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August 4-17, 2022

Kid Venture

Park renovations to be unveiled soon at Anderson Sports and Entertainment Center

Kid Venture has been an extremely popular part of the Anderson Sports and Entertainment Center for years.



Jim Harris

It sits on an acre of land, donated by Anderson County, and was built by a volunteer organization, Community Partners at Play. A few years back, the facility began to show

its age. With many of its components being of wooden construction and needing repair, it was time for a rebuild. It also had not been built at a

time that these types of facilities were designed to be ADA compliant and accessible to everyone.

Around four years ago, county leaders began looking at options to freshen the park and make it accessible to everyone. They reached out to firms with experience in designing these types of playgrounds and began working on the fundraising to pay for the new development. They were able to choose the most popular options from parks already open around the region to make the destination ideal for guests.

When they surveyed area kids about what they wanted in their park, the answers were fun and more fun. The designers feel comfortable that they've



accomplished both objectives.

Anderson County and the City of Anderson invested in the project and there were generous donations from the Rotary Clubs of Anderson and Anderson County. County Administrator Rusty Burns anticipates this will be an excellent destination for all types of kid's groups from around the area.

Visitors will find some

SEE PARK ON PAGE 2

"This park will continue to be a great asset for Anderson and young families for years to come!"

— Anderson City Councilman Luis Martinez

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Park

CONTINUED FROM PAGE 1

conventional playground equipment but some unconventional equipment as well. The feature that may be the most exciting for guests of all ages; a Splash Pad. Burns says, "This is probably going to be the neatest splash pad around" This new attraction sprays water from multiple angles and even has an option for guests to shoot water at each other, which Burns compares to paintball with water.

Safety and accessibility for everyone were top priorities in the design. The new park will

be ADA (Americans with Disabilities Act) compliant and offers a sensory wall for those with autism. To ensure a safe environment for all guests, cameras will completely surround the area, and attendants will be on duty at all times. The water used in the Splash pad is recirculated and tested by DHEC as another safety procedure.

Burns says a soft grand opening could happen as early as mid-August, with an official grand opening to follow. The project will be around 70% of its final version at that time. Two additional "petals," or sections, will hopefully be completed within the following year. The hours and some of the specific schedule details will be worked out after the team has a chance to evaluate after the soft grand open-

ing. Admission is free.

Anderson City Councilman Luis Martinez said, "I am excited about the recent renovations and upcoming unveiling of Kid Venture. This park will continue to be a great asset for Anderson and young families for years to come! This project is an example of a city-county project which exemplifies a unified vision moving forward!"

Anderson is a hot event destination. The Dixie Youth World Series was held here on the last weekend in July, and the National High School Fishing Championship is to follow.

You can keep up with updates and look for the opening announcement on the Anderson Sports and Entertainment Center's Facebook page.

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Battle OF THE Burger

After an overwhelming response to our Battle of the Burger, we want to congratulate MATTY'S PATTYS as the winner!. We appreciate all of the responses and votes for all of our contestants. Each and every one of the entrants should be very proud of the support that our community shows them. Make sure you all go out and try each of these delectable burgers that these restaurants have to offer. CONGRATULATIONS TO ALL!



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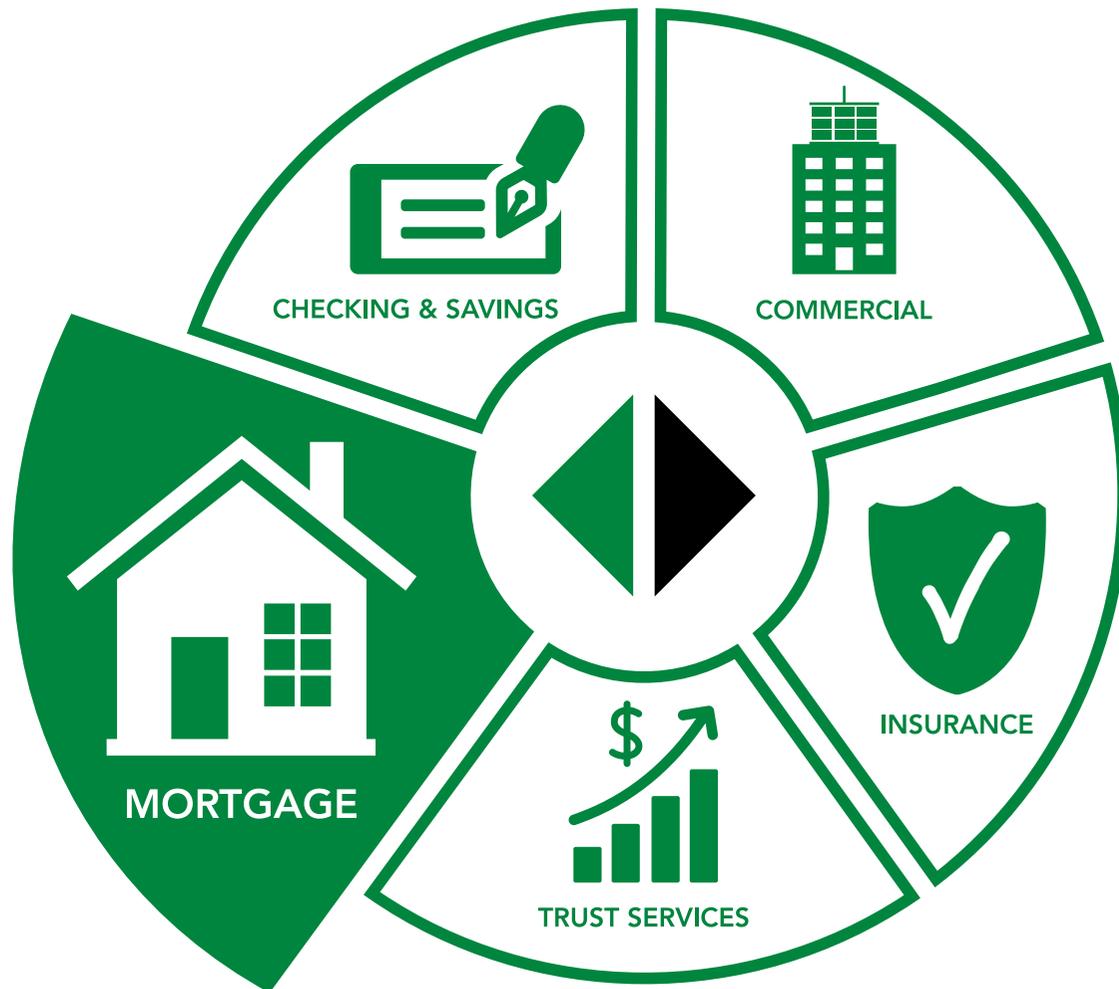
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Anderson's first photojournalist

