

Inside:**Community Interest: Pages 2 - 3****Legals: 5 - 8****Former NFL player Wade Davis to speak at Furman's MLK Community Breakfast - Page 2****Clemson scientist working to protect future of rare and popular sportfish - Page 3**

Spartan Weekly

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

CHANGE SERVICE REQUESTED

PRSR STANDARD
U. S. POSTAGE PAID
SPARTANBURG, SC
PERMIT NO. 252

AROUND TOWN

A Funny Thing Happened on the Way to the Forum comes to Spartanburg Little Theatre

One of Broadway's favorite classic comedies is back on stage at the Spartanburg Little Theatre for the first time in over 20 years. Winner of the 1962 Tony Award for Best Musical and the subject of a famed Broadway revival in 1996 starring Nathan Lane, *A Funny Thing Happened on the Way to the Forum* is light, witty, and irreverent and considered by many to be one of the funniest musicals ever written. Performances are January 11, 12, 18, and 19 at 8 pm, and January 13, 19, and 20 at 3 pm at the Chapman Cultural Center.

In this unforgettable, hysterical musical comedy, Pseudolus, a crafty slave, struggles to win the hand of a beautiful, but slow-witted, courtesan named Philia for his young master, Hero, in exchange for freedom. With plot twists and turns, cases of mistaken identity, slamming doors, a showgirl or two, and secrets under every toga, Broadway's greatest farce will have you laughing all the way to the Forum with "something for everyone, a comedy tonight!"

Popularized by a 1966 film version starring the original Broadway lead, Zero Mostel, as Pseudolus, and comedy greats Phil Silvers, Jack Gilford, and Buster Keaton, in his last film appearance, *Forum* features a score by Stephen Sondheim and a script by Burt Shevelove and Larry Gelbart, who was one of the creators of *M*A*S*H*.

"Everyone needs to see *Forum* once in their life," says Coffman, "The show is pure fun with no agenda, amazing music, and a great way for audiences to leave their cares at the door and get wrapped up in a crazy, plot twisting tale of desperate lovers and scheming neighbors. It's escapism at its finest and the perfect kick-off to the new year!"

Tickets for *A Funny Thing Happened on the Way to the Forum* can be purchased by calling the Chapman Cultural Center box office at (864) 542-2787 or online at www.chapmanculturalcenter.org. Tickets are \$30 for adults, \$27 for seniors and \$20 for students/youth.

A Funny Thing Happened on the Way to the Forum is sponsored by The Arkwright Foundation.

Chapman Cultural Center awards third quarter Community Grants

Chapman Cultural Center is committed to broadening and strengthening Spartanburg's Cultural community. Because of this commitment, a major part of the work they do is centered around funding Spartanburg's arts and cultural community.

One of Chapman Cultural Center's major funding opportunities comes in the form of the quarterly Community Grants Program. The Community Grants Program awards up to \$5,000 per application and is open to both individual artists and non-profits/government agencies.

The following artists are winners of Community Grants for the Quarter 3, 2018 - 2019, grants cycle: Josh Holt, Thomas Koenig, Janeen Scott.

New chiropractic practice in Inman

Blake Medford, DC, began practice in Inman on Friday, September 21, 2018. Blake Medford, DC is a 2017 graduate of Sherman College in Spartanburg.

Dr. Medford, who specializes in the Pierce Applied Kinesiology and Activator techniques, is located at 11068 Asheville Highway Suite B17. Dr. Medford says that he looks forward to working with and helping the people of the Inman community.

"I come from a Southeastern background, and I have a sincere appreciation for the people who reside here," Medford said. "I am excited about meeting the people of Inman and working with them to ensure their present and future well-being."

"A lot of people suffer needlessly from back pain, headaches and other ailments," he said. "That's why I encourage the public to visit a doctor of chiropractic to find out if chiropractic care can benefit them."

If you're looking for a chiropractor with extensive training and experience in the treatment of back and neck problems, don't suffer needlessly. Call Dr. Medford today at 864-474-1083 to schedule an appointment.

Dr. Medford is passionate about changing not only the health of the Inman community, but also about giving back. "Our mission this year is to raise funds for The Haven charity. This gives us an opportunity to reach out to people with chiropractic care, changing their health, and at the same time giving back to the wonderful group at The Haven," said Medford.

If you would like to learn how chiropractic can improve your life, you should take advantage of the opportunity to come in now. Your first visit includes a complete Case History, Neurological and Orthopedic Exam and X-rays (if necessary) for a \$25 donation to The Haven Community Solutions.

Enhanced Living Chiropractic office hours will be 8:00 a.m. - 6 p.m., Monday, Wednesday, Thursday and Friday. You can find Enhanced Living Chiropractic on-line at www.enhancedlivingchiro.com or on Facebook at Enhanced Living Chiropractic.



Spartanburg Medical Center — Mary Black Campus, located on Skylyn Ave. in Spartanburg.

Spartanburg Regional completes Mary Black acquisition

Hospitals locally owned for first time in over a decade

For almost a century, two hospitals have operated in our community bonded by a common mission – to provide the best health care for the people of Spartanburg.

Today, that mission is the same, but the bond is stronger. Spartanburg Regional Healthcare System has acquired Mary Black Health System, becoming one system positioned to serve Upstate South Carolina for decades to come.

The acquisition includes the 207-bed Mary Black hospital in Spartanburg and the 125-bed facility in Gaffney, as well as Mary Black's physician offices and outpatient services.

The unified system will encompass more than 400 physicians and 100 doctor offices. It will employ almost 9,000 people and manage six hospitals in Spartanburg, Cherokee and Union counties.

Over the past several years, Spartanburg Medical Center has continued to experience increased demand to access inpatient services. SRHS planned to address capacity management by building an additional \$200 million bed tower outlined in the Master Facility Plan. However, this opportunity provides an expedited solution rather than 8-10 years to address the growing access needs in Spartanburg. "This purchase will provide much needed additional capacity for inpatient care in Spartanburg," Spartanburg Regional CEO Bruce Holstien said.

