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February 2-15, 2023

ANDERSON'S LEGACY OF FEMALE PHYSICIANS

During almost 200 years of existence, Anderson County has produced strong leaders and unique stories within the healthcare profession.



 $Dr.\ Jamie\ McClain$

Profession.

Many are familiar with the claim of local physician Dr.

P.A. Wilhite (1822-1892) assisting Dr.

Crawford Long in the development of general

anesthesia using ether. As a student of Dr. Long's in Jefferson, GA in the 1840s, legend suggests that he experimented with inhalation of diethyl ether, enjoying its recreational use as part of "ether frolics!" Eventually, the observation of its effects on consciousness made it apparent that it just might be a suitable candidate for surgical anesthetic purposes. Although the exact circumstances of the discovery are disputed, Dr. P.A. Wilhite's name remains associated



Dr. Anne Austin Young

with Dr. Long and the use of ether. He was a charter member of the South Carolina Board of Health at its creation in 1878.

But perhaps the most impressive historical achievements in healthcare in Anderson are the collective contributions of the prominent female leaders in



the medical field. The first female physician in Anderson (and the Upstate) was Dr. Olga Pruitt (1884-1970). She trained at the Women's Medical College of Baltimore, followed by post-graduate work at Johns Hopkins. She returned home and started a practice with her brother Dr. Harrison Pruitt in 1911. She had a close relationship with Anderson College, joining the faculty in 1913 teaching physiology and hygiene. She served as the college physician until 1956. In her later years, she operated a clinic attached to her home on Franklin

Although she was not a physician, Jennie Gilmer (1867-1962) was the visionary community leader who spearheaded the campaign to establish a hospital, which would become the precursor to AnMed Health. Along with a group largely consisting of

OLGA V. PRUITT, M. D.

COLLEGE PHYSICIAN

Phsiology and Hygiene

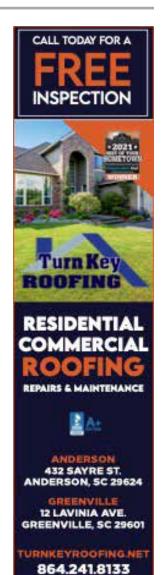
on the board of trustees for 50 years. By any measure, the most lauded physician to have practiced in

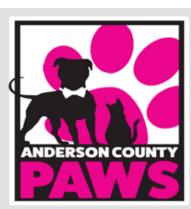
women, she was successful in raising

County Hospital in 1908. She served

funds sufficient to open Anderson

SEE PHYSICIANS ON PAGE 2





PET OF THE WEEK!



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Celebrate Fat Tuesday for a good cause at Mardi Gras in the Electric City!

Meals on Wheels – Anderson's annual winter fundraiser, sponsored by Bradley K. Richardson, P.C. and Piedmont Natural Gas, will be held on Fat Tuesday, February 21 at 6:30 p.m. at the beautiful Bleckley Station in the heart of downtown Anderson.

The event promises a night of delicious food and drink samplings, music from the electric Back 9 Band, and exciting live and silent auctions!

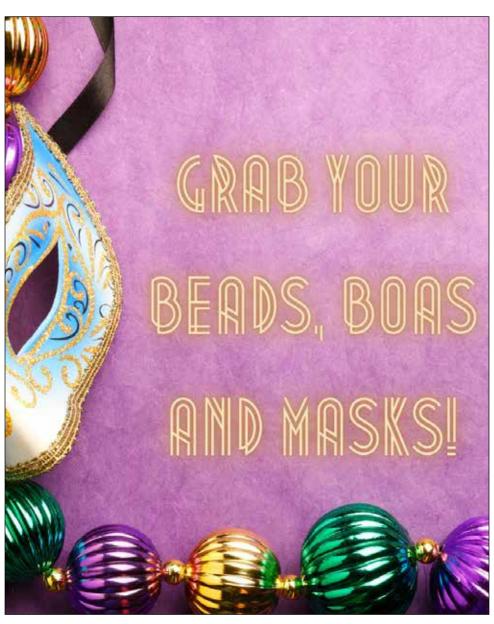
"Mardi Gras in the Electric City offers a variety of excitement and all for a good cause," says Laurie Ashley, executive director of Meals on Wheels – Anderson. "We love providing a fun event for the community that also helps the seniors and homebound individuals that we serve daily."

For those wanting a deluxe Fat Tuesday experience, we have a limited number of VIP tickets available. These tickets grant you early event entry at 5:30 p.m., access to the exclusive VIP Lounge, full sushi bar provided by Maki Sushi Bar & Bistro and premium cocktail service.

All proceeds from the event will go directly to feeding the senior and disabled homebound neighbors of Anderson County.

If you are interested in tickets, please go to acmow.org or call 864-225-6800 for more information and see you on Fat Tuesday!





Physicians

CONTINUED FROM PAGE 1

Anderson is Dr. Anne Austin Young (1892-1989). She graduated from the Women's Medical College of Pennsylvania in 1915 as the top honor graduate. Upon return to South Carolina, she married Dr. Charles Henry Young. Together they started a practice in 1918. Dr. Charles Young belonged to a prodigious medical family. His brother, Dr. James R. Young was prominent surgeon in Anderson, for whom the Young Lecture Hall at AnMed is named.

