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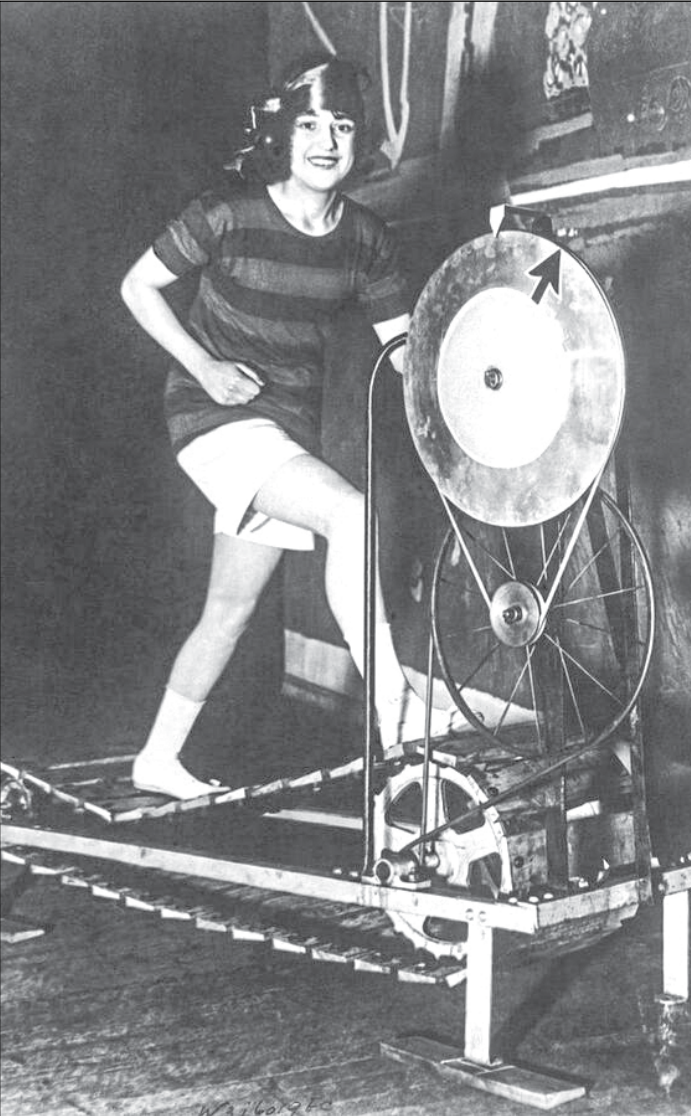

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January 19-February 1, 2023




The history of treadmills

BY JANA MACKIN


Rush hour at crowded gyms means thundering herds of exercise junkies on Matrix, Sole, Nautilus and other treadmills that dazzle with technological bells and whistles that entertain and inspire devotees to walk, run and climb as they sweat in one place.

Whether it's a gym rat, workaholic, homebody, or astronaut (anti-gravity treadmill), there is a device to fit every lifestyle. They offer such features as full color touch screen displays, built in Wifi and Bluetooth connectivity, heart and health monitors, iFit and other entertainment/exercise apps and programs that whoosh you on the

SEE TREADMILLS ON PAGE 2



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Treadmills

CONTINUED FROM PAGE 1

treadmill's magic carpet to the Zwift land of Watopia, or through Treadmill TV trailsceneries as you train for your next Boston marathon while going nowhere.

Gone are the days when prisoners climbed everlasting steps on penal treadmills in eight hour shifts of monotonous torture. These days, you can exercise yourself into oblivion while virtually running atop the Great Wall of China.

"People enjoy the treadmills," said Courtney Griffin, County Recreation Center fitness and wellness coordinator.

"It gives them something to do away from everyone else," Griffin said. "If you're walking the track you have to stop and talk to people, and if you're outside you have to deal with the weather."

"You control your own zone, speed, incline," she said. "It gives you some alone time."

However, the treadmill wasn't always a machine of uptown fitness. Before spandex and energy bars, there was gruel and prison stripes. In fact, treadmills date back thousands of years, steeped in the sweat equity and misery of manual labor, grinding boredom and hard time punishment.

First century Romans introduced the first recognized treadmill aka treadwheel as a device to power cranes and machinery. Treadmills were used to power mills, water pumps, and bellows. They were used in the Middle Ages for lifting stones for Gothic

cathedrals and other uses. The three basic types were muscle powered by circular walking, vertical step climbing, or hamster wheel designed machines.

Centuries later, the treadmill became a type of hard labor punishment. It was known as the penal treadwheel or everlasting staircase. In 1818, William Cubitt, a British civil engineer, invented the treadwheel to discipline and reform convicts. The prison treadwheel was a metal framed, long wooden cylinder about 6 feet in diameter with wooden steps on the exterior where prisoners had to continue to step up much like a stairmaster for hours at a time. An average prisoner climbed the equivalent of 8,640 feet every day.

Some prison treadwheels were used to grind corn, pump water, and power mills, earning the name "treadmill." Others were just for punishment. You were either forced to grind grain or "grind wind." Either was torture. First introduced in England where it was popular through much of the 19th century, the treadmill was then introduced in America in 1822 when a treadwheel was installed in Bellevue Hospital in New York City. A second was erected at the Old New-Gate Prison in Connecticut, in 1823 at the cost of \$3,000. A total of four were built, albeit three were soon abandoned.

The English Prison Act of 1865 decreed all male prisoners over 16, sentenced to hard labor, had to spend at least three months of a sentence on a treadmill or crank machine. By 1895, there were 39 treadmills and 29 cranks used in English prisons, reduced to 13 and 5 respectively by 1901. Penal treadwheels were abolished in England the following year. Writer Oscar Wilde was a prisoner sentenced to almost two years on the device as punish-

ment for "gross indecency with certain male persons."

"It was almost used as a torture device," said Chad Alewine, wellness director of the Anderson Area YMCA.

The 20th century ushered in a treadmill whose purpose changed from punishment to health, wellness and fitness. In 1913, a patent was granted for a training machine similar to modern treadmills but motor less. The first motorized treadmill was invented by Robert Bruce and Wayne Quinton in 1952. It was designed to diagnose heart and lung disease. As time went on, health pioneer, Dr. Kenneth Cooper, introduced and developed "Aerobics" in the 1960s. Around the same time, William Staub invented the first mass-produced home treadmill known as the PaceMaster whose popularity was fueled by the running and fitness crazes of the time.

Over the decades the treadmill industry has expanded into almost every area of medicine, science, health and fitness, developing in form, function and features. It is estimated that more than 50 million Americans used treadmills in 2017 and treadmills continue to be a ubiquitous tool in such areas.

As treadmills are now virtual exercise-entertainment centers, the question remains whether such technology has erased the age old monotony of running in place.

"For a lot of folks, it's monotony, although the games and apps do help," said Alewine. "When they choose between running on a treadmill or running outside, they choose outside because the scenic route is ever changing."

"When you are on a treadmill, even though you think you are moving," he said, "you feel like you are only in one spot."

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ADMINISTERED BY: City of Anderson Economic Development Division



THE GARDEN SHOP

Peonies, and PETA pass on by this one possibly



SUSAN
TEMPLE
master
gardener

Time in the garden these days is tending peonies. This is a time consuming task, definitely not one to have to repeat. Therefore, I wait until all leaves have fallen. Tending them means crawling on hands and knees, cutting down the dead foliage, gently, with my hands, removing all leaves, mulch, and any soil to expose the eyes. Eyes are pink and easy to see, also easy to break off. That's another reason it is time consuming. Gently exposing the eyes cannot be stressed enough. Year before last, many peonies were tagged to be dug up and moved. They were either in too much shade now of the maple tree, or had gotten so deep that the usual tending was not accomplishing anything. Many will say we are too warm now for peonies to bloom. They need a good amount of winter chill. Exposing the eyes helps with that. Peonies in our area should not be all snug in a bed of mulch.



