

Call Tucker Oil for all of your petroleum needs!

**Tucker Oil**



Contact David Tucker Jr. at 803-603-4788 or [tuck@tuckeroil.com](mailto:tuck@tuckeroil.com)

# THE Electric City News **FREE!**

Your Connection to Local News, Sports, People and Happenings

[www.TheElectricCityNews.com](http://www.TheElectricCityNews.com)

May 9-22, 2024

## The Waitress

A truck stop. A little cafe, somewhere off the Great American highway.

The waitress is bustling between tables. She's an older woman. Maybe mid-seventies. Salt-and-pepper hair. More salt than pepper.

She puts food on my table. Two eggs, sunny. Hashbrowns. Black coffee.

"Anything else, sweetie?"

"No, ma'am."

"Ketchup for your hashbrowns?"

"How'd you know?"

She smiles. "Just a hunch."

She produces the bottle like a magician pulling hankies from his sleeve.

Then, I see the woman walk outside. The bell on the front door signals her exit. I see her through the large window. She sits on a bench. Removes a carton. She's smoking a cigarette now. And something tells me she's earned it.

A car pulls up. Old car. A Honda. Rusted fenders. The car used to be blue, now it's beige.



Sean Dietrich

There's duct-tape on the windshield.

The driver hops out. He hugs the waitress. Together they remove a fold-up wheelchair. Together, waitress and

man lift a little boy from the backseat.

They place the child into the chair. The woman hugs the kid. The boy is rail thin. She bathes him in her kisses and the kid returns the favor.

They share a long embrace. The Honda leaves, then the woman wheels the kid inside the cafe.

She parks the kid's chair in the

corner and deals with her workload. She checks on her other customers. They all need something. More napkins. Refills on tea. Plates need to be cleared.

She's warming up my coffee when I ask who the kid is.

"That's my neighbor's boy," the woman says. "And that was his uncle who dropped him off."

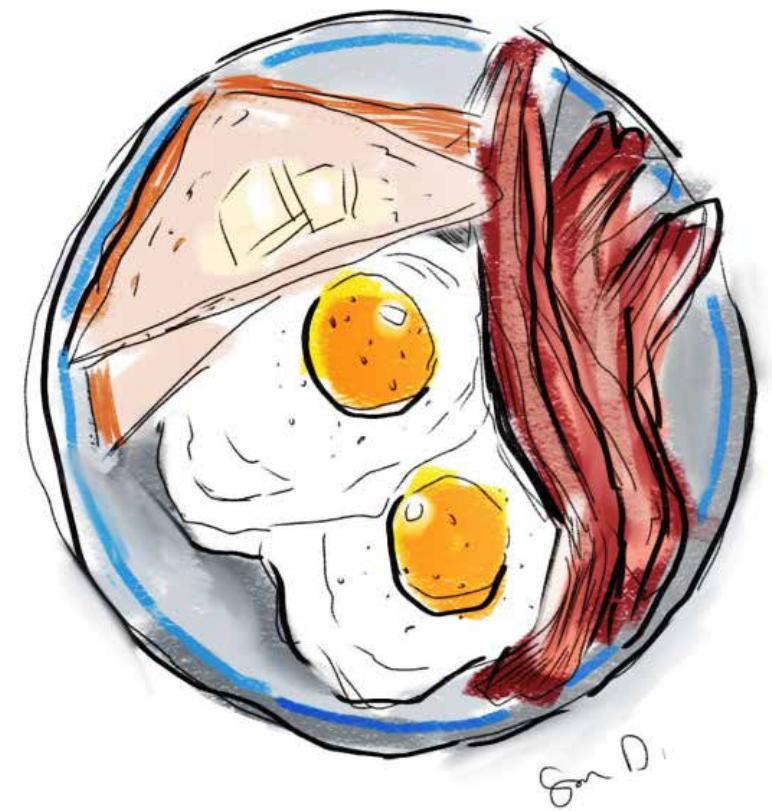
"You two must be close."

"We are. Sort of. I'm raising him. He's about to be legally mine in a few weeks. Once I sign the papers."

I'm looking at this woman, and I'm thinking that she is a little long in the tooth to be raising a child.

"His mom's in prison," the woman goes on. "It's been a hard year on him. It's been hard on all of us. I'm trying to teach him how to be strong. I've raised six kids already, so I know how to raise a young'un."

She tells me the boy has cerebral



palsy. She tells me the child is a product of fetal alcohol syndrome. She says he's had a long road ahead, but she believes she was created for this moment.

At this particular moment, I don't know what to say, so I don't say anything. It's better for me to be

SEE WAITRESS ON PAGE 2

Hampton  
FURNITURE  
SPRUCE UP  
YOUR HOME  
*for the new year*



809 WHITEHALL RD. ANDERSON, SC 29625 | 864-224-3541 | [www.hamptonfurniture.com](http://www.hamptonfurniture.com)

# Having a tough time: Practicing resilience



**MARY-CATHERINE  
McCLAIN  
RINER**

If you are human, chances are that you have experienced a difficult, hard, or “bad” day. This label is subjective and is often influenced by internal beliefs and thoughts, as well as individual resilience. Of course, no one desires to have a bad day nor can anyone out run stressful circumstances.

One thing an individual can do to reduce the impact of these tough days is leaning into resilience—intentionally engaging in proactive, supportive, and self-care activities rather than activities that can lead to destruction, avoidance, and/or numbing out.

It is important to remember that worry is a universal emotion that runs along a continuum. The concept of “benefit finding” can reduce the impact of stress while “rationalizing” or “justifying” can exacerbate the long-term stress—such as using a behavior due to deserving a reward based on the stress (e.g., “I’ll eat 10 cookies because it will make me feel better after a long day”).

When a tough or long day strikes, attempt to do the next best thing and seek any potential benefit or gratitude. This reinforces the idea that our attitudes and self-talk are critical in living a happier and healthier life. The goal is not to avoid the curve balls and twists and turns in life, yet to embrace the reality of it and to assume control by choosing how to respond. It is possible to grieve and experience pain while also holding space for joy and hope.

*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.*

## ANMED EARNS ‘A’ GRADE FOR SAFETY FROM LEAPFROG GROUP

ANDERSON — AnMed has earned an “A” Hospital Safety Grade from The Leapfrog Group, a national nonprofit watchdog organization.

The distinction serves as independent certification of the comprehensive health system’s efforts to minimize risk and maximize safety, and it comes on the heels of the system’s 11 Certified Zero Harm Awards from the South Carolina Hospital Association.

“Our team is wholly devoted to exceptional, compassionate care,

and that starts with safety,” said AnMed CEO William Kenley. “Our patients, their needs and their experiences

are at the center of everything that we do, so it’s gratifying to know that

The Leapfrog Group validates our team’s efforts to guard and enhance our patients’ welfare.”

Leapfrog assigns “A,” “B,” “C,” “D” or “F” grades to general hos-

pitals across the nation based on more than 30 measures of errors, accidents, injuries and infections, as well as the systems hospitals have in place to prevent them.



The Leapfrog Hospital Safety Grade is the only hospital ratings program focused exclusively on preventable medical errors, infections and injuries. The Leapfrog Hospital Safety Grade is peer-reviewed, fully

transparent and free to the public. Grades are updated twice annually, in the fall and spring. “Everyone who works at AnMed should be proud of this ‘A’ Hospital Safety Grade,” said Leah Binder, president and CEO of The Leapfrog Group. “It takes complete dedication at every level and an ironclad commitment to putting patients first. I thank AnMed, its leadership, clinicians, staff and volunteers for caring so deeply for its patients and their safety.”

