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AU's Dr. Chris Hansen is going to Carnegie Hall... and he's looking for singers to accompany him

Dr. Chris Hansen, Assistant Professor of Music at Anderson University, has become used to both accolades and opportunities during his career as an educator and conductor of choral music. After



Kim von Keller

building a 160-plus member choir at Cedar Ridge High School

in Hillsboro, North Carolina, he took them on the road as they won competitions and accepted invitations to perform across the state. He has been invited to perform as a guest conductor of multiple honors choirs. He has been named a Coca Cola Teacher of the Year, Teacher of the



Dr. Chris Hansen

Year for Cedar Ridge High School, and District Teacher of the Year for Orange County Schools in North Carolina. Since 2017, he's called AU home, directing the University Choir. And in June of 2022, he'll add another honor to his list: He will be conducting The New England Symphonic Ensemble and a select choir at Carnegie Hall in New York City.



"I was grading papers during the spring 2020 semester when I got the invitation," he says. "I have dreamed of taking my choirs to Sydney or New York, but I never had anything like this on my professional trajectory."

Hansen's route to music

education is as interesting as his route to Carnegie Hall. A self-described military brat, he was born in New Jersey but attended 12 different schools in 12 years. Two of those postings were in North Carolina, the state he now identifies as his home. "When

I was in middle school," he says, "we were there for three years, and I was able to be involved in school activities, church activities, and social groups. Those are crucial years for a kid. Later, we

SEE HANSEN ON PAGE 2



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Starr-Iva girls win state championship

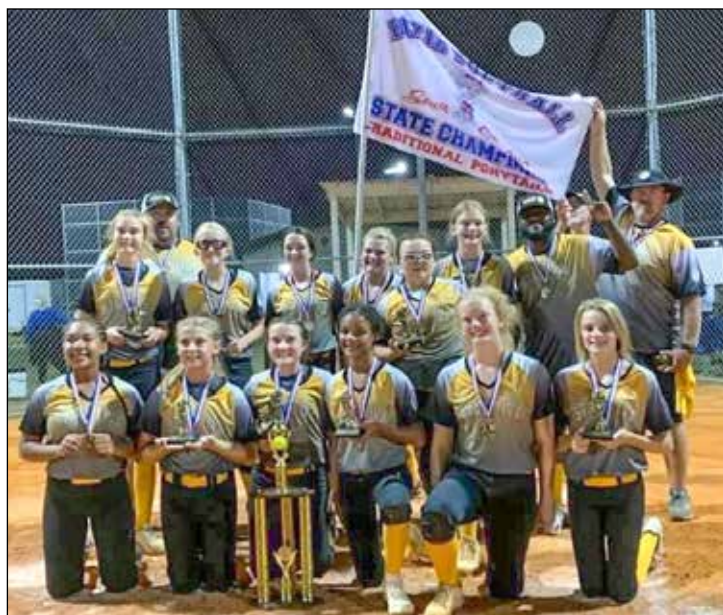
BY BRU NIMMONS

After a dominant week at the Dixie Traditional Ponytail State Championships earlier this month, the Starr-Iva Recreation 12 and under softball team is headed to Louisiana for the Dixie Softball World Series.

"We started this softball journey with most of these girls five years ago in 8U," coach Adam Parker said. "Since then, they have been nothing short of amazing. We have 12 outstanding young ladies that show up to work each and every time, practice or game."

Starr-Iva's run began on July 10 when they took on Lower Florence and thrashed them to the tune of 19-0 in just three innings before moving on to play St. George the next day. Against St. George, they kept to their dominant ways, demolishing them 17-0 in just four innings.

North Charleston provided Starr-Iva with its biggest challenge yet the following day, but they pulled through once again



The Starr-Iva Recreation 12 and under softball team

with a 10-3 win that left them as the only undefeated team in the tournament.

Just two wins away from the state championship, Starr-Iva took on Latta on July 13 and dispatched them with ease in a

four-inning, 15-3 rout.

With the championship on the line, Starr-Iva took on North Charleston for the second time in the tournament, but fell in the final inning in a 3-2 loss, leading to a do-or-die game three

between the teams.

In the third game, Starr-Iva got back in their groove, defeating North Charleston 10-2 to clinch the South Carolina state championship.

"I thank the lord every day that he called me to coach and be a part of their lives," Parker said. "I hope these memories last forever for them, because I know for a fact they will for me."

With the Dixie Softball World Series ahead, Parker is excited to see what his team can do.

"I can't wait to see these girls represent the Starr-Iva community and the state of South Carolina," Parker said.

The Dixie Softball World Series began on July 31 at the Johnny Downs Sport Complex in Alexandria, La. In their first game of the tournament, Starr-Iva was set to take on the North Carolina representative from Hope Mills, N.C.

Results for the World Series were unavailable at press time.

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Hansen

CONTINUED FROM PAGE 1

returned to North Carolina when I was in high school. So when my family went on to a posting in Saudi Arabia, I stayed behind to attend the University of North Carolina Pembroke, where I received my undergraduate degree in music education. Later, I received my master's degree and my doctoral degree from UNC Greensboro."

While looking for a full-time position in higher education, Hansen chose AU over other opportunities. "In addition to its location on the East Coast, Anderson University presented many opportunities that other schools did not," he says. "For one, I love being able to teach courses on the graduate level. The icing on the cake, though, was being given a choir to conduct. I am happiest when I have young people singing in front of me. During my time with the University Choir, I have made recruiting, retention, morale, and identity my priorities, and over time, the choir has grown and the identity of the ensemble has become solidified. Sometimes, choir kids can be like, 'I don't mind if I move.' With this group, it's, 'This is my choir family, and I'm not going anywhere.' I really have a lot of fun with this gig."

As Hansen's experience as a music educator grew, so did his reputation as a conductor of choral music. So he wasn't necessarily

surprised when he received a phone call from Dr. Sonja Sepulveda, Artistic Director of the Palmetto Voices Spiritual Ensemble and Director of the Winston-Salem Youth Chorus.

"Sonja is internationally known as a choral director," Hansen says, "and she conducts big choirs worldwide. But we were halfway through the conversation before I understood what I was being offered. 'Am I being asked to conduct at Carnegie Hall?' I asked her. 'Yes!' she said. Sonja has performed at Carnegie Hall 27 times. I'm good at my job, and other people toot my horn, but I'm just a guy who likes to conduct choirs."

