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April 2-15, 2020



Boarding houses of yesteryear

BY KAY WILLIS BURNS

In Boston in the 1830s, when the landlords and their boarders were counted, between one-third and one-half of the city's entire population lived in a boarding house. Also referred to as a rooming house, a boarding house (frequently a family home) is a dwelling with multiple rooms rented out individually in which the tenants share bathroom and kitchen facilities.

Boarding houses ran from large buildings to only a single room. Some houses were converted to boarding houses as wealthy families moved to better neighborhoods. The boarders in the 19th century ran the gamut, from successful businessmen to poor laborers, and from single people to families.

During the World Wars, boarding houses also offered temporary accommodations to working women far from home, and for men stationed in unfamiliar places.

During the 19th century, between one third and a half of urban dwellers rented rooms to boarders or were boarders themselves. The boarding houses reinforced some social changes. These dwellings made it feasible

SEE HOUSES ON PAGE 2



Boarding house in the 1920s-30s at N. Prince Street and Don Avenue in Anderson.



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WON'T YOU BE MY NEIGHBOR

I am not a doctor, but I am fairly certain that my close neighbor has contracted O.L.D. (Obsessive Lawn Disorder). I must admit that I have mown my lawn twice in one week,



Neal Parnell

occasionally. This is just one of the early signs of O.L.D. A definite sign of O.L.D. would be taking soil samples and sending them to Clemson University for analysis before gridding your lawn with stakes and string into square feet, so that

the exact amount of lawn enhancing chemicals can be spread. Let's apply my conclusions into Jeff Foxworthy terms.

YOU MAY HAVE OBSESSIVE LAWN DISORDER IF YOU:

- Measure all the grass with a ruler so as not to exceed three inches.
- Wash and wax your riding mower after each use.
- Use a flashlight at night to check for lawn critters.
- Buy eighteen dollar a gallon special mower gasoline.
- Circle back to mow a fallen leaf.
- Always mow and burn when



neighbors are having a backyard BBQ.

- Check daily that the gas container is full.
- Do all the weed-whacking at 8am the day before mowing.

- Mow at night to check headlight alignment.
- Mow the next day because of poor headlight alignment.
- Mow in the dead of winter just for the fun of it.

There is no cure for O.L.D. and once contracted there is no guarantee that your lawn will look any better, in fact, over-attention to the natural eco-system of the lawn may cause your neighbor to laugh uncontrollably at the bald, black streaked, ant hilled, crabgrass infested condition of all that unnecessary labor.

If you or someone you love has O.L.D., please contact Dr. John Deere at www.lawnpsycho.com or call 1-800-LAWNOLD.

Houses

CONTINUED FROM PAGE 1

for people to move to a large city, becoming independent of their families. This promoted social mixing and learning new ideas. By the 1930's, boarding houses were becoming less common in most of the United States. In the 1930s and 1940's, boarding houses had been taken for granted as respectable places for students, single workers, immigrants, and newlyweds to live.

During the housing boom in the 1950s, middle class newcomers could increasingly afford their own homes or apartments, which meant that rooming and boarding houses were beginning to be used more often by post-secondary students, the working poor, and the unemployed. By the 1960s, rooming and boarding houses were deteriorating, as official city policies tended to ignore them.

Attempts to reduce boarding house availability had a gendered impact, as boarding houses were typically operated or managed by women. Closing boarding houses reduced the opportunity for these women to earn a living. Married women who boarded with their families in boarding houses were accused of being too lazy to do all of the washing, cooking, and cleaning necessary to keep house or to raise children properly. While there is an association between boarding houses and women renters, men also rented, notably the poet-authors, including Edgar Allan Poe.

Residents of Anderson recall memories of local boarding houses:

In 1964, Barbara Falco's dad came to work at the Anderson mill. He lived through the week at an old boarding house on the corner of Society Street right behind the main library. She remembers it as a beautiful older

house before it fell victim to progress. Marsha Williams recalls the South Main Curb Market. There was a hamburger place right at the end of the market, and the boarding house was right behind it. Her aunt worked at the hamburger joint and a cousin stayed at the boarding house. That was 1969.

According to Ginger Sullivan, there was a boarding house on North Fant Street, on the corner beside North Fant School. She lived beside it in a garage apartment owned by Bayliss Maxwell in 1965.

Ellen Helms shared that the Mullinax boarding house, located on McDuffie Street and run by "Mama Nellie", had good memories and good food. Some of Anderson's well-known men lived there such as Billy Dillworth and Major Eubanks (highway patrol). Mama Nellie's granddaughters grew up there with Ellen.

Don Steadman shared that there were many people who had boarders in their private homes. Their names were listed in the census records and described as boarders.

Melody Miles remembers a "men only" boarding house on South Main next to CMS Garage, catty-cornered to Guy Motors. It was run by Melissa Ellenburg's mother in the mid-to-late 70's.

Tim Williams' paternal Grandmother, Ada St. Clair Brown Williams, ran three boarding houses in Anderson during her lifetime. One was located behind the federal building (the old Post Office) and another at the fire station location on McDuffie Street. She leased these two large old homes which are now gone. She was very successful especially since boarding houses were badly needed before and after WWII. After the owner sold the two homes in the 1950's, Ada purchased a large, white house on West Franklin Street which she turned into a boarding house. This home is still standing. She lived there and ran it as a boarding home until she died in 1967 at 90 years old. She is buried in the Belton City Cemetery with Tim's

parents. Tim related that he and his family are very grateful for Ada's generosity to them during those time as it helped keep his family up with better standards of living.

Jimmy Staggs remembers the boarding house located on Clinkscales Street directly behind the Sherwin Williams paint store. This boarding house was run by Mrs. Lillie Mattress whose husband owned the Red Door Lounge on Tower Street.

