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October 17-30, 2019

## Howlin' For Hope

Get your howl on this Halloween at the Cancer Association of Anderson's third annual fundraiser

BY KAY WILLIS BURNS

It's time for the 3rd annual Cancer Association of Anderson's (CAA) Howlin' for Hope Extravaganza. This year the event will be held on Thursday, October 24 at Whitehall Park behind the Anderson Recycling Education Center in the Lights of Hope Village. Grab your kids, furry and non-furry family members and prepare for a howlin' great time. The gates will open at 5 p.m. and activities last until 9 p.m. when the last tail has wagged.

As in previous years, pets and their humans will have the chance to compete in the costume and howlin' contests. Anderson County PAWS staff will be thrilled to help you find a new furry forever-friend via their adoption trailer. Kids can visit the US Army Recruiting tent where they can pick up and wear home their very own dog tags. CAA will once again have luminary bags to allow attendees to light the venue in honor or memory of loved ones.

Thanks to Edward Jones Investments, Anderson Lights of Hope, Logan's Steak House, Anderson County, The Dog House on Society Street, AT&T,



Thomason and Pracht Law Firm, Movement Mortgage, Cole Law Firm, Anderson Mall, Martin Veterinarian Services, Pruitt Healthcare, and many local organizations and businesses, the 2019 Howlin' will incorporate an added attraction — "Trunk or Treat" providing

children a safe opportunity to go trick or treating. Additionally, Denver Downs Corn Maze and Modern Woodmen will host a mini-pumpkin decorating tent, Your Friendly Neighborhood Heroes will be available for photos. Anderson County and City Fire Departments will



have the Smoke House to give families the opportunity to learn fire safety. Anderson County Sheriff's Office will be onsite to make ID's for children. Anderson Axe Throwing will provide "An Axe-cellent Day" to Howlin' via their mobile, kid-safe magnetic version. Meanwhile, the adults can enjoy music performed live by the amazing COMBO KINGS or take their families on a scary wagon ride through the venue provided by Broken Spoke Wagon Service.

SEE HOWLIN' ON PAGE 2



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# BURNOUT CULTURE

By Mary-Catherine McClain Riner

Individuals today live in a burnout culture, requiring a need to examine values, goals, and priorities. How many of you try to schedule a coffee date 5 minutes after a Pilates class ends, or look at your calendar and do not see a weekend free for the next two months? This culture is leading people to work themselves to death and to define their self-worth based on financial health.

The ability and choice to give yourself permission to say no to new commitments or to let go of what no longer serves you takes time and will not happen overnight. This is even more difficult if you typically



**MARY-CATHERINE  
McCLAIN  
RINER**

avoid confrontation, conflict, and seek to people please.

When you put yourself third, sixth, or last (consistently), you will become more irritable, fatigued, emotional, overwhelmed, and withdrawn. Additionally, you are unable to be fully present with those around you. If you feel pressure, ask yourself if the people in your life who love

you are more interested in your happiness or an empty shell of your former self.

Remember, YOU are allowed to say no and you are allowed to take something off of your plate. Making time for yourself is not selfish. It is also OK to take a mental health day from time to time. This week, set an intention to recognize and honor your limitations. Consider asking yourself if work has become your play and leisure. How do you want to define success in your life?

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

## Howlin'

CONTINUED FROM PAGE 1

According to Melisa Glenn with The Dog House on Society Street, "The Dog House is looking so forward to this year's Howlin' For Hope. We have been a sponsor since the inception of this very unique event and we have truly enjoyed participating every year. Our staff, furry family and friends enthusiastically invite everyone to come out for what is certain to be a most spectacular evening of family and pet-friendly fun."

Beverly Childs, Anderson County Museum Director and mom to Anderson's celebrity pup, Rocking Rowdy, said, "As animal lovers, my husband and I look for ways to be involved in our community that our dogs, the StoneHouse Hounds, can take part in. Howlin' For Hope is the perfect event for us. Howlin' has it all – a pet parade, costume contest, wagon rides, music and more. The best part is we can raise money for a great cause while having fun with our dogs. We have purebred Petit Bassett Griffon Vendéen's – better known as PBGVs. Every year the StoneHouse Hounds have a Kissin' Booth at the event. For a donation to the Cancer Association of Anderson, you can get a kiss from Flirt, Rowdy or Willett. We always have a great time."

Beverly continues, "This year



we have invited our friends from the Greenville Kennel Club (GKC) to be involved. Their purpose is to protect and advance the interests of all breeds of purebred dogs. The Greenville Kennel Club takes great pride in supporting responsible dog ownership and responsible breeding of purebred dogs. Members take part in animal welfare and education. The Greenville Kennel Club also supports local police K-9 units, search and rescue, and service dog groups. This year at Howlin' the GKC will host the Purebred Dog Parade across the stage at the event. Some members will also showcase their dogs in obedience, rally, agility and other performance events and be on hand to answer your questions about animal welfare. But Howlin' is for ALL dogs, large and small, purebred, mutts, and rescues. So, CAA encourages you to bring your family pet and join in the fun."

Cancer Association of Anderson Director Angela Stringer shared, "Howlin' For Hope is one of the Cancer Association of Anderson's favorite events. This is a wonderful opportunity for us to invite the community and our patients out to have a good time. What more could you ask for: Halloween, costumes, kids, families, candy and especially puppies. This is pet therapy for everyone. We are grateful to our sponsors for helping us bring this event back for the third year. The location may be new and we have a few new and really cool additions, especially the COMBO KINGS who will perform during the festivities. But just remember, it still supports the same fantastic charity – a local charity helping local cancer patients."

Howlin' For Hope proceeds go to support CAA's mission – to lessen the burden on local

patients who are battling cancer by providing financial assistance including mileage, transportation, nutritional drinks, treatment-related prescription medication, home health medical equipment, breast prostheses and mastectomy bras as well as insurance premium support for those in danger of losing their insurance during cancer treatment. Patients can pick out a wig, hats, scarves or "pick-me-ups" in the CAA boutique. Additionally, CAA provides educational and emotional support through various support groups, stress management classes and Well-Fit – the newest lifestyle enhancement program for patients and survivors.

