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Spartan Weekly

Community news from Spartanburg and the surrounding upstate area
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AROUND TOWN

Healthy Smiles Pediatric Dental Program receives funding

Healthy Smiles of Spartanburg, Inc was awarded \$15,000.00 from The Spartanburg County Foundation towards Healthy Smiles of Spartanburg Pediatric Dental Program.

"There are over 10,000 children in Spartanburg County who suffer from the most common chronic childhood disease, tooth decay, also known as a 'silent epidemic.' To help our children excel academically, the solutions are basic, oral healthcare education for parents and children as well as early prevention check-ups are necessary," said Kitta Cates, Executive Director of Healthy Smiles.

Healthy Smiles of Spartanburg is dedicated to guiding parents and their children towards better oral healthcare by providing school-based screenings and education to all children during the school year, community health fairs, and summer programs. Children ages 4 - 18 have access to dental care who have no dental insurance or Medicaid, qualifying them for Healthy Smiles FREE dental clinics, located at the Spartanburg Community College's central campus. Through The Spartanburg County Foundation and Healthy Smiles' partnership will impact the education and lives of many children in Spartanburg County.

"My journey began in Cameroon, West Africa, where I was born in October of 1994," the artist said. "The vibrant cities inspired me at an early age so much so that I spent much of my time there filling sketchbooks. My work explores the relationship between the body and urban spaces. With influences as diverse as Picasso, Dali, and Andy Warhol, new tensions are crafted from both opaque and transparent layers infused with rich textures and colors. Ever since I was a pre-adolescent I have been fascinated by the essential unreality of the moment. What starts out as vision soon becomes corrupted into a dialectic of greed, leaving only a sense of chaos and the prospect of a new understanding. As momentary replicas become distorted through frantic and critical practice, the viewer is left with an epitaph for the edges of our condition. In these new works, I want the viewer to feel at home while in an unfamiliar environment, reaching new levels of understanding art works that makes no sense to the naked eye."

Roots: Spartanburg artist explores his African heritage through local exhibit

Visual artist Ludovic Nkoth will explore his African heritage in the solo exhibition "Roots" at West Main Artists Co-op in Spartanburg Jan. 3 - 28, 2018. The reception will be Thursday, Jan. 18, 5:30 - 8:30 p.m. during the city's monthly ArtWalk. His mostly acrylic-on-canvas work can be seen at no charge in the agency's large "Venue" gallery Tuesday-Friday 10 a.m. - 6 p.m. and Saturday, 10 a.m. - 4 p.m.



Les Racines by Nkoth

"My journey began in Cameroon, West Africa, where I was born in October of 1994," the artist said. "The vibrant cities inspired me at an early age so much so that I spent much of my time there filling sketchbooks. My work explores the relationship between the body and urban spaces. With influences as diverse as Picasso, Dali, and Andy Warhol, new tensions are crafted from both opaque and transparent layers infused with rich textures and colors. Ever since I was a pre-adolescent I have been fascinated by the essential unreality of the moment. What starts out as vision soon becomes corrupted into a dialectic of greed, leaving only a sense of chaos and the prospect of a new understanding. As momentary replicas become distorted through frantic and critical practice, the viewer is left with an epitaph for the edges of our condition. In these new works, I want the viewer to feel at home while in an unfamiliar environment, reaching new levels of understanding art works that makes no sense to the naked eye."

About 14 pieces of art will be in the month-long exhibit, and most of it will be very colorful and abstract images of people on textured backgrounds. His painting style often uses many different bright colors combined with dark shadows to achieve a sense of isolated diversity. His style consists of depicting energy and emotion through color choices; creating expressive art, to stimulate the viewer's mind, compelling him/her to interact with the piece. The larger works (48 by 60 inches) sell for \$3,000, and the smaller pieces (30 by 40 inches) sell for \$1,000. A series of masks (12 by 22 inches) will sell for \$200 each.

Nkoth received his bachelor's degree in art education/art history in 2017 from the University of South Carolina Upstate. Among his awards are the 2014 Scholastic National Award and top prize in the University's art competition in 2015.

For more information about "Roots," please call West Main Artists Co-op at (864) 804-6501.

AC Hotel now open in downtown Spartanburg

AC Hotels by Marriott has announced the opening of AC Hotel Spartanburg -- the European-inspired brand's first location in South Carolina.

