

# **Electric City News**

Your Connection to Local News, Sports, People and Happenings

www.TheElectricCityNews.com

June 6-19, 2024

# Memories of Embler Field baseball

#### BY JACKIE NEWTON

Embler Field as I knew it was a great place to play ball. Some of Anderson's best ball players played little league in that field. In the 10 & under slow pitch it took 10 balls to walk a batter. Some of those games lasted forever. Can you imagine playing a 6-inning game with a 9 or 10 year-old kid pitching slow pitch- the ball had to have an arch in it- and the batter waiting for a 10 pitch walk?

12 & Under became fast pitch with 4 balls and 3 strikes. It was quite an adjustment from 10 & under. Both 10 and 12 & under were played on the one field for many years. Around '71 or '72 they made the field beyond the centerfield fence into a 10 year-old field and left the big field only for 12 year-olds.

The greatest thrill for any batter was not only hitting a home run but seeing if you could hit one onto Murray Avenue. That was considered quite a feat. But the ultimate "blast" was being able to land one at the brick house in left field

REC CENTER National League 10-under All-Stars are: Front row, L-R, Danny Sullivan, John Bookhart, Stanley Wilson, Dennis Bolt, Douglas Winn, Steve Bagwell, David Sanders, Ray Davenport and Tommy Wilson. Second row, L-R, Jackie Newton, Gregg Martin, Stacey Reece, Steve Morrison, John McCown, Douglas Campbell, Ricky Coker, Jimmy Powell and Mark Cooley. (Independent Sports Photo by Wilfrid Binette)

across Murray Avenue. I hit 13 the year I was 12. Three or four landed on Murray Ave and one bounced off the house.

Of course, at 12 years of age I was 5'8" and weighed 185lbs. Pretty big for a 12 year-old. In the 6 years I umpired there, I saw 10-15

home runs land on Murray and a few off that house, but not too many. One night one home run busted a windshield of a car headed up Murray and caused a minor accident.

Parked cars lined both sides of Murray Ave. Fans walked down to the field to watch kids play. Always a dangerous situation with people crossing the street, especially kids. Unfortunately, we had a few kids hit by cars; nothing serious as I recall, but always scary when you would hear horns blowing or tires screeching.

Annie Claire Tribble who went on to coach women's basketball at Anderson College and Clemson was one of the best Little League coaches to coach there as well as the great Henry "Grinny" Spake. Men like Marshall Fant, Cecil Radford, Horace Grumbles, James Hall, too many to name. Look around Anderson and just about every man in a leadership position played or coached at Embler Field in Linley Park.

One great thing back in the day was that the local merchants sponsored the teams. My first team was First National Bank. When I

**SEE FIELD ON PAGE 2** 



## Father's Day gifts that won't break the (piggy) bank

Father's Day is just around the corner, but there's still plenty of time for the kiddies to find something great for Dad. And while he may deserve a Rolls Royce, children often have Hot Wheels budgets. With that in mind, here are some budget-friendly ideas that dad will love that won't break the piggy bank.

For the Cocktail Dad: If Dad is into craft cocktails, treat him to the kind of ice that's served in upscale bars. The Morfone Silicone Ice Cube Tray and Square Mold Combo creates three large cubes and three large balls of ice that won't melt quickly and dilute his favorite bourbon. \$8.95 at amazon.com.

For the Grilling Dad: A kid would have to mow a lot of lawns to afford a high-end smoker, but if Dad is into grilling out, he might enjoy a Stainless-Steel Smoker Box w/Hinged Top. This stainless-steel box fits in most grills, giving fish, chicken, beef, or pork that delectable smokehouse flavor. A bag of Cowboy Charcoal Hickory Wood Chips would round out the

gift. The smoker box is \$9.98, the wood chips are \$6.98, and you'll find both at lowes.com.



Kim von Kelle

For the Fashion
Dad: If you're buying a
gift for a dad who loves
an accessory, treat him
to a pair of Personalized
Photo Socks. Simply
upload a photo, such as
a father and child image,
create line of text, such
as "Greatest Dad," and

his unique socks will soon be on their way. Regularly \$19.99, the socks are currently on sale for \$10.99 at personlizationmall.com.

For the Home Repair Dad: Dads are often in the dark, and I don't mean that they're clueless. Keeping up with a home often means going into dimly lit spots like crawl spaces or the cabinetry under a sink. Light his path to home repair success with a Husky 500-Lumens Dual Beam LED Headlamp. It

has a 60-meter beam distance and five different light modes. \$14.97 at homedepot.com.

For the Reader Dad: A perfect gift for Dad is a book about other dads. The late Tim Russert, who wrote about his own father so beautifully in "Big Russ & Me," put together a volume of essays about fathers titled "Wisdom of Our Fathers." Published in 2007, the book is available on thriftbooks.com starting at \$4.79 and amazon.com from \$8.29.

For the Foodie Dad: Sometimes, what Dad really wants is a good meal. It'll taste even better if it's been lovingly prepared by his children. King Arthur Baking Company's Cinnamon Bun Mix includes everything they'll need to create nine glazed, fluffy, delectable homemade cinnamon rolls. \$18.95 at shop.kingarthurbaking.com

But no matter what gift they buy, make sure it's accompanied by a homemade card. Long after the book is read and the rolls consumed, a construction paper card with crayon illustrations will still be a favorite Father's Day memory.

