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April 15-19, 2024

The world comes to Anderson

Bienvenida! Laskavo prosymo!
Willkommen! Dobrodošli!

There's more than one way to say "Welcome," so if it's been a while since your last foreign language class, now would be a good time to brush up. Starting on April 15, 2024, the world will be knocking on Anderson's door.

For five days, the Electric City will host the International Network of Michelin Cities Conference, the first city in the United States to do so. The INMC is made up of cities

from across the world which have a Michelin presence, and their representatives include mayors, administrators, and university officials. Approximately 150 representatives will gather in Anderson to discuss environmental, social,



Kim von Keller

digital, and cultural challenges while sharing their best practices to meet these challenges in the 21st century.

Beth Batson, INMC Director for the City of Anderson, explains how this year's conference was awarded.

"In 2016, Anderson was invited for membership in the INMC by Clermont-Ferrand, France, the headquarters of the Michelin Group. A delegation from Anderson, including Mayor Terence Roberts, myself, and others, attended the 2017 conference

in Clermont-Ferrand. We participated in the conference sessions and learned a great deal. After the 2019 conference in Vitoria-Gasteiz, Spain, the Anderson delegation developed the desire to host a conference, so in 2022, we applied to be a host city, and we won! We've been working hard ever since to develop both infrastructure and content for the conference. Clemson University, Anderson University, and Tri-County Technical College came onboard, and we were able to get

funding from the state legislature. While each city's representatives pay for their own transportation, once the conference begins, the host city pays for everything. Here in Anderson, a team of 35 folks have been working to plan this, and we have 50 volunteers serving as guides and greeters."

During the conference, representatives will attend sessions on mobility for all, sustainabil-

SEE WORLD ON PAGE 2



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Field guides are great

My friend Meredith texted me not long ago. “My middle daughter, Caroline, and I are almost positive we saw a male and female redpoll this morning. Is that crazy? Our guides



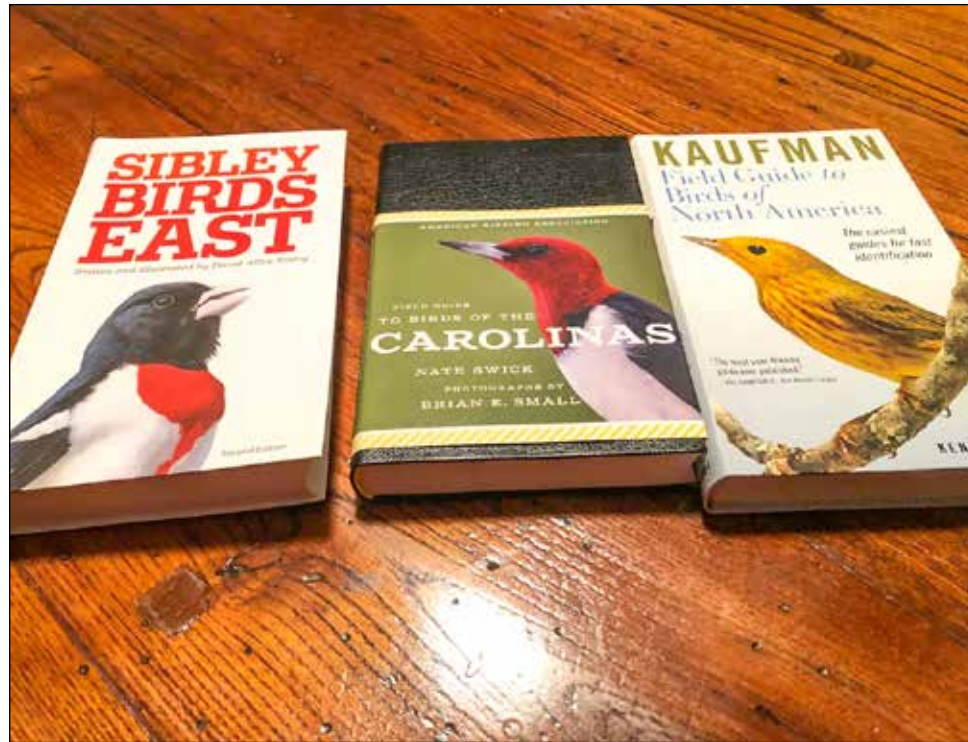
Ann K. Bailes

say that redpolls are arctic and subarctic birds.” She sent a picture from their guidebook, and I realized that their sighting was not redpoll finches. Probably they were house finches, common birds around here whose color does vary, and I could see

why her young daughter might have thought she saw a redpoll.

And it was a great misidentification. Why? Because mother and daughter looked at the bird, got out field guides, and tried to figure the bird out for themselves before they asked someone else. That sequence is so uncommon these days. I’m in several bird groups on Facebook, and I am astounded at the number of people who post a picture of a bird and then ask the group “Can someone tell me what this is?”—with no attempt whatsoever to do the work themselves first.

I answered Meredith: “I LOVE the way you both observed and thought things through!! People who use apps or guides to figure out a bird on their own will find that the independence is satisfying. Then, if they’re still uncertain, they have a basis to ask people



in a group, or another person, for help—like Meredith and Caroline did. I would far rather help people identify something when they have made an attempt to figure it out first. Maybe that stems from my starting this hobby (obsession?) before the internet was prominent. Back then, people either identified a bird themselves – or it didn’t get identified.

Apps are great and have their place. Someone who sees a bird can take a picture of it, and Merlin or some other app will help identify it. But for context and understanding of entire species or groupings, curious people cannot go wrong with using an old-fashioned printed guide. They can page through the various pictures, searching for colors and characteristics, until they land on the correct one. Discovering “That’s it!” is very rewarding!

I recommend Sibley Birds East, and also my trusty old standby, Peterson’s Field Guide to the Birds of North America. Roger Tory Peterson’s guide was the gold standard for years. But Kaufmann, National Geographic, Audubon, and others are also very useful. And Merlin is a good app.

