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The booklets for 2020 federal tax forms and instructions have not yet arrived. To request state and/or federal forms be printed for pickup, please contact your local library.

Good Housekeeping has unveiled some of the best reads for 2021. One of these (or several) is sure to delight and entertain you.

THE PUSH: A NOVEL

By Ashley Audrain

Fans of psychological thrillers, crack open this one about the relationship

SEE LIBRARY ON PAGE 2

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Little ways to show your child you love them — every day

As parents it is important for us to make sure our children feel safe, secure, and most importantly- loved. How can we put our



Katie Laughridge

"I love you's" into action?

Below are 16 little ways to show your children you love them every day that are meaningful and will be sure to

leave a lasting impression on them.

1. Give your child kisses when they wake up and hugs before you leave.

2. Read an extra book before bedtime or stay in their room for a little longer than usual.

3. If your child can read, put a note in their lunch box that says, "Have fun today! Love you!" or "Good luck on your test today!" If they can't read, create a little drawing or a "sticker story" on a post-it note.



4. Notice something they've done right: "Thank you for putting your toys away, I really appreciate it" or "thank you for playing nicely with your sister."

5. Cook together — let your child help you make dinner or bake together. Little ones can even measure the water, stir, or help set the table!

6. Compliment your child on something they do: "I really love listening to you sing. You sing so beautifully" or "I loved watching you play soccer tonight, you are a super star runner on the field!"

7. Try to get ready ahead of your schedule — even if it's ten minutes — so you can cut out the "hurry ups" and let your kid take

their own time getting in the car or walking down the street.

8. Proudly display their artwork (or even a good grade on a test) at home.

9. Don't talk about them, especially their flaws, in front of them.

10. After you have an argument, give them a big hug and tell them it's okay.

11. Follow through on any promises you make.

12. Play with your child, even if it's just for a few minutes.

13. Give your child your full attention when you're together and really listen to them without interrupting or distracting yourself with your phone.

14. Be the last to let go of hugs, SMILE at them, ask to hold their hand.

15. Try to see their point of view.

16. Tell them you love them. Every single day.

We all lead busy lives rushing from here to there trying to get this and that done. But it's important that we take time to show our children we love them every day!

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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

GARDEN & FLORAL
Susan Temple
gardningirl@yahoo.com

SPORTS
Bru Nimmons
bnimmons3@gmail.com

MENTAL HEALTH
Mary-Catherine McClain Riner
drmarycatherine@riner counseling.com

FASHION
Kristine March

COLUMNISTS
Coach Jim Fraser
Kim Acker Von Keller
Katie Laughridge
Neal Parnell
dnparn@gmail.com
Ann K. Bailes
Amie Buice

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Library

CONTINUED FROM PAGE 1

between mothers and daughters. Before Blythe's daughter is born, she wants to create the deep bond she never had with her own mom. But when Violet arrives, she's convinced something's wrong with her little girl. The tragic events that follow will make you question her sanity, and the story she's telling us.

THIS CLOSE TO OKAY: A NOVEL

By Leesa Cross-Smith

We all carry our past with us, and that's never clearer than in this powerful story about two strangers who come together when they both need someone the most. Recently divorced therapist Tallie Clark pulls over when she sees Emmett about to jump from a bridge. She coaxes him to safety, and over the course of the emotional weekend that follows, we learn that Emmett's not the only one who needed saving.

HOW THE ONE-ARMED SISTER SWEEPS HER HOUSE

By Cherie Jones

This transporting novel set in Barbados reveals the way even the most disparate lives are interconnected. It delves into wealth and class, love and crime — and the emotional turmoil that roils in a rapidly gentrifying area and the people who live there.

THE BEAUTY OF LIVING TWICE

By Sharon Stone

In a gorgeous memoir that talks about how she put her life back together after a massive medical event, actress and humanitarian Sharon Stone lets us all into her world. Whether you've followed her work or not, this slice of life makes a great read.

THE KITCHEN FRONT

By Jennifer Ryan

You'll feel like you stepped back in time with this historical fiction set in WWII Britain. Four women from very different walks of life compete in a cooking competition to become a presenter on the BBC, and learn a

lot about themselves — and each other — along the way. It's uplifting, a little scandalous, and even includes recipes so you can cook along with them.

NO ONE IS TALKING ABOUT THIS

By Patricia Lockwood

This fragmented, genre-bending story about a woman who earns social media fame and wonders about what "the portal" is doing to society, her brain, and the people who use it, feels both strange and intimately familiar. It's bizarre, oddly funny, at times piercing and absolutely a must-read for all of us social media users.

SUMMER WATER

By Sarah Moss

A creeping aura of disquiet pervades this quietly unsettling novel set in a cluster of cottages in rural Scotland. Lacking cell service, the families spend their days watching each other's movements through the blinds, learning perhaps a little too much about the others. It's a slow burn, but the payoff at the end will leave you breathless.



Old Reformer - Anderson County Museum



Old Reformer in 1910

THE OLD REFORMER

BY RICH OTTER

The "Old Reformer" is the brass cannon presently standing guard by the front door of the Anderson County Museum. Some of its history is cloudy but it appears it was English made but brought to American shores in 1764 by some German emigrants settling in Charleston.

In an article from the Anderson Daily Intelligencer on September 25, 1914, it was reported it had been used in the American Revolution "perhaps on each side" but no details are available. Documentation from the Anderson County Museum indicates the cannon was thought to have come to the upstate to protect settlers during the War of 1812. Surrounding the arrival is where some famous Anderson folklore comes into play.

The Intelligencer stated the cannon was "brought to Anderson County by Mr. Hanks, father of Nancy Hanks, the mother of Abraham Lincoln." The reference to Lincoln motherhood is a tale connecting Nancy to John C. Calhoun who regularly traveled to the upstate past an inn where Nancy was reputedly employed. There was a Nancy Hanks but current genealogical tracings, dates, and geography have strongly disputed the story that she was the Nancy Hanks who was Lincoln's mother. Tommy Hanks (presumably a relative) is quoted as a source that the cannon weighed 600 pounds and was touched off by a fuse instead of the latter day lanyard.

The Intelligencer further stated: "Before the war of Succession there were many 'minute men' and militia companies in the State. The old Fourth Regiment of the county, anticipating an inspection by the governor on muster day, applied for a field piece for its artillery company."

The request was granted and Mr. Hanks went to Charleston for the ordinance. By special request of the company, he also brought

back three gallons of rum. It required three weeks to make the trip. It wasn't disclosed how much rum had actually been purchased before the trip back to Anderson. It is also of interest that the regiment apparently had an artillery company but no ordinance before the cannon arrived.

The "Old Reformer" was involved with many musters and reviews on the grounds in Varennes as well as for special occasions. A shed was built to protect it and there was construction of a proper mounting for the piece. In 1860 it was brought to Anderson where on December 20 it heralded the Order of Succession signing. During the Civil War there were no funds available to purchase farm implements and the shed was falling down. As a result, "the people" were said to have used the iron from the cannon's mounting to make plow shares.

