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March 2-15, 2023

# The world is coming

## Anderson chosen as first city in US to host International Network of Michelin Cities conference

The world is coming. Mayor Terence Roberts announced that the City of Anderson has been chosen as the first city in the United States to host the International Network of Michelin Cities (INMC) conference. In April of 2024, the City will welcome government officials and community leaders from approximately 25 countries on 5 continents for a week-long session on shared challenges and innovative solutions for the future.

"Cities are places of innovation and invention uniquely positioned to meet the challenges of the future," Mayor

Roberts said. "The INMC encourages cooperation and experimentation among local governments, universities and corporations on key topics of mobility for all, automotive innovation, sports, health, and the arts. What starts in Anderson with the INMC, could have a positive effect all over the world."

Representatives from the City of Anderson have participated in the network since 2016 and the City was awarded the honor of hosting the biennial conference through a competitive proposal process.

The model, developed by Mayor Olivier Bianchi of



Anderson Mayor Terence Roberts, center, and other International Network of Michelin Cities officials pose for a photo to celebrate Anderson's selection as first U.S. city to host the INMC conference. The April 2024 event will host leaders from more than two dozen countries.

Clermont-Ferrand, France, includes city-to-city and peer-to-peer interaction, access to global best practices and an international in-person conference. Clermont-Ferrand has the distinction of being home to the International

Headquarters of Michelin, therefore cities with a Michelin presence form the core of the INMC.

South Carolina Lt. Governor Pamela Evette spoke at the official announcement at the

Anderson Arts Center on February 14th. "Thank you, Anderson," Lt. Governor Evette said. "You have given me one more feather in our cap to brag about when I'm

SEE WORLD ON PAGE 2

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# On March 14, enjoy a great, big slice of pi

England has the Royal Family. France has the Eiffel Tower. Italy has the Colosseum.

Insert yawn here. These are all great symbols, but none of them embody their countries' spirits like one of the most iconic illustrations of the greatest nation in the world, the United States of America:



Kim von Keller

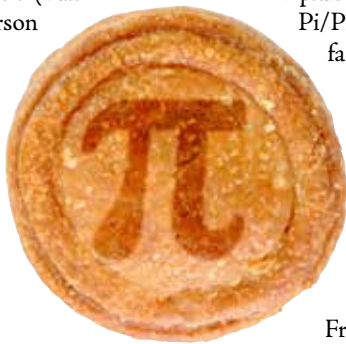
Pie. It may not have the drama, the engineering, or the bloody history of those other emblems, but I'll bet that Thomas Jefferson was enjoying a big slice of apple pie when he created the Declaration of Independence. Pie is so classless that it can be enjoyed out of a working man's lunchbox or in a CEO's private dining room. Pie is a highlight of our most American holiday, Thanksgiving. So it is only fitting that each year, we

celebrate this classic dessert on Pie Day.

Uh, Pi Day. Pi Day is the unofficial name for March 14th, which can also be written as 3.14. For all of you who weren't born mathematicians, pi is the symbol which denotes "the ratio of the circumference of a circle to its diameter." (Full disclosure: as a person who wasn't born a mathematician, I had to look up these definitions in Merriam Webster.) While pi is an infinite number, it is often rounded to 3.14, hence the celebration date. It is unlikely that Americans as a group would spend an entire day in March measuring circles. But in 1988, according to an article in Wikipedia, California scientist Larry Shaw recognized the first Pi Day as a way to celebrate the mathematical constant AND Albert Einstein's birthday (March

14, 1879) by eating delicious, delicious P-I-E.

To all the young people out there who have ever asked a teacher, "What am I ever going to do with math?" the answer is that one day a year, you're going to use it as an excuse to eat as much pie as you want.



I plan on starting my Pi/Pie Day at breakfast; think of it as stretching out before a big game. In the von Keller family, pie is the traditional breakfast following Thanksgiving Day.

Fruit is clearly the way to go, as it makes it seem more nutritious, but pumpkin and sweet potato are guilt-free choices as well. My favorite? Cherry Crumb, because the only thing better than a flaky pastry crust is sweet, crumbly streusel.

By the time lunch rolls around, I'll want something more substantial. To veer away from the

sweets, I'll go with Chicken Pot Pie, especially if I can find one made by someone's grandma. You may be tempted to indulge in Shepherd's Pie, but don't give in. While delicious, it is a British trap that isn't a pie at all. MASHED POTATOES ARE NOT CRUST!

When it's time to sit down to dinner, I'm going straight to dessert. The waning hours of Pi/Pie Day should be used for the most indulgent pie you can think of. For me, it's got to be Chocolate Cream Pie. Every element should be homemade, except for the crust, which has to be crushed graham crackers. I will eat the entire thing myself while sitting on the sofa and watching the movie "Waitress," which is about — you guessed it — pie.

Take time now to plan out your Pi Day, and to make it a true Pi Day, you could calculate the circumference of your pie tin as well. I'll be busy calculating how much pie I can stuff into my face in a 24-hour period. What's your favorite pie? Let me know at editkim50@gmail.com.

## ANDERSON SENIOR FOLLIES PLAN BLAST FROM THE PAST

The Anderson Senior Follies are so excited to celebrate their 34th season with Blast from the Past.

This year's story chronicles the excitement and anxiety of several characters who have just received invitations to their High School Class Reunion. We get to follow along on this emotional roller coaster as they prepare to revisit their old stomping grounds and reunite with friends from the past. The story is cleverly woven with old favorites such as Sentimental Journey and Boogie Woogie Bugle Boy, as well as tunes from the Beatles, the Monkees, Carol King and many more.

You will enjoy walking down memory lane with the cast as they use songs and dances from the 40's through the 80's to tell the story.

Blast from the Past is March 9th-12th at Anderson University in Henderson Auditorium.

For tickets, call 864-231-2080 or go online to [andersonseniorfollies.org](http://andersonseniorfollies.org). Show times are March 9th and 10th @7:30 pm, March 11th at 11:00 am & 4:00 pm and March 12th at 2:30 pm.

## World

CONTINUED FROM PAGE 1

among the other 49 Lt. Governors." Representatives of the INMC from cities in Spain, France, Portugal and Canada visited Anderson for the announcement. They also attended a "Mayor's Think Tank" planning session for the 2024 conference on the Anderson University campus and were treated to a visit to Clemson University sports facilities.

During the 2024 conference, experts will engage the participants in educational experiences exploring new technologies and methodologies related to the core goals of the INMC:

- Transportation of the Future
- Mobility for All
- Renewable Energy & Green Cities
- Planning & Citizen Involvement
- Arts & Culture
- Sports & Health

Mayor Roberts serves on the Executive Board of INMC and is the Co-president along with Mayor Bianchi of Clermont-Ferrand. Beth Batson of the City of Anderson serves as the City's Ambassador to INMC and is the Director of the 2024 conference.