Long before the development of specialty/residency training, the female Dr. Young focused her practice on Obstetrics/ Gynecology. It has been documented that she was the first female Ob/Gyn in South Carolina. Early in her career, she was called to mostly in-home deliveries. She eventually practiced by herself after her husband's death in 1966. According to local obstetricians Dr. Jim Herbert and Dr. Henry Hearn, she took her own call and had an exceptionally low C-section rate. She had a reputation for a pleasant, but pertinacious attitude - she liked things to be done her way! She reportedly never lost a mother during a delivery.

At the age of 91, Dr. Young delivered her final baby on July 5th, 1983. In total, 10,509 Anderson County children were delivered by the hands of Dr. Anne Young. (For reference, Dr. Herbert, who practiced from 1976-2001, delivered about 5,000 babies, and Dr. Hearn, who remains in practice since 1981, has delivered about 10,500 babies himself). In recognition of her dedicated service, Dr. Young was inducted into the South Carolina Hall of Fame in 1981, as only the 2nd woman to receive the honor. Her example of longevity and service remain an inspiration to the medical community of Anderson and our

Dr. Jamie McClain is board-certified medical oncologist and hematologist who joined Anderson Area Cancer Center in 2018. AACC is the oldest oncology clinic in the area, established in 1982, and is a full-service Oncology/Hematology clinic, caring for patients with cancer and blood disorders. We serve the Upstate South Carolina and Northeast Georgia. Dr. McClain is a native of Anderson, with deep roots to the area on both sides of his family. He completed all his training locally in the Carolinas. He was excited to move home when the opportunity arose and is passionate about providing current/ cutting-edge cancer care to the local community.

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Arthur Covey's "Corn, Cotton & Tobacco Culture" — WPA 1940

Covey, Anderson and the WPA

BY RICH OTTER

It was the middle of the Great Depression. Things were rough in Anderson. As throughout the Country, banks had gone under, savings lost, jobs gone — things were bleak, at best. Herbert Hoover, caught in the maelstrom, took the blame, regardless of the actual

Franklin Roosevelt's New Deal alphabet programs were dished up in an attempt to alleviate, if not rectify, the situation. One such program was the Works Progress Administration — the WPA. Its purpose was to put people to work. It was to utilize talents in beneficial directions for the community, occupying the unemployed and providing funds for work — not just a giveaway. In some cases workers would develop skills to insure future stability.

For many, the Great Depression just seems ancient history. For others, however, it is still a vivid memory of walking behind a mule, fetching water for farm workers, picking cotton, being given a dime to spend when the fair came to town or simply trying to find a job.

The Works Project Administration was run by Harry Hopkins. He was a pal and adviser to President Roosevelt and actually lived in the White House for about three years. He had directed the short lived Civil Works Administration (CWA) that had been an emergency employment program and then moved to the WPA. During World War II, he was involved as a liaison with the Soviet Union. After the war, and even after his death, Hopkins was attacked as having given Russia US secrets. Records indicate he only shared sanctioned information with the Soviets in order to win the war.

Hopkins and Roosevelt had a common philosophy with regard to the WPA — don't just have a program to dole out money. Use funds to give employment to those who needed it while using the workers to build the country's infrastructure. Many Anderson County citizens benefitted from the program and citizens are still reaping reward from the program today, among other ways through the roads that were built and parks developed.

In 1931 funds had been used in the county on an emergency basis for various infrastructure improvements, primarily construction. Public Works Projects in 1933 alone provided jobs to 1,590 people in Anderson County. In 1934 projects included a waterworks and a sewage project in Williamston, city street improvements in Anderson and water works in Honea Path. Those and some smaller projects provided over 1,000 people work that year.

In addition to construction (that built an estimated 620,000 streets and roads nationwide), the WPA had five key projects that included writers, actors, historical records, music and art. In 1939 a historical project was completed in Anderson that produced an inventory of county archives concerning local governmental development.

A prime visual reminder of the WPA that can still be observed in Anderson is the mural in the lobby of the G. Ross Anderson, Jr. Federal Building on McDuffie Street, Anderson's former central post office. It was painted by Arthur Covey, an artist employed by the WPA. For murals to be painted for post offices, an artist was expected to spend time in the community where the art was to be hung so it would be locally oriented.

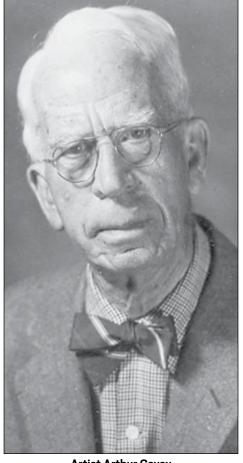
With the subject "Corn, Cotton and Tobacco Culture" it is obvious Arthur Covey understood the Anderson Community of the time. About 1,000 post offices were adorned with the Works Project Administration murals depicting local activities.

Some 10,000 artists participated in the various art production and research projects. They were paid \$23.60 a day.

Gayle Edwards would take her Hanna High students on tours of Anderson's downtown history that included Anderson's mural and a discussion of its significance.

With a new Federal Courthouse constructed in Greenville, it is likely the Anderson

Federal Courthouse will be closed and there is no current indication as to its disposition. Covey's mural is part of Anderson's heritage. It must be preserved — in Anderson.



Artist Arthur Covey



YOUR DENTIST CAN SAVE YOUR LIFE

Lowering blood pressure can help avoid mental decline

In recent columns we have discussed how lifestyle can impact our cognitive ability. I am referring to poor diet, being overweight, lack of regular exercise — and poor sleep habits. The latter being of keen interest to me since our practice is recognized for our advanced capability in helping patients with sleep

But now medical science has begun to focus more on another important health issue that can impact our mental capabilities as we age. And that is high blood pressure.