The Anderson County Museum records indicate that in 1876 honoring the gubernatorial campaign of Wade Hampton the "Old Reformer" was fired during political speeches. That would indicate there was a new carriage for the barrel if the old one had been beaten into plow shares. Shortly thereafter the barrel disappeared. It was subsequently found buried near the Anderson freight depot and was placed in the garden at the W. R. Hubbard House on Greenville Street.

In 1906 the Catechee Chapter of the Daughters of the American Revolution under the leadership of Mrs. J. L. McGee acquired the barrel and it was placed upon a pedestal on North Main Street where it remained until 1920. It was then deemed an impediment to traffic and Anderson Mayor Foster Fant had the barrel placed on a carriage and put in the plaza across from the Anderson County Courthouse. After the new County Courthouse was constructed in 1991 it received a brick alcove on the plaza where it

remained until 2010 when it was relocated to the Anderson County Museum.

The Intelligencer reported the cannon had been given the "Old Reformer" name in 1876

by Civil War heroes Col. James A. Hoyt and Gen. William Wirt Humphreys. It is unclear, however, what the "Old Reformer" had actually ever reformed.



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2021

The YEAR
of
YOUTH

After tragedy, student finds new beginning at UofSC Honors College

BY MEGAN SEXTON

Antonia Adams' story is filled with tragedy. It's about devastating phone calls, vigils in hospital rooms and more sorrow and gut-wrenching decisions than a college student should ever face. But above all, it is a story of perseverance, about fighting through the uncertainty and sadness with a belief that education can restore confidence and hope.

It's a story that starts in Edgefield County, where Adams grew up "in the middle of absolutely nowhere. Peach trees and cow pastures, that was my backyard. Literally," she says.

She had what she calls a normal, middle-class upbringing, born when her mother was 44 and her father was 47. Her parents instilled in her the value of hard work and the importance of education, with her mother earning her college degree with honors at age 60.

Adams thrived in the public schools in her hometown. She was the high school valedictorian and a delegate to Palmetto Girls State. She was involved in band, public speaking competitions and leadership roles. After graduation, she attended a private college, where she considered herself a typical student.

That changed with a visit home during Thanksgiving break during her sophomore year. Her mother, looking sick and thin, revealed that she had been diagnosed with stage 4 colon cancer. Adams had just turned 20, and her mother convinced her to return to college for the spring semester, wanting nothing to get in the way of her daughter's education.

But the cancer quickly spread and stopped responding to chemotherapy. A phone call in February told Adams she needed to come home, immediately. Her mother was given only a few months to live; she died a couple weeks later, on March 5, 2017, at age 64. The morning after the funeral, her father became very sick. She drove him to the hospital, where doctors found he was bleeding internally, and discovered a tumor on his colon.

He was hospitalized in April, and Adams quickly took responsibility for his care, spending days and nights at the hospital, holding his hand, singing Happy Birthday to him as he

turned 68, doing everything to make him comfortable. After consulting with doctors, Adams made the decision to remove her father from life support. He died on May 26, 2017.

"After that, I was absolutely hopeless," she says. "My mom and dad were my best friends. When I was at college, I called them all the time. We were always together. When they passed away, it was the hardest thing I could ever imagine dealing with."

She didn't return to school, and spent the next year managing the estate, figuring out bills and trying to see her way through the chaos. Eventually, she enrolled at Piedmont Technical College in Greenwood, South Carolina, and she went to work rebuilding her confidence and dealing with the grief of losing her parents.

"A lot of people there reminded me, 'You absolutely have potential. You will get through this. You have to remember what your mom and dad said.' They knew they were dying. My mom said, 'You will go back to school.' My father said the same thing, 'You're going to be successful.'"

She eased back into her studies and saw she had the strength to continue. She found her path again, finding work at Piedmont Tech as a student employee and a presidential ambassador. She got involved in diversity issues, and eventually was elected president of the student body. She worked at a car dealership to earn money.

She started thinking about her next steps, with her eye on the University of South Carolina. After earning a 3.95 GPA at Piedmont Tech she was accepted into the Darla Moore School of Business and the South Carolina Honors College in the fall of 2020. Her experiences handling her parents' estate, dealing with probate court and medical bills, inspired her interest in business and law.

She jumped right into campus life at South Carolina, becoming a peer leader at the Leadership and Service Center. And while she presented at the regional Student Leadership and Diversity Conference on the Columbia campus while she attended Piedmont Tech, this year she is helping to plan the confer-



Antonia Adams

ence as a UofSC student. She is a Gamecock Guide, helping to tell the university's story on social media channels. She also is part of the Civic Leadership Education and Action Team, involved in voter registration initiatives and sharing election information on campus and online. She earned a 4.0 GPA for the fall semester.

"I'm doing well in my courses, and I love the business program here and the opportunities for diversity and leadership. There's so much opportunity for students to have a voice here," she says.

Now 24, she expects to earn her degree in economics with a minor in political science in two years. She then hopes to attend law school at Georgetown University, focusing on public policy law. She thinks a run for public office may even be in her future.

"I want to help people like me, who are dealing with unfortunate circumstances. I know how I felt most of the time, trying to figure out the world. It's hard. And I understand that. All it takes is a little bit of hope. Even if you haven't put yourself completely together, you can continue to move and continue to progress," she says. "Losing my mom and dad opened my eyes. Something like that, it changes everything. I love the idea of going to Washington and helping make those laws for people who are struggling. I want to use my story; to let someone see if you let people have a chance, if they have access to education and resources, they can recover from anything. I love being involved. I still grieve for my mom and dad. But I'm finding my way back again."

— Courtesy the University of South Carolina

2021: The YEAR of YOUTH

Being a youth in 2021

BY SARA LILA GARRISON

Growing up as a younger child, I never quite thought of what really happens when one ages. Personally, I thought that my youth years would consist of the simple things in life. The things that are sought after as a child and then become nostalgic as an adult. I expected to experience the cliché movie scenes that every teenager dreams of having as their own. As I grow and experience these years as my own, I realize that these once idealized times are not quite what I expected. However, I must say I do not think that anyone could be quite prepared for what life would be like as a youth going into 2021.

This new world that everyone is living in has made life unpredictable for all. Of course, one of the first things that come to mind to anyone living in 2021, would be COVID-19. The coronavirus has been a major challenge to everyone's life. Teenagers around the world have been caught by surprise by the new way of life caused by the pandemic. As a high school graduate of 2020, I can say with



Sara Lila Garrison

certainty that I did not expect my senior year to happen as it did. When spring break was extended an extra week, I did not think about the possibility of not returning to school again. Instead, I thought it was just a

blessing to have another week of fun without a worry about school. As the extra week off school turned to months of online school, I realized 2020 was not going to play out as I had imagined. Soon enough, the unforgettable moments of senior year soon became memorable for the unpredictable. Despite the fact that COVID-19 has been a struggle for most, there have been learning experiences gained from it. Students during these times were faced with major changes during these times. However, youths learned to quickly adapt to the situation to succeed.

