

# Windows

March 2026

Vol. XXXVII No. 3 1330 India Hook Road, Rock Hill, South Carolina 29732  
(803) 328-5000



*My heart rejoices  
in the Lord*  
1 Samuel 2:1



## March Church Schedule

**The 1st and 3rd Wednesdays at 3:00 pm  
in Heritage Hall**

**3/4 Rev. Lee Zehmer, First Presbyterian Church**

**3/18 Rev. Jon Oliphant, First ARP Church of Rock Hill**

**3/8 Catholic Communion Service at 2:45 pm in Heritage Hall.  
Father Johnnie & Deacon Ray will preside. All are welcome!**

**If you would like to suggest someone to conduct a Wednesday church  
service, please contact Nancy Anderson, in apartment 214.  
All Denominations are welcome!**

If you would like to submit an article or pictures, please email them to:  
[camifreeman@westminstertowers.org](mailto:camifreeman@westminstertowers.org)  
The deadline for the April '26 edition of Windows is Monday, March 16.

### Windows

March 2026  
Vol. XXXVII No. 3

Newsletter Committee Members:

Linda Lenz - Chairman  
Alice Airth  
Lou Ardrey  
Arlene Jenkins Blackwelder  
Jody FitzGerald  
Carole Partridge

Grammarian  
Jody FitzGerald

Publisher  
Cami Freeman

The next Newsletter Committee Meeting  
will be on Monday, March 23, 2025,  
at 2:00 pm, in the 2nd Floor Lounge.



**OUT AND ABOUT**  
RESTAURANT REVIEW  
BY ALICE AIRTH

Sully's Steamers for lunch and Vampire Penguin for dessert? Sure, why not? So off goes the Lunch Bunch – six of us, plus Brent, our wonderful bus driver – to sample the offerings of two new (to most of us) restaurants. However, as we are getting settled in the bus, Brent tells us that the Vampire Penguin doesn't open until 2pm on Fridays, and, as we are leaving the Towers at 11am, we will most likely have some time to spare after lunch.

Sully's Steamers is located in The Thread, which used to be an industrial warehouse, and is being redeveloped as a mixed-use project with office, retail, and restaurant space. It is located on West White St. between Winthrop and downtown Rock Hill, and Sully's is in an outside space located right next to the main entrance, so is easy to find. The setup is like a fast food place, with patrons lining up to give their orders, pay, get their drink cups, get their drinks from a side drink set-up, and find their seats. There are so many different steamers, that each order is prepared separately – no stacking of burgers here! Once ready, a server brings your order to you. Perhaps I should mention that the steamers are sandwiches which are made with bagels and then, well, steamed. We think of a bagel as rather hard bread; but when steamed, it becomes wonderfully soft and easy to chew. There are around 30 different steamers to choose from, including many breakfast sandwiches, so the only problem is choosing which one to try. You also get your choice of bagel – plain, sesame, wheat, and one or two

others – so you can see why it may take a few minutes to get your order. Ours arrived shortly, and they were hot and delicious. The consensus was thumbs up, and I expect we will be returning to Sully's.

By the time we had finished eating, we still had almost an hour before the Vampire Penguin opened. The specialty there is a dessert of “shaved snow ...made from a creamy frozen blend” to which you add various toppings. Brent offered to drive us around if we wanted to go anywhere until it opened, but we finally decided that we would be getting enough snow over the weekend, and opted to go back to the Towers early, and maybe nap (speaking for myself).

So that's what we did.



*Enjoying their steamers: Sue Nazak, Charles Ives, Alice Airth, Dot Modla, Bill Davison, and Linder Tucker*

# Meet The Crew: Reception

Each month, we will feature different departments here at Westminster Towers.

## Susan Sumner

Hired: September 2021

Married: to Darryl for 31 years. We have 2 kids, Daughter Tori, did undergrade at USC "Go Cocks". Now, is finishing up PA School at Gardner Webb (May 2026)

Son Dalton is all boy at heart but now turning into a young man. He has been working hard as a plumber 3 years now with the same company and ready to start having his own crew.

As you can see, I'm one proud Mama.

I'm a member of Sharon ARP Church.

Things I like to do are sit on the beach or a cruise ship and watch the ocean.

