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June 25-July 8, 2020

LOCAL PRODUCE STANDS

BY GINNY BAILES FRETWELL

Fresh summer fruits and vegetables make us feel like life is wholesome and meaningful. The vibrant colors, the sweet aroma, and the farm to table process are the healthy ingredients in the simplicity of a happy lifestyle. Food grown locally not only contributes to economic opportunities of a community, but also provides health benefits and reduces environmental impact. Fresh fruit and vegetables are full of antioxidants and phytonutrients.

Shopping at local produce stands

brings people in a community together. Everyone enjoys the outdoor shopping and breathing in fresh air. It can also be a great way to get your kids involved. Let them pick out something new to try, then they can help prepare a meal or snack. This can also serve as a learning tool. Have kids research their selections for interesting facts and recipes. They may want to illustrate or photograph the stages of preparation and the final spread.

Locals have an opportunity to benefit their neighbors when buying from fresh markets instead of grocery store chains.

Most people feel locally grown food tastes better and lasts longer. Knowing where your food comes from gives consumers a sense of

SEE STANDS ON PAGE 2



Anderson County Farmers Market



Honey Branch

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Anderson's first female firefighter retires

The City of Anderson's first female firefighter is set to retire this month. Kathe Long has worked for the Anderson Fire Department for 20 years and will hang up her helmet for the last time on June 21st. We are grateful for her service as we mark her historic tenure.

Her fire service didn't start like most. Her son, Doc, wanted to be a Junior Firefighter. When he was too young to drive, this

left it up to Kathe to take him to the fire calls and the training. In 1990, a Captain at Williford Fire Station 27 started seeing her on several calls and meetings and told her she ought to join the volunteer department. After she joined and got her training, she decided she wanted to make a career out of



KATHE LONG

it because she had fallen in love with being able to help people and her community. She had found a new passion in life.

Now, 20 years later, we will be sad to see her leave the Anderson Fire Department because she has been a great asset and a valuable colleague. She will retire

as an engineer and one of the best this department has had. She knows our trucks like she knows her own, and treats them as such.

Her career highlights include:
Hired 2000
Promoted to engineer 2004
Lifesaving award 2013
2-Outstanding performance awards 2014
Anderson Rescue Team member

Stands

CONTINUED FROM PAGE 1

security. Local farmers who grow enough for their own community are more socially conscious and mindful of the health of their family and friends. Fresher foods have higher vitamin levels, as less time passes from harvesting to purchasing. Lastly, cooking at home together is a special occasion for families, especially during the summer.

In Anderson, there are several excellent produce markets.



FERGUSON'S PRODUCE

513 W Greenwood St.
Abbeville, SC
(864) 366-8574
Mon - Sat 8:00 Am To 6:00 Pm
Fresh fruits and vegetables
Homemade cakes and pies
Homemade jams, jellies
Local select meats

CONCORD MARKET

208 Concord Rd
Anderson, SC
864-245-3910
Monday- Saturday 9:00am- 7:00pm
Fresh fruits and vegetables
Jellies, preserves, pickles, chow chow, sauces, honey



ANDERSON COUNTY FARMERS MARKET

402 N Murray Avenue
Anderson, SC
864-231-7275
Thursday and Saturday from 8am - 1 pm
Fresh local fruits and vegetables
Local honey

Baked goods
Jams & jellies
Goat milk and cheese
Handmade face masks and hand sanitizer.

ZEKE'S PRODUCE

7511 Highway 81 South
Starr, SC
(864) 318-3768



Whitehall Produce

Coffee and Teas
Baked goods and soups
Old-fashioned candies and drinks
Walker Farm Sausage, Creekside BBQ and packaged meats
Local Eggs, Timms Mill Grits and Cornmeal
Timms Mill grits and cornmeal
Strawberry Hill Ice Cream, Milky Way milk, cheeses
Wide variety of plants

10:00 AM TO 6:00 PM

Fresh fruits and vegetables
Local honey
Fresh salsas and chow chow
Cheeses and more

WHITEHALL PRODUCE

2606 Whitehall Road
Anderson, SC
864-772-0045
Monday thru Friday 9 to 6 Saturday 9 to 5
LOCALLY grow produce and fruit
Homeade jams
Local fresh meat.
Local Honey
Candles
Fresh breads

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Offering the fresh produce that's harvested and posted daily.
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Hours for the wagon are 9am-8pm daily



