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July 7-20, 2022



## Summer essentials



Every summer, we all have one or two essential items that we just can't live without.

It could be a great sunscreen or lip gloss, a new grill that you cooked on all summer, a frizz free hair product or a great pair of summer shoes that you wore almost every day. Social media can be a great way to discover great products but a lot of times, it's just word of mouth or a recommendation from a friend. We asked our readers to tell us what some of their favorite summer essentials are so far this summer. We're definitely making a list to try some of these.

- Members Mark Griddle — *Willie*
- Canon DSLR Camera — *Bobby*

SEE ESSENTIALS ON PAGE 3

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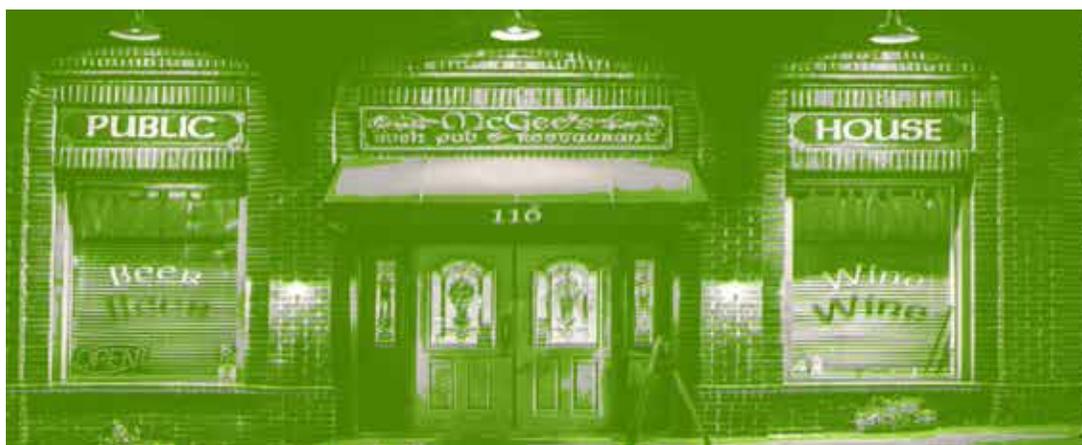
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# BARE FOOTIN'

Like you, I was born barefooted. Shortly thereafter they attempted to put booties on my feet and I immediately put each foot in my mouth and gummed them off. This began a lifetime of resistance to footwear. No Shirt,



Neal Parnell

No Shoes, No Service. These signs are not from the health department but the establishment's decision. I guess tank-tops, flip-flops, and No Pants are ok. Actually, there is no Federal or State law that requires you to wear shoes at all. What the sign should

read is, Wash your nose-picking, butt scratching, crotch-grabbing hands before entering. During this ongoing pandemic, we are advised to wash our hands for 30 seconds while singing Happy Birthday. There is no recommendation or song for washing our feet. I suggest "This little piggy went to market" as our foot-bath anthem.

To me, there is no such thing as a comfortable shoe. I have the latest, lightest, and most breathable shoe money can buy, and I always can't wait to get them off. We tend to step harder with our shoes on, thinking we're protected. Billions are spent every year on shoes and more is spent on the problems they cause, such as, crooked toes, bunions, blisters, knee pain, back pain, fungi, and a smell that would make a medical examiner hurl and spew.

The early Olympic athletes were barefoot and gymnasts still are. Every Greek god such as Apollo, Zeus, Poseidon, and others are barefoot in their depictions. Michelangelo

always painted or sculpted people with bare feet. Even God told Moses to take his shoes off. But Neal, didn't Jesus wear sandals? I must confess that it appears he did, but like me, I'd bet he couldn't wait to get them off.

Going barefoot usually makes you have a heightened awareness of the steps you take, but there are times that I wish I had worn shoes. I have learned that there is nothing that will make you feel more alive than slamming your little toe into a metal bed frame. Waves of expletives I didn't know I knew flew from my mouth as those little cartoon stars danced around my head. I was once stranded on an instant island when I dropped a large glass in the kitchen and froze in my shoeless predicament. I was barely able to reach a lower cabinet and used pots and pans like stepping stones to make my escape.

Walking barefoot, now known as "earthing" has gone from being a kooky hippie trend to a scientifically-researched practice with a number of remarkable health

benefits such as increasing antioxidants,



reducing inflammation, and improving sleep.

Going barefoot allows your feet to use muscles and ligaments that shoes restrict and the transition can be temporarily uncomfortable for those that stay shod at all times. So what are you waiting for? Cool your heels, put your best foot forward, stand on your own two feet, and let

those dogs run free.

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## Essentials

CONTINUED FROM PAGE 1

- Gatorade or Bottled Water — Michael
- Fancii Lighted Compact from Merle Norman. Best thing ever! — Anne
- Beauty by Earth self tanner and platform UGG sandals — Phyllis
- Crocs flip flops — Tonya
- GlowScreen by Supergoop! Perfect primer under makeup that gives you a nice glow. — Ronni
- Obagi Sunscreen — Ann
- Dry Shampoo — Mary
- Lily Pulitzer insulated bags. Life savers. — Lori
- Flip flops, a visor and a hat — Becky
- Mirrored sunglasses by Quay and Teva flip flops — Linda
- A cold beverage from Blue Heron — Pam
- Coppertone or Neutrogena sunscreen — Catherine
- Color WOW to keep the frizzies away — Kim
- Summer in a Bottle Rose — Gay
- Free People The Way Home shorts. I have LIVED in them this summer! — Elizabeth

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# Leaders honored with AALS Dream Awards

The African American Leadership Society of the United Way presented AALS Dream Awards Gala: an evening of Philanthropy on Friday, June 24th. The winners of this year's awards are:

## EMERGING LEADER COMMUNITY AWARD

YASHICA LEE

Yashica Lee is a native of Anderson, SC. She is the wife of Tracy F. Lee and the mother of two children: Zalika and Tra and a bonus son, Devin. Yashica received a bachelor's degree in Human Services and Resources from Anderson University; a master's degree in Christian Ministry from Anderson University; and is a certified financial professional. Yashica is employed with Anderson School District Five.

In 1997, she was selected as the Woman of the Year for Anderson County NAACP and for the state of South Carolina. She is the founder of PHIL A. Foundation and also serves on the Anderson County FCA Board and she is a former board member of Trinity Christian School.

In 2018, she wrote her first book, *Grief That Grips the Heart*, and in 2020 she was inspired by her grandson to write a children's book. *God Created Me* quickly became an Amazon Best Seller.

