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THE Electric City News

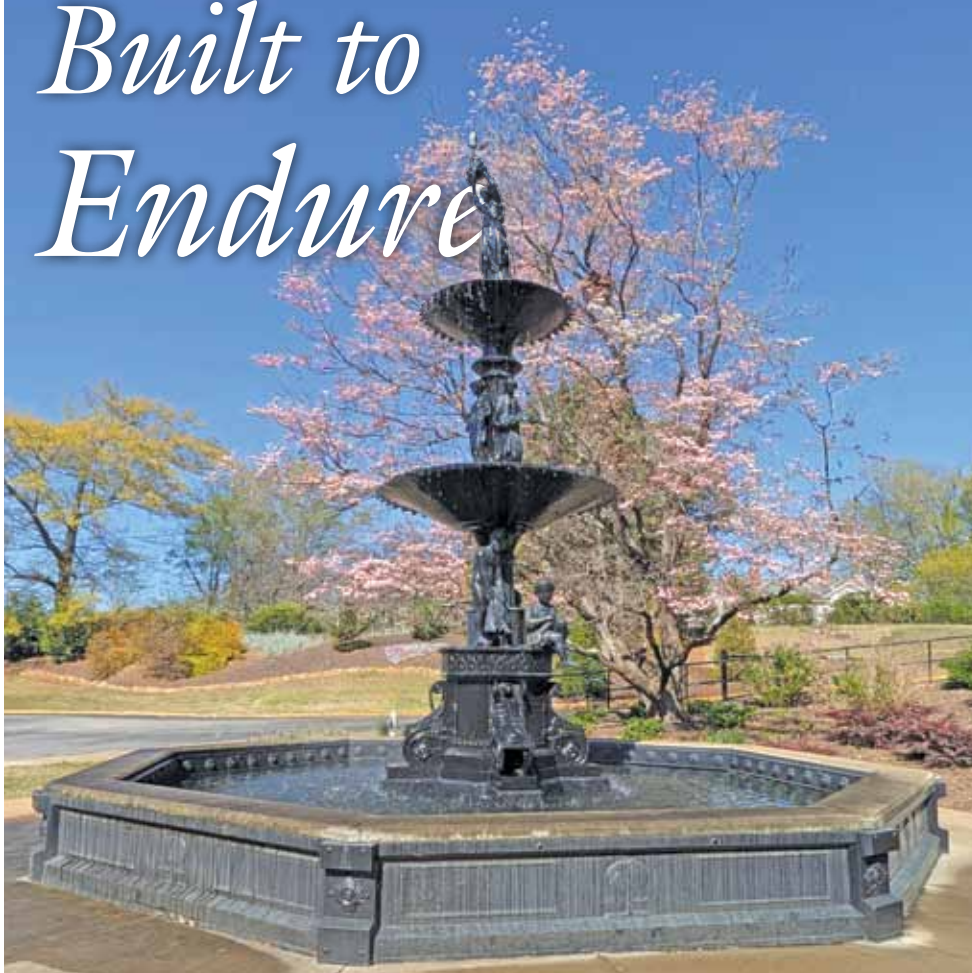
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September 10- 23, 2026

*Built to
Endure*



Anderson's timeless fountain

In 1904, the Civic Association of Anderson, led by President Pearl Fant, initiated an effort to beautify the city, with particular attention given to the grounds surrounding the Anderson Courthouse Square. Among the additions to Anderson's landscape were the famed Buena Vista Park, banana trees and other exotic plants, and the iconic Robert Anderson Memorial Fountain.

Cast in 1905, the iron fountain was formally installed and unveiled to the people of Anderson in 1906 on the courthouse square. When originally erected, the fountain cost approximately \$1,800. Excluding

SEE FOUNTAIN ON PAGE 2


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TARA PAYNE
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Fountain

CONTINUED FROM PAGE 1

the water basin, the fountain weighs approximately 5,500 pounds and stands just over 16 feet tall.

The fountain was named in honor of Revolutionary War Colonel and State Militia General Robert Anderson, the namesake of both the city and county. Designed by T. A. Wigington and C. C. Cole, much of the fountain was cast and constructed in Anderson by the Anderson Foundry and Steel Company. The cherubs were selected and ordered from a company in New York. Two of the existing cherubs are original zinc figures, while the third is an iron replica.

By August 1906, the fountain had been outfitted with electric lights and is believed to have been only the second fountain in the world to feature underwater electric lighting.

The Robert Anderson Memorial Fountain stood in downtown Anderson for most of the twentieth century, moving only slightly during that time. After falling into disrepair, the fountain was dismantled and placed in storage in the early 1980s. In 2001, local citizens and businesses raised \$45,000

to restore the fountain and reinstall it at the Anderson County Museum. There, it became an artifact owned, preserved, and protected by the museum for future generations.

After braving the elements for more than 100 years, the fountain's cast-iron figures and zinc components have stood the test of time. The iron structure has required periodic treatment to combat rust, weather, and age. In July 2021, Anderson County contracted with the Warren Lasch Conservation Center to undertake a \$100,000 restoration of the fountain. It was transported to North Charleston, where it underwent a year of conservation work and recoating.

"We are thankful to Anderson County for believing in the importance of preserving our history," said Museum Executive Director Beverly Childs. "This \$100,000 renovation will help protect and preserve the fountain for the next 100 years so future generations can enjoy its history."

Today, the Robert Anderson Memorial Fountain stands as a symbol of the city, the



county, its people, and their history.

Anderson County Museum

The Anderson County Museum is located at 202 East Greenville Street in downtown Anderson. The Fred Whitten Gallery and Whitner's Emporium Gift Store are open Tuesday from 10 a.m. to 7 p.m. and Wednesday through Saturday from 10 a.m. to 4 p.m. The Roper Research Room is open Tuesday from 1 to 7 p.m. and by appointment with the curator. The Anderson County Museum is handicap accessible, and admission is always free. Donations are welcome.

For more information, contact the museum at (864) 260-4737.

St. Paul's Church welcomes new Rector with local roots

St. Paul's Anglican Church of Greenville has welcomed the Rev. Dr. Jonathan Bailes as its new rector. A South Carolina native with both pastoral and academic experience, Bailes returns to the Upstate to lead the Greenville congregation.

