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A HAIR RAISING CAUSE

By Julie Bailes Johnson

What started out as a way to raise money for a local fireman, has now turned into a monthly fundraiser for Anderson County Sheriff Chad McBride, his officers and staff.

"We have been growing beards and facial hair for a few years now," says McBride. "We participated in No Shave November and that led to growing facial hair for a local fireman, Bubba Todd, who was battling cancer."

The "beard tax" — as McBride jokingly calls it — raised more than \$2,000 for Todd just by growing beards, mustaches and goatees. The sheriff and his men then formed co-ed and men only softball teams to further help Todd, raising another \$30,000 for cancer treatments.

"After we all shaved following No Shave November, my wife and I both were inundated with requests to allow the officers and staff to keep the facial hair," McBride says. "Most of the wives and girlfriends loved it so much, we were asked to consider allowing it on a full time basis." But not all of the significant others were on board with keeping the facial hair. "Some of the women weren't very happy with the scruffy look and didn't want the guys to keep it, but overall, they were good sports and

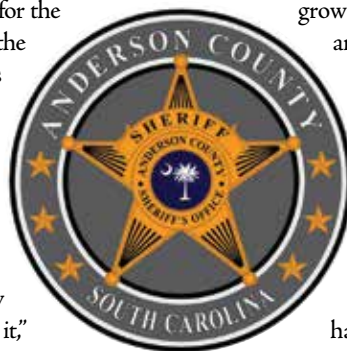


Pictured Left to Right: Sheriff Chad McBride, Deputy Cameron Wood (Street Narcotics Division), Detective Kendall Cash (Criminal Investigations Unit), Master Deputy Eric Scott (Road Patrol/K-9 Handler), Deputy Lewis Clarkson (Court Security) and Captain Ross Brown (Special Operations).

knew it was all for a good cause."

This past year, the Sheriff's Department employees have raised over \$1,000 for the local chapter of the Special Olympics and another \$1,000 for the Outdoor Dream Foundation. "This is a good way to give back to the community and have fun doing it," McBride says.

With 88 participants in the hair raising cause, McBride anticipates more deserving causes and local charities will benefit from it in the upcoming months. "Each participant donates \$25 a month to each cause. Some of the guys have been hair raising since



the beginning and love it," he says.

"It's all in fun. We've got some guys that have a bit of a hard time growing a full beard and some that grow in patches," he smiles. "But we don't judge. We just ask the guys not to go Duck Dynasty on us and we have a rule against beads and braids," he jokes. "We still have to be presentable." The simple rule to follow is two fingers above the Adams Apple or a level 3 at your local barber.

In October, the guys will submit their donations to a fund for one of the dispatchers, Fran Roberts,

who is also battling cancer. There will also be a fundraiser for Fran on Saturday, October 13 at the FOP building located at 101 Ryder Lane. Everyone is welcome.

November, which is Mens Health Awareness Month, will be the traditional No Shave November. The Sheriff's office plans on targeting the Cancer Association of Anderson, who McBride says have been really great to them. "Anyone who has a need can call us. There are so many people who are willing to help." Sheriff McBride spoke at an event last week about the fundraiser and picked up \$75 afterwards. "This community has heart."

If anyone is interested in having their office raise money via their facial hair, call Sandra McCarley at 864-260-4421.



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RHODES BARBER SHOP

A FAMILY TRADITION

By Julie Bailes Johnson
Pat Rhodes Dickerson is no stranger to the world of barbers. Her grandfather and cousins have all been barbers in the past. It's been in her blood for quite some time.

"I always wanted to cut hair," Pat says. So in 2005, she went back to school and became a master barber. She is licensed to cut hair, shave and also work with color and perms. Pat chooses to stick with the barber side of the business.

Pat's grandfather, J.D. Rhodes, was the owner of Rhodes Barber Shop. It was located across the street from the old State Theater behind Bailes Department Store. "My grandfather had a shower and shoe shine in his shop so customers could get a haircut and shave, then take a shower before a night on the town," Pat says. He charged 20 cents for a shower and 10 cents for a shoe shine. J.D. Rhodes was in business for more than 53 years.

Pat got her start in the business when she joined Model Barber Shop. She worked there from 2005 until 2008. In 2008 she opened her own shop off Clemson Boulevard, Rhodes Barber Shop. Pat remained there until she moved to her current location at 401 Concord Road.



From left: Steve Williamson, Tara Miller, Pat Rhodes Dickerson, Susan Bryant and David McCombs.

Pat and her husband, Glenn Dickerson, bought the brick house and remodeled it to its current glory that now houses six barbers.

Among the other barbers in Pat's shop are Cindy Durrell, who specializes in womens hair, Tara Miller, David McCombs, Steve Williamson and Susan Bryant, who specializes in hot shaves. "Susan gives the hot shaves and I sew them up," jokes McCombs.

McCombs also comes from a long line of barbers. His father,

Arthur McCombs, started as a barber in the 1950's and owned a shop in South Anderson close to Gluck Mill. His mother, Montez, also worked in the business and had a beauty shop next door to Arthur's shop.

David started in the business around 1983 alongside his father. He later opened a shop located in Watson Village. His brothers, Jim and Phil, moved to their shop on Hwy 81 and David moved to Model Barber shop where he remained until April when

he joined Rhodes Barber Shop where he currently occupies a chair. David has more than 35 years in the business. His brother Jim has 45 years experience and brother Phil now has 20 years in the business.

Susan Bryant's grandfather, Guy Strickland, was also a barber. His shop was on the corner of Market and Sanders Streets. Strickland made his living there and raised his family on his barber business.

Steve Williamson is another barber whose family has also been in the business for many years. His grandfather, "Tubby" Albert Williamson, built his shop with the help of his 10 children in 1957. He remained there for over 30 years.

With the combination of talent, experience and love of the craft, Rhodes Barber Shop is sure to be a continued success. "I love cutting hair and talking to my customers. I love the conversations ... and the gossip," she jokes.

So if you're in the neighborhood and have the need, be sure to stop by Rhodes Barber Shop and see Pat and her co-workers. Their expertise and family backgrounds in this art, obviously shine through in their work.

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DOWNTOWN MURALS

By G. Edwards
When I went to see the outstanding mural painted by Herman Keith, Jr. on the inside back wall of the new office of The Electric City News, I was astounded. It is so stunning, so unique, so perfect. Once I found out that the artist is the son of Herman and Laura Keith, I appreciated it even more.

