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SILENT SERVICE

Anderson County Fleet Services keeps county up and running

BY RICH OTTER

They are Anderson County's silent service. You don't hear about them but you receive benefits from them virtually every day. They are the Anderson County Fleet Service that ensures more than 1,000 pieces of equipment including sheriff's vehicles, trucks, bulldozers, lawn-mowers, pavers, emergency service and other vital units as well as boats, are kept up and running.

With only a crew of 17, excluding himself, Fleet Manager Joseph Stone said his people must have

capacity for a wide range of services. "They do it all." They must be constantly engaged

in training. Stone says he wishes they could do even more training, but "getting things out of the shop" is the highest priority. They also receive help from detention center trustees, one of whom works around the office and three handle vehicle washing – the old fashioned hand washing way.

In addition, the department services some of the county municipalities, including West

SEE FLEET ON PAGE 2

"What I enjoy most about the county is the versatility. It's not the same monotonous task every day, all day."



Anderson County Fleet Services Manager Joseph Stone, above, is in charge of a crew of less than 20 people responsible for making sure more than 1,000 pieces of county equipment are kept up and running. The Fleet Services department moved into a new home on Pearman Dairy Road in Anderson in July 2022.

Mindfulness vs. meditation



**MARY-CATHERINE
McCLAIN
RINER**

Popular techniques within mental health are meditation and mindfulness in order to reduce symptoms of anxiety, depression, irritability. Although similar, they represent different processes and serve different functions.

Meditation focuses on opening your heart, increasing awareness, and calming the mind. Examples relate to breath awareness, visualization, and kindness meditations. It is intentional, concentrated, and seeks to bring awareness to your breath or focal point. Similarly, it is usually time bound. Mindfulness is the practice of sustaining attention and remaining present in the moment with the task at hand (e.g., chewing). Mindfulness can occur anywhere, anytime, and with anyone.

Typically, I encourage individuals to build mindfulness into their daily life, as I frequently hear someone is “too busy to meditate.” Committing to a practice of mindfulness can reduce the feelings of chaos, rush, and being overwhelmed. Explore and experiment with these 5 mindfulness practices:



- Mindfully wake up to start the day
- Mindfully eating and enjoy what you are tasting
- Mindfully pause before deciding or committing
- Mindfully move your body and activate your muscles

- Mindfully drive on the road and take deep breaths as others cars pass you

Mary-Catherine McClain Riner, Ph.D., Ed.S, M.S., is a Licensed Psychologist with Riner Counseling, LLC. Visit www.rinercounseling.com or call 864-608-0446.

Fleet

CONTINUED FROM PAGE 1

Pelzer, Belton, Iva and Williamston.

The division moved into their new facilities on Pearman Dairy Road in July 2022. Previously they had functioned from two locations. The primary facility was at the airport and the secondary location was near the old National Guard Armory that has now been demolished to make room for construction of enlarged and improved jail facilities.

At the end of the new fleet services building is housed the county’s tech service division where, in addition to other responsibilities, the technicians do all of the diagnostic and repair work for the vehicle radios. Having that department in such close proximity has been a valuable asset as well as a convenience for the multiple tech operations.

“When we interview people and talk about hiring mechanics, we make sure they under-

stand this is very diverse.” There are those who have specialized training but they pitch in wherever help is needed. It is a full team effort.

For the county equipment, records are maintained to control the upgrading and replacement of fleet material as well as for routine maintenance. The program is based on classes of equipment that allows them to track by mileage and time. They use standardized purchasing with regard to classes, sizes and manufacturers to be able to minimize needed parts as well as training.

In support of their operation “we have about \$280,000 in parts” and having all the same kind of tractors, motors and other equipment “limits the parts we need to keep on the shelf. It makes a much more efficient operation.” Using a vehicle as an example: “All of our costs and associated repairs go to the specific vehicle and into determining when that vehicle is scheduled to be replaced.” The vehicle is under the umbrella of the specific department where it is utilized.

Maintenance records are not kept for the municipalities serviced. Those entities are

charged separately from the county. Although fleet services handles road service for its regular operations, they generally do not do that for the municipalities.

Stone said: “We are now working with a sampling program. In the old days you were always told to change your oil every 3,000 miles. What we’ve learned today with modern oils and synthetics, those intervals are not really correct anymore and it depends on the type of fluid you’re using and with a whole bunch of variables. What we do now is sample it – send a sample to a testing lab.” Utilizing those results “we’ve saved thousands of dollars and it’s taken a lot of workload off the techs,” he explained.

“We have a little leadership team that meets once a week – the lead guy from each shop. We’ll see how things are trending, how things are looking.”

Stone enthusiastically remarks: “What I enjoy most about the county is the versatility. It’s not the same monotonous task every day, all day.” It is a constant, but rewarding, challenge.

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A face only a mother could love

Behold the wood stork. Its large body is covered with pretty white feathers, and when it flies, striking black feathers show along the edges of its wings. If that's all that we could see, it would appear to be a beautiful bird.



Ann K. Bailes

But then you see the rest of it. Oh, bless the poor stork. One look at its head, and you see that birds don't come any more homely than this one. A stork's head is grey, oddly shaped, and completely devoid of feathers--and the

word "wrinkled" doesn't begin to convey the state of the bare skin on that featherless head. Then, to make matters worse, it has an enormous bill that seems entirely out of proportion. And it appears to be barely balanced on long, gangly legs. To be blunt, this huge specimen is not a bird of elegance. Storks do not win beauty contests.

Oh, and just so you know up front, we're not talking about the stork that brings babies, at least according to the old wives' tales. That is the European stork, if you want to believe that story, and it's an entirely different breed. No, this is the wood stork - strictly a western hemisphere bird.

It doesn't bring babies. And if you need any more information, check with your parent or science teacher. I'm not going any farther with that.

Storks are large tropical birds that have become fairly common in wildlife areas on the Carolina, Georgia, and Florida coasts — the main places in the U.S. where they breed. Storks expanded their range north-



Photo by Rich Otter

ward after they lost habitat at the Everglades in Florida. They are often found with other large wading birds, looking for food in the shallow marshes, swamps, and mudflats inland from the ocean. In a group of herons, egrets, and other shorebirds, there's a good chance that the largest one there will be a wood stork.