Although the past year of 2020 was not the best for some, the past decade has been a time of development. During these years youth have found that despite their age, they can also use their voice for change. Through recent technological advances, Millennials/Gen Zs have found that their best outlet is through the internet. As an avid user of the internet, I have discovered how easy it is to reach a large audience. Many other young adults use social media to their advantage

to reach others and communicate about the recent changes in society. Through social media, we are able to talk about any topic that is heavy on their mind at any given moment. I have found that this is incredibly helpful to those who feel they are an outcast compared to others. Social media can create an outlet for people to reach others with common interests. With the world presented at the tip of their finger, youth now have been exposed to the world much more than previous generations.

Although being a youth in today's time of change and technology may be perceived as difficult, this generation is prepared for anything that may come next. These years as a young adult have not happened as I expected. However, I believe that these times will be a learning experience that teach great lessons to be discovered in the future. Millennials/Gen Zs have been exposed to things at a young age that others have never experienced. Whatever is in the future for 2021, the youth of this year will be prepared to adapt and overcome the unthinkable.

Gen Z and 2021

BY BEN HYDER

Before the pandemic began, young people graduating high school or college faced a student debt crisis, stagnant wages at ever-diminishing jobs, inevitable climate disaster and a hostile political atmosphere with occasional flare-ups of civil unrest. That was before the pandemic. While COVID-19 has touched us all in one way or another, changing our world in large and apparent ways, questions of what unseen effects the pandemic will have in the near future hang in the air. A hundred years ago, amid the Spanish Flu and First World War, another generation faced a similarly turbulent era. Unfortunately, there isn't much to learn from this previous pandemic: outside of newspaper clippings that address the Spanish Flu, there is very little historical matter to be found regarding the effects the disease had on everyday citizenry, and very few answers to the question of what Generation Z can expect going forward.

Last August, after her college had switched courses to online-only, my sister and a couple of her friends moved to a farm in western North Carolina to work for the duration of the school year. Leaving the expensive rents and clustered streets of Charleston for a quiet farm life was the type of dramatic departure that seemed normal during the pandemic. Remembering the lack of Spanish Flu documentation and humbly aiming to avoid the failures of an earlier age, I resolved to get a sense of how my sister was dealing with the pandemic and to understand how this time was changing us.

At first she mainly gushed about the farm's operations: how she was planting, harvesting and processing apples, pumpkins, nectarines and peaches; preparing butters and soaps and tinctures and preserves of all sorts. Many of these processes involved recycling other parts of other harvests that could otherwise be thrown away; another thing she greatly admired about the place.

The job was also different from any she had had before, with her boss announcing one big goal or project every morning, such as moving brush from the orchards to the burn pile, and everyone pitching in equally to get it done. She reported that there was a strong sense of community there and that yes, the virtues of manual labor and living off of the land were indeed real and as rewarding as you would think. She also celebrated becoming less attached to her phone.

As inheritors of a post-9/11 America, raised on smartphones and Wi-Fi, it seems an acute interest in the well-being of Gen Z has been around nearly as long as they have. Compared to the Lost Generation that weathered the early twentieth century mostly silent, Gen Z will emerge from the pandemic overdocumented. The rising popularity of apps like TikTok during quarantine has resulted in an unprecedented archive of corona-era artifacts. Future historians will not want for

primary sources, but what will they see? How will they characterize us, dealing with what is surely the defining crisis of our lifetimes, from our viral dance trend TikToks?

The highly curated and choreographed social media output of millions of people stuck at home might not serve as any great historical record, but then again, even if there were no articles written about young people during the Spanish Flu, that doesn't mean that they didn't live and make it through. Having witnessed what the virus has taken from us-- weddings, showers, graduations, proms, jobs, countless lives-- it doesn't strike one as a cheerful topic to read or write about.

The closed system of the farm-- its self-sufficiency and communal environment has come to represent the sum of my hopes for a post-covid world, for a closed system-- like that of a body protecting itself from a virus-- is a healthy one. We've been forced to take a hard look at what is necessary and what is extraneous, so that we can come out on the other side with a better idea of which is which. These lessons might not always be recorded, but hopefully they will be remembered.

"The highly curated and choreographed social media output of millions of people stuck at home might not serve as any great historical record, but then again, even if there were no articles written about young people during the Spanish Flu, that doesn't mean that they didn't live and make it through."

— Ben Hyder

2021: The YEAR of YOUTH

YOUNG PEOPLE ARE US

BY ANN BAILES

I love young people. I've spent the last 40 years teaching in classrooms with middle- and high-school students, and see that as one of the best opportunities of my life. There's no question that young people today have pressures on them that the older generation did not face. But! believe that teenagers and young adults of today are up to the challenge! And those of us who are older can help support them!

I have seen that young adults will rise to any challenge - at work, at school, at home - if it is given to them with love and respect. The best-loved teachers are the ones who challenge their students to a higher level. The best

loved parents treat their young people with respect and also have reasonable expectations for them. Teenagers want to know that the adults in their lives believe in them, that they can succeed with the goals that they need to achieve.

Also, young adults will catch the challenge and vision for service. Several years ago some students in our school Beta Club made a few fleece blankets for disabled and underprivileged children. This year the project grew exponentially after a teacher showed them how they could make smaller blankets and pillows for the project. These teenagers realized that they could make a difference for children who are cold in our community. They got on

board. Fleece started appearing. One young man brought \$95 and said to use it for fleece. Teachers let them use extra time in study hall. In the end, these young people made 110 blankets and 36 pillows, many on their own time--and they're already asking about next year's project. Seeing teens get a vision for service gives me hope for the future with young people of today.

And young people are sharp. They know instinctively who really cares about them. Personalities may differ - adults in their lives may be kindly, gruff, even stern - but the personality doesn't matter. People show love in different ways, but young people do know. Knowing they are loved is a huge motivating factor.

Years ago, a rather gruff man in his early 70s was hired to fill a teaching vacancy the last few weeks of the year at our small high

school. I and others had our doubts if he would be successful teaching teens. Well, he did so well that he stayed two more years; and at the end of his tenure, he and his wife gave a party at their home for his homeroom. Every single one of the 30 sophomores went to that party, and the students in other grades were jealous that they weren't included. A party at the home of someone the age of their grandparents!! But they knew how much they were loved and genuinely cared about - and age doesn't matter if they know that.

To any adult reading this - Make sure you're giving any young adults in your life the foundation that they need. Challenge them. Love them. Lead them in the right paths. Because young people are not only the future of our society - they are our society, today. And I have great hopes for our future!



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CZEPIGA IS NO RINKY DINK ARTIST

BY JULIE BAILES JOHNSON

Anderson native Dom Czepiga is not your run of the mill artist. His art is composed of mixed media, photography and an exceptional imagination. As a self-taught artist, his techniques and style embody a new wave of mixed media, disregarding the traditional and pushing the juxtaposing with female imagery. Through a digital amalgam, he delivers a positive statement through calculated chaos.

"The process is always going on as I collect pieces from everywhere. When I am ready to start a piece, I gather my collected pieces and allow the words and images to do the talking. The rest is magic," he says.