Many will remember having studied or worked with that talented couple: he, in art at T.L. Hanna High School, and she, in music at Westside High. After retirement from public schools, they went on to teach in colleges. Several times Andersonians saw Herman's art exhibited at Spoleto.

Remembering my teaching days with Herman brought to mind another beautiful but forgotten mural: the one in the lobby of the G. Ross Anderson Federal Building, which my students visited on the "Getting to Know Downtown" tours. The tours were started because a lot of businesses left downtown and teenagers shopped and socialized at the Anderson Mall. Many had never walked downtown and were always amazed at what they discovered. "Cotton, Corn, and Tobacco Culture" — painted by Arthur Covey, a WPA artist, in 1941 — was



The "Cotton, Corn, and Tobacco Culture" mural (above) and the mural inside The Electric City News building (at right).

the second stop on the tour, after the fire station.

Local philanthropist Callie Rainey introduced me to the mural when The State Museum (which she had helped to establish) put together an exhibition of "New Deal Art in South Carolina" in 1990. She gave me a copy of the catalog and a full-color poster for my classroom. Those interested can find the catalog in the South Carolina Room of the Anderson County Library.

The Keith mural at 309 North Main Street and the Covey mural at 315 South McDuffie may be viewed during business hours.



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YOUR DENTIST CAN SAVE YOUR LIFE

What you eat can help prevent tooth loss, and more

By Dr. Gabrielle Cannick

In recent columns we have been discussing the mental and physical effects of tooth loss — emphasizing prevention is key and while it is never too late to start taking better care of your teeth and gums, starting early forming good oral care habits is by far the single biggest factor in preventing adult tooth loss.

Starting early is doubly important because tooth decay is the number one chronic childhood illness in America, with 40 percent of children having cavities before Kindergarten! This can have devastating consequences for a child's health — as well as appearance and self-confidence — that extends into adulthood.

Again, the importance of daily flossing and brushing coupled with regular dental checkups and cleaning cannot be over-emphasized.

But, there is more. Recall the old saying: "You are what you eat." This really applies when maintaining



Dr. Gabrielle F. Cannick

oral health is not that difficult. And the long-term health benefits cannot be over-stated.

According to the latest research, you can enjoy healthier teeth and gums — and a more attractive smile — by including certain mouth-healthy foods in your diet. Yes, I know. When raising a family, it's not easy getting children and busy teens to eat healthy. So, keep it simple. Try focusing on just three basics:

1. Go for the calcium for strong teeth and bones. It also helps the body maintain healthy blood vessels, regulates blood pressure, and even

strong teeth and healthy gums. Too much to worry about with your busy life? I get it. But, paying attention to what you and your family eat to ensure optimum

prevents insulin resistance. Examples: Milk, yogurt, cheese, almonds, and dark green leafy vegetables.

2. Think Phosphorus. Who knew? It's not hard. Go for eggs, fish, lean meat, dairy, nuts and beans.

3. Good ole Vitamin C for healthy gums? You bet. Reach for the fruit, tomatoes, peppers, broccoli, potatoes and spinach.

Think of this as a good starting point. It's worth the effort, I assure you. It is also why it is better to eat at home (with your family) rather than get fast food on your way home.

And what about snacking? We all love to snack. And it does help keep your mouth in good shape. Just do it in a smart way. Sugary treats = bad. Raw vegetables, fruits, and plain yogurt = good.

We all want a better quality of life. If you are on the fence about changing your habits, remember: whatever happens to your mouth can affect your overall health. I invite you to

contact our practice with questions and information on prevention and treatment options. Think of us as your hometown resource for guidance and support.

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine. For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to grandoaksdental.com or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

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THE COST OF CARING

By Mary-Catherine McClain Riner
PhD, Ed.S., M.S.

Within the last 12 months, 34.2 million adults in the United States have been a caregiver to adults 50 years or older. Of these caregivers, approximately 25% have maintained this role for 5 or more years. Additionally, the majority of caregivers spend at least 10 hours per week providing physical care and emotional support. These roles and responsibilities can quickly lead to caregiver fatigue and feelings of burnout when self-care is not adequately addressed.

One thing I frequently notice in private practice is the desire of a client to have a positive impact on his/her loved one's happiness and well-being. Unfortunately, this may be an unrealistic expectation for someone who had a stroke or has a diagnosis of Alzheimer's or Parkinson's disease. I also observe the pattern of caregivers to become so immersed into the needs of others that personal needs (e.g., physical, emotional, social, and financial) are forgotten.

If you are a caregiver, do you notice any of the following symptoms: Lack of energy; Overwhelming fatigue; A sense of hopelessness; Appetite increase or decrease; Sleeping too much or too little; increased irritability and frustration; isolating and withdrawing from friends and family; headaches, stomachs, muscle tension; worrying about the future.

In order to reduce and prevent the likelihood that caregiver fatigue impacts you, consider the following tips:

- Ask for help. No one can be a caregiver 24/7, and asking for help does not mean you are a bad caregiver. It means that you are being honest and authentic. No one



MARY-CATHERINE
McCLAIN
RINER

expects you to do everything alone.

- Maintain your own self-care habits and doctor's appointments. If you get sick, you will not be able to attend to your loved one(s).

- Give yourself permission to take breaks; go for a walk, call a friend, sit outside, get your nails done, take a nap, etc.

- Delegate tasks to other family members. Use this as a learning opportunity for your children to learn how to cook and fold clothes. Use this as an opportunity for your spouse to be fulfilled and satisfied by assisting you.

- Consider taking family-leave time if your employer or company has such programs and policies.

- Attend caregiving support groups. Check your hospital or local hospice for possibilities.

- Journal, meditate, or pray for 15 minutes every day!

- Consider scheduling a few counseling appointments to process the expectations, responsibilities, fears, etc.

Remember, if you have negative feelings, such as frustration or anger, that is normal. It does not mean you are a bad caregiver or a bad person. It simply means you are human and deserve to take care of yourself.

Contact the author at www.rinercounseling.com, drmarycatherine@rinercounseling.com or 864-608-0446.

AnMed Health's volunteers celebrate 60th anniversary

The AnMed Health Auxiliary of volunteers is celebrating its 60 year anniversary by making a \$60,000 donation. The recipient of the donation will be announced at an 11:30 a.m. luncheon on September 17, 2018 at the Bleckley Inn Carriage House, 151 East Church Street, Anderson. Prior to the luncheon, at 10:30 a.m., a mural depicting the auxiliary's timeline of accomplishments will be unveiled in the AnMed Health Medical Center lobby at 800 North Fant Street, Anderson.