"We live in a place that is rich in natural resources, driven by technological innovations and guided by the spirit of a new generation."



**Clermont-Ferrand, France, Deputy Mayor Jerome Auslander wears a Clemson hat as he cheers during an event announcing Anderson as the host of the 2024 International Network of Michelin Cities conference.**

Mayor Roberts said. "We are proud to share our home with the INMC in 2024, as we welcome the world to Anderson."

The Mayor also announced that New York City based artist and South Carolina native Brian Rutenberg will be the featured artist during the conference as part of its celebration of innovation in arts and culture.

The INMC conference will be held in Anderson April 14th – 21st 2024.



**Anderson Mayor Terence Roberts poses with South Carolina Lt. Gov. Pamela Evette at an event announcing Anderson as the host of the 2024 International Network of Michelin Cities conference.**

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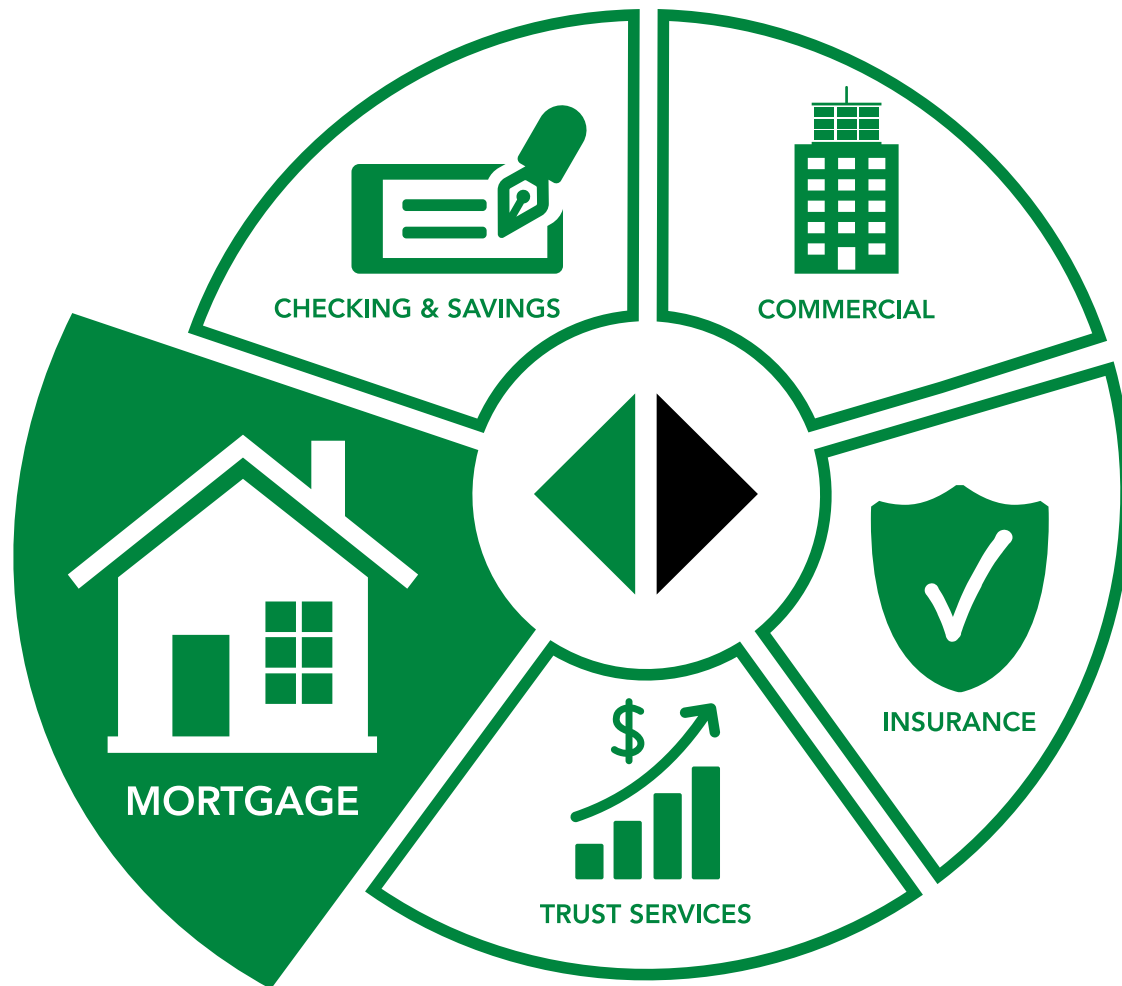
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# Selling your home? Let's get it ready

If you are thinking about selling your home, you better roll up your sleeves and get'er ready! Selling a home involves a lot more than taking photos on your cell phone and putting a 'For Sale' sign in the yard, especially if you hope to make top dollar. Before you put your house on the market, it's wise to look over this list.

**1. Find a great real estate agent.** Many sellers think they can sell their home themselves and save the commission that would otherwise be paid to a brokerage.



Tina Brown

It can seem enticing, especially with the fast-moving market of the last few years. According to Zillow research, "36% of sellers attempt to sell their homes themselves, but challenges along the way lead many of them to

eventually hire an agent. In the end, only 11% of sellers end up selling their home without a real estate agent." According to the National Association of Realtors, FSBO homes sold at a median price that was 11% less than those that were sold with a real estate agent.

An agent that is familiar with the area will be able to assist clients in pricing the home properly. Pricing a home above market values results in more days on the market and listing a property below market value leaves money on the table. Agents can also assist with scheduling professional photography, marketing the property, negotiating contracts, and scheduling inspections and repairs.

**2. Check the curb appeal.** Sellers need to make sure the first impression of their home is appealing by trimming shrubs, planting flowers, freshening mulch, and removing any unnecessary items. They should also check to see if the front door needs painting, if gutters need to be cleaned, pressure washing, or any other additional exterior maintenance needs performing. Many buyers feel that the outside is an indication of what they will find inside.

**3. De-clutter living areas.** Sellers should put all home items into 3 categories. First, what they need to keep and use while the home is on the market, like personal items, cooking utensils and clothing. Next, items they want to keep, but can be packed now, like photos and seasonal decorations. Lastly, they should identify items that they don't want to keep at all. These can be donated, sold, or given away prior to listing.

If the home is overflowing with stuff, buyers may feel they will not have room

for their belongings. And remember, no areas are off limits with nosy buyers - check cabinets, closets, and drawers. Remember, less is more when preparing a home for showing.

**4. De-personalize the home.** Sellers don't need to remove 'every' photo of their family, but potential buyers need to visualize themselves living in the home. The goal is to create a space in which buyers can project their own visions of living there and loving it.