When choosing a subject, Czepiga uses Instagram, Pexels and Unsplash which helps in his search for something urgent or with great activity. "This can be as simple as a hand gesture, hair blowing or as deep as the emotions in someone's eyes. With permission from various photographers, I incorporate their photos but my goal is to photograph the muses myself," he states.

Other than digital photography, Czepiga uses a myriad of different tools in the process that help to create his one of a kind and quite stunning works. "Tools can be almost anything such as magazine clippings, jewels, objects, etc. I use several tools on my iPhone, iPad Pro and Wacom Mobilestudio and a few different types of software



1980 Something



Somewhat Damaged



89% Genius



Comfort Zone



Dom Czepiga

and apps," he says. Using abstract paintings as backdrops in the past, Czepiga's works have moved away from that and allowed him to introduce the mixed media into his pieces.

Czepiga's works have swiftly gained notoriety propelling him into prominent art shows both in South Carolina and Florida. His works have been established in Les Couleurs Gala in Miami and have been published several times in various magazines. "I have dipped in art in one form or another as far back as I can remember," Czepiga says. "I have one piece in my portfolio that I drew back in 1977 but my current form of art has been evolving since 2016 and continues to evolve."

"Typography is ambiguous; it is both art and tool. When arranged, it makes up the written language and when combined with imagery it

transitions to art. My body of work contains human facial features combined with overlapping typography to convey the issues one would tend to discount; it acts as a journal to what is happening in my psyche and in the world around us," Czepiga says.

As for future pieces Czepiga says only time will tell. "I do have some interest in creating some sculpture work in the future," he says.

Aside from creating these spectacular pieces, Czepiga says he is proud to be a sales manager with Xylem, Inc, which is a global water solutions and water technology company. "Our mission is to help solve some of the world's greatest water challenges such as water scarcity, critical infrastructure, making water more accessible and affordable," he says.

Xylem, Inc. was just named one of Newsweek's most responsible

companies for 2021. (#27 of 400), Forbes and Just Capital's 100 Most Just Companies and Barron's 100 Most Sustainable Companies

After graduating from T.L. Hanna, Czepiga attended Anderson College for two years with the intention of transferring to Clemson University. "I got bored with school and decided to join the U.S. Navy and see the world," Czepiga says. Enlisting in 1990, he served six years and was designated as an ET2 Second Class Petty Officer. "I was in Orlando, Great Lakes, San Diego and Norfolk and was assigned to the USS Comte De Grasse DD-974, Spruance Destroyer where I spent a little over four years doing two Mediterranean cruises in support of Desert Storm as well as a Unitas cruise which was a goodwill tour all the way around South America," he says.

Czepiga lives in Mount Pleasant and says when the weather is nice, he enjoys the beach, traveling and seeing different parts of the world and visiting various galleries and museums. In addition to being an artist, he is also an art collector. "I love art," he says. "I have a few heavy hitters in my collection and hope to have a few of the legends in my collection in the future such as Lichtenstien, Basquiat and Picasso."

Czepiga admits his last name is a little difficult to pronounce so he wanted his brand to be easier to say and remember. *DINK*, which stands for Dom Inc, was created so that in the future, he would have the ability to expand into apparel, skateboards and more.

Czepiga also has a very personal mission called www.mission18668.com. He was diagnosed with stage 3 colon cancer in February 2020 after his first colonoscopy at age 51. "I had no symptoms that I was aware of," he says. "I went through surgery, radiation and chemo for most of 2020. I have taken that experience and created an awareness campaign that would get people talking and remove the stigma associated with colonoscopies. It's a procedure that should be taken very seriously," he admits. "It definitely saved my life."

Czepiga's works can be seen on his website, www.dink-art.com as well as Instagram (@domczepiga) and Facebook (DINKART1968). We look forward to seeing more great and beautiful things from Dom.

What to expect when they leave you (and their friends do too)

Type A by nature, I have never done a single thing in my life without some planning. Whether it's buying a piece of furniture, going on a vacation, or preparing a recipe, I want to see how other people did it before I take the plunge. So when I was pregnant with my only child, I was fortunate that I had "What to Expect When You're Expecting" in my arsenal of preparation. This book, along with



Kim von Keller

its sequels, "What to Expect the First Year," "What to Expect the Second Year," and "What to Expect: The Toddler Years," were my generation's "Dr. Spock's Baby and Childcare," and I never made a parental move without flipping through the pages first. The problem with relying on the series, though, was that I was on my own when my daughter turned four. That leaves a lot of years to figure out, especially their time in high school. With a little thinking and a lot of luck, though, we made it through. So if you've got younger kids, I'd like to share the experiences I call What to Expect: The Teenage Years.

They eat a lot. There is not a short-order cook or microwave oven that could beat me and Ted at food production. During our daughter's teen years, we became experts at making cookies, pizzas, sandwiches, or snack mix on a moment's notice. We knew everyone's favorite chip. We learned who was allergic to what. On more than one occasion, Elizabeth would call after a high school football game or Mock Trial practice or lacrosse match to say that she was bringing a couple of friends over afterward. Ted and I would look out of the window to see a line of cars to match the final scene of "Field of Dreams." If "Chopped" ever has a parent competition, watch out. We can make a three-course meal out of a box of Ritz Crackers, a deep breath, and a prayer in 15 minutes.

They have crazy aim. If a teenage boy can lift it, it will probably end up on the roof. I can't explain it, but after any outdoor party, I would

immediately grab an extension ladder to remove Frisbees, shuttlecocks, balls of all description, shoes, and even bookbags from the top of my house. (NOTE: My husband was in his late 20s when I met him, and since then, he's never thrown anything on the roof, so I guess they grow out of it at some point.)

They like to be scared. That is, until they don't. There were many Friday nights when Elizabeth and a sleep-over friend would stay up late watching horror films, which is odd because they always ended up scared to death. I remember a particular night when Ted and I had already gone to sleep. I was suddenly awakened by the feeling that someone was in the room. I opened my eyes to find Elizabeth and her friend Amy standing over me, terrified after watching "Paranormal Activity." I had to stay up with them until they calmed down and fell asleep. They were 17 at the time.

They leave you... and so do their friends. Before Elizabeth left home for college, I did what I do best: I prepared. I talked to empty nesters. I read books about empty nesting. I planned fun activities to take up our new-found free time. And while I still missed her terribly, what I was completely unprepared for was how much I missed her friends. Over the years of feeding them, retrieving their belongings, and calming their fears, I had grown to love them more than I realized. Fortunately, I still keep up with them, no matter where they've landed. I run into some of them at the grocery store, and the out-of-towners visit when they're home for the holidays. I've been to several of their weddings, and this weekend, I'm going to the first baby shower (drive-by, so safe) for one of her high school friends.

There's a lot you can learn about parenting from a book, but there's also a lot to learn by just putting yourself out there and doing your best. If you have teenagers in your life, make time to get to know them AND their friends. I spent a lot of time on that ladder, but I'm so glad I did. They broke my heart when they left, but some things are worth the pain.

How would you describe the teenagers in your life? Tell me your stories at editkim50@gmail.com.