## North Pointe Elementary School earns Palmetto’s Finest Award

It is with great pride that Anderson School District Five formally announces that North Pointe Elementary School has been named a 2024 Palmetto’s Finest School by the South Carolina Association of School Administrators (SCASA)!

The North Pointe Elementary family gathered this afternoon to learn who this year’s winners are via a livestream event hosted by SCASA and celebrated the great news alongside their school and district community. More information regarding this prestigious top honor is forthcoming.

Again, congratulations to Principal



Jill Bracket and the entire North Pointe Elementary faculty, staff, and students!

## Waitress

CONTINUED FROM PAGE 1

silent and let people think I’m a fool than to open my mouth and remove all doubt.

She leaves my table and tends to other customers.

I go to pay at the register. The cashier is a middle-aged guy who is inspecting my bill and asking how everything was.

“It was wonderful,” I say. “I particularly enjoyed the service.”

The guy looks at the waitress.

He smiles at her. “Yeah,” he says, “when my mom gets to heaven, there’s going to be a mile-long autograph line waiting for her.”

Yes, I believe there will be.

And I’ll be in it.

### RED ROCKET PUBLISHING OF ANDERSON, LLC PUBLISHERS

Julie Bailes Johnson  
864-221-9269  
[julie@theelectriccitynews.com](mailto:julie@theelectriccitynews.com)

Ginny Bailes Fretwell  
864-934-1477  
[ginny@theelectriccitynews.com](mailto:ginny@theelectriccitynews.com)

### ADVERTISING SALES

Becky Pruitt  
864-367-2102  
[beckypru@aol.com](mailto:beckypru@aol.com)

### LAYOUT/DESIGN

ART DIRECTOR  
Zack Mauldin  
[zack@upstatetoday.com](mailto:zack@upstatetoday.com)

GRAPHIC DESIGN  
Nate Thomason  
[signal43@live.com](mailto:signal43@live.com)

### WRITERS

Neal Parnell  
[dnparn@gmail.com](mailto:dnparn@gmail.com)

Rich Otter  
[ottwill@bellsouth.net](mailto:ottwill@bellsouth.net)

GARDEN & FLORAL  
Susan Temple  
[gardningirl@yahoo.com](mailto:gardningirl@yahoo.com)

MENTAL HEALTH  
Mary-Catherine McClain Riner  
[drmarycatherine@rinercounseling.com](mailto:drmarycatherine@rinercounseling.com)

FASHION  
Kristine March

SPORTS  
Bru Nimmons

COLUMNISTS  
Kim Acker Von Keller  
Katie Laughridge  
Ann K. Bailes  
Sara Leady

**TO SEND INFORMATION**  
Please make sure photos include the date taken, location and names of people in the photos. If photos are submitted via email, make sure they are a minimum of 300 dpi and saved as a JPEG file. If photos are mailed, we cannot guarantee the photo will be returned. The editor of The Electric City News will make your article/story grammatically correct without altering its content. The publishers of The Electric City News reserve the right to withhold inappropriate content or photos.

# MOVIE NIGHT IN WREN PARK

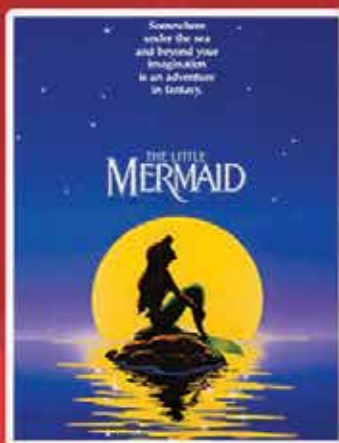
FRIDAY, MAY 17 – SUPER MARIO BROS @ 8:35PM

FRIDAY, JUNE 14 – LITTLE MERMAID @ 8:55PM

FRIDAY, JULY 12 – JAWS @ 8:55PM

FRIDAY, AUGUST 9 – TOP GUN @ 8:35PM

FRIDAY, OCTOBER 25 – COCO @ 6:50PM



## FREE AT CAROLINA WREN PARK!

Paid for by the City of Anderson Accommodations Tax



The City of Anderson presents:

# BYOB<sub>2024</sub>

## BUILD YOUR OWN BUSINESS

A year-long series to help you **Build Your Own Business!**

Our 2024 BYOB programming lineup is geared towards food entrepreneurs as we celebrate the opening of the City's shared kitchen incubator—**110 North Kitchen + Commissary!**

**February 15th**  
DHEC

**March 21st**  
Branding &  
Message

**May 16th**  
ServSafe

**June 20th**  
Paid Advertising &  
Marketing

**July 18th**  
Business Plan  
Writing

**August 15th**  
Funding

**September 19th**  
Growth in a  
Commissary

**October 17th**  
Social Media

**November 21st**  
Food Service  
Etiquette

A program designed to equip you with the information, skills, and resources in order to create a successful business. The sessions feature topic experts who will give you the tools to build your business. All sessions are free!

RSVP to  
[fmilford@cityofandersonsc.com](mailto:fmilford@cityofandersonsc.com)  
or 864-231-2605

Monthly workshops held the 3rd Thursday.  
12:00pm-1:30pm | 102 North Murray Ave.  
Lunch is provided | Registration required



City of Anderson  
Economic Development  
[cityofandersonsc.com](http://cityofandersonsc.com)



# A WALL OF SOUND

Oh, how I wish I could insert a sound clip into a newspaper article. Because the sound, not just words on paper, really tells the story. Brood XIX of periodical cicadas (also known as the Great Southern Brood) is emerging in South Carolina right now, and we have a front-row seat here at the farm.

Cicadas are big, flat insects in the order Hemiptera. Adults have hard shells and wings; their eyes are red, prominent, and set apart. As they molt from the nymph stage to become adults, they leave behind their hard exoskeletons, which look eerily like the real thing—except for having no insides.



Ann K. Bailes

These adults that have emerged stay in trees for about six weeks, feeding on watery sap. They mate, then lay their eggs deep in slits in the bark, and when the eggs hatch, the nymphs burrow underground to about eight feet down. They too feed on watery sap, obtained by piercing the roots of sap-producing trees. How long they stay there depends on the nature of their species – annual, 13-year, or 17-year -- and when the ground temperature reaches a standard temperature of 64 degrees Fahrenheit, they emerge. And that's when the fun starts.

I asked Mike how he would describe the sound of cicadas emerging from the trees. His answer was quick: "Tinnitus." I've not dealt with that, so would liken the sound to a strong, rushing mountain stream. It's a dull roar, not loud enough to interfere with conversation, but very noticeable in the background. Some people equate it to the sound of power tools in use. One person described it as a "wall of sound."

For all the noise the cicadas make, we really haven't actually seen very many. Fortunately, cicadas do very little damage, nor do they swarm or bite. A few strays have flown up onto the deck, and I noticed several in the woods. But, at least on our farm, they are mostly heard and not seen. Their sound is made only by males, by the rubbing of their wings and specialized membranes, which produces the drumming sound—and since males have hollow abdomens, the sound is amplified as if in a sound box.

In most places in the world, including the U.S., cicadas emerge annually. But two species here in the U.S. stay underground longer, and various broods only emerge every 13 or every 17 years. Different broods are at different stages, so the underground nymphs are not all the same age. Two of these broods, XIX here and XIII in the Midwest, are emerging



together for the first time since – get this – Thomas Jefferson's presidency, 221 years ago. Because of overlap between the two broods, some people in the Midwest are getting a double whammy.