## AMBASSADOR LEADERSHIP AWARD

SH'KUR FRANCIS

The Reverend Sh'Kur M.R. Francis currently serves as the Lead Pastor of Main Street United Methodist Church of Columbia, SC. A native Charlestonian, he is a 2015 graduate of Winthrop University where he earned his bachelor's degree in political science and history, also being named the 2015 recipient of the college's Mary J. Byrd Award for Civic & Political Engagement. He received his Master of Divinity degree from Emory University's Candler School of Theology and has earned certifications from Howard University's School of Business, Villanova



JT Boseman



Sh'Kur Francis



Terrence Hassan



Yashica Lee

University, Louisiana State University.

He serves on several boards which include, the Wings for Kids Foundation, the South Carolina UMC Advocate, Tri-County Technical College Board of Visitors, and the Charleston Arts and Culture Commission. Rev. Francis is also a member of the Alpha Phi Alpha Fraternity, Inc. and serves as the Chaplain of the 1st Battalion of the South Carolina State Guard.

For leading innovative change and being a voice for racial reconciliation, Sh'Kur was awarded the Order of the Silver Crescent, South Carolina's highest civilian award, by Governor Henry McMaster and was recognized in the U.S. Congressional Record by U.S. Congressman Joe Cunningham for his lifelong advocacy and public service in 2020. He is a graduate of the Riley Institute at Furman and has received numerous awards and honors for his servant-leadership. A few include being recognized as one of SC Black Pages 20 under 40; being honored with the Lowcountry Diversity Leadership Award by Furman University's Riley Institute and the Charleston Regional Business Journal; and being the 2021 recipient of the Barbara Boultinghouse Bridge Builder Award of the United Methodist Church.

## COMMUNITY TRAILBLAZER AWARD

TERENCE HASSAN

Terence Hassan has lived his entire life in Pendleton, South Carolina. He graduated

from Pendleton High School in 1975 and went on to college at Morehouse in Atlanta and studied Business Administration and then received a Master of Human Resources Development degree from Clemson University. In 1982 he married his lovely wife Pam and they have two children; Anisah who lives in Atlanta and is an economist with the US Bureau of Labor Statistics and Bakari who is in the PHD engineering program at Carnegie Mellon University in Pittsburgh, Pennsylvania.

Terence worked in human resources of manufacturing for eighteen years and for the last eighteen years he has been a State Farm agent in Anderson. He has served on many boards in Anderson including Senior Solutions and the Chamber of Commerce, but most of his community work has been in his hometown of Pendleton where he has served on the Pendleton Historic Commission, the Board of Directors of the Pendleton Historic Foundation, and the Pendleton Community Center Board. You can tell he values history and has blazed the trail to preserve African American history and heritage by bringing life back into and serving as chair of the Pendleton Foundation of Black History & Culture.

## DR. BEATRICE THOMPSON LEGACY AWARD

JT BOSEMAN

JT is married to Anita Reid Boseman, for 55 years. They have 3 children and 6

grandchildren. He graduated from Westside High School in 1962 and graduated from Morehouse College, Atlanta GA, in 1966 with a BA degree in Business Administration. JT graduated from Atlanta University, Atlanta GA, in 1967 with an MBA in Business Administration. He began his professional career with South Carolina National Bank in 1967 as a Management Trainee and Programmer/Analyst. In 1970 he began work at BASF Corporation in Anderson, SC and retired in 2000 as a Manager of Application Support.

His community and civic involvement include: We Stand For Kids Board Member from 2006-2008, Partners for a Healthy Community Board Member from 1996-2008 and Chairman from 2003-2004, Anderson County Planning Commission Commissioner from 1999-2006 and Chairman from 2001-2005, United Way of Anderson County Board Member from 1996-2001, 2006-2016, and Board Chairman from 2015-2016. JT was one of the three founding members of the African American Leadership Society and remains an active member. He has been an AnMed Health Board Member since 2003 and was Chairman 2011-2012. He is Westside Community Charter Board Member since 1991, he was the Chairman from 1999-2003, he has been the Financial Secretary since 2007. He has been a Foothills Community Foundation Board Member since 1999 and was the Chairman 2010-2011. He has been a Charter Member of the Kappa Gamma Chapter of Omega Psi Phi Fraternity since 1985, Omega Man of the Year in 1987 and 1996, and part of the Young Esquire Beautification from 2004-2019. JT has been a faithful member of Welfare Baptist Church since 1956, Trustee from 1977-2002, Deacon since 2004, Financial Secretary from 1977-2006, and Interim Financial Secretary from 2008 - 2009. His special recognitions include Communitarian Award Recipient in 2008, Anderson Independent Pointing the Way Award in 2008, 15 Over 50 Award in 2016, Rotary Paul Harris Fellow in 2017, and Spencer C. Disher, MD Award in 2018.



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# 'Stranger Things': Good things come to those who wait ... and wait ... and wait

One of the highlights of my indoor summer so far has been the return of the hit series "Stranger Things," a sci-fi-horror-comedy-drama, to Netflix. Set in the small town of Hawkins, Indiana, during the 1980s, it centers on a group of teenage friends, Dungeons and Dragons, a secret lab that "they" don't want you to know about, psychokinetic powers, monsters, and, of course, Russians.

"Stranger Things" season one premiered in 2016, followed by season two in 2017 and season three in 2019. Like most series, production was halted for a time due to COVID, so season four didn't drop until a few weeks ago. As it turns

out, though, good things come to those who wait.

But I'm not talking about fans of the show, even though the first



Kim von Keller

episodes are awesome. I'm talking about the 37-year-long waiting game of British singer-songwriter Kate Bush.

With her dreamy, ethereal vocals, Kate Bush has been on UK and U.S. music charts since 1978. One of my favorites of her

songs is "Running Up That Hill," released in 1985. According to Wikipedia, "Running Up That Hill" reached number 30 on the Billboard Chart and number 3 on the UK Singles Chart.

And then came "Stranger Things," season four.

When "Running Up That Hill" was used as a pivotal music track in episode one, it reminded people like me how much we missed it. First-time listeners discovered what a great song it is and started streaming it like crazy on platforms such as Spotify. As of June 27, "Running Up That Hill" has reached the number-one spot on the UK Singles

Chart and has placed as high as number four on Billboard. And according to British tabloid newspaper "The Sun," the song is earning Bush over £250,000 per week, or \$303,060.65. Unless you're a Bill Gates type, that's real money.