If you are not aware, one out of every three adult Americans has high blood pressure, a medical condition known as hypertension. Many people don't even know they have it. There are no symptoms or "warning signs".

High blood pressure can cause the heart to accelerate. With this excessive force and friction of the blood pushing against the inner walls of the arteries they become thicker, stiffer and narrower. As a result, your brain can suffer from a lack of nutrients and oxy-

gen, which in turn causes damage that can ultimately prevent the brain from functioning properly.

Even slightly elevated blood pressure in



Dr. Gabrielle F. Cannick

middle age has been linked to a 30% higher risk of dementia two decades later. Experts advise to start addressing any risk factors you have now, whether you're 18 or 90.

The good news is — and I am always looking for the bright side — controlling high blood pressure is easy

to detect and treat. If you are concerned see your doctor and be sure to have regular medical checkups. But there is much you can and should do for yourself...starting today. Here's a commonsense checklist:

Keep your weight in the normal range for

your body type, limit alcohol intake, avoid tobacco in all forms, reduce stress, pay attention to what you eat by emphasizing fruits, vegetables, fish, nuts, unsaturated oils (olive oil). And be sure to get quality sleep!

Regular exercise can lower blood pressure and reduce mental stress. No matter how busy we are surely we can set aside 30 minutes daily for a brisk walk. Research shows exercising your muscles helps your mind by increasing the number of tiny blood vessels that bring oxygen-rich blood to the region of the brain that is responsible for thought. And if that weren't enough, exercise spurs development of new nerve cells and increases the connections between brain cells known as synapses, which translates into better performance as you age.

Everyone's brain changes with age, and mental function changes along with it. But by taking action now and embracing these simple lifestyle choices cognitive impairment can be avoided. Questions? Reach out to

us. We're here for you! Think of us as your hometown resource for guidance and sup-

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 or visit us on Facebook at https://www.facebook. com/GrandOaksDental.



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Wallach, Trojan women's lacrosse ready for action

BY JANA MACKIN

Fast and furious describes Anderson University's new women's lacrosse head coach and her team of fierce freshmen as they kick off their first season in what the Baltimore Sun sports writer W. Wilson Wingate described as "the fastest game on two feet."

Welcome to Trojan women's lacrosse, (LAX) where Gail Wallach and her 27 freshmen will pass, shoot, run and battle their way to glory in their inaugural season debut Feb. 11 against Southern Wesleyan at Spero Financial Field. Plans are to kick some serious butt as the new kids in the NCAA Division II South Atlantic Conference.

"I am beyond excited to be named the first head women's lacrosse coach at Anderson University," said Wallach. "I want to thank President Whitaker and Bert Epting and his staff for their trust and belief in me to lead this program. I also want to thank my family, especially my husband and children, for their continued support of my career," Wallach said. Her husband, Richard, is a Westside High School history teacher and assistant coach. Her three children are Olivia 16, Evelyn, 14; and Avery, 10.

"From the moment I stepped on campus, I felt at home...," Wallach said. "I am blessed to be part of something special. Anderson is doing it right. Go Trojans!."

In fact, the SAC preseason Coaches' Poll has ranked the team eighth above three other teams. Pretty good since they haven't yet competed. The university's implementation of the women's program follows men's lacrosse now in its third year. When the university adds football in 2024, they will have laid the foundation and began realization of the university's vision for having top tier athletics rooted in excellence and faith.

"We are so excited to welcome Gail and her family to the Trojan Family," said Bert Epting, Jr., Anderson University's vice president for athletics. "She's a veteran. It's a great fit. She has tremendous experience in building a program, recruiting at a high level, and leading young women while integrating Christ into all she does."

Named as head coach in summer 2021, Wallach spent the first year recruiting student-athletes as well as preparing a schedule and gathering equipment needed to run the program in preparation for their inaugural year. During this time, she recruited 27 freshmen players from 16 different states to commit to realizing the new program.

"It's cool to play here for the inaugural program. We get to set the scene for years to come," claims Meredith Dawson, 19, a defensive player from Marietta, Georgia.

"They treat us like seniors not freshmen," she said.

This is not Wallach's first rodeo building a program from scratch. She spent six seasons as head coach at the University of Alabama-



AU women's lacrosse player Meredith Dawson said head coach Gail Wallach was "the perfect choice" to lead the new program.

Huntsville program which she also started. During that time, she made the Chargers a Gulf South Conference presence where the team claimed the league's regular season title in 2017 and won back-to-back GSC tournament championships in 2019 and 2021.

Prior, she worked as head coach at Emmanuel College for two years where EC reached the semifinals of the National Women's Lacrosse League (NWLL) in 2014 where she coached an All-American and four all-conference honorees.

She has also worked as head women's basketball coach at Rutgers University-Camden, Drew University and Washington College. Wallach mentored 17 all-conference selections during her basketball coaching career. Wallach also served as an assistant coach for women's basketball and lacrosse programs.

In college, Wallach was a three-sport star at Kean University, where she is named in the Cougars' Hall of Fame and received numerous honors and titles in lacrosse, basketball and field hockey. She graduated with a bachelor of arts from Kean and earned her MBA from the University of Phoenix.

As far as coaching, Wallach believes in the KISS and LLLL approach to inspire and motivate her players where each day requires the look, listen, lead and love.