Cherokee Medical Center, located in Gaffney.

A long history

The histories of these two systems started long before they opened in the 1920s – Spartanburg General Hospital in 1921, Mary Black Memorial

Hospital in 1925. And they have always been intertwined.

Hospitals were different from the modern concept, according to Spartanburg Regional Historian Melissa Walker, Ph.D.

"They would have 10 beds, 12 beds," Walker said. "A doctor would open one to serve his own patients. There was no acute care for the most part."

One of those, Spartanburg Hospital, Inc., opened in 1907 thanks in part to the efforts of Dr. Hugh Ratchford Black, known as an early pioneer surgeon in the area who also wrote a definitive history of medicine in the Spartanburg region at the time.

Spartanburg Hospital was one of five hospitals that were sold in 1920-1921, with the proceeds given to open the city's first public hospital.

Dr. Black actively campaigned for and supported the new hospital. When Spartanburg General Hospital opened on Aug. 29, 1921, he performed the first surgery there – on his son, Paul Black.

Dr. Black and sons, Drs. Samuel Orr Black and Hugh Snoddy Black opened Mary Black hospital in 1925. They named the facility after their mother Mary Black.

The original facility resided at 1925 East Main Street but moved to its present location in 1968.

Preserving history

Once the sale closed, efforts have turned to the transition. The first, most obvious change – the names. Mary Black-Gaffney is being renamed Cherokee Medical Center, while the Spartanburg property will become a second location for Spartanburg Medical Center - Mary Black Campus. Spartanburg Regional leaders recognized the importance of keeping the Mary Black name.

"This acquisition brings two companies with a long history together," Holstien said. "We are looking to

honor history. The Mary Black name will always have a place with us."

Upstate changes

Both hospitals have grown into healthcare providers that serve the Upstate of South Carolina.

Spartanburg General bought the facility now known as the Spartanburg Hospital for Restorative Care in 1994 and became Spartanburg Regional Healthcare System in 1995. Gibbs Cancer Center opened in 1999.

Spartanburg Regional's growth continued in 2008 with the opening of Village Hospital, now Pelham Medical Center, and again in 2015 when it purchased Wallace Thomson Hospital, now Union Medical Center.

Meanwhile, Mary Black became a hospital system when it partnered with Gaffney Medical Center in 2015.

One big family

"All our employees have a passion for healthcare and service," former Mary Black CEO Parkes Coggins said. "We're going to work together to continue the high standards of excellence set by both hospitals over the years."

Coggins will be an essential part of that work, as he leads integration efforts as vice president, hospital integration.

Another familiar face will continue in a leadership role. Cody Butts, formerly the Mary Black Health System's chief operating officer, will lead staff as interim president of Cherokee Medical Center.

Buildings will have different names and staff will have a different employer. But everyone's core purpose will remain.

"Everyone will continue doing what they've been doing all along," Spartanburg Regional chief operating officer, Mark Aycock said. "Healing the sick and serving the community. And we'll be doing it together."

Sleeping well is vital to good health

From the American Counseling Association

Want to have less stress and anxiety in your life, along with generally better health? Then start getting more, and better, sleep.

It's simple advice but for millions of us it's often difficult to accomplish. The American Sleep Association estimates some 50 to 70 million Americans suffer from some form of sleep disorder, ranging from insomnia that makes falling or staying asleep difficult, to sleep apnea, a sleep breathing disorder that makes a solid night's sleep virtually impossible.

If you believe you are suffering from a serious sleep disorder, it's important to discuss the issue with your family doctor. Serious sleep disorders can have a direct effect on a person's health.

But if, occasionally, it simply feels difficult to fall asleep or to get a good night's sleep, there are actions you can take.

Experts advise one of the best aids to sleeping well is having a regular sleep pattern. By going to bed and getting up at more or less the same time every day, you're training your body and brain to have regular sleep habits.

Researchers have also found there are a number of things to avoid if you want to improve sleep. Alcohol, when consumed within 4 to 6 hours of bedtime, might seem relaxing but actually interrupts the quality of your sleep.

Caffeine and nicotine, both of which are stimulants, can make it difficult to fall asleep if ingested within 4 to 6 hours of bedtime. Nicotine includes not just cigarettes, but also cigars, vaping and anything delivering nicotine. And avoiding caffeine means not just skipping that after-dinner cup of coffee, but also avoiding evening tea, chocolate, and cola drinks, all of which contain caffeine.

And what can help you actually sleep better? Start with a comfortable bed and pillow. People also usually sleep better in cool rooms. Consider ear plugs or an eyemask if noise or excessive light is waking you up. A warm bath helps many people feel more relaxed and sleepy. It's also a good idea to try not to nap during the day. And keep food, computers, cell phones, TV and other electronics out of your bedroom.

Try reading or even listening to music instead.

Adults need from 7 to 9 hours of sleep a night; infants and children even more. Start making changes for better sleep and you'll feel more rested, relaxed and even healthier.

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

Around the Upstate

Community Calendar

JANUARY 11-13, 18-20
The Spartanburg Theatre presents *A Funny Thing Happened on the Way to the Forum*, Jan. 11-13 & 18-20 at Chapman Cultural Center, 200 E. St. John St. in Spartanburg. Visit chapmanculturalcenter.org for ticket information.

JANUARY 12
Spartanburg Wedding Festivals, 10:00 a.m. - 2:00 p.m. at Spartanburg Mem. Adt., 385 N. Church St.

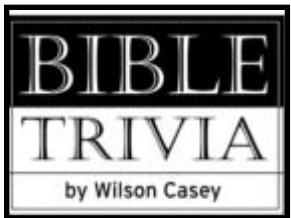
JANUARY 13
Chapman Cultural Center is open every Sunday afternoon, 1 - 5 p.m., to provide casual and cultural experiences for those who want to "unplug." Some museums are open with free admission. In addition, one or more local musicians will perform a free mini-concert at no charge 2 - 4 p.m. (864) 542-ARTS.

