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November 6-19, 2025

## Church bells of Anderson

Church bells originated around the 5th century with Saint Paulinus of Nola, who used them to summon monks to worship. Pope Sabinian officially sanctioned their use in 604 AD, and they quickly spread throughout Europe for calling people to Mass and signaling daily prayer times. Over the centuries, bells grew larger and louder, and their use expanded to a form of mass communication for events like emergencies, deaths, and secular news.

### GRACE EPISCOPAL CHURCH 711 S MCDUFFIE STREET ANDERSON, SC

The chime of church bells has long been a familiar sound in small towns, a reminder of peace, tradition, and faith. But for Grace Episcopal Church in Anderson, those cherished tones took nearly half a century to become reality.

"The church building was completed in 1904, but the bell tower took a little more time," said Father Jack Hardaway of Grace Episcopal. That "little more time," as it turned out, stretched into almost 50 years of setbacks, determination, and faith.

Shortly after the completion of the building, the church made sever-

al attempts to commission bells for its tower. Each time, fate intervened. "The structure kept falling apart," Father Hardaway said. "We came close to getting the bells installed once, but the company that had commissioned the sale went out of business." When asked why it took so long to obtain the bells, Father Hardaway replied, "We don't like to rush these things."

Despite the disappointments, the congregation didn't give up. Among those leading the effort was church member Earle Rice, who spearheaded a fundraiser to secure the bells. But once again, the plan fell through.

Years later, Rice left behind a lasting legacy. Upon his passing, he bequeathed funds specifically to help the church finally achieve what he had once tried to do in life — bring bells to Grace Episcopal. By then, the original estimate for the bells was decades old, and the cost had risen significantly. Still, with Rice's gift and renewed fundraising, the bells were at last installed — bearing a plaque honoring Rice and the presiding priest at the time, the Rev. Ed Clippard.

Today, the bells of Grace Episcopal are more than instruments of sound; they're symbols of perseverance and community spirit. The bells are manually operated with two ropes — one



Grace Episcopal Church

for a full swing, known as tolling, and one for a lighter strike, or "dinging." Father Hardaway and the church's

children often take turns ringing them.

Each Sunday morning, the

bells toll three times at 8:00 a.m.,

**SEE BELLS ON PAGE 2**



# Bells

CONTINUED FROM PAGE 1

marking the beginning of worship. The congregation stands reverently before and after the service as the bells sound across the neighborhood.

For funerals, the tone slows to a solemn rhythm — one toll every ten seconds during the procession, and a steady toll for fifteen minutes following the burial of ashes. On All Saints' Day, the first Sunday in November, the bells ring throughout the reading of the necrology, a list of those who have passed in the past year.

"The bells can't be rung with both ropes at once," Father Hardaway explained, "but however they're rung, their sound is one of peace and familiarity."

For Grace Episcopal, those long-awaited bells are more than metal and motion — they are the voice of a church that has learned the beauty of patience. As they echo through Anderson, they continue to "soothe the soul and bring calm to the streets."

## YOUNG MEMORIAL PRESBYTERIAN CHURCH 508 BOULEVARD, ANDERSON SC

Church bells were installed around 1980. The bells are manual, and no maintenance is required. The preacher's daughter, Maxine, rings the bell at the beginning of the worship service at 11:00 AM on Sundays. The bells are also rung on special occasions such as weddings. The bells were given to the church in memory of Dr. Bill Evans.

## CENTRAL PRESBYTERIAN CHURCH

The church bells of Central Presbyterian church were dedicated August 25, 1996. They are actual bells that are controlled electronically. They typically ring on the hour during the day. They ring at 10:15 on Sundays to call peo-



Young Memorial Presbyterian Church

ple into the sanctuary. They play Westminster chimes. Three new bells were added in 2022. The Carillon Bell Memorial was constructed on the church grounds. The 4 bell Carillon is controlled electronically from a panel near the organ console. The Carillon was given by Dr. Georgia Lou Huff in memory of her husband, Samuel Hammond Huff, Jr, MD. He was a deacon and an elder of Central Presbyterian, serving the church generously as long as he lived. One of the bells is dedicated to the memory of Charles Pressley Garrett. His life was lost in a traffic accident in the vicinity.

## NORTH ANDERSON BAPTIST CHURCH

The church bells were installed June 20th, 2015. Brian Adams, senior audio/visual technician and IT specialist maintains the bell system. The bells are set to chime every fifteen minutes during the day along with 5 or 6 songs that also play throughout the day. Special songs are played on Memorial Day, Independence Day, Patriot Day, Veteran's Day and the Christmas season. The bells were initially installed to ring on June 21, 2015 in unison with the churches in the Charleston area honoring the nine vic-

tims of the Mother Emmanuel Church tragedy.

## ST. JOHN'S METHODIST CHURCH

The current church bell was installed in November of 2018. It is an actual bell that an appointed member rings after every worship service on Sunday mornings as well as after special events. The bell rings when the rope is pulled in the balcony of the sanctuary. This bell replaced the original church bell that was installed when the sanctuary was completed in 1912. The original bell is on display in front of the church on McDuffie Street.



St. Johns United Methodist Church



Jana Evette Salmon Mackin, born September 29, 1953, passed away on February 6, 2025.

Our Jana,  
Kind, loving, caring, smart, courageous, resilient, creative, feisty, strong, vulnerable, and resilient.

Fierce advocate, widow, beloved sister, aunt, and great aunt.

Teacher, writer, journalist, rescuer, survivor.

Lover of history and believer in better futures for everyone.

A great fan and chronicler of Anderson, who sought to document and share its stories. Her time there was enriched by the warmth and love she received from her adopted community.

She is loved and is greatly missed.  
— Jana's Family

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## T L Hanna High School

### Class of 1976 — 50th Reunion

**August 8, 2026**  
**5:30 p.m.**

**The Bleckey Inn**  
**Downtown Anderson**

Please contact for more  
information: [tlhannaclassof76@gmail.com](mailto:tlhannaclassof76@gmail.com)

# CITY OF ANDERSON CHRISTMAS EVENTS

## Ice in the Park

December 1 - January 4 | *Carolina Wren Park*

Celebrate the holiday season with ***Ice in the Park***, a real ice skating rink in the heart of Downtown.