Bailes comes to St. Paul's from Christ Church Cathedral in Plano, Texas, where he served for eight years. As rector, he will serve as the church's senior pastor and in consultation with the vestry and under the authority of the bishop, provide leadership and oversight for the church's clergy, staff and ministries. He will also serve as St. Paul's primary preacher and spiritual leader.

Bailes earned a bachelor's degree from Bryan College, a Master of Divinity from Beeson Divinity School and a Ph.D. from Boston College. His doctoral studies focused on early and medieval Christian theology, with his dissertation examining the fourth-century church father Gregory of Nyssa.

Before entering ordained ministry, Bailes taught history and theology at Boston College and Reformed Theological Seminary. Although he had considered a career in academic research and teaching, he eventually pursued ordained ministry.

He was ordained as an Anglican priest in 2018 and later joined the staff of Christ Church Cathedral in Plano.

His move to Greenville is also a return to his home state. Bailes grew up in Spartanburg and has family connections throughout South Carolina. His mother's family has roots in Charleston, while his father's family is from Anderson. He is the son of Dr. George Steven and Ellen Bailes, Steve is formerly of Anderson. He is also the grandson of the late Dr. and Mrs. L. Charles Bailes of Anderson.

Bailes and his wife, Rachael, have been married since 2008. They have four children: Elizabeth, Charlie, Lucy and Maggie.



REV. JONATHAN BAILES

Outside of church work, Bailes enjoys reading, cooking, fishing and spending time with his family.

Members of the search team said Bailes' theological training, pastoral experience and personal character made him a strong candidate for the position.

For Bailes, the position brings together his academic background, pastoral experience and longstanding connection to South Carolina as he begins his ministry at St. Paul's.

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Habitat for Humanity celebrates milestones

Habitat for Humanity of Anderson County is celebrating 40 years of building homes, communities, and hope—and a milestone four decades in the making: the construction of its 100th home.

Since 1986, Habitat for Humanity of Anderson County has brought people together around a shared mission of building strength, stability, and self-reliance through affordable homeownership.

With the support of volunteers, donors, community partners, and local families, that mission has resulted in the construction of 99 Habitat homes across Anderson County. Through Habitat's homeownership program, participating individuals and families work alongside the organization to achieve affordable homeownership, purchasing their homes through interest-free mortgages that help fund future construction.

Now, as the organization celebrates its 40th anniversary, its 100th home marks both a historic achievement and the beginning of a new chapter.



HOME #100 BUILDS SOMETHING NEW

Habitat Anderson's 100th home will also serve as the first home in its new Senior Cottage Program, an initiative designed to address the growing need for affordable homeownership opportunities among older adults living on limited or fixed incomes.

The program officially launched this year, with construction on the first Senior Cottage kicking off this summer, made possible in part by funding from Publix Super Markets Charities.

As housing costs continue to rise, many seniors face increasing challenges remaining in the communities they have long called home.

The Senior Cottage Program will provide thoughtfully designed, energy-efficient homes that give older adults the opportunity to age in place with dignity, independence, and greater financial stability.

The first Senior Cottage represents the beginning of a program Habitat Anderson hopes will serve local seniors for generations to come.

40 YEARS BUILT BY A COMMUNITY

Reaching 100 homes would not have been possible without the people of Anderson County.

For four decades, volunteers have given their time, donors have provided financial support and materials, businesses and organizations have partnered with Habitat, and community members have supported the Habitat ReStore—all helping make affordable homeownership possible for local families.

The first 99 homes are a reflection of what can happen when a community comes together around a shared purpose. Home

#100 will be built the same way.

BUILDING THE NEXT CHAPTER

In honor of its 40th anniversary, Habitat for Humanity of Anderson County is inviting the community to help make home #100 possible. Gifts made through the anniversary campaign will support construction of the first Senior Cottage and help launch the next chapter of Habitat Anderson's work.

The milestone is both an opportunity to celebrate what Anderson County has built together over the past 40 years and a reminder that the work continues.

ABOUT HABITAT FOR HUMANITY OF ANDERSON COUNTY

Habitat for Humanity of Anderson County brings people together to build homes, communities, and hope. Since 1986, the organization has worked alongside local families, volunteers, donors, and community partners to expand access to safe, affordable homeownership throughout the County. Through home construction, the Habitat ReStore, and continued community support, Habitat Anderson works to help local families build strength, stability, and self-reliance through shelter.

ROCK *The*  HOUSE
HABITAT FOR HUMANITY OF
ANDERSON COUNTY

development@habitatanderson.org | (864) 375-1177

Celebrate 40 years of Habitat for Humanity of Anderson County at our all-new fundraising event, Rock the House. Dueling pianos will provide entertainment **November 5 at the Bleckley Station**, bringing a night of piano-bar style fun to Anderson. Contact Briana Schultz to sponsor the event or reserve your tickets today!





DEAR BUBBA

Dear Bubba,
I've been married 15 years, and my wife says I love my Bass Boat more than her and says if I don't sell it, she's leaving. What should I do? - Torn in Iva

Dear Torn, You're gonna miss her, but the boat will never ask why you came home at 2 a.m. smelling like shad.



Neal Parnell

Dear Bubba,
My husband always puts the Duke's back in the fridge with the top barely on. How can I make him stop? - Lidless in Anderson

Dear Lidless, Here in the South, that's not a marriage problem; that's a felony. Duke's deserves better. You have two options. (1) Start putting the lid barely on everything he loves. His YETI cup, his truck gas cap, his deodorant. When he asks, What's wrong with you? Just say, I dunno; I learned it from you. (2) Take a Sharpie and write this on the top of the Duke's, "Tighten this or you're eating Miracle Whip for a month." He'll tighten it. No man risks Miracle Whip.

Dear Bubba,
My 'Check Engine' light has been on for 3 years. My mechanic says, "Ignore it." My wife says, "Fix it." What should I do? - Dashboard Christmas Tree in Piedmont

Dear Christmas, put a piece of electrical tape over it. You're Welcome.

