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Thomas Wolfe's connection to Anderson

BY GREG GAMBRELL

But why had he always felt so strongly the magnetic pull of home, why had he thought so much about it and remembered it with such blazing accuracy, if it did not matter, and if this little town, and the immortal hills around it, was not the only home he had on earth? He did not know. All that he knew was that the years flow by like water, and that one day men come home again.- You Can't Go Home Again

Thomas Wolfe, the early 20th century author from Asheville North Carolina, is renowned for his autobiographical fiction including Look Homeward Angel, You Can't Go Home Again, and other novels and short stories. His novels were fictionalized accounts and descriptions of his family and hometown. He had a taste for travel, both around the United States, and Europe. But many do not realize his close connection to Anderson.

Born on October 3, 1900, Thomas Wolfe was the youngest of eight children to W.O. and Julia Wolfe. One of these siblings was his oldest sister, Effie Wolfe Gambrell. Effie was born in Asheville in 1887, and was known in Wolfe's most famous novel, Look Homeward Angel, as Daisy. In this book, Wolfe writes of Daisy "She was a timid, sensitive girl, looking like her name – Daisy-ish industrious and thorough in her studies." On September 16, 1908, she married Fred Gambrell, who was a grocer from Anderson, and whose family tree runs deep in the city's history. Fred took her to live in his hometown, after a very brief move to Augusta, Georgia.



This photo (courtesy of Richard Gambrell) is of one of Thomas Wolfe's visits to Anderson, reportedly on Holly Street- he is the tall one in the middle with sister Effie beside him. Those in the picture also include Effie's sons William, David, Ed (my father), daughter Miriam, and Wolfe's brother Fred is kneeling.

This was much to the consternation of her family at the time.

In Look Homeward Angel, Anderson was called Henderson. Daisy's (Effie) new husband, known as Joe Gambell (Fred Gambrell) in the novel, was very affectionate of his hometown, but Wolfe described Anderson unaffectionately as "that haven of enervation, red clay, ignorance, slander, and superstition, in whose effluent rays he had been reared." Wolfe was never shy to describe the people and places in his

SEE WOLFE ON PAGE 2





Wolfe

CONTINUED FROM PAGE 1

life as honestly as he saw them, including his own hometown of Asheville and even his family. But, he would remain in contact with his sister and would travel to Anderson to visit on occasion, though with less frequency as the years marched on.

Effie and Fred had seven children of their own, the youngest of which was Ed, who was my father. The years following were lean, especially the years of the depression, and they lived in several locations in the city, including S Manning, Oakland, Calhoun St., E Whitner, Holly St, Prevost St, and Evans St.

Dr. David Smith, originally from Anderson, now living in Greenville SC, recalls a story from one visit by Thomas Wolfe to Anderson, and other recollections.

He states, 'Fred Gambrell's sister was Daisy Gambrell Smith. Daisy was my paternal grandmother. In his youth, Thomas would visit Effie and family in Anderson. He would spend some nights at the Smith home on White Street, and share a bed with my father Julian. My grandmother told me that the next morning when she asked about the quality of his sleep, Thomas replied, "I didn't sleep very well because Julian has those rattlesnake rattles on the wall above the bed."

In the Wolfe family home in Asheville (known as The Old Kentucky Home) on the second floor is an old pedal driven sewing machine. This was Thomas Wolfe's mother's (Julia) and our family inherited it. I had a lot of fun pedaling it as fast as I could. We gladly donated this back for the Old Kentucky Home memorial museum.

In 1938 while listening to the morning news, my mother learned of Thomas Wolfe's death. She then drove over to the Gambrell home to offer her condolences, but they had not learned



Thomas Wolfe's home in Asheville

of his death. Therefore, my mother to her dismay was the bearer of the dreaded news. Thomas Wolfe died of tuberculosis of

the brain at the age of 37, but left a unique literary legacy, with several novels published posthumously. Even though he traveled the country, and was fond of cruises to Europe, and lived in New York City, he maintained his close ties to home, and that includes his sister's home in Anderson.

Wolfe was raised in the boarding home his mother owned, known then as the Old Kentucky Home, and now the Thomas Wolfe Memorial State Historic Site, in downtown Asheville North Carolina and is open for tours. His life and legacy, as well as his unique and colorful family, is on display at the home and at the adjacent gift shop and museum, which includes a film about his life.