*\*Please note that Ice in the Park will be closed on Christmas Eve, Christmas, and New Year's Day.*

## Christmas Caroler Pop-Ups

We will have Christmas carolers popping up around downtown on Dec. 4, 11-12, and 18-19!\*

*\*Weather permitting*

## Anderson County Christmas Tree Lighting

December 5 | *Courthouse Square*

The Chamber's Cookie Crawl: 4:30 - 6:30 pm

Live Music - 6:00 pm

Tree Lighting - 7:00 pm

Professional Figure Skater Performance - 7:30 pm

## City of Anderson Christmas Parade

December 7, 3:00 pm

*North Main Street*

## FREE Photos with Santa (& More!)

December 13, 5-7 pm

*Carolina Wren Park*

## Holiday Window Display Contest

Voting will be open November 24 - December 2.

### Vote online:

[cityofandersonsc.com/christmas-in-anderson!](http://cityofandersonsc.com/christmas-in-anderson!)

Winner will be announced at the Anderson County Tree Lighting on December 5!

*View our new  
Christmas website!*



Follow us @DowntownAnderson for more information!



# THE FOOTBALL LADY

It's any Saturday morning in autumn. Betty Eckman, a 98-years-young resident at Anderson's Garden House, receives from her son, Jack Eckman, her list of the day's football games, times, and TV stations. At 10:00 a.m. she turns on her TV for College Game Day, absorbing all the whoopla and predictions for the day's action. Then at noon she begins watching the games. Her two favorite college teams are Clemson and Penn



Ann K. Bailes

State, and she arranges her game-watching schedule around when these two teams are on. On Sunday she gets a similar list from her son for the pro games and plans her watching around the Philadelphia Eagles game. Then, the next evening, she watches Monday Night Football. "If it's not any good, and there's another game, I change to the second one. If that one's not any good, I just go to bed."

Betty lived her entire life in Pennsylvania until she moved to Anderson in 2023 to be nearer to her son and his family. That's when she started cheering for Clemson. But she began loving football as a 1942 freshman in high school when she went to local prep games to watch her best friend cheer for their team.

Later she rooted for Lehigh University, one of the better known colleges in her area; and after her marriage in 1947, joined husband John in becoming a huge fan of the Philadelphia Eagles. At home they would get the snacks ready, the neighbors would come to their house, and they would carefully follow the day's action. She has closely followed the Eagles ever since—including after coming to Anderson.

Her friends at Garden House know more about football than they used to because Betty



Betty Eckman

likes to talk about the teams and the players, especially with her table mates. She knows that Eagles quarterback Jalen Hurts is from Alabama, his receiver is A.J. Brown, and one of the running backs is Saquon Barkley from her beloved Penn State. And she will willingly express her opinion about the teams. About Clemson: "I thought they were pretty good, but this year not so much." And about the Philadelphia Eagles: "I was so glad they made the Super Bowl twice. They've lost two games this year, but they lost a lot of their defensive team after the Super Bowl, and I hope they can get better as the year goes along."

Betty will always be a huge football fan. However, in recent years, her great grandson, J.J. Eckman, has been playing goalie for the Queen City Royals hockey team, a traveling youth organization from Charlotte. He's been playing in places like Detroit and Chicago, and plans to play in college. So her final comment to me? "I'm going to learn hockey."

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# Rams take another region championship

It all seems pretty routine for the Westside Rams as they won the Region 1-AAAA regular season title on Oct. 30.



Brian Hodges

But this one wasn't the usual gameplan for Westside coach Brian Lane. The Rams beat a good Wren team, 21-7, in a difficult, hard-fought game.

Westside won its sixth in a row after starting the season 0-4. They finished 5-0 in the region. The Rams have been to two consecutive state championship games.

Wren fell to 7-3, 4-1 in the region.

The state playoffs are next.

Both Wren and Westside feature high-powered offenses. The Rams love to throw the ball and have had plenty of success doing it.

So what happened Thursday night? There were a few bumps along the way.

Westside quarterback Bear Woods, a ninth-grader who came into the game with 1,559 passing yards this season, continues to grow and learn. He was intercepted four times Thursday night but also threw two touchdown passes to Jacob Lewis,

including a 71-yard bomb.

Wren's standout running back Muntu Brown, who has gained more than a 1,000 yards this season, had to leave the game early.

The Westside defense was outstanding, blunting the Wren rushing game. Kwon Simpkins and Brayden Waller constantly pressured the Wren quarterback.

The Hurricanes tried to get off to a fast start. On their initial drive, marched inside the Rams' 5, but Westside stopped them on fourth down.

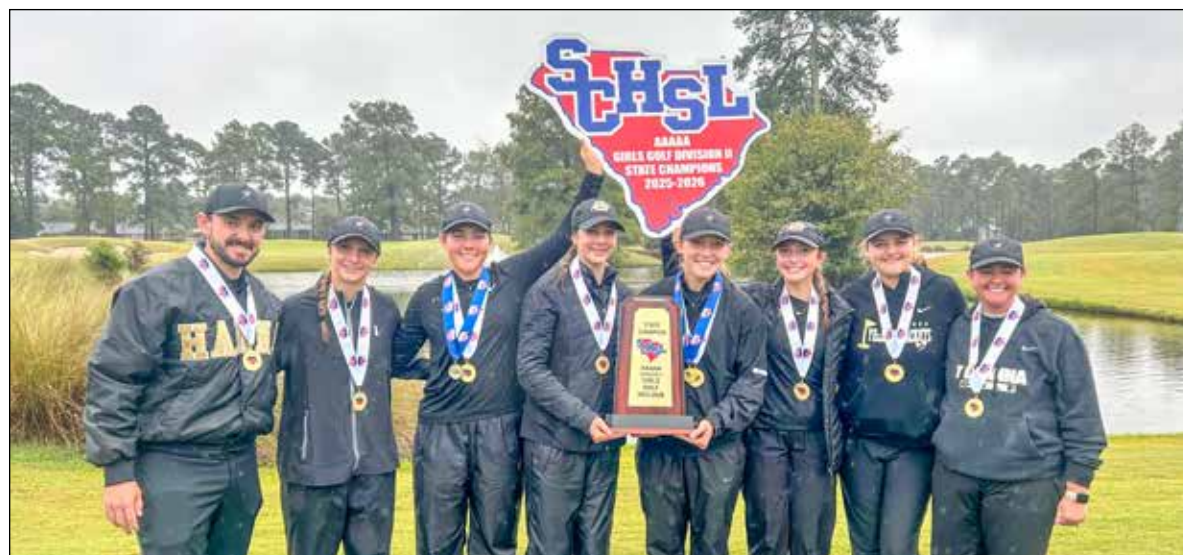
After an interception, Wren took over on the Westside 28 but couldn't score. QB Jacob Owings was sacked.

