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July 22-Aug. 4, 2021

American cuisine with a Southern soul



BY JIM HARRIS

Anderson has an exciting new addition to the dining scene, Restaurant 151 at the Bleckley Inn. Their website describes American Cuisine with a Southern Soul, serving South Carolina grown ingredients in a rustic atmosphere.

Owner and chef Richard Farr is an Anderson native and possesses a five-start resume' in the food industry, spanning three decades. His career began in high school, bussing and waiting tables at a local restaurant. After graduating from T.L. Hanna, he attended the University of Georgia, where he continued working in kitchens. After his junior year, he decided to attend the prestigious Johnson and Wales Culinary School in Charleston. He says, "I wanted to be active and



use my creativity, and I found that in cooking."

After completing his studies there, he joined the staff at McCrady's, an award-winning Charleston restaurant. Next, he helped open Ristorante Divino in Columbia, then spent several years in a corporate position with the chain Hops, where he learned the operational details

SEE CUISINE ON PAGE 2




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Money wins Diana Award

Peyton Money, 10, was awarded the Diana Award on June 28 in honor of Princess Diana on what would have been Diana's 60th birthday. Peyton received the award for her humanitarian efforts with her Octopuses for Premies. After Peyton's cousin was born premature, she began crocheting sea creatures to give to local hospitals in an effort to comfort families with premature infants. She also collected over 750 books for a literary association, collected over 1,000 blankets and toys for local hospitals and donated hundreds of dollars of school supplies for communities in need. Peyton, along with



her mother, also sewed 300 masks for hospitals lacking in PPE during the pandemic. Peyton also received an award for her community service that was presented by Lt. Governor Pamela Evette. Congratulations, Peyton. Nice job.

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Cuisine

CONTINUED FROM PAGE 1

of the foodservice industry. Richard's skills were further refined in a stop at the luxury Chattooga Club in Cashiers, N.C. He next returned to Charleston at Anson's, where he eventually became the Executive Chef.

His next chapter was as the executive pastry chef for all the locations of Holy City Hospitality. This group grew to seven restaurants, including the highly acclaimed Rue De Jean, Virginia's on King and Coast Bar and Grill. He was later promoted to Culinary Director for the organization. Richard had often thought about a return to Anderson and opening a restaurant here, and in 2021 that became a reality.

While looking for a location, Don Burdette, a local designer and a long-term friend, heard of his plans and connected him with Patti and Steve Kay, the owners of the upscale Bleckley Inn. He found the space perfect for his vision, and the wheels began turning. Farr started to build his team and put together a menu.



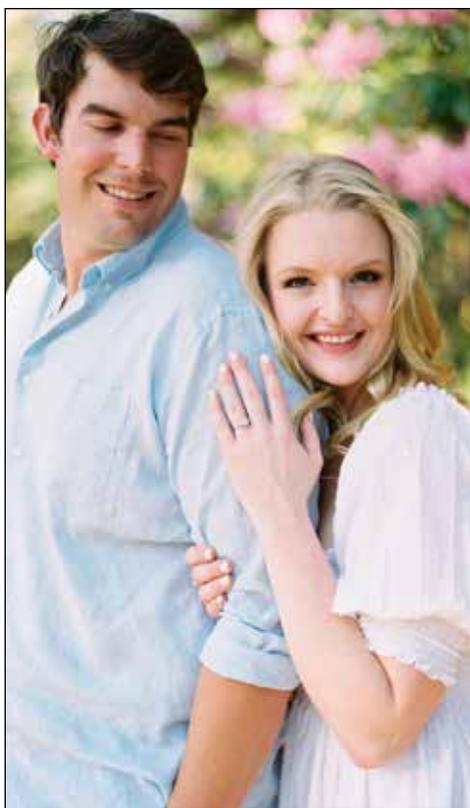
He was able to bring in a sous chef from Charleston and develop and train a staff that is serving his patrons well. Locally sourced products are a big part of the selections and specials.

Open for just a few weeks now, Restaurant 151 at the Bleckley is already receiving rave reviews. Connie Hawkins visited the first

weekend and said, "I loved the ambiance. The short ribs were absolutely delicious; fall off the fork. We had the Fruity Pebbles creme brûlée for dessert, and it was phenomenal. Five stars across the board." Other reviews point out the excellent service, food quality, selection, and the owner's personal touch. The atmosphere is enhanced by the paintings lining the walls, all the work of Farr.

Diners can choose from a variety of soups, salads, and small plate options. The entrée section of the menu features seafood, chicken, and steak selections. Side dish offerings include Timms Mill grits and sautéed kale in brown butter and garlic. The short ribs, scallops, shrimp and grits, and onion soup are early favorites. Diners also complement the wine list, about which Ricard says, "I wanted to hit all the big notes, yet make it affordable." The FerrariCarano Fume Blanc is a particular favorite, which pairs well with the menu's seafood entrees.

Brunch is also offered on Saturdays and Sundays from 8 AM until 2 PM, and there is a breakfast buffet on Mondays. Facebook and Instagram keep fans up to date on news and specials. They also offer the Open Table app for quickly making reservations.



ROGERS - BUNGE

Ms. Mary Drew Rogers and Mr. John Rogers are happy to announce the engagement of their daughter Sara Arden Rogers to Christopher (Chris) James Bunge, son of Dr. Robert and Janet Bunge of Lexington, Kentucky. Arden is the granddaughter of the late Judge Ellis and Nan Drew and Sally Rogers and the late Leo Rogers.

Chris is the grandson of Leonard Bunge and the late Barbara Bunge and the late Jeff and Eliza Royder. The couple became engaged in New Orleans on Jan. 30, 2021. They reside in Cashiers, NC, with their lab, Poppy.

Arden graduated from Florida State University with a BA in Humanities. She is the Concierge at High Hampton Inn in Cashiers. Chris is a graduate of Eastern Kentucky University. He has a degree in Business Marketing with a concentration in Professional Golf Management. He is a member of PGA of America and is working as the Golf Pro at Wade Hampton Golf Club in Cashiers.

The wedding will take place on November 13, 2021 at The Village Green in Cashiers. The Matron of Honor is Kaitlyn Kowalski Bryson. Bridesmaids are Alston Crudup, Ari Elizer, and Michael Benson. Junior bridesmaids are Eliza and Dellia Mostad and the flower girl is Josephine Orsborn. The best man is Dr. Robert Bunge, father of the groom. Groomsmen are Tyler Brightwell, Mikal Harpster, Sean Rea, Walton Rogers, and John Haddock Rogers, brothers of the bride. The ring bearer is Ezra Mostad.

A Honeymoon trip is planned for early spring.

AIM Tailgate Party with a Purpose and Auction planned for August 13

Anderson, SC- Anderson Interfaith Ministries (AIM) will host their annual Party with a Purpose, a tailgate-themed party and fundraiser, Friday, August 13, 2021 from 6pm until 9p, at the Bleckley Station.

Big O Dodge is the Title sponsor and Sullivan's Metropolitan Grill is the food sponsor for the Tailgate

Party which is a fundraiser for AIM's continuum of programs: Pivotal Support, X-Factor, Hunger Ministries, Housing, Financial Stability Center at AIM and WACS (Women and Children Succeeding). Each program follows AIM's mission to connect people with support, resources, and education so they can empower themselves

to become self-sufficient.