A stone, a leaf, an unfound door; of a stone, a leaf, a door. And of all the forgotten faces. Naked and alone we came into exile. In her dark womb we did not know our mother's face; from the prison of her flesh we come into the unspeakable and incommunicable prison of this earth. Which of us has known his brother? Which of us has looked into his father's heart? Which of us has not remained forever prison-pent? Which of us is not forever a stranger and alone? O waste of loss, in the hot mazes, lost, among bright stars on this most weary unbright cinder, lost! Remembering speechlessly we seek the great forgotten language, the lost lane-end into heaven, a stone, a leaf, an unfound door. Where? When? O lost, and by the wind grieved, ghost, come back again. — Look Homeward Angel.

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Tips to pack for the perfect getaway

I'm literally packing for a girls getaway as I type this and I thought what better time than now then to put together what to wear and pack. It's that time of year for some fun and the weather is finally perfect for dresses and cute open toed shoes. When packing, think accessories and simplicity. I for one, always over pack but it's not necessary. Trust me when I say that less is more.

Start with how many days you're going to be at your destination. Then get all of your basics together. Make sure you have your blacks, whites and beiges. The bones of your wardrobe is what I call it, then go from there. Add your skirts and light weight

cluttered or difficult to see what you have. go ahead and

sweaters, blazers and shawls since

it's still a bit chilly at night. Then

you can easily put together things

so it's not

I like to

generally plan ahead Kristine March on what I'm going to

wear for the occasion. Or at least have something in mind. Brunch and shopping call for cute yet comfortable. Dinner and drinks can be a little more extravagant. There is nothing worse than shoes that hurt so always make sure you have the perfect shoe. A wedge is always a winner in my book.

When packing your hats turn them upside down in your suitcase so they don't bend. There are phenomenal tutorials and hacks on how to live out of your suitcase for a few days without wrinkled clothing and messing up your beautiful things. I suggest rolling the garments. It makes a huge difference and gives you more room in your luggage.

Put your jewelry in a case with different sized organza bags that tie so you don't lose any small items. I like to add a scented sachet or even a dryer sheet on top of my clothes for freshness.

You can also add your cosmetics in a pretty colorful makeup bag so you're totally organized.

Shoes can go in a different bag so it's not so bulky. My favorite luggage at the moment is by Mia Torro from Italy. It's sleek and affordable and holds up so well. I have had my particular luggage for a few years now and it still looks brand new. Lets face it, packing is tedious and really somewhat of a pain but it's so worth it. Make it fun and most importantly have a blast with your gal pals, whether it be in Charleston or Asheville or whatever fun city you choose. Remember to make the sidewalk your runway and kindness always matters. Cheers y'all.

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Make reading fun

Reading doesn't have to be a chore and it doesn't have to be done sitting at the kitchen table either. Try



some of these suggestions to help motivate your reader. I know my children (and students) enjoy a good challenge. Maybe you could cut out this list

and place it on

Katie Laughridge

your refrigerator. Try letting your child pick

a favorite pen/marker and allow them to choose an activity from the list when it's "reading time."

Challenge your child to check off every activity on this list. They will have fun, I promise...and I'll bet you will too.

- Read to a pet
- Read standing up
- Read outside
- Read to a stuffed animal and/
- or doll
- Read to someone younger than you

- Read under the covers • Read by candlelight (with a par-
- ent's help)

• Read in the car

- While eating breakfast
- Read sitting backwards in a

chair

- Read under a tree
- + Read on the couch
- Read sitting on the floor
- Read in a fort
- Read with a flashlight
- Read to someone on the phone
- Read something that came in

the mail

+ Read in someone else's bed

+ Read to someone older than

- you
 - Read in your pajamas
 - Read under a table
 - Read with your favorite toy
 - Read in the bathtub
 - Read in your closet
 - Read in a silly voice
 - Read while having a snack

And remember: "Children fall

in love with books because of the memories created when they snuggle up and read with someone they love." Happy Reading!

ALI'S SERVICE TO OTHERS

BY JIM HARRIS Muhammad Ali often said. "Service to others is the rent we pay for our room here on earth." This year, as we observe the fifth anniversary of his passing, we are reminded of how his deeds showed his commitment to those words.

His memorial service was in Louisville's Yum Arena, a large sporting venue. So many wanted to attend and pay their respects that tickets to the service had to be issued. The demand for tickets was so extraordinary that the line stretched into another state. The broadcast was watched by over a billion people worldwide.

While his larger-than-life public persona is well known, perhaps he is best defined by the impressions left, not in the ring or front of a camera, but from moments in his everyday life.

