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January 2-13, 2026

2026 BRINGS IN BICENTENNIAL FOR ANDERSON COUNTY

In 2026, Anderson County, South Carolina, marks an important milestone: the 200th anniversary of its establishment. Formed in December of 1826, Anderson County emerged from the historic Pendleton District, which was divided into two separate districts, later counties, named in honor of Revolutionary War leaders General Robert Anderson and Brigadier General Andrew Pickens. This bicentennial offers an opportunity to reflect on the county's origins, its growth, and the enduring spirit of its communities.

Before becoming Anderson County, the area was part of the Pendleton District a large adminis-

trative region in the South Carolina Upcountry.

The land carries deep historical roots, including those of Native Americans heritage, particularly that of the Cherokee people, whose presence predates European settlement. The division of the Pendleton District in 1826 marked a turning point, establishing Anderson as its own district and laying the foundation for local governance and identity.

The City of Anderson was originally known as Anderson



Courthouse, serving as the governmental center of the district. It was

strategically located along what was once General's Road, now Main Street, which connected Abbeville Courthouse to Brigadier General Andrew Pickens' home, Hopewell, near present-day Clemson University. When districts officially became counties in 1868, the City of Anderson retained its central role as the county seat.

Geographically, Anderson County encompasses 718 square miles in the Piedmont region of South Carolina. It is bordered to

the west by the Savannah River and Lake Hartwell, to the north by Pickens and Oconee Counties, to the east by the Saluda River, and to the south by Abbeville County. Within these borders lie numerous towns and communities, each with its own unique character, traditions, and history that contribute to the county's rich cultural fabric.

Over the decades, Anderson County has evolved through periods of agricultural development, industrial growth, and modernization. The City of Anderson earned the nickname "The Electric City" in the late 19th century when it became

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AnMed doctors surpass major milestone in fight against lung cancer

AnMed recently celebrated a major milestone in the fight against lung cancer: Dr. Abhijit Raval and Dr. Chet Walters have successfully surpassed more than 500 diagnostic procedures using the Ion robotic bronchoscopy platform from Intuitive.

The achievement reflects their team's commitment to early cancer detection for the community through exceptional, compassionate care equipped with cutting-edge technology.

The Ion platform represents a significant advancement in pulmonary care. Its precision and minimally invasive approach allow doctors to navigate deep into the lung with unprecedented accuracy, enabling earlier detection of abnormalities that could indicate cancer.

For patients, this means faster diagnoses, less discomfort and improved outcomes.

"I think this is one milestone, and we have



Dr. Abhijit Raval



Dr. Chet Walters

many more to achieve," said Dr. Raval. "At the end of the day, we are helping the community with early detection of cancer. For lung cancer, early detection is the key to improving mortality. I'm very excited about this."

Dr. Walters echoed the importance of bringing this technology to the region.

"It's rewarding to offer this kind of tech-

nology at our facility," he said. "To offer this to a community that I think was underserved for many years is important. We've tried to bring in better technology and early detection — things that aren't being offered at other, larger centers — to help drive the direction of cancer treatment."

The doctors said that while technology is critical, education and screening remain essential. Lung cancer screening is still underutilized nationwide, and AnMed is working to change that. Low-dose CT scans and robotic bronchoscopy are helping detect cancer earlier, when it is most treatable.

Dr. Brad Mock, AnMed's chief physician executive, highlighted the broad impact.

"It's great that an institution of our size can support this kind of technology for our community," he said. "Early detection for lung cancer is key, and this is great technology to bring to the community. We'd like to see low-dose CT become like the colonoscopy for those who qualify."

2026

CONTINUED FROM PAGE 1

an early adopter of electric power, reflecting a forward-looking spirit that continues today. Education, manufacturing, healthcare, and small businesses have all played key roles in shaping

the county's economy and quality of life.

Today, Anderson County is a place where history and progress coexist. Longtime residents and newer families alike share responsibility for preserving the county's heritage while preparing for the future. Revitalized downtown areas, community events, outdoor recreation, and educational institutions reflect a county that values both its past and its potential.

The 200th anniversary of Anderson County is more than a celebration of a date; it is a recognition of two centuries of resilience, leadership, and community. As residents commemorate this bicentennial, they honor the generations who built the county and reaffirm a shared commitment to its continued growth and success. Anderson County's story, rooted in history and guided by community pride, continues to unfold.

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LIKE FATHER, LIKE SON

Keith Freelin is a self-taught artist. He discovered his love of creating art when he was young, first through drawing, then painting. Eventually, that creativity led him to tattoo



Kim von Keller

artistry, and he opened his own tattoo business, Lost Sailor Studio, in 2017. But as fulfilling as he finds tattooing, Keith will tell you that he found his real calling in 2019, when he became a dad just before his 40th birthday. And now,

Keith is watching his

son, Josiah, develop his own creative spirit.

"When I was young," Keith says, "art was an escape. I actually studied radio and television broadcasting at Tri-County Technical College, but my instructors saw that art was my passion. They said to me, 'What are you doing here? Go do your art!' I eventually became a tattoo artist because I like people. Every 'canvas' is different, and everybody has a different story. At six years old, Josiah is creating art because it's fun. For Christmas this year, he asked for markers and Sharpie pens and paper. He was pretty specific about the paper too. He wanted the pads that let you tear off the pages with a clean line."

Josiah's love of art comes not only from his dad, but from his mom as well. Emily Freelin is a potter and program manager for the City of Clemson Arts Center. And while they're no longer married, both parents are role models for a budding artist.

"Josiah's mom is an amazing potter," Keith says. "He sees both of us creating, but we've

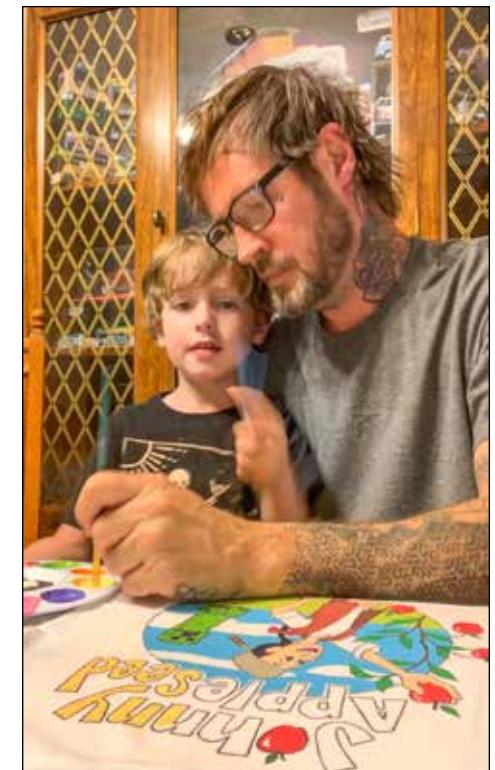


never forced art on him. He just really loves making art. His favorite class at school is art class because he gets to draw and paint. He's learning about shadows now, and on Christmas Eve, he left a picture for Santa. He's already had his work in three art shows, and he always sells everything he creates."

