoice made a difference. It will not cure me, but it gave me more strength. It's a good program."

Marlene, 80, had her heart attack first.

Tom Hodgetts, 83, had taken his wife to the doctor's office. After the appointment was over, the couple walked to their car, where Marlene told her husband she was having a heart attack. He drove her to the hospital.

Marlene had heart trouble in the past. She already had several stents. A stent is a tiny, wire mesh tube inserted into a clogged artery to hold it open and help blood flow. This time, she said she needed a "stent within a stent."

Tom Hodgetts had his heart attack two days later.

"I had a bypass years ago," he said. "The bypass had gotten plugged up."

The Hodgetts both attended the LifeChoice program, AnMed Health's 12-week, 36-session cardiac rehab program. LifeChoice is a medically supervised program designed to improve the cardiac health of patients who have experienced a heart attack, heart failure, angioplasty or heart surgery. One part of the program includes a customized



Marlene and Tom Hodgetts with LifeChoice Exercise Physiologist Robin Fritz (left) and Ed Griffin, RN (right).

exercise program, said Michael Gibson, nurse manager for AnMed Health's LifeChoice Cardiac Rehabilitation Program.

Each year, nearly 800,000 people in the United States have heart attacks, according to the American Heart Association. Cardiac rehab not only can help them recover from a heart problem but also help prevent future issues, Gibson said.

"Just like somebody who has hip, knee or shoulder surgery, people who have a cardiac-related event need rehab, too," he said. "Since the heart is a muscle, you can strengthen it with exercise."

Many of the participants in the program

have never exercised before, Gibson said.

"The goal is to increase their functional capacity and improve their quality of life," he said.

LifeChoice also includes risk modification and nutrition education, Gibson said.

"Yes, it is an exercise program, but it is so much more than that," he said.

LifeChoice helped John Martin prepare for a heart transplant. Martin's heart was failing. Medication and a pacemaker weren't helping. A heart specialist in Charlotte told him his only hope for survival was a transplant.

While he was waiting for a new heart, surgeons implanted a battery-powered artificial



John Martin with LifeChoice cardiac rehab nurses Renee Leaf (left) and Freda Brock (right).

heart. Martin did outpatient cardiac strengthening at LifeChoice, becoming the only person in South Carolina with an artificial heart to take part in outpatient cardiac rehab while waiting for a donor's heart. He has since received his new heart.

"It has helped me get my strength up. Before, I had trouble doing anything because I was always out of breath," he said. "Now, I can walk on the treadmill, do the elliptical and rowing machines. I can walk around the block and go rabbit hunting. LifeChoice has made a big difference in my life."

To learn more about LifeChoice, call 864.512.1505.

PLAYLIST FOR A NEW SCHOOL YEAR

I am a big believer in attitude, and I'm not talking about the one your teenager gets when you sing out loud in the car. (That is called sass, which I don't believe in at all.) I'm talking about the game face you put on when times are challenging. And as challenging as times have been since March – money woes, toilet paper shortages, Fuddruckers closings – things are about to get a lot more interesting as students begin their fall semesters and school districts unpack a whole suitcase of plans and contingency plans for reopening.

As a mother and a former elementary school teacher, parents who choose distance learning have my respect. Back in the day, I could teach a class of 25 to read and write, but if I had had to teach my own child at home, Elizabeth von

Keller would still have to wear sandals to count above ten. But what I lacked in the ability to home school, I more than made up for in my ability to cheerlead, mostly through music.



Kim von Keller

If you were to look at the songs on my old iPod, you'd see that I had playlists for tae kwon do matches (Elizabeth), jury trials (Ted), and long car trips (all of us). So if you have a cell phone and a few spare bucks to spend at Amazon Music or the iTunes store, you can put together a list to get you and your children through School in the

Time of 'Rona, no matter where it takes place.

"Perfect Day"

When I was little, my mom used to wake my sister and me up every morning by saying, "Up and at 'em, Atom Ant!" a phrase made popular by a cartoon superhero insect. But if you want to get your kids in the right headspace in the morning, try blasting "Perfect Day" by Hoku, the opening theme to the movie *Legally Blonde*. Like a truckload of soda on a bumpy road, "Perfect Day" is a super-bubbly reminder that if we expect the best, we might just get what we want:

"On this perfect day, nothing's standing in my way.

On this perfect day, nothing can go wrong."

If a positive attitude could get Elle Wood through Harvard Law School, it can certainly get your son or daughter through sixth grade social studies.

"9 to 5"

Finding a song about the joy of work is pretty hard, as most songs are either about how much we hate it, like "Take This Job and Shove It," or how we avoid it, like "Taking Care of Business." Even the Dolly Parton classic, "9 to 5," takes a lot of time to complain about the boss-man. But kids should be reminded that there is purpose in their work – getting to the next grade, getting into college, getting a dream job – and that persistence pays off:

"... you've got dreams he'll never take away.