After stopping another Hurricanes drive, Westside turned to running back Keylan Powell. He gained 96 yards on 5 carries and scored for a 7-0 lead.

After Wren missed a 32-yard field goal try, Westside's offense marched 80 yards and scored. Woods connected with Jacob Lewis for a 15-yard TD pass and the Rams led 14-0 at the half.

The sparks flew quickly in the third quarter. Woods hit Lewis with the 71-yard TD pass on the first play of the third.

Wren responded with a 51-yard scoring pass two plays later, but that 21-7 score was the final margin.



Pictured from left to right: Assistant Coach Eli Roland, Sierra Schulze, Serra Erlenkeuser, Hanna Erlenkeuser, Marissa Scaletta, Hayden Bell, Reagan Joseph, Head Coach Gabby Kitts

## TL HANNA GIRLS' GOLF CAPTURES STATE TITLE

BY BRIAN HODGES

The T.L. Hanna girls golf team won its second consecutive state championship on Oct. 28 in Myrtle Beach, S.C.

The Hanna girls and the rest of the field played in the rain, making conditions miserable, but Hanna pulled away from second-place Conway to win the Class AAAAA Division II title by 12 strokes.

Hanna finished with a two-day aggregate of 642. Conway had a 654 total.

The wet weather obviously made things difficult.

But Jackets head coach Gabby Kitts was thrilled.

"I don't think I've ever played in

such conditions," said Kitts, who was named region girls golf coach of the year on Oct. 18. "It was really a lot of fun. We began the day five shots behind Conway, but I felt like our team thrives under pressure."

It was different last year. That Hanna girls team won the state title in a playoff by one shot.

This time, Hanna cruised in the final round. Marissa Scaletta was the individual state tournament medalist, shooting a 1-under 71 on Tuesday for a two-day total of 147 to win by five strokes.

"She was really solid," Kitts said.

Serra Erlenkeuser shot a 4-over round on day 2 to win the silver medal.

"The course was so wet," Kitts

said. "There was standing water on the fairways and the greens were soggy, of course."

"But we could see the live scoring [on their phones] as the round went on and we knew we had built a strong lead."

Scaletta is the only senior on Hanna's team. She has a scholarship to Western Carolina next season, Kitts said.

Serra Erlenkeuser, a junior, and sophomore Sierra Schulze were outstanding on Tuesday. Schulze finished in fifth place individually.

Hanna Erlenkeuser and Hayden Bell, both freshmen, also contributed.

"Both of our freshmen really stepped up," Kitts said.



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Exhibit Dates: November 14, 2025 - January 30, 2026

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Carl T. Edwards

# Edwards celebrates 90th birthday

On Monday, November 3rd, 2025 almost 200 people gathered at The Abney Foundation in Anderson, SC to celebrate Carl T. Edwards 90th Birthday. It was a beautiful day of celebration with friends ranging in age from 17 to those in their 90s. The event was a drop-in from 11:30 a.m. through 1:30 p.m. Delicious food was presented by Tucker's of Anderson, and a large birthday cake was served along side the smiles, hugs, and warm birthday wishes. It was a gorgeous fall day that made the celebration all the better.

The goal had been to surprise Carl with the day's festivities and it seems the surprise was pulled off—as he did not know until he drove up and saw the tent and all of the cars and people everywhere. Carl has done so much for this community and for so many people. The crowd of people seemed overjoyed to come celebrate Carl and his milestone birthday. Cards, balloons, photos, decorations, stories, memories shared, food and fellowship were the order of the day and Carl was center stage. Carl is always putting others first but on November 3rd, everyone showed up to put Carl at the center of attention.

Carl kept saying "I can't believe all of the people that are here!" He seemed genuinely surprised and overjoyed with how many of his friends and family came out to celebrate his birthday in such a grand way.

Carl Edwards has served The Abney Foundation faithfully since 1993 in the following capacities.

1993 - 2010 — Executive Director and Trustee

2010 - present — Executive Director Emeritus and Trustee

Established in 1957, The Abney Foundation is a private, grantmaking foundation in Anderson, SC. The Foundation makes grants to charitable organizations recognized under IRS code 501(c)(3). The Foundation makes grants for innovative and creative projects, and to programs which are responsive to changing community needs in the areas of education, health, social service and cultural affairs.

To be clear, this was not an Abney Foundation event—this was a Carl T. Edwards 90th Birthday Party hosted by his friends Dr. Lisa McWherter and Mrs. Bonnie Nash. As articles of yester-year used to read, it is believed that "a good time was had my all."

## THE GARDEN SHOP

# A SUPER SPECIAL SMALL BEAUTY



SUSAN  
TEMPLE  
master  
gardener

Do you have a small yard and wish you could plant a tree with year-round interest? Maybe an area beside a patio, or in a courtyard? But think there's not much to choose from? Think about a Stewartia. They are slow growing, beautiful trees that provide practically year-round interest. The catch is it may take some searching to find one – but well worth the effort.

White, camellia-like flowers cover the tree for a month or so in the middle of summer, often when other plants are beginning to give in to the heat. Ideally, Stewartia needs some afternoon shade in our area. Full sun can be tolerated, but more water will be needed, and the flowers won't last as long. If the spot is in full shade, it might not bloom much. But the most beautiful part of Stewartias is the bark. The tree can sometimes look like it's been wrapped in camouflage material. Peeling, flaking bark in shades of gray, rusty reddish brown, and even tints of orange put on a show most any time of year. And those colors are on the smooth bark too, after peeling has stopped.

