





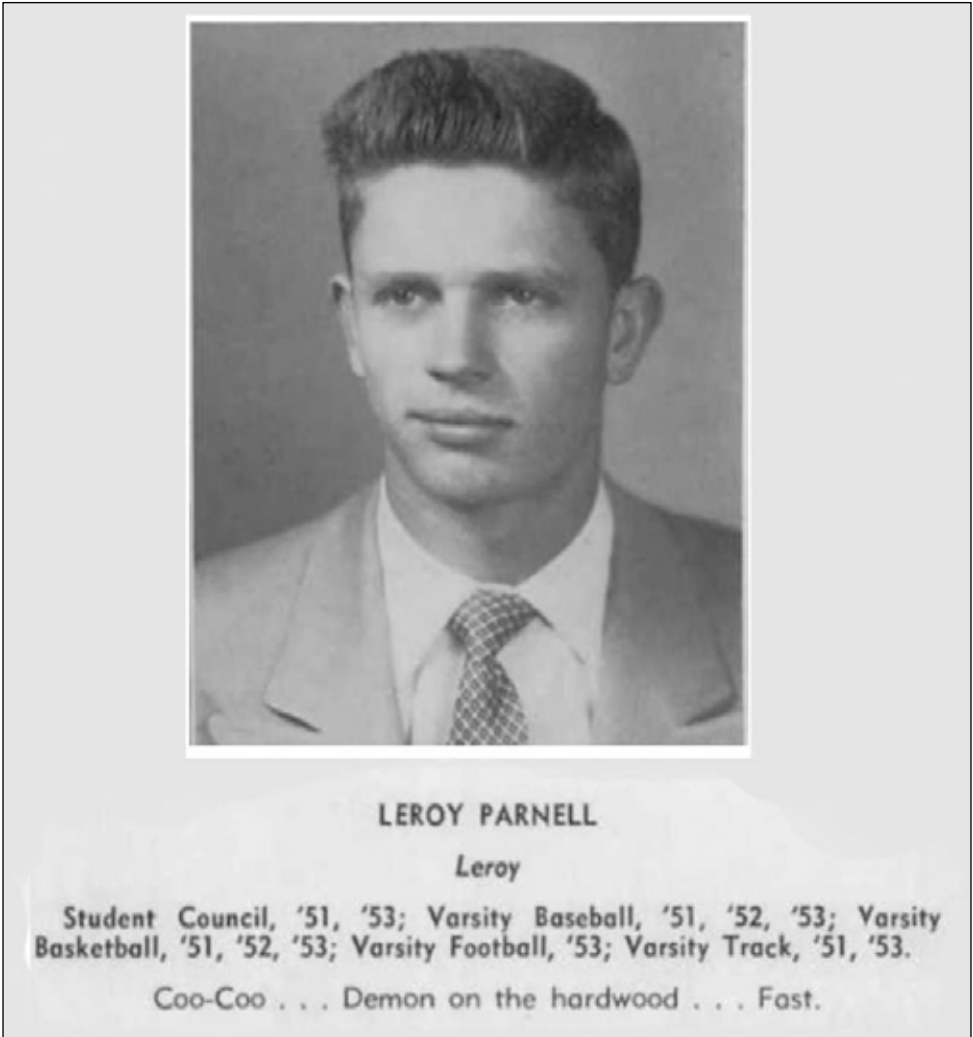
# Coo Coo

CONTINUED FROM PAGE 1

(Coo-Coo) Parnell made his mark in Boys High School history by becoming one of the few athletes to receive 4 Varsity Letters.

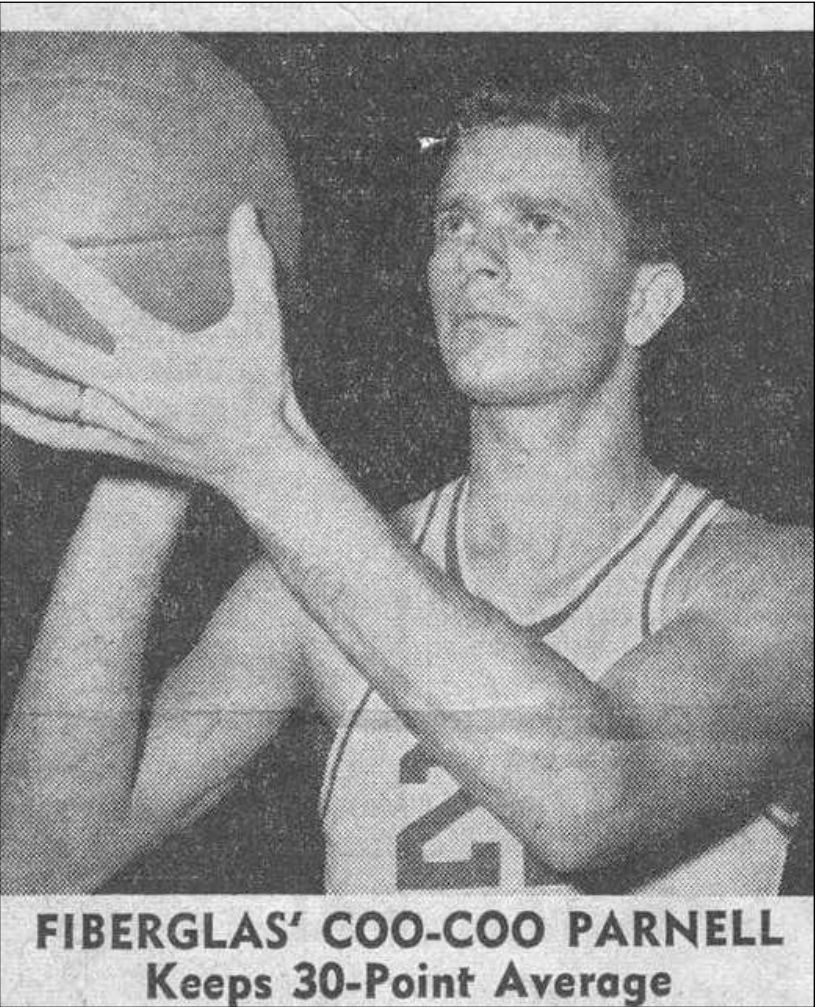
Coo-Coo then attended Clemson University where he achieved a degree in Industrial Engineering. He married his High School sweetheart, Lottie Evonne Sanders who had just graduated Girls High School. Evonne cared for their first child, (me), in the then brand new Crayton Manor Apartments on E. River Street while Coo-Coo began his career as an industrial engineer for the new Fiberglas Corporation. There he excelled in designing innovative improvements to their process. It was no coincidence that Fiberglas just happened to have a basketball team. Coo-Coo played basketball for Fiberglas in the mill league, and while starting his new family he still managed to maintain an astonishing 30 point a game average for two seasons; a record that has never been broken.