My friend’s young daughter was quite pleased with their find. Still thinking that her bird was the rare redpoll, she told her mother to “Tell the scientists that Caroline was the one who saw it.” Even though the bird turned out to be more common, she still had a great experience, and she’s learned something in the process. Who knows—she may write a bird guide herself one day. I’ll use it!

World

CONTINUED FROM PAGE 1

ity, incubators and startups, and economic equity. Field trips are planned to Clemson’s Automotive Innovation Center and Tri-County Tech’s Workforce Readiness Program. Ten international university students will participate in programs at Clemson University, Anderson University, and Tri-County Technical College. And for the first time in its history, the conference will feature a start-up competition as 20-25 start-ups

from around the world compete to win the INMC Start-Up Award.

While the conference is a learning opportunity, there will be time for fun as well. Events include boating and picnicking on Lake Hartwell, a barbecue dinner featuring bluegrass music at Oxford Farms, and a reception and art exhibition at the Anderson Arts Center.

Conference sessions are open to attendees only, but there are plenty of opportunities for the public to mingle with Anderson’s international guests. On Sunday, April 14, the Orchestre National d’Auvergne will perform at the Rainey Fine Arts Center’s

Henderson Auditorium at Anderson University at 3 PM. On Monday, April 15, the conference hosts a Community Food Truck Night from 6-8 PM at the Anderson County Farmers Market. On Wednesday, April 17, South Carolina artist Brian Rutenberg will give a public lecture at Anderson University’s Daniel Recital Hall from 9-10 AM. And on Thursday, April 18, the public is invited to a Thematic Lab on Economic Equity at the Anderson Main Library from 9-11 AM.

But when the conference is over and representatives return to their home cities, the Anderson delegation hopes that their short

time here will result in long-lasting benefits.

“On the global stage, I can think of nothing more that could give us a jump-start to prominence on the world stage than having these visitors come here,” Batson says. “It is more than just about the wonderful place that we love called Anderson that is growing and booming and welcoming. We want to introduce our guests to the Upstate and all of South Carolina so that when they return home, they will talk about everything they saw and did here. We want to make sure that when the conference is over, Anderson will continue to benefit from these cultural and economic development exchanges.”

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



A SOUTHERN HOME

Let's talk a bit about some things that make a Southern Home. I'm not talking about magnolia-lined driveways that lead to white columns in front of the mansion. There are items that every true Southerner must have to maintain that Southern identity. For instance,



Neal Parnell

if you don't have a cast iron frying pan in your kitchen, then I must question if you know which end of a cow gets up first.

A covered metal pot that is only used to boil water and steep tea. I won't get into the steps that make the perfect

glass of iced tea as there is much debate over the tea to use, the temperature, the length of time to steep and whether to squeeze the bags, etc...etc. But there is no debate over the fact that the pot must be used for tea only. If you are using a different pot each time you make tea, I must inquire if you've ever thought of strangling yourself with a cordless phone. A bag of clothespins. What in the world is a clothespin? Let me answer that by saying that there are few feelings better than sleeping on sheets that have been hung out to dry by a hot southern sun. Clothespins aren't used much these days, but those in the know keep a bag of them somewhere in the laundry room. If you don't have a bag of clothespins, then once again I must suspect that there's Hellmann's mayonnaise in your fridge, and not Duke's.

Flip-Flops. Practically nothing says you're from the South more than Flip-Flops. Whether it's a strap that goes over the top or the toe-thong variety. They're great for short walks over hot sand and protect your feet from all kinds of icky stuff around the pool. If

there is not a pair of Flip-Flops in your house, I'll have to gather that you only spread that Hellmann's on one side of your sandwich.

Calamine Lotion. This soothing pink liquid has been around forever and has calmed poison ivy itches in the South for even longer. Having no calamine lotion in your southern home should be a felony, followed by a life sentence without parole.