You're in the same boat with a lot of your friends,

Waiting for the day your ship'll come in.

The tide's gonna turn and it's all gonna roll you away."

Dolly knows about persistence: She owns her own theme park.

"Try a Little Tenderness" We all deserve a trophy just for making it to September, and it shouldn't matter that we did it in pajama pants. 2020 is not a year to be hard on ourselves or our kids. So if they're struggling to multiply fractions or to find a face mask that matches their outfits, let Otis Redding be your guide:

"It's not just sentimental. She has her grief and her cares. But a word so soft and gentle Makes it easier to bear."

YOUR DENTIST CAN SAVE YOUR LIFE

Inflammation ... a ticking health timebomb!

As a dental professional, I see it every day. Inflammation in the mouth. Better known as periodontal disease or bleeding gums.

A considerable amount of research has confirmed that this condition allows bacteria to enter the bloodstream – which in turn can lead to serious health issues.

In fact, your dentist can save your life because we can identify potential health issues early. Rest assured, when I see inflammation in a patient's mouth, we take immediate steps to help correct it.

But inflammation is not just an oral health issue...

To begin with, there are many causes of chronic inflammation which can include exposure to bacteria or viruses. Symptoms of inflammation include everything from redness in the tissues, swelling, joint stiffness and pain, to fatigue and even loss of appetite.

Here is the big picture we should all consider. Thanks to break-through advances

in modern medical science we may finally be zeroing in on what will realistically enable people to live longer and healthier lives. And it all may boil down to what we are willing to give up. Researchers studying the process of aging now believe that chronic inflammation is a universal condition – one that contributes to many



Dr. Gabrielle F. Cannick

of our common debilitating ailments from diabetes and heart disease and Alzheimer's -- to an autoimmune condition like rheumatoid arthritis. It can best be described as a "low-grade irritant" that progresses slowly. Researchers refer to this as "inflammaging". It can impact the health of virtually every bodily system and is considered to be a true threat to our on-going health and longevity.

Chronic inflammation is also a tough

adversary to overcome. We now know it can last indefinitely in our bodies as our immune system fails to completely shut down as it responds to not only illnesses but also an injury. It should be noted chronic inflammation is also associated with exposure to foreign substances-- like asbestos -- that the body has difficulty eliminating.

But as is usually the case, the more we learn the more we are able to fight back.

In Part Two of this feature we will explore how recent research has identified practical steps we can all take that can minimize the harmful effects of chronic inflammation that can stop — and potentially even reverse — its progression.

Inflammation is an important health issue, one that impacts us all. As I said, in our dental practice we deal with inflammation each and every day, and in so doing we strive to help our patients achieve optimum oral as well as overall health. If you are experiencing the symptoms of inflammation you should of course see your doctor.

And we are here for you and your family as well. If you have questions, please call.

Think of us as your hometown resource for guidance and support.

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

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

COLD DRINKS * GREAT FOOD GOOD TIMES



3745 Smith McGee Road • Iva, SC • 864-352-9299
Open Thursday through Sunday 2:00PM until close
*** Membership Required ***



**For a
better
night's
sleep**

**Snoring and Obstructive
Sleep Apnea
can be treated safely
and effectively with the
EMA® oral appliance**



EMA® works by opening the bite and gently advancing the mandible (or jaw) with elastic straps to increase airway space.

This custom-made oral appliance is only available through dental professionals.

**Ask your dentist if
EMA is right for you.**

\$500 off of a custom
Sleep Appliance

Gabrielle F. Cannick, DMD, PhD
Grand Oaks Dental, LLC

3905 Liberty Highway, Anderson, SC, 29621
 Call 864-224-0809 or visit www.grandoaksdental.com

Anderson County Chapter of the National League of Junior Cotillions

It is a pleasure to introduce the Anderson County Chapter of the National League of Junior Cotillions, the nation's only organization that trains and licenses directors to establish local cotillion programs. The mission of NLJC is to teach young men and ladies to act and treat others with honor, dignity and respect for better relationships with family, friends and associates and to learn and practice ballroom dance.

Remember that we will soon return to a lifestyle full of family gatherings, sporting events, concerts, job interviews, vacations and weddings. It is important to continue developing character during this time so that when we return to our normal day to day lives our manners will be ready.

Directors of the Anderson County chapter, Katie Beth Johnson and Jacqueline Ashley are a mother/daughter duo that owns several small businesses in Anderson. Both Katie Beth and Jacqueline were born and raised in Anderson and graduated from Clemson University. After many years of event planning, they are expanding their business to educate our younger Andersonians.

National League of Junior Cotillion is a three year curriculum designed to give young people instruction and practice in the courtesies that make life more pleasant for them and those around them; to give them thorough training in standard ballroom dance; and to provide opportunities to practice and enjoy these skills at memorable parties, balls, dinners and events, complete with decorations, refreshments, favors and prizes.

The Junior Cotillion program is designed for 5th - 8th grade students.

