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July 23-August 5, 2020

ANDERSON EATERIES OF THE PAST

JR'S DELI & PUB

BY SUSAN TEMPLE

Jimmie Roe opened JR's Deli & Pub in 1981 in the basement of the then Plaza Hotel (originally the Chiquola Hotel). It was the boiler room of the hotel. She and Bud Barrs, with the help of a few friends, literally dug out parts of the old boiler room to make JR's Deli & Pub. It was known as the place below the street. JR's was heated by the steam pipes of the Plaza Hotel until the hotel closed about 1986ish. Occasionally people would ask, before Bud opened his pool room upstairs, "Is that door the only way out?" I heard Bud answer that question once and used his answer from then on. "Yes it is, but you'll drown from the sprinkler system before you burn to death". The small pub was a happy gathering place for regular

customers, many who were also good friends of Ms. Roe's, Bud's, and her employees. The pub only had 9 tables, with seating for 26 people. The bar seated five people. When the house was full, two additional people could sit at the Ms. Pac Man tabletop game. Mirrors lined the stairs from the front door down the steps. The right wall was mirrors, as well as behind the bar. A mirror also covered the wall to the ladies' room. People asked from time to time about that other room in there, not realizing it was a mirror. Mirrors helped to make the small area look bigger but more importantly, allowed us to see the whole place in the reflections.

JR's was famous for the Super Spud. But prime rib dinners, served on Friday and Saturday nights, were

SEE EATERIES ON PAGE 2



JR'S DELI & PUB



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Eateries

CONTINUED FROM PAGE 1

also well known and usually sold out. The Reuben was popular. Chicken salad sandwiches were a big seller. Ms. Roe bought the base used to make her chicken salad from Yon's Food. After adding some special this and that, she made it her own. And speaking of special sauce, the Vegetable Pita was popular. She even had the foresight to offer vegetarian back then. Ms. Roe made her special sauce in batches, early in the morning, because it had lots of garlic, spices, etc., and smelled up the whole place when she was making it. Roast beef pita was also another favorite. Those pocket sandwiches were not easy to eat though. If one was on a first date, ordering a pita sandwich may not have been the best decision. Sauce and juice running down one's face may have been a bit awkward if trying to make a good impression. But the dimly lit atmosphere, with candlelight, sure could be romantic.

JR's Belvedere opened in 1988 in the old Record Hole location. Super Spuds were the best seller. They could fry things in the new location so cheese sticks, mushrooms, and chicken clubs became hits. Bud and Ms. Roe were not allowed to add a fryer downtown because the system would have to be vented out into the alleyway that went beside the hotel. Regulations on city codes said nothing could block fire trucks from passing through the alley. Firetrucks couldn't even fit in the alleyway by the 1980's. JR's Special was a big seller at the Belvedere location. It was JR's version of a monte cristo. People loved it because it was like eating breakfast they would say. Customers were greeted with Spud Man when they came into JR's Belvedere. This was also the time that California Raisins were popular and people seemed to think it looked more like a California Raisin than a potato.

JR's had one of the best margaritas in town. Starting with a powdered version of sour mix, other ingredients were added to make it perfectly sour but never bitter. Bud made delicious bloody marys from scratch. His secret ingredient was beef consommé soup.

Waitresses downtown worked on a bank at night, meaning the house would start the waitress out with a set amount of money, usually \$100. Everything customers ordered was



SHINING TOWER

then paid for by the waitress. At the end of the night, the waitress paid the bank money back and what was left was what she made that shift. Rarely did anyone use a credit card, quite different from today when some businesses are not taking cash and we're hearing about a national coin shortage. One year when the menu was changed at JR's Belvedere, Bud rounded all prices, and included tax, so he didn't have to count as many coins. It seemed like such a strange idea. Jimmie Roe and Bud Barrs retired from their deli & pub business in 1996.

THE SHINING TOWER

The Shining Tower Restaurant was located on Main Street Extension/Clemson Boulevard. Owned by Vic Wilson and Walt Dorn, it was on the corner of Main Street and Concord Road, hidden behind Herb's pool hall. Patrons had the option of inside dining or curbside service. Attendants came to each car and took orders, then ran back inside and placed the order with the kitchen staff. When the food was ready, they took it out to the car and collected the money. Their advertisement boasted "Air conditioned."

GEDDINGS' RESTAURANT

Geddings' was a good old fashioned meat and three (or twelve) restaurant that was very popular in the 60's and 70's. Geddings, run by owner Ethel Embler "Ma" Geddings, was located on Dobbins Bridge Road. There was and still remains a small grocery store by the same name that was at the same location. On Sunday's, you could take your family to Geddings' and enjoy an all-you-can-eat buffet that was filled with fried chicken and a slew of homemade vegetables, rolls and sweet tea and of course, a choice of cobblers and other sweets to top off the enormous meal. All this for an affordable price and a chance for the lady of the house to enjoy a day of rest from the kitchen. Families sat at long picnic tables with benches and mingled with other families eating at the same table. After stuffing yourself with what seemed to be the best food



GEDDINGS STORE

in town at the time, kids could walk down to the adjoining pond and feed the ducks leftover biscuits from lunch. It was a beautiful place that offered a hometown atmosphere, great food and the perfect backdrop for family recollections.