Since 2003, the Cancer Association of Anderson has provided financial and emotional support to local patients, survivors, caregivers and their families. CAA is not affiliated with the American Cancer Society, nor receives funds from any Relay for Life events. All funds come from the generosity of local businesses, individuals and grants written by CAA staff. Funds stay local.

There are still opportunities to participate with Howlin' For Hope. Call the Cancer Association of Anderson at 864-222-3500 or email [Angela@CAAnderson.org](mailto:Angela@CAAnderson.org).

Cancer Association of Anderson is located at 215 East Calhoun Street, Anderson, SC 29621. For more information, visit [www.CAAnderson.org](http://www.CAAnderson.org).

## THE Electric City News

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YOUR DENTIST CAN SAVE YOUR LIFE

# It's past time for a serious talk about type 2 diabetes: Part II

By Dr. Gabrielle Cannick

This is the second part of an important discussion of type 2 diabetes, a chronic and debilitating disease that more and more is effecting our children.

Parents take note...

Researchers with the Centers for Disease Control and Prevention have predicted that one in three children born in the US will likely develop type 2 diabetes sometime in their lifetime.

The most common symptoms of type 2 diabetes are:

- **Increased thirst and frequent urination.**
- **Fatigue.** Is your child excessively tired and lethargic?
- **Slow-healing sores or frequent infections.** Type 2 diabetes affects a child's ability to heal and resist infections.

In children type 2 can develop gradually over time. And perhaps most troubling, about 40 percent of children who have type 2 diabetes show no signs or symptoms. The disease is most often dis-



**Dr. Gabrielle F. Cannick**

covered during routine physical exams.

Not that long ago, type 2 diabetes was rare in anyone under 30. Now childhood type 2 diabetes is called an "epidemic". South Carolina is one of the states

with the highest rates, with Hispanics and African-Americans at higher risk.

What's going on? The factors driving this disease in children appear to be obesity and lack of physical activity. The good news is a simple change in your child's diet and an emphasis on being more active to help control weight can be accomplished rather easily. But it does require...well, *parenting*. I include myself when I say — we need to be involved and provide lifestyle guidance. Here's a checklist experts recommend:

- Eat fruits and vegetables daily. Tip: select a variety of colors to prevent bore-

dom.

- Stop snacking on sugar.
- Eat good carbohydrates not the refined ones like baked goods, white breads, pastas, snack foods, candies and non-diet soft drinks. Best choices include potatoes, beans, carrots, grapefruit, apples, strawberries, tomatoes.
- Reduce those calories! This alone can have a sudden, big impact.
- Lose weight, if needed.
- Be more active. Minimum 30 minutes of exercise a day five days a week.

Certainly not hard for a youngster. Get them off the couch and away from video games, mom and dad! Better yet make it a family affair; look for active things to do together. The same lifestyle choices that can help prevent type 2 diabetes in children can do the same for adults.

Moreover, these lifestyle modifications can be beneficial for your family's oral health as well. Why not start today? And know that what you are doing is very

important. Diabetes sufferers require a lifetime of medication coupled with the threat of long-term serious health issues. Call us with questions. Think of us as your hometown resource for guidance and support.

*Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine. For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to [grandoaksdental.com](http://grandoaksdental.com) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.*



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# CANCER ASSOCIATION OF ANDERSON'S 3RD ANNUAL HOWLIN' FOR HOPE



**Thursday, October 24**  
**5 to 9 p.m.**  
**Whitehall Park**  
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AKC All Breed Parade hosted by Greenville Kennel Club  
Proceeds benefit the Cancer Association of Anderson

- \* Huge Truck or Treat
- \* Pet & Human Costume Contest
- \* Pet & Human Howlin' Contests
- \* Food & Drinks
- \* Scary Wagon Rides
- \* Friendly Neighborhood Superheroes
- \* Anderson Axe Throwing - Magnetic Axes
- \* Pumpkin Decorating
- \* The Fabulous COMBO KINGS



# From mammogram to reconstruction, breast cancer survivor receives full spectrum of care at AnMed Health

By Cindy Landrum

Linda Gonzalez had just picked up the keys to her house in Liberty – after a cross-country move from California – when she received the life-changing news that she had breast cancer.

“Our goals when we got here were to go to work, buy a house and be with my husband’s family,” she said. “You expect one thing, and then everything changes.”

From her mammogram at AnMed Health Women’s Diagnostics to her treatment at the AnMed Health Cancer Center to reconstructive surgery at AnMed Health Cosmetic and Plastic Surgery, Gonzalez received comprehensive breast health care services, starting in April 2018.

Gonzalez was 37 when she noticed a lump in her right breast in October 2017. She went to her gynecologist, who didn’t seem overly concerned and told her to come back in a couple of months unless the lump started to grow.

“Based on what they said, I didn’t think it was anything bad,” she said.

In March 2018, Gonzalez noticed that her right breast was larger and felt warm. When she did a self-examination shortly before her



Linda Gonzalez is seen with Melissa Kimbrell, RN, AnMed Health’s manager for cancer support services

scheduled move, she discovered another lump.

After she arrived in the Upstate, Gonzalez went to AnMed Health Cannon Liberty Family Practice for an assessment. She had a subsequent mammogram at Women’s Diagnostics, where a biopsy confirmed that Gonzalez had Stage 3 breast cancer.

“By the time I moved here, I already had the lump for six months,” she said.

Melissa Kimbrell, AnMed Health’s manager for cancer support services, gave Gonzalez her



Dr. Terrence Bruner  
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7 Linwa Boulevard  
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diagnosis and served as her nurse navigator. Nurse navigators help patients throughout their cancer journey by answering questions, providing resources and serving as a point person throughout the continuum of care. She also helped her communicate what was happening to her family back home in California.

“Nurse navigators know how the hospital works inside and out,” Kimbrell said. “It’s a great relief to patients to know there’s somebody there to help them navigate the system.”

Treated by a variety of specialists, Gonzalez underwent chemotherapy before she had a double mastectomy. Thirty-two radiation treatments followed the mastectomy. Gonzalez also decided to have breast reconstruction, a process that started at the time of her surgery.