The discovery/rediscovery of Kate Bush has made me think a lot about the life of art. "Running Up That Hill" was well-received when it was first released, but its best time to connect with listeners seems to be now. And isn't timing always key to the reception of art? Perhaps the best example of art and timing is Vincent van Gogh, whose paintings were so underappreciated during his lifetime that they were often purchased by his brother. Fast-forward a hundred years, though, and there are entire museums devoted to his work, with one of his paintings fetching \$75 MILLION at auction.

That's why I've decided to go back through my collection of cre-

ative writing. Now, before you start sending me insulting emails about comparing myself to great artists, that's not at all what I'm doing. But I've been writing for a long time, and some of my short fiction is either taking up space in a drawer or on a hard drive. It would be interesting to see if any of it seems worthy of entry into a contest or reworking into something new, such as the one about a farm boy's first snow or the one about a chocolate fountain and anger management.

I'll bet a lot of you have things you've created, too, over the years. Maybe it's a painting or a sculpture from a long-ago art class, or even a piece of furniture. Maybe it's a poem you were inspired to write. It could even be a piece of music you wrote. Whatever it is, zhuzh it up for the 2020s and try to display it or publish it or perform it. Who knows what success you might have? After all, stranger things have happened.

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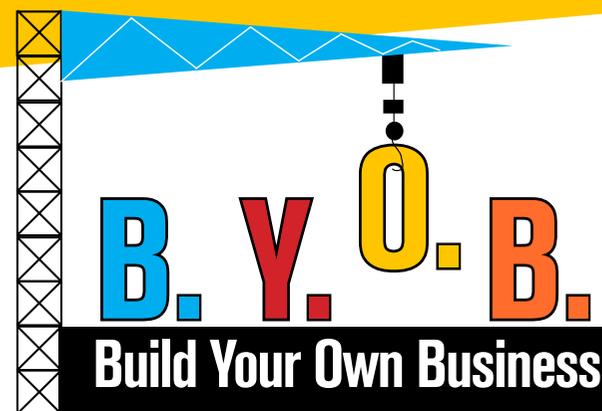
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# Understanding stress and how to manage it — part 2

In our previous feature we discussed one of today's most challenging health issues — chronic stress. How to recognize it. How to manage it. It is an important topic because as any mental health professional today will attest, the stress factor in our modern lives is high. Way beyond the “good” stress that keeps us focused on completing important tasks and keeps us responsible for our actions.

To better deal with chronic stress — the continuing and pervasive stress many today feel — we must first recognize when we are stressed out. You might say, “I know when I’m feeling stress.” Perhaps. But with stress factors hitting us from all directions from finances to health issues, we may unconsciously begin to accept high stress as our natural state. Warning signs of too much stress can be simple things like acne, increased headaches, chronic pain, frequent sickness, insomnia, decreased energy.

Now medical science is coming to better understand that chronic stress can also lead

to depression, a disorder that impacts people from all walks of life. One of the highest risk groups are young adults 18-25.



**Dr. Gabrielle F. Cannick**

Are there signs someone is sliding from stress into depression? Yes. They stop engaging in coping strategies to keep their mood on track — like staying in touch with family and friends. They exhibit feelings of hopelessness, irritability, erratic

sleep, lack of energy, unexplained physical problems, and more.

What can be done? Here are techniques mental health experts suggest that can help us better cope and avoid depression:

- Know your personal healthy coping strategies — the ones that help you maintain a positive mood when you're stressed or overworked.

- Know your warning signs — like becoming irritable with family members or colleagues at work and making repeated mistakes due to lack of concentration.

- Change your habits. Example: schedule time with friends for immediately after work — to ensure you leave on time.

- Our relationships are our most important support system. What can you do to avoid straining them when you're stressed?

- Make sure you say something positive before you say something negative.

Take frequent walks and try to look outward — with thankfulness. Pursue rewarding experiences that make you — and those you love — feel more joyful. Embrace the moment. True happiness depends on fleeting experiences. Concentrate on cultivating satisfaction and well-being but staying open to the full range of emotional experiences, both good and bad. Contrary to what you might expect, trying to resist painful emotions can increase mental suffering. There truly is much to be

thankful for. Amidst it all, know we are here if you would like to talk and share. Think of us as your hometown resource for guidance and support.

*Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.*

For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to [grandoaksdental.com](http://grandoaksdental.com) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.



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# Glorious 'glamping'

A decade ago if you had asked me to go camping I would've firmly said, "Absolutely not". Those days have changed now, but only because of one word — "Glamping," which stands for glamorous camping. I have mastered the art of it. My husband and son are very earthy and outdoorsy, and let's just face it, I'm not.

They love to swim in lakes and rushing rivers and hike around the Blue Ridge Mountains. I love to picnic in a pretty dress and sip a nice wine, and be driven to the top of the mountain and pretend like I hiked it. I simply have tried to be a mountain woman, and it's not for me. I love the backdrop and the cool breeze and the beauty of nature indefinitely, but I don't like the work that it requires to do so. I have to pick my battles, so I eventually give in to our annual camping trip at a stunning lake and it's a two-day excursion.

I dress for the occasion which is way too overdressed of course, and I even decorate our campsite to make it feel more like home. They literally give you an area in the forest right by

the lake and all you have is a picnic table. You have to take everything you brought with you in a wheel barrel down a long, rigorous path. I often wonder if my guys do this as some sort of mean prank, just to see how awkward I act. But I'm a trooper. And it takes several trips to get everything done. I bring a beautiful tapestry and fresh flowers, pretty lanterns and ample amounts of citronella candles.



Kristine March

The site includes an incredible fire pit and the whole thing is really stunning and picturesque. By sunset it's all worth it. The second day though, all cuteness and wardrobe and decor and any kind of put togetherness has gone out the window, and I accidentally or briefly turn into that mountain woman I never thought I could be. It feels free, free as a bird, until my phone battery dies, and I need my charger which is in the car, up the mountain. With air



conditioning blasting and yes, I'm applying a little makeup too - I've already gone into the little shower cabanas and gotten ready for the day. Hey, it lasted for a brief moment in time. Glamorous camping is fun for an hour and

yes, I do it, but I do it the best way I know how and that's okay too. How do you go camping?

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# Honoring Robert Lee Jones

BY CATHERINE STATHAKIS

In 1955, 12-year-old Robert Lee Jones had just left Piedmont Candy after picking up candy for his mom to sell. He was crossing the liquor store parking lot across the street when the owner stepped out of the front door and yelled “Hey!”. He asked Robert if he wanted to earn a little extra money and offered him \$2 to sweep the parking lot of his store. After that was done, Robert asked if there was anything else he could do and the owner told him to show up at his son’s store down the road at the corner of Murray and Tribble Streets in a couple of days and he would give Robert something to do. That man was John Stathakis, eventually called “Papa John” by young Robert. That meeting was the start of the 60-year relationship between Robert and the Stathakis family that continues to thrive today.