THE MENNONITE RESTAURANT

Once a downtown favorite, the Mennonite Restaurant was a small but heavenly establishment that offered all the flavors of grandma's kitchen. Parked in a small but prominent spot beside Phil Jewelers, the Mennonites offered a large selection of fresh fried chicken, homemade meatloaf, turkey and dressing or a number of other delectable entrees paired with an array of fresh vegetables and homemade breads. Top it off with a homemade dessert and some of the sweetest tea in town and you had the makings for a food induced coma or a great Sunday afternoon nap.

EL DORADO STEAKHOUSE

Another favorite restaurant in the 60's and '70's was the El Dorado Steakhouse. It was located in the Pruitt Shopping Center close to Main Street (current site of Dunkin Donuts) Owners Claude and Betty Morris served up what was said to be the best steaks in town at the time. Some residents who were teenagers at the time said on weekends, cruising the El Dorado was the place to see and be seen. Not only did it offer great food at a reasonable price but an avenue of good clean fun for the youth.

CITY BAKERY

The city bakery, owned by Wallace Grantland, was on W Greenville Street next to the old Coin and Collectibles shop. The smell alone from those famous cinnamon rolls were heaven on earth. Wrapped in brown wax paper, which was ironed before using so that they were wrapped just right, the cinnamon rolls were gooey and warm and melted in your mouth. It was quite a treat to drive up to one of the first drive throughs Anderson had and buy a dozen or so to take home, which in many cases, they never actually made it home.

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New women’s boutique to open in downtown Anderson

Alie Nesta and Sandra Helfer will open Collectique, a women’s clothing and jewelry store, this Saturday, July 25, in downtown Anderson. Collectique will feature a unique mix of affordable clothing, jewelry and accessories.

Alie and Sandra recently moved to Anderson after living and working amid cities across the country in states including Kentucky, Georgia and Illinois. Starting as church friends in Kentucky, they later became family when Sandra married Alie’s younger brother Adam. Alie and her husband Alex developed their careers in fundraising as they traveled the country setting up pop-up retail shops, raising money for major hospital systems that housed their temporary sales.

While Alex worked on a plan to start a real estate development company with Sandra’s husband Adam, the two women began to collaborate on a business venture of their own. Upon their decision to move to Anderson, Alie and Sandra decided to open a storefront downtown that would offer a unique shopping experience for a community they would call home.

Collectique offers handpicked clothing, jewelry and accessories that are procured directly from the manufacturers. Alie and



Sandra Helfer and Alie Nesta

Sandra are committed to providing trendy and classical adjournments without the markup of the middleman. Their selection of fashion goods include pieces for every occasion, size or budget.

Since its beginning pop-up model, the mission of this business has always served to give-back. Whether its fundraising for a hospital or providing access to affordable fashion, Collectique was designed to make a difference in the community it serves. Mark your calendars for their grand opening this Saturday, July 25th from 4pm to 8pm at 211 East Benson Street and get ready for the ultimate shopping experience.

Follow Collectique on Facebook and Instagram for sale promotions and new arrivals.

Collectique is dedicated to the health and safety of its customers. Face masks and social distancing measures are encouraged to ensure a healthy shopping experience.



Collectique is located at 211 East Benson Street, Anderson SC

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'Keeping people active and doing what they love'

Sports medicine a passion for orthopedic surgeon Dr. Jay Shah

The first two things you notice about Dr. Jay Shah are his energy and his focus.

He walks quickly — trekking miles every day — as he makes his rounds in the hospital and in the orthopedic clinic. And he's passionate. Ask him a question about current sports and he'll enthusiastically tell you his opinion. And he always has a well-thought-out rationale to back it up. Add to that his talented surgeon's hands and his keen scientific mind and it's little wonder that sports fans, athletes and weekend warriors have been drawn to him throughout his medical career.

"I enjoy keeping up with sports.

My favorites are soccer, basketball and football but I will take an interest in just about any sport at its highest competitive level," said Dr. Shah who played soccer throughout his childhood and in college.

"Athletics is the ultimate leveler. Preconceived notions have to be put aside. Talent and drive determine the outcome. Sport is also a universal language that connects so many people across the world. That's why I chose to have a career in sports medicine and become an orthopedic surgeon. Keeping people active and doing what they love is my life's work."

All orthopedic surgeons have



Dr. Jay Shah

drive and commitment. How else would they survive four years of medical school followed by a minimum of five years of grueling residency? On top of that Dr. Shah completed a year of fellowship training in sports medicine at Emory

University where he was a member of the medical staff for the Atlanta Falcons and Georgia Tech's football and men's basketball teams.

"Fellowship training is optional, but I think it's really important. It's an extra year that you spend subspecializing within an area of orthopedic surgery," said Dr. Shah. "During my fellowship year, I got to learn how to take care of some very complicated sports medicine cases and learn some innovative techniques from some of the best surgeons in the field."

One of those innovative techniques Dr. Shah mastered is minimally invasive quad tendon harvesting ACL reconstruction. Although there are a variety of ways to reconstruct a torn anterior cruciate ligament, using a small section of a patient's own quadriceps tendon has several advantages. But the downside of this technique is post-operative pain and a one- to two-inch scar on the thigh.