“I wanted to feel whole again,” she said. “I

wanted to have my breasts.”

Breast reconstruction can be done at the time of the mastectomy. Immediate breast reconstruction produces better results and may reduce the number of required surgical procedures, said Dr. Terrence Bruner, Gonzalez’s plastic surgeon.

“I often tell patients that breast reconstruction is a gift to themselves,” Bruner said. “They didn’t have a say when they got breast cancer, but they do have a say in what happens after that.”

Gonzalez, who is now 39, said her latest scans showed no signs of cancer. While it’s been a long process, she said it was made easier by the people at AnMed Health.

“It’s difficult to find out you have cancer, but there are a lot of people there who are helpful and kind. That means a lot,” she said.

To schedule a mammogram at AnMed Health, AnMed Health Clemson, or the AnMed Health Mobile Mammography Coach, call 864-512-5400. To schedule an appointment at AnMed Health Cannon, call 864-898-1153. For more information, visit [AnMedHealth.org/Pink](http://AnMedHealth.org/Pink).

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THE GARDEN SHOP

# Trying to identify Creeping cucumber vine

By Susan Temple

What is it?

This is probably the most often asked question in the world of gardening.

Greater Greenville Master Gardeners have started doing Plant ID at each of their meetings. Finally, a test I don't mind taking. Single stems of a plant are displayed to be identified.

The first round had 48 specimens. Out of about 100 attendees, only 14 of us braved the test. That was surprising. All got zinnia and lantana right. No one got pomegranate, Japanese forest grass, and creeping cucumber vine correct. I stood there and studied that little cucumber vine. It was so dainty looking with leaves that looked sort of like muscadine but yet sort of like ivy. The tiny watermelon-looking fruit only added confusion. A friend said, "Oh you know what that is."

I definitely did not and could not even



**SUSAN TEMPLE**  
master gardener

come up with a guess. Nor could I come up with a guess on pomegranate. Our teacher said she was confident many could have identified the plant if seeing more than just one stem. I know pomegranate and Japanese forest grass when I see it. Seeing the whole plant would not have helped with creeping cucumber vine.

Hence, live and learn. Creeping cucumber vine (*Melothria pendula*) is quite the contradiction. It is native to the US and grows all over the Southeast, as well as Indiana and Pennsylvania. It is threatened in Illinois, endangered in Maryland, and appears to have



Above: Creeping cucumber vine.

At right: The fruit from a Creeping cucumber plant can be eaten straight from the vine.



been extirpated in Indiana. Then again, considered a weed to some. Endangered, threatened, but weedy? I wish chamberbitter was extirpated and extinct. *Pendula* and other species can be found worldwide. People do eat it, and yes, it tastes like a cucumber. Green fruit is better. Fruit can be pickled, added to salads, or just eaten straight from the vine. Once fruit turns black, it could serve as an intense laxative. Some say it's toxic. Edible but toxic? Leaves, which smell like cucumber, are given to livestock in some countries. No literature said if leaves are fit for human consumption.

In our area, creeping cucumber is a perennial vine. It seems to grow most anywhere except deep shade and is tolerant of wet soil and

drought. Tendrils curl around whatever is near allowing it to grow up to 15 feet tall but only about 2 feet wide. It self seeds. Deadheading is a must to stop new plants from sprouting in following years. I don't think this is one I will be planting, even though it was a cool looking little plant.

Contact Master Gardener Susan Temple at [gardningirl@yahoo.com](mailto:gardningirl@yahoo.com).

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# Be bold and beautiful with autumn colors

By Kristine March

Fall is here. Cool fresh air is back, the leaves are starting to change, and that means it's time to pick out your autumn color palette.

For me, the fall is my absolute favorite as far as fashion and clothing are concerned. This season the color scheme is extraordinary. Just a bunch of sweaters alone in these luxe pigments are fabulous. Add jeans or trousers and a bunch accessories and you're good to go. These shades are hot off the catwalk and will have you standing out of the crowd.

For starters, peachy pink is going to give



Kristine March

us all that glow. I think it would be a great color for a blazer or a silky satin skirt. Butterscotch is on trend this season. It would be a great color for a scarf or wrap to give that instant look of pizzazz and looks perfect for this time of year. Cranberry and merlot shades would look so pretty at night or on a rainy day. You could pop it on in your lip color or on your nails. Chili pepper red adds

instant flare. It would be an amazing shade for a handbag. Forest green is also a lovely color. Wear it in a coat or a pretty pair of loafers or heels. Rust and orange would look so chic in a wool hat or French beret. Frosty blue will take you right into winter. Don't be afraid to wear it now. It's a magical looking color on anyone. Lastly, mix fruity pink into your colors. Try it in a great trench coat.

All of these trending hues will have you looking confident this fall. Be bold and beautiful. Don't forget to make the sidewalk your runway. Happy fall y'all.



## NIBBLE & SIP

# Modern Moonshine: Smoother, sweeter, and 100% legal

By Kim von Keller

I remember the first time I tried moonshine. My husband had been to a now-forgotten "man" event – pig pickin', dove shoot, wild game dinner, something like that – and he brought home a mason jar filled with a clear liquid.



Kim von Keller

"I brought you a surprise," he said, "something that John Doe made."

I knew "John Doe," and the only thing I would have trusted him to make was a restaurant reservation

or a mess of his personal life. I was hesitant, therefore, to try his homemade liquor. And yet, Ted had tried it, and here he was with 20-20 vision and a firm grasp on reality. So as a child of the foothills, I felt it was my cultural duty to give it a try.

When I removed the lid, I was hit by the aroma of raw alcohol and yeast, as if someone were baking in an operating room. I can only

describe the taste as a combination of solvent and cornbread batter. A month later, we poured the remainder of the jar into our enameled cast iron sink. The best thing I can say about John Doe's shine was that it did remove some dark spots around the drain.