Nestled in the heart of Spartanburg, this arts-focused AC Hotel blends old with new, emulating a long tradition of urban lodging. Classic masonry combines with custom accents to craft a façade of decorative stone and brick with a barrel tile roof. While echoing the elegance of grand historic hotels, the style emphasizes a simple European-inspired sophistication designed for today's discerning business and leisure traveler.

AC Hotel Spartanburg is locally owned by the Johnson family and operated by OTO Development, a Johnson Management company.

"This AC Hotel reinvents the Spartanburg skyline," says Geordy Johnson, CEO of Johnson Management, noting that the 10-story property is the first new hotel to open in Spartanburg's central business district since 2004. "It's a dynamic addition to a rapidly revitalizing downtown and everything — from architecture to amenities to artwork — is designed to introduce South Carolina to the AC brand's 'New Way to Hotel.'"

Constructed of nearly a quarter-million bricks laid the old-fashioned way, the sustainably-built hotel is on track to attain LEED Silver Certification. Architectural design was a collaboration of DC-based David M. Schwarz Architects and Spartanburg's McMillan Pazdan Smith, with interior work by DLR Group of Minneapolis. Robins & Morton served as General Contractor.

"The level of detail is amazing," says OTO President/CEO Cory Oakes, pointing to exterior stonework incorporating custom motifs such as the Jessamine, South Carolina's state flower. "The hand of the craftsman is evident throughout."

The 114-key AC Hotel Spartanburg offers suites and guestrooms with either two queen-sized beds or a king plus pullout sofa.

"Our guestrooms are designed with a subtle European sensibility — neutral colors, sleek furnishings, natural lighting and an open sense of space," says General Manager Alyssa Stroup. "The AC brand's philosophy is to focus on essentials — and only essentials — so that there's nothing unnecessary in the room, but what is there is better. So these rooms are incredibly functional, with details like adjustable reading lamps, USB charging ports, free WiFi and mini-fridge."

Interior common spaces incorporate crown moldings, raised paneling and other traditional architectural detailing juxtaposed with modern fixtures, furnishings and artwork.

"At AC Hotels by Marriott, we believe in paying attention to the details, and this is evident at the new AC Hotel Spartanburg," says Benoit Racle, Senior Global Brand Director, AC Hotels by Marriott. "From the architec-



AC Hotel Spartanburg opened in downtown Spartanburg on December 14th.

tural detailing to the nods to the brand's European heritage that intermingle with local touches, every feature of the hotel has been carefully curated to give travelers an elegant, frictionless and uncomplicated experience, whether they are traveling for business or leisure."

The hotel's lobby and second floor showcase a significant selection of masterworks on loan from the nationally acclaimed Johnson Collection. Guests are encouraged to interact with the 40+ objects on view — paintings, works on paper, textiles, and sculpture — created by artists associated with the progressive arts enclave of Black Mountain College.

Sequestered in North Carolina's Blue Ridge Mountains, Black Mountain College was a living laboratory for creative experimentation. Open from 1933-1957, the avant-garde school attracted a coterie of groundbreaking artists who went on to shape modern art in this country and beyond.

AC Hotel Spartanburg's three meeting rooms are named for four key figures in Black Mountain College history: Anni and Josef Albers, Ruth Asawa, and Kenneth Noland. Designed for flexibility and awash in natural light, these rooms offer 637, 847 and 1,177 square feet, with the option to combine into one large 2,662-sq.-ft. space. The rooms are easily configured for business meetings — complete with LCD projectors, large drop-down screens, and total connectivity — as well as social events such as wedding parties, class reunions, club luncheons and community gatherings.

Other amenities at AC Hotel Spartanburg include an outdoor pool with patio, a business center, and a 24/7 fitness room with 11 machines plus free weights. The AC Kitchen serves a European-inspired breakfast featuring freshly baked croissants, sliced prosciutto and cheese, savory and sweet breakfast tarts, yogurts and fresh fruit.

The AC Lounge in the lobby emphasizes the AC signature Gin & Tonic, Spanish wines, crafted cocktails created with liquor distilled by Spartanburg's Mottes & Sons Bootlegging Co., and local micro-brews from RJ Rockers Brewing Co., which is located right across the street — so "local" truly is local. A tapas menu features small plates with a Spanish flair.