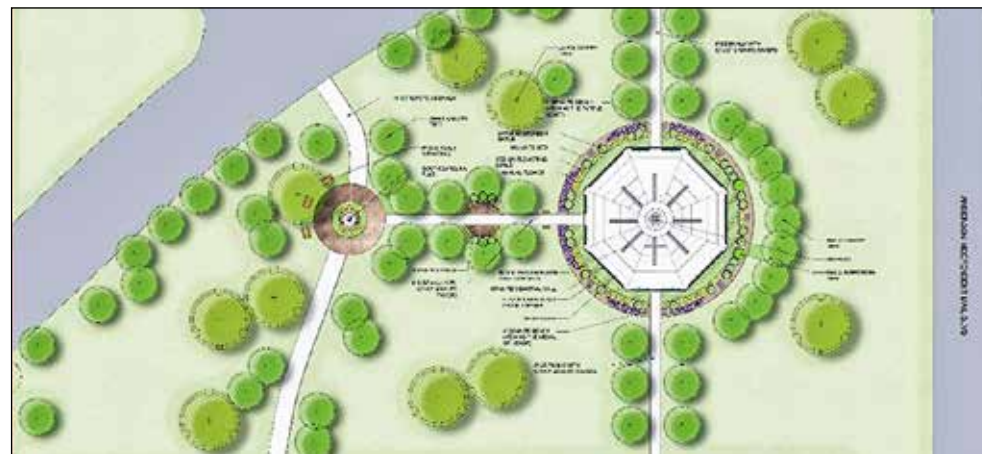
**5. Update and make repairs.** Sellers should inspect their entire property for any items that need to be repaired or updated. A seller may love that Clemson orange family room, but it could be a potential buyer's least favorite color. It would be safe for a seller to neutralize paint colors to allow the buyer to envision what walls would look like with the color of their choice. If they don't feel at home, they may consider other real estate options.

Sellers should repair leaky or loose faucets and have HVAC (or other mechanicals) serviced, and touch up any scuff marks on walls, doors, baseboards, and cabinets. Broken knobs and pulls should be replaced, as well as burned out light bulbs. The home should sparkle and appear well cared for.

**6. Conduct a smell test.** Foul odors, even slight ones, can be a deal breaker for many buyers, and the problem is that sellers might not even notice them. It's a good idea to invite an unbiased third party in to try to detect any pet, cigar, or kitchen odors. If the smells are prevalent, prepare to do some deep cleaning as many buyers can tell that a seller is trying to mask smells with candles or plug-in room deodorizers. Plus, covering up odors with a stronger scent might backfire if the buyer doesn't like the strong smell of lavender or citrus.

**7. Clean.** Even if a seller is not worried about what buyers will think of their home's scent, they should want their property to look spotless. Think of it this way: Professional photos will be taken of the house when it looks its best. Naturally, buyers will expect the house to look like it does in those pictures. When selling, it's important to keep everything tidy for buyers, and often buyers will want to schedule a last-minute tour. Sellers should take special care with the bathroom, making sure the tile, counters, shower, and floors shine.

There are many other items to consider, but your home is probably the largest asset you will ever own and maximizing your profit is important. Selling is stressful, but being organized will alleviate some of that stress.



## VETS MEMORIAL TO GET NEW HOME

BY RICH OTTER

The Anderson County Veterans memorial will get a new home and rehabilitation. Presently it is hidden off McGee Road near the end of the parking lot for the Anderson County Department of Social Services, behind the Anderson-Oconee Behavioral Health Services building. It has fallen into disrepair.

The Vets Helping Vets members noted the condition problems and were concerned with its location. A movement to do something about it began in 2019 but was stymied by the Covid epidemic. It was decided a new monument would provide a more appropriate environment that would exhibit the appreciation of the general public for the contribution by veterans to the county and nation.

Anderson County Administrator Rusty Burns reflected the concern County Council members had concerning the monument, saying: "Working with the veterans group, the Council was able to find a site for what will be a Veterans Park, located near Chris Taylor Park. Fundraising efforts will determine the timing of project delivery."

The site selected is a large placid area adjacent to the north end of the Anderson County Civic Center parking lot and, although honoring all veterans, will be identified as the Freddie Stowers Memorial Veterans Park. Freddie Stowers, a poor farmhand from Sandy Springs, represents Anderson County's only Medal of Honor Award.

Although Stowers served in the First World War, the honor was not bestowed until 73 years after he was killed in action following a 1990 Congress direction that the Department of the Army review World War I army citation requests. President George H. W. Bush made the presentation to two of Stowers' sisters who were still living.

His unit had been sent to France and was

assigned to the 157th French Army known as the "Red Hand Division" that needed reinforcements. He had made corporal. They were in the Ardennes Region of France overlooking a farm. In spite of fierce resistance they pushed forward and the Germans stood up in their trenches waving their arms, feigning surrender.

His company abandoned their cover and moved toward the surrendering Germans who suddenly dropped down and swept the advancing soldiers with machine gun fire, killing his lieutenant and other noncommissioned officers. It left Stowers in command of a decimated platoon.

He was reported as having crawled forward leading his men and destroyed a machine gun nest. They reached the trench line and he led his men in attacking the second line of German trenches. Stowers was hit twice by machine gun fire but continued crawling until by loss of blood could go no further. With his dying breath he directed his men to continue and take the remaining machine guns.

It was determined that "With extraordinary heroism and complete disregard of personal danger under devastating fire, he crawled forward leading his squad toward an enemy machine gun nest, which was causing heavy casualties to his company. After fierce fighting, the machine gun position was destroyed and the enemy soldiers were killed."

At Fort Benning in Georgia, there is now a Stowers Elementary School and at Fort Jackson, in South Carolina, the Freddie Stowers Single Soldier Billeting Complex. He was also honored entering the Anderson County Museum Hall of Fame as one of the first four initial inductees.

Chairman of the Veterans Committee, Ryan Hulon, a medically retired 82nd airborne infantry paratrooper with extensive tours, expressed his appreciation to County Council and Rusty Burns for the donation of the land and support of the Freddie Stowers Veterans Memorial Park.



## YOUR DENTIST CAN SAVE YOUR LIFE

# Preserving muscle key to sustained good health

As we all well know, our muscles are the key to our physical abilities — everything from walking and jogging to our ability to react quickly when needed. But there is much more to it than that.

Take your heart. The heart is made from muscle tissue. It is indeed a muscle, and muscles need exercise, which may explain why stronger people tend to have better heart health. However, that's not all.

According to the latest research, healthy muscles not only do good things for your body — they also do good things for your brain. Mental muscle is a fact. We may think of our muscles — which is our largest organ accounting for about 40% of our total weight — as they apply to our physical capabilities. But now we are coming to better understand they can also keep our minds sharp.