Concord Produce

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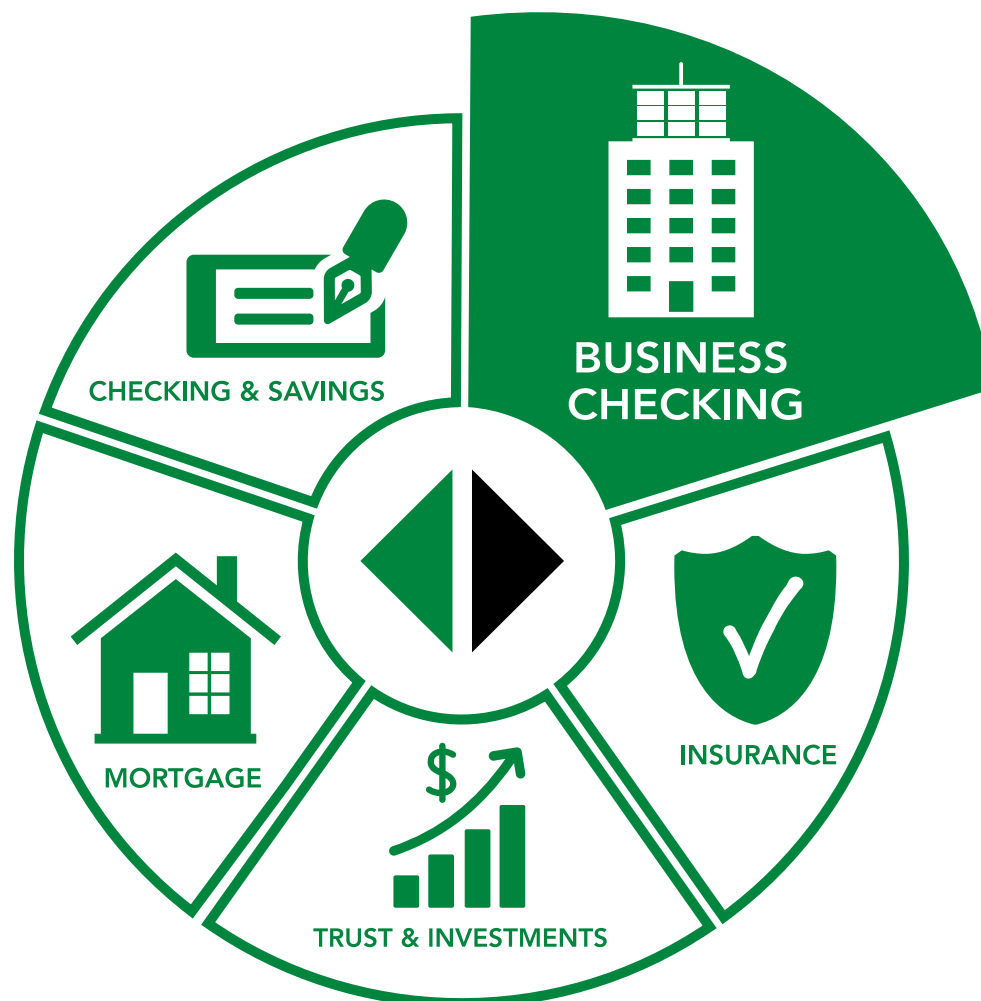
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THE GARDEN SHOP

Popcorn in the garden



SUSAN
TEMPLE
master
gardener

I've often said gardeners do crazy things. We plant alliums but hate wild onions. We plant various coreopsis but hate dandelions and cat's ear. The blooms are similar and they spread similarly. We even plant varieties of Stachys like Hummelo which are cousins to Florida betony (Stachys floridana). If you've ever tried to get rid of Florida betony in your garden, you know it's a difficult battle to win. Lamb's ears are also a Florida betony cousin.

I fight sicklepod (Senna obtusifolia) a little bit in my garden that come from my pasture and other pastures on my road. But butterfly people grow them because the foliage is food for several species of sulfur butterflies. Sicklepod's bright yellow flowers are



also good for bees. They are in the legume family so they also provide nitrogen for the soil. But bean pod have oodles of seeds and there is one spot in the pasture that I have to really stay on top of or else they would certainly become a problem.

So what did I buy a few weeks ago? Cassia, (Cassia didymobotrya) to be exact. Cassia and senna are

close cousins, so much so that I don't really see, or understand, much of a difference. Several years ago Greenville Master Gardeners toured Jenks Farmer's farm in Beech Island SC. Jenks is the king of crinums, a garden author, designer, teacher, and most entertaining speaker. His place is named "Funky Little Flower Farm" and it suits. On the edge of his crinum field stood a huge plant covered in bright yellow candelabra like blooms. All I remember is cassia. Cassia who I did not retain. I stood there, head craned straight back to take it all in, wishing it had some seed he would share. Jenks said it behaved in the garden, and for him in his warmer zone, came back every year.

What caught my eye first on the plant I bought was the tag. It looks like a box of popcorn and has "Touch Me! I smell like buttered popcorn" on it. It smells exactly like popcorn! But looks almost identical to sicklepod. Tag also said it would grow 18 – 24 feet but only two feet wide. I had to ask Denise, owner of



Cassia blooms

McAlister's Greenhouse, were my eyes deceiving me. Was that an inch mark and not feet? The plant wasn't even a foot tall. Could it grow up to look like Jenks' cassia?

After doing some reading, most sources say it will only grow to about five to eight feet tall and give it plenty of water and fertilizer. Unopened buds are black. As flowers fade,

brown seed pods form. Several sources described it as a powerful garden accent. I planted popcorn cassia all alone in case it does seed so it won't easily mix in with other plants. And right next to a water spigot on the edge of the pasture in case it's cool and I want to help it thrive. Another crazy thing, plant it where I can more easily take care of it or kill it.

MOCKINGBIRD - SINGING ITS HEART OUT

BY ANN BAILES

Anyone familiar with Harper Lee's famous book To Kill a Mockingbird knows that Atticus tells his daughter Scout that it's a sin to kill one of these birds, and neighbor Miss Maudie further explains, "Mockingbirds don't do one thing but make music for us to enjoy. . . they don't do one thing but sing their hearts out for us."

Well, Miss Maudie is right that mockingbirds do sing. Extensively. A mockingbird has one of the clearest and most obvious singing voices in the bird world. And at times they don't limit their singing to the daytime. Not long ago a friend posted a video on Facebook that she had taken close to midnight one evening. The video was completely black, but the audio was a mockingbird in full singing mode. "Isn't this bird ever going to be quiet?" she asked in desperation.