There will be shopping from vendors, dinner, and guest speaker Anderson native Ben Boulware, former Clemson and NFL player. There will also be an online and live auction with over 60 packages, and bidding will begin August 6th online prior to the event on Friday, August 13th at the Bleckley Station.

AIM is selling spots for Vendors to come and have their product for sale during the event. Vendor spots are either \$100, \$150 (and a donation of 10% of sales). Contact Susan Anderson at susan.anderson@aimcharity.org for more information.

Visit www.aimcharity.org to purchase tickets or for more information.

Bobby Lamb named first head coach of Anderson University Trojans football

ANDERSON, SC – Robert Emory “Bobby” Lamb, a veteran coach with more than 100 career NCAA Division I wins and experience building a football program from scratch, is the first Anderson University Trojans Football head coach.

Anderson University President Evans Whitaker, Ph.D. and Vice President for Athletics Dr. Bert Epting announced the appointment of Coach Lamb today at a press conference on the AU campus.

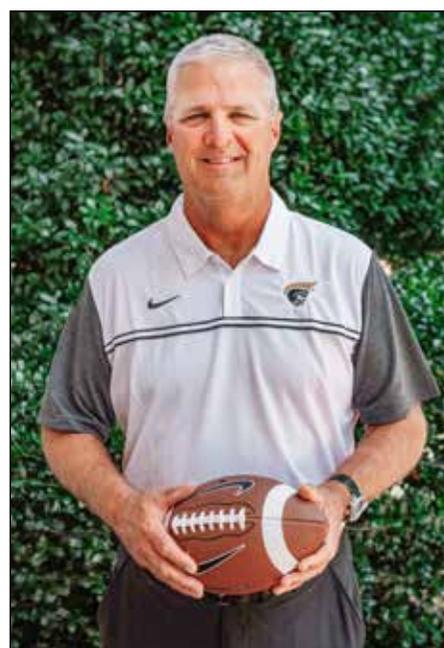
“I am thrilled and excited to be chosen to lead the Anderson University Trojans Football program,” Coach Lamb said. “I would like to thank Dr. Whitaker, Dr. Epting and the entire campus community for entrusting me with the opportunity to start football at such a prestigious university. I look forward to serving and being a part of the AU family.”

A native of Commerce, Georgia, Lamb played quarterback for Furman University from 1982 to 1985, as the Division I-AA Paladins recorded historic wins over the University of South Carolina Gamecocks (1982), the Georgia Tech Yellow Jackets (1983) and the North Carolina State University Wolfpack (1984 and 1985.)

Coach Lamb was head coach of his alma mater from 2002 until 2010, leading Furman to a 67-40 overall record. During his tenure the Paladins made four appearances in the NCAA Division I-AA playoffs.

In 2011, Coach Lamb was hired to resurrect Mercer University's football program; the school, located in Macon, Georgia, had not fielded a team in 70 years. Under Coach Lamb, in 2013 the Mercer University Bears won 10 games, which set an NCAA record for the most wins by a collegiate program in its first season of competition.

Coach Lamb left Mercer in 2019 and spent the 2020 season as an assistant to



Anderson University football coach Bobby Lamb

University of Louisiana head coach Billy Napier. The Ragin' Cajuns finished with a 10-1 record and a No. 15 national ranking ahead of teams such as the University of North Carolina Tar Heels (No. 18), the University of Texas Longhorns (No. 19) and the University of Miami Hurricanes (No. 22.)

“We are very excited to welcome Bobby and his family to Anderson University,” Dr. Epting said. “He has tremendous experience in building and sustaining football programs, recruiting at a high level and leading young men both on and off the field of play, all while integrating Christ into all he does. He brings a well-developed approach to football and we are blessed to name him as the first head football coach at Anderson University.”

Coach Lamb's appointment as head of

the Anderson University Trojans Football program comes two weeks after AU finalized a 25-year, \$1 million naming rights agreement with Spero Financial, one of South Carolina's largest federal credit unions, to create Spero Financial Field at Dr. Melvin and Dollie Younts Stadium.

“Coach Bobby Lamb is a man of faith and integrity, and he is the perfect fit to lead our football program,” President Whitaker said. “He will help mold our student-athletes into men who represent Anderson University well on the field, in the classroom and in our community.”

Upstate South Carolina philanthropist and friend of Anderson University, Dr. Melvin Younts, is providing \$3 million as a challenge gift in support of the Trojans Football program. AU continues adding partners to help realize Dr. Younts gift with the goal of raising \$6 million.

Coach Lamb and the Trojans begin NCAA Division II competition as a member of the South Atlantic Conference (SAC) in 2024.

Anderson University is a “more selective” comprehensive Christian university offering bachelor's, master's and doctoral degrees on campus and online. Anderson University is among US News and World Report's “Best Regional Universities South,” and is on the publication's “Most Innovative,” “Best Value,” “Best Undergraduate Teaching,” “Top Performer: Social Mobility” and “Best Online Programs” lists. Anderson also is ranked #26 nationally for Student Engagement by the Wall Street Journal/Times Higher Education; is a “Best College” among institutions of higher learning in the southeast by The Princeton Review; is on the “Great Colleges to Work For” Honor Roll; and is a four-time Apple Distinguished School.

AnMed Health top-performing hospital for heart attack patients

AnMed Health has received the American College of Cardiology's NCDR Chest Pain — MI Registry Platinum Performance Achievement Award for 2021.

AnMed Health is one of only 212 hospitals nationwide to receive the honor. The award recognizes AnMed Health's commitment and success in implementing a higher standard of care for heart attack patients.

"We are delighted to be among the nation's top-performing hospitals for caring for heart attack patients," said Mark Joczik, assistant vice president of AnMed Health Cardiovascular Services.

The Chest Pain Center team aggressively tracks the amount of time it takes to get a patient to the hospital and open the blocked heart vessel.

"We make sure not only our staff but also EMS staff are educated on why time is of the essence in treating heart attack patients," said Chest Pain Center Coordinator Monica Dickerson. "We have educated EMS to call the stemi alerts while in the home or before leaving the driveway



Monica Dickerson, B.S.N., RN
Chest Pain Center Coordinator
AnMed Health Heart and Vascular Care

to ensure a timely response from the cath lab as well as the cardiologist."

A heart attack occurs when a blood clot in a coronary artery partially or completely blocks blood flow to the heart muscle. AnMed Health's aggressive goal of treating heart attack patients meets the standards and levels of care outlined by



Mark Joczik, M.H.A, FACHE
Assistant Vice President
of Cardiovascular Services

the American College of Cardiology and American Heart Association.

To receive the Chest Pain — MI Registry Platinum Performance Achievement Award, AnMed Health demonstrated sustained achievement in the Chest Pain — MI Registry for two consecutive years — 2019 and 2020 — and performed at the highest level for spe-

cific performance measures.

"I am extremely proud of all of our departments that make our program so successful. With all staff understanding the importance of urgency with cardiac patients, it has made us very successful in caring for patients," Dickerson said.

