

Your Connection to Local News, Sports, People and Happenings

www.TheElectricCityNews.com

May 27-June 9, 2021



### THIS ISSUE OF THE ELECTRIC CITY NEWS IS DEDICATED IN MEMORY OF OUR FRIEND AND COLUMNIST, COACH JIM FRASER

# National League of Junior Cotillion announces open registration

How many times have we heard people say, "I wish they still offered Home Ec in school so kids would learn to use proper etiquette"? In order to navigate this life with success, people need to be prepared with more than just academics. Here is the opportunity for young boys and girls to receive this training and build confidence at the same time.

The Anderson County Chapter of the National League of Junior Cotillion announces open registration for the 2021-22 classes. Last year was the inaugural class of the upper elementary age class, the middle school class and high school age students. The mission of the program is to

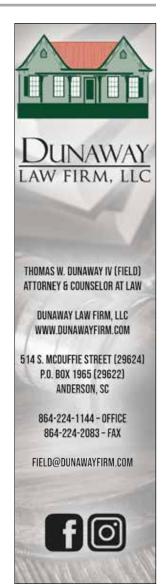
**SEE COTILLION ON PAGE 2** 



Why should you invest in Junior Cotillion?

"We teach our students to be proud of who they are, while respecting oneself and others, in more than just social situations. We teach manners that will last a lifetime to every child in our program."

JACKIE DUDLEY, DIRECTOR OF THE GREATER COLUMBUS CHAPTER



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# Cotillion

**CONTINUED FROM PAGE 1** 

instill in the students to act and to treat others with honor, dignity and respect for better relationships and to learn to ballroom dance.

Some of the components of the social and character education include:

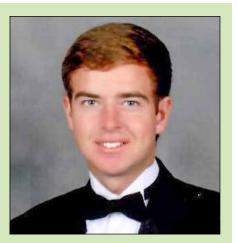
- Telephone courtesy
- Introductions
- Giving and receiving compliments
- + Sports etiquette
- Manners at home and in public places
- Formal place settings
- Dress codes for all occasions

Ethics involved include: Honor Dignity Respect Honesty Fairness Accountability Citizenship

This is an investment now that will help shape the future of your sons and daughters that will last a lifetime. The directors are a mother/daughter team that are well known in Anderson who have prepared, hosted and provided settings for parties, weddings, rehearsal dinners, dances and more. Katie Beth Johnson



and Jacqueline Ashley are trained, experienced and welcoming as friends, business women and community leaders. If you are interested in signing up your school age children for this new year, contact Katie Beth Johnson at johnson.ashley@nljc.com or call 864-933-9269.



Congratulations Class of 2021

Anderson Ray Calhoun Northwood Academy Son of Brian and Karie Calhoun Grandparents - Ray and Sandra Calhoun

"Anderson, Mimi and Papa are so happy to share in the excitement of your high school graduation day, and so very proud of you, too!"

# MAY IS NATIONAL FOSTER CARE AWARENESS MONTH

Oasis of Hope seeks to recruit foster families to help meet SC's urgent need

ANDERSON, SC — Oasis of Hope is working fervently to identify individuals and couples who would love to make a huge difference in the lives of children by becoming loving foster parents. Right now, the state of South Carolina's foster care system is in a state of crisis, with over 1,000 additional foster homes needed to meet the needs of children in foster care. Many of these children are currently placed in facilities, group homes, hospitals, or other nonhome environments. It is the goal of Oasis of Hope to increase the number of children who are placed in loving homes, where their physical, mental, emotional and developmental needs will be met by a caring parent or parents.

Oasis of Hope is a Christian-based agency, however, will welcome anyone who has a desire to care for children in need to begin the licensing process. Oasis of Hope has an experienced team of child advocates who have spent many years in all areas of the foster care world. In addition, the founders of Oasis have been foster parents themselves for 17 years and have fostered close to 50 children. The goal of Oasis' team is to provide exceptional support to all foster parents, from the beginning licensing process to every situation as it arises. Foster parents will never feel alone, as the Oasis team has extensive knowledge in all areas of care, and an empathy that comes only from having walked the walk for many years.

Anyone interested in learning more about becoming a foster parent is encouraged to contact Oasis of Hope for more information. Please call Rhonda Sims at 864-934-8496, or Rhonda@oasisofhopesc.com

Oasis of Hope is a licensed 501(c)(3) foster care agency that serves all counties throughout Upstate SC.

### RED ROCKET Publishing of Anderson, LLC

### PUBLISHERS

Julie Bailes Johnson 864-221-9269 julie@theelectriccitynews.com

Ginny Bailes Fretwell 864-934-1477 ginny@theelectriccitynews.com

### LAYOUT/DESIGN

ART DIRECTOR Zack Mauldin zack@upstatetoday.com

GRAPHIC DESIGN Nate Thomason signal43@live.com

### WRITERS

Neal Parnell dnparn@gmail.com

Jim Harris jimharris.atl@gmail.com

Rich Otter ottwill@bellsouth.net

GARDEN & FLORAL Susan Temple gardningirl@yahoo.com

#### MENTAL HEALTH Mary-Catherine McClain Riner drmarycatherine@rinercounseling.com

FASHION Kristine March

### COLUMNISTS

Coach Jim Fraser Kim Acker Von Keller Katie Laughridge Ann K. Bailes Amie Buice

### TO SEND INFORMATION

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

# Weight loss seminars resume at AnMed Health

AnMed Health Bariatrics has resumed free, on-site seminars for patients.