JANUARY 17
ArtWalk, downtown Spartanburg, 5 - 8 p.m.

JANUARY 21
MLK Unity Celebration, beginning at 6:30 p.m. at the Spartanburg Memorial Auditorium.

JANUARY 25
Piano Forte, 6:30 - 7:30 p.m. at the Chapman Cultural Center, 200 E. St. John St., Spartanburg. Visit www.spartanburghphilharmonic.org/espresso

JANUARY 30
Music Sandwiched In, 12:15 - 1:00 p.m. at the Spartanburg Headquarters Library, 151 S. Church St. in the Barrett Community Room.



1. Is the book of Jeremiah in the Old or New Testament or neither?
2. The villains, Sanballat and Geshem, are mentioned in only which book (KJV)?
3. From Ephesians 5, what did Paul recommend as a substitute for wine?
4. Who condemns drinkers who start early in the morning?
5. From 1 Kings 10:26, which king had 1,400 chariots and 12,000 horsemen?
6. According to many, who wrote the book of Revelation?

ANSWERS: 1) Old; 2) Nehemiah; 3) Holy Spirit; 4) Isaiah (5:11); 5) Solomon; 6) John (the Revelator)

Visit *Wilson Casey's Trivia Fan Site* at www.patreon.com/triviaguy.

(c) 2019 King Features Synd., Inc.

Super Crossword
Answers

1. MASSES 2. BRITAIN 3. MICHIGAN 4. SHUNNY
5. ERWIN 6. REARS 7. AITOE 8. TUNNE
9. DEANNO 10. ADICTIONS 11. ERIC
12. ANTE 13. QING 14. BULLDOG 15. PHE
16. LAISSEZ 17. BEE 18. OLIO
19. GLOBE 20. DUKETO 21. VIVORA
22. HATER 23. TITTE 24. BOPHE 25. AKA
26. GRACE 27. FODD 28. CMON 29. TICHATI
30. DIOPE 31. OTIAN 32. JAKKIO 33. CLUIDE
34. ENIO 35. GILFAN 36. UAK
37. NYV 38. PEARL 39. OW 40. ISIDIO 41. TAB
42. BITE 43. PIACILLA 44. EBONY
45. PAT 46. FRO 47. BUCK 48. SIXTIE
49. ALLOE 50. GHITA 51. NICKIO 52. ITIME
53. RTIE 54. PLUS 55. BINE 56. NITIGIE
57. PRAV 58. FITE
59. BFA 60. GLIA 61. NEV 62. GLIN
63. JOYO 64. COOK 65. ING 66. ETHA 67. OMNI
68. ESAT 69. CIVIC 70. EST 71. RU 72. CITI 73. ON
74. ELM 75. BAIL 76. TRATTE 77. DONNE
78. POST 79. OLIA 80. ESTIE 81. SNEIER

Former NFL player Wade Davis speaks at MLK Community Breakfast

By Tina Underwood, Contributor

Former NFL player, equality advocate and educator Wade Davis will speak Friday, Jan. 18, during a Community Breakfast celebrating the life and work of Dr. Martin Luther King, Jr. The breakfast begins at 8 a.m., with the program following at 8:30 a.m. in the Melvin and Dollie Younts Conference Center on the Furman University campus.

His talk, "Injustice Anywhere is a Threat to Justice Everywhere: Sustaining the Struggle for Equity," is open to the public. Tickets are \$50 per person.

Davis is a thought leader, public speaker and consultant on gender, race, and orientation equality. He is the NFL's first LGBTQ+ inclusion consultant and currently advises numerous professional sports leagues on issues at the intersection sexism, racism and homophobia.

In addition to his work in sports, Davis consults for Google, Netflix, App Nexus and others to help



Former NFL player Wade Davis will present "Injustice Anywhere is a Threat to Justice Everywhere: Sustaining the Struggle for Equity" at the Community Breakfast.

create transformative solutions to build inclusive corporate cultures.

Davis is a Global Champion for Innovation for UN Women, as well as a member of the National Fair Housing Alliance 50th Anniversary committee. He is a founding member of VICE's Diversity and Inclusion Advisory board with Gloria Steinem, Roberta Kaplan and others, and serves on the advisory board of Sparks and Honey and Gay Men's Health Crisis (GMHC), the

world's first and leading provider of HIV/AIDS prevention, care and advocacy.

Davis' work around gender equality includes partnering with the Ms. Foundation and Huffington Post Women, for whom he has launched initiatives and PSA's to define, establish and achieve political, social and economic equality for women and men.

In solidarity with the #MeToo movement, Time's Up Now and Davis are collaborating to devel-

op curricula and initiatives to remove the institutional barriers that women face in the workplace.

In 2012, Davis was named executive director of the You Can Play Project, an organization dedicated to ending discrimination, sexism and homophobia in sports.

A former national surrogate for President Obama, Davis has served as adjunct professor at the NYU School of Professional Studies Tisch Institute for Sports

Management, Media, and Business and has also served in the same capacity at Rutgers University School of Public Affairs and Administration. He continues to lecture on the intersections of race, sexuality, gender, and sports at universities nationally and internationally.

Davis was born in Little Rock, Arkansas and graduated from Weber State University in Ogden, Utah with a Bachelor of Science in Business Administration. In 2014, he received an honorary Doctor of Public Service degree from Northeastern University for his leadership and ongoing efforts to eradicate homophobia and sexism in athletics.

For table or ticket information for the Community Breakfast, email alumni@furman.edu, or RSVP by calling 864-294-3464. Or contact Chandra Dillard at chandra.dillard@furman.edu and 864-294-2503. Visit the Furman MLK website. For more information about Wade Davis, please visit www.apbspeakers.com.

KV Final launching new Spartanburg County operations, creating 50 positions

Columbia - KV Final, a Czech developer and producer of metal parts for the automotive industry, is locating its new operations in Spartanburg County. The company's \$2.5 million investment is projected to create approximately 50 new jobs during its first phase of operation.

