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Spartan Weekly

Community news from Spartanburg and the surrounding upstate area
 Visit us online at www.spartanweeklyonline.com

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AROUND TOWN

2020 Spartanburg Soaring! rescheduled

Chapman Cultural Center recently announced that the 2020 Spartanburg Soaring! International Kite Festival has been rescheduled! Join everyone on Saturday, September 26 from 11 a.m. to 5 p.m. for a day of high-flying fun with live musicians and performers, a makers market, food trucks, an interactive kids zone, and so much more!

The festival is free and open to all, including the many international kite flyers who have come from Europe, Asia, Canada, and across the United States to join the fun.

Virtual events scheduled

Several virtual events are scheduled for Spartanburg including:

* **Together Spartanburg:** Spartanburg Philharmonic, Ballet Spartanburg & Spartanburg Little Theatre; every weekday at 10 a.m.

* **Math Mondays:** Spartanburg Science Center; every Monday at 1 p.m.

* **Lunch Lessons:** Spartanburg Science Center; every Thursday at 1 p.m.

* **History @ Home:** Spartanburg County Historical Association; Every Mon/Tues/Wed/Friday at 2 p.m.

Hellberg named to Big South All-Academic team

Charlotte, N.C. – The Big South Conference office announced the members of the Women's Tennis All-Academic team recently, and USC Upstate junior Elin Hellberg of Malmö, Sweden earned a spot on the 2020 squad.

Hellberg, a business administration major accumulated a 3.96 overall grade point average and has been named to the Chancellor's List numerous times in her career at USC Upstate. On the tennis court the junior worked her way up to the top spot in the singles lineup and was a member of the No. 1 doubles tandem for the Spartans. Hellberg, won 15 singles matches and 17 doubles matches in her career at USC Upstate.

This is the first All-Academic team accolade for Hellberg in her collegiate career.

Popplewell named to the

Division I-AAA ADA Scholar-Athlete team

Cleveland, Ohio – USC Upstate women's basketball senior Riley Popplewell has been named to the Division I-AAA Athletic Director's Association (ADA) 18th Annual Scholar-Athlete Team, announced recently by the organization. Popplewell is one of 10 selections nationally for the award.

Basketball players from all Division I-AAA ADA member institutions are eligible for these prestigious awards. Each nominee must maintain a minimum GPA of 3.20 (4.00 scale) and have been a starter or important reserve who participated in at least 50 percent of the team's games. To be eligible for nomination, the student-athlete must have reached junior academic standing at their institution.

Popplewell recently played a pivotal role in helping the Spartans advance in a conference tournament for the first time since 2016.

Off the court, the elementary education major completed her student-teaching requirements at Lone Oak Elementary in Spartanburg School District 6 while boasting a 4.00 GPA and participating in a number of community service projects with Carolina Miracle League, United Way Reading Buddies, McCarthy Teszler Prom, and Habitat for Humanity. She was named to this year's Big South Conference All-Academic Team and plans to return home to Indiana and teach in an elementary setting after graduation.

S.C. State Museum E-Learning resources update

While the State Museum is closed to the public, they are committed to continuing to fulfill our mission to providing educational environments that entertain and inspire.

Museum curators and educators are continuing to develop e-learning resources and suggested links for other online resources. This information is free and available to the public at scmuseum.org. We will continue to update this list weekly.

New E-Learning Additions:

360 Virtual Tour: Apollo 50 Journey to the Moon

Guests can now experience a virtual version of our current exhibit, Apollo 50: Journey to the Moon. Users can use the mouse or trackpad to move the image and to click on the icons to get more information and discover more images and video content. Visit scmuseum.org to learn more.

AFL designs 3D-printed face shields for local frontline workers

AFL, an international manufacturer of fiber optic cable, accessories and equipment, is supporting COVID-19 efforts by creating face shields for the medical industry. Using 3D printing technology, more than 100 face shields have been sent to local hospitals, including Spartanburg Medical Center, Pelham Medical Center and another Upstate hospital, with more expected to be printed and dispersed.

Kelvin Turner, applications engineering manager for AFL's conductor accessories, noticed multiple companies providing personal protection equipment for the medical industry and felt compelled to support efforts locally. In a conversation with Anita Turner, his mother and a local nurse practitioner, Kelvin learned that medical associates were conserving N-95 masks as much as possible due to the lack of availability.

"Looking into both masks and face shields, I realized that face shields were faster to make and posed no health risk to the medical staff when wearing them," explained Kelvin. "Additionally, face shields provide greater protection from exposure to bodily fluids."

After researching distribution sources to purchase face shields, Kelvin realized that none existed locally. Within two days, he and his team researched designs online, created their own, and produced a prototype of a 3D-printed face shield. The prototype was sent to a doctor for review, approved and shared with other doctors



AFL's Kelvin Turner holds up one of the face shields the company has produced for frontline workers.

in the community who have asked for these same face shields.

Kelvin continued, "More than 100 face shields have been delivered to Spartanburg Regional Healthcare System and 18 to another hospital. Another 100+ are immediately needed for doctors, nurses, physician assistants and nurse practitioners. We are projecting that we will create approximately 1,000 face shields for our area."

The 3D printer at AFL supports engineering and production needs such as prototyping parts and production tooling. The printer is used daily; however, when not in use, it has been instrumental in "manufacturing" these face shields.

The face shields consist of two pieces: the 3D-printed headband made of ASA plastic and the shield made of polycarbonate. The two pieces snap together once complete

and can be cleaned with chemicals hospitals use to disinfect for bacteria.

Jon Potter, commercial manager of AFL's conductor accessories, recently noted another need—surgical mask strap relief devices. "Nurses' ears are bleeding from wearing surgical masks on top of N-95 masks. These devices extend the straps, relieving pressure around the ears," stated Jon. These devices are currently being tested at Spartanburg Regional.

Pelham Medical Center President Tony Kouskolekas thanked AFL for its generous donation, which will benefit frontline caregivers.

"We can't thank AFL enough for its support," Kouskolekas said. "The outpouring of support we've received from the community has been truly inspiring."

Overcoming barriers to improved self-esteem

From the American Counseling Association

Self-esteem is the term that describes our overall sense of self-worth or personal value. It is how much we appreciate and like ourselves.