Studies have shown that men and women with low muscle mass are more likely to experience declining “executive function”, the ability

to pay attention, solve problems, and make decisions. Think of your ability to do simple things like planning, organizing, staying motivated, even the basics like paying bills or shopping for groceries. All can become a challenge with poor muscle health. Consider:



**Dr. Gabrielle F. Cannick**

- Muscles secrete substances known as myokines that can travel to the brain and keep us quick-witted.
- People with higher muscle mass exercise more and as a result have better

blood flow throughout the body including the brain.

- Muscles require a great deal of energy, even at rest. A person with more muscle mass burns more calories than a similar-sized person who does not. Regular resistance training

can significantly boost one's metabolism.

- Maintaining a healthy muscle mass can improve blood sugar control and reduce the risk of developing diabetes.

• As you build muscle, it creates pressure on the bones, and in turn, the bones grow stronger. Tip: eat lots of protein.

- When the body is fighting illness, injury — or you are facing a surgical procedure — when you have more muscle tissue the body may recover quicker.

• Then there is the matter of longevity. Studies show that healthy muscles derived from regular exercise and strength training may help us live longer and certainly enjoy a better quality of life as we go along.

What is the takeaway? Keep moving — in as many ways as you can. It doesn't have to be in the gym. There's gardening, dancing, swimming, tennis/pickle ball—all are good. I personally exercise with a combination of weight training, cardio, and yoga, so I am a big exercise advocate! Questions?

As always, we invite you to reach out to us. 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.*

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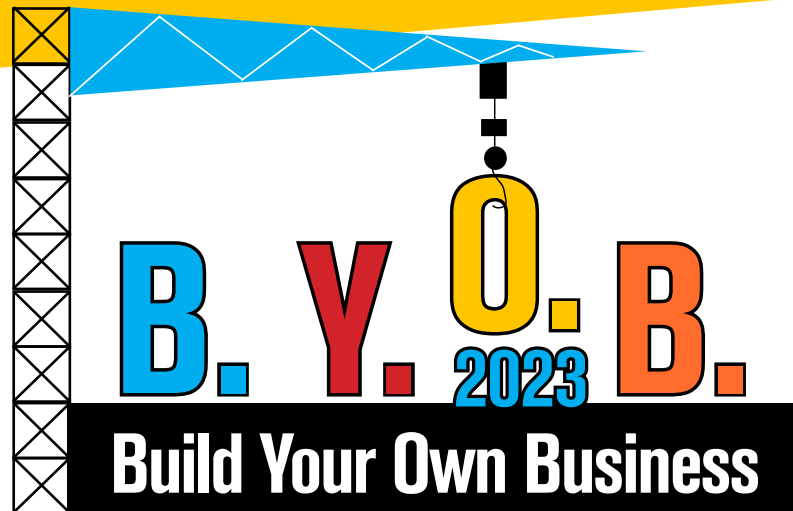
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THE GARDEN SHOP

# THESE DAYS IN THE GARDEN



**SUSAN TEMPLE**  
master gardener



Daffodils perfuming the garden

These days, the garden is looking very happy. Daffodils are blooming and perfuming the front garden. Camellias are blooming. Winter hazel (*Corylopsis spicata*) is beginning to bloom, not to be confused with witch hazel (*Hamamelis*). I've never tried to grow witch hazel and don't know why. It's a pretty, winter blooming large shrub/small tree. Winter hazel generally grows about six by six. If your garden doesn't have room for a 15 – 20 feet tall and wide plant, winter hazel might be a better choice. A few years ago, the little winter hazel shrub was struggling and about half of it died. It recovered and seems to be doing fine now. Winter hazel grows with an open,

almost gangly form, and when not in bloom, it really is nothing much to brag about. But the couple of weeks it blooms, the smell is wonderful and it earns its keep. Bright yellow dangling flowers, technically racemes, stand out near the woods.

When planting, I don't give much thought to true garden design. It's more putting things in the place they need to grow best and where I can enjoy them most. By luck, winter hazel is near Florida sunshine anise

(*Illicium parviflorum*). Chartreuse foliage of Florida sunshine is a great plant to brighten a shady area. Native anise (*Illicium*) is in this area too. Dark green foliage contrasts nicely with Florida sunshine. I would not plant the native anise near a porch or somewhere one might sit for a while though. For the first time last year, when it was in full bloom it smelled like a stinky wet dog. I never recall this before and it took me a while to figure out where that

smell was coming from. Florida sunshine has not bloomed yet. However, native anise is a nice evergreen shrub for shade that deer pass on by. At Greater Greenville Master Gardener Symposium last month, I got another corylopsis, 'Winterthur'. It's a hybrid that came from Winterthur Gardens in Delaware. Winterthur is a wonderful garden to visit if you're into such. Winterthur corylopsis was planted in another bed near the edge of the woods with camellias. It is supposed to bloom a little later than the other one. I don't recall the tag saying Winterthur would get maybe ten feet wide so I might not have planted it in the exact right spot. But if it grows sort of open and gangly like the other one, it will just have to mingle in with camellias and others where it's planted.

I'm watching clumps of daffodils that are not blooming. It's hard to remember sometimes are they just not blooming anymore or are they another variety that will bloom later.

It seems like a good plan at this time to have twine and survey tape ready to tie around the clumps that don't bloom. Then I'll know to dig them up, divide, replant, (or sell at the master gardener plant sale April 15 at the farmers market). There are several very large clumps that used to be on the edge of beds out in the yard, which for whatever reason, did not turn out right. Those will definitely have to be moved. By the time the foliage fades, they'll be covered in grass. There is a particularly special clump of some small, slightly different variety that came from where Grandmother Crittendon grew up. They were planted in their own special spot at the base of some shrubs. That idea did not turn out right either. I moved "Ridge" daffodils, as I named them, year before last to their own special spot in the front garden. Then last year, it became apparent lots were left behind. By the time foliage of these daffodils had died down, grass was about thigh high. These special little guys have to go somewhere in their own spot this year. I do not want to lose track of where they are. Hopefully, I'll get them all dug up this time.

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# AnMed chaplain practices 'the power of listening'

BY JANA MACKIN

On the front lines of AnMed compassionate care is a spiritual warrior who brings light and love into a place everyone dreads- the hospital.

As a hospital chaplain, Rev. Tricia Lytle makes her rounds venturing into sterile rooms of trauma and tragedy where she ministers her radical compassion to patients, families and staff who face the fear and uncertainty of sickness or death. No day is alike as she may be asked to help a family decide to take grandpa off life support, or give a proxy hug to a COVID patient in isolation. The demanding work of being present for those up front and personal with their mortality demands the healing touch of someone like Lytle who helps mitigate a patient's stress and urgency of a Code Blue diagnosis or a caregiver's grief through Code Lavender healing therapies- a staff/caregiver program she initiated at the hospital.

"I love my work, absolutely love it," said Lytle, manager of Spiritual Care at AnMed Health Medical Center.