Mockingbirds are one of our most common bird species, seen regularly on power lines and fences, in neighborhood yards and urban parks, and over open country fields. They can be observed irritating crows in flight. They have an understated beauty with their sleek pearl-gray, dark gray, and white coloration. Mockers have long slim bodies, and are easily recognized when flying because

of the white patches on their wings and down both sides of their tails.

Mockingbirds are mimics with great ability to copy other birds' songs. Once while on a lunch break at a summer job in Greenville, I counted 20 song changes from a mockingbird, without a single repeat. And the various calls continued after I had to go back inside. While a few other birds also do some mimicking, none have the extensive repertoire of this gregarious bird.

Most people think that the mocker sings for the sheer pleasure of singing. However, it has much stronger reasons for its outbursts of song. The mockingbird is extremely territorial and will aggressively defend its area. But a mockingbird does not sing year-round -- it limits its vocalizations to spring and fall. In the spring and early summer it is setting up territory for nesting, and in the fall it is setting up its winter boundaries. A careful observer will notice that, as it sings, the mocker flies from perch to perch around the perimeter of the area it has chosen.

And therein lies the rub with Miss Maudie's explanation. Yes, this bird sings and sings, appearing to vocalize its heart for our pleasure. However, the mockingbird's song is not so much a joyful cry as it is a warning to all other birds: "Stay away! This area is mine!"





What to do if an animal needs help

BY LINA MASLO

What should you do if you find an injured wild animal? You could contact Izzie's Pond: Animal Rescue and Sanctuary in Liberty, SC. Their website, izziespond.org, provides plenty of information on what to do if you find an animal that may need help.

A few important rules to remember: Don't give food or water to any wild animal. And don't try to raise the animal yourself. Raising a wild animal is not only a bad idea, in many cases, it's against the law, unless you have a permit. Raising a wild animal is hard unless you've been trained to do so. You might need certain medications and foods, and it's different for each animal. Sometimes, when a wild animal is raised by humans, it ends up not fitting in anywhere—it's too dependent on humans to go back into the wild, but it can never fully become a pet. The animal needs to be raised with its own species. And even the most adorable wild animals might carry viruses or parasites that are harmful to humans or pets. So, if you find a wild animal that looks like it may need help, don't touch it just yet! The best thing you can do is call an expert.

Here are some basic rules to follow if you come across these certain animals:

A duckling or gosling: It's quite rare that a duckling or gosling is separated from its family. Make sure that there is no mother around. Wait a while—the mother may come looking for her baby. In rare cases, when a duckling or gosling is abandoned, it's because the baby was dropped off by a human, or it was a late hatch. In this case, Izzie's Pond will usually take the baby bird. If you find a duckling or gosling that is injured, but still part of a family, this is a bit more complicated. A father or mother bird may attack you if you try to pick up the baby bird. If the baby bird does require human help, you will have to have to keep the parent bird away, or block their view with a sheet or towel while you take the baby. In



either case, call an expert for help. If a duckling or gosling is injured, it might need human intervention to survive, even if it is with its mother. If the baby bird has been attacked by a cat, for example, it will require immediate help and antibiotics.

If you do decide to take the bird to a local sanctuary, you will need to place it in a ventilated box with a cover. Put a blanket or towel in the box and keep it warm with a rice sock or heating pad. Be careful not to stress the baby or let children play with it—baby animals could die from too much stress.

A duck or goose: If you see a duck or a goose alone, in most cases, it's best to leave it. Often, female ducks and geese stay close their nests, while the males stay a little further away so as not to attract attention to the nest, but close enough to defend it if needed. If, however, the goose or duck seems to be injured, call an expert, such as Izzie's Pond. You may

need to bring the animal to the sanctuary, and again, you will need a towel and a well-ventilated box.

A baby mammal: During the spring and summer months, you may come across baby mammals such as raccoons, opossums, deer, squirrels, and others. These mammals may have nests around your home or in your yard. Often, the babies are left alone during the day while the mothers look for food. In most cases, it's best to leave these nests alone. If, however, you strongly believe that the baby or babies have been abandoned or injured, call Izzie's Pond for advice.

Often, people find bunny nests when they are mowing their lawns or working in the yard. If the mother isn't around, it doesn't mean she isn't nearby. In fact, the mother bunny only comes at dawn and dusk to feed the babies. She usually stays away so she doesn't lure predators like hawks to the

nest. If you uncover a nest of bunnies, gently cover it back up with grass and leaves. Place a few twigs over the nest in a pattern. If, a day later, the twigs have not been disturbed, the baby bunnies may need help. In this case, you should call an expert for advice. And, of course, keep pets away from the nest. Remember, don't try to feed the babies! And don't try to raise them as pets.

Wild birds: If a bird flies into your window and falls, it's probably just stunned. You could put the bird in a shoe box with holes in it and keep it in a quiet place for a few hours. Then, take the box outside and open it. If the bird cannot fly away, you may need to take it to a songbird rehabber.

If you find a baby bird that isn't injured, simply put it back in its nest. If the nest is destroyed or you can't reach it, make a nest out of a hanging basket and hang it from the tree close to the original nest. The parents will likely come back and feed it.

In some cases, the baby bird is just learning how to fly. Fledglings will hop on the ground for several days while their parents teach them to fly. If you have any pets, keep them away from fledgling birds. If a fledgling is attacked by a cat or other animals, it may require immediate help by a licensed songbird rehabber. You can find the one nearest you by visiting the South Carolina Department of Natural Resource's wildlife rehabbers registry.

If you find an abandoned dog or a cat, there are other local rescues that can help you with that. Refer to petfinder.com to find the closest animal rescue shelter.