The word auxiliary means to provide supplementary or additional help and support. There are more than 100 volunteers in the auxiliary supporting and helping AnMed Health and the community. The significance of hospital volunteers is often not seen, recognized or realized by the public, but the fruits of their volunteer labor are huge.

The auxiliary has made some significant donations in its 60 year history, including a \$325,000 contribution to the capital campaign to build the AnMed Health North Campus, giving \$165,000 towards the purchase of the AnMed Health mobile mammography coach and annually funding \$50,000 in college scholarships for students studying in healthcare-related fields. The auxiliary also donates money to a variety of different programs and departments that make a difference for AnMed Health's patients and visitors.

Sales, from the volunteer-run AnMed Health gift shop at the Medical Center and North Campus, are the main source of revenue for the auxiliary.

What you need to know about this year's flu season

By Josephine McMullen

Influenza, or the flu as it is commonly called, is a viral infection that attacks your respiratory system — your nose, throat and lungs. It is potentially a serious disease that can lead to hospitalization and sometimes even death. Millions of people contract the disease every flu season and of these, hundreds of thousands are hospitalized and tens of thousands of people die from flu-related complications.

Dr. Mark Baker, Medical Director of CareConnect Anderson, AnMed Health's urgent care location at 600 North Fant Street, lets his patients know that an annual seasonal flu vaccine is the best way to help protect against flu. Below, Dr. Baker answers some of the most common questions people have about the flu and the flu vaccine:

Who should get a flu shot?

The Centers for Disease Control and Prevention (CDC) recommends everyone six months of age or older get a flu vaccine. Getting vaccinated is especially important for people at high risk of flu complications, including

older adults, pregnant women, those with certain chronic medical conditions and young children.

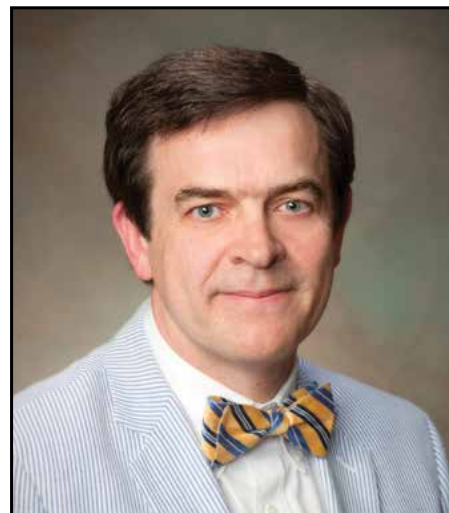
When should I get my flu shot?

You should get your flu shot before the flu appears and begins to spread in your community. While the exact timing of flu season varies from year to year, in the Anderson area, it typically peaks from January through March, which means you should get vaccinated in the fall no later than the end of October.

How do I avoid the flu?

Doctors agree that the best way to avoid the flu is to get yourself and your family vaccinated. But it also helps if you practice good hygiene. Try to avoid close contact with sick people. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Avoid touching your eyes, nose and mouth because germs spread this way. Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Where should I go to get vaccinated?



Dr. Mark Baker
Medical Director, CareConnect Anderson
600 North Fant Street
Anderson, SC 29621
(864) 512-2000

The flu vaccine is offered at doctors' offices, urgent care clinics, health departments, pharmacies and at many offices and some schools.

Will my insurance pay for the vaccine?

Many insurance plans pay for the annual vaccination. Older adults covered under Medicare Part B can get the vaccine free, with no copay or deductible. Check with your insurance

company to find out if your flu shot will be covered.

Will I get sick from the flu shot?

You can't actually catch the flu from your flu shot, but a small percentage of people will experience cold-like symptoms for 24 to 48 hours. This is the body mounting its immune response, which lets you know the flu shot is working as intended. If you are one of the people who feels their immune system ramping up, just remember it's lot better than suffering for two weeks from the flu.

What should I do if I get the flu?

Stay home, rest and avoid contact with others except to get medical care if needed. Avoid contact with others for at least 24 hours after the fever subsides to avoid spreading the flu. Also, be on the lookout for warning signs that you may be getting serious flu-related complications. These include breathing trouble, pain or pressure in the chest or abdomen, dizziness or confusion, severe or persistent vomiting and symptoms that improve but then return with a fever and worsening cough.

Be daring with your hair

By Kristine March
This has been a very innovative year when it comes to hair trends. Every color you can imagine along with bobs, extensions, wigs, and even scrunchies and banana clips (yes from the '80s) are back in style.
Color is bold this year from pearlescent pinks to gem hues like a crystal and dirty blondes with a bit of root. Dark luscious reds and chestnut browns are beautiful for fall.
Natural hair with kinks and curls and texture is super current. Try to not brush out the curl and use a comb instead and ditch the relaxer. Silk headscarves are super glam and give you that retro chic vibe.
Clip-in barrettes from the '90s are even making a comeback. When it comes to braids, put in clear hair bands to finish off the look. Try adding in some extensions to give a youthful appearance. There are amazing tutorials on how to do easy plaits.
Milkmaid braids are stunning and simple to do if you don't feel like putting a lot of styling and effort into it. Add some flowers, faux or real to match the season, into the plaits for a special occasion or a bejeweled headpiece.
Dry shampoo is your best friend on those days that you're not in the mood to wash



Kristine March

your hair. They make it for all color shades now, as well. Spray it in, brush it out and you're good to go. It gives your hair a look of dimension and volume. You don't need to wash your hair daily, it's much healthier to go without for a few days.
Purple shampoo is amazing for getting out brassy tones and Moroccan oil is super for frizz and unruly thick hair like mine.
Don't be afraid to go silver this year. Be bold. Try a totally new hair color just for fun. After all, it's just hair and you may really like a new color. If you're not brave enough, add some thick highlights just for fun.
Try a curling wand instead of a curling iron if you haven't already, for gorgeous waves. A flat iron for straight and sleek and use a good heat protectant spray.
Be daring this year with your hair. Get a good cut and pamper yourself for a day at your favorite salon. Long, short or none at all, rock whatever makes you feel your best self. Make the sidewalk your runway and remember the best trend this year is kindness and to love one another.