"I learned during my fellowship

a way to remove the section of quad tendon through a much smaller incision, which means a lot less pain while you're healing, a smaller scar and you'll rehab better, too," said Dr. Shah.

Jackson Miller knows firsthand the advantages of Dr. Shah's minimally invasive technique. Miller loved to play football and basketball at T.L. Hanna High School. When the senior tore his ACL and required surgery this past year, Dr. Shah recommended the minimally invasive quad tendon technique, which made a lot of sense to Miller.

"He said there'd be less pain and the scar would be smaller. I barely notice it," said Miller. "The surgery was a complete success. The first few days were pretty hard, but I feel very secure on my knee now."

When asked how secure he felt on his newly repaired leg, Miller, who will be a freshman at Anderson University this fall, said, "Secure enough that I can do one-legged squats on that knee."

Do your part, be a part of the Anderson Strong Promise!

The **City of Anderson** is asking people to do these three things as we stay strong and continue to try to flatten the curve and slow the spread of COVID-19.



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How to prepare for a secure financial future, part 6

Indexed Universal Life or a 401K ... questions to consider

Ask Fred

As is true with most long-term investment plans closely tied to stock market performance, predicting the future success of any investment option is nearly impossible. The stock market crash of 2008 and 2020 are blaring reminders of this reality. However, the underlying truth is, unless you opt to tuck your money away in a low interest-bearing bank account, there will always be a certain level of risk associated with any investment vehicle you choose to consider. That said, making an "informed" and "reasonable" decision about how to invest your hard-earned dollars is still very possible. The key to determining your "best fit" option lies in carefully evaluating the pros and cons of each investment product, and how it relates to your specific goals, level of risk tolerance,

and current and anticipated future need for available cash.

To begin this process, ask yourself these important "suitability" questions:

1. Considering my age, income level, and anticipated future financial needs, which investment option makes more sense?
2. How much money can I afford to invest each month on a consistent basis? Am I willing, or financially able, to commit to the investment strategy- and avoid accessing the funds for at least ten years (i.e. early withdrawals from most investment vehicles generally result in financial penalties)? Determining your investment budget is an important first step.
3. How "risk-tolerant" am I?



Fred Reid, R.Ph.
Senior Insurance
Advisor

4. What are my retirement goals?
 5. What financial needs am I likely to face in the future? Will I need large sums of money to pay for educational expenses, weddings, travel, or to supplement my retirement income?
 6. Do I want to leave a tax-free death benefit for my loved ones?
 7. Do I need a plan that will allow me to access necessary funds to protect myself, and my family, in the event of a future critical, chronic or terminal illness?
- Most individuals would undoubtedly answer "yes" to questions 4-6 but may be less sure about the first three questions. We all want a secure retirement, the ability to access sizeable tax-free loans (that never have to be paid back), the peace of mind that our loved ones will receive a large death benefit, and the assurance that our family's financial future will not suffer due to a devastating future illness. Achieving this "ideal" state of financial security, although very attainable, is not guaranteed and does come with inherent "risks".

The crux of the matter is that it is virtually impossible to secure a successful financial future without also accepting a certain level of investment risk. Utilizing an IUL or a 401K to generate an excellent retirement is very possible- which has been proven repeatedly over the past several decades. However, it is important to remember that individuals may be better suited for one investment vehicle over another. Understanding how this relates to your goals and financial situation is extremely important.

Part 7 of this series will further evaluate why an IUL may be a good choice for some, while a 401K might be a better option for others.

Please contact Fred Reid at 864-940-6113 if you have questions or need assistance identifying the Medicare plan that best meets your health-care needs or would like to discuss viable options for financial planning. I am happy to meet with you in your home (or by phone) at your convenience.



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In truth healthy lungs should not be taken for granted. Health professionals report an increase in patients suffering from respiratory issues. Today chronic lower respiratory disease is the third leading cause of death in the US just behind heart disease and cancer. The culprit is COPD, or Chronic obstructive pulmonary disease, a progressive and incurable lung condition that makes it difficult to breathe. It includes emphysema and chronic bronchitis. Smoking is the most common cause. But air pollution also plays a role. Symptoms include persistent cough, shortness of breath, and tightness in the chest.

That said, what if you have healthy lungs?

It is important to realize that our lung function declines after 35, which makes it

harder for some people to breathe as they age. Moreover, environmental factors are challenging us as never before. And now we have the coronavirus which attacks the lungs. Although we may not be able to preserve our youthful lung capacity forever, there are steps we can take to keep our lungs healthy as we age -- and -- even to



Dr. Gabrielle F. Cannick

increase their capacity well into our senior years:

1. Obviously, if you smoke...quit. It is hard and no one can tell you it is time to quit except you. But the longer you wait the more you age your lungs.

2. Today there is more danger in the air than cigarette smoke. Many common household cleaners can damage our lungs. Tip:

Choose products labeled "Safer Choice" by the EPA.

3. Outside pollution. It may sound extreme but consider using an air quality app on your cell phone to monitor your area's conditions and avoid outdoor activities on smoky, smoggy days when the pollution index is high.