No surprise, then, that when I first had the opportunity to try legal moonshine, or white whiskey, I balked. But on a trip to Asheville, I sampled a version made by a local distillery, Troy & Sons. Troy & Sons Platinum honors the traditional moonshine made in the mountains of Western North Carolina, but it is smoother and has a light sweetness more reminiscent of corn cereal than cornbread. If you're new to white whiskey, I'd suggest you try it in a Moonshine Punch.

And if you're having friends over to listen to some great bluegrass music while you Nibble and Sip, I'd serve the cocktail with Cheesy Country Ham Dip, adapted from a recipe by Trisha Yearwood. The creamy, salty dip is a good balance to the sweet, edgy notes of the Moonshine Punch.

### CHEESY COUNTRY HAM DIP

- One 10-ounce package sliced country ham
- 16 oz. cream cheese, room temperature
- 1 cup shredded extra-sharp Cheddar
- 1 cup sour cream
- 1 teaspoon garlic powder
- 1 large shallot, finely diced
- Freshly ground black pepper
- 1 cup pecans, chopped
- 1 tablespoon unsalted butter, melted
- 1 teaspoon Worcestershire sauce

Preheat the oven to 350 degrees. Grease a 9-inch pie plate and set aside.

Place the ham slices on a microwave-safe dish lined with paper towels. Cover the ham with a damp paper towel and microwave on low heat until the ham is slightly crisp on the edges and the fat is absorbed in the paper towels, 2 to 3 minutes. Remove the ham from the microwave and discard the paper towels. When the ham has cooled, chop it into smaller pieces and process in a food processor until crumbled.

Place the ham into a large mixing bowl. Add the cream cheese, Cheddar, sour cream, garlic powder, shallot, and 1 teaspoon black pepper and stir to combine. Spread the ham and cheese mixture into the prepared pie plate and set aside. In a small mixing bowl, combine the pecans, butter, and Worcestershire sauce. Sprinkle the seasoned pecans over the ham and cheese dip. Bake the dip until hot and bubbly around the edges, 25 to 30 minutes. Serve with crackers. Serves 8-10.

### MOONSHINE PUNCH

- 2 oz. moonshine or white whiskey, such as Troy & Sons Platinum
- 2 oz. pineapple juice
- 1 oz. fresh lime juice
- 1 oz. simple syrup
- Pineapple wedge, for garnish

Combine moonshine, pineapple juice, lime juice, and simple syrup in a shaker filled with ice. Shake until chilled, and strain into a rocks glass filled with fresh ice. Garnish with a pineapple spear and serve. Makes one.

**THE DOG HOUSE ON SOCIETY STREET**  
is expanding their grooming services and currently taking applications for a groomer. If you have experience and would like to be part of our team, please stop by the DOG HOUSE for an application. We are located at  
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# Virginia Lee Kramer

By Rich Otter

Virginia Lee Kramer was born in Charleston in 1876. Her parents were Bertram Kramer and Harriette Catherine McCants Kramer. Bertram was a business man and riverboat captain. He had been at Fort Sumter when the first shots were fired by the Union forces to begin the Civil War.

Virginia (Jennie) had two sisters. They traveled to Anderson in the summers to escape the Charleston heat. She met and married Swain Gilmer who was an Anderson resident.

When suffering a particularly difficult birth of a child, Jennie recognized the urgent need for a hospital in Anderson. Many years later, reporter Cary Hayes quoted Jennie Gilmer saying: "I made a promise to God right then, that if he would let me live to take care of my child, I'd see that a hospital was built in Anderson to give women a proper place to have babies with care by trained nurses. I didn't forget that promise."

She talked to friends about the possibility and Daniel G. Corrigan and Richard L. Gorrell, in their book *AnMed Health, A Century of Healing*, described an exploratory meeting she held with Mrs. R. C. Webb, Mrs. Thomas Walton, Mrs. J. R. Vandiver, Mrs. Raymond Beaty, Mrs. J. J. Gilmer, Miss Lucia Taylor and Dr. Walter Nardin, Jr. It was estimated by Dr. Nardin it would cost \$20,000 to \$25,000, a then considered exorbitant



amount, to build and equip a hospital.

A week later a meeting was held with about 100 people in attendance and a campaign was initiated. The women were permitted to serve as conductors on the trolleys to collect nickel fares to help fund the hospital.

Jennie Gilmer told Cary Hayes: "I think we had gotten up about \$500 by the end of the first year. We had bazaars all over town. We did everything we could think of to raise it. We worked hard. Once we sold chances on cakes and a preacher in town got up in the pulpit the next Sunday and said it was 'tainted money raised in a gambling joint' and said we should give all the money back to keep from desecrating the hospital."

Except for the doctors, she said men

thought the women had lost their minds, there were perfectly good hospitals in Columbia and Baltimore. In addition, the proposed site on Fant Street was opposed as being way out in the country in a pine grove. The land was purchased for \$2,000.

The women were accused of having no business judgment but they persisted and, by whatever means they could contrive, enticed their husbands to back the project. Following a meeting on September 4, 1906 The Anderson County Hospital Association was chartered. Richard S. Ligon was named president and the needed funds were raised.

On April 20, 1908 the hospital was opened as a 25 bed facility, but Jennie Gilmer continued her service and dedication to the hospital for the rest of her life, including serving on the Board of Trustees. She died in 1962 and her contribution to Anderson County has lived on with her induction into the Anderson County Museum's Hall of Fame where her file is part of the extensive compilation of historical materials in the collection of the museum.

A monument stands near the Anderson Memorial Hospital main entrance on Fant Street of her image and that of her child. Those traveling near Anderson College may also notice a subtle tribute with Virginia Circle connecting to Gilmer Drive.

## Kids Love Halloween

By Katie Laughridge

News Alert! It's confirmed: Kids love Halloween. A recent poll of thousands of school-age children nationwide found that Halloween ranked as the third most favorite holiday. Only St. Nick and the Turkey Gobbler ranked higher. Who can blame them? It's the one time of year that children are "encouraged" to dress up as their favorite character, go house to house gathering candy from complete strangers, and then are allowed to eat as much as they can until they either run out of sweets or get too sick to continue — whichever comes first!