In addition to seeing Josiah's art at local art

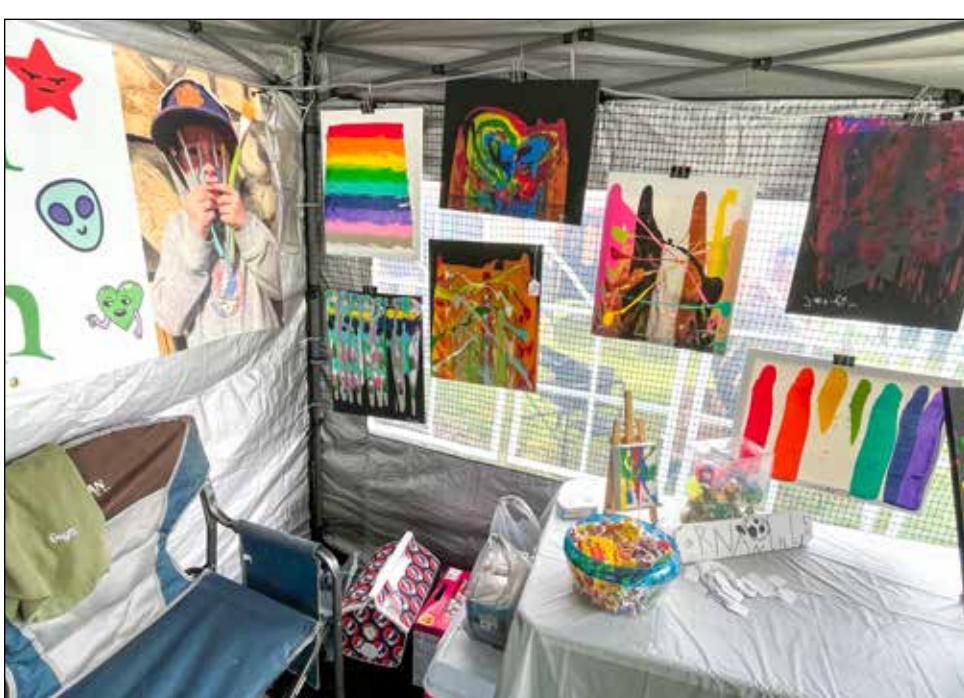
shows, you can also see it on TikTok. Under the profile "bubsdad," Keith posts videos of things he and his son do together. They could be cooking or playing outdoors, but more often than not, Josiah is experimenting with his art. A video from 2025 involves a canvas, acrylic paints, and a paint scraper, with Keith on hand only to open the paint bottles. When the painting is finished, Josiah is clearly pleased.

"Did you see how cool my idea was, Daddy? Look at that!" he exclaims.



These are the moments that Keith lives for as a dad. Owning his own studio gives him flexibility in his schedule, so when Josiah is with his mom, Keith works around the clock. When Josiah is with him, though, Keith is able to pare back his hours so that they have as much time together as possible.

"I was almost 40 when Josiah was born," Keith says. "He gave me my purpose in life. A lot of people wonder what their purpose is, and I realized that it's my purpose to be his dad. I think that God blessed me by sending Josiah when I was a little older. It made me realize that I don't have to work so much. Josiah won't remember how much I worked or how much money I made, but he will remember that I was there, lying on the floor with him to play or do puzzles. I just put him first. He's my priority, so I try to balance everything else around him. I love being a dad, but I especially love being Josiah's dad."



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AN APPALACHIAN WINTER

Visiting an Appalachian Walmart at 8 o'clock in the evening is unlike any other experience.

Rural Appalachian dwellers are unique unto themselves. Cautious of outsiders. Not always friendly. They have trust issues.

Trust is a commodity among such strong and self-sufficient people. Distrust of strangers is their first line of defense.

Understandably so. Namely, because cyclical poverty in the Appalachian region hangs around like a bad cold. One out of every four kids in Appalachia lives below the poverty line. One out of every five or six houses within these mountains is food insecure. The leading killer in the rural Appalachian health crisis is overdose.

There aren't many things in life worth trusting.

Which is why there isn't much chatter in the Walmart aisles. Not even from the children. Everyone's faces are sort of tired. There is a weighted melancholy in the air.

Many shoppers are wearing what amounts to ragged pajamas. Some children aren't wearing coats, although it's snowing.

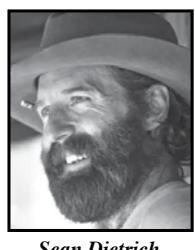
There is one young mother, with four children in tow, she is wearing flip flops.

Her hair is violently red. She is lean, wearing short sleeves, with fair skin that looks so cold the freckles seem to be jumping right off her arms.

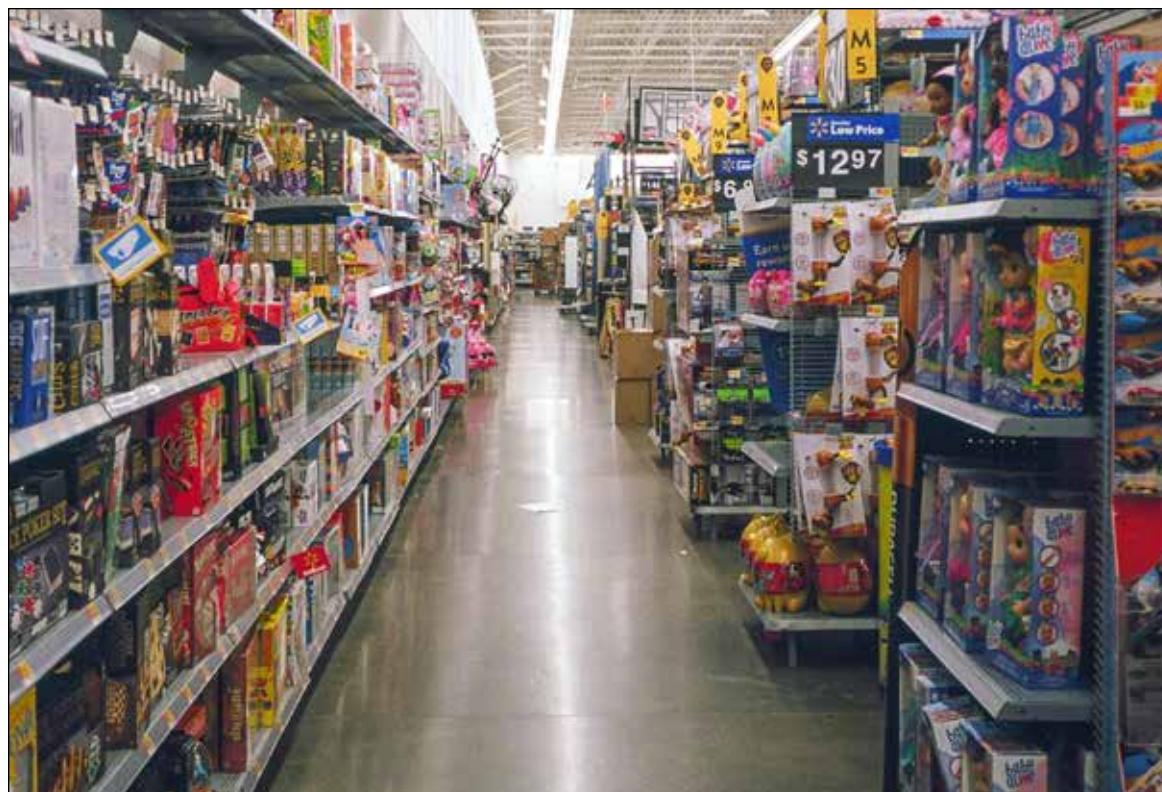
She doesn't think anyone notices her as she wanders each aisle, her quiet children following dutifully beside her. She doesn't think anyone notices her eyeing the price tags, performing incredible feats of mental math which only the Have-Nots are capable of.