4. Believe it or not diet can have a huge effect on lung health. One 10-year study on lung function found that even smokers can slow the progression of lung decline just by increasing the apples, bananas, tomatoes, herbal tea, and vitamin C in their diets.

5. It goes without saying the better physical shape the body is in overall, the more effectively the cardiovascular system works. Exercise is the single most important component in preserving your lung health.

In this time, it is doubly important we do everything possible to preserve our lung function -- so we can keep breathing well for years to come. If you have questions,

please call us. We are here to help you and your family. 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>.

Shine from within

I come from a very theatrical and artsy family.

When I was a young girl I was in every play, dance recital and talent show known to man. My twin sister and I sing, so we were in everything entertainment. My mother is an actress, she also taught theater and dance lessons. My grandmother was a jitterbug dancer, my cousin is a modern dance instructor - so basically, everyone in my family did or still does something in the creative.



Kristine March

I lived in the green room or backstage. I loved to watch actors and dancers put on make-up. I played in my mother's make-up drawer daily so I learned a lot and was self taught just from being around it so much.

My twin sister and I really started wearing make-up in junior high school. We look back at pictures and we wore vamp lipstick and heavy foundation but we were pretty good at it to be so young.

Times have changed since the late nineties, thank the Lord. I now know how to not have such a heavy hand. My every day look especially since it's summer is baby fresh and

glowy. I don't wear it every day, because I like to give my skin a rest. I start with a great moisturizer and a little bio oil around my eyes just to have a dewy look. I then apply a concealer. As of late that's all the foundation product I wear.

I cover my flaws but I think it's best to see the skin. I then apply just a small amount of banana powder where I tend to get oily. I let it set or bake as they say now and I start on my blush and bronzer. I like a peachy shade in the summer. I love to contour a little but not too much.

I am also known for my liquid eyeliner by all of my best girlfriends. They say it's my signature. I like brown. I have brown eyes so black liquid eyeliner can appear harsh unless it's night time. I love a smokey eye but in the warmer months I pop on a good purple eye-shadow.

Lastly is the lip. I love a nude lip. I wear a butter gloss with a semi frosted color on top to make it look sixties glam and there you have it. I occasionally add liner to my water-line if it's not too balmy outside. Otherwise it leaks and just looks runny. Natural is key, y'all.

Most importantly is to glow and shine from within. Try to be happy and love the skin you're in. What's your makeup regimen? Make the sidewalk your runway and kindness always matters.



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Know Your Risk DURING COVID-19

(ACTIVITIES RANKED **HIGH** TO Low Risk)

GOING TO A BAR • WORKING OUT AT A GYM • ATTENDING A RELIGIOUS SERVICE WITH 500+ PEOPLE • ATTENDING A LARGE MUSIC CONCERT • EATING AT A BUFFET • GOING TO A MOVIE THEATER • GOING TO A SPORTS STADIUM OR AN AMUSEMENT PARK

Going to A Hair Salon or Barbershop • Hugging
-Traveling by Plane • Playing Basketball or Football
Eating in A Restaurant (Inside) • Shaking Hands
Attending A Wedding or Funeral • Going to a beach
Sending kids to school, camp, or day care • Shopping at a mall
Working a week in an office building • Attending a backyard barbecue
Having dinner at someone else's house • Swimming in a public pool
Visiting an elderly relative or friend in their home • Staying at a hotel for two nights
Sitting in a doctor's waiting room • Grocery shopping • Going to a library or museum
Eating in a restaurant (outside) • Walking in a busy downtown • Going for a walk, run, or bike ride with others • Spending an hour at a playground • Playing golf
Getting restaurant takeout • Pumping gasoline • Playing tennis • Going camping • Opening the mail

RANKED BY PHYSICIANS FROM THE TEXAS MEDICAL ASSOCIATION



Killdeer chicks and blueberry threats

BY ANN BAILES

Of course this was the morning that I forgot my good camera, when I could have gotten great pictures of a mama killdeer rescuing her chicks from a big, bad threat.

Mike and I were picking blueberries, deep in the bushes that we inherited with our farm purchase a year ago. (36 gallons of berries gathered so far.) I was down on my low stool, getting the hidden gems at the bottom, when I heard our resident killdeer make her characteristic “che-ee” sound from the old garden area to our left. She must have been teaching her chicks to spread their wings a little, because this was quite distant from their usual home in the woods and water hole near the entrance of the property. But now she had detected peril. Two tall creatures were in the blueberry bushes, and too close for comfort! One was even wearing a floppy hat! This was dangerous. She continued her noises, worked on a plan, and stayed close to protect her chicks.

Mike made his own human version of the “che-ee” sound, which must have worked, because as I continued collecting low-hanging berries, I could hear the mama moving toward us, but coming in a wide arc around the bushes and at a safe distance away. And following her, here came the three chicks making much lighter and softer sounds. When I stood up I could see two of the little ones had made it to the gravel to my right, heading with determination for

home and stopping every second or so, the way killdeer move when they’re checking out their surroundings. And Mama was alongside on the low deck beside them, chaperoning their travel.

But trouble was brewing. The third chick got turned around, and instead of heading for home, was moving straight toward the wall of the barn instead. Mama was worried. Her cheeping sounds got louder and more intense.