A healthy level of self-esteem can play a significant role in succeeding in life. It means you believe in yourself and are more willing to take chances. But improving self-esteem sometimes requires overcoming various obstacles.

One such obstacle can be waiting for the perfect moment to start or finish something new. To overcome this, it's necessary to live in the present and to take action, rather than waiting for the stars to align perfectly before moving forward. Waiting for things to be "just right" usually means never taking action.

Tied to that can be the belief that we have to be perfect. Instead, it's important to look at our lives as works in progress, and to understand that sometimes it's okay to make a mistake or two. It can feel risky to take chances when we can't be positive of the outcome, but when we take that chance, and it comes out well, it means a big boost to our self-esteem and self-confidence.

Another problem in trying to improve self-esteem is that we often ignore our own needs. It can feel good when we do things that please others, but over time it can leave us feeling ignored and not worthy ourselves. While it's a good thing to be able to offer help to others, our own self-esteem increases when our relationships become more reciprocal. When we learn to voice our own needs and to ask for help when it's required, our appreciation of our own worth is going to grow as we see that others also value us and are willing to lend a hand.

People with low self-esteem sometimes hide in the background, trying not to be noticed. Doing so can leave us feeling lonely, misunderstood and frustrated because few people really get to know us. The cure is to be willing to share our ideas and opinions and to open ourselves to interactions with more people. Who doesn't feel better about themselves when they have more friends?

Trying something new or even risky is almost always better than staying stuck. But if low self-esteem has you feeling miserable and depressed, and you can't get started on overcoming the problem, consider meeting with a professional counselor who can offer help in working through self-esteem issues.

"Counseling Corner" is provided by the American Counseling Association. Comments and questions to ACACorner@counseling.org

Senn named new Chesnee Elementary School principal

Tuesday evening, April 14, the Spartanburg School District 2 Board of Trustees approved Kristen Senn as the next principal of Chesnee Elementary School. Current CES Principal Deana Watson was recently named the district's next Director of Elementary and Middle Level Education. Mrs. Watson and Mrs. Senn will begin their new roles on July 1, 2020.

Mrs. Senn has deep roots in Spartanburg 2. While earning her Bachelor's degree in Elementary Education from USC Upstate, she did her student teaching at Boiling Springs Elementary School. She subsequently became a 5th grade teacher at Boiling Springs Intermediate School.

During her time in education, Mrs. Senn has been a classroom teacher, a reading interventionist,



Kristen Senn has been approved as the next principal of Chesnee Elementary School.

and a literacy coach. She is currently serving as the Assistant Principal at Boiling Springs Intermediate School.

In addition to her bachelor's degree, Mrs. Senn has also earned 2 master's degrees from Southern Wesleyan University. One in elementary education and one in administration and supervision.

"I am honored to have the opportunity to serve as

the Principal of Chesnee Elementary School," Senn said. "Chesnee Elementary School has an outstanding reputation in the District 2 Family, and I am excited to join them as we continue to move forward to the next steps of success for our students. I am beyond thrilled to be a part of a great community of teachers, staff, and students for years to come!"

Around the Upstate

BMW Charity Pro-Am 2020 tournament is cancelled

The PGA TOUR announced on April 16th additional modifications to the 2019-20 schedule due to the ongoing COVID-19 pandemic, with tournament postponements and cancellations across the Korn Ferry Tour as well. As part of the announcement, the BMW Charity Pro-Am presented by SYNEX Corporation, and all related events scheduled from June 1-7 at Thornblade Club, The Cliffs Valley and other sites throughout the Upstate, have been cancelled.

"As disappointing as this is for everyone involved, our number one priority is the health and safety of the community-at-large as well as the fans, volunteers, players and sponsors of the tournament," said Bob Nitto, president of South Carolina Charities, Inc. "Despite the cancellation, the BMW Charity Pro-Am presented by SYNEX Corporation remains focused on its



The PGA Tour recently cancelled the BMW Charity Pro-Am and all related events scheduled for June 1 - 7 at Thornblade Club, The Cliffs Valley and other sites throughout the Upstate.

mission to raise money and awareness for South Carolina charities and will be working to determine new ways to continue to make a positive impact on the

Upstate." The South Carolina Charities board of directors and tournament staff appreciate all of the sponsors, volunteers, partici-

pants and fans for their continued support as everyone in the community continues to navigate through these uncharted territories. Information

will be forthcoming regarding opportunities to rollover sponsorships, playing opportunities and volunteer positions to 2021.

To stay up to date on all tournament information, including the 2021 tournament dates as they are determined, please visit the BMWCharityGolf.com or follow the tournament on Facebook, Instagram or Twitter.

South Carolina Charities, Inc. (SCCI), the non-profit foundation of the BMW Charity Pro-Am presented by SYNEX Corporation, was created in order to showcase the beauty of Upstate South Carolina and the hospitality of its citizens to the world; to create an event that brings the Upstate a fun and entertaining week centered around professional athletes and world renowned celebrities; and raise money and awareness for South Carolina charities. Since 2001, the tournament has distributed \$13.6 million to numerous Upstate SC non-profit organizations, part of the PGA TOUR's \$3 billion raised for charity.

Emerging public leaders practice service in diverse communities

Greenville - High school seniors from around the state are being recognized for creating service projects that help children in foster care, elementary school students and adolescents from low-income families and people experiencing homelessness.

The seniors are winners of the Riley Institute at Furman University's Emerging Public Leaders (EPL) service project competition.

The Emerging Public Leaders program imparts public leadership skills and knowledge to high school seniors, with a particular focus on leading in diverse communities. The summer before their senior year in high school, participants spend a week at Furman where they explore topics related to engaging in the community, analyzing critical issues and practicing ethical leadership. They also develop communication and presentation skills and plan for the implementation of service projects that address needs in their communities.

Over the course of their senior year, the students plan and implement projects and then present completed projects the following spring. Due to COVID-19, this year's students prepared online presentations that were submitted to the judges.

Student projects are judged on the basis of vision, planning, execution, program impact, presentation skills and project sustainability. Winners are awarded cash prizes to expand or replicate projects. EPL wishes to thank its generous sponsors: State Farm, Spinx and Walmart.

This year's winners are:

First Place (Each project receives \$700)

* Rund Abdelnabi, Greenville Tech Charter High School, Piedmont, S.C.