The art of hanging art

By Amie Buice Speer
Art is an important part of every home. Whether it be a sentimental relic, a statement piece or a thrifted find, it is a component that tells a story, draws conversation and pulls a room together. Hanging art incorrectly is also one of the easiest mistakes you can make. But here are a few tips for getting art hung correctly.
1. Get the height right. The most common mistake made in hanging art is that it is hung too high. On an open wall a good rule of thumb is that the art should be hung at 'eye level'. Since 'eye level' is different for everyone, a reliable standard is to hang 60" from the center of the artwork to the floor. If the art is hung over a piece of furniture, placing it 4"-8" above should be just right.
2. Treat a grouping as one piece. One of my favorite ways to hang art is in a vertical grouping of two. A piece of art with a small round mirror above or two matching pieces stacked. Whatever the combination, 2, 3 or 4 pieces of art, treat them as one unit. The center of the grouping should be 60" above the floor. The spacing between each piece should be no more than a few inches apart.
3. Designing a gallery wall. A gallery wall is a look that never gets old for me. If you have a collection of art and mirrors a great way to display them is to cover your wall. With a gallery the rule is the same, the center should



be 60" above the floor and the pieces should be no more than a few inches apart. Smaller pieces can be grouped more tightly, and larger pieces can have a little more space in between. Evenly distribute color and size of the art and frames for balance, allowing your eye to travel through the entire grouping. To avoid excess holes in your wall, you can lay the pieces out on the floor to try different arrangements or cut out the frame sizes on paper to place on your wall with painters' tape, helping you experiment with layouts.
In every scenario, the best way to know if art is hung appropriately is to see it. Recruit a partner to hold it in place so that you can see what it will look like. These tips are good guidelines, but every space is different. Ceiling heights vary as do the sizes of your furniture and art. If it doesn't feel right when you see it, try something else. Experiment with scales and combinations to find the perfect solution for your space.
For more info, visit Amiespeer.com.



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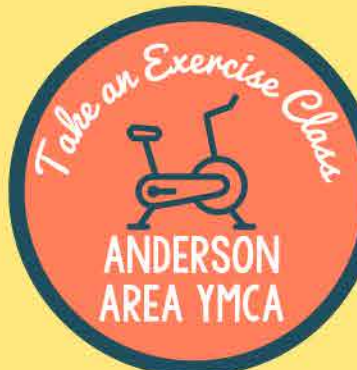
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THE GARDEN SHOP

Watching the wonders of a wax myrtle

While going around my place preparing for Hurricane Florence, it occurred to me a wax myrtle planted last year has more than doubled in size. It's one of the fastest growing shrubs I've ever planted.

Botanists have changed the name from *Myrica cerifera* to *Morella cerifera*. It was offered at the SCBG plant sale and I chose it because it's native and is good for birds and butterflies.

Once again, I had no idea where I was going to put it. There is a native tea olive (*Osmanthus americanus*) and a Nanjing's Beauty (*Osmanthus fragrans*) at the edge of the pasture. Native tea olive grows more open than Nanjing's Beauty so it seemed like a good idea to add this wax myrtle to the other side of the densely growing Nanjing's Beauty. Both are quite tall, about 15 feet, and wax myrtle should be about the same size. There are named dwarf varieties though like Don's Dwarf and Tom's Dwarf that stay about 3 to five 5 tall and wide. Fairfax is somewhere in between at about 6 to 8 feet tall and wide. The extent of what I knew about wax



SUSAN
TEMPLE
master
gardener

myrtle was they are evergreen, native, and that's where Myrtle Beach got its name. The shrubs grew abundantly there in the early 1900s. What I've learned since planting mine is they are a larval host plant for red-banded hairstreak butterflies, berries can be boiled down to use as candle wax, they were traditionally planted to keep insects away, and leaves crushed and rubbed on skin will keep mosquitoes away. Foliage does have a bit of a pungent smell when crumpled. Fortunately, there aren't a lot of mosquitoes at my place. (That is surprising considering the swamp, other standing water in low areas of the woods, and places along the creek as the banks change.) Another interesting tidbit is that wax myrtles are highly flammable. I'll have to try some of the wood for kindling.



The leaves and berries of a wax myrtle shrub.

The flowers are fragrant (which I have not noticed). To have berries, a male pollinator must be nearby. I'll have to pursue this because I would like to have berries, and their grayish color would be a nice addition. Deer ate it quite a bit when first planted but they are leaving it alone now – knock on wood. I've also read it will sucker and form colonies. This is not happening yet but should be OK where it's planted.

Wax myrtles should root easily from cuttings. Anything that needs rooting by a cutting goes to Mama. I'll root things by layering but am not going to kid myself that I'll care for a cutting. But I had a brainstorm while pruning a gardenia: I put the cuttings where the air conditioner drips. It's under the shade of a loquat tree and gets just a bit of afternoon sun. It seems all of them are going to take, not one leaf has fallen off. Cuttings aren't usually done in winter so hopefully this plan will work and that can become a rooting bed. Contact Master Gardener Susan Temple at gardningirl@yahoo.com.

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Highlands Food & Wine event honors Louis Osteen

Highlands Food & Wine Festival will celebrate the life-long Southern culinary legacy of Louis Osteen at The Farm at Old Edwards Inn & Spa, on Monday, October 8, 2018.

The evening will comprise of the official premiere of the documentary short, "The Many Lives of Louis Osteen," produced by Southern Foodways Alliance, as well as an All-Star Dinner featuring the culinary talents of Osteen's friends, including: Dickie Brennan, Dickie Brennan & Company; Sean Brock, Nashville, TN; Shelley Cooper, Dancing Bear Lodge; John Fler, Iron & Clay, Rhubarb, The RHU; Mike Lata, FIG, The Ordinary; Bill Smith, Crook's Corner; and Frank Stitt, Highlands Bar & Grill.

The evening will honor Osteen's contributions to the Southern culinary landscape throughout his illustrious 35-year career through the opening of Louis's Charleston Grill, Pawleys Island Inn, Louis's



Louis Osteen

Las Vegas, Louis's of Sanford, and Fish Camp Bar. He has also shown dedication to the rising star chefs, including many hours of mentorship to many award-winning chefs, including those in attendance. Other notable guests include

Southern Foodways Alliance Director John T. Edge.

Tickets are \$275 per person and will include a four-course dinner prepared by the featured chefs above, wine pairings, live music and view of the film. Tickets and complete event information can be found at <http://honorlouis.com>.

This event is a Highlands Food & Wine production. Highlands Food & Wine Festival will take place November 8-11.

HOT HITS

Knot a good look for Cardi B.

