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June 11-June 24, 2020

BEAUTIFUL BRIDGES

BY JULIE BAILES JOHNSON

Covered bridges are not only nostalgic but historical and many times the subject of film and literature. The earliest documented covered bridge was the Permanent Bridge, constructed over the Schuylkill River in Philadelphia. The 550 foot bridge was built by Timothy Palmer in 1805.

There are many ideas about why the covered bridge was invented, one being to provide shelter during inclement weather so horses wouldn't be afraid to cross over water. But history states the real reason was to protect the structure supporting the bridge. Without protection from the weather, the wooden support for the bridges would decay and eventually rot would give into collapse. By keeping the structures dry, the bridge would last much longer.

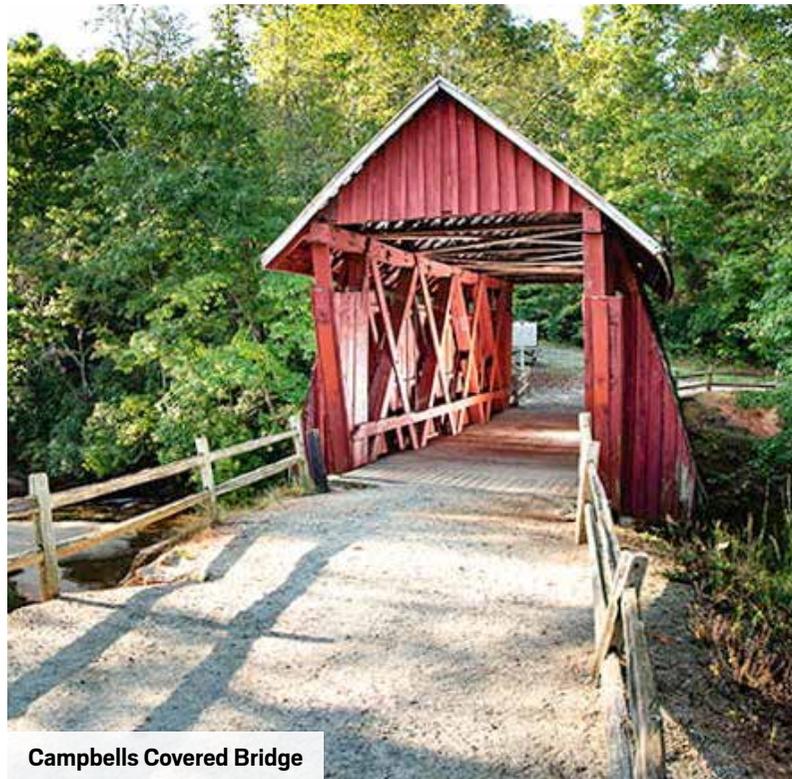
Wikipedia describes the meaning of the covered bridge as "a timber-truss bridge with a roof, decking, and siding, which in most covered bridges create an almost complete enclosure. The purpose of the covering is to protect the wooden structural

members from the weather. Uncovered wooden bridges typically have a lifespan of only 20 years because of the effects of rain and sun, but a covered bridge could last 100 years".

Some covered bridges were built as railway bridges, using very heavy timbers and doubled up lattice work. Most of them were built to cross streams and virtually all of them were single lane. There were multiple designs that were created, one of the most popular designs was that of the Burr Truss, which was patented in 1817. This design used an arch to bear the load while the trusses kept the bridge rigid. Other designs were dubbed King, Queen, Lattice and Howe trusses.

In 1847, an American engineer, Squire Whipple, published the first analysis of the way a load is carried through the truss, which enabled him to design stronger bridges with fewer materials

Approximately 14,000 covered bridges were built in the United States between 1825 and 1875. Today, there are less than 1,000 surviving covered



Campbell's Covered Bridge

bridges. The longest historical covered bridges remaining in the United States are the Cornish-Windsor Bridge, which spans the Connecticut River between New Hampshire and Vermont. The Medora Bridge, which spans the East Fork of the White River is in Indiana. Both of these bridges lay claim to the superlative depending on how the legend is measured.

In South Carolina, the only historical surviving covered bridge is

Campbell's Covered Bridge. Campbell's was built in 1909 in Gowensville and named after Lafayette Campbell, owner of a nearby grist mill. Campbell allowed the bridge to be constructed on his property. It was Campbell's thought that the bridge would make access to his mill easier for farmers. The beautiful pine structure is 35 feet long and 12 feet wide and has a

SEE BRIDGES ON PAGE 2

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Jared and Rori Burdette

**THE ELECTRIC CITY NEWS
FATHER'S DAY
CONTEST WINNERS**

Congratulations to our Father/Son/Daughter winners Jared Burdette and his daughter Rori. What an adorable duo. Jared is the winner and recipient of a fantastic Father's Day goodie bag from The Kitchen Emporium & Gifts.

Our runners up are:

Payton Burdette and daughter Linley

Jordan Mitchell and father in law Gary Mitchell

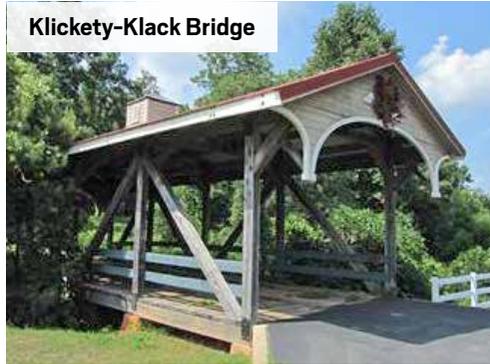
Thanks to everyone who entered the contest.



Payton and Linley Burdette



Jordan Mitchell and Gary Mitchell



Bridges

CONTINUED FROM PAGE 1

four-span Howe truss system. It was permanently closed to traffic in 1980 and is now on the National Register of Historic Places since 2009. Major renovations were made to the structure in 1964 and again in 1990. Today, the bridge serves as a centerpiece of a passive park where visitors can picnic and enjoy the Beaverdam Creek.

The Klickety-Klack Bridge, located along

the Cherokee Foothills

Byway, is the handy

work of two men and

a tractor named "Old

Blue". The structure

spans a wide drainage

expanse next to a

driveway that leads

to Look Away Farms.

Owner Don Spann

recruited his friend

Troy Coffey to help

him build the covered

bridge in 2000 as a

gift to the Dark

Corner area of upper

Greenville County. Spann

designed the intricate

pattern of beams, rafters

and vertical supports

that ensures the integrity

of the bridge. Since the

bridge was built in 2000,

it is not considered a

historical structure.

Although not in South

Carolina, Humpback

Covered Bridge in

Covington, Virginia is

one of the most beautiful

in the United States. With

an unusual arc shape

which reaches four feet

higher in the middle

than the sides, it is

Virginia's oldest still

standing covered bridge.

Built in 1857, it was

part of the James River

and Kanawha Turnpike.

The original bridge on

the site was built in the

1820's but was washed

away in a flood in 1837.

A second



bridge was built but also fell victim to a flood in 1842. There was even a third structure that gave way in 1856 and was replaced with the still standing structure of 1857. Although traffic on the bridge ceased in 1929 and was replaced with a steel bridge which was used mainly for storage until the 1950's, funds were raised to restore the bridge and was reopened to the public in 1954.

A bit further north is the Arthur A Smith Covered Bridge in Colrain, Massachusetts.

Named after a civil war army captain, the last surviving Burr arch truss in Massachusetts, originally

crossed the North River between Shattuckville

and Griswoldville. The bridge fell into disrepair

and was moved several times but has since been renovated

and is now in its current location of Colrain.