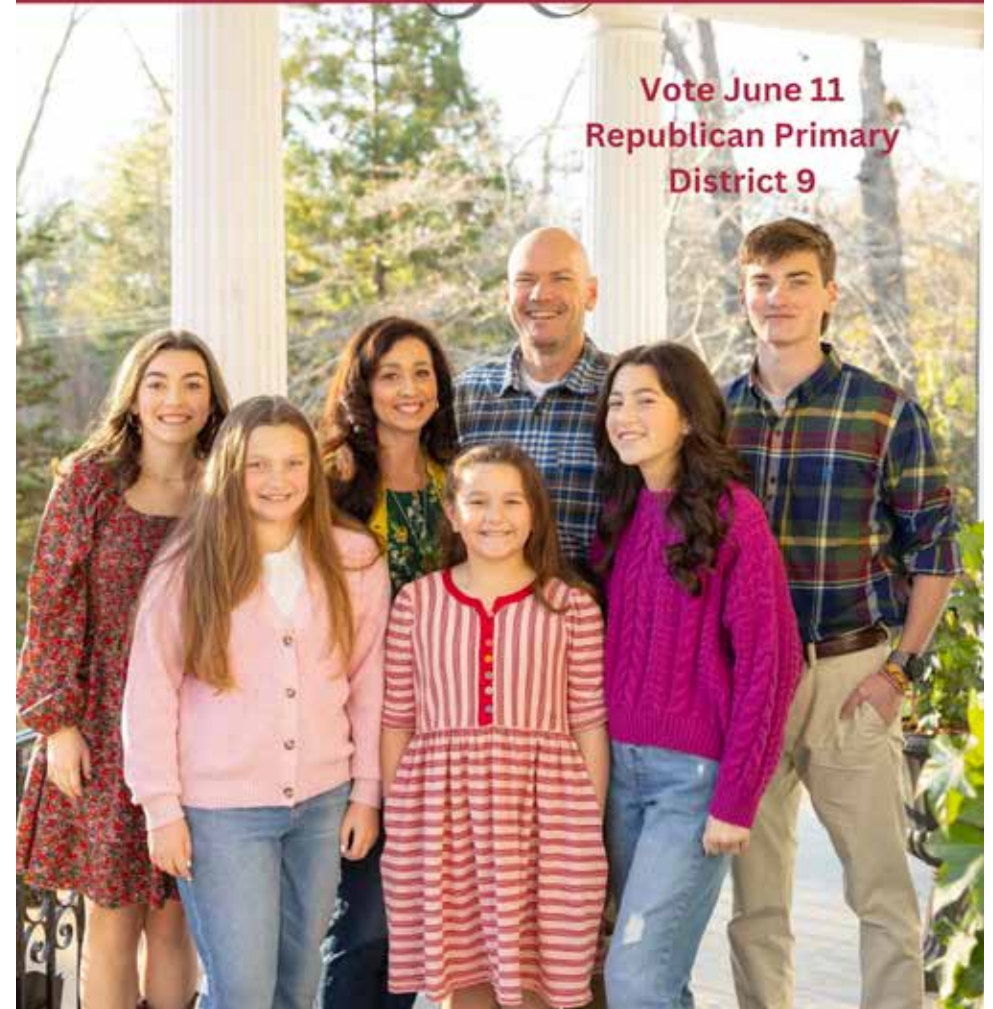
Bacon grease. The way-back folks would pour the bacon grease into an all-metal coffee can and place it in a cabinet. I keep mine in the fridge or it will become rancid if left out too long, don't ask. It makes an awesome fried egg, and if you add a little to your collard greens or green beans, there will be a flavor party in your mouth. Bacon grease is King when it comes to Southern cooking, so if you don't have any, then you surely have no inkling which end of a horse gets up first.

Grits. If this Southern staple is not in your home, you have disgraced the South and should immediately head North and take your oatmeal with you. Someone must alert the SCDOT that pouring boiling water and a bag of grits into a pothole is less expensive and more effective than asphalt.

Cat and or Dog. If you are fortunate enough to have a canine and a feline in your Southern home, then you have eliminated the need to purchase a security system and an exterminator. Does a RING door camera offer you love and companionship? Does the ORKIN man purr on your lap and leave evidence on your front porch that he has done his job? If you don't have PETS, you will have PESTS.

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FROM THE SHELF

ON GENRE BLENDING

Let's talk about 'genre blending.' I'd define it as taking two or more distinct genres and combining them into one. A blended 'thing' should have clear elements of all involved genres while also making something new. I say 'thing' because I want to talk about this concept broadly.

Genre blending is becoming more prevalent across varying mediums, and I am here for it. The librarian part of my brain chafes at the concept a bit given it makes classifying things harder. It's just not a neat fit, with everything in its own little individual space. This can be frustrating for people too, as we all know what we like as consumers and sometimes we just don't want to stray out of that comfort zone.

As an artist I am always inspired by genre blending, especially really

brave and adventurous blending. Adventurous or brave blending to me is taking things that feel like



Sara Leady

they're on opposite spectrums, or have such different vibes that it feels like they should cancel each other out. It's when a blend that really feels like it

shouldn't work, but comes together perfectly, that really gets me jazzed. I feel like when creators step out of strict genre rules they elevate everyone in their craft and reach new levels.

So what's got me so hyped about genre blending? There's some cool

stuff happening in the book world, and well, Beyoncé. As a mixed media artist I've always been one to combine a myriad of things, so seeing the incredible blending that's going on right now has me pretty inspired. Every time I'm exposed to something new through something familiar, my world and creative brain expands that much more.

Starting with Queen B (Beyoncé). I've never been a country fan. I don't relate to the lyrics, and popular country just never hit that spot for me. Cowboy Carter, Beyoncé's latest album, has taken over my life. She takes old school country roots and mixes them with not just some contemporary pop and R&B elements, but also the unique style that is Queen B herself. She also layers in real history

with every lyric of the album. Even the imagery and marketing that accompanies the album is inspired by the history of country music, Black cowboys, and westerns. It's literal genius. Thanks to it, I've even discovered other country artists that bring this same vibe, and I'm finding myself maybe a country fan. Genre blending and elevating art at its finest.

Now onto book world genre blending. Aside from my random dog pieces (tell your dog I said 'hi'), you generally read me to hear about books, even if it's a constant onslaught of genres you might be more 'eh' about, like horror or romance. So, drum roll please... one of the latest (and greatest) fiction genre blends is... HORROMANCE! Yes, it's exactly what you think: a blend of two things you'd really think would cancel each other out. The combo of the two isn't something I'd really thought should be combined, and I

say that as an avid reader of both.

'Horromance' as a genre has been really making waves in the publishing world, and I'm realizing how many of it I've actually read. Sylvia Moreno Garcia and Megan Shepherd are two examples of favorite authors who've been excelling in this genre far before it became an actual thing. It's honestly authors like Moreno and Shepherd who got me braving reading horror, so just another testament to the power of the 'genre blend.' Recently, I read Vampires of El Norte by Isabel Cañas. Not only is this horromance, it's also historical fiction, taking place in Mexico in the 1840s when the United States was leveraging its territory wars with its southern neighbor. It's seriously good, and I'll call it sneaky horror (just vampires), so it's not particularly graphic. It's also not a vampire romance, so I feel confident historical fiction readers especially will enjoy this one.

