

October 2013

# **bella**

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# Ciao Bella!

## Annie H. King: A Fond Remembrance

Anna Dangerfield's feature about prominent local artist and art teacher Julie Adams this month (see page 12) and how her aunt Annie H. King influenced her life brought back many memories of the influence Mrs. King had on my life as well.

I grew up with the inside joke that printer's ink ran in my blood. In a family where my grandfather, father, and two uncles were all Midwestern newspaper publishers, it was perhaps predictable that I applied to be—and was appointed—editor of *Teen Times*, the weekly school newspaper at Aiken High School. At the time, *Teen Times* was a full page of high school news published each Friday in the *Aiken Standard and Review*, headed by Annie King.

Mrs. King was a wonderful mentor and furthered my interest in writing and publishing. The routine of publishing *Teen Times* started each Monday night around 7 p.m. with a visit to the *Aiken Standard and Review* office, armed with articles from high school reporters and gossip columnists. By the time we left (my co-editor Diane Wolf and I), we had written headlines and consulted with the staff about photographs and other details that went into newspaper production.

Those were the days of the linotype machine, or "hot" type, which Julie Adams remembers playing with in the press room. Working with the

production staff in the back room was empowering and also humbling. These people knew their jobs and the intimidating machinery that printed the *Aiken Standard and Review* and with it, *Teen Times*. They were friendly, helpful, and encouraging. Occasionally, I dropped into the newspaper office mid-week to check on the progress of *Teen Times*, and Mrs. King always greeted me warmly, asking me questions about my classes and interests outside school, including writing and what was next on the agenda to be covered in *Teen Times*. Mrs. King represented a possibility to me: I could go into journalism myself. I had no idea then that she was rare in the field of journalism, one of very few women in the entire country who operated her own publication.

That year as *Teen Times* editor culminated in an unforgettable moment during the Aiken High School Awards Day. I was honored to receive the first-ever Annie H. King Award for Journalism from Mrs. King herself. It was a bracelet with a scroll charm engraved with the word "Journalism," on the front and "Annie H. King Award" on the back. It still resides in my jewelry box today, a memento from my first editor's job, but more importantly, a symbol of confidence and encouragement from a woman who broke the glass ceiling in the journalism profession and gave me inspiration. I went on to become an *Augusta Herald* intern for two summers,

editor of the campus newspaper at Florida State University, a free-lance writer, editor of a suburban weekly newspaper in Ohio, author of *The Aiken Historical Cookbook*, and now owner and editor of *BELLA Magazine*.

Recently my sister Ann visited and shared a surprising observation. Out of all the things she had watched me do in my life, she told me nothing suited me so well as publishing BELLA. I like to think that Mrs. King would be proud of me.

**News Flash!** [www.aikenbellamagazine.com](http://www.aikenbellamagazine.com) is now live! It's still a fledgling website at present, but more material will be added as time goes along. Each month the magazine in its entirety will be posted on the web. On the home page, click on the cover to access the inside pages, and read the current issue of BELLA! Past issues of BELLA will also be posted within the next month so you can look at favorite articles or columns and photos of people and events. Of course the paper version of BELLA will continue to be printed and distributed at 80+ places around town.

I see infinite possibilities for the online version of BELLA and would like to hear your ideas of what might enhance your reading experience. Contact me at [kathleenhuff@me.com](mailto:kathleenhuff@me.com) and let's build a magazine website together!

**Kathy Urban Huff**



**"My advice to all women is to know your body. Pay attention to changes and get checked out!"**

**CHARITY HOLDMAN, SURVIVOR, DIAGNOSED 2012**

**See Charity's story and others at [www.aikenregional.com](http://www.aikenregional.com)**

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\* Centers for Disease Control and Prevention

## OCTOBER COMMUNITY CALENDAR

### Downtown Aiken

#### October 5

Meet a Master Gardener, Aiken Farmers' Market, Williamsburg Street between Park and Richland Avenues, 8 a.m. Master Gardeners will answer all your lawn and garden questions and identify plants and weeds. Visit [www.aikenmastergardeners.org/gardentalk](http://www.aikenmastergardeners.org/gardentalk) for more information.

St. Mary's Chocolate Festival, St. Mary's School, 10 a.m.- 3 p.m. Offering games for kids, a bake sale, entertainment and fun for the entire family. For more information, call (803) 649-2071.

#### October 8

*Ancient Life in Aiken* nature talk, Birds & Butterflies, 117 Laurens St., 7 p.m. Cost is \$5. Children 16 and under are free. Call (803) 649-7999 for reservations and more information.

#### October 12

Knights of Columbus 3<sup>rd</sup> Annual Car Show, Fairfield St. between Richland and Park Avenues. All proceeds go to the St. Mary's Help of Christians Catholic Church Capital Campaign fund. Open to the public. For more information, visit [carolinathunderracing.com/Car\\_show/php](http://carolinathunderracing.com/Car_show/php).

Oktoberfest In The Alley, 6-10:30 p.m. This is a new event for the Aiken Downtown Development Association. Contact (803) 649-2221 or visit [www.downtownaiken.com](http://www.downtownaiken.com) for more information.

Birds & Butterflies Hitchcock Woods Field Trip, 9 a.m. Dr. Harry Shealy will lead a tour of Hitchcock Woods. Cost is \$5 and space is limited. Call (803) 649-7999.

#### October 26

Trick-or-Treat on Pendleton Street, 4-7 p.m. Sponsored by the City of Aiken. Come and enjoy fun on Pendleton St. There will be lots of treats for kids 12 and under in costumes. Games, candy, costumes costume contests, etc. Call (803) 642-7649 for more information.

#### October 28

Professor Witchcock's Spooktacular Illusions & Sideshow, 6:30- 9:30 p.m., Aiken Visitor's Center and Train Museum. This adult Halloween cocktail party features still and live illusions that are sure to delight and perplex. Proceeds benefit

the Friends of the Aiken Railroad Depot. For more information, please call (803) 293-7846.

**Aiken Center for the Arts**  
122 Laurens St. SW  
803-641-9094  
[www.aikencenterforthearts.org](http://www.aikencenterforthearts.org)

#### October 1-5

Andrew Murphy Art Show

#### October 1-31

Ron Butler Exhibit

#### October 3

Gallery Opening Reception, 6-8 p.m.

#### October 16

*The Art of Taste*, Brown Pavilion, 11 a.m. See award-winning author, Gena Knox, and enjoy a lively discussion about cooking and her lifelong love affair with Southern food and culture. Gena will debut her newest cookbook, *Southern My Way: Food & Family*. Cost is \$10 for members, \$15 for non-members. Space is limited. (803) 641-9094.

#### October 17

*A Taste of Wine and Art*. Annual fundraiser to benefit the Aiken Center for the Arts, featuring a variety of domestic and imported wines, foods and beer from the finest local restaurants; music, three galleries of paintings and a host of items for silent auction. Tickets: \$60 per person; \$50 per person for ACA members. (803) 641-9094.

### Aiken County Public Library

314 Chesterfield St. SW  
803-642-2020,  
[www.abbe-lib.org](http://www.abbe-lib.org)

#### October 5

Star Wars Read Day, 1:30 p.m. Jedi training, Star Wars games, crafts, and a special appearance. Costumes welcome.

Movie, *The Phantom Menace*, 3 p.m. Rated PG.

#### October 11, 18

French Language Conversation Practice for Adults, 2-3 p.m.

#### October 12

Movie, *Epic*, 3 p.m. Rated PG.

#### October 26

Movie, *Unfinished Song*, 3 p.m. Rated PG-13.

#### October 31

Movie, *The Woman in Black*, 7 p.m. Rated PG-13.

### Aiken County

#### Historical Museum

433 Newberry St. SW  
803-642-2015 [www.aikencountyhistoricalmuseum.org](http://www.aikencountyhistoricalmuseum.org)

#### October 3

6th Annual Wine Tasting, 5:30 p.m. This event, sponsored by the Aiken Mid-Day Lions Club, offers wine and hors d'oeuvres, music and a silent auction. Tickets are \$30 per person. Call Lion Ellen Heim for more information at (803) 648-9141.

#### October 8-27

Embroidery and Needlepoint Show

#### October 14-15

Aiken County Historical Museum docent training. Call (803) 642-2015 to apply to become a docent.

#### October 27

Annual meeting of the Friends of the Aiken County Historical Museum, 3 p.m. Call (803) 642-2015 for more information. Speaker Fred Tetor will speak about the H.L. Hunley submarine. The public is welcome and there will be a wine and cheese reception after the meeting.

### URS Center for the Performing Arts

126 Newberry St. SW  
Tickets and information:  
803-648-1438

#### October 3, 4

Steve Lippia's *Simply Swingin' with Sinatra and Friends*, 7:30 p.m. Accompanied by his 10-piece big band, he will perform songs by Bobby Darin, Nat King Cole, Tony Bennett, Vic Damone, Sammy Davis, Jr., Elton John, and Billy Joel. Visit [www.stevelippa.com](http://www.stevelippa.com) for more information.

#### October 18, 19

*Lend Me a Tenor*, 8 p.m. A farcical play centering around The Cleveland Grand Opera Company.

### DuPont Planetarium

Ruth Patrick Science Education Center  
471 University Parkway  
Tickets and information:  
803-641-3654

#### October 5

*Larry Cat in Space*, 7-8 p.m. Playful presentation about an inquisitive cat who takes a trip to the Moon.

#### October 12

SEED: Science Education Enrichment Day, 10 a.m.- 3 p.m., featuring multiple shows throughout the day. The feature shows will be a Digistar Virtual Journey and *I Spy the Sky*.

#### October 19, 26

*To the Moon and Beyond*, 8 p.m. Exciting adventure of Apollo astronauts on the Moon with young Carol and her dad.

### Etherredge Center

471 University Parkway  
Tickets and information:  
803-641-3305  
[www.usca.edu/ec](http://www.usca.edu/ec)

#### October 3

USCA Faculty Artist Recital featuring Mike Frost and Lauren Meccia, 7:30 p.m. Free admission.

#### October 10

Christopher O'Riley & Matt Haimovitz: *Shuffle Play Listen*, 7:30 p.m. Join instruments in a collaboration that crosses in and out of the classical and pop music genres. Hear works by Bach, Gabrieli, Radiohead, Arcade Fire, Piazzolla and Stravinsky.

#### October 15

Aiken Concert Band, 7:30 p.m. Free event.

#### October 22

Oswald Writer's Series: George Singleton & Terry Dalrymple, 8 p.m. Free admission. This series will launch with a reading of one set of linked stories: *Thank You*, a characteristically over-the-top narrative by George Singleton and the equally hilarious *Nasty Things* by Terry Dalrymple.

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### October 25

*Beyond Glory*, 7:30 p.m. Stories of eight veterans from World War II, Korea, and Vietnam.

**Aiken Regional Medical Centers**  
302 University Parkway  
803-641-5000  
www.aikenregional.com

### Support Group Meetings:

**AA:** Every Sunday and Wednesday evening, 7:15 p.m., Aurora Pavilion.

**Bariatric:** 2<sup>nd</sup> Wednesday, 6-7 p.m., ARMC, Bariatric Services, 2nd floor, room 209; register at 641-5751.

**The Lunch Bunch** – Bereavement-Grief Support for Adults: 1st Wednesday, noon to 1 p.m., ARMC, Cafeteria Dining Room A.

**Cancer:** 3rd Wednesday, 3-4 p.m., First Baptist Church parlor.

**CSRA Dream Catchers** – Traumatic Brain Injury and Disability, 1st Monday every month, 6-7 p.m., Walton Options for Independent Living, 325 Georgia Ave., North Augusta; register at 803-279-9611.

**Diabetes:** 2nd Tuesday, 3-4 p.m., Odell Weeks Activity Center. Registration: 803-293-0023.

**Lupus:** 3rd Thursday of the month, 7-9 p.m., ARMC, Dining Room A

**Mended Hearts:** 2nd Friday, 10:30 a.m. to 1:30 p.m., USCA Aiken Business Conference Center

### October 1

Pink Ribbonettes, the American Cancer Society Breast Cancer Self-Help Group for women diagnosed with breast cancer; guest speakers; 10:30 a.m. to noon at Millbrook Baptist Church. To register, call Irene Howley at 803-649-9267 or Diane Hadley at 803-644-3902.

### October 8

*Aiken Cares*, Alzheimer's Support Group, for family members and caregivers, 11 a.m. to noon, Cumberland Village Library, 2<sup>nd</sup> floor.

### October 16

*Look Good ... Feel Better*, free program for female cancer patients actively undergoing or about to start treatment, 1 to 2:30 p.m. at the Cancer Care Institute of Carolina at ARMC. To register, call (803) 641-6044.

### October 22

Teens Under Fire, ARMC Dining Room, 4-6 p.m. This prevention/intervention program looks at youth drug abuse, violence and crime by exposing teens ages 12-18 to the harsh consequences of high-risk decisions.

**Odell Weeks Center**  
1700 Whiskey Road  
803-642-7631

### October 1-31

Toddler Time, 9:30-11:30 a.m., Weeks Center 2, every Monday and Wednesday. Use the gym space to run, chase and release a lot of energy. Allows kids to interact with others of the same age, and gives parents a chance to socialize with one another. Ages 5 and under. \$2 per visit or \$16 for a 10-visit pass.

Fit 4 Ever, 10-11 a.m., Rooms 6&7, Monday, Tuesday, Thursday, Friday. This low-impact, moderate-paced fitness class is great for a total body workout. \$27 for 10 tickets.

Zumba Gold, 1:30-2:30, Rooms 6 & 7, Tuesday and Thursday. Low-impact, high-energy, easy-to-follow, Latin-inspired Zumba fitness party. \$35 for 10 tickets.

Line Dance, 10-11 a.m., Weeks Center Rooms 6&7, every Tuesday. Learn country dances as well as those taught to jazz, big band and modern music in this moderately paced fitness class. \$31 for 10 tickets.

Zumba Toning, 5:30-6:30 p.m., Rooms 6 & 7, every Thursday. Zumba Toning combines targeted body sculpting exercises and high energy cardio work with Latin-infused Zumba moves. \$35 for 10 tickets.