Izzie's Pond is a nonprofit organization that provides rescue, rehabilitation, and refuge for injured or orphaned waterfowl, wildlife, and farm animals. For more information about Izzie's Pond, you can find them at izziespond.org and on Facebook. If you need help with an animal, call Izzie's Pond at 864-303-6171.

AnMed Health primary care providers practicing COVID-19 safety

BY LEE BOGGS
Although COVID-19 has changed many aspects of daily life, what has not changed is the need to see a primary care provider for complex chronic disease management and select preventative services. To help meet those needs, AnMed Health's outpatient practices take the necessary precautions to make each location as safe as possible.

Preventative measures generally start in the parking lot. Non-essential visitors are encouraged to wait in the car. Patients needing assistance are instructed to contact the practice, where a teammate will meet them at their car.

Practices may also direct patients to use various entrances and exits, depending on their conditions and patient flow within the practice.

Patients should wear face coverings and will be screened for a temperature and symptoms of COVID-19. They should maintain social distancing while checking in and out, sitting in the waiting room, or being around other patients. Waiting rooms may be altered or divided to keep patients distanced from each other.

Employees wear personal protective equipment, such as masks, and when needed, gowns and face coverings. They also keep the practice thoroughly cleaned. Following these steps and others will help protect patients and staff – a top priority of AnMed Health.

"Please do not present to your primary care practice without an appointment. Rather, call us first so that we can determine the best care for you," said Dr. Michael Seemuller, Physician Network Services quality and safety committee chair. "Options may include a telephone check-in or video visit."

It's important to remember that the novel coronavirus is still active, so everyone is strongly encouraged to practice preventive measures. Remember the following to help slow the spread of COVID-19:

Wear a face covering when in public.
Stay at least six feet away from others.
Wash hands or use hand sanitizer often.

Avoid touching your face.
Hold virtual meetings instead of meeting in person whenever possible.

Cough or sneeze into your elbow.
COVID-19 is one of the many conditions that can be screened through E-Visits. COVID-19's most common symptoms include fever (100.4 or over), difficulty breathing, and coughing. Anyone with symptoms should call their AnMed Health primary care provider or message them through [AnMedHealth.org/](https://www.anmedhealth.org/)



AnMed Health providers, such as those at Oncology and Hematology Specialists

MyChart, call a CareConnect location in Anderson or Clemson, 864.512.2228 ([MyCareConnectSpot.com](https://www.mychartspot.com/)), or use [AnMedHealth.org/Evisits](https://www.anmedhealth.org/evisits) to determine the best option of care.

CareConnect offers extended hours and online check-in, giving patients more control over their appointment time.

You do not need to have an established primary care physician with AnMed Health to use E-Visits. To set up a MyChart account:

Visit [MyChart.AnMedHealth.org](https://www.mychart.anmedhealth.org).
Click "Sign Up Now."
Enter an activation code and your information and click "Next," or
Click "Sign Up Online," enter your information and click next.
Follow the prompts.

To find a primary care physician near you, please call Wellness Connect, 864.512.3748.



NIBBLE & SIP

It's time to make room for summer!

We are officially one week into summer, and for many of us, our homes have just expanded by one room. Whether you have a porch, a stoop, a deck, or a patio, your outdoor space, especially if it's shaded, becomes an extension of your living space.



Kim von Keller

And that makes it a great place for a Nibble and Sip after a Friday at the office or a Saturday in the yard.

It's important to keep the outdoor temperature in mind when mixing a cocktail, so a favorite at my house is the Deep South Summer Sipper.

The lemon and ginger cut the summer heat, and the drizzle of blackberry liqueur balances the lemon's acid and the ginger's spice. And since this is not the season to slave over a hot stove, Two-Bite Bacon Crisps are the perfect two-ingredient snack to enjoy from a rocking chair, a porch swing, or your front step.

Deep South Summer Sipper

- 1 slice lemon
- 2 2-inch strips lemon peel (no white pith)
- one slice ginger, approx. size of a quarter
- 1 ½ oz. simple syrup
- 1 ½ oz. fresh lemon juice
- 2 oz. vodka
- 1 T. good quality blackberry liqueur or Crème de Mure, for drizzling

In the bottom of a cocktail shaker, muddle the lemon slice, lemon peel, and ginger with the simple syrup, using a muddler or the back of a spoon. (Make sure the peel and ginger are thoroughly broken to release their flavor.) Add the lemon juice and vodka, and fill the shaker with ice. Shake vigorously until chilled. Strain the mixture into a rocks glass filled with crushed ice. Drizzle the blackberry liqueur over the top and serve. Makes 1.

Two-Bite Bacon Crisps

- 8 thin slices of bacon
 - 24 buttery crackers, such as Club Crackers or Captain's Wafers
- Preheat the oven to 250. Spray a wire rack with a quick-release spray, such as PAM, and place it over a rimmed cookie sheet.

Cut each bacon slice crosswise into thirds and wrap one slice around the middle of each cracker, making sure that the ends do not overlap. Place the crackers, seam side down, onto the prepared rack and pan. Bake for approximately 90 minutes, or until the bacon is crisp. Allow the crackers to cool completely, 5-10 minutes, and serve.

YOUR DENTIST CAN SAVE YOUR LIFE

The joy and benefit of walking

During this uncertain time, we can all use a little joy in our lives. How about this?

Try walking every day for 20 minutes. Come on. You can spare that much time out of your busy day – just for yourself. We all know there are health benefits, but did you know walking also makes you happy. This is because when you exercise, even moderately, your body releases endorphins. These are chemicals produced naturally by the nervous system that act as a pain reliever -- and -- as a happiness booster!

