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More than a coach: The enduring legacy of Henry "Grinny" Spake

BY MICHAEL SPAKE

For generations of Anderson kids, he was more than a coach. He was a mentor, a father figure, and a friend whose influence reached far beyond Appleton Mill's ball fields.

In 1932, my paternal grandfather, Henry "Grinny" Spake, began working at Appleton Mill in Anderson, South Carolina. Like many men of his generation, he went to the mill to earn a living. What he could not have known was that the young people he met on the mill's baseball and softball fields, and later on the basketball court, would give him something far more enduring than a paycheck. They would give him a purpose that would define the rest of his life.

In 1937, Grinny began working at the Appleton Mill Gym and later became the mill's Athletic Director. Over the decades that followed, he coached countless boys and girls.

"I coached all of 'em at Appleton Mill. I coached the little 'uns and all the way up to the big 'uns" (Grinny Spake, Anderson Independent, 1974).


Independent Anderson, S. C., Sun., Dec. 10, 1967 25

HENRY SPAKE, left, long time little league baseball, basketball and football coach here, is given keys to new car given to him by his many friends in the Anderson area. Presenting keys to Spake at right is the Rev. John M. Daniel, pastor of the West Anderson Church of God and a close friend of Spake. Over $975 was raised in the Anderson area to purchase the car for Spake who wore out his old station wagon transporting players to and from sporting events. Heading the drive were Carter Gaines, treasurer; Freck Morrison, secretary; Ezra Clark, Alice Black and the Rev. Daniel. (Independent Sports Photo by Wilfrid Binette)

His wide, unmistakable grin earned him the nickname that would follow him throughout his life. His gravelly voice, often heard shouting encouragement from the sidelines, became familiar to generations of Anderson youngsters. But Grinny did more than coach. He made sure everyone got a turn and had a uniform. No child was overlooked because of ability or circumstance. Even more, he picked up each kid at their house and took them home after a game.

"I took them all the way home and made sure that they got there safely" (Grinny Spake,Anderson Independent, 1974).

Grinny coached six youth basketball, four youth softball, and six youth baseball teams each year for more than twenty years. According to Derrell Clark, the former executive director of the local boys club, "Grinny made a lasting mark on the lives of approximately 20,000 young people" (The Hometowner, 1986).

"Anybody who grew up in Anderson and played youth baseball either played for him or against him" (Gary Brow, Anderson Independent, 1989).

By 1967, Grinny had taken kids to so many games that he had worn out his old station wagon, so a group of Anderson friends, including John M. Daniel, pastor of the West Anderson Church of God, Carter Gaines, Frank Morrison, Ezra Clark, and Alice Black, raised over $975 to buy a new wagon for Grinny. Duane Loftis, who never played on one of Grinny's teams, still remembers watching that station wagon arrive at the ball fields. It would be packed with so many kids that the tailgate would be lowered,with boys sitting along its edge with their feet dangling. The station wagon became as much a part of his identity as his grin. It represented the countless miles he traveled for children whose families sometimes lacked the means to get them to a game.

SEE COACH ON PAGE 4


A Familiar Face On Sidelines...

It's Grinny Spake


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The gift of gratitude: Caring for our mental health this Thanksgiving



MARY-CATHERINE McCLAIN RINER



As Thanksgiving approaches, we are reminded to pause, count our blessings, and appreciate the people and experiences that make life meaningful. Yet, while gratitude is often associated with warmth, family, and celebration, the holiday season can also bring stress, sadness, loneliness, and physical/emotional exhaustion.

For some, Thanksgiving means a full table surrounded by loved ones. For others, it highlights an empty chair, a strained relationship, financial pressures, or the distance between the life they have and the life they hoped to have. Even in the midst of a joyful season, we can experience layered emotions.

The good news is that gratitude and emotional difficulty can coexist. We do not have to ignore what is hard in order to appreciate what is good.

Gratitude is more than saying thank you

From a psychological perspective, gratitude involves intentionally recognizing and appreciating the good in our lives, even when life itself is imperfect. Research suggests that practicing gratitude may support psychological well-being, improve mood, strengthen relationships, and help people notice positive experiences they might otherwise overlook.

Our brains naturally pay attention to potential threats, problems, and disappointments. This tendency helps us navigate challenges, yet it can also leave us dwelling on what has gone wrong, what we lack, or what we wish were different. Gratitude offers an opportunity to broaden our attention. It does not erase our difficulties, rather, it helps us see that difficulties are not the entirety of our experience. It is important to remember that we do not have to wait for life to be perfect to recognize something worth appreciating.

Gratitude is not toxic positivity

One important distinction is that gratitude is not another expectation we place on ourselves or others. Statements such as "You should be thankful for what you have" or "Other people have it worse" may be well-intended, yet they can leave people feeling guilty for experiencing pain.

Mental health requires room for the full range of human emotions. We can be grateful for our families and still feel overwhelmed by family responsibilities. We can appreciate our health while struggling with anxiety or depression. We can cherish Thanksgiving traditions while grieving someone who is no longer here to share them.

Trying to force ourselves to feel positive can sometimes make difficult emotions feel even more isolating. Instead, we can practice acknowledging what is hard while remaining open to what is good.

This is especially important during the holidays, when social media, family expectations, and cultural traditions can create the impression that everyone else is experiencing uncomplicated joy. In reality, many people are navigating challenges that are not visible to others.

Small practices can make a meaningful difference

Gratitude does not need to be elaborate or time-consuming to be helpful. A few simple practices can make it easier to incorporate appreciation into everyday life.