Part of Just Helen after the move

Grandmother Cooley's peony, the most special of them all, has needed digging up for a couple of years. I dreaded it because it is hard to dig up a big peony without breaking it apart. It didn't bloom much at all last year. After 20 years, even with annual tending, it was too deep in the ground. Plus, years ago a raised area in the middle of the garden was added. It is right beside grandmother's peony. Rocks, stacked up to hide railroad ties, are keeping it too warm. Then the question of

where to put it took some time to figure out. Part of the path at the front of the garden was expanded and grandmother's peony is now in a more exposed spot. This area had been saved (up to now) to make room to get the tractor as close into the garden as possible. Oh well. Grandmother didn't know the name of her peony. It is white with a very, very pale pink edge. This treasured peony got named in her move. Just Helen. That's how grandmother signed her high school graduation

picture. Just Helen broke into three big parts. Each hunk was planted side by side. The hole left behind is about 40 inches by 40 inches. Yes, a peony needs a big hole and will grow that big around.

For the PETA part, I try to live as one with Mother Nature. But back in early November when my brother said I have an armadillo, it did not trigger thoughts of "oh well, we can coexist". He tracked where it seemed the armadillo was living in a hollowed out sourwood tree. I put

limbs, moved leaves back around the tree, and watched to see if they got moved. They did, but only for a while. No sign of him much in the yard. Then around Thanksgiving I saw where he was digging in the back yard towards the fence. Cameras caught him one time. I covered the damage and it seemed he had moved on again.

Last week, on a cloudy misty day, close to dark thirty, I just happened to go out onto the screened porch. There was the armadillo at the fence. "Barney Fife" ran and got her pistol, tried to sneak up on it, but he headed for the cover of a very big azalea. I shot and missed. Can it be blamed on trying to shoot through the fence? I ran into the garage, got my shovel on the way to track the varmint. I figured if "Barney" used all her bullets, I could beat it to death with my shovel. It took a few times going around the azalea and pushing back limbs before I saw him. I was beginning to think he had headed on back to the woods. Holding limbs back with my shovel in left hand, pistol in the right, the armadillo is the first living thing I've ever shot. I hope he does not have a family who moved in with him.

ELECTRIC CITY EVENTS

RENOWNED CHRISTIAN SINGER-SONGWRITER SANDRA MCCracken TO PERFORM IN ANDERSON

New Covenant Church to Host Sandra Mc-Cracken in an Intimate Concert

New Covenant Church warmly invites you to an evening of rich music and fellowship on February 11, 2023, at 301 Simpson Rd., Anderson, SC 29621. Pre-show live music begins at 6:30 pm. Sandra McCracken and her band take the stage at 7:00. Tickets are available online before the event for \$15, and \$20 at the door. To purchase tickets, visit New Covenant's website: ncchurch.net/sandramc-cracken.

2023 MODEL TRAIN EXPO

February 17 & 18, 2023. Friday, 12pm-6pm. Saturday, 9am-3pm. Impact Center at Rock Springs Church, 207 Rock Springs Road, Easley, SC 29642. Admission \$8.00 Adults, good for both days. Children under 10 are FREE. Trains of all sizes, operating layouts, train model vendors, a Kid Zone, and more! Visit: www.CRMHA.org

ANDERSON SPORTS & ENTERTAINMENT CENTER

Wednesday, January 25th Crescent H.S. Shooters SET-UP DAY 2:00 p.m. – 5:00 p.m. Contact: Lester Brock 864-314-3594 ce.shooters@gmail.com

Thursday, January 26th Crescent H.S. Shooters Ballrooms 5:00 p.m. – 10:30 p.m.

ELECTRIC CITY PLAYHOUSE

CLUE - February 24th through March 5th Based on the screenplay by Jonathan Lynn Written by Sandy Rustin Contact Electric City Playhouse for information and tickets (864) 224-4248

ANDERSON COUNTY MUSEUM

MAKE YOUR OWN TIME CAPSULE: Bring your own container (tube, shoe box, mason jar) and we'll help you decorate it and make your time capsule. Ages 8 and older. Information will be given for you to personalize the contents of your capsule. Craft supplies will be provided. To reserve your spot, email us at AC-MRSVP@andersoncountysc.org

AMERICAN GIRL CLUB: Join us every third Saturday from 11:00 AM to 12:00 PM

American Girl Club is designed for children 8 and older. Each meeting features specific dolls and time periods. You can even meet some of the American Girls in person. Bring a doll if you have one and register to attend. This program is free but donations are accepted. Email us at ACMRSVP@andersoncountysc.org to register.

SIT AND SEW

Join Tommy and friends at the Anderson County Museum for the weekly meet up. Every Thursday at 10:00 AM.

During this fellowship, you will learn and share quilting and sewing knowledge. Bring a Sewing machine and share your projects or ask questions. This program is FREE but donations are accepted. Please email your RSVP to ACMRSVP@andersoncountysc.org. Limited seating.

LUNCH AND LEARN

Tuesday February 7th @ 12:00 Noon. Wear RED and join us for the February Lunch and Learn. This month's topic will be on the "love" filled correspondence delivered through the US Mail. Roper Research Room

volunteer, Maggie Elrod, will share historic letters and keepsakes. Many of these tokens of love were mailed from Andersonians away at war to their special loved ones at home.

ANDERSON COUNTY LIBRARY

FREE TAX PREP FOR HOUSEHOLDS WITH \$60,000 & UNDER: VITA (Volunteer Income Tax Assistance) is once again providing FREE tax preparation at the Library. Walk in only appointments will take place January 23rd through January 29th and appointment only session will take place January 30th through April 15th. Households making approximately \$60,000/year or less are eligible for this free assistance and can make appointments by calling 2-1-1 or (866) 892-9211*

Assistance will be available at the Anderson Main, Belton, Lander (Williamston), Pendleton and Powdersville libraries this year, along with sessions taking place at the Watkins Community Center and AIM (Anderson Interfaith Ministries). For a full list of appointment times and locations, visit <https://bit.ly/3GA23W2>. NOTE: The Library cannot make appointments on your behalf. Please call the number listed to schedule an appointment with VITA directly.

CONSCIENCE OF THE COMMUNITY

BY RICH OTTER

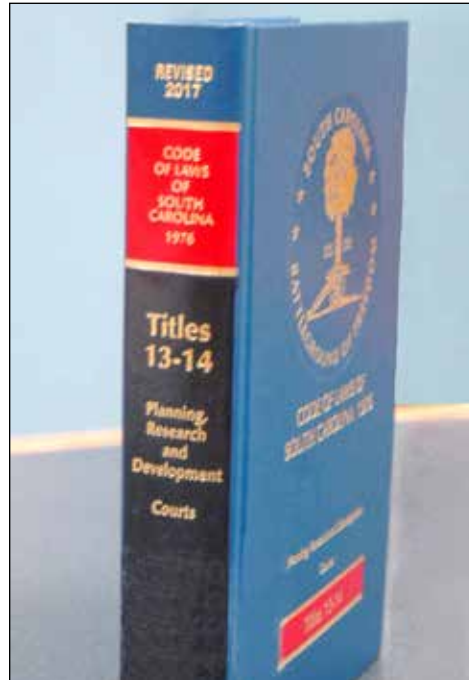
The importance of Grand Juries is generally neither recognized nor appreciated as a vital component of our judicial system. The public may hear the word indictment but has little awareness of what it means except that someone is on the way to the criminal court.