Kathy Stone, owner and operator of The Gray House in Starr shared her fascination with The Pruitt House, stating that historian Hurley Badders described The Gray House as a return of The Pruitt House. The Pruitt House was a boarding home but it was much better known as a restaurant. Mrs. Pruitt would buy vegetables from local farmers in Starr. As a teenager, Mr. Albert Mouchet said he and his friends would gig frogs and sale them to Mrs. Pruitt. The Clemson newsletter once contained a copy of a 1940's menu from the Pruitt House that listed frog legs as one of their entrees.

Charles Gayle stayed at Daniel's boarding house on South Main across from the Vim Herb store. The owner's sons, Rev. John Daniels was a Church of God minister for years and David Daniels was a good football player at Boys High during the 1950's.

Diane LaRoche remembers a boarding house on North Prince Street and Don Avenue in the Orr Mills Village during the 1950's. In the early years (20's-30's) it had been used as a schoolhouse. Ronnie Johnson shared that he had friends who lived there during the 1970's.

Joanna Culbertson's great aunt, Mae Nodine, ran a boarding house on Whitner Street. It is the green one on the left. Mae played the piano on the radio during WWII.

There is something intriguing about people living in boarding houses. Who knows, we may be headed in that direction again in the near future.

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TO SEND INFORMATION

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"This room brings me so much joy with its natural light and my sister in laws 4'x8' quilt hanging, and of course plants, there are lots of plants."



"My sunroom is my happy space. From the chair in the corner you can see almost my entire backyard. We can have meals in this room or you can settle in for a good read. The best part, no tv."

HAPPY SPACES

We all have that one space in our homes that makes us happy. Whether it's a cozy den with a roaring fire, a reading nook at the back of the house, a screened porch overlooking nature or even a few chairs scattered around a firepit in the backyard. Being in those spaces tend to lift our spirits, make us smile, calm our souls and create a feeling of warmth and happiness.

So we asked our readers to send us their happy spaces and tell us why they are what they are.

We hope each of you has a place that you can go to that will lift your spirits and create your own happy space.



"This couch has been recovered about 8 times in its life. My uncle George chose a soft silvery green silk linen blend when it was in our living room growing up. It has thin down cushions and no back cushions. Now in a brick red ticking, it continues to be my favorite space."



"My den is my favorite room in the house. It's bright and airy and it's the center of our home. It makes me happy every time I walk into it."



"My porch is my happy space because I love to watch the water with its changes in tides and the weather. Listening and watching the lowcountry birds is like music on my porch."



"My living room. It's bright, inviting and warm. I work from home so this room makes me feel calm and peaceful even on stressful days."

Positivity in a pandemic

It's definitely a very surreal experience right now. We're all living in a different world than we were just a few weeks ago. The coronavirus has caused a global pandemic.

While it's a very scary time, we can still try to remain positive. We have more time with our families. We have slowed down and are making unforgettable memories with our loved ones.

I think if we try to remain positive, we will all come back stronger than ever.

So during this strange time we have to stay safe. I thought what better way to do so than to make a face mask out of your favorite t-shirt at home?

I got this idea from one of my favorite fashion designers on Instagram. I'm going to use a Grateful Dead tie dye tee.

Take a paper towel and place it on your tee. Cut out the tee in the square shape of the paper towel. Fold the shape in an accordion fold like a fan going upward. Get four elastic rubber bands. Shape your mask and place them on each side. Shape it to your face. Place the rubber bands behind your ears. There you have it, a stylish face mask.

If you want a more specific plan, follow Mountain Girl Clothing and she gives you step-by-step instructions. Simple to do and super cute to wear at the grocery store.

Remember that friendship isn't closed. The sunshine and the outdoors aren't closed. Create art. Read all the books you've been wanting to read. Make your favorite recipes. Work on that garden you have been dreaming of. Clean out closets, or rearrange furniture. Have family game nights. Watch a series on Netflix and all of your favorite films.

What are you doing to stay safe? Remember to make the living room your runway. Love and so many blessings to all.



Kristine March

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Coping with coronavirus stress



**MARY-
CATHERINE
McCLAIN
RINER**

Raise your hand if you have experienced stress or uncertainty as a result of COVID-

19. You are not alone, and this is a normal response and reaction to living during this pandemic. In addition to stress being unpleasant, it hinders the immunity of your physical health. In order to improve and enhance well-being overall, consider the following tips to boost your emotional coping:

1) Be mindful, self-aware, and recognize that stress is a normal reaction to life events that are disrupting your equilibrium. What is

happening is not your fault and you did not ask for it. However, you are responsible for managing the stress from COVID-19. Stress leads to symptoms of anger, sadness, confusion, distractibility, isolation, defensiveness, headaches, muscle spasms, fatigue, and insomnia. In order to manage these symptoms, one must first recognize his/her reaction to stress. The next barrier is minimizing symptoms and/or brushing them under the rug.

2) Manage what you can while surrendering and releasing what is not in your control. Taking action can reduce stress while surrendering can simultaneously be a positive release. It is important to note that anxiety is often a false sense of control that stems from worrying, stressing, and overcompensating. With COVID-19, it is natural to want to fill in gaps of missing information. However, it is equally important that you rely on reputable sources while combatting myths and conspiracy theories that take control away from you.

3) Set limits and know where boundaries are needed. Spend some time recognizing your threshold of tolerance—which may change day to day. Which channels, social platforms, friends, etc. make stress better and which areas and people make stress worse? When you over-

extend yourself, it is difficult to engage in positive self-care and maintain your cup of energy. Boundaries offer structure, routine, safety, and protection. Consider setting time limits.

4) Engage in self-care. Acknowledge your needs and nurture your emotional and physical health. Prevent weakened immunity by eating nutritious foods, obtaining adequate rest, consuming water, and staying active. When you have been stressed in the past, what helped you ground yourself? Which past coping practices have led to the most success and stability? What makes you feel present? Many fitness studios are offering online videos, software companies are providing more opportunities to socially connect, and counselors are operating virtually. Consider downloading a free meditation or deep breathing app. Other activities include cleaning, crafting, reading, color, scrapbooking, watching TV, calling a friend, cooking, etc.