KV Final is a premiere manufacturer and supplier of stamped, machined and welded parts and assemblies for the automotive industry. With existing locations in China and the Czech Republic, the company's new Spartanburg County plant will feature

welding, clinching and degreasing processes, as well as local customer support.

"As a foreign company, we must overcome all the difficulties with a very different environment, but thanks to the intense support of these partners and the warm openness of all the local people, we realized that South Carolina is the perfect place to establish a subsidiary," stated KV Final Spartanburg LLC Managing Director Jakub Konecny.

South Carolina Governor Henry McMaster added, "South Carolina continues

to be a perfect example of how foreign direct investment can boost the economy, and KV Final's new operations in Spartanburg County are just the latest example of that. Congratulations to both KV Final and Spartanburg County

on making this project come to fruition."

Located at 325 Old Greenville Road in Spartanburg, the company's 32,000-square-foot facility is expected to come online in the first quarter of 2019. Until now, KV Final has

been operating out of the Spark Center SC, a local landing pad facility. Hiring for the new positions is slated to begin in the second quarter of 2019, and interested applicants should contact konecny@kvfinal.cz.

SPARTANBURG DOWNTOWN CULTURAL DISTRICT
Where the HUB BUB is

Managed by: chapmanculturalcenter.org
Diversity. Experience. Culture.

See the schedule of performers at:
www.SpartanburgCulturalDistrict.com/#DowntownProgrammingSchedule

@SpartanburgDowntownCulture

Sponsored by: Spartanburg Regional Healthcare System, City of SPARTANBURG, ONESPARTANBURG, SOUTH STATE BANK

The Spartan Weekly News, Inc.

The Spartan Weekly News is published each Thursday from offices in Spartanburg, S.C. The mailing address is P.O. Box 2502, Spartanburg, SC 29304.

Owner, Publisher: Bobby Dailey, Jr.
Office Manager: Tammy Dailey

Subscription Rate: \$20.00 per year in Spartanburg County, \$30 per year out of county

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.

Phone No.: 864-574-1360 Fax No.: 864-327-1760
Email: sprtnwkly@aol.com

Super Crossword **APT OCCUPATIONS**

ACROSS

1 Ship parts
6 One in a veil
11 Very small: Prefix
15 Sealed, say
19 Early TV's Stu
20 Posteriors
21 Stick — in the water
22 Songwriter's creation
23 Martin the ticket collector?
26 Actor Bana or Stoltz
27 Pay to play poker
28 Game with Wild cards
29 Clinton the doctor?
31 Caught at a rodeo
33 Pollen lover
34 Hardly fresh
35 Worldwide
38 Ellington the Peppermint Pattie factory worker?
45 More greasy
49 Ending for Israel
50 Ilk
51 Car owners' org.
52 Kelly the minister?
54 "Let's go!"

55 Former Apple messaging software
57 See 64-Down
58 Primate studier
59 Benny the golfer?
61 Markey and Bagnold
63 Actor Hinds of 2017's "Justice League"
65 Negligent
66 Sen. Kirsten Gillibrand's purview
67 Bailey the philosopher?
72 Folder flap
75 Meal tie-on
76 Rice-based Spanish dish
77 Ivory's counterpart
79 Benatar the dairy owner?
85 Fuzzy stuff
87 Departure
88 Standoffish
89 Karmann — (bygone VW sports car)
90 Nolte the clockmaker?
92 Skeleton part
93 +
94 Ariz.-to-Kan. dir.

95 Girls in the family
96 Liotta the lamp designer?
100 Gets dilated
102 Basic deg. for designers
103 Supermodel Carangi or actress Scala
105 End profit
110 Behar the chef?
116 Airport stat
117 Hotel chain
118 Morales of film and TV
119 Arden the demolition contractor?
122 Shady giants
123 Get-out-of-jail money
124 Super-mad
125 "The Flea" poet John
126 Blog addition
127 Pot for stew
128 Lauder of makeup
129 Evil smile

DOWN

1 Get gold, e.g.
2 Target
3 Smacks
4 Spork parts
5 — cone
6 "Viva Zapata!" star
7 Alter totally
8 Reply to "Who's in charge here?"
9 Bounced down the court
10 Actress Davis of two "Matrix" films
11 Spam, say
12 Langston Hughes poem
13 Athletic team assoc.
14 Film anew
15 Not wobbly
16 Throw
17 Troop body
18 Pt. of MIT or STEM
24 Nuclear reactor tube
25 Polar vehicle
30 Polar pixie
32 Curved arch
36 High jump on a skateboard, informally
37 Lacking a key, in music
39 "Semper Fi" mil. branch
40 Weirdo
41 Rubik of cube fame
42 Aiea's island
43 Broccoli —
44 Kit — (candy bars)

45 Poet Nash
46 Twisted wit
47 — lazuli
48 Frosted
53 Abbr. on a pay stub
54 "Please, Mommy, will you let us?"
55 "Venü," in English
56 Nero's 160
59 Villain in Disney's "Aladdin"
60 Waitress on TV's "Alice"
62 Spruce (up)
64 With 57-Across, Ali ring strategy
68 Abate
69 "Fighting" Big Ten team
70 Cut, as pizza
71 Cold and wet
72 Like poison
73 Japanese cartoon art
74 Measures of memory
75 Scaring cry
78 — noire
79 One of Henry VIII's Catharines
80 Et —
81 Mug in a pub
82 Jamaican citrus fruit

83 Mean ruffian
84 Wife on "The Addams Family," to her hobby
86 Cover for a truck bed
89 Crystal rubbers, perhaps
91 Jab deliverer
93 Control in a clinical study
97 Certain wind player
98 Very loudly, musically
99 9-to-5er's weekly cry
101 Main dish
104 Art house film, often
106 Went aboard
107 Nitrogen compound
108 Words after all or hole
109 San Fran griddler
110 All-terrain vehicle
111 Fjord city
112 Tasty tubers
113 Egg-shaped
114 Eye, in Paris
115 Nut with caffeine
116 Rock finale?
120 Perched
121 LP replacers

Scientist working to protect future of rare and popular sportfish

By Steven Bradley, Media Relations

Clemson - Bartram's Bass are a rare catch for fishermen to land on their hooks and a Clemson University fisheries ecologist is working to ensure that thrill continues to be possible for outdoor sportsmen.