He wanted me to play basketball but never told me so. He would come home and take me to the gym where I would ask if I could play. He'd say, "No, you're too little". Of course he knew that this would give me a burning desire to get my hands on a basketball. After weeks of "No, you're too little", he handed me a spanking new basketball and said, "Ok, you can play, but I'm going to teach you my way". I won't divulge any secrets, but that basketball was with me everywhere I went, yep, even the shower and to bed.



I still hear stories from some of the folks that remember him. Like how he would shoot the ball through the rafters of Orr Mill Gym and they would gasp as it swished the net. Or the

time they saw him dribbling a basketball around Anderson town square out of the car window. I never called him Coo-Coo, but I'm very proud to just call him Daddy.



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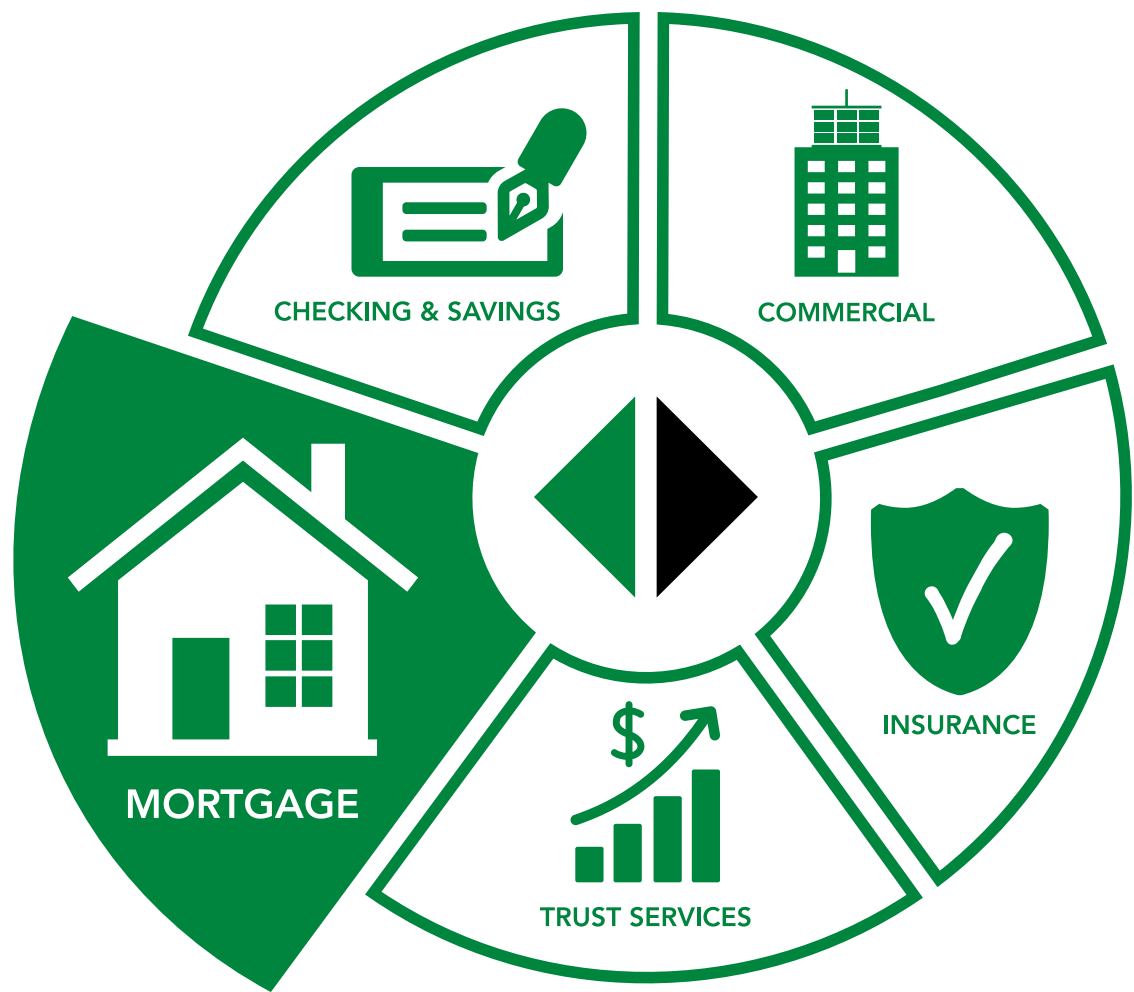
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# THE GOAT MAN

BY RICH OTTER

One of the fascinating individuals who periodically passed through the Anderson area was the Goat Man. He was equipped with a dozen to twenty or more goats with his home-made wagon rolling on iron wheels that carried this itinerant preacher throughout many of the southeastern states including South Carolina, Florida and his home base that became Georgia.

The publication *Growing Georgia* reported his wagon as being "piled high with chairs, tires, hundreds of license plates and other junk." He was said to be a colorful story teller as well as a preacher who survived on goat milk, the sale of junk, donations, charges for taking his photograph, and selling post cards of his entourage.

Charles "Ches" McCartney, the Goat Man, was born in Iowa. He ran away from home at the age of 14, proceeded to New York where he encountered a Spanish knife thrower ten years his elder who he married while participating in her act as her target. They had one child and along the way he supposedly had another two wives and unknown number of children.

*The New Georgia Encyclopedia* stated that in 1935 he had been injured while working for the Works Project Administration and "experienced a religious awakening." He then took to the road with his goats and wagon on a holy mission. His wanderings supposedly took him to all the lower 48 states, Alaska and Canada although not all included his goats. He is thought to have been an inspiration for at least one character created by Georgia fiction writer Flannery O'Connor.

At the Goat Man's base in Jeffersonville, Georgia, he formed Free Thinking Christian Mission from which he traveled with his cart and goats to carry his message and storytelling. It is said his travels could be traced by signs left tacked on trees along the road proclaiming "Prepare to Meet Thy God" with fires of Hell painted underneath the message.