5) Focus on gratitude. What can you be thankful for during this time, such as spending more time with family, slowing down, growing personally, listening to podcasts, re-connecting with friends and family, completing house projects, spending time with pets, etc. How can your body benefit from additional opportunities to relax, rest, and recharge?

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.

Friendship in a time of uncertainty

My husband and I have friends, Bryan and Norma, who divide their time between Atlanta and Asheville. They are retired academicians, smart and funny and well-informed, and we

enjoy spending time with them, even though they are our seniors by more than 20 years. We don't see them nearly as often as we'd like because, quite frankly, one couple is always either at the gym or a gallery opening or a new restaurant or a concert or the theater,

and the other couple is us.

In addition to being crazy on-the-go, they are also pet parents to Fred, the only cat I've ever loved, which is saying a lot because I once owned a cat. (In my defense, Chi-Chi didn't love anyone and was just using us for food.) Fred is more canine than feline: He is affectionate with everyone, follows commands, and – get this – COMES WHEN YOU CALL HIM. The first time I ever met Fred, he looked me in the eyes, jumped into my lap, and gave me a good, old-fashioned cuddle.

I've been thinking about the three of them, Bryan and Norma and Fred, a lot lately. Because of the threat of COVID-19, all of their favorite activities have been curtailed, and I was afraid that they would be pretty bored by now. So Teddy and I gave them a call this week, just to say hello and ask about their health and see how they were handling being house-bound.

"We're okay," Bryan said. "We're both healthy, and we're both following all of the CDC guidelines. We haven't left the house at all lately, except when we had to take Fred to the vet."

It turns out that Fred had suddenly become quite lethargic and had stopped eating. The vet discovered cancer, which was untreatable, and the painful decision was made to let Fred go peacefully.

We didn't know what to say, other than to express our sympathies over the loss of a

beloved pet. We reminded them how much we had loved Fred, and we told some funny Fred stories before promising to keep in touch through this time of social distancing.

What we mean, of course, is physical distancing. Maintaining a distance of at least 6 feet from others is critical right now as we attempt to flatten the curve of viral transmission. Physical distancing and frequent hand-washing are the best things we can do to keep ourselves and others healthy.

But that doesn't mean that we must be socially distant. As human beings, we need personal connection, and we can stay in touch, even if we can't leave our homes. Think of the stories we've seen lately about the ways that Americans are managing to stay connected: The families that lined their street in their cars, festooned with balloons and banners, to celebrate a neighbor who had just finished her last round of chemotherapy. The high school singers and musicians who created their own music videos to send to assisted living homes in their community. The city dwellers in Chicago who coordinated a group sing of Bon Jovi's "Livin' on a Prayer" from their apartment windows.

Of course, remaining socially connected doesn't have to be a big production. As much as we grumble about social media, we can use it to remain engaged with our friends, no matter how distant. We can read their stories on Facebook and join in the conversation about how pajamas are the new business suit. We can like their pictures on Instagram and comment on all those baked goods they've been cranking out. We can create Pinterest boards about the things we're looking forward to doing once the world is back to normal and share them. But even if you don't use social media, there are easy ways to stay socially connected during these uncertain times.

You can pick up your phone, call an old friend, and talk about a cat.

How are you staying socially connected while remaining physically distant? Drop me a line at editkim50.com.



Kim von Keller

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Tips for entertaining the kids at home

Dear Parents,

Just when we thought we had seen and experienced everything possible, life as we know it has been turned upside down.

For the first time in modern history, all schools have been closed for an indefinite time period. Your home has taken the place of the local school, and you have become their teacher. We have been told to stay at home, practice social distancing of at least six feet, and not to congregate in groups greater than three people. Stores, movie theaters, skating rinks, bowling alleys, and restaurants have been closed for the foreseeable future. Additionally, birthday parties and play dates for your school-aged children have been strongly discouraged.

If you are like me, the biggest concern you now have is, "What do I do with my active,

wild, and restless kids after all the e-learning assignments have been completed?"



Katie Laughridge

Here is a list of fun activities and links that you and your child can do together. Some activities are educational, some just for fun, and others give students the opportunity to have a "brain break" in between their eLearning.

- Go on a bike ride, or take a walk.
- Go on a scavenger

hunt in your backyard.

- Go to storylineonline.org and listen to a

story read aloud by a member of the Screen Actors Guild.

- Tune in to Cosmic Kids Yoga at <https://www.youtube.com/user/CosmicKidsYoga>.

• Go to <https://www.youtube.com/user/GoNoodleGames> and start dancing along to fun songs like "Can't Stop the Feeling," "Banana, Banana, Meatball," and "Baby Shark"!

• Get artsy with a "directed drawing" at Art for Kids Hub <https://www.youtube.com/user/ArtforKidsHub>. Here you can learn how to draw the Easter bunny, Yoda, caterpillars, sunflowers, and more!

• Map the house/ Treasure hunt: This allows students to practice their mapping skills! Allow the student to create a map of your house using pencils and crayons. Tell your child to use the map to mark where they have hidden a treasure and a path to get to the treasure.

• Journaling: Challenge your child to create their own journal entries of all the fun activities you do together each day. Be sure to date each entry so that you can go back and remem-

ber what made each day special! To make a journal: Get 4 or more pieces of paper and stack them on top of one another. Next, fold the stack of paper in half. Give your child some sentence starters such as: "My favorite thing

I did today was _____," "Today I learned about _____," "I felt the most happy today when _____."

• Shape walk: Look for shapes indoors or outdoors and ask your child to identify what shapes the objects look like and write them down.

