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September 19 - October 2, 2019

American Graffiti BOXCAR STYLE

By Kay Willis Burns

The term 'graffiti' originally referred to the inscriptions and figure drawings found on the walls of ancient graves. Use of the word has evolved to include any graphics applied to surfaces in a manner that constitutes 'bridges'. This type of graffiti developed in subway systems, but also on the outskirts of big cities. Perhaps, the most notable site of the development of graffiti art was in the New York subway system. Sides of freight trains coming and going from the outskirts of big cities became another canvas for urban youth expression, although graffiti scribbled on them in the beginning often came from railroad workers.

Contemporary graffiti style has been heavily influenced by hip hop culture and the multitude of international styles derived from Philadelphia and New York City subway graffiti. However, there are many other traditions of notable graffiti in the twentieth century. Graffiti has appeared on building walls, railroad boxcars, subways and bridges. The oldest known examples of modern graffiti are those found on train cars created by hobos and rail workers since the late 1800s. Starting in the time of the Great Depression, more than a quarter of a million teenagers left their homes and decided to roam the country in search of a better life by jumping on boxcars and riding around America. Their search often became lost in the long rides where the purpose of these travels frequently dissolved in the adventure of the freedom they experienced on the rails.

SEE GRAFFITI ON PAGE 2



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ESTHER RENFROE CELEBRATES 100

By Mary Barr

Esther Renfroe celebrated her 100th birthday at First Baptist Church of Anderson with family and friends.

Esther was born September 17, 1919 in Rocky Mount, NC. She came to Anderson in 1960 with her late husband Paul who worked for Massey Ferguson Farm Equipment.

Esther and her family joined First Baptist Church of Anderson in 1960 where she sang in the choir and was very active in many programs. She worked in various places and retired

from Burger King. She started traveling the country and the world with a travel club and senior group with the church. Esther loved seeing new places and sharing her travel albums with everyone.

Esther has a son Jim and his wife Carolyn. She has two grandchildren and three greatgrandchildren, all of whom she adores. Esther attributes her longevity to her faith and exercise, which she still does, and eating lots of green vegetables.

Happy 100th birthday, Esther.



Graffiti

SEE GRAFFITI ON PAGE 2

Since the era of the New York subway graffiti ended in the 1980s, the freight train graffiti movement became the widespread part of the graffiti subculture. It is even contended that it forms a subculture within a subculture, as many graffiti artists operate exclusively as train graffiti artists. They do not participate in street-level art, and usually forego production of wall murals. First, freight train graffiti appeared in mid to late 1970s. The names that stand out from this early group of creatives are PNUT and TRACY 168 in the Big Apple, and SUROC and BRAZE in Philadelphia. However, this practice did not become widespread until the mid-1980s when New York



officials introduced new types of metro cars that could be easily cleaned of graffiti. The artists that turned to freight trains in this period were SENTO, CAVS, CAVE, among others, and those artists in Los Angeles and the Bay area were RISKY, POWER, DREAM, PICASSO and CHARLIE/PORN/OCHO. However, these early pioneers did not concentrate solely on freight trains, as would be the case for the freight train artists in the 1990s. The number of them is so large and has continued to increase over the years, that it is almost impossible to



name them all. Some of them include: FREE5, MAYHEM, KET MTK, CHROME MSG, WANE and HUSH.

Before the sides of freight trains were taken over by 'urban creatives', railroad workers wrote their first graffiti on them, which included arrival and departure times, weights, and other information about the car's contents. This was done to benefit their colleagues who would be unloading the freight in distant cities...far, far away.

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TO SEND INFORMATION

Please make sure photos include the date taken, location and names of people in the photos. If photos are submitted via email, make sure they are a minimum of 300 dpi and saved as a JPEG file. If photos are mailed, we cannot guarantee the photo will be returned. The editor of The Electric City News will make your article/story grammatically correct without altering its content. The publishers of The Electric City News reserve the right to withhold inappropriate content or photos.

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YOUR DENTIST CAN SAVE YOUR LIFE

It's past time to have a serious talk about type-2 diabetes

By Dr. Gabrielle Cannick

Previously I have discussed the importance of diet in maintaining optimum health — and emphasized the importance of regular dental checkups. Our mouths are an early warning system for potential health problems.

And that leads me to an important discussion. In our dental practice — and throughout the healthcare industry — we are seeing an alarming increase in type 2 diabetes, particularly in children.

Type 2 diabetes sufferers do not process glucose properly. Sugar accumulates in the bloodstream instead of fueling the cells that make up muscles and other tissues. Moving sugar from the bloodstream to the body's cells requires a hormone, insulin, which allows sugar to enter the cells and lowers the amount of sugar in the bloodstream. A buildup of sugar in the bloodstream can cause life-threatening complications increasing the likelihood that children may develop serious long-term complications in later life such as blind-



Dr. Gabrielle F. Cannick

ness, kidney disease, and heart disease.

A generation ago type 2 diabetes in the US was unheard of in anyone under 30. Over the last 20 years the number of children and adolescents with the condi-

tion has skyrocketed prompting experts to call it an epidemic. Nine of the ten states with the highest type 2 diabetes rates are in the South including South Carolina. The cause? Suspects include rising childhood obesity rates due to a lack of regular exercise and eating fast food. A study out of Northwestern University identifies another culprit: most packaged foods available in the U.S. are ultra-processed and unhealthy. The term "ultra-processed" is defined as foods that are industrial formulations created in laboratories made from substances extracted from foods, i.e. oils, fats, sugar, starch and proteins.

Researchers are focusing on the following childhood risk factors:

- Being overweight. The more fatty tissue a child has — especially around the abdomen — the more resistant their bodies become to insulin.

- Lack of physical activity. Being active helps control weight, uses glucose as energy, and makes cells more responsive to insulin.

- There is increased risk if a child has a parent or sibling with diabetes.

- African-Americans, Hispanics, and Native Americans are at higher risk.

- Children tend to develop type 2 diabetes at the start of puberty. Adolescent girls have greater risk than adolescent boys.

Researchers at the Centers for Disease Control and Prevention have predicted that one in three children born in the US will likely develop type 2 diabetes sometime in their lifetime, unless they get more exercise and improve their diets.

In our next feature we will discuss type 2 diabetes symptoms and the suggested

methods of prevention. In the meantime, if you suspect your child — or any member of your family may be at risk — I urge you to see your doctor. Call us with questions. 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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History of Harry Osteen's Moving Pictures II

By Kay Willis Burns

The second theatre to open in Anderson was 'The Palace Electric.' It opened May 3, 1907. U.G. Salla was the proprietor, and the location of this theatre was 114 North Main Street. It had live entertainment and moving pictures. Their first picture was, "The Truant."

In 1913, the theatre dropped live entertainment and went to movies only. The pictures were one-reelers running from six to nine minutes each, so it took five or six pictures for a program. The theatre also dropped the name, "Palace" in 1913. Their slogan was "Mutual Movies Make Time Fly. Five pictures for 10 cents." The Theatre closed in September, 1914.

The third theatre to open was "The Park Theatre." It opened May 6, 1907 and was located in Buena Vista Park, just off East River Street. On summer nights, movies were exhibited both inside and outside the pavilion, and they were free. The Anderson Traction Company



financed the entertainment, getting its money back by way of increased patronage from the streetcars. This theatre closed on January 10, 1911.

The fourth theatre was "The Airdome." It opened in 1909. The location was 210 North Main Street, where the Sullivan Building now stands. The Airdome was an early day version of the drive-in. It had no roof. Patrons sat on wooden benches under the stars. When it rained, the show was called off. It also closed in 1909.