Occasionally a wood stork makes its way all the way inland to the Lake Hartwell backwaters. In mid-August, four of them hung out for several days at the Fork School Bridge in Townville. That many in the Upstate at one time is a rarity. They were also spotted in several other areas, including Fants Grove Road off of Highway

187 near Pendleton. (Anyone riding down Fants Grove Road should always glance at the backwater areas, if no other traffic is present. Interesting, and sometimes rare, species are often found there.)

A wood stork is not beautiful to see, but its size does make it impressive. So admire it for what it is, and leave the love to its momma.

To be blunt, this huge specimen is not a bird of elegance. Storks do not win beauty contests.

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THE CHEROKEE PATH ONCE RAN THROUGH ANDERSON COUNTY

BY DENNIS CHASTAIN

If you drive to the point near Due West where Highway 20 crosses Corner Creek, you can still see a segment of the old Cherokee Path running right alongside the paved road.

It is nothing short of amazing that you can still see the footprint of this ancient Indian trail that dates back to the very early 1700's, if not earlier. The story of the Cherokee Path is the story of the evolution of South Carolina from a British colony to a free and independent state.

In the 1750's, colonial Governor James Glen famously noted that establishing an alliance with the powerful Cherokees was, "Key to Carolina." Governor Glen realized that the key to that alliance was the deer trade.

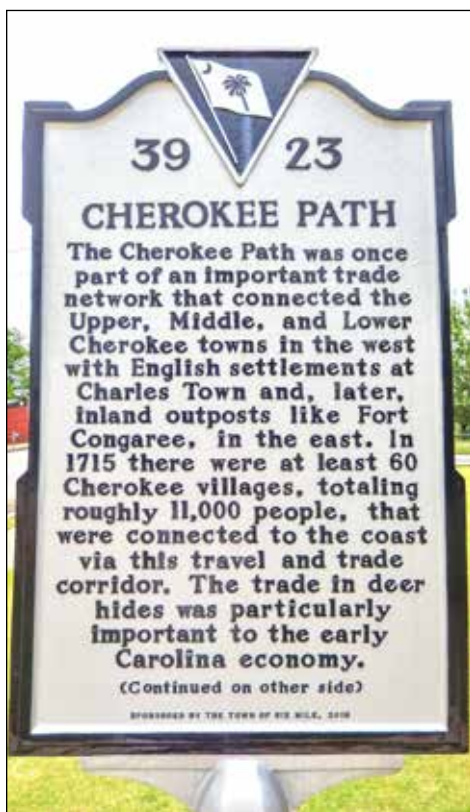
In the 1740's, nearly 200,000 deer skins were being shipped out of Charles Town to lucrative markets in London. That is roughly the same number of deer harvested in South Carolina last year (179,414), and most of those deer skins were coming from the Cherokee Lower Towns in Pickens and Oconee counties.

This is where the Cherokee Path comes into play. You can't get deer skins to Charles Town without a good wagon road, and by 1753, the colonial government had widened the Indian footpath to wagon standards, all the way from Charles Town to Fort Prince George, now located under Lake Keowee near Mile Creek County Park in Pickens County.

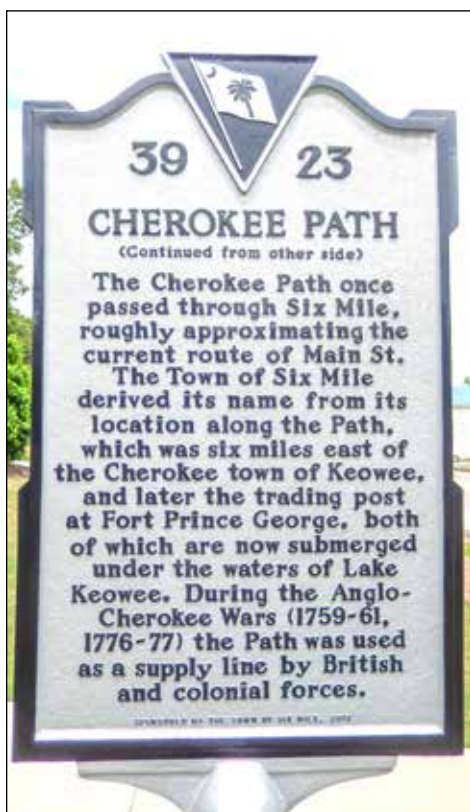
Peace and prosperity reigned until 1759 when war broke out between the British government and the Cherokees. In the two-year period between 1759 and 1761, when the Cherokee War finally ended, it was along the Cherokee Path that some of our most revered heroes of the American Revolution got their first taste of war.

The Swamp Fox, Francis Marion; the Gamecock Thomas Sumter; Andrew Pickens, known to the Cherokees as Skyagunsta "Great War Chief," along with William Moultrie, the hero of the Battle of Sullivan's Island, all learned the guerilla war-fighting skills that served them so well during the Revolutionary War while fighting the Cherokees.

My wife, Jane, and I are currently working on a project sponsored by the SC 250 Committee to GPS map the entire route of the Cherokee Path from where it crossed the Chattooga River to Ninety-Six. We would encourage anyone with definitive information about the route of the Cherokee Path between Craytonville and Pendleton to contact us by email at dchas878@aol.com.



This historical marker about the Cherokee Path stands outside Six Mile Town Hall in Pickens County. (Courtesy The Historical Marker Database at HMdb.org)



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Bailes Building site now home to Pegasus sculpture

Anderson County was approached by a community group known as “tba” or “to better Anderson” with a need to place their latest project, a Millennium Pegasus. The sculpture is located in the greenspace directly behind the Historic Courthouse in beautiful downtown Anderson.

The sculpture Millennium Pegasus by sculptor Sandy Scott of Lander, Wyoming arrived October 31st and was installed on the site of the former Bailes Building in downtown Anderson. “Pegasus” was on display in Denver, Colorado until recently. This bronze sculpture is 12 feet tall and has a wingspan of 14.5 feet and weighs approximately 3,000 pounds. This installation is Project #7 of the group called “tba” that is affiliated with the Foothills Community Foundation. Project #1 was the Generator Park that is located across from Pegasus.

