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January 9, 2020-January 22, 2020

## 26th annual *Camellia Ball* set for February 1



The AnMed Health Foundation will host the 26th annual Camellia Ball on Saturday, February 1, 2020 at the Bleckley Station in historic downtown Anderson.

The event benefits AnMed Health Pediatric Therapy Works and is presented by Glenn Constructors. With outstanding community support and partnerships over

SEE BALL ON PAGE 2



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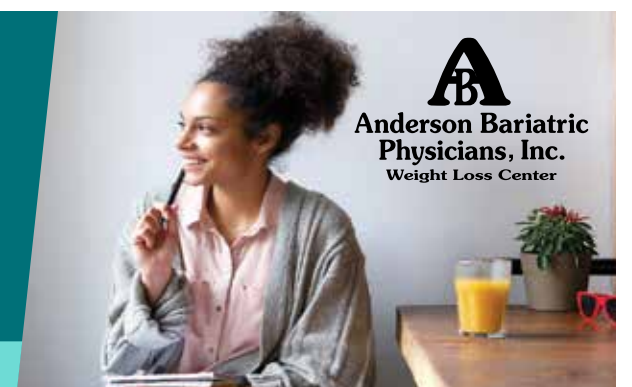
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## Ball

CONTINUED FROM PAGE 1

the last 25 years, the Camellia Ball has raised over \$2.7 million for the benefit of AnMed Health patients.

Creative chair, Susan Temple, along with many other volunteers, will create a swanky speakeasy to celebrate the roaring 20's, a decade of extraordinary changes and great uproar.

"Sullivan's will cater a delicious buffet, including fondue bar, desserts, and signature drinks from the prohibition era, along with full service bar", says Temple.

Shimmer Band, who entertains all over the world, will keep the party going with great music. The atmosphere will be dark and swanky, reminiscent of an exclusive speakeasy.

"There are always some surprises with decorations, and this year we have a couple of unique ones up our sleeves.", Temple says.

As Anderson's premier philanthropic event, the black-tie evening sells out every year. A limited number of general admission tickets are available now at [www.CamelliaBall.com](http://www.CamelliaBall.com).



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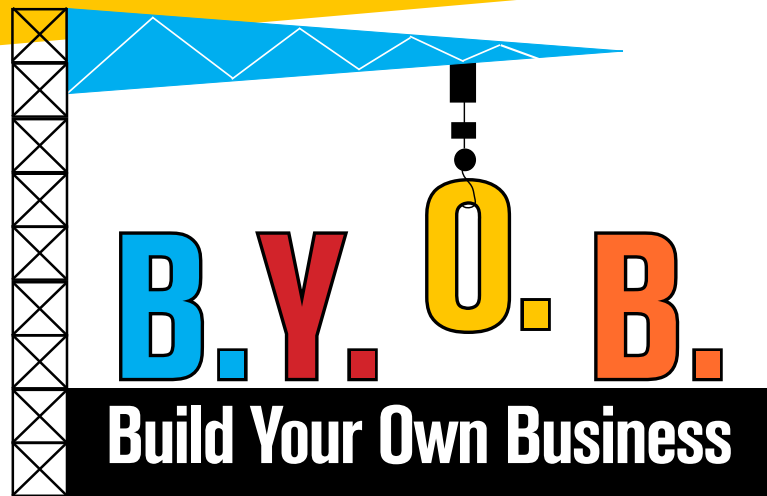
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# The critters we share our space with

BY RICH OTTER

You are accustomed to squirrels and an amazing variety of birds from little chickadees and perky Carolina Wrens to hawks and vultures in or near your yard. If you lie awake at night listening to a far-away train horn, you may also hear the lonesome hoot of an owl. There are chipmunks and perhaps a bunny or two you frequently see.

But there is much more going on in Anderson and running around your yard that may not be so evident. In the morning you might notice something has been munching on your plants, bushes or in your garden. There are droppings. The water in your bird bath, particularly if it is just a bowl on the ground, may have been splashed out. The food from your bird feeder may be scattered on the ground. During the night your outside motion night-light may have been activated. What's going on? In fact, we are sharing space with a great number of critters we seldom see, not just the creepy crawling kind.

For example, it would not be surprising if there are a few to several hundred or more deer lounging around the City of Anderson every night. Even in the early evening and



A backyard visitor on Woodfield Drive

early morning daylight in the fall they are often visible in yards or ambling across streets. Sometimes groupings of two, four or eight deer can be seen together within the city. Except for automobiles, Anderson is a safe haven for deer and many other animals. It could probably rank as a wildlife sanctuary.

Deer are certainly not our only neighbors. Anderson residents include fox, opossum, skunk, groundhog, beaver, muskrat, armadillo, coyote, bats, snakes and likely others who are both friend and foe. Instead of a burglar,

your night-light may have been triggered by a wildlife intruder such as a raccoon, that black-masked bandit looking for your garbage can. The bird feeder, if less than 8 feet above ground, was likely robbed and spilled by a deer. Look for hoof or foot-prints in pine straw or on damp ground.

If you are particularly interested in who your night-time trespassers are, buy or borrow a game camera and mount it in an area where you think your secretive neighbors may visit. In addition to feeders, they certainly are attracted to fruits, acorns, pet food bowls, garbage containers, gardens, and shelter such as wood piles, rocks and heavy vegetation.

The United States Department of Agriculture discourages the feeding of any wild animals. They should not be encouraged to take up residence in our residential areas. People food can sometimes have a very harmful effect on wild animals. Rabies and other diseases can be transmitted to human populations. Feral and outdoor cats have taken a terrible toll on birds. In the United States alone the Smithsonian Institution reports they are responsible for the death of 1.4 to 3.7 million birds each year. The USDA also stresses not feeding ducks, geese and gulls.



A Kings Road birdfeeder thief

It seems likely this invasion of wildlife has not only been caused by the great expansion of humans into their natural habitat but also due to the adoption of leash laws and the fencing of domestic animals. As in many situations, closing the door on one problem may open a door to another.