And then, even as his siblings were approaching safety, the stray chick got even more confused, getting behind the four-wheeler instead of turning toward home. Mama was not leaving him. Her calls got more urgent, doing everything possible to get him going in the right direction. We kept picking berries, but the unfolding sight was too interesting to ignore.

Finally, success. Mama slowly got the little one turned in the right direction. The two ran with their typical intermittent killdeer motion across the deck, properly pointed toward the watering hole. They scooted across the gravel and made it to the woods. The silence told us that Mama was no longer upset and that all three babies had made it to safety from those big, bad, blueberry-picking threats.

The killdeer were safe and happy. We got two more gallons of berries. Even if the camera did get left at home, it was a good morning.

A reading nook

I know of no greater philosopher than the infamous Dr. Seuss. No matter the situation I find myself in, I know I can always discover just the right advice somewhere buried in the treasure box of Dr. Seuss’ insightful quotes.



Katie Laughridge

As we roll into our fifth month of social distancing, it seems like an eternity since life was normal. Now that e-learning is completed and your once ambitious “to do” list of making new house plans, cleaning out cabinets, reorganizing closets and planting spring

flowers has all been successfully checked off, you may be left trying to find new ways to stay productive and desperately searching for innovative and creative ideas to occupy your children’s free time. Once again, Dr. Seuss has just the right answer.

“Fill your house with stacks of books in all the crannies and all the nooks.” – Dr. Seuss

Here’s a great activity you may want to try. Take an afternoon to create a space that provides your child the ability to experience the excitement and fulfillment that reading can provide. Your children will love it and getting started is super easy. You only need to find a cozy area somewhere in your home where you can create a reading nook that contains the following three elements.

A cozy seat to snuggle up in. Creating a cozy place for your child to settle in with a good book is an essential part of any reading nook. A few suggestions for providing cozy kid-friendly seating include beanbag chairs, furry rugs, foot stools and pillows. Also, since all kids love small, unique hideaway

spaces, consider creating a reading nook in an unusual space - such as under a staircase or in the middle of a main room with teepees and bean bags.

A smart book display. It is important to choose books that are colorful, creative and enticing for little eyes, as well as easy for small children to grab off the shelf. To accomplish this, think beyond a traditional bookshelf. One great idea is to utilize a book rail or newspaper rack, which will make book covers come alive. Another idea is to use a library cart in place of a bookshelf (i.e. the IKEA Raskog Cart is available on Amazon.com). If you’re into do-it-yourself projects, try creating a book crate by adding legs to an old dresser drawer. It makes looking for books easy to find and flip through for little hands.

Natural sunlight or creative lighting: Natural lighting is great, but if your reading nook location doesn’t have windows nearby, fun and functional lighting can be provided in other imaginative ways. For example, a bendable clip-on book light can be attached to a variety of surfaces, or you may prefer to hang a creative chandelier to add to the nook’s unique character. A personal favorite of mine is using repurposed holiday lights, or bigger hanging bulbs, to make a reading corner feel extra special.

For babies and toddlers who have a hard time sitting still in a reading nook, a good solution is to put a variety of board books into plastic baskets (available at your local Walmart) - and then place the baskets in strategic locations around the house.

Someone once said, “If you create the space, they will come.” I have witnessed this concept proven true many times over with my students, as well as with my own children. I encourage you to try it, you’ll be glad you did.

Keep reading, friends!



NIBBLE & SIP

Bringing the party home

Remember going to the grocery store? We'd waltz into Ingles without a care in the world, see a friend, and catch up while standing a foot apart. Sometimes, we'd even hug before walking off toward the deli! And what about wedding receptions? Under a big outdoor tent or in a hotel ballroom, we'd put our hands in the air like we just didn't care as music blasted from the speakers, only taking breaks for a bite from the buffet table or a cocktail from the bar. Who knew that in 2020, even a year ago would seem like the good, old days?

While running out for milk or bread may be approaching 2019 style, it may be a little bit before we return to the big party. But that

doesn't mean that you can't have a mini version at home with your family and the right Nibble and Sip. First, you'll need to give yourself over to your inner partier. You don't need to dress up, but try to find the hats and feather boas from last New Year's Eve. Next, you'll need to organize your party playlist. Start with something danceable at a medium tempo, something that the whole family knows. Follow that with some up-tempo choices,



Kim von Keller

and then drop down to a slow number: think Wagon Wheel by Darius Rucker, Mambo No. 5 by Lou Bega, Can't Stop the Feeling by Justin Timberlake, and I'll Be by Edwin McCain. This is the pattern followed by club DJs and bartenders everywhere, because when the music slows down, the crowd leaves the floor for food and drinks, which is exactly what you're going to do before starting the process all over again.

For the kids, make sure you have their favorite snacks and sodas or juices on hand. For the adults, I'd suggest everybody's favorite party appetizer, the crab cake. And to get you back on the dance floor, try the Motivational Dancer. It will make your house feel like a party, whether you're dancing to the Hokey Pokey or Old Town Road!