Zumba Sentao, 5:30-6:30 p.m., Rooms 6&7, every Tuesday. Zumba Sentao workout takes the thrill of the fitness party and partners it with explosive, chair-based choreography. \$35 for 10 tickets.

## Miscellaneous Venues and Events

### October 1-6

Aiken Ladies Invitational Polo Tournament, Hilltop Farm Polo Arena, 1539 Hatchaway Bridge Rd., Aiken, 8 a.m. The final event on October 6 will benefit The Child Advocacy Center of Aiken County. Craft beer & wine tasting, appetizers, and silent auction. General admission is \$5, tasting and appetizers \$25. Sponsorships available. Contact Karen Reese at (803) 507-2853 for more information.

### October 1-9

USPA 6-Goal Governor's Cup, Whitney Field, Mead Avenue between Sumter and Magnolia Streets, 3 p.m. This 4-chukker tournament has free midweek games and is open to the public. Contact the Aiken Polo Club for a detailed weekly schedule and midweek game times. Sunday games are \$5 for general admission or \$20 for the social tent ticket. Visit www.aikenpoloclub.org or call (803) 643-3611 for more information.

### October 1-10

Thoroughbred Senior Sports Classic, a seniors health event, various locations. Daybreak Adult Care Services, Inc. presents this quality recreational experience for adults 50+. For a full listing of activities, locations, and times, please visit www.northaugustasports.com/NASC/Senior\_Games.html or call John Felak at (803) 441-4310.

### October 4

STAR Oyster Roast and BBQ, Black Forest Equestrian Center, 4343 Banks Mill Rd., Aiken, 6 p.m. Tickets are \$30 in advance or \$35 at the door. Children under 12 are \$15. Please call (803) 642-8812 to RSVP. Visit www.starriding.org for more information.

### October 5

Aiken Horsepower Cruise-In, Home Depot Parking Lot, 1785 Whiskey Rd., 1- 3 p.m. Monthly car show first Saturday of every month. This is a wonderful chance to come see some of Aiken's beautiful classic cars. Call Vickie at 803-270-3505 or Manny at 803-270-8219 for information. www.aikenhorsepower.com

### October 5

Young Conservationists Program launch, part of the Aiken Land Conservancy, for children ages 6 to 13, 1-4 p.m., Winthrop

Polo Field, at the corner of Sumter Street and Grace Avenue. Activities for children of all ages. Meet the program mascot, Polly, a real Gopher Tortoise. Free ice cream from Brusters. Free and open to the public.

### October 23,24

Ladies Hickory-Shafted Gold Tournament, The Aiken Golf Club, 555 Highland Park Dr., Aiken, 10 a.m. Proceeds will benefit the Aiken County Historical Museum. For more information, call (803) 642-2015.

### October 25

Aiken Home Show, 12 p.m. Hosted by the Aiken Standard and Prestige Appliance, this is the place for consumers to experience what's new in remodeling, gardening, decorating, renovation and more. Contact the USCA Convocation Center at (803) 643-6901 for more information.

### October 26

22<sup>nd</sup> Running of the Aiken Fall Steeplechase at Ford Conger Field off Audubon Drive; Gates open at 9:30 p.m. The first of six races starts at 1 p.m. Tickets are \$10 in advance, \$15 at the gate. General parking is \$10 in advance and \$15 at the gate. Children 6 and under are admitted free of charge. www.aikensteeplechase.com/fall

*Celebrate Creativity*, third annual event sponsored by the Aiken Artist Guild to raise funds for scholarships for USCA art students each year. 8:30 a.m. – 4 p.m. at the First Presbyterian Church, 224 Barnwell Ave NW. This event is open to the public and features classes in painting in watercolor, acrylics, and pastels plus classes in mono-printing, clay, colored pencil, graphite pencil, selling art online, and photographing your work. \$30 per class. Visit aikenartistguild.org for more information.

## Outside Aiken

### October 5

Augusta-Aiken Audubon Society field trip to Aiken State Park, 9 a.m.– 3 p.m. Will look for migrant birds as well as dragonflies and butterflies. Some wintering birds may be arriving. Meet at the pay station inside the park. Cost is \$2 for admission. Bring a lunch. Visit augusta-aiken-audubon.org for more information.

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**October 19**

Audubon Fall Rally, end of Silver Bluff in Jackson, 9 a.m. Ride the beautiful wooded trails in the 5<sup>th</sup> Annual Fall Rally at Silver Bluff Audubon Wildlife Sanctuary. Prizes for optimum times and best Halloween costume. All riders welcome. Contact Dana Hunt at (803) 644-0240 for more information.

Colonial Times *A Day to Remember*, The Living Historical Park, 299 W. Spring Grove Ave, North Augusta, 10 a.m. Learn how life was in the colonial times from 1735 to 1785. Visit [www.colonialtimes.us](http://www.colonialtimes.us) for more information.

**October 20**

*Big Delicious Event*, Gravatt Camp and Conference Center, 5 p.m. Enjoy a tasty three-course meal while award winning chef Brandon Velie, owner of Juniper in Ridge Spring, demonstrates how to prepare each course. Menu will feature the freshest locally grown produce and meats. Tickets are \$45 each. Call (803) 648-1817 for reservations and more information.

**October 21**

American Legion Post 71 Golf Tournament, Mount Vintage Plantation, 375 Mount Vintage Plantation Dr, North Augusta. Visit [www.napost71.org](http://www.napost71.org) for more information.

**October 25**

Spirits of Hallowed Eve Dinner, The Living History Park, 299 W. Spring Grove Ave, North Augusta, 6:30 p.m. Come enjoy spirits, songs, stories from afar and fire in the night. Seating is limited. Tickets are \$50 each. Proceeds benefit the Living History Park.

**October 26**

All Hallowed Eve Ghost Walk & Illusion Show, The Living History Park, 299 W, Spring Grove Ave, North Augusta, 6-9 p.m. Walk amongst the ghosts of yesteryear in our Colonial setting. Guided tours will take

visitors back in time. Entertainment in the Tavern. Grand finale at 8:30 p.m. Jack-O-Lantern Jubilee, Downtown North Augusta, 10 a.m. Annual Fall Festival featuring arts and crafts vendors, children's costume contest and various performances throughout the day and a BBQ Cook Off. Visit [northaugusta.net](http://northaugusta.net) for more information.

**Coming in November**

**November 2**

St. John's Applefest, St. John's United Methodist Church, 104 Newberry St. NW, 8 a.m.- 2 p.m. Eat a variety of apple desserts from the Apple Bake Shop; games for kids, trash n' treasure, variety of booths and silent auction. Enjoy breakfast and lunch in the Apple Seed Café; fresh apples for sale. Call (803) 648-6891 for more information.

**November 9**

Red Cross *Roast and Toast*, 3rd annual fundraiser for the Aiken Area Chapter of the American Red Cross, 7 p.m., Big Red Barn on Chime Bell Church Road. Oyster roast, low country boil, beverages, silent auction, live entertainment. Reserve tickets for \$50 each or \$500 per confirmed table of 8 by calling 641-4152.

**November 16**

Bizarre Bazaar, 10 a.m. to 4:30 p.m., 100 Women event to benefit the Child Advocacy Center, including artwork and craft items, an inflatable on the west lawn for children, and an Iron Man competition. Free admission and open to the public at First Presbyterian Church, 224 Barnwell Street NW. Call (803) 644-5100 for more information.

**November 21**

4th and Final Dancing with the Aiken Stars, 7 p.m. (Doors open at 6 p.m.) at the USCA Convocation Center. Get on a waiting list for table seating by calling (First Row, \$2000/table) Charlotte Holly at 803-215-2678; (Second Row, \$1200/table) Beth Barranco at 803-599-3086; or (Third Row, \$900/table) Chris Reichel at 803-221-7784. Table seats include dinner and beverages. Stadium seats are available at \$30 each by calling 1-866-722-8877 or at [www.uscatix.com](http://www.uscatix.com). Each stadium seat includes a free vote to be cast that night. Stadium seat holders may purchase beer, wine and soft drinks. This fundraiser benefits the Child Advocacy Center and the Medical Clinic of Aiken County.

**November 22**

Friends of Gravatt Oyster Roast, Gravatt Camp and Conference Center, 1006 Camp Gravatt Rd., Aiken, 6 p.m. Spend the evening with us in the Pavilion enjoying oysters, chili, s'mores, and excellent company. Cost is free for Friends of Gravatt, but donations are gratefully accepted to cover costs.

**November 27-30**

3rd Annual Festival of the Trees, various times, Fermata Club, 241 Whiskey Rd, benefiting the Aiken Symphony Guild's student music program.

**November 28**

Blessing of the Hounds, Hitchcock Woods, 11 a.m. This annual event opens the season in Hitchcock Woods. Park by the Aiken County Historical Museum and enter the woods from South Boundary for a 20-minute walk to Memorial Gate. Children welcome. Please no pets. Call (803) 643-DRAG for more information.

Bloodies and Bagels, Aiken County Historical Museum, 8:30 a.m. Aiken Land Conservancy annual fundraiser. Call (855) 252-5263 for more information.

One Table, The Alley, 11 a.m. to 2 p.m. This is the City of Aiken's annual free Thanksgiving celebration. All are welcome to have Thanksgiving Dinner in the Alley on Thanksgiving Day. Call (803) 642-7649 for more information.

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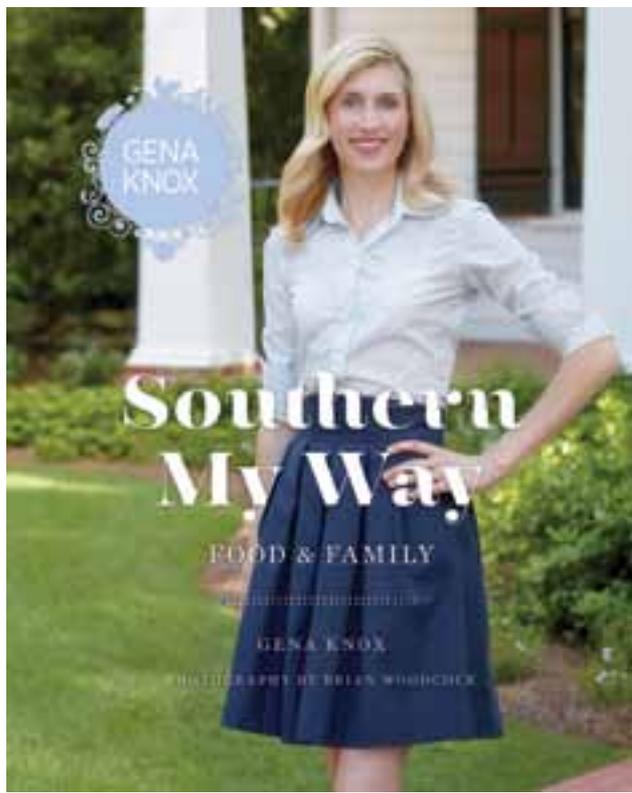
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# Cookbook Author Gena Knox Breathes Freshness into Southern Cooking

by Kathy Huff

## “Southern food is not all fried chicken,”

cookbook author Gena Knox told BELLA, and she proves it in her new cookbook, *Southern My Way: Food and Family*. Gena will appear in Aiken to talk about her philosophy of food as reflected in her new cookbook at the Aiken Center for the Arts on Wednesday, October 16, at 11 a.m.

The cookbook lecture, called *The Art of Taste*, is an annual fundraiser for the Arts Center. (See box for ticket information.) As a speaker, Gena is very engaging and knowledgeable, eager to share her philosophy of food and also to listen to questions and stories from the audience. Her fresh-from-the-farm appearance is accentuated by her natural, sunny smile and easy manner.

Attendees will enjoy food samplings from select recipes out of Gena’s *Southern My Way: Food and Family*, and copies of the new cookbook will be available for purchase at the event. Gena will personalize autographs upon request.

*Southern My Way: Food and Family* is Gena’s third cookbook, filled with traditional Southern dishes altered to be lighter and more healthful. “I’m always on the lookout for new recipes, new ingredients, new ways to cook the foods I love,” she said. “So much of the South and family is wrapped up in food traditions, of being around the table together at dinner time, at holidays.”

## Kids in The Kitchen

She encourages families to get the kids involved in cooking. “My mom kept me in the kitchen,” she reminisced, and it was there she learned her grandmother’s secrets too.

“Dinner is not about going through a drive-thru,” she commented. “Most of the *Food and Family* recipes are designed for the modern cook to produce home-cooked meals that are easy to prepare and delicious. I believe it’s important for parents to show children the importance of home-cooked meals. Kids may not appreciate it now, but

they will later.”

Gena’s philosophy of cooking grew out of her childhood on the family farm in Reynolds, Georgia, a town so small there were no restaurants. Instead, every family relied on its own farm or garden to supply the dinner table, and friends and neighbors shared their abundance with each other. Modern cooking now espouses this “buy local for freshness” movement, but in many areas of the country, it was never a trend, it was a way of life.

After she left Georgia as a young married woman, Gena missed the tastes of her childhood dinner table, and eventually abandoned her chosen field of landscape architecture to return to the kitchen in a commercial way. She and husband Davis started a company called Fire and Flavor to manufacture grilling planks, eventually adding other cooking products and seasonings. The rapid growth of Fire and Flavor and Gena’s experimentation with cooking methods and fresh ingredients naturally led to her entry into the world of cookbooks. She is continually looking for new recipes, new tastes.



Selecting seasonal, fresh produce and other locally grown ingredients has become the backbone of Gena’s cooking style as shown in her cookbooks. “Personally, I am even more excited about the release of this book – I just love the feel of it.” Gena commented. She is enthusiastic about the range of dishes, and also with the way they are presented in the new cookbook. “The pictures are over the top and every recipe has a full color photo which everyone loves.”

*Food and Family* was completed in a few

months of intense work by Gena and her team, including her editor Lisa Frederick and photographer Brian Woodcock. “Lisa edits and rewords, Brian brings food to life, and Gill Autrey is the creative director who designed the layout and does the prop styling. We were in a creative groove for several months.”