This festive time of year is also filled with exciting activities such as haunted houses, scary-themed Halloween movies and fun parties for kids to attend with their friends and family. While parents love experiencing this exciting and fun holiday with their children, it's also a



Katie Laughridge

great time to take advantage of this hyped-up enthusiasm by encouraging them to read books about Halloween. What child can resist stories about spooky ghosts, witches, and talking skeletons?

There are many excellent Halloween-themed children's books available that are "just spooky enough" to mesmerize your child during your night-time story hour.

Here is a list of 13 great books that will make bedtime "a little scarier:"

- "Berenstain Bears and the Spooky Old Tree" by Stan and Jan Berenstain
- "The Biggest Pumpkin Ever" by Steven

Kroll

- Sesame Street's "The Monster at the End of This Book"
- "The Little Old Lady Who Was Not Afraid Of Anything" by Linda Williams
- "Clifford's Halloween" by Norman Bridwell
- "Scary, Scary Halloween" by Eve Bunting
- "Bony Legs" by Joanna Cole
- "What Was I Scared Of?" By Dr. Seuss
- "It's the Great Pumpkin, Charlie Brown" by Charles Schulz
- "In a Dark, Dark Room and Other Scary Stories" by Alvin Schwartz
- "Room on the Broom" by Julia Donaldson
- "The Costume Copycat" by Maryann MacDonald
- "Vampirina Ballerina" by Anne Marie Pace
- "Creep" it real this Halloween!

## COMMUNITY EVENTS

### ANDERSON UNIVERSITY ANNOUNCES HOMECOMING, FAMILY WEEKEND

Anderson University is welcoming alumni and friends to its 2019 Homecoming and Family Weekend celebration from Friday, Oct. 18 through Sunday, Oct. 20. Homecoming and Family Weekend 2019 begins with the 10th annual Alumni and Friends Golf Tournament beginning at 1 p.m. on Friday, Oct. 18 at Cobbs Glen Country Club ahead of a home volleyball match; and the Homecoming Dance. Fun Zone is the highlight of Saturday, Oct. 19, with live music, games, a BBQ lunch buffet, and other activities. Both soccer teams will play home games, and the women's volleyball team will host an afternoon match followed by the 2019 Homecoming Court. Events conclude on Sunday, Oct. 20, with a campus worship service. For a full schedule of events, visit [andersonuniversity.edu](http://andersonuniversity.edu).

### SC CHAPTER OF AMERICAN CHRISTIAN FICTION WRITERS WILL MEET

The South Carolina Chapter of American Christian Fiction Writers will meet Saturday, October 26, 2019 from 2-5 p.m. at North Anderson Baptist Church, 2308 N. Main Street, Anderson. The meeting is free and visitors are welcome. A writing class is offered the first half and critique of manuscripts the second half. Visitors must sit in one critique session before submitting and they must follow the guidelines for submission on the chapter blog at <http://scwritersacfw.blogspot.com/>

The speaker for October is writing instructor Tammy Karasek from Simpsonville. She will share on "Networking for Writers." Visitors to the meeting are encouraged to come early and to park on the side of the church with the long handicap ramp behind the small white house or church office. Come in the double glass doors at the ramp, take the elevator to the second floor and go left down the hall to a class room. To learn more about the national ACFW organization, check out [www.acfw.com](http://www.acfw.com). For more information, contact Vice President Elva Martin at [elvacmartin@gmail.com](mailto:elvacmartin@gmail.com) or call 864-226-7024.

### SPECIAL NEEDS FOUNDATION WILL HOST ANNUAL SPOOKTACULAR 5K & FUN RUN

The Anderson Special Needs Foundation will host its 6th annual Spooktacular 5K & Fun Run on Saturday, Nov. 2. This family friendly event will offer lots of fun, a trick-or-treat 1 mile race, costume awards, Krispy Kreme doughnuts, a dri-fit T-shirt with each registration, and a lot of great raffle prizes for race finishers. If you're free on November 2, join the Anderson County Special Needs foundation at the Anderson Spooktacular 5K by registering on Active.com. The Anderson Special Needs Foundation supports special needs citizens who live independently or in assisted living residences throughout Anderson County. Some of the consumers of the agency are without family or loved ones to provide for them financially. Through fundraising efforts, including 100% of the proceeds from the Spooktacular, are used to help provide clothing, social activities, holiday festivities, dances, and general care as needed. The race is considered not only a fundraiser, but also a chance to involve these special citizens in a fun community event as many of the foundation recipients are race participants. The foundation is also still looking for sponsors for the event. For more information, check out Active.com or contact the Special Needs Board at 864-260-4515.

### TRAVEL CLUB, AU LLI TO HOLD MEETING

The Anderson Travel Club and AU Lifelong Learning Institute Program will meet on Thursday, November 7. The meeting will be held at the Anderson County Main Library, 300 N. McDuffie St., in rooms B and C on the first floor at 1 p.m. The guest speaker will be Ms. Amy Kicklighter. Her presentation will feature life in Cuba in the 1950s. The Travel Club welcomes those who would like to present a program on their travels to interesting places in the United States and around the world. For more information, please call 864-338-8318. Brenda Hucks is the president of the Anderson Travel Club. Andria Carpenter is director of the Anderson University LLI Lifelong Learning Institute (AU LLI).

### CHRISTMAS TOUR OF HOMES

Christmas Tour of Homes will be held Saturday, Dec. 14, 1-7 p.m. in Hartwell. Hartwell Service League presents five homes ranging in style from historic to new construction and decorated for the holidays for visitors to tour at their leisure. Proceeds benefit literacy outreach projects in Hart County. For more information, visit <http://hartwellserviceleague.org> or Hartwell Service League Facebook page or contact the club at [hartwellserviceleague@gmail.com](mailto:hartwellserviceleague@gmail.com) or 630-300-8193.

# Beating the odds

In the world of golf there is only one “perfect score” and that is referred to as a Hole-In-One. It is one of the most elusive feats in sports. And the odds of an amateur golfer making a hole-in-one is 12,500 to 1. The odds of witnessing not one, but TWO holes-in-one from a group in one round is 1,300,000 to 1. For the group of Craig Wilson, Ken Rada and Mike Mobley, playing golf on October 1 was an incredible experience they will always remember as 2 holes-in-one were registered during their round!