BY RICH OTTER

Anderson's first and longest serving photojournalist was born in Honduras, Central America. His parents were missionaries who relocated to the Rio Grande Valley in Texas, continuing to serve a Hispanic population. When Paul Brown was getting ready to go into high school, he went to the boarding school at Toccoa Falls for four years. He went to Iowa to school for one year but married Jo Brown and moved to Florida, entering a television broadcasting career.

"I've often said the news director who hired me had absolutely no basis to hire me. I had no experience in television. The only news I had done was a little radio station in Toccoa covering some wrecks and stuff like that." Paul Brown first worked in Daytona Beach and then Miami. In Daytona Beach, he did everything. He started shooting on black and white film with a Bell and Howell camera, reporting, and a little bit of anchor work. When he went to Miami on WTVJ, the CBS station, everything was divisional and "I was an on-air correspondent."

After some travel with his family, Brown worked for WSPA becoming the Greenville bureau chief. "When I had originally gone to WSPA we were referred to as a one-man band. You shot, you edited, you did it all. That is basically what I have been doing ever since."

"I was shooting film for TV stations and stills for the newspaper, both at the same time, decades before anybody else thought about doing it. I remember going on stories with two or three different film cameras because the film was going to go to different outlets, plus taking pictures for the Greenville News. I did some pictures for the Anderson Daily Mail before they dissolved."

Currently Brown does radio news for LifeFM and a local bluegrass station, video reporting for WYFF (Channel 4) in Greenville, and raw video for the Anderson County Media Department. He said that "is basically all I'm doing now and I can't keep up with it."

Some experiences particularly stand out.



Paul Brown and Cricket Club members

"I guess the biggest story I have covered was the dam breaking in Toccoa when 38 people were killed. I knew some of them." He went on the bus to Washington with veterans when the Vietnam War Wall was dedicated. "It was probably the most emotional story I've covered."

With his involvement with Anderson County, he has the opportunity to interview people who perform at the Civic Center, either before or after their performances. He submits what he has filmed to the Anderson County's editing group. One of the best interviews I've had was Willie Nelson.

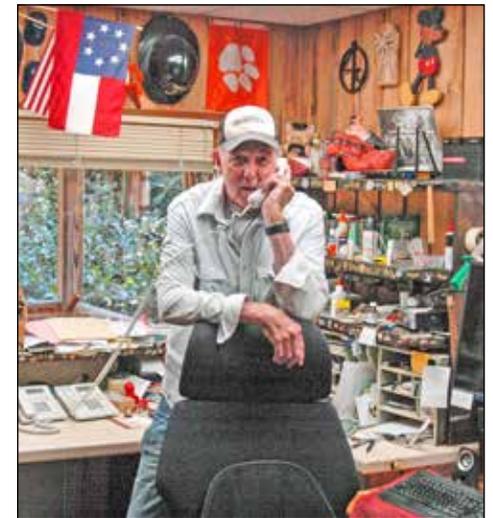
"The first story I did in Anderson County was with Ed Duckworth who had a Dairy on Highway 81. The price of feed had gone up. I came to Anderson and saw the dairy farm and just pulled in. We did an interview there. We became good friends as well as with his sons."

"That's one thing I found about sticking to one place. You get to develop relationships you don't have if you are wanting to just be here, say five years, and move on, you have no roots. It starts out as a story and then they become an acquaintance. You can always call them back."

"When we had the old Courthouse, some people, and not everybody, could go in the back, behind the court room, and to the

Judge's office and a big long table. My best option was to keep my ears open and my mouth shut. I think I got my master's degree sitting at the feet of those lawyers and judges."

Brown started his Conversations with Paul Brown program in 1998 or 1999. "I have one requirement for a viewer – that you have a beating heart. If your heart beats, and there's a pulse, you qualify. "I video people from the county and the county decides if they want



Paul Brown on call

to use it but I retain a record of the video. I do 52 segments a year for Conversations with Paul Brown.

Paul Brown's wife, Jo, passed away in 1996. She and Prue Gilreath had founded the Anderson Senior Citizen Center at the McCants Complex that has been named in her honor, the Jo Brown Senior Center. His daughter, Kelly Jo Barnwell, is now the director of the center. His son, Shaun, lives about three miles away and works for Clemson University, currently involved with Covid testing and shots.

Paul Brown, modestly and succinctly, reflected: "It has been an interesting life."

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We're On

T.L. Hanna High School Athletic Hall of Fame inducts new members

The T. L. Hanna High School Athletic Hall of Fame Committee is happy to announce the 2021- 2022 inductees to the school's prestigious group of players, coaches, and others who have made great contributions to its athletic program over the years. A HOF banquet and induction ceremony will be held at Hanna on August 19, 2022, the same night that the Hanna football team plays Boiling Springs High School. The following former Hanna athletes will be inducted:

Elizabeth Bowen

Elizabeth was a four-year starter in basketball and softball. During her years playing basketball, the teams were Upper-State champions and three-time Region Champions.



She was honored twice by the Anderson Independent by being placed on its All-Area team and twice was named female "Player of the Week."

In addition to being named to an All-Region team during her senior year, she was selected to be a member of the South Carolina All-State team, where she participated in the North-South game.

While playing pitcher and third base for the T. L. Hanna softball team, she was again named to the Anderson Independent's All-Area team for three years and named to the All-Region team in both her junior and senior years. After her high school career ended, Elizabeth accepted a scholarship to play basketball and softball at Erskine College. Forever proud of her school and all of its athletic endeavors, she also served as an assistant basketball coach for the T. L. Hanna Lady Jackets basketball team from 1992-1996. She will always be a Yellow Jacket in the truest spirit of TLH.

