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February 16-March 1, 2023

The legacy of **John Linley Jr.**

BY JANA MACKIN
The Electric City News welcomes an historic preservationist whose regular column will illuminate the achievements of a local architect whose name may be a cypher to some, but whose designs and buildings have shaped not only Anderson's architectural landscape but have far reaching impacts throughout the South.

One can barely drive a few blocks downtown without seeing a house or building designed by John Linley Jr. whose famous father was the developer of North Anderson.

The paper's newest writer, Aubrey Newby, will be pen-

ning regular columns about Linley sharing his expertise and research about the man, his buildings and legacy.

"I love historic preservation," Newby said, currently finishing his master of historic preservation at the University of Georgia, focusing on Linley's impact as an educator, architect, preservationist and scholar in Georgia. Newby's research also has led him to study Linley's deep Anderson roots and contributions as a native son and architect par excellence.

"I'm from Georgia and had never been to Anderson but through my research I became familiar with John



Linley and the impact he had on historic preservation," said Newby.

"As my research expanded, I found a trove of hundreds of pages of architectural drawings and saw the magnitude of the work he did in Anderson," Newby said. "I was really intrigued by his architectural career and

the houses he designed in Anderson. I tracked down a number of houses and that got the ball rolling."

From Gray, Georgia, Newby's credentials include completing his masters' thesis next month that focuses on Linley's architectural and preservationist impact in Georgia. He also has a B.A.

in history and a certificate in Historic Preservation from University of Georgia. His undergraduate focus was on the American South. In 2021 he was a presenter at The Slavery and UGA Symposium where he presented his research

SEE LINLEY ON PAGE 2

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FEELING STUCK?



**MARY-CATHERINE
McCLAIN
RINER**

Raise your hand if you believe depressed people look sad? Does this picture or image include people who exhibit low energy, wear sweatpants, talk negatively, or stay in bed all day? Surprisingly, many individuals have a hard time acknowledging or believing they are depressed—ultimately leading to ignoring or pushing the feelings down. When you are

worried that someone is down, it is actually more effective and helpful to assist others in recognizing their depression than to convince them that they are struggling. Similarly, it is critical to take a non-judgmental approach when supporting another individual.

Consider the following flags:

- **Disconnection:** It becomes difficult to focus on important areas of your life and the overall pressures lead to a lack of purpose and direction.

- **Lack of engagement:** A gap exists between where you are and where you want to be, with your mind making you to believe that nothing will ever change.

- **Blind acceptance:** Our minds like to know the answer to “why.” This leads to constantly believing thoughts, feelings, and sensations as true and valid without question.

- **Avoidance:** It becomes easier to avoid people, situations, and events that are distressing. We can also avoid by relying on distractions, engaging in substances, seeking re-assurance, and relying on co-dependency with another person.

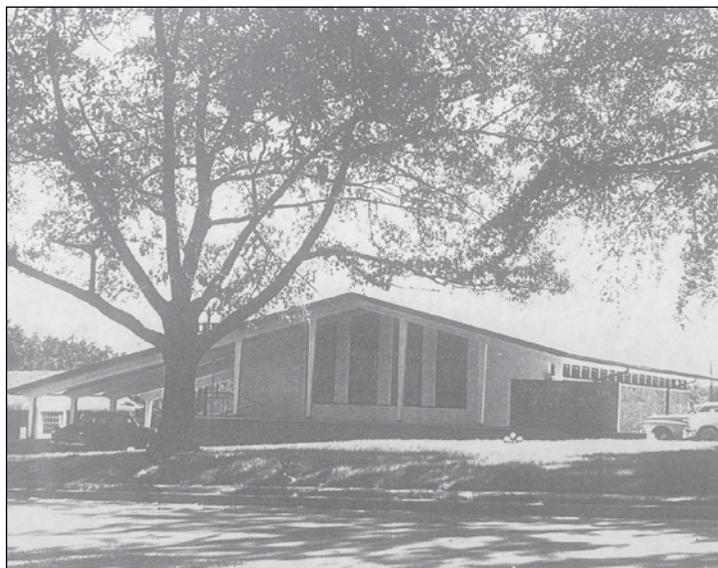
- **Seek short-term relief or pleasure:**

Technology, substances, entertainment, sex, food, shopping, sleeping, etc. can make you feel better in the moment, yet nothing changes. These behaviors ultimately cost us time, money, and our health.

- **False assumptions:** Life is and will never be 100% perfect or easy. Happiness is fluid, joy is at the core. It is incredibly normal to have challenges and tough situations. It is how we respond to thoughts and feelings that matter most.

Ask yourself what habits you avoid and how you are trying to control your distress. It is helpful and effective, or is it harmful? Are you moving in the direction of your aspirations? It is OK to feel distress. We can tolerate being uncomfortable in order to move forward. Baby steps lead to your mountain of growth. Remember, you are NOT your thoughts. Let’s break this negative cycle.

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



Linley

CONTINUED FROM PAGE 1

“That They Might Be Known” discussing the enslaved families of the longest serving University of Georgia President Alonzo Church. He has had a career working in real estate development in downtown Macon for the last 15 years. That career has afforded him the opportunity to explore his passion for saving the built environment, new projects including loft and commercial development, and being involved in the community. He has served on the boards of Historic Macon Foundation, The Hay House, The Georgia Trust for Historic Preservation and Theatre Macon. He and his wife Jennifer are raising three children in their historic 1890 house in James, Georgia.

With Aubrey’s encyclopedia knowledge about Linley, his columns will illuminate Linley’s local architectural work that was inspired by his father’s construction and

real estate development in North Anderson. Born in 1916, Linley, graduated from Clemson College in 1938 with a B.S. in Architecture and went on to earn his M.F.A. in Architecture from Princeton University in 1945. Before becoming a professor for the University of Georgia’s School of Environmental Design in 1963, he designed and built area residences and office buildings for years with his partner David P. Watkins, Sr., a graduate of Clemson’s Architectural School who had been a former student of Linley’s. Linley and Watkins finally dissolved their Anderson firm in 1963 when Linley went to Athens to teach at UGA. He continued to teach, write, research and impact Southern architecture and historic preservation until his death in 1996.

Newby’s research has already identified about 50 houses or buildings designed by Linley and/or Watkins, including Moultrie Square and Marshall Avenue residences, and other buildings such as the Children’s Clinic which is now the Anderson Family Dental Care, the former Young, Perry, Bailes and Waller physicians’ office, which is on

the corner of East Greenville Street and Boulevard, Tri-County Technical College buildings, and others such as the Kennedy Street School Auditorium.

“In my first column, I will introduce the man and talk about all he was involved in, exploring his work and every couple of weeks, a new Linley house,” Newby said.

“There are a generation of people who grew up in these lovely houses,” he said “and there are a lot of people who may live in Linley houses, and have no idea about these houses.”

Newby hopes the column will garner information, support, and input about this extraordinary architect who helped shape the community and architecture of modern Anderson.

“By all who knew him,” said Newby, “he was considered the epitome of a southern gentleman; his manner and dress impeccable.”