In Newfield New York, the Newfield Covered Bridge is the

oldest of 29 covered bridges built. Newfield was constructed

in 1853 by Benjamin Starr and Samuel

Hamm & Sons and connects across the Finger

Lakes wine region. It is the last survivor of three original covered bridges

in Tompkin County. The bridge is 115 long and 16 feet wide. It was

constructed by men who worked for \$1.00 per day and the cost of lumber

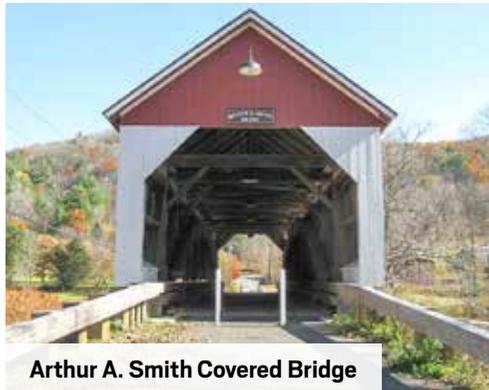
was just \$6.00 per thousand board feet. The total cost of the construction

was \$800. The bridge is not listed in the National Register of Historic Places.

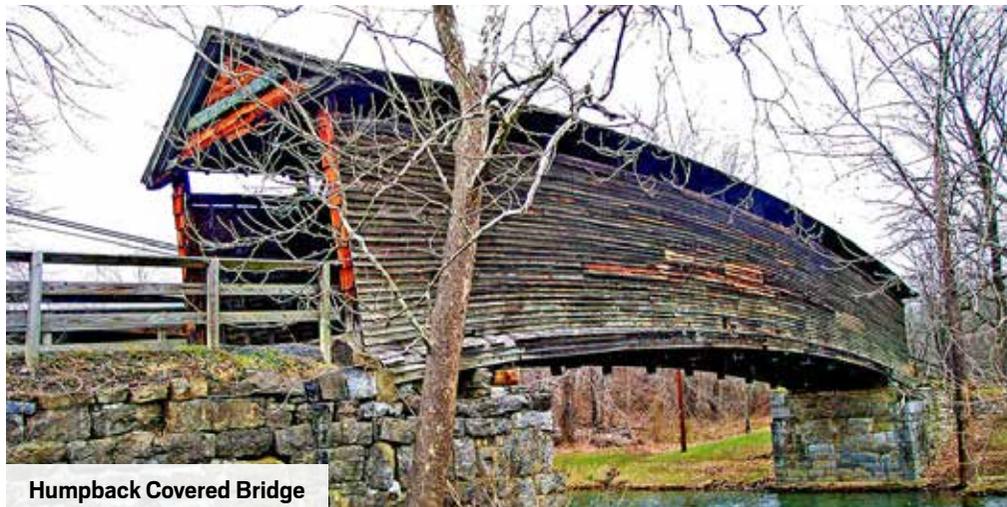
There are many other beautiful covered bridges across the United States,

including some in Vermont, Maine, New Hampshire, California and Indiana.

A tour of such timeless structures are well worth the visit.



Arthur A. Smith Covered Bridge



Humpback Covered Bridge

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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.

Home delivery in the good old days

BY RICH OTTER

About eighty years ago crooner Bing Crosby made popular a song that began "Milkman, keep those bottles quiet." Strange as it may seem now, milk was delivered in glass bottles to homes early in the morning in time for breakfast. Pearman Dairy was a prime supplier in the Anderson area. But milk was just one of many farm products that could find their way to your door or be easily accessible in your neighborhood.

Farmers markets were readily available including one behind the Anderson Police Department. Fleet McClain, Jr. recalled the metal building where his mother sold dressed chickens during the winter and vegetables in the spring. The building had a big old stove to keep the women warm. Meanwhile, his father sold onions to grocery stores and carried his milk and butter to customer homes twice a week.

In the early 20th century farmers had regular routes in town to homes or established locations for their wagons or trucks with produce. James Campbell remembered an old black gentleman by the name of Blasingame who would come through once or twice a

week selling mullet he had packed in ice. He came down the road in a mule drawn buggy calling out "Mullet! Mullet!" There would be eight or ten cats following him.

When Dr. James H. Young was about 5 years old, he would ride a pony down behind Anderson College and pick wild plums, peaches and persimmons and take them home and sell them. It worked so well he enlarged his business by purchasing candy and cigarettes from Dexter Grocery for resale.

Emily Felkeld Holman's family sold figs to the hospital and raised chickens at home for personal consumption. Children, as young entrepreneurs established roadside stands peddling lemonade, sodas and peanuts. Another homespun commodity was moonshine sped into town by daredevils later to become stock car champions.

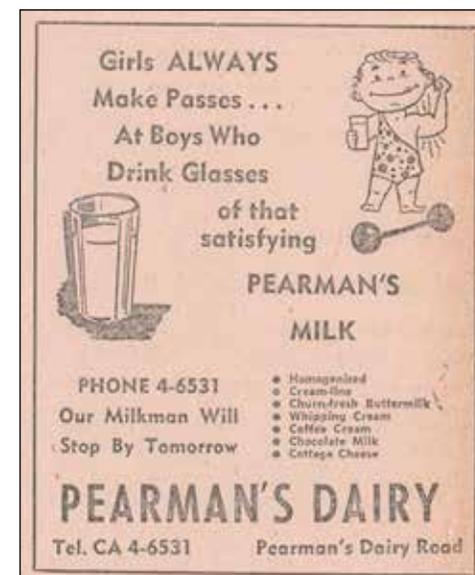
Bill Thompson as a youngster in the mid-1940s spent a couple of summers with his Uncle Frank Thompson on his farm in the Lebanon community and an itinerant farmer he encountered made an indelible impression upon him.

The farmer's name was Lafayette Duncan who was a bearded, rough looking, grizzled

old mountain man (actually only then in his mid-40s) selling produce from an old truck. Thompson's uncle had taken him down to Progressive Machine Works off Murray Avenue and stopped to purchase some kraut or other products from Duncan parked nearby. Duncan was from the Chattooga section of Oconee County. His father, Brian Duncan, had died in 1906 when Duncan was only 9 years old. Duncan left school after his 4th year in order to help his mother and later to support his wife and 13 children.

Home deliveries were common for many purposes during and before the Great Depression. Residents left cards in their window as notice for the ice man in a horse drawn wagon who would place a large block of ice in their metal lined wooden "refrigerator" on their back porch. Bill Thompson remembers Brown Ice and Coal Company also delivering bags of coal in the winter. In his teens Thompson delivered groceries from his father's grocery store. As many families had only one automobile husbands took to work, wives would call in orders his mother received and assembled for Thompson to deliver.

Another very important service came from



the Honey Wagon operator who made collections from customer privies.

In those early days hospitals were virtually non-existent or too expensive for most folks. Children were born at home often with the help of a midwife or a called doctor. Even up until fairly recent times doctors made house calls, originally by horse and buggy. In Williamston, Dr. Dwight Hazelton Smith made local house calls on a bicycle.

Such home services of years past have been largely forgotten but were essential and commonplace.

SOOTHING OUR WAY INTO SUMMER

BY MARGARET SMITH

Can you believe next week will be the summer solstice, the day summer actually begins? Most people agree it has been a crazy winter and spring. I envision myself and others doing the "Snoopy dance" to welcome fun in the sun and healthier days when we can once again socialize with friends and families.

Summer is a time for ice cold lemonade and other refreshing drinks. Have you heard of or tried hibiscus tea or Aqua De Jamaica? If not, run to the store and brew a pitcher; I think you will be pleasantly surprised. Three years ago at the Anderson Farmers' Market I was introduced to it. I bought a small packet and was hooked. After the market closed for the season, I could find it on a few online sites. I researched Hibiscus tea and discovered I could make it from the hibiscus flowers we grow here. I asked my friends and family to save their red flowers for me. The tea was not the same but a close substitute. Last summer I found the dried flowers at Ingles; I was so excited I bought all they had. Now it is found in stores in tea bags but I prefer the whole



dried calyces (sepals). Ingles has them in the produce department.