Many people in Anderson now know Robert as “Junior”, a nickname Papa

John’s son, Pete Stathakis, gave the young man when he couldn’t remember his real name. Junior now works at JJ Stathakis package store on Greenville Street. And for nearly all of his life, he has worked for the family in some way. When Papa John and Pete ran out of things for Junior to do, they would send him to other family businesses to help. Papa John’s son-in-law, John Raftakis (aka “Big John”), owned the Greasy Spoon on Main Street at the time. His brother-in-law Tom, owned Tom’s Grill, also located downtown. His other son, Jimmy, would eventually take over the original liquor store. When work was slow at the stores, Junior would head to Papa John’s or his son’s house and do yard work. John’s wife, only known as Yiayia to Junior, didn’t want Junior coming during the week. She only wanted him to come on Sundays when she could fix him a big breakfast of fluffy pancakes that she insisted Junior eat, and he would,



Robert Lee Jones and Jimmy Stathakis

Pete Stathakis and Robert Lee Jones



even if he wasn't hungry. He would also cut the grass of every single home lived in by a family member.

Junior's work didn't stop there. When the Candy Stripe Deli opened on North Murray Avenue in the late 60's, Junior worked there as many hours as it took, making up to 40 party trays a day, and introduced Anderson to what some said "the best pizza ever". He also managed the beer depot on Murray Avenue until it closed in 1960, where many young men of Anderson helped out. Pete's son,

John Pete, spent many summers learning the business there and a lot of his friends helped out as well. Mark, Glenn and Jamie Roberts all did their time there, as did John Lummus, Tony Saad, and many more. (Tony says his favorite Junior story is the "Credit in Hell" note he had on the cash register. It read: You ask me for credit, I don't give it to you, you get mad. You ask me for credit, I give it to you, you don't pay me. It's better you get mad.)

Junior has endless stories from his years of working for the Stathakis family. Here are just a few. Junior worked at Tom's Grill for \$6/week and Tom once called his nephew Pete to complain that Junior was eating enough food that it was costing him more than his weekly pay. At the time, Junior was cutting a piece of ham for himself on the slicing machine and Tom told him he was doing it all wrong, and to cut the ham "paper-thin". Junior also used to pick figs for Yia Yia and she would yell out of the window at him to "stop eating and start picking!". He would put three in the pan and two in his mouth. Then there was the time he attended Greek Easter at Pete's house, where lamb is traditionally served, and thought the lamb on the spit looked like a "burnt dog". Junior was also introduced to another Greek tradition: Ouzo. Junior says, "I only drank two shots and couldn't find my way home."

Junior is full of stories about the Stathakis family and all of the things he did for them over the years but is most grateful for everything the family did for him. Pete's wife, Miss Kleo, took him to get his driver's license when he was 15 years old. He drove her 1956 Chrysler for his test and he passed with flying colors. The officer couldn't believe how

## **Junior is full of stories about the Stathakis family and all of the things he did for them over the years but is most grateful for everything the family did for him.**

well he had done considering he had not adjusted the seat and his knees were crammed into the steering column. When he went to pay for the license, he realized he didn't have the \$3 needed and so Miss Kleo gave it to him.

Pete and Jimmy bought Junior his first three cars. They were "bootleg" cars confiscated by the city and purchased by the brothers for \$50 each. The generosity during Junior's milestones and major life events didn't stop there. When Junior married his late wife Gloria in 1965, Pete furnished his house with \$500 worth of furniture. The family also helped him with the down payment of the house that he still lives in today. On Junior and Gloria's 25th wedding anniversary, Pete and Jimmy gave him a silver dollar, which he still has today, and treated them and four others to dinner. Big John taught Junior fiscal responsibility by having him start a Christmas Club Fund, however, not all of the help has been financial.

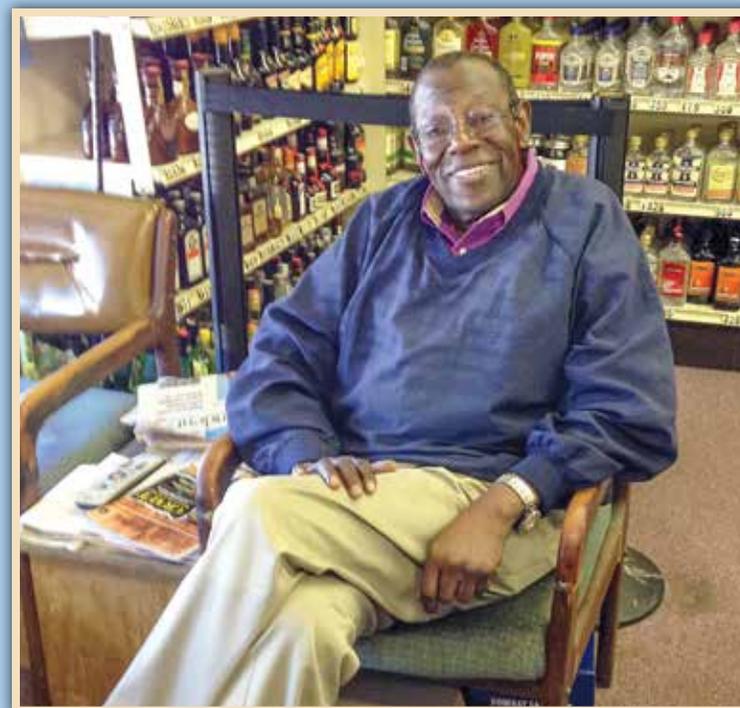
Along the way, Junior has learned the value of hard work and the true meaning of dedication, and if you ask any member of the Stathakis family today, they would say they have learned those same lessons from Junior. His son Shawn also sees the same thing in his father. "Growing up I viewed my dad as a hard-working family man," Shawn said, "He would do anything to ensure his family was happy and taken care of. His work ethic was like none other. He also showed dedication and passion for what he was doing. He instilled in me, along with my mom, the value of self-respect, understanding of your worth, and always remaining humble. Whether it was for his family or the business, Dad would put his all into it, making sure all was taken care of. Dad

is the true definition of a people person and would have it no other way. He has always taken pride in what he does and truly loves it."