Black basses are the most popular freshwater sportfish in the United States, and the Clemson area is home to one of the rarest of all: Bartram's Bass. Historically known as Redeye Bass, Bartram's Bass was recently determined by scientists to be a unique species that occurs in — and only in — the Savannah River basin in western South Carolina and eastern Georgia. But due to hybridization with invasive species and habitat degradation, Bartram's Bass face an uncertain future.

In collaboration with the South Carolina Department of Natural Resources (SCDNR) and the Southeastern Aquatic Resources Partnership, Clemson assistant professor Brandon Peoples' research seeks to determine habitats where pure Bartram's Bass still remain and what it is about those areas that makes them resistant to hybridization.

"That's important information to have because Bartram's Bass doesn't live anywhere else in the world," Peoples said. "Bass can hybridize naturally in their native range. However, if we lose this unique genetic lineage of Bartram's Bass in the Savannah, then there's nowhere else to get them from. They're just gone."

Named after famed American naturalist William Bartram, who came through the area in the late 1700s, Bartram's Bass thrived in reservoirs such as lakes Jocassee and Keowee until the mid-1980s prior to the intentional introductions of other bass species, such as Alabama Bass, or Spotted Bass, into some of those reservoirs.

A larger and more aggressive species, invasive Alabama Bass tend to hybridize with Bartram's Bass and scientists are learning that throughout much of their range — the Savannah River basin includes all the reservoirs from Thurmond Lake to Lake Jocassee — Bartram's Bass are being replaced by Alabama Bass and hybrids.

While preserving Bartram's Bass matters to those for whom fishing is a favorite recreational pastime, it is an equally important tool for scientists to use in understanding the water quality in the Savannah River basin.

Peoples' project is an important step toward implementing conservation strategies that will benefit not only Bartram's Bass, but also overall water quality and aquatic ecosystems as a whole.

The research takes an innovative approach of using detailed life history parameters of key species to define priorities for land restoration and conservation. It also will fill critical knowledge gaps in the life history and ecology of a species that lives nowhere else in the world but in the Savannah River basin.

The Department of Natural Resources and Peoples' team have sampled around 150 locations in the Savannah River basin; so far the largest Bartram's Bass they've landed is only about 14 inches and the oldest about 10 years old. The long lifespan and slow growth of Bartram's Bass makes the



Historically known as Redeye Bass, Bartram's Bass — one such fish is pictured on a nest — was recently determined by scientists to be a unique species that occurs only in the Savannah River basin in western South Carolina and eastern Georgia (top). Above, at left, Clemson University fisheries ecologist and assistant professor Brandon Peoples is working to determine habitats where pure Bartram's Bass still remain and what it is about those areas that makes them resistant to hybridization. Above, at right, Clemson undergraduate technician Wesley Moore (left in photo), graduate student Emily Judson and undergraduate technician Alex Michaeli measure Bartram's Bass nests in the Savannah River basin. Image Credits: Clemson University

species particularly vulnerable to threats since it takes the populations so long to replenish.

"Bartram's Bass could be an important sentinel species for a couple of reasons," Peoples said. "One reason is that they're endemic to the Savannah, so they are obviously a conservation priority. And secondly, they're a sport fish. Don't let the size fool you, they're fun to catch and live in beautiful stretches of river. Preliminary evidence suggests the presence and hybridization of Bartram's Bass is related to the amount of forested land cover in a watershed. Coupling these variables with estimations of their growth rate as indicators of ecosystem health can help us prioritize areas for restoration to benefit all species, not just Bartram's Bass."

As the principal advocate for and steward of the state's natural resources, the Department of Natural Resources is charged with conservation of native species such as Bartram's Bass, which is listed among the highest conservation priority species in South Carolina's State Wildlife Action Plan due to its reliance on a high-quality aquatic habitat and clean water, as well as threats from invasive species.

"SCDNR has been collaborating with Clemson University for over the past two years as partners on a project to identify hybridization rates and spatial dynamics of native populations of Bartram's Bass interacting with introduced populations of Alabama Bass," said Mark Scott, adjunct faculty in the agency's Clemson field office. "Clemson's research to define spawning requirements and describe other elements of bass life history will contribute to our understanding of where Bartram's Bass are thriving and where there are problems due to interactions with non-native species. This joint research effort is critical to conservation and management of Bartram's Bass going into the future."

Peoples' work with SCDNR and the Southeastern Aquatic Resources Partnership (SARP) began in 2016 as part of the National Fish and Wildlife Foundation (NFWF) Native Black Bass Initiative, which recognized that many endemic black bass species in the Southeast were experiencing similar threats from habitat loss and genetic deterioration.

"Hybridization is a threat to almost all the endemic black bass species in the Southeast, not just Bartram's Bass. NFWF recognized that problem and the Upper Savannah River basin was a key priority area," Peoples said.

Vance Crain, Native Black Bass Initiative coordinator for the Southeastern Aquatic Resources Partnership, said Peoples' research allows the partnership to fill critical information gaps for the conserva-

tion of such species as Bartram's Bass.

"Understanding the role introgression or habitat degradation play in the conservation of endemic species is vital for scientists and natural resources managers to effectively protect or improve aquatic condition," Crain said. "Through SARP's partnership with Clemson, we are better able to understand key life history requirements and make informed decision on specific management actions. The Bartram's Bass has been identified as a keystone species by the Native Black Bass Initiative, being an indicator for overall aquatic resource health, and where the protection of healthy habitats ensures conservation of not only Bartram's Bass but a host of other species. This partnership with Clemson not only helps Bartram's Bass but also the watershed in which it

resides, and it allows SARP to effectively allocate its limited dollars, ensuring the greatest benefit for the species and aquatic resource."