A train whistle launches Happy Hour every evening in the AC Lounge, as the bartender offers samples of "The Crescent," the hotel's signa-

ture cocktail, along with the backstory of the drink's namesake. The Crescent — one of the first-ever trains designed for passengers, with elegant dining, specialty cars and upscale services — enjoyed an always-anticipated stop in Spartanburg along its crescent-shaped route from New Orleans to New York.

A mix of Motte & Sons Vodka, Palmetto Rum, Gin, Triple Sec, Peach Izzy and a splash of lime juice, The Crescent toasts the days of yore when seven rail lines fanned out from Spartanburg like spokes on a wheel, with downtown as the hub — hence the nickname "Hub City" — for trains carrying passengers, textile products and, of course, peaches to all four corners of the country.

The 10th floor is devoted to a rooftop restaurant — scheduled to begin operations in late January — with an open-air terrace that serves up incredible 360° views of the city. Operated by the Rick Erwin Dining Group and helmed by Executive Chef Mark Grasso and General Manager Mark McCalmont, Level 10 is a high-end concept centered on seasonally-driven small plates, handcrafted cocktails and a wine cellar for all tastes. Featuring tasting-style portions of pastas, seafood, lighter fare, and a few signature steaks, the restaurant's emphasis on shared plates enhances AC Hotel Spartanburg's community-driven Southern hospitality.

Level 10's sleek, sophisticated design is the work of Greenville SC architects Craig Gauden Davis. The upscale ambiance incorporates tailored materials, handcrafted finishes, custom chandeliers and high coffered ceilings to complement the unparalleled skyline views.

"When it opens next month, Level 10 will reflect the same commitment to interior design, Southern hospitality, and quality service as AC Hotel Spartanburg," says Rick Erwin, founder of Rick Erwin Dining Group. "This menu and the unique atmosphere we have created is designed to cater to the city's visiting guests as well as locals, whether for special occasions or simply for weeknights when they don't feel like cooking at home."

AC Hotel Spartanburg is located at 225 W. Main St. in downtown Spartanburg. Local restaurants, art galleries, specialty shops and public green spaces are just steps away; several Upstate colleges are close by, too. The hotel is easily accessible via I-85 and I-26.

Be a weight loss helper, not a hinderer

From the American Counseling Association

Know someone trying to lose weight as one of their New Year's resolutions? Probably yes, since weight loss is traditionally the most common resolution that people make.

While dropping a few pounds is clearly highly personal, if you have a spouse, family member, co-worker or friend aiming for a trimmer waistline, there are a number of ways you can support bringing their resolution to fruition.

A good starting point in being helpful is often not trying to be so helpful. Sometimes things we do or say may feel like they're providing assistance when they actually are having a negative effect. Activities that you may want to avoid include:

- acting as the food police;
- buying exercise equipment or pointing out new diets;
- citing health risks of being overweight, or constantly asking for weight loss updates;
- depriving the person of favorite foods; and
- saying things like "weight loss is easy and just a matter of willpower."

Such actions can, in reality, be sending destructive messages which reinforce the person's negative feelings that something is wrong with him or her unless they lose weight. Even more eating may occur as a way to temporarily overcome these negative feelings.

Instead, your goal is to practice positive behaviors that can assist the weight loss effort. You might start by encouraging the person trying to lose weight to express his or her feelings, especially negative ones that may be triggering eating. Allowing the person to talk about such things might help them focus on what may be the real problem that affects their eating habits. It might be relationship problems, a work situation, a family loss or other major concerns. Feeling stressed often leads to eating because food is a great way to temporarily feel better.

You also want to offer ongoing encouragement, not about weight loss, but about the person in general. Sending sincere, honest, positive messages is a good way to help combat negative feelings, such as low self-esteem, that often trigger eating.

It also helps to be a positive role model. You don't have to diet yourself, but can set an example by making healthy, sensible food choices.

Being a person who understands the challenges of losing weight and is willing to listen and support, rather than lecture about helping, can go a long way in helping someone achieve their goal.

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

Around the Upstate

Community Calendar

JANUARY 5
WWE Presents NXT Live at Spartanburg Memorial Auditorium. Tickets are available at the Spartanburg Memorial Auditorium Box Office, over the phone at 1-800-745-3000 or at www.ticketmaster.com

JANUARY 7
Chapman Cultural Center is open every Sunday afternoon, 1 - 5 p.m. Spartanburg Art Museum, Spartanburg Regional History Museum, Artists' Guild of Spartanburg, The John F. Green Spartanburg Science Center and the Student Galleries are all open with free admission. In addition, one or more local musicians will perform a free mini-concert at no charge 2-4 p.m. For more info, please call (864) 542-ARTS.

