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October 10-23, 2024

'Debbie's Cookbook' gives more than just recipes

**POPPYSEED
HAM BISCUITS**

Ingredients:

1. Butter (1/4 stick, melted)
2. Mustard (3-4 tbsp.)
3. Worcestershire Sauce (3 tbsp.)
4. Poppy Seed (3 tbsp.)
5. Hawaiian Sweet Rolls (12 pack x 2)
6. Swiss Cheese Slices
7. Ham (1.5 lb.)

Directions:

1. Melt butter (1/4 stick)
2. Mix in mustard, poppy seed, & worcestershire sauce with butter
3. Cut bread in half & place a thin layer of above mix on the inside
4. Add layered ham on top of mix
5. Lastly, add the swiss cheese
6. Place the reserved half of bread on top and cut into squares
6. Wrap the rolls in tin foil and place in the oven at 325 for 15 min. or until cheese is melted

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BY KIM VON KELLER
"Gaga loves you very much."

These are words that Debbie Walls wrote to her husband, children, and grandchildren, but if she never told them she loved them, they'd never doubt it. Since Debbie and Tommy Walls were married, her love language has been preparing and serving delicious, comforting meals. So when Parkinson's Disease began to slow her down a bit, her family decided to show their love for her by creating "Debbie's Cookbook," a collection of 60 recipes, family photos, and letters to Debbie, aka Mom, Grandmother, or Gaga.

While everyone in the family contributed, the project was organized by granddaughter Autumn O'Shields.

"If you know my grandmother, it makes sense that we would create a cookbook because of her hospitality. You never leave



without a meal, even if it's not mealtime. My aunt Wendie Walls Cheek died in 2013, and we had a different experience growing up as grandkids because of her cancer. We were at our grandparents' house all the time, and Grandmother cooked all the time. We've always gathered there, and an average day was a Thanksgiving-style meal. My favorite recipe was always the mashed potatoes that she would make. She used to

SEE RECIPES ON PAGE 2

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PAYING TRIBUTE

Hurricane Helene cut a path of destruction across the Southeast on Sept. 27, claiming more than 200 lives across six states, causing previously unimaginable devastation to communities throughout the Carolinas and leaving millions of homes and businesses without electricity. Before the floodwaters had subsided, emergency workers, other first responders and electric linemen had already begun the task of helping the affected areas recover and rebuild. Though the process is far from complete in many places, we at the Electric City News would like to extend our most sincere and heartfelt gratitude to the men and women who have shown incredible dedication and hard work to return a sense of normalcy to our communities and will continue to do so until the job is done. Thank you!!



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Recipes

CONTINUED FROM PAGE 1

say that she would ship them to me if she could!"

An accomplished home cook, Debbie did not grow up cooking. She shares her story in the book.

"In 1973, I married my husband, Tommy, who had no clue that I couldn't cook since my mother cooked quite often. Even so, my mother never allowed me in 'her kitchen' not wanting me to mess anything up. So, I learned very little about it growing up."

Keen to learn, Debbie asked others for recipes to get started. There were some bumps along the way – she describes an "awful incident" involving potatoes – but she eventually became the wonderful home cook that her family describes.

"She has me eating things I never thought I'd like," Tommy says. "She makes eggplant taste like meat!"

The book is indexed and divided into appetizers, entrees, and desserts. Family members highlighted their favorites. Daughter Mandy O'Shields and her husband, Don, wrote about Debbie's Egg Noodle Casserole and Vidalia Casserole, while Allana O'Shields zeroed in on a pair of chocolate desserts. Wendie's children,

Andy Cheek, Lucie Cheek, and Charlie Cheek, wrote about their grandmother's Chicken Noodle Casserole, her Asian Chicken, her Pear Salad, and her Spaghetti, while their dad says he could eat his weight in Debbie's Turkey Dressing. Daughter Heather Walls Mitsopoulos and her husband, Angelo, have two children, Zoie and Banks. Zoie loves her grandmother's Macaroni and Cheese, and Banks' favorite is her Cube Steak and French Fries. Heather even credits one of Debbie's recipes for her good relationship with her in-laws.