Dear Bubba,
My husband fixes every noise on his truck by turning up the radio volume. - Riding in Silence. Powdersville

Dear Riding, your husband is a certified technician. That's exactly how the factory

manual says to fix a Ford; if the radio stops, then you worry.

Dear Bubba,
What is the proper way to break up with someone at the Waffel House? - Over Easy in Anderson

Dear Over Easy, You don't. Just order Scattered, Smothered, and Covered and see if she stays; if she does, marry her.

Dear Bubba,
Is it rude to bring my own sweet tea to a restaurant because theirs tastes like dirty creek water? - Tea Toter

Dear Tea, NO, it's rude not to bring enough for the whole table.

Dear Bubba,
My husband clips his toenails at the kitchen table. What should I do? - Table Clippings in Anderson

Dear Clippings, Bless Your Heart, you didn't get married; you got put in a deer camp with a kitchen. Get a five-gallon bucket, write "MAN-ICURE STATION" on it, and put it on the back porch with his clippers and a beer.

Dear Bubba,
My daughter's new boyfriend has a man bun. What should I do? - Bun Boggled in Starr

Dear Bun, Here's your plan. Don't say a word and ask him over to help change your oil, clean your shotguns, haul a deer stand or ride in the back of the truck with the dogs.

Dear Bubba,
Some city folks asked if my grits were gluten-free; what do I say? - Bowled Over in Anderson

Dear Bowled, tell them yes, the grits cost \$1.20, but the Gluten is Free.

SECURE A SPOT IN ANDERSON COUNTY'S HISTORIC

BICENTENNIAL Parade

October 4th - 3 PM | Main Street
Please arrive for the parade lineup at 2:00 PM

IT'S NOT TOO LATE, APPLY NOW!

Don't Just Watch the Fun —
be part of it with your own float!



Why Your Business Should Participate

- Massive Exposure: Put your business center stage with a parade float seen by thousands of your neighbors!
- Team Building: Rally your amazing crew, boost company morale, and showcase your pride with a custom float!
- Community Pride: Celebrate 200 years of hometown spirit with local schools, organizations, and leaders.



ANDERSON COUNTY
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VANBUREN AWARDED FOR VALOR, COURAGE BEYOND THE CALL OF DUTY



MERITORIOUS SERVICE AWARD FOR VALOR

This award recognizes an individual who demonstrated exceptional courage while on or off duty and displayed valor in a dangerous, life-threatening situation involving efforts to save another person's life or the protection of property.

ALEXANDRIA R. VANBUREN FROM OPERATIONS SUPPORT.

In 2025, Lieutenant Alexandria VanBuren demonstrated extraordinary courage by responding to three separate life-threatening emergencies, twice while off duty, placing herself at great personal risk to save the lives of others. On February 24th, she stopped on Interstate 270, ran against oncoming traffic to reach an overturned vehicle, and helped rescue and care for two crash victims.

On August 1, while on leave, she responded to a yard fire, entered a fuel-contaminated pond, and helped firefighters carry a trapped neighbor to safety. On November 8, with her family in the car, she crossed a busy highway to reach another overturned vehicle, broke the windshield, helped flip the car upright, and provided lifesaving care to a bleeding driver.

In each instance, quick actions, willingness to accept personal risk, and ability to organize those around her made a real difference in each situation.

Lieutenant VanBuren was honored for her profound courage and unwavering selfless commitment to service that made her exceptionally deserving of the Meritorious Service Award for Valor.

Lieutenant VanBuren is the daughter of Anderson County Administrator Rusty Burns.

M. Cindy Wilson, Associated Real Estate Services & Consulting Licensed in South Carolina & Georgia

140 +/- acres fronting BHP Highway and Floyd Wright Drive

Just a few minutes from historical Belton, SC,
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Perfect location for potential commercial and/or residential developments. This property has approximately 800' road frontage on BHP Hwy (Hwy 76), and 2000+' on Floyd Wright Drive. Available as an entirety or 30 to 50 acre parcels.

Belton Honea Path Hwy (Hwy 76) exposure would be ideal for a commercial or industrial site. The rest of the beautiful wooded lands fronting Floyd Wright Dr. would be super 30/50 acreage tracts for possible residential development or family homesteads with Hen Coop Creek flowing through it.

Approximately 12 miles to downtown Anderson and 30 miles to downtown Greenville. It is currently being managed as timberland.

School District 2 and close to BHP High School, Electric – Duke Power, Gas – Piedmont Natural Gas (4" line on BHP Hwy). Water – Belton Honea Path Authority (12" line on BHP Hwy, 8" line from BHP Hwy down Floyd Wright Dr. for 1600' + fire hydrant), – Septic Tank. Rail siding on BHP Hwy. (Greenville Western Railroad)

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A WISHLIST FULL OF FASHION DREAMS

We all have goals or items that sometimes feel just out of reach, and I find it incredibly helpful to actually jot them down.



Kristine March

I like to keep a running wishlist of these items—you never know when putting them out there might help bring them to fruition. I wanted to share a few of the top items currently on my list. For starters, a dress that I'm literally dreaming about.

It's by a company called Zimmerman. It's the valiant, spliced prism dress. It's a luxurious maxi dress made from silk. It's covered



in fringe that goes down in a deep v line. It's got long cape sleeves and is extremely bohemian, yet sophisticated at the same time.

It was featured in the Fall 2026 trailblazer runway collection. The price tag is \$3,500, but like I said, this is on my wish list after all.

Next on my list is a jacket. A designer named Lindsay Thornburg has made these incredible Pendleton blanket jackets that have been featured on shows like Yellowstone and in an Aspen boutique called Kemo Sabe. They're ready to wear and a portion of her profits goes to different Native American organizations. That makes me like it even better. Her shearling dusters and cloaks are made with Mongolian sheep fur that go around the cuffs and the inside lining of the jacket. Keeping you warm, but it's like wearing a work of art. The price tag is around \$3,000 so definitely not cheap, but it would be an heirloom and an investment. Absolutely stunning craftsmanship.