- Notice the ordinary. At the end of the day, identify one or two things you appreciated. They do not need to be extraordinary. Consistency matters more than finding the perfect answer.
- Be specific. Instead of simply saying you are grateful for a friend, reflect on what that friendship means to you or a particular moment when that person made you feel supported.
- Express appreciation out loud. Tell someone what you value about them. A sincere note, a phone call, or a few thoughtful words can strengthen connection and remind both people that they matter.
- Look for moments of connection. Put your phone away during a conversation, take a walk with someone you love, or give your full attention to a shared meal. Often, the moments we later appreciate most are the ones we were fully present to experience.
- Practice self-compassion. If this season is difficult, acknowledge that reality without criticizing yourself for it. You can appreciate what you have while also giving yourself permission to need support.

Families can also use Thanksgiving as an opportunity to build meaningful traditions. Rather than requiring everyone to share something they are grateful for, invite people to reflect on a favorite memory from the year, a person who made a difference, or something they are looking forward to. Allowing people to participate in their own way can make these moments feel more authentic.

This Thanksgiving, consider a different kind of gratitude.

We often think of gratitude as something we practice when life is going well. But perhaps its greatest value is that it helps us recognize meaning and connection even when life is complicated. Gratitude does not require us to deny our losses, minimize our struggles, or pretend that everything is okay.

It invites us to pay attention—to the people who show up for us, the small moments that bring comfort, the opportunities to begin again, and the ordinary experiences that make up a meaningful life.

This Thanksgiving, rather than striving for a perfect holiday or a perfect feeling, consider slowing down long enough to notice what is already here.

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HERE TO STAY



Ann K. Bailes

They are huge – their leg span is up to 3" across. They seem to be everywhere in the autumn. They are an invasive species. And they are here to stay.

First spotted in 2014 on the Georgia coast, the Joro spider hitchhiked to the U.S. on cargo containers from East Asia. It has since made its way to the Upstate and parts of north Georgia, Tennessee, North Carolina, and further west. Another established population is in Maryland, which is thought to result from another hitchhiking incident. And the Joros could easily head further north as well. In other words, their cargo ship ticket was not round-trip; it was only one way.

They have become far more common in the past couple of years. I was driving on a country road near our house not long ago, past an area where two utility lines stretched as far as could be seen--and a seemingly non-stop row of Joro webs extended continuously,side by side between those wires. The dew on them shone brilliantly, illuminated by the morning sun.

The webs of light-colored silk produced by these spiders are enormous and sometimes three-dimensional. They are happy building webs anywhere – between trees, streetlights, posts, and places where the anchors can't even be seen. These expansive webs are exceptionally strong.In 2022, an Atlanta homeowner saw a cardinal actually perched on a Joro web!

A female Joro is much larger and more colorful than the smaller non-descript male. She has a bright yellow abdomen and usually has yellow stripes on her black legs. Some have red spots. She lays 400 to 1500 eggs in a single season—which explains one reason why they have become so common.

Though the female Joro looks ferocious, her bite is not serious. It's been described as feeling like a mosquito bite or small bee sting – a little painful, but not dangerous like a brown recluse or a black widow bite.





Joros are not aggressive. They only bite when irritated and also do not seem to be a problem for pets.

However, scientists have noticed a small decline of several native spider species – not severe yet, but enough to suggest that the Joro may eventually have an impact. That is yet to be seen. However, scientists do not think that this large spider is causing ecological damage as is the Burmese python in the Everglades, or the spotted lanternfly that kills trees and crops across the eastern U.S.

The Joro is the latest accidently imported invasive species. Unfortunately, it will not be the last, because global commerce will continue. Ecologist Andy Davis from the University of Georgia says in Garden and Gun magazine, October 2025, "The horses have left the barn, and we can't close the door, so you might as well observe them and get to know them."

However, at least one advantage comes along with the Joro spider. They like to eat stink bugs. That alone makes them rise considerably in my estimation.

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Coach

CONTINUED FROM PAGE 1

"When they gave me that wagon, I was the happiest man alive. You bet I wore it out taking the youngsters to and from practice and games. I'll never be able to thank all those who contributed. It was deeply appreciated." (Grinny Spake, Anderson Independent, 1974).

"Henry would always honk that horn and pick up about 10 boys every week to go play ball. We knew when we heard that horn we knew that those boys were in good hands" (Freck Morisson, Anderson Independent, 2002).

Over the years, Grinny developed a remarkable eye for young athletic talent. He knew the boys and girls of Anderson, understood their abilities, and recognized potential others sometimes overlooked. That is why Coach Annie Tribble of the Clemson University Women's Basketball team visited him and his wife, Vivian, at their little mill house on 11 Park Avenue. She offered him a job as an assistant coach. She needed his help recruiting talented young basketball players from the Anderson area. But my grandfather did something that, to me, captures his character better than any trophy or championship ever could.

Rather than accepting, he walked to the window and drew back the curtain. He asked her to look out the window, pointed down the street, and explained that all the families she could see were counting on him to coach their kids.



He thanked her for the opportunity but declined. He had no desire for a larger stage. He believed the one he occupied was already important enough, because he saw children who needed him.

As generations of kids changed with television and video games, Grinny never did, and he never lost his love for sports. Even in retirement, he still had more 100-yard football games than any player at District Five Stadium each Friday night, as part of the chain gang. Other nights, he could be seen with his friend Henry Hawkins, whom he called "Oop,"at T.L. Hanna Basketball games, at Crescent High girls' softball games, and on Saturdays in Clemson's North End Upper Deck. "There's probably not a school team within 30 miles that Henry did not support" (Frank Albertson, Anderson Independent, 1989).

On October 17, 1989, while much of America watched the World Series between the San Francisco Giants and the Oakland Athletics (the "Earthquake Series"), my grandfather was at the Anderson YMCA with his friend Oop, watching a local softball game. There, surrounded by the sport and community he loved, he suffered a major heart attack. Preston Joyce, the game's umpire, resuscitated him, but he never left the hospital. He was 71.

"I don't know of any person who has made a bigger impact than Grinny Spake" (Preston Joyce, Anderson Independent, 2002).