"What makes a good coach," Wallach said. "It changes every year. Each group is different. I look and listen to 27 girls all with different viewpoints. That helps me coach individually while coaching the team as a whole."

"I just try to keep everything simple," Wallach said. "I don't want to make what we do complicated as a team."

Ultimately Wallach's coaching translates into her team players who respect and admire their leader as well as commit to the mission of making Anderson's women's lacrosse a top tier sport.

"I admire her tough love coaching style," Dawson said.

"Personally, she gets us to do whatever we need to be," she said. "She really gets on us on the field and off the field she treats us like family."

"It's just the perfect choice," Dawson said.



Gail Wallach is the first head coach of the new Anderson University women's lacrosse team.

Dr. James McClain



Anderson Area Cancer Center 2000 E Greenville Street Suite 5000 1st Floor Anderson, SC 29621 864-512-1658



Ways to show your children you love them every day

"Listen earnestly to anything your children want to tell you, no matter what. If you don't listen eagerly to the little stuff when they are little, they won't tell you the big stuff when they are big, because to them all of it has always been big stuff." -Catherine M.

As parents it is important for us to make sure our children feel safe, secure, and most importantly-loved.

Below are 16 little ways to show your



Katie Laughridge

children you love them every day that are meaningful and will be sure to leave a lasting impression on them.

- 1. Give your child kisses when they wake up and hugs before you leave.
- 2. Read an extra book before bedtime or stay in their room for a little longer than usual.
- 3. If your child can read, put a note in their

lunch box that says, "Have fun today! Love you!"

- 4. Notice something they've done right: "Thank you for putting your toys away, I really appreciate it."
- 5. Cook together—let your child help you make dinner or bake together.
- 6. Compliment your child on something they do: "I really love listening to you sing. You sing so beautifully."
- 7. Try to get ready ahead of your schedule so you can cut out the "hurry ups" and let your kid take their own time getting in the car or walking down the street (maybe letting them pick a few flowers along the way).
- 8. Proudly display their artwork at home.
- 9. Don't talk about them, especially their flaws, in front of them.
- 10. After you have an argument, give them a big hug and tell them it's okay.
- 11. Follow through on any promises you
- 12. Play with your child, even if it's just for
- 13. Give your child your full attention when you're together and really listen to them without interrupting.
- 14. Be the last to let go of hugs, SMILE at them, ask to hold their hand.
 - 15. Try to see their point of view.
 - 16. Tell them you love them. Every single day.

We all lead busy lives rushing from here to there trying to get this and that done. But it's important that we take time to show our children we love them every day!

Sending lots of love to all of you-Katie

NIBBLE & SIP

There's more to love than tiramisu

There are many reasons why my husband and I stay in for Valentine's Day. Restaurants are louder, and more tables are added to squeeze in as many guests as possible. The last time we ate out on Valentine's Day, my

elbow could touch the elbow of the woman at the next table.

I also dislike that the menus tend to be more limited, and that includes dessert. For some reason, the darling of the Valentine's Day dessert menu seems to be tiramisu,

that delicious concoction of lady fingers, espresso, mascarpone cheese, and cocoa powder. I love tiramisu, but there are other desserts in the world, and life is short. One of the desserts I make at home is an Apricot Cheesecake for Two. It's smaller than your normal 9-inch behemoth, so it is just enough for two, plus a couple of extra servings.

And since Feb. 14 calls for a special cocktail, I like a Brandy Sidecar. Brandy is the perfect complement to apricots, and this version is not so sweet that it clashes with

the dessert. Regardless of how you celebrate, I hope you have a delectable Valentine's Day!

Apricot Cheesecake for Two

6 oz. dried apricots

1/3 c. graham cracker crumbs

34 c. plus 1 t. sugar

1 T. butter, melted

2 T. plus 2 t. apricot brandy

34 lb. cream cheese, softened

2 eggs

½ c. sour cream

¼ c. apricot jam

Spray a 5-inch springform pan with quick release spray, such as PAM, and set aside. Preheat the oven to 375 degrees.

In a saucepan, combine apricots with 1 ½ c. water. Bring to a boil, then turn down to simmer, partially covered, for 45 minutes or until the fruit is soft and liquid has almost evaporated. Allow the mixture to cool.

In a small bowl, combine graham cracker crumbs, 2 T. sugar, and butter, stirring to combine. Pat into the bottom and 1 inch up the sides of the prepared pan. Set aside.

In a food processor, puree the cooled apricots, any remaining cooking liquid, and the brandy until smooth. Add the cream cheese, eggs, and ½ c. plus 2 T. sugar and process until smooth. Pour the mixture into the crust and bake for 30 minutes. Remove to a rack and cool for 5 minutes.

Combine the sour cream with remaining 1 t. sugar. Gently spread the sour cream mixture on top of the cheesecake and return to the over for an additional 5 minutes. Remove the cheesecake to a rack and let it cool completely. Wrap loosely with plastic wrap and chill overnight.

When the cake is thoroughly chilled, remove the sides of the pan. Gently warm the jam in the microwave, strain, and drizzle over the cooled cake. Serves 4-5.

Brandy Sidecar

1 lemon wedge

2 T. sugar, for rimming the glass

2 oz. brandy

1 oz. triple sec or other orange liqueur

34 oz. lemon juice

Run the lemon wedge around the edge of a martini or coupe glass. Pour the sugar onto a plate, and dip the edge of the glass into the

In a cocktail shaker filled with ice, combine the brandy, orange liqueur, and lemon juice. Shake until chilled and strain into the prepared glass. Makes 1.