Abdelnabi's "Pillowcase Project" provided children who are in foster care with personalized pillowcases and supplies that they can take with them as they move from place to place.

* Natalie Geiger and Ellis McLarty, Next High School and Wade Hampton Fine Arts Center, Greenville, S.C.

Geiger and McLarty's project, "Bulldogs Achieving Creative Happiness," provided free 30-minute weekly music lessons, taught by music students at the Fine Arts Center, to low-income students at

Second Place (Project receives \$500)

* Ariel Meriwether, Strom Thurmond High School, Johnston, S.C.

Meriwether's project, "The Red Badge," collected and distributed menstrual products to individuals experiencing financial hardship and homelessness.

Third Place (Each project receives \$300)

* Nayha Hussain, River-

side High School, Greer, S.C.

Hussain's project, "Cooking for a Cause," taught cooking classes to low-income adolescents in Greenville County. Her classes focused on preparing healthy, affordable, delicious meals.

* Ellie Toler, Spartanburg Day School, Spartanburg, S.C.

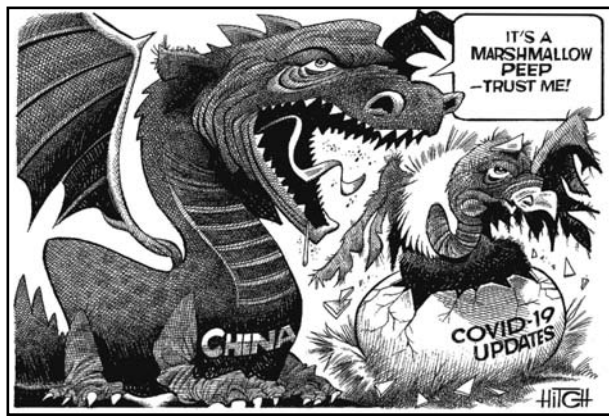
Toler's project, "Positivity Pouches," assembled care packages, which con-

tained hygiene and menstrual products, for women at a Spartanburg food pantry.

Honorable Mention (Project receives \$100)

* Madison Pollock, Dutch Fork High School, Irmo, S.C.

Pollock's project, "Girls Fighting Back," organized a self-defense class for young women at her school. SASS Go volunteered their defense training services.



BIBLE TRIVIA

by Wilson Casey

1. Is the book of Joshua in the Old or New Testament or neither?
2. What's the collective name of the first five books of the Bible? *Pentimento, Pentateuch, Pensione, Pequod*
3. From Genesis 3:24, who/what guards the Garden of Eden? *Roaring lions, Armed angels, Golden rams, God Himself*
4. What animal did God provide Abraham to sacrifice in place of Isaac? *Dove, Calf, Ram, Camel*
5. From Joshua 14, to whom did Joshua give a blessing? *Jacob, Caleb, Esau, Himself*
6. In the Bible, how many men are named "Dodo"? *1, 2, 3, 4*

ANSWERS: 1) Old; 2) Pentateuch; 3) Armed angels; 4) Ram; 5) Caleb; 6) 3

"Test Your Bible Knowledge," a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.

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Super Crossword

Answers

REPAVED	TRASH	LOCATED
EMOTIVE	SASHA	IRICLAND
HIPERS	SPIDER	SPIRINTS
ALF	TYPD	SICAT
SILG	ODD	ATMS
HEP	ROTHIE	ASTIANS
REP	SINO	ENRY
ASSAVED	EAR	LEVER
MICHEL	OB	HEAT
BRASS	DB	BAUI
URIL	MOLENUMBERS	INDONAN
SESTFOU	TRE	SE
RESOD	DIM	PINCERS
OLE	BOAS	SOP
HENDOU	BIT	HALS
MARLEE	TRAP	NAM
PALACE	ATRA	TIEA
REGULAR	HELE	ANDALIS
CREMONA	ALLOY	ENIEMIES
ASSENTS	MYLES	MAESTRO

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Hours vary Monday through Thursday. If no one is at the office, please call, leave a message and we will return your call in a timely manner. Offices are closed Friday through Sunday, as well as observed holidays.

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Super Crossword WHOO-HOO!

ACROSS	46 "Just you wait, — 'iggins ..."	100 Zool. or ecol. Skeptical egg layer?	2 Mrs. Oskar Schindler	37 "— loves me ..."	85 Bait biter
1 Laid fresh concrete on	47 Near-failing mark	105 Disease-free sea predators?	3 Easy-to-catch hit	39 California's Point —	87 Smack
8 Waste	48 Analyzed	110 Actress Matlin	4 Org. for Rafael Nadal	40 Astra resistance automaker	90 Complain
13 Found	52 Cochlea site	111 Rat catcher	5 — Cong ribbon round ..."	41 Biblical ark builder	92 Unit of
20 Like gushing	54 "Will — learn?!"	113 '60s conflict site	6 "— Time We Say Goodbye"	43 — and terminator	93 Frogs and kangaroos
22 Kildare locale	58 Beer brand	114 "Star Wars" royal	7 Dictator	48 Waylay	94 Angers a lot
23 More with-it red fish?	60 Microwave sallines?	115 Royal home section	8 Air marshal's ribbon round ..."	49 "Yes, —!"	96 Patriarch of Judaism
25 Runs fast	66 Orchestra	117 Gillette	9 Copies Dr. Dre	50 Peak climber, e.g.	97 Majestic
26 1980s NBC sitcom	67 — Moines	119 "— yellow ribbon round ..."	10 U.S. humane org.	51 Dumbbell	99 Juan's silver
27 "Teh" for "the," for one	69 Old Spice alternative	122 Journalist Nellie	11 Put away, as a sword	53 Chastised	102 Enlighten, in poems
28 Jazzy singing	70 Reagan speechwriter	123 Not unusual address	12 "NewsRadio" co-star Phil	55 SUV cousins	103 Kevin of "Saturday Night Live"
29 "Growing Pains" actor	71 Cyberspace	124 Things found at discount shoe stores?	13 Shopping aid	56 Prefix with warrior	104 Pour gently, as wine
30 Tower for fodder	72 Pars?	127 Italian city	14 Oliver Twist, e.g.	57 "Bringing Up Baby" studio	106 "Relapse" rapper
32 Uncanny	75 Lose power	128 Steel, for one	15 Bright red	59 Sang loudly	107 Hang a new worm on
34 24-hr. money sources	76 "Later!"	129 Adversaries	16 Silverstone or Keys	61 Radius site	108 Word with lettuce
36 Japan natives, e.g.	79 Arduous trip	130 Agrees (to)	17 Tall ale mug	62 Part of CRT	109 Makes the assertion
38 "Lookie there, muscle-building stuff!"	80 Suffix with Japan	131 "Black Velvet" singer	18 International compact	63 Alternative to	112 Green shampoo
42 Terrestrial chapeau?	81 45 half	86 Coup, e.g.	19 Cavity filler's deg.	64 Oakland footballer	116 Periods
44 Dem.'s opponent	83 "My gripe is as follows ..."	88 Lay new turf on	24 Branching-out points	65 Smiles villainously	118 Burn balm
45 — cone (frozen treat)	88 Lay new turf on	89 Not well-lit	31 "— Next Chapter" (Winifrey series)	68 Dinar earner	120 Ferber or Krabappel
		91 Crab claws	33 Eat in style	72 Hovels	121 Chick chaser?
		92 Bullfighting cheer	35 Least lenient	73 Once named	123 Nipper's co.
		95 Gaudy scarves		74 Lop the crop	125 Procedure:
		98 Be soaked		77 "— goin' down!"	126 Dash lengths