NOTICE AND SUMMONS

NOTICE TO:

DEFENDANT ABIGAIL MILLER TAKE NOTICE, that the Summons in the above-mentioned action of which the foregoing is a copy, together with the Complaint therein, was filed in the Office of the Clerk of Court, Anderson County Court of Common Pleas on November 23, 2023. Respectfully submitted, POULIN | WILLEY | ANASTOPOULO /s/ Matthew Burgess Matthew J. Burgess, Esquire S.C. Bar No.: 100911 Lane D. Jefferies, Esquire S.C. Bar No.: 101764 Poulin | Willey | Anastopoulos, LLC 32 Ann Street Charleston, SC 29403 (803) 222-2222 TeamBurgess@poulinwilley.com ATTORNEYS FOR THE PLAINTIFF Anderson, South Carolina Dated: March 29, 2023

STATE OF SOUTH CAROLINA COUNTY OF ANDERSON IN THE COURT OF COMMON PLEAS CASE NUMBER: 2023-CP-04-02422 Christopher Rice, PLAINTIFF VS. Abigail Miller and Tammy Miller, DEFENDANTS SUMMONS TO: DEFENDANT ABIGAIL MILLER YOU

ARE HEREBY SUMMONED, and required to answer the Complaint in this action, a copy of which is available from the Clerk of Court for Anderson County, South Carolina, herewith served upon you which was filed on November 23, 2023, and to serve a copy of your answer to the said Complaint on the Plaintiff, or their attorney, Poulin | Willey | Anastopoulos, LLC Matthew J. Burgess and Lane D. Jefferies, at their office located at 32 Ann Street, Charleston, South Carolina 29403, within thirty (30) days after server hereof, exclusive of the day of such service, and if you fail to answer the Complaint within the amount of time aforesaid, the Plaintiff in this action will apply to the Court for judgment by default for the relief demanded in the Complaint. [signature on following page] Respectfully submitted, POULIN | WILLEY | ANASTOPOULO, LLC /s/ Matthew Burgess Matthew J. Burgess, Esquire S.C. Bar No.: 100911 Lane D. Jefferies, Esquire S.C. Bar No.: 101764 Poulin | Willey | Anastopoulos, LLC 32 Ann Street Charleston, SC 29403 (803) 222-2222 TeamBurgess@poulinwilley.com ATTORNEYS FOR THE PLAINTIFF



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New Foundations Home for Children kicks off its 50th anniversary year

ANDERSON — New Foundations Home for Children began in 1974 by Judge Mike Glenn to create a safe and nurturing environment for children who had been removed from their families or faced juvenile incarceration. With the community's help, the Anderson Youth Authority was born. Since that time, the agency has been known by several names, but its mission has always been the same, to Do Whatever It

Takes to Secure the Future of Children and Families. "It is hard to believe 50 years have passed since Justice Glenn's vision became reality," comments Steve Dean, CEO. And his wonderment comes from experience. His association with the agency began as one of those juveniles facing the justice system the agency was tasked to help. As Justice Glen has often remarked, he didn't realize he was giving a young Steve Dean a lifetime sentence!

As Steve was working his way through various positions within New Foundations, the agency was serving thousands of children and families from across the State and gaining a stellar reputation with the various state departments that placed children and families in its programs.

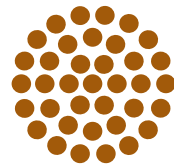
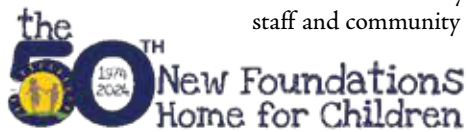
New Foundations has kept a low profile in the community but 50th year plans include a more visible presence, especially in the Upstate. "There has never been a more critical

time for the public to recognize foster care needs in the State," explained Evette Powers, Director of Quality Assurance. "Families and facilities are overwhelmed trying to provide the care and therapeutic treatment required to make the next generation of youth able to navigate the world."

To start its 50th year celebrations, the staff and community held a kick-off event on March 27th at the Standridge Road facility in Anderson.

The senior leadership team, Kathy Krob, Rhonda Gambrell, Evette Powers, and CEO Steve Dean spoke about New Foundations' past and plans for the future. "The public can make such a lasting impact on the future of their communities," Ms. Powers reiterated. It is hoped that this anniversary will shine a spotlight on New Foundations Home for Children's programs and foster care needs across the State.

4000+ children under 18 in South Carolina are currently in foster placements. A third of these youth will experience a change in their living arrangements at least three times a year. New Foundations offers residential and foster programs that shelter and protect youth, and programs that provide support to families. Through these services, New Foundations Home for Children, Inc. brings stability and assistance to emotionally traumatized children and vulnerable families so they can move on to the next chapter in their lives.



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Surgical technologist sews baby blankets while juggling many talents

She's ranked No. 1 in her division across the state of South Carolina in karate.

She runs a ministry of sign language at area churches to share Christianity.

She graduated with a degree in accounting at age 48 after succeeding in a starkly different career, running a household and raising a child.

Now, as part of an extra, truly personal contribution to her day job, she's learned to sew and is making blankets for babies who she helps deliver at the AnMed Maternity Center.

Tracy Estrich is a surgical technologist who's made a habit of delivering wonders.

"A better patient experience is what we're chasing, so we want to find a way to make a connection with the patients," said Nedra Brown, assistant vice president of women and children's services and orthopedic services. "That's what Tracy has done on her own. It's amazing. And it's not a random blanket."

No, what she learns about the families she cares for helps inform her choices of materials. If she notices affinity for penguins or dolphins, those animals will be in the print of the fabric for that baby and family. If she's able to learn the mother has a deep appreciation for a kind of flower or a certain color, that will be in the fabric.

"Sometimes I know it has to be God, because I'll hand a family something with a farm print and they're like, 'How did you know I live on a farm?'" Estrich said. "I want to be on 'Project



Tracy Estrich

Runway.' That would be so cool. But those people are so mean."