The fifth theatre to open was "The Knickerbocker." It opened March 27, 1911 in the first block of West Whitner Street. The theater opened with a



vaudeville billing, "Caldwell & Pelton," a comedian, Jimmy Tucker, and a complete change of motion pictures daily. Mrs. Charles Spearman played piano. McConnell and Smite were the proprietors, and W.N. Landis was the manager. Photoplays took second billing in this theatre also. It closed May 20, 1912.

The sixth theatre to open was "The Lyric." It opened July 3, 1911 at 133 North Main Street, where the Towne House used to be. At first, it was a movie theatre, but later had some stage shows. It was opened by a Mr. Wilson and closed May 20, 1913.

Say it ain't so, Nicki

By Justin Tyme

When you hear a new artist perform a song for the first time and you fall in



Justin Tyme

love with that song, you usually fall in love with the artist. We invest ourselves in these celebrities and they become part of our lives. In some cases we love them more than

our own family. That's why when an artist stops making music it hurts. This one hurts me real bad.

Last week rap star Nicki Minaj announced she was retiring. Her reasons were unknown but we can speculate. First of all, living that kind of life as an international celebrity is rough. There are no two ways about it. Your every move is under the paparazzi's watchful eyes. Look at Britney Spears, she even wrote a song about it called "Piece Of Me." My favorite line in that song is when she talks about falling down at the grocery store and the paparazzi's right there to record it all. Perhaps Nicki Minaj is feeling that she wants a private life. But it's too late for that. You can't leave us Nicki.

Perhaps the real reason why she announced her retirement is because she's pregnant. That has not been confirmed by her people but we can speculate (it's the worst-kept secret in the industry.) To that I say: Cardi B had a baby and she's doing just great. Nicki, you don't want Cardi to be better than you now do you? Please don't retire Nicki, we can't take it. I guess my only hope is that you'll blow through all your money and have to come back to making music one day.

Justin Tyme can be heard on HOT 98-1 Saturdays and Sundays at 3 p.m. Email him at RADIOTYME@gmail.com.



Keep reading with Storyline Online

By Katie Laughridge

There is nothing I love more than taking time each day to read to the numerous precious children in my life. It gives me so much joy to see their little faces light up with wonderment and fascination as they imagine their favorite story characters coming to life right before their eyes. But as passionate as I am about reading, it's virtually impossible to engage in this rewarding activity when all I can muster up is a weak groggily whisper of a voice! As I begin my twelfth year as a first-grade teacher, I have come to accept the fact that I will most assuredly lose my voice sometime during the first few weeks of school. Like clockwork, it happens every year without fail! From there I begin my usual "voice recovery" attempts by trying to speak "not so loudly" and consuming countless boxes of chamomile tea in an attempt to soothe my strained vocal cords. To no avail, the recovery process always requires more time and patience than I think it should before I'm fully back to my normal self again. As disheartening as this situation is, I wholeheartedly refuse to give up neither morning story time with my students nor the bedtime book-reading routine I treasure each night with my own girls.

The wise sage, Gerhard Gschwandtner



Katie Laughridge

once said, "Problems are nothing but wake-up calls for creativity." Taking these prudent words to heart, I sought out to find a solution to my unacceptable predicament. As luck would have it, several years ago I stumbled across an incredible web-based resource called "Storyline Online" that has become my absolute lifesaver. I have utterly fallen in love with the captivating stories and talented actors and actresses who tell them. The SAG-AFTRA Foundation's award-winning children's literacy website, Storyline Online, streams entertaining kid-friendly videos that feature celebrated actors reading popular children's books alongside creatively produced illustrations. Story readers include Viola Davis, Chris Pine, Lily Tomlin, Kevin Costner, Annette Bening, James Earl Jones, Betty White, and dozens more. The popularity of Storyline Online has spread worldwide and reportedly receives more than 100 million views from

children annually.

Reading aloud to children has been repeatedly shown to improve reading, writing, communication skills, logical thinking, concentration, and general academic aptitude — as well as inspire a lifelong love for the art of reading. Although it doesn't totally replace the special one-on-one interactive time spent with teachers and parents, Storyline Online is an excellent educational resource that is routinely used in classrooms, children's hospitals, and a multitude of other places where children congregate. The best thing about Storyline Online is that it can be accessed 24 hours a day, 7 days a week by teachers, parents and caregivers world-wide and it's totally free!

Another great feature of Storyline Online is that it will introduce a fresh variety of new stories to listen to, and who knows, you may even want to add them to your own library at home — just as we have! So, the next time you lose your voice, are too worn out from your busy day at work to read yet another story, or maybe just want to try something a little different, check out Storyline Online. Give it a try: I promise you'll absolutely love it!

As Storyline Online always says — "keep watching and keep reading!"

The importance of recording your memories

By Rich Otter

Whether you like it or not, you are becoming an historical figure. You have a story to tell. You must tell it.

For the benefit of your family you need to compile a record of your life and memories of family members and friends. You don't need to be a great writer. That will come naturally. You need to make notes of things you remember as they pop into mind. They can be elaborated upon now or later. These can be done by hand, by computer or you can buy an inexpensive tape recorder and simply talk about your memories. They don't have to be in sequence. Hand written notes will help you remember what you would like to record.

No matter what your age or if you think you have an unfailing memory, putting this off is not an option as you will later realize. You will be amazed at how much fun this can actually be. As you test your memory you will have many "Oh-my-gosh" experiences as things pop into mind you had long forgotten. Don't forget to include how things in your world have changed. Look at the technological, political and cultural changes that have occurred over your lifetime. Also include information about family



heirlooms.

Unless you were an absolute goody-goody, some of the goofy things you have done will make a wonderful story. If you were an absolute goody-goody, tell about the terrible things your brothers, sisters or others may have done. Don't forget the big family secret. Let it all out, including the disgrace of your triple great aunt Susie Belle who had a crush on A YANKEE!

Tell your friends and family what you are doing. They may come back with do-you-remember situations you had long forgotten. It may also encourage your friends to do the same, particularly if you tell them you are doing an exposé. They may need to retaliate.

If you do your recollections by hand, you might also want to play a kind of

postmortem joke. Start off a paragraph with something like "Good grief, I can't believe I had forgotten about the time when" — and then line out what you had written but do it so the line can still be read. The family will be guessing for years what that could have been.

You may say "the kids have wanted me to do this and I certainly intend to." That is no good. Stop right now. Put down the paper and make your first notes. You can pick the paper back up in a few minutes. Once you start, once you have those first things down in a convenient place, once your mind is drifting back, you will have a fun and often an exciting road to travel, potholes and all.

Sure, you might lose a little sleep when you wake in the middle of the night remembering something. But if you get up then and make a note you can probably get right back to sleep — unless, of course, you then remember something else.

This will be a marvelous gift for those you leave behind. Oh, and it never hurts to do a little puffing. Somebody might as well toot your horn.

You are not required to report to The Electric City News that you have started this. Just do it — now!

Dear Kay, the Genealogist

Dear Kay,

As someone who treasures my family history, one of the things I am concerned about is getting my young children interested in genealogy. After all, I want my genealogy work to be preserved and to continue long after I am gone. Do you have any suggestions of how I can get my young kids involved and interested in their family history?

Sincerely,

Glenda from Gluck Mill

Dear Glenda,

Unless you donate all of your research to an archives or historical society, where it may or may not ever be used, you will need to have at least one child in your family who is interested in the work you do and in preserving and continuing it. It's a lot of fun for parents to work with their kids on family history. The best way to get kids interested in genealogy is to start when they are young. Here are five ways to do it:

1. Show Them Family Tree Charts

Print out a family tree chart that starts with your child as the primary person, and show him or her all of the people who came before who contributed to that child being created, and being who they are. Talk about the people on the tree who you know or knew, and tell what you know about the people you never met. Young children are often fascinated seeing their family history presented in front of them, especially when they can see how they are connected to so many other people going back in time.