"When Angelo and I were dating," Heather says, "Mom taught me how to make her signature Chocolate Chip Pound Cake. He and his roommates loved it so much that when I visited Angelo and his parents in Chicago, I brought one as a gift. Thanks to Gaga's delicious pound cake – and her teaching me how to make it – I got to win over my future in-laws by baking for them."

Autumn is printing copies of "Debbie's Cookbook" so that every family member can have a copy. The goal is to make sure that Debbie's recipes are always a part of the family. More importantly, though, is sharing the memories of time spent together at the table.

"Debbie Walls is the lady that inspired this book," the dedication reads. "In knowing her, you'd find that her way of hospitality, going far beyond her skilled cooking, is truly what makes her gatherings so memorable. I hope, in sifting through these pages and memories,

you, too, may feel a sense of the joy she brings to everyone around her table."



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The City of Anderson crews remain dedicated to storm restoration efforts to clean our city! We are also thankful to have mutual aid assistance crews from the City of Rock Hill, Town of Mount Pleasant, Horry County, City of Myrtle Beach, and the FL Air National Guard Red Horse Squadron. Thanks to these valuable partnerships, we're making great progress clearing streets and removing debris. To date, we have reopened 256 city streets and continue to clear debris, averaging 300 tons per day. All city traffic signals have been restored at this time.

To report fallen trees or debris in roadways, give us a call at (864) 231-2246 or report the problem online through the SeeClickFix app. Citizens can download the SeeClickFix mobile app and easily notify the City of any non-emergency service requests, 24 hours a day, 7 days a week directly from your mobile phone. This platform is free to download on your iOS or Android device.

We will continue to post daily updates on the City's social media platforms. Thank you for your patience and cooperation as we work diligently to restore our city!



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YOUR DENTIST CAN SAVE YOUR LIFE

Protecting your cognitive and social skills

Throughout the past year our features have focused on “lifestyle medicine”. To be clear this is nothing new. It is actually the foundation of conventional medicine but with the emphasis on treating chronic lifestyle-related disorders — diabetes, obesity, hypertension, heart disease — by making good life choices like losing weight, healthier diet and more exercise, rather than emphasizing medication.

There is, however, one topic that is not necessarily associated with lifestyle medicine but in my view is worthy of discussion. Health experts report warning signs are appearing that modern life is altering if not impeding our natural human process of interacting with others, singling out smartphones as a factor. They recommend in the strongest terms we “get our heads out of our phones”!

Considering the convenience and value of instant communication in our work as well as personal safety, this is hard to do. What healthcare experts are warning about is quite different. It’s about our over-reliance on these

devices to the point where we, adults as well as children, are losing the essential cognitive and social skills needed for a successful personal and professional life. What effect does all this scrolling and staring have on our brains? Experts warn that



Dr. Gabrielle F. Cannick

when we rely so much on our smartphones, we are increasingly unable to make judgment calls — and — it impacts our ability to talk to and connect with other people.

Cognitive ability is our core human capacity. So, what can we learn?

1. Being tech-savvy helps productivity and learning, but relying on devices won’t make you successful. Being able to complete tasks, solve problems and meet people on your own can and will.

2. Avoid smartphone dependency. Strengthen your cognition with physical exercise and reading books to improve brain function and memory.

3. Over reliance leads to mental laziness. (You no longer need to memorize or find your way using a map).

Smartphones are part of our lives. The point is to be aware of how much time you’re spending that involves a screen. Try to prioritize other activities and in-person interactions. If you feel it’s a problem for you or your children, make adjustments. Consider designating hours of the day “smartphone-free” to protect family time. Practice the 20/20/20 rule: Every 20 minutes, look up from your device at something 20 feet ahead for 20 seconds. This relaxes your eyes. And your brain will thank you.

The purpose of our features is to enlighten and provide steps we can take on our own to avoid chronic health issues and live a better-quality life. If you have any questions or

would like to discuss this important subject, please reach out. Consider us your hometown resource for guidance and support.

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.