Junior Cotillion program places emphasis on etiquette, manners and character education as well as on dancing. The social and character education components of the program include rules of proper telephone courtesies, acknowledgments of gifts, introductions, receiving lines, participating in group settings, polite conversation, paying and receiving compliments, sports etiquette, first impressions, dress code for all occasions, manners in the home and in public places, table manners, formal place settings, styles of dining including American, Asian, and Continental, skills involved in being a guest, hostess or host, and

many other areas of social behavior. Other topics covered are the ethics involved in the areas of having honor, dignity, respect, honesty, fairness, a caring attitude, accountability, and citizenship.

The High School Cotillion Program is designed for 9th - 12th graders.

The High School Cotillion Program is a licensed program of NLJC® designed specifically for high school students. New etiquette and character development topics which are pertinent to the high school years, such as dating courtesies, interviewing for scholarships and jobs, positive self-esteem, and handling peer-pressure will be presented and discussed at each dance. This program will bridge the gap for today's high schooler between their education and the real world in a meaningful way.

The program covers specific skills teaching candidates how to:

- pay bills
- register to vote
- submit tax forms
- apply for a loan
- buy a car



pay utilities
make a budget
dress for a job interview
and more!

All of our classes will be held at The Bleckley Inn-Benson Room

Classes Available:
Junior Cotillion Year I
High School Introduction class
Learn more and register now at: nljc.com/n/index.php/chapters/andersoncounty/chapter
Email us at: johnson.ashley@nljc.com



Invest in Junior Cotillion

REGISTER FOR THE
2020-2021
SEASON TODAY!

Beginning October 2020
Sign up by September 20th. Learn more and register at
<https://nljc.com/n/index.php/chapters/andersoncounty/chapter/>

Email Katie Beth Johnson and Jacqueline Ashley at
johnson.ashley@nljc.com

BEWARE

OF THE \$45 TERMITE LETTER
(CL-100) WHEN BUYING A HOME



W.E. BLACK

TERMITE & PEST CONTROL, INC.

STATE CERTIFIED • 25 YEARS EXPERIENCE • INSURED & BONDED

375-1899

2840 S. MAIN STREET

DOWNTOWN ANDERSON

end of

SUM

ME R

SIDEWALK

SALE

SATURDAY, AUGUST 29th

participants include

Bark, Simply Country Chic, Belle Beauty, Cocobon, Indigo, The Bee Hive, Phil's Jewelers, The Kitchen Emporium & Gifts, Plum Suede, The Olive Shoe, Ladies On Main, Tracie Starr Home, Remnants Antiques Gifts & Consignment, Blake & Brady, Fashion Shack, Collectique, Small Town Girl and Smoore Designs...select restaurants offering lunch specials!

The Peoples Bank Midnight Flight VIRTUAL Race planned

ANDERSON — The Peoples Bank Midnight Flight is one of the southeast's premier races – and this year we are going VIRTUAL to protect the health and safety of our runners, volunteers, staff, and the Anderson community.

While we know things are changing, we want one thing to be constant – our commitment to family wellness for all! Run, walk, row, swim, elliptical... exercise however you can to complete our various race distances. We offer a 1 mile, 5k (3.1 mile) and 10k (6.2 mile) option with a \$20 fee per race. Register at runsignup.com.

The races will open on August 21st, and can be completed any time through August 31st. Registration and issuing of bibs will be completed through runsignup.com. We will be posting the race routes for each distance, so if you are local you can run the official route! Prizes will be awarded for groups and individuals. Register by Thursday, August 6th to be entered in a drawing for a \$100 Visa gift card.

Included in registration will be the usual packet and t-shirt, with a commemorative design to mark the occasion! Packet pick-up

for those local to the Anderson community will be held on Friday, August 21st and Monday, August 24th, from 12pm-7pm at the Y. This will be in a drive-thru format, so no need to even get out of your car. To receive your shirt on packet pick-up day, register by August 6th. If you register after August 6th, we will place a second order on August 31st with a pick-up date to be determined when they arrive.

About the Y

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,700 Ys engage 22 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Those interested in donating to the Anderson Y can visit www.andersonareaymca.org or call 864-716-6260. Anderson Area YMCA is a 501 (c) (3) nonprofit organization and all gifts are tax deductible to the extent allowed by law.



For all your plumbing, electrical and heating and air conditioning needs.

864-716-0560 www.glennmep.com

Business pitches with community feedback

The Brew

Anderson

Every Wednesday at 8am
Free breakfast & coffee
Carolina Wren Park



NIBBLE & SIP

Parents, this one is not for you

Parents, your kids are about to start a school year. Do you remember what that was like? There were face masks to choose, social distance to measure, Zoom conferences to navigate. If you don't remember those things, it's because you NEVER HAD TO DO THEM!

As the grown-ups of the family, it is your job to assure your kids that, in the words of Bob Marley, "Every little thing gonna be all right." And the best way to do that is with a Back-To-School Nibble and Sip to celebrate

another year of learning. Parents, this one is not for you.