Brent Copeland, Jr.

Brent was a two-year letterman in both football and basketball

(2003-2004). He was the starting quarterback on the football team during these years. During his football career at Hanna, he threw for 4,800 yards (ranked #2 in SC in passing both years); 38 touchdown passes; and a 24-4 win-loss record, leading the team to the second round of the state playoffs. He has held the all-time and single-season



passing records. In 2004, he was named the TLH "Most Valuable Offensive Player". In addition to being a five-time recipient of the Anderson Area Touchdown Club "Offensive Player of the Week" award, he was also the recipient of the Anderson Area Touchdown Club "Offensive Player of the Year" (2004); TLH "Offensive Player of the Year" (2004); All-Region (2004); SC Varsity.Com All-State (2004); and SC Top 100 Athletes by the SC Press Association. Brent was offered full athletic scholarships to the University of Texas-El Paso and Newberry College. At Newberry, his team won the South Atlantic Conference (SAC) title (2006) and played in the second round of the Division Two playoffs.

Edward Eastrich

Edward lettered in both track and football during his years at Hanna. In 1980, he was All-American honorable mention in the 400 meter race. He set a state record in the 400 meter and school records in the 400 meter and 1600 meter races. In 1982, he was the most valuable player (MVP) in track. He lettered in track from 1979 to 1982. He finished first in the state meet in the 100 meter, 200 meter, and 400 meter races.



Edward also lettered in football

in 1980 and 1981. He was selected as the "Most Outstanding Football Player" in 1981 and received an All-State distinction. He was named Southern Football All-American in 1981-1982 as a return specialist. He signed a track/field scholarship to the University of South Carolina in 1982.

Ronnie Yates

Ronnie was known statewide for his basketball skills in the mid-1960's. He was an Honorable Mention All-American; played in the North-South All-Star game in 1966; and was on the State



Championship Class AAA basketball team. He was also selected to be on the All-State basketball team. He was a starter and All-Conference at Anderson College, where he served as team captain and was a starter at Clemson University. He was known to seldom miss from the free-throw line. He made both Hanna students and alums proud, as well as the entire Anderson community.

Glendale Hill

Glendale was a member of the T. L. Hanna Track (1979-1982) and Cross Country (1981-1982) teams. She was selected as All-State in track. She still holds the school record in the 440 and mile relays at Hanna. She attended Johnson C. Smith University in Charlotte, NC, from 1984 – 1987, where she excelled in both cross country and track. She is active in the Anderson community through her work with Anderson Soup Kitchen, Meals on Wheels, the Jim Rice Center, Crisis Ministries, and



extensive work at New Foundations Home for Children.

Andrew Mattison

In 1981, Andrew performed a phenomenal feat by winning four state championships in track in the same year. He was the state champ in the 100 meters, 200 meters, 400 meters, and the 4 x 100 relay. Mattison's four state championships in a single meet

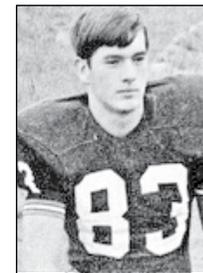


is the only time that has happened in T. L. Hanna Track and Field history. Andrew helped the Hanna track program to produce the most individual state champions and claim the most team state championships in South Carolina High School state history. Andrew was a member of the 1980 TLH State Championship team and was awarded the 1981 South Carolina High School Track Athlete of the Year. He attributes much of his success to Coach Jim Cox, who identified his athletic gifts and mentored him in middle school and beyond.

Marty Jenkins

Marty was a starter in football, basketball, and track, where he

earned a total of six varsity letters. In football, he was the 1968-1969 team captain, played in the North-South game, and received a full scholarship to Tennessee Tech



University, where he started as a freshman.

In basketball, he won the MVP player award in 1967-1968 and was elected team captain in both those years as well. He was selected as Anderson Independent Center of the Year. He set a Hanna rebounding record with 20 rebounds and 13 points vs. Spartanburg in one game. In 1968, he and the Hanna team advanced to the Upper State finals. In track, he won the 1968-1969 State Championship in discus. He also set a Hanna record in the discus and finished fourth in the state in the shot put. During his senior year, he was chosen for student council, Palmetto Boys' State, and "most athletic."

We honor these former Hanna athletes as they are inducted into the T. L. Hanna Athletic Hall of Fame. The TLH Athletic Hall of Fame Selection Committee consists of the following: Dr. Sheila Hilton (chair), Wayne Jones. Terry Honeycutt, Tommy Bell (AD), Walter Mayfield (Principal), Chuck Allen, Billy Dillard, Anthony Galloway, Derek Hamby, and Brantley Isom.



THE GARDEN SHOP

DON'TS FOR GARDENERS



SUSAN TEMPLE
master gardener

In 2012 or so, Mama and I took a trip to London with a group of gardeners. Visiting English gardens is something I always wanted to do and the trip did not disappoint. Along our travels, I got a little book titled Don'ts for Gardeners. The size was perfect for a flower pot I made in a pottery class and am too scared to put flowers in. I'm prone to break things. Therefore I keep small books in the pot. The cover caught my eye amongst all the other books, plus that snappy title. Don'ts for Gardeners is mostly philosophical thoughts of gardening but I find many very true in my garden world. A favorite can apply to anything in life. It says in paraphrase - don't always follow but lead when the spirit inspires, even if it does sometimes lead you down a blind alley. I have a sticker on my truck from Alice in Wonderland that says "If you don't know where you're going, any road will get you there". I think there's a theme happening here to my way of thinking.

When piddling around in the yard, sometimes don'ts for gardeners comes to mind. But they are my real world don'ts. Don't get tangled up in symmetry and formality. Something is going to die. One is going to grow better than the other and it will be quite difficult to get that matching whatever back. Don't plant a shrub that's too large for its place thinking you can keep it pruned. Plant will be unhappy and gardener will be unhappy because of extra work.