The round at Cobb’s Glen C.C. started out in normal fashion but things really changed when the group approached the par 3 third hole. Rada’s eight iron shot landed the ball just shy of the pin and with one bounce the ball disappeared. With jubilation the group accompanied Rada to the cup and the celebration began. This was Ken’s 7th hole-in-one during his 53 years playing golf. His last ace came in 2014 at Eagle Point C.C. in Wilmington, N.C. “It never gets old. I cherish the experience and accomplishment of all seven,” he said.

Eight holes later at the 11th hole (par 3), things really became magical when Mobley’s six iron shot found the hole. Craig Wilson was the first to call it, “I think yours went in, wow, another one!” Again the group confirmed the hole-in-one as the ball was resting in the bottom of the cup. For Mobley, it was his 4th hole in one during 57 years on the links. His last one happened 22 years ago on this same hole. When asked about the experience, he said, “It’s as if you are Wile E. Coyote and you’ve finally caught the Road Runner. You feel complete



happiness and satisfaction. After 22 years it finally happened again. You never know when it will happen again.”

And for Craig Wilson, his 62nd birthday was on this day. What a way to celebrate by beating the odds!

# PHYSICALLY READY

By Tommy Walls

In this life you never know when you have to be physically prepared. On December 11, 2018 I had to undergo a total hip replacement. I had been limping and agonizing for a long time with, what I thought was a cracked hip, It turns out I had arthritis so bad that it was rubbing bone on bone and I virtually had no alternative but to have a replacement. Here’s where the lesson comes in about being physically active and strong when a catastrophe comes your way.

I have exercised and been active almost from the day I was born, but still arthritis didn’t care. Even though the pain at times was excruciating, my body’s other parts responded to help me cope with my circumstances. When one body part gets weak or has an infirmity, if you maintain the rest of your body, it will respond and help you fight your ailments and any sickness.

The day after my hip replacement I went home and felt 100% better from top to bottom or from hip to hip. If I had been really smart, I probably would have done the surgery a lot sooner. The doctors at Blue Ridge did a great job and the personnel at AnMed were awesome.

Starting rehab the same day as my surgery was a lot easier because “I was in good shape” (for an old guy).

In all my classes and my past articles, I have preached about staying



**TOMMY WALLS**  
fitness instructor

in shape, no matter your age, or your physical makeup. Always do as much as you can do, you’ll never regret the effort. It’s a terrific feeling to work out or to just walk without a nagging arthritis pain. I thought arthritis was just something “old people” naturally were cursed with. However, after much research I found it affects any age group so young people need to stay in shape too. Age is not necessarily a deterrent. The Mayo Clinic says: “Even moderate exercise can ease your pain and help you maintain a healthy weight. When arthritis threatens to immobilize you, exercise keeps you moving.”

Keep yourself physically, emotionally and spiritually strong . . . you only have one body – take care of it.

I guess I am now a part of the new “hip” generation ... literally!

My recovery was rapid and, in my opinion, successful because of my prior exercise regimen. It’s easy to teach about something you believe in, but you also have to practice what you preach. Continue to keep yourself active and motivated...it’ll reap huge benefits for you, and to those around you. Better body, better mind, better mood.

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We are overjoyed to be celebrating our 10 year anniversary at Apple Dumplin' Antique Mall. We would like to thank everyone for supporting us and contributing to the success of our small business. We also want to give a pat on the back and a hats off to our dealers who through the years have worked so hard in finding great deals on many items and passing the savings on to our customers. For those of you that have not had a chance to stop by, we are a 14,000 sq. ft. air conditioned and heated building with a wonderful selection of vintage, antiques and one of a kind pieces. We invite you to come by and have a little retail therapy. We are open Tuesday-Saturday 10am-6pm. We look forward to many years to come with all of you. Thank you everyone!

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## LOCAL WOMAN'S CLUB AWARDS SCHOLARSHIPS

Each year the Anderson County Woman’s Club awards three scholarships to deserving young ladies in Anderson County.

A luncheon was held on October 3, 2019 at the Anderson County Woman’s Club to celebrate awarding this year’s scholarships.

The three recipients are Kathryn Bates of Anderson University, Marquisha Martin with Tri County Technical College and Zoe Wickiser with Tri County Technical College.

MUSINGS OF AN OLE BALL COACH

# My favorite ninth month

By Jim Fraser

One of my favorite months, September, has come and gone. It's been a favorite because it spawned three great songs, and it has traditionally been the beginning of football season, which was my life's work for so many moons. September of 2019, however, was found wanting (to me), but first let me tell you why I have such an affinity for our ninth month.

First the songs: *September in the Rain* who can forget,

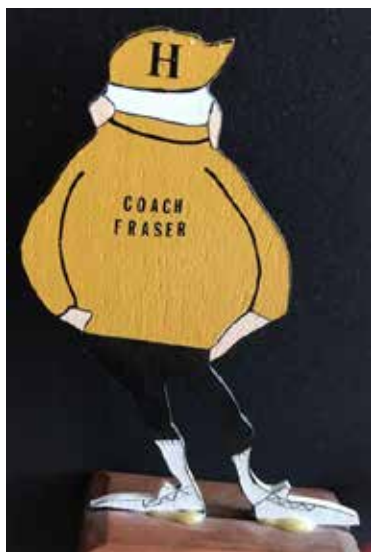
"The leaves of brown came tumbling down,

remember that September in the rain."

I think if you checked your rain gauge you'll find there was a death of the southern showers besides it was infernally hot."

*Try to Remember:*

"That time in September when life was young



and oh so mellow try to remember that time in September when all of our dreams were kept under our pillows."

This song is one of my all time favorites. It can be used for almost any occasions when one is waxing nostalgic and reflective.

*September Song:*

"It's a long long time from May to December, but the days grow short,

when you reach September and the autumn weather turns the leaves to flame,

one hasn't got time for a waiting game."

So, for me, September has been a hard ringer of those great songs with their intriguing words it has also been for, the culmination of a year of preparation with the beginning of football season.