Funny Fact about Me: If you have not noticed, I love to change my glass toppers.



*Susan Sumner & Jennifer Packer*

## Jennifer Packer

Hired: December 2017

Married: To Scott, and we have a dog named Sadie.

Hobbies: Reading, walking, traveling, listening to music. In fact, I'm a big sports fan, especially hockey! I enjoy watching most hockey games, but especially the Carolina Hurricanes.

Let's Go Canes!!



## Jennifer Mitchell

I am the weekend receptionist at the Towers and am usually here about every other weekend. Lately, some nights, you can also find me in the Health Center upstairs for a few hours helping at the desk. I've been with Westminster Towers for almost four years and have loved every minute of it! The residents and coworkers are all amazing people. The residents make everyone feel so welcome, and it makes for a very warm environment that I feel so blessed to be a part of. I was recently married and have two wonderful young adult children. One of is soon to be college bound and is in the decision-making process as we speak. Exciting!! If you ever get bored and want to chat, come on down to the front desk sometime on the weekend. I'll most likely be there!

### Olan Jones



Hired: October 2025  
I'm 20 years old.  
Originally from South Georgia and moved to Rock Hill last year for college. I have two dogs; one lives with me, and the other lives with my mom and sister back in Georgia.

The Activity Committee will meet on Monday, March 9th, at 2:00 pm in the 4th floor lounge. Please come and share your suggestions for lunches, dinners, and other fun outings. Hope to see you there!!

Linder Tucker,  
Activity Committee  
Chairman



PLEASE

THANK YOU

*Miss Etta Kett says....*

#### Doors/Elevators COMMON COURTESY

Allow a person to exit through a door before you enter. The first person on an elevator should hold the door button until everybody enters. When it stops, the person nearest the door steps off and holds the door for people to exit and enter.

*Do not try to enter an elevator until passengers have gotten off. Step back and wait. The passenger who steps outside to hold the door may enter last (or leave).*



Q: What do you get when you cross a sweet potato and a jazz musician?

A: A yam session



**Carolina Medical Partners**

**recommends calling**  
**803-547-8660**

**for a walk-in visit before coming downstairs, to ensure they are open.**

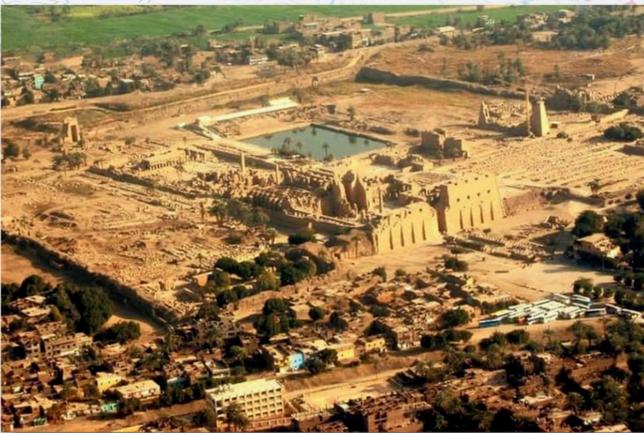
# Places to Worship Around The World

by Milt Jellum

I expect many WT residents have visited churches and cathedrals throughout Europe. In our travels, we have visited cathedrals in Europe as well as places of worship “off the beaten path”. A few of the most interesting and unique places of worship are as follows:

**KARNAK TEMPLE, Egypt:** A UNESCO World Heritage Site that was constructed over a period of 1700 years from 2000BC to 300BC. The site includes many temples and chapels over an area of 250 acres and is the largest religious site among hundreds in Egypt. A triad of Gods (Amun, Mut, and Khonsu) plus many deities were worshiped. Karnak temple had a 2-mile pathway to the Luxor temple lined with more than 1,300 sphinxes.

Karnak is considered the largest religious building in the world. It is hard to imagine that all three cathedrals, St. Peters, Milan, and Notre Dame, would fit inside of Karnak Temple. The temple site declined by invasions of Assyrians, Persians, Greeks, and Romans. We visited Karnak as part of a tour of Egypt including Cairo, Nile River cruise, and Abu Simbel.