Another wishlist item is a handbag. The McQueen leather croc embossed shoulder handbag is so chic. It's a sculptural design with upper edges, long tonal fringe and its signature horn charm. You can order it from Saks fifth Avenue, Neiman Marcus,

or Bloomingdale's. It has a whimsygoth approach and would be perfect before the Halloween season.

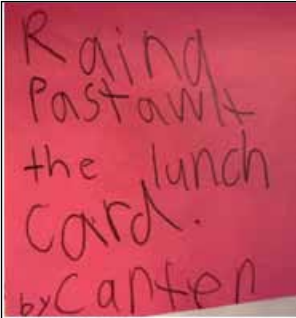
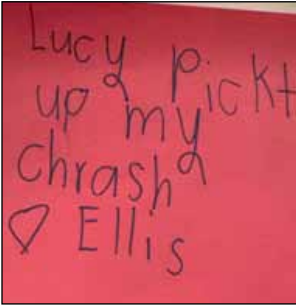
Lastly on my wishlist, you certainly can't have a dress, jacket and handbag without a pair of shoes, so we're going to go big or go home on this one. A company called R13 makes the coolest boots. These are like a double stack combat boot. So, like Doc Martens on steroids. These particular boots come in three different styles and pay homage to grunge. There's a floral print, black and a distressed rustic style. They're lightweight with pull tabs and made from luxurious Italian leather. These would be a head turner and you could wear them with practically everything.

These are all the fun fashion items on my wish list. It's always a good thing to try to reach your goals in fashion or whatever else you love. We should never stop wanting and striving for better. Plus, it's always fun just to pick out nice things. What are some of your wishlist items? Remember to make the sidewalk your runway and kindness always matters. Happy wishful thinking y'all!

THE Electric City News

Kids Corner

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The unexpected problem with growing tomatoes

BY STEVE MILLER

There comes a time at near the end of every summer when I stand in the backyard and survey the wreckage of what was a thriving tomato patch and ask myself, "Why do I do this?"

Most of my plants are dying or as good as dead. Not the dramatic, quick death of a frost. That would be too merciful. This is the slow, undignified decline. Yellowing leaves. Cracked stems. A general vibe of "I have given up but nobody has told me I'm allowed to stop." The tomato plant does not die so much as it resigns. Quietly like a employee who stopped caring around July but kept showing up for the health insurance.

Scattered among the ruins you see them.....there they are: the stragglers. A few last tomatoes, still clinging to the vine with the misplaced confidence of a me wearing

shorts in November. They are not ripe. They will not become ripe on any reasonable timeline. But I pick them anyway, because throwing them directly into the compost feels like admitting defeat, and instead you line them up on the windowsill in a ritual best described as hospice care for produce.

In past years the fight has been real. The constant battle.....me vs Arlo and Mags for superiority of the tomato patch. The unexplained reason of the one plant at the end of the garden that keeps getting dug up by one of the monsters no matter how many plants I put there.

But alas this year has been different. A new horror. One that sets in around week three of a genuinely great tomato season not the horror of loss, but the horror of success, which nobody warns you about. The counters are full. The windowsills are full. There

is a colander of tomatoes currently occupying the chair I normally sit in to eat dinner, which means I have been displaced from my own kitchen by my own competence.

For years, blight and squirrels and my general garden incompetence gave me a built-in excuse not to otherwise deal with a real harvest. That excuse is gone. It died sometime in August buried under an avalanche of Better Boys. Now I am a man standing in his kitchen at 9 a.m. staring at four pounds of tomatoes, googling the next recipe that requires cherry tomatoes.

I honestly do not want to be this person. I want that on record. But somewhere around late July, when the plants had already outgrown their cages, developed the structural integrity of small trees, and begun producing tomatoes at a pace that can only be described as "aggressive," I realized I had become that neighbor. You know the one. I've tried to downplay it. When people ask how the tomatoes did this year, I say, "Oh, not bad," in the same voice you'd use to describe a

mildly successful dentist appointment. But it was not "not bad." It was the kind of season where I ran out of people to give tomatoes to. Where the neighbors started walking faster. Where I briefly considered starting an unlicensed farm stand out of simple necessity. The squirrels, for reasons I do not know have chosen not to investigate. They left me alone this year. The blight went elsewhere presumably to someone who deserved it more than I did, which is to say, everyone. Arlo and Mags did not dig this year. My plants stood tall, glossy, and defiant.

I recognize that somewhere, a man with six sad, spotted vines is reading this and hating me with his whole chest. To him I say: I don't know what to tell you. Rotate your beds. Pray to whichever deity handles nightshades. Or just accept that some years, the universe picks a favorite, and this year, inexplicably, it picked me.

"Nothing I like better than a homegrown tomato".

See you in April.



STEELE FAMILY LAW
PRESENTS

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FOR TICKETS AND MORE DETAILS VISIT: **CALVARYHOME.ORG/PROM**

Memories of John Crosson

BY MICHAEL SPAKE

For many years, T.L. Hanna tennis and the Cardinal Racquet Club were synonymous with John Crosson. As a young player, I watched John compete against teenagers on Cardinal's green clay courts and wondered how he always found a way to win. Years later, on those same courts, I learned first-hand how his patience and determination could wear down an opponent.

John and I grew closer when he and Sandy Thompson became the coaches of the T.L. Hanna tennis team during my eighth-grade year. They spent much of our matches reminding me to calm down, stop shouting, and quit throwing my racket. Despite my temper, John never stopped believing in me. In ninth grade, he gave me opportunities to play in the number one position, helping me earn an invitation to the State Singles Championship. I lost in the first round, but John's confidence in me never wavered. By my senior year, I had won enough matches at the championship to earn a spot on the South Carolina All-State Team.

Some of my fondest memories of John came from practices at Cardinal. He drove a brown Mercedes 240D with a "Gallery of Homes" plate on the front. He always left the keys in the ignition, and loose change covered the floorboards. Many afternoons, Chris Walsulko "borrowed" the car and drove the two of us to the filling station on Greenville Street. By the time we arrived, I had usually gathered at least five dollars in change for each of us to spend on soda and candy.