2. Take Them to Talk to Older Relatives

Get kids comfortable with talking to older relatives at young ages. Start by having the older relatives tell stories from when they were kids. In other visits that come later, they can share things they did as a child with your child, such as teaching them games they played, crafts they did, recipes they made, and what they learned at school. Kids get more interested in things when they can apply it to their own lives, and realize their older relatives were once kids just like them.

3. Let Them Help

When they are really young, give kids a family tree chart with crayons to work on, which little kids love. As they get older, you can have them look up things for you, write things down for you, and more. As they work with you, keep talking to them, telling them about the people you are researching and the times in which they lived. Kids will enjoy the time spent with you and associate it with family research.

4. Take Them on Genealogy Vacations

You'll need to go "into the field" every now and then as a genealogist. Make it a family vacation, and show your kids the places your ancestors lived. It makes it more real to them, and a vacation is always fun. Associating genealogy with fun is perfect for getting kids interested in learning more, and is one of the best ways to turn them into lifelong genealogists, themselves.

5. Look at Old Photos Together

Looking at photos of your ancestors together and sharing what you know about who they were, what they did, and the times in which they lived is interesting for most kids. The photos will make their ancestors real, and the information will be more important to them.

COMMUNITY EVENTS

NEW HEALING MINISTRY BEGINS AT ST. GEORGE

St. George's Episcopal Church will launch a new healing service on Wednesday evenings at 6 p.m., beginning September 18. The service is open to the community and to all denominations. The healing service will include prayer, scripture and Eucharist and is interwoven with special prayers of intention and blessing for those suffering in body, mind or spirit. Some may seek healing for themselves, others may remember friends, loved ones, or special intentions. The service will be quiet and comforting to allow rest in God's presence and peace. St. George's Episcopal Church is located at 2206 East Greenville St (Highway 81), Anderson. For more information, visit www.stgeorgesanderson.org, call 864-224-1104, or email stgeorge@bellsouth.net.

ANDERSON COUNTY REPUBLICAN WOMEN

The September meeting of Anderson County Republican Women will be a lunch meeting at 12 noon on Monday, September

23 at Logan's Steak House, 3402 Clemson Boulevard, Anderson, SC 29621. There will be a special lunch menu with selections from \$11 - \$13.

The program for this meeting will include Anderson County Sheriff Chad McBride who will speak on law enforcement issues in Anderson County and will report on what he has accomplished in his tenure as sheriff. He will also give pointers on self defense. There will be a time for questions as time allows.

The club will continue to meet for lunch at Logan's Steak House in Anderson for the months of October and November 2019.

All are welcome, membership is not required. For more information, contact President Ruby Gerisch at 864- 847-7221.

ANDERSON TRAVEL CLUB, AU LLI TO HOLD MEETING

The Anderson Travel Club and AU Lifelong Learning Institute Program will meet on Thursday, October 3 at the Anderson County Main Library, 300 N. McDuffie St., in rooms B and C on the first floor at 1 p.m. The guest speaker will be Ms. Sharon Jacobs. She will continue her presentation about her

recent trip to Eastern Europe.

The Travel Club welcomes those who would like to present a program on their travels to interesting places. For more information, please call 864-338-8318. Brenda Hucks is the president of the Anderson Travel Club. Andria Carpenter is director of the Anderson University LLI Lifelong Learning Institute (AU LLI).

ANDERSON FORUM FOR PROGRESSIVE THEOLOGY

The Anderson Forum for Progressive Theology will hold a Fall Event that includes two days of speakers and workshops.

On Sunday, Oct. 6, at 3 p.m., writer and pastor John Pavlovitz will host a discussion "The Hero in All of Us: Building a Bigger Table" at Grace Episcopal Church, 711 S. McDuffie St., Anderson, SC 29621.

On Monday, October 7, at 6:30 p.m. there will be a Workshop about Compassionate Activism at Mr. Rivers Breakfast Joint, 125 N. Main St., Anderson, SC 29621. Hors d'oeuvres and cash bar.

For more information, email afpt.update@gmail.com or visit www.afptonline.org.

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THE GARDEN SHOP

Easing into fall in the garden

By Susan Temple

Summer is ever so slowly leaving and Mother Nature is teasing us with tastes of fall. Drought and hotter than hot weather has given me a big ol' dose of "nevermind" when it comes to my garden this summer. I have missed being outside. My faithful four legged companion has too. He would tell me it's time to go outside. Then when we did, in a very short time, we both decide heck with this and go back in the air conditioning.

Now that we're venturing outside more, I hope the old saying "one year to seed is seven years to weed" doesn't haunt me too much. The grass hasn't been cut much this summer and crabgrass, dallisgras, and nutsedge hasn't been fazed by our extreme weather. There are a couple of areas in the front garden where I fight nutsedge. Pre-emergent used for cham-berbitter weed keeps the crabgrass in check. Hophornbeam copperleaf (*Acalypha ostry-
ifolia*) has been a bit more prolific this year. Due to drought, mid-summer applications of pre-emergent were skipped. Pre-emergents must be watered in so there was no need to



SUSAN
TEMPLE
master
gardener

put it out. The shade garden has a ton of nut-sedge in the paths. I may be sorry I left that area uncut. Several hydrangeas in this garden appear to be dead. Others are pitiful at best and many are just green sticks where deer are all the foliage. I finally put fence around them. Labor Day is also the time fence has to be put around small trees to keep deer from rubbing on them. I ran a little late on this but we finally braved the weather and got this done.

Some plants, despite everything thrown at them this year, have done great. Native Amsonia (*Amsonia hubrichtii*) has not drooped once this summer. Sky blue flowers in late spring are nice and wispy foliage is pretty all summer long. Then a blaze of golden fall color is the real show. Deer have passed by amsonia. The main clump is about four by four and it



The golden fall color of Native Amsonia.

does seed around some. I think I'll use some of these babies to make a large show in that area. Amsonia ciliata is another variety that looks so much like hubrichtii that I cannot tell them apart. Amsonia tabernaemontana is a variety with foliage that looks different. Blue flowers are similar, maybe a tad more white, and fall color is not as good. This type has not been happy this summer. Fireworks golden rod (*Solidago rugosa*) has also come through summer great. It is beginning to bloom now. Deer have also left it alone. Fireworks is a



Hophornbeam copperleaf weed is persistent.

clumping variety that is more well behaved than some goldenrods. Salvias have been blooming practically since early summer. There are so many varieties, in lots of colors. Watermelon and Hot Lips are hummingbird magnets in my garden. They can get a bit gan-gly and will root new plants where stems touch the ground. But that's OK for me. They don't choke out other perennials and the mingling works out good most of the time. .

Contact Master Gardener Susan Temple at gardningirl@yahoo.com.

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AN OUNCE OF PREVENTION

The Outdoor Foundation reported in 2018 that nearly half of Americans participate in outdoor activities. Running and walking are the most common, while participation in hiking, fishing and camping — all popular fall activities — continue to increase.

With so many people enjoying outdoor activities, injuries are bound to occur. According to the Centers for Disease Control (CDC), the most common injuries resulting from outdoor activities are fractures and sprains. Insect bites, allergic reactions, sunburn and dehydration round out the list.

What can you do if your fun in the sun turns painful?

Q: How can a person avoid injuries related to outdoor activities?