• Start a new chapter book "read-aloud" with your kids. Let them draw, build

legos, or do a quiet activity while you read to them. Some good choices are Charlotte's Web, The Vanderbeekers, Ramona Quimby, and the Boxcar Children.

While we are living in these uncertain and stressful times, try to use the gift of each day to create unforgettable memories with your family. I wish you all the best of luck and pray that all of you will remain safe and prosperous in the days to come.



NIBBLE AND SIP

How to have a distant double date

What does a columnist who normally writes about food and drinks with friends write about when the Centers for Disease Control, the World Health Organization, and Governor Henry McMaster say it's not safe to have food and drinks with friends?

Good question, especially when the urge to eat and drink right now can be overwhelming.

It's not uncommon to over-consume during times of stress. But dealing with COVID-19 may turn out to be more of a marathon than a sprint, and eating and drinking your way through it is probably not the best idea. As a friend told me lately, "Make sure you're trying on your jeans at least once a week because pajama pants are liars."

The best way to make it through these anxious times is to try to maintain your normal practices. If you usually go to the gym in the morning, turn on some music and have an exercise class for one. If you're working from home, take a shower and put on real clothes. And if you're used to a Nibble and Sip with friends on the weekend, have that nibble and sip from a distance.

It's pretty simple. Email some people you love and share a recipe that you both can prepare. Schedule a time to get together via video call, and then catch up while you enjoy your drink and your snack. God gave us Skype and Facetime for a reason, people, so don't waste an opportunity to stay connected.

For this kind of distance-date, I picked a

couple of simple recipes. Vidalia Onion Dip is a three-ingredient workhorse, a familiar, comfort-food appetizer. And the Date Night is an easy, sweet, and fruity cocktail to sip on while catching up with the news from home and work, even if it's now the same place.



Kim von Keller

Vidalia Onion Dip
1 c. chopped Vidalia onion or other sweet onion
1 c. mayonnaise
1 c. grated sharp cheddar cheese
crackers, for serving

Preheat the oven to 350 degrees. Spray a 1 1/2 quart baking dish with a quick-release spray such as Pam.

Combine chopped onion, mayonnaise, and cheese in a medium-size mixing bowl and mix well. Transfer to the prepared baking dish and bake for 20 minutes, or until bubbly. Serve with crackers. Serves 8-10

Date Night

1 oz. bourbon
1 oz. almond liqueur, such as Amaretto
1 oz. orange juice
1 oz. cranberry juice cocktail

Combine all ingredients in a cocktail shaker filled with ice and shake vigorously. Strain into a highball glass filled with fresh ice and serve. Makes one.

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Does Medicare cover cancer treatment?

Part 2: The hidden costs of cancer — after Medicare

Ask Fred

According to the American Cancer Society, approximately one out of every three people in the United States will have cancer in their lifetime. The good news is that, due to significant advances in treatment options and improved early detection capabilities, mortality due to cancer has steadily declined over recent years. Winning the battle against cancer, however, comes at a high cost for many. Based on a 2019 survey conducted by the Mesothelioma Center at Asbestos.com, 63% of cancer patients and loved ones reported financial struggles following a cancer diagnosis; and 20% of those survey stated that they had incurred more than \$20,000 in annual out-of-pocket costs for cancer-related expenses- not covered by their insurance.

Since most cancer diagnoses occur in individuals over the age of 60, Medicare is by far the primary payor for cancer-related

treatments. A general summary of Medicare coverage is described as follows:

Medicare Part A: Provides coverage for inpatient hospital stays, skilled nursing care, Hospice care and breast implants after a mastectomy (if received as an inpatient).



Fred Reid, R.Ph.
Senior Insurance
Advisor

Medicare Part B: Provides coverage for doctor visits, doctor visits, chemotherapy drugs administered in an outpatient clinic or doctor office, radiation therapy given in an outpatient clinic, diagnostic tests like x-rays and CT scan and outpatient surgeries.

Medicare Part D: Provides coverage for some prescription drugs used to treat cancer and cancer treatment side effects.

Apart from these basic medical services, however, cancer treatment has many additional costs that Medicare and Medicare supple-

ments do not provide coverage for. Some of these “hidden” costs include:

Prescription Drugs prescribed for cancer treatment and related side effects. Although very effective, many of these medications are new and very expensive. Due to their high cost, Medicare Part D formularies generally do not provide coverage for these drugs- and therefore must be paid for as an out-of-pocket expense by the beneficiary. One study reported that 11 of 12 cancer drugs approved by the FDA were priced above \$100,000 per year (AARP, 2018).

Travel Expenses and Lost Wages: Nearly 50% of cancer patients surveyed stated that travel expenses related to treatment had created a significant financial burden; and 35% stated that their inability to continue working caused a hardship for their family.

Home Care and Caregiving costs: In many cases, Medicare will not provide coverage for necessary homecare services.

The financial impact of a cancer diagnosis can have a devastating effect on routine daily living. In a study conducted by The

Mesothelioma Center at Asbestos.com (2019), hardships experienced due to high cancer treatment costs included struggling to pay bills (40%) and the inability to buy adequate food supplies (19%). Others surveyed reported that they had avoided doctor appointments, opted out of recommended treatments, and lowered the dose of prescription medications because of insufficient funds to cover escalating medical costs.

The good news is that there are realistic and affordable ways to prepare for the devastating impact of a cancer diagnosis and other critical illnesses. Part 3 of this series will discuss coverage options currently available that are specifically designed to provide this level of financial protection.

Please contact Fred Reid at 864-940-6113 if you have questions or need assistance identifying the Medicare plan that best meets your health-care 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”).