Not long afterward, the Boys and Girls Club of Anderson honored Grinny by placing a memorial marker at its ball fields located at 1209 Evergreen Street. It was a fitting tribute to a man who had spent much of his life making sure children had a place to play.

As with everything, time took its toll. The fields were eventually abandoned, and the marker was forgotten until 2016, when James Allen and Terry Chapman were cleaning an area behind the House of Prayer and found it choked with weeds, briars, and holly. When they discovered the forgotten stone, it immediately brought back memories of a man who had shaped their childhoods.

"There couldn't have been a finer person. If you wanted to play ball, he expected you to act right, to be respectful and to give your best. I guarantee you, he made a difference in a lot of people's lives" (James Allen, Anderson Independent, 2016).

Terry Chapman remembered piling into the station wagon and how Grinny gave him the nickname "Fireball." Grinny and Fireball stayed in touch for years. That was another way my grandfather coached.

"He became a daddy to a lot of us. He kept us out of trouble and on the right path" (Terry Chapmen, Anderson Independent, 2016).

I remember being in my grandparents' house watching a game on television with my grandfather, and the phone rang. I heard my grandmother holler, "Papa, Fireball's on the phone and needs something." My grandfather jumped up, ready to answer his call for help or advice.

"He instilled in us that we wanted to be winners — and that we wanted to be winners even if we lost. And he never told us to get all A's. He just told us to do our best and that if we were struggling, he would try to help us. That means a lot to a kid" (Terry Chapman, Anderson Independent, 2016).

Years later as an adult, I frequently returned to Anderson to visit my parents, Jimmy and Frankie Spake. Almost every visit included a familiar encounter. We would walk into a downtown shop or stop somewhere around town, and someone would ask whether I was related to Grinny Spake.

When I answered yes, a story inevitably followed. Some remembered playing on his teams. Others recalled the station wagon, his unmistakable voice, or the lessons he taught them about discipline, respect, and doing their best. Many shared stories I had never heard before. What always struck me was how vividly they remembered him, even decades after their childhoods had passed. They seldom began by telling me about a championship or a winning season. They told me what he had meant to them.

My children never had the opportunity to meet their great-grandfather, but through those conversations, they came to know him. Later, I took them to the old Appleton Mill area and showed them where their great-grandparents lived, the remains of the Appleton gym, destroyed by fire, and the boarded-up Appleton Mill Snack Shop. We also stopped by the Boys and Girls Club. Although the building was gone, the fields were overgrown with weeds, and the light poles leaned like fallen soldiers, the weathered marker still stood.

Time may have taken a toll on the mill village, the ball fields, and the marker, but Anderson's spirit and generosity, and its embrace of the past, have never changed. Thanks to Brian Richardson, Anderson County's Facilities Manager, and his team, the marker has been relocated to the ball fields at the Anderson Civic Center. There,



Even now, the legacy of Henry "Grinny" Spake. His great-grandson, Henry Lewis Spake, pictured above , has kept coaching alive in the family, teaching a new generation as junior varsity assistant coach at Boiling Springs High School.

among children and families enjoying the same sports my grandfather loved, his name can once again be seen and his legacy remembered.

My family is deeply grateful to Brian and everyone involved in preserving this small but meaningful piece of our family's history. Yet the marker represents something larger than our family. It honors the generations of Anderson children who climbed into an old station wagon, pulled on a uniform, and learned that someone cared enough to give them a chance.

"Daddy gave his life for this work. People are called to go into the ministry or missionaries. I guess this is what he was called to do, to help the youth of this community (Gary Spake, Anderson Independent, 2002).

Today, coaching remains part of our family because of my grandfather's legacy. My son, Henry Spake, shares the same name and wears the same grin I remember. He has coached youth football teams and, as he finishes his degree at Upstate University, serves as an assistant JV football coach at Boiling Springs High School. I often tell him that if my grandfather were alive today, he would remind him that the scoreboard doesn't define a coach. Instead, he would remind him to take time to care for his players, encourage them in life beyond the field, and, like Fireball, be there for them even as they become adults.

Whether you are an NCAA coach or, like my grandfather, have spent years coaching in a small-town recreational league, a coach's measure isn't the number of games won, but the number of lives touched.

That is coaching. And that was my grandfather, Henry "Grinny" Spake.

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Neal Parnell



Now you might think that Anderson is a welcoming and friendly city, and it is, but don't think that we don't giggle a little behind your back when you say or think certain things that allow us to know that you haven't been around these parts for very long. Here are thirty ways we can tell…

1. You pronounce it An-der-SONE, like it's French.
2. You ask, "So what part of Clemson is Anderson?"
3. You ask where the "Good Mall" is. (Bless your heart).
4. You're confused when we say, "Turn where the old Bi-Lo used to be".
5. You call it a 'small town', but are already complaining about traffic like you've been here through 3 football seasons.
6. You think Hwy 81 is a shortcut.
7. You still say, "I'll just swing through Clemson Boulevard real quick".
8. You think Lake people and Town people are the same.
9. You don't know where Ryan's used to be.
10. You believe Hwy 28 ends.
11. You say, "I'm New Here," like it's going to help.
12. You're stumped as to why Hartwell Lake has roads going into it.
13. You want to know if there is a Vegan BBQ place?
14. You ask, 'What's a Meat and Three?'
15. You say, "The waitress called me 'Hon'; do I tip extra?"
16. You want to know where to get 'Real Pizza'?
17. You say, 'Everyone waves at me; I don't know any of them'.
18. You thought grits came in a separate bowl.
19. You refrigerate Ketchup and Peanut butter.
20. You ask for Turkey Bacon.
21. You think the Jockey Lot has horses.
22. You think Mama Penn's takes reservations.
23. You think Electric City means your power bill will be cheap.
24. You think "Maters $5" on a plywood sign is a typo.
25. You think Lake People measure in miles. They measure in Coves; "it's 3 coves down on the right".
26. You think a Pontoon is a boat. Around here it's a floating living room with 12 grandkids, a grill, and a YETI cooler that costs more than your car.
27. You Brake for a yellow light.
28. You think Homeland Park is a Park.
29. You think SKIN'S is a dermatologist.
30. You think camouflage is just for hunting.