Protecting your financial health in these uncertain times

(StatePoint) With expected delays in bill payments, unprecedented layoffs, hiring freezes and related hardships, many Americans are facing new financial challenges.

“COVID-19 has impacted all industries and individuals from all walks of life,” says Rod Griffin, senior director of Consumer Education and Advocacy for Experian. “With all of these rapid changes, you might not be thinking about how your credit report may be impacted yet, but you likely will soon.”

As you adapt to life in this unprecedented time, the experts at Experian are sharing strategies and resources for protecting your financial health and credit history.

- Check your credit report. While checking your credit report regularly is always a good idea, this is especially true now. You can get a free copy of your report from Experian every 30 days with a free account. In addition, you can get a free credit report from each of the three national credit reporting agencies annually by visiting annualcreditreport.com.



- Maintain your score. Making credit payments on time and in-full and keeping your utilization rate (balance-to-limit ratio) as low as possible are the best ways to maintain your credit score. At a maximum, you should try to keep your credit card balances below 30 percent in total and for each individual card. For many reasons, maintaining these habits might not be possible right

now. However, paying your minimum monthly payments and anything additional you can afford will go a long way.

- Talk to your lenders. Keep in mind, lenders don't want you to fall behind on your payments any more than you do. If you're facing trouble making monthly payments, contact your lender or creditor. They may have options for helping you

cope with COVID-19-related financial hardships. For example, lenders can place your accounts in forbearance or deferment for a period of time.

- Use credit as a financial tool. While debt is a problem, credit can be a financial tool that can help improve your overall financial health in the long run. As always, avoid making rash decisions when it comes to credit and your

financial health.

- Check out resources. Use new educational resources that can help you protect your financial health in these uncertain times. For example, Experian is hosting a series of #CreditChat conversations surrounding COVID-19 on Wednesdays at 3 p.m. ET on Twitter. The program covers important personal finance topics. The next several

#CreditChats will be dedicated to items like methods and strategies for bill repayment, paying down debt, emergency financial assistance and preparing for retirement during COVID-19.

You can also visit Experian's blog post, "COVID-19 and Your Credit Report," for updated information pertaining to how COVID-19 may impact your creditworthiness. Additionally, the "Ask Experian" blog shares immediate and evolving resources on its COVID-19 Updates page. To obtain a free Experian credit report and other free services, enroll at Experian.com.

While staying safe and healthy should be everyone's number one priority, it is also important to protect your financial health at the same time. Be sure to leverage all the resources available to you that can help you emerge from this crisis in good financial standing.

PHOTO SOURCE: (c) fizkes / iStock via Getty Images Plus

AAA offers free roadside assistance to first responders and healthcare workers

Charlotte, N.C. – In an effort to give back to those on the frontlines fighting the COVID-19 pandemic in the Carolinas, AAA-The Auto Club Group will offer its Emergency Roadside Service free to first responders and healthcare workers in North and South Carolina through April 30.

“They are spending tireless hours protecting us while they are at work, and we want to protect them on their journey there and back,” said Jim McCafferty, Executive Vice President and COO of AAA-The Auto Club Group in the Carolinas. “Healthcare workers and first responders put themselves at risk every day and we can at least do our part to make sure they are taken care of should car trouble arise during this time.”

First responders and healthcare workers who are not AAA Members can call 866-727-9016 to receive AAA Roadside Assistance services 24 hours a day, 7 days a week. Services include vehicle lockout, tire, battery and towing. If towing is required, our tow trucks cannot accommodate passengers, so alternate transportation must be used. Users of this free service could be asked to show identification as proof of employment.

To best prevent the spread of COVID-19 and support the health and well-being of our service providers and those utilizing our services, AAA is abiding by the following safety precautions:

- * Service technicians have eliminated handshakes

- * Technicians have been advised to sanitize the cab of trucks and equipment

- * For your protection and the protection of our service providers, they may ask if you are currently sick to let them know when you request services

- * They are temporarily suspending rides in their tow trucks and service vehicles

For more information about this AAA program, visit: AAA.com/ProtectingYou

The Auto Club Group (ACG) is the second largest AAA club in North America. ACG and its affiliates provide member-

ship, insurance, banking, financial services, and travel offerings to over 13.5 million members across 13 U.S. states, the province of Quebec and two U.S. territories including Florida, Georgia, Iowa, Michigan, Nebraska,

North Carolina, North Dakota, Tennessee, Wisconsin, Puerto Rico, South Carolina and the U.S. Virgin Islands; most of Illinois and Minnesota; and a portion of Indiana. ACG belongs to the national AAA federation

with more than 60 million members in the United States and Canada whose mission includes protecting and advancing freedom of mobility and improving traffic safety. Motorists can map a route, identify gas prices, find

discounts, book a hotel, and access AAA roadside assistance with the AAA Mobile app for iPhone, iPad and Android. Learn more at AAA.com/mobile. Visit AAA on the Internet at AAA.com.