In a weight loss seminar, presented by Dr. Adam Beall and Dr. Peter Bechtel

of Piedmont Surgical Associates, attendees learn about the various procedures as well as diet, exercise and lifestyle changes that will be necessary for success.

AnMed Health hosts seminars at the North Campus at 2000 East Greenville Street in Anderson. COVID-19 safety guidelines are followed. Facemasks and social distancing are required. Seminar reservations can be made by patients or their health care

providers by contacting Bariatric Coordinator Joy Vaughn, 864.512.4476.

For long-term weight loss, AnMed Health's surgical and non-surgical procedures are safe and effective for people who have already tried everything. The weight loss options are matched to patients' unique circumstances by leading weight loss specialists, who will help them determine the right option for them.



Joy Vaughn, RN, BSN, CBN Bariatric Program Coordinator

• Pre-surgical lifestyle and programs to + support patients starting their

journeys • Weight loss surgery prep

team

- Weight loss surgery recovery

+ Post-surgical diet and lifelong diet expectations + Foods and substances to avoid post-sur-

But first, anyone considering a surgical

meeting that covers all aspects of weight loss

including:

surgery. The seminar is led

by a bariatric surgeon who

has the most in-depth and

accurate information about

weight loss procedures and

can speak to the steps before,

during and after surgery that

patients will have to take,

+ How to prepare for

• Steps to qualify for

• The weight loss medical

weight loss surgery

weight loss surgery

A weight loss seminar is an informational

solution must attend one of the free seminars.

gery • Surgery benefits

### Surgery risks

Weight loss seminars are an opportunity to meet with bariatric medical team members, including surgeons, nurses, and nutritionists, in a free, low-pressure environment where patients can learn more about the benefits and risks of bariatric surgery. The seminar covers:

• The credentials and experience of the specialists

• An overview of the hospital's weight loss center

 An overview of all the different weight loss procedures

+ An overview of the steps patients take before, during, and after surgery, including • Weight loss expectations after surgery • The diet process and dietary changes Information

about living a healthy lifestyle to meet weight loss goals • Informational handouts

- Q&A Session

After learning about the surgery, its risks and the necessary steps taken throughout the process, patients will be able to determine if it's right for them. If so, and the patient pre-qualifies, then the patient will be able to set up a one-on-one consultation with a weight loss specialist, who will create a specific plan based on the patient's personal goals.

# "WE'RE NOT YESTERDAY'S UNDERTAKERS, WE'RE TODAY'S DEATH CARE PROFESSIONALS!"



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# **MUSINGS OF OUR OLE BALL COACH**

#### BY COACH DICKIE SMITH

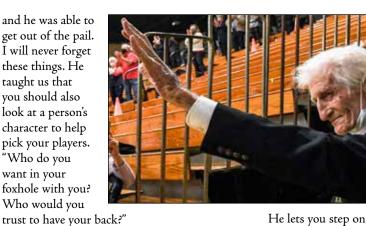
On Sunday, May 16th, 2021 around 6 p.m. we gave up a legend - a coach, a mentor, a father, a grandfather, and a rock that supported so many. The word passed quickly: Coach Jim Fraser had died.

Coach Fraser came to T.L.Hanna in the summer of 1968, my senior year of high school, to be our new football coach. I walked the walk that led to the cafeteria where we met Coach and his assistant Coach Wayne Jones. They were issuing new shoes for us to break in so that blisters wouldn't be a problem on those two-a-day practices. The coaches were calling us all by name even though we had never met. That was our first taste of playing for a man who was always prepared. For me this started a relationship that lasted 53 years.

Coach was my football coach, he became my boss, which then turned into a mentor and close friend. I started coaching at Hanna myself on some level or another in 1975, from C-Team and scouting to helping on Friday nights to being hired to coach on the varsity team in 1978.

Anything on coaching and doing the right thing came from his philosophy. He instilled that you must be prepared and if you weren't, you let your players down. He demanded the best of his players, assistant coaches, and most of all, himself.

I can still hear "fatigue makes cowards of us all". Thursdays at the end of practice he would gather everyone up for his pep talks."The hays in the barn were ready." or he would tell stories of courage and determination, like the frog who fell in the pail of milk and was determined not to drown. The frog churned and churned the milk until it turned to butter



He lets you step on his toes to help you get on vour feet.

He shows the meaning of friendship, not the meanness of it.

He shoots straight with you, not at you. He knows most of your faults and cares

the least. When you're wrong he tells it to you, not the rest of the world.

He doesn't complain when you neglect him, but when you neglect yourself.

When you achieve success, all he wants is for you to know it.

He worries about you more than his enemies. He is the best press agent because he

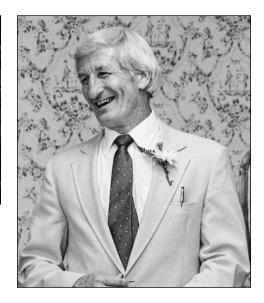
doesn't have to be paid to boost you. He works his fingers to the bone to give

you a hand.

Coach Fraser's friendship is the kind you can't lose, even when you deserve to.

He stands behind you when you're taking bows and stands beside you when you're taking boos.

"He who has achieved success has lived well, laughed often, and loved much;



Who has enjoyed the trust of pure women, the respect of intelligent men, and the love of little children;

Who has filled his niche and accomplished his task;

Who has never lacked appreciation of Earth's beauty or failed to express it;

Who has left the world better than he found it.