For his performance in 2022, Hansen has chosen two works by Norwegian composer Ola Gjeilo. "When I thought of the pieces I wanted to conduct, my mind immediately went to Gjeilo's Dark Night of the Soul and Luminous Night of the Soul," Hansen says. "They are two independent pieces that can be performed together or separately. They have an epic, almost theatrical feel, and they would not be out of place in a film like Batman or The Lord of the Rings. Together, they have to do with coming out of a difficult position, not unlike what we have been through during the pandemic: How are we supposed to survive? Celebrate? Work? Make money? Commune? If Dark Night feels like that kind of place, Luminous Night feels like surviving and coming out on the other side." [NOTE: Before writing this profile, I listened to both pieces. While I know very little about choral music, Dark Night of the Soul gave me goosebumps,

while Luminous Night of the Soul brought me almost to tears.]

While The New England Symphonic Ensemble has been assembled and the professional soloists chosen, it is Dr. Hansen's privilege to assemble the choir, who will participate in a five-day residency with him and the orchestra before the Carnegie Hall performance. "I have people across the Southeast working with me to recruit singers from churches, community choirs, high schools, colleges, and universities," he says. "I'm assembling a choir of people who want to be a part of the performance of this music, with its different time signatures and complex rhythms, harmonies, and textures. Singers who are interested can visit my website, chrishansen-music.com, and click 'Join Me' to learn more about performing as part of this choir. The deadline is October 1, 2021."

So what is it like to wait another 11 months for his debut at Carnegie Hall? "It's not real until it's real," he says, "and it still doesn't feel real to perform on the Perelman Stage of the Stern Auditorium at Carnegie Hall. So for now, it's like I've signed a job contract. Of course, at this point in the pandemic, there's the fear that a variant could interfere with the performance, but if we don't make plans for the future, those plans will never happen. What I do know, though, is that music-making is a community experience, something that we've been missing during the last 18 months. In this arena, the music is secondary to the people performing it. I'm happiest and most fulfilled when it enriches our shared experience."

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Drawing a blank

Dear Readers,

I'm sorry to tell you that I don't have a short story to write about for this issue. I usually wait for a memory to pop into my head, but nothing has popped all week. When that failed, I resorted to perusing pictures of me in the 1950's, but all I saw were shots of me with no shirt and a loaded diaper. I tried to recall anything that happened in the 70's, and I did have one flashback of a "Keep on Truckin" black-light poster, but the rest of that decade has vanished from my memory. I thought I had something when I saw a movie preview of Saturday Night Fever, but then I remembered that the only dancing I did was in our living room watching Chubby Checker do the Twist on American Bandstand. I started to tell the story of the time I was thrown from a wild horse and trampled by a large pink pig, however, no one would believe that the Merry-Go-Round was going too fast. I then considered writing about the day I ran away from home and chose to live in Stump House Tunnel, but that was a dead end.

So here I am, staring at a stark white computer screen and my mind is just as blank. I typed a few sentences just to see something on the screen and all seemed to be going great until I realized that I didn't



Neal Parnell



have an ending. The story started with the day that I got a BB Rifle. I was sitting on a log beside a girl and I said to her, "I'm so good at shooting that I can hit that pebble right next to your big toe". Wouldn't you know it, I hit the pebble perfectly, but the BB ricocheted and ended up lodged under her big toenail. We could see the BB right in the middle. I panicked and ran. I never saw her again. See, no ending.

I suppose I could write about how my dog once ate a whole box of Christmas tinsel and walked around for the next three weeks with sparkly streams of tinsel hanging from his rear, but that ending would have an awful smell to it.

My deadline for article submission is tomorrow, I'll have to tell the Electric City News to leave my space blank and replace it with ads for Pampers, Nail polish, and Christmas tinsel.

Again, I'm sorry, and I know how disappointed you must be, but I've got nothing.

Peoples Bank Midnight Flight planned this month

The Midnight Flight has been a tradition in the Anderson Community for 44 years. The road-race is the largest night-time race in South Carolina and attracts runners from across the United States and beyond.

This year's event will be held Friday, August 27. The 1 mile will begin at 8:15 p.m., and the 5K at 9 p.m. The start line is at the corner of Greenville Street and Reed Road and runs toward downtown on the well-lit Greenville Street (Highway 81) before its completion at the Anderson Area YMCA.

The road-race is a certified Grand Prix race: participation and placement in certified races,

guarantees points toward a year-end national championship, making the race more appealing to competitive runners.

The nighttime atmosphere allows the community to gather in a street party atmosphere outside the YMCA with vendors and music before races. The event is family friendly and many non-runners come out to support fellow runners and take part in the festivities.

Prizes will be awarded for top 3 male and female in 5K - Open Division, Masters Division and Grandmasters Division. NEW THIS YEAR - Prize Money in 1 mile for top 3 in each age category: \$50, \$25, \$10 ~ Ages: 6-under, 7-8, 9-10, 11-12-, 13-14, 15-21.



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THE GARDEN SHOP

Magic, resurrection, surprise and naked



**SUSAN
TEMPLE**
master
gardener

Inspiration for this Garden Shop issue came from shared pictures. A friend who lives near Charleston sent me a picture of her magic lilies (*Lycoris squamigera*). I didn't remember giving them to Debbie but she said I passed them along when she was here visiting her mother, Jimmie Roe. I was a waitress and bartender at JR's for about 15 years. Ms. Roe, and her daughters Leefa Roe and Debbie Greene, are part of my family who is not blood family. Debbie said it took 2 years and 10 months for hers to bloom (specific memory there) and she would always think of her mama and me when looking at these bulbs. Another friend here in Anderson sent me pictures of hers blooming. They are planted outside her sunroom and she said looking at them makes her smile. That's what pass along plants are all about.

These bulbs came from my great great



Magic Lilies with Crinum and Allium

aunt Marshall's yard. Many things live on in my garden that came from Mama's side of the family. I'm glad I didn't mind Grandmother Cooley and kept digging. She used to tell me I had enough. Surely not! These bulbs go by several names, as is often the case with common names. Magic lily, resurrection lily, surprise lily, and naked ladies, are some commonly used. They are very easy to grow needing full sun, at least about 5 hours and well-

drained soil. That's about it. Pollinators like them. Hummingbird moths often visit them as dark draws near, about dark 30 as I say. Deer nor rabbits like them though sometimes stems are broken as deer go through the garden. I've never used them in arrangements but supposedly they make a good cut flower. They grow to about 24 – 30 inches high and have several bell shaped flowers per stem. Blooms are pink. People also call spider lilies (*Lycoris*

radiata) naked ladies. These red bulbs bloom in fall so be sure you get the bulb you want if going by common name.

As with all bulbs, the foliage must be allowed to die naturally. The foliage of magic lilies come up in late winter. It is slightly wider than daffodil foliage and has a bit of a blue tint to it. Bulbs in my garden are mixed in with perennials to help hide the dying foliage. Perennials are coming up as bulb foliage is fading. Native to Japan, it is said an eye doctor, Dr. George Hall from Rhode Island, brought them back to the US around 1880 after visiting Japan to treat patients and collect plants. When found in nurseries or catalogs, these bulbs can be quite expensive, \$10 or more per bulb. Another reason I'm glad I didn't mind Grandmother.