A Stewartia rostrata was planted towards the woods at my place in December of 2012. I don't remember the size of the pot, but I'm guessing it was a 3 gallon. It came from a vendor at the Greater Greenville Master Gardener Symposium. It is now about 15ish feet tall and maybe 10 feet wide. I wish I had planted it closer towards the house. But it gives me another reason to wander back there. When Helene took out a



Stewartia bark

huge oak, thankfully it missed the Stewartia. It was a close call. By the way, the red lotus tree apparently has not recovered after Helene. We gave it our best effort. It was planted near the Stewartia.

Flowers on rostrata have a very, very pale pink tinge around the edges, but otherwise, flowers are pure white. After the flowers fade, hard seed capsules stay on the plant until next year's growth pushes them off, further extending the show this beauty provides. A common name is beaked Stewartia, as some say these seed capsules look like a duck's beak. I think they are star shaped.

Fall colors of red, orange, and/or purple contrast wonderfully to the bark. Stewartias are not finicky about soil. However, lots of organic matter will help, particularly if it

is in the afternoon sun. Very little pruning is needed. When the tree is young, some pruning of branches may be needed to raise the canopy. Limbs may tend to grow low on the trunk when young. My rostrata has needed very little pruning, or care for that matter. It is drought tolerant. It has only gotten water from Mother Nature its whole life. Deer pass it by. When it was small, I put fence around it each fall to keep bucks from rubbing on it. Bees love the blooms. It has no pests or diseases. There are two native varieties, Mountain Stewartia (*Stewartia ovata*) and Silky Camellia (*S. malacodendron*), but these may be quite difficult to find. They also need morning sun, or all day dappled shade, and are less drought tolerant. Any variety is well worth a spot in the garden.



## YOUR DENTIST CAN SAVE YOUR LIFE

# How stress can hurt your oral health — part 2

In recent features we've been discussing stress and its impact on our oral health, and at the same time emphasizing that the tissue in the mouth is where chronic health issues often first appear. That's why we say regular dental checkups with professional teeth cleaning are not just about a beautiful smile.

Yes, your dentist is focused on your mouth; but we are always looking for clues, early warning signs if you will, that tell us your body may be experiencing problems elsewhere. It may be something that looks unusual -- and to be extra safe -- could use a closer look from your doctor or specialist.

Here's a partial list of what can potentially reveal itself in the mouth tissue: autoimmune diseases, anemia, bulimia, acid reflux disease, adverse drug reactions, oral cancer, cancer that may be somewhere else in the body, heart disease, diabetes, bone loss and gum disease. Even dementia, an example of why knowing and treating a patient over a long period of time

can be important. Warning sign: After years of practicing good oral hygiene, a patient begins to neglect the care of their teeth and gums.

This leads us to stress and its affects.



**Dr. Gabrielle F. Cannick**

Today, stress is viewed as a chronic and potentially debilitating issue reportedly afflicting one third of the adult US population.

And yes, we are seeing this in our patient family. In the spirit of self-care, below are some of the most common signs that your normal stress level may have advanced to a point where it could be affecting your health:

- Teeth grinding at night
- Inflammation/bleeding gums
- Sores in the mouth
- Poor sleep habits

• Neglecting oral hygiene/regular teeth flossing and brushing

• Dry mouth

• Acid reflux, a burning feeling in your chest that occurs when stomach acid backs up into the esophagus.

Also, be aware that unhealthy eating habits like snacking on sugary foods and drinks as a way of coping with anxiety or stress is another "tell". What's more, high caffeine intake from coffee, tea, soda and energy drinks can linger in your system for hours and potentially increase nervousness and anxiety.

The relationship between the level of stress in our lives and our oral health is significant. But please remember, nothing is so severe that we can't improve it. Stress is common in our modern life, affecting us all in various ways. If you have been putting off seeing a dentist, why not make an appointment and let us help. We're a "whole person" care resource. We love our patient family. And we want our commu-

nity to be healthier. With a simple phone call, we can schedule your visit. Consider us your hometown resource for guidance and support.

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

*For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to [grandoaksdental.com](http://www.grandoaksdental.com) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.*

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# It's beginning to sound a lot like Christmas

Now that Halloween is over, the truly scary season begins, especially if all of the cooking and hosting between Thanksgiving and New Year's Eve makes you nervous.

Cookbooks are great references,

as are the cooking magazines. But what if you could be inspired while driving?

Podcasts are both helpful and enter-



Kim von Keller

taining, making them a great source for recipes, menu ideas, and hosting tips that will make it easy to plan all of those dinners, parties, and potlucks. Listening to a podcast on the way to work is one of the best ways I know to get ready for one of the busiest times of the year.

## THE SPLENDID TABLE

The Splendid Table is an award-winning podcast hosted by food journalist and cookbook editor Francis Lam, one of the best voices in podcasting. What started as a radio show in 1995 now offers cookbook recommendations, recipes, conversations with chefs, and advice on all things food and cooking. You'll find episodes called "Turkey Confidential," "Holiday Cheer," "A Chef's Thanksgiving," "Your Thanksgiving Meal," "Fall Cookbook Roundup," and "A Guide to Holiday Gifting and Hosting." The Splendid Table is absolutely the gold standard when it comes to cooking podcasts.

## THE RECIPE WITH KENJI AND DEB

The Recipe with Kenji and Deb is hosted by Deb Perelman of Smitten Kitchen and J. Kenji

López-Alt of Serious Eats. Perelman and López-Alt approach cooking from very different perspectives; if he creates a recipe that uses 22 ingredients, she'll recreate it with seven. On The Recipe, you'll find their different takes on things like apple pie, baked ziti, brownies, and stove-top macaroni and cheese. Their banter is lively and chatty, and there's never a wrong answer, just different approaches for different kinds of cooks.

## THINGS BAKERS KNOW: THE KING ARTHUR BAKING PODCAST

All baking, all the time. Things Bakers Know is hosted by Jessica Battilana, a food writer and recipe developer, and David Tamarkin, editorial director at King Arthur Baking Company. The podcast features episodes such as "Great Gluten-Free Bread is Possible," "Baking with Kids: Fun or Chaos," and "What Even Is a Fall Bake?" If you can make it with flour, Battilana and Tamarkin have got it covered.