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

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HELENE AND I

On Tuesday, September 24, my wife informed me that Chris Justus from News Channel 4 said we were in for a big tropical storm with 80 mph winds. I said, "Oh Pooh!", they always say it's going to be worse than it will be; don't you remember he predicted the 'Storm of the Century' and it only spit a couple of drops?" Wednesday, September 25, she said I should start charging all our devices and fill the truck with gas. "Honey, that hurricane is going to hit land and fizzle out before it gets near here." Thursday, September 26, she says, "Shouldn't you take down the umbrellas around the pool and roll up the sunshade over the patio?" "Ok,



Neal Parnell

Babe, I'll put things away, but you know I'll be hauling it all back out tomorrow and I'm leaving that huge beachball in the pool just to show you this is all a bunch of made up weather hype." Friday, September 27, I woke around 1:45 a.m. to the sound of howling winds, pounding rain, snapping limbs, and a tremendous THUMP! I jumped out of bed and before I left the room there was a quick blink and the power was out.

I'm a grown man and ashamed to admit it, but I need to sleep with a fan running and a Spiderman night light. If either stops, I'll bolt awake in panic mode. You'd think I had PTSD from some horrific war experience that couldn't be spoken of, but the closest I've come to war was in a ditch in front of my grandmother's house wearing a plastic helmet and a toy Mattel machine gun. I was wishing that I was in that ditch

now as another Thump! sounded somewhere close by. Mother Nature was working outside. By the sound of it, she was not building; she was renovating and demolishing but not allowing me to watch. My three indoor/outdoor cats were inside and clambering to get out, but I would not relent to their protest. Between Mother Nature's noisy work and the meowing, my wife got up, not to say



Good Morning; but, "I Told You". Aww Baby, Blue Ridge will have the power back on as soon as it's daylight. Saturday, September 28, the food in the fridge is spoiled, no ice, no generator, but I do have one of those Portable Power stations the size of a car battery to charge phones and make single cups of coffee and only used 2% of its stored power. We had plenty of peanut

butter, canned items, apples, potato chips, and crackers, so I plugged the air fryer into the power station to heat some soup. The display read 98% when I started and thought it was fine, but in a skinny minute it dropped to 30% and I stopped and had lukewarm vegetable soup and wasted our only electricity. I ventured outside into a backyard and neighborhood full of leaves, sticks, and twigs and thought, "What a Mess". I looked out and saw that just two houses down, there was a huge tree that had split a house down the middle and the house below it also had a large tree that had crushed the roof to the ground.

My power came back on Sunday evening and I was able to see the utter devastation throughout the States. No matter how dire your situation seems, there are those that need your prayers.

If you see a large beach ball wandering around town, have a smile and remember to listen to the one who loves you.

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ANDERSON DISTRICT 5

High school football teams working to return to fields after Hurricane Helene

BY BRIAN HODGES

How do high school football teams pick up the pieces after Hurricane Helene?

It's not easy.

T.L. Hanna's next scheduled game is Friday, Oct. 11 at Woodmont. Hanna's games at Mauldin (Sept. 27) and home vs. Hillcrest (Oct. 4) were postponed by the storm.

Westside High School's showdown at unbeaten Weddington, N.C., on Sept. 27 was canceled and its home game against Southside (Oct. 4) was postponed. The Rams' next game is Oct. 11

against Emerald High in Greenwood.

Schools in Anderson and Greenville County were closed due to immense storm damage and lack of power.

Hanna and Westside were allowed to resume football practices last week, beginning Oct. 3 (Thursday and

Friday) but practices were optional for athletes since schools were still closed.

"We understand that not every-

one is in a position to attend practices while dealing with the difficulties caused by Hurricane Helene," said Hanna athletic director Tommy Bell on Hanna's athletic website.

It is believed that the postponed games will be rescheduled at the end of the season (Nov. 1). But Hanna and Westside officials await decisions from the state high school association. The play-off games would start later in November

than originally scheduled.

"We haven't heard from the state yet about a revised schedule," said Dickie Smith, the community liaison for Anderson School District 5. "It's frustrating because we know schools in Georgia and North Carolina already know their new schedules."