2020 DOWNTOWN EVENT SCHEDULE

<p>March 14 March 14 Thursdays in April Fridays in April April 3 & 4 April 18 April 18 April 24-26 Thursdays in May Fridays in May May 2 May 9 Monday, May 18 May 30 Thursdays in June June 6 June 20 Thursdays in July July 4 August 22 September 12 September 17-20 October 3 October 24 October 24 November 7 December 3 December 8</p>	<p>Shenanigans on the Square, Noon-10 pm Queen Fest, Barnet Park, 2-10 pm Music on Main, Morgan Square, 5:30-8:30 pm Jazz on the Square, Morgan Square, 5:30-8 pm Hub City Hog Fest, Morgan Square/Church Street Spartanburg Soaring Kite Festival, 11am-5 pm Cribb's Burger Cookoff, West Main St., 1-8 pm Spring Fling Weekend/Criterium Music on Main, Morgan Square, 5:30-8:30 pm Jazz on the Square, Morgan Square, 5:30-8 pm Cinco de Mayo, Noon-9 pm Soul Fest, Barnet Park Assault on Mt. Mitchell Worship Without Walls, Barnet Park Music on Main, Morgan Square, 5:30-8:30 pm Sparkle City Rhythm & Ribs (Barnet Park) Afro Fest, Barnet Park Music on Main, Morgan Square, 5:30-8:30 pm Red, White, & Boom, Barnet Park, 5-10 pm 85 South Country Fest, Barnet Park Hispanic/LatinX Music Fest, Barnet Park Spartanburg Greek Festival International Festival, Barnet Park, 11am-7 pm Hub City Brew Fest, Spring/Broad Streets, 1-5 pm Synergy Music Fest, Barnet Park Upstate PRIDE Festival, Barnet Park Dickens of a Christmas, 6-9 pm Spartanburg Jaycees Christmas Parade</p>
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City organized events
 City permitted/supported events

(New)Synergy Music Series at Barnet Park

****** Please note that events in April and part of May have been cancelled due to COVID-19. Please visit www.cityofspartanburg.org for more information. ******

Legal Notices

the prescribed form (FORM #371ES) indicating the name and address of the claimant, the basis of the claim, the amount claimed, the date when the claim will become due, the nature of any uncertainty as to the claim, and a description of any security as to the claim. Estate: Roger E. Povoletto Date of Death: January 24, 2020 Case Number: 2020ES4200534 Personal Representative: Ms. Michelina Povoletto 606 Latimer Drive Boiling Springs, SC 29316 4-16, 23, 30

NOTICE TO CREDITORS OF ESTATES

All persons having claims against the following estates MUST file their claims on FORM #371ES with the Probate Court of Spartanburg County, the address of which is 180 Magnolia Street Room 302, Spartanburg, SC 29306, within eight (8) months after the date of the first publication of this Notice to Creditors or within one (1) year from date of death, whichever is earlier (SCPC 62-3-801, et seq.) or such persons shall be forever barred as to their claims. All claims are required to be presented in written statement on the prescribed form (FORM #371ES) indicating the name and address of the claimant, the basis of the claim, the amount claimed, the date when the claim will become due, the nature of any uncertainty as to the claim, and a description of any security as to the claim. Estate: Joseph Earl Wilson Date of Death: November 27, 2019 Case Number: 2020ES4200431 Personal Representative: Sandra K. Wilson 912 Jerusalem Road Paoclet, SC 29372 4-23, 30, 5-7

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within one (1) year from date of death, whichever is earlier (SCPC 62-3-801, et seq.) or such persons shall be forever barred as to their claims. All claims are required to be presented in written statement on the prescribed form (FORM #371ES) indicating the name and address of the claimant, the basis of the claim, the amount claimed, the date when the claim will become due, the nature of any uncertainty as to the claim, and a description of any security as to the claim. Estate: Lois Overcash Cannon Date of Death: January 31, 2020 Case Number: 2020ES4200545 Personal Representative: Mr. Earl Wayne Cannon 336 Ferndale Drive Spartanburg, SC 29316 Atty: Samuel Frank Adams 1082 Boiling Springs Road Spartanburg, SC 29303 4-23, 30,

NOTICE TO CREDITORS OF ESTATES

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Spartanburg, SC 29304 4-23, 30, 5-7

NOTICE TO CREDITORS OF ESTATES

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NOTICE TO CREDITORS OF ESTATES

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NOTICE TO CREDITORS OF ESTATES

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NOTICE TO CREDITORS OF ESTATES

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NOTICE TO CREDITORS OF ESTATES

All persons having claims against the following estates

MUST file their claims on FORM #371ES with the Probate Court of Spartanburg County, the address of which is 180 Magnolia Street Room 302, Spartanburg, SC 29306, within eight (8) months after the date of the first publication of this Notice to Creditors or within one (1) year from date of death, whichever is earlier (SCPC 62-3-801, et seq.) or such persons shall be forever barred as to their claims. All claims are required to be presented in written statement on the prescribed form (FORM #371ES) indicating the name and address of the claimant, the basis of the claim, the amount claimed, the date when the claim will become due, the nature of any uncertainty as to the claim, and a description of any security as to the claim. Estate: Daniel E. Thompson AKA Daniel Eugene Thompson Sr. Date of Death: January 29, 2020 Case Number: 2020ES4200424 Personal Representative: Ms. Dietra R. Smith 114 Northgate Circle Boiling Springs, SC 29316 4-23, 30, 5-7

NOTICE TO CREDITORS OF ESTATES

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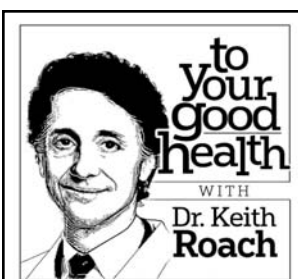
NOTICE TO CREDITORS OF ESTATES

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#371ES with the Probate Court of Spartanburg County, the address of which is 180 Magnolia Street Room 302, Spartanburg, SC 29306, within eight (8) months after the date of the first publication of this Notice to Creditors or within one (1) year from date of death, whichever is earlier (SCPC 62-3-801, et seq.) or such persons shall be forever barred as to their claims. All claims are required to be presented in written statement on the prescribed form (FORM #371ES) indicating the name and address of the claimant, the basis of the claim, the amount claimed, the date when the claim will become due, the nature of any uncertainty as to the claim, and a description of any security as to the claim. Estate: Raylene Alana Poch Date of Death: December 17, 2019 Case Number: 2020ES4200560 Personal Representative: Margaret Peters 540 Winter Court Nampa, ID 83686 Atty: Edwin C. Haskell III 218 East Henry Street Spartanburg, SC 29306 4-23, 30, 5-7

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to
Your
good
health
WITH
Dr. Keith
Roach

Researchers Working on Cure for Herpes

DEAR DR. ROACH: If a person has been exposed (verified by blood test) to herpes 1 and 2, can that person be a blood donor? Could a person catch herpes by sitting on a toilet seat that has been used by an infected person? Are scientists working on a cure for herpes? —*Anon.*

ANSWER: There remains a stigma against people with genital herpes, which is almost always caused by herpes simplex virus type 2. However, most people with genital herpes will not have major disruptions to their lives provided they take some precautions.