I'm glad we're only getting one group here in the upstate. It's interesting to listen to for a day or two. But one "wall of sound" is more than enough.

## ANDERSON MINI WAREHOUSE AND BOAT STORAGE

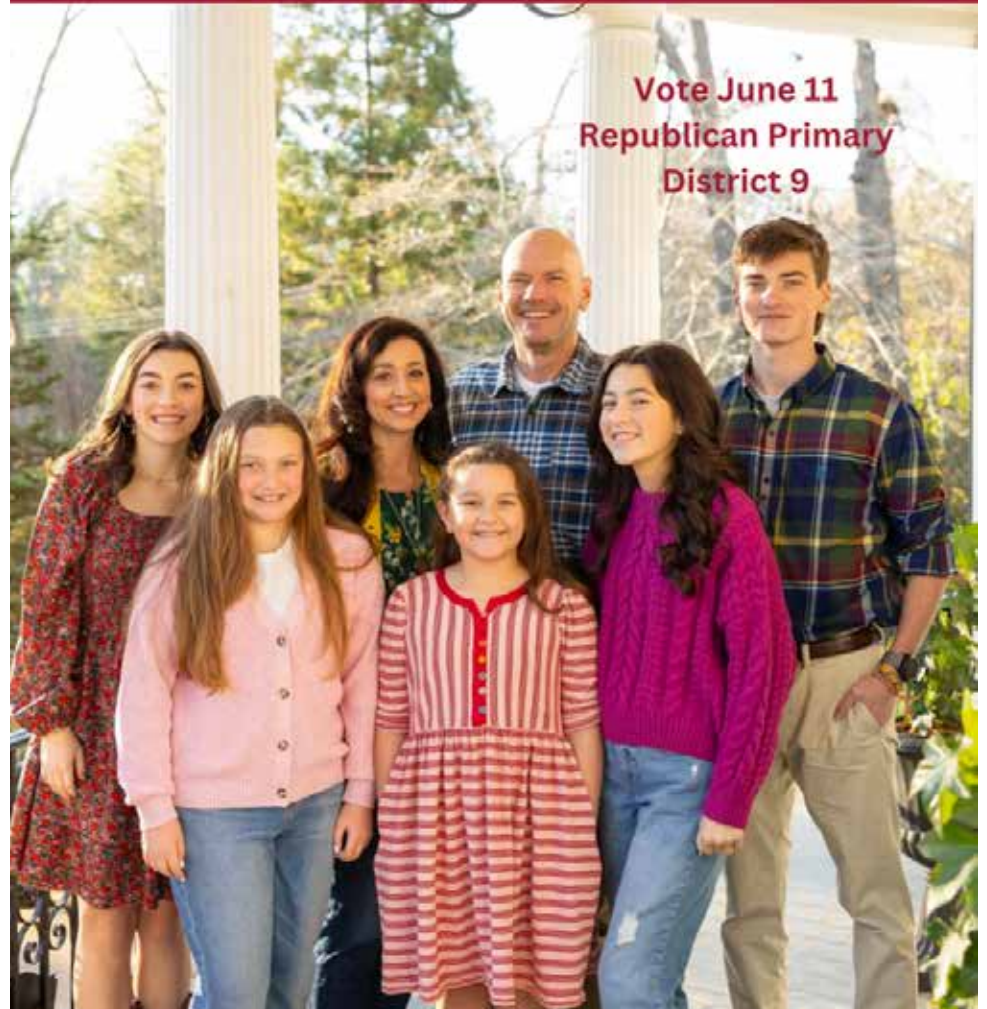
4303 Edgewater Way  
Anderson, SC 29621  
(864) 224-1991  
Manager@

andersonminiwarehouse.com

The auction is scheduled online through [StorageTreasures.com](http://StorageTreasures.com) on May 25, 2024.

### Unit

- 033** Smith, Alan boat
- 211** Lynn, Ralph shelving, furniture
- 225** Weaver, Randy furniture, household
- 305**, Groves, Jarrett bedding, toys
- 354** Wright, Reggie tire, bike, shelving
- 360** Butori, Teresa sofa, household
- 409** Anderson, Renee furniture, household
- 623** Nixon, Brandon toys, miscellaneous



Vote June 11  
Republican Primary  
District 9



## BOONE appliance

3912 Liberty Hwy  
Anderson, SC  
864-716-0292



Call today to schedule your in-home appliance repair!

# ON GRIEF

We often think of grief in a limited sense. We only talk about it in the context of the loss of a person, perhaps a pet, and pretty much always as the result of death. I think of grief as a larger concept that applies beyond the loss of life, and instead the loss of potential. We



Sara Leady

grieve the loss of a loved one because we lost the potential of future memories and experiences with them. When expectations we dreamed of no longer have the potential of coming to fruition, we grieve the loss of a future we had envisioned.

I've been fortunate to really not have a lot of loved ones pass, which is why it feels like an odd thing to ruminate on as much as I do. However, my ruminations come from the idea of loss in a more nebulous manner. So, what's got me philosophizing about grief now? Taylor Swift and her latest album *The Tortured Poets Department* (TTPD). Now before you judge me too harshly for referencing Swift, give me (and her) a chance.

Swift's latest album is a 31 song ode to heartbreak and loss, i.e. by my definition, grief. The five stages of grief are denial, anger, bargaining, depression, and acceptance. The album is dark; it's depressed, and angry, and at times heart-wrenchingly sad. She bargains, denies, and finally accepts the heartbreak.

Swift has obviously written songs on heartbreak before. If anything she's (in)famous for them. I think TTPD is more than that though. Perhaps it's a projection on my part (which, fair), but I think it's about more than romantic breakups and loss, and instead an examination of the messy mental health journey that any 'loss' can be. It's about the spirals of emotion we rollercoaster through as we process grief.

When I was going through cancer as a

senior in college, barely 22, I read an article that warned the individual going through the diagnosis that they would move through the stages of grief as they got used to their new "normal." That article was a game changer for me, because it helped me identify and understand some of the emotional rollercoaster I was on that I couldn't quite put words to. The article asserted that anyone with a terminal illness, or permanent health change, would grieve the loss of the life they knew before the diagnosis.

I think taking any sort of loss and looking at it through the lens of grieving life before the incident or change can also help with getting to the last stage: acceptance. Take the forced shift in priorities, a disillusionment with a career, the true nature of a loved one being laid bare, or even a realization of your own nature, and you view the change as a process of grieving. It can help you understand all the complicated emotions you're feeling that you wouldn't normally associate with these types of loss. Any change in your life that leads to a shift in your identity, even if it's small, is something that can have a huge impact.

It's hard to not visualize a potential future with any aspect of your life, and when something happens that eliminates those possibilities you imagined, it can be heartbreaking. Things like romantic breakups and the loss of a loved one always get the space to steep in the stages of grief, whereas other losses don't. I don't think we give enough space to experience grief with changes that have major impacts on our lives outside the context of loss tied to specific individuals. The loss of love for a career, ability, home, circumstance, or dream, are sometimes even more heartbreaking than a breakup. With these losses though we're expected to sort of move through life business as usual and "do it with a broken heart." All this to say we should give ourselves more grace when we're "grieving" things outside the context of death or a breakup, because the processing of major life changes carries the same emotional weight and we deserve the room to process them, too.