The Chest Pain — MI Registry empowers health care provider teams to consistently treat heart attack patients according to the most current, science-based guidelines. Further, it establishes a national standard for understanding and improving the quality, safety and outcomes of care for patients with coronary artery disease, specifically high-risk heart attack patients.

"AnMed Health has demonstrated a commitment to providing

reliable, comprehensive treatment for heart attack patients based on current, clinical guideline recommendations," said Dr. Michael Kontos, chair of the NCDR Chest Pain — MI Registry Steering Subcommittee.

The Centers for Disease Control estimates that almost 700,000 Americans suffer a heart attack each year.



THE GARDEN SHOP

COWBOY TOILET PAPER



SUSAN TEMPLE
master gardener

Knock on wood, deer are still allowing me to have one tiger lily (*Lilium lancifolium* and also known as *Lilium tigrinum*). Some ended up under a sasanqua at the end of the driveway. Maybe they are left over from when I was moving plants from my yard in town. After learning deer love them, no effort was put into moving them to the garden. I passed a house outside of Belton a couple of weeks ago. Along the front and side porch of the house were hundreds, covering the whole area. It was quite a show. Tiger lilies produce their seeds along the stems and are technically called bulbils. It must take a long time for them to produce more plants. They grow tall, usually about five feet. Full sun and well-drained soil is best. They usually stand tall without being staked. I may have to get motivated and bring the others closer to the house.

It just so happens looking out into the garden from the house, a mullein (*Verbascum thapsus*) is behind the tiger lily. Mullein is not something I would like to have a lot of in the garden but it does add quite a bit of architectural interest and is at least seven feet tall. There is an area in the pasture I let them grow because I love to use the dried bloom stalks in fall and winter arrangements. They last for years and years. It is a bi-annual, meaning it comes up the first year. Then second years blooms, sets seeds, and dies. The stalk has tiny yellow flowers that slowly open up at different times. One plant can provide color from summer into fall. Mullein is good source of nectar and pollen for bumblebees. Some types of bees use the fuzzy hairs from the foliage in their nests. It's water proof. I had noticed the water puddles and runs right off the leaves. Some sources say birds enjoy the seeds. I'm sure that's how this one ended up in my garden.

If I had only known it is commonly called cowboy toilet paper, empty shelves in 2020 would have been of no concern; even though I was not a toilet paper hoarder. But I found the name cowboy toilet paper quite funny. I

knew leaves were used for as a poultice, or like we would use an ace bandage. I did not know it has many herbal uses. Leaves of the first year's plant can be used to help with chest congestion and different lung tonics. It supposedly can help with psoriasis. We know sage is a common plant used for smudging. But mullein can be used too. Mixing with vinegar is also good for skin irritation and is said to offer some pain relief. Wished I'd have known that when within a couple of weeks, I was stung lots of times when I disturbed a wasp nest, then got popped by a yellow jacket. The yellow jacket sting hurt worse than all 12 of the wasp stings. Roots can also be simmered and used on skin irritations. Flowers are also useful.

For someone who heats with wood, old leaves make great kindling. I will definitely try that this winter. The stalks are some of the easiest sticks to rub together to start a fire... not that I ever tried that Boy Scout method. But I will try the stalks as kindling too this winter. The pithy enter layer catches fire quite easily.

Along the line of smudging, early settler believed wrapping leaves around their ankles



Tiger lily and mullein

and arms would keep evil spirits away. Deer and rabbits don't eat it so maybe I'll plant more tiger lilies near it. Wonder if the plants in the yard will keep evil spirits away from our house?



Dr. Michael Guyton-Nunley, MD

Dr. Michael Guyton-Nunley

Michael Guyton-Nunley, MD, was born and raised in Myrtle Beach, SC, and completed his medical training at the University of South Carolina: School of Medicine in 2010. From there he completed a residency in Internal Medicine and Pediatrics with Greenville Health System (now known as Prisma Health) and upon graduation, practiced general pediatrics and adolescent medicine from 2014-2016. Knowing that he always wanted to pursue a specialty degree in adolescent medicine, he then completed his fellowship in Adolescent Medicine at the Mount Sinai Adolescent Health Center. This training affords him expertise in “all things teenager and young adult,” including reproductive health, sexual health, management of eating disorders, and care for the LGBTQIA+ population. He works closely with several community-based organizations and non-profits, including Girlology/Guyology, Just Say Something, and Pride Link (serving as an active board member for the latter 2).

Upon his return to Greenville in June 2019, he has served as the Medical Director for the Division of Adolescent Medicine at Prisma Health Upstate. The Prisma Health Adolescent Medicine Office is the first of its kind in the Midlands and Upstate of South Carolina. Here, both specialty and primary care are directed solely for those aged 10-25yo and delivered in a multi-disciplinary fashion, including both psychologic/therapeutic and psychiatric services.

Mike currently lives in Greenville, SC with his husband, Rory, and outside of his passion for his profession, he enjoys travel, tech, and Star Trek.

Dr. Guyton is an adolescent medicine physician in the Upstate of South Carolina. He has helped and continues to help hundreds of patients with anorexia and other disorders. So many patients have him to thank for making those difficult decisions for them when it comes to eating disorder treatment.

Anorexia nervosa — an abundance of contradictions

BY R.B. THOMPSON

Anorexia Nervosa (AN) is an abundance of contradictions. It is a phobia, and also an addiction. It is cruel, yet convinces its host that it is their best friend. It's the most lethal of all mental illnesses, but simultaneously praised by the secular world. Anorexia makes no sense, and yet, to the sufferer, it is the only thing that makes sense. It often cripples relationships, inhibits career aspirations, and generally stunts the growth of the sufferer. And although it so clearly wrecks their life, the sufferer often still chooses it above all else. Why?

One potential explanation is a term known as anosognosia, also called “lack of insight.” It is a symptom of severe mental illness experienced by some that impairs a person's ability to understand, or even acknowledge, his or her illness. Basically, the sufferer is incapable of seeing the seriousness of their situation, which leaves them ambivalent to, or worse, refusing treatment all together. This lack of insight leaves treating this illness incredibly difficult. Nearly impossible, some would say. It's what often leads to the sufferer leaving treatment before they are fully healed or repeated relapses due to overreliance on the disorder. You see, anorexia convinces the sufferer that they are nothing without it. It is their world, their identity, their savior. All the while slowly pulling the sufferer farther away from all that they value. According to all of the literature, the only sure fire way out of this illness is through cessation of behaviors, compliance with treatment recommendations, and yes, normalization of weight (the anorexic's biggest fear).

I find it of the utmost importance to mention something here: anorexia nervosa does not have a “look.” It affects people of all weights, heights, socioeconomic backgrounds, cultural affiliations, gender identities, gender expressions, and countless other demographics. You can be at virtually any weight and struggle with anorexia nervosa. No longer is there a BMI requirement for the diagnosis of this disease—this is a neurobiological behavioral disorder, not a weight disorder. So, often, weight restoration needs to happen for patients even when they're at a “normal” or “healthy” weight. If eating disorder behaviors (i.e. restriction, extreme dieting, bingeing, purging, excessive exercise, laxatives, diuretics, diet pills, substance abuse, etc) are being utilized to influence one's weight/body, there is a prob-

lem. Full stop. Regardless of this person's body type, such behaviors can and will harm them. And so, intervention from a multifaceted team (physician, registered dietitian, psychiatrist, therapist) to interrupt and repair the damage done by these behaviors is of imminent necessity. Recovering from this illness is likely one of the most difficult, yet most essential, journeys the sufferer will ever embark on.