# MEMBERS OF THE Rec Center 10-under American League All-Stars are: Front row, L.R. David Shook, Ross Browne, Robin Jones, Van Cowthon, Mark Stuart, Richard McClure, Tony Evans and Reed Fowler. Back row, L.R. Binette)

### **Field**

### **CONTINUED FROM PAGE 1**

was old enough to start a savings account, guess which bank I went to? All the "mills" had teams - Toxaway, Orr, Equinox etc., also Crown Oil, Jaycees, Gallant-Belk... We were part of a community. All the players and coaches knew one another and baseball was fun. There were no traveling leagues. No AAU. We weren't trying to win college scholarships. We were having fun.

Let me remind you we played with wooden bats and usually one

worn-out baseball. Many times, that ball landed in the creek that ran beside Embler Field. Someone would fish it out, throw it back on the field and we would keep playing. Very seldom did we use more than two balls in a game. As I said before local merchants sponsored the teams. They bought our uniforms every few years and gave us a few balls and bats. That was it.

Most of us kids were lucky to have our own glove. A real treat was to be able to go to Dillard's Sporting Goods and buy your own personal bat. They cost \$4.95 - \$6.95. That kind of money was hard to come by especially for a wooden bat that you might break with just one swing.

# Anderson District 5 participating in CEP

Anderson School District 5 is participating in the Community Eligibility Provision (CEP) for the 2024 - 2025 school year. Section 104(a) of the Healthy, Hunger Free Kids Act of 2010 amended section 11(a) (1) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1759a(a)(1))(the law) to provide an alternative to household applications for free and reduced-price meals in local educational agencies (LEAs) and schools with increased levels of low-income students. This alternative is referred to as the Community Eligibility Provision. All students enrolled in the school/ district may participate in the breakfast and lunch program at no charge to them. Families will not have to fill out meal applications.

Breakfast and lunch meals follow the United States Department of Agriculture (USDA) guidelines for healthy school meals. Please encourage students to participate in the school meal programs.

You may contact your Culinary Service Director, Quentin Cavanagh for additional information.

Phone: (864) 260-5000 or Email: quentincavanagh@anderson5.net.

Parents or guardians that do not want their child/ children to participate in CEP may wish to discuss this matter with William Richey, Program Administrator on an informal basis.

Phone: (864) 260-5000 or Email: williamrichey@anderson5.net

Parents wishing to make a formal appeal may make a request either orally or in writing to

Wess Grant, Operational Services / Chief Operating Officer.

Phone: (864) 260-5000 Address: Anderson School District 5, P.O. 439, Anderson, SC 29622.

This institution is an equal opportunity provider.

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## **MOTION AND COMMOTION**

#### BY ANN K. BAILES

I remember vividly all the noise in our house when our children were younger. Doors slamming, car keys jingling, friends coming over, "Mom, I need money," tussling, joking, clatter, movement, refrigerator door opening, "What's for dinner?" – the normal forms of commotion in a home with teenagers continually going in and out.

I'm wistfully reminded of that as I watch the purple martins at our farm. Tootle-tootle-clack-clack-clacks are sounding all around, and I see motion wherever I look-but it's happy motion. The martins stick their heads in the gourds, come back out, swirl around as a group, fly straight up and disappear briefly – then I hear the familiar whirrs and clacks of their song as they come back, circle around in the sky awhile longer, perch above the gourds, fly back in, and repeat – this time disappearing even further, sometimes several miles, in search of insects.

Martins are social and communal birds. They act as a group, and they're known to love having people and the normal activities of life going on around them. Putting up a martin apartment house or gourds is like introducing a mini-neighborhood inside a human neighborhood.

Native Americans were hanging gourds for purple martins long before Europeans arrived in the U.S. And in the early 1800s, the famous ornithologist John James Audubon determined his lodgings for the night based on martin gourds: "Almost every country tavern has a martin box

on the upper part of its sign-board; and I have observed that the handsomer the box, the better does the inn generally prove to be." (allaboutbirds.org)

In late summer, after the fledglings are gone, martins roost together in huge groups so large that they have been seen on radar as they swirl together in the mornings and the evenings. One of these enormous groups gathers here in South Carolina on Lake

Murray late in July. Scientists estimate the annual roost on Bomb Island to contain more than a million birds, gathering to pre-

pare for their long migration to South America for the winter. The Lake Murray sanctuary is the largest in America, and its activity peaks in mid- to late July. It's a great sight for tourists.

But for now, I'm watching this group of martins at our farm. I hear the tootle-tootle-clack-clack sound in the distance and can

tell that the birds are returning from their bug-finding expeditions. They stick their heads into their plastic gourds where they are (hopefully) nesting, then pop back out, circle again, and they're off, flying around the gourds. Noise is everywhere, birds swirling as they perch, fly some more, and finally disappear into their houses again.

It almost sounds as if the children have come home.

# Anderson School District 5 providing free summer lunch

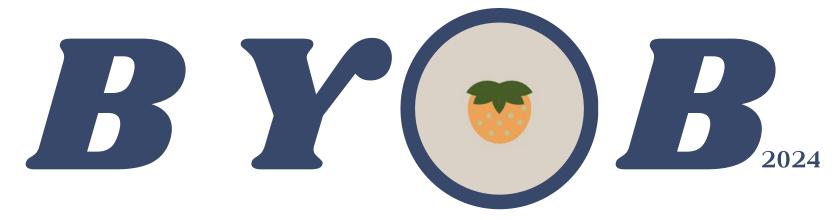
The school district will once again sponsor the Summer Feeding program. The program provides free meals Monday, May 28th through Friday, July 19th to any child 18 years of age or younger. Meals are provided without regard to race, color, sex, age, disability, religion or national origin or Free and Reduced meal price status. However, some sites require enrollment in their program to receive a free meal. Anderson School District Five and Culinary Services provides an average of 1800 meals per day as part of the U.S. Department of Agriculture's Summer Feeding Program.