Dogs and their masters need to lean on each other now more than ever for comfort and security. A dog's intuitive nature is to distinctly detect abnormal behavioral habits, especially in their owners. Change in routines, emotional distress, stillness in the air from lack of activity and sounds from mother nature can cause your beloved pets to behave more anxiously while showing unusual signs of frustration. Your dog may be more protective of you during daily activities. Therefore, ensuring them that everything is okay is a necessity. Using this unfortunate time to make a conscious effort to bond closer with your dog will give you both the much needed emotional and physical support. Here are a few suggestions you can use to engage with your furry friend:

Take longer walks or runs. Spend more time with them outside playing. Simply enjoying nature can calm the chaos for both of you. Realize that they too are listening and watching you daily and how your demeanor changes. Dogs can be confused too so try to keep calm and reassure them. Try to keep to your schedule as normal as possible. Some things may change in your day to day routine but keeping with your usual schedule will help to keep your dog from being confused and anxious.

Rest assured, according to the CDC, there is no known evidence that the COVID-19 virus is spread to domestic animals, including dogs. If your dog is accustomed to socializing with other dogs, do not discontinue this engagement. This will



enforce their emotional and physical strength and keep them that way through a crisis.

The Dog House on Society Street is devoted to the health and well being of you and your dog. We offer full day care services as well as grooming by appointment. Currently we are working on a day to day schedule to ensure the safety of our staff and clients. However, we feel confident that individuals and animals are creating a stronger nation while enduring the current situation. We will continue to share pertinent information as it becomes available to us.

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YOUR DENTIST CAN SAVE YOUR LIFE

Boost your immune system: Part 2

As I was preparing our last feature, the coronavirus was barely on our radar. Now it's a national emergency. I urge everyone to look out for those closest to you and certainly the elderly. This will pass, and I believe something good will emerge. For example, we may pay more attention to our health. In a larger context it's our civic duty that can help not only our loved ones but our fellow citizens.

We hear it is the elderly who are at risk with coronavirus. Yet a significant percentage of hospitalized sufferers are under 55. Age is not the whole picture. Our vulnerability to contagion is more about the strength of our individual immune systems. Here are important – and proven – steps you can take right now to help ward off infectious diseases, some of which you may already be doing:

- The simple act of washing your hands is your first and best line of defense against virus particles. And, avoid touching your face. First: don't get them on you. Second: don't get them in you.

- Physical activity is the “miracle pill”. If we could bottle its benefits, every doctor would prescribe it. It will keep you healthy, boost your immune system, improve your outlook.



Dr. Gabrielle F. Cannick

- Social distancing until this present threat lessens.

- Get a good night's sleep. It's critical.

- Reduce stress. Focus on what you can control.

- Often overlooked, sunlight. Vitamin D helps prevent the kind of acute respiratory tract infections coronavirus victims are dying of. Sunlight is our best source of vitamin D.

Next, feed your body what it needs. Certain foods are packed with nutrients and disease-fighting properties. There is not enough space to list them all. Here are some of the more effective, well known to our

parents and grandparents:

Garlic. Contains powerful antibiotic, antiviral properties that help ward off and fight infections.

Ginger. Used for ages to boost the immune system, ginger is a strong antioxidant with antimicrobial and antibiotic properties.

Green Tea. The best drink known to boost the immune system. It introduces a flavonoid called epigallocatechin gallate (EGCG) into the body that helps fight bacteria and prevent viruses from multiplying.

Chicken Soup. A bowl of homemade chicken soup can increase your chances of beating a viral infection quickly. In addition to protein, it contains B vitamins, calcium, magnesium and zinc, all of which strengthen your immune system.

And let me emphasize, please seek medical advice if needed and stay home if you feel sick. Call your physician's office when in doubt. As this event progresses, consider that we are living through history right now. For good or ill, it is a momentous time, one

that may change our way of life forever. Perhaps it will free us to focus on things we previously felt we had little time for. Let's practice being in the present, grateful for the blessings we have, and more aware of things in our lives we'd like to change. Be of good cheer and call us with questions. We are here for you and your family during this challenging period. Think of us as your hometown resource for guidance and support.

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.

For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to [grandoaksdental.com](http://www.grandoaksdental.com) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

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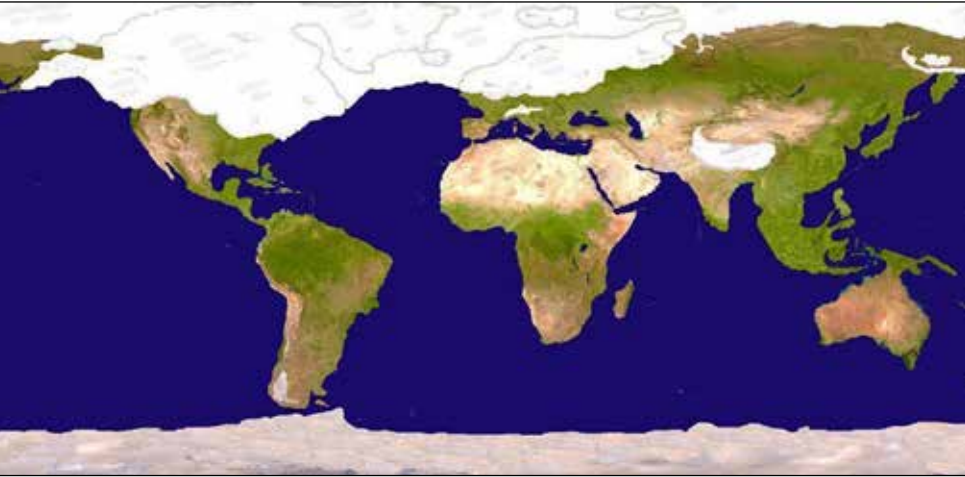
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Climate change

BY RICH OTTER

Daily we read or hear about changes in glaciers, changes in the Arctic or Antarctic, changes in animal behavior and dangers of global warming. The issue is usually associated with claims or denials as to cause or even whether there have been changes. What appears to have been missing in the discussions has been a look at historical climatic cycles.