First off, a person with herpes simplex virus type 1 (about half of the population between ages 18-49, higher in older people) or HSV-2 (about 12% of the same population) certainly can donate blood. Second, being exposed doesn't guarantee infection. Third, blood testing is not perfect. Fourth, getting any kind of sexually transmitted infection from a toilet seat is very unlikely. Herpes viruses have a very difficult time getting through intact skin, which is why most exposures come through mucus membranes, especially of the genitals and mouth.

There is a type of herpes (usually HSV-1, occasionally HSV-2) in wrestlers, called herpes gladiatorum or "mat herpes," and it can be transmitted from person to person through skin-to-skin contact, especially if the skin is raw or chafed. Once a person has herpes of either variety, there is no cure. The virus stays in the nerve cells. There is extensive work being done both on preventing transmission and curing existing

infections, but herpes viruses are very good at escaping the immune system. This makes herpes difficult to treat.

DEAR DR. ROACH: Should a person be concerned about serious side effects from long-term use of Claritin-D? My son has been using the medication continuously for about nine years. He has had allergy shots, which were minimally helpful. He cannot use nasal rinses or sprays because they cause nosebleeds. He does have some sleeping problems, but since he's been taking Claritin-D for so long, it's hard to tell if that medication is the cause. —*M.S.*

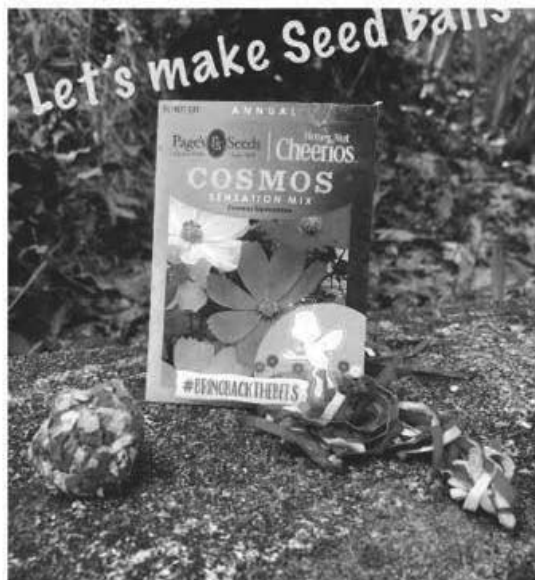
ANSWER: Claritin-D is a combination of the antihistamine loratadine and the decongestant pseudoephedrine. Loratadine is considered safe in most people. Pseudoephedrine is safe for younger people, but it can raise blood pressure and pulse, and in older men, can cause urinary symptoms. He might try plain Claritin, which is just the loratadine, and save the Claritin-D for his worst days. Less pseudoephedrine is probably better.

DEAR DR. ROACH: I read your comments to I.T. with interest, as I had my gallbladder removed way back in 1968. I feel you left out a side effect that follows the procedure for many patients: the "dump" syndrome, or diarrhea. This result has plagued me and several others for years. I found some relief by taking cholestyramine before eating. —*J.C.*

ANSWER: That's a very good point, and one I did not highlight. "Dumping syndrome" refers to bile being delivered to the intestine suddenly, causing diarrhea. It isn't common, fortunately, and I, too, have found that cholestyramine can be very effective, in addition to eating smaller, more-frequent meals.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Do your part to prevent prescription drug abuse

(StatePoint) With many Americans asked to stay at home to help curb the impact of COVID-19, there's a higher risk of potential prescription drug abuse or prescription drugs accidentally falling into the wrong hands, like those of children.

According to the 2018 National Survey on Drug Use and Abuse, more than 9.9 million Americans abuse prescription drugs. Additionally, more than 70 percent of individuals who illegally use prescription pain relievers obtained them through their friends or family, including through the home medicine cabinet.

To help those at home prevent prescription drug abuse and dispose of unwanted medications in a

safe, environmentally responsible way, Susan Peppers, Express Scripts vice president of pharmacy practice, is sharing the following tips.

- Keep drugs secure and out of reach. Medications should be stored in a locked area, out of children's reach, with narcotics and other potentially addictive drugs stored in another secure location. If this isn't an option, a lock should be added to the medicine cabinet and the key secured.

- Track treatments. It's recommended to maintain a master list of the medications stored at home, especially for individuals with a potential for abuse. That list should include the medication name, the doctor's



name who prescribed it, the dosage and the medication's potential side effects. Periodically, caregivers should count the medications remaining in the container and make sure it's the correct amount according to the prescribed dosage. Pill boxes with dividers for each day's medicines are also a good way to track usage.

- Don't share medication. Medication prescribed to one individual isn't for anyone else, even if that person is showing similar symptoms. Not only is sharing medication with someone else illegal, but it could lead to dangerous drug interactions and serious side effects due to potential allergies and wrong

dosages, among other reasons. If an individual has taken medication that wasn't prescribed to them, they should contact their doctor.

- Dispose of unwanted drugs properly. Individuals should follow specific disposal instructions on the label, if provided. Otherwise, they can check the Food and Drug Administration Flush List to see if they can flush the medicine down the toilet. If that isn't an option, individuals can mix the medication with an undesirable substance like used coffee grounds, cat litter or sawdust, place the mixture in a sealable bag and dispose of it in the trash. Medication containers should be stripped of all personal information prior to placing

them in the trash or recycling.