But someone is watching her.

Someone is watching when her youngest tries on shoes in the shoe department because his are tattered.



Sean Dietrich



Someone is watching when she buys a pair of adult work gloves because these are cheaper than children's mittens.

Someone is watching when her oldest daughter begs her mom for deodorant because she is embarrassed about stinking at school.

When the mother passes the dairy section, an older woman is waving her arm, flagging her down.

"Excuse me," The older woman says. "Is your name...?" Then she says the young woman's name.

A jolt of icy adrenaline shoots through the mother's veins. How does this lady know her name? Why is she stopping her in the middle of the store? Something must be wrong.

"That's my name," says the mother. "Why?"

The lady smiles. "Nothing's wrong, ma'am. The man said you'd have super red hair and that I couldn't miss you."

The young woman is confused. "What are you talking about?"

"That man," says the lady, pointing toward the doors. "He just left. Said he knew you."

The woman sees no man at the door.

"He left these gift cards for you. He was from some church, he said. Said you wouldn't accept them from him, not unless some random person gave them to you."

The woman's face hardens. Distrust wells up inside her. Her Appalachian heritage is showing—if something sounds too good to be true, run like heck.

"What?" says the young mother.

The lady hands her a deck of gift cards. "He made me promise to stand here and wait for you."

The woman is afraid to touch them. This has to be an evil trick. But it's not.

Each gift card is loaded with \$500. There are 10 cards in total. And as I write these words, the young mother still has not exhausted the balance.

"This story can't be true," says the skeptic.

Well, I'm sorry, but you'll just have to trust me.

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WHO REMEMBERS?



THE TURKEY BOWL

Who remembers the infamous turkey bowl played at Ducworth Field every year by some of Anderson's finest? Full contact, no flags, no pads, and "no calling your mama!" were the rules. Players include Rob Powell, Bobby Peeler, Paul Kent, Jim Edwards, Preston Threlkeld, Bee Powell, Kevin Moorhead, Russell Evans, John Walker, Mark Roberts, Jamie Roberts, Randy Henderson, Tony Cartee, Steve Watson, Bill Dilliard, Glenn Roberts, Fred Tolly, Jerry Minyard, and mascot Rocky the dog.

Photo courtesy of Mark Roberts



ST JOHN'S STATE CHAMPIONSHIP TEAM

Team players and coach were Coach Larry Rogers, Wes "Pee Wee" Welborn, Reid "Ace" Ivester, Gil "Lefty" Rogers, Marshall "Flash" Meadors, David "Tree" Wardlaw, Stuart "King" Wright, and Bill "Brillo" Gurley. The team finished the season at the time undefeated and also won the 17 & Under title in the Recreation Center League.

Original photo courtesy of Wilfred Binette

Dr. G. Steven Bailes retires after 45 years of devoted service

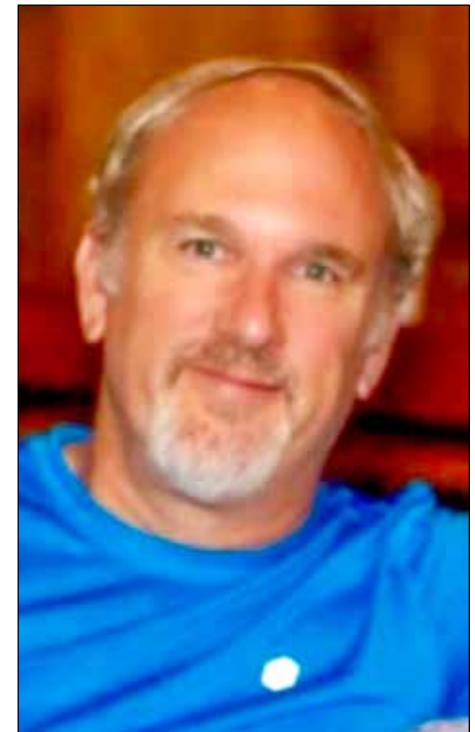
After nearly half a century of caring for families across the Upstate, Dr. Steve Bailes has announced his retirement from Westgate Family Physicians, marking the end of a 45-year career in private practice.

A native of Anderson, Bailes comes from a long tradition of compassionate medical service. He is the son of the late Dr. Charles Bailes, a respected internist who served the Anderson community for four decades. Following his graduation from T.L. Hanna High School in 1973, Bailes continued his education at Clemson University, earning his degree in 1977 before completing medical school at the Medical University of South Carolina in 1981.

Bailes began his medical career in the small town of Manning, where he practiced for four years before moving to Spartanburg to join a team of dedicated partners at Westgate Family Physicians. Their focus was to serve their patients with the personal, relationship-centered approach that family medicine was built upon.

Outside the office, Bailes has spent the last decade cultivating another passion, fine woodworking. A skilled furniture maker, he has crafted beautiful pieces from his favorite woods—treasured works that now furnish the homes of his children. Retirement promises more time in his workshop, where he finds joy, creativity, and quiet.

He and his wife, Ellen, also look forward to traveling and visiting their growing family, which includes five children and nine grandchildren. One of the perks of retirement will be a cell phone that will ring and ding less frequently. In addition to patients, Bailes has been the medical advisor for a large and loving family that includes nine siblings and



25 nieces and nephews, many of whom have relied on his medical wisdom over the years.

As his family reflects on his retirement, the sentiment of all is deep gratitude. "We are all very grateful for the countless times he has come to our rescue in medical emergencies and quandaries," says his sister. "His steady presence, knowledge and kindness have meant more than words can express."

Dr. Steve Bailes leaves behind a legacy defined by unwavering dedication, compassionate care and a life lived in service to others. His patients, colleagues, and family wish him the very best as he embarks on this well-earned retirement.