I'm aware that for the last four decades the season has begun in August with year round practice now the norm. However, for my early playing days, practice began in August and the first game was after Labor Day. This was also true in my early coaching days.

September was the month that school started and many of your friendships were renewed,

no texting and Facebook in the 1940s and 50s.

The pep rallies would begin with the drum line breaking out a deafening staccato, the majorettes high stepping and the cheerleaders pirouetting and urging the team to **FIGHT TEAM FIGHT.**

Alas, my September of 2019 was devoid of much of the pomp and ceremony and musical interludes which had ushered in the autumn months.

September has 30 days and 20 of these days were spent between the Greenville Hospital, AnMed Hospital, and AnMed Rehab Center, as my lovely wife fought, conquered, and started the road to recovery from her illness and surgery.

To compound matters, my \$2,200 car radio can only pick up one station. I can usually depend on my Highlands station to

stand and deliver. But, sadly, no September songs. My collection and conglomerates of CDs has only "Try to Remember" from the soundtrack of *The Fantastics*. Therefore, the unbearable hours I spent traveling to and from the venues where my wife was recuperating were null and void of my September songs.

But wait, September, lest you think I complain. You had your splendid moments. My wife is upright and somewhat feisty again. My touchdown club jokes went over tolerably well, and I made my debut as a harmonica virtuoso. So you had your drought and heat but I'd never swap you for a March.

*Jim Fraser was the athletic director and head football coach at T.L. Hanna High School from 1968-1985. He was also a full time member of the faculty who taught U.S. History.*

## If you love a good story, the Anderson Bluegrass Fest might be for you

By Kim von Keller

I love country music, and lately, I've been watching filmmaker Ken Burns' documentary, "Country Music," on PBS. "Country Music" traces the history of the genre from its earliest artists, like Jimmie Rogers, through today's superstars, like Garth Brooks. My favorite episodes, though, are the ones that focus on that subset of country

music made popular by artists like Bill Monroe, the one that is most deeply rooted in the foothills of South Carolina and the southern Appalachian Mountains: bluegrass.

Give me a guitar, a banjo, an upright bass, a fiddle, and a mandolin, and I'm one happy girl. There is something about bluegrass that I can feel in my bones, and I have

*Kim von Keller*

no idea why. No one in my family likes it. My dad was a jazz aficionado; the soundtrack of my childhood was more Earl Hines than Earl Scruggs. I wouldn't spit into a tube for a 23andMe test that would reveal Bill Gates as my long, lost brother, but if they make a genetic test that would connect me to Doc Watson, give me a cookie and a cup of juice and you can take as much blood as you

need.

For those of you who are unfamiliar with him, Arthel "Doc" Watson was a bluegrass legend. Born in Deep Gap, North Carolina, in 1923, he was blinded by an eye infection as an infant. While he was mainly known for his phenomenal ability on the guitar, one of the first instruments he owned as a child was a banjo made by his father. The head of the banjo was made from the skin of a family cat. But as Doc used to tell, the cat was old and sick and died of natural causes before his dad recycled it. With a tale like that as part of his musical history, it's no wonder that he ended up in bluegrass, which is known for its great storytelling.

I think it's the storytelling that hooked me. As a teenager, I discovered the Nitty Gritty Dirt Band's "Will the Circle Be Unbroken," featuring Doc's rendition of the Jimmy Driftwood classic, "Tennessee Stud." It tells the story of a man who rides off on his horse, a/k/a the Tennessee Stud, in 1825 when he has a falling out with his sweetheart's family. Subsequently, our narrator escapes a tribe of angry Native Americans, shoots a gambler in a gunfight, wins a bunch of money in a Mexican horse race, and returns to Tennessee to "whup" the brother and pa of his beloved. Eventually, our lovers marry,

as do the Tennessee Stud and the Tennessee Mare. The song ends with "a pretty little baby on the cabin floor, and a little horse colt playing 'round the door." Excuse me while I reach for a box of Kleenex.

Not all bluegrass stories have such a happy ending. Common themes in the genre include being jilted by a loved one, murdering a loved one, digging coal in a mine, shoveling coal on a train, encountering a ghost, and a curious number of drownings, due either to an attempt to cross a swollen stream or an ill-considered decision to swim on a moonless night. It is often said that country music is "three chords and the truth." If that is so, bluegrass music is three chords and some really poor life decisions.

So if, like me, you enjoy great live music and storytelling, I suggest you check out the Anderson Bluegrass Festival. You'll have three days to hear some great regional musicians weaving some great stories in their songs. Just stay away from water and bring your own tissues.

The Anderson Bluegrass Festival takes place at the Anderson Civic Center October 24-26, 2019. For more information, visit [adamsbluegrass.com/festivals-1/2017/6/20/anderson-bluegrass-festival](http://adamsbluegrass.com/festivals-1/2017/6/20/anderson-bluegrass-festival).



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# CRESCENT TIGERS



**By Dan Lacobie**

2019 has thus far been a rough road for the Crescent Tigers football squad. Through 7 games, the Tigers are 1-6 overall. The lone win for a very young Crescent team came against the McCormick Chiefs in the first game of the season (21 - 20).

Crescent then loaded the buses the next 5 weeks including a rescheduled game versus the Palmetto Mustangs back on September 16th in which the Mustangs won 49 - 14. The last of the five straight road games for the Tigers took them to Fox Creek in North Augusta where they were defeated 0 - 26.

When the Tigers finally got some home field advantage, the Powdersville Patriots rolled in and won a hard fought victory over the home Tigers, 12 - 7. And in the most recent game, the Liberty Red Devils escaped with a 26 - 21 over Crescent.

Next up for the Crescent Tigers will be a visit just up the road to play Pendleton on October 18th.

Here's a quick look at some of the seniors on the Tigers roster this season:

- #52 Jaheim Bowman (DE)
- #55 Jayden Vincent (DE)
- #24 Cade Rutledge (OLB)
- #73 Justin Tillman (C)
- #16 Isaiah Hubbard (RB)
- #34 Jaime Ellis Jr. (RB)
- #62 Jason McClain (OT)
- #10 Bryson Robinson (CB)
- #3 Bryant Ford (WR)
- #21 Jordan Mitchell (FS)
- #15 Garrett Kiley (CB)

We at the Electric City News salute the seniors of the 2019 Crescent Tigers!