Every member of the Stathakis family considers Junior a part of their family. Each child and grandchild has sat on his knee behind the counter at one liquor store or another. Junior said he proved himself to the fathers, so now their kids have to prove themselves to Junior. He says he's not here for the kids, it has always been about Pete and Jimmy, but by staying with the family for over 60 years, he has been there for the kids as they have taken over the businesses from their fathers. He admits he could have taken

other jobs over the years. Pete had even offered to help get him another job at Owens-Corning and Bosch when they both came to town, but Junior always remembered something his mama had told him years ago: "Pete Stathakis is on top. They have been there for you more than mom and dad. Don't you ever walk away from that."

Junior says it's a blessing to be a part of the family, "I love the last name, Stathakis. Now some of the first names... drive me crazy. I know what they're about. No one can take the love from my heart from this family. As long as I'm going, I'm going to be here." His son Shawn probably sums it up best, "Even now my dad still works harder than most people half his age. He knows who he is and the job he does, and he does it well. I have always found it amazing the knowledge he has about the business. The Stathakis name has been a part of my dad's life for over 70 years. It's not just business, it's family."



**After more than 67 years, working alongside four generations of the Stathakis family, Robert Lee Jones, affectionately known as Junior, is retiring.**

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**-J J Stathakis**

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THE GARDEN SHOP

# SURVIVING DROUGHT



**SUSAN TEMPLE**  
master gardener

Thank goodness some rain finally showed. My place was way beyond crisp. Long hoses had to be brought out of storage to water a few special things. I'm still hoping Purple Ghost Japanese maple is going to grow up to be beautiful but it sure it is a slow grower. Purple Ghost is close enough to a yard hydrant that I don't have drag hundreds of feet of hose to it. Dozen eggs magnolia is not though. It is looking quite ragged and I should have watered it sooner. But it's on the edge of the yard and that means dragging a lot of hosepipe to get to it. Dozen eggs, a cross between Magnolia foveolata 'Shibamichi' and Magnolia laevifolia 'Gail's Favourite' came from Dr. Kevin Parris at Spartanburg Community College. I really should take better care of some of these unique plants. I'm not sure Dozen Eggs is even sold in

nurseries. The major contributor to Hammond Water's fancy new building is Grandmother Cooley's magnolia. Unsure it was very practical, but two hoses were put on it two weeks ago. Both were left running on this treasure for about four hours.

When it's as dry as we have been, proper watering is more important than ever. Water slower, longer, and less often. Watering deeply makes the roots grow deeper. Then in the long run, plants need less water. A short splash on the surface will make roots grow shallower, hence needing more water. Irrigation systems should be as low to the ground as possible so water doesn't evaporate and roots get most of the water. Usually watering in the morning is best, giving water time to dry off foliage. This decreases disease. But if your irrigation system is like mine, dragging a darn hosepipe, watering in the evening may be better. I leave a slow trickle going for several hours, sometimes all night, like on Dozen Eggs. In the daytime, water from the hose may get too hot and burn the plant. Been there, killed a tree, learning that lesson. Trees should be watered out at their drip line, not right at the trunk.

Mulch should never be up against tree trunks. The trees at Ingles on Main Street are the best example of the worst mulch ever. Volcano mulch as it's called. Mulch goes out, not up. I see more and more landscape companies doing this too. It is absolutely wrong!

As dry as we've been, it takes the ground a while before it can even absorb water. Best examples of this is watering a container. Some of my containers had gotten overly dry as well. I watered them what seemed like an appropriate amount of time. Water had run through them well and it seemed all was fine. To save water, and time, I combined plants in one pot with another larger pot. When I started digging in the smaller pot, the soil was still extremely dry, as if it had not even been watered except right on top. A couple of inches down showed no sign of being watered at all. It seemed that soil was not the best in the world but it still should have been wetter than it was. I was very surprised. Get the best soil you can for containers and definitely add some mushroom compost, or similar, to the container. The same goes for plants in the ground. Putting more effort into your soil will make life much easier down

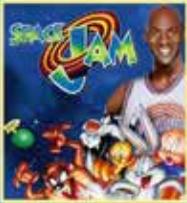
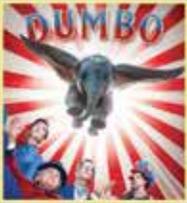
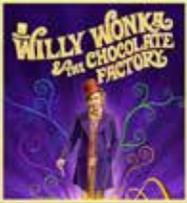


Neglected dozen eggs magnolia

the road. As Roger Swain, from the old show *The Victory Garden* always said, "The planting is easy. It's the soil preparation that kills you. Good soil is priceless". That is very true and even more so in times of drought.

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## FROM THE SHELF

# The Reading List by Sara Nisha Adams



Sara Leady

When I first moved into Adult Services for the library, I was asked to co-lead a book club, and while I was game, I wasn't overly enthused. My general book club experience at the time had lacked dragons, magic, and comics, the only things I was reading at the time. While my current club also doesn't do a lot of dragons, or magic, or comics, they've done a much more important thing for my reading: reminding me of the real magic of books and the influence they can have on our lives.

Recently we read *The Reading List* by Sara Nisha Adams, which is yet another title I can be grateful to my book club for putting it in my path. The brilliance of *The Reading List*, and why it will stay with me for so long, is its celebration of books and their unique relationship to each individual reader. A favorite literary theory of mine is "reader theory," which is the concept that a book is not truly written till it's read against the context of the reader's response to the text, which are usually dictated by personal life experiences. In other words, you and I can both read the exact same text, but we'll come away with two different stories from that same book that reflect each of us individually as readers through the lens of our own personal experiences.

*The Reading List* is a perfect embodiment of this theory, and the power a story can have on an individual reader. Toward the end of the novel one of the characters states, "Please try to remember that books aren't always an escape; sometimes books teach us things. They show us the world; they don't hide it (pg. 319)." Beyond this beautiful testament to books, Adams also shows how they don't just teach us things about the world, but maybe even more importantly teach us about ourselves.

The concept behind the novel is really quite brilliant. We get several different viewpoints, but the majority flip between Mukesh, a grieving widower, and Aleisha, a young woman trying to navigate life with a mother whose debilitating mental illness controls every aspect of the whole household. They meet when Mukesh comes to the library to return the last book his wife checked out, and he has a rather bitey interaction with Aleisha who can't be bothered

with coming up with something else for him to read, because who reads these days anyway. Aleisha gets in trouble and is told to rectify the damage as the library is already in crisis and in danger of closing like many other local libraries (real thing in the UK loves, look it up). She happens upon a list of books titled "The Reading List" inside a book and on an impulse decides to place the first title on hold for Mukesh and read the list herself so she can offer him further suggestions. Together the pair embark on a journey, not just through some incredible literature, but through their own grief and daily struggles as they see life anew through the lens of the books and characters. In the end, not only have they found a new love of reading, but also a new found family that they didn't realize they were so desperate for.