Keep these visitors in mind when your neighbor's annoying dog awakens you barking in the middle of the night. The dog may not just be talking to himself.

## THE GARDEN SHOP

# Snowdrops for winter gardens



**SUSAN  
TEMPLE**  
master  
gardener

A few years ago, while shopping in the art gallery on Edisto Island, I found a perfect Christmas gift for Mama. It is a little pottery vase with a magnet on it to go on the refrigerator. The artist put a starfish form on it so it serves as a reminder of the beach. On Christmas Eve, the little vase was empty. I mean, geez, Mama couldn't put something in it? She had only baked gingerbread people, fixed two or three new recipes, accommodated a gluten intolerant, a vegetarian, made homemade Russian tea, made our traditional Christmas punch, and cooked enough to feed close to double our family.

I wandered outside to find something to put in the little vase. From across the yard, a patch of white in her back garden really stood out. Dainty little snowdrops were in full bloom. Both of us were given three or four bulbs while on a garden tour years ago. I was surprised at how much Mama's had multiplied. *Galanthus nivalis*, most often called snowdrops, also go by cute names of Fair Maids of February and Little Sisters of the Snow. Snowdrops will naturalize, spreading by



seed and by bulbs multiplying. They grow fine under deciduous trees where winter gives them enough sun to bloom, then they go dormant, just like daffodils. Catalogs are probably the best source unless a gardening friend will share. Plant them right away or they will dry out.

Being short little things, they are best planted along the edge of a pathway or the border of a garden. But they will also do fine mixed in with perennials that are dormant in winter. Mama's are in the middle of a patch of lungwort (*Pulmonaria*) and trillium. The patch was busy with little bees, another pleasant winter surprise. There are several varieties but not much of a noticeable difference, at least to my eyes. Giant snowdrops (*Galanthus elwesii*) only grow about a foot tall so that gives an idea of how small other varieties are. I would

love to find some *Flore Plena*, a double variety. My patch is planted at the edge of a path under a herbaceous shrub. They've multiplied nicely but not as much as Mama's. Mine are in more of a sunny garden and it doesn't have that rich soil from all the leaves that Mama's garden has. Well drained soil is a must. Deer don't bother them, another plus at my place. I've read the foliage, and sappy stuff from the stems when cut, can irritate skin but this was not a problem for me. Sometimes even bulbs themselves, of some plants, can cause irritation. I found this out the hard way when working at Busby Nursery. Hyacinth bulbs made me itch like crazy.

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

# The magic of kayaking

BY JULIE GIBSON ORR AND JOEY LEE

## “LET’S GO KAYAKING!”

These words can conjure several different experiences.

Here in the upstate of South Carolina, we have many recreational choices. In our opinion, if it involves a kayak, it has to be fun. Although we have many friends who kayak exclusively white-water. Our own experiences are purely recreational, therefore, this article will be based primarily on recreational kayaking. We love to fly fish for bass and kayaking has been an awesome vehicle for that. It allows stealth in approaching the bass hiding along the shore and it offers quick maneuverability in shallow narrow waters. Throw in a propulsion system powered by your legs and you have the ultimate vehicle for the fly fisherman (or woman). Both hands on the rod and fly line while using your legs to adjust your position on the water.

We also enjoy touring our local lakes and rivers by kayak. This offers some great vantage points for excellent photos and the stealth aspect of kayaks allows close approach to many birds that are just not approachable by land (osprey, herons, kingfishers, etc). A lightweight touring-style kayak is the ideal craft for covering our local waters and nothing offers a more relaxing and serene review of the shoreline.

Here are some things to consider if you are interested in kayaking. For those interested in purchasing your own equipment but are not sure what you need, there are several vendors who offer try-before-you-buy

opportunities with guides available to help you choose. Please check with your local vendors to see if they provide those services. For most of your recreational needs, kayaks will fall into one of two categories: sit-on-top and traditional sit-in. A sit-on-top kayak generally has a wider beam, making them more stable. A sit-in kayak design affords less drag and makes paddling more efficient.

Your most important piece of equipment will be your personal flotation device. It needs to remain on your body while you are on the water so make sure that the device fits you comfortably. You will also need a whistle (one that you blow) to attach to your flotation device for signaling an emergency situation. These first two items are required by SC DNR Boating Rules. We use a dry bag to protect our phones, cameras, etc. from water. You will need protection from the sun so bring along a wide brim hat and some good sunglasses. Obviously, you will also need sunscreen so choose the sports type which will last longer (your legs and feet will be getting wet as you paddle). We typically use a velcro-strap shoe (comes in handy on the boat ramps).

Places to go in the upstate are Lakes Hartwell, Keowee, Jocassee, Russell, Greenwood and many others — just Google. Most all these lakes have boat ramps which are shared with the motored vessels. Check the weather radar before your outing and you will be set for a wonderful day of magic — gliding across the beautiful surface of our pristine upstate waters. What an idyllic excursion!



# Birdwatching basics for Anderson County

BY ANN K. BAILES

I sat at the kitchen table, working on paperwork and occasionally glancing out the picture window, hoping against hope that we would see a . . .

"Mike!" I yelled breathlessly to my husband. He hurried to the kitchen and we both saw it – a rose-breasted grosbeak eating sunflower seeds at our feeder. This is a beautiful black and white bird with a deep pink triangle under its throat, potentially sighted at feeders here for only about a week in April as they migrate. From reports on eBird and from friends, I knew they had been spotted in our area, and our sighting that day was a life list bird for us.

That moment five years ago remains one of the highlights of our 30+ years of watching birds. We didn't see that grosbeak in some exotic location like Costa Rica, or south Texas, or even a South Carolina beach. We saw it from inside our home in west Anderson.

Birdwatching used to conjure up images of little old ladies wearing pith helmets and khaki shorts carrying ten-pound binoculars. No more. Birdwatching is now one of the fastest growing hobbies in North America, and for good reason. It's easy to start. It doesn't have to be expensive. It's fun for both begin-

ners and for old-timers. It can be done anywhere. It's beautiful. And it's hugely rewarding. Anyone, young or old, can do this. Here are a few ideas from an everyday bird lover for anyone interested in getting started.