## Cookbook Almost Wasn’t Written

*Southern My Way: Food and Family* is the cookbook that wasn’t supposed to be written. After the first one came out (*Southern My Way: Simple Recipes, Fresh Flavors*, 2010), her current life circumstances seemed to lead her in another direction. Her family was growing, and another book tour would be time-consuming. Logically, she thought it would be her last cookbook, but her fans persuaded her otherwise. “It is such a huge compliment to find out my cookbook influenced

and changed the way people cook,” she said. She now considers *Food and Family* to be the second in a series of at least three.

These days, Gena is experimenting with her new favorite ingredient, coconut oil, as a substitute for butter. “It has a light flavor, and it’s good for you,” she explained, adding that it’s particularly flavorful on sweet potatoes. Her favorite foods are fish and olive oil, especially on fresh baked bread. However, now pregnant with her third child, she confided that during her first trimester, she couldn’t indulge in those dishes due to her sensitive palate. “Now I’m back to eating lots of fish and vegetables; it’s fine,” she said in relief.

Gena’s name is actually Genevieve. “My mom liked the name. She got it from a visiting character on the Captain Kangaroo Show. But she called me Gena from the beginning.” Genevieve is the name Gena and her husband Davis gave their second child who is now 18 months old. She and brother Neely, 4, will be joined by a sister in mid-December.

## Staying Slim as a Foodie

The photographs in her cookbook show her tall, slender body. BELLA asked her how she maintains such a slim figure in the food business. “I’m a big runner, and it’s in my genes too,” she answered. “I eat healthy and cook healthy.” She then added that being tall helps: she’s 5’10”. Still, it was reassuring to hear that although she strives not to keep sweets around the house, she confesses to indulging in dark chocolate every night—presumably out of reach of those little hands.

Tickets for *The Art of Taste* cookbook lecture are available at the Aiken Center for the Arts, 122 Laurens Street SW, or by calling 803-641-9094. Cost is \$10 for members and \$15 for non-members. Seating is limited and advance reservations are encouraged. *Southern My Way: Food and Family* will be available for purchase at the event and will be personalized by author Gena Knox, if desired.



By Phyllis Maclay

**Yeah, I know I'm ugly ... Once I said to a bartender,  
"Make me a zombie."  
He said, "God beat me to it."**

— Rodney Dangerfield

## The zombies are coming.

The rotting undead creatures infest the human population searching for flesh or brains to fuel their existence in modern movies. From *Night of the Living Dead* to *World War Z* the pasty green-skinned ghouls have been portrayed as mindless miscreations often controlled by an evil master.

But ... are they real?

## Spirit of the Dead

The word *zombie* means "spirit of the dead" and originated in French Saint-Domingue (Haiti) in the 1700s. Slaves brought there from Africa believed in a distant and detached god called *Bondye*, who is unreachable and not the least bit interested in the human race. So in the Voodoo culture, prayers are spoken to sub-gods called *loa*, who direct specific times in a person's life. Worshippers create personal altars and present gifts to the spirits, and perform elaborate ceremonies involving dance, music, and spirit possession.

Each house has a different pantheon of spirits, with variations on how to please and worship the *loa*. Some households group together and form secret sects or societies. Most societies place a white candle on a table with a glass of water and flowers for the spirits they serve.



Historically, within eight days of coming to shore, African slaves were forced to convert to Christianity in Saint-Domingue, so they disguised their personal *loa* as Roman Catholic saints. The Voodoo believers incorporated the new religion's prayers and litany with their own,

and thus Catholic saints doubly represented their own mysterious spirits.

## You Do the Voodoo That You Do So Well

In Haitian Voodoo culture, a priest or priestess who used sorcery or dark magic, called a *bokor*, would be summoned to use black magic on a family member whose bad behavior could no longer be tolerated. The *bokor* mixed together a powder of poisonous "fou-fou," or puffer fish, called *coup-padre*. The victim of the poisonous mixture would slip into a "zombie" state with a heart rate so low he appeared to be dead. The breathing rate was slow and shallow, and the body temperature would plummet. Believing him to be dead, the community buried him. The *bokor* would immediately exhume the "zombie"

and give him another drug, which caused the resurrected person to suffer memory loss and loss of the ability to make his own decisions. The *bokor* would take possession of the zombie, making him his slave.

This folklore was scoffed at by educated Haitians until the scientifically documented case of Clairvius Narcisse.

In the village of L'Estere, Angelina Narcisse was shopping in the open market near her home and a man approached her. When he called her a family nickname she hadn't heard for almost two decades, Angelina screamed as she realized the man was her brother whom she and her family had buried in 1962.



Clairvius Narcisse

## Back in '62

Clairvius had been fighting a fever and enduring body aches for some time; but when he coughed up blood the weak man admitted himself to the Albert Schweitzer Hospital in the Haitian town, of Deschapelles. Physicians observed that Clairvius suffered breathing difficulties, digestive problems, pulmonary edema, and hypothermia. Their dying patient said it felt as though bugs were crawling all over and under his skin. He was pronounced dead by a doctor. His sister, Marie-Claire, pressed her inked thumb on the death certificate.

But Clairvius could hear his sister, Angelina, weeping by his bed. He felt the pressure of the sheet tugged up over his head. To his horror he was aware of his placement in a coffin and knew a nail pierced his forehead (where a scar later developed).

He remembered hearing the coffin pried open. A *bokor* and some other men pulled him out and beat him, tied him up, then dragged Clairvius to a large sugar farm (probably owned by the *bokor*) many miles from his home. For the next two years Clairvius labored with other "zombies" in a trance, existing on one meal a day. The zombies were drugged daily to keep them under submission. He said it seemed as if he had no will of his own, and life moved in slow motion around him.

During Clairvius' second year on the farm, as one of the zombies was being beaten severely by the *bokor*, the victim grabbed a hoe and killed his abuser. All the zombies eventually fled and roamed the countryside. Clairvius learned that it was his brother who hired the *bokor* to give him the *coup-padre* because of a land dispute. So Clairvius became a *mandyan*, a homeless panhandler for the next 16 years until his brother died.

## Just to be Sure

In 1982 Dr. Douyon, director of a psychiatric facility in Haiti, declared after an examination and questioning that this man was indeed the same Clairvius Narcisse who had been buried in a coffin in 1962.

Harvard graduate Dr. Wade Davis arrived in Haiti to study the zombie powder used to mimic death in its victims. He discovered the *bokors* used a variety of ingredients such as toads, snakes, lizards, centipedes, and sea worms. But in every concoction were three common elements: charred, ground bones and other human remains, plants with nettles and toxic resins, and puffer fish.

While the first ingredients were probably inert additions for the recipe, the irritants from the plants (sometimes crushed glass was substituted) would

cause skin abrasions for quicker absorption of the poison from the puffer fish. *Bokors* insisted the powder was never to be ingested; the *coup-padre* was to be sprinkled down the back of the victim or in shoes. Scratching the irritants hastened the absorption of the poisonous powder through the skin. Sometimes the concoction would have to be applied more than once. The symptoms of this poison (tetradotoxin) are identical to the ones Clairvius presented.

## Zombie Cucumber

Haitian *bokors* told Dr. Davis that when zombies were dragged out of their coffins, they were forced to eat a paste of mashed sweet potatoes, cane



*The Zombie Cucumber*

syrup, and *Datura*, a plant Haitians called the *concombre zombie*, or the zombie cucumber. This plant contains a hallucinogen that causes confusion, amnesia, and psychosis. This explained Clairvius' feeling of living in a dream-like state while on the sugar farm.

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## The Take-away

Although the facts Dr. Davis gathered for his research do not prove the existence of zombies beyond the dark shadow of a doubt, it is intriguing to consider zombies may have been the real deal. The good doctor emphasized, "I've never said there is some kind of assembly line producing zombies in Haiti. It may be that it is no longer practiced."

So if you see any zombies this Halloween, you can be assured they are the kind with a mind of their own, searching only to satisfy their sweet tooth.

But don't eat any of those zombie cucumbers.

## Local Zombies Invited to Augusta Zombie Walk

The 4<sup>th</sup> Annual Zombie Walk, billed as a family-friendly affair, will be held in Augusta on Friday, October 4, beginning at 6:45 p.m. Zombies in zombie gear will gather at the 8<sup>th</sup> Street Bulkhead (at 8<sup>th</sup> Street and Reynolds St.), then begin their shamble shortly after sunset, approximately 7:05 p.m.

Zombie Walk organizers invite participants to deck themselves out in zombie gear, then lurch their way through downtown Augusta with the other zombies and stay in character, "grunting and slurring on the hunt for fresh brains and flesh."

### Rules of the Zombie Walk listed on the Facebook page:

-  Even if the only thing you can say is "braaaaains," it can still be held against you in a court of law.
-  Any (fake) blood you may drip on the sidewalk is considered vandalism, and the dripper can be held financially responsible for the cleanup. Do not drip blood on the sidewalks or smear it on buildings, monuments, etc.
-  Stay on the sidewalks. Not only is it dangerous to yourself and motorists, if you run out in the road or jaywalk, it's also illegal.
-  Do remember that the zombie walk is a family-friendly event. Lots of underage zombies were present last year, and even more children are expected this year. Do not show up drunk, scream obscenities, bring weapons, or attack anyone.
-  Respect any police officers who may step in to cease the walk. It is their right to do so if the zombies are impeding traffic or otherwise engaging in illegal activities. It is best to follow orders and disperse quietly.
-  Augusta Zombie Walk and its organizers are not responsible for individuals or their actions while on the walk. All participants walk at their own risk.



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## *It's Autumn — Time for Fall Steeplechase!*

One of Aiken's biggest autumn social and equestrian events—the Fall Steeplechase— will take place Saturday, October 26, at Ford Conger Field off Audubon Drive. This is the 22nd annual running of the horse race, and will run rain or shine.

Gates open at 9:30 a.m., and the first of five races begins at 1 p.m. A carriage parade with members of the Aiken Driving Club will take place between races at some point during the afternoon. At 10 a.m. the Village of Shoppes, featuring at least 12 vendors, will be open to attendees, as well as the Paddock Playground where 12 local non-profits will have games and activities set up for children.

Event tickets are \$10 in advance, or \$15 at the gate. Parking passes are \$10 in advance or \$15 at the gate. Children 6 and under are admitted free. Tickets may be purchased at Aiken Drug, Aiken Saddlery, Boots Bridles and Britches, Floyd & Green Jewelers, Ingate Professional Pharmacy, H. Odell Weeks Center, Lominick Pharmacy, North Augusta Chamber of Commerce, Plum Pudding, Southern Bank & Trust, Stoplight Deli, a Unique Expressions.

Tickets to the Guarantor Tent Party are \$80 per person (children 6-12, \$40 each). This ticket includes admission into the special

Guarantor Tent enclosure. The tent party hosts a buffet luncheon, open bar, musical entertainment and parking adjacent to the tent.

A portion of the event proceeds will benefit the Hitchcock Woods Foundation.

### **TAILGATING OPTIONS**

Following are options for enjoying the Fall Steeplechase with different railside packages. Interested parties should call the Aiken Steeplechase office at 803-648-9641.

- General Admission Railside Package, \$100. This tailgating package includes railside parking on the inside or outside rail plus two general admission tickets.
- Subscriber Railside Package, \$150. This tailgating package includes railside parking on the inside or outside rail plus four subscriber admission tickets.
- Guarantor Railside Package, \$450. This tailgating package includes railside parking plus tickets to the Guarantor Tent Party (see above).

### **FALL STEEPLECHASE FÊTE**

Lost in the Woods: A Grimm Fairytale Fete is the theme of the annual fall gala on October 25, traditionally held the night before the Steeplechase, at 7 p.m. in the Guarantor Tent at Ford Conger Field. The cost is \$90 per person, or \$180 per couple. Reservations may be made online at <http://www.aikensteeplechase.com> or by calling 803-648-9641. Tables of 8 to 12 are available, although those interested in attending are not required to reserve a whole table. The dress is coat and tie or costumes according to the Grimm Fairytale theme.

Sponsoring the Budweiser Holiday Cup this year is AB Beverage Company of Aiken. The purse for this race (#4) is \$25,000. Other sponsors include Aiken County Farm Supply, Boots Bridles and Britches, Aiken Regional Medical Centers, and the Baker Institute for Animal Health of Cornell University. Total purse for the day is \$60,000.

For more information, go to <http://www.aikensteeplechase.com> or call the Steeplechase office at 803-648-9641.



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# Julie Adams: Creative in Her Own Skin

by Anna Dangerfield

Julie Adams believes the first time she felt “in my own skin” was during her studies at the Atlanta College of Art. Years earlier, she had tried to obtain a college degree in art, but that choice was vetoed by her aunt. And though she followed a convoluted route to becoming an artist, today she is a contented one, passionate about painting.

After graduating from Aiken High School, then majoring in education at Brenau University, she later completed graduate work at the University of South Carolina. The education major served her well when she taught reading and worked with students with disabilities in the Aiken County Public School system. She was married to the late Tommy Adams, who worked in the same school system, and they reared their two sons Ben and Chip. That busyness and a successful career of more than 20 years as an interior decorator left her passion for painting simmering on a back burner.

## Art is Her Passion

Now that passion is her primary focus. “What I do with my art is who I am,” Julie said. That creative self is happy as she paints portraits, working in oils, and shares her knowledge with others. She has trained under the tutelage of various teachers including Philip Carpenter and Al Beyer. Her work has been exhibited at The South Carolina State Museum, Woodruff Arts Center in Atlanta, Sumter Gallery of Art, The Etherredge Center, The South Carolina State House, and Quinlan Art Center, to name a few places.

Julie is a can-do person, an attitude modeled by her aunt Annie King, “Annie Mammie” to



Julie Adams works in her studio on the sketch of son Ben for the portrait she is painting.

Julie. “I moved in with her right before my ninth birthday,” Julie said. “She’s the reason I majored in education. In my junior year at Brenau, I wrote to her saying I wanted to transfer to the University of Georgia and major in art. She responded on a piece of yellow teletype paper saying, ‘You will stay where you are and get a degree from which you can make a living.’ I never mentioned that to her again.”