By Justin Tyme

By now you probably know about the fight between Nicki Minaj and Cardi B. On September 8, at a high-class fashion party during New York City's Fashion Week, Cardi B went after Nicki. After launching her high-heeled shoe, she was halted by Minaj's security team, suffering



an elbow check to the head resulting in a nasty knot on Cardi B's head. Nicki Minaj insisted there was no hatred toward Cardi B and was the first person to send her a gift for her daughter when she announced she was expecting.



Justin Tyme

But what prompted the attack? According to insiders it was a whole lot of "he said, she said" nonsense. Some people around Cardi B had told her that Nicki Minaj was talking badly about Cardi B's parenting skills. The two highly successful female rappers have been quietly feuding on Instagram and Twitter through their followers.

In March of 2017, a fan of Nicki Minaj

dissected Cardi B, and then photoshopped a picture of Nicki Minaj liking the Instagram post. Cardi also got annoyed that Nicki referred to her husband, Offset, on Katy Perry's hit "Swish Swish."

Now that you know the details, let me tell you Cardi B needs to simmer down. I am a fan of both rappers. It seems to me Cardi is starting nonsense between the two. I love you, Cardi, but don't come for Nicki. You will lose.

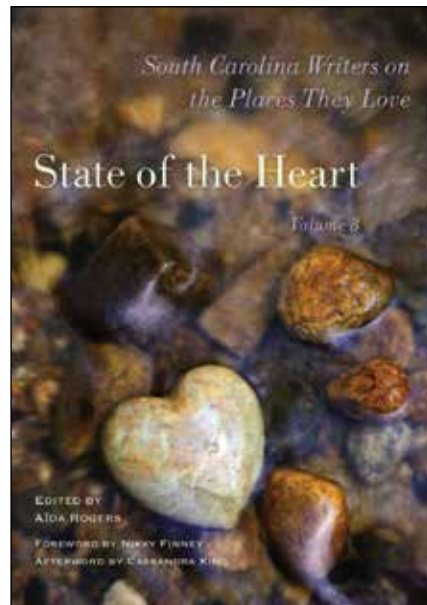
Justin Tyme can be heard on HOT 98-1 Saturdays and Sundays at 3 p.m.

STATE OF THE HEART

The University of South Carolina Press has released the third volume of State of the Heart. Aida Rogers, editor, along with several writers from all three volumes will be signing at the Anderson County Library on Friday, October 5 from 2:30 - 5:30 p.m.

Subtitled "South Carolina Writers on the Places They Love," the book features a foreword by Nikky Finney, an afterword by Cassandra King, thirty essays, several poems, and many illustrations. Upstate contributors are Susan Boyer (Greenville), Vernon Burton (Ninety-Six), Mindy Friddle (Greenville), Melinda Long (Travelers Rest), Kate Salley Palmer (Central), Mark Powell (Walhalla), Martha Severens (Greenville).

Volumes one and two will also be available at this Birchwood Center for Arts and Folklife event. Pieces by two now-deceased Birchwood founders, Dot Jackson and



Starkey Flythe, Jr. are included in volume three.

DYAR-SHELL WEDDING

Kayla N Dyar and John C Shell were married on September 2, 2018 at Hewitt Farms in Anderson, SC. The wedding was officiated by Reverend Steve Patterson. A reception followed in the ballroom.

The bride is the daughter of Mr and Mrs Joel W Dyar of Anderson, SC. She is the granddaughter of Mrs Ann Pickens and the late Rev David Pickens and Mrs Dorothy Dyar and the late Mr Marion Dyar. She is a graduate of Anderson University with a Bachelor of Arts degree in Interior Design.

The groom is the son of Mr and Mrs John C Shell III of Camden SC. He is the grandson of Mrs Rachel Flowers and the late Mr Keith Flowers and the late Mr and Mrs John C Shell, Jr. He is a graduate of Clemson University with a Bachelors degree in Graphic Science Communications with a minor in Packaging Science.

The bride was escorted by her father. The brides sister, Penny M Dyar, was maid of honor. Bridesmaids were Catherine S Ryan, sister of the groom, Kelly Bufford, Chesson Merritt, and Morgan McKee, friends of the bride. The 'feather' girl was Adelaide Ryan, niece of the groom.

The grooms father served as best man. Groomsmen were Bradley Flowers, cousin of the groom, Matt Neely, Patrick Merritt, and Chris Harmon, friends of the groom. The ring bearer was Jack Ryan, nephew of the groom.

The groom's dog, Dixie Belle, was Dog of Honor accompanied by Camlin Cothran. After a trip to St. Lucia, the couple will reside in Camden, SC.



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McDuffie announces last Athletic Hall of Fame inductions

The McDuffie High School Athletic Hall of Fame will be announced its last two inductions in 2018 during the Anderson School District Five Board of Trustees meeting on Sept. 18, 2018. This year's inductees are both groundbreaking teams.

The first is the 1984-85 Girls Basketball Team under the guidance of Head Coach Michael Austin and Assistant Coach Frankie Strickland. The team started by winning the annual Anderson Area Tournament played over the Christmas holidays. The team won both the Region 1 AAA Regular Season and the Conference Tournament Championships. The team also won the SC AAA Upper State Championship and finished as SC state runner-up. The team finished with a school record of 26 wins-3 losses. They were led by All-State guard Alesia Tate and had several team members



The McDuffie boys' basketball team, 1970-71.

go on to play at the collegiate level. The second induction is the 1970-71 Boys Basketball Team under the guidance of Head Coach Carl Stegall and Assistant Coach Larry Ashley. The team came together in the first year of forced desegregation of schools and featured five senior starters, three returnees from McDuffie and two transfers from Westside.

This team won both the Skyline AA Conference Regular season and the post season Conference Tournament. The team advanced to the Final Four State Championship Tournament in old Carolina Coliseum as Upper State Champions. The team established the best record in school history at 18 wins – 8 losses after starting the season at 3-4. Three players were named to



The McDuffie girls' basketball team, 1984-85.

the All Skyline Conference first team. Two starters became the first two athletes from McDuffie to sign athletic grants in aid to play in college. The team was led by Wentford "Mumbo" Gaines, the first McDuffie athlete to play professionally after being drafted

by the NFL's Pittsburg Steelers. He played three seasons in the NFL. The McDuffie High School Athletic Hall of Fame Committee is pleased to recognize and honor these nominees for their achievements as former athletes.



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BELTON-HONEA PATH BEARS



By Dan Lacobie

The Belton-Honea Path Bears varsity football team, led by head coach Russell Blackston, has a winning record of 3-1 overall and 0-0 in region play so far this season. Their only loss was against T.L. Hanna High School, which is ranked second in their division.