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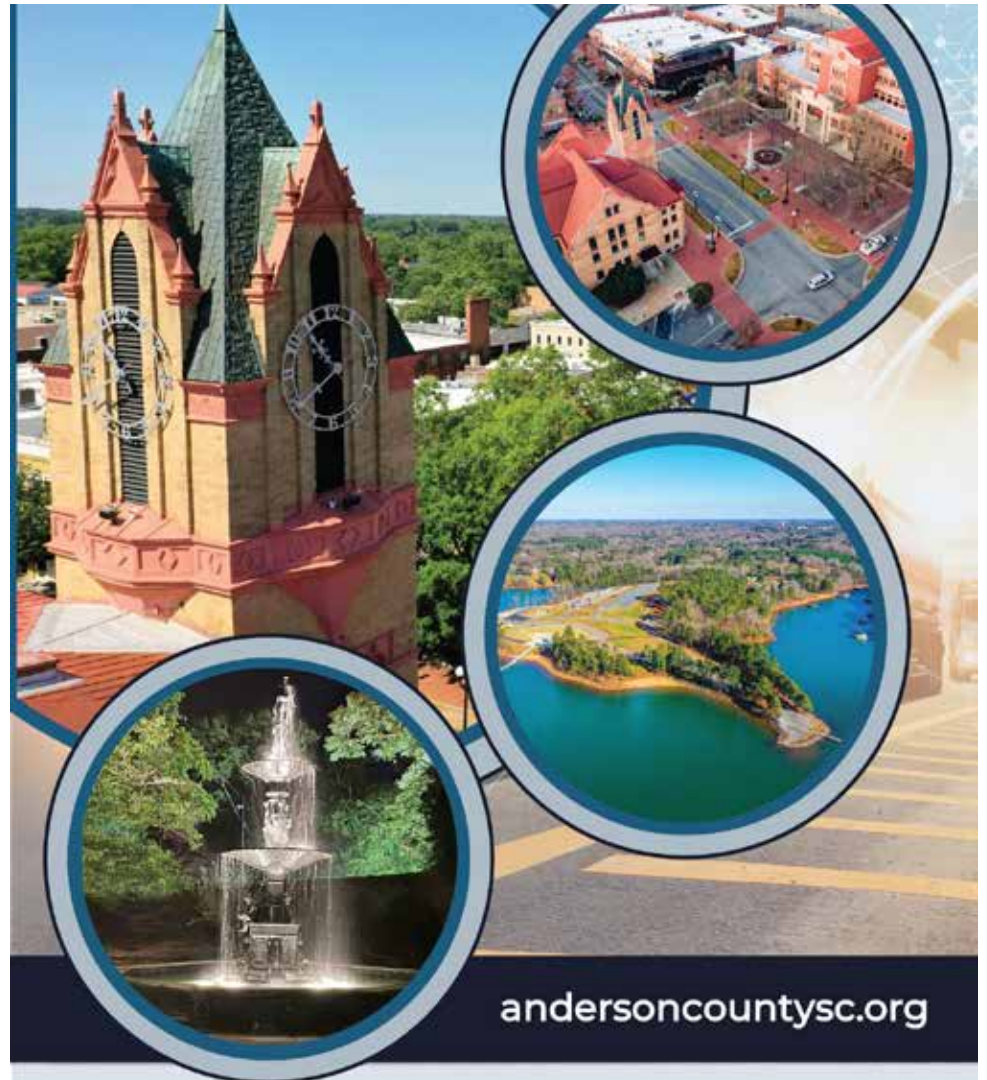
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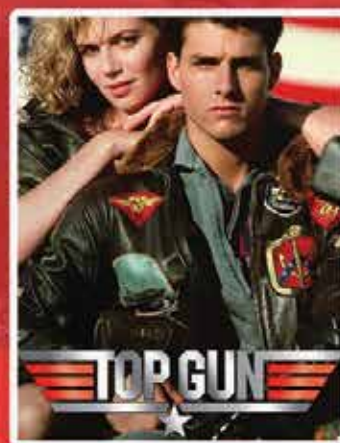
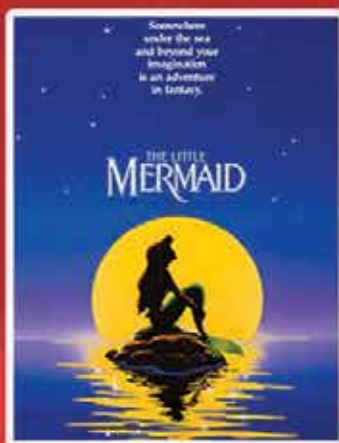
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FROM THE SHELF

ON COMMUNITY

I had other plans for this issue, but I, like many of you, had all plans obliterated by Helene. Having grown up in Colorado I've been through my fair share of dangerous weather, from blizzards to serious tornadoes, but this—this is something else. The damage wrought by Helene in our area is absolutely astonishing, but the community's reaction to this catastrophic event is also pretty awe inspiring.