Note that once guidelines are lifted for staying home, individuals can visit the Drug Enforcement Administration website to locate a collection site near them as another way to dispose of prescription medications safely.

As everyone is spending more time at home, remembering these simple steps can go a long way to help individuals protect their family against prescription drug abuse.

PHOTO SOURCE: (c) Image Source / iStock via Getty Images Plus

Duke Endowment announces \$1.25 million gift to One SC Fund: COVID-19 Response

Columbia - The Duke Endowment approved \$2.5 million to support Carolinians impacted by the coronavirus crisis. In South Carolina, \$1.25 million of the funding will be disbursed through the One SC Fund: COVID-19 Response, a fund housed at Central Carolina Community Foundation.

The initial grants will help statewide efforts focused on access to vital health care and sustaining social supports as unemployment rises.

"COVID-19 is having a profound impact on our grantee partners, the essential services they provide, and the communities and families they are working so hard to help," said Minor Shaw, Duke Endowment Board Chair. "We are joining others in a coordinated effort to address the critical challenges emerging across both states and support the people most affected by this crisis."

The gift from the Duke Endowment is the single largest gift the One SC Fund has ever received. In response to the COVID-19 pandemic, the One SC Fund has received more than \$2 million in gifts, including:

- Duke Endowment \$1.25MM
- Delta Dental \$200,000
- Dominion Energy \$125,000
- Harbor Freight \$100,000
- Duke Energy \$100,000
- Wells Fargo \$100,000
- SC Physicians Care Charity \$50,000
- TD Bank \$20,000
- Haley Family Foundation \$10,000
- Sisters of Charity Foundation \$5,000.

"We are extremely grateful to The Duke Endowment and the many generous corporate and foundation donors who are supporting the One SC Fund: COVID-19 Response," said JoAnn Turnquist, Central

Carolina Community Foundation president and CEO. "Their financial support will allow us to maximize our impact and use our collective strengths to respond effectively to the COVID-19 pandemic in our state."

The first round of grants to be distributed by the One SC Fund totaling \$50,000 will go to the following nonprofit organizations:

- Harvest Hope Food Bank Columbia Branch
- Lowcountry Food Bank
- Golden Harvest Food Bank
- Food Share
- Second Harvest Food Bank of Metrolina Inc.

"We are working hard to ensure that basic needs are being met, especially in underserved parts of our state where organized philanthropy is limited. We appreciate the confidence corporate and foundation funders have displayed in this collaborative movement to meet the needs in our state," said Mac

Bennett, former chief executive of United Way of the Midlands and Central Carolina Community Foundation. Bennett is chairing the executive committee for the One SC Fund: COVID-19 Response.

The One SC Fund was established in 2015 as a statewide disaster relief fund and has directed donations to relief efforts for the Thousand-Year Flood, Hurricane Matthew, and Hurricane Florence. Today, the COVID-19 pandemic threatens our state and our country. The One SC Fund: COVID-19 Response is a collaborative statewide response to food, shelter, health, and nonprofit sustainability needs stemming from the Coronavirus pandemic. The three core partners in the One SC Fund: COVID-19 Response — SC Grantmakers, TogetherSC, and United Way Association of SC — will be joined by dozens of

local, regional and statewide organizations in implementing an expedient, efficient, and equitable use of the One SC Fund.

The fund will enhance the efforts already underway in several counties and regions across South Carolina and will be used to address gaps in the response efforts, including support for communities that lack resources or an organized philanthropic response. The effort will also provide an outlet for statewide, regional, and national funders interested in supporting a COVID-19 response in South Carolina.

How to Donate to the One SC Fund

Those wishing to contribute to the One SC Fund can do so in the following ways:

- Online: Visit <http://www.onescfund.org> to make a donation with a credit card.
- Mail: Send a check made payable to Central Carolina Community Foundation-

One SC to: Central Carolina Community Foundation-One SC, 2142 Boyce St., Suite 402, Columbia, SC 29201.

Information for nonprofits interested in applying for a grant is available at www.foundation.org/onescgrants.

The One SC Fund, housed at Central Carolina Community Foundation, was established by former Governor Nikki Haley after the 2015 Thousand-Year Flood. The fund helps South Carolinians who are recovering from state-declared emergencies. The fund has supported efforts during three previous state-declared disasters, including the Thousand-Year Flood, Hurricane Matthew, and Hurricane Florence, distributing over \$5.5 million to nonprofits. The fund is activated during times of state-declared disasters. For more information about the One SC Fund, visit www.OneSCFund.org or call 803-254-5601.

King Crossword

ACROSS

1 Resided
6 Things
11 Demosthenes or Cicero
12 Cancel out
14 Ubiquitous fastener
15 Early spring bloom
16 Feedbag tidbit
17 — the manger
19 Owns
20 Press
22 Ballet step
23 — song (cheaply)
24 Force measures
26 Decorum
28 Quite some time
30 Actor Stephen
31 Went sour
35 Contents of some trays
39 Responsibility
40 Court
42 Story
43 Donkey
44 Impostor
46 Sudden turn
47 Traditional usage
49 Love apple
51 Medical prior- itization
52 Portuguese island group

DOWN

1 Cheerless
2 *The
3 And so on (Abbr.)
4 Tennyson title
5 Cavalry unit
6 Canine's neighbor
7 Sea bird
8 Id counterpart
9 He-men
10 George
11 Egg-shaped
13 English com- position
18 Leg, slangily (berate)
21 Must have
23 Banquet possum
25 Scale member
27 Part of the Justice Dept.
29 Cronkite, rather, et al.
31 Work together
32 Doubtful
33 Neighbor of Georgia
34 Female deer
36 Risk
37 Cheers up
38 Some lilies
41 Lash — (berate)
44 Comic strip possum
45 Nap
48 Body art, for short
50 Calendar abbr.

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Kids' Maze

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SEAWORTHY WORDS

— King Crossword —
Answers
Solution time: 24 mins.