The initial project had two goals: first, to understand what habitats Bartram's Bass need to successfully reproduce and, second, to understand where in the Savannah River Basin, both in South Carolina and Georgia, genetically pure Bartram's Bass remain. That research, in turn, led scientists to a number of other questions, such as understanding the growth of Bartram's Bass.

Peoples' current research seeks to quantify variation in growth rates — a key component of individual fitness — of Bartram's Bass throughout the Savannah River basin, identify the watershed-scale factors that control growth rates of Bartram's Bass and identify

key locations and implementation strategies for stream restoration.

Based on those results, they will use the South Carolina Stream Assessment tool to model potential restoration alternative scenarios that maximize key locations and strategies for improving growth of Bartram's Bass.

"Identifying what factors make good strongholds for pure Bartram's Bass and where they are heavily hybridized will be important for several reasons. First, it will let us build a predictive map of where to look for new populations. Second, it can help us identify impacted areas that may be good candidates for restoration. Finally, it can help us identify locations for collecting broodstock for supplemental hatchery stocking. This approach has been used to restore other endemic bass, such the Guadalupe Bass in Texas," Peoples said.

Stream restoration typically involves reforesting riparian areas, ensuring there's a buffer around the stream to protect water quality. The encroachment of non-natural land use, such as urbanization and suburban housing developments, can allow more sunlight to enter the stream and increase the water temperature as well as allowing sediment to enter the stream and negatively affect many stream organisms that have to rely on gravel and rock bottoms.

Other aspects of stream restoration involve restoring connections through dam removal. Small mill dams and other impediments can cause populations to become isolated and potentially dwindle out. However, restoring connectivity may also let invasive species access upstream habitats. So conservationists must always weigh the costs and benefits of any action.

"Clean water is important for everyone and everything," Peoples said. "Sport fish need clean water and good habitat just like invertebrates and non-game fish. It's important to think about water resources from an ecosystem perspective that includes services to people through drinking water, recreation, etc. We need clean water for everything, and the species that live in that water are the first responders indicating changes in water quality and quantity."



15th ANNUAL LAND CRUISE

BARBADOS ISLAND

FRIDAY, MARCH 15, 2019
7-11 P.M.

SPARTANBURG MEMORIAL AUDITORIUM
385 North Church Street, Spartanburg

Cruise Director
Tom Crabtree, WSPA News Channel 7

LIVE MUSIC BY BACK 9
DANCING | SILENT AND LIVE AUCTION | FOOD BUFFETS

TICKETS: \$60 per person
RESERVED TABLE: \$1,000

PURCHASE TICKETS:

- Online www.mobile-meals.org
- Mobile Meals, 419 East Main St
- Spartanburg Memorial Auditorium

PRESENTING SPONSOR

J M SMITH FOUNDATION

MOBILE MEALS God's love in action

PROCEEDS BENEFIT MOBILE MEALS OF SPARTANBURG

Make better brain health your top New Year's Resolution for 2019

(StatePoint) Alzheimer's Disease is expected to impact nearly 14 million Americans by 2050, according to the Alzheimer's Association. So, as you set your New Year's resolutions for 2019, consider the following ways to maintain and improve your cognitive function.

Research has shown lifestyle changes like improving diet and exercising regularly have helped drive down death rates from cancer, heart disease and other major diseases. These same lifestyle changes may also reduce or slow your risk of cognitive decline, which is often a precursor to Alzheimer's and other dementias.

Discovering risk factors and preventive strategies for cognitive decline that can cause problems with memory, language, thinking and judgment is a hot topic in Alzheimer's research, as are multi-faceted lifestyle interventions to slow or prevent dementia. The good news? Many such interventions are things you might already be doing or think-



ing about doing in the new year, such as eating well, staying physically active and getting good sleep, just to name a few.

"There is increasing evidence to suggest that what is good for the heart is good for our brains," says Keith Fargo, Ph.D., director of scientific programs and outreach at the Alzheimer's

Association. "Keeping our brains healthy is not something we should worry about only as we get older. It should be a lifelong effort."

One easy way to encourage brain health at any age is to stimulate your mind with problem-solving challenges. Working on a jigsaw puzzle, learning a new

language and playing strategy games are a few ways to strengthen your memory -- as long as they are new and challenging tasks. Research has also found correlations between higher levels of formal education and a better cognitive reserve -- so sign up for a class in 2019!

Another way to promote

brain health is taking care of your mental health. Managing stress and anxiety is not only important for overall health and wellbeing, but studies have found a link between depression and increased risk of cognitive decline. Take care of yourself and seek medical treatment if you have symptoms.

Being social may also support brain health. That's right. Add "hang out with friends" and "have fun" to your New Year's resolutions list. Better yet, take on several of these lifestyle changes for maximum impact. For example, enroll in a dance class with a friend.

Alzheimer's researchers are now looking into whether a "cocktail" of these interventions can protect cognitive function. The Alzheimer's Association's U.S. Study to Protect Brain Health Through Lifestyle Intervention to Reduce Risk (U.S. POINTER) is a two-year clinical trial that hopes to answer this question, and is the first such study to be conducted of a large group of Americans nationwide.

While there's currently no certain way to prevent Alzheimer's and other dementias, there is much to be gained by living a healthy lifestyle and adopting brain health habits that you enjoy, so that you stick with them for the long haul.

New data show workplace challenges exist after a cancer diagnosis

(StatePoint) The ability to manage employment after a cancer diagnosis can be complex, which means working people with cancer need support to balance work and health demands.

Despite the challenges that people with cancer face in the workplace, a new survey conducted by The Harris Poll and commissioned by Cancer and Careers, a U.S. non-profit dedicated to empowering and educating people with cancer to thrive in their workplace, reveals that a majority of cancer patients and survivors (69 percent) feel that work aids in their

treatment and recovery.