**Kimbrell's**  
FURNITURE



**20% OFF**  
YOUR PURCHASE

SHOW THIS AD TO REDEEM  
CERTAIN EXCLUSIONS MAY APPLY

Easy In-Store Financing | 509 N. Main Street, Anderson, SC 29621

OPEN TO THE PUBLIC!



**JOIN US FOR OUR 4TH ANNUAL  
SPRING FLING  
THURSDAY, MAY 16 6PM-8PM**

Join us for our Annual Spring Fling at Dominion Senior Living! Bring your friends and a chair and come ready to enjoy live music, various food trucks (accepting cash & cards) and great fellowship!



LIVE MUSIC PROVIDED BY:



**DOMINION**  
SENIOR LIVING

Anderson's Premier Assisted Living and Memory Care

Contact Jennifer Stewart today to schedule a personalized tour!

**(864) 332-4511**

3461 North Highway 81 | Anderson, SC 29621  
dominionseniorliving.com/anderson

## YOUR DENTIST CAN SAVE YOUR LIFE

# Being resilient when dealing with stress, Part 1

Stress. Another word for the challenges of modern life.

As we continue our discussion of “self-care” or “lifestyle medicine” (approaching disease prevention and treatment by adopting healthy habits and behaviors), the impact of stress on our health and quality of life and the importance of managing it, cannot be overstated. To emphasize, this does not entail turning away from traditional medicine. Self-care is meant to complement it.

When we consider stress as a health issue, it is important to understand we all experience stress in our daily lives. Commuting to work in traffic, covering monthly bills, family health concerns, to say nothing of relationship issues including child rearing. Because our minds and bodies are so closely linked, constant worry can take a toll on our health. Why would our emotions wreak havoc on our bodies, you ask?

Stress is more than a feeling. It isn't just in our heads. Stress is -- at a basic human level

-- our normal physical response to a threat. When we are stressed, our body responds by constricting our blood vessels. This in turn increases our blood pressure and our pulse rises. You breathe faster. Your bloodstream is flooded with hormones such as adrenaline.



**Dr. Gabrielle F. Cannick**

When you're chronically stressed, over time these physical changes can result in serious health problems.

If you are reading this and considering your own personal circumstances, you must evaluate the stress levels you are experiencing in your life. Don't sugar coat it. Be realistic. If you are experiencing stress and your body is sending you signals it is time to consider ways to change your life-

style. Medical science has linked a number of serious health issues to chronic stress including cardiovascular disease, stroke, cancer, type 2 diabetes, arthritis, dementia -- and if that were not enough chronic inflammation which can lead to premature aging.

Consider too, the body becomes more vulnerable after a lifetime of wear and tear from unhealthy habits and behaviors. Think of a poor diet or not exercising!

Let's not let this happen. In the second part of this feature, we will discuss proven ways to combat stress and build stress resilience. All are relatively easy to incorporate into our daily lives -- with a little self-discipline and by making better choices. I'll be the first to admit my life and profession generate a lot of stress. So, recommendations that enable me to alleviate even a portion of the stress are something I am willing to consider. If you are feeling the heavy burdens of life and the accompanying stress levels of anxiety, sleep issues, eating

issues, and more -- let's decide together to take action. If you have any questions, please reach out. Consider us 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, visit [grandoaksdental.com](http://grandoaksdental.com) or find us on Facebook at <https://www.facebook.com/GrandOaksDental>.*



Get gorgeous with North America's #1 choice.

Call now for your free consultation at home!

We're your local, neighborhood experts.

And we're also backed by North America's #1 provider of custom window coverings.

We do it all for you, measure and install -- because we think that everyone, at every budget, deserves style, service, and the best warranty in the business.

**BUDGET<sup>®</sup>  
BLINDS**

Style and service for every budget.™

Blinds • Shutters • Shades • Drapes • Home Automation

**25% OFF**

On Selected Window Coverings\*

Offer expires June 30, 2024

**864-332-0612**

[BudgetBlinds.com/Anderson](http://BudgetBlinds.com/Anderson)

\*Applies to selected window treatments and Enlightened Style products from Budget Blinds. Restrictions may apply, ask for details. Minimum purchase required. Valid for a limited time, not valid with any other offers, discounts, or coupons. Offer good at initial time of estimate only. At participating franchises only. ©2018 Budget Blinds, LLC. All Rights Reserved. Budget Blinds is a trademark of Budget Blinds, LLC and a Home Franchise Concepts Brand. Each franchise independently owned and operated.



**For a  
better  
night's  
sleep**

Snoring and Obstructive  
Sleep Apnea  
can be treated safely  
and effectively with the  
EMA<sup>®</sup> oral appliance



EMA<sup>®</sup> works by opening the bite and gently advancing the mandible (or jaw) with elastic straps to increase airway space.

This custom-made oral appliance is only available through dental professionals.

**Ask your dentist if  
EMA is right for you.**

**\$500 off** of a custom  
Sleep Appliance

**Gabrielle F. Cannick, DMD, PhD**  
**Grand Oaks Dental, LLC**

3905 Liberty Highway, Anderson, SC, 29621  
Call 864-224-0809 or visit [www.grandoaksdental.com](http://www.grandoaksdental.com)

# EYE EXAM

It was the mid-1970s, I was jogging on the hot sands of Myrtle Beach when a passerby asked me for the time. I turned and looked back toward the Pavilion and told him, it's 10:35. He said, "Where do you see that?" I



Neal Parnell

said, "The Pavilion clock, right there". The clock was over a mile away. He couldn't see it and was astonished as he went on his way shaking his head. Back then I could spot an ant on a breadcrumb from a hundred yards away. I don't think there are ants anymore, I haven't seen any in years.

I noticed in my thirties that I needed to squint a little to read regular print, but it was two years later when that no longer worked; so, I quit reading. It wasn't a big deal if I bumped into door frames and had to swing at a nail three times before I hit it, that didn't mean I needed glasses. I reluctantly had to make an ophthalmology appointment when I

found that the Department of Motor Vehicles was not amused at me calling out random letters during the vision test and refused to renew my driver's license until I passed.

There is no way to describe the look on my face when the receptionist asked me to fill out a form for their records. I asked if they had a LARGE PRINT version but she laughed at me and said, "Just have a seat, we'll get it later". The massive waiting area was more of a blurry showroom for the vision impaired, not a safe place for me at the time as I scraped my shin on a clear glass table and fell into a chair. My name was called from somewhere behind me and thankfully an assistant led me to an exam room. The room was semi-dark and calming except for the gigantic plastic eyeball staring at me from a long counter.

"How are you Mr. Parnell? Are you having some vision problems?" I answered, "I think my shin is bleeding, and Oh, I thought this was Great Clips". She smiled and proceeded to put my eyes through a strenuous obstacle course of bright light, dilation, and tiny lettering, all while asking, better? worse? better? worse? "Your eyes are completely healthy Mr. Parnell, but you have Astigmatism, which occurs when your eye lens has different curvatures causing what you see to be out of focus.

She handed me a prescription for my first eyeglasses. She was a bit of a jokester like myself and told me that I would see just fine and that like they say at the mortuary, "It's better to View than to be Viewed".

I made it out of there without falling into the lens grinder and making a spectacle of myself, and a long two weeks later I was about to try on my new eyes. WOW! It was a whole new world that I hadn't seen in years. I couldn't believe it, all this time I'd thought the stop signs were out of focus because of bad paint jobs. The first thing I did was get my driver's license renewed and haven't stopped since, because that's just how EYE ROLL.