The Grand Jury is composed of 18 people with the most utilized function being to be responsible to review evidence sufficient to justify a matter to be considered for a judicial determination as to whether a crime has been committed. At least 12 jurors must agree the matter should be sent to the court. That action is referred to as a True Bill.

The Grand Jury must first determine that a wrongful act did in fact occur and then that it is more probable than not that the accused perpetuated the wrongful act. It is not a determination of guilt. That is up to the court.

Its history went back to the Magna Carta granted by English King John in 1215 and is said to have had its actual birth in 1164. It became a portion of the English Common Law that passed to the Colonies. It was incorporated in the United States Constitution and became part of the 1895 South Carolina Constitution.

A second responsibility is not as well recognized today as it was in the past when there were not the investigative and oversight bodies



S.C. Code of Laws

we have today. It was the duty to investigate and make recommendations relative to governmental affairs in the community as deemed appropriate.

In such an investigation that required action other than for known criminality, the Grand Jury was limited to presenting the facts and

possibly suggesting a remedy. There were often standing committees of the Grand Jury selected to make examinations. For example, the committees might have been assigned to examine the manner of handling roads and bridges, the chain gangs, stockades, jails or County Home.

The designated committee would make visits to the assigned operation, discuss the functions with those in charge and, in the event of inmates, meet with the inmates or employees. Reports were made quarterly, annually or as may have seemed appropriate. In essence, the Grand Jury became the conscience of the community. They were not bashful with regard to raising issues and repeating them forcefully when and if their findings were ignored.

For instance, in their July presentment in 1966 a Grand Jury committee reported its findings relative to the Anderson County Stockade. They found the food inadequate and poorly prepared, containing filth and foreign matter, meat rarely included, and prisoners fed "some sort of beans three times a day with lumpy grits, corn bread and watered down sour buttermilk, with a small strip of fatback for breakfast."

It was said: "The building itself is a fire hazard. The only means of heat being a 55 gallon drum with a stove pipe attached. If fire

broke out it would be impossible to get the prisoners out safely. According to the prisoners, the building is cleaned at least four times a year, (the four times that the Grand Jury meets) which is evidently correct, for the dungeon smells musty and rancid for lack of clean bed clothes and a good scrubbing.

"When prisoners are out on the road, they ride on the back of a truck which is uncovered. If it rains, they get wet, and have no dry clothes to change into.

"One prisoner reports: 'I spent fourteen days in the hole [a 5X5X5 foot solid concrete block structure, virtually no light and little air].'"

The prisoners were escaping the stockade knowing they would be caught again but they would have the comfort of the county jail for a little while.

No action was taken by the County Delegation until a meeting the night before the next report was to be given by the Grand Jury. At that point they determined to hire an architect to design a new maximum security cell to do away with the hole. The Grand Jury responded, pointing out they had been ignored and presenting additional requests, including to modernize to federal specifications.

The Grand Jury continued its fight until finally the stockade was demolished in 1985 by the then County Council.

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Our national — and local — treasure

BY ANN K. BAILES

A couple of years ago while Mike and I were driving around Townville, we were already pleased to have seen an uncommon peregrine falcon. (That's another story.) Then off in the distance we saw a very large black bird, slowly flapping its wings, and we both assumed it was a vulture. But out of habit, I trained the binocs on it. And--it had a white head. "Mike, it's an eagle!" So it was, and it flew toward us and landed in a nearby tree where I could even get a picture. It was a great sighting.

Yes, we do have bald eagles around here. They are regularly seen from time to time, especially around Lake Hartwell. Sometimes at a distance people mistake them for vultures or large hawks, but careful observation shows what they really are. Also, people see large birds nesting on top of cell phone towers and think they are seeing eagles, but those are ospreys. Closer looks with binoculars will help identify a bald eagle from other birds.

An adult eagle is unmistakable, with its characteristic white head and tail. However, the immature stages are a little less clear. Bald eagles do not get their characteristic white heads and tails for about five years. Immatures have brown heads the same color as their bodies, which gradually get more and more white feathers until their heads are entirely white.

They have massive yellow beaks, larger than the beaks of the many hawks we have around here.

The bald eagle has earned the right to be our national symbol, not only for its majestic beauty, but because it is widespread across the U.S. and Canada—and that's all. It is strictly a North American bird.

We almost lost our national treasure due to DDT, which was widely used as a pesticide, and then traveled up through the food chain. DDT caused eagle eggs to be thinner than normal, and they broke even from the weight of the parents sitting on the nest. The banning of DDT allowed the bald eagle (and osprey and other species) to rebound.

The famous nineteenth century poet Tennyson wrote these classic lines about the eagle:

He clasps the crag with crooked hands;
Close to the sun in lonely lands,
Ringed with the azure world, he stands.
The wrinkled sea beneath him crawls;
He watches from his mountain walls,
And like a thunderbolt he falls.

Other than the mountain walls and lonely lands, which we don't have much of around here, this poem describes the life of the bald eagle, even in Anderson County. It's our beautiful national — and local — treasure.



Flourishing in 2023



2023. How do you want to spend your time, energy, and attention? How do you develop more clarity for your life and start living based on your genuine values, hopes, and aspirations? Consider your answers to the following questions?

1) Are you living in the here and now, past, future, or "someday?" Pause, reflect, and ask if you are satisfied in how you are spending your time today. It is not helpful to live in the "someday." Remember, one day you will be out of time to travel, spend time with loved ones, learn a new hobby, etc. What would change if this was your last week to live?

2) Are you passionate about your work and do you feel purpose/meaning in your professional roles, or is it just for a paycheck?

It is very possible to engage in meaningful work that also leads to financial stability, yet intrinsic motivation and rewards are critical for human flourishing.

3) Focus on the gratitude, deep gratitude. Life is fleeting, variable, and never permanent. Life is not always easy or predictable, yet there are always blessings and gifts in the chaos.

4) Release or surrender the "perfect" image. Simplify, delegate, say no more often. Being busy does not equate to productive. One motto to live by this year: progress over perfection.

5) Take an inventory of your beliefs holding you back. Release what no longer serves you. Let go of the self-defeating behaviors and mindset. Our self-talk is so critical for balanced living and to have the capacity to flourish. It does not mean you have to always be positive, yet being neutral and hopeful will transform the way you approach life.

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

GAMAC

Dueling Pianos

RETURNS!

Starring: Annette Martin, Jamie Hawkins, Anda Mobley, & Chris Cole

Three photographs of the piano players. The first shows four people sitting on a bench. The second shows four people standing in a row. The third shows four people sitting on a bench. All are wearing blue jackets.

Saturday, February 18, 2023

7:00PM

The Anderson Arts Center | 110 E. Federal St., Anderson, SC

The hottest piano bar in town is back by popular demand with pianists Annette Martin, Jamie Hawkins, Anda Mobley, and Chris Cole! Enjoy a salute to the music of John Williams, Elvis, Journey, Elton John, and more when Anderson's own "Fab Four" takes the stage. Proceeds from the evening will benefit the Greater Anderson Musical Arts Consortium.

RESERVATIONS REQUIRED BY FEBRUARY 13!

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324 days ... and a lot of sleepless nights

Last Sunday night, I fell asleep at 10:00 pm and woke up at 5:30 the following morning, as is my normal routine. In between those hours, though, I also woke up at midnight, 2:30, 3:30, and 4:45. It wasn't the weather in California or the war in Ukraine or the closing of "The Music Man" on Broadway that kept waking me up. Rather, it was something I had attended earlier in the day: a bridal fair.