## Legacy of the Kings

The Kings were important not only to Julie, but also to the city of Aiken. Annie Howell King

helped start Aiken’s Pilot Club, before women could be Rotarians, and her husband Benjamin “Ben” Josey King helped start Aiken’s Rotary Club. In the 1930s, Ben and Annie moved from North Carolina and purchased two existing newspapers,



Annie King was one of 20 South Carolina newspaper publishers and editors invited to a luncheon at the White House as guests of President John F. Kennedy. (Complete story in Aiken Standard and Review April 10, 1963)

combining them to form the *Aiken Standard and Review*. On Ben’s death in 1951, Annie became one of the nation’s few women publishers, editors, and managers who operated their own publications.

In 1968, Aiken Communications, Inc., purchased the newspaper, and in 1969, moved its offices from the downtown Richland Avenue location to the current building on Rutland Drive.

Annie’s associates at the *Aiken Standard and Review* were her brothers Albert T. and Wilbur G. Howell. With brother W.G. “Bill Sr.,” she co-owned the King Printing Company.

“We called her Mama King,” said Bill Howell, Jr. “She and my dad, Bill Sr., also ran a commercial printing business at the newspaper. When they sold the newspaper, they continued the printing business and built the building at 345 Barnwell Avenue NW where my dad worked until the 1990s. This is the full-service design and printing Howell Printing Company of today.”

Bill grew up in the family business where his mother also worked. “Every day, the entire newspaper staff ate lunch at Mama King’s house on Palmetto Lane, a delicious meal cooked by Lizzie Wakefield,” he said. Now, Bill’s wife Janice, and their daughter Grace, a professional driver for an NHRA pro stock racing team, work in the family printing business as well.

“Today, printing is done via computers, but we use some of the skills we learned in the family business. Annie King was very supportive of her family, and her life revolved around all of us,” Bill said.

## Annie Mammie Was Julie’s Role Model

Julie seconded her cousin Bill’s assessment of Annie, and added that she also modeled a strong work ethic coupled with independence and strength. “When we first started hearing about women’s rights, I was shocked because I didn’t know that women couldn’t do what they wanted to do,” Julie said.

Annie relied on her strength during the time she lost her husband, opened her home to Julie, and changed the newspaper from a bi-weekly publication to one published five days a week, all within the

same year.

Until she was about 12, Julie slept at the newspaper—on giant paper rolls—while her aunt put the newspaper together. “Paper, pencils and pens were always around, but I didn’t draw much or paint,” Julie said. “I worked with the cooled metal that leaked from the Linotype hot metal press. I used it like modeling clay to form objects, but I worked fast because once that hot metal cooled, it hardened quickly.”

## A Painting is a Story

Annie exposed Julie to art in its varied forms. “I took piano lessons,” Julie said, “and we antiqued and visited museums. I fell in love with writing, literature, music and painting. All of those media did something for me, but painting spoke the loudest. Paintings are visual words that tell a story.”

Julie paints in her downtown loft in the Artists’ Studio at the Croft Building, 143 Laurens Street SW. This second floor area above ReFresh and 3 Monkeys was developed from the vision

of the late Patrick Brooks as an area for artists’ studios. He appreciated the natural light in the rooms and approached Leslie Alexander to help him recruit artists. She included those who worked in

various media, some of whom are still there.

“My studio is a sanctuary, but it is nice to be in an area where you can exchange ideas,” Julie said. “The critique and support here are wonderful. I enjoy the solitude in my own cubicle to work, but it’s nice to know I can talk with Leslie Alexander or the other artists when needed.”

Leslie agreed. “We each have a private space

Julie Adams’ students will show their artwork in an exhibit open to the public between the hours of 10 a.m. and 4 p.m. Thursday, October 31, through Saturday, November 2, at 143 Laurens Street, SW, upstairs, and also from 1 to 4 p.m. on Sunday, November 3.

within a collective one. You can close your door for privacy or open it to invite someone in. There's a creative spirit in the air that is palpable."

### "A Fabulous Teacher"

About fellow artist Julie, Leslie added, "Nobody can do better figures, skin tone, or expression than Julie. She is a figurative painter, from nude to child to portrait. She is a fabulous teacher of oil painting in the classic approach."

Julie teaches art classes twice a week, believing she doesn't actually teach. "I share what I've been taught. And I love working with the students



*Students Sally Bradley, John Bradley, Judy Allen, Frank Daly, and Sharon Hagan, prepare for their show as teacher Julie Adams points out the positives in Judy Allen's painting.*

because I know how they feel when they finally get a chance to try to paint and find they really can," she said.

"All students begin with a pear, and we discuss composition, colors, value and shape. Painting and drawing are about visual acuity using a value scale of breaking down the colors. It's also about confidence and giving yourself a chance to try. I teach based on the concept of building on anything well done, building on the positives. We all have a perfect pear by the time it's over."



*Sally Bradley "critiques" co-student and husband John on his painting of Marlon Brando.*

She also believes that an artist constantly tries to improve her craft, and sometimes she just has to show up and do the work. "Every now and then you have a moment when you look at the work of the previous day and think 'that was so wonderful. I can't believe I did that,'" Julie said.

Sharon Hagan is one of Julie's students and believes that Julie can teach anyone to draw and paint. "She has a method of teaching that makes drawing simple," Sharon said.

Julie also teaches her good friend Judy Allen. "I've been taking for about two years now. I've never done this before, and I've found it to be the best therapy," Judy said.

Like any proud mother eager to show off her talented children, Julie holds an annual open house to showcase the work of her students. This show opens on Wednesday evening, October 30, for family and friends of the students. The exhibit will open to the public on Thursday, October 31 and last through Sunday, November 3. Stop by to visit this passionate artist and empowering teacher, Julie Adams, as she shares her students' creative work.



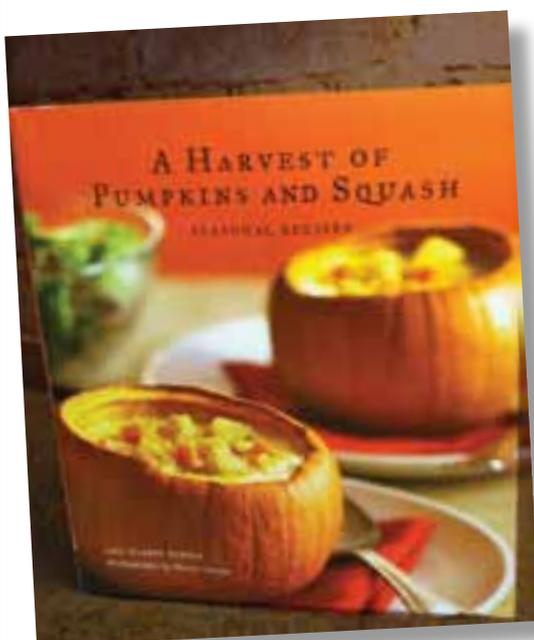
**Anna Dangerfield** is a freelance writer whom readers will recognize from her long association with *BELLA Magazine*. She has also been published in other secular and religious magazines. Anna has a BA in English, a BS in Pharmacy, and is a volunteer with Mental Health America of Aiken County. She and her husband have three

sons, two daughters-in-law and two grandsons with whom they enjoy travelling and spending time at their beach home on the South Carolina coast.

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## Last Chance to Catch

# Dancing with the Aiken Stars

by Kathy Urban Huff

*“Dancing is poetry with arms and legs.”*  
—Charles Baudelaire

October is rehearsal month for the many Aikenites participating in the 4<sup>th</sup>—and final—Dancing with the Aiken Stars November 21. Ten couples and groups, all from different backgrounds and interests, will be competing with each other to win one of three trophies, but all are united in their support of the charities benefiting from the popular fundraiser, the Child Advocacy Center and the Community Medical Clinic.

The gala night begins Thursday, November

21 at 7 p.m. at the USCA Convocation Center. Seats at tables are nearly sold out, ranging in price from \$200 each on the first row next to the dance floor to \$90 in the third row. Seats in the stands are also available at \$30 each, which includes a vote. (See box for ticket information, or visit [www.aikendancers.info](http://www.aikendancers.info))

The local “copycat” version of the TV show premiered three years ago. It quickly outgrew St. Angela Hall and moved to the USCA Convocation Center last year to accommodate growing crowds and the electric excitement of the event. The 2012 benefit netted \$120,000. The money largely comes from votes cast by the friends of dancers at \$10

each. As Chair Betty Ryberg has been heard to say, “This is the only time in your life you can vote early and often!”

In this issue BELLA is featuring the dancers from past seasons with quotes from many of them and photos from their dancing days. In the November issue, there will be a pull-out section highlighting the 2013 dancers and the dance instructors.

*Nobody cares if you can't dance well. Just get up and dance.*  
—Dave Barry



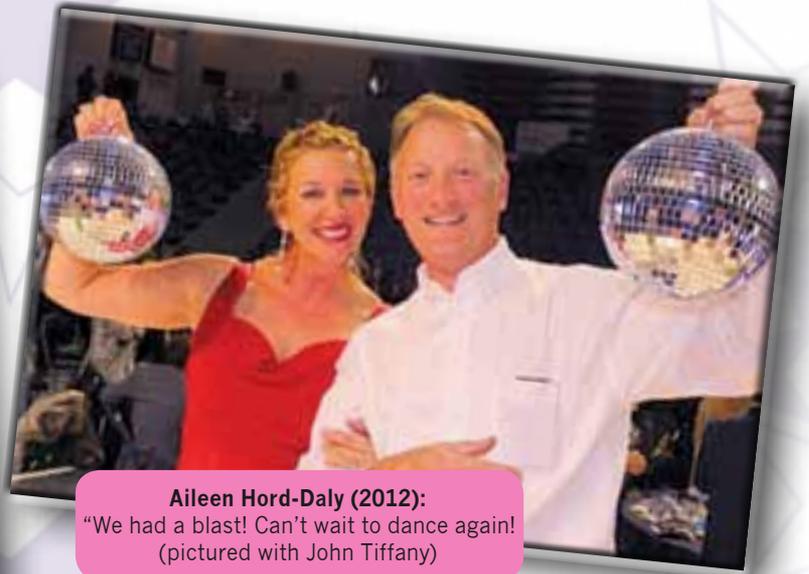
From left to right: Jennifer Brodie, Heather Pack, Hillary Platt, Mallory Holley, and Breigh Hall.

**Mallory Holley (2012):**

“DWTAS means a great deal to me and the Community Medical Clinic where I am the Executive Director. The clinic works hard everyday to provide office visits and medications to low income residents of Aiken County. Without the support of DWTAS the clinic would not be able to provide the necessary care and medications to keep our patients healthy, out of the ER and even in some cases alive. When I was asked to dance I had no idea how much fun I was going to have dancing and meeting other individuals that care about their community. Our state organization's director heard about DWTAS and said “I have heard of Clinic Directors doing some crazy things, but dancing in front of a crowd is a first!”

**Jennifer Brodie (2012):**

“No one puts Baby in the corner.”



**Aileen Hord-Daly (2012):**

“We had a blast! Can't wait to dance again! (pictured with John Tiffany)”



From left to right: Chad Matthews, Carl Henson, Jim Anderson, Morgan Purvis, Rakesh Jasani.

**Chad Matthews (2012):**

“21 years after all of us graduating together South Aiken High, Corey Burns has me throwing Heather Pack on stage. Thank goodness for good friendships and great health insurance!”  
Chad Matthews, 2012-Footloose on Fire group member.

**Jim Anderson (2012):**

“After several years of having friends participate in Dancing with the Stars, and seeing the tremendous impact it has had on the community, I had the opportunity to join the ranks in 2012 when Corey asked me to be a part of “Lose Your Blues”, the group that won The People's Choice award. What a blessing to live in such an amazing community that supports each other, promotes good character traits and takes care of it's children (especially those in need).” (pictured with “Lose Your Blues”)

**Morgan Purvis (2012):**

“I would break down my Dancing with the Stars this way: reluctant, rehearsing, ready, rewarding, retired.”