As I have stated before in this column, technology has its benefits. But in truth, it is also making us sick. Literally. Stress, depression, and even vision impairment are only a few of the consequences of spending too much time on our smartphones and computers. What is the anecdote? Get moving. When you do you will get instant satisfaction. It will bring joy into your day. After work, early morning, on weekends — just whenever you can. There is no bet-

ter way to power down than a good walk. And this lift in mood is not short term.



Dr. Gabrielle F. Cannick

Twenty minutes of moderate walking can be enough to increase your energy and lift your mood for as much as 12 hours, enough to fight depression as effectively as any antidepressant medication. In addition to improving your mood

and outlook on life, regular brisk walking can actually slow down the aging process. As life expectancy climbs, many people now live into their 90s and beyond. And exercise may be the key to why some not only survive but thrive in later life. Aging takes place over time on the cellular level. Cell damage accumulates. Your metabolism changes, you gain weight, and you lose

muscle mass, all of which make you more vulnerable to disease. Being sedentary accelerates the process.

In a nutshell, the more exercise you get, the better off you will be. Moderate-intensity activity like brisk walking has a cumulative benefit. What medical research is discovering is changing the whole notion of exercise, from the idea of pushing yourself, to the concept of doing anything that moves your body. The objective is to change the way your body functions. While we cannot stop the aging process, by staying active we can slow down the destructive processes that lead to disease, immobility, frailty, and even effect cognition. Your commitment to walking regularly makes a big difference in your prognosis for a healthier, happier life. This simple step produces instant results in terms of how well you live and the joy you find in every single day! If you have questions, please contact us. We enjoy the feedback. And we are here to

help you and your family. 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](http://www.grandoaksdental.com) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

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How to prepare for a secure financial future, part 3

The index universal life option — a ‘real life’ example

Ask Fred

In part 3 of this series, the Index Universal Life (IUL)+ Living Benefits option was introduced as an effective way to:

- Build wealth for the future, without risk of loss due to stock market volatility. This is because the IUL is based on a stock market “index”, rather than the stock market itself.
- Provide financial protection for future chronic, critical and terminal illnesses through Living Benefit riders.
- Provide access to “tax-free” loans – that you don’t have to pay back.
- Provide for a significant tax-free death benefit.

To illustrate the power of the Index Universal Life with Living Benefits Option, let’s look at a “real life” example.

Bill is 35 years old, married and has two small children. He and his wife together earn \$100,000 per year. To provide for their future

financial needs, Bill decides to invest in an IUL policy with Living Benefit riders. The policy he chooses has the following parameters:

Face Value (death benefit) = \$250,000

Monthly Premium: Due to cash limitations, Bill decides to start out at \$250/month and increase the premium every five years to match his expected income growth (i.e. years 1-5 = \$250/month; years 6-10 = \$300/month; years 11-15 = \$400/month; years 16-20 = \$500/month; years 21-25 = \$600/month; then stop funding the product.).

Expected Interest Rate: This IUL product is based on the S&P 500 stock market index, which has averaged about 7.7% over the past 20 years. Because the IUL is not tied directly to the Stock Market, Bill is guaranteed to earn at least 0.75% on his investment- even on market down years.



Fred Reid, R.Ph.
Senior Insurance Advisor

Results:

If the market continues to operate as it has in the past, Bill can expect his policy value to increase as follows:

- By age 50: policy value = \$81,590; Death Benefit = \$331,500
- By age 60: policy value = \$270,970; Death Benefit = \$458,000
- By age 70: policy value = \$448,000; Death Benefit = \$668,000
- By age 90: policy value = \$1,470,000; Death Benefit = \$1,726,000

As the policy matures, Bill can elect to take out a “tax-free” loan (with 2-3% interest rate), assuming the loan does not exceed the amount Bill has already invested into the policy. The effect of the loan may, in some cases, decrease the value of the policy and death benefit.

Funds within the policy can also be accelerated early if required for a chronic, critical or terminal illness (i.e. the client must qualify for an early “tax-free” withdrawal). As a side note, the IUL + Living Benefits option is, in many ways, a much better investment than the traditional “Long-Term Care” policy. The main reason for this is, if you do

not require money to finance a critical, chronic or terminal illness, the funds will remain in the policy for future financial needs of your choosing.

There are many other aspects of the IUL + Living Benefits product that are not covered here due to limited space. If you are interested, I am available to meet with you to explore this option further.

Please contact Fred Reid at 864-940-6113 if you have questions or need assistance identifying the Medicare plan that best meets your healthcare needs or would like to discuss viable options for financial planning. I am happy to meet with you in your home (or by phone) at your convenience. Also, please connect with me on Facebook (search for “Fred Reid-senior insurance advisor”).

Please contact Fred Reid at 864-940-6113 if you have questions or need assistance identifying the Medicare plan that best meets your healthcare needs. I am happy to meet with you in your home at your convenience. Also, please connect with me on Facebook (search for “Fred Reid-senior insurance advisor”).

LIEN NOTICES

Pursuant to SC Statutory Law, personal property from the following unit will be sold on

July 9, 2020 at 11:00 am at StorageTreasures.com by Stowaway Self Storage, 4350 Highway 24, Anderson, SC 29626.

Unit A91 D. Shaw, Unit appears to have the following: Boxes, Totes, Bags, Christmas décor, amplifier, clothes

Property being sold to satisfy a lien for storage rent.

Terms of sale: Cash Only

Bidders must sign in prior to sale. Sale will be through StorageTreasures.com Unit availability subject to prior redemption by tenant.