Unless it's a zombie bridal fair, a convention center full of wedding vendors isn't the kind of event that usually keeps you up at night. I've attended bridal fairs before as a writer for "Town Bride" magazine, and the scariest thing I've seen

was when a caterer ran out of barbecue sliders and had to face the collective stink-eye of two dozen grooms who were only there for the food. But this time, it was different. I wasn't attending as a writer. I was attending as a Mother of the Bride.



Kim von Keller

In 324 days, my daughter, Elizabeth, is marrying her beloved, Zach. It isn't their marriage that I worry about; they are both great people who are well-suited for one another. What worries me is that I thought I knew all I needed to know about weddings, but now I'm scared that I don't know what I don't know.

Until we entered the hall, everything was under control. We already have a venue, a caterer, a DJ, a florist, and a photographer. We're one taste away from having a baker. We even have a planner, whose job is to create and manage the plan. Still, when the big day arrives, we only have one shot to get this right, and the bridal fair raised questions I haven't considered.

Like calligraphy. It is not uncommon to hire practitioners of this decorative handwriting to address the envelopes of formal invitations, but now, calligraphers are writing on everything: seating charts, table markers, wine bottles, wedding party gifts, those signs at food stations that inform you of potential allergens. What do we need to have spelled out in beautiful, extravagant lettering, and when is another font acceptable? Personally, I draw the line at catering. If that delicious-looking dip might force me to use an epi pen later, I want the ingredients spelled out in block lettering, all caps and bold face.

There are also decisions to be made about chairs. I'm familiar with the Chiavari style, but now I'm learning that there is the Bamboo style (too picnic-y), English Garden style (too flimsy), Ghost style (too powder room-y), and Bentwood style (too Broadway, even for me). This is a decision I'm not yet prepared to make. When the wedding is over and our friends talk among themselves, I want them to say, "What a fun, beautiful reception," not, "I hate to talk, but did you see those chairs?"

As I digest my own words, I guess what's keeping me up at night is, as the MOTB, I just want Elizabeth's to be perfect for the girl I consider to BE perfect. But over the countless number of weddings I've attended, I've seen a bride pass out during the ceremony, a wedding cake topple over before it was cut, a groom handcuffed to a porch rail and the key hidden, and a bride yanked off of the altar by a child attendant pulling on the veil. These couples are still happily married, and when seen in the rear view mirror, their unfortunate incidents are just funny stories to tell on their anniversaries.

Mistakes will be made, and I have to realize that there's no such thing as perfect. So when the rest of the world is asleep, I will trust my vendors. I will trust my planner. Most importantly, I will trust that Elizabeth and Zach will have a wonderful life together once all the wedding hoopla is over... even if there's talk about those chairs.



AnMed Cancer Center earns prestigious breast center accreditation

ANDERSON — The National Accreditation Program for Breast Centers (NAPBC), a quality program administered by the American College of Surgeons (ACS) has granted accredited status to the AnMed Cancer Center in Anderson, SC. To achieve voluntary NAPBC accreditation, a breast center demonstrates compliance with the NAPBC standards that address a center's leadership, clinical services, research, community outreach, professional education, and quality improvement for patients. Breast centers seeking NAPBC accreditation undergo a site visit every three years.

As a NAPBC-accredited center, AnMed is committed to maintaining levels of excellence in the delivery of comprehensive, patient-centered, multidisciplinary care resulting in high-quality care for patients with breast disease. Patients can be confident that their breast care team includes health care professionals from a variety of disciplines who are committed to working together to provide the best care available through their entire course of treatment. Patients receiving care at a NAPBC-accredited center also have access to information on clinical trials and new treatment options, genetic counseling, and patient-centered services including

psychosocial support, rehabilitation services, and survivorship care.

"If you or someone you love has been diagnosed with breast disease, you will have many important decisions to make. However, there is one thing you will not have to worry about—where to find the best possible treatment. That's because the best breast care is available right here at this NAPBC accredited breast center," said Rhonda Ballew, oncology research manager at the AnMed Cancer Center.

"As one of only three NAPBC accredited breast centers in the Upstate, we are thrilled to have earned such a prestigious designation. Our team has worked diligently over the past few years in preparation for this accreditation. We are extremely proud to have this breast center accreditation highlighting our commitment to providing exceptional patient care and quality excellence for our deserving community," said Samantha Carter, assistant vice president of oncology services.

Accreditation by the NAPBC is granted only to those programs that are committed to providing the best possible care to patients with breast cancer. The NAPBC provides the structure and resources develop and operate a high-quality breast center and accredited program. Patients

receiving care at this NAPBC-accredited center have access to:

- comprehensive care, including a full range of state-of-the-art services
- a multidisciplinary team approach to coordinate the best treatment options

- information about ongoing clinical trials and new treatment options

About the National Accreditation Program for Breast Centers

The National Accreditation Program for Breast Centers represents a consortium of national, professional organizations dedicated to the quality of care of patients with diseases of the breast. Its board membership includes professionals from more than 20 national organizations that represent the full spectrum of breast care.

About AnMed

AnMed is a five-hospital, 695-bed not-for-profit health system serving the South Carolina Upstate and northeast Georgia. The AnMed System includes 50 practices and more than 400 physicians. The system is anchored by AnMed Medical Center, a 461-bed acute care hospital that carries the prestigious Magnet® hospital designation. Facilities include AnMed Women's and Children's Hospital, AnMed Rehabilitation Hospital and AnMed Cannon in Pickens.

Don't be afraid to be you

I admire style. It's intriguing and it tells a story. Every day that we get up and get dressed, we're basically artists putting something on a blank canvas. I love to look at people and see their points of view on style. Everyone is different.



Kristine March

I'm an identical twin and we're even just a little bit different when it comes to fashion. Just the other day I was reading the most fascinating article on Carolyn Bessette-Kennedy. Not only was she graceful and lovely, her fashion was legendary for the '90s in Manhattan. She worked for Calvin Klein so she just knew how to dress. She went to all the greatest parties and the best restaurants that were big at the time. But what I found really cool about her is she would go to a street vendor in New York for her perfume and get her signature scent which was Egyptian musk that would

come in a little vial and that's all that she would wear. She could afford anything expensive if she wanted to, but I liked the fact that she chose something unique. Her long blonde hair was usually pulled back in a low ponytail with the tortoise shell headband and little black sunglasses. What a classic.

Speaking of being a twin, I admire the way my sister dresses. She's the quintessential bohemian. I'm a mixture of both hippie and posh, but she looks like she walked straight out of a caravan at a music festival in Morocco. If that makes sense. She is the definition of authentic and unconventional. She usually wears a pair of minnetonka's that are fringed, a little high-waisted mini skirt, beautiful tanned glowy legs, and a silky kimono with lots of turquoise jewelry and big rings on her fingers. She has a beautiful almond shaped manicure and always has a signature cat eye and curls every piece of hair perfectly with a chopstick curling wand. I love to see what she's going to wear next. It's 70's glam, but with a modern twist. Her soul is old

and her fashion is extremely stunning. I admire her to the maximum. Lastly, there's the legendary Sarah Jessica Parker who I can never get enough of. Her style to me is really fabulous and unique. I watched a documentary on Sarah and how she collected vintage pieces that she kept in a storage unit hidden away. The clothing was unbelievable. Everything told a story and

she really appreciated the designers. The fabrics and everything meant something to her and I found that so lovely. Not only does she dress really remarkably, but she really genuinely cares about it. She's not necessarily into the latest trend, but she is her own rare bird. Her shoe line is out of this world. Her rhinestone Mary Jane block heels are so distinctive and not like anything or anyone

else and that to me is pioneering. Just to be yourself and not being a carbon copy of someone else is so vital to me. Maybe that comes from being identical twin. Who knows? All of these women inspire me when it comes to clothing. Who really inspires you? Take fashion risks and don't be afraid to be you. Remember to make the sidewalk your runway and always be kind.