**Amed Samaha and Aja Vaughn (2012):**  
 "It was an experience like no other!  
 We felt like true Hollywood stars!"

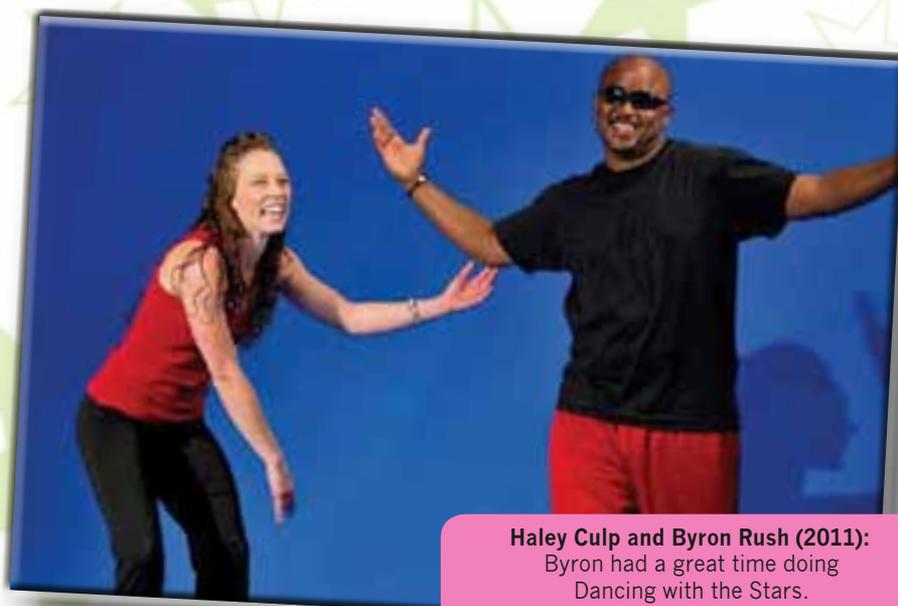


**Julie Adams (2012):**  
 "Great fun for meaningful causes... A privilege  
 to be among the ones taking part."

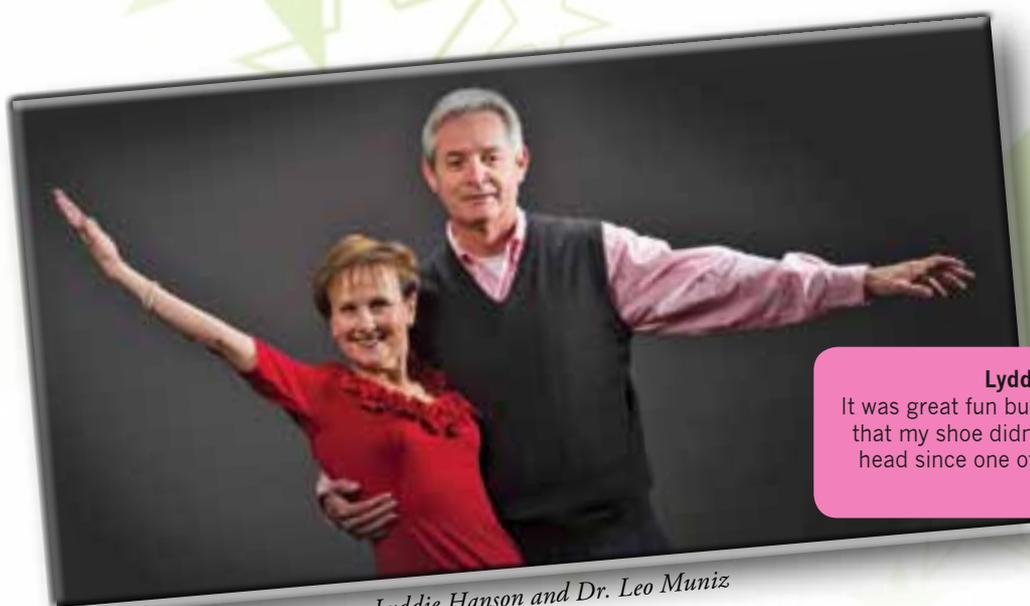
*Rick McLeod, Susie Player, Cam Scott, Julie Adams*



**Jacquelyn Kane and Michael Murphy (2011):**  
 "Let's do a shot and remember it  
 will all be over in a few minutes..."



**Haley Culp and Byron Rush (2011):**  
 Byron had a great time doing  
 Dancing with the Stars.  
 I thought it was a great experience, and it was  
 almost like a stretch assignment for me.  
 I didn't know if I could pull off the dance moves  
 or not, but I thought I'd give it a try. I had a  
 great partner and teacher, and we were able to  
 put a routine together in just two weeks.  
 I'm very glad I took the opportunity, and I am  
 honored to be included in the Dancing With  
 The Aiken Stars number with so many  
 other great people.  
 I'd like to thank everyone for their work  
 on this awesome event that supports  
 such a great cause, and I'd like to give a  
 special thanks to Berry Ryberg for  
 bringing it all together.

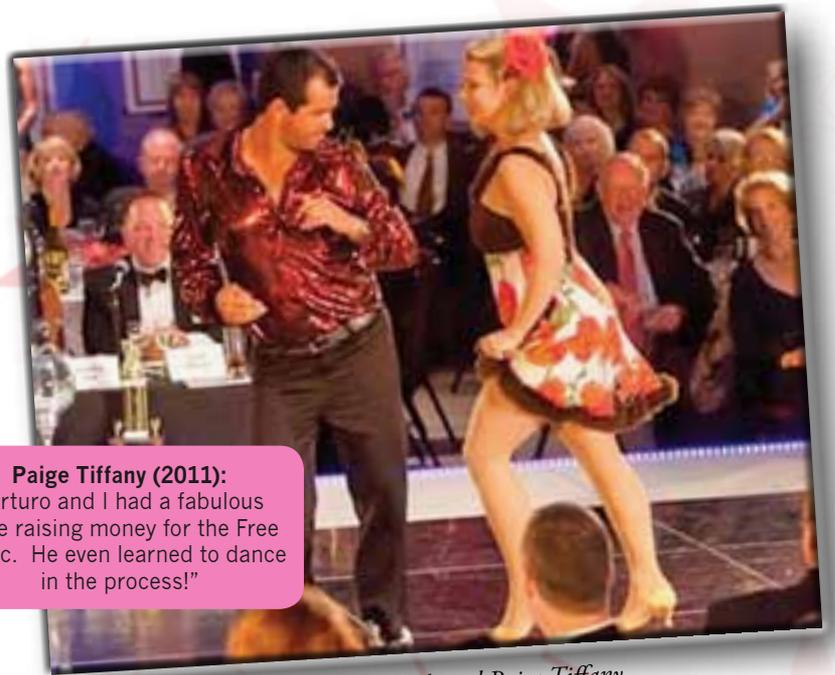


**Lyddie Hansen (2012):**  
 It was great fun but the only memory I have is relief  
 that my shoe didn't fly off and hit someone in the  
 head since one of my shoe straps broke an hour  
 before

*Lyddie Hansen and Dr. Leo Muniz*



**Lisa Tharp-Bernard and Brad King (2012):**  
 "The best things happen while you're dancing!"

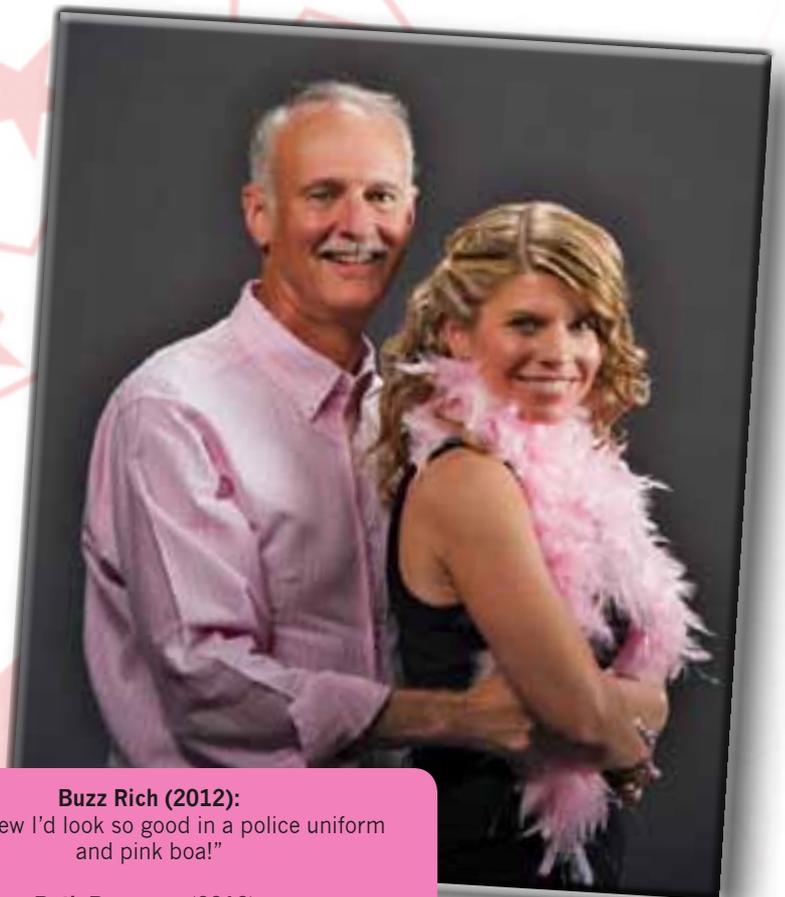


**Paige Tiffany (2011):**  
 "Arturo and I had a fabulous time raising money for the Free Clinic. He even learned to dance in the process!"

*Arturo Costa Aish and Paige Tiffany*



**Nancy Hansen (2010 & 2011):**  
 "Dancing with the Divas in Aiken's DWTAS was a wonderful experience in every way: To be asked to dance is a rare event, after a certain point in life, and to dance and practice and work with new friends along with longtime acquaintances was a precious gift. To do all this for such worthy causes was a privilege. I'm grateful to the incredible team who put these events together and proud to have been a small part of such a memorable undertaking!"



**Buzz Rich (2012):**  
 "Who knew I'd look so good in a police uniform and pink boa!"

**Beth Barranco (2012):**  
 "I'm still on cloud 9... and in handcuffs! On a serious note.. DWTAS has been one of the most cherished and memorable events I've ever been a part of."

## ***Dancing with the Aiken Stars Ticket and Voting Information***

### **To Attend**

**Date:** Thursday, November 21

**Time:** 7 p.m. (Doors open at 6 p.m.)

**Place:** USCA Convocation Center

**Tickets:** \$30 for stadium seats (includes one vote); beer and wine and soft drinks available for purchase.

Stadium tickets available by calling 1-866-722-8877 or at [www.uscatix.com](http://www.uscatix.com).

Table seating: To be put on a waiting list for tables around the stage, call:

(First Row— \$2000/table of 10):

Charlotte Holly, 803-215-2678

(Second Row— \$1200/table):

Beth Barranco, 803-599-3086

(Third Row— \$900/table):

Chris Reichel, 803-221-7784

### **To Vote (Beginning October 15)**

Go to [www.aikendancers.info](http://www.aikendancers.info)

\$10 will buy one vote

(\$20 minimum)

Voters may vote for more than one couple or group.

Voters may cast multiple votes for one couple or group, with no limit, at \$10 per vote.

All proceeds from Dancing with the Aiken Stars benefit

The Child Advocacy Center and the Community Medical Clinic.



#### **Sallye Rich (2011):**

"Being the first dancer of the very first DWTS was quite exciting but terrifying! I just kept telling myself that in 2 minutes it would over and I would be sitting at a table watching the other dancers- whew!"



#### **Dacre Stoker (2010):**

Jill and I had a lot of fun, for a good cause. Two years after our performance we still try out our dance moves anytime we are near a dance floor!

*Jill Thomas, Corey Burns and Dacre Stoker*

#### **Paul Hunt (2010 & 2012):**

"... [I was] relieved....when my dance was over."

#### **Molly Hunt (2011):**

"... [I was] relieved when [husband] Paul's dance was over, and Jeffrey Reynolds is a much better dancer than his wife said he was! Ha!"

#### **Connie Young (2012):**

"Who knew David Stinson would take to Hula like a fish to water! He was amazing!"

#### **Pace Kneece (2010):**

"I enjoyed participating in DWTS. Now I just need a motorcycle to go with my outfit!"

#### **Lionel Smith (2011):**

"DWTAS was just a fantastic experience. My dance partner, Brenda Wyatt, is an accomplished dancer, and working with her was a joy. It felt good to both of us to be participants in this great fundraiser."

# Meredith Anderson:

Storyteller and Award Winner

by Stephen Delaney Hale

She comes into our homes at 6 p.m. every weeknight—lovely, intelligent, enthusiastic, youthful, even elegant in the way she tells us the stories that are affecting our community today. Now at WRDW-TV in North Augusta, Meredith Anderson looks much too young to have been a news anchor for a decade.

Meredith doesn't just read stories on the air. In person, she often explains her thoughts by telling you a story.

To set the stage for her stories ...

It was a sparkling night in August when both brand new and longtime friends got together at The Willcox in Aiken to celebrate a brilliant piece TV 12 did leading up to last spring's *The Great Gatsby* movie release. The Willcox held a gala 1920s costume party to portray its own connection to the glamorous times as portrayed in F. Scott Fitzgerald's brilliant novel. The station had done a party preview that glittered as much as the film. The preview used clips of the movie along with current footage of the hotel, Aiken historians and old photos of the "swells and dandies" who ruled the social scene in both Aiken and Long Island in those days of abandonment between the world wars.

Meredith, along with news director and WRDW Corporate V.P. Estelle Parsley, were guests of Willcox owners Geoff and Shannon Ellis. Co-anchor Richard Rogers, the reporter on the *Gilded Age* piece, couldn't make it, but several glasses were lifted in his honor.

With certainly no lack of fine storytellers at that table, most of the evening was taken up with the sometimes hilarious, sometimes frightening, always fascinating events in Meredith's still quite young life. Wise people tell us to cherish each



Meredith Anderson, WRDW-TV news anchor

moment and every day seems to be an event to remember for Meredith.

## One Out of Hundreds

"I've read several hundred job application letters," said Parsley in explaining how Anderson got to WRDW. "They all seem to be written by the same college advisor ... 'I have this experience and that talent and I'm a real-hard worker and a team player ... signed ... anybody. You rarely get a feeling for the person who wants to come and be the face of your newsroom.'"

"Then I got Meredith's letter, and once I read it she was already hired," laughed Parsley. "She told me a story about who she is and how she became a reporter in her own mind when she was ten years old! I knew I had a storyteller."

In fact, here's the letter:

Estelle,

*When I was 10 years old, Hurricane Hugo slammed into Charleston, South Carolina. On that day, my parents say they made the biggest mistake of their lives by staying to ride it out. I disagree. Huddled in a closet after all of our windows blew out, our only connection to the world was a small, battery operated television. We watched our local news for twelve hours straight. That was when I knew what I had to do. I had to find a way to be that calm voice in the storm. I had to find a way to help provide that critical information. I had to become a news anchor and reporter.*

*My name is Meredith Putney, and I want to bring my passion for news to your newsroom. Right now, I anchor the weekend newscasts at WZVN in Fort*

*Myers. During my time here, I've gotten an incredible amount of breaking news experience, both in the field and behind the desk. When we took a direct hit from Hurricane Wilma, we were on the air for two straight days. We also took an immigration march live for more than five hours, and covered a massive brush fire much the same way. We've also done this for every tropical storm. The experience has been invaluable.*

*I am the complete package because I have done it all, from being a one-man band reporter, to a producer, to an anchor. My managers and peers can always count on me to get the story and take it one step further than the competition. They also see me as a newsroom leader.*

*I have enclosed a tape of some of my recent anchoring and reporting. I formatted it in the following way: montage, anchoring, and then finally three stories that demonstrate my diversity as a general*

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assignment reporter. Please feel free to call with any questions you might have. I look forward to hearing from you.