BHP's next game is against the Seneca Bobcats on Friday, September 21 at 7:30 p.m. in a non-conference game. The following week they will be up against the Walhalla Razorbacks on Friday, September 28.

Team totals so far this year for the Bears have been receiving yards at 168.4 per game, rushing yards 107.0 per game, 11 total touchdowns, 46 tackles per game, 5 sacks and 2 interceptions.

Leading the team in passing is senior #18 Cameron Bratcher, with 670 yards of passing with 66 attempts and 33 completions and 7 touchdowns. He also added 81 yards on 10 carries and 1 touchdown.

In receiving for BHP, with 250 yards on 15 receptions is senior #3 Xavier Nance. Followed by senior #4 J. Howard with 7 receptions for 216 yards, and sophomore #21 B. Oliver with 4 receptions for 101 yards.

On the defensive side, the Bears' total 184 tackles ranks respectively. The team is led by #6 J. Sloan IV with 34 total tackles, 14 solo and 20 assists. #10 A. Pressley follows closely behind with 18 total tackles, 15 solos and 3 assists. Junior #40 D. Bolt has contributed 16 tackles, while senior #65 T. Galloway has 17 tackles.

Galloway also leads in sacks, with 2 total for 12 yards worth of losses. Sloan, #11 D. Byrd, and #55 C. Gary also have a sack each this season.

Senior #2 B. Wilson has kicked off 19 times for a total of 892 yards. Bratcher has punted 13 times for 496 yards, or an average of 38.2 yards per kick.

Howard leads the team in touchdowns, while Nance, Wilson and Oliver have each earned one.

Belton-Honea Path has outscored opponents by 125-103. With wins against Powdersville 51-7, Greenville 25-24, and Pendleton 42-28, this team looks to be off to a successful season so far.

**ANDERSON
SCHOOL
DISTRICT 2**

PENDLETON BULLDOGS



By Dan Lacobie

The 2018 Pendleton High School Bulldogs varsity football team, coached by Yon Radford, has started off the year with a 2-2 record. Having yet to play a region game, they have wins over Pickens and Berea by scores of 14 -7 and 50-0, respectively.

As a team, the Bulldogs have 176 yards receiving with senior #15 P. Bunch leading with 278 yards on 24 receptions and 4 touchdowns. Senior #2 S. Mattison follows with an impressive 181 yards on 24 catches and 1 touchdown.

Passing leader senior #7 J. Blakely, has 53 completions on 94 attempts with 7 touchdowns and 3 interceptions.

Rushing as a team, the Bulldogs have 92 attempts for 581 yards and accounted for 8 touchdowns. Leading the team is Blakely with 264 yards on 40 rushes and 4 touchdowns, closely followed by junior #4 J. Wright-Mann, with 223 yards on 28 carries and 3 touchdowns.

On the defensive side, as a team Pendleton has 249 tackles led by senior #34 T. Stuetgen with 43 tackles and 7 tackles for loss. The next leading tackler would be #8 C. Williams with 30 tackles.

The Bulldogs have amassed 8 sacks as a unit, with Stuetgen and senior #32 A. Jackson tied with 3 sacks each.

Pendleton has two interceptions, thanks to the efforts of #5 B. Spado and #6 T. Davis.

Special teams coverage has sophomore #33 S. Andrae with an average of 42.5 yards on 11 kickoffs, while Blakely has 6 punts with an average of 30.8 yards per kick.

Kickoff returns are led this year by #1 Z. Green with 3 returns for an average of 43.7 yards per return. Wright-Mann also has a good average for the team with 3 returns and an average of 20.7 per return.

Pendleton's next game is against the Clinton Red Devils on Friday, September 21 at 7:30 p.m. in a non-conference contest.

Good luck to the Pendleton Bulldogs in the games to come.

Anderson
School District 4

When it comes to TV, we need another British Invasion

By Kim von Keller

A new season is upon us, and I'm not talking about autumn or apple. I'm talking about the season I look forward to all year: the fall TV season!

I'm not alone in my anticipation. This is the Golden Age of Television, 2.0. In addition to network programming, there are original series on cable and streaming services. Many shows are being adapted from books, such as "The Alienist" and "The Handmaid's Tale." Oscar winners like Reese Witherspoon, Al Pacino, Holly Hunter, and Mahershala Ali can now be seen on what was once disparagingly referred to as "the boob tube." No more do we have to swim through a sea of laugh tracks and derivative concepts. Today's programing is raw, edgy, and graphic.

It is also a little anxiety producing.

In "The Walking Dead," people are eaten by zombies. In "Vikings," enemies are subjected to a torture called The Blood Eagle. In "Westworld," people are killed by robots. These are all programs I've watched, either for the stories or the acting or the settings, and so I thought I was immune to all TV had to offer... until I saw HBO's "Sharp Objects."

"Sharp Objects" is a thriller set in present-day Missouri, and it stars one of my favorite actresses, Amy Adams, as anti-hero Camille Preaker. In some ways, I can relate to the character of Camille. She has a mother. I have a mother. She has a sister. I have a sister. That's pretty much it.

Residents of the small town featured in "Sharp Objects" deal with kidnapping, murder, rape, alcoholism, suicide, emotional abuse, mental illness, cutting, bad amateur theatricals, aggressive teeth pulling, and creepy roller skating. I know I could simply stop watching shows like this, but even in the midst of my angst, I'm drawn to them like the undead to a Jenny Craig dropout. So instead of giving them up, I've developed an antidote to all that sensory overload.

I've given myself over to a British Invasion.

Streaming services such as BritBox and Acorn mean that the best shows from the U.K. are available with one click. Just to be clear, these shows also feature murder and mayhem, but instead of slapping you



Kim von Keller

with distress, they wrap themselves around you like a warm blanket. This whole subgenre is actually referred to as Cozy Mystery. So what makes a Cozy so different than the more violent, in-your-face kind?

First, it's the setting. Cozies love a village, especially if that village has a name like Aberystwyth, Kembleford, or Low Hauxley. Give me an ancient churchyard, a meandering stream, and a smoke-filled pub, and I don't care who's about to get it in the back.

Second, you never see the crime being committed. We see the body when it is discovered, so that means a lot of feet: feet sticking out of bed linens, feet sticking out of walk-in freezers, feet sticking out from under farm equipment. (Note: If you suffer from podophobia, which is apparently quite common, you might as well watch "Sharp Objects." Feet are the only body part you don't see.)