A: Injury prevention begins with planning and preparation. Know your fitness,

experience and skill levels. Make sure equipment is in good working order, and always let someone know where you're going and when you expect to return. Keep a first-aid kit on-hand in the event of an emergency. Expect the unexpected.

Q: What is the best way to treat sprains or broken bones?

A: For sprains, the best option is rest and elevation. Icing the affected area will help with swelling and discomfort. Wrapping the injury with an elastic bandage that comes with most first-aid kits can also help with swelling. For a minor broken bone, immediate treatment is basically the same. Stay off the injured area, elevate and ice until you can seek professional care.

Q: What is the best treatment for insect bites or stings?

A: Move to a different location to pre-



*Dr. Caitlin Collier
AnMed Health
Hartwell Family
Medicine
Hartwell, GA 30643
706.376.9852*

vent further bites or stings. Remove the stinger if still attached. After washing the area with soap and water, apply a cool compress to help alleviate some of the pain. Applying hydrocortisone cream or calamine lotion can ease the discomfort.

Q: How can a person treat reactions to poison ivy or poison oak?

A: A poison ivy or oak rash will usually go away after two or three weeks, but to cope with itching, apply hydrocortisone cream or calamine lotion. A cool bath with an oatmeal-based product may also offer relief.

Q: What's best for sunburn?

A: Getting too much sun is a common side effect of outdoor activities. A cool bath

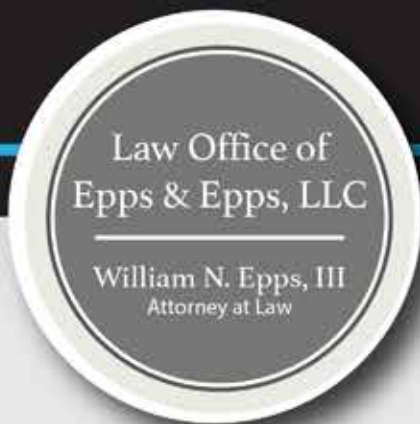
or shower will provide temporary relief. An aloe vera moisturizer or one that contains soy can also help. Over-the-counter pain relievers containing aspirin or ibuprofen may ease discomfort. When it comes to sun exposure, prevention is the best medicine. Use sunscreen with an SPF of 30 or higher, and reapply regularly.

Q: How can one avoid dehydration?

A: Drink, drink, drink water. An ounce of prevention really is worth a pound of cure. If you're going to work or play in the heat, drink plenty of water. If you do get dehydrated, start fluids immediately. Water is best, but sports drinks containing carbohydrates and electrolytes can be helpful. For severe dehydration, a health care professional may need to deliver fluids intravenously.

Q: What if professional health care is needed?

A: To schedule an appointment, contact your primary care provider. If you need a primary care provider, please call AnMed Health Wellness Connect at 864-512-3748 or visit AnMedHealth.org/Doctors.



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Express yourself with home decor

By Kristine March
Is it me or is it everywhere you look people are redecorating, renovating adding on or doing something new to their homes? I love home decor. It's a fun way to express yourself. I'm a hippie at heart and as most people would say a bit boho so my taste is eclectic. Nothing matches. I have old and new all over my space. Minimalistic, Modern, Traditional, Maximilistic, Preppy Sophisticated or Southern Gothic. There are so many different styles out there. I admire them all.

What I really have been into lately and it is on the trending alert is wallpaper. Thinking back as a child I remember my grandmother getting new wallpaper in her bathroom in the nineties. It had butterflies and it was green and



Kristine March

purple. Beautiful for back then but when you think wallpaper you think just that. Dated. Those days are over. You can get any print, pattern or color and it's absolutely exquisite looking. It's also much easier than a new paint job. Hiring someone would be your best bet unless you're super handy and crafty. You can order online. I'm obsessing over a company called House Of Hackney. They put out great designer prints. Palm leafs and feather fans. Lotus flowers and wisteria. Just beautiful.

Another trend in the home is stained glass. Its been around since the Victorian era and it's

not just popular for churches anymore. It's a lovely way to add color to an entry way or make a bathroom stand out. If you want to start off small try repurposing some old windows with stained glass. You can go super easy and try different colored glass bottles in a window. It looks spectacular when you're on a budget.

The color trend is black, navy and cantaloupe. Painting your doors or walls these colors makes everything look polished and expensive. It also makes brightly colored wall art pop. Try it.

Another really cool trend is basket wall hanging. Get multiple African and Zimbabwe woven baskets and hang them in a large cluster. Try putting your design on the floor first and go from there. YouTube provides numerous tutori-



als on how to do so. These are just a few of my absolute fave trends for 2020 home decor. Enjoy giving your home a little lift this year. Projects are super fun and you will feel accomplished and proud of your pretty haven.

NIBBLE & SIP

They'll never take my movie night!

By Kim von Keller
When friends come by for a Nibble and Sip, it's usually before dinner, a chance to ease into the weekend with a snack and a drink. But sometimes, I like to save it for after dinner, especially if there's a movie involved. And one way to set the tone for Movie Night is with a thematically chosen cocktail.

For example, if you're watching "O Brother, Where Art Thou" with its Deep South setting, I might suggest a round of mint juleps. "Casino Royale"? Vodka martini, shaken, not stirred. And if you're watching anything from the "Hangover" franchise, maybe just a few bottles of Pedialyte, your choice of flavor.

Lately, we've been watching a lot of films set in Scotland, like "Braveheart" and "Rob Roy." The choice of liquor is easy — Scotch



Kim von Keller

whisky — but I've never been much of a Scotch drinker. Depending on the region in which it is made, its characteristics can range from light caramel to peat smoke to so iodine-y that a bartender once described it to me as tasting like "an old Band-Aid." So rather than serving it neat or with water, I like to make a Blood and Sand, the one drink that even Scotch haters enjoy. This recipe is adapted from "Imbibe" magazine, my favorite source for cocktail recipes.

And while we're waiting for to see if the English will take away William Wallace's life or his freedom or both, I like to serve red onion

jam with cheese on oatcakes. An oatcake, or oat cracker, is pretty bland by itself, but spread with sweet and savory red onion jam and topped with a sharp cheddar cheese, it's the perfect bite for the Battle of Stirling Bridge. (The jam is also great on a burger if you're watching "American Graffiti" or "Diners, Drive-Ins, and Dives"!)

BLOOD AND SAND

- 21 oz. blended Scotch whisky
- 1 oz. fresh-squeezed orange juice
- ¾ oz. Cherry Heering
- ¾ oz. sweet vermouth

Combine all ingredients in a shaker with ice. Shake vigorously for a few seconds, and then strain into a chilled cocktail glass.

RED ONION JAM

- 2 T. olive oil

- 2 red onions, diced
 - ½ c. sugar
 - ¼ c. red wine vinegar
 - ½ c. red wine
 - Oatcakes, for serving (I like Walkers)
 - Sharp cheddar cheese, for serving
- In a medium skillet, sauté the onions in olive oil until softened, 5 to 8 minutes. Add sugar, stirring, and cook until sugar is dissolved, 2 to 3 minutes. Add the vinegar and the red wine, and bring to a boil. Reduce heat to low, and cook until the liquids are mostly evaporated and the mixture has thickened. Cool before spooning onto oatcakes and topping with slices of cheese.

Do you have a favorite nibble or sip? Share it with me at editkim50@gmail.com, and I might use it in a future column.

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A Day in the Life of a High School Teacher

Adam Holland, Westside High
Anderson 5 Teacher of the Year

Teachers should be classified as artists. If you ever engage with one that's really good, they will inspire you the same way Denzel Washington or Pat Conroy does. They have a way of waking up your inner performer.

A typical day for Adam Holland goes something like this:

6:30 a.m.