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Kristen Thomas Neal

YOUR DENTIST CAN SAVE YOUR LIFE

Looking forward to a great new year

With a new year comes the opportunity for a fresh start. So, how can we make the most of it? For me, I like to take the high road believing this year will be better than last. And act accordingly. Which means making better life choices. No one suggests it's easy. But good decisions are what gives us the best chance to live healthier, happier, more productive lives.

However, making good life choices and confronting unexpected life challenges are two different things. And to that end – and as we start this new year -- I would like to share a little of my personal journey – in the hopes it may benefit others.

Let me start by saying our Grand Oaks Dental Practice continues to evolve. To properly serve our patient family we take the "whole person" approach, looking beyond teeth and gums to consider the patient's overall health. When we say your dentist can save your life, we mean it because mouth tissue can provide early detection of serious

health issues. This comprehensive perspective ensures the highest-quality care possible.

And there's more to our story.

Our practice is also a member of the



Dr. Gabrielle F. Cannick

American Academy of Dental Sleep Medicine enabling us to help patients with certain chronic sleep issues. For example, sleep apnea, a condition characterized by repeated interruptions in breathing during sleep. This can significantly impact a person's overall health.

We can help diagnose and manage this condition through specialized treatments.

And now about life's unexpected challenges...

Recently I completed certifications in lifestyle, wellness, and nutrition coaching from Harvard Medical School's Executive Education Program.

I began this program as part of a personal wellness journey started eight years ago when diagnosed with an autoimmune condition, a type of inflammatory arthritis affecting my hands and wrists. I thought that I was going to have to retire from dentistry. After a year going to rheumatologists and trying different medications, my condition stabilized. During that time, I began researching the benefits of nutrition and physical fitness on managing autoimmune conditions. It all centers on maintaining a healthier lifestyle, including a combination of exercise and a diet of more plant-based, whole foods.

After seeing the benefits in my own life, and that of my immediate family, I decided to learn more about the evidence behind this lifestyle. I hope to expand upon this in future features. My goal is to help our patient family and others who want to learn how to implement and maintain this type of lifestyle. It does take time, but it is definitely attainable and sustain-

able! If you have questions and would like to discuss this, please reach out. Consider us your hometown resource for guidance and support.

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

"We must be your quirkiest friends," said my friend Nick recently. "At least we give you plenty of writing fodder." Well, they do provide a good bit of material — I've written a couple of articles about their osprey-watching at the cell phone tower near their home, and about their unusual housekeeper (a lady who accidentally came to the wrong house). But this last bit of information they've given me is the best so far, because we're talking something really atypical here.



Ann K. Bailes

For several weeks Nick and Gina have been noticing a very different bird coming

to their yard and their feeder. They texted me several times, and we all tried to identify it. I confess I wasn't much help as we went through the usual suspects — a kinglet, a sparrow, a wren. They finally decided that it had to be a Carolina wren. However, this is a very odd-looking bird, and people on my birding Facebook groups have said it is both leucistic and melanistic. That combination is not only unusual, but close to being unique.

A leucistic animal is one that genetically lacks its usual color. Animals can be totally or just partially leucistic. (This is different from an animal being albino, because eye color is also affected in albinism.) Several years ago, Mike and I watched a leucistic mockingbird that hung out for several days on a wire on New Hope Road. It exhibited all the mockingbird characteristics, except it was all white — no gray or black anywhere on it. The bird didn't last long; its lack of color probably contributed to its demise at the hands of who knows what, since coloration is one of the main forms of camouflage in the animal kingdom.

Nick and Gina's bird (which of course they have named Lucy for being leucistic) is especially unusual because she is not only leucistic but also melanistic, which means excessive pigmentation. You've heard of a black panther? That is a melanistic leopard or jaguar because its color is excessively dark. Occasionally someone sees a black squirrel — that's also melanism.

Lucy has patches of white, and patches of very dark brown, though the normal color of a Carolina wren is a light honey shade of brown. But Lucy's behavior is distinctively wren-like. She scratches on the ground inside Nick and Gina's fence. She comes to their feeder but is constantly moving. She gets what she wants and then is gone again. It took them several weeks to get a decent picture because



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of her constant motion.

So, to my friends Nick and Gina: You are definitely unusual. That is, uncommon in that you are the landlords to a leucistic and melanistic bird — one called unique by qualified birdwatchers. Are you quirky? I'll let you make the call because I'm not touching that one. I'm too interested in getting more good material from you in the future.

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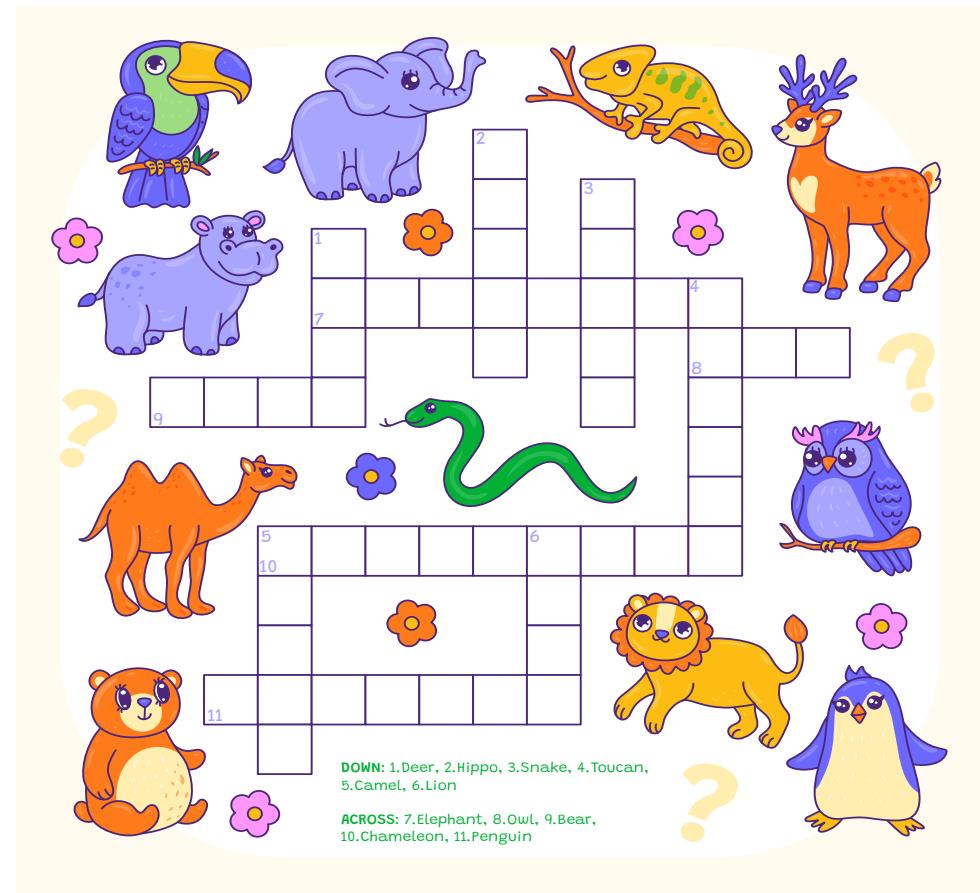


New Year's WORD SEARCH

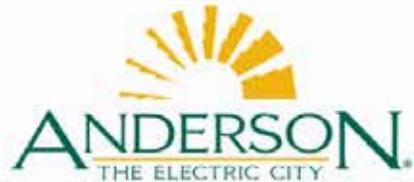
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'SAM'

I was meeting a buddy of mine for the first time at his home. I was about to open the gate when he burst out of the front door, yelling, "NO!"