Individuals should contact participating community locations for details and hours of service. Times may vary by location.

For a complete list of sites or more information please visit our website at www. flavor5.com or call Quentin Cavanagh at 260-5000 ext. 10250.



The City of Anderson presents:



### **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 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



# Managing emergencies

#### BY RICH OTTER

Anderson's Emergency Management Division works with public and private agencies assisting with training, communication, education, equipment and facilities to meet natural and man-made disasters. They respond to events ranging from wild fires, weather threats, flood, civil disturbance, biological or chemical emergencies to criminal

activities. They are responsible to prepare for emergencies, function during an emergency, and act to minimize whatever damage or danger may result from such an event.

Closely associated to the division but a separate operation is the Dispatch Center controlling 911 operations. Both function under the Anderson County Sheriff's office. The dispatch center currently processes 300,000 to 400,000 calls a year. Highly trained operators must be prepared to respond to callers who may franticly need assistance, such as for medical, law enforcement, fire, hazardous materials, suicide, or bomb threats.

In the event of an emergency that disrupts normal 911 operations, Anderson Emergency Division Director Josh Hawkins explains their facilities maintain backup for all of the 911 center's capabilities. If faced with a disaster situation or some type of terrorist event, the division can utilize its emergency operations center. "We would start activating plans, public information, and operational procedures" appropriate for the event. Even if all backup procedures to the 911 system were to fail, they can fall back on some 20 volunteer ham radio operators for assistance.

Planning for emergencies must consider such problems as shelters, food resources, physical transportation assistance and how to direct transportation, public information dissemination, search and rescue, evacuation and operating procedures. In addition to staff personnel and the utilization of other county employees, through a FEMA program they have some 30 volunteers under constant training programs who are on standby.

The Emergency Division has been able to acquire extensive equipment, about 90% of which has been obtained through federal grants. They have what is called a pod runner that is "a mobile command post on wheels," complete with two computers, four screens, a printer, a modem so it can get internet, and



**Mobile Command Center & Director Josh Hawkins** 

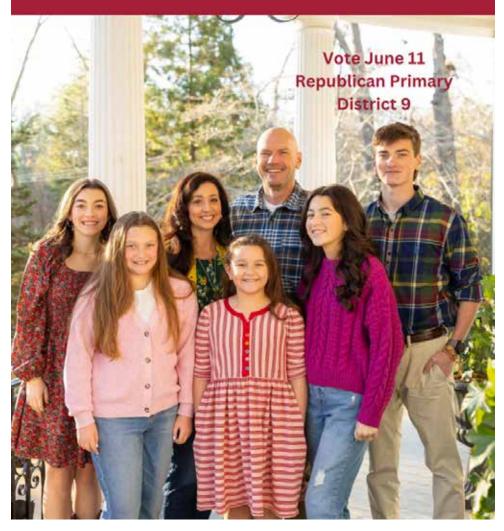
phones, as well as four radios for VHF, UHF, and two 800 Megahertz. Hawkins said: "We can run a dispatch center with that, a command center that will track teams and watch feeds from our drone."

They also have, as a Mobile Command Center, a giant RV that does the same thing as the command box and has air conditioning and a table to work from. It has an eight-person conference room and four-person dispatch center. We use it whenever we may have a long investigation such as for a drowning, a missing person or lengthy criminal investigation." The unit includes a satellite dish, photo-observation tower and high-powered spotlights. Their Command Center vehicle has responded and given assistance to other geographic areas such as for hurricanes on the coast.

The divisions most recent acquisition was a new boat. The boat is for "fire, EMS and law enforcement. Hawkins commented: "We had the unusual pleasure of actually designing the boat. Our first goal was to design it so it would be diver friendly, being able to get in and out of the boat easily. Our second goal was to design it so it would be fast. I wanted it to have power so we could get where we needed to go quickly. The boat actually has two motors in case one should die. The boat can attain 54 miles per hour. It handles like a dream." The former boat was given to the rescue squad but an extra pump provides two county boats equipped to fight fires or support land based fire engines with water.

Captain Wayne Mills has authority over the Emergency Management Division and Dispatch Center. Both function under Sheriff Chad McBride. Emergency Management is somewhat of a hybrid, Hawkins added. "We don't just touch the sheriff's office. We touch every department in the entire county and in the municipalities. Although we fall under Sheriff McBride, we also answer to County Administrator, Rusty Burns."







# BOONE appliance

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Call today to schedule your in-home appliance repair!

# THANK A NURSE WITH KINDNESS

#### BY SHAUNDA TROTTER, CHIEF NURSING OFFICER AT ANMED

On the heels of National Nurses Week and National Hospital Week in May, we recognize the essential role that nurses play in society as advocates for patients and families, compassionate caregivers, and professionals who – in the words of the American Nursing Association – "make the difference" in health care.

Nurses consistently top the Gallup Poll's annual rankings of the

most ethical and honest professions.

But instead of thanks and appreciation, nurses are often subjected to abusive and even violent behavior. Violence at health care facilities and against health care providers is on the rise.