The purchase, transportation,

and installation of Pegasus is funded by tba with private funds. Anderson County provided the location, concrete slab, and lighting for the installation. This initial installation is temporary. It is anticipated that Pegasus will be relocated to a permanent site in two to three years.

About the Sculptor: The “Peace Fountain” by Sandy Scott is installed next to the J. Ross Anderson Building on the campus of Anderson University. Ms. Scott recently sculpted a bronze Trojan warrior head that will be installed in the approach to the new athletic field house at Anderson University. Ms. Scott has close ties to South Carolina as a frequent visitor and a Life Trustee of Brookgreen Gardens in Murrells Inlet, South Carolina. Brookgreen Gardens exhibits the largest collection of American figurative sculpture in the world. It is a nationally accredited museum, botanical garden, and zoo.

NIBBLE & SIP

A grownup treat inspired by a childhood favorite

I have to admit that most of my knowledge of bears comes from the most famous of the species, Winnie the Pooh. While Pooh enjoyed being with his friends in the Hundred



Kim von Keller

Acre Wood, he was mainly driven by the desire for honey, which he spelled H-U-N-N-Y. Being a bear, I think Pooh gets props for attempting to spell at all.

Like, Pooh, I also enjoy the taste of honey.

If you do, too, I'd suggest you try Pooh's Hunny Cookies. These soft drop cookies are a great Nibble if you're looking for a subtly sweet treat.

To accompany the cookies, mix up a Brown Bear. This Sip is like a souped-up chocolate milk, and, along with a cookie or three, makes for a great grownup dessert.

Brown Bear

- 1 oz. vodka
- 2 oz. coffee liqueur (I like Kahlua)
- 4 oz. chocolate milk, chilled (I like Fairlife)

Combine all ingredients in a tall glass, fill with ice cubes, and stir until chilled. Makes one.

Pooh's Hunny Cookies

- 1 c. plus 2 T. all-purpose flour
- ¼ t. baking powder
- ½ t. salt



- ½ t. nutmeg
- ¼ c. sugar
- 2 T. vegetable oil
- 1 large egg, room temperature

- 3 T. mild honey
- ½ t. vanilla extract

In a small bowl, combine flour, baking powder, salt, and nutmeg; set aside.

In a medium bowl, combine sugar, vegetable oil, egg, honey, and vanilla. Beat until well combined. Scrape the sides of the bowl, then gradually beat in flour mixture until just combined. Cover and refrigerate the dough for two hours.

Preheat the oven to 350 degrees, and line a baking sheet with parchment paper. Drop the dough by tablespoonfuls about 2 inches apart. Bake until the bottoms are lightly browned, and cool the pan on a rack for a minute or two before removing the cookies to the rack to cool completely. Makes approximately 15 cookies.

YOUR DENTIST CAN SAVE YOUR LIFE

Healthy eating tips for the holidays

Oh boy. Here we go again. It happens every year at this time. As the holidays approach and the temperature cools, what do we think about? If you're like me, it's how do I enjoy the wonderful holiday treats without over doing it. Let's play it smart this year and show some discipline! Here are "healthy holiday" eating tips – to help us enjoy ourselves but avoid those feelings of dismay at weight gain once the holidays are over.

1. Budget wisely. The expression "everything in moderation" must be our mantra. We do NOT have to eat everything at feasts and parties. Be choosy. Use up your calories on foods you really love. Remember fruits and veggies contain fewer calories and more nutrients. Plus, the fiber fills you up faster.

2. Take an eating break. It takes about ten minutes before your stomach tells your brain "I'm full". Take a break by drinking water. You might realize you are full and don't need to consume more.

3. Keep your distance. Don't stand at the food table. You may find yourself mindlessly eating. If you do, eat a mint or chew gum so you won't keep reaching for the chips and dip!



Dr. Gabrielle F. Cannick

4. Don't let your tank get empty. Before the big dinner or party, eat something so you don't arrive famished. Excellent pre-party snacks include apple slices with peanut butter or a slice of turkey and cheese on whole-wheat bread.

5. Drink healthy. Eggnog is about 500 calories per glass! Wine, beer, and mixed drinks 150-225. To consume fewer calories, try a glass of water or juice-flavored seltzer. Avoid alcohol on an empty stomach. It can diminish your ability

to control eating.

6. What about temptation? It's always lurking, right? While you can't control all situations, try to avoid coming in contact with tempting foods. Watch out at work for those food spreads. If you bake, eat a little and share the rest with others (gifts?). Ok, ok, we all cheat a little. Just allow yourself one small serving of that oh so tempting sweet. But, do it every couple of days. Don't pile it on.

And we all have one big ace in the hole... When you eat more, you can compensate for it by burning off extra calories. I know we are all rushing around. But even so keep on an exercise routine. Upping your exercise from 30 minutes a day to 40 minutes can have a big impact – and you will avoid that feeling of weight gain as the new year turns. Worth a little discipline? You bet. That said ENJOY. It's a wonderful time for friends and families and making memories. If you have any questions, please reach out. We are here for you.

Consider us 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](https://www.grandoaksdental.com) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

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Ion system gives AnMed valuable new tool this Lung Cancer Awareness Month



Lung cancer is the leading cause of cancer deaths in the U.S., with more than 127,000 deaths this year, but AnMed has a new tool in the fight against lung cancer – the Ion endoluminal system, Intuitive’s robotic-assisted platform for minimally invasive biopsy in the lung.

No other hospital in South Carolina has a system exactly like it, and it’s bringing life-saving benefits, according to Dr. Abhijit Raval, the internal medicine, pulmonary disease and critical care doctor at AnMed who’s leading integration of the system with AnMed’s Dr. Kenneth Walters.

Use of the new system launched in August. “To put it into layman’s terms, it’s a novel way, robotically guided, to optimize our reach to the spots in the lungs that are otherwise not reachable. It is a way to navigate to the peripheral nodules based upon shape-sensing catheters,” said Dr. Raval. “We certainly think it’s going to make a difference in our patients’ outcomes.”

