



Call Tucker Oil for all of your petroleum needs!

Tucker Oil

Contact David Tucker Jr. at 803-603-4788 or tuck@tuckeroil.com








FREE!

Your Connection to Local News, Sports, People and Happenings
www.TheElectricCityNews.com

July 30-Aug. 12, 2026

Honoring the senior community
that is so vital to our town

SENIOR EDITION

Honoring the senior community
that is so vital to our town



Edward Jones
Hunt Wealth Management

A better look at your financial future

At Hunt Wealth Management, we help keep financial strategies on track.

Work one-on-one with an experienced financial advisor, supported by a dedicated team with local care. Gain a stronger view of your financial future — focused on simplifying the complex and assessing risk for you and your loved ones.

Reach out today to learn about our complimentary second-opinion service. We're here and ready to help.

Garden Club celebrates 75 Years of service, friendship



Kim von Keller

Technology, once considered a time-saving novelty, has invaded almost every aspect of 21st century life, often restricting the contact we crave as humans.It's no surprise, then, that young adults are being drawn to what are lovingly referred to as "grandma hobbies."From Southern Living to the New York Times, stories abound on the resurgence of interest in analog, hands-on pursuits such as baking, knitting, or wood-working.But if gardening is your passion, there is a group in Anderson that can help you learn while you make new friends and help the community at the same time.

This year, Anderson's Garden Trail Garden Club celebrates its 75th anniversary, and its mission statement, "to promote the knowledge and love of gardening among its members and to aid in the protection of native trees, plants, and birds," could not be timelier. The club meets nine times each year, from September

SEE CLUB ON PAGE 2



Shane Hunt, MBA, AAMS®
Financial Advisor
864-224-2955
shane.hunt@edwardjones.com

DSM-21699A-A-E-AD EXP 31 AUG 2026 © 2026 EDWARD D. JONES & CO., L.P. ALL RIGHTS RESERVED. AECSPAD Edward Jones - Member SIPC



BUDGET BLINDS®

Style and service for every budget©. Blinds, Shutters, Shades and Drapery!

864-332-0612 | BudgetBlinds.com



Club

CONTINUED FROM PAGE 1

to May, including Spring and Christmas luncheons. While its founding members may have passed on, the club is still active and welcoming new members to a hobby that isn't just for grandmas. Brenda Oehmig, the club's president, hopes that young women in Anderson will considering joining during this diamond anniversary year.

"Our club has been in existence for 75 years, and we're certainly not going to let anything happen to our sweet group of ladies. I always say about myself, 'I'm not getting old; I just need repotting.' That's how I feel about the club. It has just really enriched my life, and I hope that others in the community will join us as we 'repot'."

Connie Pickens, the club's vice president, joined in 2012.

"I was looking for a group of like-minded women who love gardening and learning to become better gardeners. We support each other's gardening with plant swaps, and we have social events too; I always enjoy the luncheons! But the group also takes part in beautification projects in Anderson, such as maintaining the Barbara Craft Garden at Hospice of the Upstate."

And that's just one of the group's projects. Since 2011, the club has recognized Arbor Day by arranging for the planting of a native tree in Anderson County. They donate amaryllis bulbs to the Richard Campbell Veterans Home each November, and they give baskets of flowering plants to the home to beautify the nurses' stations to thank the veterans for their service. During the holidays, they decorate the children's section of the Anderson County Library with miniature trees set to storybook themes. They donate \$50 each year toward the library's collection of books on gardening, and they donate to Camp Wildwood and the Rocky River Conservancy as well.

While the projects help the community, the meetings help the members become better gardeners. Whether it's a visit from a Clemson Extension agent, a plant swap, or a demonstration on flower arranging, there's always something new to learn. Bobbie Jones learned a great deal from fellow members.

"I had been a member of other garden clubs before I moved to Anderson, so I brought what I had learned, just like other new members. It was interesting to see what we brought with us from other clubs because we had lived in different places. It was nice learning about both gardening and people."



Elsie Anderson is a life member who joined in the club's early days.

"I surely learned a lot about gardening. I had my flower garden, and my husband had his vegetable garden. I just met so many people I wouldn't have met otherwise, and I made so many good friends. It was a wonderful experience."

Jackie Foster is also a life member.

"I always loved working in the yard, and the great thing about the garden club is that all the members love yard work too. I also love people, and when I first moved to Anderson, I made friends with ladies who were in the club. Joining Garden Trail Garden Club was one of the best things I ever did. I still have friends who are active in the club."

"We did so many community projects over the years. We planted trees at Anderson University and bulbs at Hospice of the Upstate. We took flowers to the children's ward at the hospital. We also had fun together! The annual luncheons were wonderful. Members would go all out to decorate the tables. It's just a fun group."

One of the best things about joining a group like the Garden Trail Garden Club is that the fun and learning trickle down. Jackie's daughter, Jacqueline Ashley, benefited from her mother's involvement.

"Mom was always so excited about the club. She would tell me all about the plants that were shared, and they would always enter plants in the fair. I grew up with those great friends of hers, and I learned so much about arranging flowers and entertaining. I think the most important thing I learned is that as long as the host is calm, it's going to be a great party."

Jackie's granddaughter, Katie Beth Johnson, understands why young women are drawn to grandma hobbies such as gar-

dening.

"I think women are trying hard to slow life down. Technology and activities keep us on an ongoing hamster wheel! By putting their hands in the soil or creating something delicious for their family, they are creating beautiful spaces and food that has meaning."

"I have such good memories of both Mama and Nana out in the yard. Saturdays were for pulling weeds and cutting grass only to break for Skins Hotdogs for lunch. I grew up running through beautiful beds of annuals and perennials in Nana's backyard. When I was young, I thought that just happened, but when I got married and bought my first home, I learned that it is hard work! Nana taught me just to take a small area and work on that part of the yard, even if it's just a small bed under a tree. If you think of your vision, create it, and then move on, you'll soon make more progress than you can imagine. Both my mom and Nana can take an empty space and turn it into the prettiest garden escape you could ever imagine."

If you would like to become a member of the Garden Trail Garden Club, go to Facebook, click on Groups, and search for Garden Trail Garden Club. [NOTE: Garden Trails Garden Club is a different group in another state.] There's a lot planned for the upcoming year as the club, the United States, and Anderson County celebrate significant anniversaries. Field trips are planned to historical gardens, and there will be plenty of learning opportunities from special guest speakers. Brenda Oehmig looks forward to making new friends in the club this year.

"I would just love to encourage young women who love gardening, the outdoors, and natural spaces to join us!"

RED ROCKET PUBLISHING OF ANDERSON, LLC PUBLISHERS

Julie Bailes Johnson
864-221-9269
julie@theelectriccitynews.com

Ginny Bailes Fretwell
864-934-1477
ginny@theelectriccitynews.com

ADVERTISING SALES

Becky Pruitt
864-367-2102
beckypru@aol.com

LAYOUT/DESIGN

ART DIRECTORS

Zack Mauldin
Bru Nimmons

GRAPHIC DESIGN

Nate Thomason
signal43@live.com

WRITERS

Neal Parnell
dnparn@gmail.com

Rich Otter
richotter29621@yahoo.com

GARDEN & FLORAL

Susan Temple
gardningirl@yahoo.com

MENTAL HEALTH

Mary-Catherine McClain Riner
drmarycatherine@riner counseling.com

FASHION

Kristine March

SPORTS

Brian Hodges

COLUMNISTS

Kim Acker Von Keller
Katie Laughridge
Ann K. Bailes
Sara Leady

TO SEND INFORMATION

Please make sure photos include the date taken, location and names of people in the photos. If photos are submitted via email, make sure they are a minimum of 300 dpi and saved as a JPEG file. If photos are mailed, we cannot guarantee the photo will be returned. The editor of The Electric City News will make your article/story grammatically correct without altering its content. The publishers of The Electric City News reserve the right to withhold inappropriate content or photos.