Kim von Keller

Let's start with the snack. Sloppy Joe Sliders and fun, small, and messy, words that could also describe most children. And to wash them down, Under the Sea is a vibrant blue drink that has plenty of gummy fish but no nutritional value, and

that's okay. They can learn about vitamins and minerals in health class.

Sloppy Joe Sliders

2 1/2 pounds ground beef
1 large green bell pepper, diced
1/2 yellow onion, diced
5 cloves garlic, minced
1 1/2 cups ketchup
2 teaspoons chili powder
2 teaspoons brown sugar
1 teaspoon dry mustard
3 to 4 dashes Worcestershire sauce
Hot sauce, to taste
Salt and freshly ground pepper, to taste
16 soft slider buns
1 cup shredded cheddar cheese

Place the beef in a large pot over medium-high heat and cook until browned, 7 to 10 minutes. Drain off the fat. Add the green peppers and onion and cook, stirring, until they soften slightly and are combined with the beef, a couple of minutes. Add the garlic

and stir into the mixture for another minute or so. Add the ketchup and 1 cup water and stir to combine. Add the chili powder, brown sugar, dry mustard, Worcestershire, and hot sauce. Season with salt and pepper to taste. Stir and bring to a simmer. Reduce the heat to medium-low and cook until the sauce has thickened, about 20 minutes. Spoon a good amount of the meat on the bottoms of the slider buns. Sprinkle the cheddar cheese over meat mixture and top with the bun tops to serve. Serves 8.

Under the Sea

3 oz Torani Blue Raspberry Syrup (available at Walmart or Amazon)
9.5 oz liquid sour mix
9.5 oz lemon-lime soda
Swedish Fish

Combine the syrup, sour mix, and soda in a small pitcher and divide between three glasses. Add ice to fill and garnish with Swedish Fish. Serves three.

Wild night at the Anderson County Fair

September 22nd, 1971 was on a Tuesday, and it was student day at the Anderson County Fair. Back then, everyone went to the fair every day they were able, but on student day all students in the county took advantage of the free admission.

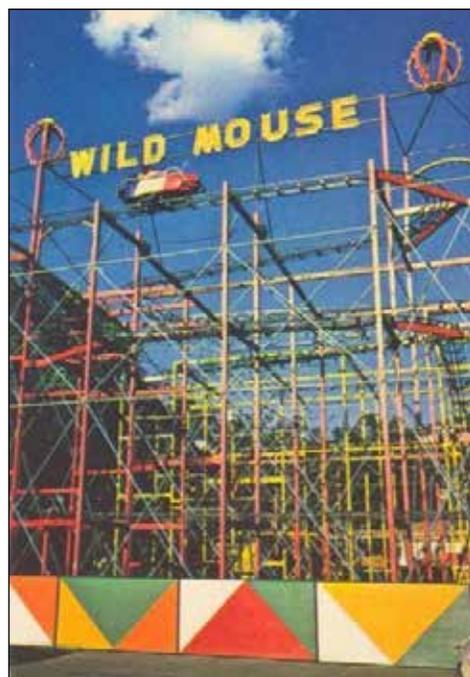


Neal Parnell

My family decided that we would all meet back at the front gate in 2 hours, and we went our separate ways. I had my sights set on a cup of those salty vinegar french fries, and after that purchase I walked down Gooding's Million Dollar

Midway where a carny barker was shouting, "See the Giant Desert Rats!, one dime, one-tenth of a dollar gets you in, if they get out, we all get out!". And another carny is yelling, "I'm bringing out the fat lady, Tami from Miami, it takes four men to hug her, and a boxcar to lug her!" I was going to try my hand at the Basketball Shoot, when I remembered that my dad had warned me that the backboards were tilted, the rims were small, and the balls were over-inflated, so I passed.

I was standing in line to ride the Wild Mouse when I saw my sister Mandy and her new boyfriend Tony Scott standing in line about ten people back from me. I waved to them as I stepped up onto the platform to be next. The Wild Mouse is a three-story, one car, roller coaster, that makes quick bone jerking right-angle turns throughout the three levels. Once on top, you can see the whole Fairground. The Wild Mouse car holds two people, one in front, one in back. I staggered out after the two-minute spin cycle, and began to look for Mandy and Tony to watch them ride. There they were, at the top, about to



make the far corner turn, only the car didn't turn. It went off the track and everything went into slow motion. I heard screams on the far side, and I can only imagine their thoughts as the noisy rattling little car went silent in the air. I stood frozen as I watched Tony jump out about halfway down. Mandy was still in the car when it hit and disintegrated into a small camper next to the ride. Tony hit the ground and had broken his leg, but limped off in shock. Word spread fast and everything stopped, except for the crowd that was gathering around the camper. Mandy was unconscious but alive. After many surgeries and months of recovery, Mandy would be her sweet and funny self, but with no memory of what happened on that Wild Night at the Anderson County Fair. I love you Mandy.