They can take a couple of years to bloom, as Debbie found out. Possibly by disturbing them in the pass along process, it may take a bit longer than if bought somewhere. Err on the side of planting them high. Most all bulbs will have to be divided if they get too deep or too crowded. I just barely cover bulbs and plant them about 8 inches or so apart. Some clumps have never been divided and bloom fine. Magic lilies multiply quite nicely too.



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CREATING HOME



NATURAL FIBER RUGS

I love a good natural fiber rug. There is something so welcoming about a seagrass, jute or sisal rug that gives a home the look of casual elegance. I am also a



Amie Buice

believer that a natural fiber rug can go in any house. There are so many weaves, patterns, colors, and textures, that these types of rugs are incredibly versatile. To give you some ideas of how you could use a natural fiber rug in your home, I've listed out some different applications.

One of my favorite ways to use a natural fiber rug is layered underneath a vintage rug. In this application, you would want to use a low pile rug with a simple weave. This is a great solution for someone who has a rug that they love, but it is too small for their space. Placing it on top of a sisal or seagrass rug will help with the scale in your room and ground your space.

In a Bedroom or Living Space I love a thicker woven jute rug. You can get pure jute, or a natural fiber blended with wool or cotton, softening its appearance and touch. Something braided or chunky feels cozy and warm, inviting you into a relaxing space.

In a Dining Room I think that a patterned natural fiber rug adds a lot of interest, without being overpowering. A diamond, mermaid, or basketweave pattern can be sophisticated but also inviting, exactly as a Dining Room should feel!

I also love natural fiber rugs with a little color. Whether it be blue threads running through, varying tones of neutrals, or a crisp colored edging, color is a great way to tie in existing textiles used throughout the space. To give you a little more inspiration, I've gathered some of my favorite natural fiber rugs on the market. With such affordable options, a natural fiber rug can be a quick and easy way to add another layer of depth to your room.

Website: amiebuice.com Contact: amie@amiebuice.com

Retired attorney publishes first novel

BY JIM HARRIS

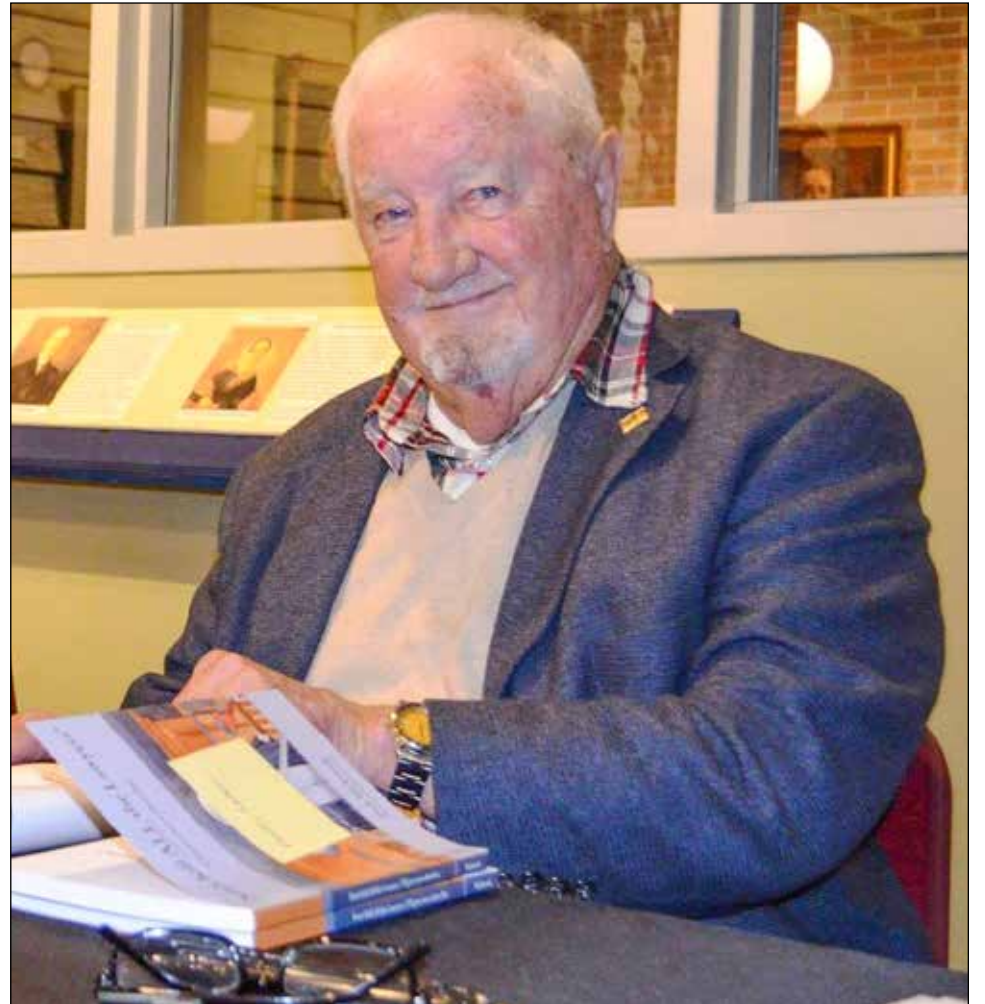
Robert Louis Stevenson once said, "That man is a success who has lived well, laughed often, and loved much." Retired Anderson attorney Jack McIntosh has certainly done that, and, soon to celebrate birthday 94, he's still adding to his successes. He's just published a new book, which is his first novel, "The Mannie, the Major and the Teef." A lover of writing, history, and humor, as well as being a master of storytelling, Jack's written words tell hypnotic tales.

The Eastside of Charleston serves as the setting for the story. The book opens as the Germans have surrendered in WWII, and a young reporter is seeking out Mannie Simmons. His quest is to uncover the mystery as to why the recently deceased Major Frank Manigault had left Simmons valuable property in his will. In their conversation, Mannie begins to outline the unconventional relationship between the Major, himself, and Tee McLauren, also known as "The Teef." Describing their backgrounds, Mannie says, "Our worlds touched, but they didn't merge."

Mannie begins to fill in the reporter on the back story of how the three connected. the winter of 1941, McLauren had returned to Charleston by train after being released from a reformatory in Florence. He was alone after a tragedy cost him his mother and the family business. Mannie introduced him to the Major. We follow them through many stages, and in the process, McIntosh weaves a fascinating tale of friendship that transcends the boundaries of age, race, and economics. We learn the difference between a thief and a "Teef," and that character is not always visible at first glance.