Hibiscus tea is a caffeine free herbal tea most commonly made from the deep red calyces of the roselle flower, Hibiscus Sabdariffa.

This plant grows in zones 9 and 10; we live in zone 7. It can be consumed either hot or cold. Spices such as ginger, cloves, cinnamon, and nutmeg can be steeped with the calyces for a warm drink. I prefer to steep mine



with honey and/ or other sweeteners, and squeeze a little lime just before serving ice cold. The color is amazing and the drink is so refreshing.

Hibiscus tea is becoming more popular not only for its taste but for its health benefits. It is rich in Vitamin C and antioxidants. Many sites boost the benefits but research is limited and not conclusive. I drink it because it is good; anything else is a plus.

I plan to welcome summer with a cold glass of hibiscus tea and

lemon lavender shortbread cookies. Of course, the lavender is from my garden! Join me and celebrate a new season.

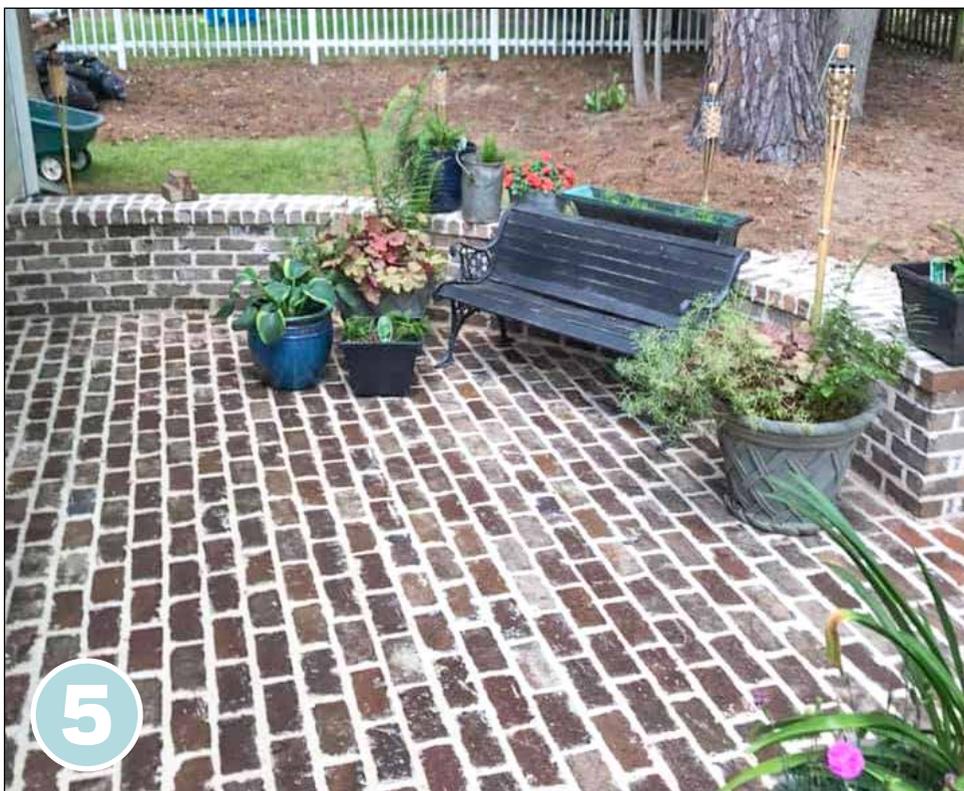
Recipe for Hibiscus Tea

1/3 cup dried hibiscus

4 cups boiling water

Pour boiling water over flowers and steep for at least 20 minutes. Strain the tea; add sweetener to your taste. Refrigerate till cold. Serve over ice with a squeeze of lime.

It can be diluted for your taste.



Local people create stay-at-home projects

1 DEBRA'S BENCH

"My Dad made this bench and painted it for my 22nd birthday. While in quarantine, I was off work and decided to refinish it. I'm so glad I did. It turned out beautiful. Brought back precious memories of Dad trying to hide it from me while he was making it."

impatience. Very happy with the results and looking forward to accessorizing. The drawers are already filled!"

4 JAMIE'S GREENHOUSE

"It was my own design. This is what happens when Candice wants a greenhouse."

2 KATIE'S FIREPLACE

"My fireplace used to be an ugly red brick. During quarantine, I whitewashed it."

5 MIMI'S WALKWAY AND PATIO

"I created the design and had the brick laid by a professional with some old bricks Tom had in storage. I did the flagstone and pea gravel myself."

3 ALEXANDRIA'S DESK

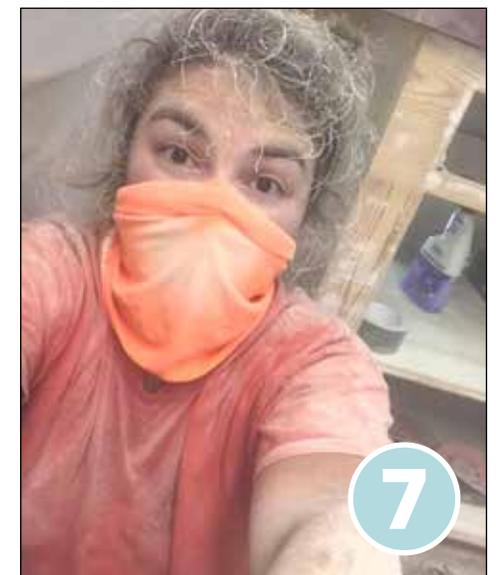
"This is a mid century secretary found in a second hand store. Refinished during the isolation with Annie Sloan paint colors; Barcelona Orange and Paris Grey. Used a gilding wax to refinish the original hardware. Of course I had a couple of friends and family that provided invaluable opinions, moral support, and help with distressing. I don't often venture into these type of projects but had the time. I told myself an hour a day so I wouldn't do my normal rush job because of my

6 ANN BRADLEY'S GARDEN

"This is my vegetable garden containing squash and okra. My scarecrow is wearing a pair of my brother Jay's jeans that I kept, so he's watching over the garden. I also have green beans, onions, peppers, cauliflower, beets and three varieties of tomatoes in a separate space."

7 KATELIN'S KITCHEN

"I'm remodeling!"