Our current weather problems began some 780,000 years ago, somewhat contemporaneously with a shifting of Earth's magnetic poles. It is not known if the two occurrences were related. Knowledge of the abrupt climate change at that time and what has happened since you might say is written in stone. In fact, it is written in stone – core samples, radioactive decay and fossil records taken from throughout the world.

Since 780,000 years ago there have been 9 glacial periods interspersed by shorter warm episodes. They have been experienced with frequent lesser variations within the cycles. The last major glaciation was about 70,000 years ago. Sea levels were some 300 feet lower than today with England connected by land to the rest of Europe and a land mass known as Beringia connecting Siberia and Alaska that formed a bridge used approximately 15,000 years ago by the peoples now identified as Native Americans. The ice age not only sucked water from the oceans but also created vast areas of desert.

Although not universally agreed, the majority opinion of scientists supports the theory that global warming as the ice age began to thaw was the primary cause for the extinction of megafauna in North America such as the woolly mammoth and mastodon but hastened by Native American hunters.

We are deemed to be at the tail-end of the last glacial age and entering into what is assumed to be a shorter warm period. That period's arrival seems to be documented by more recent statistics. It appears human causes are contributing to a more rapid change but what is occurring needs to be recognized in perspective. Arguments about cause should not shadow the reality of effect. We are experiencing a change. Scientists assert the change



has been particularly expedited in the past 200 years by carbon emissions.

Our distant ancestors did not have the habitation roots or crowded neighborhoods in which we live. They would follow the animal herds. When lakes and swamps dried up the animals moved and they followed. They learned to adapt and after harnessing fire were able to take up somewhat more permanent residence in colder areas. Now we know to blame prehistoric man for the introduction of carbon emissions. By golly, it wasn't our fault.

We do not have the ability to pull up stakes and just follow the herds. We must recognize the impending changes to our life style and adapt to the changes. It will take far more than local communities. It will require national and international cooperation and ingenuity.

It is unlikely anyone currently has all the answers (or even all the questions) to meet rising sea levels or how to address a multitude of problems we may not now even be able to anticipate. How will reduced ice sheets and increased water levels interact with atmospheric conditions? How will greenhouse gasses affect crops, domestic animals, wildlife and human health and behavior? What will be the impact upon transportation, housing and business? We have already experienced some impact, but what of the future?

Mankind has demonstrated resilience in the past but this issue should not be left to be met on an emergency basis. It needs to be a planned evolution and not ignored as a convenience.

We need to profit from the experience of the woolly mammoth.

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As an Edward Jones financial advisor, I believe it's important to invest my time to understand what you're working toward before you invest your money. Working closely with you and your CPA, attorney and other professionals, I can help determine the most appropriate financial strategy for you and your family.

In 2007, I joined Edward Jones as a financial advisor, opening the firm's sixth branch office in Anderson. I became a limited partner with Edward Jones in January 2011, and I am the recruiting leader for our region.

I earned a Master of Business Administration (MBA) in 1999 from Clemson University. I received a Bachelor of Science in mechanical engineering in 1997 from Clemson University.

I am originally from Anderson and have lived in this community my entire life. My wife, Anslie, and I have one son, Holden, who is 15 years old.

I actively support the Cancer Association of Anderson. I previously served on the board of visitors for Anderson University and I am a past volunteer for raising funds for children in need through the YMCA.

My senior branch office administrator, Heather Thompson, has 12

Branch Team

Heather Thompson
Sr. Branch Office Administrator

Mechelle Walker
Branch Office Administrator

Work History

Edward Jones
February 2007 - Present

Education

Clemson University
Master of Business Admin

Clemson University
Bachelor of Engineering

years of experience with my office. My branch office administrator, Mechelle Walker, joined us in 2019. Heather and Mechelle are dedicated to providing you with the highest level of personalized service.

Relationships are key, and in our view, meeting face to face builds strong relationships. We meet when it's convenient for our clients because we recognize the challenging needs of their business and their lives.

THE GARDEN SHOP

VISITING FRIENDS IN THE GARDEN



**SUSAN
TEMPLE**
master
gardener

The saying “A garden is a friend you can visit any time” has rumbled through my head quite a bit during these days of distancing. As my faithful four legged companion and I were wandering around, enjoying our garden friends, I was looking for Garden Shop inspiration. It seemed like a good idea to attempt to pique ECNews readers’ imagination by trying to take you on the tour with us. I jokingly say my neighbors on the hill have the best view of anyone on my road. They’re the only ones who can see my place. The picture was taken from the hill on my place, showing some of their view.

The tour starts visiting budding peonies. They got a side dressing of green sand this year because of all the rain. Green sand helps stop botrytis blight caused by wet weather. Lots of buds give signs of beautifully fragrant



flowers to come. The garden is still filled with assorted daffodils. Daffodils symbolize friendship. I literally measured a bunch with rounded petals and light orange centers (botanically called corona...but there’s that word). They were 24 to 27 inches tall. As we left the garden and headed into the yard, the pink magnolia tree, actually growing like a shrub after being bush hogged, is in full bloom. The original yellow magnolia, Butterflies, that was grafted onto root of the pink one, seemed to have died. After the bush hogging, it put

back out. As the pink one fades, the yellow starts blooming. How cool it would be if they should bloom at the same time.

Then a wonderful smell caught our attention. An old fashioned white loropetulum is thick with blooms. Fashion Pink camellia branches are hanging with blooms. Late afternoon sun backlighting the shrubs is really pretty. This old friend moved with me from my Blair Street house. New camellias planted this winter are 50 50. One, LaPeppermint, is blooming nicely. Tudor Baby did not get fenced

off and deer ate every bit of the foliage. Fingers are crossed it survives now that it’s fenced. Hermé Henry camellia is in full glory. Big, dark pink/reddish ruffled flowers are covering the shrub. Hermé Henry is a partially made up name. Hermé is the official name but it is the last plant I bought from Henry Busby so I call it Hermé Henry, memories of another special friend. We wander by the humongous mystery juniper that came from Henry. I’m glad I planted where I did, never guessing it would be at least 30 feet wide and half as tall. It’s a favorite. A brief detour into the woods to see remnants of our severe rains gave us pause for the power of moving water. Leaves, sticks, etc. in some spots are head high...and what was deep woodland soil is sand. We fussed at all the privet thugs, and marked two spots of ivy to go back and remove.