Former S.C. Governor Richard Riley says of Jack's book, "I like his new novel and recommend it highly. It illustrates how valuable friendships can be formed between people of widely different backgrounds." It's a fascinating read that you'll not want to put down until the very end. Jack dedicates this book to all of those who have served our country in the military.

The book's setting comes naturally to McIntosh as he hails from that same Eastside of Charleston, SC, near the Cooper River. Jack is the son of a WWI veteran who later walked a beat as a police officer. At age 17, after graduating high school, Jack left for a semester at Furman, then returned to Charleston and enlisted in the Marine Corp. After his three years of service, he completed his education at Furman. While there, he was active in the new ROTC chapter,



Jack McIntosh

becoming the first Cadet Colonel. When our involvement in Korea began, he was recalled and served in Korea as a tank platoon leader until the war's end.

When he returned to the states in January of 1954, at the recommendation of one of his counselors at Furman, he decided

to attend law school. He enrolled at the University of South Carolina. Graduating in only two years, he followed the suggestion of the Dean of the law school, an Anderson native, and joined a sole practitioner, Marshall Sherard. When Sherard passed, Jack started a firm now known as McIntosh, Sherard, Sullivan & Brousseau. Jack takes great pride in his work representing the school board in Anderson as they desegregated the schools in the 1960s. He later served for four years on the South

Carolina Board of Education.

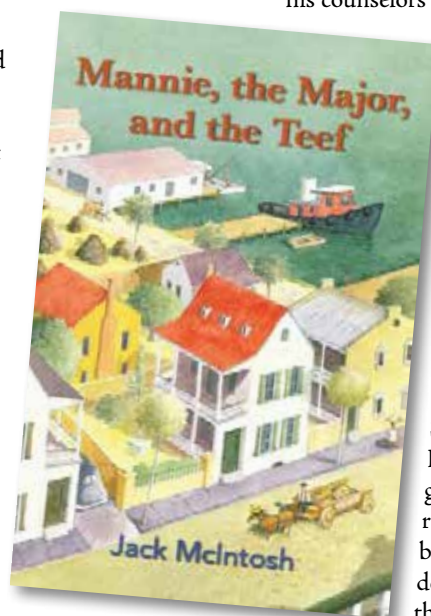
His first book, "Don't Kill ALL the Lawyers: I'll Give You a Short List," is a collection of anecdotes from his 50-year law career. This book was read on NPR by the late Dick

Estell and was the first self-published book ever read on that program. His second, "Ain't Mad at Nobody," is a collection of stories about characters in a small town. That was followed by "Frank Selvey; Coal Miner's Son," a biography of his friend, the basketball legend who played in the NBA and is most famous for scoring 100 points in a game for Furman University. "High Shoals: Two Tales of a City," tells the story of William Whitner and his experiments with alternating current electricity, which led to Anderson becoming known as "The Electric City."

When sharing his advice for choosing one's path in life, his words ring full of the wisdom of his life well-lived. "Find your talent and evaluate yourself. An honest evaluation of yourself is essential. Recognize where you have strength and the areas that you like, and pursue those things, and that's the path to contentment." He adds, "I've never pursued the path to power or money. My pursuit was to have a contented life, which I have."

Jack has four children. Clark is a medical missionary, Scott is a business executive, Lawton is a judge, and Jane is a teacher. His granddaughter, Leslie, now practices law in the firm he founded.

Jack and his wife, Lark, reside in Anderson. His new book is available through most online sellers and locally at Jack's office on North Main, at Remnants and the Prescription Shop.



'THE FUNNIEST MAN IN AMERICA'

BY JIM HARRIS

When you are known as "The Funniest Man in America," like comedian James Gregory, the bar is set pretty high every time you step on stage. With more than 8000 live shows under his belt and numerous appearances on some of the country's most popular radio shows, like Bob and Tom or John Boy and Billy, his massive tribe of fans will tell you that he hits that mark every time.

Gregory is a Lithonia, Georgia native and began his comedy career in 1982, introducing acts at the Punch Line club in Atlanta, one of the first comedy clubs outside of New York and L.A. Eventually, he was asked to perform his own routines there, and crowds fell in love with his homespun brand of humor. Next, he started taking his show on the road. Gregory performed 8-9 shows each week, touring the country and building a loyal following. James has appeared on stage in 38 states.

In a career that has featured tours with

George Jones, Dolly Parton, Kenny Chesney, Reba McEntire, the Judd's and many more, it would seem challenging to pick a high point. When asked what stands out most to him, James says, "I show up in a place, and it's sold out, and they're there to see me; when I hit the stage, that's the highlight of my life."

There have been other significant shows that James won't tell you about, and you can't find them online. The man famous for his fear of flying has flown to the Middle East to entertain a very special audience, our troops. You won't find those pics on his Facebook page, and you won't see them mentioned in interviews. Doing three shows a day on battleships and aircraft carriers, James says, "This was the most emotional experience of my entire career."

When you attend a James Gregory show, you'll get a break from the stress of the day. You won't hear topics from the headlines or anything about Democrats or Republicans. James says, "My job is to take them away from that



James Gregory

for a couple of hours, just to laugh, have a good time, and try not to think about current events." You may, however, be reminded of that quirky relative we all have, learn why aliens always land

near our most intelligent people, see why a covered dish is a national treasure, or discover why the guy that repairs your lawnmower may be your best choice to file your income tax return. You'll hear new stuff, but also some of James's classic material. One thing is sure; you will laugh and want to see him again.

Peruse the comments from some of his 800,000 plus Facebook followers. You'll see "hilarious," "I love this nut," "James Gregory is the best," and, perhaps most telling, one fan says, "I love watching him, he is so funny. He makes me laugh even if I'm feeling sad. He is a special kind of person that can just touch anybody with a good smile and laugh". His YouTube videos have millions of views. Most artists would consider all of these accomplishments sufficient to retire, but James is still on the road, doing three shows a week, 42 weeks a year.

James appears at the Walhalla Performing Arts Center on Saturday, August 7th at 7:30 PM.

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Alycia "Lee" Chamblee Nash has lived in the Anderson/Starr area her entire life and has been a member of the McDougald Funeral Home family since 2013. She is a single mother of two boys, Kaleb and Marty whom she loves. Lee received a GED from Adult Ed in 1982 and also has a Degree in Bible Study from Faith Bible Institute. She attends Middleton Road Baptist Church where she is the custodian. Lee also teaches 1st and 3rd grade Sunday School and GA's; she truly finds joy working with the children in the Church. In her spare time, she enjoys spending time at the beach and reading. She loves being able to work in a servitude role where she can be a help to others.

Alycia is a key part of the McDougald family, continuing our tradition and standards of quality, service and excellence. Thank you, Alycia, for so many years of hard work and dedication!