A very strong don't is never plant wisteria. Mama is slowly teaching her mail lady about plants. Mail lady comments, asks questions, etc. as Mama meets her to get the mail. I was there one day when mail lady stopped. She said she had just ordered some wisteria. She did not know if it was native wisteria or not. I told her regardless of what she thinks about controlling it, unless she wants to check it every other day, if there is a return policy, send it back. We also told her when she went to the house up the road, where I used to live, be sure to look into the backyard. Yes, I planted wisteria on the fence. It was controlled with a good bit of effort. If I still lived there now, could there be enough effort even given to control it?

Don't fall for native wisteria, Amethyst



Small books in a special pot

Falls, (*Wisteria frutescens*) either. It may take years, but eventually it is going to sprout from roots far away from the mother plant. It seeds some, not horribly, but it will get out of control too without effort. Not as bad as Chinese, but don't risk it. Plus it stinks.

Don't plant Asian jasmine (*Trachelospermum asiaticum*). Sold has a great groundcover for any area, sun or shade, it will eat your sidewalk, driveway, and eventually climb up anything near it. If you love to run an edger or hedge clippers, this don't is not a don't for you. Any gardener with a love for such edging activity will be in hedge heaven. I tend a garden at a house on Lake Hartwell for someone who lives in Los Angeles (that's a subject for another Garden Shop). The front of the house is slightly terraced and Asian jasmine grows the length of the house and probably 20 feet deep. That darn stuff has to be pruned about four times during the growing season along the steps, walkway, and driveway. Then about every year or so, the whole thing has to be pruned because it gets wild and wooly and never mind keeping it out of the shrub border or off a beautiful Japanese maple tree. Even in winter, I don't get in that stuff without my snake boots. It is about 2 feet tall. I would plant liriop before I would plant Asian jasmine - which isn't even a jasmine.



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The best education means getting your hands dirty

This is a middle school cafeteria story, but not THAT middle school cafeteria story. Mine doesn't involve mean girls or sitting by myself or unidentifiable entrees. Rather, mine involves loss, fear, a blunt cafeteria lady, and the most important lesson I've ever learned in my whole life.

I was a student at McCants Junior High when the dentist removed my braces. I should have celebrated beautifully straight teeth, all-you-can-eat popcorn, and better school pictures, but now I had to wear a retainer. Say what you will for braces, but at least you didn't have to take them out at every meal. At school, if you took it out too obviously, you were met with pre-teen chorus of, "Ewwwww!" The unspoken retainer rule? Discreetly remove it, wrap it in a napkin, and lay it on your lunch tray.

On this particular day, I was concentrating on an English assign-

ment after lunch when I ran my tongue over the roof of my mouth to fiddle with my retainer... but it wasn't there. It didn't take me long to realize that



Kim von Keller

when I threw my tray away, I had also thrown away my retainer, hidden in its protective napkin. I told my teacher what I had

done and headed for the cafeteria to find it.

I was scared to death. The idea that I would have to tell my parents that I had casually thrown away a piece of expensive dental hardware was too much to imagine. I was too old for a spanking, but I would have chosen it over the guilt I knew I would face when I got home.

When I returned to the cafeteria, I rushed to the head cafeteria lady and told her what I had done. I was met with no sympathy.

"We won't empty them for a while," she said, pointing to a line of bins that held around 32 gallons each. "You're free to look for it until we do."

And then I said the stupidest thing I have ever said, probably the stupidest thing anyone has ever said:

"You mean I have to look through all that trash?"

Did I think someone found it and turned it in? Did I think that McCants was home to a Garbage Fairy? The cafeteria lady sighed, rolled her eyes, and said the wisest thing anyone has ever said:

"If you're not willing to look for



it, you must not want it very badly."

She was right. Would I rather not get my hands dirty, or would I rather not disappoint my parents? The choice was easy. I rolled up my sleeves and started digging through bin number one. Whatever we had for lunch that day wasn't dry, like hamburgers and fries. It was wet, like soup, and I am forever grateful that at age 12, I didn't know a lot

about germs. I moved on to the second bin, and I had no luck there either. I was halfway through the third bin when I felt it: something hard and plastic, surrounded by a wire. My disgusting efforts had paid off! I had found my retainer!

Or at least I hoped it was mine. That afternoon, I confessed to my mother, who was disappointed that I had been so careless but proud that I had been so diligent. We gave the retainer a good scrubbing, followed by a boiling-water bath, and I hopefully placed it inside my mouth.

It fit like Cinderella's slipper.

The lesson that the cafeteria lady taught me — that my desires could only be fulfilled by my efforts — has helped me more times in life than I can count. It's one that I hope you'll share with your preteens. (And if you throw an emergency box of latex gloves into their bookbags, that won't hurt either.)

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Northern Suga's Gourmet Popcorn is Anderson's taste of the Midwest

Is there anything better than the smell of popcorn? It's an aroma that was part of Kim Sam's childhood growing up in Indiana, one that she and her husband, Anthony, missed most when they moved to Anderson.

"Popcorn is such a big thing in Indiana," she says, "so when we decided to start our own business here, we wanted to offer something that reminded us of home."



Kim von Keller

And thus, Northern Suga Gourmet Popcorn was born.

"Anthony's nickname is 'Suga,'" Kim explains, "and when we first moved here, everyone called us Northerners. We think of ourselves as Midwesterners, but the name stuck!"

For the last four years, Northern Suga has been offering the Electric City popcorn, deluxe dipped and candied apples, and treats such as chocolate-covered strawberries, pineapple, and Oreos. It's a shop where customers often linger, even after they've made their purchases.

"People like shopping with us because we're convenient," Kim says. "They don't

have to drive to another town to buy freshly prepared popcorn or apples. We're also a Christian-based business, and sometimes, they just like to talk about God."

Northern Suga popcorn and apples aren't the varieties you'll find in a big-box store. In addition to familiar popcorn flavors like cheddar cheese, you'll also find Pecan Delight, which is drizzled with homemade caramel and sprinkled the South's favorite nut. The most popular apple?

"The English Toffee Apple, for sure," Kim says. "It's covered in our homemade caramel, sprinkled with toffee and almonds, and drizzled in chocolate."

Treats from Northern Suga aren't just for a snack or dessert. The gourmet popcorn and apples are often purchased for baby showers, wedding receptions, and birthday parties. "In addition to traditional popcorn tins, we offer a

gamble box, which is a good gift for friends or coworkers," Kim says. "Gamble boxes feature three different popcorns in a box. And if you order in advance, we also create a chocolate stiletto heel filled with our chocolate-dipped strawberries."