DWELT ITEMS
ORATOR NEGATE
VELCRO CROCUS
OAT DOGIN HAS
IRON PAS FORA
DYNES MODESTY
EON REA
CURDLED ASHES
ONUS WOO TALE
ASS PSEUD ZAG
CUSTOM TOMATO
TRIAGE AZORES
EATON TENDS

Kids' Maze Solution

MAGIC MAZE ● SEAWORTHY WORDS

R N K I F C A X V S Q O L J H
E C A X V E S R O H A E S T R
M D R I B A E S R E D N U P G
R O H C N A A E S K C A L B U
G N T L J H C E F S D B Y X L
V A T T R P A E S D A E D L S
O M B K O L P E I L G B U E A
D B Z A E B T X S W A G A U E
T L I V E D A E S D A R R E S
Q O E N L S I E J E E I O G S
F L D C A Y N X S W V R T C S

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: FISH WITH HORSE-LIKE HEAD

Black Sea Sea anchor Sea captain Sea slug
Coral Sea Sea bag Sea devil Seabird
Dead Sea Sea bass Sea gull Undersea
Red Sea Sea bottom Sea level

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South Carolina State Museum acquires Frederick Douglass walking stick

Columbia - The South Carolina State Museum recently acquired a walking stick belonging to famous abolitionist, Frederick Douglass. The stick was gifted to him while visiting Charleston, S.C. in March 1888. The Douglass walking stick is one of a kind and will be added to the museum's expanding historical collection of artifacts.

"This walking stick is not only a notable object of national history, gifted to the preeminent abolitionist, writer and lecturer Frederick Douglass, it is a significant and meaningful piece of South Carolina history," said JoAnn Zeise, cultural history curator of the State Museum. "Adding this one-of-a-kind piece to our collection

will help us continue to tell the wonderful stories of South Carolina for years to come."

In early 1888, Douglass embarked on a speaking tour of South Carolina and Georgia, a journey not without peril. In early March 1888, Douglass arrived in Charleston, South Carolina where he delivered versions of his "Self-Made Men" and "European Travels" addresses at Mount Zion church, founded in 1883 and considered a "daughter church" of Mother Emanuel AME, the oldest African Methodist Episcopal church.

He was honored afterward by an African American militia unit calling themselves the Douglass Light Infantry.



The S.C. State Museum recently acquired a walking stick belonging to famous abolitionist, Frederick Douglass.

Most of the men in the militia company would have been formerly enslaved men and named themselves in honor of Douglass. According to a newspaper account, the infantry members serenad-

ed him at their armory. They also presented him with a walking stick, with a gold cap engraved "Hon. F. Douglass / From D.L.I. / Charleston, S.C. / Mar. 6th / 1888" and is decorated with white strawberries which symbolized righteousness and spiritual merit.

Frederick Douglass was the most famous African American abolitionist and orator of the 19th century. During the last decade of his life, he traveled frequently to give speeches across the country.

As the state's largest and most comprehensive museum, the South Carolina State Museum, offers a unique, entertaining and educational experience to visitors throughout its 225,000 square foot facili-

ty located in the heart of downtown Columbia's Congaree Vista. The State Museum is housed in one of its largest artifacts, an 1894 former textile mill listed on the National Registrar of Historic Places. In addition to beautiful meeting spaces throughout the facility, guests can explore outer space in one of the largest planetariums in the Southeast, watch an interactive 4D movie and look through a vintage telescope in a one-of-a-kind observatory. These exciting opportunities are all in addition to the four floors of South Carolina art, cultural history, natural history and science/technology. Visit scmuseum.org to learn more.

Five kids rushed to emergency rooms every hour for medicine poisoning

Every day, kids surprise their families by getting into medicine. There are more than 47,000 children under age 6 seen in emergency rooms every year for medicine poisoning - that's 5 children every hour. A new research report from Safe Kids Worldwide reveals common misconceptions families have about how to protect children from medicine poisoning and highlights simple actions they can take to help prevent frantic calls to the Poison Help number, frightening trips to the ER and fretful hours spent bedside.

The new report, "Keeping Kids Safe Around Medicine: Insights and Implications," provides updated trend data as well as results from several years of research done by Safe Kids Worldwide with support from Johnson & Johnson Consumer Inc. Insights featured in the report were gleaned from analyses of poisoning data, focus groups and surveys with parents and grandparents from 2012 to 2019.

Five Things Parents Need to Know to Keep Kids Safe Around Medicine

Most families know to store medicine out of reach of children, but many parents are surprised to discover they need to think about medicine safety in new or different ways.

1. Child-Resistant vs. Child-Proof. While a child-resistant medicine container can slow down a child working to open it, it is not childproof. Families are

often surprised by how quickly their little one can get into a child-resistant container.

2. Where Medicine is Stored vs. Where Medicine is Kept. Most families have a safe place in the home where they store medicine, they don't use every day, but they may keep often-used medicine handy and not be thinking about the safety factor. Kids are getting into medicine in purses, in nightstands, on counters, in drawers - places kids are drawn to explore.

3. What You Think Your Kid Can Do vs. What Your Kid Can Do. Every parent knows that "oh!" moment when their child does something for the first time. It may be a proud moment, or it may be a frightening wakeup call. Stories about kids getting into medicine often start with that moment of surprise, "I didn't know my child could reach up there!"

4. Candy vs. Medicine. To a little explorer, candy and medicine can look alike, so it is especially important to keep all medicines and vitamins out of children's reach and sight.

5. Your Home vs. Their Home. Now that you have your household medicines stored safely, be on the alert for medicines visitors bring in, or medicines in homes you are visiting.

Simple Steps to Prevent Kids from Getting into Medicine

1. Keep all medicine up and away, out of children's reach and sight, even medicine you take every day,



Kids are naturally curious and can easily get into things, like medicine, if they are kept in places

within their reach.

2. Choose child-resistant packaging whenever possible. If someone in your

home is using pill boxes or other containers that are not child-resistant, it's even more important to store these out of children's reach and sight.


3. Use reminder tools to help keep track of medicine. Instead of keeping medicine on the counter or a nightstand, set a reminder in your phone or use a medicine schedule to remember when to give and take medicine.

4. Keep medicine safety on your child-proofing checklist. As your child learns new skills and becomes more mobile, anticipate that you may need to continue to assess

and change where you keep medicine to avoid alarming surprises.

5. Save the Poison Help number into your phone and post it visibly in your home for caregivers: 1-800-222-1222. Specialists at poison control centers provide free, confidential, expert medical advice 24 hours a day. They help with poison emergencies and can also answer questions about medicine safety.

For more tips on how to protect your children at home, at play and on the way, visit www.safekids.org.



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