“Beyond that though, there was a brilliant man who not only understood design and historic preservation but had a genuine interest in bettering his community,” Newby said.

Aubrey Newby can be contacted at wiliam.newby@uga.edu.

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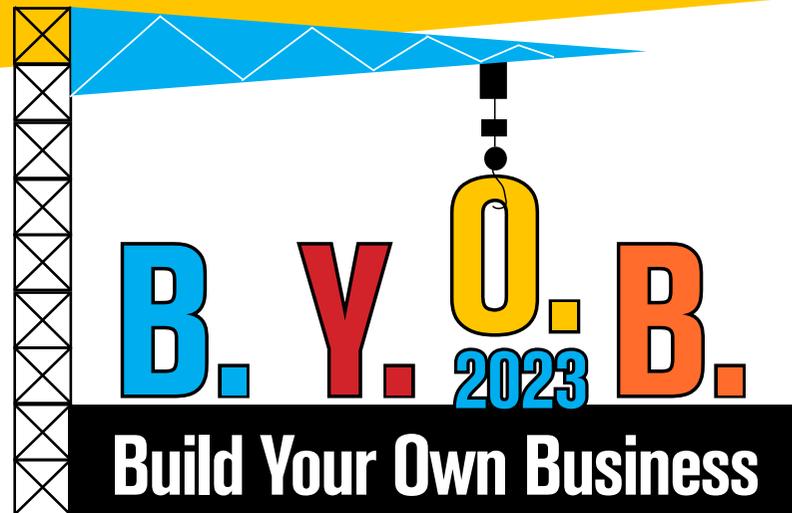
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remembering OUR FAVORITE NEIGHBORHOODS

The boys of Nevitt Forest

BY JACKY NEWTON

It's a beautiful day in the neighborhood. I think I'll call the Price brothers, Ricky, Den and Ken, and see if we can get some of the boys in the 'hood together for a baseball game. My brother Jimmy will call a few of his friends and we will put our equipment together for an afternoon of fun. No aluminum bats in this game. No sir! We all own a genuine Louisville Slugger. Of course, our bats are mostly broken, tacked together and wrapped with black electrical tape. Somebody will supply a ball or two, maybe a little warp-sided or held together by that same black tape. If we are lucky, one of us saved enough money from mowing a few neighbors yards this week to buy a new ball. Of course, we all had our own gloves which were well worn from hours of use, abuse and linseed oil.

Our field was a red clay vacant lot next to our house on Woodbine Circle, overgrown with kudzu vines. Bases were often big rocks or pieces of cardboard; sliding into them meant taking your life into your own hands. Umpires? Who needed them? We called our own balls and strikes; whether we were out or safe. If we disagreed with one another, we usually ended up in a fist fight to decide who was right and who was wrong. Yet, we always left the field still friends.

Our official sports drink came out of a 50 foot hose pipe. All of us chewed that wonderful cardboard bubble gum that came out of our favorite pack of baseball cards.

Those were the best of days when we dreamed of Yankee Stadium, home runs, stealing bases, playing ball til our moms called us for supper, and never growing old.

To all the boys of Nevitt Forest, I salute you. Wish I could name you all, but afraid I would leave someone out. I think of each one of you often and so appreciate that God placed you in my life so many years ago. Thank you for all the wonderful memories.



ELECTRIC CITY NEWS READERS' FAVORITE NEIGHBORHOODS

Monroe Street from age nine to sixteen. All the neighbors were friends and all the kids played softball together in the street. Two friends and I started a neighborhood newspaper. We canvased around to learn about news (new dog, vacation story, etc) and published our news on a mimeograph machine. We charged 10 cents a copy and most neighbors subscribed. — *Brena Walker*

Washington Street. My first proving ground for friendships. — *Herman Keith*

I grew up off of Bolt Drive. We had such a sweet community. We didnt even realize it back then. Everyone knew everyone and took care of their neighbors. It was working class families. We had playmates, some of the best friends I had to this day. We all enjoyed a treat at the Nutty Sweet Shop every now and then, we had a putt putt course at the corner of Bolt Drive. All the boys played little league baseball and the girls would get all cleaned

up and wear our Ked's tennis shoes and go watch our secret crushes play baseball. — *Jackie Hawkins Jones*

Ravenal Road. Every house around us had children. We played baseball in the backyards, Murder in the Dark, Hide and Go Seek, etc. We rode go carts, mini bikes and jumped on the neighbors trampoline. The creek and Caters Lake were just down the street. It was a tom boy's dream! — *Linda Cogswell Grandy*

I loved living across the street from school on Glenwood Avenue. — *Mary Mason*

Canterbury Road, the conduit between Kings Road and Tanglewood. Basketball in the driveway, baseball in the front yard, woods in the back and a creek to explore. Even now I remember the phone numbers of the neighborhood kids. Many are still friends today. — *Russell Hall*

Brewton Court. As it is a cul de sac, I learned to ride my bike without worrying about traffic and it was a great place to play Kick the Can! — *Kim Acker von Keller*

I grew on Fleming Drive near the Nutty Sweet Shop. We walked home from school, went to the Little General up the road to get candy and played outside all day, every day. I had two wonderful friends - Dottie and Debbie Compton that lived up the road. These days were so simple. We knew what to expect and followed our parents' instructions. The neighborhood was so safe. You knew everyone and they knew you. — *Rhonda Deanhardt Dillingham*

I lived in the Nevitt Forest area on Fairfield Drive. I was part of a neighborhood that was like one big family. We were raised by ALL the parents. We attended Forest Hill Baptist Church. We walked to Nevitt Forest School and home everyday with a group of

friends. The memories in that house my parents raised us in will always be some of the best memories of my life. — *Donna Scurry Getsinger*

Having a great time on Moultrie Square with the Bailes, Dunns and Sands. Dr Sims had the swimming pool and the Bailes had the trampoline. On the big hill on the back of

the neighborhood (Tar Hill) was fun on snow days. — *Cary Doyle*

Riding bikes and visiting friends from

house to house on Moultrie Square. — *Andy Sands*

Hilltop Drive/Allenby Road: 130 kids between 10 and 18 at one time! The Canupps, Guidas, McClellians, Rodgers, Donnellys, Hamiltons, Hayes, Walkers, Martins, Henness, Dobbins, Thompsons, Hughes, Rainey, Harpers, Talmadge, Sutherlands, Trotters, Crudupps, Simpsons. — *Susan Walker Timmerman*

The "Track" was an underdeveloped property on Hilltop Drive. The older kids or a parent cleared out brush for a bike track. It was a large loop with the center cut through. Someone even made ramps for jumps. Some of the kids learned to smoke cigarettes on that track and we would find Mad Dog 20/20 bottles that belonged to the older kids. There was even rumors of kids making out on that track. We also had a huge ball field in the Simpson's backyard. The houses made a circle with all the backyards connecting and Mr. Simpson put down bases and allowed all the kids to play in their massive backyard. — *Mary Guida Downs*

We had an enormous response to this story so this will be continued in a subsequent issue. Thanks for the memories.