Party Crab Cakes

½ c. dry breadcrumbs
1 egg, beaten
5 T. mayonnaise
1 T. minced Italian parsley
1 T. Worcestershire sauce
1 T. Old Bay Seasoning or your favorite seafood seasoning

1 t. Dijon Mustard

1 lb. lump crabmeat

1/3 c. vegetable oil for frying

In a medium bowl, combine breadcrumbs, egg, mayonnaise, parsley, Worcestershire sauce, seasoning, and mustard, mixing well. Add crabmeat and fold gently until combined. Gently form into 12 crab cakes and refrigerate for an hour.

Heat the oil over medium heat in a large sauté pan. Add the crab cakes and fry for three to four minutes on each side, until browned. Drain on paper towels. Keep warm in a 250° oven until ready to serve.

Motivational Dancer

1 ½ oz. gin (I like Bombay Sapphire)

½ oz. fresh-squeezed lemon juice

¼ oz. Campari

¼ oz. triple sec

thin strips of lemon and orange zest for garnish

Combine gin, lemon juice, Campari, and triple sec in a shaker filled with ice. Shake vigorously and strain into a martini glass. Twist the strips of zest and garnish the edge of the glass for a confetti effect.

Help wanted, motivation required

BY KIM VON KELLER

If there's one positive thing you can say about the last five months, it's that we sure have had plenty of time to think. Libraries and museums are closed. Theaters are closed. Once America collectively dealt with whether Carole Baskins did or did not feed her second husband to a tiger, there hasn't even been anything good to watch on television. It should be no surprise, then, that after a recent online search, I took a lot of time to think about the changing world, my place in it, and what could still be in my future.

I was at my marketing desk, trying to find a former client we'd lost track of. Her name was pretty common, so I was continually refining my search to make sure I found the right person. While I never found who I was looking for – I guess she either went off the grid or onto a Witness Protection list – what I did find were lots and lots of descriptions for jobs I never knew existed. The Director of Fun who boosts employee morale by curating bathroom reading material, organizing volleyball tournaments, and occasionally making everyone breakfast. The prop master who creates fake money that looks real enough to be used in movies, but not so real as to be deemed counterfeit by the Secret Service. Clam Technician (kind of like a breeder). Swan Upper (swan counter for Queen Elizabeth II). I was imagining those jobs and what a day in the life of each would be like when I saw one I'd never heard of, which happens to be the most important job at any social gathering: Motivational Dancer.

If, like me, you are unfamiliar with this position, this is the description I read.

"Enhances bar and bat mitzvahs, birthday parties, weddings, proms, and holiday parties by assisting the emcee and the DJ in line dances, group participation, and games."

I have to admit, I thought the people doing that at the eight weddings I went to in 2019 were just relatives of the brides; you know, Aunt Eleanor, the "fun" one whose drink is always just a little bit pink and a little bit bubbly, the one who waves people onto the dance floor, the one who directs the Cupid Shuffle AND the Cha-Cha Slide, and the one who dances like no one's watching, whether it's with a partner, a group of women, or all by herself. In other words, me.

Well, the me I hope to become.

I love going to parties and weddings, but I'm more of a "practical" aunt. If you can't ignite your sparkler, I'll find you a butane lighter. I'll create a gift table if there's not one set up. I make sure you get your salad course before the entrée comes out. These are valuable skills, too, but I know I have an inner dancing queen. If there's one thing we're learning this year, it's that we all have one life, which is relatively short in the grand scheme of things. Who knows when the opportunity for change may come again? Just once, I'd like to be the one that starts the conga line.

Luckily for me, my weddings and parties that cancelled for 2020 have all been rescheduled for mid-2021. That means I have at least ten months before the next reception, so I'm going into training mode to become an amateur Motivational Dancer. I found a YouTube video on how to do The Wobble, but I'm still messing up on the turn. I'm gonna keep practicing though. It turns out that a pandemic can be highly motivational.

Business pitches with community feedback

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De Soto in Anderson?

BY RICH OTTER

Anderson historian Frank A. Dickson in his book *Journeys into the Past* makes a convincing argument that the first “tourist” to pass through Anderson was Spanish explorer Hernando De Soto along with about 1,000 of his men, marking the first major penetration of Europeans into what would become the southeastern United States. Looking for gold, they marched from Florida up through Georgia across the Savannah River and later traveled on to “discover” the Mississippi River.

Dickson describes how they crossed the Savannah River and at the invitation of Cherokee Princess Cofitachiqui (Cutiachiqui) met the Princess on the shore of the river at a place known as Silver Bluff near Aiken. They were welcomed warmly and De Soto was presented a string of pearls followed by his presentation to her of a signet ring. They were given clothing and food and were promised guides.

De Soto, feeling he had previously been tricked by Indians, took the Princess and her entourage hostage. They later escaped. In fact, it

is likely the Indians were primarily interested in leading De Soto as far away as they could manage and encouraged their travels with stories of wealth elsewhere.