Once, we hid the Mercedes behind the houses being built across the street from Cardinal. When John finally found it, he seemed almost disappointed it had not actually been stolen.

For away matches, Coach Thompson drove a small District Five bus while John stood at the front. Somehow, they endured years of Ozzy Osbourne, Van Halen, and AC/DC blaring from the cassette player. On one long trip to Hilton Head, the team gathered around John's portable television, which was about the size of a Sony Walkman. During every commercial, we asked him how much farther we had to go.

"About ten minutes," he answered each time.

It took us nearly two hours to realize we were nowhere close.

What I remember most, however, is John's generosity. He gave us countless hours of his time and always made certain we were fed.



Front: Jake Crosson and John Wakefield
Back: Coach Sandy Thompson, Michael Spake, Joey Eskridge, Scott Parsons, Bill Yarborough, Brian Playford, and John Crosson.

After we won the state championships in 1986, 1987, and 1988, he took us to Zorba's in Columbia, where we celebrated with more pizza than we could possibly finish. Every away match included a stop for dinner on the way home, and each season ended with a banquet at a fine restaurant such as 1109 South Main. Every time, he paid out of his own pocket.

As a coach, John taught me that leadership meant helping younger players feel valued. Once a team match had been decided, he often paired me in doubles with a seventh or eighth-grader. Those matches meant more to me than he probably realized. I learned how those matches built a younger teammate's confidence and showed him he belonged.

John also gave me my first job—mowing the grass at Cardinal every Wednesday for fifteen dollars.

High school was complicated. The pressures of schoolwork, relationships, and competing at a high level on the tennis court often felt overwhelming, and my emotions often got the better of me. Yet John and Coach Thompson remained patient. They guided me through those years and taught me lessons that have lasted far beyond the tennis court.

As I have grown older, I have come to appreciate those lessons even more. John and Coach Thompson helped shape me not only into a better player, but also into a better person, husband, and father.

When all is said and done, isn't that what coaching is truly about?



Killer of cows?

I was unlocking the door to the cabin on our farm, when scurrying movement on the deck floor dis-

tracted me. A cow killer! I hadn't seen one of those since the days of grading and judging seventh grade insect projects. It's a smallcrawling

insect, strikingly colored bright red and black. Not your average ant or other nondescript bug. And then there's that name . . .

The cow killer is a species of velvet ants, which are not even ants at all. Nor are they murderers of cows. Females of velvet ant species are actually wingless wasps that look like large worker ants. Males are completely different – they look and fly like the wasps that they actually are, but most people do not even realize that the two are connected. Female cow killers can be up to an inch long and are covered with that mat of red hair. The brilliant color is thought to be the first warning sign to potential predators.

Cow killers also have very hard exoskeletons, make squeaking sounds, and emit noxious odors. All those defense mechanisms occur in addition to the painful sting that only the females can deliver. The sting is apparently extremely piercing, ranking 3 out of 4 on the "Schmidt's pain index." It was described in years past as being so intense that it could "kill a cow."

And that's how that pretty little bug got its unusual name.

In spite of the pain it inflicts, its venom is not dangerous or toxic. Cow killers are not really aggressive, but rather shy insects that hide out in mulch and leaf litter. They are found in yards and fields, or in our case, cabin decks.

Jody Green, an urban entomologist who writes on the website grobigred.com, is accustomed to getting calls from the public. However, "What was striking was the number of calls from individuals 'calling to report a cow killer' as if I was the holder of the National Cow Killer Registry. (I don't believe one exists.).... With a name like 'cow killer,' one can only expect to report it upon sighting, right? My general response has been, 'Not necessary, but thanks for thinking of me.'"

During my teaching days, a cow killer on a student's bug project board always attracted a lot of attention. In the midst of all the more common insect names like carpenter bees, fire ants, and cicadas, there was something fascinating about that strikingly bright bug with the really weird name. It caused their young minds to wonder about the vicious battles that must go on out in fields between insects and livestock. Jody Green brings relief to the tension: "As far as we know, no cow has ever died from a sting." So, relax, cattle – and relax, people, also. Look at cow killers, enjoy their bright color, and keep your distance. Oh, and refrain from saying MOO. Just in case.



Ann K. Bailes

BACK IN SCHOOL — AND HEALTHY

With school back in session, this is a good time to support success with medical visits, reinforcement of healthy habits and preparation for the school year ahead.

Dr. Zoza Grace Spears of AnMed Pediatrics at Beltline Boulevard would assign a little homework for parents:

PLAN PHYSICALS AND MAKE NECESSARY DR. APPOINTMENTS

Check with your school to learn which physicals your child will need, depending upon their grade and any sports they may play. Some schools may offer physicals at special events at their facilities while others require you to see your pediatrician or family doctor.

Before your child's physical, gather health history information to make the physical as easy as possible.

SCHEDULE VACCINES

Parents are encouraged to talk to their pediatricians or family doctors to keep children up to date on the proper vaccines for their age group. Dr. Spears directs patient families to the Children's Hospital of Philadelphia's Vaccine Education Center for thorough, comprehensive information.

SCHEDULE DENTIST'S APPOINTMENT

Most children should visit a dentist every six months. If your child requires more frequent or less frequent visits, your dentist

will let you know. Prepare your child for the appointment by telling them what to expect and to create a positive feeling of the experience.

INSTILL POSITIVE HABITS

Lead the creation of beneficial sleep habits. Children who get enough sleep tend to be healthier, perform better in school and have better mental health.

Pediatricians' sleep recommendations depend upon the child's age with babies needing the most. The ranges for each developmental stage are: infants: 12 to 16 hours of sleep (including naps), toddlers: 11 to 14 hours (including naps), preschoolers: 10 to 13 hours (including naps), grade-schoolers: nine to 12 hours, and teenagers: eight to 10 hours.

CREATE HEALTHY FOOD HABITS

One of the best ways for parents and caregivers to create healthy food habits in children is to model those good habits themselves.

Choose a variety of foods — including fruits, vegetables and healthy grains — that give you a variety of nutrients.

Healthy food habit tips:

- DO find ways to include fruits and veggies into delicious snacks. Healthy foods should be seen as fun, not punishment.