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THE ART OF AGING MUSICALLY

Don't you love it when an author whose work you enjoy releases a new book? I was so excited this week to see that Margareta Magnusson, whose first book was released in 2018, has just released a new work that



Kim von Keller

promises to be every bit as interesting. Her first title was "The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter."

Her new title – and I am not making this up – is "The Swedish

Art of Aging Exuberantly: Life Wisdom from Someone Who Will (Probably) Die Before You."

It seems that Ms. Magnusson, who is 86, has something to say about how one happily arrives at age 86. And while I have not read the book yet, I did read about it in an article written by Jancee Dunn for "The New York Times." One of the best ways to age well, Magnusson says in the article, is to spend time with young people because it is "a way to stay in tune with the young person you yourself were at some point."

Hey, I used to be young, but if you are going to have good interaction with actual young people, you have to have something to talk about other than that clicking noise in your hip. One thing I have going for me when I talk to the young folks, though, is that I love most all genres of music. I'm constantly looking for something new, so last week, I decided to watch the Grammy Awards on CBS. What I learned is that I am old.

Like seriously old.

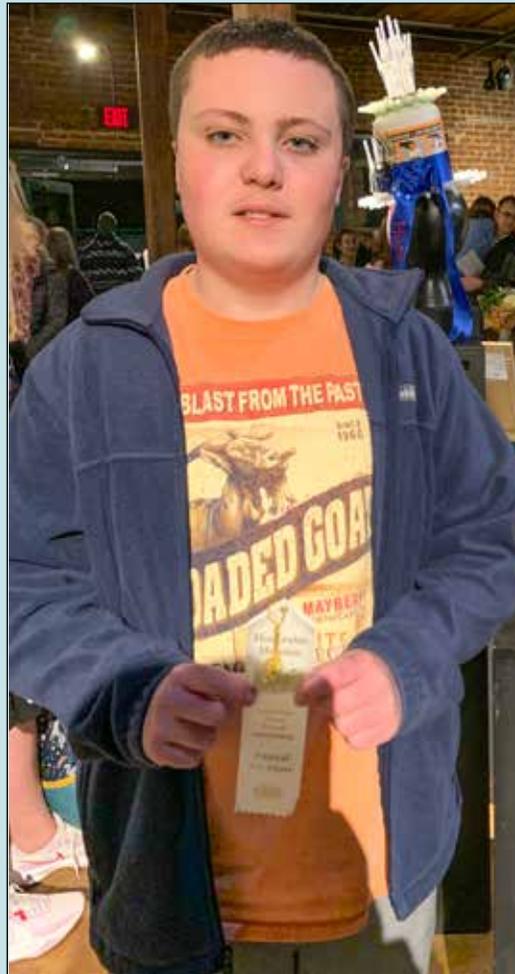
There were some nominees and performers I had never heard of. I thought Steve Lacy was a CPA; turns out, he is a gifted artist in the category of Progressive R&B. DOMi and JD Beck are a jazz duo. Bonobo (who?) is described by Wikipedia as exploring trip hop

(what?). My first thought was that Diplo is that ice cream made into tiny little balls, but my daughter Elizabeth tells me that's Dippin' Dots; Diplo is actually a DJ and dance musician.

That doesn't mean that I was totally clueless. There were some performers whose music I already knew. I love Brandi Carlisle, and Lizzo's music has a body positivity that you didn't hear when I was young. When Elizabeth was a teenager, there was so much Taylor Swift played in my house that she should have had her own room. I saw Bad Bunny once on "Saturday Night Live. And who doesn't know Queen Bey, a/k/a Beyoncé?

Still, I was looking for a bridge, something that will connect the music I grew up with today's music. Imagine my surprise when Stevie Wonder, 72, took the stage. I hope I don't have to explain to anyone who Stevie Wonder is, but he started making music in the early '60s at age 12 and he is still making music today. Everyone knows at least one Stevie Wonder song; when I was a senior at T. L. Hanna, the marching band did a jamm-in' version of "Sir Duke." What made his performance at the Grammy Awards even more special were the folks who joined him on stage. Smokey Robinson, 82, who hit the music scene at about the same time as Wonder. Chris Stapleton, 44, whose first solo album was released in 2015. And looking to a new generation of music, WanMor, comprised of four sons of Wanya Morris of Boyz II Men. The oldest member of WanMor is only 15, not much older than Wonder was when he released his first album. Now I've really got something to talk about with the youngsters.

I'm fortunate that I have a close group of friends whose children are about Elizabeth's age. We still keep up, and I have not yet resorted to starting a conversation with, "Well, in my day..." I can't wait to astound them with my new musical knowledge. And if that doesn't work, I'll just offer them some Dippin' Dots.



'A Head for News'

Schroeder Campbell displaying his sculpture, "A Head for News". Notice it is made using copies of *The Electric City News*. "We had to cut out all the articles by Neal Parnell because Schroeder saves all of those," says his mother, Charity. This was on display at the Anderson Home School Association Art Show. The sculpture received an honorable mention.



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Sterling Company brings everyone to the table

The quarantine months were hard, but many people decided to use the extra time at home to try their hands at cooking. "Let's have meals like our moms used to make," they said, "so that our family can gather around the table for delicious scratch-made dinners!"

And then everyone went back to the office, and the dream wilted on the vine.

Luckily for the Upstate, Ashley Wham Stuart is here to make that dream a reality. Her Pendleton business, Sterling Company, offers delicious meals

from her family's recipes that your family can enjoy at home. Whether it's a gooey, bubbling lasagna or a com-

forting vegetable beef soup, Ashley's goal is for everyone to go back to their dinner tables.

"I opened Sterling Company because of the void at dinnertime in my own life," she says. "Dinner gives us a reason to sit face to face as our lives get busier. Before opening the business, though, I worked and played harder and didn't always make time for the grocery store, much less time to cook. So this was a way to go to work and come home with dinner ready to enjoy with my family. Time is precious, and I want everyone to be able to spend every minute they can loving the blessings around them, not cooking and cleaning every evening after work."

Sterling Company prepares meals to satisfy a family of eight or a single person who wants a dish to nosh on over a couple of days. Menu items like Chicken Alfredo Bake and Potato and Sausage Breakfast Casserole are sold in sizes small, medium, and large. You won't even need to prepare side dishes, as Sterling Company offers dishes like Garlic Bacon Green Beans, Broccoli Casserole, Sour Cream Biscuits, and Lemon Chess Pie.

Sterling Company is definitely a family affair. Ashley credits husband Trent for his assistance in starting a new business. "God sure knew what he was doing when he gave me Trent, and I love him dearly," Ashley says. Her father built her DHEC-approved kitchen, and even her children are ready to help in any way they can.

"Our sons – Finn, 13, and Banks, 11 – are always thinking of new projects for Sterling. And our baby girl, Waylon, 7, has already started selling homemade dog sweets in the store. They were

her idea and made from start to finish by her rolling out every last one."