If you or someone you know are exhibiting any signs/symptoms of this disorder, please reach out. Please seek the help of



experts. Intervention is the only way this illness can be defeated. While I mentioned earlier how difficult this illness is to treat, it's also proven that 2/3 of all sufferers do recover. That's an incredible statistic. And with prompt and early intervention, we can increase that statistic. People with this illness are often some of the most courageous, headstrong, resilient people to walk the earth. Let's make sure that we keep these people on this planet. Because we need them. Let's ensure anorexia is but a chapter, not the essence of their story.



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Remembering Lily Strickland Anderson

BY RICH OTTER

She was born at the home of her maternal grandparents, J. Pinckney Reed and Teresa Caroline Hammond Reed in 1848. The home was known as Echo Hollow and was situated on South Main Street in Anderson, now replaced with commercial property. Her grandfather had been an Intendant (equivalent to mayor) in Anderson for 5 terms prior to the City's incorporation, a practicing attorney and judge. He also was responsible for the City of Anderson's first newspaper that became the Anderson Gazette. Her parents were Charlton Hines Strickland and Teresa Hammond Reed Strickland.

Lily Strickland's musical ability was recognized as a young child while studying music at age six and was reported by Elizabeth Rowland in a Sandlapper Magazine article in 1975 as having composed her own music by age 9, as playing as an organist at Grace Episcopal Church at 14 and having sold her first musical composition at 16.

Strickland attended Converse College and then received a scholarship to study music at the Institute of Musical Arts in New York

City, later known as Julliard. She married Joseph Courtenay Anderson, then a teacher at Columbia University, and that began an opportunity for travels through his business involvements in the United States, India, Asia and Europe. She was introduced to a great diversity of cultures and music.

Her original works evolved through experiences in the South with what the network SCIWAY described as popular, sacred music and children's songs. She was strongly influenced by African-American music. She had the ability to absorb and reflect music and accompanying cultures wherever she visited.

With her husband during the First World War she was in Texas at a military installation but also traveled throughout New Mexico, Kansas and Oklahoma and was then inspired by American Indian music and dancing and incorporated their traditional performances into her own work. Her talents were also used to provide music for the troops in Texas.

When her husband's assignments took them to India where they remained for about 10 years she not only absorbed the music and dances there but also those encountered



Lily Strickland Anderson

in travels in Asia and in Europe. Asian trips included Ceylon, Burma, the Philippines, China and Japan. SCIWAY reported she then was writing articles as a correspondent for The Music Courier about Ceylon, Hindu Temples, "Natuch" dancing, snake charmers and their music, "devil dancing", Tibetan Buddhist music and music related to Krishna. She also pub-

lished articles in Travel Musical Quarterly, and The Etude (a music publication) concerning similar subjects and her own compositions.

In addition to her musical renditions, she wrote poetry, prose, lyrics for her songs and painted. Her paintings included covers for some of her musical works. In 1924 she was honored with a Doctor of Music Degree by Converse College.

Elizabeth Rowland reported Lily Strickland Anderson produced in all, 395 songs, piano works, cantatas and operettas as well as over 100 articles and poems. SCIWAY said her music had been used in the silent cinema, song and piano works performed by the Charleston Symphony Orchestra, Spartanburg Music Festival, Ziegfeld Follies, the Denishawn Dancers, and the Atlanta Rotoli Club in addition to performances by churches of many denominations. Artists who performed her compositions included Paul Robeson, Burl Ives, Amelita Galli-Curci and the Philadelphia male Quartet.

When her husband retired, they moved to a 26 acre mountain property in North Carolina but she continued her work until her death.

Lily Strickland Anderson died June 6, 1958. She and Joseph Courtenay Anderson are buried in Old Silverbrook Cemetery.



Lily Strickland Anderson

The advertisement for Glenn Mechanical features a logo at the top with a stylized 'G' and 'M' inside a diamond shape, followed by the text 'GLENN MECHANICAL' in large, bold, blue letters. Below the logo is a photograph showing a person's hands using a screwdriver to work on a blue electrical outlet box with two white outlets. The background is a plain wall.

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For an ABBA-solutely delightful time, take a chance on 'Mamma Mia!' in the park

Our daughter, Elizabeth, has always enjoyed having a bit of fun with her dad. Once, for April Fool's Day, she constructed a mannequin of a man reading a newspaper and propped it up at the breakfast table for Ted



Kim von Keller

to find that morning. But my favorite prank of hers has always been the time she took over his Sirius XM Radio account without his knowledge. After borrowing his car as a teenager, she overrode all of his presets with the ABBA channel.

What a chuckle we had about that, and by "we," I mean Elizabeth and me. As an Allman Brothers-Steve Earle-Del McCoury kind of guy, Ted didn't find 12 channels of "Dancing Queen," all playing at the same time, particularly amusing.

We were surprised, therefore, when he

said yes to her request that he take us to see the stage show "Mamma Mia! The ABBA Musical" in Columbia several years ago. In truth, though, we should have expected it. First, he will do anything his little girl asks him to do, and second, we promised him dinner at a brew pub before the performance. So how did he rate more than two hours of "Super Trouper," "SOS," and "Take a Chance on Me?"

He laughed. He cried. He loved every minute of it. You'll have the opportunity to love it, too, as Market Theater and the City of Anderson present "Mamma Mia!" July 20-25 at Carolina Wren Park.

If you've never seen the stage production or the movie version starring Meryl Streep, "Mamma Mia" tells the story of a girl whose upcoming wedding is missing only one element: her dad.



The problem is that she doesn't know who her dad is. Awkwardly, neither does her mom, a rock singer turned Greek Isle innkeeper, although she can narrow the possibilities to three. When Mom's former bandmates AND

the three possible dads arrive for the festivities, crazy antics ensue, with ABBA's biggest hits helping to tell the story.

So what is it about "Mamma Mia" that makes it so loveable to a bluegrass-loving, Americana kind of guy?

First, it doesn't take itself seriously. In his October 19, 2001 New York Times review

of the original Broadway musical, which opened shortly after Twin Tower terrorist attacks, theater critic Ben Brantley called it

a "giant singing Hostess cupcake," the kind of comfort-food show that would give solace to New Yorkers at a time when solace was so desperately craved. And let's face it: On the heels of a contentious election and a viral pandemic, we could all use some campy song and dance

numbers. Let's save heavyweights like To Kill a Mockingbird until we're used to wearing real pants again.

And second — but more importantly — there is a sweetness to "Mamma Mia" that transcends the over-the-top story. At its heart, it is about showing up for the people we love and working to make them happy, kind of like my husband did all those years ago when he agreed to take his daughter to see it.