Whether an improved poppy, a perfect poem, or a rescued soul;

Who has always looked for the best in others and given them the best he had;

Whose life was an inspiration; Whose memory is a benediction." Bessie A. Stanley

As I attempt to speak for his players, coaches, and friends, I will end with this: we will miss you, coach. The hay is in the barn.

### **NIBBLE & SIP**

# The Bloody Mary: Why reinvent the wheel?

Last weekend, I did something I haven't done in a so long that it almost seemed naughty: I had brunch at a restaurant with a friend, and neither of us wore masks, thanks to new CDC guidelines for fully vaccinated individuals. It was uncomfortable initially, like being naked in public, but I got over that pretty quickly once the Bloody Marys arrived at the table.

What seems simple — tomato juice and vodka are the base ingredients of a Bloody Mary — is actually easier to mess up than you'd think. It's the seasonings that are make or break. What proportions of Worcestershire sauce, horseradish, hot sauce, and lime juice do you use? If you're just a bit off, you end up with cocktail sauce instead of a brunch cocktail.

That's why I gave up reinventing the Bloody Mary long ago, especially with the

So many life lessons taught to so many.

Billy Graham once said, "A coach will impact

more people in one year than the average per-

son will in a lifetime." Coach began coaching

in 1958 and continued to roam the sidelines

he touched. Some of the awful jokes at the

Touchdown Club, the undying support he

his books, his articles in The Electric City News and the support he gave his church and

his family.

vou're at the bottom.

looks down on you.

gave his assistants who coached other sports,

As Frank Sinatra, whom he liked, sang,

"I did it my way". Those of us who knew him

well can agree Coach Fraser did it his way. He

was very well respected by his peers. He wasn't

This sums up countless feelings for Coach:

Coach Fraser's love for you is top when

He looks up when the rest of the world

in just one Hall of Fame, but four. From

Florence, where he grew up, to Anderson to the state of South Carolina, he was respected.

for 27 years. It's extraordinary how many lives



advent of some great

mixers for the home bartender. So instead of giving you a recipe this week, I thought I'd give you a review of a couple of my favorites. The first Bloody

Mary mix I ever found that I didn't need to doctor is Zing Zang,

available in supermarkets and big-box stores such as Walmart and Target. Released in 1997, Zing Zang starts with tomato puree and a seven-vegetable juice blend. I like a Zing Zang Bloody Mary because it is the

perfect blend of heat from the hot sauce, acidity from the vinegar, and umami from the Worcestershire sauce. All you have to do is mix 4 ounces of Zing Zang with 1  $\frac{1}{2}$  ounces of your favorite vodka, pour over ice, and garnish with a celery stick and a couple of olives; maybe a couple of boiled shrimp if you're feeling fancy.

My new favorite Bloody Mary mix has a South Carolina connection. Charleston Bloody Mary Mix is made by the Charleston Beverage Company, which was founded by College of Charleston grad Ryan Eleuteri. Like Zing Zang, Charleston Bloody Mary Mix is available in supermarkets, Target, and Walmart, and it comes in two varieties. The first thing you notice about Charleston Bloody Mary Mix Fresh & Veggie are the bits of herbs, spices,

and vegetables in the bottom of the bottle, giving it a fresh-from-the-garden flavor. You'll want to give it a good shake before mixing it with your favorite vodka. And if you want a bit more heat, Charleston Bloody Mary Mix Bold & Spicy adds a habanero mash to its list of ingredients for an extra kick. Both are great to cook with, too, and you'll find recipes at charlestonmix.com/recipes.

Regardless of the mix you choose, Bloody Marys complement the kind of egg dishes or fried foods you might prepare for brunch at home. I like a Bloody Mary any time of the day, though, and I like to keep my Nibble as simple as my Sip: a box of crackers, a wedge of extra-sharp Cheddar cheese, and a jar of okra pickles. Combined with a Bloody Mary, it doesn't get any easier... or more delicious.



# Palmetto Insurance an Anderson fixture

#### **BY JIM HARRIS**

Palmetto Insurance is no doubt a fixture in the Anderson area. The company has its roots in a series of meetings that began in 1982 when three local independent insurance agencies started exploring the potential benefits of combining forces. The goal was to offer a more diverse level of products needed by the individuals and companies in the community. They had a vision of a "best of all worlds" scenario, where each partner was able to build their own business but benefit from the connections, experience, and knowledge of all of the partners. After spending over a year ironing out the details, the partners officially launched the new company.

The new entity grew quickly. Partners added their sons into the group, continuing the family dynamic. As the business grew, other agencies began to approach Palmetto about becoming partners. The group was in the enviable position of being selective, only moving forward with those who shared their business philosophy and who could add value to the services Palmetto provided. Today the company has offices in Anderson, Clemson, Belton, and Greenville, representing over 200 insurance providers. Its partners, Jim Culwell, Will Gregory, Brooks Keys, DuPre Keys, John Ross Jr, Johnny Ross, and Andy Rountree, are all located in the communities they serve.

Palmetto partner Johnny Ross has insurance in his DNA, it seems. His father was a long-term local insurance agent, and he taught insurance himself. It seemed logical when, in 1985, the partners at Palmetto approached him about coming on board as an operations manager. Handling the day-to-day functions of a large and still growing operation, Johnny began building his business portfolio and, in 1999, became a partner in the firm.