To learn more about the system, visit anmed.org/ion-endoluminal-system.

To learn more about lung cancer, screening for lung cancer, and what to do if you or a

loved one is diagnosed with lung cancer, visit the American Lung Association at lung.org or the American Cancer Society at cancer.org.

Smoking is by far the leading risk factor for lung cancer. Almost 80% of lung cancer deaths are thought to result from smoking, according to the American Cancer Society. Other risk factors include exposure to second-hand smoke, exposure to radon or asbestos, and of course a family history of lung cancer.

November marks Lung Cancer Awareness Month.

While a couple of other health systems in South Carolina have similar technology, none has the full capability that AnMed now boasts, Raval said.

“We screen a lot of people who have smoked, and we find small spots, but we haven’t been able to do anything about that, so we continued to observe them, which created a lot of anxiety in patients’ minds,” Raval said.

“With this new Ion system, we can go behind these spots, obtain a tissue sample and diagnose cancers in earlier stages – and hopefully provide a cure with a surgical resection – while we minimize the anxiety of continuous follow-up.”

A special event will be held on National Lung Cancer Screening Day, Nov. 11, a Saturday, to provide opportunities for screenings when more people are off work. AnMed has special appointments available that day between 9 a.m. and 2 p.m. at the AnMed North Campus at 2000 East Greenville Street in Anderson. Contact your doctor today to schedule your screening.

WHY DO WE WEAR WHAT WE WEAR?

Have you ever just thought about why we wear what we wear? For example, corsets are still worn today, but are not nearly as restrictive as the ones that our ancestors used to wear. Historical corsets were notoriously so uncomfortable that women actually fainted from wearing them and even broke ribs just so their waist could be cinched. The corsets made women have lovely posture, yet it was a torture chamber.



Kristine March

Next on the list are high heels. Both men and women used to wear these shoes for horseback riding, it made it easier to keep the feet in the stirrups. Men soon ditched these uncomfortable shoes by the 17th century while woman are still getting blisters and sore heels from them as we speak. One of the most common pieces of fashion that is known for being uncomfortable is a bra. There are millions to choose from today, the first official one on the market was made in 1914. Women in the 1970’s felt them to be so restrictive that they actually burned them.

Now let’s go way back to archaeological discovery. The earring. Egyptians wore earrings to signify the position of higher class. Today we wear earrings for a little glam and shimmer, but if you think about how barbaric it is to put an actual painful pierced hole in our ears to appear more attractive. The things



we do for fashion are widely painful, but we will more than likely never give them up.

Thankfully, modern fashion is a lot easier to wear. Sneakers, boots and activewear. You can literally be seen in public now in one of the most comfortable outfits ever, a sweat suit. What is one thing that you don’t enjoy wearing, but will still keep in your closet? Remember to make the sidewalk your runway, but don’t trip if you’re wearing high heels y’all. Stay kind and comfortable.



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MY LITTLE SCHOOL

The letter came from a 19-year-old student named Margaret.

"Dear Sean," she began, "I want to attend [Blank] University, but I am forced to attend [Blank] Community College where I am receiving very little advice on how to actually BE a professional writer... All my podunk professors seem to do is grade papers and get excited over college football. Should I change schools?"

I'm going to stop you right there, Margaret.

First off, I seriously doubt that the only thing your professors get excited about is college football. There is also college baseball.

Secondly, you probably don't mean to belittle your teachers by calling them "podunk," but it isn't fair to discredit your community-college professors simply because they don't teach at a prestigious State U.

There is only one difference between community-college professors and big-boy-university professors, and it can be summed up in one simple word: Medical benefits, baby.

As we can see, math is not my strong suit. But then, there is a valid reason for this. I

went to community college. This means that during all my math-class exams, most of my adult classmates were busy changing their babies' poopy diapers directly on their desks. So I was distracted.

Still, I am a proud juko grad. It took me 11 arduous years to get through county college, and I appreciated each golden hour spent at my alma mater.

During my time at school, my college went through a series of name changes.

The institution began in 1963 as Okaloosa-Walton Junior College. Years later it changed to Okaloosa-Walton Community College. Then the school renamed itself Okaloosa-Walton College, before it finally morphed into Northwest Florida State College. Meaning, I currently hold degrees from four institutions.

The fact is, when I was your age, Margaret, I would have given my left kidney to attend a major university. I wanted this more than anything. But now that I'm older, I realize that state universities cannot compete with

the tight-knit, small-town feel of a community college.

This is mainly because most of your community-college professors are adjunct professors. The word "adjunct" comes from the Latin words "ad," meaning "to be," and "junct" meaning "poverty-stricken."



Sean Dietrich

Adjunct professors in the U.S. are contractual workers who don't earn much. They usually drive old model cars with high mileage, and bumpers held together exclusively with duct tape. These

professors work marathon hours and take home meager pay.

Out of the 1.8 million college faculty in the U.S., a whopping 700,000 are adjunct professors. What this means is that many of these professors are forced to work other jobs to supplement their incomes.

You might think this makes them "podunk," but trust me, this works out in your favor as a student inasmuch as your teachers are actually working non-academic jobs.

Your local college profs are doing blue-collar stuff. They're not sitting on the golden toilets of elite academia, squatting out new books every six months. Your adjunct professors are working part-time at Home Depot, raising five kids.

I have had professors who made their primary livings as commercial plumbers, auto mechanics, landscapers, musicians, factory workers, CPAs, librarians, and

Hooters waitresses.

One of my English teachers, for example, was a factory worker who assembled circuit boards. He taught English and journalism during his free time.

This was a guy who did not waste precious class time discussing various interpretations of reiterative dialogue within the unabridged works of Marcel Proust. My teacher taught us how to drink Pabst Blue Ribbon during class hours.

I am, of course, kidding about this. Sort

of. This happened long ago, during a night class. One evening, there were about 20 of us studying Mark Twain, eating our brown-bag suppers during class. We were all adults, and we had just gotten off work.

One of the students announced that he had a few cold ones in his lunch cooler. He offered a beer to the teacher. The teacher cracked open the aluminum can, shotgunned it, then resumed our lesson on the finer points of the subjunctive mood.