Louisville TV host John Ramsey was a friend and confidante with Ali his entire adult life. Along with former President Bill Clinton, comedian Billy Crystal and Bryan Gumbel, he was a eulogist at Ali's funeral service. In that speech, Ramsey said of Ali, "The combination of compassion, kindness and the ability to lift us up made him a once in a lifetime person." Ramsey recalled traveling

with Ali to the 2000 Olympics in Sydney. There they attended a boxing final. Needed no introduction in the arena, Ali was greeted by a crowd loudly chanting his

Ali met. visited with, and took photographs with the winner. He then turned to John and said,"I want to meet the loser." An official showed them to the loser's locker room, out of sight of cameras and reporters. There they met the discouraged fighter. Although the athlete did not speak English, Ali was able to connect with him. He began shadowboxing with the young man, gave him words of support, and, in moments, changed the young man's entire disposition.

name. Afterward,

On a 2009 trip to Ireland, Ali and Ramsey had a telling encounter with a fan in Dublin. The man, a huge Ali fan, had a book he wanted Ali to sign. Unfortunately, the book was at his home, three hours away. Ali told Ramsey that they would wait for the man to retrieve his book. The wait was long enough that the pair had two meals in the interim, but the man returned, Ali signed his book, and another person had a memory of Ali that would last a lifetime.

Ron DiNicola is an attorney from Erie, PA. Shortly after graduating from law school, he



Ron DiNicola and Muhammad Ali



Muhammad Ali and John Ramsey

moved to LA to begin practicing Entertainment Law. His classmate from Harvard, George Jackson, later the President of Motown Records, was also in LA. Jackson introduced Ron to Howard Bingham, a close friend of Ali's. One day Bingham offered up an opportunity to meet Ali, who also was living in Southern California at the time. Ron jumped at the chance. Soon Ali became a client as well as a close friend. One of Ali's best-known moments is his lighting of the Olympic flame in Atlanta in 1996. That same week, he also attended Ron's wedding. Over the years, they traveled the world together, and Ron gained insight into his giving nature.

In 1993, Ron was accompanying Ali on a visit to South Africa. The purpose was to promote boxing and meet with Nelson Mandela. Shortly before they landed, assassins killed anti-apartheid activist Chris Hani. The nation was on edge, with the response of the people unsure. With only DiNicola and his friend Howard Bingham accompanying him, Ali decided to visit the area where crowds had congregated and counsel those there about peacefully expressing their grief. DiNicola says, "Ali wanted to be with the people. There were risks involved, but he thought it was the right thing to do". Ali also attended Hani's funeral and visited the family's home to pay his respects.

The following year, Ron was attending the funeral of Ali's

mother, Odessa Clay. The church, St. Stephen Baptist in Louisville, was filled. As the end of the service neared, the casket was being turned to take out of the sanctuary. A door on the side of the church opened, and a young boy was visible in silhouette. The youngster walked across the front of the church, making a beeline to Ali. Everything stopped, and all eyes were on Muhammad. The boy handed Ali a piece of paper, wanting an autograph. Ali searched his pockets for a pen. Numerous hands reached toward Ali with offers of pens. As his mother's funeral came to a complete stop, Ali took a pen, signed the autograph, and handed the paper back to the youngster, who exited through another door. Ron says, "That moment told you about the kind of man that Odessa Clay raised."

As a continuation of the Ali legacy, Ramsey and Ali's widow, Lonnie, are developing a podcast, "Ali In Me. With potential celebrity guests like Bono and LeBron James, the intent is to promote businesses and causes that want to make the world a better place. The Ali Centre and other causes would be the beneficiaries.

In Louisville, the award-winning Muhammad Ali Centre showcases Ali's life, as well as teaching his six principles: Confidence, conviction, dedication, giving, respect and spirituality. The Centre is closed now due to Covid but hopes to reopen soon.

NIBBLE & SIP

Books to help you host your first post-pandemic cocktail party

As our virus numbers fall and more of us are getting vaccinated, I am looking forward to the return of a more normal Nibble and Sip. My hope that is that before too long, Ted and I will be having friends over for drinks and



snacks and that none of us will be wearing sweatpants or pajama bottoms.

If, like me, you're ready to socialize, I want to introduce you to two of my favorite small, user-friendly cocktail guides. While I have guite a collection

Kim von Keiler

of bar books at home, these two are well-suited to the amateur bartender. In addition to amusing anecdotes, the recipes don't require hard-to-find ingredients, and the most you'll need in the way of tools would be a cocktail shaker, a blender, and a vegetable peeler.