Painted bunting — Jewel of the Beach

BY ANN BAILES

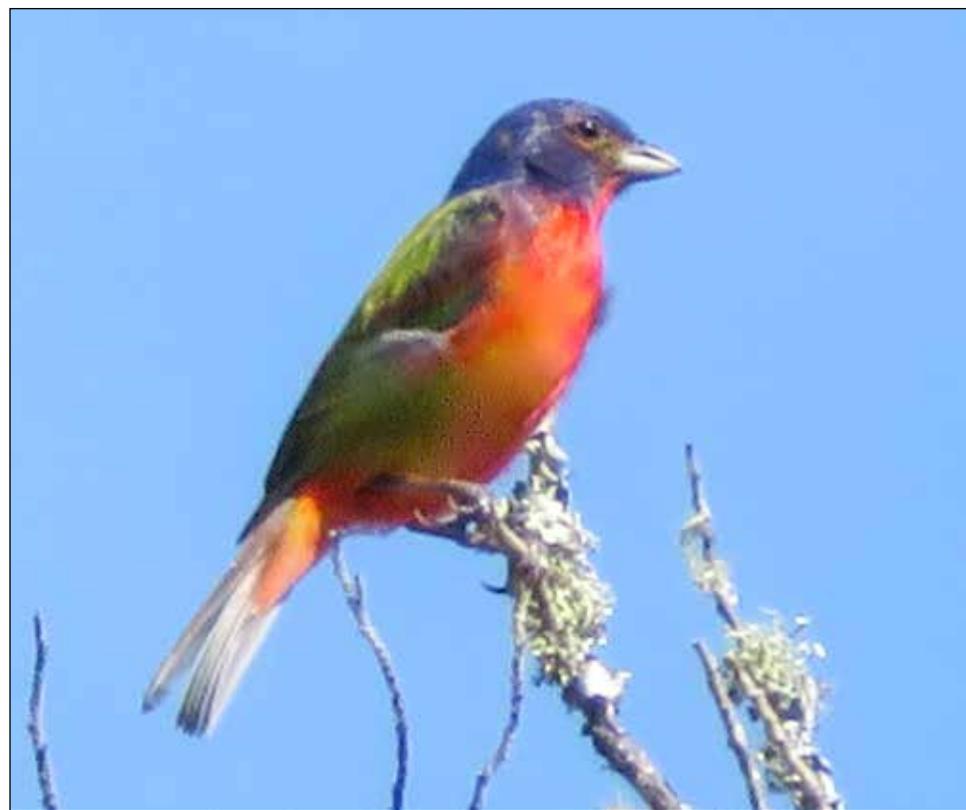
Years ago, Mike and I pooled our change, took our baby on a whirlwind two-night beach trip, and stayed at a beyond-rustic little inn on Pawleys Island that would be swept away two months later in Hurricane Hugo. (“Breakfast Included” at this place meant we got a Styrofoam bowl with some cereal and milk.) On a car trip exploring the area, we somehow wandered into the back part of Litchfield Plantation and were attempting to turn around in the maintenance parking lot — when a flash of bright colors landed in a bush right in front of us. “Mike!” I exclaimed (if you can “exclaim” in a whisper), “Painted bunting!” It was a life bird for both of us and was the highlight of that brief run to the beach. We’ve been privileged to see a number of them since then.

Painted buntings are the jewels of the beach. Their bright colors — blue head, yellow-green back, and red underparts — make the males unmistakable and unforgettable. The females are yellow-green only, and though not as flamboyant as males, are still pretty.

These beauties used to be seen strictly along the coast and only in the summer, but their range has been expanding so that sometimes they are seen as far inland as Columbia (as well as expanding upward from Texas into the Midwest), and some are even staying year-round near the coast.

You can find painted buntings at the beach, but you won’t find them while sunning along the tide line. Buntings like scrubby areas, so as you are taking your bicycle or golf cart ride or walking around your area, look for undeveloped places filled with brush and bushes. With vigilance you have a good chance of seeing one in this habitat. They also like to sing from exposed perches, so you may hear their lovely song from above before you see them. Keep your binoculars handy.

A great place to see painted buntings in the summer — we have never failed to see one here — is at Huntingdon Beach State Park in Murrells Inlet. Enter the park, cross the causeway, and take a left. Check out the bird feeder at the observation deck on your left, across



from Sandpiper Pond nature trail parking lot — that feeder is usually filled with white millet, a favorite of painted buntings. Continue driving slowly down the road toward the beach access, listening for a beautiful trilling song and keeping your eyes on the exposed perches at the tops of trees. On a hot summer

day, you have a great chance of seeing one of these beautiful birds.

And, no matter how fancy or rustic the place where you are staying, if you are a bird enthusiast, finding one of these summertime jewels will be the long-remembered crowning touch of a beach trip.

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READING BETWEEN THE PAGES

“When reading to young children, follow your child’s pace. Let them lead. If they want to linger on one page for a long time, let them; their absorbent minds are



Katie Laughridge

at work!” -
@literacy-forlittles

I recently came across this quote, and it fondly reminded me of when I used to read to my

two girls as toddlers. One of the things I remember most is their insistence on reading the same books again and again- especially Corduroy and Brown Bear, Brown Bear. Although they had a library of close to one hundred books to choose from, they were often magnetized to only two or three at a time. Occasionally I succeeded in reading an entire book to them, but more frequently they would become fascinated with a “favorite” page that would consume their total attention for long periods of time. Depending on their mood, they would sometimes decide to open a book and turn directly to a page somewhere in the middle, thereby skipping the entire first section. Other times I felt that our daily reading hour was a complete waste of time, since my girls seemed restless and entirely unfocused on the story being read.

From a logical standpoint, dealing with these behaviors can be somewhat frustrating, and it’s often difficult to believe that your child is learning anything productive when all they want to do is randomly flip between pages. Although it may sometimes be difficult to believe, reading to your preschool child daily has been demonstrated to be the “most important” thing you can do to ensure their success in school and in life. Following is a summary of scientific facts that

support the undeniable truth that reading aloud to young children is perhaps the most important gift you can ever give to them:

Reading to young children has been shown to improve and promote the process of cognitive development.

Reading aloud provides children with background knowledge about their young world- which helps them make sense of what they see, hear and read. “It is the talk that surrounds the reading that gives it power, helping children to bridge what is in the story and their own lives, rather than just the vocalization of the words.”

Studies have shown that “the more words that are in a child’s language world, the more words they will learn, and the stronger their language and reading skills are when they reach kindergarten

By taking time to read to your child daily, you are likely to forge a strong and trusting bond with them.

Literacy is one of the best ways to help children understand something without necessarily having to experience it for themselves.

Reading aloud helps young children learn to use their imagination to explore people, places, times and events beyond their own experiences.

By reading to your child daily, he or she will eventually learn to focus, concentrate and stay still for the duration of the book. This “learned” behavior will be of great importance upon entering kindergarten.

Reading with your toddler daily will help to instill a lifetime love for reading and for learning new things.

Remember, when you are frustrated and feel that reading aloud to your young child is a waste of time, rest assured that you are laying a foundation for a lifetime of success, happiness and productivity.

“Children are made readers on the laps of their parents.”

Emilie Buchwald



Saturn, sixth planet from the sun

BY RACHAEL MASLO

Way beyond Earth is the sixth planet from the sun. Come and travel with me to the second largest planet in the solar system!

Saturn is 886 million miles from the Sun. Also, Saturn is 10 times as wide as Earth. Saturn is as big as 95 Earths, maybe even bigger! “Saturn takes about 10.7 hours (no one knows precisely) to rotate on its axis once—a Saturn “day”—and 29 Earth years to orbit the sun” [NASA Science].

Saturn has hundreds of thousands of rings. This is only one reason why Saturn is such a beautiful planet. The rings are about 240,000 miles wide. That’s the distance from the Earth to the Moon! But the rings are as little as 330 feet thick. They range from particles too tiny to see to particles the size of a bus. There are actually many rings—maybe 500 to 1,000. There are also gaps in the rings. Scientists think they are icy snowballs or ice covered rocks [NASA Science]. Saturn’s rings are two thirds of a mile thick and are made of asteroids, comets, and moons.

Saturn’s atmosphere is made from gases, liquids, and ammonia crystals.

Saturn has the second-shortest day in our solar system. One day on Saturn takes only 10.7 hours (the time it takes for Saturn to rotate or spin around once), and Saturn makes a complete orbit around the Sun (a year in Saturnian time) in about 29.4 Earth years (10,756 Earth days). Compared to Saturn, Earth takes 365 days to revolve around the Sun.

Its axis is tilted by 26.73 degrees with respect to its orbit around the Sun, which is similar to Earth’s 23.5-degree tilt. This means that, like Earth, Saturn experiences seasons [NASA Science]. Saturn travels at an average speed of 21,637 miles per hour in its orbit around the Sun [Cool Cosmos].

Saturn has 53 known moons with an additional 29 moons awaiting confirmation of their discovery—that



is a total of 82 moons! About two tons of Saturn’s mass came from Earth—the Cassini spacecraft was intentionally vaporized in Saturn’s atmosphere in 2017. Twice every 29 and a half years the great planet Saturn appears ringless.

Saturn is big and beautiful and made of hydrogen and helium. Even though you can’t reach out and get it that won’t stop anybody from researching and finding out more about this beautiful ringed gas giant!

Rachael Maslo of Ms. Massengale’s fourth grade class received the Concord Writers’ Guild Award for this essay on March 25, 2020, at Concord Elementary School.