JANUARY 12-14, 19-21
The Spartanburg Little Theatre presents Hands on a Hardbody, at Chapman Cultural Center, Jan. 12, 13, 19 & 20 at 8 p.m. and Jan. 14, 20 and 21 at 3 p.m.

JANUARY 13
Unity Walk: beginning at 9 a.m., at the Spartanburg County Public Library Headquarters, 151 S Church Street.

JANUARY 15
Unity Celebration, beginning at 6:30 p.m., Spartanburg Memorial Auditorium, featuring guest speaker Erica Campbell.



1. Is the book of Ur in the Old or New Testament or neither?
2. What was the act of God in making the heavens and the earth bringing forth life? Confirmation, Calvary, Creation, Communion
3. How many books of the Bible (KJV) begin with the letter "E"? 0, 2, 5, 6
4. What's a person who has changed from one religion to another? Zealot, Convert, Mediator, Pillar
5. From 2 Timothy 1, who was Timothy's devout grandmother? Dorcas, Lydia, Lois, Hannah
6. In biblical times, a "dario" was a Persian ... ? Gold coin, Headwear, Sailing ship, Well

ANSWERS: 1) Neither; 2) Creation; 3) 6 (Ecclesiastes, Ephesians, Esther, Exodus, Ezekiel, Ezra); 4) Convert; 5) Lois; 6) Gold coin

Wilson Casey's 2018 Golf Trivia box calendar is available in stores and online at RSVP.com.

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Greenville felon pleads guilty to multiple armed robberies outside of Upstate hotel

Greenville - United States Attorney Beth Drake stated that Dominique Romando Turner, age 24, of Greenville, entered a guilty plea in federal court to "Conspiracy to Carry a Firearm During a Crime of Violence," "Felon in Possession of Firearm," "Conspiracy to Commit Hobbs Act Robbery," "Hobbs Act Robbery," and "Possessing a Firearm During a Crime of Violence". United States District Judge Timothy M. Cain of Anderson accepted

the guilty plea and will impose sentence after he has reviewed the presentence report, which will be prepared by the U.S. Probation Office.

Evidence presented at the change of plea hearing established that on April 23, 2016, Turner conspired with Trevis Bland, a/k/a/ "HellRell," and another co-conspirator to rob a prostitute he solicited from backpage.com with a Technicorp .22 caliber revolver outside an Upstate hotel. Turner set

up the date with the victim and met her at the car. The co-conspirators pointed a gun at the victim, forced her out of the car, and took her money. Bland carjacked the victim's car.

Again, on April 27, 2016, Turner and Bland robbed three victims at gunpoint outside of the same hotel. One individual was hit on the back of the head with a hard object, and the co-conspirators took their money. The co-conspirators drove away in a truck. The getaway truck

was recovered, and many of the victims' items were found. The firearm had initially belonged to Turner, but Turner sold it to Bland. Both Turner and Bland have prior felony convictions that prohibited them from possessing firearms. Bland previously pled guilty before Judge Cain to conspiracy, armed robberies, carjacking, brandishing a firearm in furtherance of a crime of violence, and possession of a firearm by a convicted felon involving these facts.

Mrs. Drake stated the maximum penalty for these offenses is life imprisonment, and a fine of \$250,000. The case was investigated by agents of ATF, the Greenville Police Department, the Greenville County Sheriff's Office, and the Easley Police Department. Assistant United States Attorney Jamie Lea Schoen of the Greenville USAO is prosecuting the case.

PG Aerospace locating new facility in Pickens County

Columbia - PG Aerospace, a manufacturer of precision parts for the automotive and aerospace industries, is locating its new facility in Pickens County. Through this project, the company is bringing 22 new jobs.

PG Aerospace is a leader in research and development, custom products, stampings, assemblies, laminates and more. Proudly serving Fortune 100 and Fortune 500 companies worldwide, the company is an innovative supplier of custom-designed, stamped and machined metal.