Studies indicate that health care employees are five times as likely to experience workplace violence as other workers, according to the South Carolina Hospital Association, and two-thirds of workplace violence incidents at hos-



pitals involve nurses or nursing staff.

Hospitals are working to enhance security and increase reporting of incidents, but we need the public's help. We need to create greater awareness of the impact abusive behavior can have on worker burnout, job satisfaction, health care costs and the quality of patient care.

It makes the wrong kind of dif-

ference.

So, the simplest way to celebrate nurses, not just this week but whenever you need care, is to be kind. That's a reminder we're sharing with patients and visitors in May and year-round. Our nurses are someone's mother or father, best friend and neighbor. We ask that you help us care for them, for a change.

Every day they go to work, nurses make a commitment to do no harm. Let's make that same commitment to them.

## Experience movies under the stars at a drive-in theater

What are the essentials for a great night at the movies? A buzz-worthy first-run film. Hot, salty buttered popcorn. An extra-large ice-cold soda. Mosquito spray.

You'll need that last one if you're going to see a film at a drive-in theater. Since June 6, 1932, Americans have been flocking to the great outdoors to watch movies from the comfort of their car or a folding chair. Steve Parker of Alpharetta, Georgia, remembers going to a Greenville-area drive-in when he was a boy in the late 1960s.

"I knew we were going to the movies when my dad washed our car," he says. "We would get to the drive-in early to meet my parents' friends and their families so that we could park next to each other. Once the adults were set up, the kids would play on the playground and eat snacks from the concession stand. I don't think I ever watched a movie from beginning to end."

While drive-in theaters seem like holdovers from the past, there are still three drive-ins left in South Carolina.

The Hwy 21 Drive-In Beaufort is the only drive-in in the Lowcountry and has been open since 1978. While it still has the nostalgic feel of your grandparents' time, The Highway 21 Drive-In updated its screen, lighting, and sound in 2022. In February of this year, movie fan Leigh recounted a night at the theater on Trip Advisor.

"What a fun February evening of memory-making! We piled in the back of the SUV with blankets and pillows to watch Migration and Wonka. An exciting, new adventure for the littles and a throwback to earlier days for adults. Highlights: concession food was tasty, audio feed on FM station worked perfectly, and bathrooms were very clean. Can't wait to go again!"

You'll find The Big Mo drive-in theater in

Monetta, South Carolina, which is between Columbia and Augusta. The Big Mo opened in 1951 and closed in 1986. It was reopened in 1999, and in 2013, The Big Mo was the



Kim von Keller

recipient of an \$80,000 projection system, courtesy of Project Drive-In, Honda's national effort to help save drive-in movie theaters. Moviegoer Britt said this about The Big Mo on Yelp.

"Enjoyed our family outing here. We visited on a Saturday and the line was long way before the doors opened (doors open at 6:30) so If there's a popular movie out you should get there extra early. We visited the concession stand before the movie started and wait time was long. We purchased a full pizza and nachos and it was good. The movie showed great on the screen. \$9 for two movies you can't beat this deal anywhere. You are able to bring your own food as well. Cash at the ticket booth ONLY and you can make debit/credit card purchases at the concession. Will be back. Wish I knew about this spot years ago!"

For Anderson residents, the closest drive-in is The 25 Drive-In in Greenwood. Like The Big Mo, The 25 Drive-In opened during the 1950s and closed during the 1980s. It reopened briefly in 1999, but opened to stay in 2009. Greenwood area resident Donna wrote this on Facebook in 2023.

"My husband and I love the drive-in. Tommy and Carolyn [owners] along with their son Tom are so wonderful and support the community. Boy Scouts were camping out at the drive-in this weekend. \$10 to see 2 movies for adults \$5 for kids -- just pick

one of three screens. Food is awesome -- best hamburger in Greenwood for sure -- lots of menu items to choose from. The best thing I saw last night was 2 kids reading their books waiting on the movie to start. Get your season tickets and come every weekend."

If you'd like to try the drive-in experience for the first time – or relive your experiences from childhood – there are a few things to know. First, visit the theater's website for visitor information, including whether cash is required or if debit/credit cards are accepted. Second, plan to arrive early to get a good parking spot. Third, bring mosquito repellent, especially during the buggy summer months. Fourth, bring chairs or a picnic blanket if you're planning on sitting outside. Last, even if you're planning on visiting the concession stand, bring some snacks or a picnic dinner to enjoy before, during, or after the movie.

The most important thing to remember, though, is to have fun. Enjoy the ability to



see a movie under the stars. Chat with fellow drive-in goers. Have a delicious cheeseburger or plate of nachos from the concession stand or sandwiches from your own basket. And more than anything, create the kind of memories that Steve Parker has from those nights spent with family and friends at the drive-in theater.

"We got concession snacks, played with friends, and saw a movie. By the time our parents were driving away, we were asleep in the back seat. Going to a drive-in was a great family experience!"