## HOMEMADE PODCAST BY ALLRECIPES

Allrecipes is where America turns, whether we're making a cornbread dressing, coconut cake, or cheeseball for the holidays. Homemade Podcast is not only a source for recipes, but for conversations with some of the most familiar voices in cooking today. Episodes include "The Holiday Table," "Cooking with Grandma," and "Ina Garten Reveals Her Absolute Favorite Holiday Food,"

No matter your role in holiday preparations, give cooking podcasts a try. You'll be inspired, informed, and entertained, making your time in the car well-spent!

## PERINATAL MENTAL HEALTH SERIES, PART 1



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. Any parent (mothers, fathers, non-gestational partners, parents via adoption or surrogacy) can experience PMADs and there are very safe and effective evidence-based therapies and medications for PMADs.

5 common myths:

1) Postpartum depression is the only pregnancy-related mental health disorder. This is False! There is a

range of Perinatal Mood and Anxiety Disorders as one may also experience perinatal panic, anxiety, depression, OCD, psychosis, or PTSD. The onset of these symptoms can present during pregnancy or anytime during the first year after childbirth.

2) Only moms develop perinatal mood and anxiety disorders. This is also false! Any individual within the family can experience or suffer from PMADs. Parents via adoption, Surrogacy, etc. are also at risk for developing mental health symptoms. Likewise, 10% of fathers report significant symptoms of depression.

3) Perinatal mental health complications are rare. PMADs are the most common complication associated with pregnancy and childbirth, as 1 in 5 moms experience a mental health disorder during pregnancy or postpartum and 1 in 10 dads (and these numbers are likely under reported and under detected).

4) A significant and dangerous myth is that medications to treat mental health disorders are not safe to take while pregnant or breastfeeding. There continues to be significant misinformation and fear around medication which leads to the risk of discontinuing medication. Stopping

medications, however, brings a significant risk of symptom relapse. Research shows discontinuation of medications is actually more harmful and damaging to the mom and potential unborn child than remaining on medication. It should be noted that medical research shows that a wide range of psychotropic medications are safe during breastfeeding. Depakote is the only medication recommended to NOT take for women in childbearing years.

5) PMADs are not serious and will resolve on their own. While most women experience mild or temporary mood changes in the first 2 weeks following childbirth (e.g., baby blues), symptoms associated with PMADs lead to longer-term and poorer outcomes for the parent and family. Without treatment, women are at risk for suicide, substance addiction, and psychosis. The positive news is that evidence-based mental health treatment approaches are effective and people recover fully with the right support.

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

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# TREE EARTHING

Proven scientific studies have shown that standing barefoot while touching a tree allows your body to absorb electrons from the Earth and release free radicals which can reduce inflammation, stress, pain and improve sleep. This sounded like a load of hooey to me, but then I started thinking (which can be dangerous in my case) that trees are the oldest living things and may just hold answers to the unknowns we seek. In the beginning, Adam and Eve were allowed to touch all trees except one. We know what happened there. That ‘Tree of Life’ is no longer here, but the rest are, so why not see what they have to offer?

They say to start by finding a tree with which you have a connection. There’s a twenty-five-year-old invasive Bradford Pear in the middle of my front lawn that I once hit with the lawnmower, so we do have a relationship, but I don’t think it likes me. There’s an eighty-foot-tall beautiful Maple on the bank out front that dumps its leaves and branches on my roof and yard every fall and I get the feeling it wants to crush my home with every severe storm, but we could be Bark-Buddies I suppose. In one corner of the backyard stands a tall spindly oak that

I’d consider befriending, but grass won’t grow under it. The cats choose to do their business there, so it’s a NO Bare Feet zone. Multiple Crepe Myrtles grow in numerous places, but they all know that the only reason they are there is because of my wife’s love of them, not mine. Any energy they might send to me would most likely cause my limbs to shed like their own. My backyard boundary used to be nothing but miles



Neal Parnell

of trees all the way to the horizon. They’ve been bulldozed, leveled and replaced with a three-hundred-house subdivision. Each of those new houses are only allowed to have one young maple or oak in the front yard, what a shame. I was able to save the Eastern Cedar tree in the middle of my back boundary, just an inch from the property line. It’s not pretty, but it’s living, so we have that connection in common and I’m certain it has something to tell me. The cedar stands at the top of a steep bank which leads down to the ‘new- house-neighbor’ that I’ve yet



to meet. I keep hoping they’ll erect a tall plank fence as the rest have done, and I’ve aimed my floodlights to help them think about it. I’ve been staring at the tree from my back door for a week and envisioning what they will think when they look out and see a barefoot old man feeling up an evergreen. An idea occurred to me that might fool anyone watching what I may be up to. I grabbed my chainsaw. I stood barefoot by the old cedar, reached out and placed my hands on its trunk. I looked up through its

branches, and the moving clouds made it seem as if the tree and I were rotating with the earth. It was mesmerizing as the old tree and I became grounded as one. I could see the struggles it had weathered and won. It let me know that it had lost thousands of friends and family but still had hope for the future. I felt a tingle in my feet and legs and realized the old cedar was sending its energy into me and actually speaking to me as I heard it say loudly, “YOU’RE STANDING IN FIRE ANTS, IDIOT!”

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*Santa & Mrs. Claus*

Friday - Nov 21  
*Treemendous Gala*

Saturday - Nov 22  
*Goodies with the Grinch*

Tree Viewing & Silent Auction: Nov 19-21  
All events will be held at The Bleckley Station



# On Replaceable You by Mary Roach

I've really struggled to write this review. I've honestly been dragging my feet a bit on it, and while I could have switched to something else, I felt strongly enough about this book that I knew I needed to find a way to write it regardless. I've written about Mary Roach's books before. She's probably my only nonfiction writer that makes my "authors whose books I always read" list. Roach is hilarious in a dark, quirky, and a bit dry way. Her research is immaculate and incredibly hands-on; the rabbit holes she goes down are kind of insane. Big fan...except for her latest book.