One of the things we discussed in our book club meeting was what books might make up our own "reading lists." It's a surprisingly hard task, but it was fun to see where our lists overlapped. There were some surprise titles, titles some of us had never heard of, and we all left with books to add to our



ever-growing TBR lists.

So, I give you my (current) 'reading list.'

• *My Grandmother Told Me to Tell You She's Sorry* by Fredrik Backman

- *The Harry Potter series* by JK Rowling
- *Furiously Happy* by Jenny Lawson
- *The Picture of Dorian Gray* by Oscar Wilde
- *The Book Thief* by Markus Zusak
- *The Phantom Tollbooth* by Norton Juster
- *Understanding Comics: The Invisible Art* by Scott McCloud
- *The Grace Year* by Kim Liggett

And some from my clubbers:

- *A Tree Grows in Brooklyn* by Betty Smith
- *Mythology* by Eidith Hamilton
- *The Things They Carried* by Tim O'Brien
- *The Love Songs of W.E.B. Du Bois* by Honorée Fanonne Jeffers
- *The Nancy Drew series* by Carolyn Keene
- *The Road Less Traveled* by M. Scott Peck
- *The Sense of an Ending* by Julian Barnes

Barnes

- *The Divine Secrets of the Ya-Ya Sisterhood* by Rebecca Wells
- *To Kill a Mockingbird* by Harper Lee



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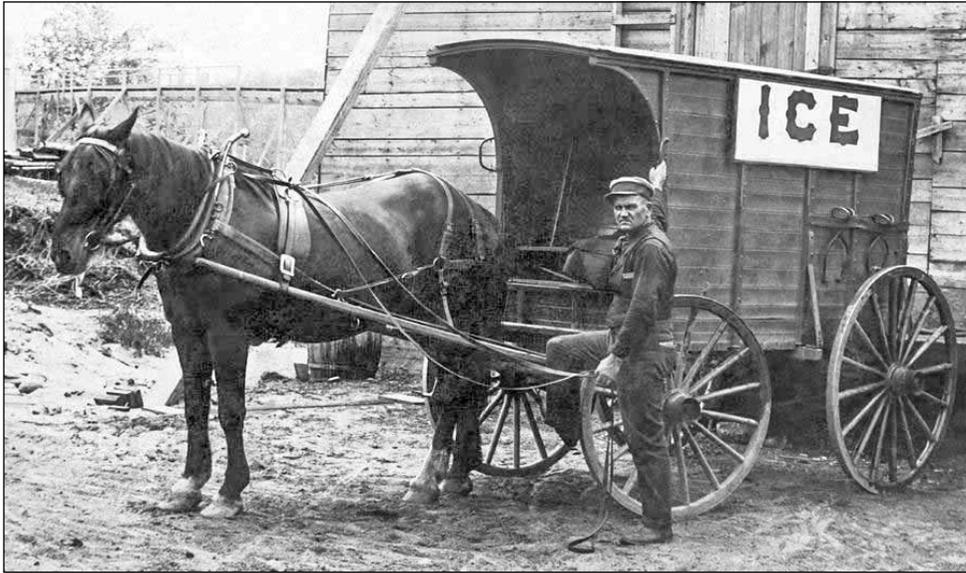
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# MEMORIES

BY RICH OTTER

Some random memories from interviews for the *Anderson County Twentieth Century Memories and Reflections* books.

**Robert Marshall Stone:** We did the laundry when it rained in the summertime. We had three tubs. It was my brother's and my job to draw water out of the well and fill up those tubs. Then we had to go to the woods and drag brush in to boil those clothes.

My earliest recollection was that they would tie a rope around a jug of milk and lower it into the well to keep it cool.

**James Harden:** We had tablets for our schoolwork but they were too expensive then. They cost a nickel. We had 5 or 6 feet of wrapping paper and we would sit there and fill it in with math. We studied and then would watch the other people learn in other grades. We learned by watching the other students.

In 1924 they built a two-room school on the corner of Glenwood and North Main Street. I was the first janitor. I would go up in the mornings and make fires in the two stoves. In the afternoon I would go and sweep and clean up.

**Fred G. Dobbins:** In the early years, we had no electricity or plumbing. When I was a senior at Clemson I came home for a weekend and they had a cord hanging down in the bedroom. There was one little old light bulb. That was 1940.

Prior to that some people had lights but they were gas lights. You put the carbide in the machine and it reacted with the water. The gas, acetylene gas, was piped into the house. We had lights, when it worked.

**Isaac Fleet McClain:** The [school] restrooms were way out – open toilets. Girls went one way and boys the other on the far corners of the lot. When it was raining, oh, it was rough.

They pumped water out of a well with hand cranks for a drinking fountain and there was a 2-inch pipe with little holes in it. Somebody would pump it and water would squirt up. It had about 12 holes in it and that many people

could drink at one time. In the wintertime that pipe got cold. One girl let her lips go down and touch the pipe and her lips got stuck.

**Emma Lee Felkel Holman:** The ice wagon came by drawn horse. You put your card in the window and mark 25 or 50 or whatever pound ice block you wanted. They had big tongs. We had an icebox on our back porch that was lined with metal. They would put the ice in the icebox.

**Jack Phifer Glenn:** [Between East North Avenue and North Main Street] my father kept cows, pigs, chickens, goats, one blind mule and one mule that could see. He used the mules to garden and farm in his time away from his plumbing business.

My brother James and I would milk the cows, bottle the milk in glass quart jars and deliver the raw milk to about 10 houses before we went to school.

**Dr. James Henry Young:** I would ride my pony down behind Anderson College and pick wild plums, peaches, locusts, and persimmons and bring them back to sell. This was fairly successful so I enlarged my operation by going down to Dexter Grocery Company and buying some candy and cigarettes. Many people couldn't afford to buy a whole pack of cigarettes even at 15 cents a pack but could afford to buy five for a nickel.

**Robert Lee Hill:** Of course, we did not have refrigerators, television, air conditioning or telephones. We thought we were rich if we had an electric fan. The mail was delivered by horse. People cooked with kerosene stoves. We would take a bath in a large, round wash-tub and heat water on the kitchen stove with a kettle.

**Curtis Reed Davis:** To clean the outhouse you would take a bucket of water and soap and a broom and sweep it out. Some outhouses would just have big buckets sitting under them and a wagon would come around and they would empty the buckets into a big tank and haul it off. But others just dug a big hole and, when that got full, cover it up, move the outhouse and start over.