The number of posts I have seen on social media of people opening their homes to strangers so they could charge devices, offering transportation, and sharing resources has truly put the Southern Hospitality reputation at the forefront of our community. To see regular citizens out there with their own gas to run

their personal chainsaws, cutting pathways through neighborhoods, has been incredible to witness. To see the drastic changes in the clean up each time I drive over to parents to help has been a testament to how hard everyone is working.



Sara Leady

As I started writing this it was Monday, September 30th, and power was only starting to come on across the area. At that point I was personally past 80 hours of no power at home. Today, I know there are still thousands in that same boat. I count myself as lucky in that we

only lost power. I still had hot water (yay gas!), and while we lost a lot of food, we didn't have any property damage to contend with. We were unbelievably lucky given the damage I've seen all around Anderson. Even luckier once we're in context of the rest of the region, namely western North Carolina and the Asheville area specifically.

I know we've all been frustrated. I get it. This event is unprecedented and our nerves are shot as is, without the continued struggles with electricity and/or cell service, let alone internet options. I see us as a community fraying at the edges, but I also see us pulling it back together and working to help each other out with the next obstacle we're facing. This is a key point, I think. We're all exhausted

and overwhelmed, but we need to keep the bigger picture in focus and keep helping each other out.

I've been writing this over the course of the week while I've been at the library helping with charging and Wi-Fi, which means I've been seeing firsthand how everything is playing out across the area. Some people have lost everything, while others are still learning the extent of the damage and loss they're facing. We all know that the situation in NC is in a continued state of flux, and we're only starting to get a potential look at the whole extent of it. Words can't even express the damage. With all this in mind I think it's a good time for us to sit and reflect on how we've come together in the midst of all this, and find ways that we can continue to foster this attitude and our open hearts, not just as things post-Helene continue to develop, but also in general.

I'm not meaning to be preachy,

as I'm also wanting to extend my thanks and admiration for everyone who's really stepped up, but I think it's also important for us to really look at how we've come together this week. These past few years have been a challenge, and when we're stressed or overwhelmed it can be so easy to shift from a community focus to a focus on ourselves. I am by all means including myself in this. I think, however, it would be good for us to really look at how we've responded to Helene as a community and seek out ways to continue to foster the energy behind helping our neighbors. Recovery for this area is going to be ongoing and we're going to need to keep coming together, not just for Anderson, but the upstate, and then especially for our NC neighbors where the extent of the damage is still far from known beyond absolute devastation. Hang in there Anderson - I think we got this.



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It's a bit difficult to settle on a topic for this garden shop. My mind keeps circling back to how thankful I am to have home and land intact. As we sat on the screen porch early Friday morning, September 27, and marveled at the wind, I lost track at 15 trees, or big limbs crashing in the woods.