*Aerial view of Karnak Temple and Sacred Lake.*



*Great Hypostyle Hall within the Karnak Temple.*

**ANGKOR WAT, Cambodia:** A UNESCO World Heritage Site constructed in the early 12<sup>th</sup> century dedicated to the Hinduism deity Vishnu. In the late 12<sup>th</sup> century, the Hindu temple had transitioned into a Buddhist temple. Angkor

Wat is the largest religious complex in the world (400 acres as compared to Karnak 250 acres.) We visited Angkor as part of a tour of Thailand from Bangkok to the elephant camp at Chaing Main in Northern Thailand, and to Saigon, Vietnam.



HAGIA SOPHIA, Turkey: a UNESCO World Heritage Site constructed from 532 to 537AD. Hagia Sophia remained a Christian cathedral for nearly 1,000 years before the fall of Constantinople to the Arab-Muslims in 1453. Four minarets were added and it served as a mosque from 1453 to 1935 when it became a museum.



*Hagia Sophia Grand Mosque, Istanbul.*

SULTAN AHMED MOSQUE, Istanbul, Turkey: A UNESCO World Heritage Site and also known as the Blue Mosque because of the predominant blue tile used in its construction. Built in 1609 to 1617, along with six minarets. Part of a tour of Turkey from Istanbul to Cappadocia.



*The Blue Mosque with six minarets.*



HALLGRIMSKIRKJA, Reykjavik, Iceland: A Lutheran church that took 41 years to build (1945-1986). The tallest (244 ft. tall) church in Iceland and the second tallest building in Iceland. There are two organs, the largest has 5,275 pipes, 49 ft. tall, and 25 tons. We arrived at the church at noon and had the good luck to hear an hour organ recital.

*Hallgrímskirkja (Church of Hallgrímur) is named after the Icelandic poet and cleric Hallgrímur Petursson (1614-1674).*

*Places of Worship Around the World by Milt Jellum will continue next month, in the April edition of Windows.*

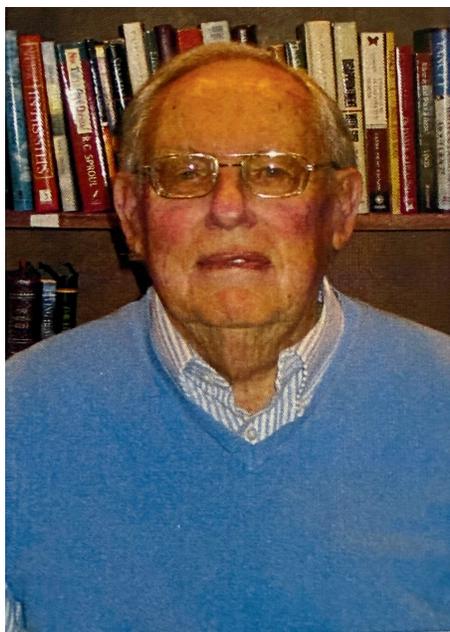
*At our last Newsletter committee meeting we reminisced about Windows writers from just a few years ago. One that stood out to us was Dr. French O'Shields. French was a former syndicated columnist who lived at the Towers in the late 2010s to early 2020s.*

*I combed through old issues of Windows until I found this piece. I hope you enjoy.*

*Cami Freeman*

## Have You Considered...

by Dr. French O'Shields  
(Former Syndicated Columnist)



*Dr. French O'Shields*

The addition of salad bars at restaurants may be the most exciting innovation since the wheel. Admittedly, I am prejudiced. I like salads. In addition, an “all-you-can-eat” salad bar challenges me. There is this urge to see how much salad I can get on my Styrofoam tray. Little did I realize this would lead to one of my most embarrassing moments.

A Friend, whose face also lights up at the sight of a salad bar, gave me a tip. “As you build your salad, keep pressing it down with the tongs and you can get more on your tray.”

After an afternoon of shopping, my wife Alma, and I decided to stop at our favorite fast-food restaurant. It was an ideal time to try my friend’s suggestion. It was 8pm, so the place was not crowded. I had not eaten since breakfast, so I was hungry enough to be strongly motivated.