I hope you'll take someone you love to see "Mamma Mia." Performances are free, so bring your blankets and chairs and spread out under the stars. While coolers are permitted in Carolina Wren Park, alcohol is not, but you won't need it to have a good time. And should you turn on your radio the next day to find an ABBA preset, lean in to it. You just might discover your inner Dancing Queen.

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Fashion fit for the King

BY JIM HARRIS

There is no doubt that Elvis Presley was, and still is, an icon. He's sold more records, over one billion, than anyone, ever. He had 140 songs reach the Billboard charts. In the decade ending in 2020, Elvis was still the number 10 seller of records worldwide, with over 9 million units sold. His fan club members still number in the millions.

Lesser known in the public eye is the behind-the-scenes role that Memphis clothier Bernard Lansky played in developing the style that was an integral part of Elvis's image. His role was so significant that, when Lansky passed in 2012, his death was covered in newspapers everywhere, including London and even Saudi Arabia. His legacy continues, now as his store, Lansky Brothers celebrates its 75th year. Bernard's son, Hal, and Hal's daughter, Julie, run the company. They love sharing the Lansky/Elvis story with guests.

Just after WWII, two enterprising brothers, Bernard and Guy Lansky, decided to go into business in Memphis. Securing a \$150 loan from their father, they found a location on Beale Street. At that time, Memphis was home to one of the largest Army depots in the country, and the brothers saw an opportunity. Lansky Brothers began selling military surplus apparel, and business was good.

A couple of years later, the clothing supply began to dry up, and the brothers sought their next model. Memphis was starting to be a hub for the emerging soul and R&B artists and the new rock and roll. Beale Street, with its clubs, restaurants, and stores, was the epicenter. Sun Studio had opened in 1950 on nearby Union Avenue, drawing blues icons like Howlin' Wolf and B.B. King. In the mid-1950s, more mainstream artists like Carl Perkins, Johnny Cash, and Roy Orbison began recording there, and these musical styles started blending into what would become rock and roll.

This emerging scene led the store into what today would be called "fashion-forward" style. Bernard

Lansky referred to the look as "real sharp." Most men's wardrobes were black, white, tans, and shades of gray in the day. Lansky's began focusing on what they called "Lifesaver colors", reds, yellows, oranges, purples, and greens. These new looks were stage-ready, with two-toned pants with no back pockets and more fitted legs, mandarin collared shirts, and custom designs in mohair and silk. The new business model was immediately popular, and the store soon became a regular stop for artists like Sam and Dave, Duke Ellington, and Count Basie.

Bernard Lansky loved people. Hal says of his Dad, "He could relate to a street cleaner or a Fortune 500 CEO. After you talked with him for 30 minutes, it was like being a long-term best friend." Lansky loved to stand in the store's doorway and chat with passersby. In 1952, this led to one of the great chance meetings of all time.

Elvis Presley was a high schooler, working as an usher at the nearby Loew's theater. He was a fan of the "flashy" clothing displayed in Lansky's storefront. Bernard Lansky had observed the handsome teenager looking through the window and one day struck up a conversation. He took the young man on a store tour, but Elvis could only afford a \$3 shirt. Lansky later recalled, "He told me, 'These are beautiful things. I like everything. I don't have no money



Elvis Presley and Bernard Lansky

now, but when I get rich, I'll buy you out.' I told him, 'Do me a favor. Don't buy me out, just buy from me'."

Elvis became a payday shopper, buying a shirt, hat, or pair of shoes every week. Lansky soon dressed Elvis for his junior-senior prom, with a pink coat and a pink and black cummerbund, beginning the association with pink as Elvis's trademark color. Lansky later tailored a pink leather coat that matched the singer's pink Cadillac.

In 1954, Elvis began saving his money to buy recording time in Sun Studio. Owner Sam Phillips noticed the young man's talent and helped Elvis release his first singles regionally. These led to Heartbreak Hotel in 1956, which topped the charts and opened the door for T.V. appearances.

Elvis turned to his Memphis clothing connection for his outfits for the Louisiana Hayride and then for The Dorsey Brothers Show and the Steve Allen Show. His outfit on

the Milton Berle Show, a Lansky grey-striped jacket with a velour collar, inspired the "Teddy Boy" look, popular in Great Britain. Then, the pinnacle of television, The Ed Sullivan Show, invited Elvis to appear. In what would be the most-watched television episode of the decade, sixty million viewers tuned in to see the nation's hottest talent, who was sporting a plaid jacket designed by Lansky that soon became the rage.

Lansky continued to shape the style of the King, with peg-leg trousers, oversized brightly colored shirts, patent leather half-boots, and the common appearance of pink. Elvis called the Lansky style his "hillbilly cat" look, declaring that "cat clothes are a must as far as I'm concerned," Lansky recalled Elvis saying. Elvis also became known for his flipped collars, a suggestion from Bernard to highlight the young man's ducktail haircut.

Their 1952 meeting began a life-long friendship. Even though Bernard always asked Elvis to call him by his first name, the polite young man always referred to him as Mr. Lansky. Once, Elvis's record label had surprised him with a new car, a rare German Messerschmitt. He traded it to Bernard for a shopping spree in the store. Elvis's clothing tastes changed over the years, but his loyalty to Lansky's never wavered. He never forgot the role Lansky played in his success. He would stop in the store, shop for himself, and often pick up the tab for other shoppers. Elvis was so popular that the store arranged for him to come in after hours, which then evolved into sending selections to Graceland.

When Elvis died in 1977, Mr.

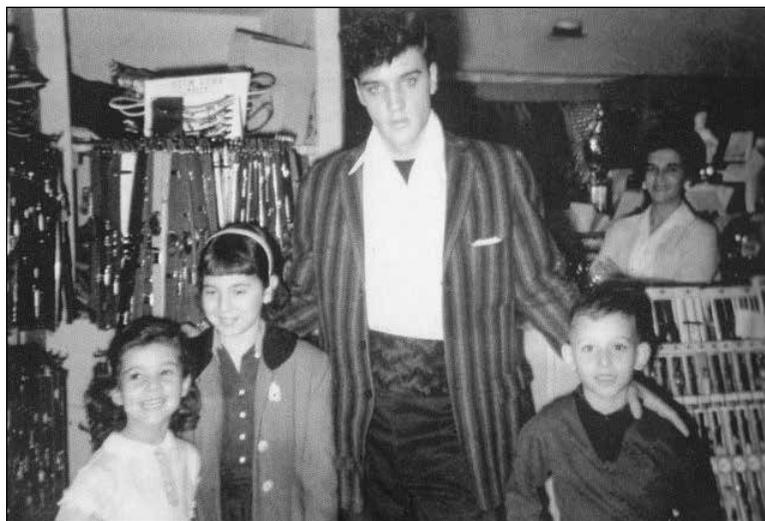
Lansky was asked to dress him for burial. He later said, "I put his first suit on and his last suit on. It was kind of tough, but I had a job to do. I put him in the casket after he died. He had a white suit, white shirt, and a blue tie. I wanted it to be beautiful."