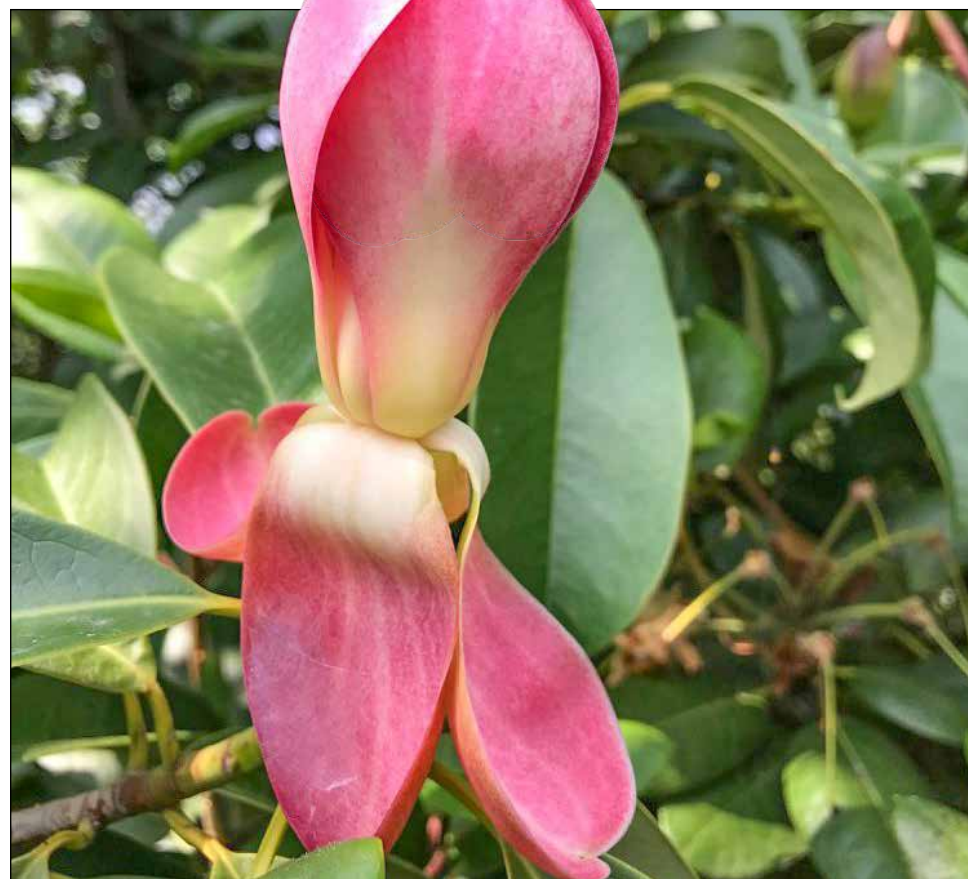
There is only one sycamore tree close enough to hit the house. But with wind blowing as it was, the house is close enough to have limbs blown into it. Just about sunup, a big oak fell into the yard and took out a paw paw tree. That doesn't matter at all as there are others growing around it. A camellia was semi crushed. It is a special camellia, as it was the last plant I got from Busby Nursery. It was tagged Herme, but it is not Herme. So it's now called Herme Henry, after Henry Busby. I think the camellia will recover.

A red lotus tree (*Magnolia insignis*) was pretty much crushed by part of another oak that the big one took down with it. Red lotus is a bit of an usual tree and I don't remember where I got it - the SCBG plant sale, I think. It was planted in too much shade and grew sparsely. But bloomed every year. Deep pink and white, magnolia like flowers, smelled wonderful each summer. Blooms look like little balloons before they open. We've started cutting the big oak tree. I may worm my way around in the mess and see if I can find

some of the red lotus stems and try to root them. Too much time has probably passed though but if it works it will be worth the trouble. What I can see of the red lotus that is left doesn't give much hope of it resprouting. But it might. Several other trees along the side of the driveway came down, and fortunately they fell parallel with the driveway. One crushed other trees, azaleas, and a sasanqua on the way down. The top of it will have to be cut and removed but if we never get around to cutting the trunk, so be it. It came up from the roots. The root ball can be a reminder of how fortunate my place was during Helene. I've seen lots and lots of water flowing at my place from Katrina and Rita, but Helene's wind was a new experience.

While volunteering to pack supplies to be flown to North Carolina, some of the stories I heard were heart wrenching and unbelievable. I keep storm supplies in the hall closet. But I never thought a life jacket might be needed. Candles, matches, lighters, and gloves are in the waterproof kayaking bag. My life jacket is with them now. An extra leash and collar for Yogi are there now too. After 2020, I have more canned goods on hand than I ever had before. A week without power brings other things to mind to have on hand too. Some people in North Carolina can't even find where their home used to be because the landscape is totally different.

As I walk around my yard picking up limbs, sticks, and raking leaves, more thanks have been given to God, and our guardian angels, than ever before for letting my family and me come through this with only inconveniences that do not even matter.



Red lotus tree bloom before opening

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