As we moseyed back to our starting point, tea viburnum made us stop and enjoy the wonderful fragrance. Burkwood viburnum too. Nellie Stevens, and a few other miscellaneous hollies, are blooming and beginning to add fragrance. We also paused to give thanks for these friends, and all our blessings, especially so during these crazy days.



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MUSINGS OF AN OLE BALL COACH

THE WAR AND THE VIRUS

Some of you remember living through WWII all knew that it was one of the defining moments in our nation's history.

As a nine year old street urchin I remember playing in my front yard (mostly dirt) at 310 N. Church Street in Florence when my mom shouted through our screen door, "Come here son, I want you to hear something."

It was an unusually warm December Sunday afternoon, but I reluctantly padded cross the porch into the house. Gathered around a small radio were my dad and three siblings. The radio was blaring that the Japanese had attacked one of our naval bases in the Pacific. My dad, a Spanish American war vet, whose dad was a Civil War vet, softly said, "This means war not only with the Germans but now with the Japs as well."

He was spot on, for the next day at Park Street Elementary we gathered to hear our President F.D.R give his inspiring, "Yesterday December 7, 1941, a day that will live in infamy" speech, thus plunging us

into a global war that involved most every world citizen. I also remember the joy and euphoria as I celebrated with firecrackers and shouting four years later with some of my Magnolia Heights chums.



Jim Fraser

During those four arduous years we mobilized our vast resources, our military and our collective will to save not only our freedom and way of life but our very lives. My contribution to the war

efforts was to collect scrap iron and paper, help with the neighborhood blackouts (air raids) and to sing loudly and vociferously at church, "Praise the lord and pass the ammunition, and we'll all be free."

Seven months into the war, we buried my 61 year old dad and I took a job delivering The Florence Morning News. My 161 customers basically got their news from me. Informing people of our first

offensive in the Pacific at Guadalcanal ending at Iwo Jima with far off places such as Bataan, Okinawa, Tarawa Saipan, and Eniwetok sprinkled in. Naval victories at Midway, Leyte Gulf and the Coral Sea followed.

In Europe they knew about D-Day, the Battle of the Bulge, and Stalingrad. That the big 3 three were Churchill, Roosevelt and Stalin, General Patton had kept a promise to relieve himself in the Rhine River and Germany surrendered in June, and Japan in August 1945.

We are now mobilized against an enemy more formidable than the axis. Why, because the battle will take place not in some far away place. The German Luftwaffe and the Japanese Zeros are overheard, the Panzer Divisions are rumbling through our parks and fields. The crack infantry troops are pillaging our cities and farms, protestors are being summarily shot or hung, our highways and bridges are being destroyed and homes burned.

Our enemy is also invisible, his false

insidious message to you is he is no more dangerous than diseases you have been living with all your life. To shut your economy down, to quarantine you in your own home and close your churches, schools and businesses is unconstitutional.

We must embrace the attitude that this enemy is easily as deadly as Adolf Hitler and Hidekai Tojo's war machines. That is why we must mobilize our wills and attitudes.

With providential help and guidance we will eventually win. That's what Americans do. They band together, hang tough and win.

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.



PENDLETON BULLDOGS

Bulldogs looking ahead to football season

BY BRU NIMMONS

PENDLETON — Following the breakout of COVID-19 in the United States, athletics around the state of South Carolina and the country have been canceled, but for the Pendleton Bulldogs football team, there's still plenty of optimism for the season ahead.

The Bulldogs are coming off two consecutive region championships, including an 8-4 season with a perfect 5-0 mark in Western 3A play a year ago, and they hope to continue that success this season.

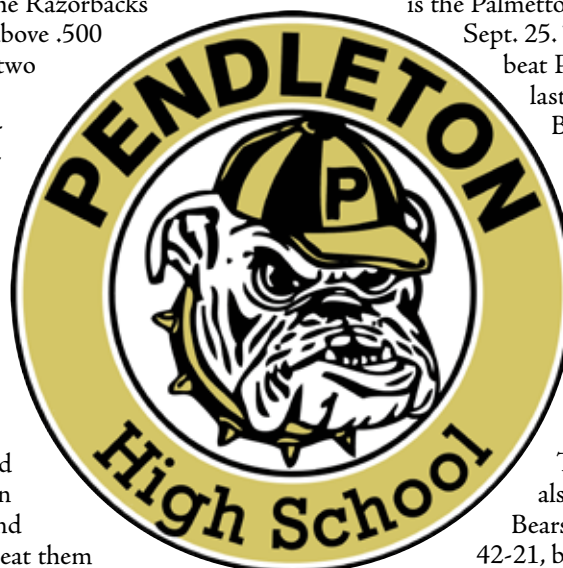
It will be a major challenge though, as the South Carolina High School League reclassified all divisions this year, putting the Bulldogs in one of the toughest regions in the state.

The Bulldogs have yet to release a full schedule, but seven of 10 games are known at this time.

Pendleton's first known game is a

non-region matchup against Walhalla on Aug. 28. The Razorbacks have been an above .500 team the past two years and will present an early-season challenge for the Bulldogs.

The next week, the Bulldogs will host the Pickens Blue Flame. The Blue Flame have had some trouble in recent years, and the Bulldogs beat them 22-0 a year ago, but Pickens always presents a challenge with its option offense.



The Bulldogs' next known opponent is the Palmetto Mustangs on Sept. 25. The Mustangs beat Pendleton 56-20

last season, so the Bulldogs will have plenty to prove in this rematch.