In 2020, the partners at Palmetto

faced a significant decision. One partner was approached by a national company based in New Jersey, which wanted to purchase all partners' businesses. Because the company was well run and highly regarded in the community, the offer was very lucrative and tempting. When reviewed by the partners, they determined that a significant downside would be taking the local connection out of the equation for customers they had served for so many years. They felt giving up control and leadership of their business to someone many miles away was not consistent with Palmetto's guiding principles.

Being able to walk clients through the claims process personally was another aspect they didn't want to go away. After much deliberation, only the partner initially approached chose to sell. The remaining partners decided that they were not ready to take personal involvement out of the equation for their customers. Being here in the community and available to their clients matters. As Johnny Ross said, "You can see me today, you can see me tomorrow, you can see me any day."

This community-first mindset is on display in reviews shared by actual Palmetto clients. "The advisors go out of their way to make sure their customers get the best coverage for the best price," one client offers. Another shares, "My advisor has even called before to lower my rate because he found a better one." Yet another client says of the relationship with Palmetto, "it feels more like a member of the family than a service provider." Perhaps the statement on Palmetto's website sums it up best. They are customer-focused, continually growing, and relationally minded.

Palmetto Insurance's involvement in the community goes well beyond being a service provider. All of the partners are involved in supporting their individual churches, plus the company is a contributor to The Lot Project, Haven of Rest, Calvary Home for Children, Collins Children's Home, Lander University, Clemson University, Southern Wesleyan University, Hospice of the Upstate, and Habitat for Humanity.

With new generations coming into the company and the resolve to be a part of the community on an ongoing basis, Palmetto is here for its clients and committed to the future.



# THE CITY OF ANDERSON PRESENTS...

The City of Anderson is excited to present the year-long series **B.Y.O.B**. **Build Your Own Business** A program designed to

equip you with the information, skills, and resources in order to create a successful business

## The third Thursday of every month from 12:00 - 1:30pm

features topic experts who will give you the tools to build your business

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# **Build Your Own Business**

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NOV 18 <sup>th</sup>	Trending Business Tools: Hammer it out
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	Paid Advertising: Nail your platform

**MONTHLY WORKSHOPS: ON THE THIRD THURSDAY** RSVP TO: CGADDIS@CITYOFANDERSONSC.COM or 864.231.2604 andersoncityeconomicdevelopment.com

# Working while mourning: Grieving on the job



This past year, many individuals have experienced loss and significant grief. When clients come in wanting a quick fix, I often say, "grieving is like breathing, you have to do it." Often, people feel like they have to hold their breath and endure pain alone. It is quite the opposite; grief is a natural process and if you do not lean in or accept that reality, you may feel like choking or passing out. For your own health, it is best not to delay or stop grieving.

One important thing is communication and being honest with your boss and/or supervisor. Be honest about your needs. Do not try to be superman or superwoman, and allow yourself to receive support and help.

Another strategy is setting up windows of time to grieve. Remember, grief is impossible to plan for and may look differently each day. Allowing yourself to be completely immersed in deep feelings, even if only 20 minutes per day, can be so healing and therapeutic. Grief happens in stages. Rather than shutting it down for weeks or months, give yourself permission to have time each day to grieve. When that dedicated time is up, focus on getting back into motion and returning to your routine as best that you can.

When you feel overwhelmed, focus on your breathing and re-center. During grief, many unexpected triggers can happen. Focus on pausing, sitting down, and finding a focal point so you can keep moving. Assigning meaning to the life of value you have lost is equally important.

When you start using "should statements" or feel like you "need to be over it," gently and compassionately remind yourself that grief as selfcare and crying as healing. Crying and shedding tears can cleanse toxins and allow your body to emit necessary feelings. Remember, you cared and loved so hard. Therefore it is inevitable not to have a variety of intense and conflicting emotions around grief.

As devastating as grief is, it may also be an opportunity to engage in healthier habits. It may be drinking more water, committing to spending time with friends, taking a daily walk, meditating before bed, letting go of alcohol, etc.

Lastly, and although difficult, shutting out reminders of loved ones can make the grief process more challenging. Do not be afraid to place your loved one's picture on your desk or hanging in your room. Celebrations and anniversaries can provide ways for continued connection. Forgetting loss is impossible—simply to unrealistic. We live in a society that often expects us to be happy 24/7, yet at the end of the day, you are human and have feelings. Remind yourself it is OK to grieve, to feel, to be upset. Never apologize for being you and honoring your needs.

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.



AndersonBariatrics.com • 2106 N. Main St., Anderson, SC



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# **UNMASKING OUR GREATEST DESIRES**

Well, folks, we've finally made it. New CDC guidelines say that it is safe for fully vaccinated adults to be mask-free outdoors and indoors, unless visiting health care facilities or congregate settings, flying, or using public transportation. My office coworkers have all been fully vaccinated, so this has been the first week since I started there that no one has worn a mask. True story: I have seen our college runner Taylor every workday since January 4, 2021, and yesterday I discovered that he has a beard. I have to tell you, I did not see that one coming.