Lansky's has four stores today, located in Memphis's world-famous Peabody Hotel. Visitors from around the world drop by to "Shop where the King Shopped." Countless celebrities have trusted Lansky's for style advice. Led Zeppelin lead singer Robert Plant said of Bernard Lansky, "He threw fabric, style, and color onto the shoulders of the whirlwind-together they saved us from the grey."

Next to the walls lined with dozens of autographed guitars, you'll see the "Clothier to the King" apparel line. Paying tribute to the King himself, it's a line with reproductions of clothing Elvis wore, plus other items inspired by the style sense he and Bernard created.

Hal says of the Lansky business model today, "If we had just focused on white button-downs and navy blazers, we may have been gone years ago." Instead, they have stayed the course with cutting-edge fashions. Hal says, "If you come in to get a suit for a job interview, you might not get the job. If you come in for a suit to go out on Saturday night, you might get the girl of your dreams."

Jerry Schilling, a member of Elvis's inner circle, known as the Memphis Mafia, once said, "Sam Phillips recorded Elvis and played Elvis music, and Bernard Lansky clothed Elvis. Together, they changed the world."



A young Hal Lansky and two other children stand alongside rock and roll icon Elvis Presley at Lansky Brothers clothing store in Memphis, Tenn.

POOL PARTY TIPS

Now that we are in the middle of summer, I'm here to offer some experienced Pool Party Tips that will get you to the end.



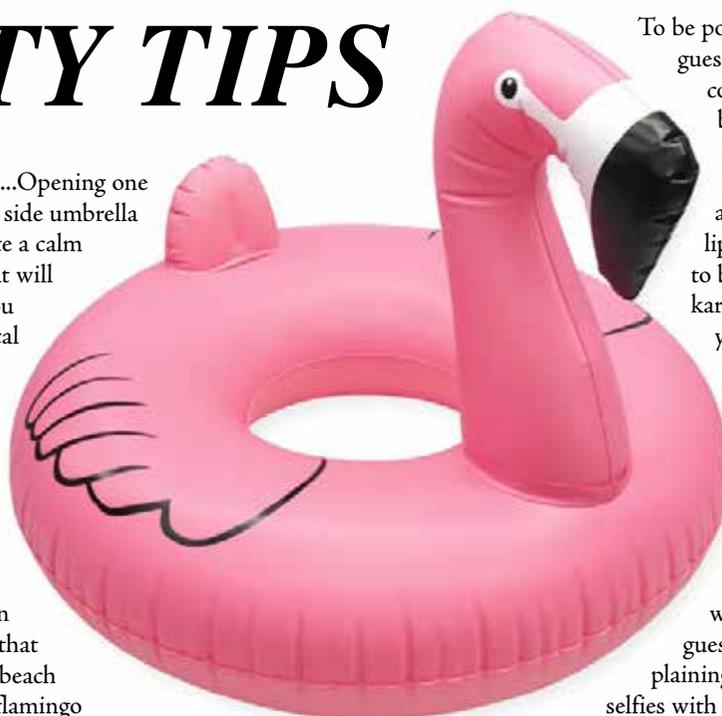
Neal Parnell

There are some excellent columnists here that can guide you, and keep you up to date on what is fashionable pool wear, and what to nibble and sip while you dive and dip, but I'll be covering the overall pool party experience, so let's jump in.

Tip #1...Never plan a pool party a week in advance. If you do, you can expect six days of beautiful clear skies and hot sunshine, followed by a party day of the coldest drenching rain and darkness on record. Trust the weatherman or woman with a forecast of no more than two days.

Tip #2...Opening one large pool side umbrella will initiate a calm breeze that will remind you of a tropical ocean paradise. Opening two or more umbrellas will unleash a monsoon like wind that will carry beach balls and flamingo floats into the next county.

Tip #3...Make sure that the pool water temperature is at least eighty-two degrees.



To be polite your guests will enter cooler water, but they will emerge with goosebumps and purple lips and a vow to bring frozen karma against your family.

Tip #4...Check that the chlorine level of the pool is kept low on party day. This will keep your guests from complaining and posting selfies with burning red

eyes and green hair on your

Facebook page.

Tip #5...The music should be low key

and of the instrumental type. If you play Hard Rock or Heavy Metal you can expect the chain wearing gothic teenagers from up the street to wander in with a cloud of vape smoke fogging the festivities. If you choose to play Country or Bluegrass you will entice Big Bubba and his overalled clan of ten to crash your party, rolling keg after keg across your freshly mown bermuda.

Tip #6...Do not use Tiki-Torches. The smell of kerosene will destroy the party mood, and you surely don't want to have those floating clods of black ash landing on heads and ice cream.

Tip #7...This last tip will protect your guest from the outdoor menace that we all hate. Mosquitos. You could spray a noxious stinky pesticide haze over the crowd, or try to keep the fire pit flaming, but the winged vampires will just laugh at the effort. The solution is to invite me to your next pool party. Those flying suckers will gnaw through a can of RAID to get to my sweet O Positive blood. Just place me anywhere away from guests and they'll be skeeter free for hours.

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Demond Roebuck is a resident of Anderson, South Carolina and graduate of Jamaica Plain High School. "Throughout my fourteen years here, I have learned a lot about planning a service for your loved ones. I like football and am a father, grandfather and a member of Mt. Moriah Baptist Church."

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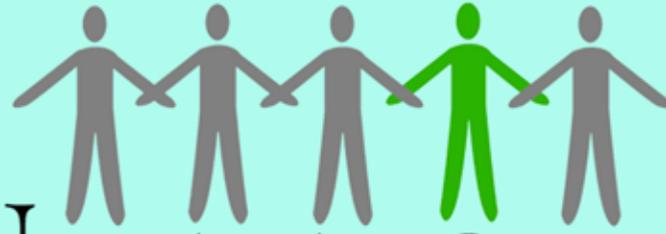


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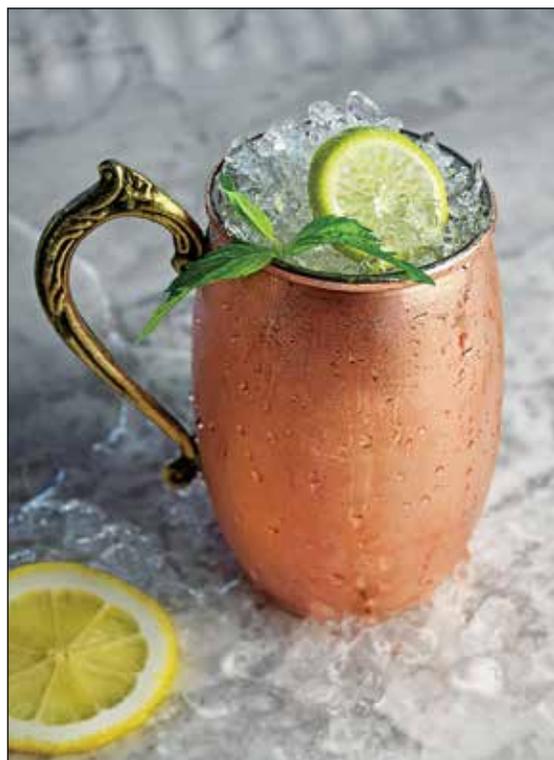
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NIBBLE & SIP

When a Nibble and Sip goes South



I love a theme night, and last Friday, my husband and I had one that was pretty close to home: Southern Summer Supper. We watched the movie "Big Fish," set in



Kim von Keller

Alabama, and for dinner, we made a tomato pie, a salad with cucumbers from the garden, and a cream cheese pound cake. There were only two of us. There's still pound cake left, but it's starting to look a little sad.