Don't worry, it's hard being new, but it won't be long, and you'll be giving directions to another newbie by saying, "It's right past where the old Winn-Dixie burned down!"

WELCOME TO ANDERSON



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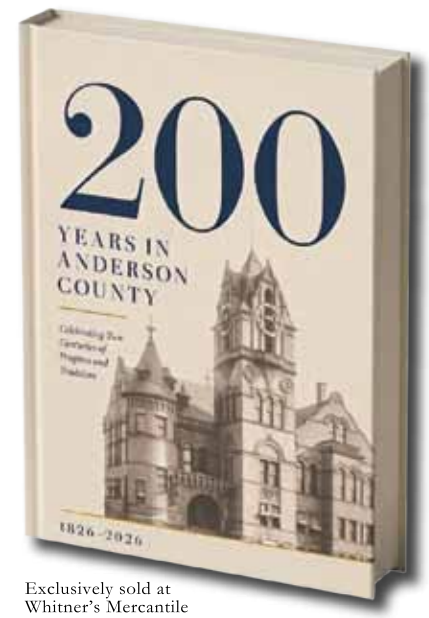
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THE GARDEN SHOP

DROUGHT CAN'T STOP SOME



SUSAN TEMPLE
master gardener

Mercy, when looking at the garden these days, first glances see parched, drooping, very thirsty plants. I don't know when we last had rain. It's been months. Confederate native azaleas have been getting watered, along with a few camellias that were planted back in February. Containers and plants in garden shop are getting watered. Then all others are at the mercy of Mother Nature.

But at a closer look, some plants are in full fall glory. Pink muhly grass (Muhlenbergia capillaris) is always a no fail plant, as long as it's in well-drained soil. Pink plumes are beautiful with morning dew on them and back lit by the afternoon is something to see. Deer don't eat it either.

Watermelon salvia (Salvia microphylla) has burst into bloom in the last few days. There are several different of these types of salvia in the front garden. They are a no fail plant too, again, as long as they are in well-drained soil. Full broiling hot sun, not a drop of water, and they bloom in early summer then sporadically until fall. Then when it cools off, they have another burst of blooms. Tags will usually say three to four feet tall and wide. However, if allowed to do their own thing, they will root more plants as stems touch the ground. Watermelon is a patch a little less than three feet tall but has grown about eight feet around. Hot lips salvia, with white and red flowers, was getting out of hand last year so it was divided. Once I got in there and started thinning it out, about 10 plants were potted for the Anderson Master Gardener plant sale.

Some zinnias are still blooming, but the foliage is dried and quite yucky looking. Some seeds for next year are being scattered in other parts of the garden, and some are left for the birds.Golden rod is past its prime, but it won't be cut down until late winter. It is left for the birds too. Ageratum is still going strong with its pretty purple, butterfly magnet flowers. I don't remember it spreading in Grandmother Cooley's yard like it does in mine. It can be a bit of a garden floozy. But it is easy to pull up, will grow just about anywhere, and deer pass it by too.

Several different mums are blooming. Ryan's series, named after Ryan Gainey, are my favorite. Ryan's pink are beautiful these days with their little girl pink colored, daisy like flowers. Back in the spring, some had grown into the path, so I pulled them up and put them in a pot with Ogon tea olive. It's turned into a right nice-looking container. Any time you see the name ogon on a plant, know that it will be a bright chartreuse color.Ryan's russet mums are quite tall, a bit more than three feet, and rarely flop. The other Ryan's mums are quite blousy, bounce around plants. There are some yellow mums, with daisy like flowers too, in the mix, but their name is long lost. Swamp sunflowers (Helianthusangustifolius) would be a real stand out if deer would quit eating them. On one hand, deer keeping them in check is a good thing because they can really run, but deer eat the flowers and not much of the stems.

Time will tell the effects of this drought on trees and shrubs. Hopefully Mother Nature will turn on her irrigation system soon.And these are the days that sort out the survivor plants from the needy.





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FROM THE SHELF

On Radio Free Texas and Libba Bray

Libba Bray is an author I've loved for the majority of my reading life. Ironically, I've yet to read the series that made her famous, The Gemma Doyle series, but since she's also alluded to an upcoming fourth title to it, I'm intentionally holding off until it releases. While Bray writes YA, her YA could easily get shifted to regular fiction just with age adjustments – it's that good. Obviously don't take that as a dig at YA (I love YA) but rather a statement about how her stuff reads and translates; she's got some highbrow thinking going on that adult readers would absolutely enjoy.



Sara Leady

Bray generally writes historical fiction with a twist – sometimes there's magical realism or a paranormal bent, and sometimes it's a fresh The Outsiders vibe. My foray into her writing was Going Bovine, which is an insane take on the story of Don Quixote that's sort of set in contemporary times. The "madness" is due to Mad Cow, Pancha is pint-sized video gamer, and Dulcie (Dulcinea) is a punk rock angel with a bad sugar habit – it's divine. If Cam (Don Quixote) was in his 20s instead of 16, you'd basically have Fear and Loathing Las Vegas but with a classic literary twist.

Not all her "contemporary" or historical YA is bonkers though. Her most recent releases only rely on the magic of music and the lasting magic of the punk scene across the decades. Under the Same Stars has been one of my favorite books this year. Set with three different timelines, 1940s Germany, 1980s West Germany (at Berlin Wall specifically), and 2020 New York in the early stages of Covid, it traces the spirit of rebelliousness (very punk rock) through three different teens as they rebel against the politics of each of their times. If you enjoy WWII fiction and/or punk rock music, I highly recommend it (also if you love the 1980s).