With the exception of finding out what's been hiding underneath all that personal protective equipment, the thing I'm most excited about is the return of live music! My husband and I love going to music festivals, usually Americana or bluegrass in some mountain locale, or checking out the shows at the Orange Peel, the Grey Eagle, or the unfortunately named Isis Music Hall in Asheville. Sadly, we spent most of last March and April watching all of our concerts tumble from the 2020 calendar. I've had some great times with friends at concerts and festivals. For years we made annual pilgrimages to Merlefest in Wilkesboro,



\_\_\_\_\_ H

Kraus. (If you don't know any of these names, we can still be friends, but you must submit to what the People's Republic of China refers to as "re-education.") For you youngsters out there, we also saw the Avett Brothers three or four times when they were just starting out. I'm a big fan now, but back in the day, they mainly stood onstage and screamed for 15 minutes, which was our cue to leave our seats and go get a hotdog.

We've already got some concerts planned for late 2021 -- Jason Isbell! -- but this long dry spell has

Carolina, where we saw Levon Helm, Guy Clark, Elvis Costello, Emmylou Harris, and Allison



made me realize how important live music has been throughout my life. One of the first concerts I went to was right down the road from the Electric City at Clemson's Littlejohn Coliseum. The year was 19-ALongTimeAgo, and the headliner was The Atlanta Rhythm Section, whose hits included So Into You, Champagne Jam, and Spooky. There had been a Tiger football game earlier in the day, so the band really played up the football theme, working the crowd into a lather. My friends and I somehow scored standing spots right in front of the stage, so it was pretty exciting to watch one band member hold an unopened beer can on the stage as

lead singer Rodney Justo kicked it field-goal style. It's all fun and games until somebody get hits in the head with the beer can at close range, and in this case, that somebody was me.

I came pretty close to passing out, and the lump it raised on my forehead was visible for a week. I probably should have been taken to the hospital, but this was way back in the 20th Century when bands were wilder and audience members were less litigious. If the same thing happened today, they'd be calling it the Kim von Keller Coliseum, where I'd have permanent backstage access and all the nachos I could eat.

At this stage of my concert-going life, I don't really worry about concussive brain injuries anymore. One of the last performers we saw pre-pandemic was Graham Nash. A former member of '70s and '80s supergroup Crosby, Stills, Nash & Young, he's 79 now, a cool 79, but he's not exerting more physical energy onstage than absolutely necessary. And when we go to the Bristol Rhythm & Roots festival later this year, Tanya Tucker will take the stage. She's considerably younger than Nash, but she's probably lived harder, so maybe they'll let her sing Delta Dawn from a chair.

Whatever you've been missing over the last 15 months or so, I hope you'll get it soon. Movie theaters, theme parks, and cruise travel are all in the process of returning to something like normalcy. And if you're a music lover like me, I hope there's a concert or two in your future. Just remember, before you go, to assess the age and energy level of both the performer and the audience; when in doubt, wear a helmet.

What are your favorite concert memories? Share them with me at editkim50@gmail.com!



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 Provides transportation to doctor's appointments, beauty shops, etc.

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- \* Access to reliable transportation with a willingness to travel within
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- Must pass drug testing

Evaluating the Human Spirit Comfort Keepers of Anderson 864.760.1900

# Upstate Staffing HIRING GUIDE

# Packer

12 hour Day shift \$13.00/ 12 hour Night shift \$13.90

Packing finished product into boxes and preparing for shipping.



12 hour Day shift \$13.00/ 12 hour Night shift \$13.90

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1st shift \$12-\$17

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### Assembly/ Thermoforming

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Assemble products, conduct quality inspections, and prepare finished products for shipping.

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Plastic Injection molding, making sure machine runs properly.

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# **Interior transformation tips from Harris Home**

Everyone has that one room that they've been dying to reinvent! Although the temptation is to dive right in and start...would your renovation goal be accomplished successfully?

"We see so many homeowners who try to undertake huge interior redesign projects on their own," says Scott Junkins, president of Harris Home. "Most of them quickly realize it's far more complex than they thought. Our company manages the entire process, so the results fully match their vision."

Here are some tips to consider before starting any interior renovation:

Professional consultation with one company. You could interview several unknown contractors and hope they can do what you want. Or you could consult with one proven company that specializes in completing entire renovation projects, from concepts to gorgeous rooms. Harris Home will take in the scope of your desires and propose a comprehensive timeline.

See plans and know the total cost. It's a bad idea to begin a renovation without having a complete plan for the finished product. Your Harris Home consultant will incorporate your ideas into a finished blueprint and show you a custom 3-D rendering before any work begins. And you'll see a total budget that covers all the expenses of your project, based on the



labor required and materials you've chosen. You have final approval over every step.

Select products with a certified designer. Spare yourself the hassle of driving to multiple stores to find samples for flooring, paint, cabinets, fixtures, and other project necessities. Your personal Harris Home designer will gather the samples you desire and present them to you in a relaxed atmosphere. You'll have the option to view them at the Harris design center, or in the comfort of your home. With their skilled guidance, you can coordinate the elements you need to make your room complete.

Have a project manager. Having your own on-site project coordinator is a vital part of the Harris Home experience. They'll manage material delivery and handle scheduling of every subcontractor for the entire process. Plus, they'll stay in constant communication, so you'll be fully informed about your transformation progress.

Relax and enjoy. Trying to do everything yourself is a guaranteed bundle of stress. The Harris Home professionals will oversee every stage of your dream project, so you can live your life without constant remodeling headaches. Their goal is to make sure your vision becomes a reality.

"Total interior transformation doesn't need to be a personal chore," says Junkins. "We have a team of experts who will take the renovation burden off your shoulders. And, most importantly, you'll have the breathtaking room you've always desired, with service beyond your imagination."