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NIBBLE & SIP

Good night, sleep tight

As I've written before, Nibbles and Sips are not just for five o'clock. They also don't require alcohol, especially if it's right before bedtime and you'd like a something that is both delicious and sleep-friendly.



Kim von Keller

Long before there was a coffee shop on every corner, I discovered steamers in a little bakery in Toronto. Made with whole milk and your choice of syrups, the Bedtime Milk Steamer is the cozy,

decaffeinated cousin to hot chocolate. Add the syrup to your desired level of sweetness. And as a crunchy accompaniment, pair your steamer with a Butter Cookie. They're small and not too sweet, in spite of the raw sugar that covers them. Good night, and sleep tight!

Bedtime Milk Steamer

1 c. whole milk

1-3 T. flavored syrup (I like Starbucks Vanilla)

whipped cream (optional)

Pour the milk into a large heatproof mug. Microwave on HIGH for 1 minute, or until steaming, not boiling. Add the flavored syrup to taste, stir, and top with whipped cream. Makes 1.

Butter Cookies

2 c. all-purpose flour

½ t. baking powder

¼ teaspoon salt

2 sticks good-quality salted butter, room temperature (I like Plugra)

2/3 c. granulated sugar

1 large egg yolk

turbinado sugar, for rolling (I like Sugar in the Raw)

Combine flour, baking powder, and salt in a small bowl; set aside.

In a mixing bowl, combine butter and sugar and beat until light and fluffy. Add the egg yolk and beat until mixture is combined. Gradually add in flour mixture until combined. Divide dough in half, and on a clean work surface, roll each half into logs that are 1 ½ inches in diameter. For each log, take a large sheet of waxed paper and sprinkle with the raw sugar. Roll each log in the sugar until completely covered, then wrap the logs tightly in the waxed paper and refrigerate until completely solid, 1 to 3 hours.

Preheat oven to 325°. Line a baking sheet with parchment paper. Use a thin, sharp knife to slice one of the logs into ¼-inch slices and place the slices on the prepared baking sheet 1 inch apart. Bake until golden brown, between 15 and 18 minutes. Allow cookies to cool on the pan for 5 minutes before removing to a rack to cool completely. Repeat the process with the second roll, or freeze to use later. Makes approximately 60 cookies.

TEEN DRIVING TIPS

BY TOMMY PRICE
PRICE DRIVING SCHOOL

Price Driving School Inc was started in the early 1970's by my dad, Rev Gene Price. In the late 1990's, Dad was getting older and wanted me to handle the business but he stayed involved until he was 80 years old. Dad loved the interaction with teenagers and teaching them how to be responsible drivers and this has been conveyed to all of our SCDDMV Certified Instructors. We truly worry about our students even after they complete our course.

In the state of South Carolina, all 15 and 16 year old drivers must complete a SCDMV Approved Drivers Education program. This consists of 8 hours of classroom instruction and 6 hours of behind the wheel instruction. We cover all aspects of driving law as well as situational driving. We also are a SCDMV 3rd Party Tester which means we can administer the actual road test to our students. In fact, I was in the group of first 6 Instructors certified in this program back in June of 2012 when it was a pilot program. This program has worked very well and is a huge convenience for students, parents and the SCDMV.

Once your teenagers have passed their beginners' permit test, they can start

driving on public roads with a licensed adult driver. However, the instruction should begin much earlier than that. Experts claim once you turn your child's car seat forward, they start learning to drive and pick up parents' habits, both good and bad.

Parents need to be patient with beginning drivers and explain the "rules of the road". Take this time very seriously. Parents do not need to be distracted by cell phones or other passengers in early stages. Make sure your focus is 100% on your teenager being a safe and responsible driver. It truly is a matter of life or death.

Common issues we see with beginning drivers are that they follow too closely to the vehicle in front of them. Always teach your teenager the 3-5 second rule of following other vehicles as well as proper stopping distance between vehicles when they stop in traffic.

Another important lesson is to teach defensive driving by looking out for other drivers. This makes up about 80% of normal driving. While driving, students should learn to anticipate what other drivers are going to do at all times, NEVER EXPECT the other driver to make the correct decisions.

Our motto to our teenage students is to ARRIVE ALIVE every time they get in a



vehicle. Automobile wrecks are the number one cause of teenage deaths.

Parents, always remember that it is the old "monkey see, monkey do" when it comes to driving. Your teenager will drive the same way you do. This is a good thought to keep in mind.

And as always, please stress NO CELL PHONES WHILE OPERATING THE VEHICLE and ALWAYS BUCKLE YOUR SEATBELTS. We also recommend having that hard conversation about impaired driving or riding with others while impaired. Always have an agreement that regardless of the reason if at any time your teenager is in a situation where alcohol or anything else is involved, to call for a ride. Then when there's a better time, sit down and calmly discuss the consequences of not sticking with this rule.

Remember - ARRIVE ALIVE!

PUBLIC AUCTION NOTICE

This is a Public Auction Notice announcement for TrueSafe Storage Hwy. 81 & Simpson Rd in Anderson. We are having our ONLINE AUCTION beginning 1/24/2023 at 9 AM ending on 1/27/2023. Auction will be held at www.storagetreasures.com for all locations. Units contain household furnishings, tools, & more. All SALES are final and must be paid by CREDIT CARD or DEBIT ONLY! No CASH! Pictures will be posted at storagetreasures.com.

Tenant Listings for Auction are as follows:

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Jennifer Owens Unit #109

Rachel Shifflet Unit #208

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FROM THE SHELF

‘Good Morning Monster’

By Catherine Gildiner

Nonfiction is not something I read a lot of. When I do, it tends to be memoirs (especially celebrities), some biographies, literary criticism and comic history. An area of non-fiction I tend to extra avoid is anything tying to self help, psychology, or mental health. Unfortunately for me, my therapist sees right through the avoidance, and I’d argue takes particular pleasure in assigning me homework that requires me to read this “garbage.”

So with that background and preface... prepare to get personal. Real (insert your favorite verb for emphasis here) personal. Therapy is something I’ve done on and off for years now and is something I whole-heartedly and vehemently recommend to everyone, whether it’s stuff you’d deem as “light,” or serious things along the lines of the patients chronicled in Good Morning Monster. Good Morning Monster by Catherine Gildiner chronicles “five heroic stories of emotional recovery” from her twenty-five years as a clinical psychologist in private practice. My therapist said the book seemed like something I should read and would relate to.

While Good Morning Monster is about therapy at its heart, it also reads like a memoir. Gildiner organizes the cases chronologically through her years of practice, so as you read each person’s section, you see Gildiner grow as a therapist. Each section breaks down each patient’s story, starting with day one of therapy, unraveling their histories, and seeing their successful journey through therapy. What this also allows for is the reader to see a glimpse of how a therapist might approach a patient and their own journey,

why they ask the questions they do, and pace the healing the way they do. Each section ends with her reuniting with the patient as she talks to them years later about telling their stories through this book. This is really cool because you get to see that they really did make it.

Now I want to preface that while this book is incredible and it does offer a lot of hope, these cases are very real, very hard, and could be triggering. Now, even with that caveat, I’d still say to read it. Knowing you aren’t alone in your struggles is never anything but beneficial. While these are all more toward the

extreme side of trauma, the advice and revelations that come out from both Gildiner and the patients are applicable to all aspects of life, even things that might feel trivial in comparison. Let me say to never compare, suffering is not equivocal. We all process and deal with life’s curveballs in different ways, all of which is often dictated not just by our personal experiences, but also generational trauma as it’s being handed down (okay, getting off my soapbox...for now).