"We are extremely excited to be bringing 22 jobs to the City of Liberty! We would like to thank Alliance Pickens, the S.C. Department of Commerce, the staff at Parker Poe and

FIVE FAST FACTS

1. PG Aerospace is opening its new manufacturing operations in Pickens County.
2. Creating 22 new jobs.
3. PG Aerospace is a provider of precision parts for the automotive and aerospace industries.
4. The company will be moving into a 15,000-square-foot facility located at 107 Alison Street in Liberty.
5. Those interested in joining the PG Aerospace team should contact Ana.Prodani@ProgasketMFG.com.

more for supporting us as we locate our new operations in Pickens County," stated PG Aerospace CEO Ana Prodani.

South Carolina Governor Henry McMaster added, "The manufacturing industry continues to be a tremendous job creator for

our state's economy, and PG Aerospace's announcement is another sign of that. South Carolina continues to show the world that it is the best place for companies to do business."

"Announcements like this one from PG Aerospace bring new jobs to

our communities and help make them sustainable. I congratulate PG Aerospace on joining the South Carolina business community, and we welcome them to Team South Carolina," added Secretary of Commerce Bobby Hitt.

"It is always exciting news when we can announce that another world-class company is moving to Pickens County. We are all thrilled to welcome PG Aerospace to the Pickens County family of creative, innovative and extraordinary companies who call Pickens County their home, and we look forward to celebrating their continued success," stated Pickens County Council Chairman Roy Costner.

The company will be moving into a 15,000-square-foot facility located at 107 Alison Street in Liberty. Those interested in joining the PG Aerospace team should contact Ana.Prodani@ProgasketMFG.com.

ballet spartanburg

2017-2018 performance season
Carlos Agudelo, Artistic Director

The Sleeping Beauty
Friday, October 20 7:00 PM
Saturday, October 21 & Sunday, October 22 3:00 PM

The Nutcracker
Friday, December 8 7:00 PM
Saturday, December 9 & Sunday, December 10 3:00 PM

DÉCADA
Friday, March 23 & Saturday, March 24 8:00 PM

The Great Gatsby
Friday, April 20 & Saturday, April 21 8:00 PM

The Spartan Weekly News, Inc.

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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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Email: sprtnwkly@aol.com