So let me close by saying, I'm not the guy you should be asking for academic advice. I freely admit that I don't have a pedigree. I am a working-class dropout who returned

to school after I had a mortgage. My classes often convened in doublewide trailers, and my professors had calluses on their hands.

Such as the hardworking old women who taught Literature II once upon a time. The old woman was so committed to helping me learn to write that she often arrived to class one hour early to help me understand the inner-workings of my favorite crime novels.

I saw her in the supermarket recently. We hadn't seen each other in years. She asked what I did for a living and I told her I was a writer.

It was an emotional moment between us. She threw her arms around me and we both cried a little. Then she took my face in her wizened hands, looked me in the eyes, and said in her most sincere voice, "But what is your day job?"

That's the kind of service you get at community college.

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FROM THE SHELF

A review on intentional dog ownership

I'm pretty passionate about dogs (in case my Catdog review didn't make that clear), and I'm even more passionate about their ownership being well thought out and intentional, not something done on a whim. This goes for all pets, but especially dogs, as they require intentional engagement in order to thrive.

What do I mean by intentional? For starters, examine whether you can afford it. My new pup is 65 pounds of adorable, meaning he eats a lot (\$\$\$). After the cost of basic needs, add vet costs. Our first appointment with full workup, shots, and meds was a cool \$400 (heartworm man—cheaper to prevent than treat though). Bigger the dog, bigger the expense. Can't afford that? Try fostering for your local shelters. This lets you bring a dog home temporarily on the shelter's dime while they wait to get adopted.

After cost, you REALLY need to think about whether your lifestyle is one that fits dogs. I have a penchant for beautiful, but hateful working breeds. Working breeds require a lot of exercise, rain or shine, no excuses. My hands are still frozen 3 hours after walking my beastly this morning in a crisp 24 degrees. Can't you just skip a day? If I want to come home to a couch, I'm walking him regardless

of the temp or if I feel like it. Sounds terrible? Great! I've narrowed breeds for you to not include working types (shepherds, heelers, huskies, etc). Get the animal that fits you and your lifestyle.



Sara Leady

I get the desire for purebreds, but I'll let you in on a secret, shelters have purebreds, like all the time. There's also breed specific rescues that have your "designer" dog for a fraction of the cost. Yes, there's something to be said for raising a puppy, but regardless of the dog's age, it's going to require training. You're never going to bring home a dog that's fully trained (short of paying a lot for that). If you don't have the time or interest to train your dog then don't get one. Untrained dogs cause all kinds of issues beyond destroyed furniture, but serious things like bites (yes even your golden). Fortunately, we have some great training options in the area (I will happily give recommendations).

Why am I on a rant about this? Because this time of year people decide they must have

a dog for the holidays. Puppies are amazing and adorable until they're peeing everywhere and tearing everything up. That's when people decide maybe dog life isn't for them, and they dump it off at the shelter. The shelters are full. They're beyond capacity and it's not an awesome environment for animals. It's incredibly loud and scary for a puppy going from your warm home and yard to a small kennel. Our local shelters are AMAZING and they're doing everything in their capacity to love these animals in their care. But if people would be more intentional in their pet decisions, a lot of this stress on the staff and the animals could be easily avoided.

After all that, if you're going to get a dog, please go to a shelter. Maybe even give a pup that isn't the stereotypical dog a chance. Talk to the staff and be honest about your experience, lifestyle, and budget. They're going to be able to match you up on the things that actually matter, not just the appearance or breed. That beautiful white shepherd mix you see on their social media is a stunner, but requires walks in frigid temps or he'll eat your couch. He's also wary of strangers and reactive from a year in the shelter so he's not going to be your brewery buddy (he's muzzle trained for a rea-



son). He's a prime example of why you should be intentional, since that puppy you dump could be the next 'him,' waiting for a unicorn owner to look past the growls and aggression and give him a chance. And once she earned his trust, she found an unbelievably sweet and loving marshmallow. That beautiful but spicy shepherd mix definitely isn't for everyone. But that other scared shelter pup, who's a bit wary in his kennel, might actually be the perfect dog for you.

ELECTRIC CITY EVENTS

ANDERSON SPORTS & ENTERTAINMENT CENTER

Monday, Nov. 13 Rec. Football Banquet Ballrooms: 6:00 p.m. – 8:00 p.m. Kevin Hatten (864-271-7505) Stthompson30@gmail.com

Tuesday, Nov. 14 Shalom House – Luncheon Ballrooms: 11:00 p.m. – 3:00 p.m. Kim Matkins (864-338-9875) Kimmatkins00@gmail.com

Friday, Nov. 17 Holly Jolly Fair – Event Full Space: 3:00 p.m. – 9:00 p.m.

Saturday, Nov. 18 Holly Jolly Fair – Event Full Space: 10:00 a.m. – 6:00 p.m.

Sunday, Nov. 19 Holly Jolly Fair – Event Full Space: 11:00 a.m. – 5:00 p.m.

Monday, Nov. 20 A.I.M. Thanks-giving Distribution Parking Lot: 8:30

a.m. – 5:00 p.m. Sara Bannister 864-965-9083 Sara.skelton@aimcharity.org

Sunday, Nov. 26 Toys 4 Tots Parking Lot: 2:30 p.m. – 4:30 p.m. Robert Fagg (864-378-1763) lilmannbebe@wctel.net

ANDERSON SCHOOL DISTRICT 3 VETERANS CELEBRATION

Veterans Day Program to honor those who have bravely served. All schools will be represented. Friday November 10th @ 9:00 AM Crescent High School

SHE KILLS MONSTERS Market Theatre November 10th through 20th 7:30 to 8:30 PM (864) 729-2999

ELECTRIC CITY GOBBLER 5K

AND 1 MILE FUN RUN

Sponsored by First Flight Alliance Thursday November 23rd 1 Mile Fun Run begins at 8:00 AM 5K begins at 8:30 AM Packet pick-up Wednesday November 22nd @ Anderson Mall front entrance Proceeds benefit Operation Active Kids

COUNTY BANK HOLIDAY ICE OPEN December 1st @ 5:00 PM Carolina Wren Park The city of Anderson and County Bank invite you, your family and friends to experience the magic of the holiday season.