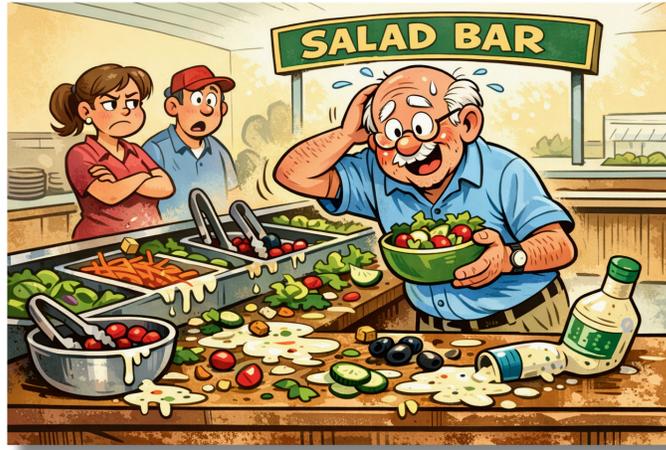
Alma took her hamburger and sat at the table while I began my conquest of the salad bar. When I had my tray half full - perhaps full to anyone else - I began to pack it down. The pressure of the tongs, combined with the spring action of the Styrofoam tray, caused the tray to slip in my hand, throwing my salad in every direction.

In one second, I converted every container on the bar into a tossed salad: there was pineapple in the beets, tomatoes in the pickles, and cauliflower in the mushrooms. I had even decorated the crushed ice separating the containers with eggs, olives, carrots, and other sundry ingredients. I quickly glanced around to see if anyone had observed this awesome performance. To my relief, everyone seemed to be busy eating.

Hurriedly, I started retrieving pieces of salad with the tongs but realized this would take a minimum of two days. I had to work faster. I put the tongs and tray down and started frantically grabbing the scattered salad with both hands.

Suddenly, I was aware of the stares. Everyone was watching in utter disbelief: this wild man grabbing salad with both hands.

My desire was to make a mad dash for the nearest exit, but it was too late for that. Now bordering on shock myself, I decided to take my tray and join Alma. As I walked to her table, she passed me. Without saying a word, she slipped a napkin into my hand with a message written on it. "Surely you don't think I am going to eat with a man who grabs his food with his hands. I will wait for you in the car."



could be involved in my performance?" As I discovered the scriptures, that laughter is a good medicine [Proverbs 17:22]. My understanding of these words meant laughing at oneself. I further discovered that laughing at oneself requires a person to be satisfied in their skin.

Yes, I concluded, for sure God was a part of this caper, for I realized that to laugh at myself made it necessary for me to alter and improve aspects of my own character.

This event, though embarrassing, change mien ways that improve by being. And hopefully, enabled you to have a good laugh.

Another thing. I am not going to pack down any more salads...I don't think. But, then again, sometimes I am a slow learner.

Dismayed, but striving to maintain control, I sat down at the nearest table. There wasn't much of my appetite left, but I had sacrificed too much for that salad to go uneaten.

You can believe that following this caper, I wondered, "Was it possible that God



Towers' King & Queen  
Kathy & Ken Wheatley



Towers' Prince & Princess  
Bill Davison & Dorothy Modla

Congratulations!  
2026 Valentine  
Court



Manor Queen  
Jean Plowden



Manor West Queen  
Courtney Sadler



Health Center King  
Fran Ruh



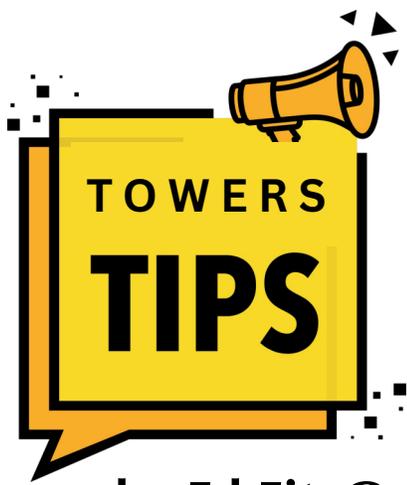
Health Center Queen  
Janet Billy



Manor West King  
Gordon Reese



Manor King  
Lewis Lowery



by Ed FitzGerald

- The new recycle bins have been a success. The bins are emptied weekly (unless pickup is interrupted by snow). Who knows, Mark may have to add another container if the recycle enthusiasm continues.
- Don't forget to give Friday Corn Hole a try. 3pm in Heritage Hall. Very friendly people. Healthy exercise!!
- Gardening time is fast approaching. We have twelve raised gardens available to residents for cultivation. There will be a garden plot or two available this spring. If interested, contact me as I will be working with activities as garden coordinator.