Roy Ethridge, in his book *Anderson County 1929 to 1972*, recalled one of the Goat Man's visits to the Anderson area in the early 1960s when he stopped on Highway 29 in the Mountain Creek Church area. Ethridge recounted that "throughout the evening and past midnight curious crowds alighted from parked vehicles along the roadside to see, under the light of lanterns hanging on a covered wagon, the Goat Man who preached and sold post cards of himself and his goat team, between bites of baked beans from a metal pan."

Ethridge said one of the goats had crippled front legs from a birth defect and McCartney said it rode in the wagon most of the time. Occasionally, to allow the goat to have exercise, he was permitted to "hobble" along beside the cart but the Humane Society in another state slapped him with a cruelty-to-animals charge that was later dropped.

After hitching up the next morning he went north on Highway 29 and was given a police escort through the City of Anderson.

On one of his trips in 1969 he was attacked while he slept and suffered three broken ribs and two of his goats were killed. He then sold his remaining goats and went back to his mission in Jeffersonville. In 1978



his home burned and he purchased and lived in an old bus.

In 1985 McCartney left for California on foot with the intention of meeting and reputedly marrying actress Morgan Fairchild. He was mugged along the way and following hospitalization returned to Georgia. He did

not go back on the road and spent the rest of his years in a nursing home in Macon Georgia where he died in 1998 at the age of 97.

How many people the Goat Man may have actually converted is unknown but he certainly left a lot of folks with fond memories of this strange and interesting individual.





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## YOUR DENTIST CAN SAVE YOUR LIFE

# Suggestions for kicking off a great new year!

Ok. Let's get it out of the way. 2020 was a challenging year. Most would say they are glad to see it pass. That said, it is behind us. Now we can start with a fresh slate. So, let's resolve to make the most of the year to come!

My suggestion is to keep it simple — small changes can yield big rewards. Consider focusing on just two key objectives.

Year after year the number one goal most people list for the new year is — you guessed it — lose weight. Given the health issues associated with being overweight, this is indeed a worthwhile if not vital objective.

Goal #1. Your physical health The fact is anyone can lose weight -- on virtually any diet! The question is -- can you maintain the weight loss when you go off the diet? The mind-set of being "on" or "off" a diet is not only counterproductive, it is stressful. And stress is NOT what we are after. What

does work is changing the lifestyle that led you to gain weight. So, embrace a balanced eating plan. Again, keep it simple. Focus on fresh fruits, vegetables, and lean cuts of meat. Eat enough calories to keep you satisfied, including small portions of your favorite foods. This you can sustain. Eating healthier foods coupled with getting regular physical activi-



**Dr. Gabrielle F. Cannick**

ty and enough sleep are resolutions that lead to permanent weight loss and better overall health. Losing just 5-10% of your body weight can lower blood pressure and help you look and feel your best.

Goal #2 Your Emotional Health In my opinion, we are missing this one. We see statistics on how many people are phys-

ically ill. But what about the emotional toll? Experts project that in the next 10 years lifestyle and stress-related illness will surpass communicable diseases. How do we protect our emotional health in today's environment? Here is a quick blueprint: We are not meant to be on 24-7. Breaks are essential. Keep positive. Recognize negative situations will change. Sleep deprivation leads to poor health. Eat clean food. Real, natural, pure food—not manufactured chemicals—optimizes your well-being. We are engineered to walk. The walking movement enhances our ability to reason and solve problems all while improving mood. Avoid social comparison with others. Be kind to yourself. You have heard it said — and it bears repeating -- if we do something for 21 days it becomes a habit. In this way old habits are replaced with healthier ones. You can do this! And remember, taking life too seriously inhibits happiness. Play and be playful. If you have questions, please call.

Think of us as your hometown resource for guidance and support. And have a happy, productive, and safe new year!

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

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

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## HERE'S TO YOU - A NEW YOU

Do you know a woman (or man) who deserves a makeover? Someone behind the scenes that never thinks of themselves? Someone who always puts themselves last? Someone who deserves to be pampered? We want to hear about them.

Sandra Miller of All About Hair Salon will be donating her products and services to one lucky recipient for hair and makeup. She will be providing a shampoo, cut, color and style and full face makeup. Savvy Sister Consignment will provide an outfit as well to complete the makeover. "I would like to make a difference in someone's life", says Miller. "Just having your hair and makeup done along with a new outfit can make a world of difference in the way someone feels.", she says.

If you know of someone really deserving, please email Sandra to nominate them. Include a photo and a brief note explaining why that person deserves the makeover. The winner will be chosen by the makeover before and after will be published in a future issue.

Please email nominations to [allabouthair1503@gmail.com](mailto:allabouthair1503@gmail.com) by January 14.

## Make reading fun in your home

As a mother of three energetic and curious young children, adding books to our home collection throughout the year brings me great joy. It's so gratifying to see their little faces light up when they sit down to read a book that excites them.

Although not every child is naturally inclined to have a love for reading, especially with the constant influx of new technology and toys competing for their attention, making reading a fun activity in your home is not as hard as you may think. Here are a few ideas to try:

1. Pay close attention when your child talks about books they like to read at school or when they go to the library.
2. Try to find books about what interests your child. Whether it be rocket ships, Barbie or dinosaurs... it really doesn't matter so long as she is excited about reading it.
3. Ask your child's teacher, friends or the librarian for suggestions about books your children may enjoy.

4. Set aside a little time each day to enjoy a book or two with your child. If you are excited about reading, chances are she will be too.

Whatever books you decide on, you really can't go wrong if your child is excited about reading them. I have listed some ideas below- for various age groups- to get you started. I



Katie Laughridge

hope this helps spark some interest in your reader— whether they enjoy books they can chew on or the latest graphic novels.

### BABIES/TODDLERS

Dear Zoo; The Very Hungry Caterpillar; Brown Bear, Brown Bear; First 100 Words; Little Blue

Truck; Corduroy; Spot; Pout Pout Fish

### PICTURE BOOKS

Mother Bruce series by Ryan Higgins; Kevin Henkes books (Chrysanthemum, Lily's Purple Plastic Purse, Sheila Rae the Brave); Laura Numeroff books (If You Give a Mouse a Cookie, If You Give a Pig a Pancake); Mo Willems books (Pigeon Goes to School, Don't Let the Pigeon Stay Up Late, Pigeon Needs a Bath, Elephant and Piggie books); Fancy Nancy; Pete the Cat; Pinkalicious; Curious George

### CHAPTER BOOKS

Mercy Watson; The Vanderbeekers; Ramona Quimby; The Boxcar Children; The Magic Tree House; Ivy and Bean; Dogman

Whatever stage your child is in, I hope you'll be able to work together to find some new and exciting books to enjoy together for the new year! Keep reading!