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FROM THE SHELF

Alex Stern series by Leigh Bardugo

Do you have one of those authors that you just legitimately will read anything they write, including a phonebook review? Leigh Bardugo is one of those authors for me. I discovered her several years ago when she was on tour for her YA series, The Shadow and Bone trilogy (maybe you've heard of the Netflix series), and I instantly fell in love. I hadn't actually read her books prior to the event, but the way she talked and carried herself made me positive I was going to love that series (and I absolutely did).

Ninth House, book one of the Alex Stern series, was Bardugo's adult fiction debut and girlfriend absolutely knocked it out of the park with this foray into adult fiction. While her YA series (there's a few) all take place in the Grishaverse, her adult debut takes place in contemporary times at Yale. Her YA is fantastic high-fantasy inspired by Russian myths and folklore, so a different speed than this new adult series taking place in contemporary America.

The Alex Stern series is maybe impossible to narrow to a single genre. I'd say a bit of fantasy adventure, definitely a lot of dark academia, marinated in mystery, and maybe a side portion of horror (hesitant on this but like

they do take a trip to Hell). The series follows Galaxy "Alex" Stern, a young recovering addict with a traumatic history who is embarking on her freshman year at Yale thanks to a



Sara Leady

scholarship from a secret society. Why would an elite secret society at Yale want such a student? Because she can see ghosts, and Lethe is not exactly your typical secret society. Lethe is the law enforcement society that attempts to keep all the

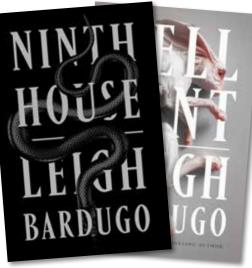
other secret societies who dabble in the occult mildly inline.

The first book, Ninth House, starts with Alex getting to know Darlington, who will be training her for her role with keeping the other societies under wraps, especially by following proper protocol when setting the runes for any sort of ritual that might, you know, open the gates of Hell or something. While in training, Darlington gets swallowed by a Hellhound, leaving Alex and Dawes (Lethe's researcher and resident grad student) to cover up his

absence, while also trying to figure out who is committing murders around campus. A job for Lethe since the murders stink of the uncanny and occult. Alex, not of the world of the elite, must navigate not just the new world of magic and the occult, but also the world of those rich enough to have never faced any consequences.

The sequel, Hell Bent, picks up about where the first one ends, but we're at the start of sophomore year and not all the ashes of the previous year have fully settled. For Hell Bent, let's just say there's a gauntlet through Hell that requires four murderers to participate to even attempt it. There's also a new round of killings, and shocking to no one, they might stink more of the uncanny than the ones from the previous year. Alex's dark past also happens to catch up with her and complicate things too.

While all of this may sound heavy, it all flows together seamlessly. I've always been a huge Bardugo fan, but I can easily say my praise for these novels is not biased. Bardugo manages to take the absolutely insane (occult secret societies at Yale?!) and not just make it



work and plausible, but even use it as a tool to have bigger conversations about socio-economics, women in academia, sexism, abuse, addiction, and higher education in general. Something I am always trying to get readers to understand is that fantasy (and YA for that matter), is just as powerful of a tool to examine society as any other form of fiction. I find Bardugo endlessly quotable, often in profound ways, and not just because they're pretty words.

An added bonus that makes some of this maybe that much more plausible? Bardugo actually attended Yale. And was a member of a secret society during her tenure there... I'm just saving.



THE RUBBER DUCKY BIRD

I heard my rubber ducky friend in our side yard the other day. No joke, that's what it sounds like, and since none of my neighbors have young children who make any kind of noise, I knew it was one of the local birds that's always fun to see. In open pine woods, a rubber ducky squeaking sound coming from above means it's reasonably certain that brown-headed nuthatches are in the neighborhood.

Three varieties of nuthatches are found in the Upstate: the white-breasted, the

red-breasted (only seen in some winters),



Ann K. Bailes

and the brown-headed, which is the true southern nuthatch. The first two are much more far-flung in range across North America, but the brown-headed is our "homie" - it's found only in the southeast, and usually in pine trees.

All the nuthatch species are small short-

tailed birds with a unique habit - they are some of the few birds that travel downward as well as up a trunk, and they often move around the tree with zig-zag movements. The name "nuthatch" comes from the Middle English word "hatch," or "hack," which is how these birds try to break their nuts and seeds open against tree trunks.

This tiny brown-headed variety is much smaller than the other nuthatches, and has a brown head, gray-blue back, and off-white underparts, and brown in its wings. It is so small that it sometimes looks like a little ball of feathers, but that tiny ball is a powerhouse of energy. It comes to feeders in the winter, needing the extra nutrition that people provide in cold weather.

The brown-headed's sounds are higher pitched and thinner-sounding than the white-breasted's calls, squeaking exactly like a bathtub toy. And when one brown-headed is around, others are usually with it, so the sounds can be quite noticeable at times.

In the desert southwest last fall, we were introduced to the pygmy nuthatch, very similar in appearance to our brown-headed,



but without the characteristic rubber-duck squeakiness. It is not found anywhere near the eastern part of the United States — it's strictly a western bird — so the two are rarely confused in spite of their twin-like appearance.