"This is the church I serve," Lytle said, referring to her congregation of hospital patients, family members and staff where she addresses their spiritual, ecumenical, emotional and mental needs inherent in a hospital setting.

"When you are invited into a room, it is so holy a place - this notion of compassionate care

at the bedside of a fragile life," said Lytle, who has pastored and worked at various churches in



**Rev. Tricia Lytle, manager of Spiritual Care at AnMed Health Medical Center.**

the South and Seattle for several years. During this time, she has also worked with diverse, unique and marginalized populations in various settings. Before her religious work, Lytle taught art at Cornelius Elementary School in North Carolina.

"Nobody wants to be here," Lytle said. "It's a hospital."

"Everybody is waiting, wanting to know what is wrong. The waiting is so hard. The silence is so difficult," she said. "It says so much if a theologian can come to a silent place (and listen) where we can help bridge those silent gaps and help people process."

As the medical center's spiritual manager, Lytle leads and inspires the other chaplains and staff with her ability to "motivate, develop and encourage people to live their full potential." She appreciates and embraces diversity. A fundamental quality to being a good chaplain is compas-

sionate listening to the stories and narratives of those she serves. Her strengths are chaplaincy, pastoral care, preaching, listening, leadership, conflict resolution/transitions, and group facilitation. She welcomes and advocates for social justice and diversity.

"A good chaplain needs to show up and shut up," Lytle said. "You are not there to change someone. You need to come without an agenda and be present."

"People constantly underestimate the power of listening to someone, and the power of hearing someone's story without interrupting," she said.

For some 25 years, Lytle has pastored and worked at several churches. Her work has encompassed diverse populations that run the gamut of age, race, beliefs be it Christian, Muslim, Buddhist, atheists or college students. Prior to AnMed, she pastored at Peace United Church of Christ/PRISM Clemson University. Her other ministries have included Unity Presbyterian Church, Denver, NC, Novant Health Huntersville Medical Center, Huntersville, NC; and Ursinus United Church of Christ, Rockwell, NC. She also did ecumenical work at Alki Congregational United Church of Christ, and University Congregational United Church of Christ in Seattle. She was ordained in the United Church of Christ in Seattle in

2006 after earning her Master of Divinity at Vanderbilt University Divinity School. Before that, she worked as an art teacher in the mid 1990s after getting a bachelor of arts in art and education at Winthrop University, and an associate of arts at Anderson University.

Lytle's vast reservoir of leadership, creativity and experiences has garnered the respect and admiration from her staff and peers as they pastor in the hospital's demanding environment.

"I love working with Tricia," said Pastor Denny Read, an AnMed chaplain for six years. "She is ready to help at the drop of a hat."

"When I came during COVID, Tricia was wonderful helping me navigate what ministry looks like in the context of COVID and how to reach out to family members, patients and staff in unique ways," Read said.

"One of her great qualities is her passion," Read said. "She has a tremendous passion for caring for people."

"Tricia really does have a deeply connected relationship with God," said David Lytle, pastor of Roberts Presbyterian Church. He is Tricia's husband, and was also a hospital chaplain for several years.

"Tricia has an incredible amount of integrity and authenticity," he said. "She and Jesus are dear friends."

## Reducing the mental noise and chatter in your brain



**MARY-CATHERINE McCLAIN RINER**

Do you find it difficult to quiet the chatter in your mind? Do you experience constant worries about your health, family, work, relationships, finances, aging, etc.? It can be stressful to consistently plan events and replay arguments in your head as well as fret about how others are viewing you.

The combined chatter can make it difficult and challenging to live in the space of delight and pleasure. The goal is not necessarily to constantly think happy thoughts and state positive affirmations, yet to control your mind by emptying the brain or clearing space.

1) Examine expectations. What are you predicting will happen? What are you picturing or visualizing as an outcome? Too often, we are not reliable predictors of events in the future. Similarly, it is helpful to think about playing the ball in front of you rather than replaying the prior shot or anticipating the next serve in tennis. You are resilient and can

handle expectations much better when you start trusting and believing in yourself.

2) Be curious. Reduce impulsive reactions and critical judgments. Remaining open and leaning into curiosity allows more clarity and wisdom in your mind.

3) Use humor. Laughter is a gift, sometimes the best medicine. It is especially helpful for clearing the clutter in your mind. Wisdom leads to a better evaluation of options and making decisions in general.

4) Stay present. Too often, we return to our "default state." Instead, consider a distancing approach where you become a neutral observer. By being a fly on the wall rather than immersed into your emotions fully, you reach the between space. This distance leads to more balanced thoughts and feelings—ultimately leading to less physical and emotional stress. A powerful trick is examining a situation as a 3rd party by freezing a scene and stepping out of it. Imagine a mentor or friend listening or watching this scene. What would they see or say back?

Mary-Catherine McClain Riner, Ph.D., Ed.S, M.S., is a Licensed Psychologist with Riner Counseling, LLC. Visit [www.rinercounseling.com](http://www.rinercounseling.com) or call 864-608-0446.



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FROM THE SHELF

# On Ted Lasso and reading slumps

My reading slump from 2022 is back with a vengeance. I've managed to read three books this month so far, but could only give you vague accounts of them. I'm reading, but it's in a fog, and my comprehension is nil. I think some of it is maybe the books I'm reading, but the other factor I think is mental and emotional exhaustion. My brain is mush and thus the words, characters, and stories are mush too.

Whenever I go brain dead like this, I often turn to the screen, since it's a proven fact TV requires less brain activity than reading a book. Given how much I normally read you might think I don't watch a ton of TV, but I have my favorites. I tend to gravitate toward crime (shocker, I know) and comedies. Aside from Abbott Elementary, my current favorite comedy show is Ted Lasso.

I was reluctant to do a review on

a TV show that's solely available via streaming because it presents access issues, but if you can find access to



Sara Leady

AppleTV+, I cannot recommend this show enough. The original concept for the show came from a commercial for NBC advertising the start of

their coverage in the US of Premier League soccer (football to us fans). The original commercial introduces Ted Lasso, a coach of American football as he blunders through coaching real "football" in London, a sport he knows absolutely nothing about. As you can imagine it's nothing but comedic misunderstandings and insanity throughout, especially given that former SNL writer/star

Jason Sudeikis is one of the minds behind the show.

With the reactions to the commercial, Sudeikis and crew took it to the streaming screens with a planned three season, 10-12 episodes per season, story arc. Lasso and Coach Beard were further fleshed out, and we got a full cast of other characters, all of which are the epitome of writing, performance, and character development genius. The show is a sports "dramady" (comedy + drama) and is equal parts heartwarming, soul destroying, and hilarious.