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LOVE YOUR HOME



Bill Ducworth

The Electric City News was so very fortunate to have Bill Ducworth on our staff for almost 10 years. Bill's encyclopedic knowledge of everything from fabrics to art to table settings to arrangements made from backyard sticks to German potato salad to Aunt Ruth's silver platter was exceptional and enlightening, entertaining and humorous and of course honest. So in honor of our dear friend, we have decided to revive Bill's articles from years past. We hope you enjoy them, again, as much as we have.

Choose your designer

If you have marvelous taste and know exactly what you want you don't need a designer or decorator. I have had the good fortune to work with women and men that simply didn't need me. They only needed affirmation and hand holding. Decorating for yourself is one of the most difficult things to do for yourself. There are so many beautiful things out there and the internet has allowed the average Joe into all the finest available design houses and suppliers. You should go to a designer whose work you have seen and believe in. Their taste must match with yours or it just won't fit. You must also like each other. I know designers who say they would like to murder their clients, and I suspect

some clients feel the same way about their designer. Of course there will be times when you disagree. But if you begin with mutual respect you will not be afraid to be frank. There's no reason to feel embarrassed about not liking something. It is your house, not the designer's. The way a designer works will vary from studio to studio. Some charge by the hour and a cost plus situation. Some charge retail. It depends on so many variables. The professional deserves his or her fee. They are not there to give away ideas any more than a doctor or lawyer would give away advice. Don't set the tone of being a bill micro-manager, because your designer is spending much more time on you than you are paying them.

There is tremendous thought and head time in design. And that is worth money. Tell the professional your limitations and expectations. That will insure a happy journey together. Be prepared for a bumpy ride because you are corralling cats when you design/ build. No one is ever where they need to be. Remember that and you will have a beautiful project. Choose wisely and enjoy! Love your home.... and designer.



P.F. Flyers

Cartoons and Rice Krispies were a Saturday morning ritual for me. I'd sit cross-legged on the rug and click on the boxy four-button remote and wait for two minutes as the solid-state black and white Zenith television warmed up the tubes. As the bowl came alive with that snap, crackle, and pop, I'd tune in Monty's Rascals followed by The



Neal Parnell

Bugs Bunny Roadrunner Hour. This particular Saturday morning there was a new commercial where a kid gets out of bed and slips his feet into the most power-packed hi-top sneaker to hit America in the history of footwear; the P.F. Flyer. The kid then hurdles out the bedroom window and runs faster and jumps higher and practically achieves flight. I was in a hypnotic state as my cereal went soggy and I replayed that image over



and over in my mind. My birthday was just a week away and I had to have those magical shoes. The eve of my birthday, July the fourth, was spent picnicking and swimming, with no mention of tomorrow's epic occasion, and not a present in sight. That evening, I took off my old worn out Keds and climbed in bed. Warmness and light woke me. Strangely, the bedroom window was open and the sun half-closed my eyes. I threw back the covers, moved toward the window, and there they were. In place of those old Keds was a brand new pair of black canvas high top P.F. Flyers. Electricity enveloped my legs as I slid my toes past that all too familiar label, while already holding onto the laces that would try to contain those soon to be supersonic feet. Like a greased bullet I cleared the window.

I don't think those soles ever touched the ground as I ran faster and jumped higher than any kid ever. Although unrecorded in sports history, for the next couple of weeks, I was the fastest living thing on the planet. Thanks, Dad, for making my dream come true.



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Double blessings

Amid the chaos and unexpected bumps in the road, there are also those “silver linings” and “gold at the end of the rainbow” moments



Katie Laughridge

that make our lives so incredible and worthwhile. I recently had such an experience that will bless my life forever.

September 25, 2019 is a day that I will cherish forever. Not only did it mark the beginning of our long-awaited family beach vacation, I was also anxiously awaiting

this day for another very special reason. Just prior to leaving for our trip, I had just found out that I was pregnant with our third child! This news was such a blessing for my husband and I, as we had been fervently praying for this moment to arrive. After arriving at the beach, and being unable to wait a minute



longer, I sought out a moment alone with my sister, Claire. As I whispered my blissful news to her, her eyes immediately lit up and huge smile appeared across her face. Almost immediately she whispered back the words, “me too!” We excitedly jumped, screamed and hugged each other all at the same time! Minutes later, we shared our announcements with the rest of the family.

In the months that followed, we planned a “joint” gender reveal, baby shower, and celebrated our joyful news with our family and friends.



Despite the advent of the Covid-19 pandemic, and all the craziness that consumed everything around us, the silver lining that made my world special was the gift of being able to celebrate this special time together with my sister.

Though we were forced to change our “joint” baby shower to a “parking lot” baby shower and had to sit in our cars six feet apart to exchange gifts, it was still a special experience- one that I will treasure forever. If we had ended our little adventure here, it would have made a fun story to tell our children when

they got older. However, there remains one more golden nugget that makes this story even more miraculous. As we neared the end of our pregnancies, we found out that our inductions were scheduled to occur on the very same day by two different doctors! What are the odds of this even happening?!

Being my third child, I felt certain that I wouldn't make it until my induction date. In fact, the doctor ordered me to stay with my parents during the last week, since our home is about half an hour from the hospital- just in case. The induction date was also scheduled two days after Claire's actual due date. Having our babies on the same day sounded “fun,” but I never really thought it would happen.

Well, as fate would have it, Jack and Sadie both made their appearance at AnMed Health on May 26th - just hours apart! To make this story even more incredible, my two daughters, Stella and Cora, also have the same birthday two years apart!