As a transplant recipient I was super excited for *Replaceable You* because Roach takes a deep dive into all the ways humanity has figured out to replace parts of our bodies throughout the years. Roach looks at various "replaceable" body

parts and procedures to do. Some of the practices date decades, even centuries, further back than I could have guessed. It's seriously fascinating stuff, and Roach takes us along for the ride as she discovers these bizarre old practices and discusses them with contemporary scientists today.

My issue comes from her not engaging with some of the social history of transplanting/replacing body parts. I assume that as it's sort of ignored across the book, it was an intentional choice on her part to leave out some darker historical facts and their depravity. The particular area

that really bothered me (unfortunately, the first part) was all the ways we have devised to replace teeth.

Roach goes deep on the history of dentures but at no point that I can recall (and I relistened just in case) does she talk about the use of slaves' teeth in dentures. In history classes George Washington's "wooden teeth" are often referenced. What isn't covered is the documentation of his purchasing teeth taken forcefully from slaves in order to create his dentures. It's super uncomfortable to think about, but we also can't keep glazing over the facts of history. Using human teeth was referenced, but the history of forcibly taking teeth from enslaved people was not part of that reference. Roach naming Washington specifically is a ridiculous complaint on my part, but Roach failing to reference the prac-

tice in general really bothered me.

There're also other areas in the book where Roach touches on the darker side of replacing body parts. She doesn't delve deep, but she does reference the black market for human organs, and it's covered in a way that lets you understand that it may not all be from willing participants. Roach also covers how taboo the idea of being a donor transplant is in China because of the fear that you can't be reincarnated if you aren't buried "whole." This is brought up in the context of China struggling to find enough donor parts for transplanting. Their solution being that they take them from prisoners on death row. This isn't an opt-in for prisoners, just part of their death sentence. There are movements in China currently to stop this practice. It's interesting to me to cover this, but not the other removal of parts against people's will.

Roach does look at the social impact of various procedures in terms of how the recipient's life is impacted, both function-based

replacements and the more vanity based projects. As much as we might want to judge the vanity driven projects, they sometimes actually lead to really cool, unintentional places. For example, the research into reconstruction post penile cancer has led the way for the most complicated of gender-affirming surgeries. These surgeries have also helped evolve circulatory reconstruction and redirection, which is pretty cool too.

I didn't hate it, but I was disappointed. That said, as an actual transplant recipient (bone cancer), it was astonishing to see how far stuff has come. In my case, how cutting edge my transplant surgery actually was 15 years ago. I knew I was a medical study, I just didn't realize the magnitude of it. It's worth the read, but I'd encourage looking into the darker side of it too. Also, I'd encourage you to check your donor status. If you aren't already a donor, maybe think about becoming one, because you really could be changing someone's life in unimaginable ways.



Sara Leady

## THE BUSINESS

BY RICH OTTER

Your first venture into the business world may have been the most memorable experience of your working life. You were taking a risk, facing it with enthusiasm, some apprehension, but determination.

The experience outside your home may have been baby-sitting, lawn-mowing, as a paperboy, or doing odd jobs. You may have worked in a store cleaning or waiting on a counter. In Anderson many years ago, most likely long before you were born, it could have been working in the cotton mill as young as 10 or 12 years of age.

Old folks will remember in the summertime, before air conditioning, relief came from the lemonade stand, set up by kids who needed a dime or so. Neighbors would stop as they drove by or emerged from their boiling homes for relief. Those youngsters learned how to get some spending money as they started on their highway to success.

Now the lemonade stand is pretty well a thing of the past and it takes someone with a new idea and fortitude to step into the residential roadside market. Such an operation sprang up in Anderson with two young women who were functioning in both manufacturing and retailing. In addition, they designed and assembled their own store front.

They made, and were making on site in between customers, very attractive beaded bracelets. The manufacturing and sales were all done by Emery and Evelyn. There had been one helper. His name will be divulged because he doesn't read this newspaper. It is Stoney, a pussycat. Unfortunately, Stoney was discharged. He kept climbing up on their work table. Those bright colored beads and strings were just too much to be ignored.

After a sale by these business women, it was interesting to watch them. As a happy customer drove off, the sale-closing heroine would be jumping with glee. You don't see that often in a store.

Stringing beads takes patience and dexterity. Making multicolored bracelets in unique variety is possible to provide a product that will appeal to different people of different ages.

Who can guess where this early experience may lead them. No matter what, they will never forget their first business venture.

Anybody who cares to reflect back to their childhood will recall how one thing led to another going through life. Nothing, bad or good, failed to leave an impression—all constituted a building experience. The exciting thing for these two entrepreneurs is that this is their first step into a business world. They



The products

may not later pursue a career related in any way to what they have done now, but they will be able to look back and see an impact it had, directly or indirectly, on their life.

Yes, cars went by, but they couldn't expect everyone to stop and admire their creations. It is the creating and the ambition to accomplish something that counts, even if no one would have stopped. But they did stop, and buy. it was a good opening day.

It is a time when small business owners are having to close because of large businesses that can purchase in quantity at lower prices and sell low, or operate by mail-order without overhead costs required in retail operations. The personal relationship with the public is being lost.

The future of the small retail business



Retail outlet

may be in jeopardy, but it is probably not the future these young business women will follow. Education has opened many doors.

Wherever they may go, whatever the future may hold, the enterprise these young ladies conducted October 19, 2025, will be a molding point they will never forget. They may not realize it, but that point in their lives will also never forget them. The impact will be permanent.



# Countybank’s Peggy Chamblee appointed Senior Vice President

Countybank announced that Peggy Chamblee has been appointed to Senior Vice President by the Board of Directors.

Chamblee was recently appointed Senior Vice President by the Board of Directors. She joined Countybank in 2018 as Vice President and Financial Center Manager at the Anderson Highway 81 office, and in February 2024 was promoted to her current role of Retail Banking Manager, leading all retail financial centers and their teams across the Upstate.

In her role, Chamblee’s responsibilities include setting the direction for the retail banking team to carry out the bank’s strategic priorities and deliver an exceptional customer experience. Chamblee also provides opportunities to each associate for personal and career development, as she believes the foundation of community banking is relationships. “We’re serving neighbors, friends, and local businesses that shape our communities. That’s why our team leads with heart, listens closely, and stays deeply connected to the people we serve,” said Chamblee.