1. Just begin observing!! Anytime you see movement in your yard or as you are traveling (the beach is a great place for birdwatching), study what you see. Notice what are called field marks – shape, size, coloration, beak size. Then, to continue, you need to . . .

2. Get a field guide in book form. Even with phone apps, a book is imperative for studying field marks. My favorite is my old faithful Roger Tory Peterson's A Field Guide to the Birds of North America; however, many other solid guides exist. Start reading and identifying!



3. Purchase a good pair of binoculars.
4. Put up a feeder if possible. Fill it with black oil sunflower seed (not mixed seed). Feeders work best around bushes and trees where birds have a place to escape if a raptor comes close. Suet feeders are also helpful and inexpensive, and suet is easily purchased at hardware and other stores.
5. Start a list!! The more birds you find,

and the longer your lists get, the more motivated you will be to continue. Start a life list, a year list, a yard list – anything to track your observations.

6. Learn the local hot spots where birds are often seen. In Anderson County, this would include the Rocky River Nature Preserve, the Townville area, and the Clemson Research stations. Lake Hartwell often has an abundance of birds. But anywhere where the habitat is trees, fields, or water (which qualifies most of Anderson County) is a good possibility.

7. Familiarize yourself with eBird.org and Carolinabirdclub.org. These give great information and also alert you to rare bird sightings in our area. Consider downloading apps such as Merlin or Audubon that identify birds from your phone.

8. Recognize up front that sometimes you will see and identify plenty of new birds, and other times will seem very lean. Don't quit! The breakthrough moments always come.

And when those breathtaking opportunities come—when you see your own rose-breasted grosbeak, or whatever bird it happens to be—you will find yourself hooked. Probably for life!

*Annbailes@bellsouth.net*



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# Anderson School District 5 announces annual award for distinguished alumni



With the dawn of a new decade, Anderson School District 5 announces their annual Distinguished Alumni Award.

This year marks the inaugural ceremony and award. Superintendent Tom Wilson,

Principals Kory Roberts and Walter Mayfield and the nominating commit-

tees would like to recognize their high school alumni who have brought great pride to their school and community by outstanding accomplishments in their field and/or service to their community through local, state, national or international organizations.

Nominations for alumni of T.L. Hanna and Westside are being accept-

ed through March 16, 2020.

Nomination forms must be completed and sent to the designation listed on the form. An additional reference must be included from an individual other than the nominator.

One person will be chosen for the award from each high school by a selected committee. Each committee

consists of 7 individuals who are citizens of the community and a graduate of that high school.

The induction presentation of these two prestigious awards will be at the graduation ceremony at each school in June of this year.

Both high school websites have posted the nomination form below.

## Nomination Form for Anderson Five School District DISTINGUISHED ALUMNI AWARD for each of the following: T. L. Hanna High School Westside High School

CRITERIA - Recognition as a distinguished alumni shall be limited to those individuals, living or deceased, who have attended or graduated from the High School no less than fifteen (15) years previous to the nomination and have made significant accomplishments in one or both of the following areas while maintaining high standards in personal integrity and character:

- An outstanding leader in his/her field
- Service to his/her community through local, state, national, or international organizations

Name of School attended: \_\_\_\_\_ Graduation  
Year: \_\_\_\_\_

**NOMINATIONS MUST BE RECEIVED NOT LATER THAN MARCH 16, 2020**

### Nominee Information:

Mail to: \_\_\_\_\_  
C. F. Reames Education Center  
1225 S. McDuffie Street  
Nomination  
Anderson, SC 29624  
ATTN: Coach Dickie Smith

OR

Scan to:  
[DickieSmith@anderson5.net](mailto:DickieSmith@anderson5.net)  
Subject: Alumni of the Year

Why do you believe that this individual should be selected for recognition and honor as alumnus/alumna of the year?

Accomplishments while attending \_\_\_\_\_ High School: (optional)

Accomplishments since graduating from \_\_\_\_\_ High School:

Please attach any additional notes if needed.

Name of person nominating \_\_\_\_\_  
Contact Information \_\_\_\_\_  
Email address \_\_\_\_\_

# Anderson Fire Department gives safety update

The Anderson Fire Department (AFD) has had a busy year so far with its Community Risk Reduction programs. As of date, AFD personnel have presented 103 fire safety classes with 2,998 adults and 7,759 children in attendance. During this time, our Fire Safety house was utilized 32 times to assist in fire safety education. AFD personnel also taught 23 fire extinguisher classes to businesses within the City of Anderson. These classes featured hands-on live fire extinguishment using our Bullex fire extinguisher prop. To date, AFD personnel have also installed 99 smoke alarms in city residences. AFD's certified Child Passenger Safety Seat Technicians have installed 125 child passenger safety seats so far this year.

Looking toward becoming better next year, The Anderson Fire Department (AFD) announces the receipt of a Federal Emergency Management Agency Fire Prevention and Safety (FP&S) grant in the amount of

\$125,669. The Fire Prevention and Safety (FP&S) Grants are part of the Assistance to Firefighters Grants (AFG) and support projects that enhance the safety of the public and firefighters from fire and related hazards.

The primary goal is to reduce injury and prevent death among high-risk populations. The grant is a 95% grant with FEMA funding \$119,686 and AFD funding 5% or \$5,984 of the total. The grant will be used to purchase a new state-of-the-art fire safety house.

The grant will allow us to replace our current 25-year-old safety house, that has met its useful life, with a new state-of-the-art house.

The fire department will be able to greatly enhance its fire safety education efforts and include sprinkler education. This addition will greatly enhance our Community Risk Reduction efforts and allow AFD to better educate the public in relation to fire and injury prevention, therefore helping ensure a safer community.



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# Here's your list to 'jump start' a great New Year!

Is it possible? We begin not just a new year but a new decade! I wish for each of you a year of joy. A year of good health. And a year of success. In truth, it is not a date on the calendar that is important. Rather, this is a time when we can reflect on where we have been and plan for where we want to go.