As I've said before, there's always a “silver lining.” For us, that silver lining was new life and increasing a bond between two sisters that will never be broken. I recently read a post that questioned why anyone would want to bring kids into this world. Their response? “Because kids represent HOPE.” Yes indeed, “kids represent hope.” Hope for a future, hope for a world of acceptance, hope for a better tomorrow.

Welcome to the world, Sadie Reid and James Odus, “Jack.” You, along with millions of others, are the HOPE of tomorrow.



Kim Yon



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Paying homage to talented designers

I wanted to pay homage to some incredibly talented designers. We're in a very fragile and sad time, so I wanted to write about something that would uplift our spirit and celebrate these amazing powerhouses, if you will.

You may have heard of her as a pop princess and icon, but Rihanna is also a spectacular fashion designer. She launched a brand



Kristine March

in 2017 called Fenty. She also has a Fenty beauty line for cosmetics. She designs beautiful lingerie and high end luxury clothing. It has a nineties vibe with tiny framed sunglasses, really bold colors and she even designs fabulous shoes.

Her make-up is lovely and caters to every skin tone. The name Fenty is actually her real last name. Her company is highly successful and popular among the elite and Hollywood.

Another designer that is super interesting is Dapper Dan. He started as a couturier in Harlem, New York in the eighties. He eventually was nick-named the hip hop tailor, catering to all the famous musicians at the time. He started by using bootleg prints and logos and textiles learning to sew them by himself. He became known for his suits. He noticed that luxury labels didn't make shoe sizes for African American men so he started making his own version so that they could wear them too. He now makes wardrobe for celebs to wear to the Met Ball and the Oscars. He has also written an autobiography which is unbelievable. Check him out if you're unfamiliar. He is amazing.

Another designer and label I love is called Hanifa. The 29-year-old designer by the name of Anefa Mvuemba immigrated to The United States from The Dominican Republic of the Congo. Her clothing consists of knitted crop sweaters and maxi skirts that fit beautifully. Gorgeous dresses with over the top designs. She recently was scheduled to do a runway show for her collection which was cancelled due to Covid so she got creative and used 3D models to showcase her brilliant designs. I highly recommend watching it. Millions of people tuned in and are making her career blossom even during a pandemic. These are just a few of the genius designers you should know about. Support your local black business owners and artists. Do your part. Make the sidewalk your runway and kindness always matters.

Stopping off at the Varennes Tavern

BY RICH OTTER

Just as the United States recognized the need after World War II to develop an effective transportation system with interstate highways, following the American Revolution this Country leaped forward by linking communities through new roads and the stagecoach. Glamorized in our thoughts by the wild-west, the stagecoach became an often ignored vital utility in the southern states. As horseback travel had utilized Indian trails, often so did the stagecoach traversing rough terrain, hard on passenger, horse and coach.

Little better than four-wheeled boxes with windows on rudimentary springs, the coaches had leather curtains that could be pulled down during cold or inclement weather but in warm weather the curtains could make the packed-together passengers stiflingly hot. Incoming rain was likely better tolerated. With curtains raised the passengers were covered with road dust. Often in muddy areas and when fording streams the travelers would have to disembark and help by pushing the carriage.

The coaches acquired their name as they traveled in stages, stopping every 10, or 15 miles to give passengers and horses some relief, including in many instances bed and board as well as stimulating refreshments.

One such stopover existed on a trail adjacent to what is now the Abbeville Highway in Anderson County known as the Varennes Tavern. The next stop heading upstate from the Varennes Tavern was in an area later constituting North Anderson at the Whitehall Tavern.

The Varennes Tavern was on a plantation acquired by John Norris, a Revolutionary War veteran. The property was passed by John Norris to his son Jesse Ward Norris who inherited it when he was only one year old. Jesse Ward Norris subsequently moved to the land and operated the tavern with his mother, Jane Swain Norris. Jesse Ward Norris did not marry and left the property to his nephew, also named Jesse Ward Norris. It passed down through the Norris family to Mary Sadler Norris who married Julius Harrison Anderson and then through the Anderson family.

The Varennes Tavern consisted of two stories. On the ground floor a hallway cut through the center of the house from the front door which entered from a porch that stretched across the entire front of the building. There were two main rooms, a parlor and a dining room situated to the left and right of the hallway, each with a large fireplace. Four rooms were at the back including



Varennes Tavern - South Carolina History Illustrated

they could warm by the two huge fireplaces.

Appropriate outdoor amenities provided a privy, a trough to wash off travel grime, an outside kitchen for the tavern, facilities for the horses and a workshop. There was also a grocery store servicing the Varennes community and travelers.

In addition, the tavern was the area post office. Jesse Ward Norris, his nephew Jesse Ward Norris, and

Mary Sadler Norris served successively in the capacity of postmaster and postmistress.

A community developed around the tavern, including a church and school. But stagecoaches vanished with the advent of railroads and the utilization of the tavern quietly faded away.

In January of 1982 Varennes Tavern was completely destroyed by fire, the cause not known. So passed one of the few such remaining icons of an historic era.

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NEWS
FLASH

"Good evening Mr. and Mrs. North and South America and all the ships at sea, this is Walter Winchell bringing you all the news of the week." Remember that? Probably not. As a preteen I listened to these remarkable broadcasts during World War II. In the absence of many people having radios, Winchell's broadcasts were also



Jim Fraser

played in movie theaters.

How about this, "We interrupt this program to bring you the following breaking news. This is Edward R. Morrow reporting that Germany has surrendered, yes CBS, NBC, The BBC and all the major news outlets report that the Nazis capitulated at 4pm yesterday, June 22nd, 1945."