One of the most important members of the Sterling

Company team is Ashley's mother, Pam Wham. "My mom has been very instrumental in my business," Ashley says. "I am completely blessed to have a mentally and physically supportive mother who helps me day in and day out. She sees my needs and fills the void. I enjoy working with her and the time we have together in and out of the kitchen."

Pam is her daughter's biggest fan. "I feel incredibly blessed that I am able to share in this exciting new business of Ashley's. She has always been so much fun to be around. Ashley is one of the hardest working, most outgoing creative people I know, and we love preparing meals that have been passed down from grandmother, mothers, family, and friends as well as creating our own dishes, like Mama Wham's Chicken Pot Pie, Mema's Beef Stroganoff, or Sue Sue's Meatloaf. We have enjoyed getting to know our customers and hearing their wonderful feedback."

While mom and daughter love everything on their menu, they do have their favorites. "One of the most popular menu items is Mama Wham's Chicken Pie, which is my father's mother's recipe,"



says Ashley. "It is basically chicken pot pie with NO veggies. Men and kids think it's the best thing since sliced bread. My family enjoys Mimi's Ritzy Chicken Casserole, which is my mom's recipe."

Pam's favorite might surprise you. "I like making all of our meals, but I'd have to say I enjoy baking the most," she says. "I make a delicious Coconut Granola."

In addition to family meals, items from the Sterling Company's menu are perfect to bring to new mothers, to deliver to friends in need, or to welcome a new neighbor. And for picnics and tailgating, Traditional Chicken Salad, Everything Chicken Salad, Egg Salad, Pimento Cheese, and Strawberry Cupcakes are perfectly portable.

There are a couple of ways to purchase Sterling Company's menu items. Tuesday through Thursday, between 10 a.m. and 6 p.m., customers may visit the store to purchase whatever is available. Every Thursday, Ashley posts meals, dips, desserts, and sides on the Sterling Company Facebook page. Customers can preorder and prepay for menu items that can be picked up the following week.

Ashley chose the name for her business with great intent. Sterling describes anything that is "exceptional, praiseworthy, or outstanding," all qualities that she works hard to achieve. "Five years from now," she says, "I would like Sterling Company to have grown into its full potential, making more and more people smile every time they stop in. I love evolving and adding new pieces to our puzzle. I am excited for Sterling Company to grow and become the business people can't do without!"

Housing market turnaround in 2023? What the experts are saying

The housing market has been on a roller coaster ride recently, from the frenzy of the market during the pandemic, to how quickly mortgage rates increased over the last year. As we

move into 2023,

many experts believe things are finally going to turn around.

Home price appreciation is slowing from what we experienced during 2020 and 2021,



Tina Brown

where homes gained as much as 60 percent in value. Mortgage rates are coming down, inflation is stabilizing, and overall, the housing market activity is starting to pick up.

In a recent Forbes article, Robin Rothstein wrote, "since December, mortgage rates have been on a steady decline through the beginning of February. Many economists remain mixed about whether home prices will continue to decelerate throughout 2023, or even drop at all." The National Association of Home Builders, Robert Dietz recently stated, "it appears a turning point for housing lies ahead. Single-family home building will rise off of cycle lows as mortgage rates are expected to trend lower and boost housing affordability." This affordability will see buyers re-entering the market. In fact, the latest data from the Mortgage Bankers Association shows that mortgage applications increased by 7% last week, compared to the previous week.

WHAT DOES THIS MEAN FOR US? A recent CNBC article listed the top ten cities in the US to buy a home in 2023, and all are in the south. Greenville-Anderson-Mauldin came in at #5 on that list. Others are discovering that Anderson is a great place to live, work and play. If you're thinking about making a move this year, this change in direction could be just what you have been waiting for.

The talents of Elizabeth Fuller

BY RICH OTTER

One of the most recognized endeavors entailing joint effort from a large group of Anderson County residents was the book Anderson County Sketches edited by Elizabeth Fuller for the Tricentennial celebration which included twelve of her sketches along with those by 28 other members of the Anderson County Art Association.

The unique collection of historic images with their written histories became an enduring gift to the community. The written and drawn sketches began with Fuller's representation of Anderson County's second Courthouse and ran historically all the way through Anderson icons to "suburban living and attractions at Lake Hartwell."

Not the least of the benefits to be drawn by the book is the ability to appreciate work from so many talented Anderson artists of the 1960s. The book was very much a community project with general project manager Mary Dodgen Few, and Tricentennial officers Sara F. Liverance (a longtime Anderson



Elizabeth Fuller

County news reporter), secretary; Harry Findley (a prominent banker), treasurer; and including strong support of the art association, the Anderson County Historical Society and local newspapers.

Twins Ronnie and Donnie Hughes, both artists with presentations in the sketch book, remember how supporting Elizabeth Fuller and her husband, Willis, were when they were in their teens, shar-

ing ideas on watercolors. Ronnie Hughes recalled: "It gave us more spark to work harder and to become professional. You never know where one kind gesture can lead."

Twenty-nine of Elizabeth Fuller's pictures are in the gallery named in her honor at the South Carolina Botanical Gardens Visitor's Center in Clemson where it is explained she started drawing as a youngster, copying characters from the "funny paper" and the "Oz" books.

Elizabeth Belser Fuller came to Anderson from Columbia where she had already made her mark in such diversified activities as serving seven years with the South Carolina Department of Welfare and Children's Bureau and seven years as business manager at the Columbia's Town Theatre where she acted and was a back-stage volunteer. In Columbia she had been on the board of directors of the Junior League, the Columbia Stage Company and the Children's Bureau of South Carolina.

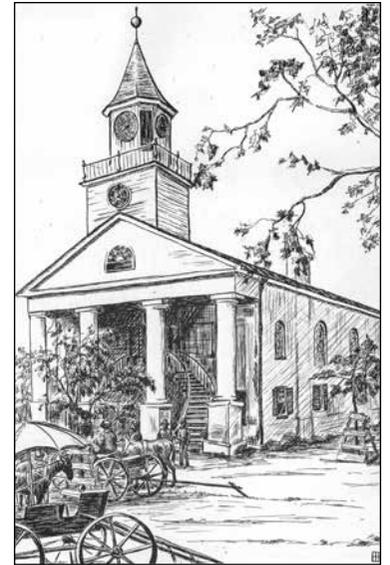
Before coming to Anderson she also had been president of the Richland County Mental Hygiene

Society and the Columbia Drama Club, and was an honorary member of the Columbia Garden Club.

On moving to the Upstate in 1954, her involvement began with the Anderson Art Association, Blue Ridge Art Association and later was the artist in residence of Clemson University's Horticultural Gardens which became the South Carolina Botanical Garden.

She was renowned for her paintings in the Botanical Garden with its great array of flowers. She had numerous one-person shows of her work and sold and gave away to friends many of her paintings. She had traveled in Europe and painted there as well. She experimented with different media and styles. She was a founding member of the South Carolina Watercolor Society.