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The author knew who was boss

Marvelous mules

BY RICH OTTER

Although likely not intended, being called stubborn as a mule may actually be a compliment. The mule's reputation for stubbornness is actually the result of its common sense, caution and intelligence. Where most human children are convinced they are smarter than their parents, the fact is that a mule is actually smarter than either its mother or father and is blessed with keen instinct.

Some 3,000 years ago in Asia Minor the ancients bred a donkey to a horse and developed an animal that for its size was stronger than a horse, extremely sure footed, trustworthy, patient, and possessed a keen sense of self preservation.

The father is the donkey and its mother a mare. If a couple of mules were discussing their ancestry, the female could, without malice or overstatement, properly identify the progenitor of the male as a jackass. But there is no question their combined heredity, having endured for thousands of years, has had an enormous and beneficial impact upon humanity.

Mules serve as pack animals, in various agriculture capacities, as draft animals (from buggies to the 20 Mule Team Borax caravan), and as replacement of a horse for riders, particularly in areas where sure footing is a necessity.

Anderson County from its initial occupation until today has depended upon the mule as friend and coworker. Jack P. Glenn recalled that in about 1915 Glenn Plumbing Company was located at 134 W. Benson Street and the Davis-McGee Mule Company was across the street situate on what is now a parking lot between Benson Street and Church Street. The mule company was run by Elias McGee and had a dirt ramp allowing a wagon or buggy to be driven up to the second floor. Glenn said the company representatives would go to Tennessee, purchase mules and ship them to Anderson to be sold to local farmers.

Fred G. Dobbins' family farm was about

4 miles from Townville and 12 miles from Anderson. He remembered: "There were hitching yards to hitch the mules and wagons while you were up town shopping. There was one where the agriculture building is now and that was a big one...There were others scattered around. Right back of Sullivan Hardware, where there is a parking lot now, was...McGee Mule Barn."

Harrold P. Mulliken: "We plowed with a mule and if we were doing preparation we would use a turn plow. Then we dragged a

smooth harrow over it to get it really smooth. You might use a distributor to put in fertilizer and a planter to plant it. You used a cultivator for your top to kill the grass. Then you would sweep and a subsoiler to what we call 'run around', go down one side of the row and come back to the other. Then you would hoe it out. All

of it walking behind a good 2-year-old mule."

One of the first jobs assigned to Senator T. Ed Garrison as a youngster on their family farm was to feed their 12 mules. He said he knew firsthand the wisdom of the old adage "There is no education in the second kick of a mule."

It has been reported if a mule is treated with force and abuse it will not likely obey, but will respond to kindness.

The Jones family near Starr had two mules, Tom and Red. James Carey Jones, Sr. said "Tom wanted to walk on the cotton all the time. We would just have to keep saying 'haw, haw' to get him to go left. We would say 'gee, gee' to go right. Tom didn't like me to ride him...I got on Tom twice and I fell off twice." One time with a saddle on Tom, Jones went over to another farm and on the way back "there was a big tree and that mule had sense enough to know there was just room enough for him to go up underneath it...the rascal ran and went under that tree and just cleared me right off."

Make no mistake, on a dangerous trail, don't try to tell a mule what to do.

REACH OUT * LEND A HAND * MAKE A DIFFERENCE

A few months ago on a Friday afternoon, we found a local gentleman sleeping on the back porch of our office. A graduate of T L Hanna High School and an established artist, he was forced to sleep outside because he had nowhere else to go. He said he felt safe on our porch. His previous living arrangement was no longer a safe place to reside. When he left, all he had was what remained in a plastic grocery bag. With the help of another local business owner, we began searching for a place for him to go, a place to sleep without fear, and a place he could feel safe. We soon realized there was indeed nowhere for him to go. The local shelter was full and there was a waiting list for available beds. There were no other available options. After a couple of days at a hotel, a clean

bed, a shower and food, we contacted The Bridge Recovery Center. The directors there agreed to evaluate him. He did qualify for the program. This place was a safe haven and he was in the hands of those who could help him get back on his feet.

With the generosity of many local sponsors and businesses, we hope to make a difference for others who find themselves in the same situation. We want to reach out and lend a hand. We want to help by supporting an organization that helps those in need. Thank you to our sponsors who have so graciously stepped up to make a difference in his life and the lives of many others. Thank you for reaching out, for lending a hand and for making a difference. You are the difference.

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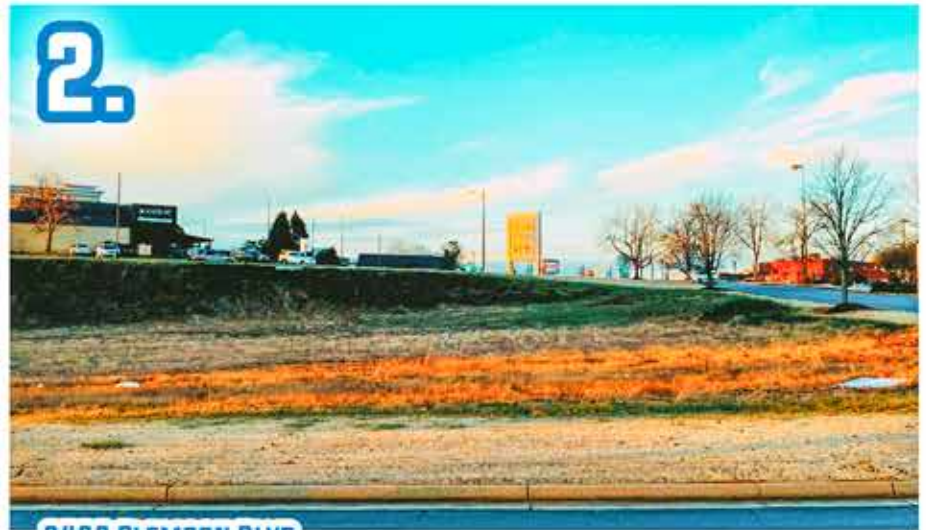
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NIBBLE & SIP

You're never too fatigued for a Friday night cocktail hour

There are many ways to make a delicious cocktail. You can start with an expensive spirit, make your own juices and syrups, muddle fresh fruits and herbs, choose the



Kim von Keller

perfect bittering agent, or add bubbly sodas or wines to finish. You can shake them. You can stir them. You can even smoke them. However you put your cocktail together, paying attention to every tiny detail will always yield a drink that's

complex, interesting, and deeply satisfying. On a Saturday.

The truth is that on some Fridays, I just don't have the energy for so much rigmarole. That's where the Gimlet comes in.

Made from only gin and lime cordial, the Gimlet has been around for almost a century. It is always served up in a chilled coupe or martini glass, combining the ever-green taste of the gin with the sweetness and tartness of the cordial. That's three

tastes from two ingredients, and while you can make your own cordial — if you have a couple dozen limes that need squeezing, or if it's a Saturday, or if you just have a LOT of time on your hands — you can also use the drink's original ingredient, Rose's Lime Juice.