Lace up your skates and join the fun!

3RD ANNUAL CHRISTMAS COOKIE CRAWL Save the date for the 3rd annual Chamber of Commerce Christmas Cookie Crawl December 1st from 4:30 PM to 6:30 PM in downtown Anderson. The Cookie Crawl will take place before the Downtown Anderson Christmas Tree Lighting. Come join

us for fun and festivities!

TOWN OF IVA CHRISTMAS SEASON EVENTS:

TREE LIGHTING - NOVEMBER 30TH @ 6:30 PM DOWNTOWN IVA

TOWN HALL HOLIDAY DROP IN - DECEMBER 8TH 9:00 AM TO

4:00 PM TOWN HALL

IVA CITY CEMETARY CANDLE-LIGHT SERVICE - DECEMBER 12TH @ 6:30 PM IVA CITY CEMETARY

CAROLS AND CIDER - DECEMBER 14TH @ 6:30 PM - DOWNTOWN IVA

IVA CHRISTMAS PARADE - DECEMBER 17TH @ 4:00 - E FRONT STREET, IVA

BACK IN TIME

It's happened again. That dreaded time of year when we've all Fallen Back in time. Sure, we got an extra hour of sleep, but we quickly lost that when we spent it resetting every clock we own to reflect the correct time. It's not quite as annoying as it used to be. Our phones, tablets, and computers set themselves automatically, but I've yet to see a microwave, automobile, or alarm clock that didn't require a NASA engineer to program it.



Neal Parnell

I once had a 1978 Chrysler Le Baron, one of the first cars to display a digital clock. The clock was small with blueish green illuminated numbers. Having a lighted digital clock in your car back then was so cool, it was like piloting an intergalactic spaceship. The clock worked great, but the time came to Fall back, and I had no idea how to set the thing. There were buttons below the hour and minutes of the clock that did nothing when pressed. The car owners' manual didn't mention a clock at all, so I called the dealership and they transferred me to a Chrysler specialist. Rufus was not French or a Baron but was so familiar with the brand that they called him Le Baron von Rufus.

The Baron told me that it was a simple procedure that would only take a minute if I could drop by tomorrow before noon. He

said it would be easier for him to do it than to tell me how. I was there at 11:30, they took my car into the service area and had me wait. Rufus had told me it would only take a minute, so after twenty-five minutes I got up and walked through the door that cautioned, Employees Only.

There was my car with the hood up. Why did they have the hood up to set my clock? I walked over and Baron von Rufus was just walking up himself. I said, "What's going on?" The Baron says, "You see these ten Le Barons with the hoods up? Well at exactly twelve o'clock, I'm going to reconnect all those batteries and all the clocks will display the correct time of 12:00. Rufus didn't know it back then, and apparently Chrysler didn't care, but 1978 was not only the first year for the Le Baron digital clock, it was also the first and only year that the clock instructions were "accidentally" left out of the manual. Of course, now I can use Google or YouTube and find that holding the clock button for five seconds causes the hour and minute numbers to flash and allow a change. I'm not sure if Baron von Rufus ever knew the '78 Le Baron clock secret, but I'm sure that Springing forward and Falling back were not his favorite times of year.

What's weird is that we now have one day a year that is 25 hours long, and one day that is only 23 hours. The time change throws off our circadian rhythm (our inner clock) causing more traffic accidents, more anxiety, and more work days missed for weeks after



the time change. Arizona, Hawaii, the U.S. Virgin Islands and a few others refuse to change and I'm starting to agree with them. Daylight Savings Time was enacted in the 40's to save energy during wartime. We use more

energy in a week now than we did in both world wars. If we must change, why not do it gradually, say twenty minutes a week for three weeks? Or better yet, leave the dang clocks alone.

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To see the bear, do not look for the bear

My earliest memory of the Appalachian Mountains is not of the vistas or the quaint mountain towns. My earliest memories involve just two things: picnics and bears.

My mom was the queen of the picnic, and if I could smell chicken frying early on Saturday morning, I knew we were going for a ride. She and



Kim von Keller

my dad would load us and the food into the car, and off we'd go to the Blue Ridge Parkway. My sister, Lisa, would complain that her feet hurt unless she put them in my lap, my mom would referee, and my dad would drive

and drive AND drive and drive, stopping only for three things: to let me throw up by the side of the road (too many curves), to set up lunch at the perfect picnic table (out of the sun, with a good view), and to see a bear.

Seeing bears never got old; we still got chills every time we'd see a mother with cubs by the side of the road or climbing up a hill or drinking from a stream. In all our years of drives through the mountains, I learned one important lesson about searching for bears:

To see a bear, do not look for a bear.

This is not some kind of Zen philosophical statement. It's actually an acknowledgment of how hard it is to see a bear in a forest against rock formations or fallen trees. So if you really want to see a bear, do not look for a bear. Instead, look for people by the side of the road, pointing.

None of the bear sightings of my youth were born of the Acker family's keen observational skills; we were too busy driving, complaining, mediating, and vomiting for that. What we were good at spotting, though, were people who had ALREADY seen a bear, the kind of people with tough stom-

achs and comfortable feet, the kind who drove slowly along mountain roads, listening to classical music on the radio and desperate for the kind of drama that our car contained in spades. After all, if you're not fighting to keep a sibling on her side of the backseat, you can develop the keen vision of a sharpshooter. So while they did the hard work, my family just looked for a crowd of such people standing by the side of the road.

I used my family's bear-searching technique last weekend as my husband and I drove from Crabtree Falls to Asheville along the Blue Ridge Parkway. We'd had a long morning of hiking and picnicking, and Ted announced his intentions to nap in the car as I drove.

"Be sure to look for bears, though," he said.

"I'm not looking for bears," I said. "I'm looking for people who have already seen bears."

Sure enough, as we approached the Lake Pinnacle Overlook, I saw more than a dozen people pointing their fingers in the same direction. I slowed down to see the cutest cub you've ever seen with his forepaws on the railing, looking at the crowd and posing like it was senior yearbook picture day. I woke Ted and pulled into the overlook parking area, and for several minutes, we watched the cub wander about before it finally climbed back over the rail and went down the hill.