**ANDERSON
ARTS
CENTER**

SUMMER CAMPS!

The Anderson Arts Center is hosting its annual summer camp series beginning June 22. This year's camp theme is National Parks. Each week will feature fantastic National Parks in a specific geographic location and a look at artwork created to celebrate and promote them. Campers will have a great time getting messy and creative with their own masterpieces inspired by the beauty and biodiversity of the parks. Campers will enjoy age-appropriate projects with all kinds of materials and in several mediums including: Drawing, Painting, Clay, Collage, Printmaking, Fibers, 3-D Non-Clay Sculpture, and Design.

Ages

Ages 4 – 12: Half Day Camps at the Anderson Arts Center

Ages 6 – 12: Full Day Camps at the Anderson Arts Center

Ages 13 – 18: C. R. E. A. T. E. Workshop

Rates

Half Day Camp Fees: \$100 members / \$120 non-members

Full Day Camp Fees: \$150 members / \$170 non-members

C.R.E.A.T.E Workshop Fees: \$130 members / \$150 non-members

Times

Half day camps at the Arts Warehouse: 8:00 am – 12:00 noon

Full day camps at the Arts Warehouse: 8:00 am – 5:00 pm

C.R.E.A.T.E Workshop: 12:15 pm – 5:30 pm

Dates

June 22-26

July 6-10

July 13-17

July 27-31

August 3-7

CREATE Teen Workshop July 20-24

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C. S. Lewis and Reepicheep

BY LINA MASLO

In the fall of 2018, a statue of C. S. Lewis was unveiled at Anderson University. The year before, I had traveled halfway across the world to Ireland and England to follow in C. S. Lewis' footsteps and research his life. I had taken pictures of a statue of him and of characters from his *Chronicles of Narnia* in Belfast, Ireland. I had visited The Kilns, his house in Oxford, England. So, you can imagine my surprise and delight in discovering that a C. S. Lewis Plaza and statue had been erected practically in my backyard!

The statue (generously provided to AU by Dr. Walt and Mrs. Christine Brashier) features a bust of Lewis, also known as Jack, and below him is a statue of Reepicheep. Reepicheep is a major character in several of the *Narnia* books, including *Prince Caspian* and *The Voyage of the Dawn Treader*. Reepicheep is a mouse, but he is a very brave mouse, always fighting for what he believes is right. He once said, "No danger seems to me so great as that of knowing...that I left a mystery behind me through fear." And, in the end, Reepicheep is the bravest of all the characters: he lays down his sword to blindly cross into an unknown world.

Jack himself liked (or at least, didn't hate) mice. When he was a child, he had one named Peter as a pet. He and his brother Warnie loved to write stories about and draw pictures of courageous mice



who fought against evil cats. When Jack was fighting in the first World War, a mouse huddled up to him as shells were exploding all around them. And even as he grew older, Jack never set traps for mice. He didn't consider them to be pests, and sometimes imagined them

talking to each other late at night.

It was Jack's curious imagination that led him to write about animals that could talk. The world of *Narnia* is filled with talking mice, beavers, squirrels, badgers, horses, and of course, a Lion.

Although C. S. Lewis is most

famous for writing the *Chronicles of Narnia*, he wrote many other books, too: important theological works such as *Mere Christianity*, *The Pilgrims' Regress*, *The Problem of Pain*, and *Miracles*; works of theological fiction such as *The Screwtape Letters* and *The Great Divorce*; and some interesting science fiction: *The Space Trilogy*, beginning with *Out of the Silent Planet*. If you look behind the bust of Lewis, you can see some of these books carved into his back.

The C. S. Lewis Plaza at Anderson University also features quotes by Jack around the fountains, including one of my favorites: "Some day you will be old enough to start reading fairy tales again." Maybe you never got the chance to read *The Chronicles of Narnia* or other fairy tales as a child. Fear not, it isn't too late! In fact, right now just might be the perfect time in your life to dive into another world— one of adventure and imagination, one where good prevails, and evil is defeated.

If you get a chance, go take a look at this statue of a great literary giant surrounded by fountains and beautiful landscaping. And if you haven't already, pick up one of Jack's books, and, like Reepicheep, bravely dive in.

Lina Maslo is the author and illustrator of children's books, her latest being Through the Wardrobe: How C. S. Lewis Created Narnia. You can find her at www.linamaslo.com.

American Christian Fiction Writers' SC Chapter set to meet at NABC

The American Christian Fiction Writers' South Carolina Chapter will meet Saturday, June 27, 2020, at 2:00 PM at North Anderson Baptist Church, 2308 N. Main Street, Anderson, SC. The meeting is free and visitors



Andrea Boeshaar

are welcome. A writing class will be offered the first half and critique of members' manuscripts, the last half. Visitors are welcome to sit in the critique sessions and offer feedback.

The free writing class, "Romancing the Christian Fiction Market" will be presented by Andrea Boeshaar. She is an award-winning author of over 40 books with one million copies sold. The three components in all her stories are faith, family, and forever relationships.

Visitors to the meeting are encouraged to come early and to park on the side of the church with the long handicap ramp behind the small white house or church office. Come in the double glass doors at the ramp, take the elevator to the second floor and go left down the hall to a classroom.

To learn more about the chapter, check out the chapter blog at <http://scwritersacfw.blogspot.com/>. To learn about the national organization go to www.acfw.com. For more information about this meeting contact the President, Elva Martin at elvamartin@gmail.com or call her at 864/226-7024.

Reducing procrastination behavior



MARY-CATHERINE
McCLAIN
RINER

How often do you lose concentration, delay working on a project, and/or engage in procrastination behavior? Do you struggle with spending too much time playing video games, browsing the Internet, or looking at the phone?

When you feel the urge to delay or postpone a task, ask yourself what is leading to burying opportunities? How might the fear of failure exacerbate procrastination behavior? How does

anxiety and depression contribute to avoiding projects? Consider making decisions based on outcomes. For example, if you are worried about failing an examination, is it that you are fearful of not achieving perceived standards or not meeting your own individual goals? If it is the former, is it possible the anxiety of disappointing your family, friends, or colleagues is adding to anxiety and stress — ultimately leading to procrastination?

Consider a different, more productive approach; first, remind yourself that when you delay or postpone a task, it still has to get accomplished. Next, focus on activating your wise mind to make decisions and choices rationally instead of emotionally. Focus on removing safety behaviors, such as asking yourself "what if" questions and scenarios — ultimately contributing to per-

fectionism or seeking reassurance from others.

If we take the examination example, you may pass or fail the exam, yet you more likely than not will pass. You may disappoint family or colleagues, yet more likely than not they will continue to support you. Focus on building resilience to curve balls and you may find that despite doubts and what if's in life that create uncertainty, you can embrace opportunities and push away procrastination. Living in the grey and ambiguity area is better than living a life of procrastination or perfectionism.

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.

THE GARDEN SHOP

Delightful name for such a weed



SUSAN TEMPLE
master gardener

While watching Making It Grow, and only partially paying attention, Dr. John Nelson, Curator Emeritus of A.C. Moore Herbarium at University of South Carolina, caught my undivided attention with a picture. Thank goodness I record Making It Grow so I could rewind. The picture was of *Nothoscordum gracile*, Chocolate Onion. I'm almost positive that's the little plant I've always called society garlic. Obviously I never took the time to look it up. Society garlic has pink flowers. Chocolate onion, and my weedy plant, has white flowers and starts blooming mid spring. Dr. Nelson said it was a problem plant

that spreads by seeds and multiplying bulbs. Yes, it definitely seeds in my garden. What was three or four plants a couple of years ago, had turned into enough to cover a space about 15 feet long. It seems seeds have washed to where the concrete starts at the driveway then they jumped to the other side of the driveway. This year, I found another patch with a peony, in a totally different place in the garden. Even before I knew what they are, I started cutting the flower head off, thinking I needed to get ahead of these little guys. But they would grow another stem and try to bloom again. So this year I focused on spraying them with glyphosate. For the patch close to the peony, I cut all the foliage down and then very carefully sprayed them. I haven't tried to dig them out because after reading about chocolate onion, digging them out only seems to help spread, as they have tiny little bulb-lets, and even the tiniest piece left



Chocolate Onion

will grow back with enthusiasm. One source said as the bulbs mature, they turn brown. So find a brown bulb in dirt. I'll have to dig a spot and see what they look like. I suppose that's

how I got them in the first place... rescuing bulbs. And I'm pretty sure I know from where.