Do not mistake it for the concentrated lime juice that you see on the juice aisle in the supermarket. Rose's Lime Juice is a nonalcoholic cordial made from concentrated lime juice, sweeteners, and a touch of food coloring. Created in Scotland, it's been around since the late 1800s, and it is the perfect partner to gin, another Scottish favorite.

If you only have the energy for a two-ingredient drink, you want a snack that is simple as well. Easy Peasy Cheesy Toast combines four ingredients, takes only a few minutes to prepare, and features the perfect saltiness to go with your Gimlet. Just because your week's been hard, your Nibble and Sip doesn't have to be!

Easy Peasy Cheesy Toast

½ c. mayonnaise

¼ c. grated gruyere cheese

¼ c. grated Parmigiano-Reggiano

16 baguette slices, toasted, or 16 small toast squares

Preheat your oven's broiler, and place the oven rack on the setting closest to the broiler. Line a cookie sheet with foil.

In a bowl, combine the mayonnaise and both grated cheeses and mix thoroughly. Spoon approximately 1 tablespoon of the cheese mixture onto each of the toasts and place toasts onto the prepared cookie sheet. Place the cookie sheet under the broiler until the cheese has melted and turned to a pale golden brown. This will happen quickly, so WATCH CAREFULLY to prevent burning! Remove from the oven and serve immediately. Serves four.

Gimlet

2 oz. gin (I like Bombay Sapphire.)

1 - 1 ½ oz. Rose's Lime Juice (depending on the desired sweetness)

Add the gin and lime juice to a cocktail shaker. Fill with ice and shake vigorously. Strain into a coupe or Martini glass. Serves one.



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TRUST YOURSELF AND BE A FASHION RISK TAKER

Each of us has our own style and that's what makes us unique. Sometimes I think we're too often afraid and reaching for some braveness when creativity is good for the heart and soul. Trust yourself and be a fashion risk taker.

Get out of comfort zones when it comes to your style. That's certainly alright and to play it safe is fine and dandy, but I think being confident and taking a risk is really a fun thing to do. We're all so unique and have so much to offer if we just take the plunge and step outside the box every now and then.

Think about that one dress or wild patterned blouse you're just not so sure of and get the nerve to wear it to your next event. I promise you will get compliments on it and feel really good about yourself. Maybe it's a funky pair of shoes you can add to something simple just so you can get comfortable with them. Maybe it's a bold lipstick you're afraid to try. I always was unsure of a red lip but I love it now and it really makes me feel assertive at parties or a special occasion. I'm naturally a bit shy when I go out at first. I don't do it often because I have worn basically the same lip color ever since high

school but when I do, I feel like a rockstar.

Maybe it's a new hair color or style that you're unsure of. It's always just hair so I say go for it. You only live once. Maybe it's a new car in a daring color. Who cares what other people think. If you like it, get it. I love the quote, "A ship in the harbor is safe, but that's not what ships are built for". Think of that when it comes to fashion. Be fearless and



Kristine March

fun. Go big or go home.

I grew up in a small town where you were considered eccentric if you didn't dress and act accordingly like the others. And now that I look back, I take that as a compliment. So what fashion risk will you choose? The quickest way to acquire self confidence is to do exactly what you're afraid to do. I think we all could use a little more hope right now so do it for yourself. Remember make the sidewalk your runway and kindness always matters.

Foundation welcomes 3 new trustees for 2021

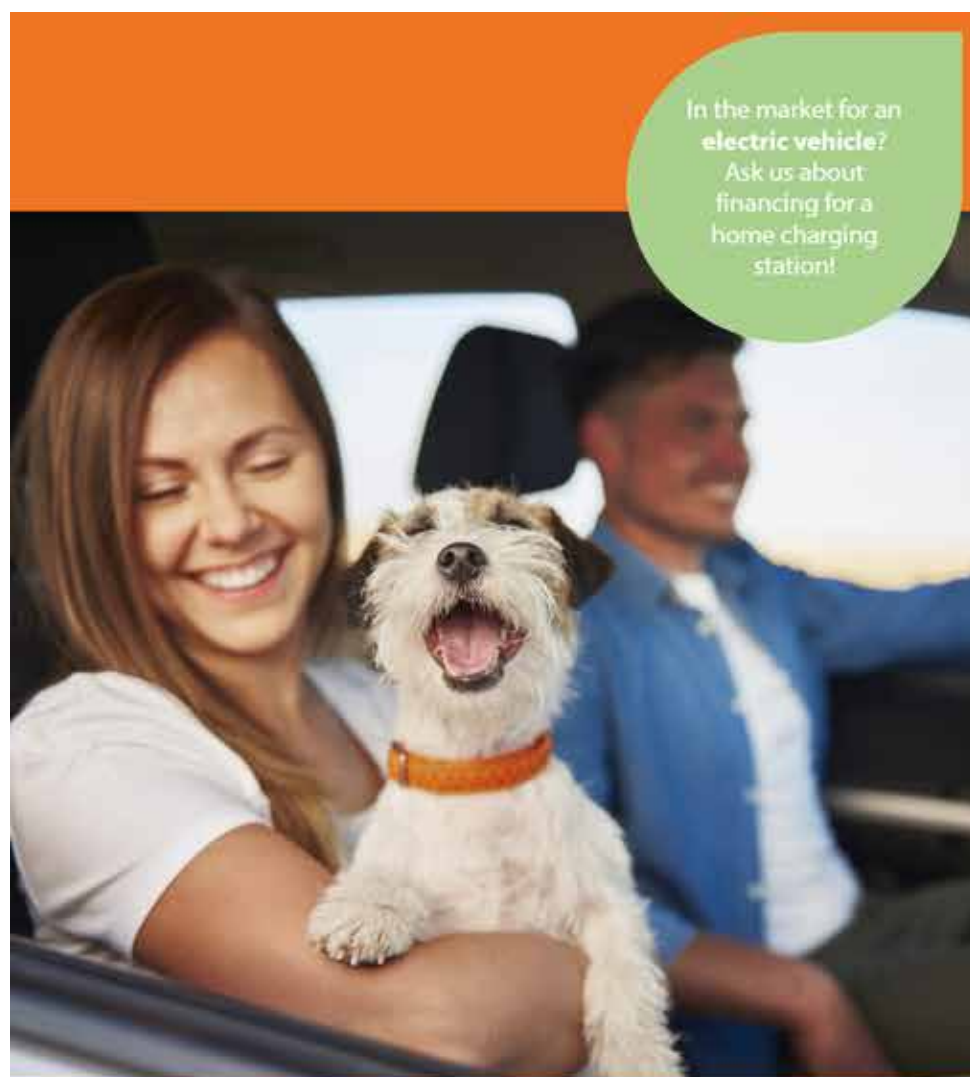
Dr. Anthony Guiseppi-Elie, Maril Yeske and Sue Tuten have been elected to serve four-year terms on the Foothills Community Foundation Board of Directors.