NEW

ANTI-AGING COMPLEX SERUM

MERLE NORMAN

3.19 FL OZ NET WT. 1.1 OZ.

Testers experienced statistically significant improvements in:

80%

AFTER 4 WEEKS\*

93%

AFTER 8 WEEKS\*

SKIN ELASTICITY & HYDRATION

87%

AFTER 8 WEEKS\*

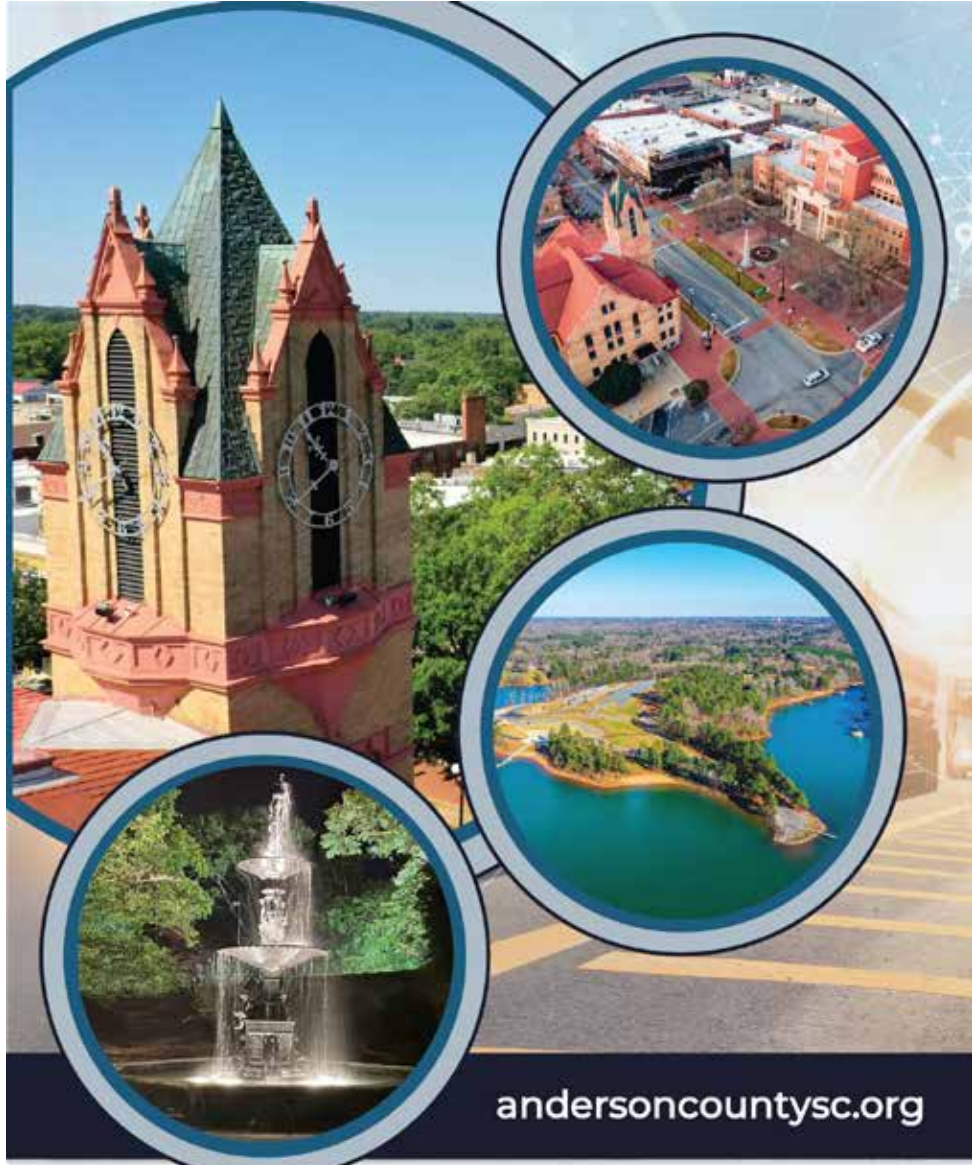
\*Based on a clinical study of 35 women by an independent testing lab

MERLE NORMAN®


cosmetics

501 N Main Street  
Anderson, SC 29621  
(864) 224-3131

www.merlenormanstudio.com/sc/anderson



andersoncountysc.org



ANDERSON COUNTY

SOUTH CAROLINA

EXPERIENCE EXCEL ENJOY



# MOTHER'S DAY GIFT GUIDE



**THE BEE HIVE**  
510 NORTH MAIN STREET, ANDERSON  
(864) 540-8405  
Beautiful pieces for mom



**THE KITCHEN EMPORIUM & GIFTS LLC**  
418 N MAIN STREET, ANDERSON  
(864) 225-2021  
Brighten her day with a gift from Vietri.



**CATE'S**  
211 S MAIN STREET, ANDERSON  
I want it all!



**BLECKLEY INN**  
151 CHURCH STREET, ANDERSON  
(864) 225-7203  
Treat mom to a gift card for a well-deserved getaway.



**DIAMONDS - N - GOLD DIRECT**  
3124 N MAIN STREET, ANDERSON  
(864) 225-3320  
Happy Mother's Day to all the moms!



**W.E.BLACK**  
**TERMITE & PEST CONTROL, INC.**

**W E BLACK TERMITE & PEST CONTROL**  
2840 S MAIN STREET, ANDERSON  
(864) 375-1899  
Give mom a pest-free home for Mother's Day.



**PALMETTO DISTILLERY**  
200 WEST BENSON STREET, ANDERSON  
(864) 226-9917  
Give mom what she really wants - good spirits & quality time.



**CITY OF ANDERSON**  
Shop and dine in downtown Anderson!.



**IMAGES SALON & DAY SPA**  
2101 NORTH MAIN STREET, ANDERSON  
(864) 225-8355  
Give mom the gift of luxury - a gift card for nail services & massage.

# The Met Gala

The Met Gala is on Monday in New York City. It always takes place on the first Monday in May. It's my most favorite time of the year for fashion. The main purpose is to raise money for the museum's costume institute which



Kristine March

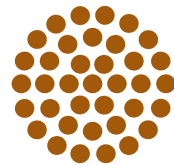
they have done since the 1940's. This year's theme is Sleeping Beauty. It will be really interesting to see all the different looks and how designers interpret their take on it.

I've gathered the most epic gowns from the eighties until now. Let's take a trip back to nineteen

1985. The theme was Costumes of Royal India and Cher really stood out that year. Bob Mackie designed a stunning bodysuit for her and teamed it with a low waist skirt and these stunning jewel encrusted ear cuffs. She looked like royalty for sure. Bob Mackie has designed all of Cher's costumes for her concert tours all the way through 2019. He has been her main clothing designer for her entire career and we can all agree that Cher has some really outrageously wild looks that will definitely go down in history. That year she looked incredibly elegant and timeless.

Now we're going to take it to 1996 and go with actual royalty and that goes to the lovely Princess Diana. She was a classic and is eternally legendary. That particular year she paid homage to Christian Dior in a navy silk slip dress with a big pearl and sapphire choker. In fact, the fashion company was so enamored with the princess that they named a handbag after Lady Di, that you can still buy today, called the Lady Dior. She was an actual earth angel and looked stunning that evening.