# CREATING IT YOURSELF

When it comes to fashion and beauty, I love doing it myself. There are so many amazing resources that you literally have in your closet and even your kitchen for that matter. If you want to get creative and clever, it's right in front of you. Think of just a basic summer



Kristine March

scarf. You can make it into multiple things to wear. A headscarf for example is oh so chic. There are hundreds of ways to tie one.

I like a turban style with big sunglasses. You could do a 1950's style or even make it into a head-

band. I love Pinterest because they have fabulous ideas on how to tie them in the style of your choice. You could use that exact scarf for a cover up at the pool or even a dress. Knotting tips and tricks are easy to do.

I love to tie a scarf the Italian way as well. So fun and elegant.

If you're looking for a quick beauty tip, try this easy and effective face mask at home. Especially if you don't feel like going to the spa or an esthetician. I absolutely love getting a good plain organic yogurt from the fridge, I use a half of a cup, a few dashes of lemon juice and a tablespoon of local honey. If you're feeling really fancy add a half of a tablespoon of ground turmeric. Clean your face first of course, then put the ingredients in a bowl. Stir them up and then apply on your face and neck with a face mask applicator brush. Leave on for fifteen to twenty minutes. Rinse well with warm water then pat dry with cold. Next apply your favorite moisturizer. You will be so glowy and feel so relaxed right in the comforts of your home.

Another easy do it yourself idea is tie dye. This would even be a great way to pass the time this summer with the kiddos. Get an oversized tee or sweatshirt and google your favorite tie dye techniques. My personal favorite way to dye things is the Japanese Shibori method. It's a stunning indigo color and would be stellar for a tablecloth or even curtains. It's actually really fun and quite simple to do. There is a great deal of information on how to perfect it and get inventive with it. There are hundreds of projects you can use for it. These are just a few DIY ideas that I hope will inspire you. Remember to make the sidewalk your runway and kindness always matters.

# STYLE THAT HITS HOME



DiscoverHarrisHome.com 51 Civic Center Boulevard Ext, Anderson, SC 29625 I 864.225.8631

# Lowcountry Treasures at Hobcaw Barony

#### BY ANN BAILES

Taking a relaxing sunbathing trip to the Myrtle Beach area is always great, but sometimes a vacationer wants to do something different from the usual swimming and shopping. For those days, a trip to Hobcaw Barony, between Pawleys Island and Georgetown, fits the bill.

Hobcaw Barony contains 16,000 acres of private land and has a rich history--deeded in 1715 as a reward to a baron of King George, and later carved into 11 rice plantations. The land was purchased in the early 1900s by Bernard Baruch, a South Carolina native and self-made wealthy financier, who was a counselor to presidents from Wilson to Kennedy. His daughter Belle, who eventually purchased his land, deeded it to the private Belle Baruch Foundation upon her passing. It will never fall into the hands of developers. The land is situated right at the



mouth of Winyah Bay and is rich with the natural habitats of all the beach ecosystems. It is an absolutely beautiful piece of property, unparalleled on our South Carolina coast. Hobcaw is home to many programs for both individuals and educators (hobcawbarony.org). Both Clemson and USC maintain research stations there. In addition to the scientific and ecological opportunities, over 70 cultural sites exist on the plantation, including cemeteries, the Friendfield Village of former slave cabins, remnants of old rice plantations, and the Baruchs' homes. These all offer a time capsule for people interested in Lowcountry history.

The only way to see this beautiful place is to sign up and pay for a guided tour, which takes visitors through the various habitats and historical sights. One of the treats of visiting Hobcaw is that it is home to many bird species, including a colony of endangered red-cockaded woodpeckers. Sometimes these rare birds can be viewed from outside the fence of the property.

As part of our tour there, we went through Hobcaw House,

the large home right on Winyah Bay built by Baruch for use from November through April. We saw the room where Franklin Roosevelt loved to stay, Winston Churchill's favorite chair, and much other historical memorabilia. The guide told us that the guests to the home would get up and hunt ducks until late morning, come in and rest awhile, then go to a nearby plantation and hunt quail. Worked into all this was fox and deer hunting also. I could see Mike wistfully imagining what this kind of lifestyle would have been like. I laughed and said "Too bad you weren't born into fabulous wealth, isn't it?" He too chuckled and then shot back, "Or at least married into it." Well, there wasn't much I could say to that.

Wealthy or not, Hobcaw Barony is a beautiful and highly recommended place for any summer visitor to the Carolina coast.





# Carolina Wren Park May 29th 8:30am

# BEDTIME CHAPTER BOOKS

Every now and then, it's nice to change up the nightly reading routine a bit. It's important to keep your children engaged and excited about reading. While my girls and I enjoy reading picture books, we also enjoy reading through



longer books together. It's exciting to watch a story unfold along with learning the characters and their roles in that story. You begin to play the story-line in your mind and make your own predictions about what the characters and scenery may look like. These longer chapter books are also known for leaving

Katie Laughridge

the listeners "hanging" at the end of each chapter, which we LOVE!

I usually let them draw and color while I read so they don't get too antsy and it's really worked well for us. As summer is approaching, this would be the perfect time to choose a book together and start this ritual at home. Maybe your children don't enjoy drawing as much, but they may enjoy creating with Magnatiles or Legos, Lincoln Logs or Play Doh. Whatever quiet activity they can do will work. As long as their hands are busy, their ears will remain open. It's also very important to choose a book that you think will interest them. Below you will find some book suggestions to get you started on this new adventure.