- DON'T force children to finish all the food on their plate. They should learn to listen to their bodies and finish eating when they're full.

- DO make a steady schedule for meals and snacks. This can prevent over or under-eating when everyone knows when the next meal will be.

- DON'T turn food into a reward or bribe. To praise your kids, use kind words or hugs.

- DO let children help decide menus, help shop for food and help prepare meals.

INSTILL POSITIVE HYGIENE

When helping children create positive hygiene habits, put the focus on how the habits make them healthier. It's about more than how we look; it's about how we feel. One of the most important ways to teach

children these skills is to model them yourself.

Frequency of bathing depends on a child's age. Babies, toddlers and small children should get bath time two to three times each week. Daily baths can be hard on their soft skin. Older kids, between 6 and 11, should bathe at least two or three times a week as well, more often if needed. Pre-teens and teenagers should shower each day.

PREPARE FOR UPCOMING SCREENINGS

Your child may receive additional screenings at school, including vision, hearing and head lice. They help safeguard wellbeing.

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THE STORY BEHIND MURRAY AVENUE

BY RICH OTTER

When the village of Anderson Courthouse was first laid out, the first street west of Main Street was, in fact, called First West Street. It was later severed when the Blue Ridge Railroad sliced a path that then went under Main Street that was granted a wooden bridge. First West Street was not so rewarded.

After the county jail was moved from behind what is now known as the Historic Court House to First West Street, the southern remnant of First West Street became known as Jail Street. When the county jail moved out to its present location by the old county home, Jail Street was renamed Peoples Street after an Anderson businessman, John E. Peoples

On the other side of the railroad cut heading north, a new street was developed through property that had belonged to Edwards Bobo Murray. Murray was an Anderson attorney, politician, newsman, and churchman.

Murray had entered Furman in 1869 at fifteen years of age and then transferred to the University of Virginia. Because of illness, he had to leave UVA and return home. He went to work at his father's law office, "read law," and was admitted to the practice of law in South Carolina in 1874. He married Eva Sloan of Pendleton and they raised six children. His father, J. Scott Murray, aside from being an attorney, was the first fulltime pastor of what became Anderson's First Baptist Church.

Edwards Murray was elected in 1878 to the South Carolina House of Representatives and served three terms. In 1890 he was elected to the South

Carolina Senate. He was a conservative in the Democratic Party and had worked diligently for Wade Hampton. He was later in opposition to Benjamin Tillman, feeling more conservative than Tillman. He was defeated when he ran for re-election to the senate by George Johnson and did not further pursue political office. He had been a very conservative advocate, sometimes inviting conflict.

In the early 1870s Murray had become editor of a small newspaper, The Conservator, which he then united with the Anderson Intelligencer where he served a similar editorial position for several years. Both papers were conservative leaning publications. The Intelligencer was a weekly until 1914 when it became a daily, but it shut down in 1916.

In 1891 Murray had become a deacon of the First Baptist Church in Anderson. He served as a trustee at Furman University and also Greenville Female College and was on the Board of Visitors of Converse College.

Edwards Murray's home was on a large property on the north side of Tribble Street (formerly Spring Street), South of Bleckley Street, and east of North Main Street. It was property later occupied by the Anderson City Seafood Store and is presently planned for development. On the land, about 75 yards from his home, was an underground spring that fed an estimated 100-foot-long by 80-foot-wide swimming and fishing pond that reached a depth of some nine feet.

On July 7, 1894, Murray, his daughter Felicita, and two of his daughter's friends, were swimming from a small boat in the pond. Murray was helping one of the girls

learning to swim. Apparently, the boat had taken on water and the girls had gone ashore. Murray was reportedly a good swimmer, but he had what appeared to have been some sort of a seizure while in the water holding on to the side of the boat. He lost his grip and sank under water. By the time rescuers could be summoned, it was too late.

Murray was a well-known and respected Andersonian and his funeral packed the First Baptist Church. He was buried at what is now known as the Old

Silverbrook Cemetery on White Street.

In later years, a road was constructed through his former property paralleling Main Street that was named in his honor. The road then terminated before the railroad cut. In 1940 the first bridge was built spanning the cut joining Murray Avenue with Peoples Street. The Peoples Street segment then also assumed the Murray Avenue name.

Edwards Murray had occasionally been controversial, but Murray Avenue helped connect the community.



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From Anderson to the summit of Kilimanjaro

One of Andy Jones' favorite pastimes is hiking. He has spent time on the Appalachian Trail, and he's hiked to the top of Mount Mitchell, the highest peak east of the Mississippi, with an elevation of 6,684 above sea level. That's quite a difference from the Electric City's elevation of 738 feet. But two months ago, Andy set out with a group of Anderson friends for the most challenging destination of his life: the summit of Mt. Kilimanjaro in the African nation of Tanzania at an elevation of 19,341 feet

above sea level. And when it was over, the experience not only changed how he saw himself, but how he saw the world.

A conversation with friend Brad Swift set him on this unexpected journey.



Kim von Keller

"Brad and I have hiked sections of the Appalachian Trail together," Andy said, "but I'd never considered anything like Kilimanjaro. When he told me about the opportunity to go with some friends who were starting a safari company, I said, 'I want in on that!'"

Mt. Kilimanjaro is one of the Seven Summits, the highest mountains on each of the seven continents. Kilimanjaro is considered a trekking peak as opposed to a technical expedition peak. Neither ropes nor mountaineering gear are necessary to summit the mountain, but physical fitness is very important.

"I trained at the Rec Center for a couple of months before the trip," Andy said. "I was already in good shape, but I spent a lot of time on the stair climber. But when we arrived in Tanzania and I saw the mountain for the first time, it was intimidating. I thought, 'I have to hike this!'"

His training paid off, though, and his stamina would be important as the ascent took around a week. There are multiple routes to the summit, and Andy's group traveled the Lemosho Route, which takes longer but is better for avoiding acute altitude sickness. Acute altitude sickness is caused by moving to a higher altitude too quickly, preventing the body from acclimating to changes in air pressure and oxygen levels. Symptoms can include headache, nausea, fatigue, dizziness, and shortness of breath.