GROUCHO'S DELI
SINCE 1941

NOW OPEN!
YOUR NEIGHBORHOOD DELI

Groucho's Deli

HOURS: 11 AM - 9 PM MONDAY THRU SUNDAY
CALL FOR SPECIAL EVENT CATERING 864-314-8291
WWW.GROUCHOS.COM/ANDERSON

@ANDERSONGROUCHOS **@ANDERSONGROUCHOS**

MUSINGS OF AN OLE BALL COACH

IT'S HOW YOU PLAY THE GAME

Keep coming back and may the world
romp across your spine
let every game's end find you still on the
battle line
for when that great scorer comes to mark
against your name
he writes - not that you won or lost but
how you played the game.

What a great testament. It sums up our
existence, it amplifies to each of us that as we
journey through life fighting it's innumerable
battles, that if we conduct our quest, whatever
it maybe. That if we do it with honor and
integrity without disrupting our fellow travel-
ers, then we lived a fulfilled life.

These words are the last words of a
poem by the inimitable early 20th century
sportswriter, Grantland Rice. He regaled us
with his lovely writing style chronicling the
exploits of "The Sultan of Swat," Babe Ruth.

The "Manasa Mauler," Jack Dempsey, and
the legendary Notre Dame Coach, Knute
Rockne.

You didn't have to be at the games to
enjoy them. It was
more fun reading about
West Point's Black
Knights of the Hudson,
Man O' War's run for
the Roses, and Rice's
"Four Horseman of
the Apocalypse" etched
against the Bleak
November sky.



Jim Fraser

As we face this mon-
umental plague of COVID XIX I am faced
with the prospect of something unique in my
four score an 84 year existence life; without
competitive sports. Sport has been my life
blood. I have had the unparalleled blessing of

being a teacher and a coach. My worldly trea-
sures are few, my accomplishments are sparse.
But I can truly borrow a line that says, 'But I
have silver in the moon and gold in the morn-
ing sun.' I have lucked up on the friendship of
some of God's greatest creations, former play-
ers, coaching associates, opponents and fans
and have earned a few accolades in the pro-
cess. The great server has indeed blessed me.

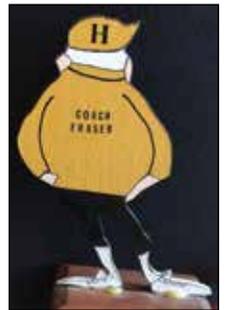
I have tried to inculcate that philosophy
through out my coaching career - because if
the pursuit of excellence in athletics is not
a microcosm of life itself there should be
no place for them in the school curriculum.
Athletics should teach us more than how to
win games (in majority of cases they aren't).
They should teach us to win with class and
lose with dignity. You never belittle your
opponent or seek to embarrass him.

The first modern olympiad was held in

Athens, Greece in 1896. The founder of the
games, Baron de Coubertin, gave the purpose
of the olympiad and a philosophy of life in the
official banquet in 1908.

"The important thing in life
Is not the triumph but the struggle
The essential thing is not to have con-
quered
But to have fought well."
Happy Musings

Jim Fraser was the
athletic director and
head football coach
at T.L. Hanna High
School from 1968-
1985. He was also a
full time member of the
faculty who taught U.S.
History.



American Christian Fiction Writers' SC Chapter to meet Aug. 22

The American Christian Fiction Writers'
South Carolina Chapter will meet Saturday,
August 22, 2020, at 2:00 PM at North
Anderson Baptist Church, 2308 N. Main
Street, Anderson, SC. The meeting is free and
visitors are welcome. A writing class will be
offered the first half and critique of members'
manuscripts, the last half. Visitors are wel-
come to sit in the critique sessions and offer
feedback.

The free writing class, "Microsoft Word for
Writers" will be presented by Alycia Morales.
She is an award-winning freelance editor,
author and conference leader.

Visitors to the meeting are encouraged
to come early and to park on the side of the
church with the long handicap ramp behind
the small white house or church office. Come
in the double glass doors at the ramp, take the
elevator to the second floor and go left down
the hall to a class room.

To learn more about the chapter, check
out the chapter blog at <http://scwritersacfw.blogspot.com/>. To learn about the national
organization go to www.acfw.com. For more
information about this meeting contact the
President, Elva Martin at elvacmartin@gmail.com
or call her at 864/226-7024.

Books for babies

"You're never too old, too wacky, too wild,
to pick up a book and read to a child."

Dr. Seuss

In my previous article "Bring a Book
Instead", I emphasized the importance of
reading to your baby-
even while she's still
in the womb! There
is overwhelming
scientific evidence
that supports the fact
that reading daily to
your baby will signifi-
cantly enhance their
brain development,
social interaction
and communication
skills, and will also
help build confidence,



Katie Laughridge

motivation, curiosity and a desire to learn
new things.