The little brown-headed nuthatch is just one great example of the phenomenal variety of birds around us. So look for it as you are out and about in the great outdoors. And keep listening for rubber ducky noises in the pine trees around you!

Have a happy (or sad or scary) Valentine's Day!

Valentine's Day is just around the corner, and what I most look forward to is staying in. The way I see it, it's one of the worst nights to go out, right behind New Year's Eve; restaurants are too crowded and too noisy, and nobody is serving tater tots. What makes staying in so



easy is the number of movies that are available through streaming services and cable television. Movie night has always

been a favorite of my husband's and mine, but the problem sometimes is that there's so MUCH

content that it can be hard to make a choice.

So as we plan our fun night at home, we've got a decision ahead of us. Rom-Com, Rom-Dram, or Horror. Which would you choose?

The most obvious choice is romantic comedy, or rom-com. These tend to be pretty formulaic: First, the couple meets in a cute way, usually involving spilled coffee or entangled dog leashes or a fight over a taxi. Next, after falling in love, there is an obstacle that threatens to keep them apart:

"Crazy Rich Asians" - His mother.

"Say Anything" - Her father.

"Maid in America" - She's just a maid.

"My Man Godfrey" - He's just a butler.
"Groundhog Day" - He's just a jerk.
"Pretty Woman" - She's just a prostitute.

Eventually, the obstacle is overcome, and the couple lives happily ever after.

Another category making the rounds on streaming platforms and Turner Classic Movies is romantic dramas. Consider these award-winning yet tear-jerking films that are always available during the first two weeks of every February:

"La La Land" - The couple breaks for the good of their careers.

"Casablanca" - The couple breaks up for

the good of France.

"Love Story" - She dies.

"A Star is Born" - He dies.

"A Walk to Remember" - She dies.

"Titanic" - He dies, along with 1,495 other

"Romeo and Juliet" - They both die of stu-

Nobody lives happily ever after. Often, they don't even live.

Finally, there are the Valentine's Day horror movies. Because nothing says true love like:

"My Bloody Valentine" 1981 - Candy boxes, cannibalism, and mass murder. "My Bloody Valentine" 2009 - Candy

boxes, empty graves, and mass murder.

"Valentine" - Candy boxes, Cupid masks,

These movies definitely have a following, but given the choice, I'd rather go out to a crowded, noisy restaurant and give up tater tots for a year.

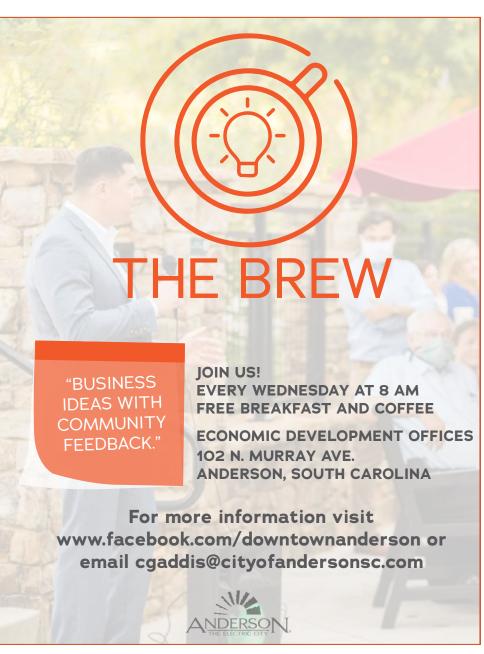
If you don't find any of the above appealing, let me recommend some of my personal favorites:

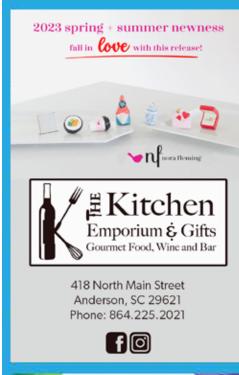
"Sweet Land," released in 2005, is about a young woman who travels from Norway to marry a Minnesota farmer in an arranged marriage in the years following World War I. Problems arise when it is discovered that she is not Norwegian, but German.

"Sing Street," a 2016 film set in 1985 Dublin, is about what a teenage boy would do for love, mainly starting a band and producing his own music videos.

"Waking Ned Devine," 1998, is probably my favorite film of all time. Set in a small Irish village, it tells the story of all kinds of love: romantic love, love for friends, and love for community. You also learn that there's nothing that can't be overcome by a bar of fruity soap.

In or out, rom-com or horror, I hope you will all enjoy a happy (or sad or scared) Valentine's Day. What are your favorite Valentine's Day films? Share them with me at editkim50@gmail.com.







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THE GARDEN SHOP

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APRICOT RERUN



At the risk of repeating a Garden Shop from another winter's past, the stars of the garden these days are flowering apricot trees. And they are definitely worthy of a rerun. If you have a small yard, this could be the tree for you. They only grow about 15 - 20 tall and wide. Rose Glow is in the front garden. After becoming smitten with the wonderful fragrance, I decided to add another one, Peggy Clarke, closer to the back of house. Rose Glow is not documented in my garden book and I have no recollection of where it came from. The tag shows it was planted in February, 2011. I'm sure it was a small, probably three or five gallon size. Whether intentional or

not, the branches grow low, some parts I have to slightly bend my head to walk under. This is perfect though because I can cut branches and bring in the house. Peggy Clarke should be an easy one to find in most nurseries. Buy them as soon as they start blooming because nurseries will sell out. When first on a mission to find another one, they were already gone.