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# Ducks going to roost

BY ANN BAILES

Awhile back, I mentioned to Mike that a blue-morph snow goose had been seen out in the fields and ponds around Townville. He asked if I wanted to go try to see it. Silly question. Of course I wanted to. We left immediately because the sky still seemed fairly light, but it's a good twenty-minute drive from where we live, and as we got out there we could tell that it was really too late to identify anything very well.

We could see well enough to tell that there were no geese out there except for two Canadas, which are common, and frankly not worth a trip out to view. (Amazing how things change. Thirty years ago seeing a Canada Goose would have been a big treat. Not any more, now that they seem to be everywhere.)

But there were a lot of ducks on the pond where we were watching. We couldn't tell

what kinds they were; we could only identify in the shadows that, yes, they were ducks. So Mike suggested that we stay to watch them go to roost, since ducks rarely overnight at the same place where they spent the day. Of course I again agreed.

We waited about fifteen minutes, watching the darkening sky and the sixty or so ducks paddling around in the pond. Not much was happening. I thought that maybe this was a complete waste of time.

Then, all of a sudden, at some unseen signal, about thirty of them rose up at the exact same time. They didn't just leave the pond, but flew in a large circle toward the west. Then they circled around, made a large loop, and flew together as one toward the east. Mike said they were flying in a circle in order to gain altitude before heading to their destination: probably a roost in a nearby swamp.



About five minutes later, another smaller group rose up and flew in the opposite direction, again circling the pond before leaving. Then the final set flew, in a circle and toward the east, like the first group. The sight of all those ducks flying in a spiral as one moving mass was beautiful against the last fading rays of light before complete nightfall.

Who knows what is the trigger that makes a flock rise up and fly away to roost? Mike suggested that maybe an alpha male makes a sound; however, we don't know for sure what it might be. All we really know is that seeing all those ducks flying in unison toward their roosting spot was a beautiful example of the design in nature that we really don't understand.

## THE GARDEN SHOP

# MISCELLANEOUS GARDEN THOUGHTS



**SUSAN  
TEMPLE**  
master  
gardener

From time to time I get stumped on a topic for Garden Shop. This is one of those times. So this is a miscellaneous, garden chatter, not one topic, kind of article. All the leaves

have fallen so I need to get started cleaning peonies. About seven or eight that did not bloom were tagged back in the summer. A couple of them have been encroached on by flowering almond shrubs (*Prunus glandulosa*). It's a good little shrub but can sucker a bit. Some peonies are now in too much shade from the crabapple tree and the others need to be lifted up. They are too deep in the ground. I started a new patch at the edge of the yard just for peonies.

It is not in a protected spot so it should be good and cold in the winter. Daffodils and seeds from reseeding annuals are in the spot but other than these, it is dedicated to peonies.

A pink knockout rose will have to be removed. It got rose rosette disease. I tried to cut out the infected parts but new growth came back distorted so I will pull it out. There is one red



**Redhead grass**

knockout left. It will probably get the disease eventually. A few other roses don't seem to be bothered by rosette disease. One is a white rose from Grandmother Cooley's. It has been getting some extra TLC this

year. It had quite a bit of dead in it so I cut it back more than usual after it bloomed. It got a good side dressing of mushroom compost then too. The blooms are miniature and have a great classic rose smell. It grows

to about four feet tall and half as wide. In February, I plan to put some more compost on it. Then when new growth starts, and danger of frost is over, I'm going to mix up some fish emulsion and seaweed fertilizer and water it really good with that. A friend bought a house and said "Come dig". I got two roses from her yard. Come spring we'll see what they are.

I added new ornamental grasses this fall. Prairie Sky (*Panicum virgatum*) is a native with a steel bluish color that I love. Red Head (*Pennisetum alopecuroides*) has dark rusty red plumes that look similar to bottlebrush blooms. Ornamental grasses are very easy to grow and deer do not eat them. Sometimes that little voice tries to warn us but we don't listen. I also planted two pampas grasses. Yes, that kind that will slice you like a knife, that needs a chain saw to prune it, and that some people have set on fire to try and kill. I planted it to have the plumes for flower arrangements. I couldn't determine which kind has the big plumes. All tags just had *Cortaderia selloana* with no specific variety listed. I planted it at the edge of the pasture and my theory is I can cut it with the bush hog. Time will tell if I should've listened to that little voice. If the plumes are not big, it will get killed right away.



**Prairie Sky grass**





## Man over 70

I asked a friend who has crossed 70 & is heading towards 80 what sort of changes he is feeling in himself? He sent me the following:

1. After loving my parents, my siblings, my spouse, my children and my friends, I have now started loving myself.
2. I have realized that I am not “Atlas”. The world does not rest on my shoulders.
3. I have stopped bargaining with vegetable & fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter’s school fees.
4. I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.
5. I stopped telling the elderly that they’ve already narrated that story many times. The story makes them walk down memory lane and relive their past.
6. I have learned not to correct people even when I know they are wrong. The onus of making everyone correct is not on me. Peace is more precious than perfection.
7. I give compliments freely and generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, EVER turn it down, just say, “Thank You.”
8. I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.
9. I walk away from people who don’t value me. They might not know my worth, but I do.
10. I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat and neither am I in any race.
11. I am learning not to be embarrassed by my emotions. It’s my emotions that make me human.
12. I have learned that it’s better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships, I will never be alone.
13. I have learned to live each day as if it’s the last. After all, it might be the last.
14. I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be.

I decided to share this for all my friends. Why do we have to wait to be 60 or 70 or 80, why can’t we practice this at any stage and age?

# Creating Home: A fresh start

Hi, all! Well, we’ve reached the end of 2020. A year that was filled with highs and lows, challenges and blessings, and a universal desire for a fresh start. And at what better time than a new year?

The past year has changed the idea of ‘home’ for so many of us. Those who spent most of their hours in an office, school, traveling, or with friends and family, now spend most of their hours at home. As we settle into the short days and cold months with hope of change around the corner, it is more important than ever to make our homes a place that we truly enjoy

being. A space that grounds us, comforts us, and reflects who we are. Below are some simple



Amie Buice

things that I believe can really change how you live and feel in your home. In the morning, ‘wake up’ your home. Open the curtains, turn on some lamps, pour a cup of coffee and take a few minutes to prepare your home for the day.