Neal Parnell

Don't Open That! I said, "Why not," He says, "You haven't met Sam yet." As I

was about to say, who's Sam, I spotted him under a bush at the corner of the house. He had been waiting for me to step inside, but now strode toward the closed gate with a low, continuous growl. Sam sported a large head, short muscular legs, a wide body, thick fur, and more teeth than a denture factory. I wasn't sure if this was a dog or a badger/wolverine hybrid. As I bent to offer a smell of my knuckles, I noticed that the fence was bowed outward and the links were bent and gnawed, so I pulled back an inch. The large black nose

inhaled my scent, and the low growl ceased as Sam ambled back to his bush. "You're approved buddy, come on in." I found out that further back in the yard, Sam had dug a hole under the fence, and that he could have introduced himself differently if he had wanted.

I observed Sam over the next few years and realized he patrolled the whole neighborhood. When a new canine wandered into his territory, Sam would greet them with a wagging tail and a friendly smile. As the stranger sniffed closer, I can only describe what happened next as the cow being lowered into the Velociraptor cage in Jurassic Park. Sam would turn his hindquarters to allow his adversary to bite a mouthful of fur, then he'd chew on its hind leg until it cried, "Uncle!" It's of little wonder that every dog within five miles walked with a limp.

Sam knew everyone in the neighborhood, but for reasons known only to Sam, he didn't like his next-door neighbor. Every morning, a newspaper was thrown into this neighbor's driveway, and every morning Sam would leave a wet cover story of his own. It was later found that

the neighbor had been trying to fill Sam's fence hole with rocks. When he stopped, Sam stopped delivering the liquid front-page headline.

Sam truly hated the Trash Truck and the men who rode on it. I was told that a garbage man once threw a rock at Sam and now works for the company at a desk with a mangled leg. It must be true, I remember seeing that truck cruise through the neighborhood with all of the men crammed into the cab. They were watching to see if Sam was around, and if they spotted him, there would be no trash pickup that week.

Sam never forgot a face. If he recognized you and you weren't in his path, he would let you pass. If he didn't know you, you'd find yourself high-tailing it up the street. We didn't have any door-to-door salesmen or strangers in our neck of the woods.

I could go on all day about Sam, but I'll end by saying that Sam was what we believed to be a dog that protected a community day and night for all of his life. He was courageous and sometimes kind while giving his all for the humans he loved. I miss you Sam, and thanks for being my friend.

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gardener

On a peaceful morning, I was happily watching birds enjoying the front garden. Red birds, blue jays, wrens, mockingbirds, and others that Grandmother Cooley would be very disappointed in me for not knowing what they are, when out into the path came a pair of voles. Dadgummit! It seems like just a few Garden Shop articles ago, I mentioned voles. Apparently, I jinxed the garden. There is a container, we'll call it, as it really is an oddly shaped cast iron shower stall from a mid-century modern house that was being remodeled; no, I don't have a washing machine on the front porch. The

container has been in the garden for about 20 years. Rosemary and sedum were planted in it. Rocks were placed on the sides to hide the open edges of the container, and heavy metal grass (*Panicum virgatum 'Heavy Metal'*) is planted on one side. A perfect place for varmints to cozy up under apparently. A few weeks ago, I noticed something had dug out a lot of the dirt, and most of the sedum. After seeing the voles, it came together what did that damage. On a closer look, the trail where voles are going in and out was easily spotted.

Years ago, while cutting back the ornamental grass, an obvious path led under the container. A few rocks were moved from one side, and something had made a nice bed from various plants under it. When voles were in the garden years ago, the first sign was a patch of stargazer lilies suddenly died. When I pulled the foliage, the bulbs were gone. Then



What a mess

I saw lots of paths. That's when I stopped mulching the garden.

After seeing the path going under the container, rocks were pulled back immediately. I've been spending a lot of time in the front garden lately, dividing plants for Master Gardener plant sale (April 11, 2026), raking, piddling, etc., and have not noticed any paths or dam-

age.... not to jinx it again. A few days after my sighting, Husband saw the pair when he and Yogi were out for a walk. They were at the edge of a path where salvia grows.

Hopefully my eyes fooled me, and they are field mice. However, I am not mistaken in seeing the short, fat, humped body and short tail. Voles are not long like mice,

and their tails are shorter and stubby. Ears are different but who can get close enough to see that. The entrance under the container is out towards the yard. There are no holes, tunnels, or signs of damage out in the yard either. Yogi didn't seem to sniff a trail. Boy, we do not need to see armadillo diggings to know one has been around. Yogi's nose goes straight to the ground on those. We are coexisting with armadillos, as they are staying mostly along the edge of the woods...not to jinx again.

Experts give all sorts of ways to trap voles. Mouse traps baited with peanut butter, placed inside pieces of gutters or something to make a tunnel to keep from trapping other things, oatmeal along their paths to lead them to a trap, etc., but none such variations worked before. It's going to be a big chore to get the container out of the garden. I'm going to load some granite chunks in the tractor bucket, dump them down on it, and see if it will crack into pieces so we can take it to the dump. Do what humans do best, animal habitat destruction.

PERINATAL MENTAL HEALTH SERIES, PART 2



**MARY-
CATHERINE
McCLAIN
RINER**

Recently, I completed my Perinatal Mental Health (PMH) certification and wanted to share some key information I learned during this experience and overall process. As individuals prepare for parenthood, there are some key facts to share versus myths that need to be debunked around maternal mental health. It is important to remember that pregnancy-related mental health disorders are known as perinatal mood and anxiety disorders (PMADs)—and are the most common complication of pregnancy and childbirth.

Bringing a new baby home is often viewed as a time of unconditional joy and happiness. While these feelings exist, it is not the entire story. Often, these emotions are mixed with other emotional struggles (e.g., anxiety, overwhelmed, depressed, disconnected).

6 COMMON MISCONCEPTIONS

1. PMADs are only "baby blues" and will resolve naturally. 80% of women will experience baby blues that will resolve within 1-2 weeks following birth. On the other hand, PMADs are pervasive and more severe conditions that require additional support and assessment. If left untreated, mothers/fathers may experience symptoms for 3 years. When emotions begin interfering with sleep, appetite, bonding, and ability to function, it is important to be assessed—especially after the 2-week mark.