For her work with what now constitutes the South Carolina Botanical Garden, the art Gallery at the Fran Hanson Visitor's Center was named in her honor and features rotating art exhibitions primarily featuring artists presently or previously from the upstate of South Carolina as well as 29 of her



County Courthouse - Fuller

watercolors, mixed media and pen-and-ink presentations.

Elizabeth Fuller weekly produced artwork for the Garden that were sold with all the profits donated to the Garden. Her artwork ranged from 1947 to 1992. Many local homes in Anderson feature her floral paintings as well as original Anderson sketches from the artists in the sketch book.

Aside from being accomplished in so many varied activities, Elizabeth Fuller was a very gracious lady. Her talents and accomplishments were enormous.

NIBBLE & SIP

COCKTAILS 101

When I was a student at the University of South Carolina, my roommate, Tanya, would often invite me along when she visited her mom in Camden. Aside from the conversation and the comfort of being in someone's home, there are two things I remember most fondly. First, the food was always delicious. Ann, Tanya's mom, always made sure that we had a great meal, including vegetables, which she rightly believed that we were not eating on campus. And second, when we were of age, she made me my first big-girl cocktail.



Kim von Keller

She offered me a martini or a Manhattan. I don't know what I thought a Manhattan was, but if it bore the name of the greatest borough of the greatest city in the world, I was game. As she mixed the bourbon, her preference over rye whiskey, and vermouth, I remember the faint aroma of caramel, and when she

strained it into a rocks glass and garnished it with a cherry, I knew I was truly an adult.

Then I tasted it, and my face scrunched up like a toddler.

Over time, Ann's Manhattan became a favorite of mine, but it was a lot as an entry-level cocktail. So if you'd like to make a cocktail for adult young people in your life – the key word being adult – let me suggest the Garden Gimlet. The original gimlet dates back to the 19th century, but these updates bring it into the 21st. Rose's Sweetened Lime Juice is a must. Be sure to use an herbaceous gin, such as Hendrick's or Uncle Val's Botanical. And while you're at it, don't let the young folks leave without their veggies. Arrange some carrot sticks, broccoli florets, and grape tomatoes to serve with pita chips and Would-It-Kill-You-To-Eat-A-Vegetable Dip.

Garden Gimlet
2 slices cucumber
2 fresh basil leaves
2 oz. gin (see above)



1 - 1 ½ oz. Rose's Sweetened Lime Juice
cucumber slice, basil leaf for garnish

In the bottom of a cocktail shaker, muddle the cucumber slices and basil leaves. Add the gin and lime juice, fill the shaker with ice, and shake until cold. Strain into a chilled martini glass and garnish with a cucumber slice and a basil leaf. Makes 1.

Would-It-Kill-You-To-Eat-A-Vegetable Dip
10 oz. frozen chopped spinach, thawed and squeezed dry
16 oz. sour cream

1 c. mayonnaise
1 pkg. Knorr Vegetable Recipe Mix
8 oz. water chestnuts, drained, patted dry, and coarsely chopped

3 scallions, white and pale green parts chopped
pita chips and assorted vegetables, to serve
In a mixing bowl, combine spinach, sour cream, mayonnaise, recipe mix, water chestnuts, and scallions. Stir until thoroughly combined, then chill for 1 to 3 hours. Serve with pita chips and assorted vegetables. Serves 10-12.

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FROM THE SHELF

The Wind At My Back

by Misty Copeland with Susan Fales-Hill

This issue's review is a fun one because the book looks at a trailblazing Black historical figure, and a current Black trailblazer,



Sara Leady

both fighting the same battle, just decades apart. *The Wind At My Back: Resilience, Grace, and Other Gifts from My Mentor Raven Wilkinson* by Misty Copeland with Susan Fales-Hill is Copeland's latest memoir. When it dropped in the fall I

immediately added it to my "to-be-read" pile, and as it's Black History Month, I went ahead and bumped the title up my list, and boy am I glad I did.

I've been fascinated by Misty Copeland and her historic rise ever since the release of her Coretta Scott King Award-Winning *Firebird* in 2015. At the time of its release, Copeland was just a soloist for the American Ballet Theater (ABT), and was fighting to prove that a Black ballerina could be a principal dancer, something ABT had never had before. The illustrations are beyond phenomenal (hence the award), but it also tells an incredible story of an elite ballet dancer telling a young Black ballerina that she too can dance the dance of the firebird even though she has "brown skin." *Firebird* is inspired by Copeland's relationship with her mentor Raven Wilkerson, the co-subject of *The Wind At My Back*.

In *The Wind At My Back*, Copeland gives

the story behind how she discovered Raven Wilkinson when watching an old documentary about ballet. Wilkinson is credited with being the first Black ballerina to dance for a major ballet company in America, breaking that barrier in 1955. In her second season, she even achieved the status of being a soloist. As you can imagine, breaking into the elite and very white world of ballet during the 1950s and 60s came with a lot of danger. The danger in the South particularly led to not only death threats, but even for Wilkinson to be left off those touring legs in order to keep the whole company safe. While it was incredible and speaks to unbelievable talent for her to have broken that barrier during that time in America, Wilkinson also recognized she would likely never dance more than solos because of the color of her skin, at least not in America.

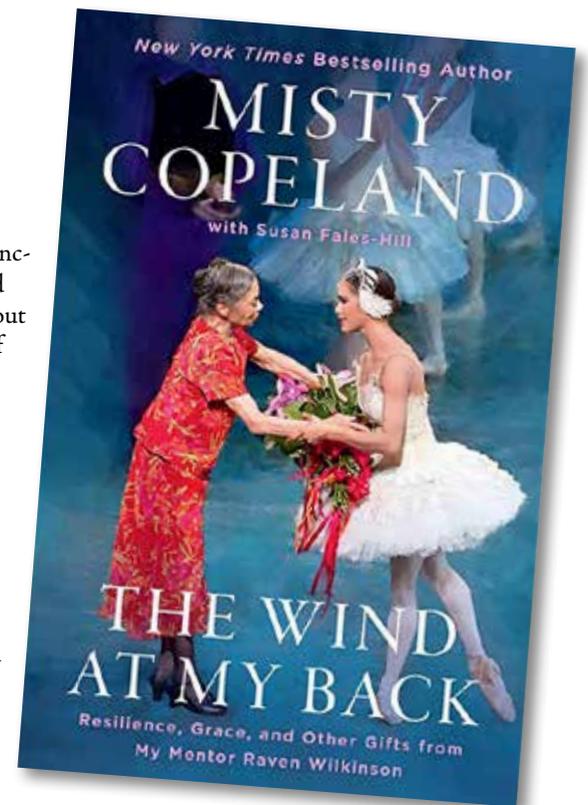
Much of Wilkinson's story that Copeland relates follows a parallel journey to Copeland's own ballet ascent, simply decades later. When Copeland met Wilkinson, she found a mentor who not only understood the challenges of being a soloist in an elite ballet company, but more importantly how those challenges are compounded when you are a Black dancer. In the book, Copeland breaks down just how influential Wilkinson was in all the stages of her career by supporting and encouraging her to continue her fight to become a principal dancer for ABT, something a Black woman had never done before.