Carve out a space that is just yours. It could be a desk against a wall, a chair in a corner, or the end of your dining room table. Put a lamp there, a pretty throw, a nice vase for your pens, or a photo that makes you happy. Make it yours.

Tidy up. Some days this just won’t happen. But it is amazing how your energy changes and productivity increases just by having a place for your things, and putting them where they go.

In the evening, switch gears. By late afternoon when your work is finished (other than kiddo work, which is never

finished!), light a candle, start a fire or turn down some lights. Even if its simple, give yourself a small reward for making it through. Something that helps you enjoy your home.

Refreshing your home can seem daunting. But with small, slow and intentional changes we can make a big difference. Hopefully soon we will be enjoying each other and our town again. But for now, lets allow ourselves to enjoy where we are. Happy New Year!

Website: [amiebuice.com](http://amiebuice.com)  
Contact: [amie.buice@gmail.com](mailto:amie.buice@gmail.com)

### NIBBLE & SIP

## Feeling Mulish about January?

Once again, we find ourselves at that resolution time of year, sure that our goals of weight loss and exercise and better health will actually stick this time. The problem is that after the overindulgent holidays, we tend to go too cold turkey. So whether



Kim von Keller

you’re giving up junk food or participating in the Dry January Challenge, make sure that the foods and beverages you choose are satisfying enough to see you through the month.

Nibble and Sip has always advocated the mocktail, and my favorite is the one I call Feeling Mulish. It started as a Kentucky Mule, the blend of rye whiskey, limeade, and ginger beer, but I’ve found that it is just as delicious without the alcohol. And while you may be tempted to substitute a commercial limeade, making your own will make all the difference.

And while we’re thinking of a healthier January, try White Bean Bruschetta. Its ingredients are straight from the Mediterranean diet, but the result is tasty enough to seem indulgent. If a whole-grain baguette is available, all the better!

#### Feeling Mulish

- 1 ½ oz. limeade (see recipe below)
- 8 oz. ginger beer (not ginger ale)
- lime slices, to garnish.

In a copper mug or frosted glass, combine limeade and ginger beer. Stir gently, fill

with ice, and garnish with a fresh lime slice. Serves 1.

#### Limeade

- 2 c. freshly squeezed lime juice
- ¾ c. agave syrup (available in most supermarkets)
- ¾ c. raw sugar simple syrup (see recipe below)
- 1 ½ t. orange flower water (available at amazon.com and walmart.com)

Combine all ingredients in a pitcher and refrigerate until chilled. May also be combined with seltzer for a delicious lime soda!

#### Raw Sugar Simple Syrup

- 2 c. raw sugar (I like Sugar in the Raw)
- 1 cup water

In a saucepan, combine raw sugar and water and stir well. Slowly bring to a boil without stirring, cover, and turn down to a simmer. Simmer for 2 minutes and remove from heat. Stir again to dissolve any remaining sugar crystals. Allow to come to room temperature before storing in a glass jar.

#### White Bean Bruschetta

- 1 can cannellini beans or other white beans, drained and rinsed
- ½ c. canned diced tomatoes, drained
- 1 ½ t. minced garlic
- 2 T. fresh basil leaves, thinly sliced

- 2 T. diced pitted kalamata olives
- ¼ to ½ t. red pepper flakes
- 3 T. olive oil
- salt and pepper to taste
- toasted baguette slices

Combine beans, tomatoes, garlic, basil, olives, and red pepper flakes in a small bowl, mixing well. Gently stir in olive oil and season to taste with salt and pepper. Let sit for an hour to allow flavors to develop. Spoon over toasted baguette slices and serve. Serves 2-4





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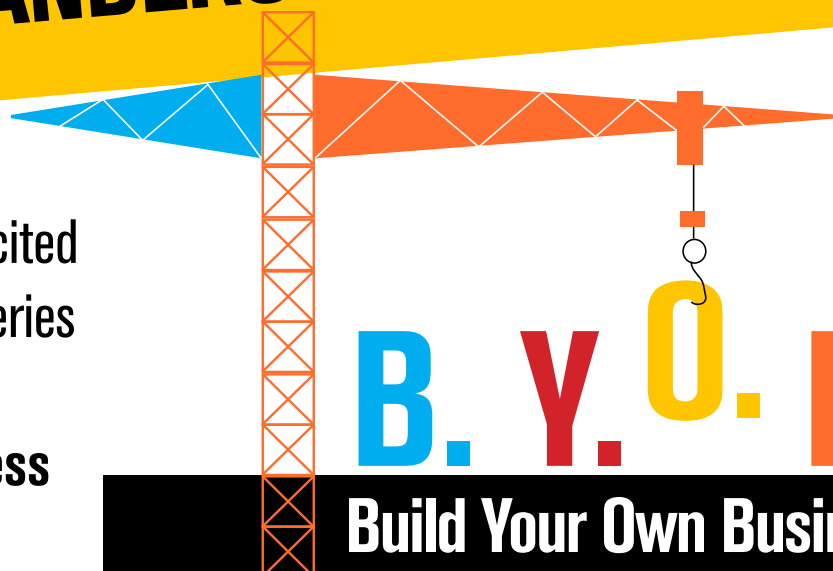
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HOT HITS

# Ringling in 2021 with an imperfect New Year's Eve

Happy New Year. How did you spend New Year's Eve this year? (or is it last year?-I never know) I'm talking about the last day of the year of Satan, 2020. While my family traveled to the beach and defied CDC advice to stay home, I did exactly that. For the first time in my life I followed the rules. I'm not judging you if you had some kind of get together or went out of town, I just need to make sure Karma and I are good after years of being naughty. Don't think of me as a saint though.

I wasn't really trying to follow the rules. Nope. For me it was the perfect excuse to not have to go to some stupid party, where I would no doubt have a couple glasses of wine, and get stuck on someone's couch.

No, this year I had the perfect New Year's Eve celebration planned for me and my 8 month old puppy, Lilly. I was so excited to watch Jennifer Lopez on the tv, and order chinese food.