Estrich was watching "Project Runway" when she got the feeling she could be a fashion designer. She leaned on her charge nurse, Amy Heintz, to connect with Amy's mother, Barb Heintz, who used to work in the mother-baby wing, too. Barb Heintz taught Tracy Estrich to sew.

The first project Estrich mounted was to make a dress for her granddaughter.

She quickly moved on to sewing blankets for AnMed babies. The AnMed Foundation reimburses her for the expenses.

"I wanted to figure out a way I could give back to the community, just something that they could keep, something where they could remember when their baby was born – because it's a special time when they're having a baby," Estrich said. "That's what made me do it. Just to present it to them after I've helped with their delivery and see their faces light up, like, 'You made my baby a blanket?!' – it warms my heart."

That warm heart might seem apparent when Estrich is performing sign language, something she taught herself and has done for about 20 years after getting into it through a friend. And her will might be evident in how, in the middle of her career in health care, she returned to school to earn a degree in accounting in 2022. But the wonder that might seem to round out Estrich

could be that she got into karate at age 49.

She trains under Marty Knight in Belton after studying martial arts in her 20s.

"I hate the gym, so the only thing that really made me feel good was karate," Estrich said. "It's therapy to be able to hit people."

It's also therapy to share a much more tender side, she said. And nothing else she does seems to take the place of her true career.

Her sister, Ksha Wilson, happens to work on 8 South. And their mother, Barbara Hudson, was a longtime security officer at AnMed.

"I don't know if I'll pursue accounting or anything else really for a career because I really love what I do," Estrich said. "I told Nedra that I wasn't going to stop making the baby blankets. That's something I'm going to do until I retire."

Local artist has residency in France

As an ambassador and native of Anderson, Herman Keith recently spent two months in France as the Artist-in-Residence in Clermont-Ferrand. This city in south-central France is home to the Michelin headquarters.

Anderson, SC was chosen to host the International Network of Michelin Cities conference in April of this year. As part of this relationship between the cities, Herman was chosen as their artist in residence and Diann Simms was selected to spend a week in France as part of their European Travel Diary Festival.

As a public art muralist, Herman was commissioned to create a mural as part of his residency. His technique involves designing an image and collaborating with local residents to take part in the painting of the design. Jules Michelet, a local elementary school in Clermont-Ferrand was chosen to participate in this collaboration. Keith took prepared panels to the classrooms of his design as students and faculty helped add the paint to the image. As locals take ownership in the mural, the project evolves into a representation of unity and pride.

When asked about his experience in



France, Keith says, "The subject of the mural was a combination of South Carolina's state flower, the Yellow Jasmine, and the dormant volcano, Puy de Dome, outside the city of Clermont-Ferrand. This public piece will always be a reminder of the possibility of unity among people who are separated by miles, cultural differences, language and lifestyles. And will be evidence of our oneness through the collective spirit."

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A SYMBIOTIC RELATIONSHIP, PART 2

Note: This article is continued from the previous issue of the Electric City News.

BY RICH OTTER

Unfortunately, a great percentage of those arrested are repeat offenders. In some respects, however, that may be beneficial for both the arrested party and the officer involved if there has been a previous beneficial relationship or at least knowledge by both parties as to what they may expect. Likewise, the experience of former incarceration may be extremely important, beneficial for the officer as well as a previous inmate.

Under a recently enacted law, jail personnel who function unarmed, may be hired under the age of 21. That is the age they must attain in order to bear arms. Detention Director Captain David A. Baker is enthusiastic about the law as it permits individuals who are interested in law enforcement to serve in a detention facility where they will learn how to work with and communicate with inmates without the threat of lethal force.

From her personal experience, Sergeant Mitchell explained that in the confined space of the detention center you must deal with people who are angry and frustrated. "You can talk yourself into a fight or you can talk yourself out of a fight. You learn how to communicate effectively."

Baker revealed that a former law enforcement officer told him when he was starting out that if he did not learn the art of persuasion, he should not be in law enforcement. The captain says relationships he developed with prisoners have been retained to this day.

Baker recalled one man who had repeatedly been arrested for domestic violence and had always fought when arrested. On one occasion he was called to the scene with the individual and he just did not feel like getting into a brawl. He told the man that he had to go to jail but that he didn't want to have to fight him. He told him if he didn't fight that he would tell the judge he had cooperated and not resisted, and he would recommend to the judge that he not be incarcerated and not have to put up bond. Baker told him he could not guarantee it would work but could save a fight and paying for a bond and he thought the judge would go along with it. The judge did as he was asked. It developed a trust relationship with the individual that persisted.

Captain Baker said in the jail they use a procedure he refers to as deliberate indifference - treat everybody the same way. They have prisoners who have fought each other and some who are in opposing gangs. The jailers don't want to develop preferences. They maintain an equal relationship and it is recognized.

Baker was observed in the jail being hailed



VirTra Console

by an unruly prisoner with a complaint. He was talking to the prisoner and then had to be called away for another situation. He told the prisoner he would come back, and he did. This had been observed and was mentioned to him. The captain said it was important that he be a man of his word. He and the prisoner might not agree, but the prisoner would know Baker did what he said he would do. It would be important in the future.

Many of the people in jail, including trustees who come from incarceration in Columbia, may be very talented people or have trades that can be utilized while in the Anderson Detention Center. Some of their jail-time activities may assist in rehabilitation through learning a new trade or improving their ability in a trade already entered.

Prisoner talent sometimes produce surprises. Recently, help from an inmate artist brought pleasure to county staff members and other inmates, and gave the opportunity for an artist to express his ability.

The inmate asked Captain Baker if he would like him to paint murals on walls in the Clyde Stone Building (the former Anderson County Home adjacent to the Detention Center). He told Baker he had done murals at other locations where he had spent time. Baker was interested but did not have any idea as to the quality of his work. The inmate said if Baker didn't like it, he would paint back over his work and return the wall to its former color. After it was agreed to try it, the inmate asked what he would like to have on the wall.