Super Crossword

SUMMING UP THE NEW YEAR

<p>ACROSS</p> <p>1 — law (computer industry rule)</p> <p>7 WWII prez</p> <p>10 Argus-eyed</p> <p>15 Turn sharply</p> <p>19 Haul in</p> <p>20 Mendacity</p> <p>21 Nerve</p> <p>22 Caucus state</p> <p>23 Luau libation</p> <p>24 Hearth</p> <p>25 Slight</p> <p>26 Again</p> <p>27 *Ad Council</p> <p>31 Et — (plus more)</p> <p>32 Roly-poly</p> <p>33 "I knew it!"</p> <p>34 Good tidbit</p> <p>38 Colleague of Trotsky</p> <p>40 *They don't have qwerty layouts</p> <p>46 Pen's tip</p> <p>48 String after Q</p> <p>49 Have — of hope</p> <p>50 Gp. for fillers and drillers</p>	<p>51 *At a short distance</p> <p>56 *Metro section manager</p> <p>59 Deadeye's skill</p> <p>60 TCBY treats</p> <p>61 Bloom holder</p> <p>62 PC pictures</p> <p>63 Fetus feeder</p> <p>65 Kottler of TV</p> <p>66 Juan's "this"</p> <p>68 Henry VIII's third Catherine</p> <p>69 *Tool whose teeth rotate</p> <p>72 Costello and Holtz</p> <p>76 Baseballer</p> <p>78 Brogan part</p> <p>79 Sloping</p> <p>81 Bacon piece</p> <p>84 Gone</p> <p>85 Antsy feeling</p> <p>86 Color tone</p> <p>87 *It may show acidity</p> <p>90 *Divorcée in 1991 news</p> <p>92 Min. segment</p> <p>93 Segment</p>	<p>94 Suffix with 114-Down</p> <p>95 Chargers linebacker</p> <p>Manti —</p> <p>96 *Yale, e.g.</p> <p>102 Tips, as a cap</p> <p>106 Chilling</p> <p>107 Golfer</p> <p>Trevino</p> <p>108 Batter</p> <p>110 Taxi readout</p> <p>111 What the double-digit Roman numerals at the starts of the answers</p> <p>to the starred clues</p> <p>add up to</p> <p>118 Mud in a cup</p> <p>121 Haikus, e.g.</p> <p>122 22nd letter</p> <p>123 Goopy camp</p> <p>treats</p> <p>124 All tied up</p> <p>125 Shul scroll</p> <p>126 Be off</p> <p>127 Unseat</p> <p>128 Like paraffin to Job</p> <p>129 Lacking pity</p> <p>130 Negatives</p> <p>131 First phases</p>	<p>DOWN</p> <p>1 Fox or ox</p> <p>2 Prophesier</p> <p>3 Derivation</p> <p>4 Teaches new skills</p> <p>5 Biblical twin</p> <p>6 Rigidly formal</p> <p>7 Thin-screen boob tube</p> <p>8 Plate</p> <p>9 Practice</p> <p>10 Giant in train travel</p> <p>11 Petty of film</p> <p>12 Quiz's kin</p> <p>13 Paella base</p> <p>14 Ticked (off)</p> <p>15 Pfizer drug</p> <p>16 Many eras</p> <p>17 She bleats</p> <p>18 Bitingly cold</p> <p>28 In thing</p> <p>29 Chin-wag</p> <p>30 Native Nebraskan</p> <p>35 Sister of Clio</p> <p>36 Rider, e.g.</p> <p>37 Old rulers</p> <p>39 Jenna Bush, to Jeb</p> <p>41 NBA and NRA, e.g.</p> <p>42 Crusty roll</p>	<p>43 Big name in Art Deco</p> <p>44 "We did it!"</p> <p>45 "See you"</p> <p>47 Wild horse</p> <p>51 Cartoonist Al</p> <p>52 Oscar winner</p> <p>58 "That's what — service!"</p> <p>61 One paid to park cars</p> <p>64 Sweet filling</p> <p>65 Event invitee (Danish chain)</p> <p>66 Sup at home</p> <p>67 Try to hit, as a fly</p> <p>70 Snow-pure</p> <p>71 Epic story</p> <p>73 Aloha Stadium site</p> <p>74 "One," on a U.S. coin</p> <p>75 Process unit</p> <p>77 Coll. in Lower Manhattan</p> <p>80 Filled up</p> <p>81 Cow of ads</p> <p>82 Kitchen filter</p>	<p>83 Burlesque dancer Lili</p> <p>84 Llama locale</p> <p>85 2004 Chevy debut</p> <p>88 Mudbath site</p> <p>89 "It" game</p> <p>90 Feeling bliss</p> <p>91 Vane locales</p> <p>94 Freezes</p> <p>97 Church chant</p> <p>98 "lcky!"</p> <p>99 Full of melting snow</p> <p>100 Flats</p> <p>101 Spanish plural article</p> <p>103 — Islands</p> <p>114 Saving sort</p> <p>115 Arab nation</p> <p>116 Drusilla divorced him</p> <p>117 Marvel mutants</p> <p>118 Shul-goer</p> <p>119 Gardner of "The Bribe"</p> <p>120 Nettle</p>
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5 'Healthy' New Year's resolutions worth giving up

(StatePoint) While most New Year's resolutions are well-intentioned, sometimes they look better on paper than in practice, actually doing more harm than good. Here are five so-called "healthy" resolutions worth giving up in 2018, as well as better solutions.

Resolution 1: I'm going to take up permanent residence in the gym. Working out is an important piece of the weight loss puzzle, but moderation is key. Studies suggest that too much exercise can lead to a number of issues like hormonal imbalance, fatigue, insomnia and even depression. Many people also report experiencing a drastic increase in appetite after extreme bouts of physical activity, which can lead to overeating and negate the weight-related benefits. Plus, if you exercise so intensely that you're injured or sore for days, it will be difficult to sustain this otherwise healthy habit.

Resolution 2: I'm saying goodbye to fats completely. Fatty foods have gotten a bad rap. The reality is there are good fats and bad



fats. In humans, fat helps support normal growth and development, provides energy, allows for proper cellular function, provides protective cushioning for organs, and helps with absorption of certain vitamins. Bad fats are found in foods like meat, butter, lard, cream and trans fats (found in baked goods, fried foods and margarine) and can increase the risk of

cardiovascular disease. Aim to replace these with good fats, which are associated with a decreased risk of chronic disease. Good fats include plant-based oils like olive and canola, avocados, nuts, seeds, and dairy, since these also offer the nutrition your body needs.