Well things don't always go as planned. At least not for me. I had taken what was supposed to be a quick nap late in the afternoon. I mean I had to stay up until midnight, which is 3 hours past my bedtime so I definitely need-



ed a rest. Well, I nearly missed everything. I woke up in a total fog thinking it was 1130am New Years Day. But I hadn't missed anything (except the Chinese food, because the place was closed). Oh and I never got to the store to buy a bottle of wine but Jennifer Lopez was about to perform. And boy did she ever. Except I didn't see it until nearly 24 hours

later because I had the wrong channel on. I think I got stuck watching D list performers not good enough for Times Square. I waited so patiently too. I waited until 1230 and then realized my mistake. Eventually, thanks to Hulu I saw it all. And she made me cry. It was so perfect. She's so perfect. Although I think she may have been wearing real fur which is really upsetting to me. I was going to look into it but I'm afraid of the truth. In my head it was fake. She started off her performance with her smokin' hot new song "In the Morning". You should check it out. All wasn't lost for me on New Year's Eve though. My neighbors set off incredible fireworks, and I got kissed at midnight--from Lilly. She didn't even freak out over the loud noise. I hope you, your family, friends, and all of us have a wonderful 2021.

Justin Tyme can be heard on HOT 98.1 Saturdays and Sundays at 3 p.m.

## WHAT TRENDS WILL YOU BE ROCKING IN 2021?

Anything goes these days when it comes to fashion and everyone has their own sense of style. My style is bohemian with a bit of glam mixed in. I've been researching what's really trendy for the new year and most of what I'm seeing is extreme shoulder blouses and dresses to high waisted cropped denim. Even lounge wear is big for this year. I'm not so sure how I personally feel about sweat pants at a nice event but that's just my opinion. Whatever floats your boat.

Floral print is going to be huge for Spring and Summer. Cropped sweaters in yellow and grey hues are definitely the color trends for this year. Shoes that everyone will be wearing are ruched boots, riding boots in a sleek black color, square toed heels and block heels. Chunky sneakers will be having a huge moment.

Long plaid cardigans and trench coats are in and leather puffer jackets would be chic on the ski slopes. Fuzzy robe jackets that tie at the waist are major. Color block dresses and blouse-in sweaters are a thing. And back to colors, silvers and pretty pinks will be everywhere. I love that color scheme. Stripes and animal prints never go out of style and patchwork is back but in a much more mature way and I love it.

What trends will you be rocking this year? Remember to make the sidewalk your runway and the most beautiful thing a woman can wear is confidence.



Kristine March



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## MUSINGS OF AN OLE BALL COACH

*Dedication, commitment and COVID-19*

The next time you leave Bojangles or McDonald's with a bacon and egg biscuit, consider what a great testimony to dedication and commitment it is. The chicken was totally dedicated to providing you with the egg, but the pig, ah the pig, his contribution was the ultimate in commitment.

When this Coronavirus pandemic appeared on the scene, we as a nation dedicated ourselves to breaking its hold although a large percentage of the citizens never entered the fray like the pig committed. But alas, may only give minimal or none with true dedication.

When it appeared that we as a nation began to break its stranglehold, our constitutional rights

appeared. "Let's liberate our cities," was the clarion call. "You have no right to take away our freedom," was heard so the dedication to prevail never became a commitment.



Jim Fraser

The commitment we must have to beat the insidious monster was curtailed because of our rights to many of us; it was never accepted that the rights there must be responsible. To use a revolutionary war term, we had too many "sunshine soldiers and weekend patriots". People who made

the cursory dedication but not the commitment because they were willing to make that sacrifice for the common good when it interfered with their selfish interests.

As a high school teacher/coach, I ran across hundreds of youngsters who blurred the difference between what the chicken and the pig did. "Coach," he would say. "I'm gonna commit myself to being the best football player I can be."

"Great," I would answer. "You certainly have the talent and your position is wide open. I'll give you a summer workout sheet that if you follow you'll be good to go when we convene in late July". (This was before the days that year around workouts were allowed.) The

number of players who followed the summer workout was usually commiserate with the type of season we had.

This virus is so easy to defeat. A tried and true mantra of athletes has always been "Respect your opponent and don't take him lightly". All we have to do with this virus is give it the proper respect and simply avoid it. Stay out of its way. Avoid it as you would avoid driving over potholes or wading into a school of jellyfish at the beach, kinda like rolling up your windows when a thunderstorm approaches.

Did you know that the Clovis, N.D. motorcycle rally cost the nation's health system \$12.2 billion already? That's like 400,000 dummies going to

a gunfight with pocket knives.

All of the machoism and bravado doesn't work with this enemy. It's like Mae West, "Hello big boy, why don't you come up and see me sometime." When you fall prey to the seduction you're doomed.

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



# Resilience and 2021



MARY-CATHERINE  
McCLAIN  
RINER

One tradition at the end of the year is choosing a word to summarize the experiences of the year overall. This year, individuals have endured a variety of restrictions and limited opportunities for safe social interaction in public spaces. In the midst of a global pandemic and all things coronavirus related, the word I choose for the year is resilience.

Choosing resilience for 2021 allows individuals to bounce back from hardships, adversity, and obstacles as well as bounce forward in hope. Although resilience is only a word, it carries tremendous and significant power that guides thoughts and feelings overall—leading to hope and faith over despair and grief. Consider a visual; when tragedy strikes and it is hard for the human mind to explain, understand, and control, a fork emerges in the road where a choice is given. Do you take the fork of rage and cynicism and/or grief, or do you choose the fork leading to deeper meaning and growth. How do you want to respond to a series of external events that are not fully in our control? How can you challenge yourself and change yourself



when you encounter a circumstance you have no power over? You always have a choice in choosing your attitude and whether it becomes empowering or disempowering.

Stress in America is high; individuals are overwhelmed, distressed, and struggling with a variety of mental health concerns, including anxiety, depression, substance use disorders, and eating disorders. Yet, our human capacity for resilience is endless. For emotional wellness and mental health overall, Americans need resilience and more hope, faith and

optimism. Thankfully, resilience can be cultivated, practiced and learned. This begins with choosing your mindset for 2021 and the actions that match the value. 2021 will inevitably arrive, yet you will choose how you respond and how you bounce forward with hope, possibility, and resilience.