Finding the "perfect" book for your little
one is easier than you might think! A short
trip to the Anderson library, the local book-
store or cruising the Amazon website will
provide a plethora of great and entertaining
books to choose from. You may be won-
dering, "So, how do I know which books
are best to read as my child grows in age?"
Following is a list of guidelines that will
help you decide which books are best for
your baby:

Nursery rhymes and poetry: Rhyiming
verses are calming to babies because they
sound like the reassuring thump of a heart-
beat. Good choices include: Brown Bear,

Brown Bear, What Do You See? By Eric
Carle.

Concept books: Since a baby's vision
continues to develop for several months after
birth, high-contrast images are easiest for
him to see. Therefore, for children under 18
months of age, look for simple books with one
clear photograph or graphic drawing per page,
set against a plain background. You can use
these books to introduce your child to letters,
numbers, shapes, colors, animals, and more.
One great book choice in this category is First
100 Words.

Board books: You'll find concept books,
along with classic tales and the newest sto-
rybooks, available in a sturdy board-book
format. These books encourage your baby
to experiment and teachers them to interact
with their environment.

Wordless books: Books without words
allow you to flex your storytelling technique
to match whatever you and your baby need
that day. A funny story? A short one? A "let's-
go-to-sleep" version?

Question-and-answer books: Stories that
repeat a question or follow a pattern (For
example: Are You My Mother? By Dr. Seuss)
to help build your baby's budding language
skills. Even before he can say the words, he is
learning to anticipate what they are.

Interactive books: Even the youngest
babies enjoy investigating textures with
touch-and-feel books. As your baby grows,
add a few simple lift-the-flap storybooks
to your collection. Your little one will have
a great time playing peek-a-boo with her



friends and discovering other fun surprises
that lie hidden in the pages. The interactive
feature of these books will also help build
your child's fine motor skills and memory.

To give you a head start, here are a few of
my personal favorite titles: The Very Hungry
Caterpillar; Goodnight Moon; Dear Zoo;
Brown Bear, Brown Bear What Do You See?;
Where's Spot?; Giraffes Can't Dance; The
Going to Bed Book; First 100 Words; Where
Is Baby's Belly Button?; Peek-A Who?;
Animals (Baby Touch and Feel); Little Blue
Truck; Whoever You Are; Guess How Much
I Love You; Dinosaurs Love Underpants; Mr.
Brown Can Moo! Can You?

No matter what you and your baby decide
to read together, the important thing is to
make reading a basic part of your daily rou-
tine. It's by far the most important gift you will
ever give to your baby, as well as to yourself!

"There is more treasure in books than in
all the pirate's loot on 'Treasure island'"
Walt Disney

1917 code changes

BY RICH OTTER

Passing down from his father's law library, attorney Charles Welborn, Jr. may have one of the only copies, if not the only copy, of the 1917 City of Anderson Code of Laws. It constitutes an interesting view of changes in customs, perspectives, and concerns, not to mention laws, of times past.

Health issues were of great concern and dealt with in detail on the city level. Houses occupied by an individual with smallpox, scarlet fever, measles, diphtheria or Asiatic cholera had to be designated by a yellow flag placed in a conspicuous location. It was a misdemeanor if any person with an infectious or contagious disease were to expose or permit exposure of another.

Any person infected with a contagious disease could be taken by the health officer or a policeman to a "pest house" or other place prepared by the city for treatment. (A pest house was a building set aside for persons with communicable diseases.) Resisting arrest or attempting to escape from a pest house was a misdemeanor.

An individual was without restrictions having only one or two cows and just delivering milk to friends and neighbors. Smoking, snuffing and chewing tobacco were prohibited in bakeries as well as were workers with certain prohibited diseases.

A property owner had to provide a suitable privy and not more than two families could use the same privy. If within 200 yards of a sewer line, however, a connection had to be run thereto.

Traffic rules were spelled out in detail with accompanying drawings. No horse-drawn vehicle could turn from one street to another at a speed greater than a walk nor could any motor vehicle or bicycle turn at a speed greater than 6 miles per hour.

It was unlawful to fasten or hitch a horse or mule to any shade or ornamental tree in a public area or to a fixture intended to protect such tree. No horse, mule, cow, goat, or swine could go at large or be staked in any public place nor driven on a sidewalk.

Fortunately all convicts were directed to obey orders and city authorities could have a prisoner restrained by ball and chain. Any city council member or policeman had the right to call a posse to assist in an arrest. It was unlawful to carry a concealed weapon and an unconcealed pistol carried by an individual other than a police officer had to be over 20 inches in length and 3 pounds in weight.