Countybank makes Christmas donations of more than \$2,300 to local charities

Greenwood, S.C. — In light of hardships during the COVID-19 pandemic, Countybank replaced its annual customer Christmas gifts with contributions to local charities in Greenwood, Greenville, Greer and Anderson this holiday season.

"This has been a difficult year for many non-profit organizations, and we are honored to have the means to provide financial support across the Upstate," said Ken Harper, COO of Countybank. "Giving back to our community has always been a top priority for our organization. We hope that these contributions help start 2021 on a positive note for those that need it most."

The donations totaled \$2,335 and were split among local charities within the bank's four mar-

kets. These include:

- Greenwood Soup Kitchen
 - Project Host in Greenville
 - Daily Bread Ministries in Greer
 - Meals on Wheels Anderson
- To learn more about Countybank, visit www.ecountybank.com.

ABOUT COUNTYBANK: Founded in 1933, Countybank is a community-oriented financial services provider with locations across Upstate South Carolina in the Greenwood, Greenville, Greer and Anderson communities. The combination of trusted, professional financial

management experience with a community-first approach has made Countybank the premier community bank in Upstate South Carolina. In addition to a full array of traditional deposit and loan products, which include worldwide access via mobile and online banking, Countybank also provides products and services through Countybank Insurance Services, Inc., Countybank Investment Services, Inc., Countybank Mortgage, Countybank Trust Services, and its affiliate, Greenwood Capital. Connect with Countybank on Facebook and LinkedIn @ CountybankSC.



Countybank

FASHION FOR MEN

Fashion for men can be tricky. Well, it is for my husband anyway because he will only go so far. He's very stylish and suave, but he barely lets me pick out anything that I personally really love on him.



Kristine March

He's a "manly man" who will let me dress him up on certain occasions and he looks amazing. If your guy is the same way, we can train them, if you will and actually give them a more polished look that they will love and feel confident in, I promise.

It's fairly simple to do.

Give the old t-shirts and cargo pants to the local thrift store and get them going in a more fashion forward direction. A mini makeover if you will.

There are these great new clothing companies that will send you a beautiful box full of trendy yet comfortable clothing. A monthly subscription that's affordable and they can actually pick their particular style. You can even keep what you love and send

the rest back. Pretty cool, if you ask me. They can describe their body types, how they like their jeans to fit and so on. They even send them great looking shoes.

I highly recommend Stitch Fix. Nordstrom has a Trunk Club and there are several others online. If it's for a younger guy or even your younger sons, try Thread Beast. Get them looking and feeling their best.

If that's not your thing, start out slow and look for things that they would wear and not something so intimidating. Try some cool track pants and nice new sneakers if they are more athletic or a blazer with a print if they can be a bit more daring.

Grooming also makes them live their best life. Encourage them to go to their local barber for a warm shave, a haircut and a cold beer, even. My husband goes once a month and he absolutely loves it.

There are barbers now that create styles that are like an art form. It's 2021 and it's time to get fresh. So, tell your fellas to make the sidewalk their runway and to bring their sexy back y'all.

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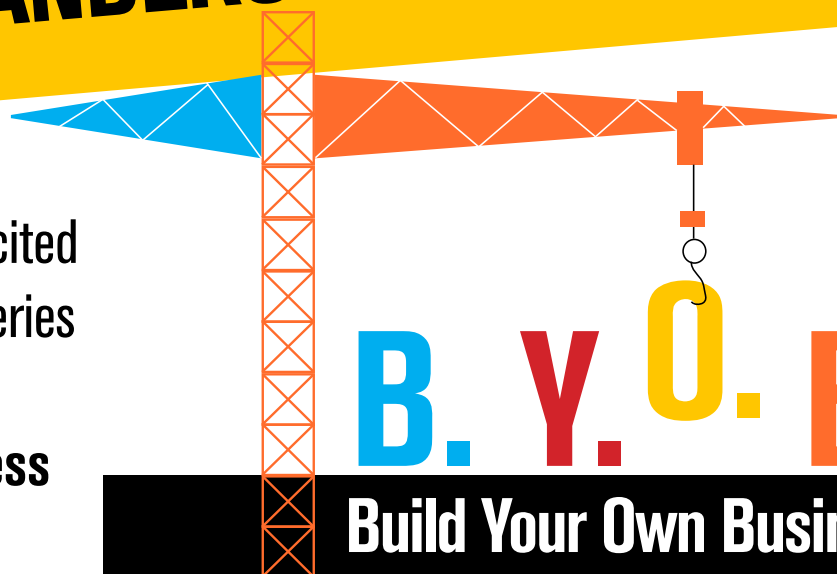
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JUNE 17TH	Paid Advertising: Nail your platform
JULY 15TH	City Resources: Grab your toolbox
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Joy Vaughn,
RN, BSN, CBN

process of development that takes personal initiative. We know that lifestyle change is not easy, but we can help with dedicated providers, nutritional

guidance and support groups.

Q: How do I know if I'm eligible for weight loss surgery?

A: In most cases, patients must be 100 pounds or more above their ideal body weight or have a body mass index (BMI) of 40 or more. Someone with a BMI of 35 to 39 will be considered for surgery (laparoscopic) if obesity-related health conditions, such as diabetes, high



blood pressure, sleep apnea or others, create a medical need for weight reduction and if other non-surgical alternatives have been exhausted.

Q: Is surgery the only option?

A: There are several nonsurgical procedures (endoscopic) available for weight loss and weight-related

disease prevention for those who don't qualify for surgery or would rather not have surgery. They are incisionless, minimally invasive and same-day procedures. They are for patients who have a BMI of at least 30 and have already tried diet and exercise without success.

Q: Are the procedures safe?

A: Absolutely. Our specialists take all safety measures in coordination with the most current techniques, equipment and medications. Keep in mind, doing nothing at all may not be safe. Being morbidly obese can lead to severe health complications and life-threatening risks.

Q: Is surgery a life-long cure?

A: It is important to understand that a weight loss procedure is not a quick fix. It is a major life change. Our procedures — surgical and non-surgical — are part of a comprehensive approach to weight loss and healthier living. In addition to the treatment, regardless of which one is right for you, we offer diet

and exercise counseling and management.

Q: Do you have free seminars?

A: Yes, but they're on hold due to COVID-19. We'll restart them as soon as possible. In the meantime, we can give you much of the same information in other ways. Initially, I will provide you with the forms needed to get pre-qualified and then bring you in for a consultation if you qualify.

Q: What is the first step?

A: That's a good question, because the answer lies within yourself. The first step is to think about your health goals — short and long-term — and ask yourself if you are committed to doing what it takes to get there. Please feel free to contact me and let's discuss how we can get you started on the path to healthier living.

Joy Vaughn, RN, BSN, CBN
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CRISIS FATIGUE AND COVID-19



**MARY-CATHERINE
McCLAIN
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Raise your hand if you have felt anxious, depressed, irritability, and/or exhausted? Being human, you have likely experienced each of these emotions more than once since the pandemic started (does not mean someone does not have gratitude or joy). COVID-19 has created significant stress and concern, in addition to relentless political tensions, protests for racial injustice, economic distress, and social media falsehoods/omissions filled with negative stories and violent videos. Individuals question if/when they will contract the virus, pass the virus to others, will children return to school, will I be laid off, and could I die? This has led individuals to abuse alcohol, restrict/overeat, commit suicide, and/or and engage in risky sexual practices.