Put another way, this is a good time for a reset.

And on this positive note, here is a list of suggestions for jump starting this new year -- verified by the experts who study how we can optimize our mental and physical well-being:

- ♦ Stop saying words like "can't," "impossible" and "problem". Keep your mindset positive and you'll be amazed at how much more you can accomplish.
- ♦ Choose to read for inspiration. You can gain huge motivation from learning more about people's struggles and determination to overcome.
- ♦ Ignore nay-sayers. There will always be someone who wants to put down your ideas or tell you what can't be done. Be with positive, upbeat people.
- ♦ Make YOUR happiness your priority.

Make this year the year you start putting yourself first a bit more. Don't ignore commitments and responsibilities. Just try doing



**Dr. Gabrielle F. Cannick**

more of what you enjoy. This also means setting aside time -- every day, every week -- that's just for you.

♦ Take more walks. Not only is this important for your health, it gives you time to clear your mind and make better decisions.

♦ Get organized

and take control. If you are disorganized, you spend more time reacting than getting things done. Plus, you have more free time to enjoy. Another thing that will compromise your positive outlook and your happiness is letting others dictate what you do. Choose what you want to do, who you want to be, and where you are going from here.

♦ Stop complaining. It does not achieve anything. Reality check: If you want things to

change in your life, you must be the one who changes them. Complaining is a downer for everyone around you. And it sets you up for failure. TIP: Focus on helping others achieve. When you help someone else on their way, you will be more fulfilled.

It goes without saying, strive to enjoy every moment life has to offer. Don't waste time regretting the past or fretting about the future. Live each day to the fullest. Do something important with your life. Help make the world a better place. And remember this: There are no unrealistic goals, only unrealistic timelines. This year could be the beginning of something great! Call us with questions or for assistance. 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

denial 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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# How to avoid Medicare penalties

## “What do I need to know about Medicare enrollment, and which Medicare option is best for me?”: Part 3

### Ask Fred

This issue will discuss the monetary penalties that can be assessed if specific Medicare enrollment deadlines are missed.

#### Medicare Part A:

In most cases, people are “automatically” enrolled into Medicare Part A and are not required to pay a monthly premium. As was discussed in Parts 1 & 2 of this series, individuals who do not have enough “work credits” to qualify for “premium-free” Medicare Part A insurance can still purchase it at a premium cost of \$458 (for 2020) per month (or possibly less if a portion of the required work credits were earned). If you choose not to enroll in Part A during your Initial Enrollment Period (i.e. three months prior to, the month of, and three months after your 65th birthday), you will have to pay a 10% penalty (based on the current Part A premium cost) for twice the number of years you were eligible for Part A – but did not enroll.

#### Medicare Part B:

For 2020, the “standard” monthly premium for Medicare Part B is \$144.60 (i.e. cost is increased for beneficiaries with higher income

levels). Unlike Medicare Part A, individuals are not “automatically” enrolled in Part B – unless they were already receiving Social Security “disability” benefits prior to turning 65 years old. It is therefore necessary to enroll in Medicare Part B during your Initial Enrollment Period (IEP) to avoid a “permanent” penalty.



**Fred Reid, R.Ph.**  
Senior Insurance Advisor

For beneficiaries who fail to sign up for Part B during this time frame, a “permanent late fee” will be added to their Part B monthly premium cost. The late enrollment penalty, as defined by Medicare, states that:

“For each 12-month period you delay Medicare Part B enrollment, you will have to pay a 10% Part B premium penalty.”

Part B enrollment is not required, or can be delayed indefinitely in two situations:

You currently have “credible” healthcare insurance through your (or your spouse’s) employment (job-based insurance).

Note: Any healthcare coverage, such as a group plan sponsored by a company with fewer

than 20 employees, retiree, union, veteran, or COBRA is not considered credible for Medicare purposes

You are eligible for a Medicare Savings Program based on low income (i.e. this topic will be discussed in a later issue)."

There are three basic ways to sign up for Medicare Part A and Part B:

Apply online at [ssa.gov/benefits/medicare](https://ssa.gov/benefits/medicare)

Visit your local Social Security office

Call Social Security at 1-800-772-1213

If you already have Part A and want to sign up for Part B, complete an application by following these steps:

Using your computer, search “CMS 40B”

Choose “CMS 40B | CMS”

Click on “CMS40B-E (PDF), and complete the form as instructed

#### Medicare Part D (Drug Coverage):

Failing to obtain “credible” drug coverage within three months after your Medicare Part A or Part B becomes effective may result in a “permanent” late penalty. According to Medicare, credible drug coverage is defined as any drug coverage that is, on average, as good as or better than the basic Part D benefit. If you currently have drug coverage through your employer or other plan, you should receive a notice around

September of each year informing you if your drug coverage is credible or not. Several types of plans offer credible drug coverage, including:

Veterans Affairs (VA) benefits

TRICARE for Life (TFL)

Federal Employee Health Benefits (FEHB)

Some job-based and retiree plans

It is also important to know that:

You will also incur a Part D late enrollment penalty if at any point you are without “credible drug coverage” for a period of 63 days or longer.

If you are eligible for Part D “Extra Help” or Low-Income Subsidy (LIS) program, you are not responsible for paying a Part D late enrollment penalty.

The Part D late enrollment penalty is a monthly “add-on” penalty, calculated as 1% of the current national base beneficiary premium (i.e. \$32.74 for 2020) multiplied by the number of “uncovered months”.

Example:

If you are without “credible” drug coverage for a period of seven months, your Part D “monthly” enrollment penalty would be 7% higher for as long as you have Part D (7 months x 1%). Since the national base beneficiary premium is \$32.74, the penalty is calculated as:  $\$32.74 \times 0.07 = \$2.29$  per month. Therefore, \$2.29 will be added on to your monthly Part D premium for as long as you have Part D.