Botanists have moved this plant into several different families over

the years. Now they are in the amaryllis family. But there still seems to be debate on where they really belong, maybe even what they should be called. The foliage has a bit of a silver grey color to it and is noticeably different from my other bulb foliage. The bloom has several white flowers on one stem, botanically called an umbel. Bloom stalks can be at least a couple of feet tall. They do not have any smell to me. I had often checked for a garlic smell thinking they were society garlic. I definitely don't smell chocolate. Another common name I came across is devil bulb. That's appropriate. Looking for pictures made me question if *Nothoscordum gracile* chocolate onion or *Nothoscordum borbonicum* slender false garlic is my weed. Maybe Husband is right this time and I don't know what I'm talking about. But it seems botanist don't either in this case. I do know I do not want this plant though.



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What you need to look chic at the lake

This weekend my little crew of people rented a precious little lake house on Lake Lure. I went out and bought some amazing and affordable purchases from



Kristine March

TJ Maxx to get me going. Here are five things you need to look chic at the lake.

The first thing I bought was a kimono cover up. It makes you feel so comfortable to have a little some-

thing to throw over your swimsuit. It's not constricting and it's super flowy and gives you a bohemian, whimsical approach. Throw some cute high waisted drawstring shorts on top and some bejeweled or tasseled sandals and you're good to go to the local restaurant on the water. Next, I bought the most adorable crotchet top. Crotchet has this funky seventies vibe. It's breathable and bright. So cute for summer. I also got a comfortable sun hat. It's important to keep those dangerous uv rays at bay and still look stylish.

Another fun option is a pretty beach towel and float. I got a moroccan printed oversized towel and a big watermelon inflatable float. It will bring you joy and pure relaxation. I love a good sunless tanner as well. If you look in the product section they have endless options. Streak free is a must and it will give you a glow. Start out with a light shade if you're just now starting to tan. A good sunscreen is vital.

Lastly a beach bag or in this case a lake bag is always trusty. I love a good bag that you can stuff everything in from your summer reads to a nice bottle of bubbly. Try finding a large straw tote to keep all of your goodies in. Don't forget your sunglasses. They protect those pretty peepers and make you look glamorous. These are all fun and easy options to get your lake on. Enjoy some peace and serenity with the ones you love. Meditate, go canoeing and cook out by the fire pit. Live it up in these strange times and make life grand. Make the dock your runway and kindness always matters.

This Father's Day, think outside the (tool) box

Whether you're Coke or Pepsi, Clemson or Carolina, one thing we can all agree on is how much we all love our mothers. At a football game, you'll see ginormous men face the camera and shout, "Hey, Ma, we're number 1!" At the Oscars, half of the nominees will show up with their moms as dates. On the runup to Mother's Day, there are ads for jewelry, candy, flowers, brunch, candles, bath products, and other things to help moms feel pampered and relaxed. Even popular culture is awash with odes to mom, like the song The Best Day by Taylor Swift, the movie I Remember Mama starring Irene Dunn, and the book Love You Forever by Robert Munsch.

On the other hand, the world's most famous movie dad is Darth Vader. The Temptations tell us that Papa Was a Rolling Stone. Game of Thrones' Tywin Lannister didn't need control of the Iron Throne; he needed a parenting book. What is advertised before Father's Day? Tools so that dad can work around the house when he comes home from his other work. Who takes their dad as an Oscar date? Nobody. The comedian Chris Rock summed it up best when he said that the only thing dad ever gets as recognition, even if he is the best, most hard-working, daddiest dad on the planet, is the big piece of chicken. We can do better than a leg-thigh com-

ination, people. With Father's Day only a week away, let's take a moment to remember all the great things dads do and how we can acknowledge them, even if it's just once a year.



Kim von Keller

The first great dad I even knew was my own. Kip worked hard to own a comfortable house in a good school district, and when it was time, he put my sister and me through college. But it was more than that. He introduced me to the great musicians of his generation, like Basie and Ellington, Armstrong and Fitzgerald. He taught me to drive, which is hard for a daughter who recognizes directions as "left, and other left." Once, on a family trip, I wanted to go on a trail ride. My dad, who didn't care a lick for horses, insisted on coming with me so I wouldn't get hurt, and I didn't. He, on the other hand, was thrown from his horse into a blackberry patch. He climbed out, scratched and bleeding, with an arm injury so bad that it kept him out of work for a week.

The second great dad I know is my husband. Before we took our newborn daughter home from the hospital, Ted followed her

everywhere the nurses took her so that she wouldn't be kidnapped. He used to put her in a blanket-lined wheelbarrow so that she could nap nearby as he worked in the yard. With no show of revulsion, he cleaned up the bright green breakfast kiwi that she threw up all over the interior of his car. On a trip to Disney World when she was six, he was chosen from the audience to go on the stage at the Country Bear Jamboree. Did he want to do it? Absolutely not. Did Elizabeth want him to do it? Heck, yeah, she did. So half an hour later, he was wearing a tutu, dancing in front of a couple hundred people as his daughter almost lost consciousness from laughter.

And while these memories are special to me, not one of them is unique. Dads are out there every day, making sure that their kids are safe and educated and clean and amused and loved and prepared for a world that's not always easy. So when you're trying to figure out how to celebrate dad this year, think outside the tool box. Ask him to name his ten favorite songs and then listen to them together. Do the yardwork for a month. Take him to an ax-throwing bar. Take him on a camping trip. And before the day is over, be sure to take a selfie with him and post it on your social media. What caption should you use? "Hey, Dad, we're number 1!"

Let's go camping!

Pop-up tents, pop-up stoves, pop-up chairs, a bag of trail mix and HBO GO is the camping gear of today, and it all fits snugly into the console of a mini-Coo-



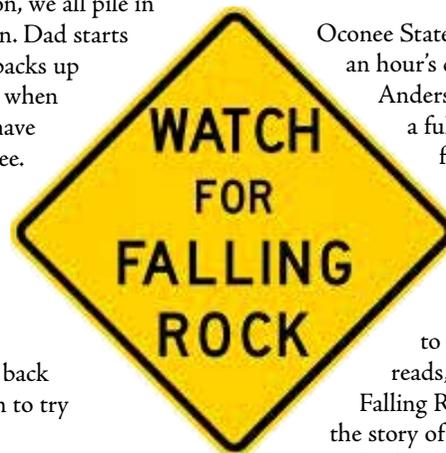
Neal Parnell

per. Rewind to 1962 where preparations for a week-end camping trip are underway. Out in the garage, I'm helping Dad locate the four canvas pup tents from the Korean War, so that we can erect them in the backyard and hope some fresh air will remove the smell of whatever has been living in them since the last camping excursion. Next, we box up everything in the kitchen. Pots, pans, knives, silverware, and don't forget the can-opener. Meanwhile, Mom and three sisters are packing suitcases and paper bags like they're volunteering for a two year Peace Corps program. I'm sent to the

Piggly Wiggly to purchase two styrofoam ice chests, hotdogs, and buns, aluminum foil, charcoal and two bags of ice. Luckily, my balancing bicycle skills match those of a Ringling Brothers clown act.