“We are proud to recognize Peggy with



Peggy Chamblee

this well-earned promotion to Senior Vice President. She leads by example and has been instrumental in building a culture of client-focused service across our retail network,” said Wells Dunlap, President. “Her commitment to developing her team and deepening rela-



tionships beyond a transaction has created meaningful impact for both our clients and the organization.”

Chamblee has 32 years of experience in banking, having served in management, consumer and small business lending, and business development roles.

Chamblee resides in Anderson, with her husband of 43 years, John. Together, they’ve had the joy of raising three incredible daughters - two who became teachers and one who is a pharmacist. They are actively involved in the farming community and are grateful for the opportunity to support a variety of meaningful causes, such as Hope Missions, AIM, and others.

For more information on Countybank and its commitment to serving the Upstate of South Carolina since 1933, visit [ecountybank.com](http://ecountybank.com) or follow Countybank on Facebook, Instagram, or LinkedIn.



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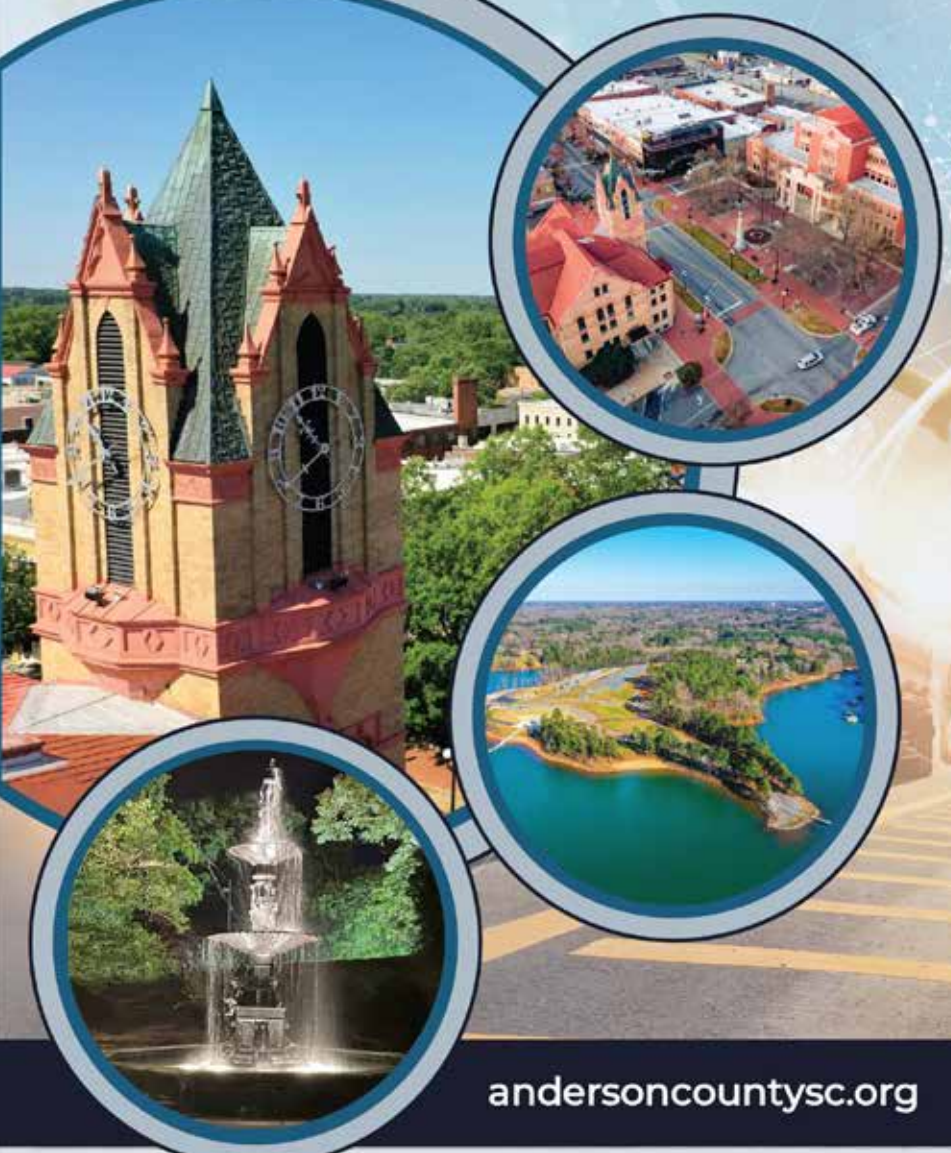
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# AnMed redevelops vacant shopping center to increase access to care

ANDERSON, S.C. (Nov. 3, 2025) – AnMed has begun construction on a transformative new medical office complex at the site of the former Windsor Place shopping center, at 1520 East Greenville Street.

Complete refurbishing of the property will bring a dramatic overhaul that reflects AnMed's commitment to expanding access to exceptional health care, and it will bring additional benefit to the community by helping revitalize a key corridor near downtown Anderson on South Carolina Highway 81.

Several of AnMed's growing service lines will find homes in the modern, comfortable, and convenient new complex:

- Orthopedics & Sports Medicine
- Ear, Nose & Throat Care (ENT)
- AnMed Integrated Therapy
- Occupational Medicine

A state-of-the-art outpatient imaging center featuring 3 Tesla MRI technology — the latest in commercial imaging — will be included, too.

"This project is exciting and especially gratifying because it will accommodate the growth of our health system while delivering benefits to the community on multiple levels," said William Kenley, CEO of AnMed.



"We're securing more space and developing clean, modern accommodations. Not only are we increasing capacity and access to care, but we're also reinvigorating what had become a blighted area in a prominent corridor of Anderson."

The redevelopment spans 82,267 square feet across 9½ acres on Highway 81 near a Publix and Chick-fil-A.

The first practice to open at the new location will be Orthopedics & Sports Medicine,

expected to begin serving patients next summer. Additional openings will then come staggered every couple of months.

As part of this expansion, AnMed's Heart & Vascular services will relocate to fully occupy 100 Healthy Way, which previously included Orthopedics & Sports Medicine.