Radio Free Texas is her latest book. Bray grew up in Texas, was in high school in the late 1970s, and is the lead singer of a semi-made-up punk band called 'Tiger Beat' (I've heard them perform, but they're all authors and basically only perform at book events). I give that context so you can understand how



special Radio Free Texas is given how close it truly hits home for her. The book is set in a small town in Texas during the 1980s and follows Bowie (pronounced 'boo-ee,' like the knife) as he embarks on his senior year of high school and every delightfully awkward moment that entails.

Bowie isn't sure about anything in life other than the need to save Comet Jensen from the wrath of the principal (really herself). After she sets off firecrackers in a trashcan in an effort to get expelled (she's newish to Texas and not a fan), Bowie takes the blame and gets 100 community service hours in exchange for his romantic gesture. Bowie opts to help out at the local radio station where he discovers music, love, and most importantly, himself. So warm, so fuzzy. But Bray also touches on some tough topics throughout the romance-ish story – as she always does.

In Radio Free Texas, Bray looks at the enduring damage of Vietnam, addiction, racism, capitalism, sexism, mental health struggles, and the way of life that is Texas High School football. As heavy as all those topics can be, you'll also be in stitches laughing at some of the antics and general clever word play that is Bray's unique style of writing. I love stories with rag-tag groups of misfits making up a found family, and Bray's recipe for this is especially unique. Bray herself is a hoot – as kooky and eccentric fun as they come, and that comes through in her writing. I think it's that goofy wonder that makes her books so impactful, because they always tackle some harder topics and examine various social issues. It's a unique writer that can consistently pack such heavy topics and sprinkle in hilarious moments. The beauty of her prose is just icing on the cake.



THE Electric City News

Kids Corner

THE CLEMSON GAME

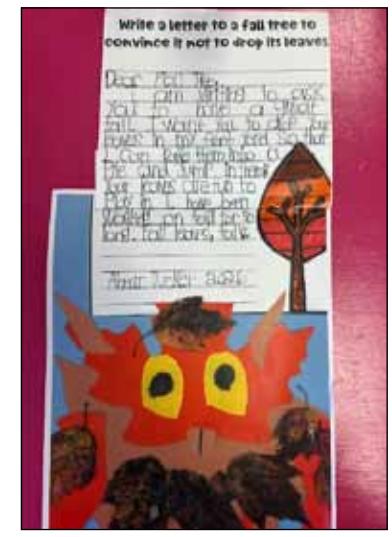
BY ABBY

When we walked in to the staeum, I hered the Clemson band playing and I was excited to woch the Clemson game. Then the game started. I was so excited I cride.

The game started bad. It was 10 to 1! When it was hav time it started to rain cats and dogs! We aet dener and we had to stay under the cuver for 2 owers. Last the game ended it was 40 C to 20 Y.

My Family by: Callie, 4K





MY FAVORITE THINGS ABOUT FALL



BY: IMANI

I love fall me cus I love thac giving. I love clolig foot boll.

I love juping in the leves. I love Hollen.

Chic looks for Thanksgiving

Thanksgiving is almost here and not only do you think about what dish to bring, if you're into fashion at all, you think about what you're going to wear. You want to look good but feel good as well. I have a few ideas for all the different styles to suit everyone.



Kristine March

The first outfit is for a more classic approach. Loose, high waisted trousers from Gapare always a good idea. You can pair those with a cropped sweater, if you're daring, or just a nice crisp linen blouse and pop your collar. Tie a lightweight crewneck cardigan around your shoulders for that preppy, chic look and add some sling back pumps. You'll be polished, and yet informal at the same time. I love a red lip year-round and that would really tie the whole outfit together. If you're not a red lipstick kind of gal, try a plum shade. If you're more of a rustic bohemian, a dress is always so easy to wear. I love this line called Natural Life. The have the prettiest materials and so many options.

The Hailee Maxi dress is so perfect for Turkey Day. It's a teal and brown plaid print. It has a pintuck detail on the bodice and it buttons all the way down. The sleeves are long and almost lantern style with a button cuff. It's tailored and flattering and would fit any and all body types. I actually think I'm going to order it to wear for this year's Thanksgiving festivities. Pair it with some lace up boots or cowboy boots and you're good to go. You could add a wool fedora or wide brimmed hat and if it's cool enough, an Afghan coat. You never know



here in the south if it's going to be hot or cold, so you can always just bring your coat, in case.

Lastly, is for the effortless sporty girls. Barrel jeans are still a thing and they can replace those leggings, ladies. They're baggie and comfortable and make you look a bit more refined and just sharper altogether. Add a cropped bomber jacket from Quince. And just a heads up, they also carry affordable, lovely cashmere sweaters. Then finish it with some retro style sneakers. Add lots of gold jewelry. A sleek pulled back bun, and a bold lip. You'll look classy and cool. All of these looks would go great with a Fall manicure. Try colors like cozy brown's, cherries, emerald and Sapphire to make those hands look glam.

I chose these looks because they're very attainable and easy to achieve. You want to spend time with family and friends and be in the kitchen with the people you love. You definitely don't want to be obsessing over your outfit. So, go easy and be free and flowy on Thanksgiving this year. What are you going to wear at your table?

Letter to a fall tree

BY AHMIR

Write a letter to a fall tree to convince it not to drop its leaves:

Dear Fall Tree,

I am writing to ask you to have a great fall. I want you to drop your leaves in my front yard so that I can rake them into a pile and jump in them! Your leaves are fun to play in. I have been waiting on fall for so long. Fall leaves, fall!!



YOUR DENTIST CAN SAVE YOUR LIFE

THERE'S MORE TO A HEALTHY MOUTH THAN A PRETTY SMILE

For as long as I have been practicing dentistry, I have stressed to my patients that a healthy mouth is essential to maintaining overall good health. And when I say, "Your dentist can save your life", I am not exaggerating.