Lastly goes to the year 2022, Blake Lively. That year they gave recognition to America and all things related to our country was the theme. She went for a Lady Liberty vibe, but in a most beautiful way. A tribute to New York. She wore Altelier Versace and jaws dropped. She had on a shimmering rose gold gown with an extravagant bow. When she untied the bow, the dress actually turned into something that was reminiscent of The Empire State building. They designed the dress around the architecture of the city and it's definitely one of my favorite dresses of all time. She made a grand entrance that truly looked exquisite. The gown had many layers to the design that were really impressive in a fashion designer stand point. This year don't forget to tune into the red carpet and pick some of your best dressed aesthetics. What are some of your favorite looks in years past? Happy 2024 Met Gala! Remember to make the sidewalk your runway and kindness always matters.



FOUNDED IN 1954

**Hill Electric**  
INNOVATION • TRUST • PARTNERSHIP

**JOIN OUR TEAM**  
**OF DEDICATED EXPERTS**



## WHY HILL ELECTRIC?

- Innovative Solutions
- Professional Development
- Team Culture



[hillelectric.net](http://hillelectric.net)

**NOW ACCEPTING NEW CUSTOMERS!**

**BEWARE**  
OF THE \$65 TERMITE LETTER  
(CL-100) WHEN BUYING A HOME



If you ENCAPSULATE your CRAWLSPACE it may VOID your TERMITE BOND! CALL US FIRST!



CELEBRATING 30 YEARS IN BUSINESS. THANK YOU ANDERSON!



**W.E. BLACK**  
**TERMITE & PEST CONTROL, INC.**

STATE CERTIFIED | 30 YEARS EXPERIENCE | INSURED & BONDED

**375-1899**

2840 S. MAIN STREET

# LET'S GO TO THE PLAYGROUND

**CRAFT**

**FAIR**

Spring has sprung! The cold winter days are gone, and children are anxious to venture outdoors to play, including mine. Every day when I pick up my three-year old, he wants to know if we can go to the playground. I find myself giving in more days than not because I know it's good for him. The combination of sunshine, fresh breeze, and free play are the perfect way to decompress from a day of structure indoors.

I also know that independent free play helps children build self-esteem and confidence to try new things. Something as simple as deciding whether to climb a ladder or swing from the monkey bars presents a challenge for a young child. Contemplating and successfully conquering these small challenges early in life is crucial because it provides the courage to attempt bigger and more important challenges later in life. Additionally, independent play forces children to interact with others, learn to make friends, navigate stressful situations, and resolve conflicts.

Above all, it's important not to forget that all

of our children naturally love to play, run, laugh and just have fun. If you are unsure where to find a great playground spot this Spring, here are a few excellent suggestions:



**Katie Laughridge**

KidVenture 2.0: 7

Jim Ed West Parkway

KidVenture provides a splash pad and playground, has lots of shade, fencing, bathrooms, picnic shelters, a pond, and more!

Carolina Wren

Park and Pavilion: East Whitner Street

Amphitheater, paved park, and splash pad downtown. Check out this website for free summer movies and splash pad hours [www.downtownandersonsc.com/carolina-wren-park](http://www.downtownandersonsc.com/carolina-wren-park)

Darwin Wright Park: Anderson Beach Boulevard

Playground equipment, picnic shelters, beach, fishing pier, disc golf course

Anderson Recreation Center Pavilion:

North Murray Avenue

Playground attached to community fitness center, with picnic shelters and grills

Linley Park: East North Avenue

Neighborhood park, featuring swings, slides, play structures, and picnic tables

Watson Park: Brookview Drive

Neighborhood park, featuring slides, play structures, and picnic tables

Mineral Spring Park: W. Main Street

(Williamston)

Large playground in a historic park in downtown Williamston

W.C. Nettles Park: Nettles Park Road

(Pendleton)

Large playground, featuring playground equipment and picnic shelters

Get up, get out, and GO PLAY. The great outdoors is waiting.



## AUCTION - REAL ESTATE!

**OUTSTANDING 4054+/- sq. ft. Cape Cod Home on 3+/- Ac  
Front of Home Facing West "Beautiful Sunset from Porch"**

**ENDS: TUES. MAY 28TH @ 2PM – ONSITE** (Subject to dynamic auto-extend bidding)

**LOCATION, LOCATION  
LOCATION!!**

**MINUTES FROM I85**

**YOU  
TELL US  
!!!!!!**

**121 WILSON ROAD  
WILLIAMSTON, SC  
ANDERSON COUNTY**



**ONLINE WITH  
LIVE ONSITE CLOSE  
VIEW VIDEO &  
PHOTOS ONLINE  
PRE-AUCTION OFFERS  
WELCOMED**



SCRL#23399

**J. Chris Pracht, IV Auctioneer**  
SCAL#156

[www.prachtauction.net](http://www.prachtauction.net)



# ETHRIDGE'S LOSS MARKS END OF AN ERA

BY RICH OTTER

On April 13, Roy A. Ethridge, Sr. passed away. With that sad day, also passed an era of newspaper history in Anderson County. Roy had written for the Anderson Independent, but was best associated with a weekly paper, The Anderson Free Press. He also authored a book that capsuled twentieth century historical events entitled Anderson County 1929-1972.

Born in Georgia in 1933 during the Great Depression, Roy was raised in a three-room home with a hanging light bulb for electricity. There was no indoor plumbing but there was an outhouse. His friends from town with plumbing would come to visit in order to enjoy the outdoor facility. He had to walk wherever he went but often someone with a car would pick him up.

A great experience was to ride the Greyhound to Hartwell or Anderson for 25 cents. He worked at neighborhood groceries as a youngster. Having read about Benjamin Franklin, he wanted to become a printer. Hitchhiking to Anderson he got a job at Anderson Printing Company in the basement of the old bus station.

At eighteen, Roy joined the marines. While on the way to Korea a cease-fire was declared, and he spent thirteen months in Japan before returning home. He worked in printing in Georgia and then in South Carolina briefly was involved with weekly newspapers. In 1961, Roy took a position as a writer for the Anderson Independent.

After an automobile accident while on assignment that required eight days in the hospital, he returned the day after discharge to work. The publisher accused him of goldbricking. He walked out.

Claude "Red" Canup had recently taken over as the editor of the weekly paper, The Anderson Free Press. He showed up in Roy's driveway, honked his horn, and Roy went to work at the Free Press. About seven months later Red took a position with Daniel Construction Company in Greenville and Roy became editor of the Free Press.

The Free Press and the Independent were at opposite ends of the political spectrum

and virtually every other national and local issue. Roy emphasized local feature coverage, but there remained political issues. His support for change was largely responsible for the election of a new city administration.

The former administration had been deeply entrenched. He allowed voices to be heard that had been ignored or attacked in the past, especially if they did not pay appropriate homage to the Independent and its owner. Roy served as the Free Press editor from 1964 to 1972.

He was involved with the ill-fated development of a new daily newspaper, The News Leader; that challenged the Independent. The paper failed when promised local financing was not forthcoming.

Ethridge assumed a position with the state Republican Party and followed with an unsuccessful challenge to Congressman Bryan Dorn. He returned to Anderson to work for the Home Builders Association, putting on shows and special events. He also put out a public records pub-

lication with his daughter until the Independent decided to enter the previously neglected field. He followed with a publication known as The Anderson Monitor/Business & Politics and finally a news-letter Focus on Anderson.