Feet hit the floor. Shower, shave, and eat breakfast. On the way out the door, remember to grab keys, school ID, laptop, graded tests, plan book, extra supplies for the new enrollee, and a change of clothes for wrestling practice. Keep with you at all times a combination of enthusiasm, creativity and understanding.

7:30

Arrive at Westside for morning bus duty. "This involves greeting students arriving on the buses. This initial interaction can make a huge difference in how a student starts their day. This time is also for rounding up those students who depart for classes held at Southwood and AIT. Writing late passes for those who ride buses that have more than one morning route. (Additional school bus drivers are always needed)"

8:20 – 9:45 Planning Period

This is the time to create effective lessons, grade papers, meet with parents, collaborate with other teachers, return phone calls, answer emails, catch up on paper work, and handle various student issues.

9:45 - 10:15 Morning intervention

This period is scheduled twice a day to allow our students to meet with teachers, catch up on assignments, study, see a counselor or prepare for an upcoming test. With the administration's focus on improving the graduation rate, this is one of many initiatives that has increased Westside's percentage of graduating students by over 10 percent.

10:20 – 11:45 AVID class

AVID teachers shift from delivering content to facilitating learning, resulting in an inquiry-based, student-centric classroom. This class is designed to help students create a blueprint for their future. As facilitator, Adam helps students explore academic options based on their talents and dreams. From there, he leads students through steps necessary to arrive at their destination. These include researching college options, identifying scholarships, filling out FAFSA forms, applying for tuition grants, exploring military service options, rehearsing for effective job interviews, and all things related.

11:45 – 12:15 Lunch

12:20 – 1:45 AVID class

1:50 – 3:15 U.S. History class

"The goal is to create the most effective lesson plans to boost test scores, encourage responsible citizenship, inspire through heroes of the



past, make history relevant to today's world and develop a love of learning."

4:00 – 5:00 Study Hall

"Before wrestling practice begins, athletes are encouraged to study and prepare for the next day's challenges."

5:00 – 6:30 Wrestling team practice.

Monday through Friday

Evenings

Enter grades in to the computer, check off assignments and prepare for the next day. Worry about the student who has been absent. Search for ways to meet the needs of that student who expressed a cry for help. Create a path to stabilize that one student who wants to quit. Get some sleep.

Saturdays – Wrestling matches

Toughest part of your day?

"Trying to be as dynamic and energetic at the end of the day as I am at the beginning."

Best part of the day?

"Greeting the Special Ed students as they arrive at school, because they have such a pure sense of joy and appreciation."

New favorite practices?

"Word of the Day/Word Wall – Students identify high-frequency words in context that they don't know. After generating a list of terms, I present one word each day to my class to go on our Word Wall. Students learn the meaning, and use the word to write a sentence that is relevant to their lives. I believe this is a valuable strategy because students often miss questions because they don't understand the language of the question and what it is asking."

Bullying?

"It seems to be more prevalent each year. Bullying hides under a mask of other words (I was just kidding, we were just playing, I didn't mean it that way). I take reports of this nature seriously. Talking to both parties to reach a resolution is the first step. If it continues, a disciplinary referral may be necessary."

"Sometimes there just aren't enough hours in the day, but there is no other job I would rather have than teaching."

Congratulations Adam Holland on a seemingly impossible job, done spectacularly.

Enormous thanks to all our teachers who do what Mr. Holland does every day.

CREATING HOME

Updates for the fall season

By Amie Speer

The temps outside may disagree, but the hearts and minds of most of us say that Fall is almost here! The days are getting shorter, the leaves are beginning



Amie Speer

to fall and there is a subtle cool breeze if you leave the house before 9 a.m. (only half kidding). Each season feels like a new chapter and another opportunity to make

subtle changes in your home that reflect a different time in life. Which means, it's time for another round up! So, I've gathered up some easy and cost-effective ways to update your home this season.

♦ **Adjust your color schemes.** Nothing says Fall like moody blues, deep greens, lots of neutrals and jewel tones. Putting away some of your brighter things to make room for Fall tones can be a quick and easy way to shift the mood of your space.

♦ **Cozy up.** A plaid or cable knit throw will instantly add warmth to any room. Add in a couple of pillows in a chunky fabric, animal print or velvet and the space is transformed. Layer, layer, layer for a space that is interesting, rich in texture and inviting.

♦ **Implement natural items.** Arranging some branches from your yard in a tall



vase, surrounded with acorns and pine cones is a great way to bring the beauty of the season inside.

♦ **Light a candle.** Stock up on seasonally scented, taper and pillar candles. Visit an antique or thrift shop for some great vintage candle holders and use them! Nothing gives a home more of a warm and welcoming feeling than the glow of a flickering flame.

♦ **Set up your stoop.** Hang a fall wreath on your door, pick up some mums in a great color and layer pumpkins of different sizes and colors on your front steps. A beautiful entrance sets the stage for a beautiful interior.

I've collected some of my favorite affordable items for the season. Included are pictures, but if you visit the blog on my website (amiespeer.com) direct links are provided. Now, light a candle, hunker down, turn down the air conditioning (again, only half joking), and enjoy a welcoming atmosphere that will lead us into another beautiful season.

Contact: amie@amiespeer.com

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BAND ON FROM 1PM-3PM

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-PLATES WILL BE SOLD
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-THE DEAD STRING BAND PERFORMING
-ALL PROCEEDS WILL GO TO THE FAMILY

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 CONTACT NUMBER: LISA TROTTER (706) 764-6941
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Spacious home for sale in the heart of Anderson

This beautiful four bedroom, 3.5 bath Charleston single home is located in the heart of Anderson!

Convenient to Clemson Blvd, Hwy 81 and the Connector, this house is a rare find. The double porches greet you as you drive around the cul-de-sac.

As you enter through the foyer, you will notice the 9-foot ceilings and expansive stairway. Beyond the foyer, there is a dining room with a sunny sitting room joining the newly renovated kitchen. The kitchen features Quartz countertops, tongue and groove walls, new dishwasher and garbage disposal and custom-designed vent hood. There is a spacious peninsula that looks into the family room. The family room has lovely wood plantation shutters and gas logs that turn on with the flip of a switch!

This house offers two master suites — one on the main level and one upstairs. The second master bedroom suite upstairs has a walk-in closet and a huge storage closet attached.

The laundry is conveniently located upstairs in addition to a sitting room/loft area perfect



for a kids' play area! There are two more bedrooms with a newly renovated kids bathroom.

Outside, you will find a detached two-car garage, as well as a spacious deck, a Charleston-style side garden and a wooded lot for privacy.



The neighborhood is zoned for Concord Elementary, McCants Middle School and T.L. Hanna High School.

Don't miss out on the opportunity to own this gem! This house will not be on the market long. Make an appointment today to tour this

gorgeous home.

Contact Jennifer Neal, The Agent Owned Realty Co., by calling 864-225-1202 or 864-356-4344 or emailing jennifer.neal@agentownedrealty.com. The office is located at 4022 Clemson Blvd, Anderson.



WorldTrek

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Anderson County Democratic Party Barbeque

September 22, 2019
4:00 pm
Anderson County Farmers Market



BE THE CHANGE!!!

Barbeque Plates (Barbeque, Baked Beans, Cole Slaw, Bread) - \$20.00 Adults, \$15.00 Children. Proceeds to fund local Democratic Party Projects. Come join us for great food, fun and some surprise guests. Catering by the Backyard Boyz. Tickets at www.tinyurl.com/ACDPBBO

THE HORSE OF KINGS

By Linda Nightingale

Surrender to imagination, and you can picture a fairy-tale horse trotting proudly across the mountains and plains of long ago. A hot Spanish breeze ruffles his long mane and tail. Then close your eyes and see this same horse cantering boldly into danger — the deadly horns of an angry bull. The bullfighting horse and the beautiful horse are the same.