# SUBJECTS TO CHANGE LIVES

### **Meadowbrook Baptist Church**

**Beginning June 2** 

9:00 am Worship

### "Sins Hurting Us and Others"

Pride: People as Ugly as Camels
Anger: The Sin Destroying America
Greed: America's Golden God
Temptation: The Devil's Trap Door

Complaining: Destroying Your Home

"Getting to Know You Better"

10:00 am Fellowship Time

10:30 am Worship (New)

Hymns / Prayer Requests
Sermon / Discussion

### "Learning to Pray"

Prayer - "The Life of Prayer"

Prayer - "Alone Time with God"

Prayer - "Difficult and Necessary"

Prayer - "Prayer Conditions"

Prayer - "The Only Way to Find True Happiness"

#### **MEADOWBROOK BAPTIST CHURCH**

102 North Park Drive (Off McGee Road) Road Behind the Sheriff's Department Runs from Whitehall Road to 28 Bypass

Pastor: Bob Marcaurelle | Song Leader: Dwight Greene | Pianist: Leigh Stedman meadowbrookbaptist.cc Free Bible Study Materials | bmarcaurelle@charter.net 864-224-0782

### **DON'T GIVE UP ON PRAYER**

"People should keep on praying and not get discouraged and give up." Luke 18:1 / - "Keep on asking and you will receive; Keep on searching and you will find; Keep on knocking and one day the door will open."

(Luke 18 / Matthew 7 / Luke 11)

A mother heard her little boy praying: "Dear God, I didn't make the team; my sister keeps on making fun of me and Uncle Fred still doesn't have a job. And I'm sick and tired of praying prayers that don't do any good. Amen!"

Our biggest problem in praying is when God tells us "no," we give up and quit. Doing that, we are tempted to see God as a grouchy neighbor (Luke 11) who does not want to be bothered by us, or a dishonest judge who refuses to give us what is rightfully ours until he is tired of listening to us. (Luke 18)

Suppose we are faithful to our church and trying daily to live right for God. Our child comes down with a serious illness and the medical bills are piling up. A new position with higher pay comes open at work, and we ask God for it. The one chosen has plenty of money and never darkens the door of a church.

This is when we are tempted to quit. We feel we asked for a fish and God gave us a snake. This is the time to start wrestling with God and ourselves as we move to the deeper levels of asking, searching for answers and knocking on God's door, to find out what is going on and learn what is good or best in us not getting that job.

God does not need our begging. What He wants is for us to be the kind of person who is not too proud to beg; who realizes we do not deserve any of His blessings; one who looks at the Cross and says, "For what you did for me there, if you never answer any of my prayers again, I will love and serve you until the day I die."

Pastor Bob Marcaurelle
"Preacher Bob"

# Old school dad

My Dad was from the original old school that believed there was a direct connection between a boy's bottom and his brain. He never



Neal Parnell

his brain. He never laid a hand on me, but his belt and my backside were destined to meet. I'm sure I'm not the only boy who tried to shove a book down the back of his Levi's while waiting for the boom to lower. I knew I shouldn't have given the dog Barbie's head to play with, but I

had no idea anyone would notice that she had shorter hair and only one eye when I reattached it. Then later that day I'd hear from my dad, "Neal, Go wait for me in my bedroom". That was the worst part, waiting alone with thoughts of dread, guilt, and impending pain. I was sitting on the bed with my eyes glued to the floor when he came in holding the thin black strap and closed the door. First came the interrogation. "Son, did you chew on Barbie's head?" No sir, the dog did. "Son, did you decapitate Barbie?" No sir, she wasn't wearing a cap at all. "Well, you're going to get punished, now stand up.". I stood and noticed that I could see the shadows of my sisters' feet under the bedroom door. They were listening and enjoying my humiliation and terror. "Ok, turn around and put your hands on the bed". I looked at him with the best sad cow eyes' I could muster

but there would be no reprieve, so I did as I was told. I'm almost positive that I heard a slight giggle from the door when he said, "Don't you move those hands". My whole body was clenched and my eyes were squeezed shut as I waited for that quick swishing sound before impact. He silently bent down and

whispered in my ear, "I'm going to whip this bed and every time I do, you're going to scream the way you did on the roller coaster at the fair, do you understand? WHACK! YEEEOW! WHACK! YEEEOW! In another whisper, he said, "Listen to me son, what just happened is our secret, you're going to walk out of here crying and I don't want to see you watching TV or riding your bike for a week, do you hear me"? And one more thing, stay away from Barbie and Mrs. Beasley, they're both trouble". He knew my sisters were outside the door so he tapped the doorknob before he opened it and we heard them scatter down the hallway. I left the bedroom rubbing my eyes and sniffling as the sister whose Barbie was mutilated, popped up, stuck out her tongue, pointed her finger, and danced a victory jig. All through my mischievous adolescence, this same scene



would play out, and I never knew if the bed would get the whipping, or if it would be me. Now that I'm almost seventy years old, I want my sisters to know that it was always the BED.

### EXPECTING MOMS: TRANSITIONING TO MATERNITY LEAVE



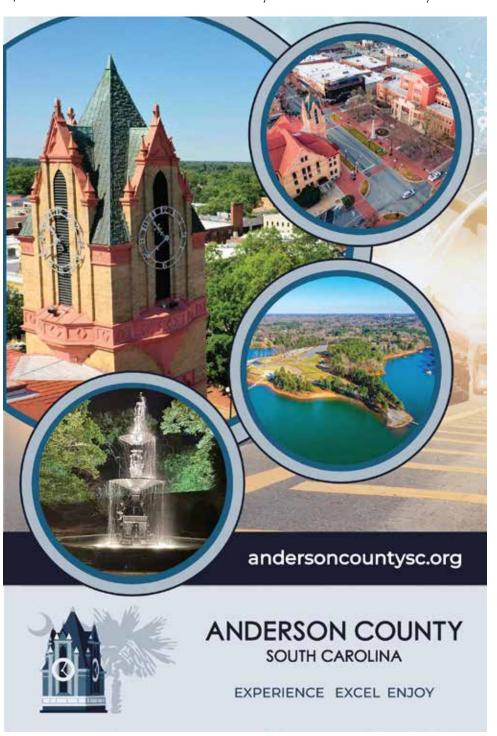
The time when a mother stops working after birthing a child, adopting a child, or fostering a child is incredibly special while simultaneously a critical time for women to recover from delivering a child, bond with their new baby, and overall adjust to a different "normal." Sadly, and unfortunately, the United States is 1 of only 6 countries in the world without a federal mandate for paid family leave. Similarly, the average time off for a working parent following giving birth is 10 weeks.