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## NIBBLE &amp; SIP

# Tonight, we're gonna party like it's 1986

One of the best things about Netflix's hit series "Stranger Things" is the opportunity to revisit the 1980s. The colors are bold, the hair is big, the music is awesome, and the mall food court is the place to be until — well, you'll just have to watch to find out.

One of the best products that made its way onto American shelves during the '80s is Capri Sun. With its distinctive laminated aluminum pouch and attached straw, these juice blends have been a part of American childhood for 40 years. Given its history as a lunch box staple, it's no wonder that nostalgic Capri Sun cocktails are enjoying a certain popularity in the 21st century.



Kim von Keller

Making them is easy. You start by removing the straw and cutting just enough off the top of the pouch to open it completely. Capri Sun pouches hold 6 ounces of juice, so no matter what you fill them with, you can't exceed 6 ounces total. You'll need to balance the sweetness of the juice blend with some kind of citrus, and you'll want to choose some kind of fruit-based liqueur for a greater complexity of flavor. A good Capri Sun variety to start with is Fruit Punch, but once you've mastered the ratios, you can use any of the product flavors.

You'll need a nostalgic Nibble to go with your drink in a bag, so why not revive that '80s favorite, Seven Layer Dip? Most of the ingredients are commercially prepared, and it can be ready in no time, giving you more time to spend in 1986 with "Stranger Things" season four.

## Tropical Pouch Punch

- 1 6-oz pouch Capri Sun Fruit Punch
- 1 ½ oz. amber rum
- ½ oz. passion fruit liqueur (I like Passoã)
- ½ oz. lime juice
- 1 DROP almond extract, optional

Cut the top off of the Capri Sun pouch and discard 2 ½ oz. Set aside the straw for serving. Pour the remaining fruit punch into a cocktail shaker with the rum, passion fruit liqueur, lime juice, and almond extract, if using. Fill with ice and shake until chilled. Strain the Tropical Pouch Punch back into the Capri Sun pouch and sip through the straw. Makes one.

## Seven Layer Dip

- 16 oz. sour cream
- ¼ c. taco seasoning (I like Old El Paso)
- 2 15-oz cans refried beans
- 2 4.0 – 4.5 oz. cans chopped green chilies, drained
- 3 c. guacamole, homemade or commercially prepared
- 16 oz. Mexican shredded cheese blend (I like Kraft Shredded Mexican Style Four Cheese)
- 3 c. chunky salsa, mild to hot, your preference
- ½ cup diced Vidalia or other sweet onion
- ½ c. chopped cilantro
- sturdy tortilla chips or corn chips for serving

In a small bowl, combine sour cream and taco seasoning; set aside. In a medium bowl, combine refried beans and chopped green chilies, stirring until smooth.

In the bottom of a 13x9 glass baking dish — you'll want to show off the layers — spread the refried bean mixture evenly. Spread the guacamole over the refried bean mixture, then spread the sour cream mixture over the guacamole. Sprinkle the cheese blend evenly over the sour cream mixture, then top with the salsa. Sprinkle the chopped sweet onion over the salsa, followed by the cilantro, and serve with chips. Serves 12.

# 'Country Sweet' Ronald Broom

There wasn't much chance that Ronald Broom would not love baseball. He was born in Danville, Illinois, in 1954. His grandfather was a passionate player. His uncle, Rochell Broom, who played for the Kansas City Monarchs, is in the Negro League Hall of Fame in Kansas City. His father, Ulas Broom,



Jim Harris

who resides in Anderson, played Negro League ball as well.

Ronald began his baseball career in Babe Ruth leagues. When he entered middle school, baseball wasn't offered, so he switched to basketball but continued playing recreational league baseball. Ronald fell in love with basketball, which became his exclusive sport in high school.

Before Jackie Robinson broke the color barrier in Major League baseball in 1947, African-American players played in the Negro Leagues. Some of the greatest to ever play the game wore those uniforms, exhibiting some of the finest baseball ever. Teams like the Homestead Grays, the Indianapolis Clowns, the St. Louis Stars, the Chicago American Giants, and the New York Cubans packed stadiums. The league organizations were loosely configured, and a lack of financial reserves had leagues and teams coming and going. Still, the players kept at it, driven by a love of the game and the hope that everyone would be playing together someday.

After the Dodgers added Robinson to their roster, other teams added black players. Soon, the Negro Leagues' top talent joined the National and American League teams.

The Indianapolis Clowns, at one time, were serious competitors in Negro League baseball and once had on their roster a young Hank Aaron before he signed with the Braves organization. As the formal Negro Leagues dissolved as talented players signed with Major League teams, the Clowns transformed into a barnstorming team, much like baseball's version of basketball's Harlem Globetrotters.

As a high schooler, Ronald always attended when the Clowns came to Danville to play against their local teams. When he was around sixteen and a half, the manager and owner of the Clowns paid a visit to the Broom home, recruiting Ronald to play



with the team. That same weekend, his parents signed the contract with the Clowns, and Ronald played his first game with the team against the hometown Danville squad. That was the beginning of around three years of traveling to play baseball professionally. Over time, he acquired the nickname "Country Sweet."

The Clowns provided Ronald with a tutor so his education would stay on track. He received a small allowance, and the team sent the rest of his compensation to his parents. He recalls the low pay but felt that playing the game he loved was worth it.

Ronald recalls that he never experienced much discrimination in his early life and school years but was exposed to various prejudices in some of the towns the team visited. Certain restaurants and venues made the players well aware that they were not welcome. As the team traveled across Illinois, Indiana, and Iowa by car, there were incidents of the players having to run to the vehicles, evading gunshots, and even having their cars set on fire.

Bigotry from fans was not the only challenge Ronald faced. In 1970, N.Y. Yankee player Jim Bouton released a book, *Ball Four*, which outlined an unseen side of professional baseball. In it, he describes the drinking, drug use, and sexual escapades of players that were perceived by fans to be role models and All-American types. Ronald experienced the same as the players in Bouton's book while with the Clowns. This behavior was eye-opening for the youngster. All those vices were commonplace, and, on a couple of occasions, teammates even took his money. The desire to be a part of the team kept him around but led him to a sole "bad" decision, visiting a bar with his teammates. Being a six-foot-tall athlete allowed him to gain entry despite his age. He

says, had his mother known, "She would not have it."