The first is a book that I've gifted friends for years. "Atomic Cocktails: Mixed Drinks for Modern Times," published by Chronicle Books, was written by Gideon Bosker, Karen Brooks, and Reed Darmon. With period illustrations and chapter titles like "Club Paradiso," "Martini Madness," and "Swank, Civil, and Seductive," you'll be whisked away to the era of James Bond, Nancy Sinatra, and the Apollo space program. My favorite recipes? The Urban Bourbon, which has only two ingredients other than ice and a lemon twist, and Van Gogh's Anti-Insanity Lemon Tonic, an alcoholic pink



lemonade on steroids which is perfect for the muggy South Carolina summer. In addition to the cocktail recipes, the book includes a glassware chart, basic bar training, measurement conversions, and a chapter called Gadgets and Gizmos which lists the basics of a home bar. The book was published in 1998, and both new and used copies are available online.

My second favorite is "In the Land of Cocktails," published by William Morrow. The book was written by Ti Adelaide Martin and Lally Brennan, proprietors Commander's Palace, the legendary New Orleans restaurant. Not only will you find stories of the Brennan family restaurants, but you'll learn about the actual Brennan family as well. The book features chapter titles such as "Bubblies

and Fizzes," "Winter Warmers," and "Summer Refreshers," plus a Source Guide and recipes for basics such as simple syrup and sour mix. If you are interested in learning to prepare classic cocktails from The Big Easy and beyond, you'll find recipes for the Old-Fashioned, the Corpse Reviver Number 2, and the Papa Doble (also known as the Hemingway Daiquiri), my personal favorite. "In the Land

of Cocktails" is the perfect beginner's guide to making cocktails at home and makes a great gift. Published in 2007, it is also available online.

When you're finally ready to host a group of friends for drinks at home, don't be caught off guard with only a sad bottle of supermarket mixer from 2019. Find a cocktail guide you like and start practicing for your first post-pandemic Nibble and Sip!





DOWNTOWN EGG-STRAVAGANZA

1. I am the reason "The Electric City" got its name, generating electricity is how I got my fame.

I'm the color of the sun and a new art addition downtown, when you look at me there is no way you can frown!

3. Come in for a spa day when you need to unwind, host a party on my rooftop and have a great time.

 I am a building downtown that open air can flow through, you'll find artwork of The Black Panther on my walls and floor too.

5. I hold diamonds, rubies, and gemstones galore, if you are looking for a sparkly present, step inside my store!

*Go inside for 20% off all merchandise (excluding repairs & watches) & free ring cleanings

My specialty is wrapped in either rice or seaweed, you won't use a fork, chopsticks are all you need!

I'm an animal downtown that typically you can ride, however, I am a sculpture so take a selfie but keep walking by

8. My colors are vibrant and take up a whole wall, you'll find me on Orr Street where I am long and tall!

9. A body of water is in my name but you will not need a life vest, wake up and eat – my specialty is breakfast!

10. I am the Willy Wonka of downtown, located on Main, come in my store and receive a sweet treat for playing this game!

*Go inside to claim your free prize for finding all of the eggs! You must go during store hours (Monday: 11am - 4pm, Tuesday-Thursday: 10:30am - 5:30pm, Friday: 10:30am - 9:00pm, Saturday: 10:30am - 7:00pm, CLOSED SUNDAY). One lucky winner will receive a free chocolate bunny!

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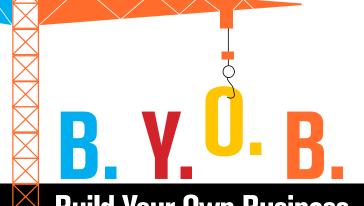
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The Big Green Egg

BY JIM HARRIS

You would be hard-pressed to find any group whose followers have more passion and loyalty to their cause than Big Green Egg fans or "Egg-heads." Many have been fans for decades.

American Servicemen discovered earthen cookers in wide use in Asia during WWII. Loving the foods they produced, many shipped them home. One of those men was entrepreneur, Ed Fisher. He began importing these cookers and opened the first Big Green Egg store in Atlanta in 1974.

Research and trial runs led the company to arrive at the version available today, which utilizes a ceramic material created initially for use by NASA. This material allows the unit to be stronger and retain heat exceptionally well, which is a cornerstone of the Big Green Egg cooking process. The heavy construction allows the Big Green Egg to be covered by a lifetime warranty for most of its major components.

Don Artman is the Big Green Egg expert for Grady's Outdoors, Anderson's authorized Egg dealer. Being an avid user himself, he can quickly guide prospective owners through the steps of choosing the proper Egg as well as becoming an expert cooker. Don loves to help Egg enthusiasts shorten their learning curve and start enjoyed their Eggs right away.