The Vanderbeeker Series by Robin Glasser Charlotte's Web by E.B. White Harry Potter Series by J.K. Rowling

Roald Dahl books: Matilda, The BFG, and the Witches

Little House on the Prairie Books by Laura Ingles Wilder

Magic Tree House Series by Mary Pope Osborne

Junie B. Jones Series by Barbara Parks The Littles Series by Joel Peterson

The Boxcar Children Series by Gertrude Chandler Warner

Henry Huggins and Ramona Series by Beverly Cleary

Like Pickle Juice on a Cookie, Like Carrot Juice on Cupcake, Like Bug Juice on a Burger by Julie Sternberg

How to Train Your Dragon Series by Cressida Cowell

Race to the Wild Series by Kristin Earhart American Girl books

I hope you will enjoy this magical time reading with your child. Look at it as a way to escape from the uncertainty/busyness of our days and a way to connect with your child. Remember that children are never too young or too old to be read to.

"I will defend the importance of bedtime stories until my last gasp." J.K. Rowling





Last month, Mama and I were spending the day in Greenville. We started at the annual plant/ bake/yard sale at Kilgore Lewis House. I donated crinum lilies and ended up working the sale. It was nice to be among our gardening friends. If you've never visited Kilgore Lewis House, the grounds are lovely and it is such a nice oasis in the middle of downtown.

Afterwards, we made our nursery rounds. I was in the market for more azaleas and was happy to find two on the list from an article in April 1988's Southern Living, Stewartstonian, an orange variety, and Pride of Mobile, a pink one. Pride of Mobile was a good find because it's a southern indica type and large growing, six to eight feet tall and wide, that I've been looking for. They are both in pots, however, in my garden shop area waiting to be planted this fall. The other azaleas I found on a trip

**PUBLIC NOTICE** 

FOR LIEN

Pursuant to SC Statutory Law,

personal property from the

following unit will be sold on

June 11, 2021 at 10:00 am at

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Unit B51, T. Stancil - Unit

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Couch, Recliner, Flat Screen

TV, Mattress' and Table

Property being sold to satisfy

a lien for storage rent.

Terms of sale: Cash Only

Bidders must sign in prior

to sale. Sale will be through

www.storageauctions.com

Unit availability subject to

prior redemption by tenant.



Wheelbarrow makeover

to Asheville back late winter are already having to be watered. I hope this recent dry spell is not a sign of our summer to come. I'm better at keeping things in the garden shop area watered. This is where some containers are planted with annuals and perennials, things I'm rooting, plants I'm babysitting for various reasons, etc. I know things there must be tended. Once something is in the ground, I'm inclined to let it fend for itself.

On the trip, Mother saw an old wheelbarrow planted with succulents and such. She was smitten and wanted one for herself. She has her daddy's wheelbarrow that she uses as a wheelbarrow and another one she keeps some plants she rooting in. She can move them around according to cold, sun, etc. until they are growing well enough to either go in the ground or be given a new home. Her neighbor has one also that has been sitting at the back of his house for years with broken bricks and left over concrete from a walkway he did. He kept saying he was going to get rid of what was in it, and the wheelbarrow too. So he gave it to Mama with the deal that what was in it would be disposed of as well.

The one used for rooting had a couple of rusted out spots in it so it had drainage. We filled it with potting soil and a bit of sand and got plants on our spring trip to McAlister's Greenhouse. We put Angelina Sedum (Sedum repestre) and a silvery blue variety, Blue Spruce Stonecrop (Sedum reflexum). Blue spruce came from Mama's mother's but Mama didn't remember that until I reminded her of the strawberry jar on grandmother's porch. Ogon sedum also has the great chartreuse color of Angelina. We put a variegated stone crop sedum, hens and chicks, one variety that is quite big for a hen and chick, ice plant that has pretty pink flowers, and a very dark bronze sedum. Mama added a few rocks in it and it has turned out great. Neighbors have stopped to look at it. Even one of the city workers who cleans up stuff put on the curbs brought his wife back to see it. It seems the wheelbarrow is a hit.

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### **12 THE ELECTRIC CITY NEWS** | MAY 27-JUNE 9, 2021

# MAMMOTHS IN SC?

#### BY RICH OTTER

Paleo-Indians were wandering around South Carolina about 10 or 11,000 years ago as evidenced by Clovis spear points found in our area, particularly along the Savannah River. Those early humans had some very interesting neighbors. Perhaps the one particularly unusual as viewed by current residents was the Columbian mammoth, a cousin of the Wooly mammoth.

That monster, living to a maximum age of about 80 years, stood 13 feet at its massive shoulders, had tusks extending 14 to 16 feet long, and an adult male weighed in at 22,000 pounds. The tusks could be used in defense, for dominance struggles and, most importantly, to impress the ladies.

Its molars were replaced five times over its lifetime and each of an adult's 4 molars (two in the upper jaw and two below) could grow up to 9 inches in length. The molar regeneration is a reason those teeth are the most often discovered remains of the mammoth.

The range of the Columbian mammoth stretched from the area of the lower 48 United States down to Costa Rica. Canada and Alaska boasted the Wooly mammoth that could interbreed with the Columbian and there have been discoveries of what have appeared to be such hybrids along the geographic borderline of the two species.

Mammoths arrived in the Americas about a million years ago during the ice ages coming from what is now Russia to present day Alaska over the Beringia land bridge. In the ice ages the oceans were at least 300 feet lower than today permitting the crossing.