*Please contact Fred Reid at 864-940-6113 if you have questions or need assistance identifying the Medicare plan that best meets your healthcare needs. I am happy to meet with you in your home at your convenience.*

# Helping your child create success in 2020

The hustle and bustle of Christmas has come and gone, 2020 has officially been ushered in and a promising list of “New Year Resolutions” is now on the books. For many of us, the start of a new year also means that our children will soon be returning to school. With at least eighty school days remaining before summer break, it’s also a great time to work with your little ones to create goals and resolutions designed to make this school year the most successful one ever! While specific goals and resolutions will differ greatly for each individual child, the goal-setting process can be far more productive if you follow these simple guidelines:

Begin by talking with your child to find out their definition of a “successful” school year. Add your ideas

as well – but be sure to keep the conversation positive and non-confrontational. It is crucial that your child remains excited, focused and feels confident about their new challenge.



**Katie Laughridge**

In broad terms, discuss what should occur each day to make their vision of success a reality.

Create a list of “mutually agreed upon” specific and measurable goals that, if followed, can result in a successful school year.

Include specific “action steps”

describing how each goal will be achieved.

Monitor goals daily, making changes as deemed necessary. Ask your child to rewrite (or verbalize) each goal at least once weekly. This action has been shown to significantly improve success.

Always be encouraging, and provide assistance as needed to avoid frustration and discouragement.

Research has repeatedly demonstrated a strong correlation between goal setting and successful outcomes. In a recent study, it was found that individuals are 42% more likely to achieve their goals and dreams – simply by writing them down on a regular basis (i.e. at least weekly). The study further concluded that the likelihood for turning dreams into reality increases even more if written goals are shared

with a friend who believes in their ability to succeed.

Following are few ideas you may want to consider while helping your school age child create goals and resolutions that will guide them to success in 2020:

Always be prepared for the next day (book bags should be packed and placed by the front door each night before bed, along with anything else required for school).

Designate a time for completing homework each night. Homework folders should be reviewed by a parent or caregiver daily to ensure correctness and understanding. Provide additional instruction if needed (this will show your child that you value their education and what they are learning in school).

Designate a time to talk with your child about their day. Ask

them to tell you about the best (and worst) part of their day.

For early elementary students: Set a time each day to read to your child (and listen to them read to you). Fifteen minutes per child per day is appropriate. Research shows that reading aloud with children is the single most important thing you can do to prepare a child for reading and learning.

Make sure your child eats a well-balanced dinner with fruits and vegetables. By giving your child a healthy balanced diet, you are ensuring that they are getting all the essential vitamins, minerals and other nutrients that they need for healthy growth and development.

“By failing to prepare, you are preparing to fail.” – Benjamin Franklin

I hope you all have a wonderful, prosperous and successful 2020!

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NIBBLE & SIP

# DON'T MOCK THE MOCKTAIL

At this point, some of you are a week into your New Year's resolutions. January 1st has always been a reset date, a day on which you clear your slate and start fresh. Some common resolutions for a new year are to learn a new language, advance professionally, find love, or take up a musical instrument. The MOST common resolution, though, has got to be losing weight and getting in shape.

This makes a lot of sense, with January coming on the heels of the most overindulgent few weeks of the year. Thanksgiving to New Year's Eve is a parade of cakes, pies, fatty meats, SO many cheeses, and potatoes of every description, all washed down with beer, wine, or cocktails. It's no wonder that so many people decide to give up rich foods and alcohol during the month of January.

But that doesn't mean that you still can't enjoy a Nibble and Sip with your neighbors on Friday nights. Alcohol-free cocktails, or

mocktails, have their place in a portfolio of drink recipes. I have friends who occasionally abstain from alcohol and a few who don't take alcohol at all. I could pick up a non-alcoholic beer or wine for them, but I could also just



Kim von Keller

serve them rainwater from my gutters; the taste is really about the same. And you should only offer your guests Shirley Temples – ginger ale and grenadine – if they are eating chicken nuggets and their average age is five. For grownup palates, offer

a Chai Blossom, a Bon Appetit mocktail that features chai tea, lime juice, and club soda.

And to accompany your mocktail, offer Mumbai Sliders. This Indian adaptation of the American Sloppy Joe features lean ground

turkey and sautéed vegetables and complements the spice of the chai tea.

### Mumbai Sliders

- ¼ c. vegetable oil
- 1 lb. ground turkey
- 1 medium onion, diced
- 1 serrano pepper, seeds removed and diced
- 1 small red pepper, diced
- 2 garlic cloves, diced
- 1 T. fresh ginger, minced
- 1 T. garam masala
- 15 oz. can tomato sauce
- 1 cup water
- ½ c. slivered almonds, toasted
- ¼ c. cilantro
- salt and black pepper to taste
- 1 dozen slider rolls, toasted

In a large skillet, heat vegetable oil over medium heat. Add ground turkey, breaking up and cooking until browned. Remove turkey from skillet with a slotted spoon and set aside.

Add onion, serrano pepper, and red pepper to skillet, cooking over medium heat until softened. Add garlic and fresh ginger and cook an additional minute. Add garam masala to vegeta-

bles, stirring until fragrant, about a minute. Add tomato sauce and water to the skillet, stirring to combine. Stir in the cooked turkey. Bring the mixture to a boil, then reduce to a simmer and cook until thickened, 10-15 minutes.

Add toasted almonds and chopped cilantro to the turkey mixture and season to taste with salt and pepper. Spoon onto slider rolls and serve. Serves 12.

### Chai Blossom

- 2 chai tea bags
- ½ c. sugar
- ½ c. fresh-squeezed lime juice
- 12 oz. club soda or seltzer
- lime slices, for garnish

Combine tea bags and 1 cup boiling water in a small bowl; cover and let sit 8–10 minutes. Remove tea bags from bowl and add sugar, stirring to dissolve. Allow chai syrup to cool.

Pour cooled chai syrup into a small pitcher and add lime juice, stirring to combine. Divide the chai-lime mixture among four rocks glasses filled with ice and add 3 oz. club soda to each glass, stirring. Garnish each drink with a slice of lime. Serves four.