We asked Don how most people become interested in the Egg. He said, "They usually have friends with an Egg. When they taste the food off of one, that's the deal".

Eggs are offered in seven sizes, from mini to XXL. Don recommends choosing the size for you based on the number of people you plan to cook for as well as the type of cooking you plan to do. Don has cooked for up to 14 people and cooked 22 pound turkeys with his large model.

The Egg generates its heat from natural lump charcoal, which adds no chemical taste. You can also add in mesquite, pecan, apple, cherry, and other wood chips to customize your food flavor. Its ceramic construction retains heat so well that it can cook up to 16-18 hours, and 1000-degree temperatures are easily attained. The temperature is controlled by balancing the airflow with the upper and lower vents. This flexibility, along with the wide variety of accessories, makes the Egg an ideal cooker for ribs, brisket, burgers, and steaks. It also can be used to prepare excellent pizza, cakes, and cookies.

Grady's stocks hundreds of authentic accessories to enhance your grilling experience. With the ceramic insert known as the "ConvEGGtor," you can convert your Egg from a grill to a convection oven, which is ideal for smoking and baking. There's the Egg



Don Artman

Genius which can control grill temperature using your smartphone. Baking stones make cooking pizza a snap. Grady's stocks a huge selection of charcoals as well as accessories that make cleaning and maintenance a breeze. There's a wide variety of sauces, seasonings and rubs available, so your flavor options are unlimited.

Once a year, Grady's hosts the corporate Big Green Egg cooking team. They spend a day showing enthusiasts the ins and outs of Egg cooking. Covid concerns kept the event from happening in 2020, but they hope to have the team back this year. There are also "Eggtober Fests" around the region, where enthusiasts gather to cook, exchange tips and recipes, and swap stories.

Try the Big Green Egg for yourself, and as the company's website proclaims, "Your Life Will Never Taste the Same!"



ANDERSON



LIEN NOTICES

Pursuant to SC Statutory Law, S.C. Code 39-20-45€ personal property from the following unit will be sold on:

April 16, 2021 at 10:00 am at www.storageauctions.com by Stowaway Self Storage, 4350 Highway 24, Anderson, SC 29626.

Unit B21, - B. Sargent - Unit appears to have the following: Bed Frames, mattress, night stand, coolers, rug, shoes/ boots, luggage, duffle bags, tool boxes, shelving, stools, chairs, lawn mower, TV, heater, golf clubs, amplifiers & speakers, clothes closet, outdoor fountain, sewing machine, tools and tool boxes, boxes, bags and totes.

Property being sold to satisfy a lien for storage rent.

Terms of sale: Cash Only

Bidders must sign in prior to sale. Sale will be through www.storageauctions.com Unit availability subject to prior redemption by tenant.

Pursuant to SC Statutory Law, the personal property from the following unit will be auctioned online for one week beginning April 16:

H5 Carolyn Sanders: washer, pullout sofa, dining room table, TV, furniture. Property is being sold to satisfy a lien for storage rent at 81 North Mini Storage, 3508 Hopewell Road, Anderson, SC 29621

How to eat a wheelbarrow

Summer vacation from school was in full swing as I bounded outside, letting the screen door slam behind me. My goal was to find



something that would combat the boredom of being babysat by my grandmother. The day before, after some homemade peach ice

cream, my grandad had pushed me around the yard in his old wheelbarrow, and I spotted it leaning up against his small workshed.

The wheelbarrow was mostly metal and quite heavy for a little kid, but I managed to topple it down, push it onto the concrete driveway and climb in. I was hoping that it would somehow transport me around the yard. It didn't. I sat for a bit, playing racecar driver and winning the Firecracker 400.

Then I decided that I would try to stand. I rose slowly while maintaining my balance and found that, yes, I could stand. Having accomplished this miraculous feat, I grew in confidence and tried standing on one leg. I did it, and was sure that I had done what no other kid in the history of the world had achieved.

Next came my most daring stunt. I would attempt to hop both feet up the sides of the wheelbarrow and stand on top of the rim. I knew that each foot needed to land at precisely the same moment. (Deep breath), I



hopped and landed each foot in the middle of each side. Whew!, one more hop and I would be on top and crowned King of the World. I jumped, spreading my legs to just the right distance for a perfect landing. I touched down right on the money, and for a split-second I had done the impossible.

The shoelace on that left PF Flyer must have been a tad loose, because in the other half of that split second, my foot slipped off the edge of the wheelbarrow causing it to do a half-flip. I was on my way down. My mouth hit that steel wheel and pushed my upper lip between my two front teeth, sealing off any way for me to scream. They say it took two large assistants to hold me down as the dentist yanked my face out of my teeth. That fading lip scar still tingles whenever I see a wheelbarrow.