The mammoths were not the friendliest of creatures and they shared their territory in this part of the country with such carnivores as wolves and grizzly bears. They certainly represented a fearsome trio for the new world human arrivals some 15,000 years ago. It is even possible there were also sabre tooth tigers still hanging around. No evidence has yet been found

that the mammoths were a food source for the new inhabitants of South Carolina. The local Paleo-Indians apparently primarily depended upon the abundant small game. But Columbian mammoths were hunted in some parts of their range requiring extremely daring individuals who had to be virtually within touching distance to penetrate their tough hide with spears hosting only small stone Clovis points.

Evidence of the mammoth's existence in South Carolina has primarily been found in the lower part of the state but they roamed freely throughout the state. They preferred open country grasses but tree leaves and brushy plants could also provide a meal.

Fortunately for the early Americans, mammoths were not meat eaters but they were not a pleasure to encounter as they were very territorial as are all elephants. Their disposition would also not have improved if they sensed early



Mammoth's molar from SC

humans were eyeing them as a

potential meal. It has not been conclusively determined if the disappearance of the Columbian mammoth was due to overkill, climate change or otherwise narrowing habitat. It likely was a combination of elements.

Now, fast forward about 10,000 years to a third grade student named Olivia McConnell in New Zion, South Carolina. Olivia learned of a discovery in 1725 by slaves in the lower part of the state of a Columbian mammoth tooth. The slaves recognized it as belonging to some kind of elephant. Olivia wrote to her state representative and suggested that South Carolina, having no state fossil designation, should award the mammoth the honor. The action was officially taken in 2014 and Olivia, her classmates, teachers and mother were present when Governor Nikki Haley signed the law affirming the designation.

An equivalent honor had previously been bestowed upon the Columbian mammoth by the states of Washington and Nebraska. Our South Carolina mammoth clearly deserved a similar distinction.



**Columbian mammoth** 



**Register online at yourfirstflight.org** All proceeds benefit Operation Active Kids, a First Flight Alliance Initiative



# **Seven Year Witch**

#### **BY JIM HARRIS**

Just over 20 years ago, the film "Almost Famous" chronicled the life of a fictional band, Stillwater, as they tried to make their way to the top of the world of Rock n' Roll. It was a fictional tale, but it parallels the current situation for a talented group of musicians with a local origin, the Upstate's Seven Year Witch. These guys have caught the eye of several powers in the music industry and are starting to make a name for themselves.

Hailing from Pendleton, Spencer Burdon, Aaron Langford, and Seth Burdon grew up together. Spencer and Seth, bass player and drummer, respectively, had been in bands from a very young age, and during their senior year, they asked Aaron, a singer, to jam in their garage. Aaron says, "It was like love at first sight. We hit the ground running. We all knew that was what we wanted to do". Last year, after some lineup changes at guitar, the band reached out to long-term friend Beau Anderson to step into that role permanently.

The band shows influence from some major rock talent. Seth names Jack White as a significant influence, liking that he looks at the overall project, not just one perspective. "When he takes on a project, he cares about it as a whole. That's how I try and see myself in a band, looking at more than just the drum angle", he says. Beau cites AC/DC as an early influence, even going as Angus Young for Halloween three years in a row. For Spencer, Black Sabbath and Led Zeppelin top the bill. Aaron has been a lifelong fan of the late Chris Cornell. These influences also shape the band's solid songwriting, which happens as a group project. "We'll have a riff, and then everyone adds their flavor to it. It's always a group project", Aaron shares.

Their debut album, Songs Our Mothers Love, was released in 2018. The ten songs sound more like the efforts of an established and mature band than a first release. One review paid homage to their dedication to the spirit of rock, "Sometimes you just want the stuff that works and delivered with vibrant, enthusiastic energy that rock can achieve within the right hands. That's what you have here."

The band has paid its dues, honing its craft by playing bike nights and clubs all across the Southeast. In the last couple of years, that hard work has begun to open doors. Playing larger venues and supporting acts like the Gin Blossoms, Tom Keifer from Cinderella, Saliva, POD, and Pop Evil has exposed the band to



larger audiences. Taking great pride in their energy on stage, they were voted "Best Live Act" in the Upstate Music Awards. They just added multiple dates supporting platinum-selling band Buckcherry, among others, later this summer.

The band recently appeared at the famous Smith's Olde Bar in Atlanta, supporting a side project of Moses Mo, co-founder, and guitarist for platinum-selling band Mother's Finest. Moses said of the band, "Seven Year Witch is an extremely talented young band. We enjoyed working with them, great bunch of guys."

Veteran performer Tommy Knight is no stranger to rock icons, having opened for such luminaries as Johnny Winter, Buddy Guy, and Delbert McClinton. Of Seven Year Witch, he says, "They caught my ear as a hook-laden, guitar-driven up and coming band. Infectious, good-time rock n roll."

The guys just spent ten days in a Florida studio, recording four songs for a new EP that they intend to shop to record labels. The first track released was mixed by Corey Lowery of Seether. Having recently signed with booking agent TKO, the band is seeing their momentum building. When asked about the pressure of trying to find your way in a challenging business like the music industry, Aaron said, "There is stress with the business side, but when you get on stage and hit the first note, it's just fun."

Keep an eye out for Seven Year Witch. You may be able to brag someday that you saw them before they were huge.



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