Unfortunately, about half of the Anderson Free Press issues were lost as well as about half of the files he had accumulated for articles and general information. They were stored in a building that flooded. Fortunately, what had been saved was sufficient for him to write the book Anderson County 1929-1972, a chronology of events during that period.

He turned over all the surviving Free Press issues to the local genealogical society, digital copies being made for the society and the Anderson County Museum. None had been saved by the library. In 2024 he made arrangements for his remaining historical records to pass upon his death to the Anderson County Museum.

Not only did Roy Ethridge personally have a substantial impact upon his community through his services in the past, but his records offer perspective and information of Anderson's history not otherwise reported or preserved.



Roy Ethridge Sr.

# YOGA IN THE PARK!



May 5 @ 6:30pm

June 2 @ 7pm

July 7 @ 7pm

August 11 @ 7pm

September 8 @ 6:30pm

Hosted by Anderson Yoga Center and  
FREE in Carolina Wren Park



# Hanna grads help champion Gamecocks as 'Highlighters'

It's an old saying in sports that there is no I in T-E-A-M. That was clear in this year's NCAA Women's Basketball Championships. In the tournament final, the University of South Carolina, a team comprised mainly of



Kim von Keller

underclassmen, defeated the University of Iowa, led by a marquee senior point guard. The Lady Gamecocks team is more than just the players on the court, though. In addition to Head Coach Dawn Staley and her staff, a practice squad of young men from USC make sure that the girls are prepared for each game. The squad is called The Highlighters, and two of its members, Ben White and Matt Tolly, are graduates of T. L. Hanna High School.

"We couldn't do it without The Highlighters," says USC's Director of Player Development Freddy Ready. "They are part of the reason that we're always on top."

The young men of The Highlighters, named for their neon yellow practice jerseys, are full-time USC students who meet NCAA student athlete requirements. Members of The Highlighters are selected after open tryouts in which team coordinators put them through drills and offensive sets to determine if they can execute specific plays quickly. The ability to learn and execute properly is key to being a Highlighter.

"Before a game, we get a scouting report that focuses on the opposing team's player tendencies and frequently used plays," Ready explains. "From there, coaches showcase those to The Highlighters. Next, we implement an offensive game plan for The Highlighters to use against the girls. The Highlighters also emulate opposing player tendencies. If one is left-handed, we try to put a person in that role. If one shoots over her right shoulder, we want a squad member to do that too. Is the player fast? Slow? Does she attack the rim? The Highlighters do what the opposing team does, so when they play against the Lady Gamecocks, they're not Ben or Matt. They're members of the upcoming opposition. We coach them just like we coach the girls."

Ben White is a rising senior at USC, majoring in exercise science. He learned about The Highlighters at the beginning of his freshman year.

"I had an advisor meeting in the fall of 2021, and my advisor asked what I was inter-

ested in. I told her that I had played basketball and baseball in high school, and a few days later, she shot me an email about a tryout for the women's practice squad. After the tryout, they called guys whom they thought would be a good fit."

Ben is finishing his third season as a Highlighter. He played as a point guard for the T.L. Hanna Yellow Jackets, and he admits that, as an athlete, it was difficult in the beginning to take "Ben" out of the game and mirror another player.

"At first, it's learning multiple plays at one time right before you get into the heart of practice. You have to really listen because it happens fast. But we watch films and know who the players we're mirroring are, and with experience, it becomes easier. So it really isn't about being a good player. It's more about having an understanding of the game and being disciplined. We are there to help the girls, not ourselves, and do what's best for the team."

Matt Tolly is a rising sophomore at USC, majoring in sports management. He also became a Highlighter during his freshman year.

"Everyone in my family is a USC graduate, and I follow all Carolina sports. I was scrolling through the Lady Gamecocks Instagram, and I saw some guys in yellow jerseys. I did some research and found out what they did, and it seemed really cool and fun. I knew Ben from the Hanna basketball team, and he recommended that I try out. When I found out that I had made the team, I was stoked. I was gonna be a part of a team that's one of the best in the country. I've loved it ever since."

Matt was a shooting guard for the Yellow Jackets basketball team, and like Ben, he had to learn about – and play like – every upcoming opponent.

"At practice, the coaches give us a sheet of tendencies, and we only have about 10 minutes to learn eight plays. It's difficult in the beginning because the girls are playing their own style. But if we played like we normally would, it wouldn't help them because it wouldn't prepare them for a game. The Highlighters play for their best."

When the Lady Gamecocks win, The Highlighters are recognized as well. They were part of this year's championship parade, and they'll also receive championship rings. This is Ben's second championship season, but this year's championship is no less exciting.

"In 2022, the team was more mature, and the ladies played in a very businesslike way. This team was new from top to bottom. They



Ben White



Matt Tolly

never got nervous. They were more joyful, and they really valued having a good time on the court. It was fun to celebrate this year's championship with the new guys on the team as well."

As one of those "new guys," Matt enjoyed the celebration.

"At the beginning of the season, you wouldn't have expected this team to go 38-0 and win a championship. It was incredible to see them change. The victory parade was one of the coolest things I've ever done. The streets were lined with thousands of fans, and when they saw The Highlighters, they went crazy."

The biggest fans of Ben and Matt, however, are their parents.

"Watching our son be part of the South Carolina women's basketball team's journey to two national championships under Coach Dawn Staley's guidance has been an indescribably proud and exhilarating experience," say Bernard and Melissa White. "Coach Staley's leadership and mentorship have not only led the team to successive victories but have also played a crucial role in shaping our son's development and work ethic. It's about more than the victories or the titles; it's about witnessing his commitment and growth alongside such talented athletes under a coach whose influence transcends the game. Each practice he's involved in reminds us of the important role he plays in pushing the team towards excellence."

Fred and Sandi Tolly were happy that their son found a way to stay involved in athletics during college.

"When Matt decided to attend Carolina, we were concerned as to how much he would miss being active in sports, as he played varsity basketball and was an ALL-State lacrosse player. When he made the practice squad, we were all thrilled. Coach Staley and all the other coaches and staff treat the practice guys just like part of the team. They receive all the gear, including shoes, and get a lot of other benefits as well. They don't travel with the team, but Coach Staley has mentioned many times during national interviews what a vital role the guys played in their success. She just recently said The Highlighters were the only team to beat them this year! We are so proud of the ladies, and just so happy Matt was able to play a small role in their success."

Freddy Ready is looking forward to Ben and Matt both returning for the 2024-2025 basketball season.

"Ben has been doing this for three years and is one of our most dedicated practice players. This was Matt's first year, and he is a hard worker who is coming into his own. The Highlighters are a huge part of the Lady Gamecocks' success. They prepare them for future opponents, and they give the girls a rest. If the girls were playing 5 on 5, there's more wear and tear and greater possibility of injury. The Highlighters make the girls better, and we couldn't do it without them."

**SMEG for the springtime!**  
It's what every kitchen wants.



418 North Main Street  
Anderson, SC 29621  
Phone: 864.225.2021



ANTIQUÉ MALL  
ANTIQUES | COLLECTIBLES | GIFTS

500 N. Main St.  
Anderson, SC  
864-642-9727

appledumplinantiques@gmail.com



**WESTAR Auto-Truck Tire & Alignment**

Corner of Bleckley & Murray  
PO Box 400  
Anderson, SC

**864.224.2248**  
**864.224.2254**

**Melissa Lewis**  
**Gas Logs & Gas Heater**  
**Repair/Maintenance**  
**(864) 202-5787**

- \* Experienced \*
- \* Dependable \*
- \* Affordable \*



**Price Driving School**

217 West Whitner Street, Anderson, SC 29624  
864-226-1320 - www.pricedrivingsc.com



**Tommy Price**  
Owner - Instructor

Private Driving Lessons - All Ages Welcome  
Certified Instructors

(864) 209-8245 www.UHSSC.com

**Enjoy Personalized Healthcare**

Ready to embark on a journey of personalized support, care, and overall well-being?