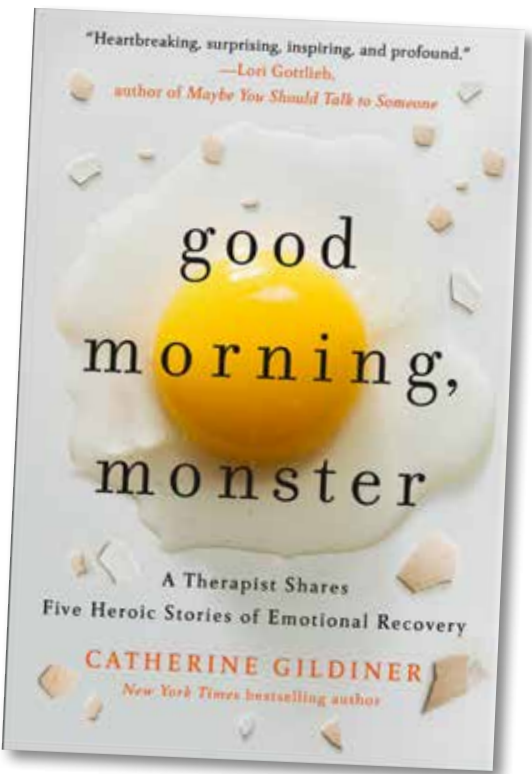
Laura, Peter, Danny, Alana, and Madeline all have very different stories, all of which start in their childhoods, often at heartbreakingly young ages. Aside from the “heroic emotional recovery,” they also all work through the damage of continuous traumas in five different ways. Again, attesting to how we all deal with life in different ways, this also means there isn’t a “right” answer to how to handle things. I related to varying components of each story,

and how they processed their experiences and even therapy.

All five patients also have different cultural backgrounds which adds layers to how their therapy was approached. Danny’s story in particular was really interesting to me because it also ties to the Canadian Indian Residential Schools and the lasting damage that has had on the Indigenous population. It was really interesting to see Gildiner delve into how modern (she practiced largely in the 80s) psychotherapy is based in white culture, and how especially for the Native population, healing has to come from methods rooted in their culture.

I’ll end with this; it’s a new year and maybe it’s time for a new look at ourselves and at mental health in general. Therapy is an amazing thing, and in the case of Good Morning Monster, a life saving thing. Therapy is for everyone and for everything. I

truly believe everyone has their own “heroic emotional recovery” to embark on.



Sara Leady



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PURPLE GRITS

For our Northern friends and those that know nothing of the Southern history of Grits, please allow me the pleasure of introducing you to our most tasty delicacy.



Neal Parnell

There is some debate over the origin and discovery of Grits, but after many minutes of exhausting research, I have found irrefutable evidence on a new search engine called, ALMOST GOOGLE. The Grit tree was discovered in the lower north eastern

quadrant of upper western South Carolina. A man by the name of Jim Dandy made the discovery when a Grit tree fell into a large pot of salted boiling water used by Jim to cook

peanuts. The name was also coined by Jim Dandy when he tasted a few of his undone morsels and said, "That's Gree-yut-ie", later shortened to Gree-yuts. Jim spent all day picking the tiny grits from the grit tree, only to get one bowl full. That's when he invented the *Handy-Dandy-Grit-Picker*. Jim planted grit trees all over the South, and to this day you will see grit tree orchards from Texas to Virginia and down into Florida.

Instant Grits are not real Grits. These are a fraudulent copy of grits invented by a man who called himself, Yankee Doodle Dandy. That's right, the same guy that stuck a feather in his cap and called it macaroni. Instant grits are made by removing the outer hull of each grit, leaving only a grit powder that is mixed with powdered milk and powdered flavorings, when added to hot water creates a bowl of gray gloppy glue that's inedible, even for cats. Don't be scammed by these grit imitators with a picture of a Quaker on the package. Quakers

make excellent oats, but not grits.

There will be those that try to convince you that adding shrimp to your grits is the way to enjoy them. Then there will be people that say cheese, bacon, ham, gravy or scrambled eggs mixed in is the absolute best you'll ever eat. Every now and

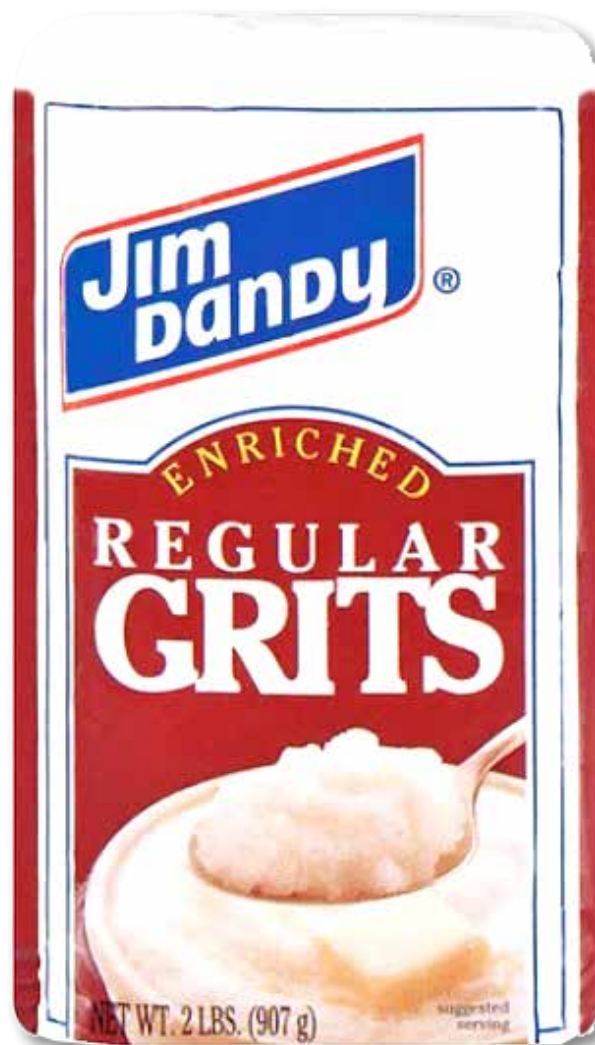
then you will hear tell of someone that puts sugar on their grits. This person is an abomination to the faithful grit eaters of America, and never grew away from the time their Mama or Daddy put sugar on the grits to help them eat what they knew may be all they would have. Sweet grits are ok to help younguns develop a taste for them. I didn't want to eat my grits, so my dad mixed in some Bama grape jelly and I'd eat those purple grits like candy. I stopped with the purple grits after being teased about my purple lips.

From then on, I ate grits the only acceptable way, salt, pepper, and a pat of butter, that's it, there's no other way.

Atmosphere will enhance your grit eating experience. Cooking grits and eating them at home is a pleasurable way to have breakfast. Your favorite morning restaurant or local diner bumps the ambience up a notch with sounds from the kitchen and homey conversation. But if you want the best tasting grits you've ever had, you must be outside. Picture yourself on the bank of a cold mountain river. You've just caught six

rainbow trout. As the sun rises, those rainbows are frying over the fire and beside them, hanging in a cast iron pot, is a white buttery batch of bubbling grits. YUM, YUM, Gimme some.

**You can own one of Jim Dandy's original facsimile Handy-Dandy-Grit-Pickers for the low price of just \$39.99 plus shipping. Just visit Jim's great-great-great-grandsons' website at PICKYOURGRITS.com or call 1-800- KISSMYGRITS to order. All proceeds go to your favorite charity, Me.