Kim and Anthony may be Midwesterners, but they've adopted Anderson with their whole hearts, with Northern Suga sponsoring many area charitable events, such as the Ride for Exceptional Children that will be held on September 17th. As the '22-'23 school year starts, they also want to be more involved with area schools. "Our popcorn and apples are already popular during Teacher Appreciation Week," Kim says, "and we would love to help with school fundraisers. We offer a percentage of sales for whatever a school might need."

But you don't need a fundraiser or special occasion to enjoy gourmet popcorn and



NORTHERN SUGA

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Kim Sam

decadent apples. Northern Suga is located at 515 North Main St., and they're open from Tuesday through Thursday, 11:30 to 6:00, and on Friday and Saturday from 11:30 to 7:00. The sign says Northern, but you'll definitely get a taste of the Midwest!

The Ride for Exceptional Children takes place on September 17, 2022, beginning at 11:00 a.m. at Northern Suga. To learn how you can participate, call or visit Northern Suga.

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YOUR DENTIST CAN SAVE YOUR LIFE

Strengthening your cognitive ability

Ever hear the term, “senior moment”? Well, it’s not confined to seniors. Have you had occasions when we could not remember someone’s name or a place? Or you’re talking with someone, and you just can’t pull out the right word to describe something? We all experience this. Specialists call this tip of the tongue phenomenon “blocking”, or diminished memory recall.

But don’t worry. There is no cause for concern – unless this becomes frequent and begins to affect your quality of life.

It’s important to understand the cognitive function. Basically, it is our brain activity that enables us to think clearly, learn fast, remember more, make decisions, and concentrate. There’s increasing evidence the life choices we make can have significant impact on the health of our minds as we grow older. Researchers have discovered that it’s possible to improve brain health and reduce the risk of dementia and age-related cognitive decline by making lifestyle changes. Healthy living can

improve brain structure and connectivity (the trillions of tiny contacts called synapses). In a healthy brain, new connections continually develop, and broken ones are repaired.



Dr. Gabrielle F. Cannick

Here are five steps to improve brain health:

1. Regular exercise increases blood flow to keep the brain oxygenated and facilitates the growth of the network of blood vessels that supply the part of the brain responsible for thought.

2. Challenge your brain to keep your mind alert and ready for anything. Try puzzles, problem-solving games, reading, adult learning. Do something you have never done before.

3. Socialize. People with strong social connections tend to have a decreased risk of

dementia and longer life expectancy.

4. Eat well. A balanced diet nourishes your mind. The Mediterranean diet of fresh produce has been shown to prevent a decline in brain health.

5. Get quality sleep. Sleep allows our brains to rest and repair the damage inflicted from our daily stressful lives. A key reason why sleep health is part of our dental practice. The choices we make in life have significant impact on the health of our minds (and bodies) as we grow older. Suffering from Alzheimer’s and other forms of dementia is not just a matter of bad luck. The steps above are evidence-based and proven. Moreover, they can fit right into our everyday routine – if we will only apply a little effort.

Hopefully you are already incorporating most or all. If not, I urge you to start today. It is never too late! Remember, as we age our brain ages alongside us. How many older folks have you met who possess sharp minds and memory? Don’t we all want this? 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 or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.



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REMINISCING

My favorite memories were in the fourth grade at Central Elementary School in my hometown of Gaffney, SC.



Kristine March

I loved my teacher that year. She was so precious and so kind to me, and I never forgot her. As a matter of fact, we still talk to this day. Ms. Blanton always had pizza parties for us, and would read great books aloud after recess. She was soothing and just a fun person.

I was always in my school talent show every year with my twin sister, and we would sing. One year we actually won it, and sang a Natalie Cole song together called "Love" with a dancing routine of course. I was the school news reporter and was on camera every morning talking about our school events and plans for the week. I would read the lunch menu followed by leading the pledge of allegiance. I loved to run and play and have a messy ponytail and literally zero worries. I got best reader, most fashionable girl and most talented as superlatives.



We buried time capsules in the school yard and I was even a crossing guard, getting the younger students safely in their cars after school. I can still smell the fresh paint, yeast rolls in the cafeteria and the scented markers to this day. Core memories that I truly will never forget.

That inner child still comes out from time to time and we should always go there when we can. It was a wonderful, wholesome time in my life at Central Elementary School.

Cut the lashing out!



MARY-CATHERINE McCLAIN RINER

When stress levels increase and individuals feel overwhelmed, the tendency to verbally or physically act out skyrockets—temporary providing relief while ultimately harming relationships with others. Between the ongoing pandemic, world violence, school shootings, political polarization, and financial distress for many, anger has skyrocketed—likely due to increased levels of anxiety and depression. The problem with acting out in anger is that this feeling increases and adds negative fuel (e.g., kicking or smashing versus doing something gentle).

Clients are noticing lashing out towards people due to despair and overall distress. The biggest gift we can give ourselves is learning how to respond to our emotions rather than allowing our emotions to control us. Consider these strategies:

- Practice self-compassion, which is the opposite of self-criticism. When we explode and react, shame rises. It is critical we embrace our

humanness. Let go of shame.

- Set 5 minutes aside each day to check-in with yourself. How is anger hurting or helping you achieve goals; do your behaviors match your values as a friend, partner, etc.?

- Take an inventory of your likely triggers and where/when you are most vulnerable. Ask yourself where your Achilles' hurts? Anger is often the secondary emotion masking the primary feeling (e.g., disappointment; fear; helplessness)

- Notice where you feel the anger in your body and catch it. Does your heart pound, do you feel tightness in your chest, experience clenched teeth, or how flushed does your face feel?

- Replace anger with alternative behaviors incompatible with this feeling! Change the scenery, do something different, go outside, etc. Practice breathing. If you notice the urge to raise your voice, speak softly and slowly. If you want to frown, smile. Rather than clench your fists, place your hands with palms up on your lap and relax your muscles.