Obviously we follow Ted Lasso, a middle-aged man from Kansas who is going through a divorce and is giving his wife the space of the literal Atlantic Ocean. Unbeknownst to Ted, Rebecca, the owner of AFC Richmond (the football team) has hired him with the intention of him fumbling everything SO badly that

he completely obliterates the team, its reputation, and anything affiliated. Why is she so hellbent on her team's demise? It's what she got in the divorce from her cheating narcissistic husband, and as it's the one thing he cares about, destroying it will be symbolic of destroying him, and thus make her feel whole again.

Lasso, however, defies everyone's expectations and actually builds a successful team, largely through stubborn optimism, but also, shocking as it might be, through actual leadership. Lasso makes it clear that as a coach he doesn't care about winning or losing (Richmond fans love this sentiment), but is instead focused on helping each player and member of staff to be the best versions of themselves. Part of the comedy is that he accomplishes this task in a quirky, on occasion even absurd, approach of storytelling and personal anecdotes. While much



of his tales are outlandish they all apply to the team, and while it takes time, everyone gets on board with his infectious optimism.

This is a rare show where you literally can't lodge a complaint. Well, other than sticking to the plan of only three seasons, which means we only get so much. Every character, even the background ones, play pivotal roles and leave you wanting more of their screen presence. The audience feels a deep connection to every character, even the one we all hate. You laugh and cry alongside all of them as they grow into the "Lasso Way" and grow into their best selves, whether they want to or not.



Assuming I've sold you on the show and you or a friend doesn't already have AppleTV+, a pro-tip is to wait until all of Season 3 has aired (end of May) and then just do your free trial and binge watch all three. Season 3 kicks off March 15, and I'm ready to sip some "hot brown water" (tea) while I watch Lasso and gang go for a Premier League Championship, and make me and all other watchers believe in believe.

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# Nature's fluorescent shocker

It is a tiny bird, even smaller than a warbler. It is a bundle of frenetic activity, moving around so much and so quickly that it makes other



Ann K. Bailes

birds appear slow. It is really fairly nondescript, mostly dull olive-gray with slightly brighter but very narrow yellow stripes on its wings and tail feathers. It comes out of wooded areas to flit at bird feeders, grabbing seeds but moving so quickly that it's difficult

for a watcher to get a camera focused on it.

And about the time observers decide that this bird is not much to look at, they are hit with a view of explosion of color. When agitated, or whenever he is so inclined, the male of this species can raise a crest that is so brightly fluorescent red that it defies the senses. This is the ruby-crowned kinglet, a wintering bird of the southern United States and common in South Carolina.

Only the males have this distinctive crest, and even they do not raise it often, which at

least is what the books say. One year we had a male who hung around our yard most of the winter, and it kept its crest up most of the time. I loved opening the blinds in the morning and getting a glimpse of Mr. Kinglet, getting his first seeds of the morning and flashing that brilliant red repeatedly.

The ruby-crowned's crest is not a cardinal red, or a garnet red (if that description shows where my sports loyalties fall). It's an eye-popping, shocking red that reminds me of one of the newer artificial hair coloring bright red shades becoming popular these days. The difference is that nature painted this shade — it didn't come from a bottle.

Another species of kinglet, the golden-crowned, also winters around here, but stays more in the pine woods and in the mountains. I've seen them occasionally, but they are harder to spot than the gregarious ruby-crowned.

In the east, no overlap exists between the ruby-crowned kinglet's winter and summer ranges (they do overlap some in the west). After wintering all the way from the west coast to the east coast of the U.S., they make



Photo by John Demchak

their way to the northern latitudes to build their nests and breed. We won't see them from late March until next winter, when they will

reappear, frenetically moving in open woods areas, to re-shock us with views of their brilliant red crests!



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# A HISTORY OF ANDERSON INSECTS

There are insects, and then there are Anderson insects. The Amazon rain forest boasts of its multitudes of insect species, however, none can hold a candle to the varieties found right here in our hometown. I'll start with the "Anderson Mosquito".



Neal Parnell

It has been said that the Anderson mosquito was first hatched under Crybaby Bridge, in a stagnant pool of water that was tinkled into by W.B King, who served Anderson in the early 1900's and was known as "The Worlds Largest Sheriff". The offspring of those first Anderson mosquitoes still flourish to this day. We've all seen and know that it only takes two of them to hold down a cat, and only four to fly away with a fully grown man. I was stand-



ing in the check-out line of the Home Depot garden center when I heard laughing behind me. I turned and three of those flying vampires were still giggling and pointing at my can of OFF. The Anderson mosquito is unlike any other, just last year I saw a swarm of them trying to vote. Ok, I may be stretching the truth a bit, but they were at the polls 'canvassing'.

The common housefly has annoyed humans

for centuries, but the "Anderson Housefly" originated in 1946 after having its first taste of a Skin Thrasher Hotdog, which gave it the strength of an eagle. There have been reports of Anderson Houseflies that could fly through screened patios and some that have cracked car windshields while attempting to get to a Skin's dog. Fly swatters and insecticides have no effect on the Anderson Housefly. The only known substance that can send an Anderson Housefly to its grave is Miracle Whip, but no true Andersonian dares to use it on a sandwich.

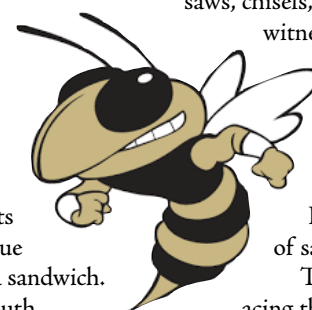
The Stink Bug arrived in South Carolina at the start of the new millennium. They emit a foul odor through abdominal glands when handled or threatened. The 'Anderson Stink Bug' was first spotted drinking a Corona and feeding on a pickled egg in the parking lot of Beer Belly's. Its odor has no effect on Anderson residents who have long been accustomed to the similar smell of pork rinds and boiled peanuts.

The wood boring carpenter bee is mostly

harmless (females can sting when provoked) and do little structural damage. The 'Anderson Carpenter Bee' on the other hand can be quite destructive. They have been spotted at White Jones Hardware shopping for tool belts, chainsaws, chisels, and stump grinders. At least one

witness explained that a large colony of Anderson Carpenter Bees wearing nothing but hardhats, shorts and Timberland boots, chewed the contents of what once was 84 Lumber on Pearlman Dairy Road into a pile of sawdust.

There are few insects more menacing than the Yellow Jacket. The more powerful 'Anderson Yellow Jacket' was created in 1923 when a student football player at Anderson Boys High accidentally swallowed a yellow jacket while eating a bowl of Wheaties. He immediately grew to twice his size and was never known to harm his own kind, but many witnessed him and his successors at T.L Hanna High School, attack and sting Bulldogs, Rams, Lions, Bobcats, Razorbacks and any out of towners entering their Home.