It seemed like such a charming chance encounter with a bear until a couple of days later when I read this on the WLOS Instagram page, accompanying photos of the same bear at the same overlook:

"These were taken in the same area now closed after parkway officials received reports of visitors trying to feed and hold a young bear."

If the Acker girls had tried to hold and feed a wild animal on those family car trips, our feet and stomachs wouldn't have been the only things aching. That kind of behavior endangers both bear and human. Parkway officials made their decision to save each from the other.

Bears will soon go into hibernation, so that gives you a few months to practice my family's technique for seeing bears. But if you do see one and feel inclined to share hugs and food, make sure it's with the people doing the pointing.

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Above: First Thanksgiving at Hilton Head
Right: Latest Thanksgiving 2022 at Debordieu



Anderson sisters celebrate 50 years of Thanksgiving at the beach

BY JANA MACKIN

As Thanksgiving approaches, many families will plan to serve a turkey as the holiday meal's entree. Jane Mudd's family will do that as well.

They'll also serve four turkey breasts, a country ham, a smoked ham, extra-large portions of all of the traditional side dishes, and so many desserts that they require a separate table. It's what you do when you're feeding 33 people ranging in age from six months to 84 years.

As daunting as that may sound, Jane and her sisters – Sally Marshall of Anderson, Anna Hattaway of Raleigh, and Betsy Kinghorn of Beaufort – are accustomed to planning for a crowd. This will be the 50th year that their families have gathered at the South Carolina coast for a week-long Thanksgiving celebration.

"In 1974," Jane explains, "our father and mother, William Law Watkins and Frances Sitton Watkins, decided that we all needed to get together to welcome Betsy home from Germany, where her husband, Andy, had been serving in the Air Force. We gathered that summer at Garden City. The next Thanksgiving, we were all together in our family's condominium in Hilton Head, and we had so much fun that Daddy decided to make it an annual event. When our parents passed away, we sold the condo and began renting houses at different places on the coast. For the last seventeen years, though,



4 Watkins daughters, from left – Anna Hattaway, Jane Mudd, Sally Marshall and Betsy Kinghorn

we've been renting two large homes at Debordieu to accommodate our ever-growing family. The day we check out, we reserve the homes for the following year, and the whole family plans their calendar around our Thanksgiving celebration."

Mr. Watkins knew what he was doing when he suggested Thanksgiving as the family's official holiday.

"Daddy always told us that if we'd reserve Thanksgiving for the Watkins family, we could spend Christmas wherever we wanted," Sally says. "As we each got married and our children got married, that was especially popular with all of the in-laws. It's very rare that a family member misses Thanksgiving at the beach."

To put the history of their gathering in historical perspective, the Watkins family has celebrated Thanksgiving together since Gerald

Ford was President of the United States.

"We even figured out a way to get together during the pandemic," Sally's daughter, Fran Marshall, says. "We have 50 years of group photos to prove it."

"In those early years, we girls would help Mama with the food shopping on Hilton Head," Sally remembers. "Even then, we were always looking for the biggest turkey. For as long as they were alive, Mama and Daddy always picked up the expenses for the entire group. Today, there are four of us dividing the expense. One day, the next generation will have even more family members contributing. Most importantly, though, Daddy was an only child, and he always said that his relationships with his cousins were so important. He wanted our children to have that as well."



Parents Bill and Frances Watkins

The Watkins sisters may foot the bill, but no one shows up empty-handed. It takes a lot of food to feed 33 people for a week, so family members bring breakfasts and lunches and the family's favorite cheese straws. Chess pies of lemon and chocolate are always included. Sally brings the butter beans. Betsy makes all kinds of cookies. Jane brings cinnamon and sugar Jumbles. Anna provides big pots of soup – vegetable beef and chicken with cabbage – for the night before Thanksgiving, while the others make sandwiches from beef tenderloin and country ham. It takes a lot of fuel to keep this active family going.

"One of the houses is on the beach, and the other is on the creek," Jane says. "We are constantly going back and forth from house to house. We spend a lot of time walking on the beach, and some of us will go swimming if it's warm enough. On the creek, we do a lot of fishing, and some people kayak. We also play a

lot of cornhole."

The table setting is also an important part of the holiday. Sally remembers the role her late husband played in decorating.

"In the early days, Allen would come up with a design to decorate the table with things like apples and squash carved into different shapes. Every year, the decorations are a surprise for Thanksgiving dinner."

What is not a surprise, though, is the younger generation's commitment to Thanksgiving at the beach.

"Everywhere I look in Anderson, I see a happy memory from when my grandparents were alive," Fran says. "I think they would be VERY pleased that the tradition they started is still going on. "We often joke among the cousins that when our mothers' generation isn't around, we may gather at a campground or take a cheap cruise out of Charleston instead of the very nice houses we currently rent! But the commitment is there to continue!"

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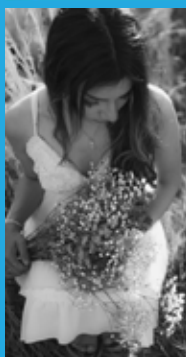
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Plant shopping on a South Carolina coastal island is usually not on my list of things to do when on vacation. Most likely, offerings will not live in my chilly valley climate. Plus, the local hardware store has never had many plants in their garden area. However, being that I love to wander in a hardware store, and visit the store every vacation, this year they had enough plants in their garden area to catch my attention. While Husband and Yogi hung out under the live oak tree, I made a list of plants to research. A miniature bottlebrush was my first choice but it would not be hardy. But Katrinus Deluxe Lomandra (*Lomandra longifolia*) was worth a shot. And since I've been on a bit of an ornamental grass kick the past couple of years, this unknown really piqued my interest.