Rose Glow has dark pink flowers, is the first to bloom, and does so every year without fail. Even our Christmas arctic blast did not damage the buds. Beginning first part of January, flowers start to open. It is still blooming. Once the day warms up, it is buzzing with things enjoying the flowers. Again, that wonderful fragrance!! I can't say what it smells like but have read it compared to a spicy scent, and occasionally described as a clove scent. Bark is very dark brown. There is no fall color to speak of. Leaves just fall.

Peggy Clarke begins blooming a week or so later than Rose Glow. She is in full glory now too. W. B. Clarke was an American plant hybridizer and named Peggy after one of his daughters. Peggy Clarke has been in the ground for about six years I would guess. No documentation, or tag, on her. Blooms are double and little girl pink. In a way, the flowers look like tiny little roses. Prunus mume is in the rose (Rosaceae) family therefore it makes sense. Peggy is never fazed by cold freezes either.

Rosemary Clarke, named for W. B. Clarke's other daughter, has white flowers and supposedly blooms even earlier. Generally not being a big fan of white flowers, and Rose Glow's and Peggy's pink colors standing out so wonderfully in the winter landscape, I might would be tempted to add a white one. It might add to the beauty of a frosty morn, or blend nicely with other colors of the winter garden. W. B. Clarke named a weeping variety, with double pink flowers, after himself. This would be a nice contrast too as there are no weeping plants at my place Bonita is another

pink variety W. B. Clarke named.

When reading about different varieties, JC Raulston Arboretum has a large collection, about two dozen different varieties. I also read that dried petals and buds can be added to tea. Hhmm, might have to give that a try. They can produce fruit but only if frost does not get on the tree.

When pruning to remove dead branches, or to pick and bring in the house, not much thought is given on when or how to prune these trees. When reading JC Raulston's site, it states Prunus mume bloom on previous year's wood and do any required pruning right after it blooms (this is a general rule for any plant). Only cut half of branches or two-thirds so that next year's blooms will not be cut off. Peggy Clarke is growing taller without as many low branches. I may prune her some when she finishes blooming to see if I can get branches to grow lower. These trees are pest and disease free, drought tolerant, and deer have not eaten. Full sun is best, at least 6 hours of sun. Only one site mentioned flowering apricots as being a larval host plant for the eastern tiger swallowtail butterfly. Wow, what more could a gardener ask for.





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Revamping the makeup drawer

I love make-up and products and revamping my makeup drawer every so often. I just



Kristine March

recently did that, but still have a bit of organization left to do. I'm a liquid foundation kind of girl. I use all the brushes all the sponges then I use a finishing powder, eyeshadow, liquid eyeliner and mascara. I even line my waterline most days. I do the whole nine yards.

Not daily but more often than not.

I have probably mentioned this before but I've worn the same lip gloss since high school.

It's a \$5 tube in the shade Sun glaze from Wet N Wild and If

megaslicks¹⁹ LIP GLOSS

they ever discontinue it, I will be devastated. I've worn it for over twenty years and honestly the company should let me have it for free by now. Maybe I should write them and let them know what a huge fan I am. And I should be

their brand ambassador. In all seriousness, it's the perfect shade of nude and I've tried every brand under the sun and that particular shade is just the one. Makeup is fun and makes me feel better if I put it on. It's not for everyone, but coming from the South, every woman I know has always had a signature something. Nail polish, lip color or perfume. It's in our DNA. It's just the southern way, if you will.

There a few products that I've seen recently that have superb reviews and aren't a gimmick. Charlotte Tilbury makes a bronzer blush for your cheeks that everyone can pull off. It's her pillow talk collection in the shade Chic to Cheek. It's marvelous and beautiful on the skin. There's also this eyeshadow stick by Urban

decay that comes in so many beautiful colors that looks so

stunning on the eye. It's called the 24/7. It's right at \$27 and it will last a while in your makeup bag because the colors are so bold. You wouldn't wear daily, but on special occasions. I'm wanting to try the shade in Cobalt Matt. It's so pretty.



Another really good brand is Pat McGrath. She makes beautiful lipstick. The bottle alone is like a work of art. Her matte trance lipstick is superior. Her list lip gloss is beyond and add a lip liner to match for the perfect lip combination.

Lastly, I'm loving the brand Chantecaille.

They're botanically based and cruelty free. A natural, effortless makeup line that even has a philanthropy collection that focuses on giving back and protecting wildlife. Brilliant. It's so lovely. What new makeup look are you going to try this week? Have fun with it and try something you wouldn't normally try. You may end up really loving it. Just remember, don't ever ask someone with winged eyeliner why they're late, y'all! Make the sidewalk your runway and kindness always matters.