## A fascination with jewelry

There are some incredible jewelers in the world. Jewelry is fascinating to me. Whether it's a wedding ring or a big chunk of turquoise, I'm all about



Kristine March

it. Not only does it enhance our style, it tells a story. In 1600 BC The Greeks starting making jewelry out of gold and gems. Egyptians would adorn statues with certain

pieces. They would even bury their people with fine jewels to adorn them in the afterlife. Native Americans were so much into turquoise. They thought the stone was living because it could change colors. They also believed the stone protected them from evil. Turquoise was considered very luxurious. It's my personal favorite.

When my grandmother passed away she left me with all of her turquoise that she had collected over the years. Now I get to wear a piece of her. I feel like she's always with me and protecting me when I wear it. Heirloom jewelry has been passed down from generations and holds a deep significance to us from our loved ones.

Gemstones are another captivating aspect in the jewelry world. From amethyst to moonstone, some people believe the stones transfer their energy to us when we wear them. They're also just stunning to look at and study. From amber to opal to lapis to sapphire



- it's all just "other worldly" to me.

Costume jewelry is fun to wear but there is something about real stones that make you feel spirited and vibrant. Diamonds are beautiful as well. It's best nowadays to know the source and make sure they're blood diamond safe. Try to do your research when purchasing the right diamond. It's imperative that we stay informed.

What are some of your favorite stones and jewels? Remember to make the sidewalk your runway and kindness always matters.



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# Looking back

I hope the holidays were filled with love and laughter for you and your family. I thought it would be fun to look back at my article from one year ago, in which I made some bold predictions about what would happen in 2019. Ironically my favorite and most played song on spotify in 2019 was Ava Max's "Sweet But Psycho" which really defines me to be honest. Lets see if I'm really psychic, or just plain psycho.



Justin Tyme

My first prediction was a bust. I thought the Dallas

Cowboys would play in last year's Super Bowl. It didn't happen. In February the New England Patriots beat the LA Rams. In all fairness, I make this prediction every year about the Cowboys.

My second prediction was that Mariah Carey would announce a pregnancy with her boyfriend/backup dancer Tanaka. Well Mariah and Tanaka seem stronger than ever while spotted in Aspen over Christmas. The superstar will turn 50 in 2020, and while she does not appear pregnant in the photos, don't count this one as a bust just yet. Justin Bieber was supposed to get a divorce in 2020, but in September the couple actually renewed their wedding vows. That said, shortly after that ceremony, Justin went to the mountains. ALONE. His instagram stated he needed time to reflect on his life. It's been several months since the couple posted on social media, and may have actually come close to a separation (partially due to Bieber's ex Selena Gomez and her song "Lose You To Love Me"). By looking at the couple's Thanksgiving photos, it's hard to fathom they are splitting up at all. Once again though, don't write my prediction

off. Cardi B took back husband Offset like I said she would, but I also believed she would leave him once and for all by Christmas. The couple are still together and last week not only did they buy a multi million dollar mansion in Atlanta, Cardi spent more than half a million dollars on Offset's birthday party. Complete with strippers! I thought Lady GaGa would get married, but her relationship with Christian Carino came to an abrupt end in 2019, Britney did not experience an epic meltdown, but she did act quite crazy this past year and the hashtag #freebritney exploded on twitter along with speculation that the singer has in fact lost her mind and is in a very dark place. Unable to even possess an iPhone or a smartphone to post to social media. Adam Levine did not have a wardrobe malfunction at last years Super Bowl game, and as predicted, Kim Kardashian and Kanye West continued to do and say stupid things. Kanye even became a preacher, starting his own church in 2019.

So what do you ? Am I psychic or psycho? My own diagnosis is: I am both. While many of my predictions may not have come true in 2019, I think they are still possible in 2020. In my next article I will make some bold predictions about 2020 one of which will be that we are going to watch my hometown team, my beloved Buffalo Bills play in the Super Bowl. Yes Im a Cowboys fan for life, but I'm from Western New York and part of the #billsmafia. Thanksgiving Day was amazing for me because the two teams played each other for the first time in many many years. It didn't matter who won the game because I was happy either way. I wish you and your family a very successful 2020.

*Justin Tyme can be heard on HOT 98.1 Saturdays and Sundays.*



## Trivial pursuits are serious

The world can be divided into two categories: things that are trivial, and things that are not. The crumbs in the bottom of a cereal bag are trivial; getting your children to finish their cereal before the school bus arrives is not. Choosing a television program is trivial; choosing a universal remote that doesn't require an engineering degree to program is not. Trivia, those bits of information that are of little value, is trivial.



Kim von Keller

Trivia Nights most certainly are not.

In fact, Trivia Nights became some of the most popular team events of the last decade, and they're still going strong as we enter

2020. Whether hosted by your favorite pub or your favorite charity, Trivia Nights combine camaraderie, knowledge, strategy, and a drink or two to create one of the most fun nights you can have with friends. And in addition to bragging rights, prizes range from sponsor merchandise to gift cards to cold, hard cash. But before you jump in, make sure your team is ready.

### FORMATION

Are you in it to win it? If so, your team should be comprised of what I call "specialty nerds," as questions will come from multiple categories. Do you know which American president married his schoolteacher? You'll need a teammate who loves the History Channel. Can you name the South Carolinian who won the 2011 National Book Award for Poetry? Your neighbor who teaches English literature can. But academic knowledge is not the only requirement to win at trivia. When you're asked to name Scarlett Johansson's first husband, you'll need a pop culture expert – think BuzzFeed and People magazine – and a movie buff won't hurt when you're asked who has won the most Best Actress Oscars.

### PREPARATION

Trivia teams take this stuff seriously, so put in some prep time. If your team is counting on you

for the geography questions, consult the CIA (yes, that one) World Factbook. On its website, you can see up-to-date maps, flags, and currency for all the world's countries. Do you know which country's flag features a black trident? All team members should brush up on their area of specialty. But what if the competition is based on a particular theme? Harry Potter is a favorite Trivia Night theme, so divide the seven novels amongst teammates for review. Someone should be able to identify Dumbledore's favorite candy. "The Office" is another popular theme, so make sure teammates are assigned cast, characters, plot synopses, and famous quotes. You might be asked to identify the character who said, "I have flaws. What are they? I sing in the shower. Sometimes I spend too much time volunteering. Occasionally I'll hit somebody with my car."