*Mary-Catherine McClain Riner, Ph.D., Ed.S., M.S., is a Licensed Psychologist with Riner Counseling, LLC. Visit [www.rinercounseling.com](http://www.rinercounseling.com) or call 864-608-0446.*

**"Our human capacity for resilience is endless. For emotional wellness and mental health overall, Americans need resilience and more hope, faith and optimism. Thankfully, resilience can be cultivated, practiced and learned."**

— Mary-Catherine McClain Riner





## ANDERSON COUNTY LIBRARY SYSTEM

Anderson, South Carolina

### Activities for Children, Teens, and Families

#### Teens: Play Among Us



Each month, our Teen Librarian has a virtual event and meetup just for teens! For January, play the popular game *Among Us* in a private session with other teens and our Teen Librarian.

After you register, come by your library to pick up a special activity kit which includes some snacks.

To register, email [teens@andersonlibrary.org](mailto:teens@andersonlibrary.org) or visit our [online calendar](#).

#### For Children and Tweens



##### Early Literacy Tips

Every other week, Youth Services staff share an easy game or activity for you and your little one to develop early literacy skills. Published every other Tuesday on [Facebook](#) or find past Early Literacy Tips on [YouTube](#).



##### What's TumbleMath?

A new, fun and educational resource called TumbleMath helps children learn math skills and concepts. Learn more about TumbleMath with our video on [Facebook](#) on January 5 or start exploring through our [website now](#).



##### Birds of the Carolinas Memory Game Grab and Go Activity

Starting January 4, pick up a Grab and Go activity for the whole family from your local library. Play this Birds of the Carolinas memory game, then ask about FeederWatch and how you can be a citizen scientist at the Anderson Main Library.



##### Virtual Storytime

Featuring a new song, story, and rhyme, videos are published each Monday on [Facebook](#). You can also find past storytimes on [YouTube](#).



##### What's On A Dairy Farm?

Want to learn about dairy farms? Starting **January 19** on Facebook, Youth Services staff share the story *Click, Clack, Moo* by Doreen Cronin and talk about Adopt-a-Cow, an initiative of Discover Dairy and the Center for Dairy Excellence.



##### The Curious-Minded Tween

We're challenging tweens (ages 9-12) to focused, curious and tenacious! See what quest has been posted in the Children's Department at the Main Library, or [email us](#) for details. Tweens who follow the directions and complete each monthly quest will have their name put into the drawing for a prize!



and comics or graphic novels all count!

Looking for a reading challenge for 2021? The #ACLRReads2021 Read Harder Challenge is here!

Read a book that matches each prompt. When you are done, turn in the filled out bookmark linked below to any Anderson County Library location to be entered to win a bookish prize. Entries are due by January 15, 2022, so there's plenty of time to enter. Remember, books, audiobooks,

## Events for Adults



### Games



#### That's So '90s

Wed., Jan. 13 at 6:30 - 7:30pm

Grab your scrunchie and prove your knowledge of '90s pop culture with this live-scored trivia game.

First, second, and third place players will win prizes.

Registration required.

**SIGN ME UP!**



### Book Clubs



#### BYOB Book Club

Thurs., Jan. 21 at 12:00pm

Read what you like. Discuss a book that you have read recently and get recs from others virtually on Zoom.

Registration required.

**SIGN ME UP!**

[Find more book clubs on our website](#)



### Crafting and Arts



#### Virtual Creative Crafters

Tues., Jan. 12 at 2:00pm

[Video on Facebook](#)

Make a paper geode suitable for framing. **Pick up your Take & Make kit.**

[Email us](#) for availability or to request it sent to a branch.



#### Take n' Make: Koozie Fox

Kit will be available starting **January 1**.

Colors may vary.

[Email us](#) or call 864-260-4500 x126 for availability or to request it sent to a branch.



#### Virtual Hand Crafts

Sat., Jan. 30

at 9:30 to 10:30am

Enjoy knitting, crocheting, cross-stitching, or embroidery? Meet up with us once a month on Zoom.

Registration required.

**SIGN ME UP!**



### 2021 ACLReads Read Harder Challenge



Looking for a reading challenge for 2021? The #ACLRReads2021 Read Harder Challenge is here! Read a book that matches each prompt. When you are done, turn in the filled out bookmark-linked below to any Anderson County Library location to be entered to win a bookish prize. Entries are due by January 15, 2022, so there's plenty of time to enter. Remember, books, audiobooks, and comics or graphic novels all count!

[Read Harder Challenge for Children](#)

[Read Harder Challenge for Teens & Adults](#)

[Find even more events on our website.](#)

All Libraries will be closed:  
December 24-28 for Christmas  
January 1 for New Year's Day  
January 18 for Martin Luther King, Jr. Day



# Swiping right on 2021

## My Profile

**Username:** TheOtherKimK

**Gender:** Female

**Age:** Somewhere between 35 and 100

**My Self-Summary:** I love dining out at restaurants, attending parties with my friends, seeing movies at movie theaters, traveling, and wearing real pants.

**What I'm Doing with My Life:** For the last ten months, I've been at home baking; reading; wondering if I could build my own tiki bar; wondering if I could create a cocktail out of Cap'n Crunch cereal milk; watching all seven seasons of "Endeavour" in a week; watching couples on "House Hunters International" argue over local charm vs. modern conveniences; trying to find a Zoom background that doesn't accentuate the dark circles under my eyes; trying not to lose my #\$\$\$%\$% mind.



Kim von Keller

**What My Friends Notice About Me:** My car's always in the driveway, and the dark circles under my eyes are becoming more pronounced.

**Favorite Movies:** "Waking Ned Devine," "My Favorite Year," "It's a Wonderful Life," "Spellbound," and, since last February, anything that holds my attention for a couple of hours so that I don't eat an entire bag of Snyder's of Hanover Hot Buffalo Wing Pretzel Pieces.

**What I'm Usually Doing on a Friday Night:** See "What I'm Doing with My Life."

**Most Embarrassing Thing I'm Willing to Admit:** At the end of a Zoom meeting, I realized that my back-

ground included the bottle of wine and bag of Snyder's of Hanover Hot Buffalo Wing Pretzel Pieces that I was planning on using to celebrate the end of the Zoom meeting.

**What I'm Looking for In a New Year:** One that's not 2020, which is a pretty low bar.

2021, you are looking awfully attractive right now, which is why I've decided to take a chance on you and swipe right, even if you are related to my ex-year. So if you and I are going to get together, let's set some conditions.

First, let's go out more often. I love curling up on the sofa as much as the next girl, but I got tired of doing the dishes for TEN STRAIGHT MONTHS. Please promise me that we're going to be able to go to a restaurant and a movie. You can pick both. If it means we can sit inside, I wouldn't say no to a Happy Meal and "Francis the Talking Mule Goes to West Point."