The relationship between the two is absolutely incredible, maybe even more incredible

than the stories and hardships both dancers have faced in their career. Copeland does not pull punches when telling about the times she's been asked to her face if she thought she "should" dance various roles like *Swan Lake*, since her skin color would likely "ruin" the illusion of the black versus white imagery on the stage. It's pretty astounding to see how far the ballet world hasn't come since Wilkinson first took the stage in the 1950s.

The Wind At My Back was a good reminder for me of why I really should read more nonfiction. Copeland's prose easily allows someone like me, who has zero ballet knowledge, to step into her and Wilkinson's world and experience their incredible stories. Copeland chronicles injuries, shoe dyeing struggles (they have to match their skin color), the anxiety of questioning if she could carry the mantle for all the "little brown girls dreaming out there," and even worse the

fear that if she failed, it would be another fifty years before a Black dancer was given the chance again. While short, it's a thought provoking read and a reminder of how far we still have to go.



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We're On

'Maybe if you jiggled that little thingamajig over there'

Last week the water line to our icemaker sprung a leak, which meant a plumbing job was in order. And knowing what plumbing crises have sometimes been like in the past at our house, I got a little tense.

I never understood why plumbing problems could turn into major uproars. Yet it seemed like all through the years they always did. Mike would be under the kitchen sink, or in the bathroom, trying to figure out what was going on. He's good about fixing things like that as fast as he can. But

such incidents usually happened after he'd worked all day, he was already tired, and yet, there it was – the dripping water.



Ann K. Bailes

And I tried to be supportive. I was always ready to run for a certain tool, or rags, or whatever he needed. I would offer little phrases

such as "Maybe if you jiggled that little thingamajig over there, it would help get it loose," or other such helpful ideas from a woman who has never done a plumbing job in her life. And that would only frustrate him more. He had the big picture in view (which I didn't), and he wasn't too happy that I had a better idea without having any real knowledge of what was happening under there. And then I wasn't very happy when he wasn't very happy. No wonder home repair jobs usually

turned into stressful times for us all.

So when I noticed a funny noise coming from the kitchen the other night - which turned out to be that leak in the icemaker water line - he got to work. And I hoped for the best. This time, instead of hovering, I sat at the kitchen table, cleaning nutmeats from cracked pecans, and saying an occasional "I know you'll figure it out." When asked, I ran to get the towels, or the basin, or the wrench, or whatever he needed. Sometimes he wanted me to look behind the frig to

see if the leak was still there when he opened the valve to the water line.

Over a couple of days, after three trips to the hardware store, the job was finally finished without a call to the plumber. And we were still on good terms. It was wonderful!!

So maybe, hopefully, I have learned a thing or two over the past 35+ years. But you know, come to think about it, I think I see why the water line sprang that leak. Maybe if he moved that little doohickey attaching it a little to the left. . . .

BLACK MEN IN WHITE COATS

AnMed has announced an exclusive partnership with the Urban League of the Upstate (ULUS) to launch an outreach, education, and pathway initiative.

South Carolina's first Black Men in White Coats Youth Summit will be held Saturday, April 8, 2023, 8:30 am – 3 pm in the Cancer

Center Atrium on the AnMed North Campus. While the summit title is Black Men in White Coats, this initiative will be open to any South Carolina student grades 8th through 12th. However, this is a critical first step in a national effort to increase underrepresented populations in medicine, healthcare

administration and allied health disciplines to ultimately reduce health disparities and inequities.

For registration, interested participants can scan the QR code in the flyer or go to <https://bit.ly/bmwcyouthsummitsc>.



The Coach Jim Fraser Memorial Scholarship

Coach Dickie Smith, Chair
Amy Heard, Vice Chair
Chuck Allen, Secretary

Anthony Galloway
Bill Dillard

Becky Easton
Brantley Isom

In 2022, The Coach Jim Fraser Memorial Scholarship was established through Foothills Community Foundation to honor the memory of Coach Jim Fraser. This Fund was established to recognize and support talented student-athletes from T.L. Hanna High School through providing scholarship assistance for higher education for the duration of one academic year. Recipients must exhibit the same qualities evident in Coach Fraser's life and professional career as both a teacher and coach: dedication to academic performance, athletic and achievement, concern for the community, strong and demonstrated work ethic and leadership among peers.

The Coach Jim Fraser Memorial Scholarship Committee accepts applications through March 31st of each year with the goal to grant scholarships during Award Day Ceremonies at T.L. Hanna High School. The selection process for awardees is non-discriminatory, and awards are granted to both male and female student athletes. Qualified candidates are also judged on financial need. [Scholarship funds are made payable directly to approved educational institutions for benefit of recipient(s).]

Currently, the Committee will be able to award two \$2,500 scholarships per year - one male and one female. On behalf of the Coach Jim Fraser Scholarship Committee, we are soliciting highly regarded members of the community to support these efforts benefiting our young student athletics through donations to the Coach Jim Fraser Memorial Scholarship fund.

If so inclined to give, checks may be mailed and made payable to:
Foothills Community Foundation
Coach Jim Fraser Scholarship
 P.O. Box 1228
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Please be sure to indicate your designation in the memo line of your check:
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We thank you in advance for your consideration of supporting a worthy endeavor.




BLACK MEN WHITE COATS

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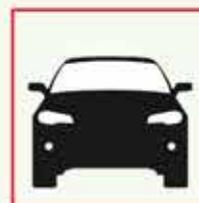
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THE GARDEN SHOP

THE BURNED AND THE UNSCATHED



**SUSAN
TEMPLE**
master
gardener

Plants can be peculiar these days. It's been close to two months since the arctic blast and new damage continues to show on certain plants. Tea olives seems to be some of the slowest to show damage. A friend's garden, in a sheltered area under very large pine trees, has a tea olive that just in the past week lost a lot of leaves. I noticed a hedge along a brick wall that has tea olives that are practically bare. Pittosporums have a lot of black leaves, especially variegated varieties. Borderline hardy plants, such as sago palms, are burned a golden straw color. There are some in the yard

beside a garden I tend that I'm watching to see if they recover. Henry Busby always covered sago palms at his nursery with packing straw stuff that concrete containers came in. Protecting the crown made it more likely they would live through the winter. Now that planting zones have changed (we used to be 7, then split to 7A, now some say 7B or 8), a false sense of what we can grow lulled gardeners into planting things, which every now and then, need warmer temperatures than what we might have. It's a different version of focusing so much on drought tolerant plants. Then have plants rot when we have a lot of rain, like we've been having. These are some of the reasons gardeners should not get too tangled up in perfection.

It's nice to see what strong plants have come through with no damage at all. Fujino pink spiraea (*Spiraea thunbergii*) is just beginning to open.