Dr. Gabrielle F. Cannick

There is ongoing scientific research confirming this. Researchers are discovering links between oral health and chronic diseases -- even the aging process itself.

The culprit? Harmful bacteria residing in the mouth.

The startling finding is that many of our most serious health conditions actually begin in our mouths. Bacteria from gum disease (bleeding gums also known as periodontitis) can enter the bloodstream triggering the immune system to respond.

This in turn causes *chronic inflammation* that extends beyond our mouths and throughout our bodies, thereby increasing the potential of developing serious conditions including heart disease, diabetes, arthritis, and even mental decline.

As a result of these findings medical care is changing. Physicians, not just dental professionals, are recognizing the degree to which oral health is connected to our overall health. And that chronic inflammation is a common factor in age related diseases as well as how we age.

Consider our focus in this column on self-care: making lifestyle changes to ensure we enjoy a better quality of life devoid of serious health issues – while increasing our potential for a longer and healthier life. In that context let me stress that one of the simplest preventive measures we can all take is to maintain healthy gums.

Every day I strive to provide our patient family with the very best care modern dentistry can provide. I can tell a lot about a patient's current health by looking into their mouths – and -- see into the future with time to address treatment options along with lifestyle changes that can make a difference in their long-term quality of life. Here are habits we should all maintain for our oral health. Likely you know them. It's the discipline of doing them that counts.

1. Do not neglect regular PROFESSIONAL dental cleanings along with a periodontal (gum) evaluation. Red, swollen, and bleeding gums are not normal. It needs prompt attention.

2. Brush twice daily cleaning between teeth.

3. Avoid smoking and tobacco products.

4. Manage blood sugar and blood pressure.

Keep in mind these daily habits help avoid gum disease, an infection that without treatment can spread below the gum line resulting in bone loss and tissue destruction which increases the risk of tooth loss. Tooth loss then enables harmful oral bacteria to enter the bloodstream creating the serious health issues we so wish to avoid.

If you would like to know more, please reach out. Think of us as your hometown resource for support, guidance and care!

Dr. Gabrielle F. Cannick is a dentist, Diplomate of the American Board of Dental Sleep Medicine, and certified Nutrition, Lifestyle, and Wellness Coach. Dr. Cannick is the owner of Grand Oaks Dental and Sleep Well Anderson, located at 3905 Liberty Highway in Anderson. Dr. Cannick is passionate about integrating oral health, sleep medicine, and lifestyle coaching to promote whole-person wellness. She is a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, the Dental Organization for Conscious Sedation, and the American Academy of Dental Sleep Medicine.

For more information about Grand Oaks Dental, Sleep Well Anderson, and the services provided, please call 864-224-0809, or click to grandoaksdental.com or sleepwellanderson.com.

Letters to THE Electric City News

A HALLOWEEN TREAT

"Absolutely loved Neal Parnell's Halloween piece! Though I no longer live in Anderson, I love keeping up with things, and your paper, which is well done, by the way, helps me do that.

Keep up the good work." — *David Gillespie*

KEEPING HISTORY ALIVE

"My brother shared with me and my siblings the article that Rich Otter wrote about our great-grandfather Elliott Crayton McCants. We are glad to see that he is still remembered by some. Your newspaper is so valuable in keeping our local history alive. Thank you for what you do." — *Chris Evans*



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Westside holds off cross-town foe Hanna



Brian Hodges

Westside High School and Hanna High School are very good football programs. And they are polar opposites.

The Rams (9-1) win with an aggressive passing attack. They throw and throw and have speedy receivers.

Hanna (8-2) can wear the opposition down with a relentless ground game.

When the city rivals clash, it's always fascinating. Last Friday night before a large crowd at Hanna,. Westside defeated the Jackets 28-21 to win the Region 1-4A title.

The Rams can beat you in a hurry. and they jumped out to a 21-7 halftime lead.

But Westside coach Brian Lane knew his team had to stay focused.

"Man, this is a rivalry game," Lane said. "Anything can happen. We had the lead at the half, but we knew what we were up against. We never felt comfortable. They've got a good team over there."

Hanna showed poise and determination in the second half.

The came out in the third quarter and went 65 yards on 7 rushing plays and scored to cut the lead to 21-14.

"We showed great character and heart there," Hanna coach Jason Tone said. "The guys did their job."

Demarcus Duck was a standout for Hanna at running back, leading the march and he scored from 3 yards out. Duck was the game's leading rusher with 94 yards on 18 carries.

"We put ourselves behind the 8-ball early," Tone said. "We had a chance to score early and missed and then we had some fumbles that hurt.

"We knew what they had offensively," Tone added. "It's always a great challenge to stop them."

In the third quarter, Westside struck again with a 12-play drive that covered 90 yards. White caught a short TD pass to finish the march.

Hanna answered with their own methodical touchdown drive, covering 65 yards in 16 plays to score and cut the lead to 28-21.

Duck was a workhorse in the drive, which ended with 6:12 to play. The Jackets then threatened one more time, but a fumble with 2 minutes to go hurt.

Quarterback Bear Woods was sharp for Westside, throwing four touchdown passes and completing 25 of 32 for 323 yards.

The Rams scored first in the opening quarter when Woods hit Jae White with a sideline pass and the speedster raced 71 yards to the end zone.

Westside scored again with 3:18 left in the first half. Woods hit Tajeh Watson-Martin from 21 yards out and it was 14-0.

Hanna appeared to be reeling, but Myles Norris, a terrific athlete and defender, took the Rams' kickoff and raced nearly the length of the field for the score.

"He's a nice player for us," Tone said. "We need him on defense so he doesn't get many chances on offense."

But Woods sparked another drive and drilled a 7-yard TD pass to White to build a 21-7 cushion at the half.