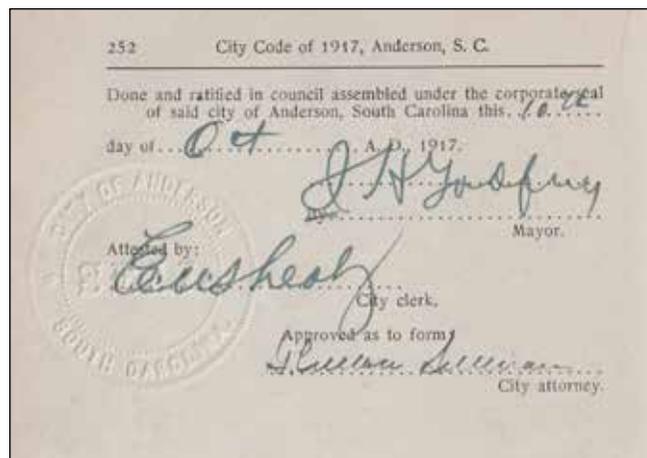
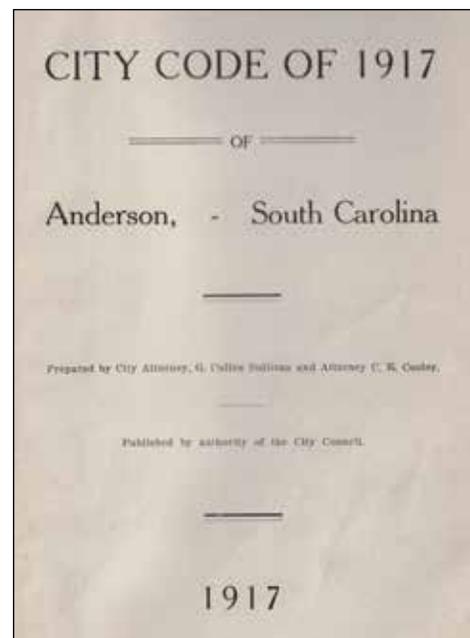
Mercantile establishments had to maintain at least one chair, stool or other suitable seat for every three female employees and permit use at reasonable times.

It was unlawful for a woman of notoriously bad character to ride on horseback insufficiently, indecently or conspicuously attired after 9 o'clock at night. (It was apparently acceptable prior to that hour.) No person could bathe in any pond or stream.

Working on the Sabbath Day was prohibited as was selling merchandise. Sporting events and all games of pastime were not allowed on the Sabbath, including horse-racing.

Any natural person over 21 could have in possession one quart of alcoholic liquor not containing more than 50 per centum of alcohol within any one month for medical purposes

for personal or family use and not more than one gallon of wine for religious purposes. A person could manufacture 5 gallons of wine annually from fruits, berries and grapes for his family use or for sacramental purposes.



UNREALISTIC EXPECTATIONS



**MARY-CATHERINE
McCLAIN
RINER**

How we talk to ourselves is extremely important. Negative self-talk often arises from disappointment, feelings of inadequacy or failure, and overall criticism. The root of these emotions stem from unrealistic expectations and perfectionistic standards.

Take an inventory. Which do you connect and relate to in your life?

- Everyone should like me. I need to please everyone.
- It is selfish to take care of myself.
- Relationships and friendships should be easy.
- I cannot make mistakes. Failure is a death sentence.

- The past should not continue to hurt/impact me. If I ignore it, it should go away.
- Self-growth should be linear
- By pleasing others, I will not be rejected or abandoned.
- People should be able to read my mind.
- My partner should understand my needs.
- Rest is not important. I should be able to juggle and do more.
- Parents should not make mistakes.

Which ones do you struggle with the most in your life? If you feel strongly about an item(s), I challenge you to journal, reflect, and meditate on how these assumptions impact and ultimately hinder your life. The next time you experience feelings of hurt or disappointment, lean into which expectations are present in your mind.

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

M McDOUGALD
FUNERAL SERVICES

CONTINUING THE *Tradition*
AT THE PENDLETON CENTER



1001 S. Mechanic St | 864.224.4343
McDougaldFuneralHome.com



Upstate HealthCare Services, Inc.
 212 E Greenville St. Anderson, SC 29621
 (864) 209-8245 • (864) 305-1015 Fax
 pennell@uhssc.com • www.uhssc.com

Price Driving School

217 West Whitner Street, Anderson, SC 29624
 864-226-1320 - www.pricedriving.com



Tommy Price
 Owner - Instructor

Private Driving Lessons - All Ages Welcome
 Certified Instructors-



Apple Dumplin' ANTIQUE MALL

14,000 sf - Over 70 Booths

Tuesday - Saturday
 10am - 6pm

864-642-2797

500 North Main St Downtown Anderson

From the Ground Up

ONE OF A KIND CUSTOM
 DECORATIVE BIRDHOUSES
 HANDMADE BY ANSLEY CLIFF

(803) 238-6684
 fromthegroundup49
 @gmail.com



SENIOR INSURANCE ADVISORS

Fred Reid

Licensed Insurance Agent
 Registered Pharmacist

719 E. Greenville Street
 Anderson, SC 29621

Office: (864)940-6113
 Fax: (864)231-0809
 freid1956@yahoo.com

Life Insurance - Cancer & Critical Illness - Medicare Advantage
 Term Life - Medicare Supplement - Dental & Vision

CITY SEED

at the STATION
 garden • home • birds

520 North Murray Avenue

donna@cityseedatthestation.com
 (864) 225-7511

SHOP LOCAL. EAT LOCAL. BE LOCAL.