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

MOVIE NIGHT

in Carolina Wren Park

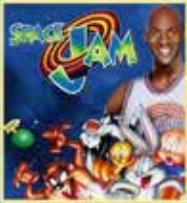
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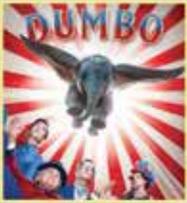
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ENCANTO
May 13th
@ 8:35pm



SPACE JAM (ORIGINAL)
June 17th
@ 8:50pm



DUMBO
July 8th
@ 8:50pm



SONIC
August 12th
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SURGERY II

"Hello."

"Hi, this is Crosscreek Surgery Center, is this Mr. Parnell?"

"This is he."

"Good morning Mr. Parnell, we have you scheduled for surgery at 9:30 a.m. on Monday." I couldn't



Neal Parnell

speak as my mind tried to fast forward 48 hours into what I perceived as a dark medieval dungeon filled with rusty torture devices, custom made just for me.

I finally said, "That's correct."

"Okay, Mr. Parnell, you are not to eat anything after midnight the day before your surgery." Another long pause as I thought of what happened to Gizmo when he ate after midnight.

"No problem, I'm in bed by nine-thirty."

"Now Mr. Parnell, I need for you to tell me all of the current medications you're taking."

"I don't take any medications."

"Mr. Parnell, you're sixty-six years old, are you sure?"

I replied sarcastically, "Do multivitamins and Chardonnay count?"

Monday arrived much faster than I anticipated and my thoughts raced through a thousand reasons not to go. I've lived with this bent pinky for years. So, what if I can't reach into my pocket, or that I poke myself in the eye five times a day. Nobody shakes hands anymore, and I'm too old for pinky swearing. It's no



big deal if I knock over any glass I reach for, or can't clean a window because my hand won't flatten. I do miss signaling "Live Long and Prosper" like Mr. Spock does though.... So, let's do this.

My wife was there in the waiting room and can attest to the fact that I was as nervous as a porcupine in a balloon factory. My name was called and I would have given anything for an invisibility cloak. I'm in the prep room now, where I'm wearing a gown, a hair net, and a pair of Big Bird yellow socks.

There are four or five nurses and techs around my bed applying sensors to check my vitals, while one provides me with antibiotics and some sort of (I'm happy to be here on this cloud) serum. Another

specialist anesthiologist said, "A flash."

I awoke with two hours missing from my memory with my forearm and hand bandaged in a sling. I was to try and keep my hand elevated, and another Gremlin instruction to never ever get it wet. For twenty-four hours my arm would be totally without feeling. It would be a week before the bandage and splint would be removed. I had swelling and soreness but never had to take the pain medication provided.

Here are a few things they didn't tell me. You will need some help. For instance, showering with my right arm held high and sealed in a plastic bag, there was no way to wash, dry, or apply deodorant to my left armpit, (Thanks babe). Other critical bathroom duties that are usually taken for granted can be quite a challenge with the non-dominate hand; trust me, no description is needed or wanted by anyone. When the feeling started to come back into my arm, I was surprised when the lack of complete control caused me to smack my own face. Never again will I put a bottled water between my legs and try to open it.

I'd like to thank Dr. Anthony Faucher and his team at the Hand Center for their most excellent care, and for allowing me to signal LIVE LONG and PROSPER with confidence.



was, "I know this will last a couple of hours for you, how long will it last

Anderson Five 'brings back Dolly' to A5 babies and toddlers

A few weeks ago, Katie Laughridge's column on Highlights Magazine detailed how her children loved competing to get to the mailbox first and check for contents with their names. It couldn't have been more true! Children adore getting personalized mail and love magazines and books written to their age and interests. Literacy starts at a very young age and fanning that flame of excitement for learning to read is an important part of preschool years and beyond.

For these reasons and more, the Anderson Five Educational Foundation has begun a campaign to bring back the Dolly Parton Imagination Library to Anderson County called "A5Reads2Babies." Through partnerships such as this, the Dolly Parton Foundation is putting books into the hands of children newborn to age five. What began as a small, Sevier County, TN initiative almost 30 years ago, now mails out 2 million books each month to 2800 communities around the world.

"People have been very excited to see the return of the Dolly Parton Imagination Library," Anderson Five Assistant Superintendent Kyle Newton commented. "We get new registrations daily and our Grants and Special Projects Director, Denise Savidge, is writing grant proposals every day to stay ahead of demand. For this reason, we're now reaching out to local community members and businesses to help support all the children being enrolled."

As an affiliate of the

Imagination Library, the A5 Foundation has committed to raising the funds needed to mail the books. Anderson Five teachers

have begun making paycheck contributions to support the efforts and Sam's Club recently added a \$1000 donation. However many more are needed as demand is already exceeding donations.

"There are about 900 births every year within our district boundaries,"

Savidge said. It is going to take a community fundraising effort to get to 100% of the children being able to join. The mailing fees of \$25.20 a child per year are incredibly low, but simple math will tell you this will eventually get above \$100,000 a year to support. Since the program is for children

who are not yet enrolled in Kindergarten, federal and state education dollars cannot be used to support it – but 100 businesses donating \$1000 a year could!"

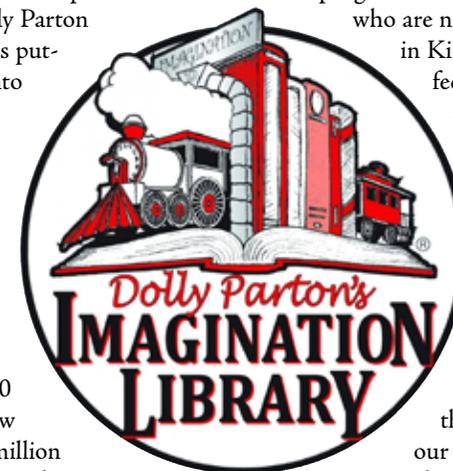
"We know this is a program our business owners, doctors, corporate

friends, and charities will get behind to support," Newton said. "Watching children in our community race to the mailbox on 'Dolly Day' for their own book, addressed directly to them, will be something we can all take pride in supporting."

For more information on how to donate in support of the Dolly Parton Imagination Initiative for Anderson Five children, please see the partnership website at www.imaginationlibrary.com/USA/affiliate/SCANDERSONCO or call the Anderson Five Grants office at 864-260-5000.