"It was a hard hike, and we hiked really



From left: Brian Kieta, Andy Jones, Brad Swift and Ryan Hirtz stand at the peak of Mount Kilimanjaro, the highest peak on the African continent.

slowly, as slow as possible to acclimatize. Everything was harder because as we went higher, the air became thinner. It was kind of like walking through molasses. We were drinking as much water as we could possibly take in as dehydration can cause altitude sickness. The rule was to hike high and sleep low, so at the end of the day, we would descend to a camp at a lower elevation. We all slept well because we were just so tired at the end of the day."

Andy found that the meals weren't just designed for their nutritional needs, but that they were delicious as well.

"The porters cooked traditional Tanzanian meals that were really good. We ate a lot of eggs, flat bread, fried bananas, and vegetables I'd never had before. It was dense and nutritious, much better than the freeze-dried camping food I'm used to."

When the group began their trek, the weather was mild; "fall-like," as

Andy describes it. But as the elevation increased, the temperature decreased.

"I'm pretty thin, so I wore every under-layer I could. I wore a hat, face covering, a thick down jacket, and my hiking boots, and sunscreen was really important. By the time we reached the top, the temperature had fallen to 12 degrees below zero."

Their summit began in total darkness. Porters woke the group in the middle of the night and gave everyone headlamps.

"Earlier in the week, it was just a steady climb, and I was enjoying the scenery. The last night, when we put on headlamps, we saw a steady line of headlamps ahead of us. The trek was much steeper at the end, sort of like climbing up a wall: you actually had to scramble up. There were snow and glaciers, and at the top, it looked like the surface of the moon. As soon as I crested the summit, the sun rose, and it was the most beautiful thing I had ever seen. We were surrounded by a huge



expanse of clouds, and we could see planes flying below us. Because the air was so thin at that elevation, you feel kind of loopy; it was kind of like being in a dream. I carried a cigarette lighter with me to test the oxygen, and at the summit, there wasn't enough for it to light. We stayed at the top for about half an hour, but if we hadn't had professional guides, I don't think I could have trusted my decision-making ability."

The descent was much easier than the ascent, and the group returned to their base in just two days.

"The descent was kind of fun. The mountain is made of loose volcanic soil, so it's like walking down an endless pile of dust. It was almost like skiing down, and you could feel the air thicken really quickly."

And just like that, Andy and his group had accomplished the rare feat of summiting one of the highest mountains in the world. What he returned with, though, is more than just memories and photographs.

"Summiting Kilimanjaro has changed me, for sure. I feel a real sense of accomplishment that no one can take away from me. It was a good feeling, too, being in a different culture. I liked the culture of Tanzania. It's nice going to a different country and meeting different people. You have more in common with people than you think. You think people across the world are different, and they're not. The culture is different, but there is a commonality. People are the same all over the world, and to see that is nice."

Rams working through early season gauntlet

Coach Brian Lane has a master plan for his young Westside High School football team.

It's not a perfect plan, but his Rams are doing fine at 2-1.



Brian Hodges

Westside clobbered Mauldin 41-24 last Friday night at home just one week after the Rams went to Georgia and suffered a 55-20 loss to a tough Jefferson High team.

Lane knows his team is growing.

Sophomore quarterback Bear Woods completed 15 of 20 passes for 162 yards and 5 touchdowns (unofficial stats) to lead the Rams' big play offense.

Lane said this was coming off a game on Aug. 28 when Woods had two interceptions, one a pick-6, against a strong Jefferson team. The Rams receivers had too

many drops in the loss, Lane said. "We knew we were going up against a good team (at Jefferson)," Lane said. "They will be in the playoffs in Georgia. Just can't make those mistakes because they will make you pay."

This is where Lane has a big-picture outlook. He wants his team to be tested early in the season and they got it at Jefferson.

"I like to play good teams, especially early," Lane said. "It gives me a good sense of where our team is."

And where they need to grow.

Last Friday night, Westside bounced back in the stifling game-time heat.

Mauldin was sluggish early, missing a chip-shot field goal and the Rams responded with an 11-play, 80-yard scoring drive.

Westside then blocked a Mauldin punt two minutes later and Woods threw a 30-yard touchdown pass to Jae White and it was 14-0.

On Mauldin's next possession, they turned the ball over on an interception by Colby Flood.

Six plays later, the Rams scored again

on a beautiful pass in the corner to White and suddenly it's 20-0.

Westside's Nehemiah Brown then blocked a punt and recovered it in the end zone for a 27-0 lead with 7 minutes left in the second quarter.

The Rams obviously can overwhelm any team with shocking big plays.

Mauldin, to their credit, scored two touchdowns before halftime, and the Rams held a 27-14 advantage at the break.

Woods then led Westside on a 56-yard scoring drive in the third quarter, completing five passes. The final one, to Brown, opened up a 34-17 lead.

Lane never lost confidence in his sophomore QB.

"Bear's going to be fine (despite the shaky second-game loss)," Lane said. "If you make a mistake, you just go on to the next play. He's got confidence."

Westside travels to Hillcrest on Sept. 11 and hosts Murphy (N.C.) on Sept. 18.



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SLEEPING AND SELF CARE

As part of our ongoing focus on self-care, we have been discussing sleep – and given our busy lifestyles and distractions getting enough quality sleep can be a real challenge, for both young and old.

As a reminder, selfcare is about educating yourself and embracing habits that will lead to a healthier and happier you. And, who knows your example may motivate your family and others to join the journey. Remember, It's the consistent application of small changes that lead to healthy habits that over time have the greatest impact, physically as well as emotionally.



Dr. Gabrielle F. Cannick

Optimal selfcare is when we are able to maintain good health, avoid chronic diseases as we age, and achieve a sense of well-being that in turn enables us to live fulfilling purposeful lives. You are in control. The focus is on: (1) Diet "We are what we eat"; (2) Regular exercise; and (3) Quality sleep that allows your body and brain to repair, regulate, and rejuvenate.

And I am going to add one more to

this list -- stress management!