Third, a Cozy sleuth is frequently an amateur. I don't know why some of these villages even employ law enforcement. Crimes are solved by doctors, priests, spinsters, flappers, and gardeners. The only detectives we haven't seen yet are a barista, a hedge-fund manager, and a hip-hop crew.

And finally, unlike in "Sharp Objects," a Cozy is never a battle of Good versus Evil. It's more like a battle of Good versus I Had a Really Bad Day and Just Sort of Snapped. And many times, the question is not who had a motive, but who DIDN'T have a motive. In the South, we'd say that the victim "probably needed killin'."

I'm not asking you to give up gritty, American-style thrillers. We do those better than anyone. But when you find yourself overwrought, curl up on the couch with a cup of tea and a plate of shortbread and let the British in. Sometimes, murder can be a tonic.

Kim von Keller is a closed caption editor whose interests include literary fiction and global politics.

BUILDING UP THE NEXT GENERATION

Bringing books to life

By Katie Laughridge

Do you remember the first time you experienced the excitement of watching a play or movie based on your favorite book? Whether it was a childhood favorite such as Peter Rabbit, a Nicholas Sparks novel, or a Christmas tradition such as The Best Christmas Pageant Ever, there's just something magical that comes from seeing a great book come alive right before your eyes!

One of my favorite activities to do with my students, as well as with my own children, is to take them to plays based on their favorite books or novels. By spending time reading the book and building background knowledge about the characters and story plots prior to the event, it is amazing how much it sparks their attention and heightens their excitement. I have also found that this educational process tends to encourage students to read more books featuring the same characters and themes, as a result of being more invested and curious about the characters found in the pages.

Have you ever heard of the South Carolina Children's Theatre? It is located just minutes away in the city of Greenville. Established in 1987, SCCT is the largest year-round children's theater in our state. Their mission is to "educate and stimulate the minds and imaginations of young people and their families through participation in high-quality theatre, year-round education, and accessible outreach."

Check out the 2018-2019 SCCT schedule below. Ticket prices and show times vary. Visit www.sccchildrenstheatre.org to purchase tickets.



Katie Laughridge

- Shrek the Musical: September 8-23
- Click, Clack Boo! A Tricky Treat: October 13-27
- The Best Christmas Pageant Ever: December 1-9
- The Littlest Angel: December 14-15

- Mr. Popper's Penguins: January 26 through February 3
- Lilly's Purple Plastic Purse: February 15-23
- A Year with Frog and Toad: March 29 through April 7
- Elephant and Piggie- We Are In a Play: June 15-22.

Our very own Market Theatre Company found in downtown Anderson is producing "Annie" in the fall of 2018. Show dates are November 29 through December 16. Go to www.themarketanderson.org for details.

Anderson's Project Challenge Playhouse will put on Disney's "Beauty and the Beast Jr." this fall. Performances will take place October 18-21.

Calhoun Academy of the Arts will present "The Jungle Book" in February 2019 at the District Five Performing Arts Center. Show times are February 5 at 6 p.m., February 6 at 9 a.m., and February 7 at 6 p.m.

I hope you will consider attending a play with your little one, or maybe even encouraging them to try out for a leading role. Either way, I am confident you will both enjoy it. And as always...read the book first!



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MUSINGS OF AN OLE BALL COACH

A memorable Saturday college football game

Another college football first Saturday has transpired. How different (for me) these events have become. The years I spent coaching football weekends were a frenzied, chaotic battle against time, that meant you might, possibly be able to work a college game in.

Saturday morning had me leaving for Graham Photo Supply in Greenville to pick up last night's film. I'm searching my car radio for some soothing music that will help assuage the disappointment of last night's loss. Dang it, I want some "Hotel California" or "It's a Wonderful World." I definitely don't want a summary of high school games, that had next week's opponent obliterating somebody, and no Clemson tail gate show, PLEASE!

Arriving back for a 9 a.m. coaches meeting, we dissected and graded last night's film. We didn't spend an inordinate amount of time on our film, just get a few



JIM FRASER

coaching points and moved on.

Following a scout report and game film our coaches brought back from our next opponent, we spent the next two hours charting their plays and tendencies. We tried to finish by 12 p.m., as there was a life beyond football so the coaches could take off for a game, family time, whatever. After all, we'd meet Sundays at 2 p.m. to prepare for a team meeting at 4 p.m.

That was a brief capsule of what my football Saturdays were like for 27 years. I sometimes deviated from that regime and here is one of those memorable times.

South Carolina was playing Georgia in Athens. Sanford Stadium was showing why it was the



Coach Fraser, center, at Sanford Stadium in Athens, Georgia.

epitome of the freakish, fanatical, sometimes foolish pageantry of football in the South.

This game has been billed as one in which arguably the two best running backs, George Rogers and Herschel Walker, in college football history would be on the same field. Also two of football's premier coaches in Jim Carlen and Vince Dooley were on opposite sidelines.

Carolina was having a splendid year with a win at the "Big House" over Michigan, and a hard fought loss against Southern Cal in the Los Angeles Coliseum. Georgia would use this win as one of several spring boards to a national championship.

So the stage was set, all the ingredients were in place, right? Not so fast my friend. Two of Hanna's favorite sons would play key roles

in the game. Chuck Allen would anchor Carolina's Defensive Front. He was the Captain of the Defense as Rogers captained the offense. He was having a stellar year that saw him earn Honorable Mention, All American. He would have an incredible 13 tackles in the game, one of which sent Herschel to the sidelines and out of the game.

McShea was a linebacker and captain on the vaunted Junk Yard Dogs defense. Along with a blocked punt he had 8 tackles, as Georgia won 13-10.

As the lovely Joyce and I exited cavernous Sanford, I was struck with pride that two of my guys had played such pivotal roles on such a national stage. My paltry coaching stipend loomed as big as the riches of the Taj Mahal.

Jim Fraser was the athletic director and head football coach at T.L. Hanna High School from 1968-1985. He also taught U.S. History.

CHILDHOOD: THEN AND NOW

By Mary Haley Thompson

I was born in 1991. My parents provided my siblings and I the "all-American" childhood; braces, slumber parties, restriction, baptism, divorce, the full bit.

My friends are starting to have children of their own, some working on number two and three. As a single fish in a sea of young parents, I feel as though I am walking the streets of a foreign country. Childhood experiences are vastly different than what I experienced in the '90s. Join me as I reminisce in comparison to today's definition of "childhood" ...