Dolly Parton



‘MAMA! MAMA!’

BY ANN BAILES

The weather is so hot that going outside to look at birds is not all that much fun, so with all the August emphasis on back to school, I am going to share something different - about the time that I first discovered the wily powers of a two-year-old.

We had moved to Anderson, but I was still under contract to finish the school year in Greenville. Our son was a toddler, and each morning he and I had a 45-minute commute on I-85. I'd put him straight from his crib into his car seat at 6:15 each morning in the hopes that he'd continue sleeping awhile longer. Never happened. So I became expert at dodging eighteen-wheelers while commenting on the sky, the colors, the cars, and anything else to keep him occupied during our daily drive.

We'd make our way through the city, and finally arrive at the quiet but already unlocked child care (fortunately available right on the campus where I taught middle school), where I'd

dress and feed him, and then, when the workers arrived, leave him so I could get to work by 7:30.

On those mornings he put on a show worthy of an Academy Award. When he knew the time had come for me to turn him over to Miss Susan, he would cling to me, crying with a broken heart as if I were leaving forever. Daily, Miss Susan had to peel him off of me as I listened to his wails. I would leave feeling like the worst mother of the year, the wicked witch who abandons her child to sob the morning away in a cold and lonely place.

One morning, leaving with a heavy heart to the sound of his cries of "Mama! Mama!" I took a detour. Rather than leaving by the sidewalk, I cut across the grass and around to his room, stepped through the shrubbery, and peeked through the window.

He was on one of the rocking horses, with his best buddy on the one next to him, and the two of them were furiously grinning and laughing and racing as fast as they could go,



having a wonderful time. It was abundantly apparent that thoughts of his mom were nowhere in his little brain.

And I had been gone from his room maybe twenty seconds.

I had been duped. I was chastened but wiser, and from then on was able to leave for work with a much calmer heart. Son majored in drama in college. I know where he got his start.

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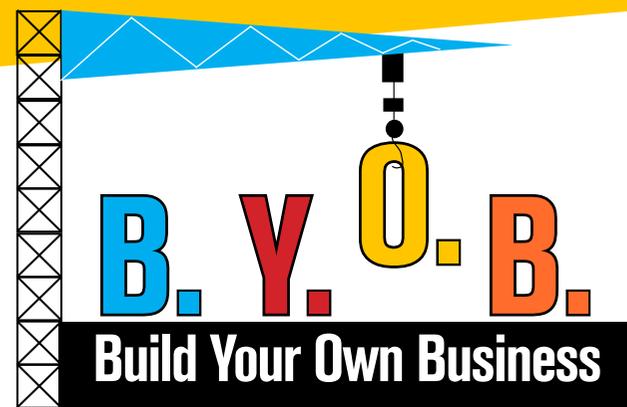
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FROM THE SHELF

The Grace Year

by Kim Liggett

While working on my list of books that have impacted my life, I recalled the title *The Grace Year* (see my previous review of *The Reading List*). I initially read *The Grace Year* because the author, Kim Liggett, was coming to an event in Greenville and I just could not



Sara Leady

get over how gorgeous the cover was (I absolutely condone judging books by their covers).

Going into it, I really didn't know too much about it beyond the fact that it was brand new and Liggett was known for her horror writing.

Little did I know the profound impact it would have on me. When reading the book for the first time, I found myself completely consumed with finishing it. Once I finished, for the first time in my life, I quite literally turned around and immediately reread it. I've reread the title multiple times, and for better or worse, each read has impacted me in new and different ways.

The Grace Year is compared to *The Handmaid's Tale*, but with the bonus of *Lord of the Flies* (quotes from both even start the novel). We have a class-based society that's divided by women being property and their sole worth as the ability to produce sons. Within this society, girls at the age of sixteen, as they're "coming into their magic," are sent off for "The Grace Year" where they are dumped on an island in order to burn through their magic. This is where the *Lord of the*

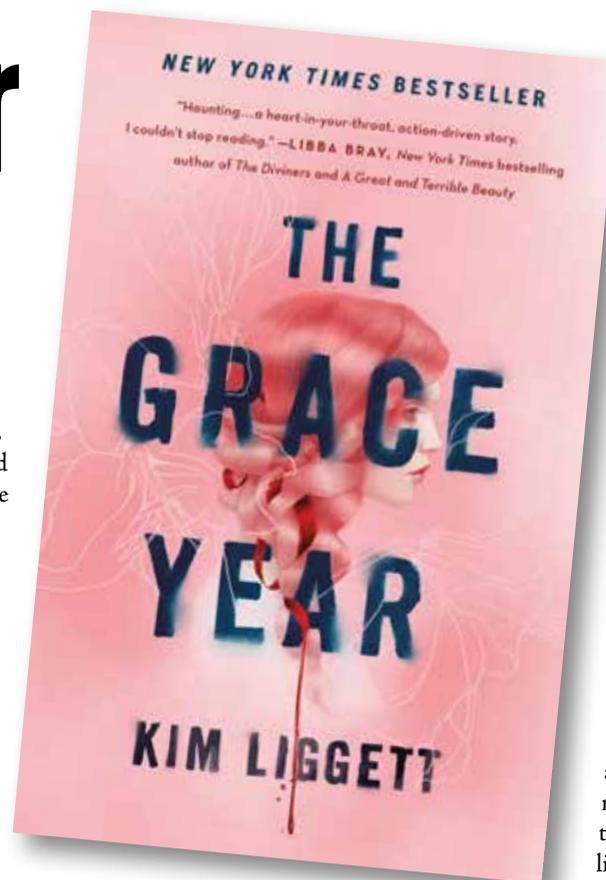
Flies component comes in. William Golding, the author of *Lord of the Flies*, famously said that girls could never be that violent, thus the reason his story is only boys. Any of us who survived high school absolutely know how vicious girls can be.

The Grace Year follows Tierney James as she prepares for her Grace Year. "Tierney the Terrible" is simply hoping to survive the year and come back to work in the fields since everyone can agree she's too terrible to be a wife. If Tierney could run away she would, however, she HAS to survive her Grace Year, or else her younger sisters will be punished for her failure and basically sent off and forced into prostitution.