Thanks,  
Meredith Putney

A few days later, in 2007, she followed her letter to her new newsroom in North Augusta, but that wasn't her first such adventure.

## A Low Country Girl at Heart

Meredith grew up in Summerville, S.C., "usually knee-deep in pluff mud at our family's Edisto Island beach house on Big Bay Creek, cleaning my own fish and catching my own bait. I still love Edisto. My veins are brackish," she continues, weaving the listener into her next story of self-revelation.

"In my mind, I've never left Edisto. It's a place that time forgot. My parents sold their house on Edisto after I graduated from college, but they now live on the marsh on John's Island. It is breathtaking there, and the crabbin' isn't too shabby either!"

At the age of 16, Meredith served an internship at WCBD-TV in Charleston. She then went on to what she terms an invaluable education at the University of Georgia Grady College of Journalism and Mass Communication, where she anchored, reported and produced stories for NewsSource 15, the local cable station. She also tried her hand at sports reporting on Georgia Gameday and dabbled in some weather forecasting, though she promises those VHS tapes will forever remain packed away in the attic where they belong.

With those experiences as her foundation, the 21-year-old searched the Internet for television job openings. She found one where she least expected it.

## To the "Arctic Circle"

"I found an opening at KCAU-TV in Sioux City, Iowa, where the station covers Iowa, Nebraska and South Dakota!" she said with eyes wide enough for her listeners to see the frozen plains of Iowa. "Actually, it was in the arctic, for a girl from the South."

And then there was the timing.

"I called them on September 11, 2001," she says, obviously picturing herself on the phone that somber morning.

"I said, 'I know you are busy right now, but if you are willing to take a chance on me, I'm willing to take a chance on you.' So I told them if they would hire me right now on the phone I'd get on the road that day."

"I packed up a U-Haul and drove halfway across the country to join the Channel 9 Eyewitness News team. It was so eerie. There were no planes flying and very few people on the roads," she said. Her listeners all seemed to be in the car there with her as she drove her worldly belongings through a day of American history.

"Everyone was so unsure of what to do and here was a brand new 21-year-old, fresh from school, driving halfway across the country to a place like nothing she had ever seen when the whole country doesn't know what is going on. It was all so strange. But a first job would have been an adventure anyway," she conceded.

Within three months, she was promoted to morning and midday anchor, and on the side, she filed award-winning reports. She also found herself open to new forms of expression. "I became involved in several things I had never done before, including joining an improv comedy troupe

and a theater group where she landed the role of Shelby in *Steel Magnolias*, "maybe because of the Southern accent."

I really liked it there, minus the cold. The people were wonderful. I just could not handle the cold. I could never get warm no matter what I did," she recalled.

With cold fingers, she got back on the Internet to see if there was an anchor job outside the "arctic circle."

## To Florida and Major Storms

"After Iowa I had to defrost. I became aware of an opening at a station in Ft. Myers, Florida. I called and they asked me, 'Why are you calling us?' I said, 'Because you are the closest station to the equator that is offering a TV job.'"

So Meredith traded her winter coat for sunscreen and went to work as weekend anchor and reporter at WZVN. "The weather was perfect, until the worst hurricane season in Florida history blew ashore."

If she was looking for adventure, she found plenty of it in Ft. Myers where she could be that calming voice in the middle of a crisis. "We covered several hurricanes and tropical storms. I had the crime beat; covered a huge brush fire



Reporting at *The Masters*

and many other major stories." Meredith found herself covering a storm similar to the one that first introduced her to journalism: Hurricane Wilma. Meredith also traveled to New Orleans to cover Hurricane Katrina. What she saw there will be with Meredith for the rest of her life, she said, with no explanation needed.

But still, south Florida was almost as far from family as Iowa.

"That's when I heard about the job at WRDW in North Augusta, covering the Augusta and Aiken area market. Now I'm between Athens and Charleston and that's great for me.

Meredith joined the News 12 team in January 2007. She is thrilled to be back in the "land of sweet tea and Georgia football."

## High Honors for Her Investigations

Fast forward 22 years from the night that 10-year-old huddled in that closet against the fury of Hugo. Meredith found herself in New York City, accepting one of journalism's most prestigious honors: a National Edward R. Murrow Award. She was honored for her News 12 investigation into a black market for babies in Augusta. She proved a juvenile court officer was working with juvenile

judges to steal and sell babies. In the process, she was able to connect the dots to reunite two families. Hundreds of other victims now have the tools they need to reunite their families too.

She has had many other "scoops" in her nearly six years in this market, including one that got the U.S. Food and Drug Administration to change how it handles consumer claims and another that has inspired a Georgia lawmaker to file a bill on the way the state treats charities. In addition, another major investigation is under way by a South Carolina lawmaker that she "can't say much else about now; you'll have to tune in," to find out!

In addition to the national Murrow recognition, Meredith has been honored with 20 other prestigious awards including Emmys, Gammys (Georgia Emmys), recognition from the National Academy of Television Arts and Sciences, the Associated Press, and the Georgia Associated Press. She also won two regional Edward R. Murrow Awards.

Another big attraction of Augusta is the obvious one in April.

## "Where Do You Go When You Die?"

"Growing up, acceptable answers in my house to 'Where do you go when you die?' would be either heaven and/or the Augusta National. The first time I walked out on the course I had to stop and take it all in. I was blown away. My father describes it best. He says, 'It's like the Wizard of Oz. The rest of the world seems to be in black in white, but when you go through the gates of Augusta National Golf Course, everything shines in brilliant color.' He hit the nail on the head with that one."

North Augusta is close to family and her college home, but it's also the place Meredith wants to raise a family of her own. Her daughter Ella was born in 2010, and she was thrilled to share her growing excitement about becoming a



Meredith and daughter Ella

mother—and her growing belly—with News 12 viewers. Meredith now looks forward to sharing the adventure of raising a toddler!

"It's great to be home," she says, as the stories of her life to this point play out behind her smile.



**Stephen Delaney Hale**  
is a freelance writer in Aiken  
and a regular contributor to  
*BELLA Magazine*.

# Survivors of Suicide, Part II Local Suicide Resources

by Anna Dangerfield and Lisa Tindal

One of Aiken's best resources for suicide prevention and programs for survivors of suicide is Lisa Tindal, the Executive Director of Mental Health America of Aiken County (MHAAC). She and her agency design and implement new and existing programs to help the citizens of Aiken lead mentally healthy lives. Working with suicide was a new experience for her, as she shared with BELLA:

"I felt equipped to carry out our programs to promote positive mental health and felt confident as a public speaker in regards to prevention and awareness. A couple of years into my role at Mental Health America of Aiken County, I encountered for the first time a new struggle, the struggle felt by someone who experienced the death of a family member to suicide. This was new territory for me professionally, new stories to respond to, new opportunities to embrace, new struggles to try to 'wrap my mind around.' I knew we as an agency had to do more to prevent suicide and to strengthen our support to the bereaved survivors of suicide.



Lisa Tindal

My agency and I supported Keith Asbill, a survivor, as he formed a Survivors of Suicide support group in Aiken. Survivors are a varied group of people who sit together to listen, through tears, or just an affirming nod. Each introduction includes a unique story of loss. Then, there's mine. 'I'm Lisa and my role is to support you through this group. I care about your loss. I've experienced tragedy in my life, but nothing as significant as your loss,' I say.

Suicide scares me more than anything. It's difficult to talk about, and is a tragedy unlike any other. Its grief is unfathomable. It's an issue that has impacted many in our community. Each person has been affected in his own unique way, and there is no generic response. Each story is different and complex. You just have to listen.

In our Survivors of Suicide Bereavement Support group, I am the host of the meeting and an observer. There is no agenda. Each person is given time to introduce himself and if he desires,

he can share as much or as little as he wants. People comfort each other, either verbally or with physical touches. I believe that this group sees value and healing in simply listening.

We meet every second Tuesday of the month from 6:30 to 8 p.m. at our agency, Mental Health America of Aiken County, 233 Pendleton St. NW. The group is led by a trained peer facilitator. For further information, call me or Keith Asbill at 803-730-8562.

Our agency also offers the following support programs to increase awareness of suicide, educate the community about it, and prevent suicide:

## QPR

QPR stands for Question, Persuade, Refer. This is a training we provide to educate individuals from all walks of life on the symptoms of suicide and how to respond to someone to prevent it. QPR is provided each year as a session at Summer Institute. It is easy to present, we need groups only to ask. The presentation takes about 45 minutes to an hour. It trains and equips people with the basics of suicide prevention.

## More Than Sad

This is a program designed to educate teachers and students about the negative effects of stress, depression, substance abuse, and anxiety and how these can lead to suicide. This program is specifically geared towards middle and high school students. We have provided this training to several high school classrooms, as well as an in-service program for all guidance counselors in Aiken County. (The Jason Flatt Act is legislation that requires teachers and certain school personnel to complete two hours of youth suicide awareness and prevention training in order to maintain or renew their licensing credentials. South Carolina has passed this legislation.)

## The Truth About Suicide

Designed for college students, this program addresses suicide prevention from the perspective of survivors. (We also partner with USCA each year to screen students on National Depression Screening Day.)

## Don't Duck Mental Health-I.C. Hope

Elementary school students benefit from this program which uses five separate books to address stress, anger, bullying, grief, and depression. The purpose of this program is to introduce young children to mental health, and to help them know that in bad situations, there is HOPE. A fuzzy

yellow hand-puppet serves as a comforting visual for the students. We have presented this program to the boys and girls at Brothers and Sisters and the Second Baptist Christian Preparatory School.

## Sources of Strength

Within the next year, we hope to implement a program for high school students to teach them how to reach out to adults, how to support their peers, and hopefully, how to be more empathetic and prevent suicide. It is called the Sources of Strength. I am waiting to hear about whether MHAAC will receive a grant that I wrote for \$5,000 to implement it. Superintendent of Education Beth Everitt and Aiken High School Principal Garen Cofer have both given their approval. If we receive the grant, Aiken High School will become the first school in the state to host the program. This is a school-wide health promotion and suicide prevention program. It trains diverse student peer leaders who conduct focused peer-to-peer prevention activities in school, accompanied by adult mentoring. A key goal is to increase positive help-seeking behaviors among all students and to break down 'codes of silence' that often keep teens from seeking adult help when in crisis. ([www.sourcesofstrength.org](http://www.sourcesofstrength.org))

## Coalition for Suicide Prevention in Aiken County

Our mission statement states that we are committed to preventing suicide through community education and collaboration. We want to reduce the number of suicides in Aiken County and have begun meeting collaboratively with partner agencies to form the Coalition for Suicide Prevention in Aiken County.

## Depression Screening

Our website has an on-line Depression Screening tool. Recognizing and treating depression is an important first step toward preventing suicide.

For more information, please call me, Lisa Tindal, at 803-641-4164 or email me at [ltindal.ed.mhaac@gmail.com](mailto:ltindal.ed.mhaac@gmail.com). Visit our website at [www.mha-aiken.org](http://www.mha-aiken.org). I will be glad to help in any way."

## Other Resources

### Websites

American Association of Suicidology  
[www.suicidology.org](http://www.suicidology.org)  
American Foundation for Suicide Prevention  
[www.afsp.org](http://www.afsp.org)  
Mental Health America of Aiken County  
[www.mha-aiken.org](http://www.mha-aiken.org)  
Mental Health America of South Carolina  
[www.mha-sc.org](http://www.mha-sc.org)  
National Mental Health America  
[www.nmha.org](http://www.nmha.org)  
Suicide Prevention Resource Center  
[www.sprc.org](http://www.sprc.org)

**National Suicide Prevention  
Lifetime...1-800-273-TALK (8255)**

## Recommended Books for Survivors

*A Three Dog Life* by Abigail Thomas  
*After* by Francis Chalfour  
*An Unquiet Mind* by Kay Redfield Jamison  
*Blue Genes: A Memoir of Loss and Survival*  
by Christopher Lukas  
*Bouncing Back* by Joan Rivers  
*Do They Have Bad Days in Heaven?*  
by Michelle Linn-Gust  
*Dying to Be Free* by Beverly Cobain and Jean Larch  
*For Love of a Soldier* by Jane Collins  
*Grieving a Suicide* by Albert Y. Hsu  
*I Wasn't Ready to Say Good-bye*  
by Pamela D. Blair and Brook Noel  
*Just Pick Up the Pieces*  
by Barbara Courtney Thomas  
*Moving a Nation to Care* by Ilona Meagher and  
Robert Roerich  
*My Son...My Son: A Guide to Healing*  
*After Death, Loss, or Suicide* by Iris Bolton and  
Curtis Mitchell  
*Night Falls Fast* by Kay Redfield Jamison  
*No Time to Say Goodbye* by Carla Fine  
*PTSD Workbook* by Mary Beth Williams and  
Soili Poijula  
*Sanity and Grace* by Judy Collins  
*Silent Grief: Living in the Wake of Suicide*  
by Christopher Lukas and Henry Seiden  
*Suicide and Its Aftermath* by Edward Dunne  
*The Mourning Handbook* by Helen Fitzgerald  
*Touched by Suicide* by Michael F. Myers, M.D.  
and Carla Fine  
*Understanding Your Suicide Grief* by Alan Wolfelt  
*When Bad Things Happen To Good People*  
by Harold S. Kushner  
*Why People Die by Suicide* by Thomas Joiner, Ph.D.  
*Why Suicide?* by Eric Marcus  
*Widow to Widow* by Genevieve Davis Ginsburg

(These books were recommended by survivors of suicide or found on the American Foundation for Suicide Prevention website. Longer titles are abbreviated.)