The Andalusian.

You've seen them in movies, on TV in various shows, and in art. The hero on the white stallion is probably mounted on an Andalusian. Although in the old movie "Lady Hawk," the villain rode one into a battle in the cathedral.

The Andalusian is an ancient pure breed that has been carefully preserved over the centuries. In Northern Spain, cave paintings depict men leading Mesolithic horses with convex heads, solid muscular bodies, elegant necks, and luxurious manes. Circa 1,100 B.C., Homer refers to the Iberian horse in his "Iliad". Xenophon, the "father" of modern equitation, praises the gifted Iberian horses and horseman who fought in the Peloponnesian Wars in 431 B.C. Julius Caesar wrote of the noble steeds of Hispania in "Del Bello Gallico". The Iberian horse carried Hannibal across the Alps in his invasion of Italy (though the elephants got all the credit!). Richard I and many of his knights rode "airy Spanish Destriers".

In the heyday of European monarchies, the Andalusian's flair, style, and formidable carriage made him the mount of choice for the aristocracy. Not only did the Spanish horse excel in battle but he was a fancy parade horse and an elegant fine harness animal. This popularity earned them the title, "Horse of Kings" or "Royal Horse of Europe." Indeed, there was a time when no crowned head would consider having a portrait painted on any horse other than an Andalusian.

The 17th-century Flemish painter, Peter Paul Rubens, chose the Spanish horse, with its robust body and flowing mane and tail, for his paintings. The artist is noted for his voluptuous, full-bodied nudes, and the Andalusian horse epitomizes the term "Rubenesque." The Spanish horse and Rubens' passionate style were the quintessence of the opulent Baroque era. As a popular painter and a pro-Spanish diplomat, Rubens' work and his pro-Spanish politics accompanied him on his diplomatic missions, and on canvas the Spanish horse was introduced to the high courts of Europe.

Rubens painted portraits of such famous people as the governors of the Spanish Netherlands, King Charles I of England, King Philip IV of Spain, the Spanish Duke of Lerma, Kings Henri



This photo was taken at the horse show grounds in Asheville, N.C.

IV and Henri XIII of France, the Polish Princes Ladislas Sigismund and the Duke of Lerma. In "Capture at Juliers", Rubens allegorically depicts Marie de Medici mounted on a Spanish horse. Many of his works, including "St. George and the Dragon" (c. 1606-1610), feature them in powerful and fierce battle poses, which seemed to satisfy his taste for depicting violent action and lovely women.

Van Dyke, Rubens' most celebrated pupil, depicted Charles I on an Andalusian, and the Spanish painter Velazquez painted Philip III and Queen Isabel of Bourbon rid-

ing Andalusians. But in the late 18th and 19th centuries, the trend to greater size and scope in horses began to adversely affect the Andalusian's popularity.

Then a tragic plague followed by a devastating famine nearly swept the breed into oblivion, but, fortunately, in a few mountainous areas of the country, the Carthusian monks carefully preserved the depleted bloodstock and began the long journey to re-establishing the breed. In order to conserve these rare horses for breeding, the Spanish government placed an embargo on their export, and for over 100

years, the Andalusian was virtually unseen by the rest of the world. Only a scattered one or two Andalusians came to this country prior to the 1960s, and it was virtually impossible to see one outside art or film.

Throughout history, the Spanish horse has remained remarkably pure. The Andalusian is very sturdy, with a long sloping shoulder which gives him a lofty and pleasant trot. Some lift up in the front, making the canter very graceful and dramatic. The horse's wide chest, deep heart, strong, short back and well-rounded hind quarters give him the ability to sit down on his haunches and balance on his hind legs. The crested neck with its curtain of silky mane and the thick, long tail add elegance and a story-book beauty. Though most people imagine the Andalusian as the dancing white horse, the Spanish Registry recognizes both blacks and bays. The Andalusian ranges in size from 15 hands to 17 hands, with the average being 15.3-16.0.

In an era when the mounted soldier trusted his life to his horse, the Andalusian's strength and natural gift for collection made him the premier warhorse of Europe. When mortal conflict waged hand-to-hand, the Andalusian was the soldier's best friend or worst nightmare, depending on which side of the battle you faced him.

Dressage, today's fastest growing sport, developed as a means to school the superior warhorse. The so-called airs-above-the-ground, capriole and courbette, were designed to strike terror in the enemy foot soldiers. In capriole, the horse leaps into the air and kicks out with his hind feet. In courbette, he rears and jumps forward on his hind feet. Can you imagine how frightening either of those moves must be to a man on the ground looking up?

It is easy to see why a horse, so bold and quick, that he can dart near enough for a mounted bullfighter to place a rose between the horns of a maddened bull then whisk away before being gored, is a definite advantage in battle.

For well over a decade here in Anderson, I bred, trained, and showed these kind, gentle, and loving horses. Our farm was on Five Forks Road. My stallion's name was Bonito and twice he won the national championship at halter. I rode him in musical freestyle exhibitions and dressage classes — and about anytime the gate opened. We rode to the thundering music of *Phantom of the Opera*. In a musical freestyle or exhibition, the horse's movements are choreographed to the music.

The International Association can be reached at info@ialha.org or at 205-995-8900.

MUSINGS OF AN OLE BALL COACH

The P.O.P.

By Jim Fraser

Many of you have heard “ad infinitum” about “The P.O.P.” Please indulge me with one more story. In case you’re wondering, The P.O.P. is not a football terminology but my label for The Power of Prayer.

My story begins with my lovely wife Joyce developing a condition in May that required two overnight hospitalizations, three 911 calls that resulted in three AnMed Emergency rooms visits, a visit to an urgent care facility, and a physical therapist. Surgery seemed to be the only option. But atlas, my favorite hospital, AnMed Health had no surgical group that performed this surgery.

Luckily my good buddy Dr. John Doster told me he had a friend at Greenville Memorial hospital that performed this operation. As this condition my



L.W. had that I characterized as a visitor from the outermost regions of Hell, and had made our life utter chaos for the entire month of August, I jumped on his invitation to schedule an appointment.

Dr. Guy Crocket — a former prep footballer in Upstate New York, and an Upstate South

Carolina football official — did a yeoman’s job with a successful September 5 procedure. All systems were on go for a successful recovery, when a situation occurred which necessitated moving Joyce to intensive care and keeping her on a ventilator. This was not good, her month long battle with the visitor from hades, the ensuing prep and surgery had robbed her of much of her robustness and vitality. Twenty-four hours on a ventilator did not appear to bode well for her.

I had my first visit with her at 6:00 p.m., the surgery having begun at 10:45 a.m. She was comatose, head tilted back, sustained by the giant breathing tube. Her only response to my enthusiastic banter was to roll her eyes back, wink and drift off again.

After a fitful night’s sleep, I called at 4:30 a.m. the next day.

“How was her night?” I inquired. “Busy,” the duty nurse answered, “her blood pressure elevated, and her hemoglobin dropped to 8.3, so we gave her a unit of blood.” Not good had just changed to very bad.

I was not allowed to visit until 9:15. The ICU ward at Greenville Memorial is all stainless steel and machines of healing. Several nurses are in the middle of pod-like rooms. It is usually a beehive of activity. As I turned the corner Joyce’s pod is straight ahead. The entire place is vacant. I rush to her bedside and nothing has changed from 6:30 the previous day. My L.W. alone on a bier like bed, ashen, head tilted back with the huge tube sustaining her. I spoke aloud in the silence, a phrase I never use “oh my god.” A horrible realization swept over me, how can my L.W. in her severely weakened condition

survive 23 plus hours of sedation. As the nurse entered I blurted, “When is she coming around?”