The back seats are folded down in the family station wagon and everything we own is carefully stuffed to capacity, only to discover that BoBo (my sister's stuffed lion), was added first, and she can't function without him. After the re-packing of the station wagon, we all pile in where we can. Dad starts the wagon, backs up three inches when of course I have to go wee-wee. This sets off an avalanche of wee-wees, ending with Dad getting back in the wagon to try again.

Our destination is



Oconee State Park, about an hour's drive from Anderson, but with a full load and four kids, it takes at least two. On the way, Dad points to a sign that reads, "Watch for Falling Rock", and tells the story of the Indian named Falling Rock that

got lost in the mountains and these signs were placed so people would keep an eye out for him. As far as I know, he's never been found, as the signs are still there.

We unload at the campsite and just as the last folding chair is removed from the wagon, I say, "Where are the Tents?"

Packing the station wagon was getting easier, the ride home seemed shorter, and camping in the backyard was a blast, although those tents will never lose that smell.

How to prepare for a secure financial future, part 3

The index universal life option for building wealth

Ask Fred

As was discussed in part two of this series, financial uncertainty is a primary concern for most Americans as they approach their retirement years. According to recent statistics, 60% of Americans state that they fear “running out of money during their golden years” more than they fear “death”. While this fear may seem a bit exaggerated, here are a few facts that may alarm you:

On average, a retired couple can expect to spend between \$275,000 and \$363,000 on healthcare expenses prior to their death.

There is a 70% chance that individuals over 65 will need some type of long-term care during their remaining years.

One year in a nursing home costs around \$100,000.

In addition to healthcare costs, most fam-

ilies will likely face a host of other expenses, including paying for college educations, weddings, vacations and new automobiles.

While many effective “wealth-building” methods exist, one excellent way is to achieve



Fred Reid, R.Ph.
Senior Insurance
Advisor

or become chronically, critically or terminally ill.

Investment gains are generally tied to stock market indexes, such as the S&P 500, Global

this goal is through an Index Universal Life (IUL) policy with a Living Benefits (LB) rider. An IUL + LB policy is a “life insurance” product that provides multiple layers of protection for yourself and your family. A few of the benefits include:

It provides excellent protection if you die too soon, live too long

Index Account, Euro Stoxx 50 and the Hang Seng Index.

The IUL + LB policy is set up so that, if the stock market ever takes a loss, your investment never will never fall below a “0% gain” (with some IUL products, you are guaranteed at least a small gain of 0.75 – 1% for the year—regardless of how the market index fared). This is a very important feature. One recent example occurred in 2008 when the S&P 500 took a loss of 38.49%. While those with a 401K or 403B suffered massive losses, IUL owners recorded no loss at all.

If the stock market index ends the year with a positive gain, the accumulated cash value of your IUL will also increase. Depending on the specific IUL product you choose, you will be allowed to participate in stock market index gains of up to 15% or more. Over the past two decades, the index market gain has averaged at least 7% per year.

As your IUL accumulates cash value, you can take out a “tax-free” loan with very low inter-

est rate. So long as the loan does not exceed the amount already invested, the withdrawal is “tax-free”, and you are not required to pay it back.

Living Benefit riders are available should you require future funds to cover costs related to a chronic, critical or terminal illness. Living Benefit funds are payed out based on company guidelines and are “tax-free”.

If you never have to access the cash value in your IUL for healthcare reasons, the funds can be used for any other personal reason or can be left as a “tax-free” inheritance.

A real-life example of how an IUL + LB policy works will be provided in part 4 of this series.

Please contact Fred Reid at 864-940-6113 if you have questions or need assistance identifying the Medicare plan that best meets your healthcare needs. I am happy to meet with you in your home at your convenience. Also, please connect with me on Facebook (search for “Fred Reid-senior insurance advisor”).



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MUSINGS OF AN OLE BALL COACH

ON PROCRASTINATING

*Gather Ye Rosebuds While You May
Old Time Is Still A Flying
And That Same Flower That Smiles Today
Tomorrow Will Be Dying*

These oft-quoted words written by the English poet Robert Herrick hit all you procrastinators (of which I am chief) square between the eyes.

Procrastination, the thief of time, also claimed old Robert as one of its victims. I mean, he didn't finish Cambridge until he was 29. Many egregious stories have been connected to procrastination. This one seems most apt. A doctor said to his patient, "I'm sorry to

say but I have some bad news and some worse news for you." "I'll take the bad news first," answered the patient.



Jim Fraser

"You've got 24 hours to live," said the doc. "Good grief, what could be worse than that?" The doctor answered, "I meant to tell you yesterday."

We all have our horror stories of not doing today what you can do tomorrow. A missed sale because the agent was late with a proposal, a friend passes before

a visit is made, a job opportunity squandered because the applicant drug his feet.

My most favorite youngest grandson, Dillon Fraser, is earning a low B in freshman English at Fort Mill High School for being late on an assignment. Most of us out here in radioland have made that same mistake.

My own experience of wrestling with this thief has to do with my writing. I had always wanted to put my thoughts and experiences on paper but never got around to it. I even thought about studying journalism at USC, why not – I had won a short story contest in Mrs. Gainey's English class at McClenaghan High School.

My frustration with writing ended in April of 2016. I called Ginny Fretwell and conveyed to her that a former player, G.G. Galloway, had an interesting story in which ECN readers might be interested. She humored me by asking a few questions and then said, "Gee Coach, I'm kind of busy, why don't you write it?" "Well, okay," I answered. "But do you think it's good enough to put in your paper?" "That I don't know," she disinterestedly offered. "But turn it in and we will see."

I had written scores of papers while compiling seventy something hours on two grad-

uate degrees, several scathing letters to the editors, and even a few torrid love missiles to my LW, but to write something that people might want to read caused me a certain degree of angst. Nevertheless, I suppressed the urge to continue my 84 year reign of putting it off and submitted my first article. Bolstered by positive remarks from many of you, I've written over 100 Electric City News Musings and two books since that rather humble beginning.

If I had to assign a purpose for these musings on procrastination it would be two-fold. First, to convey to Ginny and Julie my gratitude for providing me with this platform to commiserate, pontificate and hopefully to elucidate with you, the reader. Secondly, I would urge all to tap that hidden talent almost everyone has. Don't wait until the sunset of life, when you run out of time before you run out of stories, or paintings, or songs or whatever. As an old poet wrote over 250 years ago, "For many a flower will blush unseen, and waste its sweetness on the dessert air." Don't you be that flower.

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

Caris Healthcare welcomes Hunter Evans as patient care manager of Anderson location

Caris Healthcare welcomes Hunter Evans as Patient Care Manager of our Anderson, South Carolina location. Evans was promoted to this position after serving as a Caris Healthcare RN for five years. He will oversee all clinical management of the hospice agency, including developing people and processes, ensuring high quality of care to each patient, financial management, and business development. Evans is an accomplished professional with extensive knowledge of hospice care.

Evans graduated from Anderson University with a Bachelor of Science in Nursing (BSN) degree. Born and raised in Anderson, South Carolina, Evans is committed to providing World Class hospice care for those who helped shape him into the person he is today.

Excited about the opportunity Evans states, "I love working for Caris Healthcare and I am excited to continue my experience here in a new role. Hospice care is my passion,



Hunter Evans and family

and Caris lets me fulfill that passion every day."

Evans embodies Caris Healthcare's values of compassion, accountability, respect, integrity, and service. Caris Healthcare believes he will play a large role in assisting us in exceeding the company's expectations this year and in the future.