Captain Baker showed him a picture of a favorite place where he duck-hunted in Tennessee. When painted, it covered the back wall of his office and lapped over to a small extent on each of the adjoining walls. It was then suggested it be given a three-dimensional element by adding some of the captain's taxidermy duck mounts. After they were included, the inmate painted flying ducks on the mural

background to bring it all together.

With that success, a mural was then painted on a wall in the office of Karen S. Bowen, Laboratory Director of the Anderson/Oconee Regional Laboratory.



Sheriff Chad McBride

That followed with a mural on a wall inside the jail but was unfinished when the prisoner had to be returned to the penitentiary in Columbia. Certainly, the prisoner preferred doing the murals to other work he might have been assigned, but the relationship allowed it to be done and was of mutual benefit.

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YOUR DENTIST CAN SAVE YOUR LIFE

Practice self-care by emphasizing a positive attitude

In recent features we have been discussing the emerging topic of “self-care” or “lifestyle medicine”, centered on making good life choices. Thus far we have covered the importance of restorative sleep and how to achieve it.

Here’s another important self-care step you may not have considered that can improve your life – and extend it. And that is maintaining a positive attitude. Not easy considering the challenges we all face day to day. Still, there are significant benefits. I am open-minded about the possibilities, and I would encourage you to do the same. For example, there is ample evidence from medical studies that thinking positively can reduce the risk of dying from all causes compared with those who have a “glass half empty” life view.

There are key practices that have been identified that can help us achieve and sustain a positive attitude. Why not give it a try, even knowing that as humans we are likely to slide from time to time.

1. Pleasure – embrace it every day not just on special occasions like holidays and weddings. It’s those everyday moments as they occur that we tend to overlook and let slip away. Slow down. Take in that visit with a friend. A good meal. Time with a loved one.



Dr. Gabrielle F. Cannick

Write them down. Remember them. Relive them. They can help you make it through the tough days.

3. Focus on the present. The term today is “mindfulness”. When you focus on the here and now you are less likely to get caught up in worrying about the future or worse living life regretting the past. It can also bolster your

self-confidence and ability to forge deeper relationships.

4. Focus on what you can control and maintain. You’ve heard the saying, “less is more”. Keep your life as normal as possible and don’t take on too much, a common failing we all have!

5. Strive for a purpose-filled life. Change is inevitable. It is normal to experience a sense of loss. No matter how painful, try to embrace it as a new challenge or opportunity. Apply your abilities. Follow a regular sleep schedule, get enough exercise, eat healthy, and stay in touch with friends and family.

As you practice focusing on the positives in situations in which you find yourself you acquire something very valuable – resilience. The earlier in life you adopt these practices the greater the potential impact on the quality and possibly the length of your life. Self-care is not a one-time fix; it is a journey with the promise of a better future. If you have any

questions, please reach out. 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.

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SOUTHERN HOSPITALITY

Hospitality.

It's one of the words most often associated with the South. Whether it's the way we greet each other on the street, raise an index finger – emphasize “index” – from the steering wheel when we meet an oncoming vehicle, or entertain people in our homes, hospitality is what people across the world have come to expect when they visit the American South.

When I was growing up, my mom was the embodiment of Southern hospitality. She never forgot a name or face, and if she ran into you at the mall, she was sure to give you her full attention. Once, she and my dad were sitting outside of Baskin Robbins, enjoying a couple of cones, when my dad saw a work friend and at once began a conversation, neglecting to introduce the friend's wife to my mom. Nevertheless, my mom introduced herself and did all the polite things:

offered to buy her a cone, asked about her family, and so on. Unfortunately, the woman didn't catch my mom's



Kim von Keller

name, so when she asked, “What's the name?” my mom thought she was referring to the ice cream and said, “French Vanilla.” We have called that

her stripper name ever since.

As nicknames go, French Vanilla is probably a good one as her real show of hospitality has always involved food. If one entree was good, three were better, especially if she was feeding someone for the first time. “I don't know what they might like,” she'd say. There would be multiple side dishes, a green salad AND a Jello

salad, bread, a couple of desserts, and a gallon of home-brewed sweet tea. The first time I brought Ted home to meet my parents, he thought she was trying to kill him so she could fix me up with someone else.

Hospitality has been on my mind recently as Anderson prepares to host the 2024 International Network of Michelin Cities Conference. City officials and a team of volunteers have been working for two years to prepare for more than 150 visitors across the globe as they discuss how to make every city better. These city representatives come from Serbia, Brazil, Spain, Portugal, Italy, France, Germany, Japan, Canada, Mexico, the United Kingdom, and Ukraine. And while no one expects you to open your home to 150 guests, there are ways that anyone in Anderson can show what a welcoming city we are by attending the events that are

open to the public.

To start, there's an orchestra concert planned for Sunday, April 14 at Anderson University at 3 PM. The Orchestre National d'Auvergne, which hails from Clermont-Ferrand, France, the INMC's founding city, will perform at the Rainey Fine Arts Center's Henderson Auditorium. What a great opportunity to bond over music, the universal language.

If time will not allow you to attend the concert, try out the Community Food Truck Night on April 15 from 6-8 PM at the Anderson County Farmers Market. Consider showing up and greeting our overseas guests, asking them about street food in their countries. An added bonus is that you won't have to cook or wash dishes.

On Wednesday, April 17, South Carolina artist Brian Rutenberg will give a public lecture at Anderson

University's Daniel Recital Hall from 9-10 AM. Wouldn't it be interesting to find out about others' impressions of American art and artists?

Finally, on Thursday, April 18, the public is invited to a conference session, called a Thematic Lab, on Economic Equity at the Anderson Main Library from 9-11 AM. Economic issues are always on the forefront of an election year, so to hear voices from across the globe address the topic could be quite timely.