"Coach Lane always wants us to get ahead by three touchdowns. He's never comfortable with a two-touchdown lead," Woods said.

Both teams will head to the state 4A playoffs, and each will likely get a bye in the first round.

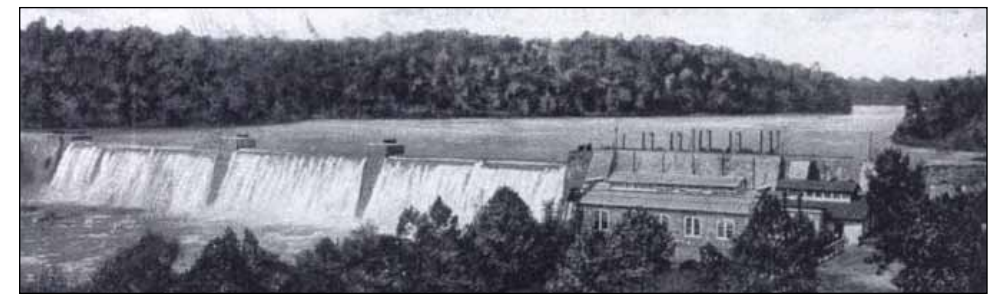
There is always a chance Hanna and Westside could meet again in a few weeks.

"There is a possibility that could happen," Tone said.





The Lost History of Portman Shoals



BY RICH OTTER

Anderson County has a very important historical site. The problem is, it is located 200 feet under water. It is the Portman Shoals Dam and power plant.

William C. Whitner had successfully experimented with the generation of electricity with water power over a distance providing limited service to Anderson from High Shoals on the Rocky River, but greater power output was necessary for Anderson and the surrounding area.

With the Anderson Water, Light and Power Company, a break-through was made, harnessing the power of the Seneca River at what was known as Portman Shoals, ten miles from Anderson. It began service in 1897 and was reputed as the first facility in the United States to furnish high voltage power without step-up transformers.

As with any giant step in technology, there were problems over the years, resulting in periodic shut-downs of the operation. But the plant continued in operation until 1960 when it was to be inundated due to the enormous project constituting the creation of Hartwell Lake. The new dam would create a much larger source of electrical power.

The Anderson Independent, on July 26, 1946, reported one of the problems faced by the Portman plant was created by the great amount of soil washed from cultivated lands in the river basin. The erosion threatened to shut down electrical production. As a result, it had become an annual production to open the gates, shut down the plant and dispose of accumulated silt from around the powerhouse intake.

When the gates were periodically opened, what had become a fairly large reservoir behind the dam was drained. The accumulated silt was then removed. The Anderson Independent said the procedure was accomplished with a shovel and hoist. About a ton of dirt was taken out with each scoop. It required several days to clear the area.

The practice continued annually and the small lake behind the dam shrank as it was choked with the washed down soil not removed when the area to the plant was cleared. The cleaning was done prior to the rainy season so the reservoir could be replenished.

It had been reported in 1945 by the Independent: "Millions of gallons of clay-colored water were rolling boisterously down Seneca River this afternoon after the gates on Portman Dam had been lifted at 2 p.m."

Such occasions produced a rare opportunity. It was claimed: "Below the dam fish are being scooped up by the net-full. Game warden A. C. Campbell said people may catch fish out of the river in any fashion they wish save cutting off the entire stream with a net." He indicated that fish washed from the lake formed by the dam "were being caught miles down the river."

Campbell said that the water flowing down the river would fill the lake back up in seven or eight hours after the repairs were finished and the gates closed.

On December 7, 1941, the Anderson Independent reported that the previous day a Duke Power Company employee made an interesting discovery. He found enough high explosives in the water by rocks near the dam "to blow a hole as big as a house in the Portman Dam, or wreck the power plant" on the Seneca River bank. It was thought they may have been in the water several days or more.

The explosives had a date of 1918 and were assumed likely to have been for use in the first World War. The paper speculated they may have been abandoned by someone who just wanted to get rid of them. That logic possibly caused second thoughts when reports came hours later from the attack on Pearl Harbor. Troops were immediately sent to guard the plant.

In 1955 the U.S. Corps of Engineers began work to create Hartwell Dam and Lake. Its purpose included flood control, to provide hydropower, navigation, recreation, water supply, and wildlife management. It was to include 55,900 acres of water and 962 miles of shoreline with another 23,563 acres of public lands surrounding it.

Hartwell Lake submerged the Portman Shoals Dam and the Power Plant, but they remain an amazing part of Anderson's history—200 feet underwater. Visits are not advised.





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GRANDPA'S LEGACY

BY COOPER KLOPFENSTEIN

Twenty-four years ago, when my mother was pregnant with my oldest brother, Caleb, my grandfather started a memory book.

Whenever "Grandpa K.," as we called him, spent time with Caleb, he added something: a photograph, a handwritten note, a quotation, a funny observation. He recorded Caleb's first words and the amusing questions he asked as a little boy. Years later, he was documenting middle school football scores and statistics.

That was Grandpa K. He noticed things. More importantly, he noticed people. He made people feel seen, valued, and cared for.

For eighteen years, without Caleb knowing, Grandpa quietly filled the book. At Caleb's high school graduation, he gave him a four-inch-thick binder, its pages covered front and back with the story of a childhood.

A year later, Grandpa K. died unexpectedly.

As our family went through his belongings, we discovered something we hadn't expected: two more books, one for my brother Carter and one for me. Somehow, Grandpa had kept both current.

Mine now sits on a shelf in our home. I've received gifts that cost far more, but none that means more to me. Every page represents something much more valuable than money: Grandpa's attention. He spent years noticing the details of my life, remembering them, and deciding they were worth preserving.

At first, looking through the book saddened me. Unlike Caleb's, mine would never be finished. There would be no pages about graduation, college, or whatever comes afterward. The blank pages seemed to represent everything Grandpa would miss.