We started our Friday with a Southern Summer Nibble and Sip. Crispy Cheese Wafers are much easier to make than the more traditional cheese straw since they don't require a cookie press. In addition to their longer cooking time at a lower oven temperature, the rice cereal makes them good and crispy, with a crunch similar to a shortbread cookie. The Deep South Mule is a variation to add to your mule arsenal.

While the ubiquitous Moscow Mule is made with vodka, the Deep South Mule is made with two Southern staples, bourbon and iced tea. Be sure to use unsweetened iced tea and sweeten to taste with the simple syrup.

Deep South Mule

2 oz. bourbon
2 oz. unsweetened ice tea
½-1 oz. simple syrup, to taste
1 oz. fresh-squeezed lime juice
ginger beer

Fill a copper mule mug or rocks glass with ice and set aside. In a shaker, combine bourbon, iced tea, simple syrup, and lime juice. Fill with ice and shake vigorously to chill. Strain into prepared mug or glass, fill with ginger beer, and stir gently. Makes 1.

Crispy Cheese Wafers

2 sticks butter, softened
2 c. grated extra-sharp cheddar cheese
2 c. flour
½ t. salt

½-1 t. ground red pepper, to taste
2 c. puffed rice cereal

Place two oven racks in the middle of your oven and preheat oven to 300°. Cover two cookie sheets with parchment paper.

In the bowl of a stand mixer, cream the butter and cheese until thoroughly combined. In a separate bowl, combine flour, salt, and ground red pepper, then add to the creamed mixture, mixing until combined. With the mixer on low, add the puffed rice cereal, mixing just until the cereal pieces are evenly distributed. The dough will be stiff.

Using a small cookie scoop, scoop the dough into small mounds and space the mounds evenly on the cookie sheets. Using a fork, press each mound to flatten slightly, creating a crosshatch pattern. Place the cookie sheets into the preheated oven and bake for approximately 25 minutes, switching pans from top to bottom half-way through. Do not let the wafers brown. Remove from the oven and cool on wire racks. Makes approximately 50.

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A Zimmermann concert disc mini dress

BEST DRESSED

I love a dress. I love it because it's easy to style. You can simply slip it on and add accessories to it. I especially love them in summer months. I have come up with budget friendly to luxury for you to literally be best dressed this summer.



Kristine March

My budget starts with a company that is incredible called ASOS. They have tons of affordable dresses. I love the brand because it caters to every shape and style for whatever mood or occasion.

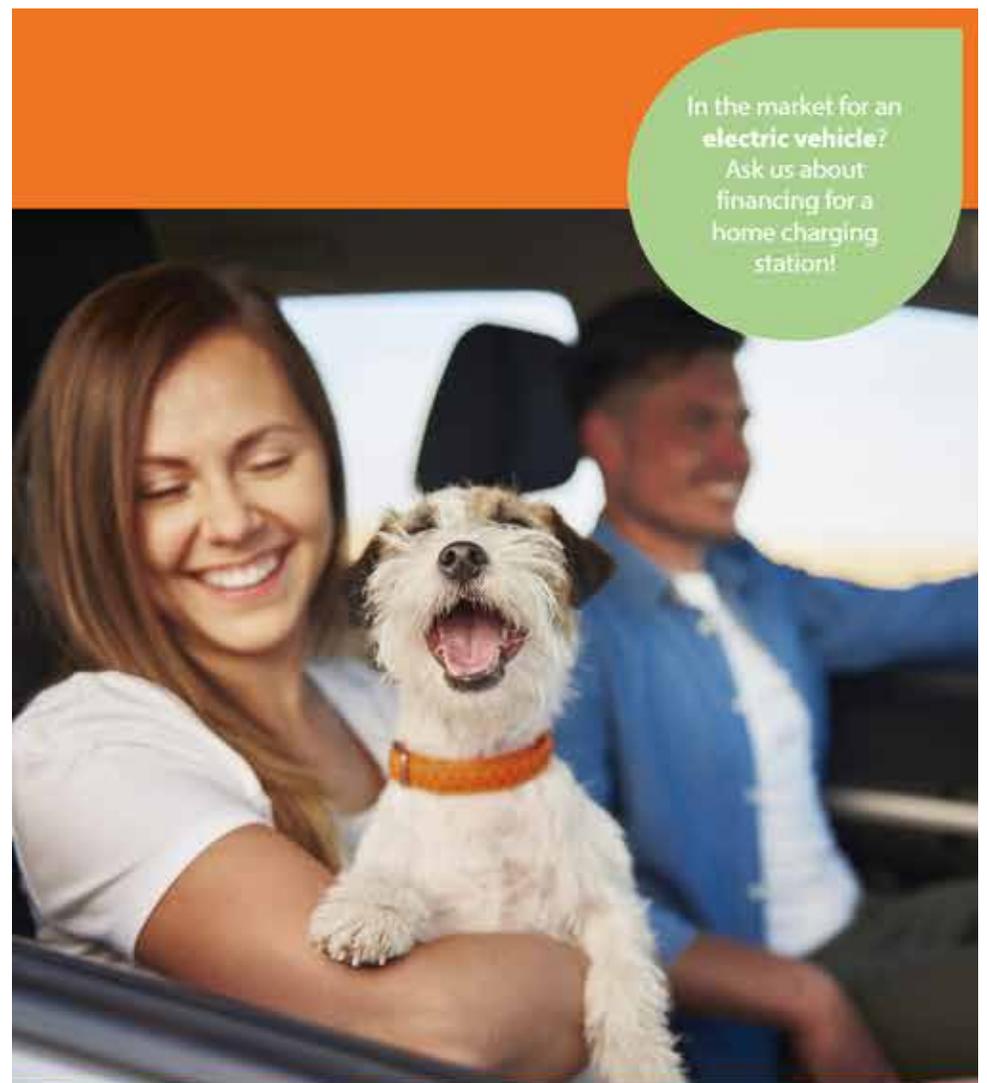
Most of the dresses start at thirty dollars. They have everything under the sun from volume sleeved maxi dresses to lace mini smock, organza and even functional denim materials. Really lovely and comfortable.

For a little bit of a stronger price tag but not quite luxury, I love my go to brand, Free People. Their dresses are bohemian and flowy and so pretty. They can take you from the beach to the resort or even as a wedding or

black tie party guest. Pretty florals, patchwork silk and mixed patterns look gorgeous and right off the runway but with an effortless, relaxed approach which is perfect for midsummer.

My luxury pick is hands down Zimmermann. Neiman Marcus carries the line now and their brand is extraordinary. It's late sixties and even disco chic and I'm crazy about it. It will definitely set you back a bit in the bank account but these dresses are almost an heirloom. They're not trendy and you could easily pass them down when you're done with the item. They're ultra feminine and light as a feather on the skin. Blousy material and chiffons in pale pink and rust and so much attention to detail. The great thing about the label is they have ready to wear and even markdowns. I'm here for it!