# PENDLETON BULLDOGS



**By Dan Lacobie**

The last couple of weeks of Pendleton football have been highly productive as the Bulldogs have logged two wins bringing their overall record to 3 - 3. They are currently undefeated at 2 - 0 in region play.

After two tough losses to Belton-Honea Path and Clinton high schools, the Bulldogs grabbed a big win at home on October 4th against West-Oak (49 - 14.) The next week, on October 11, the Bulldogs traveled to Powdersville for a game against the Patriots and won 32 - 0.

Let's take a look at some stats for the Pendleton football team so far this season.

In the rushing area, as a team, Pendleton is averaging 90.2 yards per game while their receivers are averaging 143.0 yards per game. The offense, as a unit, has 14 total touchdowns.

On the defensive side of the ball, the dogs have accumulated 7 quarterback sacks and are averaging an impressive 62.7 tackles per game.

So, you may ask, who is making those numbers for the Pendleton Bulldogs this season? Well, so far this team is being led by #14 Kameron Jones. Jones, a 6'4" 193 lb sophomore, has passed for 844 yards this season, completing 68 passes on 121 attempts and 8 touchdowns.

#21 Amir Dendy leads the rushing attack for Pendleton. The 6'0" sophomore has 333 yards rushing on 62 attempts and is averaging 5.4 yards per carry. The leading recipient of those Jones passes is #11 Bobby Spear. Spear (Sr.) has 17 catches for 252 yards and an average of 14.8 yards per catch. #4 Jason Wright-Mann is 2nd with 198 yards on 16 receptions and an average of 12.4 per catch.

Moving on to the defense, #8 Cameron Williams has 53 total tackles, 40 solo and 13 assisted. He also has 10 tackles for loss and 4 quarterback sacks. #10 Ethan Jackson is the next man up on defense with a total of 46 tackles (30 solo and 16 assisted) and 7 tackles for loss.

Next up for the Pendleton Bulldogs will be the Crescent Tigers at home on Friday, Oct. 18 at 7:30 p.m.

# T.L. HANNA YELLOW JACKETS



## By Dan Lacobie

The T.L. Hanna High School football team is 5 - 1 overall and 3 - 1 in region play. The one loss came at the hands of the Greenwood Eagles. The Eagles have always been a tough date for the Jackets dating back to the Pinky Babb era.

Greenwood came in to Jim Fraser field on Friday October 4th facing a 4 - 0 Hanna. Hanna had been rolling opponents through four games but dropped one to the Eagles, 49 - 22.

The following game on Friday, October 11th, brought the Easley Greenwave to Anderson to try and knock off the Jackets. Easley came in with 3 wins and 3 losses The Jackets throttled Easley 37 - 10 and extended their record to 5 - 1.

Let's take a look at some team and individual stats for the Jackets and see how the team is doing.

In the touchdown department, Hanna has 21 scores and is averaging 228.4 rushing yards per game. On the defensive side the Jackets are making 35.8 tackles per game and have gotten to the opposing quarterback 8 times for sacks. The defense has hauled in 5 interceptions.

As a team Hanna has rushed 173 times for 1,142 yards. Leading those rushers is #15 Jackson Pusey with 197 yards and an average of 11.6 yards per carry. The 2nd leading rusher is #3 J.J. Hudson with 182 yards on 28 attempts and an average of 6.5 yards per carry.

Defensive individual leaders in tackles are 6'3" junior Ryan Wynn with 23 (15 solo, 8 assists). #44 Cameron Chandler and #43 Jaylin Thomas have 21 and 17 total tackles, respectively.

#65 William Thompson leads the defense in sacking the quarterback with 3. A host of Jackets have 1 sack each giving the team 8 total sacks.

Yellow Jackets who have grabbed an interception are #10 Preston Pettway, #15 Jackson Pusey, #20 Ja'nike Truesdale, #27 Nick Carson and #85 Cade Nelson.

Hanna is looking to win another region contest as they travel to the Wade Hampton to take on the Generals on Friday, October 18th at 7:30 p.m.

# WESTSIDE RAMS



## By Dan Lacobie

The Westside Rams are 2-4 overall this season with a region record of 2-2. But don't let that fool you. Westside has the potential to be a big spoiler and propel themselves into the playoffs at the end of the regular season.

Since a tough loss against T. L. Hanna a couple of weeks back, Coach Scott Earley and company dropped another heart breaker to Laurens High School on October 4th (17 - 20). This past week however, Westside redeemed themselves and took out their frustrations on J. L. Mann winning big, 49 - 10.

Westside started off the J. L. Mann game by kicking off to Mann who elected to receive the ball in the 2nd half. Mann fumbled the ball and Westside recovered on their own 42 yard line 8 minutes into the contest. A few plays later, #17 Elijah Harper took the ball in from 5 yards out. With a point-after-touchdown, Bryce Earley #4 made the score 7 - 0 Rams.

After another Mann fumble, quarterback #12 Blair Garner scored on a 15 yard scamper. After a missed extra point, the Rams lead 13 - 0. After another Garner touchdown and a 2 point conversion by Harper, the Rams took a 21-point lead.

#22 Christian Edwards continued the Rams scoring in the 2nd quarter with a 2 yard TD. An Earley extra point put the Rams up 28 - 0.

Just before halftime, and after a J. L. Mann score, #12 Garner completed a 12 yard TD pass to #14 Ryan Brownell making the score to 34 - 7 in favor of the Rams. In the 3rd quarter, #15 Owen Skelton of the Rams scored on a 2 yard TD run. After a successful kick by Earley, the score was 42 - 7.

Mann added a field goal in the 3rd quarter to try and tighten the score some but #1 Shank Brown for Westside took the kick off back 90 yards for a touchdown. Another PAT by Bryce Earley made the score 49 - 10 and secured the victory for Westside.

Next up, the Rams will host Woodmont on Friday, October 18th in a regional contest.