Then I remembered something from his funeral. One of Grandpa's lifelong friends came through the visitation line and told me about the kind of man Grandpa had been. I responded, "Yes, he left a wonderful legacy."

He looked at me and said, "You are his legacy."

I have thought about those four words ever since.

Until then, I thought of legacy as something a person leaves behind—accomplishments, possessions, maybe even a name. Grandpa's friend helped me understand it differently. Legacy isn't only what you leave to someone. It's what you leave in someone.

Grandpa left something in me.

He taught me that caring about people begins with paying attention. A football score, a funny comment, a photograph from an ordinary afternoon—each was his way of saying, I noticed. You mattered enough for me to remember.

I'm learning to do the same. This tennis season, I tried to lead not just by winning matches, but by paying attention to my younger teammates. One afternoon, I noticed a younger teammate getting frustrated with his serve. Instead of heading home after practice, I stayed with him for a few extra minutes. The next practice, I asked how it was feeling. It was a small interaction, but I realized later that this was exactly what Grandpa had modeled: remembering what mattered to someone else.

He also taught me not to wait for "someday." None of us expected my memory book to end where it did. But Grandpa hadn't waited to become the grandfather he wanted to be. He invested the time while he had it. That's the legacy I want to carry into college.

I don't know exactly what the next four years will hold. I hope they stretch me intellectually and introduce me to people and ideas I've never encountered. But I know something about the person I want to be in the middle of it all.

I want to ask questions—and remember the answers. I want to notice the person standing outside the conversation and bring them in. I want to pursue my own goals without becoming too busy to invest in someone else's life. Most of all, I don't want to wait until "someday" to become someone who helps others feel seen, valued, and cared for.

My memory book will always remain unfinished. I'm beginning to understand that maybe it was never Grandpa's most important work anyway.

I was.

AnMed Windsor Place transforms former Anderson shopping center

AnMed Orthopedics & Sports Medicine has become the first service line to provide care in AnMed Windsor Place, the transformative new medical office complex at the site of the former Windsor Place shopping center.

Orthopedics & Sports Medicine, including Hand to Shoulder Therapy, saw its first patient at 1520 East Greenville Street in Anderson on Nov. 2.

Occupational Medicine and ENT, including ENT's voice and allergy clinics, plan to begin care there in December.

AnMed Integrated Therapy and a state-of-the-art outpatient imaging center featuring 3 Tesla MRI technology — the latest in commercial imaging — plan to open there in February.

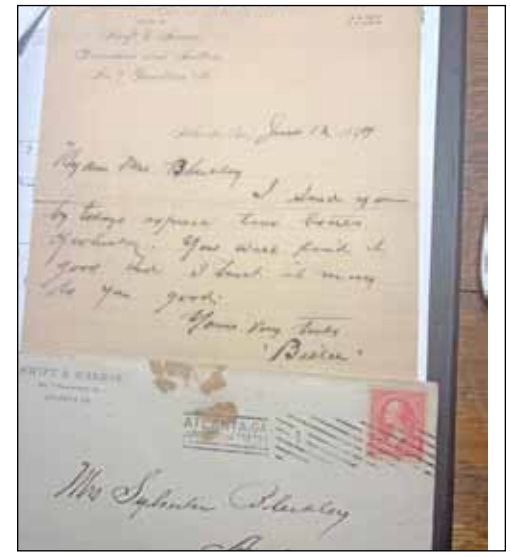
The completely refurbished property is revitalizing a key corridor near downtown Anderson on South Carolina Highway 81.

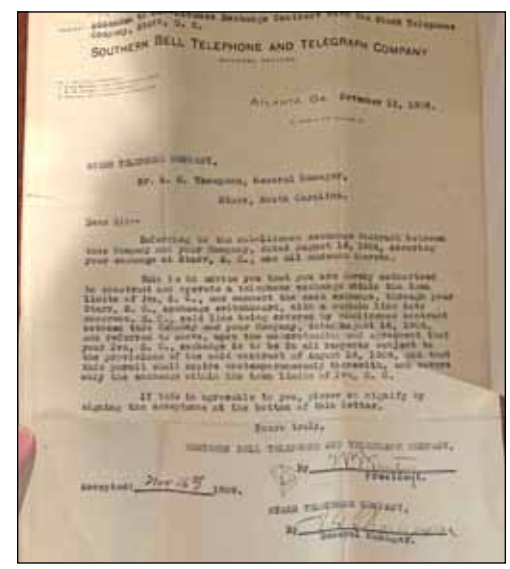
"This project is exciting and especially gratifying because it will accommodate the growth of our health system while delivering benefits to the community on multiple levels," said William Kenley, CEO of AnMed. "We're securing more space and developing clean, modern accommodations. Not only are we increasing capacity and access to care, but we're also reinvigorating what had become a blighted area in a prominent corridor of Anderson."

The redevelopment spans 82,267 square feet across 9½ acres on Highway 81 near Publix and Chick-fil-A.

As part of this expansion, AnMed's Heart & Vascular services will relocate to fully occupy 100 Healthy Way.

"To inject new life of energy and service rather than demolish and build anew -- without sacrificing capabilities or amenities -- it's heartening, and perhaps it's symbolic of the care our teammates provide every day," Kenley said. "Soon we'll enjoy more access, more service, better alignment of resources and better care for our community."





Left: Letter to Mrs. Bleckley of Anderson dated June 1897
-Johnny Tucker

Memories of the past

Below Left: This is a letter from Southern Bell from 1909 to Alston Groves Thompson, who had started the Starr Telephone Company, granting him sub-licensing rights to extend the lines/services to Iva and Anderson.
His company, the Starr-Iva Telephone Company would eventually join with other telephone companies along the western portion of South Carolina to form West Carolina Telephone, now headquartered in Abbeville, SC.
Submission by Jamie McClain

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