Research has Katrinus Deluxe listed as evergreen. Hardy up to zone 7b, it just might work. One lady working in the store, and her friend hanging out visiting, agreed it was too bad the bottlebrush wouldn't work. It was their favorite plant in their garden area. But both agreed Katrinus was worthy and the friend was confident it would grow for me. NC State's website for JC Raulston Arboretum lists it as evergreen. Even if it does not stay green year round, it should winter over and come back. A grower's website in Santa Barbara, CA had the most information on it, listing specifically hardy to around 18 degrees and staying evergreen even with temps that low. This plant comes from a breeder in Australia who discovered a cross seedling in 1999. With plants now having patent numbers, Katrinus is supposed to be similar to a cultivar 'LM300' sold as Breeze in the US. Like Latin is not hard enough, they've got to throw in numbers. It seems Breeze would not grow for us because



Katrinus Deluxe grass

it is not tolerant of humidity. The growers in California stated they put their trial plants in one gallon containers and literally forgot about them for 10 years because they were behind much larger plants. All of the plants grew and looked great. My kind of plant! After much back and forth, botanists decided to put it in the asparagus family.

On to the parts that really matter – this new Katrinus should grow about three feet tall and wide, maybe a bit bigger if happy. It should do equally fine in sun or shade but should not be in spots with consistent irrigation. No worries on that in my garden. The inflorescence (blooms) are creamy yellow, several sites listed them as fragrant, but no description of that smell was found. Bloom time is late spring. This will be nice because most ornamental grasses are later summer bloomers. Flowers are male only so it should not become an invasive plant. Foliage is dark green, similar to regular ol' monkey grass. It supposedly establishes quickly and the flower spikes last a long time. There was no mention in any research of deer liking it or not.

Not sticking to planting in odd numbers, I got two. But as usual in my landscaping, one will be put in one spot, and one in another. To test the evergreen aspect, one will go in the front garden, fully exposed to winter cold, with full sun. The other will go in a more protected spot, possibly in a bit of shade. All reading mentioned no irrigation but nothing particular about well-drained soil. In the shady areas behind the house, the soil never gets really dried out. I haven't tested lately, but in past years of drought like now, digging a hole has been no problem. Don't think I'll risk it back there, even though camellias and aza-

leas grow wonderfully. Hopefully it won't have to live too long in my garden shop (with lots of others) waiting for me to figure out where to plant them. It's part of a gardener's disorder.

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T.L. HANNA YELLOW JACKETS

Yellow Jackets roll to win in first round of playoffs

BY BRU NIMMONS

ANDERSON — The T.L. Hanna Yellow Jackets took their first steps toward their eventual goal of a state championship on Friday night, hosting Fort Mill in round one of the Class 5A playoffs.

The Yellow Jackets had no problem in their opening round victory taking down Fort Mill 53-9 to advance to the second round on Nov. 10.

While the Jackets eventually pulled out the big win, Fort Mill managed to strike first, driving deep into Hanna territory after forcing a punt on the Jackets first possession. The Hanna defense stood strong at the goal line forcing Fort Mill

to kick a 27-yard field goal and take a 3-0 lead with 6:10 left in the first quarter.

Hanna responded right back, driving 56 yards down the field, including an 18-yard score from KD Patterson to give them a 7-3 lead with 2:42 left in the first quarter.

The Yellow Jackets kept the pressure on when the Fort Mill offense took the field again forcing a quick three and out and blocking the ensuing punt. One play later, Patterson picked up his second touchdown of the day on an eight-yard run to boost the Jacket lead to 14-3 through one quarter.

The Jacket offense continued to excel in the second quarter with Vashun Burton

breaking free of the defense for a 58-yard score that, combined with a two-point conversion from Jackson Schofield gave the Jackets a 22-3 advantage.

The bleeding continued for Fort Mill as Patterson and Josh Donald each scored on the next two Hanna possessions to give Hanna a 36-3 lead.

TL Hanna wasn't done there, getting the ball back with less than 40 seconds left in the half and getting inside the Fort Mill 10-yard line, where Walker Broome hit a 25-yard field goal to give the Yellow Jackets a 39-3 lead at the break.

The Yellow Jackets got back on the board midway through the third quarter,

taking advantage of a fumble recovery by Jaylen Harrison and scoring on a five-yard touchdown pass from Eli Hollinger to Donald to boost the lead to 46-3.

A Kavon Cole interception quickly set up the next score as Jimmarion Boston scored on a six-yard run to put Hanna ahead 53-3.

Fort Mill added a late touchdown on a 96-yard fumble recovery from Logan Shope, but it proved too little, too late in a 53-9 Hanna win.

The Yellow Jackets will now have the daunting challenge of taking on the defending Class 5A state champion Dutch Fork in round two of the playoffs at home.

WESTSIDE RAMS

Westside cruises by Airport in postseason opener

BY BRU NIMMONS

ANDERSON — The Westside Rams have found a lot of success in their first season under head coach Brian Lane and looked to keep it up in the first round of the playoffs last week against the Airport Eagles.

The Rams had no trouble with Airport, taking down the Eagles 42-0 to advance to the second round of the playoffs.

After forcing an Eagle punt, the Rams managed to get on the board first with

Cutter Woods finding the end zone on a one-yard run to give them a 7-0 lead nine minutes into the action.

Westside continued to roll in the second quarter moving down the field behind a huge 53-yard pass from Woods to Josh Williams. The Rams followed the big gain with a nine-yard scoring strike from Woods to NC State commit Jimmar Boston to boost the lead to 14-0.

The Rams kept the pressure on later in the second quarter, as Jameson Wilson took an Airport punt 68 yards down the

Westside sideline to give the Rams a 21-0 lead with 3:29 left in the half.

Westside wasn't done there, as Nore Belton added an interception late in the half to give the ball back to Woods and the offense. The Rams kept the fireworks going as Woods found Williams streaking behind the Airport defense for a 55-yard touchdown to give Westside a 28-0 lead at halftime.

The Woods to Williams connection struck again coming out of the break on a 5-yard scoring play to boost the Ram

lead to 35-0.

Not to be outdone, the defense answered back with a big play of its own as Zeke Marshall picked off an Eagle pass near midfield. Sharode Richardson scored on a 25-yard run shortly afterward to give Westside a 42-0 advantage.

The Rams held on the rest of the way, shutting out Airport and securing a 42-0 first-round win.

Westside will look to keep its season afloat on Friday as it host the 8-3 York Cougars in round two.

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