Our highly trained personal care specialists assist in providing compassionate support for seniors and individuals with special needs right in the comfort of their own home.

*We Take Care of:*

- Household Duties
- Shopping
- Transportation
- Personal Care & Hygiene



**Mobility Plus**

**Scooters Ramps Lifts**



- Scooters
- Powerchairs
- Ramps
- Stairlifts
- Lift Chairs
- Vehicle Lifts

Sales, Service and Rentals

**MOBILITY PLUS ANDERSON**

1017-A Whitehall Road, Anderson  
(864) 401-8722

*Where EVERYDAY is Independence Day*

**Bring in this ad and receive 10% off total purchase!**

**health markets.**

**HealthMarkets Insurance Agency**  
Health | Medicare | Small Group | Life | Supplemental



**Debbie Whitworth**  
Licensed Insurance Agent

(864)226-8205  
(864)760-2700

debbie.whitworth@HealthMarkets.com

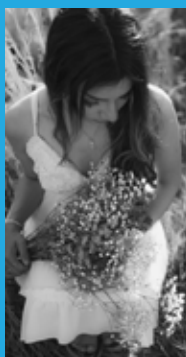
HealthMarkets Insurance Agency, Inc. is licensed as an insurance agency in all 50 states and the District of Columbia. Service and product availability varies. Agents may be compensated based on your enrollment.



1530 A North Fant Street  
Anderson, SC 29621

Monday - Thursday  
9:30 AM - 3:00 PM

Please call for an appointment  
(864) 760-0203



**TURNER PHOTOGRAPHY**

Instagram:  
@\_jc\_turner\_photography\_

Website:  
jcturnerphotography.com

Email:  
turnergirl03@yahoo.com

Phone:  
864-982-0564



**Rain Walker Lawn Service**

- ALL TYPES OF YARD WORK •
- GRASS CUTTING •

**(864) 712-1088**

**Centerville Pickers Market**  
Antiques, Furniture & Home Decor



1300 Pearman Dairy Rd  
Anderson 29625

Phone: 864.780.0210

Hours: Tues - Friday 10 til 6  
Saturday 10 til 5  
Sunday 12 til 5  
Closed Monday



# SWEET SMELLING SURPRISE



**SUSAN  
TEMPLE**  
master  
gardener

Recently while cutting a little arrangement of beautybush (*Linnaea amabilis*), solomon seal, and an unknown fern, I noticed beautybush has a pleasant fragrance. This shrub has been in the yard practically as long as I've lived at my place. I've never noticed its sweet smell before. Long before I could name any plant other than maybe an azalea, I enjoyed cutting flowers and bringing them inside. The first rental house I lived in had some spirea, quince, and other shrubs I could cut for arrangements. I remember taking arrangements to work but have no recollection of what vase I used. Maybe they were simply

put in a glass jar. That's probably about what the budget would allow.

As years have passed, collecting flower vases has kept up with collecting plants. I love to go in thrift stores and often times, another vase just has to come home with me. Grandmother Cooley kept a little piece of lantana, a dainty flower, or some petite foliage from her yard in a small vase on her kitchen table most all the time. A creamy white vase on her piano unfailingly had magnolia grandiflora blooms in it each season. She gave me a couple of her vases, but I seldom use them. They stay in the china cabinet, along with the first vase I remember buying. Funny how we have special things we love but are scared to use them because we might break them.

As I was reading about beautybush on NC State's plant website, the botanists have moved it into another category. It was *Kolkwitzia amabilis*. Just as we learn the big name, they

change it. It is in the honeysuckle family so maybe that is where the sweet smell comes from. Beautybush can be confused with beauty berry, by name, but they are not even close. Beauty berries have wonderful purple berries in the fall. Flowers are nothing much to speak of. Beautybush is an old-fashioned style shrub with pale pink flowers. It needs full sun, or at least 6 hours or so to bloom. It will get large, six to eight feet wide and about 10 – 12 feet tall. It blooms on old wood so pruning immediately after it blooms won't sacrifice next year's blooms. Mine has never been pruned and needs it. It has some dead branches in it.

As luck of gardening design (or lack thereof) happens, a deutzia from Grandmother Cooley's is planted beside the beautybush and they look very nice together. Deutzia's pure white flowers are in full bloom too. It is another old-fashioned shrub and grows about the same size as

beautybush. NC State's website says there are more than 60 species of deutzia, and many are sold under the wrong names. If I had to guess, Grandmother Cooley's is Pride of Rochester (*Deutzia scabra*). NC State's website says it is listed as invasive on the Mid-Atlantic Exotic Pest Plant Council Plant List. When I looked on that list, deutzia scabra was not listed for South Carolina. Mama has one in her yard too. It is well-behaved there, as it is in mine. Hers is also in a good bit of shade and blooms nicely. Deutzia should be pruned right after they bloom too. Bees, pollinators, and hummingbirds enjoy beautybush and deutzia. Deer pass them buy. Deutzia gives some winter interest too with peeling bark.

I decided to cut some large branches (and do a little pruning at the same time) of both of these shrubs and make a large arrangement. There is a large crystal vase that stays



**Beautybush and Deutzia on mantel with Grandmother Cooley**

on the mantel. I was shopping for a particular vase for the mantel when I found this one. The vase needed to be heavy to support large branches I knew would go in it. And it is! Once filled with water, it has worked for anything I've ever put in it. When I came home the next day, the sweet smell hit me the minute I opened the door. That beautiful brunette in the picture is Grandmother Cooley.



## THE BREW

"BUSINESS IDEAS WITH COMMUNITY FEEDBACK."

**JOIN US!**  
**EVERY WEDNESDAY AT 8 AM**  
**FREE BREAKFAST AND COFFEE**  
**ECONOMIC DEVELOPMENT OFFICES**  
**102 N. MURRAY AVE.**  
**ANDERSON, SOUTH CAROLINA**

For more information visit  
[www.facebook.com/downtownanderson](http://www.facebook.com/downtownanderson) or  
email [cgaddis@cityofandersonsc.com](mailto:cgaddis@cityofandersonsc.com)



**We specialize in HVAC, Electrical and Plumbing**  
**Service Residential and Industrial**  
**Provide Certified Technicians for all repair needs**  
**864-716-0560 • [www.glennmep.com](http://www.glennmep.com)**

# NOW OPEN!

## 110 NORTH KITCHEN + COMMISSARY

The City of Anderson will open 110 North Kitchen + Commissary, Anderson's first shared kitchen for food entrepreneurs who want to start or grow their business.

### Offerings Include

- ☀ Kitchen Rentals for Food Production
- ☀ Commissary Kitchen
- ☀ Cold + Dry Rentable Storage
- ☀ Business Education + Support Programs
- ☀ Prep Space
- ☀ Demonstration Kitchen
- ☀ Retail Space

Located downtown Anderson at 110 North Murray Avenue.

For more information, contact us at  
[fmilford@cityofandersonsc.com](mailto:fmilford@cityofandersonsc.com).



*A Creative Culinary Experience.*