The survey also shows that many cancer patients and survivors agree that people living with cancer or cancer survivors want to work (74 percent) and that work gives them a sense of purpose (66 percent). In fact, many cancer patients and survivors said that work provides a source of personal pride and accomplishment and helps them cope. For full survey results, as well as other resources on working with cancer, visit cancerandcareers.org.

"As both a former human resources professional and

cancer survivor, I know the uncertainty that occurs after a diagnosis," says Kathy Flora, career coach for Cancer and Careers. "Employers, HR teams and managers can be instrumental in helping employees balance work and health demands if they decide they want to stay on the job."

CANCER PATIENTS AND SURVIVORS WANT TO WORK

- 74% of respondents want to continue working after their cancer diagnosis.
- 74% of respondents want to continue working after their cancer diagnosis.
- 66% of respondents want to continue working after their cancer diagnosis.
- 66% of respondents want to continue working after their cancer diagnosis.

DESPITE THE DESIRE MANY HAVE WORK CONCERNS

EMPLOYED

- 88% of employed respondents feel their cancer diagnosis will negatively affect their ability to continue working.
- 88% of employed respondents feel their cancer diagnosis will negatively affect their ability to continue working.

JOB SEEKERS

- 87% of job seekers feel their cancer diagnosis will negatively affect their ability to find a job.
- 87% of job seekers feel their cancer diagnosis will negatively affect their ability to find a job.

RESOURCES ARE CRITICAL TO SUPPORT PATIENTS & SURVIVORS

- 79% of respondents believe that employers and community organizations should do more to support cancer patients and survivors.
- 79% of respondents believe that employers and community organizations should do more to support cancer patients and survivors.

King Crossword

ACROSS

- Ref
- Present
- Jeans-maker Strauss
- Seek damages
- Dunkable treat
- Mosque big-wig
- Jogged untogged
- Baby feeding finale
- Standing
- Parched
- Started
- Let slip
- Reservation residence
- Marry
- Part of "to be"
- Unoriginal one
- Pickle container
- Thick chunk
- Grant opponent
- Plague
- Coffer
- Duration
- Bill's partner
- Scouted
- Turmoil
- Gujarat garment
- Retainer
- Little kid
- Help hoods
- Unctuous
- "Holy cow!"
- Uppercase
- Untouchable
- Eliot
- Agent
- Tripoli's land
- Aussie bird
- Alt. spelling
- Mischievous
- Swiss mathematician
- Scarlet
- Hardy cabbage
- Historic times
- "Pay later" aftermath
- Lofty
- Small beard
- Annoyed
- Retainer part
- Grow bigger
- Lincoln successor
- Rid of wool
- Sch. org.
- Rabbits
- Southern side dish
- Ringlets
- Early birds?
- Flight component
- Yon folks
- Pouch
- Counselors' grp.
- Agt.
- Dead heat

DOWN

- Cold War initials
- Silent
- Culprit, for short
- Small beard
- Annoyed
- Retainer part
- Little kid
- 29 Grow bigger

© 2019 King Features Synd., Inc.

Kids' Maze

"DOR" WORDS

King Crossword Answers
Solution time: 27 mins.

UMP GIFT LEVI
SUE OREO IMAM
STREAKED BURP
REPUTE DRY
LED LEAKED
APER JAR SLAB
LEE POX CHEST
LENGTH COO
RAN UNREST
SARI STRENGTH
ABET OILY GEE
CAPS NESS SPY

Kids' Maze Solution

© 2019 King Features Syndicate, Inc. All rights reserved.

"DOR" WORDS

MAGIC MAZE

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Ambassador	Corregidor	Labrador	Toreador
Ardor	Corridor	Matador	Tudor
Candor	Cuspidor	Odor	Vendor
Condor	Ecuador	Splendor	

© 2019 King Features Syndicate, Inc. All rights reserved.

FLASH GORDON

DALE ARDEN

WITH FLASH'S WARNINGS OF THE COMING INVASION HAVING BEEN MET WITH DISBELIEF...

...THE COURSE OF ACTION IS SIMPLE.

...MAKE THEM BELIEVE!

BOSTON UNCOMMON!

BY JIM KESPE

POPEYE

HY CHISMAN

I SAID 'O' MORNIN' OLIVE

I HEARD YOU!

UH-OH SHE'S GOTTA BUG UP'ER NOSTRIL

WOT'S GOIN' ON?

I'M NOT TALKING TO YOU!

OLIVE...SWEETIE... Y CAN'T BE SERIOUS!

YOU'RE WASTING YOUR BREATH!

WOT DID I DO WRONG?

I'LL TELL WHAT YOU DID WRONG!

FOR WEEKS I'VE BEEN TELLING YOU 'DON'T BUY ME ANYTHING FOR CHRISTMAS!'

AND WHAT DID YOU DO?

I DIDN'T BUY YA ANYTHIN' FER CHRIS'MAS!

EXACTLY!

4 simple tips for blending a better-for-you smoothie

(StatePoint) There's no better time than a new year to embrace healthy habits. And it's easier to embrace a "new me" mentality by fueling your body with the goodness it needs now. You can incorporate more fruits and vegetables into your daily regimen with one simple snack hack: smoothies! Smoothies are convenient, fast and easy to make -- all you need is a liquid base, frozen or fresh ingredients and a blender.

However, not all smoothies are made equally. It's easy to overlook the amount of sugar we're sipping, which can make your "healthy" smoothie the sugar equivalent of a candy bar. Yikes! The secret to making a better-for-you smoothie is cherry picking the right ingredients that not only taste good but are good for you.