Cold damage on tea olive

Spiraea Ogon is too. Fujino pink makes a great show with dark pink buds, opening to pink. Ogon has white flowers. Then when the foliage comes out, Ogon's chartreuse leaves stand out usually until frost. Deer leave spiraea alone too. There's only been a tad of browsing from deer in my garden, and only on rare occasions. All sorts of daffodils are beginning to bloom. Cold doesn't bother them

one bit. If not in a well-drained place though, some may rot with all the rain we've had. Foliage of magic lilies (*Lycoris squamigera*) are up. Magic lily's cousin, spider lily (*Lycoris radiata*), had its foliage burned some from the arctic blast, turning it white. But this should not hurt its fall blooms.

I generally do not cut back *Salvia microphylla* types, such as Hot Lips, in my garden. But it seems there is a lot of dead in these. It could be cold damage, or maybe it's just time for a hard pruning. Just to be safe, only one clump is going to get cut. It's a favorite and I'd hate to kill them both. These are very easy plants to grow. They bloom all summer, deer do not eat, hummingbirds and bees love them, and they'll fill in a large area if left to their own accord. If a branch touches the ground, it will root a new plant. A white one and magenta one were added last year and they seem to have

come through fine too.

Flowering apricot trees, Rose Glow and Peggy Clarke, are still blooming. These are a must have if you have a sunny garden. They've been blooming for a little over a month. Lady Clare camellia is a strong survivor of Mother Nature's whims. This is an old variety, dating back to the 1800's in the US. As far as camellias go, she's a fast grower too. If cold damages the buds and flowers, another round of buds will set and bloom. Once the plant gets some age, it seems deer don't eat it as much. They'll still get the tender new growth though sometimes.

If plants in your garden are damaged from December's weather, leave them alone for another month or so. It's hard not to prune the ugly, damaged foliage. But just sit back and watch. Come spring, cut out what does not recover. These damaged plants may surprise us yet.

Happy almost Spring, y'all

I don't know about you but I'm literally counting down the days on my calendar until the first day of spring arrives. Which also hap-



Kristine March

pens to be my birthday. I'm not really looking forward to the birthday and getting older thing, but I am looking forward to warmth and sunshine. I like winter clothes. They're really luxurious and pretty, but I am ready to delve into bold

colors and strappy shoes. Enough with the heavy coats and layers. Not to mention having to hang all that up all day, every day.

Spring and summer also calls for less laundry. If you have children, you totally understand what I mean. Endless amounts of clothes and gloves and winter boots be gone. Well, this year for Spring trends, you're in luck if you like anything oversized. The 90's have called and made a return. That can be a good or bad thing but most of it I happen to really be fond of. Trousers and baggy jeans are everything this year and if you style them just right it's really sleek and put together looking. You don't want to go baggy all over though. For example, you could do a baggy trouser or draped pant with a close-fitting top paired with a blazer and a cute leather belt for that effortless, yet sophisticated look. It happens to be really flattering. The color trend is a lime green which is really funky, but chic. You could do one shade of color or color block your outfit that being black, white



or beige with that pop of green in your handbag or shoe color to freshen it up for spring.

A cherry red lip color is huge this season. That signature color complements everyone and you don't have to do a bold eye with it. The sleeker the better. Dropped waist skirts and dresses are big this year too. Everything is giving easy, undemanding and uncomplicated and I'm here for it. Flowy yet bold. I follow a really incredible Instagram account. This particular woman is an interior designer named Kelly Wearstler. Not only is she a great home designer, but she is pulling this new clothing trend off so well. Follow her if you don't already and you can really get a visual for these cool, smooth looks this Spring season. What are you most looking forward to this Spring? Be bold and daring and remember to always make the sidewalk your runway and kindness always matters. Happy almost Spring, y'all.

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ANDERSON
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Anderson man celebrates 30 years at AnMed's Cardiac Rehab Program



Leslie Walker and Thaddeus Arnold

BY EMMY MONROE

February is American Heart Month. According to the Centers for Disease Control and Prevention, heart disease is the leading cause of death for men, women and people of most racial and ethnic groups in the United States. If you are at risk, you and your AnMed doctor can work together to help prevent a cardiac illness. AnMed cardiologists help patients understand the risk for heart disease and educate them about heart disease prevention and management.

The best way to keep hearts in prime condition is by adopting lifelong healthy habits such as eating a heart-healthy diet, maintaining a healthy weight, avoiding tobacco and most importantly, exercising regularly.

For AnMed cardiac rehabilitation patient Thaddeus Arnold, he took that advice to heart—literally. Ever since he had a heart attack in 1993, Arnold has been a loyal member of AnMed's cardiac rehab program (formerly LifeChoice).

Sometimes working out as many as three times a week for an hour each time, Arnold contributes his exercise regimen as a major

contributor to his longevity, having celebrated his 93rd birthday last year.

"When I started attending the cardiac rehab program, it had just opened and was in a hospital room on the second floor of the AnMed Medical Center with only three or four pieces of equipment", Arnold reflects. "Then it moved to the YMCA and to Anderson University before moving to AnMed's North Campus and then finally landing at the Cardiovascular and Orthopedics building. I have followed them to every location," he continued.

"Mr. Arnold was here when I first was hired at AnMed in 1999", says AnMed cardiac rehab health specialist Leslie Walker. "I worked until 2001 and saw Thad doing many aerobics classes and we all just fell in love with him", she says.

Walker then stayed at home with her children for nine years and upon her return to her job at cardiac rehab, was thrilled to learn Arnold was still a regular attendant. "He makes the most wonderful chocolate peanut butter clusters and pound cakes for us and treats us like his family", she says. "We knew we had to recognize him for this amazing

achievement of 30 years at cardiac rehab".

Walker says that the entire cardiac rehab staff looks out for Arnold and always make sure to encourage him to keep his regular primary care visits and cardiologist appointments in order to keep a watchful eye on his heart.

AnMed's cardiac rehabilitation program offers one-on-one guidance to help build strength after being diagnosed with a chronic heart condition or recover after cardiovascular treatment. Staff will customize the program for each individual's health needs, age, lifestyle and other factors. Patients will take part in low-impact, low-risk activities to improve heart, lung and muscle health, as well as monitoring vital signs. An on staff exercise physiologist will gradually add duration and intensity to increase strength.

From preventative heart care to guidance and exercise following a heart procedure, trust the heart and vascular experts at AnMed. They work closely with each patient to restore overall cardiovascular health, so patients can enjoy a higher quality of life.

Need a cardiologist? No need for a referral. Just call any of AnMed's cardiology offices directly or contact Wellness Connect at 864-512-3748 for help finding a doctor.

For a referral to cardiac rehabilitation and for more information about the program, call 864-512-1505. For more information about heart health, go to AnMed.org/Heart.

FAN LANGUAGE

In today's world, keeping cool is as easy as stepping into an air-conditioned space, or if you're outside you can switch on your little battery-operated fan with the cooling mist. It wasn't always this way. Air conditioning was a luxury few could afford and open windows and electric fans were the norm. For a reason that is still unknown to men, women are never satisfied with the ambient temperature and are constantly too hot or too cold. Many ladies carried a handheld folding fan that they would unfurl when the heat got unbearable.