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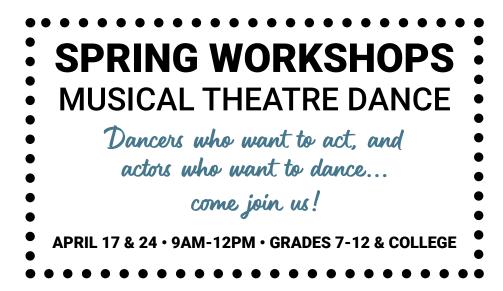
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A Harris Home guide for avoiding renovation nightmares

Let's say you've had a grand inspiration for completely remodeling your home or maybe just two or three rooms. How hard can it be to turn your mind's beautiful vision into reality, right? If you utter the words, "We'll do it ourselves," you should pay attention to the inner voice that's screaming, "This is way more difficult than you could ever imagine!"

"Many homeowners just don't realize how complex a total room renovation can be," says Scott Junkins, president of Harris Home. "So many elements need to be coordinated carefully. Having one team of professionals who can handle the entire process eliminates a lot of problems." Here are just a few nightmares to avoid:

Finding contractors. How many strangers do you want tromping through your house, randomly guessing what it might cost for



all the jobs to redo your room? A dozen or two? Is the guy who fixed your neighbor's garage wall really qualified to modernize your kitchen? Harris Home has accredited, experienced contractors who specialize in supervising detailed room transformations.

Cost estimate. Many contractors guesstimate the possible cost of a

renovation based on similar jobs they've already done, or on average budgets from other homes. If they guessed too low, that's too bad, because you already signed a contract. You'll just have to absorb the shock and hope for the best. The experts at Harris Home consider all the materials you'll need for your specific project before providing you with a total renovation cost. From that point on, the bottom line only varies if you change your mind.

Seeing the plans. With some contractors, you'll be lucky to ever lay eyes on a blueprint. You just have to trust that it will match your vision. With Harris Home, your personal consultant reviews your plans with you and provides a custom 3-D rendering of the finished room. This way you know everything looks just as you wanted.

Finding samples. How many stores will you need to visit to find

samples for cabinets, countertops, flooring, and lighting? That list could grow quickly if you do it yourself, so get ready to so some driving. But with your Harris Home design consultant they'll gather and present all the options you wish, all in the comfort of the Harris Home gallery.

Managing everything. If you want to juggle all the subcontractor schedules while balancing work and a family, good luck. It is possible to have a life while you remodel, when you choose Harris Home. Your Customer Specialist is a seasoned project manager who coordinates the entire timetable and all labor.

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Continuing the Tradition





OUR FAMILY

KRISTOPHER SMITH Funeral Director and Embalmer

Kristopher Smith, a native of Atlanta, GA, is licensed as a funeral director and embalmer in the states of South Carolina and Georgia. He is a 1994 graduate of Georgia Perimeter College, a 1995 graduate of Gupton-Jones College of Mortuary Science and has been on staff with The McDougald Funeral Home since 2008. He is a member of the National Funeral Directors Association, the South Carolina Funeral Directors Association and the Central Presbyterian Church in Anderson. In his spare time he enjoys collecting antiques and spending time with his dog 'Ruby'.

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YOUR DENTIST CAN SAVE YOUR LIFE

Is there really something called Spring Fever?

I have often wondered — and perhaps you have too — is there really such a thing as "Spring Fever"? Or is it simply a myth?

There does seem to be a kind of universal human reaction to Spring going back into the mists of time. Some have tied this phenomenon to our ancient ancestors who were relieved to have finally made it through the cold dark winter. It was then described as a time of transition and a renewal of the spirit.

Writers and poets have long associated Spring Fever with romance. A magical, wonderful time in April and May for falling love. A time for feeling young, for daydreaming, for being idle with hearts aflutter. Wow!

Still the question persists: Is Spring Fever a real condition or simply the product of our collective imaginations?

Interestingly, medical science has identified

something similar to Spring Fever. It is referred to as Seasonal Affective Disorder or SAD. Oh my, just what we need — another "condition"!



F. Cannick

But Seasonal Affective Disorder is real. It is a form of seasonal depression that starts in winter and is thought to be the result of a lack of exposure to sunlight due to shorter days. The reduction in sunlight exposure affects the endocrine system, which causes changes in the production of serotonin,

melatonin, and other hormones. Research has shown that this can have a

profoundly negative impact on our mood and on

our energy levels. Seasonal Affective Disorder is characterized by lethargy, sleepiness during the daytime, feeling tired, and even negative thoughts leading to a gloomy disposition or anxiety.