Our bodies can only tolerate distress for so long before burnout and fatigue strike; as cortisol and adrenaline remains high due to being in crisis mode, the physical body, mental mindset, and emotional wellbeing is threatened. Specifically, insomnia, depression, anxiety, addictions, etc. flourish. Physically, one may lose or gain weight, have higher blood pressure and heart rate readings, and potentially even bone loss.

Consider it this way, we are fighting the physical contagion of the virus and also the emotional contagion of the virus—the negative emotions ultimately leading to fatigue, stress, and mental health crises. Our internal resources used for coping and resilience become stretched and at times this leads to poorer decision-making. In the beginning, individuals banded together to survive. Next individuals realized we were all in the same

boat and this led to a sense of some community. More recently, individuals have become physically and emotionally exhausted, leading to despair, irritability, depression, anxiety, fatigue, and rage.

Before we can flatten the mental health curve, individuals must rise up and do hard things; hard things may be saying no to large social gatherings. Hard things may be wearing a mask. Hard things may be quarantining for 10-14 days. Hard things may feel lonely and isolating. Hard things may mean canceling or postponing trips. Hard things may be missing work for a week. In the short-term, I understand this is hard. In the long-term, it will help flatten the curve and help individuals return to a more balanced and holistic life. If you are in great health, wonderful! If you have had the virus and have developed antibodies or received the vaccine, wonderful. We still need your help in combating the

numbers. Focus on the kindness and respect that comes with considering the needs and perspectives of others. It is not necessarily fear drive (although can be), but respect and love driven.

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NIBBLE & SIP

The perils of being the ‘cool mom’

Have you ever seen the movie “Mean Girls”? If so, you remember the scene when Head Mean Girl Regina George introduces new girl Cady to her mom. “There are no rules in this house,” Mrs. George says. “I’m not a regular mom. I’m a cool mom.”

The theater should have given out barf bags with every ticket sold.

We all want to be liked by our kids’ friends, but some lines are dangerous to cross, like serving alcohol to underage guests. And that’s not moralizing. That’s the State of South Carolina Code of Laws, Section 61-6-4070:



Kim von Keller

“It is unlawful for a person to transfer or give to a person under the age of twenty-one years for the purpose of consumption of alcoholic liquors in the State unless the person under the age of twenty-one is recruited and authorized by a law enforcement agency to test a person’s compliance with laws relating to the unlawful transfer or sale of alcoholic liquors to a minor. A person who violates this section is guilty of a misdemeanor and, upon conviction: for a first offense, must be fined not less than two hundred dollars nor more than three hundred dollars or imprisoned not more than thirty days, or both.”

Personally, 30 days of my life and 300 of my dollars are not worth giving 14-year-old Billy from down the street his first piña colada. And I certainly don’t want to face Billy’s mom after he’s gone home tipsy and thrown up in a trash can.

It is possible to entertain older teens without getting on the wrong side of law enforcement. So if you want to be a cool-ish mom, break out the blender and mix up a



couple of Piña de Nadas. The recipe comes from the alcohol-free chapter of the book “Atomic Cocktails” by Karen Brooks and Gideon Bosker. It’s everything delicious from the alcoholic version, but with no rum. And to go with them, make a batch of Picadillo Empanadas. It’s an adaptation of a Pillsbury recipe. Billy’s mom won’t mind if you use a premade pie crust.

- Picadillo Empanadas**
2 T. vegetable oil
½ c. finely chopped onion
2 cloves garlic, finely chopped
1 c. peeled 1/8-inch cubes red potatoes
½ lb. lean (90/10) ground beef
½ c. tomato sauce
½ t. paprika
½ t. oregano
2 T. slivered almonds
2 T. pitted chopped green olives, drained
3 T. raisins

salt and pepper, to taste
1 box Pillsbury refrigerated pie crusts, thawed as directed

Preheat oven to 350°F. In 10-inch skillet, heat oil over medium-high heat. Sauté onion for two minutes. Add garlic and sauté for an additional 30 seconds. Stir in potatoes, sauté for 4 minutes, and stir in beef. Cook until beef is browned. Stir in

tomato sauce, paprika, and oregano. Reduce the heat to low and cook until potatoes are tender and mixture thickens. Stir in almonds,

green olives, and raisins. Season to taste with salt and pepper. Remove from heat and cool mixture slightly.

On lightly floured surface, roll pie crusts into two 14-inch circles. Using 4 1/2-inch round cutter, cut 10 circles. Spoon 1 rounded tablespoonful filling onto half of each circle. Moisten edge of each with water. Fold in half and press the edges with fork to seal. On ungreased cookie sheet covered with parchment paper, place empanadas 2 inches apart. Poke the top of each once with a fork to vent the steam. Bake about 20 minutes or until light golden brown. Makes 10.

- Piña de Nada**
1/3 c. chilled cream of coconut
1 c. chilled pineapple juice
½ c. crushed pineapple, drained
½ small ripe banana, peeled and sliced
1 ½ c. crushed ice
Combine all ingredients in a blender and blend until thick and slushy. Divide the mixture between two rocks glasses. Makes 2.





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The Navy

Part 2

The first time that I asked permission to come aboard the Destroyer USS MacDonald (DDG 39), in the port of Charleston, South Carolina, I was a fresh naval recruit that smelled of Old Spice rather than the sea.



Neal Parnell

I saluted and was allowed up the gangplank carrying an eighty pound sea-bag that contained all my naval clothes and

gear. The gear was only a razor, a toothbrush, and a can of black shoe wax.

Even though I had trained to be on a ship, I had never been on one, until now. Every ship in the Navy is laid out the same, with a series of numbers and letters and as a new recruit I was drilled to be able to find my way around any vessel in the fleet. At that moment my memory left me and I was as lost as a goat in high grass. I stood on the massive main deck as a glaze of awesome wonder filled my eyes.

I shook off the glaze and asked a passing Petty Officer where the new billets checked in. "B deck 36R" was the answer I received as he walked away with a look of, "What have they brought us now?". I saw A's and numbers on the bulkhead in front



Here I am in the Missile House, smoking around some warheads.

of me, so I made my way through a heavy watertight door and found a ladder down to the next deck.

As I squeezed myself down the passage I came upon a low ranking sailor like myself and asked him where the new billets checked in. He said, "C deck 25L".

Hmmm... now I see what they are doing to the new softshell, and I didn't get a straight answer until I accidentally bumped into the Chaplain. I finally found my new home. It was a six feet by two feet cot with tiny lockers against the bulkhead, and a Sleep-belt for high seas.

I was a Boiler Tech and would be working down in the noisy hot bowels of Big Mac.

Sailors are trained to follow orders, no questions asked, so when I was told to go to the boiler room office and ask the Chief for a steam-blanket I thought nothing of it. When I asked, the whole office burst out in laughter rolling on the deck.