The Grace Year girls are sent off each year because they're coming into their "magic" and can't be around society (men), lest their magic lead people astray and corrupt them. The "magic" is often seen as their ability to cause sexual attraction and arousal, a big concern because it "gives" the women power over men and we simply cannot have that.

Going into the *Grace Year*, the girls' fathers negotiate their marriages, creating an added separation on the island between the "veiled" (betrothed), and the "unveiled." The girls go into the year completely blind, because another rule is that the women who survive the *Grace Year* are forbidden to speak of it, no matter how visible the scars of it are.

The book follows Tierney and her fight to survive the year, but with the girls turning against each other, sinister magic, and living



rebellious and boyish to receive a veil, may not survive. Perhaps if she can survive though, she can join the rumored "Usurper" (a woman challenging the rules) and make for a better future for not just her sisters, but all *Grace Year* girls.

The Grace Year is a 'social horror' novel for women due to its horror genre take on what it means to be a woman today. We face constant policing of our bodies, emotions, even just our general existence within society. We are often consumed with competing against each other due to the insidious nature of how we are always compared to one another. *The Grace Year* takes all of this, examines it through the horror genre, and shows exactly how dangerous it is to be a woman.

I'll forewarn, it's a rough read. Liggett doesn't stray away from the threat of violence from men, the vicious ways we attack each other, or the dangers of pregnancy and birth. The novel is a testament to the horror women would (will) face living in a society that does everything in its power to control every aspect of their existence. For me, especially now, it's one I'd call a required read.

in the wild with limited supplies, even Tierney the Terrible, a girl who should have been too

existence. For me, especially now, it's one I'd call a required read.

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Lights OUT (or should I say 'ON'?)

As dutiful parents, we all strive to provide our children with the best and most comprehensive educational experience possible. Right? After all, a strong educational background is the key ingredient- vital to the creation of a successful and satisfying future for every child. However, if you are like me, trying to motivate and encourage your little ones to read for just thirty minutes each day can be a daunting, and almost impossible task. After exhausting the usual nonproductive tactics, including begging, pleading, and bribing, I discovered a solution that works like a charm- without the use of any such coercing schemes on my part.

The solution is quite simple: Strive to make reading more enticing for your children by making it something they look forward to doing. By following these four easy steps, adding in a bit of personal creativity, you will be amazed at how your child's love

for reading will begin to change- almost overnight.



Katie Laughridge

would enjoy doing while reading to make the experience more exciting and adventure-some.

As a child, I vividly recall reading in bed under the covers at night, long after my bed-

1. Take notice of what each child enjoys doing and learning about.
2. Seek out books (on their reading level) that they would find exciting to read.
3. Change up their book selections routinely to kindle their desire to read.
4. Think of fun activities your child would enjoy doing while reading to make the experience more exciting and adventure-some.

room lights were turned off. I'm not sure if it was just more fun to read in bed using a flashlight, or if I was really that engaged in the book I was reading. But I do remember that I loved it and couldn't wait to crawl into my bed each night, sneak my flashlight under the covers, and read the next chapter of Doctor Dolittle or Ramona Quimby until my eyes were too heavy to stay open for one more second. Whatever the reason, it helped me create a passion for reading as a child - which has continued to this day.

Recently I took my two girls shopping to buy their own little book light. Unlike the flashlight I used as a little girl, the modern day "book lights" have a clip that attaches to the book which produces the perfect amount of light needed to read in any darkened space- including under the covers! Just as I once did, both of my girls look forward to crawling in bed at night, turning off the overhead lights,

and reading in bed until their little eyes are too heavy to read another word. It makes me so happy when I see them reading with their little lights as I walk into their room to tuck them in at night. It reminds me of my own childhood, the comfort of a warm bed, and the thrill of a great book. It excites me to see their passion for reading growing, the memories they are creating- knowing that one day they will share those memories with children of their own.

The thing that sparks a passion for reading in your children may be a \$5.00 booklight, or something entirely different. Whatever that thing is, whatever you discover that ignites your child's passion for reading, will be well worth the time spent embracing it- even if only for short while.

Here's to creating a passion for reading within each and every child.

Happy reading! -Katie

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NIBBLE & SIP

CELEBRATING A NEW SCHOOL YEAR

You know who needs an extra-special non-alcoholic nibble and sip? Kids going back to school.



Kim von Keller

It's hard to start over with a new class and a new configuration of classmates, and if you're going to a new school, that's even harder. So when your

kids come home from their first day back at their work, make sure to have something fun and playful waiting for them that doesn't take too much time from your work.

For starters, try a Citrus Glacier. Serve your kids this combination of orange sherbet, lemon-lime soda, some garnishes, and a fun umbrella straw, and suddenly, not having their besties in homeroom becomes a little more tolerable. A pack of 50 umbrella straws can be found at



amazon.com for less than \$10.

You'll want to serve something savory with the Citrus Glacier, and Ham and Cheese Pinwheels are easy to make with only four convenience products. Because the only ones

who need something easy and comforting more than newly re-schooled kids are their parents.

Citrus Glacier
1 large scoop orange sherbet

3 orange slices
3 maraschino cherries
4 oz. lemon-lime soda, chilled
Add a large scoop of orange sherbet to a tall glass. Top with the orange slices and cherries, and slowly pour

the lemon-lime soda over the top. Stir gently, and serve with an umbrella straw.

Ham and Cheese Pinwheels
1 8-oz. can refrigerated crescent roll dough (I used Pillsbury brand.)
¼ c. honey mustard
1 c. shredded cheddar cheese
4 oz. deli ham, finely chopped
Preheat oven to 350°. Line a rimmed baking sheet with parchment paper or spray with quick-release spray.

Unroll the dough carefully, being sure to pinch closed any tears. Spread the honey mustard to within ¼ inch of the edges, and evenly distribute the cheese and ham on top. Starting with a short side, tightly roll the dough and pinch the edge to seal. Cut the roll into 12 pieces and place on the prepared cookie sheet.

Bake for 15-18 minutes, or until the dough is a golden brown. Immediately remove from the cookie sheet and serve warm.

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