On the other hand, the symptoms of Spring Fever, while similar, seem to be more about a lack of focus and motivation, feeling listless, with mood swings from giddiness to a kind of wistful melancholy. Plus, medical research seems to suggest that as the season changes and temperatures warm, and with longer days and more sunlight, our sleeping and eating habits change.

That is the science. But it begs the question. Must we define everything through the prism of the scientific method?

Maybe after the long winter — and particularly when you consider the events of the preceding year — we all need an emotional break. And I have a suggestion.

One I intend to follow. Let us embrace this new bright season as a time for personal renewal, of finding the joy in life, and of love. If you find yourself needing a walk in the warm sunshine, or sitting and reading a good book, or playing as a child with your children, or discovering again that sense of well-being that comes with...well...just "being" I say go for it. We all deserve a good dose of "Spring Fever"! If you have any questions, call us. Think of us as your hometown resource for guidance and support. Happy Spring!

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

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



Recently, I heard the five little words that I have longed to hear my whole life. No, not, "You could gain some weight," although if someone ever tells me that, I already have a plan consisting of German chocolate cake and all kinds of cheese. I had a little surgery recently, and what the doctor told me afterward sent

me over the moon: "You can never run

again." Halle-Nike-lujah. I

Running has existed legs. We've all read the history of the marathon,

where a soldier ran from the Greek city of the same name to Athens to report a military victory over the Persians. The soldier's name was Pheidippides, and he died almost immediately after delivering the good news. They don't tell you that in the ads for running shoes, do they?

My hatred of running does not mean that I hate exercise. I actually enjoy exercise, and I've kept up with regular fitness routines since I was in my 20s. I started with The Firm Workout program of cardio and weights. I was a big Reebok stepper in the '90s. I did Bhangra dance workouts, Latin dance workouts, tap-dance workouts, and Zumba. I have a universal gym, a stability ball, a weighted hula-hoop, and some assorted thigh gizmos, the names of which I do not know. My friends who run marathons find my workouts silly, but after their 26.2-mile run, they often report shin splints, stress fractures,

blisters, dehydration, and nausea. Meanwhile, after I finish an hour in front of the television doing the cha-cha while incorporating some bicep curls, I can report that Erin and Ben from "Home Town" are adorable and that Regina King was an awesome "Saturday Night Live" host.

To the runners out there, I salute you. I tried to join your ranks once, but I dismissed the idea after my first attempt. On a family vacation long ago, my sister, Lisa, asked me to go running with her on the beach. While I have mentioned her often in this column, I have probably never mentioned that she is almost 6 inches taller than me, tall enough to have competed on the T.L. Hanna track team as a hurdler back in the day. The problem with accompanying her on that run, though, is that no matter how fast I ran, I couldn't make up for the leg-length difference. Wanting to stay with me, she literally ran in circles around me as I ran in a straight line. I couldn't have been more embarrassed on that beach if I had been in a swimsuit three sizes too small

Luckily, there are plenty of things I CAN do post-surgery. I can return to hiking, one of my favorite activities because there's always a picnic in the middle, in a few months. I no longer have to rely on elevators as I'm now climbing steps like a pro. I can walk on my treadmill for two episodes of "A Million Little Things," and by the time I attend a family wedding in August, I'll be mambo-ready for the dance floor. As long as nothing ever chases me - or the Sweetery never has a limited-time only sale on German chocolate cake - I can look forward to never, ever running again.





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hate running. as a sport for almost as long as people have had

THE GARDEN SHOP

SEEING THROUGH SOMEONE ELSE'S EYES



She told her husband her wine sisters are coming to visit. Kim and her husband just built their new retirement home and we spontaneously invited ourselves to see it. Kim and I worked together WAY back in the day at Ryan's. I was an impoverished line girl living on my own for the first time at Wilmary Apartments and wished I could wait tables like she did. We rekindled the friendship over wine dinners at McGee's Irish Pub several years back, then four of us starting having our own tastings at each other's homes every now and then.

I don't have visitors to my place much. My housekeeping efforts don't let me live prepared for company just any time and it appears I like my solitude when at home. But I branched out last year and started inviting the wine sisters to my house. The first one was in mid fall and



Early spring through gardningirl's eyes

Kim was interested in a tour of the grounds. We wandered for a bit. I am aware I can get long winded when telling stories of my place and the plants. I am also aware when people begin to lose interest. So Kim said she wanted to come back for another tour and I told her I would share some plants with her for her new home.