## Suicide Warning Signs

- Previous suicide attempt
- Current talk of suicide/making a plan
- Strong wishes to die/preoccupied with death or suicide (i.e., thoughts, music, reading)
- Depression (hopelessness, withdrawal)
- Alcohol/substance use
- Recent attempt by friend or family member
- Depressed mood, sadness, crying spells
- Loss of interest or pleasure in usual activities
- Decrease in sexual drive
- Low self esteem
- Fatigue or loss of energy, slowing of movements
- Increased apathy
- Getting a gun or stockpiling pills
- Giving away prized possessions
- Impulsivity/increased risk taking
- Unexplained anger, aggression, irritability
- Self-destructive acts (i.e., cutting)
- Chronic truancy, running away
- Perfectionism
- Being expelled from school /fired from job
- Loss of any major relationship
- Death of a friend or family member, especially if by suicide
- Diagnosis of a serious or terminal illness
- Financial problems (either their own or within the family)
- Sudden loss of freedom/fear of punishment
- Feeling embarrassed or humiliated in front of peers
- Victim of assault or bullying
- Change in interaction with family and friends (withdrawal)
- Recent disappointment or rejection
- Sudden decline or improvement in academic performance
- Physical symptoms: eating disturbances, changes in sleep patterns, chronic headaches, stomach problems, menstrual irregularities

(For a complete list and further information, visit the Mental Health America of South Carolina webpage at [www.mha-sc.org](http://www.mha-sc.org))

## Survivors of Suicide Survey

Below are answers to some of the questions asked in a recent survey of survivors of suicide. (Some answers apply to those mourning non-suicidal deaths as well.)

### What else could have been done/done differently to save my loved one?

Discussed more aggressively his suicidal feelings, encouraged him to get psychological help, offered to take him to the VA, known more of the symptoms and understood Post-Traumatic Stress Disorder (PTSD) better, and taken him to the hospital for his mental illness.

### Were there warnings?

Previous attempt when he was younger, he lost a lot of weight, he cried a lot, he was worried, and he told us he needed psychological help, but never mentioned suicide. I never saw any warnings.

### Therapy that helped

Secular and non-secular counseling, talking freely, outpatient mental health group therapy at Aurora Pavilion, surrounding myself with positive people who allowed me to be myself and who gave me no advice, forcing myself to get out of the house, reading survivor books, attending support groups, and exercise.

### What do you wish you could tell others?

It can happen to anyone, become educated on the subject and discuss aggressively with your loved one who might seem down, healing takes time and give yourself time, it's amazing how many people have been impacted by suicide, don't ignore the signs if your loved one is drinking more or says he needs psychological help, look for signs and symptoms of PTSD, do your best to get your loved one to get help, our military has to figure out how to help in a more effective way, and try to take care of yourself and know that if the worst happens, it is not your fault.

### What not to say to the grieving person of a suicide death

I know exactly how you feel (don't make comparisons), it's God's will, at least you have other children, you're young and you'll get over it, he's happy in heaven now, God needed him more than we did, have you lost weight and you look great, what exactly happened and why, snap out of it and get back to normal, you have to move on and get past it, time will heal all things.

Perhaps the best thing to say is, "I don't know what to say."

*Anna Dangerfield is a staff writer for BELLA Magazine and serves as a volunteer at Mental Health America of Aiken County. Contributing writer Lisa Tindal is the Executive Director of Mental Health America of Aiken County.*

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One of the regular laments we hear from children in school and at home is, "It's not FAIR!" We have all heard this wail from children and teens everywhere. As we try to figure out how to respond, we wonder how to help children understand that the concept of fair is not always about being equal. How do we help them understand that life is not fair without being the voice of doom and gloom?

### They aren't mature enough

Children have a very simple definition of "fair" – the same for everyone. We know better. There is no such thing as same/equal/fair in life. Is it fair that some of us are born with perfect teeth and eyesight and others of us (in the same family) have to wear braces and glasses? (A personal example, forgive me!) Is it fair that the person right in front of you in line was the 100th customer and got the gift certificate or winning lottery number? Is it fair that the older child gets to do more and go more places or the youngest child is always hearing how cute she is? We could go on and on thinking of unfair or unequal situations and experiences we are faced with every day. As adults we know that this is life. We accept it and move on with no bitterness or enmity, but our children are not this emotionally mature.

What can we say when our children pull the old "it's not fair" cry? First of all, we do not bend over backwards to make it fair, preventing them from learning this lesson of life. Taking away their chance to learn in the secure environment of home will make it even harder for them to accept this difficult life lesson in the world outside our doors.

We can look for ways to give them different opportunities in the security of home when they are not always receiving the same attention or accolades as their siblings. We can look for ways to help them experience the unequal times of life under our sensitive, nurturing, and helpful guidance.

### Don't get caught up in the drama

An example could be a special date night with Daddy, or Mom/Grandmom/Granddad, etc. Explain to the children that this special person will be spending time with each child and that the first turn goes to Clarence. When Clarence is whisked away to a fun experience, Mary may or may not handle it well. Do not get caught up in her drama net. Make time for her when she is calm, remind her she will have a turn, and help her find something she likes to do at home. You could invite a friend over, play with her yourself, let her help you in the kitchen, etc. The goal is to help her accept

## It's Not FAIR!!!



her brother's turn and to realize she too will have a turn soon. Always follow up within a week or two so that she does have that turn! In addition to learning the "fair" lesson, she is also handling delayed gratification, another important life lesson for all of us.

When we "divide and conquer" with multiple children, we accomplish a lot. We get to know the individual child we are with in a more personal way with no attention-stealing siblings to complicate the relationship, and we demonstrate that everyone is entitled to special time, and that

different is sometimes better.

### Actions sometimes speak louder ...

We can also listen to our children when they feel like something is not fair, hear them out, then tell them we understand without doing anything to try to change it. Calmly walking away and leaving them with the reality is a quiet, effective way to teach them. Remember, words are not always necessary and sometimes in fact get in the way!

When you notice a situation where your child benefits and another sibling or friend does not, point out that the other child could say it's not fair, so it goes both ways. This will help them gain empathy for others when they know how it feels themselves.

We can point out to them some of the adult instances in our own lives or the lives of others we are close to or hear about where life wasn't fair, but we managed to get through it anyway. This resilience, positive attitude, and patience for life's challenges will help your child accept the unfairness of

life. Once again, what we model teaches our children more than unlimited lectures. "It's not FAIR" is an opportunity for us as a family to accept disappointment, find other options, and sometimes even enjoy a laugh together as we share our unfair and wonderful lives.



**Betts Hunter Gatewood** is a National Board Certified school counselor with 28 years' experience in elementary and middle school counseling. She holds an EdS degree from USC and has authored or co-authored four books on school counseling strategies and activities. She and her husband

are the proud parents of three adult children and have four granddaughters and a grandson.



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# Celebrate Creativity!

Treat yourself to a day of fun by exploring a new art form with all materials provided, courtesy of the Aiken Artist Guild! The guild will hold a day of art workshops Saturday, October 26, at The First Presbyterian Church at 224 Barnwell Avenue.

Skilled Aiken artists will be on hand to guide the adventure for the classes, which will last two and a half hours. Interested participants are encouraged to sign up soon to avoid being closed out of the classes.

"If you always wanted to try something new but didn't know where to start, this is the perfect opportunity!" said Dot Holladay, member of the Aiken Artist Guild (AAG).

"The morning or afternoon classes are perfectly timed before the rush and demands of the holidays. Sign up with a friend, and bring your own lunch or make a day of downtown Aiken — a morning class, then lunch at one of the fine restaurants near the First Presbyterian Church, followed by the afternoon class! Then, proudly, take home your own masterpiece," she continued.

The Aiken Artist Guild has been bringing together people who love art for more than 50 years.

Proceeds from the art workshops go into the guild's annual scholarship fund. The art workshops have become an annual event, growing bigger and better each year. This year, 13 inspiring classes are offered, covering the following media: watercolor, colored pencil, drawing, printing, online selling, clay sculpture, pastels, still life set ups, and photographing your work. For convenience, some classes are taught both in the morning and afternoon, and all supplies are included in each class unless otherwise specified in the workshop description below.

Participants should be aware that the workshops are limited, and early registration is encouraged. Cost of each workshop is \$30. The registration form below can be filled out and mailed with payment to Jeannette Shoemaker, 112 Twin Creek Farm Road, Aiken, SC 29805. For more information call: (585) 978-1622 or jnnttshmk@gmail.com.

In addition to classes, a drawing will be held to win an hour of instruction by one of AAG artists. Coffee and desserts will be provided for all students that day.

## MORNING SESSIONS

Participants should check in between 8:30 and 9 a.m. Workshops are held between 9 and 11:30 a.m.

**Colored Pencil** taught by Lindy Crandell. Create layers of stunning color by blending. Enjoy this very portable medium when you travel.

**Wild Watercolor** taught by Mary McCullah. Various techniques in watercolor, starting with a demo of her many skills in the medium. All levels are welcome.

**Still Life Setup** presented by Terry Smith, who will teach the selection, arrangement, and effective lighting and composition tips to create drama and interest. You will participate in discussions and demonstrations in this basic, but vital skill.

**Play with Clay!** Tom Supensky welcomes all skill levels in this hands-on, "how to do it" class. He shares his vast talent, and award winning techniques in this fun session, while covering the aesthetics as well as basics. Materials are provided.

**Step By Step Acrylics** – Cindy Epps will lead a step by step demonstration in this very popular medium. including color mixing and brush techniques. Participants will leave with an 11 x 14 painting on canvas. (This class is limited to 8 students, ages 17 and up).

**Amazing Pastels** is taught by Carolyn Bohn, sharing her stunning sunset scene and coaching you through the process. Participants will take home their own paintings.

## AFTERNOON SESSIONS

Check in between 12:30 and 1 p.m. Workshops will be taught from 1-3:30 p.m.

**On Line Selling** with Jean Blackmer leading discussions on selling your art on three websites: Etsy, Fine Art America, and EBay. Learn the possibilities of promoting your work with this talented artist and jewelry designer.

**The Beauty Of Pastels** – Jeanette Shoemaker's large and wonderful flowers have captivated Aiken. She will explain her unique techniques and help you harvest your own colorful arrangement to take home and admire. All supplies are included.

**Introduction To Graphite Drawing** – Gretchen Hash Heffner will teach one of her many skills as she walks through the techniques and steps of this cherished art form of the Masters. Students will finish a drawing in class.

**Wild Watercolor** – Mary McCullah teaches her second class of the day with demos, brush techniques, and exploring the wonders of water and paint. Enjoy the process of learning this exciting medium in a "safari experience."

**Monoprinting** – Michelle Petty leads you in the discovery of mono print methods, from simple to more elaborate by using readily available materials and a small portable press.

**Still Life Setup** – Terry Smith presents a duplicate second session of this new class for your convenience, working with lighting and composition. There will be discussions, demos and selection. Learn the "why" of why that works, or doesn't.

**Photographing Your Art** – Forrest Roberts teaches this basic course on how to prepare and photograph your art for email or the web. Bring a digital camera and one piece of art (24" x 24" maximum size) to photograph. Laptops welcome. **This class will be held only on Friday, October 25, at 9 a.m.** There is a limit of 6 students. A second workshop is possible if at least 3 more students are interested.

# Celebrate Creativity!

Presented by the



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How many workshops will you be taking?

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112 Twin Creek Farm Road, Aiken, SC 29805.



## Current Farm Subsidy Policies Contribute to Obesity Trend

Agricultural subsidies are responsible for funding the abundance of processed and energy-dense foods that contribute to the American obesity epidemic, concludes "Agricultural Subsidies and the American Obesity Epidemic," a study recently published in the *American Journal of Preventive Medicine*.

According to the study, calorie-dense, nutrient-poor foods are often more readily available and less expensive than healthy alternatives, making the less healthy options more accessible to low-income consumers. Commodities used in high-fat and sweetened foods are artificially cheap because government subsidies have made the crops used to produce them lucrative to grow, says the study.

Citing 2004 statistics, the study notes that 96% of American cropland is dominated by eight

main crops, including highly GMO (Genetically Modified Organisms) corn and soybeans. Soybeans are the source of 70% of the fats and oils consumed by Americans, while corn is a high-calorie component of sweetened beverages, condiments, baked goods and ice cream.

The study's authors propose that agriculture policy take public health into account when identifying how to dispense farm subsidies. They recommend investing in sustainable agriculture with an emphasis on biodiversity, quality foods, optimizing nonrenewable resources and sustaining the economic viability of farmers.

**Source: *Food & Nutrition Magazine*,  
September/October 2013**



*A licensed Clinical Nutrition Therapist practicing in Aiken, Cyndi Catts, RD, LD, sees clients who desire individualized programs to address weight reduction, metabolism measurement, menopause issues, cholesterol and triglyceride-lowering, blood pressure management, and diabetes management, in*

*addition to eating disorders, anti-inflammation, and cancer prevention. Self-referred patients are welcome, as are referrals from medical personnel. Cyndi is a graduate of Florida State University in Food and Nutrition and has done graduate work at (now) Augusta State University. A longtime contributor to BELLA Magazine as a nutrition columnist, Cyndi can be reached at cattfood2@gmail.com and 803-642-9360 for appointments.*

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# BELLA PICKUP POINTS

## Downtown Aiken

Four bright pink boxes on Laurens Street: at the main Post Office, in front of La Dolce, the Holley Building, and Cyndi's Sweet Shoppe. In the Alley: one bright pink box by Aiken Brewing Co., also inside the City's black distribution boxes opposite TakoSushi; Howell Printing, Southern Bank and Trust, Stoplight Deli, My Aiken Body, Aiken Drug, inside the Holley Building, True Value Hardware, Tea Garden Gifts, Refresh, 3 Monkeys, Nandina, Chris' Camera, Gallery J, ADDA (Aiken Downtown Development Association), Lionel Smith, Ltd., Equine Divine, The Aiken Center

for the Arts, Malia's, Vinya's, Folly, Hotel Aiken, Desserves Bakery, Vista Bank, Power Cuts, Buzz Rich's Law Office, Palmetto Package Store and Fine Wines, The Tailor Shop, Magnolia Natural Market & Café, Chesterfield Court, WKSX-Aiken office, Aiken County Public Library, 1<sup>st</sup> floor, Dr. Bauer Vaughters' office, The Willcox, Inner Beauty, Guest Cottage, Barbara Sue Needleworks, York Cottage.