That was the second time I'd been duped, I wouldn't let it happen again.

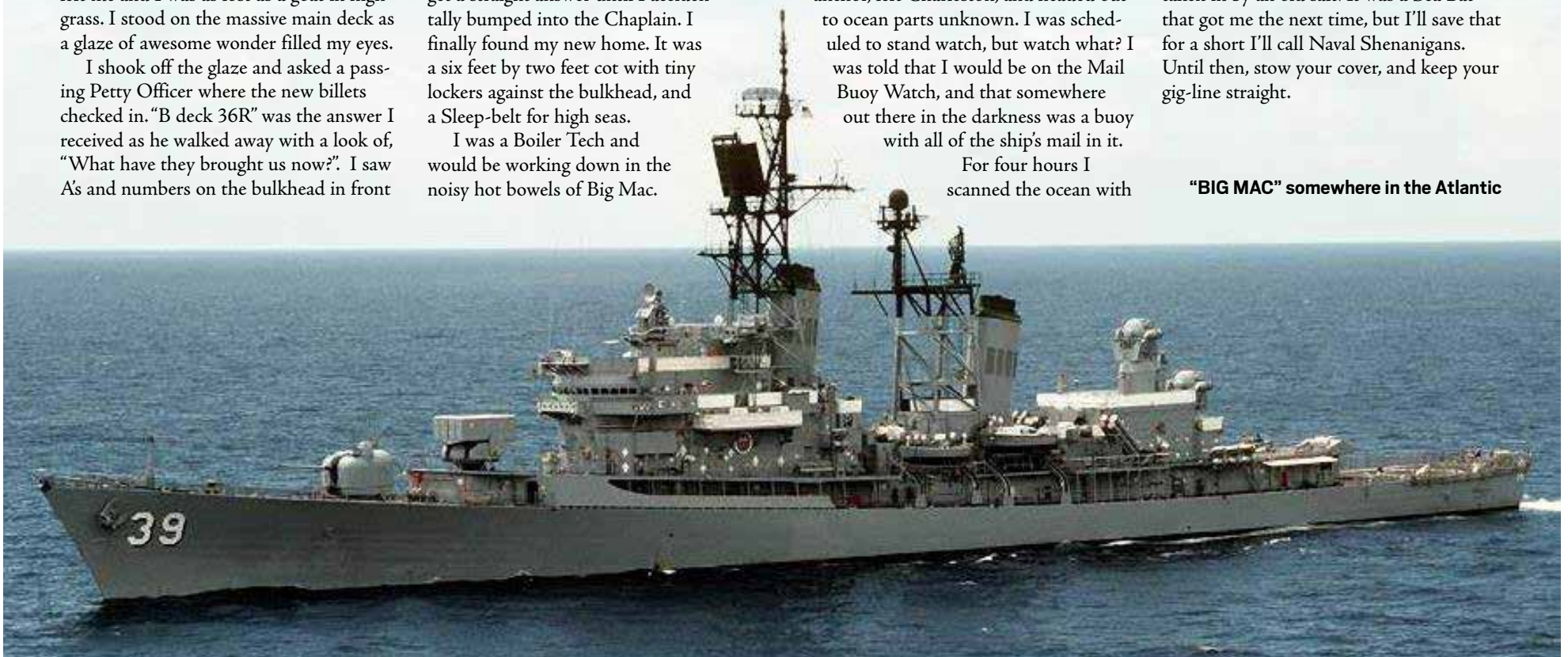
By the evening, the ship had raised anchor, left Charleston, and headed out to ocean parts unknown. I was scheduled to stand watch, but watch what? I was told that I would be on the Mail Buoy Watch, and that somewhere out there in the darkness was a buoy with all of the ship's mail in it.

For four hours I scanned the ocean with

my flashlight; then I spotted a buoy dead ahead. I ran to the head-watch to report my findings. With a crooked smile on his face he said, "You've done a magnificent job recruit, but there is no such thing as a Mail Buoy, (more laughter), then, "Now go get me a tube of Relative Bearing Grease".

I laughed at this order and it would be quite awhile before this swab would be taken in by an old salt. It was a Sea Bat that got me the next time, but I'll save that for a short I'll call Naval Shenanigans. Until then, stow your cover, and keep your gig-line straight.

"BIG MAC" somewhere in the Atlantic



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MUSINGS OF AN OLE BALL COACH

A FEW FOOTBALL FACTS

I've offered some musings, present and past about the University of South Carolina Football situations, I hope you find them interesting. Shane Beamer, the recently hired head coach is the first home grown person to



Jim Fraser

hold that position. He was born in Charleston 43 years ago. His dad Frank was a member of arguably, one of the best college coaching staffs ever assembled when they all coached at the Citadel. It consisted of Bobby Ross, who would win a National Championship at Georgia Tech. Ralph Friedgen who at one time claimed the sobriquet of the best offensive play caller in America, in addition to being Maryland's Head Coach. Of course, Frank would become Head Coach at Virginia Tech, where he would make "Beamer Ball" synonymous with that institution. I purposely left out

Billy Laval a South Carolinian by birth. The reason being Coach Laval began coaching not long after they used the flying wedge, and a pig's bladder as the ball.

I would consider the closest ones to be Mooney Player who lost out to Jim Carlen (no problems here), and Jimmy Satterfield who lost to Sparky Woods (a problem here). Mooney and Jimmy were passed over because it is the opinion of many that you can't make the jump from high school to college. To that I say balderdash. The schemes, the Jimmy's and Joe's are only slightly younger. If I can drive a farmall tractor in the Denver Downs Christmas parade and I can do the same at Macey's. If I can cook a frogmore stew for 400 at Murrell's Inlet I can do the same for 4,000 at the Super Bowl.

Juxtaposer with one homegrown coach, my limited memory tells me the same thing is true of Carolina President's. The one I have in mind was during my brief sojourn at Carolina (1951-53), Donald Russell of Spartanburg

was actually my neighbor. I lived on the east side of the historic horseshoe at the Block C House, with his domain being directly across at the early Russell House.

You probably ascertained by now that I'm an ardent supporter of homegrown talent. In addition to the presidents and coaches allow me to muse about University of South Carolinas 1000 yard running backs.

There have been eleven such creatures and six were state bred. For what it's worth here they are: Marcus Lattimore from Byrnes in Duncan, Derek Watson, Palmetto in Williamston, Kevin Long, Clinton, Clarence Williams, Berkley, Harold Green, Stratford In Charleston and Brandon Bennett, Riverside in Greenville. The other three spots were provided by Georgia George Rogers, who did it three times, Mike Davis, who is subbing for Christian McCaffery, and doing a yeoman's job and more recently the surprising Kevin Harris of the 2020 team.

Our little state has always revered its foot-

ball with 238 high schools and at least 12 or 15 colleges fielding a team. They all deserve extra applause this year for surviving through this horrific pandemic. With the crowning of Abbeville last night all high school playoffs ended (December 18, 2020) everyone now will follow the exploits, on a national stage after yesterday's Clemson's smashing of Notre Dame and Coastal's recent vaulting into the National spotlight.