Here are four tips for blending healthful smoothies that will help you reach your wellness resolutions in the New Year:

1. Sacrifice sugar, not taste. Smoothies made with fruit-flavored juices or sweetened with frozen yogurt might taste great, but can wreak havoc on your health, often adding up to more than an entire day's worth of added sugar. Cut back on the excess sugar by making them at home, where you can control what's inside. Consider smart swaps, like



no sugar added Mooala Bananamilks. These dairy-free milk alternatives add great-tasting flavor with sustainably-sourced bananas, roasted sunflower seeds and a touch of cinnamon and sea salt. Whether you're making a green smoothie, something sweet

and creamy or packed with tropical flavors, the Original, Chocolate and Strawberry Bananamilk varieties are packed with real ingredients and won't leave you with a sugar crash.

2. Turn flavor into func-

tion. Make your smoothie as efficient as you are. Multitask with ingredients to provide your body with all it needs without adding excess calories. Blend in a scoop of collagen for better skin or a dash of turmeric to decrease inflammation. Also con-

sider adding extra fiber, which takes longer for your body to digest, making you feel full longer and on fewer calories. Functional foods can help fill in nutritional gaps of your diet while pairing added benefits.

3. Incorporate a dairy-free base. Over 65 percent of the population experiences a reduced ability to digest lactose after infancy, so if you're experiencing unexplained bloating after meals, it's possible that dairy could be the culprit. Daiya, the tasty brand known for creating plant-based versions of favorite comfort foods, now offers delicious dairy-free yogurt cups in fruit flavors, like strawberry, peach and more. These yogurt cups are made with coconut cream, are low in sugar and pack in a healthy dose of B12, calcium and 6 grams of protein per serving. Plus, the coconut cream provides a satisfying creamy texture without the discomforts associated with dairy.

4. Plan ahead. Let's face it, busy lives require time-saving measures, and making smoothies is no exception. Prep smoothie packets the night before or, even better, for the week ahead. It just takes a few minutes to portion out the right amount of fruits and veggies, throw them in a baggie and into the freezer. Measuring the night before also ensures you don't overindulge in the morning rush, plus you won't have to add ice cubes, which lets you pack in more antioxidants while simplifying the process.

State Fire Marshal urges South Carolinians to be fire safe during upcoming winter season

As the winter season approaches, State Fire Marshal Jonathan Jones is urging citizens to be especially careful as this time of year is historically dangerous for residential fires and fire deaths.

"We all get busy during the holiday season," Jones said. "However, we need to remain vigilant about fire safety. Our statistics reveal more home fires occur during the winter months than during any other part of the year. In our state, during last year's winter months, there were 32 fatal fires resulting in 40 fire deaths.

Fourteen of those fatalities, or 35 percent, were heating related.

South Carolinians can reduce their risks of becoming a fire casualty by identifying potential hazards. Jones offers the following tips to keep homes and families safe this winter season:

- Only use kerosene heaters and space heaters according to the manufacturer's instructions. Inspect the heater for cracked or broken plugs. If frayed, worn, or damaged, do not use the heater. Don't let pets or children play too close and never leave it unattended. Keep the unit on a flat surface at least three feet away from anything that can burn. Refuel a kerosene heater outdoors. Additionally, always plug the space heater directly into the wall, not an extension cord or power strip; unplug them when not in use. Don't use either to dry wet clothing.

- Heating pads and electric blankets also pose a fire risk -- especially if more than 10 years old. Don't place anything on top of either one while in use -- this includes other blankets or pets. Never fold electric blankets or use while sleeping.

- Portable generators, commonly used in the win-

ter as a result of storm-induced power outages, produce odorless and deadly carbon monoxide. Follow manufacturer's instructions to prevent death from carbon monoxide. Never use a generator indoors.

- Be careful when using candles and keep them out of reach of children and pets. Since it is an open flame, never use a candle if oxygen is used in the home. Use sturdy candle holders and extinguish upon leaving a room or going to sleep.

- Since they are much safer to use than candles, have flashlights ready to use in case of a power outage.

- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Avoid hanging decorations around the fireplace area. Never burn wrapping paper in a fireplace; it burns too fast and hot to be controlled. Wait until ashes are cool before putting them in a metal container. Keep the container a safe distance away from your home. Never put ashes in a cardboard box or bag. Only burn seasoned and dried wood.

- Chimneys should be cleaned and inspected every year by a qualified professional. If not, they can become filled with highly flammable layers of creosote.

- Do not use the kitchen stove or oven to heat the home. Neither are designed to heat large areas, and the element may fail causing a fire. Never leave food cooking on the stove unattended.

- Smoke alarms should be installed on every level of the home - inside and outside of sleeping areas. Also, sleep with the bedroom door closed. Closing the door can increase your chance for survival by slowing the spread of fire and smoke.

"Every second counts when escaping a fire,"

Jones said. "While decorating the home, take a few minutes to test and check your smoke alarms. If any of the alarms are more than 10 years old, they need to

be replaced."

Lastly, if there is a fire emergency, call 9-1-1 as soon as possible and remain outdoors. Never return inside a burning

building for any reason.

The State Fire Marshal's Office, the Fire Academy, and the Emergency Response Task Force make up the Division of Fire and

Life Safety, which is a division of the S.C. Department of Labor, Licensing and Regulation.



A FUNNY THING HAPPENED ON THE WAY TO THE FORUM

JANUARY 11-20, 2019

CHAPMAN CULTURAL CENTER

TICKETS 542-ARTS

CHAPMANCULTURALCENTER.ORG

PLATINUM SPONSORS

J.M. SMITH FOUNDATION

Milliken

south carolina arts commission

chapman cultural center
Discover. Experience. Celebrate.

SILVER SPONSOR

THE Ahwright FOUNDATION

Book by
BURT SHEVELOVE and LARRY GELBART

Music and Lyrics by
STEPHEN SONDEHEIM

Originally Produced on Broadway by
HAROLD S. PRICE

A FUNNY THING...FORUM is presented with special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. www.MTIShows.com

The Spartanburg Little Theatre & Youth Theatre are funded in part by The Chapman Cultural Center and its donors, the City and County of Spartanburg, and the South Carolina Arts Commission, which receives support from the National Endowment for the Arts.