Here's the dilemma. Stress disrupts sleep, making it difficult to fall asleep and stay asleep. Conversely, poor sleep increases stress because it makes coping with our daily challenges more difficult. Addressing both stress and sleep together is essential. By improving one you strengthen the other.

So how do we break this destructive stress-sleep cycle? Here are a few suggestions sleep experts recommend:

1. We get more anxious at night. Avoid self-blame and replaying in your mind the issues of the day.
2. Eat healthy whole food and dine early rather than late.
3. Daily exercise reduces cortisol, the stress hormone.
4. There are well-established techniques that activate the body's relaxation response -- gentle breathing while relaxing your muscles, plus meditation. Yoga is good.
5. Keep a consistent bedtime each night. Try to maintain a structured "wind-down" routine. Get off your phone and away from trying to do "productive" things.

A natural response when you can't sleep is a feeling of frustration. Remember -- we cannot force sleep. Try to mentally

give up control. Often this will enable you to relax enough to finally drift off. And it's important to remind yourself that you live a very busy life. You DESERVE the "downtime"!

Be aware some physical conditions and medications can also interfere with sleep. Consult your healthcare provider for guidance. I invite you to visit our Sleep Well Anderson website at <https://sleepwellanderson.com/> In addition to providing our patients with the most advanced treatment in modern

dentistry, we offer effective solutions for achieving restorative sleep. If you or a member of your family is suffering with sleep problems, please reach out for a free consultation. We're your hometown resource for guidance and support!

Dr. Gabrielle F. Cannick is a den-

tist, Diplomate of the American Board of Dental Sleep Medicine, and certified Nutrition, Lifestyle, and Wellness Coach. Dr. Cannick is the owner of Grand Oaks Dental and Sleep Well Anderson, located at 3905 Liberty Highway in Anderson. Dr. Cannick is passionate about integrating oral health, sleep medicine, and lifestyle coaching to promote whole-person wellness. She is a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, the Dental Organization for Conscious Sedation, and the American Academy of Dental Sleep Medicine.

For more information about Grand Oaks Dental, Sleep Well Anderson, and the services provided, please call 864-224-0809, or click to grandoaksdental.com or sleepwellanderson.com.



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FROM THE SHELF

ON BOOKS THAT ARE LIFE-CHANGING

One of my favorite literary criticisms is “reader’s theory,” or more officially “reader-response criticism/theory.” Essentially, “reader’s theory” argues that the text doesn’t have actual meaning until the reader experiences it. This theory focuses on the reader’s experience; as they experience the text, the text’s meaning takes shape. Think of it like

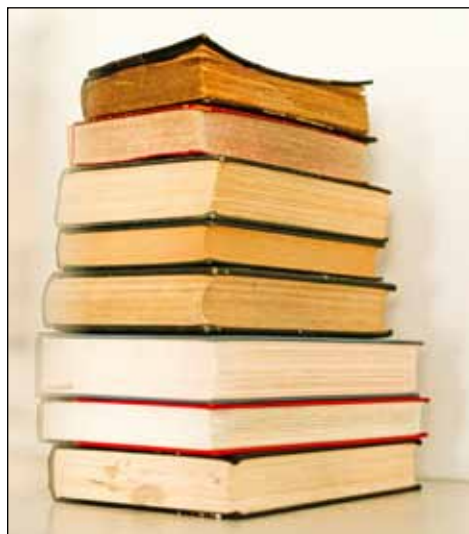


Sara Leady

this: the text is engaging with the reader as an individual – all their experiences, personality, emotions, etc., and it’s through that interaction that the story actually comes to life.

For example, you and I could read the exact same book, but because we’re two different people with different backgrounds and experiences, we’ll get two different stories or meanings from the text. There will obviously be broad overlapping takeaways, but what might resound the most with you likely won’t be the same for me, or what’s resounding will manifest in different ways because of who we are as individuals. How we respond and react to the world reflects our own personalities, experiences, age, socio-economics, race, and all our other identity labels.

I bring all of this up because of a recent book club meeting where we discussed a very popular and highly raved about book, but we weren’t all in agreement regarding what merit we thought the book actually held. This book club has a broad spectrum of what we read, similar demographics,



and most members have been a part of the club for a few years, but we’ll also all fairly different. I went into this book discussion very interested to see how it would go given all the hype around it, and a lot of people’s claim of it being the BEST book they’ve ever/recently read.

Theo of Golden by Allen Levi has been dubbed ‘life changing,’ best book in recent years, and many other high praises. I want to preface with the fact that no one in book club, myself included, hated the book, but some of us definitely weren’t as impressed. The book is fine – it’s enjoyable, but a lot of the reasons people seem to have for how much they love the book are steeped in the kindness, charm, and sort of innocent charity of Theo’s story. I don’t disagree with these assertions, and I certainly don’t discount the impact the novel seems to have on many readers.

I started this by looking at the idea of how each individual comes away with a different experience of a story because of our unique experiences and how they interact with the text. This book discussion was such a perfect example of this delightful (to me, at least) phenomenon. If I wanted to get technically critical about Theo of Golden, I would say it could have been stronger had there been some more professional editing; the execution and story elements could have been tighter. For a self-pubbed debut? Well-done. I just wasn’t as wowed as most people seem to be.

I think a large element of the charm, and thus appeal, is the central idea of being kind and doing things for others without it being transactional. Theo expects very little in exchange for the paintings he bestows on the different residents of Golden. Theo is kind for the sake of being kind; there are zero expectations. Theo also engages with

members of society that we like to overlook – a student immigrant, an unhoused woman, a janitor, and a surly Vietnam vet, as his main contact points. This kind, out of the norm behavior is of course heart-warming, but it’s also a sort of a novel act of human kindness.

As a public librarian, this activity isn’t novel, this is literally the job. We help community members regardless of their status and it’s never a transaction. I think that’s part of why this aspect felt a bit “twee” to me. I loved the characters, and in a lot of ways the book reminded me of Fredrik Backman with his unique misfit characters creating found community and family. It’s certainly a book I would broadly recommend, but while it was “life changing” and “top ten best books” for a lot of people, it just didn’t hit me that same way. Which is honestly neither good, nor bad, it’s just a reflection of my unique reader experience.



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