As I approach my third and final maternity leave, I have decided to take a minimum of 12 weeks off from writing articles in ECN and hope/plan to be back in the fall months to soak in this time that is beautiful yet exhausting, and a season that requires grit, patience, endurance, support, and resilience. Although not necessarily complicated, it is repetitive, monotonous, and physically demanding.

It is a busy time where you are consistently occupied. It can become lonely and isolating, and you may miss the connections and achievements from working. You may begin thinking will I come out on the other side or when will I feel myself again. Demands, priorities, and routines will change. You start to accept that you cannot have it all during this season or phase of life.

With this acceptance, you find how beautiful this season is; the thumb sucking, little cheeks, and the smell of a new baby hits again. You find the gratitude in a healthy family, giggles, and all the new tricks and affection. Weeks will begin to fly by as your baby grows and you lean into treasuring all the moments and learn to embrace the chaos. Being a mom is powerful and life changing—it deserves the time and space to enjoy, cherish, and embrace it without the guilt of trying to do it all and working as if you did not have a newborn and aren't recovering from birth.

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



# MOVIE AIGHT IN WREN PARK

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

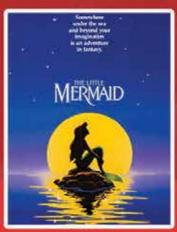
FRIDAY, JUNE 14 - LITTLE MERMAID @ 8:55PM

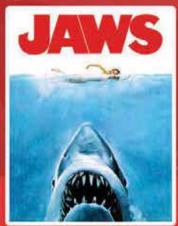
FRIDAY, JULY 12 - JAWS @ 8:55PM

FRIDAY, AUGUST 9 - TOP GUN @ 8:35PM

FRIDAY, OCTOBER 25 - COCO @ 6:50PM











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### HELPING HANDS

As my girls are rapidly entering their preteens, it seems that they are always wanting to buy something. Can't say I blame them because I was the exact same way at their age...and haven't changed much! At the same time, there are countless chores that need to be done around our house.

This summer I decided it was time to mesh these two issues together. "Kill two birds with one stone" as some would say. I re-invented our chore charts and let my girls brainstorm chores they thought they could do around the house. They came up with ideas like fold laundry, empty trashcans, unload the dishwasher, blow off the porches, vacuum, help keep their brother's toys organized, etc. Now that they have something they really want to buy, they are much more motivated to put in the work. It's a win-win for all of us.

Over the years, I've learned that when assigning jobs, first model for them what to do. Then allow them to do it with me, then they'll be ready to fly solo. Of course, it's not going to be perfect but that's not the point. The job needs to be done, whether



Katie Laughridge

When assigning chores, remember to be precise. Don't just say, "clean your room." Say ,"make your bed, take your dishes to the sink, hang your hangers in the laundry room, put your clothes in the hamper, put your toys in appropriate bins, etc."

it's perfection or not.

And it's important to remember to keep

it simple. I don't want the chores to be too difficult for their age and I want them to be excited/motivated to help (especially when they are smaller). I also have to keep in mind to praise and encourage them while the chore is in progress. It's important to build positive momentum, especially in young kids.

If you are interested in starting a chore

chart at your house, see below a list of age-appropriate chores:

#### **CHORES FOR CHILDREN AGES 2-3**

Put toys away Fill pet's food dish Put clothes in hamper Dust

Pile books and magazines Organize toys into appropriate baskets

### **CHORES FOR CHILDREN AGES 4-5**

Any of the above chores, plus: Make their bed Empty wastebaskets Bring in mail or newspaper Clear table Use hand-held vacuum to pick up crumbs

Water flowers Unload utensils from dishwasher

Wash plastic dishes at sink Fix bowl of cereal

### **CHORES FOR CHILDREN AGES 6-7**

Any of the above chores, plus: Sort laundry Sweep floors Set and clear table Help make and pack lunch

Weed and rake leaves Keep bedroom tidy

### **CHORES FOR CHILDREN AGES 8-9**

Any of the above chores, plus:

Load dishwasher

Put away groceries

Vacuum

Help make dinner

Make own snacks

Wash table after meals

Put away own laundry

Sew buttons

Make own breakfast

Cook simple foods, such as toast

Mop floor

Take pet for a walk

Summertime is a great time of year to begin this activity in your home. Schedules tend to be less hectic and there's more time and energy to invest in something extra you may be trying to implement. I hope you'll find that giving your children chores around the house will make it all less of a chore for you.

"Children who help with housework improve their self-esteem, gain a sense of responsibility, feel they are valued and trusted part of the family." - Krysten Taprell Psychologist.

# Make the most of summer

Summer officially starts in twenty days and I have a list of everything you need to make the most out of the season this year. I love affordable things and I've come up with some

packaging makes it fun and it doesn't sting your eyes. Get this, it actually comes in a can

of whipped cream and makes little star shaped mountains of foam when you rub it on your

skin. It's SPF thirty and it's eco-friendly. The

company makes so many cute products and it

Second on my list is beach towels. I like a

has a vintage eighties vibe to it. I highly rec-

quick drying one that isn't bulky or heavy or

beach towels that are really beautiful, light,

towel. They're sand resistant and compact.

soft and airy, but definitely get the job done.