Many years ago, my grandmother gave me one of those page-a-day calendars that has inspirational quotes, jokes, and the occasional Bible verse. When I arrived at the page that corresponds with my wedding anniversary, the message from Hebrews 13:2 sums up the way we should greet guests: “Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.” Welcoming our international visitors as if they are angels will confirm that their impressions of Southern hospitality have been right all along.



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THE GARDEN SHOP

Waves of color



**SUSAN
TEMPLE**
master
gardener

It is usually surprising how the garden seems to bloom in waves of color. Walking back from the mailbox, and working on training our teenager pup, it occurred to me blooms are predominately white now. An old fashioned white loropetalum is in full bloom. When featured in Southern Living back in 1980's, it was described as a plant that should not be planted in front of your house unless you are hiding from neighbors or the law. It gets quite large, at least 20 feet tall and almost as wide. Blooms smell wonderful. When some of Anderson Memorial Hospital's Engineering men, if that tells you how long ago, were pulling these plants out from the front drop off circle, I quickly hurried out there and asked them to give me some. This is the only one

that remains. I have no recollection of what happened to the others. Maybe it is worth trying to root another one.

Native Autumn Brilliance Serviceberry (*Amelanchier x grandiflora* 'Autumn Brilliance') is in full bloom also. It seems to be blooming a bit early, as well as some others. Small white flowers produce berries that taste like blueberries, if you can beat the birds to them. The large shrub, small tree, is limbed up and is too tall for me to get berries anyway unless I'm on the tractor. By limbing it up, this would be a great option for a small garden. Pollinators love it too. It has wonderful orange/red fall color, and pretty gray bark, making it a year-round interest plant. It grows in full sun or dappled shade. I see some here and there in the woods. Maybe it gets enough sun when leaves are gone to bloom.

Black jetbead (*Rhodotypos scandens*) is in full bloom too. This shrub is about four feet tall and will root when it touches the ground, like yellow bells do. It came from the South Carolina Botanical Gardens plant sale about 2003. Deer pass it by, it blooms no matter



Black jetbead bloom and berry

what the weather, and ruffled foliage is somewhat interesting too. In the past few years, it has been listed as invasive in some literature. The common name comes from black, bead looking berries later in summer. NC State Extension's website states clearly do not plant it. It also lists it as highly poisonous to humans. I have to patrol the edge of the woods every year for Chinese parasol tree and cardinal candy viburnum that came from SCBG's sale. Both mother plants were killed after finding them along the edge of the woods, but I've never had black jetbead come up anywhere. With all the privet, Japanese stilt grass, and

trees of heaven in the woods, maybe some of these monsters will choke each other out.

A well-behaved viburnum that is an absolute stop you in your tracks when it's in all its glory, snowball viburnum (*Viburnum macrocephalum*), is fantastic right now. As I write this issue, the night temps are supposed to drop back into the 30's. I hope it doesn't turn the blooms brown. This is a large shrub, 15 - 20 feet tall but maybe only half that wide. My brother even sent a text asking what are those white shrubs. Blooms start out chartreuse green and turn white. Deer browse it some but nothing too bad. It needs plenty of sun.

Korean spice viburnum (*Viburnum carlesii*) is a wonderfully fragrant shrub that could fit into almost any size garden. Buds start out pink, in very early spring, and open to white. Growing only about six - eight feet tall and wide, it is well worth the space. 'Compactum' is a newer variety that is even smaller, three - four feet tall and wide. Korean spice gives pretty fall color too, turning rusty red to burgundy. Full sun, at least half a day, is needed for this beauty. Cold doesn't damage the blooms. Wonder what the next wave of color, and fragrance, will be. Peonies maybe!

SWIMSUITS FOR SUMMER

It's Spring Break, and for my family, that means one thing. It's time to pull out our swimwear and get out in the sunshine. After a somewhat gloomy winter, I have to say I'm ready for it. I've come up with three swimsuits ranging



Kristine March

from budget friendly to high end. I don't know about you, but I don't think there's anything worse than having to go into that dreadful dressing room and try on swimsuits in that awful fluorescent lighting. So, I say take your measurements correctly at home and order online the best way you can, so you can avoid that all together if possible.

The first swimsuit I discovered is by a company called Good American. I like this company because it caters to every shape, size, curve and style for all of our bodies. The price point is also amazing because everything is right at \$100 and under. They have everything from full coverage swimwear to cover ups, bikinis and beautiful one pieces that would suit everyone. They run true to size. They fit nicely and the material is really good. The patterns

are pretty, but also you can do a dark look too. Whatever you fancy or choose it will look great.

Second on my list is a company called Beach Riot. Anthropologie and Dillard's actually sell this brand and the swimsuit is lovely for the price and it comes in white, black, red and beige. You can also get them in pink and orange if you want to go bold. It's a nylon blend fabric with a detachable belt that is so pretty and accentuates. You could put a cover up on and go from the beach and directly into the beach bar or restaurant with this cutie.

Lastly is my luxury item. It's not a swimsuit but it's actually a kaftan. A kaftan is so versatile. If it's somewhat embellished it can even be worn into a special event, not just the beach or pool on a balmy evening. Michael Kors makes a Spring floral lace one in the color suntan that is simply elegant. It features a plunging v neckline with side slits and a full length relaxed look. So flowy and free which is exactly what we want on spring break this year. Hopefully these ideas will get you going in the right direction and enjoy the sun. Make sure you don't forget to apply for sunscreen and to hydrate. Remember to make the sidewalk your runway and kindness always matters.