Senior Power: stronger than you think

Seniors have more power than they realize or can imagine. Seniors are loaded with experience, and hopefully with that experience comes wisdom. As we get older, we need to stay strong both physically and mentally. A major portion of that should be exercise.



Tommy Walls

Several years ago, I took a group exercise certification called Senior Power. It was truly an amazing course that showed how much more senior adults can do than they think.

In the world we live in today, it's more important than ever that we, as seniors, stay active not only for our own benefit, but for our children and grandchildren. We are needed. We should never be satisfied, but instead, determined to be more of

an example each and every day.

Most older adults should aim for at least 2 to 3 hours of moderate exercise per week. And you don't have to do it all at once. It's okay to do it in moderation. (Note: Always consult your physician if you have any underlying health conditions) Use strengthening, balancing, and flexibility in your daily routine. The health benefits, such as better sleep and lower blood pressure, far outweigh sore, achy muscles. Physical activity also reduces your risk of dementia, heart disease, stroke, and Type 2 diabetes.

There are so many people who believe when they turn 65, it's time to slow down. On the contrary. It's time to get up, walk around, swim, dance, read more books, etc. It all contributes to a healthier, happier you, and who doesn't want that?

Join a gym like the YMCA or Rec Center. Each of these institutions also helps to unite you with others in the com-

munity who are like-minded. The social benefits also contribute to a better you. Exercise can boost your mood and help reduce symptoms of depression and anxiety.

Set realistic goals for yourself and monitor your progression. I love to see people who come to my classes at the YMCA progress each week, and before you know it, they become accountable not only to themselves but to others. Most times, you can do much more than you originally thought. You can navigate growing older with grace, determination, and a new zeal for life. The healthier you are, the more you maintain independence.

Seniors are meant to be revered and as an asset, not a burden. As we strengthen our bodies, we preserve our mobility and our functional abilities. A positive attitude goes a long way in contributing to better health. If you say you can, you're right. If you say you can't, then you're right again. Refuse to fit into the norms of getting older

- because you're getting better! We only travel this road one time. But if we do it right, one time is enough.

Here are some key points in maintaining fitness:

- Maintains independence
- Strengthens muscles and bones
- Improves balance and coordination
- Enhances cardiovascular health
- Manages weight
- Boosts mood
- Increases energy levels
- Enhances cognitive function
- Improves sleep quality
- Boosts immune function
- Promotes social interaction
- Increases flexibility and range of motion
- Manages chronic conditions
- Enhances self-confidence
- Promotes longevity

Remember, you're only as old as your heart, and laughing is great cardio exercise!



STOWAWAY
Self Storage
Boat & Jet Ski Storage
260-0220

MORE SPACE LESS STRESS

Locally Owned. Locally Trusted.





SENIORS
— *over 65* —
RECEIVE

15%
OFF
any size unit!



FREE *TENANT*
INSURANCE
up to \$5k!

GREAT FOR:

- ✓ Home Storage
- ✓ Business Storage
- ✓ Boat & Jet Ski Storage
- ✓ Seasonal Items
- ✓ College Students
- ✓ And More!



**CLEAN &
SECURE UNITS**



**BOAT & JET
SKI STORAGE**



**SECURE GATED
ACCESS**

Address:
Stowaway Self Storage
4350 Highway 24
Anderson, 29626

Phone:
864-260-0220

Safe. Secure. Convenient. | ***We've got room for what matters most.***

SENIOR EDITION SPECULATIONS

So this issue of the ECN is focusing on seniors – any aspect of what it’s like to be in this phase of life, which really extends over a wide span of years. Like it or not, I qualify. Here are some random thoughts I’ve had when thinking about the topic of seniors.



Ann K. Bailes

While it’s nice to get discounts for drinks and other items, I sometimes feel kind of bad about taking them. Seems like such perks would come in far more handy for younger people juggling bills, jobs, children, other things, than for seniors who are usually better settled in life. But--that doesn’t mean I’ll decline the offers.

I may not want to showcase the crow’s feet or wrinkles that make themselves known as the years roll on. But at the



same time I’m proud of them because they represent hard-won experience.

Some of the most beautiful women I’ve ever known are older ladies. I believe that’s the loveliness of lives well lived. They don’t depend only on their makeup or clothes. Their beauty has been honed internally for years, and it shows.

I remember as a younger person being a little dismissive of the viewpoints and opinions of older people. Now, I resent that attitude in myself! Would that younger people realize that seniors have much to contribute, in creativity, in usefulness, and most of all in wisdom.

And finally, one thing that Mike told me a number of years ago has stuck with me. He said “Ann. Just because you think something doesn’t mean you have to say it out loud.” That has been on my mind lately, because it’s common knowledge that as people age they sometimes “lose their filter” and say things that are either are not kind or are better left unsaid.

I recently read the book Van Gogh has a Broken Heart, by Russ Ramsey. He

told of how he visited a gift display connected to an art exhibition, and his own heart was saddened by seeing a thermal mug containing a picture of the famous artist who cut off his own ear. It was advertised this way: “When you pour in a hot beverage, Vincent’s ear magically vanishes before your very eyes. Easy van come – easy van Gogh.”

And Ramsey continues: “What if what happened to Vincent’s ear isn’t really all that funny? What happened there--undoubtedly one of the lowest points in an already tortured soul’s life. . . teaches us the sacred work of stewarding another’s pain. And it bids us, ‘Be gentle. This is a hard world.’” I hope that sentiment stays with me as the years add up – that I can work toward being kind and positive rather than unkind and without a filter.

Seniors have much to offer – in assistance, in time, in wisdom. May we all be a part of positively passing the baton on to the next generation!



April Spears
Operating Director



Cornerstone
CAREGIVING

1512 N. Fant Street Anderson, SC 29621
864-712-7792

cornerstonecaregiving.com/locations/anderson-sc/

Where Home Care Meets *Compassion.*
Serving counties: Anderson, Pickens, Oconee, and surrounding cities.





Thank You for a Great 11 Years!



Clarence Sullivan
30th Annual Jo Brown
Senior of the Year (2026)



Most Creative Costume
Teresa DeVore



Best Group
Barbara Duncan, Cathy Looper
Peggy & Paul Chapman



Over the Top
Wanda Walker &
The Classy Sassy Seniors



Top 3 Sponsors
The Peoples Bank Soda Shop, Senior Solutions 80's Party, CenterWell Senior Primary Care



SAVE THE Date!



CIVIC CENTER OF ANDERSON | 9AM

The love of Granny's house

BY DONNA ANDREWS BRATCHER
Equinox Mill Hill, Anderson, SC

Can you think of a place in your childhood that you remember so vividly that it seems like you were there just yesterday? That place for me would be my Granny Welborn's house on the Equinox Mill Hill in Anderson, SC. My granny, Ollie Martin Welborn, was a "linthead" if ever there was one. She started working in textile mills as a young girl. She would tell me about working alongside her mother while her younger siblings were placed in a "doffing box" used as a makeshift crib or playpen. She worked in mills across the south, beginning in Opelika, Alabama, then on to LaGrange, Georgia, and finally settling down in Anderson, SC, when she was an 18-year-old brunette beauty. I guess you could say her whole life revolved around the textile mill. It is what she knew, what put hard-earned money in her pocket, and where many of her lifelong friends and neighbors worked and lived.

Sometimes my heartstrings start pulling me back to the simple little house on the corner of Lee Street and West End Avenue. This week I rode by just to take a look and reminisce about all the time I spent there in my growing-up years. In the front yard, the crape myrtle trees were still blooming bright pink, just as they did every summer. I remember playing among their thick trunks and skipping along the walkway that led toward the street. I can still see Granny sitting on the porch, wearing her flowery house dress and bedroom slippers. The front porch was a gathering place for family to chat while the kids played close by. But now it's empty and quiet...and seemed much smaller.

But most of the time, especially in the warmer months, we sat in the backyard under the large shade trees. Granny would sit in her metal yard chair, and visitors who dropped by would sit in the glider or swing. A blade of grass dare not rear its head in her neatly raked dirt yard. We grandkids loved taking turns raking the yard and making neat patterns of lines in the smooth dirt, until the adults complained of the dust we were stirring up. In the summer, the backyard was the perfect place to make a churn of ice cream and sit and talk until the lighting bugs began their nightly dance in the dimming light.

Behind her house was an old cinder block building. It was a dark and mysterious building that had once housed a general store operated by the Welborn family. It closed many years before I was born and



Right: Donna Andrews Bratcher is pictured alongside the other grandchildren of Ollie Martin Welborn. Bratcher's childhood home is pictured above.

was mainly used for storing yard sale leftovers, old paint cans, tools, and unneeded furniture. But it was always fun to grab a flashlight and go ramble through to see what you could find. It was good to see the old store building was still standing.

Like many mill houses, Granny's house only had a few simple rooms with one central fireplace. In fact, I remember my daddy telling me that the kitchen was actually a separate building that had been pulled down the hill and attached to the 3-room house. I remember the kitchen always smelled like coffee, buttermilk biscuits, and fried fatback left in a bowl on the table covered with a dishcloth. It was a place to gather around the Formica-top table, talk about old times, and enjoy a slice of cake...or my favorite, homemade chocolate rolls!

The front two rooms were bedrooms. The spare bedroom stayed closed unless several grandkids spent the night and then we all piled up in the double bed together. I remember lying there in the dark at night, listening to nearby cars rolling to a stop at the stop sign. The occasional squeak of brakes would drift through the night air as headlights reflected off the bedroom wall.

If I stayed the night by myself, I would sleep in Granny's bed with her. During cold weather, the bedroom would be icy. We would slide into her bed under mounds of blankets so heavy that it was hard to roll over. Granny would place a red, hot-water bottle at our feet, crank up the heating blanket, and the bed would feel toasty warm.

Granny's house was one of the few places I would spend the night without getting homesick. Maybe it was the promise of a trip to the store the next morning. She would pull out her change purse, bulging with coins, and fill up my hands with



change. Then we would walk up the hill to the store and fill a brown paper bag full of green apple bubble gum, Sixlets, wax bottle candy, and Pixy Stix.

As I reflected on the little house on the mill hill, I wished I could go back just one more time and walk through the door. One more night of climbing into that warm bed.

One more chance to rake her yard or sit on the porch swing eating a bowl of ice cream. One more trip to the store. When you're growing up, you think things will always be the same. Then one day, you're my age, looking at a little house on a mill hill and missing your granny—the one who made that little house into a real home.



J. BRENT COPELAND DMD
COSMETIC, RESTORATIVE, & FAMILY DENTISTRY



Brent Copeland, DMD
1406 North Fant Street
Anderson, SC
864-226-6574
drbrentcopeland.com
Welcoming New Patients!

Advanced Technology | Compassionate Care
Over 30 years of expertise | Serving patients of all ages
Individualized Treatment | Flexible Payment Plans



SENIOR CARE & DISABILITY SERVICES

*Providing compassionate,
trusted care in the comfort of
your home.*

Call Us Today 212 E. Greenville St.
(864) 209-8245 Anderson, SC 29621



NOW OPEN!

CAR+LINA
MEDICAL SUPPLIES

EQUIPPING YOU FOR A HEALTHIER TOMORROW

Mobility Aids | Bathroom Safety | Daily Living

Your Local Medical Supply Store

 (864) 372-1367  300-B East Greenville St., Anderson, SC 29621



A legacy that keeps rolling

Today, I'm taking a break from fashion to shine a spotlight on a senior-owned business that means a great deal to me. The owner just happens to be my dad, Arthur Randolph.



Kristine March

Although he's now happily retired and his incredible brother has taken over the family business, I wanted to write this as a tribute and share a few interesting facts about a man who has inspired me my entire life.

Arthur Randolph was born in November 1945 into a wonderful family with a strong work ethic. His father founded Randolph Trucking Company in Gaffney, in 1935 with just one modest truck, providing grading and hauling services primarily for local farmers. More than 90 years later, the company continues to serve farmers while expanding into a thriving business with more than 60 trucks, including flatbeds, dump trucks, and tractor-trailers that haul steel, stone, sand, precast concrete, gravel, and fertilizer throughout the Southeast. Operating primarily out of Columbia and Ridgeville, Randolph Trucking Company has earned a reputation for reliability, hard work, and humility.

My dad's work ethic began at an early age. He started working when he was just 12 years old and purchased his first piece of land while still in his early teens—something that would be almost unheard of today. He was taught the value of hard work as a young boy, and even now, at 80 years old, very little has changed. He still spends seven days a week working on some type of equipment, whether it's a tractor, farmland, a bush hog, or one of his vintage Jeeps. Arthur is also one of the most loyal people you'll ever meet. If someone needs help, he's there without hesitation.

Some of my favorite childhood memories revolve around Randolph Trucking Company.

When I was little, the company did a great deal of work in the Atlanta area, which meant family trips to Six Flags and visits to job sites where I watched my dad oversee projects. I thought he was the coolest person in the world as I watched him direct crews and solve problems with confidence.

One of the most remarkable things about my dad is that he earned his helicopter license in his seventies. He owned a Robinson helicopter and loved taking our family on trips. I was never nervous flying with him because there's one thing everyone who knows Arthur understands—he's exceptionally good at whatever he sets his mind to. He's incredibly intelligent, remarkably skilled, and still one of the most down-to-earth people you'll ever meet.

His talents don't stop there. He built our family home from the ground up and later built my son, River, a beautiful playhouse modeled after our own house. It perfectly reflects the kind of man he is—someone who sees a project through from start to finish with pride and craftsmanship.

Today, Randolph Trucking Company continues to thrive, carrying on a family legacy built on integrity, perseverance, and hard work. Their employees are as dependable and tough as the trucks they drive, working through rain, snow, and whatever challenges come their way. Their outstanding reputation has been earned through decades of dedication to doing the job right.

I'm incredibly proud to come from such a hardworking family. Watching my dad has taught me—and the family I'm raising now—that perseverance matters, hard work pays off, and character is built one day at a time. Arthur has influenced far more people than he'll probably ever realize, and I'm grateful to call him my father. I'm equally proud of the legacy he helped build through Randolph Trucking Company.

Remember to make the sidewalk your runway, and kindness always matters.



Experience the Wonder
OUR NEWEST EXHIBIT IS NOW OPEN

1826

CELEBRATING
ANDERSON COUNTY'S
BICENTENNIAL

Anderson County isn't just a place on a map—it's 200 years of families, innovators, and icons. This Bicentennial, come see the heritage that built our home. Celebrate our legacy and discover the stories that shaped us at the Anderson County Museum with the *1826: Celebrating Anderson County's Bicentennial* exhibit.

ALWAYS FREE ADMISSION

ANDERSON
COUNTY MUSEUM

@ andersoncountymuseum.sc.gov

For over 43 years we have told the stories of Anderson County and South Carolina.

864-260-4737 | 202 East Greenville Street | Anderson, SC 29621

FROM THE SHELF

On Characters of a Certain Age

I'm a huge advocate for reading diversely and seeking out stories that aren't a direct reflection of your own personal experience. Beyond that though, I love a story that



Sara Leady

also bucks the norm of stereotypes of any particular individual's identity. Something that we as Americans seem to really obsess over in terms of identity is not just age, but the idea of "youth" itself—in its different iterations of

what it's defined as. We also get very caught up in what's "allowable" or "acceptable" for people of a certain age. As a society we've created parameters for different age groups, and when people don't fall within them, we decide to get weird about it (for whatever reason).

Our weirdness is neither good nor bad, rather it's just incredibly limiting. As I've

gotten older, I've felt the constraints of what's "permissible" for my age grow tighter, and I'm not actually "old" (a whopping 38). Thanks to recent media, however, I'm seeing a shift in how we view and portray seniors in particular, and I'm loving it. I would honestly go so far as to say we have a niche sub-genre blooming in the publishing world where we are getting new books that follow the mainstream popular fiction formula, but are starring seniors instead of the typical "youngins."

This delightful take has been brewing for a while but has recently picked up more speed. When thinking about stories starring seniors, one of my first thoughts was the movie "Calendar Girls" (2003 – based on a true story too!). If you haven't watched it, I'd highly recommend it. The film is about a group of senior women who make a nude calendar to raise money for charity—not something you'd expect your average senior lady to do!

Speed forward several years and you have

the "RED" movies that feature retired CIA/ other international clandestine operatives wreaking havoc. All three of these films also have incredible casting, in case you need more of a reason for watching them. I can't talk about seniors on screen without mentioning "Only Murders in the Building." The show feels a lot more plausible than the "RED" movies, while also having seniors solving crimes and keeping up with the youth that's supposedly so much better than them.

If you've watched the adaptation of The Thursday Murder Club by Richard Osman, I would implore you to read the books. I'm not one to stand by "the book is always better," but truly in this case, the books capture the characters of the retirement center SO much better than the movie. The difference is the richness of the characters that's completely tied to their senior status. I think books capture this better, maybe because of the removal of the actual actors and (again) our obsession with youth.

Killers of a Certain Age by Deanna Raybourn is one of my favorite reads from the past few years. Retired assassins go on a girls' trip and take out the younger generation

of their agency, and it's delightful (it's now a series!). While not lethally trained, Jesse Q. Sutanto's leading senior ladies from her Vera Wong and Aunties series solve crimes and stay on top of their family's dating lives (how dare the younger generation be single!), all while making delicious tea and/or food. Sutanto's books fall more within the cozy realm, but don't let that fool you into thinking these elders are any less terrifying than the trained assassins. They include some recipes too!

Other authors I think have written some consistently great senior characters are Fredrik Backman, Elizabeth Strout, and Matthew Haig. The one thing I'd like to see is more romance and adventure novels starring seniors. Too many people think these things are only for the young, but it's something that can strike at any time. I also think we could use more elderly gentlemen who aren't grumpy. As much as I love (and relate to) a salty old man, I think that portrayal is unfairly inaccurate, at least in my personal experience. Bottom line, seniors have a lot of life to give to our stories beyond just their time gained wisdom.



THE LEGACY OF ANDERSON

A CHARTER SENIOR LIVING COMMUNITY

3501 North Highway 81

Anderson, SC 29621

Phone: 864-276-3501

www.legacyofanderson.com



HOSPICE OF THE UPSTATE,
RAINEY HOSPICE HOUSE &
UPSTATE PALLIATIVE CARE

1835 ROGERS ROAD
ANDERSON, SC 29621

(864) 224-3358

WWW.HOSPICEOFTHEUPSTATE.COM

HOSPICE OF THE
UPSTATE
RAINEY HOSPICE HOUSE & PALLIATIVE CARE

A legacy of compassionate care.



SERVING SENIORS IN ANDERSON COUNTY SINCE 2009

What our caregivers do:
Meal Prep & Light Housekeeping • Alzheimer's Care
Medication Reminders & Driving • Bathing/Dressing/Toileting
Approved to serve Veterans through the VA

You can't always be there for your loved one, BUT WE CAN!

864-642-6780
716 E Greenville Street Anderson, SC 29621



ANDERSON SENIORS

It used to be that Anderson families would need to decide what to do with their senior parents. Today, Anderson senior parents are left with the burden of what to do with their aging kids who only know how to want and have no idea how to get.



Neal Parnell

Anderson seniors are facing the real possibility of having to pay for their adult/kids Assisted Living Arrangements just to get them out of their house. I spoke to one Anderson Senior who said he told his 30-year-old son it was time to spread his wings and move out, only to hear the son say that he would be able to if the internet speed was upgraded. Dad chuckled the Wi-Fi, and a week later, the son was out. Then there was the senior mom who said to her 35-year-old daughter, "When



I said 'This will always be your home, I didn't mean forever'.

If you want to know how to handle Anderson Summer Heat, just keep your eyes on Anderson Seniors. Every Anderson senior owns a large straw hat that has seen more summers than Myrtle Beach. They know that the only thing that moves fast in July is the electric meter and that if the mail doesn't run before 8 am, it can wait until tomorrow. When it's 98 outside, the biggest decision

an Anderson senior makes is whether to set the ceiling fan to medium or high, and by 2 pm, they are experts at sitting still. They have an internal weather app that involves looking out the window and saying, "Not today".

Anderson seniors are living longer and are still able to do the things that keep them young, like driving. If you happen to get behind an Anderson senior going ten miles per hour under the speed limit, don't worry; they'll suddenly remember where they're going and speed up. If you see an Anderson senior driving at 7 am, you can bet they have a doctor's appointment at 9 am. That blinking turn signal isn't just for decoration; they know they'll be turning left two miles down the road, and know that they only use the horn if someone is too slow at the CVS drive thru. They can back a boat down the ramp with a broken rear-view mirror in ten seconds, but it takes them five minutes to put their seat belt on. Anderson seniors do not talk or text while driving, but that doesn't stop them from rolling down the window and using old-school hand signals while yelling choice words

across three lanes of traffic.

There is nothing like the Anderson Senior Church community. Some of our Anderson seniors start getting ready for church on Saturday night, and even though the service doesn't start till eleven on Sunday, they're in the lot at 10:15 to get their favorite parking spot. They can find their church pew blindfolded because they've been sitting in that same spot for 50 years. Many don't know this, but during prayer there is always one man who can open a piece of peppermint candy without making a sound; it's a spiritual gift.

We laugh at Anderson seniors because they've earned the right to laugh at themselves. They've lived through whole summers with no air conditioning, raised families, worked hard, served in church, coached ball teams, volunteered, and built the Anderson community we know today. They are the keepers of Anderson history and know that life is better when you can smile, lend a hand, and never take yourself too seriously.

Be sure to honor and thank an Anderson senior today.



A New Name, The Same Caring

Community.



Assisted Living & Memory Care
Formerly Known as Dominion Living

(864) 477-4689 | springarboranderson.com
3461 N. Highway 81 | Anderson, SC 29621

Come join the Senior Follies!



Whether you are a performer on stage, technical support or an audience member, there is a place for you with the Senior Follies!

Auditions for our 2027 show are
August 22nd from 10:00 to 12:30.
Go to andersonseniorfollies.org to sign up today.

Save the Date for
"Don't Touch That Dial"
March 11-14, 2027



I'VE GOT PLENTY OF SENIOR ISSUES

BY RICH OTTER

This is an Electric City News senior issue. They asked me if I had anything for a senior issue. I wish I did. I have a lot of senior issues. Just about everything now that concerns me is a senior issue. They asked the right dude.

Just today, one of my daughters called and said “don’t work in the yard today. Its hot out there.” Most of my senior issues are for what I should not do. I have to sneak if I’m going to drive further than a mile or so. I guess it’s okay if I hit something within that distance—I can walk home.

It seems a short time ago everyone was a lot older than me. Now, everyone is younger. And all of this younger stuff they are talking about on the TV. Not only I can’t understand what they are selling is used for, the advertisements go by so fast I don’t even remember what they were advertising. They shut off the written captions before I can read them.

Heaven Forbid if I go out without my hearing aids, I have to have someone shout at me. I look around and everyone is staring at me. At least I can still see them.

I sit down at my computer and can’t remember how to turn the darned thing on. If I’m reading a book, I have to go back a few pages to try to remember what was happening. Good grief! The good thing is, I don’t have to buy new books. I can reread the old ones I saved, over and over again. They are brand new to me each time I pick them up.

My worst problem is, I cannot remember names and faces. If I have to go to the post office, assuming I can find it, I have to sneak around afraid there will be someone I should know there who and can’t remember. I first eye the people. If all are under about eighty-five years old, there probably is no one I should avoid. It is accommodating, however, how many people, including attractive young ladies, will hold a door for me and possibly even hold out a hand toward my elbow to steady me.

Dreams are the worst. I haven’t had dreams about being lost or confused since the ones I deserved in college. Now, they are a nightly occurrence. Not only are they about how can I get some place, but, where the devil was I going in the first place and why?

My morning exercise is simply trying to get out of bed. At least I don’t have to go to the barbershop. Nothing left there worth cutting.

Our house is a lot younger than us, but its walls creek and faucets leak. Worst of all, the house likes to play hide-and-seek. If you lay something down, it shifts it to an unlikely spot, like even to inside the refrigerator. That’s nothing compared to what a car does in a parking lot.

The one consolation: I realize I am not alone. The whole world seems to be having the same problem. Where are we going, and why? I remember an old fellow I knew many years ago. He must have been about twenty or thirty years

younger than I am now. He was the only person who I have ever known who could talk me into a depression. The amazing thing is, with all the things that agonized him, we have survived, and presumably flourished. I reckon, we might do that again.

As Al Jolson used to say, (and you young squirts probably don’t even know who Jolson was): “You ain’t seen nothin’ yet.” [He was a singer actor and starred in the first full-length talking motion picture in 1927. No, I didn’t see it in 1927.]

Jolson got in trouble with radio censorship police in the 1940s when he was doing a warm-up session with his studio audience before going on air. He was cut on the air by mistake. He said: “If you can’t laugh, get the H... out of here.” Uh-oh. (Yes, I remember that one, I was there.)

When you think about it though, that may be pretty good advice for us old folks with senior issues. Don’t stop laughing.



NOTICE OF APPLICATION

Notice is hereby given that **GOLDIE ANDERSON LLC D/B/A BIG AIR ANDERSON** intends to apply to the South Carolina Department of Revenue for a license and/or permit that will allow the sale on-premises consumption of beer and wine at 3523-B Clemson Boulevard, Anderson, South Carolina 29621.

To object to the issuance of this license and/or permit, submit an ABL-20 protest form by August 1st, 2026.



NOW HIRING

BUILD YOUR FUTURE WITH KIMBRELL'S

GROW • LEAD • SUCCEED

Join a Team Serving Communities Since 1915

For over a century, Kimbrell's has maintained a passion for improving the happiness and well-being of others through home furnishings. Today, family-owned Kimbrell's operates 44 retail stores across North Carolina and South Carolina.

We are committed to the belief that if our people are successful, the company will be successful and aim to provide meaningful career opportunities for team members who are passionate about service, teamwork, and growth.

- Career Growth Opportunities
- Competitive Compensation
- Paid Training & Development



SCAN TO APPLY TODAY

Kimbrells-Furniture.CareerPlug.com



Here for Every Chapter.

From preschool storytime and exploring new worlds through the pages of a book, to senior technology help, opportunities for community connection, and lifelong learning, your library is here for every stage of your life.

Senior Computer and Technology Help • Large Print Books
eBooks • Audiobooks • Fitness Classes • Book Clubs • Gardening Classes
Crafting Meetups • Volunteer Opportunities and so much more!



ANDERSON COUNTY
LIBRARY SYSTEM
SOUTH CAROLINA

andersonlibrary.org
864.260.4500

Presented By:



MARKET
THEATRE



FROZEN

DISNEY'S
THE BROADWAY MUSICAL

August 26-31, 2026

*In Carolina
Wren Park*

Wed, Thu, Fri, Sat,
Sun, Mon @ 7:00 pm

Free Admission

First Come
First Served



LEARN MORE & MAKE YOUR PLANS NOW

Eighth annual Hartwell Lake Ladies jet ski crawl breaks fundraising records ahead of August event

ANDERSON COUNTY, S.C. — The 8th Annual Hartwell Lake Ladies Jet Ski Crawl, benefiting the Cancer Association of Anderson (CAA), will take place on Friday, August 7, 2026, bringing together women from across the Upstate for a day of fun, friendship, and giving back.

Organizers have already secured 98 business sponsors and raised more than \$94,000, surpassing last year's total of 70 business sponsors and \$67,000. The overwhelming response reflects the continued generosity of local businesses, volunteers, riders, and community members—including Title Sponsors First Bank and Smart Marketing Advertising Agency—who believe in supporting cancer

patients in Anderson County.

This year's event, themed "Fueled by Fun. Powered by Purpose.", will include the annual ride across Lake Hartwell, lunch at The Grill at Clemson Marina, the traditional group photo and raft-up, and an evening celebration with dinner and live music at La Cantina on Hartwell Lake, where a portion of proceeds will benefit CAA.

New this year is "Bust a Yard," a fun new way for the community to get involved by surprising friends, neighbors, and local businesses with bra-shaped yard signs while raising additional awareness and support for CAA.

What started as a simple lake day with

friends has grown into one of the CAA's signature annual fundraisers, and one of Anderson County's favorite summer traditions. Inspired by her mother's journey as a breast cancer survivor, event organizer Laura Thompson transformed the annual ride into a fundraiser after realizing how many participants had been personally affected by cancer.

For Angela Stringer, Executive Director of CAA, the event is a powerful reminder of what a caring community can accomplish together.

"This signature event was started by a group of caring women who love Lake Hartwell and love the Cancer Association of Anderson. Since its humble beginnings, the event has grown into one of our major fundraisers, and these amazing women continue to make a tremendous impact in the lives of Anderson County cancer patients."

"We're incredibly grateful for the continued support of our sponsors—especially First Bank, Smart Marketing, and the many businesses throughout Anderson County that have helped make this year's event our biggest yet. Their generosity allows us to assist 60 to 70 newly diagnosed cancer patients every month by providing treatment-related financial assistance, information, referrals, and emotional support. Every dollar raised stays right here in our community, and we simply couldn't do it without them."

Founded in 2003, the Cancer Association of Anderson is the only local cancer charity serving Anderson County. The organization provides treatment-related financial assistance, educational resources, referrals, and emotional support to local cancer patients and their families.



PROPP DRUGS



Your hometown drug store where you always receive personalized care.
From babies to seniors, we are ready to serve you.

Propp Drugs
1529 North Fant Street
864-226-8383

Meals on Wheels

ANDERSON

Come see us!

Mailing Address: PO Box 285, Anderson, SC 29622

Website: Mealsonwheelsanderson.org

Phone: 864-225-6800

Email: info@acmow.org

GREATER ANDERSON NEW HORIZON CONCERT BAND SEEKS NEW MEMBERS

Since 2009, the Greater Anderson New Horizon Concert Band has been proving that it's never too late to make music. As part of the International New Horizons Organization, the all-volunteer ensemble welcomes musicians ages 50 and older who want to dust off an instrument they haven't played in years—or even learn one for the very first time. With members ranging from retired professional musicians and former band directors to hobbyists and those returning after decades away, the band performs a variety of music, including Broadway favorites, marches, classical selections, and popular tunes.

Known for its relaxed, non-competitive atmosphere, the group emphasizes friendship, fun, and the joy of making music together while performing throughout the community at nursing homes, assisted living facilities, veterans' homes, hospitals, and other venues. The band resumes rehearsals for its fall season on Aug. 19 under the direction of new

conductor Joe Lore, who succeeds Interim Director Christopher Wilson. Rehearsals are held Wednesday afternoons from 12:30 to 1 p.m. at First Baptist Church, 307 S. Manning St. in Anderson. New members of all experience levels are welcome. For more information about joining or supporting the band, visit ganhband.org.



GREATER ANDERSON NEW HORIZONS BAND IS SEEKING NEW MEMBERS!

IMMEDIATE NEED FOR:
BRASS & WINDS

ALL PLAYERS WELCOME!

THE ORIGINAL OVER-50
WIND ENSEMBLE!

A JOYFUL,
NON-COMPETITIVE
HOBBY BAND!

REHEARSALS RESUME
AUGUST 19TH
WEDNESDAYS 1PM-3PM
FIRST BAPTIST CHURCH
307 S. MANNING ST.
ANDERSON, SC 29624

CONTACT
Mary Morrisette
Mary_Morrisette@hotmail.com
Carrie Benoit
CarrieB96@gmail.com

www.GANHBand.org

FRIDAY AUGUST 14, 2026 AT THE ANDERSON AREA YMCA

201 E REED RD,
ANDERSON, SC 29621

1 MILE
\$30
8:15 PM

5K
\$35
9:00 PM

USE THE QR CODE TO REGISTER
OR FOR MORE INFO ABOUT RACE DAY!

Packet pick-up will be held on August 14 from noon until 15 minutes prior to each race starting. Drive thru set up until 5:00 pm.

The benefits of staying connected as you age

Humans are social creatures, and staying connected to others is important at any age. For older adults especially, strong social connections with friends, family, and the community can support healthy aging by improving physical health, mental well-being, and overall quality of life.

Even though staying socially connected may become more challenging with age due to retirement, changes in mobility, loss, or fewer opportunities to meet new people, meaningful relationships are still possible at any stage in life, with the right support, planning, and tools, we can continue building strong connections, reducing feelings of isolation, and staying engaged in our communities.

How do social connections impact my physical health?

When we have strong relationships with people we care about, we tend to feel

physically healthier.

According to research a lack of social connection has a significant impact on heart health. Those who reported poor social relationships had: a 29% increase in risk of heart disease and a 32% increased risk of stroke.

People who have strong social ties can improve their chances of survival by 50%.

The same research also shows that strong social connections are correlated with lower: Body Mass Index (BMI), A1C levels and smoking rates

Individuals diagnosed with cancer show an increased desire to live when they report strong social connections.

How do social connections impact my mental well-being?

Not only do social connections positively impact our physical health, but they can also deeply affect our mental health and well-being.



Those who report strong social connections saw a reduced risk in developing depression, anxiety, or PTSD. Their ability to manage stress increased and their risk for cognitive decline diminished. Furthermore, those with strong social relationships experience an increase in happiness and resilience.

How do I overcome barriers to connecting with others?

Sometimes things get in the way of making or sustaining connections. As we age, our health and physical abilities may make it more difficult to get out and connect with others. We may experience social anxiety or discrimination. Or we may feel that our opportunities to connect have dwindled due to relocation or death.

The good news is with a little bit of planning and work, many of these barriers can

be overcome. If physical limitations or health challenges are a concern, you can use assistive devices such as canes or walkers to help you move more easily with independence. If you're still driving, consider applying for an accessible parking placard.

If you are no longer driving and have access to public transportation, you may be able to utilize door-to-door paratransit services, so you won't need to walk long distances or wait at bus stops to receive a ride.

Other strategies can include receiving routine medical care, having your hearing and vision checked regularly, or signing up for a health education group or class.

If social anxiety is a challenge, consider connecting with a therapist to engage in cognitive behavioral therapy, also known as CBT. This type of therapy may include exposure therapy, where the patient faces the situation they fear through a structured plan with the support of the therapist, cognitive restructuring, where the inaccurate beliefs are challenged and reframed, relaxation techniques, and social skill building.

If discrimination is a challenge, try seeking out like-minded organizations or groups you can connect with. A great place to start is your local senior center.



BELTON PREPARATORY ACADEMY

AN AWARD-WINNING PUBLIC SCHOOL WITH A PRIVATE FEEL.



RANKED
#3
IN SOUTH CAROLINA

#1
IN THE UPSTATE!

- ✓ **FREE** Public Charter School
- ✓ **Award-Winning** Elementary and Middle School (Grades K5-8)
- ✓ **Enroll TODAY** for the 2026-2027 School Year



Number
1

CHARTER SCHOOL
IN SOUTH CAROLINA!





Enroll
TODAY!

3201 US Highway 29 North
Belton, SC 29627

Website: beltonprep.us

864-392-1173




THE GARDEN SHOP

SHE PLANTED THE SEED



SUSAN
TEMPLE
*master
gardener*

When people ask Mama if she taught me all I know about gardening, her standard reply is “No, but I planted the seed”. In 1987, I bought the ugly house on the block and started transplanting azaleas from Mama’s mother’s yard to make my house prettier. That’s how I started gardening.

I have been immensely blessed to have a mama who has been a best friend. In my teenage years, even my friends loved to hang out with Mama C, oftentimes coming to our house when I wasn’t home. In 1978, we worked together at my first job, which was also her first job. In 1982, my family moved to Aiken. After a few months, I moved back to Anderson and lived on my own for about four months before the family moved back. Since then, rarely have more than a couple of days gone by that Mama and I don’t talk or see each other. She also worked at the hospital for about 25 years. We had lunch together. I knew when to find her at her locker or would simply go into her department and call for “Maamaaa” just like a little kid would do. That ugly house I bought was a block around the corner from Mama’s.

Mama has tagged along on practically every gardening thing I’ve ever done. A friend in Greenville Master Gardeners nicknamed her Master Mom. If I dare show up unchaperoned, people ask “Where’s your mother?” When garden touring in New York with a group, our guide commented on how patient I was with Mama. Turnabout is fair play. She held my hand crossing the road. She helped me up and down steps. We added time to our trip for us to do Manhattan tourist things since neither of us had been to Times Square. When heading out from the hotel, there was a bus across the street that looked just like our tour bus. Mama thought it was our bus. I silently thought geez; there must be a million buses like that. Then we saw our bus driver waiting in line at the donut shop. We went busting in to give him a hard time. His yankee accent was as strong as our southern. He



loudly, jokingly said, “You two bad pennies just won’t go away”. The looks we got.

Mama’s never been in a hurry, and the older she gets the slower she gets. She tends to apologize for taking so long. So what? All the time she waited on me at the skating rink, the Fun Hut, Anderson Beach, the Nutty Sweet Shop (hoping to talk to that cutie Tony Ray), or thousands of other times. When on a road trip to plant shop, if she was done shopping, she patiently waited on me. We never got lost. We just momentarily didn’t know where we were. Forever patient and along for the ride, literally and figuratively.

Mama also has bought many plants just to watch them grow. Oftentimes with no idea of where she would put them. When she couldn’t dig a hole anymore, it became my job to plant what she couldn’t live without. Many hydrangeas - oakleaves, lace caps, mopheads, limelights, a variegated one, are beautiful in her yard. She has more clematis than anyone I know. Mama also has some lenton roses worthy of any collector. The joke is when she can’t remember the name of a plant, she’ll say “You know, that green thing”. Gotta narrow that down a bit Mama.

Life changed drastically in late February. Sometimes we are blessed, and cursed, with one visit to the doctor. Blessed that we know time left may be short. Cursed that time left may be short. Mama has lived her life happily and never been one to mope. We continue enjoying our plants, watching them grow, cutting flowers to

bring in the house, and seeing and talking to each other even more. If Heaven’s streets are indeed paved with gold, when

Mama gets there, they will surely be even more beautiful. And she will plant a seed for me there too.

Rest & Relax

Pamper Yourself!

FACIALS • MANICURES & PEDICURES
MASSAGES • WAXING • SUNLESS TANNING
FITNESS CENTER • ROOFTOP EVENT SPACE

GIFT CARDS AVAILABLE!

LILIADAYSPA.COM

(864)226.0818

116 E. BENSON STREET • ANDERSON, SC

ASK THE DOGTOR

IS PET INSURANCE WORTH IT?

Hey everybody, I'm Jackson Walker, veterinarian, and welcome back to Ask the Dogtor - my attempt to help dog owners better understand their dogs.



Jackson Walker

Today's question is one I get all the time:

"Dr. Walker, is pet insurance worth it?"

My answer? Maybe.

Because pet insurance isn't really about your dog. It's about you.

Your dog doesn't care who pays the bill. They just need the care they need.

Now, full disclosure...

I have pet insurance on my own Labrador, Dude.

Not because I expect something bad to happen, but because I never want a medical decision for my own dog to come down to

money in the future when I am no longer in general practice.

That doesn't mean it's the right choice for everyone.

Some people have enough money set aside to comfortably pay for an emergency. Others would rather pay a monthly premium for the peace of mind that comes with insurance.

Just recently, I was talking with a client at the neighborhood pool, and he said something that's really stuck with me.

He said, "Dr. Walker, I don't have pet insurance because I think it's going to save me money. I have it because if my dog gets sick at two o'clock in the morning, I never have to sit at my kitchen table wondering if I can afford the emergency hospital. I just go."

I thought that was one of the best explanations I'd ever heard.

For him, pet insurance wasn't about saving

money.

It was about removing money from the decision during one of the worst days of his dog's life.

Now, there is one thing almost every pet owner should understand before buying a policy.

Pet insurance usually doesn't work like your own health insurance.

In most cases, you still pay the veterinary hospital up front, and then you submit your claim for reimbursement based on your policy.

Why?

Because in the United States, pet insurance has traditionally been regulated more like property and casualty insurance than human health insurance. Legally, our dogs are still considered property, so the system works differently than the health insurance we're used to.

That doesn't make pet insurance a bad idea.

It just means you need to understand how your policy works before you need it.

And remember—not all policies are created equal.

Most won't cover pre-existing conditions.

Coverage, deductibles, reimbursement percentages, waiting periods, and annual limits can all be different.

So don't just compare the monthly premium.

Compare what the policy actually covers.

At the end of the day, whether you choose pet insurance or decide to self-insure with a dedicated savings account, I think the most important thing is this:

Have a plan before your dog gets sick.

Because emergencies don't happen when it's convenient.

They happen when they happen.

I love
everything
about Groucho's.

ANDERSON.GROUCHOS.COM

- Philly S.,
Anderson, S.C.

Kids Stuff Academy
Preschool

Where Bright Futures Begin!

We offer:

Nurturing environment

Engaging activities

Christian based curriculum

Caring and dedicated teachers

ENROLL NOW

Visit Our Website
www.KidsStuffAcademy.us

THE ELECTRIC CITY NEWS | JULY 30-AUG. 12, 2026 19

THE Electric City News

Kids Corner



A FUNNY CHRISTMAS MEMORY

BY: CORA, AGE 12

Every Christmas we go to my grandparent's house for brunch. Poppie always dresses up like Santa and it's so funny. He wears a red suit and hat with a white beard and does a funny voice. He gives all the grandchildren their stockings full of toys and candy. First he asks them if they have been good boys and girls then he passes the stockings out one by one. Even though most of us think it's funny and know it's really just Poppie, my younger cousin Emmy, is super scared and cries! I wonder if she'll still cry this year.



Me and Rella building Magnatiles while Poppie watches by Sadie, age 6.



A drawing of Ella and Poppie by Jack, age 6.

The Best Snack!

BY: JACK, AGE 6

When I go to Cat's house she always makes the best snacks! My favorite one is trail mix. The ingredients are marshmallows, m&ms, and Goldfish. Sometimes I put it in a bag and sometimes I put it in a bowl.



Stella, Scarlett and Cora at the beach with Cat and Pappy.



Playing soccer with Poppie by Van, age 8.

WAIT BEFORE YOU ENCAPSULATE!

***Potential problems with Termite Bond and Water Intrusion**

If you **ENCAPSULATE** your **CRAWLSPACE** it may **VOID** your **TERMITE BOND!** CALL US FIRST!!

CELEBRATING 30 YEARS IN BUSINESS. THANK YOU ANDERSON!

W.E.BLACK

TERMITE & PEST CONTROL, INC.

STATE CERTIFIED | 30 YEARS EXPERIENCE | INSURED & BONDED

375-1899

2840 S. MAIN STREET

Healthy meal planning tips for older adults

Eating healthfully and having an active lifestyle can support healthy aging. The information below can be useful for different patterns of healthy eating and ways to create a nutritious meal plan.

Older adults' unique nutrition needs

Simple adjustments can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease:

- Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.
- To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals.
- Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-



cut varieties if slicing and chopping are a challenge for you.

- Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement.
 - Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.
 - Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks.
- It can be hard for some people to follow through on smart food choices.

USDA Food Patterns

Eating habits can change as we grow older. The USDA has developed Food Patterns to help people understand different ways they can eat healthy. The food patterns include:

- **Healthy U.S.-Style Eating Pattern:** This is based on the types of foods Americans typically consume. The main types of food in this eating pattern include a variety of vegetables, fruits, whole grains, fat-free or low-fat dairy, seafood, poultry, and meat, as well as eggs, nuts, seeds, and soy products.
- **Healthy Mediterranean-Style Eating Pattern:** This one contains more fruits and seafood and less dairy than the Healthy U.S.-Style Eating Pattern.
- **Healthy Vegetarian Eating Pattern:** This pattern contains no meat, poultry, or seafood, but does contain fat-free or low-fat dairy. Compared with the Healthy U.S.-Style Eating Pattern, it contains more soy products, eggs, beans and peas, nuts and seeds, and whole grains.

Meal planning

Answering the question “what should I eat?” doesn’t need to leave you feeling baffled and frustrated. In fact, when you have the right information and motivation, you can feel good about making healthy choices. Use these tips to plan healthy and delicious meals:

- **Plan in advance.** Meal planning takes the guesswork out of eating and can help ensure you eat a variety of nutritious foods throughout the day.
- **Find budget-friendly foods.** Create a shopping list in advance to help stick to a budget.
- **Consider prep time.** Some meals can be made in as little as five minutes. If you love cooking, or if you’re preparing a meal with or for friends or family, you may want to try something a little more challenging.
- **Keep calories in mind.** The number of calories people need each day varies by individual. Always discuss your weight and fitness goals with your health care provider before making big changes.

NHC
HEALTHCARE
ANDERSON

NHC HealthCare, Anderson

**1501 East Greenville Street
Anderson, SC 29621**

864.226.8356

nhcanderson.com



Caring in a Better Way, Day by Day

SMEG for the springtime!
It's what every kitchen wants.



418 North Main Street
Anderson, SC 29621
Phone: 864.225.2021



**health
markets.**

HealthMarkets Insurance Agency
Health | Medicare | Small Group | Life | Supplemental



Debbie Whitworth
Licensed Insurance Agent

(864)226-8205
(864)760-2700

debbie.whitworth@HealthMarkets.com

HealthMarkets Insurance Agency, Inc. is licensed as an insurance agency in all states and the District of Columbia. Services and product availability varies. Agents may be compensated based on your enrollment.

WESTAR

**WESTAR Auto-Truck Tire
& Alignment**

Corner of Bleckley & Murray
PO Box 400
Anderson, SC

864.224.2248
864.224.2254



Caroline Sullivan

Broker Associate
The Electric City News Is My News!

864-202-3134
callcarolinesullivan@gmail.com

4152 Clemson Blvd B
Anderson, SC 29621

RE/MAX

Outstanding Agents
Outstanding Results

Price Driving School

217 West Whitner Street, Anderson, SC 29624
864-226-1320 - www.pricedriving.com



Tommy Price
Owner - Instructor

Private Driving Lessons - All Ages Welcome
Certified Instructors

(864) 209-8245 UHSSC.com

**Personalized
Healthcare**

Trained specialists providing
compassionate support and
personalized care in the comfort
of your own home.

- Personal Care & Hygiene
- Shopping
- Household Duties
- Transportation



**UPSTATE
HEALTHCARE**
SENIOR CARE & DISABILITY SERVICES

Mobility Plus

Scooters Ramps Lifts



- Scooters
- Powerchairs
- Ramps
- Stairlifts
- Lift Chairs
- Vehicle Lifts

Sales, Service and Rentals

**Bring in this ad and receive
10% off total purchase!**

1017-A Whitehall Road, Anderson
(864) 401-8722

**Where EVERYDAY is
Independence Day**



ANTIQUE MALL
ANTIQUES | COLLECTIBLES | GIFTS

500 N. Main St.
Anderson, SC
864-642-9727

appledumplinantiques@gmail.com



LOCATED INSIDE

SURFGOAT

500 N MAIN ST.

LAKE/BOAT/BEACH

APPAREL & MORE



**FLOORIST
CLEANING SERVICES**

(864) 617-2700

jacob.mahaffey@floorist-cleaning.com
flooristcleaning.com

Anderson, Greenville, Greer, Mauldin,
Simpsonville, Travelers Rest

**YOUR
BUSINESS
HERE!**



**Southern ProScapes
Landscaping + Hardscaping**

Local and reliable team that guarantees
quality work on every project.

SouthernProScapes@outlook.com
(864) 932-7347

EFFECTIVE SLEEP HELPS AT ANY AGE

Older adults need a similar amount of sleep as all adults—7 to 9 hours on average each night. Around 30-39% of older adults report having some difficulty sleeping, according to a survey by the National Sleep Foundation. As you age, it is common to take longer to fall asleep and have more awakenings in the night. Difficulty staying asleep for the entire night is ok if you can fall back to sleep, but quality and quantity is important.

How to fall asleep

No matter what the reason for poor sleep, there are foundational steps that experts recommend you can take as part of living a healthy lifestyle and improve your sleep. Here are some practices to consider:

- Reserve your bedroom as a place for sleep. Keep the temperature comfortable and keep out TVs, tablets, smart phones, and computers. The goal is to associate the

bedroom and bed with sleep and intimacy. Avoid eating or working in your bedroom.

- Don't worry if you wake up during the night. If it takes more than 15 minutes to fall back to sleep, get out of bed and try reading or listening to soft music for a little while until you feel sleepy. Then try again.

- Keep a ritual for winding down before going to bed. Limit light exposure from digital technology late in the evening and refrain from social media or any type of upsetting news coverage, too. Try journaling before bed or listening to relaxing music,

- Limit certain foods and drinks before bedtime. Alcohol and sleep aids are not good ideas because they can be more likely to cause sleep disturbances. Avoid large, heavy meals before bed and stay away from caffeine in the afternoons which can stay in your system for as long as 10-12 hours and keep you awake at night.

- Engage in daily activities that

nourish you. Connect and visit with family and friends. When it is not possible to have in-person visits due to social distancing practices, reach out using the telephone and through video calls, or send emails, cards and hand-written letters.

- Be physically active every day and get outside. Exercise early in the day to bolster your mood and help you get the natural sunlight you need, signaling to your brain that it is daytime and establish a rhythm of your sleep and wake cycle.



Please join as we celebrate the
T. L. HANNA HIGH SCHOOL
BICENTENNIAL CLASS OF 1976

*50 Year
Reunion*

Saturday, August 8, 2026
at six o'clock in the evening

THE BLECKLEY INN
151 East Church Street
in Downtown Anderson

\$40 per person

Event Information

6:00 - 7:00 PM
Social Gathering and Cocktail Hour

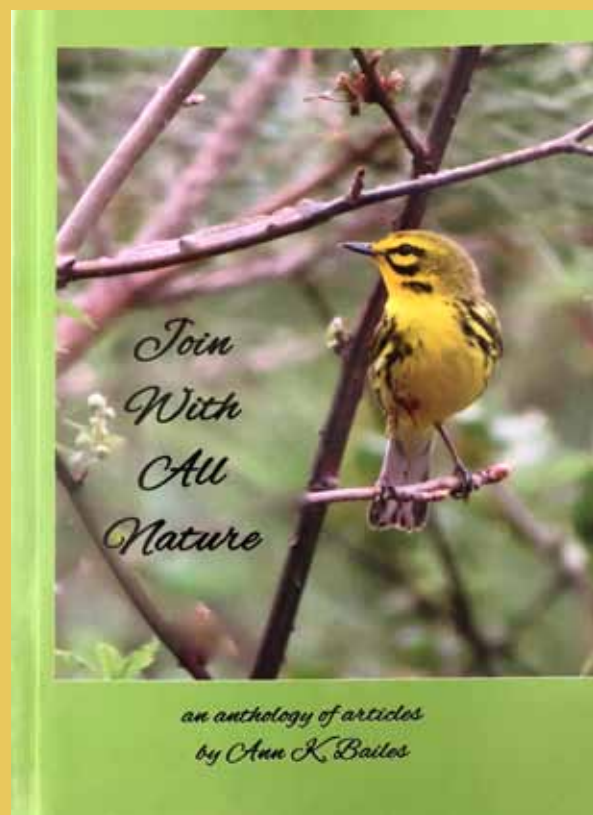
Dinner will follow at 7:00 PM
Catered by Sullivan's Metropolitan Grill

Drink Bands
\$10.00 - Beer and Wine
\$15.00 - Beer, Wine, and Liquor
Bands may be purchased at the door the night of the event with cash only.

RSVP to tlhannaaclassof76@gmail.com

Please remit payment before July 8th to:
Kathleen McAllister
1815 Lindale Road
Anderson, SC 29621

Newly Published!



Join with
All Nature
by Ann K.
Bailes
\$12.50*

* plus a \$6
surcharge if
shipping is
needed.

For more information, contact Anne
K. Bailes at annbailes@bellsouth.net



SUMMER Meet & Greet

Let's come together to support
our lake and our community!

THURSDAY, AUGUST 13, 2026

5:00 - 6:30 PM

TILLY'S TIKI BAR & GRILL AT HARBOR LIGHT MARINA
1476 Harbor Lights Marina Road
Lavonia, GA 30553

ENJOY
GREAT COMPANY,
LAKE VIEWS &
GOOD CONVERSATION!

Whether you missed the first one or were able to attend the Spring Meet and Greet, we encourage both GA and SC residents, both members and non-members to join us!



NOT A MEMBER?
You can sign up while you're there!



CONNECT. LEARN. GET INVOLVED.



TOGETHER, we can make a difference!

More details to follow soon!



HARRIS HOME

open the door to more

Flooring | Renovation | Interior Design



**51 Civic Center Blvd Ext
Anderson, SC 29625**

864-225-8631

www.discoverharris.com