- Complaints continue to be voiced by residents about poor elevator etiquette. When entering the elevator, please move to the back of the cab. Stand along the cab sides to allow disembarking passengers to exit quickly. Most importantly, end conversations when exiting. Do not intentionally keep the doors from closing, thus preventing the elevator from operating properly and efficiently. Be ready to enter or exit smartly when the doors open. Thank you for being a caring elevator rider!
- When making a charitable gift supporting various funds managed by the Towers, you need to specify on the check memo line what fund the gift is directed to. Undirected funds will be deposited in the general fund. The Employee Assistance Fund is not the Employee Christmas fund. If you wish to support our employees at Christmas, you must note so on the memo line. Charitable gifts are noted in each issue of the Windows.



*New 1<sup>st</sup> floor lounge  
across from the Fitness Center.*

## Residents' Association Quarterly Meeting

Tuesday, March 3,  
at 2:30 pm  
in Heritage Hall





Quilters make patriotic quilts for Veterans to show gratitude for their years of service. These Patriotic gifts are given with thanks from the people of this country. A big thank you to Pat Cashion, the talented Towers quilter, who honored Edmund FitzGerald, a 20 year US Navy Veteran, with a beautiful Quilt of Valor.

by Jody FitzGerald

## A Family Tradition



Like my Aunt, Mary Alice Mitchell, I am collecting empty prescription and over-the-counter pill bottles for use by developing countries.

Please save your bottles and deliver them to Jane Mitchell, Apartment 616.

You do NOT have to remove the labels from bottles, but you may want to strike out your name.

Any questions? Contact Jane by phone, 803-519-7011 or by email, [j1618mitch@gmail.com](mailto:j1618mitch@gmail.com)

**Jane Mitchell**



*In Loving Memory*

**Martha Haynesworth**



### Acknowledging Those Who Donate

#### *In Remembrance/Honor*

Jody & Ed FitzGerald  
 Joanne Cauthen  
 Nancy & Jim Bright  
 Sue Nazak  
 Lib & Spencer Anderson  
 Lou Ardrey  
 Jody & Ed FitzGerald

Charles Martin  
 Jimmy Galloway and Charles Martin  
 Charles Martin and Martha Haynesworth  
 Esther Jackson  
 Martha Haynesworth  
 Melinda Greene

Employee Appreciation  
 Endowment  
 Endowment  
 Endowment  
 Endowment  
 Life Enrichment  
 Employee Appreciation

If you want to make a donation to any of our funds (Endowment, Employee Appreciation, or General Fund), please bring cash/check to Pam Engle in the business office. You can make checks out to Westminster Towers, and in the memo section, indicate the fund you are supporting.

# March Outings

# FEBRUARY 2026 MEMORIES

## Signup at the Bulletin Board

Wednesday, March 4

5:00 pm Dinner at Longhorn Steakhouse

Thursday, March 5

6:00 pm Clover SD Auditorium Performing Arts Series: Chairmen of the Board

Friday, March 6

10:00 am Brunch at Ebenezer Grill

Wednesday, March 11

11:00 am Lunch at Brixz Pizza

Wednesday, March 11

2:00 pm Get the Hi-Lites of what's new in Rock Hill from Gary Williams.

Friday, March 13

10:00 am Shopping at The Plow & Lunch at Charanda

Sunday, March 15

2:15 Rock Hill Music Club at First Presbyterian Church

Wednesday, March 18

5:00 pm Dinner at Rizzo Brothers Italian

Friday, March 20

11:00 am Old Town Kitchen & Tour

Sunday, March 22

2:00 pm Outing to Vampire Penguin

Wednesday, March 25

4:30 pm Dinner at Waldhorn German Restaurant in Pineville

Thursday, March 26

10:00 am Calvary Church Organ Recital & Lunch

Friday, March 27

9:15 am WCCS Little Mermaid Musical

Friday, March 27

11:00 am Lunch at Kobe Japanese

Saturday, March 28

10:00 am Show Air Expo Outing