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TEEN SPIRIT AND TWIZZLERS: A GEN-XER LOOKS AT 50

1992. We were mad, we were sad, and we had no idea why. Most of us were working minimum wage jobs that either stressed the number of pickles that belonged on each burger or how to count back actual change to a customer. I was working my first job, a video store in a tiny broom closet of a town, and I worked for two reasons only: to make enough money to buy CDs, and to leave \$5 or so aside for gas and Twizzlers so I could ride around, eat Twizzlers and listen to music. That was it. No bills, no stress, no deadlines: count pickles or count back change, and listen to Kurt Cobain scream about how sad we were. (As I said earlier, we were mad, we were sad, and we had no idea why.)

When I first heard Kurt Cobain screaming "Smells Like Teen Spirit", I was floored. Here was a guy that knew me. Here was a guy that was as mad as me and screaming it for all the world to hear:

"With the lights out, it's less dangerous

Here we are now, entertain us

*I feel stupid and contagious
Here we are now, entertain us
A mulatto, an albino
A mosquito, my libido, yeah*



Nate Thomason

about. I'm not sure I ever did. I was mad, I was sad, I had no idea why, and Kurt's lyrics were just vague enough and sung with enough angst that I felt some connection. As a cherry on top, I recently found out that all the drum parts played by Dave Grohl/Nirvana were totally ripped off from a handful of disco songs by The Gap Band and Earth, Wind & Fire. Yes, the music we were jamming to as a form of rebellion against our parents and/or unknown source of melancholy

*Hey
Yeah"*

As a man that's a quick jaunt away from half a century old, I no longer have a clue what Kurt Cobain was talking

was basically poorly played guitars over the drumlines ripped from the disco music that the parents we were rebelling against listened to as a form of rebellion against their parents. As I said earlier, it was a time of full circle comebacks.

Looking back, I remember so much: the music (30 years later and I dare say we've never seen a handful of years give us so much great music as the early 90s), the emerging technology (hello cellphones and internet), as well as full circle comebacks (vinyl was cool again). The world was shifting, we were moving into new, uncharted territory, and we had front row seats. I still have no idea why we were so sad and mad. Life in the early 90's would be the existence of my dreams now. Can you imagine, just for a few days, going back to a time that birthed the greatest music of our lives and it didn't have cellphones or internet?

As I stare down the threshold of 50, the world is once again shifting, which makes me think that maybe the world is never not in a state of

shifting. The cell phones and internet we watched crawl into the world have taken over every single facet of our lives. Rainbow Records, the mecca that once provided me with all the music I could handle, just recently closed their doors for good. I still get mad, and I still get sad, but these days I usually know the exact cause of each. It honestly makes me long for the days when I didn't know the source. That way, you could aim that emotion in any direction you'd like. Now, we just get mad at the IRS or our bosses and shove it all down. We no longer want to change the world, we just want the world to be quiet and leave us alone.

These days, I listen to country music (the classic stuff...not this country arena pop that the kids are so fond of). It's much easier on the senses. The music I listened to as a teen told us that we were mad and we were going to yell about it, while country music tells us that life is short, have a beer, have fun, and move on. That's a bit more my speed. But every now and then, when things get intense, I grab

a bag of Twizzlers, and I listen to the wise words of Sir Edward Vedder of Pearl Jam:

"On a weekend wanna wish it all away

And they called and I said that I want what I said

And then I call out again

And the reason oughtta leave her calm, I know

I said I don't know whether I'm the boxer or the bag"

I still have no idea what any of that even means, but maybe that's the lesson: It's ok to be mad, it's ok to be sad, and it's ok to not know why. But as long as we have heroes willing to stand up and scream gibberish about it with cool guitars and disco drums, we'll know we're not alone and that's what matters. It only took me about 50 years to learn that, but better late than never.

*"Smells Like Teen Spirit", Nirvana
September 24, 1991*

*"Yellow Ledbetter", Pearl Jam
August 27, 1991*



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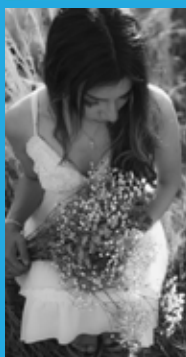
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A HIDDEN TREASURE

Have you been to the Anderson County Museum lately? I was talking with a friend last week and didn't realize how much the museum has to offer children in our community. Did you know that their 12,000 square foot gallery offers inspiration and innovative experiences through collections, exhibitions, programs, and events each week?

Upon your arrival, you will find ready-made scavenger hunts available for kids. Train tables and Lego tables are set up for free play and a variety of events are happening weekly, just for our kids.

"Homeschool Friday" happens every



Katie Laughridge

their caregiver. If your child is a little younger

2nd and 4th Friday of the month from 11:00am-12:00pm. This includes a different lesson and craft each session. "Whitner's Lil' Wonders" is being offered every 2nd and 4th Thursday of the month from 10:30am-11:30am. This program is designed for children ages 2-6 and

or older, they will still welcome them to join. During this time they will play, learn, and grow together through a variety of activities that change each week.

Beginning in May, the museum will offer a brand-new program called "Electric Kids." It will be the 3rd Saturday each month. This will begin May 18 from 11:00am-12:00pm. It will include an exciting new topic and craft each Saturday. For example, on May 18, they will be covering the topic: "What's the Buzz on Bees?" Two beekeepers will be visiting to talk to the children all about bees. During this event, children will participate in fun games

and will complete a bee craft.

A few upcoming events that are already in the works are Mother's Day and Father's Day crafts, a Shark Week, Pirate Day, and Princess Day. There are even plans for a Dinosaur Day and Snow Cone/Games Day. Looking ahead, next school year the museum will be inviting local schools to do Wax Museum presentations, field trips, and other events.

For more information about specific dates and weekly activities/topics, visit "Anderson County Museum" on social media (Instagram and Facebook). You can also visit their website <https://andersoncountymuseum.sc.gov/events>. Admission is always free and their hours are Tuesday 10-7, then Wednesday-Saturday 10-4.

Here's to a community ready to welcome our children while they learn and grow together!

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