Documentation: Other than my birth certificate, there is little evidence of Mary



Mary Haley Thompson

Haley as a child. If I look long enough, I may find a Polaroid shot or school picture stashed away in the attic. Today, it's all you see on social media. From candid to professional shots of babies posed in the middle of a field, we've seen it all.

Swim Lessons: Parents are breaking the bank for swim lessons. My mother was much more cost efficient. She bought one red swim sweater that all three of us wore over a span of

15 years. By the time it got to me, it had no air and weighed about 10 pounds. My mom would throw me into the pool and if I wanted to live, I had to swim.

Food: Snacks were not a thing; just breakfast, lunch and dinner. If I was ever really hungry in between meals I would knock on my neighbor's door for food. Miss Smith was an elderly woman who always stocked her freezer with ice cream sandwiches.

Play: There was one option, outside. Even if we wanted to stay inside in front of the TV, the door was locked until sundown.

Safety: Sunburnt, bare foot, unsupervised, no helmet, driving without a permit and

drinking underage were normal experiences. Today's toddler is draped in bubble wrap and gifted with an iPhone X for constant communication with his or her parents.

I'm not saying one generation is better than the other, it's just different. It's fun to live in the past, but important to keep up with the times and the ever changing world of raising healthy, happy children.

Until my time comes, I choose to define the term childhood as dangerous, unkempt, independent, free and unpredictable. Such qualities that live within me as my inner child and spirit; one that once experienced this life without a care in the world.



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T.L. HANNA YELLOW JACKETS



By Dan Lacobie

Going into the fourth week of football season, the T.L. Hanna High School team is showing some dominance over its opponents. The most recent win, 65-20, over J.L. Mann, brings the Yellow Jackets' record to 4-0. Hanna's ranking by maxpreps.com is Number 2 in the state and #80 nationally.

The next game will be against crosstown rival Westside High, which has a 1-3 win-loss record this season. However, Hanna should remember this game is not always easily predictable. But playing at Jim Fraser Field is always a plus for the Jackets.

Leading the Hanna squad in passing is no surprise with senior Alex Meredith passing for 156 yards on 7 completions with 12 attempts and 3 touchdowns so far this season. Also, backup quarterback junior #14 L. Milford has had 6 passing attempts with 4 completions for 103 yards. Team passing totals 13 completions on 22 attempts for a total of 275 yards and 7 touchdowns.

Team rushing shows 130 rushes for 1,228 yards and 15 touchdowns. So far this season Hanna's leading rusher, senior #23 Isaiah Norris has 216 yards on 14 attempts and 2 touchdowns. Closely behind is #3 J. Hudson who has 206 yards on 17 attempts and also 2 touchdowns. Junior #12 E. Lopez has 15 attempts for 171 yards and 2 touchdowns as well.

In the receiving category, team totals have Hanna at 12 receptions for 267 yards and 12 touchdowns. Norris leads with 5 receptions for 123 yards with 3 touchdowns, while senior #9 Jay Lagroon has 3 receptions for 88 yards and sophomore #3 J. Hudson has 2 receptions for 28 yards and 1 touchdown.

Looking at the defense for the Yellow Jackets, the team has 175 total tackles and 29 tackles for loss. With the most tackles so far this season is junior #44 C. Chandler with 10 solo, 13 assists for a total of 23 and 6 tackles for loss. Also, senior #11 T. Palmer has 20 tackles total and 3 tackles for loss. Chandler also leads the team in sacks with 3 for 16 yards lost.

For special teams, sophomore #16 Jay Billingsly has the most kickoffs with 27 for 1,422 yards. With junior #91 J. Valarde and sophomore #13 A. Roberts, Hanna has amassed a team total of 33 kickoffs for a total of 1,330 yards.

The leading scorer for Hanna is Norris, who has 8 points, or an average of 12 points per game. Kicker Billingsly comes in as the number 2 scorer with 35 points, and is a perfect 23 for 23 in the point after touchdown department. He is also a perfect 4 for 4 in the field goal area.

The next game will be against crosstown rival Westside High, which has a 1-3 win-loss record this season. However, Hanna should remember this game is not always predictable, and Westside can play a spoiler role and throw a wrench in Hanna's plan for a perfect regular season. But playing at Jim Fraser Field is always a plus for the Jackets, who by all means live up to their name and are letting their opponents feel the sting of a successful team.



WESTSIDE RAMS



By Dan Lacobie

Although the Westside Rams, coached by Scott Earley, have had somewhat of a slow start this season with a win-loss record of 1-3, their first win against the Easley Greenwave by a score of 42-14, improved their region record to 1-0.

Westside as a team so far this year has a total passing yards of 782 with quarterback #17 E. Harper having 362 yards on a 42.3 percent completion total, or 22 completions for 52 attempts. Also having a good year at quarterback is junior #2 S. Smith, with 30 completions in 56 attempts and accumulating 330 yards, which gives the Rams good depth at this crucial position.

Rushing totals for the team stand at 623 yards, at 155 yards per game, which makes Westside's rushing attack a most formidable run game. #23 Paul Johnson is leading the Rams with 46 carries for 228 yards and 4 touchdowns. Helping with rushing duties is Smith, who has accumulated 156 yards on 19 carries.

Receiving is led on the team by #1 T. Carson, hauling in 16 catches this year for 200 yards and 1 touchdown. He has helped Westside gain 782 yards through the air and 4 touchdowns. #23 P. Johnson has also gathered up 15 receptions for 161 yards and a touchdown as well.

Checking on the defense shows #11 T. Johnson has a team leading 6 tackles, with 1 tackle for loss and 1 interception. #78 X. Glenn has 4 tackles, 1 tackle for loss, and as a team Westside has racked up 39 tackles in 4 games.

On special teams, punting duties from #99 W. King has resulted in 5 punts for a total of 173 yards with an average of 34.6 per kick. King also handles point after touchdowns having 2 attempts and 2 kicks made. Just behind King, #91 C. Blassingame is 1 for 1 in point after touchdowns.

Carson is the Rams' head man in kickoff returns tallying 8 returns for a total of 180 yards, or an average of 22.5 per return. He also has 2 punt returns for 31 yards, a 15.5 yard per carry average.

Westside's next match up will be away against crosstown rival T.L. Hanna High School on Friday, Sept. 21 at 7:30 p.m. Although the game could prove to be a spoiler, the Rams face a challenge against the undefeated Yellow Jackets.

Good luck to the Westside Rams on the rest of their season as they fearlessly face their opponents head on.