All of these picks are fun to go through and you can look and choose your go to style. So make the sidewalk your runway and enjoy the rest of the summer y'all. Kindness always matters and beauty comes in all shapes and sizes.



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ABC ... it's as easy as 123!

A few weeks ago, during my weekly trip to Ingles, I noticed a pack of foam alphabet letters hanging on one of those random hooks in the cereal aisle. Thinking about how my one-year old little boy, Jack, was already fascinated with small things he could hold in his hand,



Katie Laughridge

I grabbed a pack and added it to my already full cart of groceries. A flood of memories rushed back to me as I recalled how my older two girls had enjoyed playing with these same alphabet letters in the bathtub when they were younger.

As I continued to shop, I started thinking that perhaps my one year old was maybe too young to understand the concept of the alphabet, so I started to put them back on the hook before checking out; but at the last second decided not to. I convinced myself that he wasn't too young to play with alphabet letters, and that they were actually very similar to the alphabet books (i.e. A is for ant, B is for butterfly, C is for cat) I was already reading to him each night.

That evening during bath time, I threw the foam alphabet letters in the tub and was elated to see how much he enjoyed playing with them. He picked them up, started babbling and had a great time throwing the letters everywhere! I picked up each letter and began placing them on the bathtub wall – talking about how each one sounded and gave examples of words that each letter

contained. First, I hung up the “M” and said “M” is for “mommy”. Then I found the “J” and said, “Look Jack, this the first letter of your name.” Of course, Jack just looked at me and continued picking up the letters and throwing them in the water.

Although, your child may not be totally ready to learn everything yet, my purpose for sharing this story is to encourage you to go ahead and grab a “\$2 pack of foam letters” the next time you spot a pack on the rack. It's never too early to introduce new concepts and ideas to your young child, and you'll be amazed at what they might be learning. Teaching young children concepts like the alphabet (even before they can talk!) will go a long way towards preparing them for school.

Following is a list of more activities you can do with a pack of foam letters. These activities can be



introduced to children as young as one year old and can be continued for several more years leading up to kindergarten.

- Associate letters with other special family members and/or pets (ex: D is for daddy, P is for Penny, M is for Mommy, J is for Jack)

- As your child gets older, talk more about letter sounds.

- Sort letters by color (ex. Put all the red letters together, put the purple letters together)—this will help them begin to learn and sort colors

- Once they learn their letters, letter sounds and colors, you can

make little games out of them (ex: Can you find all the red letters? What letter says “b”? Where is Jack's letter? Where is mommy's letter?)

You'll be surprised at how fast they'll catch on and how fun it will be to watch them learn. Of course, your child likely won't learn everything all at once, but if you continue these activities daily, you'll be amazed at how fast they will catch on. Keep reading, keep playing, and keep interacting with your children. They are watching and learning all the time- even when you don't think they are!

Remaining in unhealthy/unhappy relationships?



**MARY-CATHERINE
McCLAIN
RINER**

Clients express frustrations in forming adult friendships as well as loneliness in present relationships. It is important to remember that no rule exists where one must remain in a partnership no longer serving a positive purpose. Family relationships, romantic partnerships, and friendships can change in any given moment. There are several reasons people have difficulty walking away from unsatisfying relationships.

1) History: Childhood friendships, nostalgia, long-term memories often hinder the separation process—despite someone feeling empty, lonely, or unsatisfied. Often, people experience guilt or feel like they “need” to remain in contact because of the duration of a friendship. Culture also places a role (e.g., friends forever bracelets; being alone).

2) Difficult seasons: Friendships can begin during difficult seasons in life or during seasons of change and transition. I often hear clients struggle with needing to be loyal and honoring the friendship bond. However, not all friendships remain mutual. It is OK to be grateful for someone and the relationship in the past and part ways.

3) Friendship Networks: It may be hard to separate because a friendship or relationship is integrated and intermingled with other relationships/friendship groups. In order to reduce tension or conflict in the group, someone chooses to stay part of the collective group.

4) Fear: Individuals struggle with boundary setting and having hard conversations. It is sometimes “easier” to remain in a relationship than to detach and leave an unpleasant situation. Unfortunately, this breeds resentment and greater distance.

5) Lack of skills: Leaving is hard, challenging, and can be painful with uncertainty. One must sit in the discomfort. It takes courage and strength to remove the self from a friendship that has lasted over time. Few people are transparent, vulnerable, and open when it comes to leaving a friendship or unhealthy relationship. It is easier to wear a mask sometimes than to be honest.

Every few months, I challenge you to take a friendship inventory. Are you satisfied? Would things be more satisfying if you had direct conversations? Does it require separation for greater happiness? Only YOU truly know if a friendship or relationship is healthy!

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.

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Hunter-gatherers and wild blackberries

BY ANN K. BAILES

It seemed like such a good idea.

I was exploring our farm property and found a patch of wild blackberries at the edge of a clearing. Further exploration revealed that it was more than a patch--it was a mother lode! They tasted sweet and delicious, with fewer seeds than in cultivated versions. I could already see rows of pint bags full of blackberries in the freezer. Which meant that they would need to be picked first. No problem.

Thinking that the overcast sky would keep the temperatures down (which it didn't), the day seemed perfect for the job. I dressed in heavy jeans, a long-sleeved T-shirt, boots, and gloves. No joke, this was a very rough blackberry bramble.

Feeling like Ma Ingalls on the prairie, I got to work, hoping to be perceived as the gatherer next to my hunter husband. I asked Mike if he could use his hedge trimmer to clear out a little of the area so that I could get further back in the patch, which he was happy to do. I picked berries around the edges while he worked, and discovered gloves complicated the process. I just couldn't grasp the pesky little things without crushing them, getting juice everywhere, and making too much mush to get them into the plastic bucket intact.



One glove came off. Then I immediately got poked by a large thorn. Make that many large thorns. Those briars and stickers were close

together on every branch in every tangle, and made picking impossible without getting stuck. And the beautiful berries were not in

clusters, but were ripening separately, which meant every single one had to be picked individually. Every reaching movement toward a berry had to be planned to keep away from thorns.

I worked deep into the patch. I couldn't take a step without watching closely for holes, briars, and limbs on the ground, and ... snakes. Mike had warned that copperheads were a possibility. I could feel the sweat rolling down my cheeks. I was desperately thirsty. I had purple stains on my hands and couldn't tell if they were from berry juice or my own blood. Or a combination.

I picked awhile more, reaching through tangled thorny brambles, and finally walked away. It was blackberries or my life. And in an hour and a half I'd gotten maybe a pint of berries. Just enough to make a sauce to top a cheesecake. Oh, and a number of bramble wounds on my hands. I'm just relieved to have gotten out of there without chiggers or snakebites.

My dad says a coon dog can whip a skunk, but it isn't worth it. So that's the end of this quest for wild blackberries. And it's time to admit that Ma Ingalls I am not. Bye-bye to the gatherer part of this hunter-gatherer combination!



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