Second, please don't try to keep me from seeing other people. 2020 was selfish and needy and demanded all my attention. A little jealousy is to be expected in any relationship, but making me stay 6 feet from my friends and family was a bit much.

Next, we have to travel. It could be somewhere warm and tropical. It could be someplace teeming with history and tradition. Heck, at this point, it could be Jalapa, South Carolina, whose claim to fame is that it is "not too far from Newberry."

Finally -- and most importantly -- you need to take better care of yourself than your predecessor. Nobody likes a sickly year. You need to protect your health. And my health. And everybody's health.

So here I am, 2021, rebounding from my breakup with 2020 and ready for a new year. Just let me know when we can get together. My calendar is 365 blank spaces, waiting for you to fill. But if you have a family reunion, you'll have to go alone. I loved 1983 and 1992, but if 2001, 2007-08, and 2020 get together, I don't want to be there to witness it.

*What are you most hopeful for in 2021?  
Let me know at editkim50@gmail.com.*



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# The Navy

## *“It’s not just a job, it’s an adventure”*

That’s what the television commercial promised and my recruiter said as I was signing my very being over to the United States government. He also said that my training in Orlando, Florida would be just minutes away from attractions such as Sea World, Disney World, and Gator World. As the bus full of



Neal Parnell

new recruits and myself pulled into the heavily fortified entrance to the base, I could see a water tower in the distance with the words NAVY WORLD illuminated by spot lights at the top. Once inside, you are re-born. In fact, they call you a baby-bootie. You

don’t know how to walk, talk, dress, eat, or sleep; but you will learn.

The purpose of recruit training is to put you through as much intense physical and mental stress as possible, while still having you perform the duties assigned in the busiest jam-packed eight weeks of your life. There is one major rule for baby-booties; they are never allowed to touch the glass, the brass, or the grass. There’s a brass plate at the bottom of each door, and a guard is watching for any boot that touches it. If caught, you will be the guard until you spot the next forgetful boot that touches it. Once I stepped off the walkway into the grass. The Company Commander grabbed me and ordered me to “get a broom and sweep all the sunshine off the walkway”. It took me all day to do it.

Florida is blazing hot in the summer, especially on a square quarter mile of asphalt called, “The Grinder”, where exercises are done in hats, boots, long pants, long sleeves, and long hours. We were standing at attention on the grinder one day when the C.C. said, “Alright Booties, the sun is getting too close to the earth, I want every one of you to get down on your bellies and PUSH!”

Some recruits crack under the intense pressure and the Navy weeds out those on

land, instead of miles at sea. I saw one bootie out marching and saluting ghost in the middle of the night wearing nothing but his hat. I didn’t see him again. Then there was the guy that refused to shave because his razor told him not to. Didn’t see him again either. One

test that brought out more weakness and fear than any other was, “The Gas Chamber”. The real test starts when you see six recruits walk into the darkness wearing gas-masks and the steel door slams shut with an air-tight seal. Any claustrophobic recruit that sees this will

instantly panic and ask to be relieved of duty and start packing. If you choose to go in, it’s not so bad. They spray some pepper spray and you put on your mask and clear it with a breath and walk out coughing until your lungs clear, but you pass.

If you make it through eight weeks of everything a human body can be subjected to, you’ll have a graduation ceremony, on the grass. You’ll then be ready for your next adventure, which is boarding a U.S. Navy Ship.

Anchors Aweigh!!

To be continued...

**“**

**THE FORCE REPORT**

**TUNE IN**

**01.10.21**

**You Tube**

**Instagram**

**f**

**ANDIE MACDOWELL**

**ACTRESS**

*“I still love finding the soul of the characters I play and defining who they are. This to me is my paint set, and the colors are always exciting to choose.”*





# 400 HOMELESS STUDENTS AND 150 CHILDREN IN DSS FOSTER CARE RECEIVE CHRISTMAS GIFTS!



Stone Creek Cove Golf Tournament donates \$7,276.00 to the Brighter Christmas Fund



Anderson County School District Five receives Christmas gifts for homeless students..



Anderson County Department of Social Services receives funds for foster children.

## STONE CREEK COVE

Participants: Rhonda McIntosh, Karen Hansen, Marianne Pizzemento, Laurie McMahon, Ryan and Erica Cappaert, Chad and Julian Giles, Mark and Ann Alexander, Dan and Jill O'Connor, Jeff and Ashley Owens, Scott and Sandra Messinger, Darren and Diane Raabe, Bob Whitworth, Ashley Williams, Bradleigh Robinson, Blake Martin, Jim Bartley, Becky Williams, Alan and Brandi Parham, Kristi Pulliam, Shannon Todd, Nakia Davis, Cade Gray, Greg Gentry, Andrew Wiles, Jerry Whitaker and Sue Belair, Ernie Sallas, Steve Adams, Jeff Pittman, Roger Leduc, Aaron Alexander, Ethan Cappaert, and Teresa Crooks.

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Corporate Sponsors: Floppy's Spirits (4411 SC-24), The People's Bank, STC Golf Carts, McGee Heating & Air, Lakeside Family Dentistry, Slawson Transmission, The Chicken Basket, Levi Sink Company, Buy Hartwell Lake (Judy Stevanovich), Captain Daves Boating World, Carolina Acoustical Co Inc, and Palmetto Liquors.



Robert Fagg with the Anderson Toy Parade Donates \$15,264.00 to Susan Campbell, Brighter Christmas Fund Board member.

## ANDERSON TOY PARADE

Major gifts from the Anderson Toy Parade and the Stone Creek Cove Golf Tournament along with private donations to the Brighter Christmas Fund provided Christmas presents for children in DSS foster care and homeless students in Anderson County Schools.

Brighter Christmas Fund board member Butch Hughes coordinated a grant distribution event at the Foundation office on December 8th attended by Chad McBride, Anderson County DSS Director and five homeless student liaison coordinators from Anderson County School Districts One, Two, Three, Four and Five. Mr. Hughes presented \$15,000 to the Anderson County Department of Social Services to provide Christmas gifts for all children in DSS foster care. Gifts from the Brighter Christmas Fund were made to Anderson County School Districts One, Two, Three, Four and Five totaling \$20,000. District Five's liaison, Lisa Butler explains that there are hundreds of students in Anderson County that share spaces with friends, doubled up or sleeping on family members' couches, some even living in hotels, cars or tents.