I don't think I've left you with any really important news flashes, just bits and pieces of scoop I found interesting. Muse on.

Jim Fraser was the athletic director and head football coach at T.L. Hanna High School from 1968 to 1985. He was also a full member of the faculty and taught U.S. History.



THE GARDEN SHOP

Catching a child's attention

SUSAN
TEMPLE
master
gardener

I have so many memories of walking in the woods with Grandmother Cooley. It was one of her favorite things to do. For her 90th birthday, she continued the tradition and we spent the day at Parson's Mountain in Abbeville. This, and Hester's Bottoms near Mt. Carmel, were some of her favorite places. She would pick something and say "Taste this". She named many plants for us and in a subtle way tested us to see if we remembered the lesson. Boyfriends, and girlfriends, who joined in on such adventures were given the "Kiss me and I'll tell you" lesson on a fall walk. She called beauty berry (*Callicarpa americana*) kiss me and I'll tell you. She would point out the purple berries and ask our sweethearts if they knew the name. Of course no one did. When she answered "Kiss me and I'll tell you"

it was always funny to see their reactions. She got a kiss from time to time but mostly just got a big blush from the sweetheart.

In late summer I was helping a friend find property lines on land they bought. I knew the builder would be joining in but didn't know a grandchild would be joining. When the business side of the visit became a bit lengthy, gregarious little Helen was quickly getting bored. So I decided to take my little friend on a Grandmother Cooley jaunt. I reached for Helen's hand and said "Come on, let's go see what cool things we can find". Soon she learned she could indeed climb over that big tree that had fallen down. Soon, too, fear of stickers was gone and we were in full explorer mode. I told her we were going to find something that is a fun word to say. Grandmother Cooley always pointed out pipsissewa in the woods. It took us a few minutes to find a patch. Most any dry area of woods has this native. Botanically speaking we were looking for the striped kind (*Chimaphila maculata*), also commonly known as striped wintergreen. But pipsissewa is so much

more fun to say than striped wintergreen. Helen was interested and laughing as she tried to learn to say that fun word. Then I asked her to see what interesting things she could find. Hickory nuts were her first treasure. We popped "hats" off of acorns. After a while, we had to go back to the car to get her water bottle because she needed something to put her treasures in. We found more pipsissewa. We were silly on our "test" of the fun word to say. Helen noticed a patch that had seeds left from its blooms and asked why that was different. I had to contain my laughter when she curiously noticed some berries on the ground and wanted to put them in her cup. It was deer scat. As our visit ended, we tried to say the fun word a few more times. She got it just right after a couple of giggling tries.

A few weeks later I got a video from

Above: Pipsissewa foliage
Left: Pipsissewa bloom

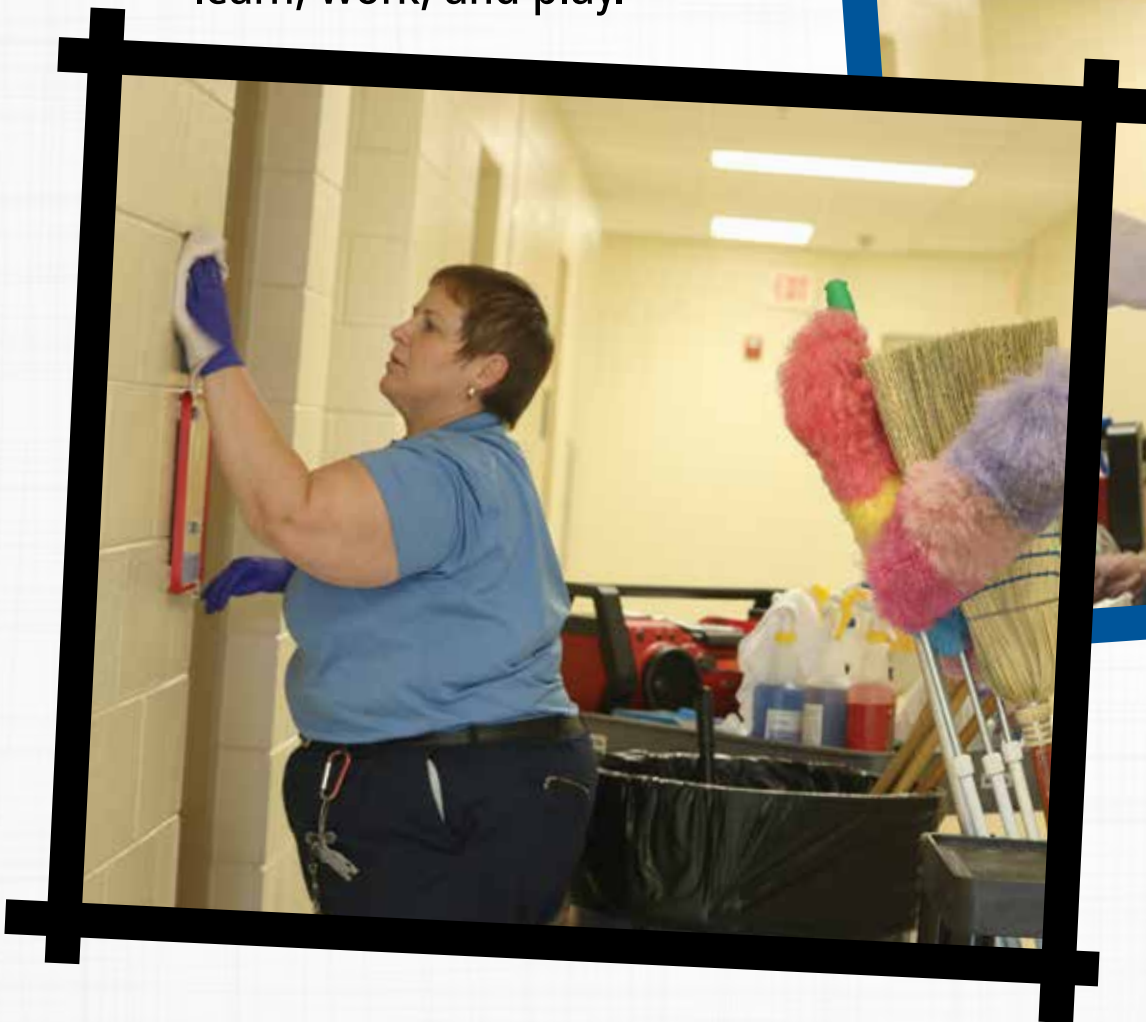
Helen's mama. They were on a walk at Paris Mountain State Park. She said "We're walking along and Helen says 'Pipsissewa!'". Helen was enthusiastically pointing out pipsissewa along the path. Talk about doing a heart good!!

Thank You, Anderson Five Custodial Services!

For keeping our facilities and buildings in pristine condition and ensuring our students and staff have a healthy and safe environment to learn, work, and play.



*Photos taken pre-pandemic, June 2018.



We see you, we support you, and we appreciate you!

Anderson School District Five

400 Pearman Dairy Road • Anderson, SC 29625 • 864-260-5000 • www.anderson5.net