2. PMADs only impact mothers. Research shows that mothers and fathers are BOTH impacted by PMADs. Additionally, adoptive parents, LGBTQ+ parents, non-birth parents, and parents who have experienced stillbirth, miscarriage, and infant death are at a heightened risk. It should also be noted that each pregnancy and postpartum period is different, and having a PMAD during 1 pregnancy does not guarantee a future pregnancy will lead to the same diagnosis.

3. Individuals who meet criteria for PMADs are unfit to meet their child's

needs. These symptoms DO NOT indicate a lack of love or capacity to care for a child. However, individuals will experience thoughts of something is wrong with me or I am not myself to crying frequently and being on edge. Individuals may also experience intrusive thoughts and fear making mistakes or harming the baby. PMADs are medical conditions that can affect anyone, regardless of strength or resiliency or support system.

4. PMADs are based on hormonal fluctuations and cannot be treated. While hormonal changes do impact and contribute to PMADs, these disorders are complex and multilayered. Treatment includes therapy, medication, spiritual sport, mindfulness, movement, sleep, and nutritional support. Many individuals do not know how to ask for help or are fearful of judgment, labeling, or their kids being taken away from home.

5. PMADs only occur immediately after childbirth. PMADs occur during pregnancy and also during the postpartum period. The most common time to develop symptoms are the first 6-9 months following birth. Checks should be assessed during pregnancy, at the

6-week follow-up, and at the child's 3, 6, 9, and 12th month visit.

6. Individuals do not seem that "bad" or look too "sad." Remember, PMADs do not always look like tears and emotional outbursts. Some individuals can remain highly functioning yet struggle silently on the inside. PMADs often show up as anger, irritability, panic, fatigue, and difficulty bonding.

7. A good parent wouldn't "feel this way." Remember, society can paint the picture of motherhood as blissful, blessings, and full of gratitude. There is little room in that narrative for expressing exhaustion, fear, disconnection, or even rage. This in turn leads parents to believe something is wrong with them rather than recognizing normal patterns and being validated. The better question is to ask what kind of support is needed. Consider asking, how are you feeling, how has sleep been, is there anything I can do to help or support you today.

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.



John James Patterson

BY RICH OTTER

John James Patterson was one of South Carolina's least favorite carpetbaggers. He was born in Pennsylvania in 1830 where he was in the newspaper business and was elected to the Pennsylvania House of Representatives in 1854. He served one term. He was a captain in a Union voluntary infantry unit during the Civil War.

After the war, in 1869, he moved to Columbia to enter into a business career and in dealing with railroads. It was a time when attempts were being made to rebuild the railroads destroyed during the war. There was money flowing from bondholders and the government intended for that purpose. He claimed railroad experience.

The Blue Ridge Railroad was in trouble. It had started with a wonderful vision, shared by John C. Calhoun, to construct a line that would run through Anderson, up past Walhalla and through the mountains to connect with the Midwest. Unfortunately, the Blue Ridge had run short of funds and then the war intervened. During the war, The Blue Ridge lines had gotten as far as West Union, later creeping on into Walhalla.

After the war, the Blue Ridge ran into Carpetbagger John James Patterson and a group known as the Blue Ridge Ring, of which he became the leader. The railroad ring included state leaders who were manipulating the funds.

When Patterson moved to South Carolina, he apparently held himself as a railroad expert who had Reconstruction government connections. He was hired by the Blue Ridge. Unfortunately, funds due to be used for the rebuilding of the railroad were largely misdirected to the organization known as the Railroad Ring and bribes were paid to government personnel and legislators.

Patterson had, in effect, taken over the Blue Ridge Railroad. He was handling the diversion of funds to government legislators and leaders. He became known as "Honest John"—honest because if a bribe was promised, it was paid to the legislators or other appropriate parties when they performed as directed.

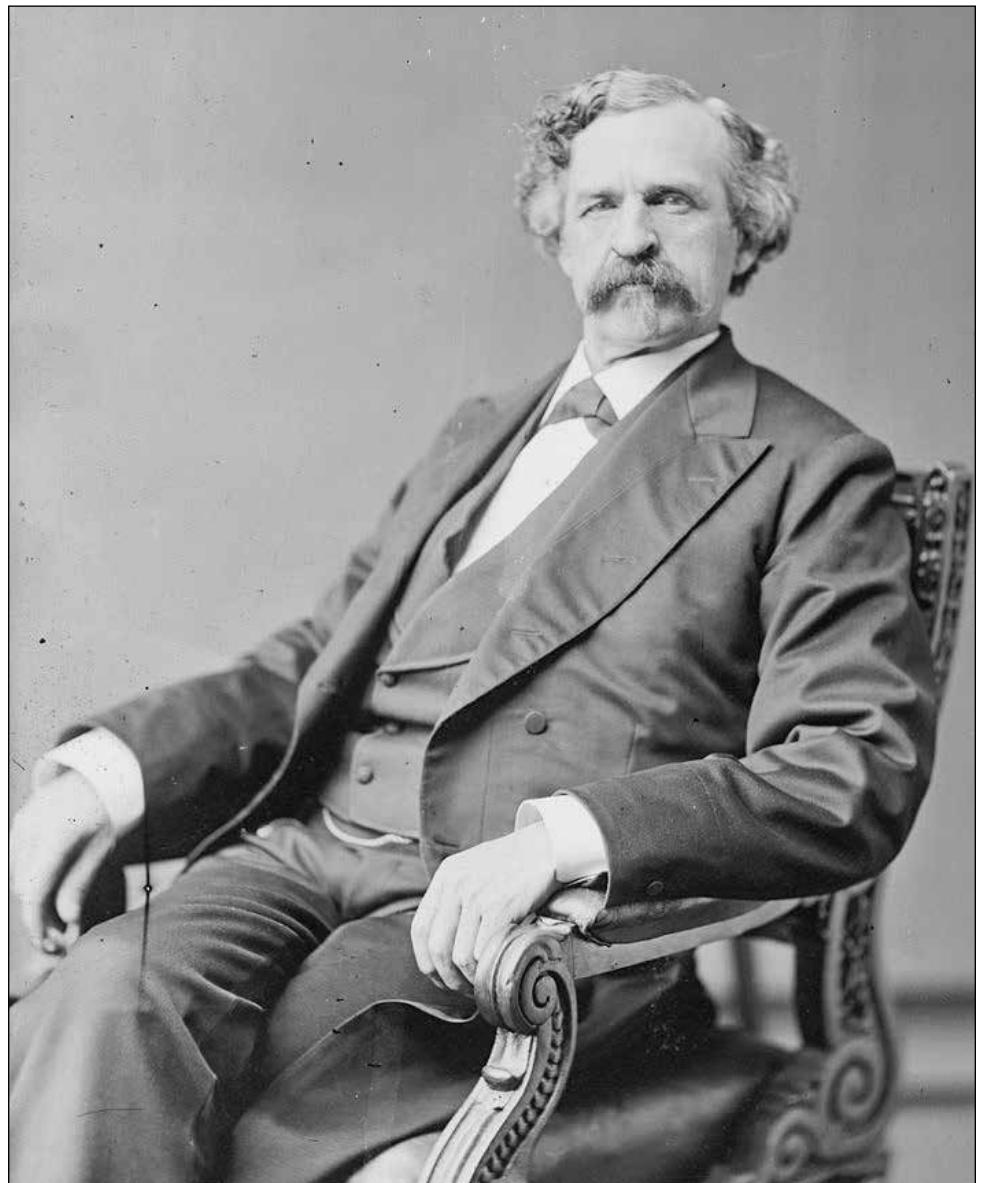
Reportedly, Patterson received script of \$1.8 million. Funds were borrowed against the script. Lists have been made as to how much was claimed was paid out to Reconstruction Governor Scott and others from different accounts over which Patterson gained control.