Slowtide makes the most gorgeous prints that are three times the size of a regular beach

gets all sandy and gross. I found these Turkish

ommend everything they make.

it can be sort of a racket

and we're simply paying

bad about not applying

sunscreen enough, but I

found a great one recent-

ly called Vacation. The

for the name. I myself am



Kristine March

You can even make them into a sarong to wear or a table cloth for a picnic. They're so stylish and cool and many of them are on sale right now. Definitely check them out. Next up is a hydrating lip mask. In the great finds to keep you happy. I love skin care, but we all know some of

balmy months our lips can tend to feel dry, but this particular lip mask you can sleep in or just wear whenever you feel like it. It's by Laneige. It's right at twenty-five dollars and comes in heavenly flavors. It gently plumps and restores and leaves your lips glowy and feeling amazing.

Lastly is something for your yard or even a rooftop balcony. If you don't have your own pool a company called MINNIDIP makes adult kitty pools that are absolutely incredible. They have a resort collection with nautical tiles and chic designs. You can lay out back in a pool or even a fountain that blows up in minutes and hooks up to your garden hose. Trust me when I say how adorable these are. They would be perfect for a yard party or just a fun way to cool off and get some vitamin D. Target sells them and you can order online.

These are just a few ideas to get your summer started. These would also be great gift ideas for a graduation or just for family and friends. What are your summer plans this time of year? Remember to make the sidewalk your runway and kindness always matters. Happy Summertime y'all. Stay cool.





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### YOUR DENTIST CAN SAVE YOUR LIFE

# Being resilient when dealing with stress, Part 2

In this Part 2 of our feature on self-care or lifestyle medicine (adopting healthy habits and behaviors) we continue discussing one of today's most important health issues, chronic stress.

When you are chronically stressed physical changes can occur over time resulting in severe health issues, including devastating conditions like cardiovascular disease, stroke, cancer, type 2 diabetes, arthritis, dementia – even premature aging.

Given this bleak scenario we should carefully examine all reasonable options for coping with the stress of modern life and alleviating as much of it as we can from our daily routine.

Where to start? Recognizing and being able to acknowledge chronic stress is the first step. And it can be difficult. That's because it's tough to step back from the demands of our modern lifestyles, take a reality check, and accept that it may be past time to change our habits. And to do that requires personal discipline and making better, even self-protective, life choices.

We can start by recognizing the triggers of stress in ourselves. From there we can learn to



Dr. Gabrielle F. Cannick

reduce stress and actually build resilience, so we are able to bounce back when feeling overwhelmed.

Fortunately, there are many relatively simple action steps emotional health care professionals recommend for "on-the-spot" stress relief. Here are key ones I feel we

can all easily adapt to suit our daily routines:

- 1. Try this relaxation exercise throughout your day. Take 10 slow breaths in and out imagining something you love. Hold the image for a few minutes. Feel yourself relax.
- 2. Under stress our muscles tense up. For relief stand, inhale, raise your arms overhead, lace your fingers together, stretch, release your

fingers, and exhale as you lower your arms to each side. Repeat.

- 3. Give yourself permission to take a mental time out. More and more we're hearing the term "mindfulness". It simply means focusing on the present moment to break up stressful thoughts you may be having. Think of it as an exercise of the imagination -- absorbing a pleasant sensation like being in nature or the warmth and scent of a soothing cup of tea.
- 4. Serious stress management needed? Never underestimate the benefits of a brisk walk. Even a quick 10 minutes can help "burn off" stress and release your body's feel-good chemicals promoting relaxation. Plus, it's good for ALL aspects of your health!

There are other techniques I could mention. But consider this when feeling overwhelmed: Ask yourself is it really worth it? Try to keep things in perspective by asking if the cause of your stress will matter a year from now. Is it worth the health problems that stress can cause you? We will delve

deeper into this in our next feature. 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 American Dentistry, and the American Academy of Dental Sleep Medicine.

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



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### FROM THE SHELF

# On graphic audios: a new type of reader experience

Reminder that I'm an avid audiobook reader. I almost exclusively read audiobooks. 'Graphic Audio' is both a new genre for audiobooks, and the name of a company that produces them. They are more or less audiobooks on steroids with full sound effects and casts, almost like a TV show but without the visuals and with narrative. Their slogan is literally "Graphic Audio: a Movie in your Mind." A bit cringe in my opinion, but they really aren't wrong with the description.

I want to like them. I really really do. But... I'm not sure how I feel about them yet. They remind me a bit of Star Wars audiobooks, but they take it several steps further. In the Star Wars audiobooks, you get

hints of the galaxy vibes with cantina music and the classic lightsaber sounds muted in the background.



Sara Lead

These are done more in the spirit of seasoning, like an enhancement to the reading experience. Graphic Audios use sound effects,

music, etc. more as the meat of the story, with the narrative as strong seasoning. For example, in a book it might say something like, "she screamed X," whereas in a Graphic Audio you likely aren't getting the "she screamed" bit, and instead it's

just the reader literally screaming X.

This is similar to some old radio shows where there was a full cast reading with basic sound booth effects. These however go beyond a dramatized audio recording of a story (in some cases exceptionally beyond). They very much put the graphic in Graphic Audio with even the most graphic of content getting the sound treatment. Given that I read a lot of romance and horror, i.e. genres with a ton of "graphic" content... you can see where some of my feelings might be stemming from.