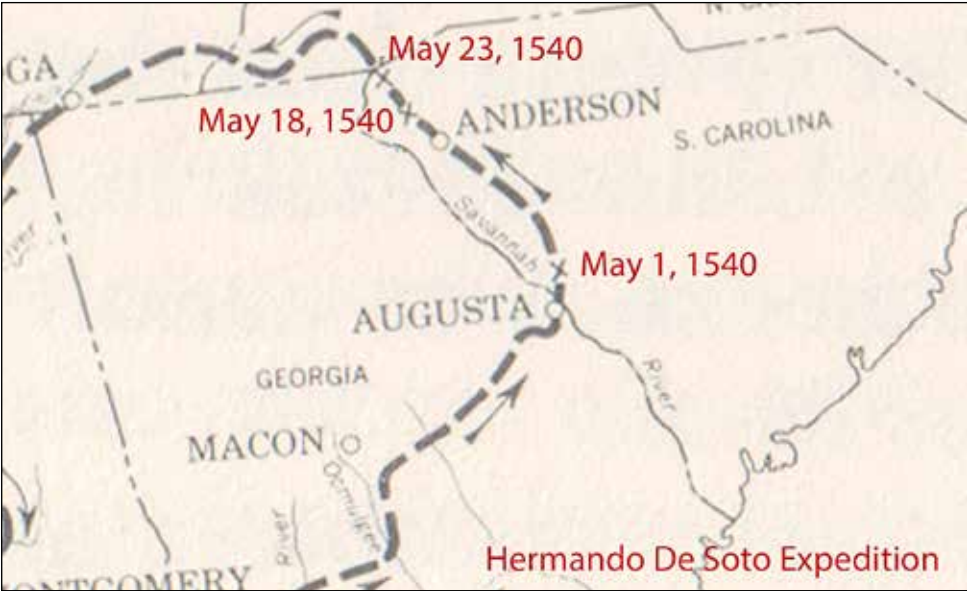
Hernando De Soto

Dickson based his theory of De Soto’s travels on a map from the De Soto National Memorial in Tampa Florida showing the soldier’s trail through Anderson County as well as a National Geographic description of his journey.

Various other routes have been proposed, even one that took De Soto down to Charleston. The most convincing alternate, however, is based upon translated details from four surviving members of the

conquistador group emphasizing their hardships. They confirm the basic Princess Cofitachiqui story but describe the crossing of additional multiple rivers and of physical characteristics they observed before meeting her. The additional rivers have been interpreted as possibly being two branches of the Edisto River and finally the junction of the Saluda and Congaree Rivers.

Through their narrative the Princess was thought to have been met on a river bank in the Columbia area. The reporters, however,



admitted they were lost.

From the alleged meeting with the Princess near present day Columbia, the track they supposedly followed went up to near Spartanburg and then into North Carolina before swinging back in a southerly direction. Such detours may seem questionable but it cannot be known what De Soto believed to be credible information. The duration of such travels pursuant to this theory may also cast doubt upon its veracity.

After finally reaching the Mississippi River, De Soto succumbed from fever, dying May 21, 1542 in the Louisiana area. His body was delivered to the depths of the river he was credited

with having discovered. He may not have found the material wealth he sought nor left a clear trail of his exploration but he opened a door to an unexplored territory.

It is not inconceivable the differing maps and excursions are all substantially correct. De Soto would certainly have sent out scouting parties during his travels to investigate other areas in order to seek his golden goal. He could have easily spared contingents of 100 or more of his 1,000 soldiers for such investigations. Even if the Anderson area had not entertained De Soto himself, it very likely could have encountered some very strange faces.



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FREEDOM'S JUST ANOTHER WORD

During the dark days of WWII, FDR who was a real war time President, listed four freedoms worth fighting for. Freedom from want, freedom of speech, freedom from fear and freedom of religion among them. As we leave another Independence Day Celebration I'd like to mention a few freedoms of my own.

FREEDOM FROM

1. Passing the buck. How refreshing it would be to see leadership take ownership of a failure. Instead of blaming others. True leadership is taking the heat, rallying the troops and getting it right. The oft recorded song said it best, "If you would be a man my friend, then pick yourself up, brush yourself off, and start all over again."

2. Greed and avarice. There's a fine line between capitalism and socialism with capitalism winning every time.



Jim Fraser

However, for capitalism to work in its purest form, its ultimate goal must be loftier than just to make money. Karl Marx said there must be a fusion between the proletariat (worker) and the bourgeois (owner). The worker must realize that his only tools are to render a solid day's work and the owner realize he must pay in accor-

dance - not what he can get by with paying him, but what he is worth. A worker should not have to have more than one job. Not live paycheck to paycheck and accumulate enough wealth to get him through an emergency.

Furthermore an industry should contemplate locating in a community with the goal of raising that standard of living by paying its fair share and not by strapping that community with 25 years of tax burden.

3. From victim hood. You would probably agree with me that the biggest cop out among our leaders today is, "Nobody has been more persecuted than I, everybody's against me." The most gratifying part of my time in education was to see a youngster who seemingly has no chance for success, yet refused to play the victim, who defied the odds and won.

4. Attacks on our institutions. America has prospered and flourished these 244 years partially because of our free press, judiciary and elections.

The transfer of power from one Head of State to another, bloodless and seamless is unique and unparalleled when that power is sullied and questioned, as it is being done today, then we have lost one of the hallmarks

of our freedoms. To assert that an election is bogus that it is rigged, that it might be, "The most corrupt election in the history of our country," is irresponsible and petty.