Kim's wild garden, as she calls it, is in full sun. As winter progressed, I divided and kept adding, right up to the day she came to pick up her collection. I am also aware that some people don't plant with the same gusto as I so periodically Kim would get a list of what was in her holding area, and to confirm it was something she wanted. She said yes to it all. When Kim came to pick up her plants, she got a more detailed tour. She loved the paths and asked how they were made. The garden was done absolutely backwards from how professionals say do it. Plants dictated how the paths happened. I started at the middle of the house and when that area got full, just kept expanding outwards. That way there were concentrated areas to tend, rather than go way over there, then in the other direction, etc. Paths were adjusted as things died and others grew much larger than the tag said. She loved the rocks at the edge of the garden and talked about how her grandmother would line things with rocks. I explained the paths are lined with broken stepping stones, just regular concrete ones that I drop and break then stack.



Fall garden through another's eyes

Kim commented on the wonderful smell. That was from all sort of daffodils in full bloom rescued from Eula Bell's yard, Grandmother Cooley's neighbor, before everything was cut down. She heard those stories and more about what came from my great great aunt Marshall's yard before they were all cut down. We wandered and smelled burkwood viburnum, a fantastic shrub. We visited the pink and yellow deciduous magnolia and she heard the story of how that came to be. Kim left with her SUV packed. Her husband had to move it the next morning and said it looked and smelled like a rain forest. Kim left me with the pleasure of seeing my place through someone else's eyes.

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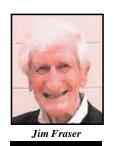




MUSINGS OF AN OLE BALL COACH

A LIFE WELL LIVED

Henry Spann was the consummate southern college professor, erudite; cerebral and scholarly. He was also the classic southern gentleman. Those two



qualities were indeed a rare combination for a life well lived and who entered the church triumphant way too early to suit me.

He appeared as if he had wandered out of an F. Scott Fitzgerald novel to temporarily grace our

lives. Nobody wore a tweed coat and a bow tie as well as Henry. There was nothing ostentatious about the oh so rumpled cowlick and the perpetual twinkle in his eye. Great teachers all have that twinkle, it's their way of telling the student, "I know that what I'm teaching you, English in his case, is not going to alter the course of western civilization. But it's going to help make you a more well-rounded person, and besides, you need a good grade".

He scored many term papers, theses, and competitive papers in addition to teaching

English, first on the high school level and then at his beloved Anderson University. Every student finished his classes with an appreciation that proper writing and speaking of the king's English was important, and anybody who was going anywhere in his life needed to be adept at it.

My relationship with him began while I asked him to proofread my 2 ½ years of Electric City News articles. As he was a 5th generation First Presbyterian guy and I only a first generation, we had a cursory knowledge of each other from talking in the halls, serving on committees, etc. One of my good buddies accosted me and said if you're going to charge money for that book you need to be sure it's grammatically and strictly correct. "It is," I responded, "I've been told by at least eight English teachers that my articles meet that requirement."

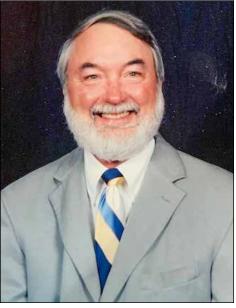
"They're just being kind. Get you somebody to score it".

So, all roads began pointing to Henry. Ralph Little, a former player whose Electric City Printing Company printed my first two books, told me, "Coach, if you can afford that guy, get him." He graciously accepted my invitation.

Here are some of his gems from the inside cover: "The job of a proofreader can be a difficult one. When I changed Jim's punctuation it was to make a sentence clearer to the reader. For example, when he meant 'than,' he said 'then'. Or beginning the previous sentence with 'its' and not writing 'it's'. There are other things that a language stickler might disagree with. Maybe, they'll forgive me when they find out I didn't charge him. "That, good friends, is what having your back means." He further wrote, "My only suggestion to him was he not use so many \$40 words." My answer, "I'm only charging \$2.95 today."

Allow me to finish with one of the greatest tributes I ever received. "Jim's been excellent to work with, he has been totally supportive and encouraging. He's such a great storyteller and friend. I'm so glad to have





Henry Spann

helped with his book. I hope you enjoy it." – Henry Spann.

What a guy, "We'll never forget you good buddy!"

Jim Fraser was the athletic director and head football coach at T.L. Hanna High School from 1968 to 1985. He was also a full member of the faculty and taught U.S. History.



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