That’s when the P.O.P. took over. The tube was removed by the doc and Joyce returned to the land of the living at exactly 9:55 a.m.

My pastor Dennis Tedder entered the room, and informed us that a men’s prayer group meeting at Mama Penns had prayer for Joyce at 9:05. Amy almost shouted, “The last text from my Camden prayer group was at 9:30.” There were 20 strong and had specifically prayed for Joyce.

Call it coincidence, call it fate, call it luck. I’ll stick with the P.O.P. and if you’re ever up against it, as I was, TRY IT!

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

Vacation 2019: Stories from the (single-lane) road

By Kim von Keller

Have you ever been at a party where, for whatever reason, you had to find a kill-switch to a conversation? If you are in that situation, I have a method that works every time. When there’s a pause, take your cell phone from your pocket, pull up your photo gallery, and in your most braggadocious tone, say, “Let me tell you about the vacation I just took!” Before you can count to five, the other person will have to make an urgent phone call or go to the bathroom, and that chip-and-dip tray will be all yours.

Having said that, let me tell you about the vacation I just took.

Now, before you put down the paper to alphabetize your spice drawer, let me assure you that this isn’t a dreamy story about relaxing at some expensive beach resort or dining at a Michelin three-star restaurant. This story starts as a cold, wet nightmare, but it ends with a bit of magic.

For the last year, Ted and I had been planning a trip to Scotland. It appealed to us



Kim von Keller

because during the middle our trip, all the water in the world seemed to be falling on the United Kingdom. But being intrepid sorts, we left Stirling in our rental car and set out to see what we could see.

And in rural Scotland, a lot of what we saw were single-lane roads. There are passing places scattered along the way so that in the event two cars meet, one can pull over and yield right-of-way to the other. This works great if both cars are small and happen to meet close to a passing place. But when one vehicle is a behemoth with an attitude, anything can happen, which is what hap-

pened to us. Driving through a national park, we met a large, blue van, the kind that’s usually chock-full of terrorists in a Vin Diesel movie. It must have had places to go and people to kidnap because it ran us off the road onto a jagged shoulder, cutting a gash in one of our tires. But, hey, we’ve had flats before, so we rumbled along to a passing place to replace it with the spare.

There was no spare. There was also no sealant kit. Or cell phone service. There was rain, though, and a 7-mile walk to where we were sure we could get a signal to call the rental company. So with ponchos, umbrellas, and a red backpack, we set off down the road. And this is where the magic started.

A young family on a driving trip sees us and pulls over. They have room for one of us in their car, but I want to stick with Ted, so we part company. After walking only a mile or so, we find a national park campground that has a SATELLITE PHONE! We make our call, and the rangers let us sit

in their tiny office to get out of the rain. We meet a couple who are on a camping holiday. Two hours later, Tire Guy shows up, but he drives right past the campground. Ted runs down the road to catch him, and I follow at a distance. Who recognizes my red backpack? The young family from earlier, and they drive me to our car. Ted has caught up with Tire Guy, and they’re replacing the tire. Soon, we’re back on the road to a pub for an early dinner, since we missed lunch. Who’s in the pub? The couple from the campground, and they invite us to share their table. It turned out to be one of the best days of our trip.

That night, before bed, Ted was reading a story about unexpected kindness. It said that God often places people on our path to give us glimpses of heaven. That day, in the cold rain of Scotland, we saw it in Sim, Frankie, Isaac, Kevin, Mick, Tire Guy, Louis, and Kate. Let me tell you about the vacation I just took. Do you have an interesting vacation story? Share it with me at editkim50@gmail.com.

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T.L. Hanna Athletic Hall of Fame inductees

Six people have been recommended for enshrinement into T.L. Hanna's Athletic Hall of Fame. The induction presentations will be held on Friday, October 4, 2019, during halftime at Hanna's game against Greenwood. The 2019 class includes Cameron Ford, Rafael Little, Brian Maddox, Robert Pettigrew, Alex Rankin, and Mareo Thompson.



Cameron Ford

CAMERON FORD

Cameron played football at T.L. Hanna in 2005 and 2006. He was a two-way player. On offense, he was a receiver while playing OLB on defense. He was nationally ranked as a receiver by ESPN catching 66 passes for 1448 yards in two seasons. On defense, he started at OLB for two years during which he scored 4 touchdowns with fumble recoveries and interceptions. Cameron was the Anderson Independent-Mail Player of the Year, All Conference, and represented South Carolina in the S.C.-N.C. Shrine Bowl Football Game.

Cameron earned a scholarship to Wake Forest University where he had an outstanding career as a TE from 2007-2011. He presently is teaching and coaching at Hanna High School as receiver coach. He and his wife, Samantha, and their young son live in Anderson.

RAFAEL LITTLE

Rafael played football and basketball from 2001 to 2004, earning 7 athletic letters. In football, he was All-American, two time All-State, 3 times All-Region, twice Anderson Touchdown Club Player of the Year, and Anderson Independent-Mail Player of the Year. In 3 years of football, he rushed for 3,551 yards, over 800 yards receiving, while scoring 90 TDs. He scored a touchdown by way of a kickoff return or punt return in 7 consecutive games.

In basketball, Rafael lettered 4 years while scoring 1,028 points, 365 rebounds. 448 assist,



Rafael Little

and 258 steals. He lead his team to two consecutive conference championships

Rafael earned a football scholarship to the University of Kentucky where he played 4 years. Upon graduation, he was drafted by the Tennessee Titans of the NFL where he spent a year before injuries ended his pro career. He is presently living in Canada where he and his wife, Melanie, have three children.



Brian Maddox

BRIAN MADDUX

Brian played football and ran track from 2003 until 2007 earning 7 athletic letters. In football as a running back, he finished his high school career with 500 carries for 4200 yards while scoring 50 TDs. During his junior and senior year, he ran for 3,090 yards while scoring 39 touchdowns. Brian was two-time All State, three-time All Conference and All Area. As a senior, he was Area Player of the Year, chosen to play in the SC-NC Shrine Bowl Football Game. He was an All American and played in the High School All American Bowl Game.

In track, Brian ran the 100 meter dash, 200 meter dash, and was on several winning relay teams.

He earned a football scholarship to the University of South Carolina where he had an outstanding career as a running back while graduating in 3.5 years.

He now lives in Pooler, Ga. where he works as the service manager for Southeastern Freight Line.



Robert Pettigrew

ROBERT PETTIGREW

Robert ran varsity track and varsity cross country from 1979 to 1983. He was a member of 6 State Championship teams. He qualified for the South Eastern Reginald Junior Olympics in cross country in 1979,'80,'81,'82. He also received the Jim Cox Award for the most varsity athletic letters in the graduating Class of 1983.

Robert was captain of the State Championship Cross Country team, member of the All State 2 mile relay team, and voted the Sportsmanship Award in both track and soccer. He was a seeded runner in the 1983 Peachtree Race in Atlanta, Ga.

Robert has remained active as a coach and volunteer at the YMCA and many schools in Anderson. He has been a super volunteer with the T. L. Hanna Band Boosters, serving as president and other capacities. He and his wife still live in Anderson.

ALEX RANKIN

Alex played on the girls Varsity Golf team for 6 years. She was All Region in 2002, '03, '05, '06. She was 4 times All State from 2003-'06. As a senior, she averaged 36.8 in 9 hole matches earning her All Region and All State honors. As a junior, she was All Region and All State while averaging 38.5. Alex's score of 31 strokes is a school record for 9 holes as well as a Cobb's Glenn record for women.