### IDENTIFICATION

Choosing a team name is a bigger deal than you think. First, a clever team name can intimidate your competition. Second, if you end up losing the competition, many Trivia Nights award a prize for the best team name. A good approach to choosing your team name is to consider the relationship of the teammates. If you and your fellow members work in the science field, you might call your team, Bunsen: Feel the Burn. If you're all teachers, channel M. C. Hammer and call your team School Is In, Sucker. But don't be afraid to cloak your team in mystery. I once attended an event where, for no apparent reason, a team called themselves The Pat Nixons, and they all dressed as the former First Lady. They were scarier than you could possibly imagine.

If you and your friends think you're ready, do a little Internet searching and find the next local Trivia Night. Win or lose, you'll have a great time. Here in Anderson, the Growler Haus, Mellow Mushroom, and McGee's Scot-Irish Pub all host Trivia Nights.

And if you're wondering about the answers to the questions that appeared earlier, here they are, in order: Millard Fillmore, Nikky Finney, Ryan Reynolds, Katherine Hepburn, Barbados, lemon drops, and Michael Scott.





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MUSINGS OF AN OLE BALL COACH

# Striving to attain a higher plane in life

BY JIM FRASER

A traveler took a long and laborious six-month journey in search of a mystic who would tell him the meaning of life. He finally arrived at the foot of the mountain where the Holy Man resided. After a three-day trip with pack mules and guides, he arrived at the mountain top abode and was given an audience. "Oh, Great Guru," he explained, "please give me the meaning of life." The Great One answered, "Before I can unlock the mystery of life, you must first tell me how many candles it would take to equal the light of the sun."

The traveler made some calculations and gave an answer in the millions. "No, no my son," was the answer. "Go to the village, make inquiries, stay and come back in three days." The traveler reported back and gave an answer in the billions. He repeated the process many times and finally his answer reached 6,485,970,640,420 but was told by



the Guru, "Not enough." He gave up in exasperation. "I'm sorry my son that you gave up when you did, for you were only six candles short," answered the esteemed one. "Now you will never know the meaning of life."

I think it's now appropriate that we talk about New Year's resolu-

tions. At four score in four years, I have become somewhat adept at making and breaking resolutions. In fact, they might approach the above mention number. So why do most of us continue to set ourselves up for obvious failure? Because it is in striving to attain a higher plane in our life that we become better for it. Teddy Roosevelt said not to pity one that emerges from the arena bloody and bowed but pity the one that never entered the arena and strived for success. Making resolutions are like practicing your golf swing or a football team repping plays – the more you do it the better you become. Therefore, if you strive for 20 years to cut back on calories, it stands to reason that a cut back that lasts through January might extend through March in a couple of years.

My growing up years were during the Great Depression and the four years of World War II. Times were hard and the only people with discretionary income were railroad

men and bootleggers. "This was still a thriving industry although Prohibition was over by 1936." Therefore, my resolutions were tangible, temporal things. Like one year saving up to buy a brand new Schwinn bicycle for my paper route and a Red Ryder bb gun, and another time to buy a pair of Chuck Taylor Converse All Stars (\$6.30), so I could be the first on our high school team to be so stylish.

When I became a coach, I resolved every year to do the things that would make us a better team. I became real good at this because in my 23 years as a head football coach, we always lost the last game. Therefore, on New Year's Day, with pad and pen in hand, I would scout the four major bowls. This would involve much getting up to change channels while watching the Rose, Cotton, Sugar and Orange Bowls. In addition, we would go to as many clinics as possible. Upgrading our weight room was always a top priority.

In addition to measurable resolutions, I think it paramount that we make lofty, altruistic goals – you know, the kind that make us better humans and the world a better place. In this respect, I try to gravitate towards two philosophies. The Al Anon Credo of "Just for today, let me meet my stated goal today – not for a week hence, but just for today." The other would be the prayer of St. Francis of Assisi, the one that says, "Where there is hatred, let us sow love; where there is injury, pardon," and so forth. Transitory items such as that bike, sneakers and air rifle that we resolve to achieve will be lost on the scrap heaps of time. But the search for kindness, justice and humility will never fade. Happy Belated New Year!

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

## PENDLETON BULLDOGS

# Bulldog boys still struggling on court as girls pull above .500 with hot streak

BY DAN LACOBIE

The Pendleton Bulldogs boys' basketball team hoped for a better season this year but their 1 – 11 record does not speak for the effort these guys put in to each game. Many of their games were a lot closer than their record indicates.

During the break for the holidays, Pendleton saw action against the Travelers Rest Devildogs in the Poinsettia Classic at Greenville High School. The Travelers Rest team came away with a 69 – 28 win versus Pendleton.

On the 28th, in the same tournament, the Bulldogs faced Greer Middle College Blazers. Pendleton earned its first victory of the season in this game with a 73 – 66 win.

On December 29th, while involved in a back and forth game, the clock ran out on Pendleton while trying to tie the game up. The Dogs lost by a very close score of 59 – 61.

Up next, the Bulldogs will take on Daniel High School at home on January 7th. After which, the West-Oak Warriors pay the Dogs a visit on January 10th.

After 12 games, the scoring lead-

ers for the Bulldogs are #1 Matthew Walker and #3 Mario Sanders who are both averaging 10.3 points per game. These two are followed closely by #5 Jett Hammes with 9.9 points per game on average.