Dr. Anthony Guiseppi-Elie is the Founding Dean of Engineering, Vice President for Industry Relations and University Distinguished Professor at Anderson University. Dr. Guiseppi-Elie studied analytical chemistry, applied chemistry and biochemistry at The University of the West Indies. He holds a master's degree in chemical engineering from the University of Manchester Institute of Science and Technology in the United Kingdom. Dr. Guiseppi-Elie earned his doctoral degree in Materials Science and Engineering from the Massachusetts Institute of Technology. A native of Trinidad and Tobago, Tony and his wife Annette now call Anderson home.

Maril Yeske was born in Chicago and raised in Wisconsin. She holds a Bachelor of Science degree in nursing from the University of Illinois and a Graduate Certificate in Non-Profit Management. After working as a nurse

for 15 years, she held various positions in the non-profit sector. She and her late husband moved to Lake Hartwell in 2005. Since moving to Anderson, Maril has served on the governing boards of the Hospice of the Upstate, the Anderson County Museum, the Greater Anderson Musical Arts Consortium, and the AnMed Health Foundation.

Sue Tuten grew up in Elmira, New York earning a BA in Economics from the University of Rochester and later an MBA at Emory University. She received her SC CPA license in 1978. She served as the Director of Accounting at the Medical University of South Carolina and taught accounting at the College of Charleston prior to becoming the bursar at Emory University. She and her husband Tom moved to Anderson in 1987 and raised three children in the Anderson community. Sue has been active in the community serving as a founding board member of the Cancer Association of Anderson and supporting numerous other local charities while maintaining an active finance, management and healthcare consulting practice.



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YOUR DENTIST CAN SAVE YOUR LIFE

How to practice 'emotional intelligence,' Part 2

In our last feature we discussed "emotional intelligence", understanding our emotions so we can better manage them. Developing this ability can have a positive influence on our lives — and — how we are able to affect the behavior of others including colleagues, family, and friends.

We are not born with emotional intelligence. It can be learned and with practice strengthened.

Can each of us benefit from taking this step? Ask yourself: Do you sometimes feel misunderstood? Do you easily get upset? Are you sometimes overwhelmed by your emotions?

Do you find it hard to assert yourself?

Just about all of us can answer "yes". So, if we want to improve ourselves — and our happiness and success in life — what are the behaviors we can learn to boost our emotional intelligence?

Experts in human behavior focus on four key areas, all of which when combined can be

of significant benefit:

1. Self-awareness. Look inside and try to understand the way you think, how you feel and how you behave. Consider: things that irritate us in others may actually be a reflection of what we dislike in ourselves. Ask yourself, "Do I do that?"



Dr. Gabrielle F. Cannick

2. Self-regulation. Could our emotions be getting in our way? Pause and take a deep breath in stressful situations. Think before you speak or act. Not containing negative emotions can set off negative emotions in others.

3. Social Awareness. Put another way try to understand what the other person is feeling. Try to recognize strengths and differences in those around you by really listening to that

person and showing them respect.

4. Social skills. The adage applies, "Alone we can do so little; together we can do so much." In the past year we have found ourselves limited in our interactions with others. Time to overcome. Here are drills to follow: Look the other person in the eye. Smile. Remember names. Greet everyone. In conversation ask questions. Show interest in what is important to the other person. Lastly, to really grow in our emotional intelligence ask for feedback about yourself. It can be tough. But good feedback is the fastest and most effective way to grow and improve ourselves. We need to find the courage to ask — and accept.

The highest level of emotional intelligence is reaching that point where we become clear about what really matters to us. Why am I here? What am I called to do? What for me makes a fulfilling life I can be proud of? Let us resolve to take this journey. We can make a difference. If you have questions, or would

just like to talk, feel free to call. We are here to help you. Think of us as your hometown resource for guidance and support.

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

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Mix, pour, bake and voila!

Recently, I caught my girls excitedly thumbing through their American Girl cookbooks. I had a pretty good idea of what was coming next. Almost in unison they both asked “Mom, Mom, can we bake homemade Devils Food cupcakes for our family celebration tonight?” Although I instantly envisioned the total and absolute mess that was about to ensue, I joyfully said “of course we can!” — especially since they were so excited and wanted to do it all themselves!

“Yeah! Thanks Mom!” my precocious little nine-year-old Stella said. “Come on Cora, we need to make a list of what we need to buy at the store!” Before long, the girls had reviewed the recipe, determined which ingredients we already had, and created a list of items they needed to buy before they could begin preparing their masterpiece.

After arriving home, the girls immediately became extremely focused and determined to make the best American Girl Devils Food cupcakes ever baked. The first step

was to organize all the ingredients and agree on a plan of action. They then began measuring, stirring and mixing everything according to the recipe. It wasn’t long before the baking began. Not wanting to waste any time, preparing the icing was next on the agenda. Trying my best to resist being a “helicopter mom”, I continued to observe their progress from a distance- just to make sure they didn’t do anything crazy like mistake baking soda for the sugar. The result, however, was truly worth waiting for! Perhaps as their mother I may be slightly biased, but I honestly don’t believe Rachael Ray could make a better batch of Devils Food cupcakes!

As I observed all the chaos and

commotion going on in the kitchen, it dawned on me how “educationally beneficial” it can be to allow your early school age child to bake cupcakes or cookies (with some guidance of course) by following a simple recipe. While having a great time baking and making a huge mess, your child is “unknowingly” practicing literacy skills by reading a recipe and creating a grocery list on their own. They also must use their math and reasoning skills to ensure that each ingredient is added precisely and in the current order. Also, since the girls had to work together to complete the final product, this activity taught them the importance of teamwork, the value in respecting others and how to best accomplish a task or project by supporting, encouraging and helping each other perform each task to the best of their ability. My favorite part was seeing how pleased and excited they were after tasting their freshly baked cupcakes for the first time!

Even if your child isn’t ready to follow a recipe and cook on their





own quite yet, allowing them to help out in the kitchen by performing simple tasks, such as filling up a measuring cup with sugar, reading part of a recipe, or getting a certain ingredient out of the refrigerator or pantry, will go a long way in helping to build your child’s self-confidence. Plus, working together with your young child can be an excellent bonding experience that you will both remember forever!

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'THE WORLD'S STRONGEST MAN'

BY JIM HARRIS

In 1971, at Old Field Baptist in Suwanee, GA., I attended a youth rally with some notable guests. The local paper was covering the event, which at that time meant it was "a big deal." One of the guests was Georgia's Lt. Governor, Lester Maddox, who rode a bicycle backward. Impressive, no doubt, but clearly, the show's feature attraction and the star was "The World's Strongest Man," Paul Anderson.