Pendleton will then host new region foe Belton Honea-Path the next week.

The Bulldogs also lost to the Bears last season, 42-21, but will have a substantially harder time getting revenge against the perennially tough Bears.

The following week, the Bulldogs will host the Daniel Lions. The Lions are coming off consecutive deep runs in the playoffs but will be without star quarterback Tyler Venables, giving the Bulldogs a chance to beat their nearby foe.

The Bulldogs will likely have a bye the following week due to West-Oak's appeal to move to Class 2A in football only.

Then on Oct. 23, Pendleton will get back on track hosting the Seneca Bobcats. The Bulldogs beat the Bobcats for the region title the past two seasons and will hope to continue their recent winning ways against Seneca this season.

Finally, the Bulldogs will have to travel to Piedmont to face defending Class 4A state champion Wren. The matchup will be tough for the Bulldogs, but they'll look to take advantage of the Hurricanes losing star quarterback Joe Owens to graduation as they head into the playoffs.

Jackets hope to build on 2019's 7-3 finish

BY BRU NIMMONS

ANDERSON — With high school athletics shut down in the wake of COVID-19's spread throughout the United States, it appears highly unlikely that there will be any more sports at South Carolina high schools this spring.

Despite the bleak outlook in the near future, there's plenty to look forward for the T.L. Hanna Yellow Jackets moving into the fall as they prepare for football season.

The Jackets had a great regular season a year ago, going 7-2 before a stunning 41-35 first-round playoff loss to Mauldin ended their season prematurely.

This year, Hanna will open up the season at Laurens High School on Aug. 21. The Raiders are coming off a pretty successful season in their own right, as they defeated Hanna 33-23 and made it to the second round of the playoffs last year.

The schedule will stay tough from there, as the Jackets will travel to face the defending Class 4A state champion Wren Hurricanes the following week.

After the matchup with Wren, Hanna will take get some early season rest and recuperation with its bye week.

Following the bye, the Yellow Jackets' road trek will continue Sept. 11 with a matchup against Anderson County foe Belton Honea-Path. The Bears, 8-4 in 2019, were supposed to play Hanna last season, but the game was canceled due to heavy thunderstorms.

The Jackets will next take on the Easley Green Wave, who are a question mark heading into the first season under head coach Jordan Durrah. Hanna beat the Green Wave 37-10 last season in coach Caleb King's only year at the helm of the Easley program.

After taking on the Green

Wave, Hanna will host the archrival Westside Rams on Sept. 25 in a battle for Anderson supremacy. The Jackets pulled off a close 20-14 win against the Rams in last season's installment of the annual rivalry.

Hanna will begin region play the

next week as it travels to Woodmont to face the Wildcats. The Jackets hope to match last year's efforts when they shut out Woodmont 28-0.

The Jackets will remain on the road the next week, traveling to Mauldin hoping to avenge last season's playoff loss.

From there, Hanna will begin a three-game home stand against the J.L. Mann Patriots after smashing the Patriots last year, 55-13.

Hanna will then face arguably its most daunting challenge in perennial Class 5A power Byrnes. The Rebels, who finished 11-2 in 2019, made it to the Upper State semifinals a season ago and will face the Jackets in a non-region game in the midst of the conference slate.

Finally, the Jackets will close the regular season against the Hillcrest Rams on Oct. 30, hoping to end the regular season on a high note heading into the playoffs.



WESTSIDE RAMS

Westside sets sights on more gridiron glory

BY BRU NIMMONS

ANDERSON — With a lack of sports in Anderson County due to the COVID-19 virus, many people are itching for athletic competition around the area. While those hopes may not be answered until the fall, there's plenty to look forward to from the Westside Rams this coming season.

After a poor 1-5 start in 2019, the Rams got rolling down the stretch, going 4-0 in their last four regular season games before falling 37-35 to a tough Spring Valley team in the playoff opener.

The Rams will enter the 2020 season in a new classification, Class 4A, following realignment by the S.C. High School League.

Westside will begin the season at home on Aug. 21 against the Belton Honea-Path Bears. The Bears, 8-4 in 2019, are always a tough opponent and will present an early-season challenge to Westside.

Then, the Rams will host the Jefferson (Ga.) Dragons. The Dragons were dom-

inant last season, making it to the third round of Georgia's Class 3A football playoffs before picking up their first loss, and will present a heck of a fight for the Rams.

Westside will continue its non-region slate the next week against the Greer Yellow Jackets. The Rams will look for vengeance following last year's 36-28 loss against the Jackets.

The Rams will then begin a four-game road trip against the Byrnes Rebels. The Rebels, a perennial power in the state, will be a great test for the Rams as they near conference play.

Westside will then cross the state line to face off against the Hart County Bulldogs. The Bulldogs also made it to the third round of Georgia's Class 3A playoffs a season ago and should present a great challenge to Westside.

The Rams will then finish up their non-conference slate the next week at cross-town rival T.L. Hanna. Westside

lost a close 20-14 game against Hanna last season, and there will be plenty to prove in the annual battle of Anderson for the Rams.

Westside will begin region play the next week on Oct. 2 against the Easley Green

Wave and first-year head coach Jordan Durrah. The Rams slaughtered the Green Wave 57-0 last season and will hope to continue that domination this season.

The Rams will finally make it back home the next week against the Travelers Rest Devil Dogs. The Devil Dogs, who finished 8-3 in 2019, had one of their best seasons in recent memory last season.

After their matchup with TR, the Rams will get a week of rest with no game on Oct. 16 to prepare for their final two region games.

Coming out of the bye, the Rams will head to Walhalla to face off against the Razorbacks. The Razorbacks have been a resurgent program under head coach Padgett Johnson, but will face a tough test in the Rams.

Finally, the Rams will finish the regular season at home against the Pickens Blue Flame. The Flame have been hapless at times over the past few seasons, but always present a challenge with their option offense.