#5 Hammes also leads the team from 3 point range with 27 so far this year. Next behind Hammes is #3 Sanders with 11

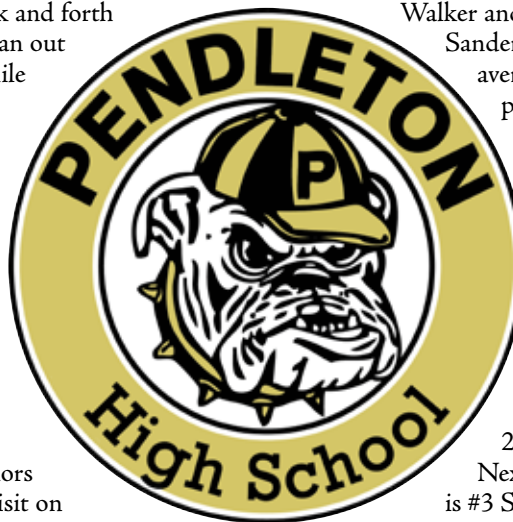
3-pointers of his own. While manning the boards for

rebounds, #3 Sanders has grabbed 55 and #24 Jaquan Sanders, a 6'6" senior, has 53.

As a team, the Dogs average 49.3 points per game while rebounding 21.4 balls per game. They have 6.5 steals on average and 3.1 blocks per game.

The Pendleton Lady Bulldogs are 7 – 6 overall this season and won 6 in a row before a loss to Southside in the Lady Raider Tournament (25 - 36). But before that, they defeated Laurens Lady Raiders in the Laurens Christmas Tournament by a score of 40 – 27. Next on the schedule for Pendleton's girls will be the Daniel Lady Lions who will take a road trip down to Pendleton High on January 7th.

No team or individual stats are available for the ladies. Working to get those for you.



# Hanna boys hoping to finish strong after holidays as Lady Jackets hope to continue strong season

BY DAN LACOBIE

Well, with the break from school now over, the 2nd half of the high school basketball season is on the horizon. T.L. Hanna basketball is looking to improve on its 6 – 7 overall record. Although 2 – 0 in conference play, the Jackets will need to step it up a tad with state playoffs looming.

During the break for the holidays, the Jackets took on the Collins Hill Eagles from Georgia. Collins Hill, 11 – 5 overall, played Hanna on December 27th in a hard-fought game. The jackets lost the game 73 – 86.

The very next evening, on the 28th, the Jackets took on West Forsyth High School in the Deep South Classic at Brookwood High School in Snellville, Ga.

The West Forsyth Wolverines (11 – 3) also handed Hanna a loss by a score of 68 – 43.

At press time no individual or team stats were available.

On the Jackets' upcoming schedule, they will face off with J.L. Mann at Hanna on January 10th. After which, the Greenwood

Eagles pay a visit to host Hanna on January 14th. Then a visit to cross-town

rival Westside for what is shaping up to be a great game.



On the Lady Jacket court, the ladies suffered their first loss of the season during the holiday break. That loss came at the hands of Carver High School.

The Carver High Rams defeated the previously undefeated Jackets by a score of 53 – 44. The Lady Jackets take a region

record of 2 – 0 to the court versus the Wade Hampton Generals on January 7th at Hanna. After which the J.L. Mann ladies will also visit the Hanna gymnasium.

Looking at stats for the ladies, we see Maleia Bracone still leading the team with 21.3 points per game.

Just behind Bracone, with 10.1 points per game, is Carmen Chandler. Stats are based on 10 games out of 11. Stats will be updated when schools go back in session.

As a team, the girls average 54.9 points per game and are rebounding 42.4 per game. Also, in the steals department, they are grabbing 13.9 from the opponent per game. Bracone is also leading the team in 3-pointers with 23.

## WESTSIDE RAMS

# Westside boys bouncing back; Ram girls rolling

BY DAN LACOBIE

The Rams of Westside started off the season a little slow with an 0 – 4 overall record but have improved on that to a 7 – 6 overall mark.

Since the Christmas and New Year's break, the Rams have played four games in their schedule adding 2 wins and 2 losses to their resume.

On December the 27th, Westside participated in the Poinsettia Classic at Greenville High School facing Southside High. The Rams won that game 58 – 52. In the 2nd round, they faced the Blythewood Bengals but unfortunately the Bengals took that game 53 – 42.

In the consolation game, Westside took court against the Travelers Rest Devildogs. It was a tight contest until late in the game when the Devildogs rallied for a 56 – 45 win.

The Rams took on the Daniel Lions on January 3rd at home. This game was back and forth between the two but when all was said and done the Rams

took the victory 61 – 59 in a very close game.

What's up next for the Rams? On January 7th they will travel to Greenwood County to take on the Eagles. And on the very next day will travel to Pickens county to take on Daniel High again on their court and hope to bring back another win versus Daniel.

Looking at some stats on the boys team, based on 12 games, #11 C.J. Plantin leads all scorers with 15.4 points per game. Just behind Plantin is #2 Junior Smith. Smith, a 5'11' senior, is

coming in with an average of 14.8 points per game and also leads the team in the

3-point category with 27 made.

Also helping the team out with 11.8 points per game is #1 Tyson Lewis. Lewis, a senior, also helped the team with 10 3-pointers made this year. Grabbing the ball off the glass for his team #11

Plantin, a 6'4" senior forward, has a team leading 97 rebounds.

The Westside Lady Rams are having a very good season with a 9 – 2 record overall. Within the holidays, the girls took on the Myrtle Beach Seahawks on

December 27th. However, they came up just a bit short for their 2nd loss of the year by a score of 37 - 39.

Next they saw the Socastee Braves in the James Blake Holiday classic and walked away with an impressive victory, 45 – 32.

At press time, they were taking on the Lady Lions of Daniel high school and no score was available, will have that for you next issue.

Looking at some stats on the Lady Rams we see #25 Keyshuna Fair, a 5'9" senior, leading the team in scoring with 17.3 points per game. Fair is also leading all scorers with 19 3-pointers this season.

Just behind Fair in scoring is #11 Destiny Middleton. Middleton is putting in 8.5 points per game while adding 7 3-pointers of her own.

#25 Fair also leads the team in rebounding. Ms. Fair has taken 51 off of the backboard so far this year. Just behind her is #4 Aziyah Bell who has 43 rebounds of her own.