Neal Parnell

Most young people's social gatherings back then were closely chaperoned by an adult, so a secret Fan Language became popular amongst young ladies of the era. For instance, if a young lady saw a boy she liked across the room, she would touch her closed fan to her ear. This signaled, "call me" to the would-be suitor. If a boy was looking for a dance partner, he knew that the girl fanning slowly with her fan facing down was taken and not alone. If he saw one fanning quickly with her fan facing up, this meant she was single and available. Putting the top of a closed fan on the lips meant, "come over and talk to me", but putting the top of an open fan on the lips said, "kiss me". While rare, though often used, the open fan over the heart conveyed the "I Love You" message.

The "Paddle Fan" became popular in church congregations and mostly used by the mothers and grandmothers. They were simple fans made of pressed cardboard with a thin wooden handle. These fans were usually donated to the church by a local business and most often had a biblical scene printed on the front and advertised the business on the back. For a while, I was the one who placed the fans in the pews, along with the hymnals and tithing envelopes for parishioners to use. I remember walking into the church sanctuary and there would be a hundred perfumed, powdered, and hair sprayed ladies fanning themselves and anyone near them like a hive of bees flapping their wings to cool the queen. It's no wonder that I never saw a bug in the sanctuary, and have an aversion to perfume, powder, and hairspray to this day. The fans were supposed to be returned to the pews after use, but the next week I'd have to replace many of them, even if the sermon was "The Ten Commandments". I'd discard the fans that had doodles on the back, and I never would mention the drawing I found of the preacher with horns to anyone. I'd find grocery lists, love notes, and sometimes a comment apparently shown to the offender, like, "Quit picking your nose!". I'd see a wife use her fan to quickly cover a husband's yawn, and mothers using them for a game of Peek-a-boo. The fans stayed in use even after summer was over. I tried to conjure a reason why a woman would need to fan herself in the winter and surmised the answer in two words, "Hot Flashes".



These simply made, hand held wind generators could also be teaching tools for life lessons. My grandmother would tell me before the church service started, "If you see me pointing to this picture of Jesus, you better sit up straight and listen or he won't be the only one knocking".

TATTOO FACILITY NOTICE

Please take notice that Just Another Hole in the Wall Tattoo will apply to the South Carolina Department of Health and Environmental Control for a tattoo facility license relocation at 300 Westinghouse Rd. Pendleton, SC 29670.

NOTICE OF APPLICATION

Notice is hereby given that LAS MARGARITAS MEXICAN RESTAURANT LLC intends to apply to the South Carolina Department of Revenue for a license/permit that will allow the sale and ON premises consumption of beer, wine & liquor at 4415 - 4417 SC 24 Anderson SC 29626.

To object to the issuance of this permit/license, written protest must be postmarked no later than February 23rd, 2023. For a protest to be valid, it must be in writing and should include the following information:

Name and address and telephone number of the person filing the protest; Specific reasons why the application should be denied;

That the person protesting is willing to attend a hearing (if one is requested by the applicant);

That the person protesting resides in the same county where the proposed place of business is located or within five miles of the business; and

The name of the applicant and the address of the premises to be licensed.

Protests must be mailed to: SC Department of Revenue NOTICE OF APPLICATION, ABL SECTION, P.O. Box 125, Columbia, SC 29214-0907; or faxed to (803) 896-0110.

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Jackets host first-round matchup

BY BRU NIMMONS

ANDERSON — After a seven year drought, the ninth-ranked T.L. Hanna boys basketball team finished the regular season as region champions.

The Yellow Jackets, who finished the season winning four of their last five will now host a playoff game for the first time since 2018.

Hanna began their most recent stretch of games by traveling to face the eighth-ranked JL Mann Patriots. Struggling from the start, the Yellow Jackers were unable to keep up with Mann in a 59-50 loss.

Junior Javeyn Martin led the Yellow Jackets in the loss with 15 points, six rebounds and four steals. Junior

Jaquarius Patterson also provided a solid presence down low with 13 points and 10 rebounds.

Following the loss, the Jackets returned to action later in the week against the Hillcrest Rams. Battling back and forth in the opening quarter, Hanna took control in the second quarter and

never looked back as they pulled out

78-66 win.

Martin had another big game in the

win with 16 points, while sophomore Zae Williams looked solid putting nine points for the Yellow Jackets.

With a chance to clinch the region championship, the Jackets hosted the Woodmont Wildcats

the following the week. Hanna was able

to cruise to a 72-54 win and wrap up their region championship.

Senior Adarius Armstrong led Hanna with a monster performance scoring 23 points alongside 16 rebounds. Martin also had another crucial game adding 12 points for the Yellow Jackets.

The Yellow Jackets finished up the regular season later that same week against the Boiling Springs Bulldogs. Hanna got revenge for an earlier loss to the Bulldogs with an 89-47 win.

After the strong finish to the regular season, the Yellow Jackets (18-7, 6-2 Region 1-5A) will host their opening game of the playoffs on Thursday against Chapin at 6:30 p.m.



WESTSIDE RAMS

Rams looking to get hot in playoffs

BY BRU NIMMONS

ANDERSON — Rebuilding after two state championships, the Westside girls' basketball team struggled at times in one of the tougher regions in the state.

However, the Rams were still able to clinch a playoff spot after going 2-2 over the final weeks of the season.

Westside opened its most recent stretch of games at home against the winless Berea Bulldogs on Jan. 31. Leading throughout the night, the Rams trounced the hapless Bulldogs 48-12 and held them to just six points over the final three quarters.

Junior Ahrianna Scott led the Rams with 13 points and four assists, while freshman Gervonna Williams and junior Kiarra Gregory also filled up the stat sheet. Williams had a team-high 10 rebounds to go along with six points,

while Gregory added three points, four rebounds, four assists and four steals.

Later that week, Westside hosted the Greenville Red Raiders hoping to get revenge for a one point loss earlier in the season.

After a slow start, the Rams exploded in the second quarter to take a double-digit lead and never look back as they took a 60-36 win.

Scott was one again the leader for

Westside putting up 22 points and three assists, while also knocking down four three-pointers. Gregory was second on the team with 13 points, and freshman Makyhia Paul added 8 points and ten rebounds.

Coming off consecutive wins, Westside travelled to Greenwood hoping to keep their streak going. Despite out scoring the Eagles 20-10 in the second half, the

Rams were unable to overcome a rough start as they fell 32-31.

Scott led Westside with 17 points, but hit just five of 29 shots. The rest of the Rams didn't fare much better hitting six of 32 shots.

In their final game of the regular season, the Rams hosted sixth-ranked Pickens. The Rams seemed well on their way to victory before a 21-4 third quarter sparked the Blue Flame to a 55-44 win.

Gregory paced the Westside offense in the win with 17 points, while no other Ram scorer was able to reach double-digits.

Finishing the regular season at 14-11 (4-6 in Region 1-4A), the Rams will begin their second straight title defense on the road at North Augusta on Thursday.