It has been said what was called the Blue Ridge Railroad Ring had supporters as commissioners of a sinking fund that held Blue Ridge property that the ring then acquired for roughly 10% of its value. Half of \$6 million in bonds erroneously issued by Gov. Scott also was claimed as having gone to the railroad ring.

How much is fiction and how much is fact is not really known. Only a few people were willing to talk about the bribes they received.

Patterson ran for and was elected to the US Senate from South Carolina. The South Carolina Encyclopedia reported that even the Reconstruction controlled Columbia Daily Union had warned that "the people will regard his election as a direct bargain and sale." It was said the only qualification he had as a railroad man was to grab the railroad money engineered to bribe legislators and government officials. The Encyclopedia also quoted Patterson as saying "the damned election [for senator] had cost him more than it was worth."

The South Carolina Encyclopedia stated after Reconstruction, Patterson and other leaders were indicted on bribery and corruption charges, but Governor Wade Hampton, III, abandoned the investigation in a bargain with federal officials also to



John J. Patterson

drop charges of election fraud against South Carolina Redeemers. That satisfied both the Republicans and the Democrats.

With money gone and the railroad discredited, the line never went beyond Walhalla.

In spite of that failure, railroads have still served Anderson well.

Meanwhile, Paterson deemed it best to return to Pennsylvania, where he died in 1912, probably still a rich man.

CHRISTMAS IN SAVANNAH

We spent Christmas in Savannah again this year and it did not disappoint. I'm completely smitten with its charm and its



Kristine March

southern gothic architecture. It just keeps getting cooler every year. I'm also fascinated by its local art scene and all of the beautiful people that live there. It's got

a very unique vibe. It's a bit more free-spirited to me than most southern cities.

We always stay in the historic district and we generally just walk everywhere. You can legally take your libations with you on your stroll, which makes the walking all the more relaxing. It definitely has a

European touch. For example, you'll see painters painting a brilliant masterpiece on an easel. A man who favors Salvador Dali walking his little French poodle. A woman singing opera in the park. Couples on a candle lit picnic and so on. I could just sit and people watch for hours.

On this particular trip we were all about dining and vintage shopping at East and Up. They had quilt dresses from the seventies and neckerchiefs with chunky rings holding them together that were just so precious and funky to wear. And a ton of vintage cowgirl boots. It's a great place to buy retro. The Paris Market is also gorgeous. The owner personally goes to Paris to buy for her store. It's imported to the nth degree. With home decor, clothing, perfume and glass wear.

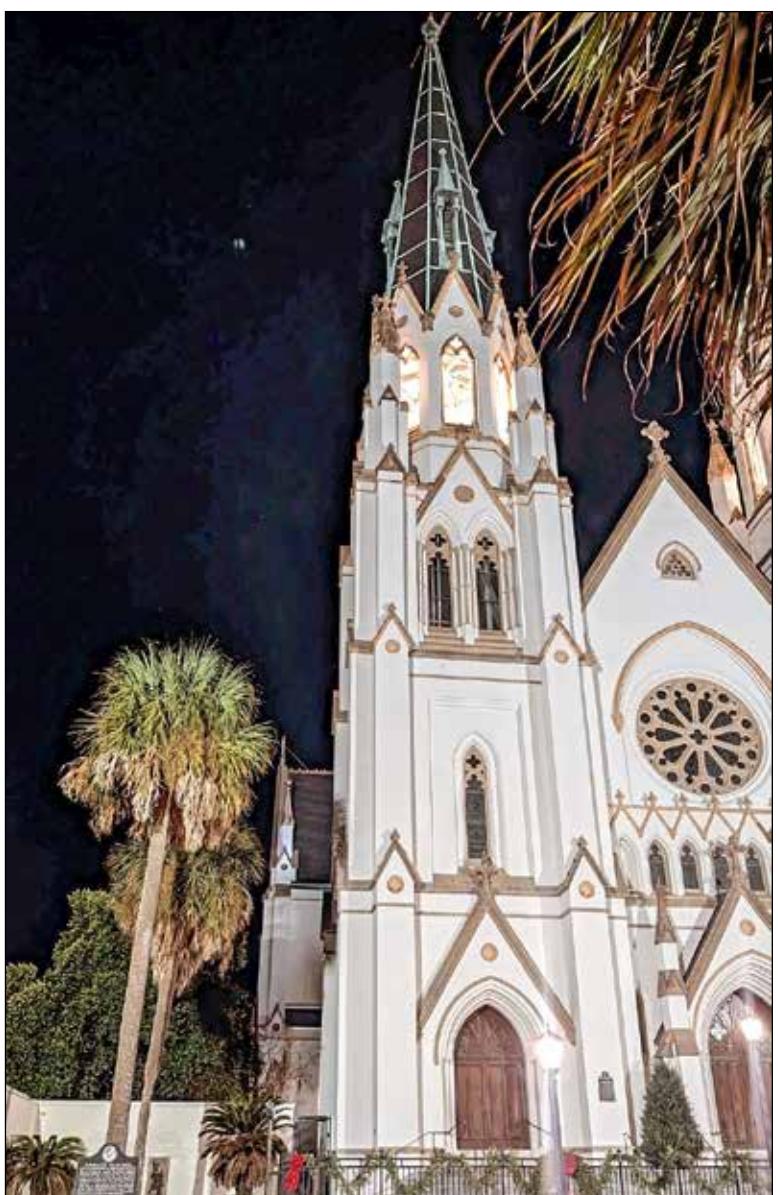
We had four reservations for dinner, from the Old Pink House,

Husk, The Sixpence Pub, and The Pirates House. Everything we had was top notch and amazing with excellent, attentive, and kind service. From fried green tomatoes with creamed corn to beef tartare, swordfish, lima beans and pillow-y butter-milk biscuits and even a cottage pie.