Two separate AnMed Integrated Therapy locations will be consolidated into the new Windsor Place facility, streamlining efficiency and improving patient experience.

"Diligent work over the fall, winter, and spring will make a remarkable difference not only in the space but throughout that stretch of town," Kenley said. "To inject new life of energy and service rather than demolish and build anew — without sacrificing capabilities or amenities — it's heartening, and perhaps it's symbolic of the care our teammates provide every day.

"Soon we'll enjoy more access, more service, better alignment of resources, and better care for our community."

## WHAT WILL YOU WEAR FOR THANKSGIVING?

Thanksgiving will be here before we know it, and the eternal question is, what are we wearing? There are so many cute trends right now and I love Fall attire. You want to look classy and put together, but feel comfortable at the same time. I love the color combination of black and brown. It just looks so perfect for turkey day. Zara has the cutest little lace slip dress that you could pair with a faux fur, and knee socks. Their outerwear collection is really good this year. Talk about cozy. It's as if you're wearing your nightgown at the dinner table, but look uber chic while doing so. Hey, I'm not mad about that.

If you're more of a vintage girl, head out to your local thrift store and put something together. Sometimes my local haunts will have a section that they've already curated for each holiday or season and styled themselves, and it can really give you great ideas. If you're not so much into being a fashionista, in one of my previous

articles, I said that brown tights were everywhere this year. You could put together a complete outfit around those just by adding accessories and all black signature pieces, like leather shorts or a skirt, and an oversized blazer. So simple, yet so sophisticated and totally effortless for your nervous



Kristine March

system. Sometimes picking out wardrobe for certain social activities or obligations can be a chore, and it really shouldn't have to be. And if you're not in the mood to hit the pavement, and go shopping, you can always pull from your closet and put together an outfit in no time, that you most likely didn't even know you had. It just takes a little bit of creativity and imagination. Start by building your foundation piece, and experiment with different combina-

tions. Go through your basic capsule. I love the scene in the movie *Clueless* where Cher, the main character has a closet that's run by a computer at just the press of a button. Wouldn't that be nice? You too can create looks by adding an outfit formula. For example, a cute pair of trousers and a body suit and add scarf and accessories to it. Just put your creative twist on it, and there you have it! I also think that dresses are really easy to wear. You just slip it on and then add your bobbles to it. So, if all else fails, always remember to go for the dress. Whether that be a printed maxi, a mini dress or even a little bubble dress, you can't go wrong. It won't ever let you down or fail you. I promise. Gold jewelry is pretty at the holidays, but silver also gives you that rustic look. Especially turquoise. Patent leather heels make you look luxurious. I've also noticed that high heels are everywhere, where they used to be sort of out as I like to say, but I think they're making a comeback. If



you're not really into heels, just add a pair of loafers.

Free People makes the best scarves. I personally love the

Highland Plaid. It comes in blue, pink, ivory, brown, and grey and has intricate beading at the trim. It's so pretty. For your makeup, add rust and gold and warm tones for the perfect Fall look. Add a velvety moody lip and you're good to go. I love a good handbag. I'm in the market for a new one and I stumbled upon some goodies. From earthy suede to bohemian studs. I'm definitely going to go with the studs. I found a vegan leather hobo bag that I love from Anthropology, and believe it or not Wrangler makes really affordable cute handbags that are right at fifty dollars and super good quality. Especially if you're into a western appeal. And for my classic girlies, Kate Spade always comes through. She has shoulder bags and crossbodies galore. So many beautiful styles that are just quintessential. So, what are you wearing to give thanks this year? Remember to make the sidewalk your runway and kindness always matters. Gobble, gobble y'all!



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# FROM THE FIELD TO THE COTTON MILL – PART 2

--Continuing my husband Mike's reminiscences of being a loom fixer in a South Carolina mill.--

The particular mill where I worked ran in three eight-hour shifts. The ending of one shift and the beginning of another was signaled by the supervisor flashing lights through the weave room. It was completely shut down after the Friday night shift for cleaning the tremendous amount of cotton dust produced by the operation throughout the week, and started up again Monday morning. My normal slot was third shift. One benefit to that was that the looms were started up by the two preceding shifts, and a lot of the kinks of the start-up were worked out before I got there.

I was responsible for about seventy looms. Sometimes they ran well; sometimes they didn't. The curious thing about smooth operation was that it did not solely depend on the loom fixer's expertise, but also on the humidity and the weave room atmosphere itself. The humidity was controlled by air-handling units and maintained carefully. If it was too high, there was an adverse effect on the yarn. If it was too low, the yarn would often break, which would automatically shut down the loom. If the humidity got too far out of whack, a significant number of looms could shut down, so it had to remain within a tight band.

I was assigned to a section of looms with a long-time weaver. She and I had a good relationship because I kept her looms running, and her production numbers rarely suffered. Whenever a loom would shut down or was having problems, she would raise a colored wooden flag--different colors meant different things--and I could glance across and see which loom needed my attention. I carried a small box of commonly used tools with me to the one that had been signaled, and hung it on the front of the loom, then made the repair. (Working with those hand tools has helped me in various forms of mechanical work and repairs throughout my life.)

Sometimes the repair would only take a

few minutes, but depending on the nature of the job, it could turn into days. If the breakdown was extensive enough, the overhauler got involved, and together we got the looms back on line.

Within a couple of years, I had become proficient enough at fixing looms that I was approached by the mill higher-ups to enter into supervisory training, which I accepted, and then worked a dual role of supervising and loom-fixing for several years.

After eight years of work in the mill, times were changing, I had married, and my wife was encouraging me to go back and finish my college degree. So in 1986, the lights flashed for me for the last time. I finished my degree and ended up in the nuclear industry, where I finished my career.

The weave room was most definitely a community of people that out of necessity learned to work together, but also friendships were formed. Many employees there came from generations of millworkers--their fathers,



Photos from Lowell  
National Historical Park,  
Lowell, MA



grandfathers, and grandmothers had also worked in the mill, and it had been a family progression for most. I was privileged to be a part of the community, and part of the proud tradition of the South Carolina textile industry.

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