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CHANGING OF THE GUARD

Merle Norman Cosmetics and Day Spa has been a thriving Anderson business for more than 60 years. 62 years

in fact. What was originally owned by Mrs. Azalee Harris was bought by Cathy Hanks in 1998. At that time, Erin Coughenour was a student at Anderson University and was employed at Merle Norman. After graduation, Erin decided to continue working at the job she loved and eventually became manager.

"Erin's dreams were like mine - to own the store one day," says Cathy Hanks. "I am so proud of the courage she had to take this leap of faith. Congratulations to this beautiful lady that I love so dearly."

With 26 years at Merle Norman under her belt, Erin says what she really

loves is making women feel beautiful and confident when they go out into the world. "It's an incredible feeling when

you get to help a young girl get ready for her prom, then her wedding day and then help her as a mom," says Erin. "That alone brings me so much joy and it tells me that my customers truly trust me."

As the new owner, Erin says she hopes to acquire new clients as well as taking care of her current clients that she has known for years. "Taking over the business has been a bit

overwhelming but very rewarding and I know I have a beautiful journey ahead of me."

Within the next five years, Erin hopes to help Merle Norman to grow. "I would like to grow the store as a bou-



Erin Coughenour

tique, a spa and most importantly for women all around to know about our fabulous skin care and products that we offer," she says. "We want women of all ages to feel beautiful when they walk out of here and to know that I am here to help them."

"I'm really excited about bringing the business to the next level," Erin says. "Merle Norman Cosmetics has been my dream and passion for the last 26 years, and today I find myself more passionate than ever. I love what I do and I can't wait to see what the future brings for me and for the business. This truly is a dream come true."

"I love what I do and I can't wait to see what the future brings for me and for the business. This truly is a dream come true."

New fund helps clean up Anderson's waterways

Healthy environments through community education and restoration

ANDERSON COUNTY — The Anderson County Watershed Protection Council announced today that they are awarding grants from \$30,000 to \$90,000 to the Rocky River Conservancy and the Anderson Soil and Water Conservation District. The recipients are launching projects that will improve water quality and education in the county.

The water council and new grant program are part of Upstate Forever and Savannah Riverkeeper efforts to spend legal settlement dollars from past polluters on long-term, community-driven projects that will safeguard Anderson's water quality.

"It is exciting to jump-start water-focused projects in communities that have experienced heavy pollution in the past," says Megan Chase, Upstate Forever State Policy Director. "The goal is to connect children, teachers, residents and leaders to the waterways through recreation, restoration, and education. The two projects we selected are perfect examples of what is possible."

The Rocky River Conservancy project will engage the community in restoration efforts and water quality testing in the Rocky River Nature Park, a 148-acre public preserve in the Broadway Creek watershed. Trees Upstate is partnering with them to plant buffers

while engaging the nearby community.

Also, in the Broadway Creek watershed, Anderson Soil and Water Conservation's project will provide teachers, students and experts with Adopt-a-Stream kits and link them to the KnowYourRiver.com database to monitor local water conditions. The project will engage more than 1,000 participants in water-quality activities in the first year.

"Growth, development, and leaking pipelines have contributed to serious impairment of Anderson County's once pristine waterways. We can no longer take clean water for granted. These grant funded proposals are expected to provide education, lasting clean up, and restoration to return these streams to

good health," says M. Cindy Wilson, Anderson County Council District 7. "Thank you, Upstate Forever, Savannah Riverkeeper, and Southern Environmental Law Center, for setting us on a better course."

The next funding opportunity will be in the summer of 2023. Entities seeking more information about the process can visit www.andersonwatercouncil.com or email info@andersonwatercouncil.com.

The mission of the Anderson County Watershed Protection Council is to assist in identifying, prioritizing, and funding projects that empower citizens to take action on existing and emerging threats to water resources and to restore water quality in the Savannah River watershed's impacted areas.

'What's this word?'

As kids are reading aloud to us, it's almost guaranteed they will come across words they are unfamiliar with. While this can be frustrating to both the reader and the listener, there are a few things you can do to help make this time more productive and less stressful!



Katie Laughridge

It is crucial that the book is not too hard for the reader. Encourage your child to use the "5-Finger Rule" to make sure the book they are reading is "just right" for them. In order to use this strategy, have your child open a book to the middle and begin reading. For each word the child doesn't know, have them put up one finger. If at the end of the page you have: 5 or more fingers up — too hard and challenging; 4 fingers up — very challenging; 2-3 fingers up — just right; 0-1 fingers up — too easy.

Once you've found the "just right" book, you're ready to read! Use the strategies listed below to help your child when they become "stuck."

Think about the Meaning

It is important that we encourage children to THINK about what they are reading.

- What would make sense in the sentence?
- You read _____. Does that make sense?
- Look at the picture to help you read the word.
- Think about what is happening in the story right now.
- Go back to the beginning of that sentence and start it again.

• Skip over the word and continue reading until the end of the sentence. Now, go back to the beginning of the sentence and start again.

Use Visual Clues from the Words

- Look at the first letter(s) of the word. Say the first sound(s).
- What would you expect to see at the beginning/middle/end of the word if the word is _____?
- Spell the word out loud. Look at each letter.
- We've seen that word before in this book. Let's find it on the other page.
- Do you see a part of the word (word chunk) that you already know?

• Let's cover up a part of the word and read the part we see. (For example, if the word is walk, cover up the -ing. Let them read the word walk first, then adding the "ing" back.)

- Sound it out. (This only works if the child has the word knowledge and/or strategies.)
- Do you see a prefix or a suffix in the word? (longer words)
- Can you break the word into syllables?

Relate it to Talking

- Does that sound right to you?
- Can you point to the word that sounded wrong?
- You read _____, is that how we say it?

Lastly, remember that comprehension is important and stopping to problem solve unknown words can hinder the flow of the story. If your child tries several strategies and still can't figure out the word, just tell them and let them move on. You don't want them to get too frustrated!

"Once you learn to read, you will be forever free." — Frederick Douglass

Coach Wayne Jones — ‘He is truly an amazing man’

Over Christmas this year, Coach Wayne Jones told his daughter, Ansley, about him dropping off the track team his senior year at Orangeburg High School so that he could play the lead in the musical, Oklahoma. Having never heard this, she laughed in disbelief. In order to validate his story, he dug around till he found the following article written in the Times and Democrat in Orangeburg in 1963.

“After reading this article, we all learned new things about the man we thought we knew so well. Our family now has a greater appreciation for his work ethic and dedication to everything he sets out to do,” says Ansley. “He is truly an amazing man.”

BY PAUL JONES, REPRINTED

Every once in a while, a truly outstanding high school athlete comes along. He quarterbacks the football team. He pitches baseball. He runs track. He excels in basketball. Everyone admires him. The newspapers give him big headlines. Girls give a second look when he strolls by, he likes it.

At Orangeburg High School, as for the past several years, there is such an athlete. After high school, he may go on to be a major general or senator if things go well. If not, there are other less noble places on the status ladder. There's the Presidency or the top spot at General Motors if the cookie crumbles that way.

This year at Orangeburg High School, the “champ” would have to be Wayne Jones, a mild-mannered and soft-spoken gentleman but yet the fiercest competitor in any sport. In speaking of his athletic prowess, fans have been lavish in the adjectives used to describe him. In American Legion baseball he was “Workhorse Wayne,” in football “lean and mean,” in basketball, “aggressive,” in track, “hard runner” and “long winded.”

We got to thinking the other day about the workhorse and wondered why his name wasn't making the sports pages anymore. Just a few weeks ago, it was “Jones this” and “Jones that” as he scored point after point in helping the basketball Indians to the Sandhills Conference championship.

Then suddenly there was no more Jones after he and his Number 1, Miss Dallas Fairey, a girl who played a pretty good defensive basketball game for the state champion Maidens, received the highest honors the fans, the Orangeburg Indian Club could give...well, suddenly there was no more Jones.