I often already feel weird enough about a smutty romance novel playing in my car at a stoplight thinking everyone can hear it (the windows are up and it's not blasting—I'm just crazy). So, the activity of listening to a Graphic Audio that includes the sound effects behind, um, any type of romantic scene, makes me even more paranoid. My violent books? I just hope no one calls the police. I'm being hyperbolic, as a lot of these

sound effects are still background noise, but these are some of the things that make me feel some kind of way about Graphic Audios and their increasing popularity.

Interestingly most Graphic Audios are also almost exclusively adult sci-fi or fantasy, which makes for super interesting sound effects and content. It's not light sci-fi or magical realism, it's full-on Dune or Game of Thrones style sci-fi or fantasy. While I am absolutely here for that added magic of an actual dragon roar, the schlicking sound of withdrawing a sword from a chest cavity, or said dragon snapping a body in half with full crackling bone breaks... It's very immersive, which is good and bad, depending on the content and your tastes.

A potential future I see for Graphic Audios is for it to be like a family or group experience. I'm very fond of audiobook selections for road trips, and I feel like a family friendly story could make for a really great experience on the road with the family all reading a book together. These types of audiobooks are also making it feasible to turn graphic novels into audiobooks, making a highly visual genre more accessible to readers with visual impairments. I also think the more immersive reading experience could get more people reading as it is more of a movie experience.

My foray into Graphic Audios has been with adaptations of books I've already read. What's been nice about them being adaptations, is that it also makes them shorter, which is making wading through Sarah J Maas' ten 800+ page books in prep for the new book coming out a much easier task. I'm getting more than just the highlights of the story, but I'm also saving time with rereads. I'll be interested to see how much a completely new to me story will read in this format. I'm just waiting for next month and my next round of Hoopla check-outs to do it.







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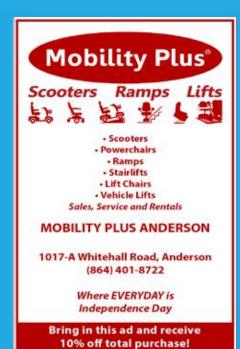
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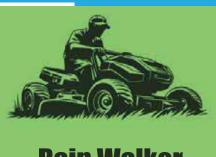


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### THE GARDEN SHOP

### DO AS I SAY, NOT AS I DID



Knowledgable gardeners know late May is not the time to severely prune plants. General pruning advice is if it can be cut with hand pruners, any time is fine. Loppers are ok if the plant is healthy and well-watered. But only prune what is absolutely necessary. Otherwise, wait until late fall or winter. Pruning a plant right after it blooms is usually fine for general shaping and reducing the size a bit.

Despite knowing all this, I got on a pruning jag! In Garden Shop's last issue, leucothoe was featured. In front of that row of shrubs are two tea olives, which are now in too much shade (for

the most part), an evergreen witch hazel (which has never bloomed), two camellias (which are being encroached on by azaleas and another tea olive), and a Chantily lace hydrangea (which is holding its own against all these and deer), and two red loropetalums (whose variety I've never known). This patch is beside my garden shop area where I piddle with rootings and keep plants bought, or rescued, that I don't know where to plant them. There is also treasured vintage lawn furniture. It belonged to my deceased best friend Raymond's parents. He gave it to me when his mama passed. This area has the right amount of shade so potted plants don't dry out too quickly and gives me a shady spot to sit and oversee most of my place. The loropetalum closest to my All family inheritance had started sprouting from the roots. It has been several years since it's been limbed up and it needed a refresh.

Well, once that loropetalum was gotten in order, that led to the other, which has never been limbed up. Limbed up tea olives were refreshingly pruned, Chantily Lace hydrangea got a bit of pruning. There were more dead limbs in it than I had noticed. The camellias were limbed up a bit, not severely. The azaleas were thinned a bit. They don't limb up like other shrubs. The rule for pruning azaleas is prune right after they bloom. Definitely before July so next year's blooms are not cut off. These Formosa azaleas are about seven feet tall. Then there's a small open area before another tea olive, a sasanqua, and a white loropetalum. This tea olive has never been limbed up as it is the one I use to layer rootings for more. But one side was limbed up a bit to increase air circulation for the camellias and so they can be seen better. One camellia was just about blocked by the tea olive. Who



planted all this stuff so close together? It doesn't look too stupid with one side of the tea olive cut. It is very nice to be able to walk without bobbing and weaving around in the garden shop area. I can get the lawnmower in practically the whole area, whereas before, it could only go on the path between the leucothoe and all the rest.

Then I raked the whole area and got more than 15 years of decomposed leaves. Some was added to my compost can. Leaves and old potting soil are added to new potting soil to decrease soil I have to buy. I used to go into the woods on the tractor and scoop dirt in the pine patch, but Japanese stilt grass

is moving into that patch now. It's an awful invasive that is encroaching into beds along the edge of the woods too. There is still probably a tractor bucket full of leaf mold that I'll mulch something with.

When I thought my pruning jag had passed, I had to go back and limb up the sasanqua and white loropetalum, plus bushhog some holly, sweet gum saplings, and muscadines, because armadillos are back. They are using the hole from a huge oak Hurricane Joaquin blew over in 2016. They stay over there, and we'll be fine with each other. Otherwise, I've got a clear shot, I mean view.







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