When you heard those words, "We interrupt this program," you scurried to the nearest radio or transistor set because something momentous has happened. Many of you will remember this. "This is Walter Cronkite reporting. The President has been shot. His motorcade in Dallas was fired upon only minutes ago, stay tuned to this station as this story develops."

Yes, there was a time, a kinder, gentler time. I might add, when "Stay tuned for this news flash" had some significance and meaning. Although we were engaged in a battle for our very survival against those agendas of hate and disunion that would take our freedom from us.

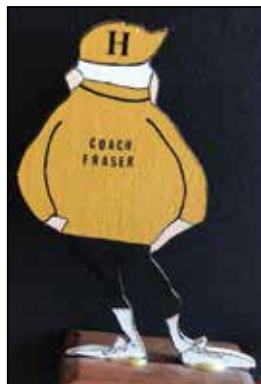
Fast forward to today where we're in the age of information, the age of enlightenment. The consensus is that an informed citizenry is better able to make correct choices. Sadly we are also in an age of disinformation. The major networks are joined by a proliferation of cable net-

works, all vying for the burgeoning advertising dollars. Add to this the dark purveyors of hate, fearmongering, half truths, innuendos, tribalism, and concocted, orchestrated lies, that is the internet and we are left with this basic truth - "He (we) knows just enough to be dangerous." All these outlets have one thing in common. Theirs is the only one with the real answers. No matter how scurrilous the accusations, how preposterous the conspiracy theory, we feel compelled to pass it on to our neighbor, as the inside scoop.

Print media still strives, contrary to what 3/4 of my close friends allege, to print unfiltered and unbiased news. Their editorial pages would have of course left or right leanings. For example, N.Y. Times and W.S.J. I've often mused how two venerable old newspapers such as the New York Times which has been around for 168 years, and the Wall Street Journal for 130 years, would suddenly turn from their mission and their lofty status, and suddenly develop an agenda, and stoop to publish fake news. The answer is pure and simple Dear Friends, they haven't and they don't. These flagship publications have navigated us through three great wars, two of which our survival as a nation was questionable, various and sundry smaller wars, stock market crashes, depressions and four Presidential assassinations. It seems to me to be ludicrous at best to think that our present political climate warrants a change from their mission to inform the public.

News Flash. A nation's dissemination of news (knowledge) must be true and factual or else that nation loses its rudder, its lodestar and thus drifts aimlessly.

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.



Every picture tells a story

A man holds a drill to his head.

A woman plays the ukulele.

A man cuts his wife's hair with a pair of hedge trimmers.

These are just a few of the images in a collection of photos called "Life in the Time of the Coronavirus Portraits," shot by my good friend Debby Johnson of Columbia, South Carolina. Since retiring from teaching, Debby has been working as a photographer, but with the current pandemic restraints, she was finding herself with time on her hands.

"The major concerns among professional photographers when quarantine restriction began were, one, how were they going to make a living since their job requires interaction with their subjects, and two, how would they keep their creativity alive?" she says. She was weighing her options when she noticed a fellow photographer's offer to discount his regular fee and do "porch portraits."

"It sounded like a great idea, and it occurred to me that I could do similar portraits for free, asking only for permission to post the photos on Facebook and Instagram," Debby says. "I asked for volunteers among Facebook friends, thinking I'd get maybe five people to volunteer, but I'm currently up to about 28-30 portraits! I asked the people who volunteered to think about how they had spent the quarantine and, if they chose, to gather props that reflected their time in quarantine."

I didn't hesitate to say yes.

In 1998, I watched an episode of "American Experience" on PBS titled "Influenza 1918," which documented the pandemic that killed 50 million people worldwide. I was astounded that I had never heard of the "Spanish flu," as it was often called, so I asked my grandmother, who would have been nine at the time, if she knew anything about it. I guess I thought that the influenza had somehow bypassed Anderson, South Carolina. I was wrong.

"Oh, sure," I remember her saying. "Parents didn't like to talk about it in front of children, though. I think they didn't want to scare us. What I remember is people I knew in Anderson just being there one day

and being gone the next, like they had disappeared."

In 102 years, medicine has come a long way in the treatment of viral illness. But one day, my daughter Elizabeth will be that grandmother, answering questions about what the year 2020 was like. I want her to be able to tell her grandchildren what she did and how it felt to be scared and upended and anxious and all the adjectives we attach to this time.



Kim von Keller

So here's our porch portrait. You Elizabeth did not quarantine with us, so she sits in a chair below the steps. My stand mixer sits atop a collection of cookbooks since I've been baking nonstop. Ted

and I share a cocktail, a weekend quarantine staple. There's a hoe between my husband and daughter as they've used this time to plant vegetable gardens, and a platter of Ted's produce is on the steps. At the bottom is the COVID bag that goes everywhere we go. It's full of masks and gloves and disinfecting wipes and spray cleaner, just in case. We've all got laptops or tablets because for a month and a half, we all worked from home.

The most important part of the experience, though, was not the props or the fun we had putting it together. It was the five-question interview we had with Debby that will accompany the photos. As happy as we look in this picture, it hasn't been all rainbows and unicorns. Elizabeth worries about us. I worry about my mother. I am as happy a person as you will ever meet, but sometimes, there is a sadness that I can't shake.

Unfortunately, Debby's range doesn't stretch to the Upstate. But that doesn't mean you can't do your own pandemic porch portrait. Choose those things that are emblematic of your time during the coronavirus and arrange them on your porch. Ask a neighbor to take your family's photo, and, in turn, take a photo documenting your neighbor's pandemic experience.

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