BURNING LOVE

Since the beginning of time man has sought the things that will magically cause a woman to love him, and continue to love him forever. At first, he attempts to humbly offer himself as worshipper and servant to her every need, while praising her beauty above all others. She masterfully accepts his offer, and he believes that he has won her undying love. While this tactic may seem to work for the man, it is short lived as the woman has known that she doesn't want a completely submissive partner. The man senses her reversal and tries the 'Bad Boy' approach to love. He grows a beard, trades his baby blue



electric Prius and Gucci loafers for a new Harley low-rider and a pair of Honcho black boots. She is intrigued by this new man and



Neal Parnell

immediately hops on, holds tight, and heads out. Again, the man thinks that he has won the true love he has been searching for, but alas, he is once again mistaken. After a couple of weeks of bone-jarring rides, and brushing bugs from her hair, she has decided that

a more modern man is what she desires. The man is now comfortable with being confused and doubles his workload to accommodate the new wishes. A barbed-wire arm tattoo, nose ring, and a high-fade purple Mohawk haircut should do the trick. She shows off her new man for a few nights but is quickly bored and is now not sure what she wants. The man tells her that he needs a break to think about where his life is headed. This news instantly has the woman telling him that he is the only one she wants. He sees his opening, says that he loves her, and ask her to marry him. She says yes, they become man and wife, and the man feels that he has finally achieved the nirvana of love and will forever live in wedded bliss. Not so fast there, lover boy, your new bride needs a new house and minivan for the babies that are on the way. House! Minivan! Babies! I never signed up for that honey-bunch. Oh, but you did sweetums, till



death do us part. But what about the wedded bliss, smoochie? That's over cupcake, time to get down to business, so suck it up buttercup. For the next forty odd years the man is left wondering if he has fallen into a trap or trapped himself. Then it dawns on him that it wasn't a trap at all. The dream that he thought was love, was just that, a dream. It occurred to him that building a relationship was like building a fire. First there must be a spark. If conditions are right the spark will ignite a tiny flame. There is excitement as the light peeps through the darkness, but now is not the time to throw on a log; the small flame must be nurtured slowly with tender special care. The fire is burning now, but can't be left for long on its own. Hard work is needed to acquire and store the fuel to keep the blaze glowing. Too much fuel, and all will be consumed, too little and the flame goes out. The man has finally come to realize that his wife is the bright shining light of the flame, that he is the lowly dried fuel that feeds the flame, and that God is the pure love that provided the spark.

HAPPY VALENTINE'S DAY

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Jacket girls upset No. 1 Woodmont

BY BRU NIMMONS

ANDERSON — With region play nearing completion, the T. L. Hanna girls' basketball team is still in a battle near the top of the standings in region play.

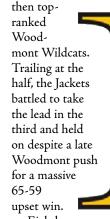
The Jackets, 14-8 (3-2), are two games back of region-leading Mauldin, but with four games left, a home playoff game is still on the table after a huge upset win earlier this month.

Hanna opened up its most recent stretch of games at home against the Hillcrest Rams. The Yellow Jackets dominated Hillcrest from start to finish as they cruised to a 67-26 win.

Three Hanna players scored in double digits with eighth grade wing Harmoni Earl leading the way with 13 points, nine rebounds and six steals.

Coming off the win, the Yellow

Jackets entered one of their biggest matchups of the season against 5A's



Eighth grade forward Khalia Hartwell led the way for Hanna with 18 points and eight rebounds, but freshman guard Asia Clinkscales and freshman forward Tamerah Wynn came up big down the stretch with seven and four points

respectively in the final

Moving into the next week, Hanna travelled to Boiling Springs for a non-region contest against the Bulldogs. The Yellow Jackets

kept their momentum going as they cruised to a 70-25 win.

Hanna was led by the young trio of Hartwell, Clinkscales and Earl who

scored 16, 15 and 12 points respectively. Hartwell was also a force on the boards with nine rebounds, while Clinkscales (six rebounds, five assists and five steals) and Earl (six steals) also affected the game outside of their scoring.

Following the win, the Jackets hosted the Mauldin Mavericks hoping to avenge their lone region loss. However, the Mavericks were once again able to top Hanna in a 60-51 loss for the Jackets.

Senior forward Grace Ikenegbu willed Hanna with 13 points and 15 rebounds, but the Yellow Jackets just couldn't withstand a 25 point effort from Mauldin's Trinity Jones.

The Yellow Jackets attempted to bounce back against J.L. Mann on Tuesday, with results unavailable as of press time, before moving into their final three region games.

WESTSIDE RAMS -

Rams have shot to win region crown

BY BRU NIMMONS

ANDERSON — With the regular season nearing its end, the seventh-ranked Westside boys basketball squad has firmly placed itself among the best teams in the Upstate. However, there is still work to do if the 17-2 Rams want to win their region title.

The Rams began their most recent stretch of games traveling to Berea High School to take on the Bulldogs. Behind a stout defensive effort which saw the Rams force 24 turnovers, Westside was able to pull out a 79-52 win

Four Ram players scored in double-digits with junior guard Joshua Williams putting up a game-high 19 points. Senior guard Jordan Torbert also had a big day scoring 11 points and adding six steals.

Coming off the win, Westside head-

ed into their biggest game of the season on the road against second-ranked Greenville. With first place in the region on the line, the Rams were able to match the Red Raiders for one quarter before

Greenville pulled away for the 75-53 win and give Westside its first loss since Dec. 16.

With the Rams struggling to match



Needing to bounce back, Westside returned

home the next week to host the Greenwood Eagles. The Rams were able to get back on track against the Eagles pulling out a close 61-54 win.

Sophomore forward Zeke Marshall led the way for Westside with 18 points and six rebounds, while Scott and Williams also had big days with 13 and 12 points respectively.

In their final game of their recent stretch, the Rams went back on the road against the Easley Green Wave. After falling behind 26-18 in the first half, Westside stormed back for a 55-36 win.

Marshall had a mother huge day for the Rams with 20 points and 7 rebounds to help lead Westside in the comeback win.

Sitting at 5-1 in region play, the Rams were set to take on Berea on Tuesday, with results unavailable as of press time before a big rematch with Greenville on Friday.