Resolution 3: I'm going to skip breakfast to cut calories. According to The

Academy of Nutrition and Dietetics, if you're skipping breakfast, you're doing something wrong. Research shows breakfast helps support brain function, energy and mood. And research suggests that people who eat breakfast consume fewer calories throughout the day, weigh less and have fewer risk factors for heart disease. Just a few reasons to load

up in the a.m.

Resolution 4: I'll just crash diet to lose the weight. Crash diets don't work and many people who do them end up just gaining the weight back.

"Sustainable weight loss should not involve hunger or deprivation," says Mandi Knowles, dietitian for South Beach Diet. "Your weight loss efforts should include sensible

changes that are easy to follow."

Find a weight loss plan that's convenient and lets you know with confidence that you are losing weight the healthy way. Plans like South Beach Diet teach portion control through a low-carb, high-protein approach with meals delivered to your door.

Resolution 5: I'm going to stop snacking. Snacks can account for more than a quarter of one's daily calories. But if you munch on nutrient-dense foods (high in vitamins, minerals and fiber and low in calories), you're more likely to maintain a healthy weight, according to the "National Health and Nutrition Examination Survey." So, snack wisely.

For more weight loss tips, visit palm.southbeachdiet.com.

In the new year, ditch extreme diets and exercise schemes. You'll find more success with sustainable health and wellness habits.

PHOTO SOURCE: (c) D r o b o t Dean/stock.Adobe.com

Timely financial reporting vital for public institutions

By Richard Eckstrom
S.C. Comptroller

Each October, many state agencies – including public colleges and universities – are required to submit to me their financial statements for the previous fiscal year. I use those statements to produce South Carolina's financial report, which is used by lawmakers, credit rating agencies, and others to assess the state's financial condition.

An agency's failure to turn in its statements on time can have ramifications beyond just that one agency. If it holds up completion of the state's financial report, it potentially hinders policymakers' ability to make decisions about spending and taxes. It may also send a troubling signal to investors interested in buying state bonds, or otherwise reflect poorly on the state.

Untimely financial statements sometimes raise red flags about an agency's accounting and record-keeping. In the recent past, they've led to discovery of serious deficiencies – such as failure to reconcile bank statements regularly, or a lack of CPAs in crucial accounting positions. Even worse, they can indicate indifference toward the importance of financial reporting.

When an agency misses the deadline, it's up to me to light a fire under them. But my options for doing so are limited. Hopefully, with repeated phone calls and a little nudging, I'll have the statements in enough time to complete the state's financial report

without much delay.

But what happens when an agency is evasive or uncooperative – for example, won't return calls? With no legal authority to force them to do anything, my only recourse is to raise the issue publicly and hope the unflattering attention will motivate the tardy officials to get with the program.

Which brings me to the subject of S.C. State University...

SCSU boasts a loyal student body and faithful alumni, yet its governance -- particularly its financial leadership -- has often fallen short. In 2014, its troubles came into the open: out of control spending, large budget deficits, about \$10 million in unpaid vendor bills, mismanaged funds, and improperly recorded transactions -- all of which resulted in a two-year probation by the regional accreditation agency. (Losing its accreditation would have been disastrous, as it would have meant its students were no longer eligible for federal aid and may well have caused SCSU to close its doors.)

Since then, much money and effort have gone into putting SCSU on sound financial footing. Lawmakers purged the entire board of trustees. The Legislature gave the school around \$20 million in state loans which later were forgiven, meaning taxpayers foot the bill to clean up the mess.

Given the resources invested in righting the ship, there was no joy in notifying other state leaders last month that SCSU

was late again this year submitting its financial statements. After missing the Oct. 1 deadline, university officials assured me I'd have the statements by Nov. 22. That date came and went. It wasn't until Dec. 12 -- more than two months late -- that the statements were turned in.

All who care about SCSU's future should be concerned. Timely financial disclosures are crucial for keeping the university healthy and solvent. And again, late financial statements can portend broader issues.

While its fiscal woes only became known to the public in 2014, I actually had begun sounding the alarm years earlier -- after growing concerned by the school's chronic problems turning in its financial statements. Out of an abundance of caution, I'm sounding the alarm again.

Certainly, SCSU finances have stabilized over the past few years, and the quality of its board and administration are much-improved. Nonetheless, we mustn't tempt fate. