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THE Electric City News

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 November 20-December 3, 2025

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AWARENESS PLUS GRATITUDE EQUALS ACTION

Next week, Thanksgiving celebrations will take place around the country as friends and family gather to argue over football and cheer for Santa as he makes his way along the Macy's parade route. Once friends and families are around their dinner tables, though, celebrations often begin with statements of gratitude:



Kim von Keller

I am thankful for food.
 I am thankful for shelter.
 I am thankful for good health.
 I am thankful for peace of mind.

The thing about gratitude, though, is that it goes hand in hand with awareness. You cannot be grateful for something unless you are aware that others go without:
 I am thankful for food because there are people who are hungry.
 I am thankful for shelter because there are people who are homeless.
 I am thankful for good health because there are people who are ill.

I am thankful for peace of mind because there are people who are troubled.
 Once you are aware that others are going without, gratitude can become a call to action. This year, action is especially important as we enter the holiday season slightly off-kilter. The assistance that many working people in Anderson rely on was delayed earlier in the month. Some people have lost their jobs, and job furloughs have meant that others have worked without pay. The result has been that nonprofit agencies and religious organizations which work with those in need are facing record demands and their own needs: more funds, more dona-

IF YOU NEED A MEAL:

ANDERSON EMERGENCY KITCHEN 1527 South Main Street (864) 221-4763 Monday thru Friday 10:45 AM to 123:15 PM Saturday servants' sack lunches 11:00 AM	LABOR OF THE FIELD 493 Airline Road (864) 760-0341 Monday through Saturday 12:00 to 6:00 PM Sunday 11:30 AM
BETHEL BAPTIST CHURCH 301 Rogers Street (864) 462-3197 Wednesday 5:15 PM	MOUNT CARMEL CME CHURCH 609 Cleveland Avenue (864) 202-7753 Sack lunches Saturday 11:00 AM
CAPSTONE CHURCH 708 W Whitner Street Last Saturday of each month at 9:00 AM	SOUTH MAIN CHAPEL AND MERCY CENTER 2408 South Main Street (864) 437-8298 Sunday 12:00 Noon Monday through Thursday 12:00 Noon
FIRST PRESBYTERIAN KIRK BUILDING 301 W Whitner Street (864) 225-2551 First Sunday of each month, 5:00 PM	TABERNACLE OF FAITH 1613 South Main Street (864) 261-7107 Sunday 11:00 to 12:30 PM
FREEDOM CENTER SOUP KITCHEN 3235 D.L. Drive (864) 296-9721 Monday & Friday 10:45 til 11:45 AM Wednesday 5:00 to 6:00 PM	THE LOT PROJECT 302 West Market Street (864) 760-3710 Tuesday & Thursday 4:00 to 5:00 PM
HOPE MISSIONS HONEY'S PLACE 213 South Towers Street (864) 359-2396 Monday through Saturday 7:15 to 10:00 AM	UPSTATE CHURCH ANDERSON 2620 South Main Street (864) 224-6980 Monday 8:30 to 10:00 AM

tions, and more volunteers.

The people who are in need right now are people we know. They live in our neighborhoods. Their kids go to school with our kids. We worship with them at church. We also know the leaders of these organizations who work tirelessly to make sure that no one slips through the cracks.

Please read the list of nonprofit and charitable organizations on the Community Resources Guide and talk about them with your friends and families. If you can make a monetary donation, do so. If you can contribute to a food or clothing drive, do so. And if you can volunteer your time, do not hesitate to call those groups which speak most toward your gratitude. And you

don't have to do these things alone. Encourage your book club, supper club, Bible study, or exercise class to pool resources or coordinate volunteer time so that those who are

SEE ACTION ON PAGE 2



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Scents can unlock our memories

Scents bring us back to happy places, our childhood, the way our loved ones smelled when they hugged us, especially certain scents



Kristine March

around the holidays and so on. There is an actual name for this. A real phenomenon called the Proust phenomenon. Marcel Proust once wrote a novel in 1922, *The Swann's Way*. He wrote that dipping a French Madeleine cookie into a cup of Linden tea instantly transported him to vivid recollections of his past. So, they named that experience after him. I love that. I can personally still remember the way my Nana smelled. She didn't like perfume all that much, but she smelled like Ponds cold cream and fresh floral powder. I still buy Ponds, and it always reminds me of her. It's that certain olfactory memory that we all get, sometimes randomly. That nostalgia. Those sweet emotions.



That comfortable feeling that says, "you're safe." She and my great aunt always had a simmer pot in the crock pot, for potpourri in both of their homes. They were full of cinnamon, cloves, spices, and sliced apples and oranges. It always smelled so beautiful and wholesome. I still to this day do one in my house, just to go back to those good ole days.

My Mother and twin sister both have signature scents. Patchouli and black coconut oil and Givenchy Amarige and Carolina Herrera Good Girl. Earthy, hippie with a hint of elegance and sophistication. Those fragrances will forever remind me of them. I love to walk into a room

or store and smell Nag Champa incense burning. It takes me back to my early twenties when I was young, wild and restless. Then there's always the smell of baked goods and something cooking that I adore, especially here in the south. I can still remember the way my sweet little childhood church smelled. Like freshly baked bread. I guess because they were serving a covered dish after the service, but good Lord it smelled delicious. Yesterday, I was at Ulta perusing the makeup aisles and I decided to get a good perfume. I want to start collecting more of them because I love scent memories. A perfume can make time stop in a way. I was overwhelmed

with all of the scents, so I got my husband to help me. I narrowed it down to a Valentino one and a Marc Jacobs one. I chose the Marc Jacobs Daisy Wild. He said "that looks like you if you were a perfume bottle". It's covered in 3D style multi colored daisies. I thought that was so sweet and charming of him to say. It's got top notes of green floral, banana blossom heart notes of jasmine and the base notes are sandalwood and vetiver. It's a must if you love anything floral.

You see, that will always make me remember that day. Something so small as shopping for a bottle of perfume. Scents are like life, beautiful and reminiscent. A home-sickness and a sadness in a way, but also a sweetness that reminds you of the good times. Just another way to evoke those emotions whether they be happy or sad. What scents make you feel cathartic? Is it a candle or a pie your grandmother made? There's something so special about it. What's your signature scent? Remember to make the sidewalk your runway and kindness always matters.

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Action

CONTINUED FROM PAGE 1

in need get the help they need. We are stronger when we work together to help our neighbors. Our neighbors are stronger when we come to their aid. Next year, may their Thanksgiving celebrations begin like this:

I am thankful for food because there are people who fed me when I was hungry.

I am thankful for shelter because there are people who sheltered me when I was homeless.

I am thankful for good health because there are people who treated me when I was ill.

I am thankful for peace of mind because there are people who calmed me when I was troubled.

FOOD PANTRIES

AIM FOOD PANTRY (864) 226-2273 1206 South Murray Avenue Monday through Friday 9:00 til 10:00 AM	Tuesday through Thursday 9:00 to 12:00 PM	700 East Shockley Ferry Road First Thursday & Third Saturday 10:00 to 1:00 PM
ANDERSON FIRST SDA CHURCH (864) 359-2256 1001 Osborne Avenue Wednesday 11:00 to 1:30 PM	HONEA PATH UNITED MINISTRIES FOOD PANTRY 220 South Main Street, Honea Path (864) 369-2550 Perishables First, Second & Fourth Thursday 10:00 to 12:00 PM Food boxes third Thursday and last Monday, 2:30 to 5:00 PM	PERC (864) 845-5535 3A Main Street, Piedmont Thursday 4:00 to 6:00 PM
BIMA (864) 338-7797 507 North Main Street, Belton Monday through Thursday 9:00 to 11:00 AM	IVA FIRST BAPTIST (864) 348-3662 9536 Highway 81 South, Iva Every other Tuesday, 2:00 to 3:00 PM	ROYAL BAPTIST CHURCH (864) 964-9006 407 East Hampton Street Second & fourth Saturday 11:00 to 1:00 PM
CLEMSON COMMUNITY CARE (864) 653-4460 105 Anderson Highway, Clemson Monday through Thursday 9:00 to 1:00 PM	MOUNT ZION FOOD PANTRY (864) 261-9861 1501 Sandy Springs Road, Pendleton Monday 10:15 to 11:45 AM	SANCTUARY OF PRAISE (864) 224-6699 518 Stone Drive Last Saturday, 10:00 to 12:00 PM
FAITH FOOD BANK (864) 518-1477 308 William Street, Williamston Tuesday 3:00 to 5:00 PM	OPERATION CARE (864) 847-7090 3 Middleton Boulevard, Williamston Monday through Wednesday 9:00 AM	ST MARY OF THE ANGELS 1821 White Street (864) 226-8621 Tuesday 9:00 to 12:00 PM
GOOD NEIGHBOR CUPBOARD (864) 224-1701 313 South Towers Street, #113	OVERCOMERS OUTREACH (864) 747-7253	TABERNACLE OF FAITH (864) 261-7107 1613 South Main Street Sunday 11:30 to 1:30 PM Wednesday 2:00 to 4:00 PM

CITY OF ANDERSON CHRISTMAS EVENTS

Ice in the Park

December 1 - January 4 | *Carolina Wren Park*

Celebrate the holiday season with ***Ice in the Park***, a real ice skating rink in the heart of Downtown.

**Please note that Ice in the Park will be closed on Christmas Eve, Christmas, and New Year's Day.*

Christmas Caroler Pop-Ups

We will have Christmas carolers popping up around downtown on Dec. 4, 11-12, and 18-19!*

**Weather permitting*

Anderson County Christmas Tree Lighting

December 5 | *Courthouse Square*

The Chamber's Cookie Crawl: 4:30 - 6:30 pm

Live Music - 6:00 pm

Tree Lighting - 7:00 pm

Professional Figure Skater Performance - 7:30 pm

City of Anderson Christmas Parade

December 7, 3:00 pm

North Main Street

FREE Photos with Santa (& More!)

December 13, 5-7 pm

Carolina Wren Park

Holiday Window Display Contest

Voting will be open November 24 - December 2.

Vote online:

cityofandersonsc.com/christmas-in-anderson!

Winner will be announced at the Anderson County Tree Lighting on December 5!

*View our new
Christmas website!*



Follow us @DowntownAnderson for more information!

CHADWICK BOSEMAN | 1976-2020

Anderson native Boseman to be honored posthumously

A star of Hollywood is coming home, symbolically, at least. Native son Chadwick Boseman will be honored posthumously with a star on the Hollywood Walk of Fame recognizing his profound impact on film and culture.

Born and raised in Anderson, he was a graduate of T.L. Hanna High School. His journey from the Palmetto State to the heights of Hollywood was marked by extraordinary determination. His choice of roles, bringing to life American icons like Jackie Robinson, James Brown and Thurgood Marshall reflected his belief in using his craft for something greater than mere entertainment. The Hollywood Chamber of Commerce announced that Boseman will receive the 2,828th star on the Walk of Fame in the film category during a ceremony on November 20, 2025. His wife, Simone Ledward-Boseman, will accept the honor on his behalf and renowned actor Viola

Davis and director Ryan Coogler will speak at the event. The star is more than a plaque. It is a formal acknowledgement of Boseman's enduring legacy, one that lives on not only in his powerful performances but also in the inspiration he provided to audiences, especially Black youth and the doors he helped open for greater representation in Hollywood.

For the Anderson community, this honor carries a special resonance. Boseman's rise from local roots to global acclaim is a story of hope and possibility. Residents and local leaders say his legacy continues to influence young creatives and advocate for change in the arts. While he no longer walks our streets, his memory definitely lingers in the town where he grew up.

Anderson native, Herman Keith, says of Boseman - "We both grew up in Anderson, knowing each other's family and both ended up at Howard University

in Washington, D.C. Though we weren't there at the same time, we both were students of the fine arts program. Our classes were located in the fine arts building. Last year I returned to the campus for homecoming and when my eyes fell on the front of that building, Chadwick A. Boseman College of Fine Arts, the impact of his life and career became profoundly real at that moment. To think that the school's program produced artists of distinction such as Ozzie Davis, Debbie Allen, Donny Hathaway, Bisa Butler, Roberta Flack, and Phylicia Rashad and they named the building after Chadwick Boseman from Anderson, South Carolina, was true evidence of his legacy. I know now what it feels like to be genuinely proud of the accomplishments of another human being."

Boseman passed away in August 2020 at the age of 43 after a battle with colon cancer. Though his life was

cut tragically short, his body of work remains rich and influential. His portrayal of T'Challa in Black Panther in particular, redefined how superhero stories could reflect cultural identity and power.

On the day of the ceremony, November 20, expect to see Anderson's name mentioned in coverage of the Walk of Fame event around the world, another moment of pride for our community. His star will be placed at 6904 Hollywood Blvd. in Los Angeles. As the lights shine on his star in Hollywood, they also reflect back to Anderson, where the journey began. While Chadwick Boseman may no longer walk among us, his footsteps reverberate in stadiums, auditoriums, and classrooms around the world. This posthumous honor is not just a milestone for Hollywood. It is a homecoming, a celebration and a promise that his story will continue to inspire.

TREES

BY RICH OTTER

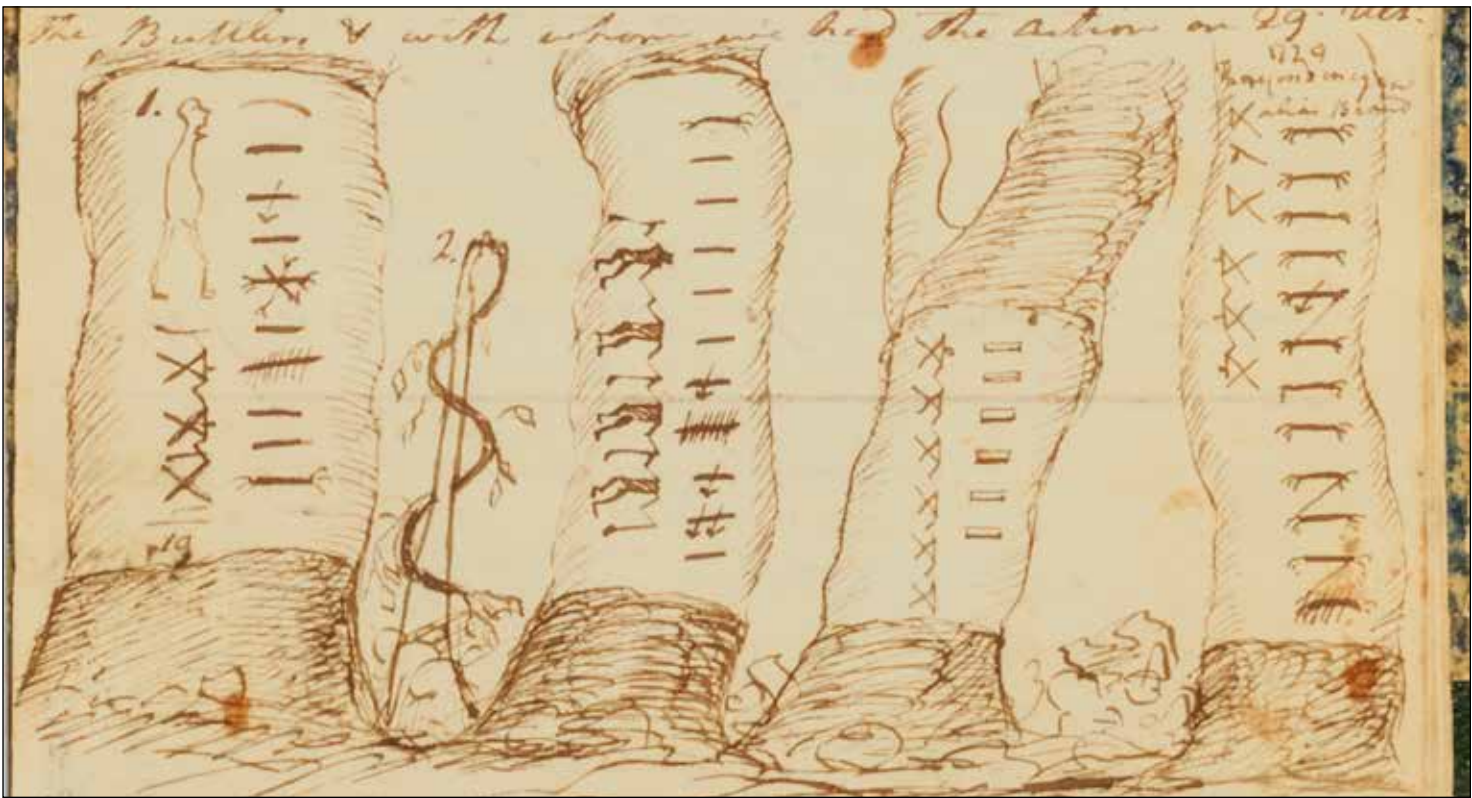
It is said man depended on them as far back as 2.6 million years ago—no, not women—they went back a bit further—trees. Limbs provided primitive shelter and clubs for personal protection and hunting. Their branches could be used for prying, digging—in many ways as helpful tools. Wood provided fuel for fires and safety. Weapons such as spears, the atlatl and then bows and arrows all were wood oriented. Pens could be built to hold domesticated animals.

With bark and hollowed logs, water transportation was possible. Trees, themselves, offered protection from threats on the ground and, in some cases, edible fruit. Saplings could be manipulated to grow into signposts to identify locations for water, boundaries, or travel. They provided the materials for sleds, making possible the hauling of heavy loads and increasing the capacity of what could be transported.

Other than water, trees, in one way or another, were probably the most important and convenient resource primitive peoples had, including by the American Indians. The Native Americans were also using trees for dendroglyphs or arbor glyphs as well as bark inscriptions to communicate messages such as warnings and for trail identification.

The indigenous peoples in this part of the world understood the messages scratched into the trees, or, in some cases, painted on trees, often after bark had been removed. They did not have paper until the Europeans appeared. Their inscriptions had to be on rocks, wood or on the ground.

One such tree image was encountered and



Lt. Col. Adam Hubley, 1779

copied by Captain Christopher French on June 9, 1761, reported in his Journal of an Expedition to South Carolina. He assumed the etching was a warning. His reflection was: "This we interpreted to be either threatening, or...indication that they had a soldier of the 17th Regiment prisoner, whom we missed some days ago and had supposed to be drowned." Naturalist-historian Dennis Chastain assumed from the description in the report that the location had been in Georgia, across the Chattooga River at Earl's Ford and Warwoman Creek.

Captain French thought it was a warning to his troops, but it may have been a warning to their scouts as it shows what appears to be an

Indian hit in the head with a tomahawk as he was carrying a tomahawk. The scouts were the most dangerous in leading the troops. The next day there was a three-hour battle in Franklin, North Carolina. Three officers were wounded, nine soldiers killed and forty-seven wounded. An estimated forty horses were killed. The number of Indian casualties was unknown.

Unfortunately, virtually all of the tree images are now gone, but Garrick Mallery of the Smithsonian in the 1800s, was able to accumulate sketches of many of the tree images that still survived at the time. They came particularly from soldiers traveling in the wilds. Mallery was able to acquire information from Native Americans who were still living who could translate them.

One such situation came from sketches made by Lt. Col. Adam Hubley who was on patrol for Gen. George Washington on

October 4, 1779. They were located on trees in Pennsylvania reflecting battles or occurrences that could be identified based upon common usage of markings. Mallery's collection, now revealed in two volumes of Picture Writing of the American Indians, is a unique preservation of such information.

The trees themselves are an excellent provider of historic information. The rings in their trunks, representing annual growth cycles, have often provided time records as to events in world history. Long after a tree has died, its petrified wood has solved many nagging historical occurrences.

As it seems like everything is passing from paper to electronic gizmos, the trees may breathe a sigh of relief, but for many humans there is sadness with the disappearance of a paper world. Those old musty books are comforting—and don't spy on us.



Captain Christopher French, 1761



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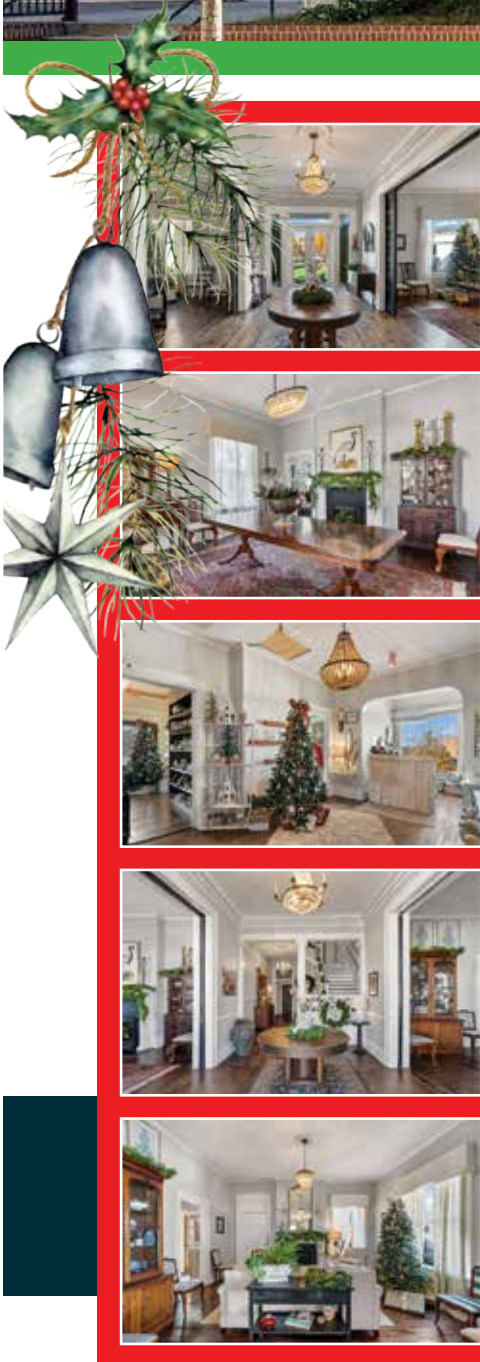
THE BEE HIVE

A LIVING LANDMARK IN THE HEART OF DOWNTOWN ANDERSON

Long before Downtown Anderson became the lively destination it is today, The Bee Hive had already taken root in the community's heart. Originally constructed at another site before being carefully relocated to its current home on North Main Street, this distinctive building has been part of Anderson's story for generations — a place where local enterprise and small-town connection have always thrived. What was originally known as The Hamilton House, an interior design and antique shop, was owned and operated by George H. Bailes, Jr. He moved to Charleston in the 70's, and his sister Frances Bailes Johnson renamed it The Bee Hive and it continued as an antique and gift shop. Years later, it was bought by Jacqueline Foster Ashley, who renovated it, all while preserving the integrity and original architectural design of the building.

Today, The Bee Hive stands proudly between Magnetic South Brewery and Bradbury Bistro, directly across from the city's new green space — a front-row seat to Anderson's ongoing growth and revitalization. The property spans approximately 4,896 square feet across two levels, showcasing wood and partial-brick construction, ceilings near ten feet, and both front and accessible side entrances that welcome the steady flow of pedestrian and event-driven traffic, averaging nearly 15,000 vehicles per day.

Zoned CBD (Central Business District), the site accommodates a variety of commercial and mixed-use possibilities — boutique retail, gallery, studio, spa, or professional office — while continuing to support its current operation and income potential. With five unassigned parking spaces and additional street parking nearby, The Bee Hive combines historic character with practical functionality. This property represents a rare opportunity to own a piece of Anderson's living history — a downtown landmark where heritage and commerce meet, and where the city's entrepreneurial spirit continues to buzz.



Tammy Woodbury
REALTOR, CRS, PSA, CLHMS, ABR, SRS, MFI, ePro

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UNEXPECTED HELP

My friends, Nick and Gina, discovered a “cleaning fairy” in their home several years ago. I am not kidding, and anyone they tell this story to shakes their head in disbelief.

It was the Sunday before Thanksgiving. Nick and Gina and family left as usual for the evening service at their church, near AU on Calhoun Street Extension. When they returned home a couple of hours later, they noticed something odd. The porch light, which had been left on, was off. And though they had left the inside of the house dark, lights were on in the house.

They unlocked the front door and carefully entered their home. The first thing they noticed was that a basket of clothes that had been left on the living room couch had been carefully sorted, folded, and stacked. Then they heard the dishwasher running in the kitchen--they had not started it before leaving. They also realized that the TV was on in the den.

They cautiously rounded the corner and saw the back of an older lady's gray head. She turned around to greet them. “Oh, there you are!” she exclaimed. “You must be Marshall.” (Obviously not my friend's name.) “My key didn't fit the front door, so I walked around to the back and let myself in the back door.” (Nick and Gina's son, before leaving, had forgotten to lock the back door.) “And I made myself at home.” (Yes, that part was obvious.)

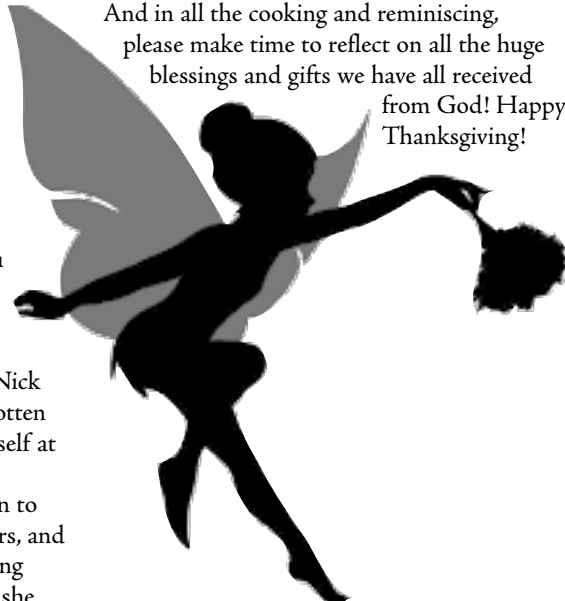
Turns out she had come to Anderson to spend Thanksgiving with their neighbors, and her ride had dropped her off at the wrong house. When they sorted it all out, and she

was somewhat self-conscious about what happened, Nick assured her that they were not upset with her. Who would be unhappy with free housekeeping?! Then he helped her carry her luggage over to the neighbors, who were glad to see her and had wondered where she was.

They discovered that the lady had also gathered up all the dirty clothes and put them in the laundry room. And she had straightened the everyday clutter from throughout the house. It was as if a “cleaning fairy,” in the person of this lady, had appeared during their time away at church.

And though I certainly don't want you to unexpectedly find an unknown person in your home, maybe a “fairy” will appear while you are away at holiday festivities. You can at least hope that someone, or something, will fold the clothes and start the dishwasher.

I do hope that all in the ECN family have a wonderful holiday with family and friends. And in all the cooking and reminiscing, please make time to reflect on all the huge blessings and gifts we have all received from God! Happy Thanksgiving!



Ann K. Bailes

Yellow Jackets dominate Red Raiders in rematch

On Oct. 31, Hanna pulled out a dramatic win over Greenville as Caden Morrell returned a kickoff for a touchdown on that game's final play.



Brian Hodges

Hanna played Greenville again last Friday night in the state playoffs.

It was a little different this time.

The Yellow Jackets steamrolled the Red Raiders 38-14. It was a masterclass in efficiency as Hanna, now 10-1, rushed for 464 yards and averaged eight yards a carry.

Jackets coach Jason Tone was happy with the team's improvement.

“That first game with Greenville felt like a loss,” Tone said. “We were very lucky. They outplayed us and I was out-coached.”

Tone said the team had a good mindset going into the unusual rematch.

“We had to work on some things (at practice) and we did,” Tone said. “I liked our team's determination to play better.”

The statistics bear that out. Brock Cole led Hanna with 127 rushing yards on 9 carries. Jimmarion Boston was outstanding with 101 yards on 10 carries. Emari Nance scored two touchdowns and gained 51 yards.

Tone is getting production from a large number of rushers.

Walker Kelley, a tight end and linebacker, had two sacks and also caught a 3-yard touchdown pass from Gavin Magin in the second quarter.

Kelley, a senior, said it's always fun to score.

“We put in that play during the week, and I knew I had a chance to make a play tonight,” Kelley said with a smile.

His touchdown put Hanna ahead 21-0. The Jackets drove 82 yards on 14 plays to set up the passing touchdown.

Hanna had seven first downs on the drive, imposing its will with few mistakes.

“We are always trying to limit possessions for the other team,” Tone said. “That's always the goal. We want to get 3, 4, or 5 yards on every carry (dictating time on the clock).”

Hanna got a 35-yard field goal from freshman Corbin Lack to end the half at 24-0.



In the second half, Greenville, an athletic team, briefly rallied with two touchdown passes.

But the Jackets, leading 31-14 at that point, were still feeling strong. They marched 89 yards on 13 plays, taking nearly eight minutes off the clock.

Boston had a 15-yard run and then added a 20-yard burst. Isaac Galloway had a 10-yard run and then scored from a yard out.

“That was a huge response,” Tone said.

The Jackets are scheduled to host Indian Land on Nov. 21 as the AAAAA playoffs continue.

The other city team, Westside High School, continued their AAAA playoff march by trouncing Wren 55-20 in a rematch after beating the Hurricanes 21-7 on Oct. 30. The Rams, now 8-4, had defeated Pickens 49-21 in the first round of the playoffs.



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Rewiring the brain: How neurofeedback restores balance and transforms health

Modern science has shown that nearly every aspect of our mental, emotional, and even physical health is governed by the brain's ability to regulate itself. When that regulation falters—whether from trauma, chronic stress, injury, infection, or developmental imbalance—the result is what clinicians call brain dysregulation. Rather than



Dr. Doug Hammer

existing as a single disorder, brain dysregulation is a functional imbalance in how different parts of the brain communicate, synchronize, and shift states throughout the day. The symptoms can look vastly different from person to person, but they share a common root: the nervous system has lost its regulation and flexibility.

When the brain can no longer smoothly transition between calm and alert states, or properly balance activation between hemispheres and networks, the body and mind begin to show the strain. For some, that imbalance appears as anxiety, racing thoughts, or panic. For others, it shows up as depression, brain fog, or chronic fatigue. Still others experience insomnia, muscle tension, migraines, digestive issues, or even chronic pain—all downstream effects of a nervous system that's "stuck" in survival mode.

HOW DYSREGULATION HAPPENS

Every moment of our lives, the brain is reading the world and adjusting our internal state to meet it. But ongoing stress, emotional trauma, concussions, infections, and even poor sleep can push the system beyond its ability to adapt. Instead of resetting after stress, the brain may remain in a hyper-alert state—producing too much high-frequency beta activity—or slip into under-activation with excessive slow-wave activity, associated with fatigue and detachment.

These maladaptive patterns can persist for years, long after the orig-

inal stressor has passed. Because the brain drives every organ system through the autonomic nervous system, dysregulation can ripple through the body. The gut may become sluggish or overactive, muscles may stay tight, and sleep cycles may become fragmented. In this sense, many "physical" symptoms—such as irritable bowel, tension headaches, or chronic pain—are not separate problems, but physiological echoes of a brain that has lost its rhythm.

WHAT NEUROFEEDBACK DOES

Neurofeedback is a type of brain-based training that helps the nervous system restore this lost regulation and flexibility. It's not about forcing the brain into a specific frequency or state—it's about teaching it to self-regulate again.

During a neurofeedback session, small sensors are placed on the scalp to measure brain activity in real time. Sophisticated software translates those signals into feedback—often through subtle changes in sound, light, or video movement. The brain immediately recognizes these cues and begins adjusting its own activity to achieve greater stability and efficiency. Over time, it learns what "regulated" feels like and starts to maintain that state on its own.

The process is similar to how physical therapy retrains muscle coordination after an injury. Neurofeedback retrains neural coordination—improving communication between networks responsible for mood, attention, sleep, and autonomic regulation. As the brain finds a more balanced rhythm, symptoms often begin to resolve naturally.

WHY SO MANY DIFFERENT SYMPTOMS IMPROVE

Because the brain is the command center for the entire body, improving its regulation can produce broad and sometimes surprising benefits. Someone may begin neurofeedback to address anxiety, only to find that their sleep and digestive health

improve as well. Another may come for migraines and discover that their mood and concentration stabilize. These outcomes make sense once we understand that the same neural networks controlling stress response also influence pain perception, muscle tone, heart rate, and gut function.

When regulation improves, the body shifts out of constant "fight-or-flight" activation. The immune system calms, muscles relax, and restorative sleep becomes possible again. The mind becomes quieter, more focused, and less reactive. These are not temporary effects—they reflect new patterns of communication that the brain has learned and now sustains automatically.

WHAT THE TRAINING PROCESS LOOKS LIKE

A typical neurofeedback session lasts about 30–40 minutes.

Training frequencies and electrode placements are customized to each individual based on their symptoms and response patterns. Most clients begin noticing changes within the first few sessions—often in sleep, mood stability, or mental clarity—but lasting transformation usually takes 20 to 40 sessions, depending on the depth of dysregulation and how long it has been present.

Because neurofeedback works by reinforcing self-regulation, the improvements tend to be durable. Once the brain learns how to maintain balance, it rarely forgets. Patients often describe a sense of being more themselves—calm yet alert, emotionally steady yet flexible.

A NEW MODEL OF HEALTH

Neurofeedback is not new or experimental—it's been the subject of thousands of peer-reviewed scien-

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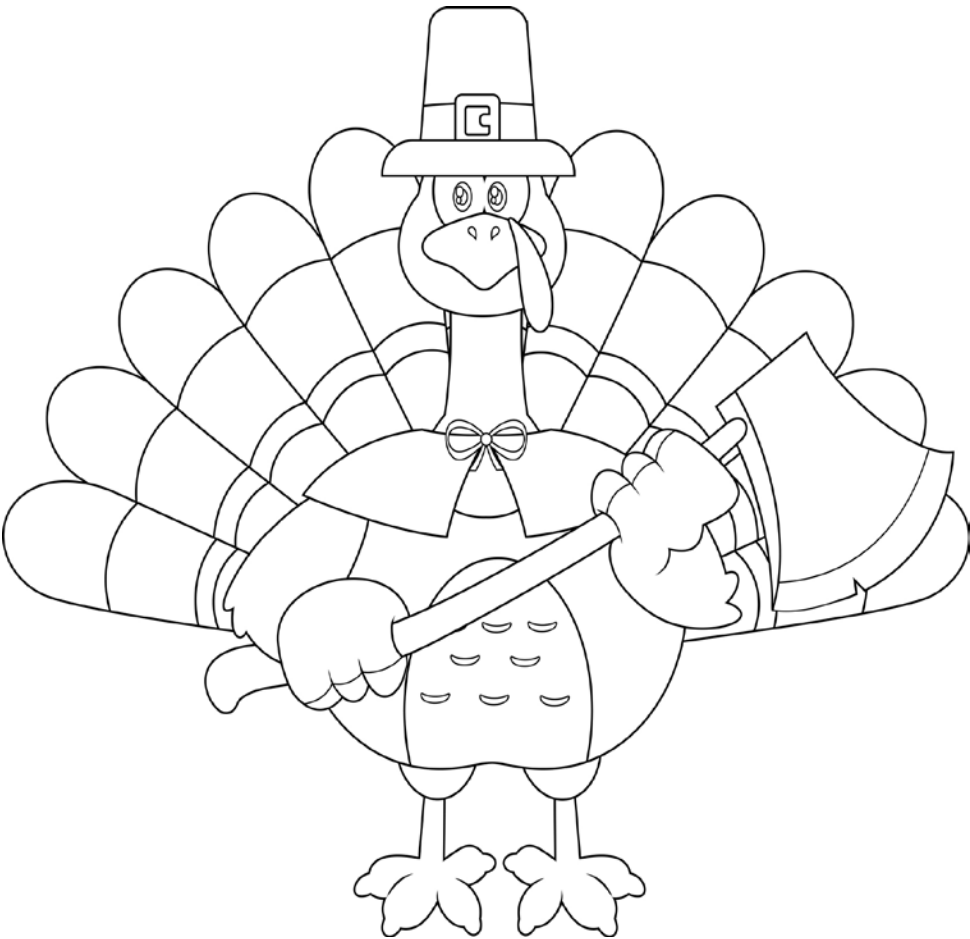
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Can you believe we're about to celebrate 200 amazing years? We're thrilled to be celebrating this milestone with our wonderful community. Get ready for an unforgettable year filled with special events, festivals, and more. Follow us on social media for all the latest updates and announcements.

Let's make our bicentennial year one for the books!

THE Electric City News

kids page



★ Dear Santa, ★
I hope you are doing well. ★
My name is _____. ★
I am ____ years old. This year I have been
☐ nice ☐ naughty ☐ a bit of both. ★
★ For Christmas I would really like  ★

★  ★ Thank you, Santa! ★
★  ★ Love, _____ ★
★ Merry Christmas! ★

CROSSWORD

10

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9

ELECTRIC CITY EVENTS

ANDERSON COUNTY LIBRARY EVENTS

PROJECT FEEDERWATCH

Thursdays and Fridays from November through April are Project Feederwatch count days at the Pendleton Library.

650 S. Mechanic St.
Pendleton, SC 29670
(864) 646-3045

Grab the binoculars and see how many winged visitors you can see at our bird feeders. Not sure if that's a sparrow or a nuthatch? Identify and count birds with the help of our books, posters, and apps. Turn in your log to the library staff, who will send your data to the scientists at Cornell University. You are now a Citizen Scientist! For all ages.

CURIOUS CRAFTERS

Thursday, November 20th, 2:00 to 3:30, Friends of the Library Meeting Room, Belton Library. Come join us for a fun and relaxing craft time. We will make winter trees to brighten up the holidays.

91 Breazeale St.
Belton, SC 29627
(864) 338-8330

BOOK MOBILE @ OLD ROBERTS CHURCH

Thursday, November 20th, 3:00 to 4:00 PM
2716 Highway 187 South
(864) 260-4500 ext. 176
All ages. Join us at this bi-weekly book mobile stop.

LEGO CLUB

Thursday, November 20th, 4:00 to 5:00
Ronder Thomas Young Children's Room - Main Library
We provide the LEGO, you provide the fun! Playing with LEGOs is great for problem solving, spatial awareness, focus, concentration, communication, and, not to mention, fun and creative! This program is for ages 6-12 years old.

Space is limited, so registration is required. Contact the Youth Services Department at 864-260-4500 ext 158 or email childrens@andersonlibrary.org to register.

CHAIR YOGA

Friday, November 21st 11:00 to 11:30 AM
Lander Memorial Library
925 Greenville Dr.
Williamston, SC
(864) 847-5238



Learn stretches and yoga moves you can do from a chair!

Follow along with videos from Registered Yoga Teacher and Rural Health and Nutrition Extension Agent, Ellie Lane. All experience levels are welcome, and beginners are strongly encouraged to join!

*A library staff member will be present to help facilitate yoga moves; however, library staff members are NOT registered yoga instructors.

**All participants must sign a liability waiver before participation. Admission is free.

ARTIST HIGHLIGHT ON BASQUIAT

Saturday, November 22nd, 11:00 to 12:00
Main Library

Electric City Creative Classroom

The Artist Highlight is a series of programs where we study an artist's style by trying it out ourselves!

This installment will be focusing on Jean Michel Basquiat, the painter whose work inspired many to embrace painting and drawing. Coming from New York and championing Andy Warhol, Basquiat made a huge mark on the art world in his short career.

Join us for a short presentation and painting activity as we study this great artist.

HORA DE CUENTOS BILINGÜE/ BILINGUAL STORYTIME

Monday, November 24th - Main Library - 9:15 to 10:00 AM

Únase a nosotros para disfrutar de cuentos, canciones, y rimas de países hispanos, junto con libros y canciones favoritos en español e inglés. Join us for stories, songs, and poems from Spanish-speaking countries, along with familiar favorites in Spanish and English.

BOOK CLUB & TEA BAG SWAP

Tuesday November 25th 6:00 to 7:00 PM
Come enjoy a cup of hot tea and some snacks as we discuss the books we are reading.

Williamston, SC
(864) 847-5238

OTHER EVENTS

HONEA PATH CHRISTMAS TREE LIGHTING

Sunday November 23rd - 2:00 to 6:00 PM
Main Street, Honea Path

THE MARSHALL TUCKER BAND

Sunday November 23rd - 8:00 PM
Anderson Sports & Entertainment Center
3027 Martin Luther King, Jr Blvd,
Anderson

ELF ON A SHELF PARTY

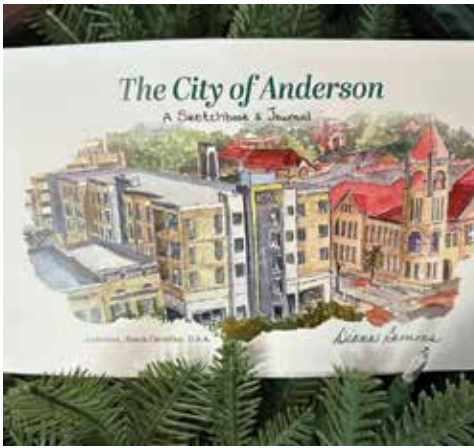
Tuesday November 25th - 5:30 PM
Anderson County Museum
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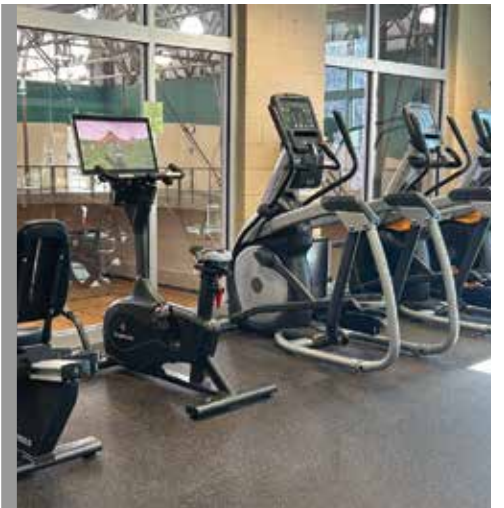


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THE GARDEN SHOP



Free mulch

To leave or not to leave



**SUSAN
TEMPLE**
*master
gardener*

There doesn't seem to be much middle of the road when it comes to leaving the leaves. Some homeowners love their leaf blowers. Some cut, bag, and take them to the curb. Does anybody rake leaves anymore? Some let nature take its course. Leaves are free, natural, mulch. Yes, if a perfect lawn is your idea of beauty, then leaving the leaves will not work. But cutting them with a mulcher attachment to the lawnmower solves the problem. And the free fertilizer is returned to the lawn without smothering the grass. It is amusing to me to see people removing leaves to only put down mulch they bought.

Any kind of mulch, be it free leaves, mulch by the truckload, or bought in bags, if it's too deep, that can cause problems. It can lock in too much moisture and cause plants to rot or increase

chances of fungal disease. It can also give a place for critters, like voles, to live. Many years ago, voles were in the front garden. Thankfully they did not kill too many plants. Once I realized what was happening, I quit mulching the front garden. Knock on wood, there have been no signs of voles in a very long time. Moles used to tunnel along the yard in the back, along the edge of the woods. That was of no concern, as they don't eat plants, and their tunnels were not a bother. Then a lab mutt dog showed up at the house, no tags, chip, etc. Rambler lived as an outside free-range dog with me for about six months. He put a big dint in the moles. His digging of the mole trails took many years to recover, however. I came home one day and Rambler was gone. I wonder, too, if coyotes were a help in getting rid of the moles. I wish they'd help with the armadillos.

Also, take into consideration when shredding leaves, that many beneficial insects, lightning bugs, native bees, and more, overwinter in leaf litter. Cutting them can destroy that habitat. Leaves, both shredded and as they fall, provide insulation for insects that burrow into

the ground for the winter.

Things to possibly consider when leaving the leaves are what kind of plants they'll be used to mulch. If the garden is shaded, it can be as simple as doing nothing. If taking leaves to other areas of the garden, don't put too much on plants that like to be on the dry side. Leaves are a wonderful addition to a compost pile. Cutting them first will help them break down faster, but it is not required. At my garden shop area, there are two big pots that are sort of compost bins. When containers are redone, the old soil is dumped into them. Soil left over when planting something is added to them. Leaves fall into them naturally. Throughout the year, as I'm potting up things, leaves are always added. It adds organic matter and saves me money from buying potting soil.

Back to raking leaves, yes, I rake leaves. The woodshed and garden shop are on the edge of the woods. An area behind them was cleared years ago. It's my easy access area to leaves. I rake up piles, then put them into the bucket of the tractor, and add that free, organic mulch to plants in the yard. And it does my body good as well.

GUARDIAN ANGEL

BY DONNA ANDREWS BRATCHER

You've heard the old saying, "One man's trash is another man's treasure."

Well, I was recently invited to plunder through an old barn that housed a few piles of odds and ends that would soon be hauled off. That was music to this history lover's ears!

I sorted and sifted through dusty piles of chipped dishes, broken knickknacks, and an assortment of coffee mugs, finding a few special items to take with me...a hobnail glass vase, a set of salt and pepper shakers, a brass duck bookend. But as I scanned the space one last time, something caught my eye...a framed picture stood on the floor propped against a wall. It was covered in a thick layer of dust, making the artwork beneath difficult to see. I lifted it and gently ran my hand across the glass to uncover the hidden painting. As the wings of an angel were revealed, memories began to flood my mind. I was a little girl again, staring up at the picture hanging on my grandmother's wall. I had every part of the painting memorized...the beautiful and mysterious angel...the two little children huddled together...the rickety bridge with the missing plank. As a child who dealt with many fears, I remember my mama quoting Psalm 91:11 to me. "He will give His angels charge over you." In my young mind, looking at this painting on my grandmother's wall was like seeing those words come to life...and it brought me comfort.

During the 20th century, the painting of the Guardian Angel became a symbol of comfort and divine protection during a time of uncertainty. It hung in many homes all around the world. It was commonplace. As I stood in the barn, looking down at the dust-covered painting I held in my hands, I knew it had no monetary value. But sometimes the value in an object isn't its financial worth...it's in the connection...the memories it evokes...the feeling it creates within us... the place it takes us to in our past.

I walked over and added the painting to my little stack of treasures. I knew this was something I just couldn't leave behind.



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34th Season

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GAMAC Chorale,
Anderson Symphony Orchestra,
& The Electric City Big Band

*Tuesday,
December 9, 2025*

@ 7:00pm

Rainey Fine Arts Center
at Anderson University

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GAMAC is funded in part by the South Carolina Arts Commission which is funded by the National Endowment for the Arts.

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MEMORIES OF TL HANNA

BY MILLEN ELLIS

Long admired before I went there to teach, T.L. Hanna High School, the building, perched seemingly precipitously on a bluff, overlooking a valley of sorts and a great road of traffic. In time I was to enjoy that scene from a corner room, second floor. Some teachers see the first day their chargers arrive as a holy challenge. I, for one, approached that day with a deep sense of unease. But they came. The boys with grins and glares; the girls mainly silent; two smirked.

All of us knew summer was over. But it was hard to appreciate the fact that academia was ready to challenge football and Friday night lights.

My first call for wisdom met with mute interest in whether William Faulkner lived in Oxford, Mississippi or Honea Path. I soon learned, in fact, there was a healthy intellect at loose. The suspicious became friendly; the shy began to thrill me with their own questions.

Then came the day I returned from a brief call to the hall to see seven or eight girls

pressed to the windows in intense but animated concentration. There was something unusual in the valley.

Streaking had presented itself in all its nekkid bravado! And the teacher responded in the time-honored way that needs no description. The girls rushed to their seats with expressions of embarrassment — and disappointment. On the other side, the boys cowered.

I'm sorry girls; I have regretted denying your witness to the advent of 20th century moral revolution. Today, PGTV makes my heroic charge for common decency a joke on "Two and a Half Men".

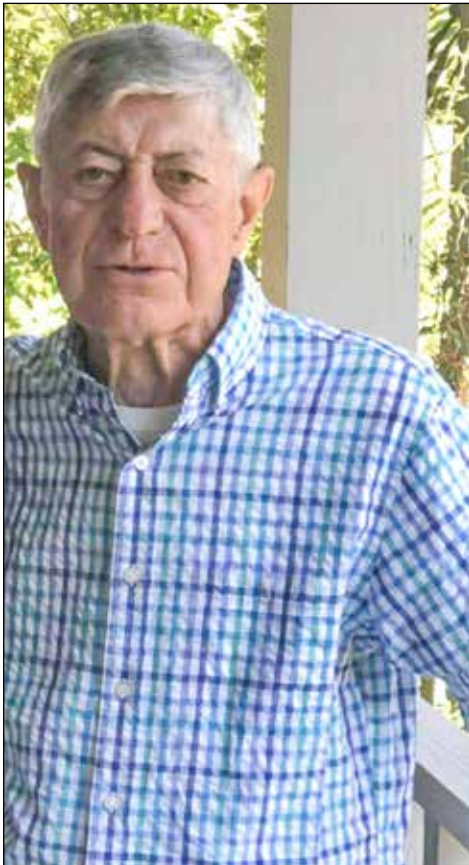
Another memory of my T.L. Hanna days challenging my patience and pride came when I returned from parking lot duty after the tardy bell. No babble! The babble was in the room and I

had left the door locked. Too proud to show consternation, I fumed silently and then in time it came to me. Today, some will remember there were plastic windows near the ceiling between the room and hall that slid open and shut. Hanna boys might have been modest but not stupid.

One sixteen year old engineer had crawled in one of those free-sliding windows. I had to praise his cool.

Over the years I have sometimes talked of the aura I felt in that second-floor corner room. I wonder what effect on the inimitable Ann Bond, whose brilliant stage instruction turned kids into actors, thrilling audiences and even actors themselves. But I had my own classroom actors who gave me original, comic, heartwarming words and expressions that I still treasure.

I had my own classroom actors who gave me original, comic, heartwarming words and expressions that I still treasure.



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FROM THE SHELF

On Caitlin Doughty and death writing

I recently stumbled across Caitlin Doughty, a nonfiction/memoir writer, and I'm obsessed. Doughty almost exclusively writes about death. Yes, that scary thing that comes for us all: death, the great equalizer. Why does 'death' make us so uncomfortable? Doughty, like me, has a more cavalier relationship with death. In her books she takes a deep dive into every dark corner and crevice of death, as a concept and in actual practice (she's a mortician and historian).

For whatever reason 'death' is one of the most taboo subjects despite it being something that we all share. I admittedly have had a different experience with 'death' in my young-ish life, so my take on —or reaction— to death has always been one of accepted inevitability. As a kid I lived in Zaire (now the DRC) during the Uganda/Rwanda conflict (genocide), so I was exposed to death on a very large and violent scale before age seven.

At 21, faced with cancer and serious, high risk surgeries, I had to create a will, sort out a DNR, and set up a power-of-attorney, all before they could operate. In facing bone cancer I made not just peace, but a sort of companionship with death. Once you've made peace with death, the question becomes how do you measure life or measure a "good death." This is the big question Doughty has too, but she also just has a lot of questions about death and how different cultures engage with (or refuse to engage with) it.

In her three books, Doughty chronicles her evolution from a kid to now being a mortician and founder of The Order of the Good Death, a "death positive" organization that highlights all the options we have when it comes to our own deaths. In *Smoke Gets in Your Eyes: And Other Lessons from the Crematory*, Doughty gives a behind-the-scenes look at the death industry, specifically in America, and how it became the multi-million dollar industry it is today. Her first book also lays the foundation for why she champions access to more affordable, sustainable, and environmentally-friendly burial options.

From *Here to Eternity: Traveling the World to Find the Good Death*, Doughty

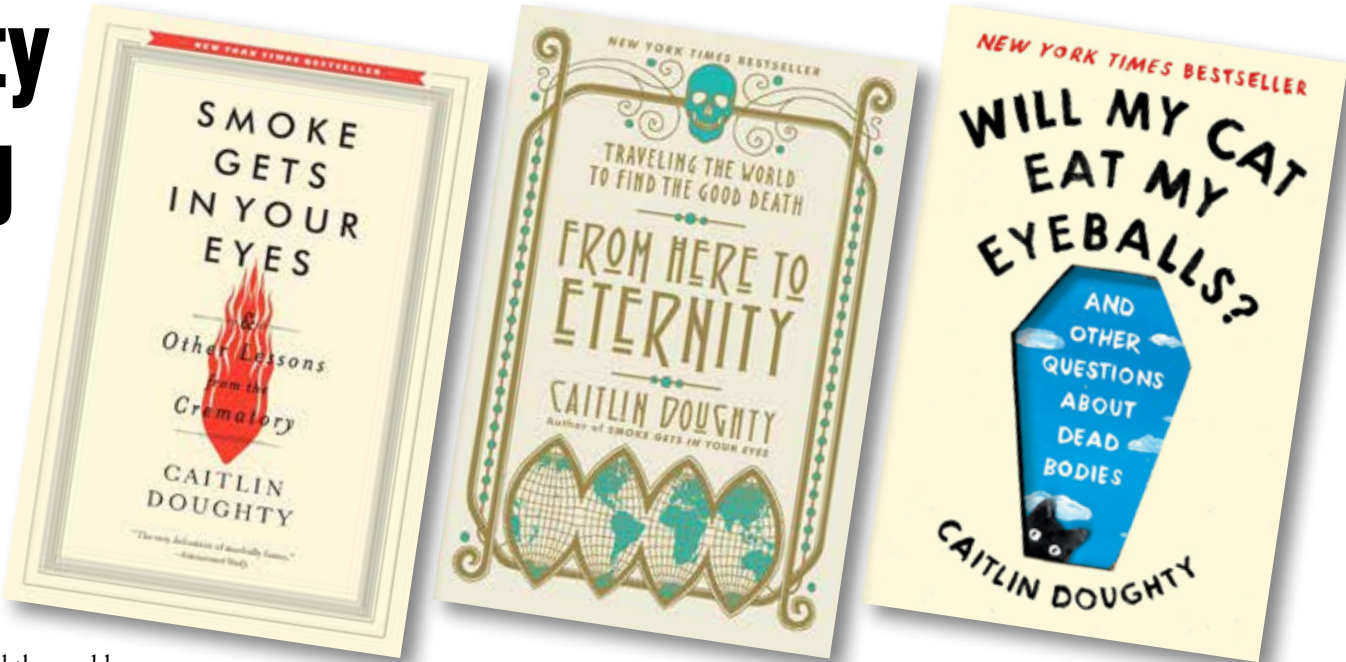
goes on a journey across the world looking for the "good death," and what that means to different people and cultures around the world. *From Here to Eternity* shows the stark contrast between America and the rest of the world when it comes to the death industry and society's response to the concept of death. The definition of the "good" death here seems to be focused on holding it off as long as possible and maintaining the facade of youth (looking at you, funeral makeup).

Seeing how different countries and cultures approach death and deal with the practicality of it is fascinating. Much of these practices would be unfathomable to the average American, like stacking burials (because of space), letting the dead loved one remain in the home for days (even months) after death, and the "new" and unusual ways to embrace a more natural end to the body. Mary Roach originally introduced me to the concept of becoming part of a body farm study (her book *Stiff*), but Doughty took me deeper into the process and options for doing it. When I tell people my plan, most are grossed out that I'd "let that happen" to my body. I personally just hope it means I get to (help) catch a serial killer one day (yes, my therapist knows this fun fact too; don't worry about me).

Doughty's most recent, *Will My Cat Eat My Eyeballs?: Big Questions from Tiny Mortals about Death*, answers all the curious questions kids have asked her about death, and while some answers are a bit gross, the book as a whole is delightful. Only kids would have the audacity to ask some of these questions, but we're all the better for knowing their answers. It's this type of honest exchange about death that we should be seeking. If we stop ignoring it, perhaps we can build a better relationship with death, and a better more sustainable industry surrounding it.



Sara Leady



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New workforce housing community to spark growth near downtown Anderson

Anderson, S.C. – A new \$25 million workforce housing community, The Franklin, will soon break ground at West Franklin Street and South Murray Avenue, just outside of downtown Anderson.

Developed by Prestwick Companies, the project will deliver 68 apartment homes in a three-story design with surface parking and community amenities including a fitness center, playground, and community room.

Identified as a priority in the City's Neighborhood Revitalization Plan, the city-owned site was sold to Prestwick through a competitive Request-for-Proposals process. Prestwick's award of 2024 South Carolina Low-Income Housing Tax Credits helped advance that vision and make the project possible.

Following the ceremony, construction will begin and is anticipated to take about 16 months. This marks Prestwick's second project in the City of Anderson and third in Anderson County.

"We're grateful for our partnership with Prestwick," said City Manager David McCuen. "City Council has long envisioned this site as a gateway and catalyst for growth—bringing more housing closer to downtown and prioritizing investment in this area. Finding the right partners who shared that vision was key."

GROUNDBREAKING CEREMONY

An official Groundbreaking Ceremony for The Franklin took place on Monday,



November 17 on-site at the project location at the intersection of South Murray Avenue and West Franklin Street.

Attendees heard remarks from representatives of Prestwick Development and the City of Anderson. Help us celebrate this

exciting milestone that advances workforce housing and revitalization efforts in our City.



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THE HOLIDAYS

Well, here we are once again at the time of year that we all look forward to, the Holidays.



Neal Parnell

There were once only three Winter Holidays - Thanksgiving, Christmas and New Year's. These three are officially recognized by the government as national holidays.

As Americans, we of course want more than three measly days

to celebrate the starving Pilgrims, an immaculate conception and a new calendar. There

are those who believe that Halloween should be a National Holiday. The big companies agree and don't mind at all if you want to buy bags of candy, erect skeletons, ghosts and goblins for your lawn in September.

You know that bears eat all summer to fatten themselves for a long hibernating winter. What you may not know is that a few weeks before they

dig their winter dens, nature puts them into a state of Hyperphagia (Hi-per-fay-jee-uh). This is good for a bear as it turns off the switch that tells them they are full and throws them into a state of extreme, insatiable hunger and signals for them to pile on the food because winter's coming. Hyperphagia in modern humans is not a good thing, but something from our early caveman ancestry triggers our appetites just in time for Thanksgiving. We must have more. More turkey, more dressing, more mac and cheese, more pie, more beer and more football. The retailers know that just about the time we are coming out of our food-induced comas, we have gained ten pounds and need more clothes, more shoes, more pants and more everything, so they invented The Black Friday Holiday to keep the Holiday Spirit (money) flowing. Thousands of stuffed, semi-conscious shoppers with strange gleams in their eyes flood the streets and Malls waving credit cards and fighting for that last Bluey Heeler Home Playset or the 50th anniversary Hello Kitty, when they feel a rumble in their stomach, but find that the only public restroom in the place is "Closed for Repairs."

Whew! You made it through Thanksgiving and Black Friday; now it's the weekend, and your wallet can get some rest. Oh, wait, there are 10 college bowl games on Saturday, 2 wild-card Pro games on Sunday and you'll need more stuff. More chips, more dips, more

chicken wings, more beer and definitely more toilet paper.

Waking up on Cyber-Monday, you don't feel so good. During Thanksgiving, you didn't think to ask your brother-in-law why two of his kids were red-faced, coughing and rubbing their noses. Come to think of it, Aunt Mae's potato salad did look a little green. And was that really ice floating in the punch bowl? Maybe you'll just stay in bed a bit longer to see if it passes. Nope, (stomach rumbling) and think as you run, that Amazon probably has your favorite underwear, TamiFlu and Pepto-Bismol on sale today.

Fall is finally over and you can throw out that now frowning pumpkin on the porch, remove the hay bale and scarecrow from the front yard and box up everything orange except for your Clemson hat.

Fall is finally over and you can throw out that now frowning pumpkin on the porch, remove the hay bale and scarecrow from the front yard and box up everything orange except for your Clemson hat. It now dawns on you that it's December and it's time to decorate the house inside and out, buy presents for everyone and put up and decorate the tree because it's only three weeks until

the next glorious holiday... CHRISTMAS!



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