My most favorite part of the trip was the Christmas Eve midnight mass at The Cathedral Basilica of St. John. It was absolutely breathtaking. If you've never been to that particular cathedral, it's visually stunning. It's a neo-gothic style built in 1876 and it will take your breath away. We always pretend like we're locals and try to do things that aren't overly crowded, but if that's not your thing you definitely need to go towards the river to River Street. Get the praline candy and take a riverboat cruise. There's also lots of nightlife, restaurants and bars. You can take historic tours and ghost tours and learn about some of the more sinister and dark events that took place in the 1800's. There is most definitely something for every member of your family or group to do.

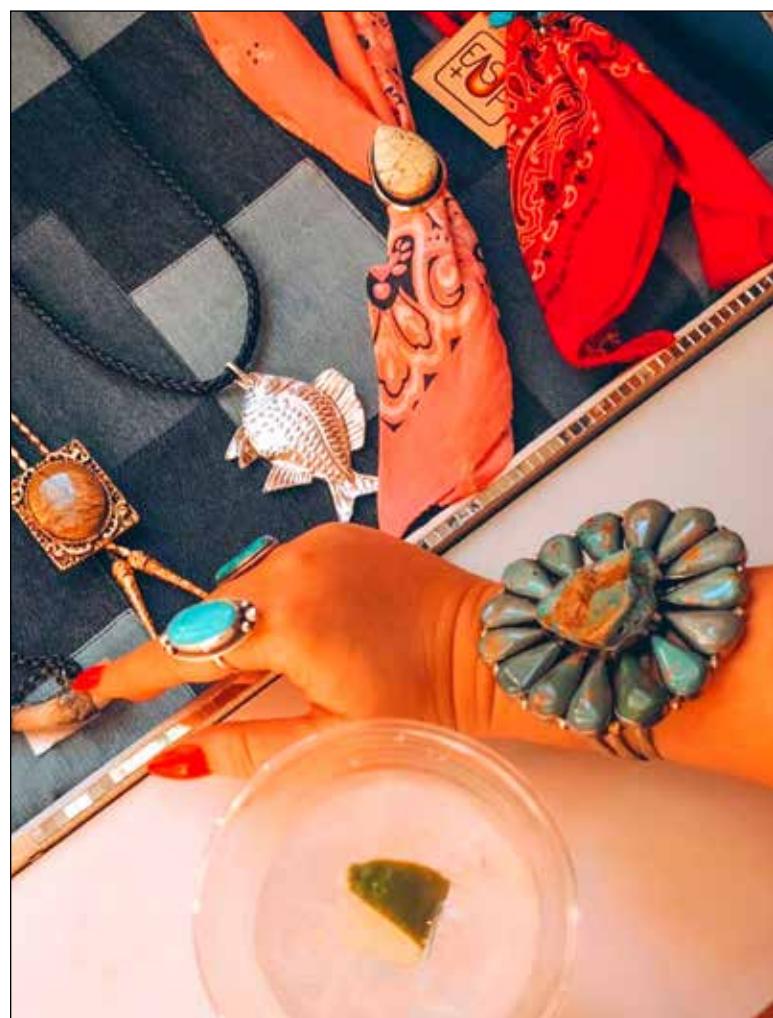
I also highly recommend staying at Hotel Bardo. It's in an old mansion covered in Spanish moss and red brick, right beside Forsyth Park. It's part urban resort and part clubhouse. It's decorated impeccably and has a bar and a great restaurant, poolside dining and villa service. Timeless glamour for sure.

So, what are you waiting for? Pack your bags for a long weekend trip to Savannah. It's an easy drive



and worth every penny. Remember to make the sidewalk your runway

and kindness always matters. Happy travels y'all!



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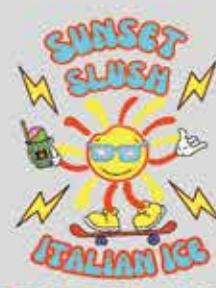
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FROM THE SHELF

On getting older and the new year

My eldest niece Noelle just turned thirteen. Her parents decided to do a pretty cool thing for her birthday by asking people to prepare something for her that gave advice or encouragement. The idea being that the vessel and contents would be unique to the

person gifting them, giving Noelle a broad array of places to turn as she embarks on being a teenager. My dad wrote a poem, others did video messages, several wrote letters.

Sara Leady

I created the start of an art journal with random pages filled

throughout. Part of what I wanted to emphasize for Noelle was the importance of cultivating a community. The random pages I've filled in are what others have said they wish they knew as a teen, or the type of encouragement they could have used at that time.

There's been overlapping themes alongside stuff I would never have thought to say. It's been a delightful exercise, and while I know it will serve Noelle well, it's also been a good reminder for myself. So, I give you the highlights that I think we all could use regardless of our age.

1. Stay true to yourself. Changing who you are as a person in order to get someone else to like or approve of you isn't worth it. People are often temporarily in our lives. Those who expect you to fundamentally change yourself in order to fit within their orbit don't deserve your energy.
2. Be bravely authentic. Being different or just not what's generally expected is scary—do it anyway. The world needs less replicas and more originals. This can take shape in big or small ways, and doesn't have to be loud, it just has to be authentically you.
3. "Be curious, not judgmental." It's easy to fall into judgement, especially for things we don't understand or aren't familiar with. It's much harder to be curious and instead try to understand another person and their actions. Seek out the 'why.' Intentionally be curious about the world and people around you. The more you immerse yourself in new experiences and cultures, the more you'll not just understand yourself but everyone else too. We don't value empathy enough and it's hard to have empathy when you don't take the time to understand the real human behind



whatever thing is tempting your judgment.

4. Learn to be wrong. It can be a hard pill to swallow admitting when you're wrong, but the ability to not just admit it, but embrace it in order to learn from it, is invaluable. Beyond admitting you were wrong, don't be afraid to say you don't know enough about something to comfortably form an
5. Learn to ask for help. Asking for help can be terrifying. We like to exalt the fiercely independent who can do and brave anything, but often this is a sign of weakness, not strength. You honor your inner circle when you provide them with the opportunity to weather a storm with you. You

opinion or make a decision.

6. Try new things. Whether it's new food or a new experience, give it a shot. At minimum you'll have a good story.
7. Learn to fail. The only way to get good at something is to practice. The only way to practice is to keep doing the thing even when you're failing. You only truly fail when you do not learn or grow. It's also okay to just be really bad at something.
8. No one else notices or cares about the _____ (zit, wrinkle, grey hair, stain, skin roll, etc.) as you. Seriously, no one. They, like you, are too busy worrying about their own _____ to care about yours.
9. Find joy in the little things. Joy or happiness does not have to come in big grand packages to be valuable. Just getting to see your neighbor's elusive yard loof can be enough to make it a great day.
10. Unseasoned meat tenderizer made into a paste with water will take out any protein-based stain. Vodka can also be used as a deodorizer. Use this information at your discretion.

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