HAVE YOU VISITED
 OUR NEW LOCATION?

418 NORTH MAIN STREET
 ANDERSON, SC

WESTAR



WESTAR Auto-Truck Tire & Alignment

Corner of Bleckley & Murray
 PO Box 400
 Anderson, SC

864.224.2248 • 864.224.2254

PALMETTO'S BEST LAWN CARE

RESIDENTIAL MOWING, HEDGE TRIMMING,
 YEAR-ROUND MAINTENANCE.
 MULCH, PINE NEEDLE INSTALLS.



CESAR DIAZ
 OWNER/OPERATOR

610-248-0284 LOCALLY OWNED AND OPERATED

(864) 772-2777

beeclean383@gmail.com



We are a commercial and residential power washing
 service with over 10 years of experience. Licensed
 and insured. Let us restore your property.
 100% satisfaction guaranteed.

www.beecleanllc.com



Handmade from Scratch.
 Original Recipes.

235 West Main Street
 Central, SC

Delivery options:
 DoorDash and Grubhub

Follow Bruno's Donut Cafe
 on Facebook and Instagram



You're Invited to Worship



**Starr United
 Methodist
 Church**

The Rev. Peter Michael Lack
 Pastor, Starr UMC

624 Professor Brown Lane
 (formerly Highway 81 South)
 Starr, South Carolina
 Sunday Worship @ 10:15am

THE GARDEN SHOP

Pleasantly surprising rain lilies



**SUSAN
TEMPLE**
master
gardener

Some gardens these days may have surprise lilies blooming. Botanically, they are *Lycoris squamigera*. My Grandmother Cooley sometimes called them resurrection lilies, sometimes magic lilies. I've also heard them called naked ladies. They're expensive when found in nurseries and most of the time must come from a mail order nursery unless passed along from a gardening friend. Rain lilies blooming are another summer surprise. Rain lilies (*Zephyranthes*) bloom primarily after it rains. I suppose irrigation systems could make them rain but Mother Nature is my irrigation system so I don't know if rain lilies know the difference. My mother's garden has the same irrigation as mine. She is more likely to drag the hosepipe than I am since she doesn't have to drag those aggravating things as far as I do.



Mama's front yard is a feast for the eyes these days. One side is full of zinnias. On the other side of the sidewalk is a patch of black-eyed Susans, then a red crepe myrtle provides shade for hydrangeas and other perennials. As I drove up the other day, at the edge of the bed under the crepe myrtle, were the prettiest little pink rain lilies. They are such a contrast to the boisterous zinnias on the other side of the sidewalk. Mama did some internet searching and decided they are *Zephyranthes labuffarosa*. She has one variety she stumbled across years ago at Ingles. Some came from the lady who used to live behind her in the

80's. She bought some dormant ones from Nurseries Caroliniana one time that were tagged yellow. She told Ted Stephens, the owner, if they weren't the right color, she was coming to North Augusta to get him. Her patch is a mix of white, yellow and pink. The pink ones are by far the best.

Dark green foliage is mostly evergreen. This is good for gardeners who are bothered by dying foliage of other bulbs. Rain lilies need to be at the front of the flower bed because they only grow about eight inches high. Tall varieties are only about a foot tall. Full sun with some afternoon shade is best.



Rain lily

They'll grow in most any type soil, even damp soil. As I was reading about rain lilies, North Carolina State University lists them as native to southeastern United States. Then I remembered seeing Atamasca lilies (*Zephyranthes atamasco*) growing around a big pond at Calloway Gardens many years ago. NC State also listed Atamasca lilies as highly toxic. One site had varieties listed by names. Star of Bethlehem was described as vivid orange with yellow streaking. Bid Dude was described as white with a hint of lavender frost making them seem to glow in the dark. I might have to do some searching for these varieties. I can see Big Dude mixed in with old fashioned petunias that came from my Aunt Issie. Their lavender, pinkish colors are fantastic at dusk and can be seen in the dark too.



Powered by

Aggressive Business
Assistance

+

Entrepreneurial
Programming

We **Spark**
Business Success
in Anderson, South Carolina

ANDERSON
ECONOMIC DEVELOPMENT
dream. start. grow.



Forever stable. Forever First.®

Can you count on your bank – and your bankers –
to be there for you when you need them?

How do you judge the companies you do business with? By their track record. At First Citizens Bank, we've been helping families and businesses for over 120 years. We're known for our reliability, long-term perspective and our First Citizens bankers. Because taking care of customers – year in, year out – isn't just our track record. It's our promise. **First Citizens Bank. Forever First.**

firstcitizens.com