## South Side

Ray Massey's Law Office, Russ Padgett's Financial Advice Office, The Fresh Market, Harvard's, Unique Expressions, Odell Weeks Center,

Kroger (by carts), Shake It Off, Auto Tech, Floyd and Green, Travinia, Achieve Fitness, Material Things, Red Pepper Café, TLC Medical Centre, Cyndi Catts' office, Dr. Julie Ziegler's office, Mark Taylor/Ruby Masters' office, Outback, Publix (by gumball machines), Country Inn and Suites Hotel, Changes Day Spa, Aiken Office Supply, Gold's Gym, Maria's Restaurant, Found Treasures, Stewart & Associates' office.

## East Side

Wayne's Automotive, AllStar Tents and Events, Smith Hazel Recreation Center.

## West Side

Mi Rancho Restaurant, USCA Student Activity Center, Aiken Regional Medical Centers, Aiken Obstetric and Gynecology Associates, Aiken Internal Medicine, Magnolia Medical, Aiken Neuroscience (The Pain Center) Hitchcock Healthcare, the Family Y.

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*My favorite cookie recipe*



# THE 2013 BELLA COOKIE CONTEST

**Entry Deadline: October 11!**

**WHAT:** BELLA Magazine 2013 Cookie Contest.

**ELIGIBILITY:** All readers and/or anyone living within BELLA distribution area (Aiken County and Augusta area) are eligible to submit entries, except BELLA employees, contractors, and family members.

**DEADLINE:** October 11, 2013 is the final day entries can be submitted to BELLA for the contest.

**HOW/WHERE:** Send recipe, photos of cookie, and entrant's contact info by email to [editor@aikenbellamagazine.com](mailto:editor@aikenbellamagazine.com).  
Write Cookie Contest Entry in subject line of email.

**LIMIT:** 1 entry per person. Recipes and photos will not be returned.

**JUDGING:** All recipes will be reviewed by the committee.

Selected recipes will be baked/prepared by Chef Belinda according to the recipe instructions as submitted.

Committee will select winner, based on judging criteria.

Winner will be notified by email and/or phone in early November 2013.

**CRITERIA:** Clarity of directions in written recipe. (1-5 points)

Ease of preparation. (1-5 points)

Originality. (1-5 points)

Taste. (1-5 points)

**RESULTS:** One winner will be declared. Winner's recipe, cookie photo and personal photo will appear in the December issue of BELLA and on the BELLA Facebook page. Published photos will be taken by BELLA photographer.

The winning cookie will be a featured dessert on the menu at The Willcox during the month of December 2013.

The winner will receive a gift box of Chef Belinda Spices and a featured recipe spot on Chef Belinda's blog at [www.flyingfoodie.blogspot.com](http://www.flyingfoodie.blogspot.com).

**REQUIREMENTS:** Entries must arrive by deadline date. (October 11, 2013)

Entries must contain photo of cookies.

Entries must contain specific ingredients and measurements.

Entries must contain approximate number of cookies from recipe.

Entries must contain contact information.

Winner must be available for photo session within one week of notification.

Winner must agree, in writing, to allow BELLA to publish recipe and photos.

Judges reserve the right to disqualify recipes for irregularities deemed unmanageable.

(i.e., ingredients not available in the CSRA, or too expensive for average use, etc.)





by Chef Belinda

# How Sweet It Is!

I have a friend who is notorious in every restaurant in my hometown for always ordering and eating dessert first. Who can blame him? After all, dessert is the most memorable part of any meal. But if you are the host, dessert is the one aspect of the meal that can cause the most anxiety. The best cooks will admit that baking is an art and most of us struggle with it. Who among us doesn't want hear the *oohs and aahs* as they unveil the "star" of the evening? Instead of trying to master all forms of dessert making, I recommend perfecting two or three special desserts that will keep your friends and family coming back to your home begging for more.

In honor of **National Dessert Month**, I want to share my three favorite "go-to" desserts.

## Chocolate Raspberry Cake

Serves 16



### Cake

- Nonstick vegetable oil spray
- 2 cups unbleached all-purpose flour
- 1-3/4 cups sugar
- 3/4 cup unsweetened cocoa powder
- 2 teaspoons baking soda
- 1/4 teaspoon salt
- 1 cup water
- 3/4 cup buttermilk
- 3/4 cup vegetable oil
- 3 large eggs

### Chocolate Ganache and Raspberry Topping

- 18 ounces bittersweet chocolate, chopped
- 2-1/4 cups heavy whipping cream
- 6 tablespoons seedless raspberry jam, stirred to loosen, divided in half
- 2 6-ounce containers fresh raspberries
- Powdered sugar

### Cake

Position racks in top and bottom third of oven; preheat to 350°. Coat two 9-inch-diameter cake pans with 2-inch-high sides with nonstick spray. Line bottoms with parchment paper rounds; spray rounds. Sift flour, sugar, cocoa powder, baking soda, and salt into large bowl; whisk to blend and form a well in the center. Whisk 1 cup water, buttermilk, oil, and eggs in medium bowl to blend. Pour wet ingredients into the well in dry ingredients; whisk just to blend. (This can be done with a mixer). Divide cake batter between prepared pans (about 3 cups each).

Bake cakes until tester inserted into center comes out clean, about 30 minutes. (If cakes form domes, place kitchen towel atop hot cakes, then press gently with palm of hand to level.) Cool completely in pans on cooling racks.

### Chocolate Ganache and Raspberry Topping

Place chopped chocolate in medium bowl. Bring cream just to boil in heavy medium saucepan. Pour over chocolate. Let stand 1 minute, then stir until ganache is melted and smooth. Transfer 1-1/4 cups ganache to small bowl. Cover and refrigerate until ganache is thick enough to spread, stirring occasionally, about 1 hour. Let remaining ganache stand at room temperature to cool until barely lukewarm.

Place a cake cooling rack inside a rimmed cookie sheet. Carefully run knife around pan edges to release cakes. Invert 1 cake layer onto cardboard round or bottom of 9-inch-diameter tart pan with removable bottom. Peel off parchment paper. Place cake layer on round on prepared rack. Spread 3 tablespoons jam over top. Spoon dollops of chilled ganache over, then spread evenly. Invert second cake layer onto another cardboard round or tart pan bottom. Peel off parchment paper. Carefully slide cake off round and onto frosted cake layer on rack. Spread remaining 3 tablespoons raspberry jam over top of second cake layer. Pour half of barely lukewarm ganache over cake, spreading over sides to cover. Freeze until ganache sets, about 30 minutes. Pour remaining ganache over cake, allowing to drip down sides and spreading over sides if needed for even coverage and to smooth edges. Freeze to set ganache, about 30 minutes.

### Garnish

Arrange raspberries atop cake. Sift powdered sugar lightly over raspberries and serve.

### DO-AHEAD TIP

Can be made 2 days ahead. Cover with cake dome and refrigerate. Let stand at room temperature 2 hours before continuing with garnish (above).

## Triple Peanut Butter & Chocolate Cheesecake

Serves 12



### Crust

- 1 cup crushed chocolate cookies
- 3 tablespoons unsalted butter, melted
- 1 tablespoon sugar

### Filling

- 2 packages 8-ounce cream cheese, at room temperature
- 2/3 cup peanut butter, natural with salt and peanuts only
- 1/2 cup sugar
- 1/4 cup brown sugar
- 1 teaspoon vanilla extract
- 3 large eggs
- 1/4 cup sour cream

### Topping

- Reese's Peanut Butter Cups
- Reese's Peanut Butter Chips
- Chocolate ganache (recipe follows)

### Crust

Preheat oven to 350 degrees. Blend first three ingredients and press firmly into a 7-inch springform pan.

### Filling

Beat cream cheese and peanut butter for 3 minutes. Add both sugars; beat 3 minutes. Beat in vanilla, then eggs, one at a time; then sour cream. Pour into prepared pan. Bake 50-60 minutes or until barely firm—center should still be shaky. Turn off oven; leaving door ajar, cool for 1 hour. Remove from oven and cool completely in pan. Chill in fridge overnight or at least 8 hours.

### Topping

Remove the side of the springform pan. Halve the peanut butter cups and arrange over

cheesecake, followed by peanut butter chips. Drizzle with chocolate ganache (recipe follows).

#### Chocolate Ganache

8 ounces semisweet or bittersweet chocolate, cut into small pieces  
3/4 cup heavy whipping cream  
1 tablespoon cognac or brandy (optional)

Place the chopped chocolate in a medium sized stainless steel bowl. Set aside. Heat the cream and butter in a medium sized saucepan over medium heat. Bring just to a boil. Immediately pour the boiling cream over the chocolate and allow to stand for 5 minutes. Stir with a whisk until smooth. If desired, add the liqueur. Allow to cool until slightly thickened; then pour over prepared cheesecake.

### Spiced Apple Tart

Serves 8



3 Granny Smith apples, peeled and sliced  
1 tablespoon lemon juice  
2 tablespoons sugar  
1 teaspoon cornstarch  
2 teaspoons Moroccan coffee spice (or equal parts of nutmeg and cinnamon)  
2 tablespoons apple cider  
1 9" pie crust  
1 tablespoon apricot jam  
1 teaspoon water

Heat oven to 375 degrees. Peel and slice apples. Sprinkle with lemon juice to prevent browning. Mix sugar, cornstarch and spice mix. Add to apples and toss. Add apple cider and toss again. Set aside.

Roll pie dough and place on a non-stick cookie sheet. Put apples on top of pie dough, leaving a 1-1/2 inch border all around. Fold and pleat dough around apples.

Bake in preheated oven for 35 minutes or until brown. Allow to cool.

Mix apricot jam and water in a small pan and bring to a boil. Push heated mixture through a strainer using the back of a spoon and brush over top of tart. Serve with ice cream.



**Belinda Smith-Sullivan** is a food writer, personal chef, and pilot who enjoys exploring the "off the beaten path" culinary world. Her love of cooking and entertaining motivated her to give up a corporate career to pursue a degree in Culinary Arts from

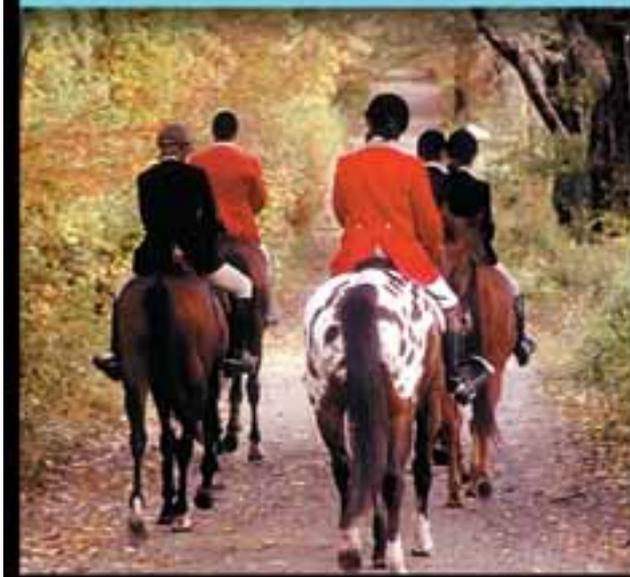
Johnson & Wales University. Now living in Aiken, she currently markets her own spice line called Chef Belinda Spices. Visit her blog at [www.flyingfoodie.blogspot.com](http://www.flyingfoodie.blogspot.com).



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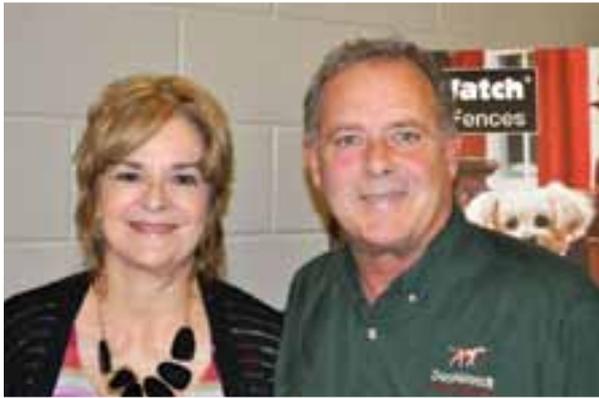
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# SCENE AROUND TOWN

*Lana-PAW-looza  
In memory of Lana Dyer  
SPCA Albrecht Center for Animal Welfare Fundraiser  
September 21, 2013*



*Beth and Joe Newton*



*Sandy Morton and Theresa Shahan*



*Robert Lacones and Susan Lott*



*Claire-Helene Horne*



*Mike Distefano, Angela Boyette, and Julyp*



*Maddy Pedley and Jody Clark*



*Lucianda Sturgill, Sandra Dyer, Fritz Jolie, Ali, and Coco*



*Caleb and Jason Ursy and Stephanie Christensen*



*Shelley Spielman and Austin Lambert*



*Renee Girardeau*

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# SCENE AROUND TOWN

*3rd Birthday Celebration of the  
Aiken Visitors Center and  
Train Museum Railroad Depot,  
Union Street at Park Avenue  
September 21, 2013*



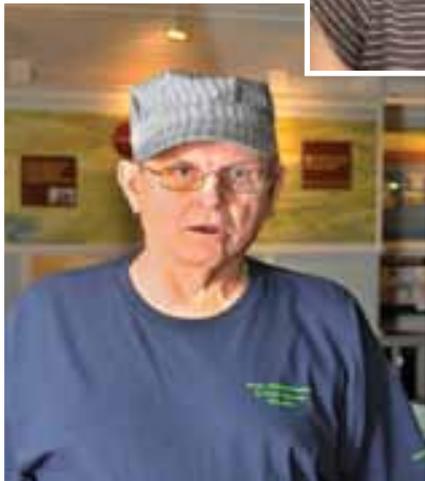
*Tom and Charlie Williams*



*Ellie and George Smith*



*Tim and Maryann Dunn*



*Gerald Owen*



*Don Winslow*

*Civil War Lecture Series  
The Ladies Aiken County  
Historical Museum  
September 21, 2013*

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*Juanita Palmer*



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*Laurie Greene and Lee Rand*

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- Health Education and Support Programs for Every Age
- Monthly Lunch Outings and Year-Round Social Events



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*Women Enlightened*  
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an Aiken Regional Medical Centers Women's Health Initiative

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