## Self-image and social media

Social media platforms are getting intense these days. Whether it be politics, fake news, or just your average food recipes, everything



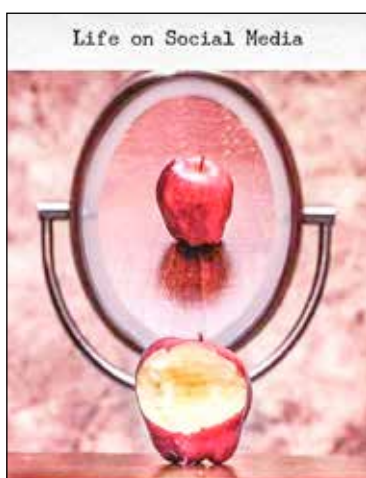
Kristine March

comes with an argument. Who's right? Who's wrong? How perfect your home decor looks online, filtered photos, oversharing our daily lives to strangers on the internet and the likes and comments and so on, but what is it actually doing to our confidence and

our self-image and our self-worth?

Yes, it can be really fun and enjoyable sharing our life and our greatest accomplishments and goals we have achieved on special occasions and there is

absolutely nothing wrong with that, but it can also be highly addictive. Especially to our youth. After all, our brains don't fully develop until we're 25 years old and a filtered life is not reality. It's important that we have conversations with our families about this so called "perfect life" that this world is trying to create and impose on us, when in all honesty, the perfect life doesn't exist. I have been guilty of feeling less than and often times comparing myself to other people's designer lifestyles. The handbags, products, luxury cars, the lavish vacations or whatever promotions or commercials are on our phones each day. I like



to take social media breaks and just unplug. Take a walk outside in nature or write a letter to a friend or family member. It's very important to take social media detoxes and clean our minds and energy because nobody really looks like that all the time or really lives like that all the time. No one comes out unscathed on this planet. We all have problems every single day. I don't care who you are, where you live, or how affluent you are. Fame and wealth come with heavy responsibilities and can be a curse.

We've all seen so many stories, especially nowadays of how it's affected beautiful pop stars and celebrities and musicians that have turned into very sad situations. It can be overwhelming. It's definitely not at all what it's cracked up to be. We're all in this together and supporting one another is vital. If you see that your child

or loved one is spending too much time on their phones or social networks and feeling insecure or depressed, make sure you take quick action. This so-called fake imagery can really make you lose self-confidence and feel like you're not good enough or less than and that's not true. It can also spike our anxiety seeing things that we really shouldn't be looking at, images that are sad and depressing or shocking.

So, make sure that we're all having these conversations with each other, our friends and our family each day. Everything in moderation is the best way to live. Remember to make the sidewalk your runway and kindness always matters.

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## NIBBLE &amp; SIP

# Forget the nibble and have a sip of pie instead

If, like me, you're preparing for Pi Day like an Olympic athlete, you've probably got your cookbooks dogeared and your bakeries on speed dial. But if you'd like to take this year's Pi Day in a different direction, forget the Nibble and have a Sip of pie instead.



Kim von Keller

Dessert cocktails are now commonplace on the menus of bars and

restaurants, and many of the flavor profiles are based on popular pies. In addition to what's in the drink, it's also fun to rim the glasses with graham crackers or citrus zest to mimic the flavor of the pie.

Drinks so rich and sweet don't really need

an accompaniment, but if you feel like you need one, any crisp, shortbread-style cookie will do.

#### Chocolate Cream Pie Martini

1 ½ oz. vanilla vodka (I like Absolut Vanilia)  
1 ½ oz. Godiva Chocolate Liqueur  
½ oz. chocolate syrup, plus more for rimming the glass  
Graham cracker crumbs  
Sweetened whipped cream, for serving

Pour chocolate syrup onto a plate, and sprinkle crumbs onto a second plate. Invert the martini glass into the syrup to coat the rim, then dredge the rim in the crumbs. Place glass in the freezer to chill. In a cocktail shaker, combine the vanilla vodka, the chocolate

liqueur, and the chocolate syrup. Fill with ice and shake until chilled. Strain into the prepared martini glass and top with whipped cream. Makes one.

#### Apple Pie Martini

1 oz. vodka  
1 oz. applejack (I like Laird's)  
½ oz. cinnamon whiskey (I like Fireball)  
½ to 1 oz. simple syrup, to taste  
½ oz. lemon juice  
Apple slice and cinnamon stick, to garnish

In a cocktail shaker, combine vodka, applejack, cinnamon whiskey, simple syrup, and lemon juice. Fill with ice, shake until chilled, and strain into a martini glass. Garnish with an apple slice and drop the cinnamon stick into the glass. Makes one.

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## T.L. HANNA YELLOW JACKETS

### Hanna teams fall in playoffs

BY BRU NIMMONS

ANDERSON — Both T. L. Hanna basketball squads finished successful seasons over the last two weeks making solid runs in the playoffs.

Coming off two tough seasons, the Hanna girls' basketball team earned the third seed in Region 1-5A this season and opened up their playoff push on the road against the Clover Blue Eagles.

In a dramatic contest which saw Clover force overtime with a strong fourth quarter, Hanna managed to pull out a 65-64 victory for their first playoff win since 2020.

Freshman guard Asia Clinkscales put on a show for the Yellow Jackets in the win with a game-high 23 points to go along with six rebounds and six assists. Senior Taylor Wessel was also in double-digits with 14 points, while senior Grace Ikenegbu had a game-high 16 rebounds.

The Jackets returned to action two days later on the road at Dorman. Despite leading for much of the contest, Hanna was unable to keep ahead of the Cavaliers in a 66-58 season-ending loss.

Clinkscales led Hanna again in the loss with 17 points and eight assists, while sophomore Tamerah Wynn and eighth grader Harmoni Earle were close behind with 15 and 12 points respectively. The Hanna girls finished the season

with an 18-10 record.

On the boys side, the region champion Yellow Jackets opened up the playoffs hosting Chaplin High School. The Eagles proved to be little challenge for Hanna as the Jackets pulled out an 84-36 win.

Senior Adarius Armstrong powered the Yellow Jacket offense with 22 points in the win and All-State forward Jaquarius Patterson also managed a strong day with 15 points.

Two days later, the Jackets were faced with an even tougher challenge at home against the Byrnes Rebels. Hanna was able to build an early lead in the contest and despite a late Byrnes push, the Yellow Jackets pulled out a 64-57 win to advance to round three for the first time since 2017.

Armstrong continued to look strong for Hanna scoring 17 points in the victory, while senior guard Anthony Edwards matched him with 17 points of his own.

In the Class 5A quarterfinals, the Jackets travelled to Lexington to take on the Wildcats and class of 2024 top 50 recruit Cam Scott. Despite a strong effort against the Wildcats, Hanna was unable to keep their season alive in a 64-56 loss.