It has become the norm to bash the judiciary. This is hazardous and totally irresponsible. Federal judges are appointed for life for a reason, that they not be subject to partisan divide.

I've mentioned a few freedoms that no other country enjoys to the extent that we do. Attacks on them are attacks on our very core they must not be compromised and enabled to succeed.

A free fearless press is paramount to a free republic. When it is badgered constantly as having an agenda and being the purveyor of "Fake News," it becomes a propaganda machine for those in power.

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.



Swim lesson

My great Uncle, Rosco (Scoby) Sanders was the first and only lifeguard for Orr Mill Swimming Pool. Tall, with a perpetual mahogany suntan; he had bow legs attached

to large feet that looked more like flippers. His work gear consisted of a black hat, black swim trunks, dark sunglasses, a black pipe, and a gold whistle and watch.

He held the only keys to 400,000 gallons of chlorinated summer fun.

To enter the pool everyone was required to wear an ankle tag that was given to Orr Mill employees and their families, no tag, no entry. Girls and boys bathhouses were located on opposite ends of the pool and all had to shower before pool entry. Scoby knew if you tried to fake that cold shower, and when caught you'd be sitting and waiting for 15 minutes to try again. If you were a non-swimmer you would be delegated to the kiddie end of the pool, that was separated by a wall with jail-like bars underwater. To be able to gain entry into the deep end beginners needed to swim the width of the pool and back under the watchful eye of Scoby.

I wanted to be in the deep part, but I couldn't quite swim. I'd try to sneak over the kiddie wall and get almost over when the sound of that shrill whistle would cut through the air, and I'd get waved back. I practised in the kiddie end until I was sure I could make that width

lap. I asked Scoby if I could try the deep-end swim. I eased into the shallowest part of the deep-end and was looking up at the tall darkness of Scoby when he said, "GO BOY!" I flailed my little arms, and kicked my skinny legs, and it must have taken me five minutes to make the far side. I was exhausted, and only half-way. "GO BOY!" I was splashing and kicking and getting nowhere when I gave out. The next thing I remember is Scoby lifting me out of the water. Week after week I kept trying, only to make it three-quarters of the way before grabbing the kiddie wall.

Now being kin to Scoby, I was allowed to go with him to help him get the pool ready for opening. When all was ready he would take his daily laps. He swam as graceful as a shark and glided with nary a ripple that was beautiful to behold. One day he sprang out of the water, threw a potato sack over my head and chunked me into the deepest end of the pool. I sank like a rock, but after I got out of that potato sack, I swam like Tarzan, never to enter the kiddie end again.



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THE GARDEN SHOP

Cuttings and cutting down



**SUSAN
TEMPLE**
master
gardener

Last year I decided to start giving rooting plants from cuttings a try. I half-jokingly say this must be something older gardeners do. In my younger days, I would not have even attempted. It seems I've never known a young gardener that liked to root cuttings. It has always been more, um, mature gardeners. I find this a bit ironic because will that little cutting ever grow enough for us to see it mature in our lifetime. I look at some of my little trees I've bought and wonder will I see them fully grown. My brother and I were walking in his garden a few weeks ago (he grows food) and stopped to look at his pomegranate in full bloom. He said it's never had much fruit. I lamented about wanting a

fig tree. I've tried twice and either drought or deer killed them. I have one in a pot given to me by Anderson Garden Club but I don't know where to plant it. Either sun and cold winter winds make for the wrong spot or where the protected spot is good, deer are more prone to get it. He said plant it inside the backyard fence. I replied "They get big. There's not enough room". He said "It won't outgrow it in your life time". Well, he is correct about that. It's either that or put a fence around it.

I've successfully rooted gardenias, both August Beauty and Radicans. I want to add more around the house for their wonderful fragrance. One little plant that is not as big as my hand has a big bloom on it. When pruning one of the banana shrubs (*Michelia figo*), I rooted some of the cuttings. They seem to root easily. Their fragrance is wonderful and deer don't eat them. During one of my rescues, I took camellia cuttings from a very old yard in town. The house is long gone. They are growing too. Cuttings from American

boxwoods taken from the same spot are doing great.

In early spring, Garden Shop featured Korean Spice viburnum. The smell is wonderful and it is on my absolute favorites list. A storm broke it off back in April. It didn't pull it up from the roots but broke it off right at the ground. I took lots of cuttings from it. If I'm lucky, one or two might grow. They all started dying almost immediately. The stump put back out so I thought at least it's growing back. That is until I whacked it accidentally while cutting grass. There is no sign of it putting back out now. Seems like I may have to buy another Korean Spice.

A couple of hydrangeas were run over on purpose. Deer eat them, they rarely bloom, don't even grow or bloom nicely when I put fence around them, so I took a few cuttings first then mowed them down. I finally said heck with 'em. There are a couple more I'm going to move up next to the fence this winter. If they don't grow better, I'm going to run over them too.



Gardenia, camellia, and banana shrub cuttings

Do your part, be a part of the Anderson Strong Promise!

The **City of Anderson** is asking people to do these three things as we stay strong and continue to try to flatten the curve and slow the spread of COVID-19.



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WAIT

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