The team fielded some unique characters. They had a three-foot-tall player that would take the plate to bat against the opponents, who could not pitch in his tiny strike zone. They had a pitcher, Bobo Smalls, that threw two balls simultaneously to two different catchers. They might pull down the pants of the opposing pitcher, run to third instead of first, anything to entertain the crowd. After the theatrics, they'd settle down for a few innings of serious baseball. Ronald recalls a first baseman named Reggie, a one-armed player that led the team in hitting. Ronald was a starter at third base or shortstop and occasionally played right field.

Hollywood greenlit a baseball-themed film, "The Bingo Long Traveling All-Stars and Motor Kings," starring Richard Pryor, James Earl Jones, and Billy Dee Williams. Writers loosely based the storyline on the Indianapolis Clowns and other barnstorming Negro League teams from the 30s and 40s. Ronald and his teammates were used for the action shots in the field, using the film's stars for closeups. The players got to spend time with the film's stars.

Soon after the completion of filming, Ronald returned home and resumed his academic career. He wasn't allowed to play high school sports, as he had been a professional athlete. Ronald never rejoined the Clowns. He put together a band and began playing gigs across the Midwest. The group was hired for a holiday gig at a Howard Johnson's in Champaign-Urbana. Ronald met his future wife, Carrie, the manager who had hired them there. They married and had three children, all grown now. Ronald is a two-time cancer survivor and survived a stroke but is healthy today. He and Carrie currently reside in West Memphis, Arkansas.



# SQUEALS, SHRIEKS AND SCREAMS

BY ANN BAILES

Annbailes@bellsouth.net

I have about had it with two immature red-tailed hawks, and wish they would grow up enough to leave the area around our home. You're surprised that an avid bird lover would say such a thing, aren't you! Here's why:

This is the third year that red-tailed hawks have nested in the woods behind our house. So far, so good. Glad to have them. But when their youngsters are a little older, this story evolves into something not so pleasant. Because hungry little hawks do not make the pleasant little "chirp, chirp, chirp" sounds that we think of baby birds as making. No, young hawks who want to be fed make much harsher sounds. Shrieks. Screams. Squeals. Squawks. And they are LOUD. The woods are about a hundred yards behind our house, but they sound as if

they are shrieking right outside our back door.

These sounds go on, all day long, for at least a couple of months.

The immatures squeal because they don't want to go hunting for themselves yet. They've been fed directly for up to 6-7 weeks, while they get bigger and learn the rudiments of flight and life outside the nest. The next step is that the parents drop food close to them, but they still have to reach to get it.

When the time is right, the parents force them to find food for themselves--but the unhappy youngsters are very vocal about this perceived injustice. Sometimes they exercise their wings while shrieking, and land on tree limbs or on the ground. The parents will eventually come to their rescue, but not before the young have some experience in filling their stomachs on their own.



It's sort of the equivalent of telling a kid it's time to quit living in the basement, and go out and get a job.

The fledglings finally begin feeding themselves well after several weeks, and gradually

move farther and farther from their parents. In 3-4 months they're mostly on their own.

These squealing red-tailed hawks are part of the large group known as *buteos*. Their characteristic identifying point is, of course, the orangish-red tail that is easy to see. Other than that they may have color differences, especially between eastern and western birds. The immatures have great variation between brown and cream colors. Another way to identify a red-tail, adult or immature, is by the belly band of brown feathers on its lighter belly and breast. Oh, and by an immature's awful noises.

Those hawks are in the back yard screeching right now, and I am tired of it. My only hope is that possibly, after they're gone, I'll remember the noise through "rose-colored ear plugs" as it were, and maybe even miss the precious darlings. I doubt it.

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# Surviving the summer 'food crisis'

The long-awaited summer break has finally arrived. Kids are over the top with excitement and mom and dad are making frantic last minute decisions about how to handle the impending craziness with-out complete home destruction, mental instability or financial ruin. But above all, summer break presents a great opportunity for family fun and togetherness. Vacations to the beach, pool parties, sleep-overs with friends and family cookouts are just a few of the enjoyable activities planned by many of us long before the end of school arrives. While we all have a list of favorite summer adventures that we look forward to embracing each year, the one activity



**Katie Laughridge**

that most every parent with kids has in bold letters somewhere near the top of their summer vacation bucket list is "how will we provide and afford the massive need for food that will be required by our children?" That's because everyone is hungry ALL THE TIME.

Do these lines sound familiar?? "Mom, I'm hungry!" "Mom, when will lunch be ready?" "Dad, can I have a snack!" "I know I just ate 10 minutes ago but I just need four more cookies and a juice box-pleasssssse!" These are just a few of more familiar chants every kid seems to learn well a very young age.

As a mom, I realize the importance of feeding my children well, preferable with healthy choices and long before complete famine sets in. However, as I'm sure most parents have discovered, this can be a daunting task — especially in the face of breakneck speed metabolism and constant full-on hyperactivity until our precious children finally crash at around 8 or 9 pm hopefully. While I do want to

provide my growing family with more than just hot dogs, sandwiches and pizza every day, the thought of taking the entire family out for lunch or dinner is definitely a fun and enticing idea — but it can also be an extremely expensive endeavor. In an effort to solve this dilemma, I embarked on a little research.



Over time I have discovered several local eating establishments that not only serve great tasting food, but are also nutritious and allow your kids to EAT FREE/Cheap

this summer. I hope this list helps you as much as it's going to help me.

1. Groucho's Deli (Downtown Anderson): Kids Eat Free EVERY First Friday (One free kids meal per adult meal purchased)

2. Chicken Salad Chick: Kids eat FREE every Tuesday from 5pm to close. Receive one free Little Chick's meal with the purchase of an entree.

3. Barbaritos: Kids Eat Free (with an adult entree) Tuesdays after 3pm and all day Sunday.

4. Moe's Southwest Grill: Kids eat free on Sundays. Moe's offers one kid meal free per adult entrée purchased on Sundays.

5. Zaxby's: Kid's eat free on Tuesday nights with every adult meal purchased.

6. Firehouse Subs: Kids eat for .99 on Wednesdays

7. Denny's: Kids eat free from 4-10pm Sunday-Thursday

8. Wendy's: Kids eat for \$1.99 after 4pm daily

9. Fuddruckers: Kids eat for \$1.99 after 4pm with adult purchase.

10. Summa Jo's: Kids eat ½ off on Wednesdays

11. Ruby Tuesday: Kids eat free (one free meal per adult entrée) Tuesdays after 5

If you are from the Greenville area, check out more places where kids eat free here:

<https://kiddingaroundgreenville.com/kids-eat-free>

Here's hoping you and your family have a wonderful, enjoyable and nutritious summer break!

- Katie

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