Surrounded by a large group of a hundred or so very excited kids, Anderson wrapped his hand in a handkerchief and proceeded to drive a large nail through a stack of 2x4's. Next, a dozen or so adult men were seated on a table made of plywood and studs, which Anderson proceeded to lift on his back and then carry. As a ten-year-old, you can imagine just how impressive it was. Later, I learned more about Anderson, his incredible level of strength, and, just as memorable, his mission in life. The margins by which he broke records were unheard of, yet his most significant personal triumphs were in a much different arena.

Anderson was born in Toccoa, GA, in 1932. As a child, he was diagnosed with Bright's disease, a kidney disorder. As a teenager, he began weightlifting to add strength for football, using homemade weights his father had created out of concrete. Anderson excelled in football and was awarded a scholarship to Furman University, where he started weightlifting more traditionally. He dropped football to focus on lifting, and his family moved to Elizabethton, TN. There he met lifter Bob Peoples, who introduced him to lifting as a sport.

In 1955, Anderson traveled to the Soviet Union for a competition. Weightlifting in the Soviet Union was a popular sport, and their team was considered the best in the world. In Anderson's first event, the overhead press, the existing world record was held by a Soviet lifter at 330.3 pounds. Anderson stepped up to the bar for his lift.

Announcer Bud Palmer said, "The Russians snickered as Anderson gripped the bar, set at 402.5 pounds, an unheard-of lift. But their snickers turned to awe and all-out cheers as up went the bar and Anderson lifted the heaviest weight overhead of any human in history." The U.S. and the Soviet Union were in the midst of Cold War tensions, and each was searching for public relations victories. An American prevailing in a sport in which the Soviets excelled and taking place on their home soil made Anderson's feat a significant P.R. triumph for the U.S.

The following year, at the World Championships in Munich, Anderson broke two other world records. Upon his return to the U.S., Anderson was hosted by then-Vice President Richard Nixon.

Even though he was fighting a 103-degree fever from an inner ear infection during the competition, Anderson went on to win a gold medal in the 1956 Olympics in Melbourne, Australia. He was not allowed to compete



Paul and Glenda Anderson with residents at the Paul Anderson Youth Home

in the 1960 Olympic games, as having been paid for some public events classified him as a professional.

He was continuing to lift and break records. On June 12, 1957, Anderson back lifted 6270 pounds, the equivalent of lifting two new Honda Accords. The best lift ever done by anyone else, as of the time of this writing, is 5,340 pounds. The Guinness Book of World Records refers to the feat as "the greatest weight ever raised by a human being."

Anderson had been impacted by troubled young people he met in his appearances and felt a call to help. In 1961, Anderson and his wife Glenda founded the Paul Anderson Youth Home in Vidalia, GA. Its mission was to help troubled teenagers regain their life paths.

To raise the visibility and the money needed to finance this endeavor, Anderson decided to ride a bicycle from Vidalia to Omaha, NE. Anderson made a stop at the original Dwarf House South of Atlanta on this trip. There he met owner Truett Cathey, the founder of Chick Fil A. Cathey became the first donor for the home, and this was the beginning of a years-long relationship. Anderson made 500 or so personal appearances each year to raise funds for the home's operation.

Despite the challenges from his lifelong kidney issues, Anderson continued his appearances to raise funds for the youth home. In 1975, Anderson was awarded the Branch Rickey award by the Fellowship of Christian Athletes. In 1983, he received a kidney transplant.

In 1990, he received an honorary Doctor of Education from Piedmont College, then in 1992, the USA Power and Strength Symposium named him "Strongest Man of the Century." In that same year, he was named to the Fellowship of Christian Athletes Hall of Fame. In 1994 he was inducted into the



Paul Anderson

tribute in the United States Congressional Record. Anderson was interred on the grounds of the Youth Home.

The Paul Anderson Home is celebrating its 60th anniversary of helping troubled youths. His widow, Glenda, was named a torchbearer for the 1996 Atlanta Olympics. In 2019, the History Channel featured Paul's story in "The Strongest Man in History." The City of Toccoa created the Paul Anderson Memorial Park, with a life-sized sculpture of him lifting.

National Power Lifting Hall of Fame.

Anderson died in August of 1994 from complications from a series of illnesses he had suffered after his transplant. He was paid



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The other pink bird

BY ANN BAILES

Even before the recent event mentioned below, I had already planned to write an article for use sometime about the other pink shorebird — “other” as in compared to the flamingo, which most people are familiar with from zoos, or plastic yard ornaments, or sometimes in the wild in Florida. But the “other” pink bird is the beautiful and unusual roseate (ROSE-e-at) spoonbill.

Until four years ago or so, the roseate spoonbill was a rare bird anywhere in South Carolina, but now is a regular summer visitor to many wild places on the Carolina coast. That alone would have made it a bird of interest, especially for locals who are headed to the beach. And then, of all things, in mid-July one was spotted here in Anderson

County — a very unusual bird to be inland and seen here. So this is the time to write about the spoonbill.

The roseate spoonbill is noticeable for its pink color, but even more so for its bill that really does look like a spoon. That bill is long and flattened into a roundish shape at the end—just like a flat wooden cooking paddle or a pancake. The spoonbill feeds by standing in shallow water and swinging its head back and forth to catch prey with that large flat rounded bill. It can often be seen foraging with herons, egrets, and ibises in marshes along the coast. It is strictly a shorebird, except for the rare times that a few birds sometimes move inland after the breeding season is over.

This unusual shorebird is pink and white, with adult birds having a brighter pink color than the juve-



niles. The adults can also have even more brilliant pink shoulders. The bird seen in the Townville area here in Anderson is a juvenile, because its color was paler. It could also be identified as a juvenile because its head was fully feathered (adults have only partially feathered heads). Several people saw it feeding in marshy areas and the ponds nearby. It could have followed the path of

the Savannah River system and stopped off here because of Lake Hartwell.

According to eBird.org, a roseate spoonbill was last seen by a number of observers in August of 2019 at the Rocky River Nature Preserve on the east side of Anderson. The only other sightings (2) in our immediate area recorded on eBird were in 2012, again in the Townville area

near Lake Hartwell. So that record shows that spoonbills can be seen here, but are extremely rare visitors.

As of late July, “our” spoonbill was still here, seemingly happy to hang around and forage in the backwaters near the lake. Of course, wild birds come and go at will. But maybe this one will stick around — who knows! And we’d be happy to have it stay here for as long as it likes.



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2021 FOOTBALL SCHEDULE

• HOME • AWAY

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WESTSIDE RAMS FOOTBALL 2021

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HOME		AWAY		

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