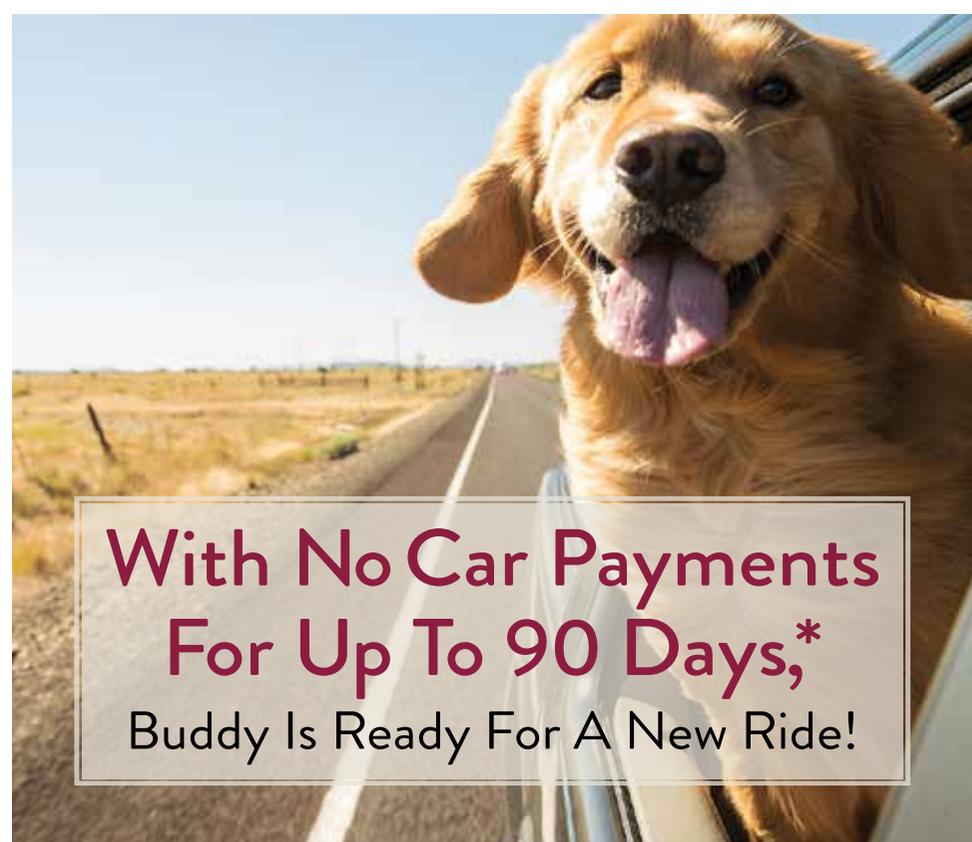


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NIBBLE & SIP

In celebration of dads

The best meals take a long time to prepare, and I, for one am glad of that. If a 12-layer lasagna was ready in half an hour,



Kim von Keller

every Tuesday would be Italian night and I'd weigh 500 pounds. The problem with those involved preparations, though, is that you can get pretty hungry before you finally sit down for dinner.

And while on most days, that's okay,

Father's Day shouldn't be about waiting. So whether you're firing up the grill or making your own pasta, think about a Nibble and Sip to tide dad over until dinner's ready. And don't worry about ruining his appetite. It is common knowledge that dads have two stomachs – one for snacks, and one for meals – so skip the veggie tray and mix up a batch of Buffalo Chicken Dip instead. Based on the ubiquitous bar staple, it's creamy and spicy, a favorite combination of dads everywhere.



A classic dad snack deserves a classic dad drink, so mix up an Old Fashioned. It's simple and delicious, one of the easiest cocktails to prepare, and definitely a sipper, meant to last until dinner's finally on the table.

Buffalo Chicken Dip

2 cups shredded cooked chicken
8 oz. cream cheese, softened

1/2 cup hot sauce (I like Crystal or Franks.)

1/2 cup ranch dressing

1/2 cup blue cheese crumbles

1/2 cup finely dice celery (optional)
crackers, for serving

Preheat oven to 350°F, and grease a shallow 1-quart baking dish. Mix chicken, cream cheese, hot sauce, ranch dressing, and blue



cheese in a large bowl, stirring until combined. Spoon into prepared baking dish and bake for 20 minutes or until mixture is heated through; stir. Sprinkle with finely diced celery, if desired, and serve with crackers.

Classic Old Fashioned

2 dashes Angostura bitters

1/4 oz. simple syrup

2-inch strip orange peel, no pith

2 oz. bourbon or rye whiskey

In an old fashioned glass, combine the bitters, simple syrup, and orange peel. Use a muddler or the back of a spoon to press the orange peel and release the citrus oil which will flavor the drink. Add the whiskey and stir. Add ice cubes, stir again, and serve.

PENDLETON BULLDOGS

Bulldogs preparing for another successful season

BY BRU NIMMONS

PENDLETON — As South Carolina high schools get started with their offseason athletic conditioning programs, the Pendleton High School football team is preparing for another successful season on the gridiron.

Coming off an 8-4 season one year ago, the Bulldogs will be playing in a new region facing off with former 4A powers Daniel, Belton-Honea Path and Wren, while also keeping region rival Seneca in their new 3A region.

The good news for the Bulldogs, though, is that there is plenty of returning talent as they prepare to take on this new set of local foes.

At quarterback, the Bulldogs will bring back starter Kameron Jones. Jones, who is still just a junior, threw for more than 1,500 yards last season. This year, he'll have to work on his turnovers after throwing 11 interceptions a year ago.

Another key returner for the

Bulldogs will be running back Amir Dendy.

Also a rising junior, Dendy made continued improvements as the season went along last season, including an impressive 149-yard, three-touchdown performance against the Liberty Red Devils. He'll also be joined in the backfield by the team's second and third leading rushers from last season, LJ Cannon and Dorian Holland.

There will be big shoes to fill at wide receiver this year following the graduation of Jason Wright-Mann,

who will play at Presbyterian this fall. Making up for the loss will be returning seniors Jacari Clark and Donnie

Brown, and on the offensive

line, rising junior Jarrett Ross returns after an

all-region season

last year.

Defensively, the Bulldogs

will also have

to make up

for the loss

of all-re-

gion selec-

tion Markee

Martin. Luckily,

returning all-re-

gion linebackers

Zahvery Henderson

and Ethan Jackson are

expected to wreak havoc against

opponents in the fall.

Finally, the Bulldogs are getting a big

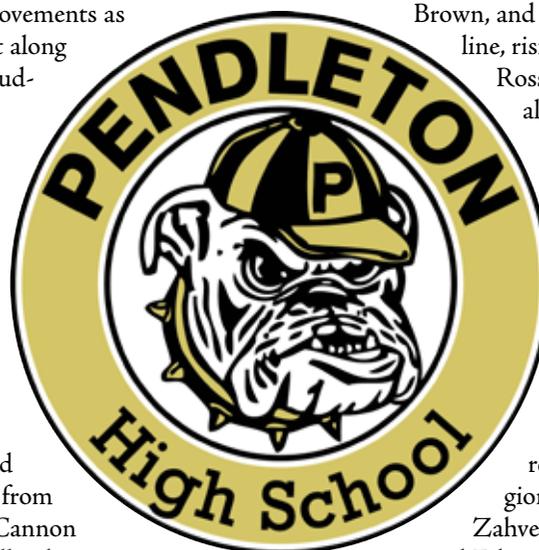
boost in the kicking game, as all-region selection Sam Andrea returns for his senior year after being almost perfect on field goals and PATs last season.

The Bulldogs will kick off the season on Aug. 21 against Clinton and will play Walhalla, Pickens, Powdersville and Palmetto before moving into their region slate.

Then, the Bulldogs will host Anderson County foe Belton-Honea Path and Daniel on Oct. 2 and 9, respectively, before hosting stepping out of region play to take on West-Oak in their final non-region affair.

Pendleton will finish off the regular season the following two weeks, facing Seneca at home and defending Class 4A state champion Wren on the road.

With plenty of tough teams on tap, the Bulldogs will see a major challenge in the fall, but don't be surprised if they are still playing well into November with all their returning talent.



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