Edwards and junior Javeyn Martin paced the Yellow Jackets in their season ending loss as they finished the season 21-8.

## WESTSIDE RAMS

### Westside girls' tough season ends in first round as Ram boys finish 24-3

BY BRU NIMMONS

ANDERSON — After strong seasons on the hardwood this winter, basketball season has come to an end for the Westside Rams after two early round playoff exits last month.

Coming off consecutive Class 4A state championships, the Westside girls basketball team struggled at times in a rebuilding season, but still managed to take fourth in Region 1-4A.

For their trouble, the Rams opened the playoffs on the road against top-ranked North Augusta. Westside put the Yellow Jackets on upset notice early with a 15-13 halftime lead before a huge second half run gave North Augusta a 47-28 win to end the Rams' season.

All-State junior guard Ahrianna Scott led Westside with 10 points in the loss, while Kiarra Gregory, Gervinho Williams and Janilah Rhodes all managed to put up six points each. The Rams finished the season with a 14-12 record.

Meanwhile, the Westside boys entered the playoffs coming off their most successful regular season in over a decade.

The Rams hoped to keep the momentum going round one and did just that as they crushed Aiken 87-46.

All-State sophomore forward Zeke Marshall had a huge day in the win with 24 points and eight rebounds, while Josh Williams looked strong as well with 16 points, five boards and six assists.

Coming off the win, the Rams were forced to travel to Wade Hampton in round two to face the Generals. Despite a strong start for Westside, Wade Hampton was able to blow the game open in the second quarter and not look back as Westside fell 69-56.

Williams and Marshall managed to lead the Rams again in the loss with 19 and 17 points respectively. With the loss, Westside finished the season 24-3.



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2016 HONDA CR-V EX-L Stk#23791A.....	<b>\$18,988</b>	2020 HYUNDAI TUCSON SEL Stk#PP4833A.....	<b>\$23,988</b>	2020 TOYOTA PRIUS LE Stk#P8669A.....	<b>\$27,988</b>
2019 NISSAN SENTRA SV Stk#23816A.....	<b>\$18,988</b>	2018 NISSAN FRONTIER S Stk#23650B.....	<b>\$23,988</b>	2016 TOYOTA HIGHLANDER XLE V6 Stk#23892A.....	<b>\$28,988</b>
2019 CHEVROLET TRAX LT Stk#23439B.....	<b>\$18,988</b>	2022 TOYOTA COROLLA LE Stk#P2533.....	<b>\$24,988</b>	2023 TOYOTA CAMRY LE Stk#23454A.....	<b>\$29,455</b>

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**SHOWROOM HOURS:**

MON.-FRI. 8:30AM-7PM  
SATURDAY 8:30AM-7PM

**PARTS/SERVICE**

MON.-FRI. 7:30AM-6:30PM  
SATURDAY 7:30AM-5PM

**RalphHayesToyota.com**

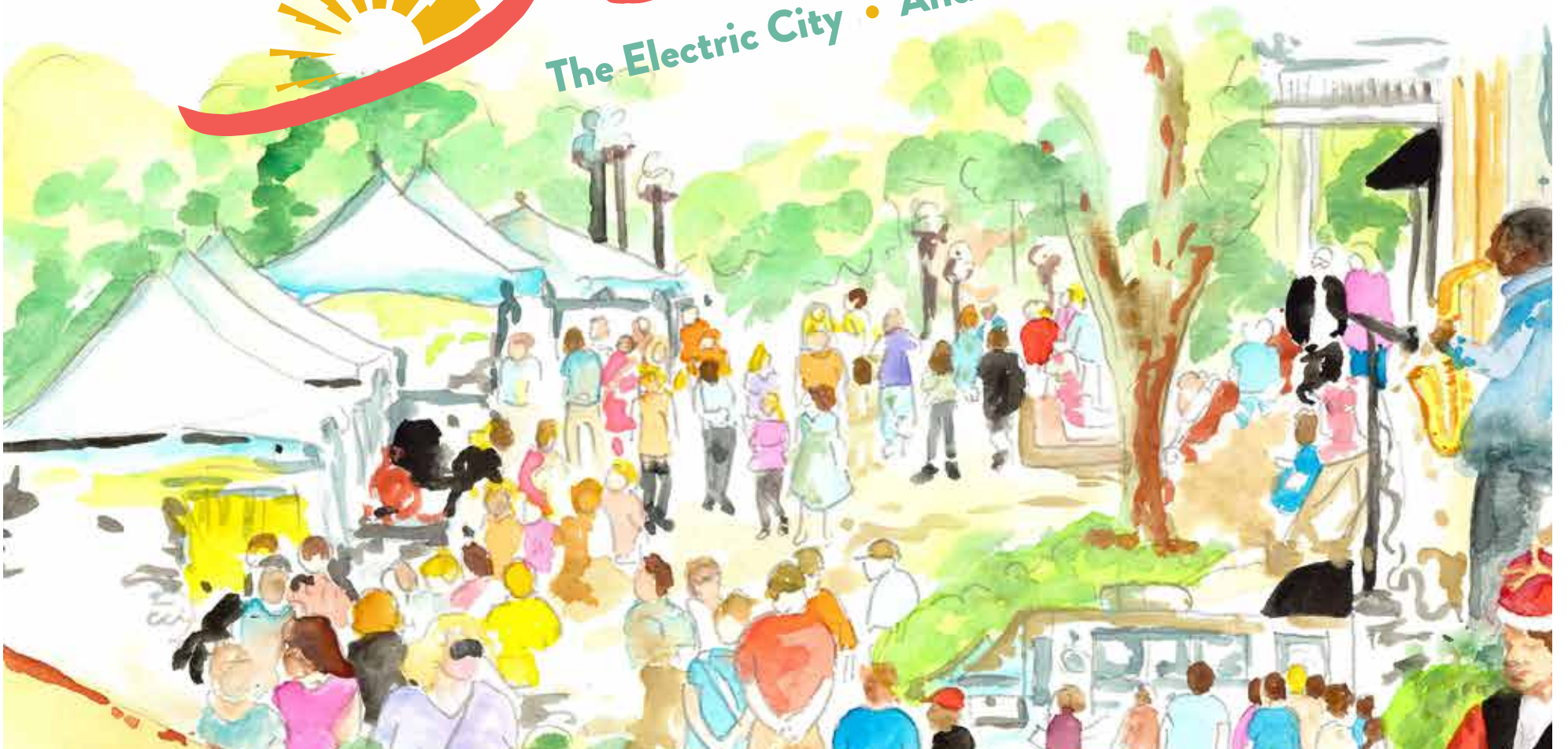
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# Soirée 2023



The Electric City • Anderson, SC



**APRIL 28-29**

DOWNTOWN ANDERSON

**FRIDAY**

4:00PM - 8:00PM

**SATURDAY**

10:00AM - 8:00PM

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