As a 6 year member of the T.L. Hanna girls golf team, she lead her teams to a dual match record of 73 wins and only 9 losses. She earned a scholarship to Wofford College in girls golf in which she had the lowest scoring average in 3 of the 4 years. She made the college All



Alex Rankin

Conference team and was selected as the Female Athlete of the Year her senior year at Wofford.

Alex now lives in Travelers Rest, S.C. where she works as an accountant.

MAREO THOMPSON

Mareo played basketball and football at T.L. Hanna from 2003 to 2005. In basketball during his three years, he scored 1,112 points, which ranks second since 1970, averaged 16.4 and 17.3 in his junior and senior year, and had a free throw percentage of over 70%. He had a major impact with his team winning 3 consecutive conference championships. He was All Conference for 2 years, All State for 2 years, and All Area for 2 years. Mareo played in the S.C. North-South All Star Basketball Game. He also was 2 time team MVP.

In football, he averaged over 10 yards per reception as a wide receiver scoring 6 TDs. He also returned kicks. Mareo earned a scholarship to Truett McConnell Junior College in basketball. He still lives in Anderson while working as an assistant coach in several post graduate high school leagues.



Mareo Thompson

CRESCENT TIGERS



By Dan Lacobie

2019 has been a rough start-up for the Crescent Tigers. Winning a close one to start of the season 21 - 20 versus McCormick. Next up Crescent faced off with the Blacksburg Wildcats in the first of five straight road games. Crescent took it on the chin with the Wildcats coming up short 39 - 14.

The 2nd road trip took the Tigers to Ninety-Six and after a tough game Crescent and Ninety-Six were knotted up in the 4th 14 - 14, Ninety-Six tossed a touchdown to lead 21 - 14 for the win.

Which leads up to this past weekend game day September the 13th, Friday September 13th folks. The weather turned on all high schools football games in the area. As some games were cancelled altogether some were rescheduled for Monday September 16th.

Crescent versus the Palmetto Mustangs fell under the rescheduled category and some outlets had reported they had played and posted scores.

When all was said and done the two teams put on the pads and helmets and went at it Monday night. Palmetto immediately went to work. The Mustangs took an early lead on the Tigers with a touchdown run 7 - 0.

Crescent's defense caused a fumble late in the 2nd quarter which was picked up and ran back for a touchdown by Isaiah Ellis which cut the Mustangs lead to 28 - 7 at halftime.

Crescent took their opening possession in the 2nd half and ate up close to 9 minutes. At the end of that drive quarterback Landon Sauers hit his receiver Moses Kemp for a touchdown on forth and goal to cut the Mustangs lead in half 28 - 14.

Crescent dropped the game to Palmetto 49 - 14.

The Tigers have a week off with a scheduled bye week and then will take the next road trip to North Augusta to take on the Fox Creek Predators in a non-conference game on September 27th at 7:30 p.m.

PENDLETON BULLDOGS



By Dan Lacobie

Although the weather played havoc with several area teams last Friday, September 13, the Pendleton Bulldogs were still able to go forward in their game against the Berea Bulldogs. Unfortunately, Pendleton took it on the chin with Berea and came back with a tough loss, 26-17.

Looking at team stats on defense, the Bulldogs allowed 35 points per game, with total yards allowed at 422 yards per game. Rushing defense has allowed 80 yards and they have 1 forced turnover and 1 interception.

Some of the defensive individual leaders are:

- Outside linebacker Ezra Grate, 8 tackles and 1 tackle for loss.
- Inside linebacker Cam Williams 5 tackles, 1 tackle for loss.
- Outside linebacker Peyton Hawkins with 4 tackles
- Inside linebacker Ethan Jackson with 4 tackles 1 tackle for loss.
- Cornerback Kobe Gibson has 1 interception
- Defensive lineman Zhay Henderson has 3 tackles, 2 tackles for loss and 1 quarterback hit.

Next up for the Bulldogs is against the Belton-Honea Path Bears in a non-conference game at home.

Pendleton will then see a trip down to play Clinton on Friday, September 27.

Anderson
School District **4**

T.L. HANNA YELLOW JACKETS



By Dan Lacobie

If you're a football fan, when the weather steals away one of your games during the season, it's not an ideal scenario. But that's exactly what happened to T.L. Hanna High School on Friday September 13 when the team was set to face the Belton-Honea Path Bears. With a lightning show, thunderstorms raged across most of the Upstate and either post-poned games or cancelled them altogether. That was the case for Hanna – the game was cancelled.

But in the previous week on Friday, September 6, the Yellow Jackets hosted the Inlet Grove Hurricanes, who made the trip up from Riviera Beach, Florida. It was all bad news for the Hurricanes. Hanna sent them back to Florida stung with a 47-6 loss to the Jackets. Leading the way for Hanna, Shy'heem Clemons scored on an 8 yard run in the first quarter. Hanna opened it up leading 30-0 at the end of the first. The halftime show started with the Jackets in control, leading 44-0.

Leading rusher #3 J.J. Hudson had 73 yards carrying the ball just 5 times, an average of 14.6 yards per carry. Jaylon Thompson had 3 touches for 33 yards and a touchdown. Clemons added 32 yards on 3 attempts and 1 touchdown. Preston Pettway, #10, also had 5 carries for 24 yards and 2 touchdowns.

Junior quarterback Noah Hamby was a perfect 1 for 1 for a 26-yard touchdown to #15 Jackson Pusey.

Hanna, 2-0 in overall play, is slated to travel and play J.L. Mann in a conference match up on September 20th. Hanna is averaging 43.5 points per game and Mann is averaging 6.7 per game.

After J.L. Mann, Hanna's next game will be against crosstown rival Westside. Usually a later in the season game, the two rivals will meet up during the meat – or should I say the “heat” – of the season.

It seems Coach Jason Tone has the Yellow Jackets on the same line as last season and maybe already eyeing that spot in the playoffs.



WESTSIDE RAMS



By Dan Lacobie

The Westside Rams, while off to somewhat of a slow start this season, have a long way to go and many chances to get back on track to make the playoffs again this year.

Westside versus Daniel High School on Friday, Sept. 13 was cancelled with no reschedule due to bad weather.

The Rams did play the Greer Yellow Jackets in a home contest on Friday, September 6, but Greer left the Westside stadium with a 36-28 victory. Don't let the score fool you. The Rams handled business in the form of a team safety in the first quarter. Tyeim Williams scored in the first for the Rams on a 9-yard touchdown. The first quarter action also saw a 42-yard pass from #12 Blair Garner to #13 Tyson Lewis for a touchdown. All points after touchdowns were provided by junior #4 Bryce Earley. Later in the second quarter Earley put up 3 points on a 33 yard field goal to lead Westside into the locker room at the half leading Greer 18-7.

As the third quarter rolled on, Earley added 3 more points on a 31-yard field goal. However, the Yellow Jackets added two touchdowns of their own. Westside, not out the game yet, battled on to add another touchdown. This time it was #2 Shedrick Smith who scored a 72 yard touchdown to tie things up. But Greer scored two more touchdowns in the fourth quarter making the final score Greer 36 and Westside 28.

Quarterback #12 Garner had 14 attempts rushing with 60 yards. In the passing department, Garner had 14 for 26, with 1 interception, and he passed for 266 yards and 2 touchdowns. Tyeim Williams added 18 rushes for 30 yards and 1 touchdown.

Westside takes action next with a visit to the Easley Greenwave on Friday, September 20 in a conference game. Westside beat the Greenwave last year by a score of 42-14.