This fact hit home when the track Indians lost their first meet. Scanning the summary of events, we noticed that his name wasn't mentioned. It was conspicuous in its absence since the team had been beaten, narrowly, in the meet by faster relay teams. Last year the Workhorse impressed us very much in a relay event during the News Piedmont Relays which may have been the difference in a first and second place for little Orangeburg High's team which was competing against runners from such cities as Atlanta, the South's big town.

Let's face it. We like to pull for the

underdog. And when an Atlanta school fan approached us, asked who we thought was the best high school team entered and then laughed when we answered, ‘Orangeburg’. Well, we couldn't resist giving him a sly smile when the Workhorse “kicked”.

Jones took the turn on the last leg about 200 yards from the tape trailing an Atlantan by a seemingly overwhelming distance. We knew he wasn't a sprinter – his coach, Melicue Metts, had said he would have been a better miler. After he came in a good 20 feet of the Atlantan, we decided he was a fair country sprinter. The Atlanta fan thought so too.

There was something beautiful in the way he kept running faster and faster and faster. There was something about the other runner who seemed to keep up the rhythm of his run as he fell into a teammate's arms and panted, “I-just-couldn't-beat-him-bo, I-just-couldn't-beat-him-bo...”

It was a grand moment for Wayne as well as his school. But, after all, it was only a foot race. Likewise, the relays the Indians lost at Sumter were only races. As one fan pointed out, Wayne could have helped the team. But

the team might have lost anyway. One could remember many such instances in his athletic career. Aside from races and ball games, two highpoints came last year when he was honored by being kept on the American Legion baseball roster even though he was attending a student convention in California for all of the regular season. He was the subject of a Page 1 column.

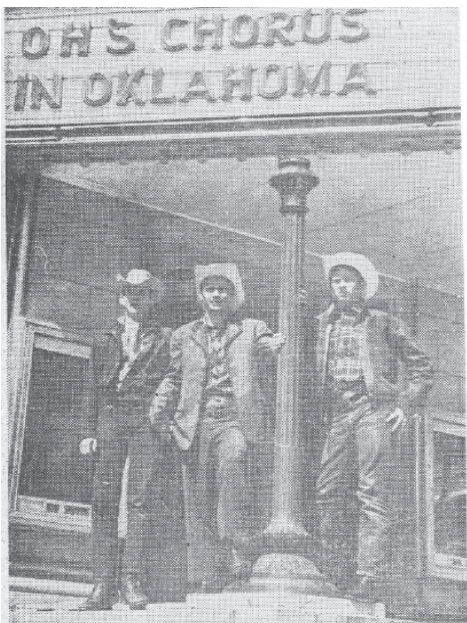
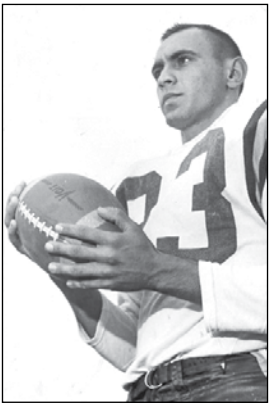
These are the things the fans and Wayne will long remember. But all the remembering will not answer the question the track fans are asking – “Where is Wayne Jones?”

As we have it, Wayne is taking a break from the rigorous 365-day-a-year job of being an athlete and his spending some of his time

in the more cultural pursuit of practicing for a role in the Orangeburg High School Mixed Chorus upcoming presentation of “Oklahoma.”

Probably as many people remember Enrico Caruso as they do Jim Thorpe.

We wish Wayne well in his new venture, if, indeed this is what he's doing, and we know that if he gives “Oklahoma” a fraction of the dedication it took to make him the athletic champion, we'll have something more to remember him by



Sing in Oklahoma

The Orangeburg High School's Mixed Chorus presentation of “Oklahoma” played to a capacity audience Thursday night. It will be presented again tonight at 8. Three of the performers are shown left to right: Orrin Crum, Wayne Jones and Tommy Murph. Frederic Ulmer, member of the school faculty is director. (Record photo by Katherine S. Campbell)

when the curtains fall. We commend him for his versatility. It's a free country - even for athletes whose fans hate to lose them.

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Westside girls drop pair to open region

BY BRU NIMMONS

ANDERSON — After a solid start to the year, the Westside Rams girls basketball team seemed on track for another strong season even if they might not live up to their last two state championship seasons.

However, two games into conference play, the Rams are reeling and in need of a strong finish if they want to even compete for the region title.

Coming out of Christmas, Westside took on Abbeville in their final tune-up before region and demolished the Panthers 99-22 in a confidence inspiring win.

After the win, the Rams opened region play on the road on Jan. 10 against the sixth-ranked Pickens Blue Flame.

An even first quarter left the game

tied at 11-11, but the Blue Flame

were able to pull ahead before the break with an eight-point lead. The Rams were able to cut into the lead in the third and trailed just 41-39 in the fourth before the Blue Flame anchored down on defense for a 46-41 win.

Ahrianna Scott and Gervonna



Williams led the Rams in the loss and

were the only Westside players to hit double digits. Scott had a game high 13 points, while Williams had 11 points, four rebound and two assists.

Hoping to bounce back, Westside returned to action three

days later hosting the Easley Green Wave.

Taking a 9-6 lead after one quarter,

the Rams battled back and fourth with Easley for much of the night and even took a 35-31 lead into the final quarter. However, a career night from Easley's Mattison Hayes (24 points) and an 18-11 Green Wave run in the final quarter led to a 49-46 loss.

Once again, Ahrianna Scott was the leading scorer for the Rams with 12 points along with four assists.

Following the second straight loss, the Rams took on Class 4A's top ranked South Pointe taking another big 70-36 loss in the She Got Game MLK Showcase to stretch their losing streak to three straight.

With region road matchups against Berea and Greenville this week, the Rams, 10-7 (0-2), will try to get back on track.

T.L. HANNA YELLOW JACKETS

Jacket boys start hot in region play

BY BRU NIMMONS

ANDERSON — Heading into region play, the T.L. Hanna Yellow Jackets boys basketball team had been among the best Class 5A teams in the state.

Ranked sixth in the class, the Yellow Jackets have kept that strong play going in conference play as they have started out 2-0.

Coming out of Christmas, the Yellow Jackets got back to work on the hardwood with wins over Hart County and Brookland-Cayce before kicking off region play.

In the region opener, the Yellow Jackets traveled to Mauldin to take on the defending region champion Mavericks.

From the jump, Hanna took control of the action jumping ahead 21-8 in the opening quarter of action and using that momentum to take a 12 point lead at the break. In the second half, the Jackets continued to roll as they pulled out the 66-51 win.

Javeyn Martin and Jaquarius Patterson led the Jackets to the big win. Martin scored 19 points

and added five steals, while Patterson nearly had a double-double with 17

points and nine rebounds.

Coming off the win, the Yellow Jackets returned home on Jan. 13 for a region matchup with the J.L. Mann Patriots.

Once again, Hanna came off the bud

hot out scoring the Patriots 16-4 in the first quarter to take a commanding



lead. Mann clawed their way back into action over the next two quarters to trail just 42-36 heading into the fourth. However, the Jackets found their first quarter form again in the final frame out scoring the Patriots by 16 points to pull out a 70-48 win.

Adarius Armstrong had the hot hand on the evening as he led the Jackets with 22 points in the win.

Sitting at 2-0 in region play, the Yellow Jackets face arguably their toughest matchups in region this week in the ninth ranked Hillcrest Rams and the Woodmont Wildcats. Should the Jackets come out unscathed in those games, which do not have results as of press time, they will be in full control of the region championship race.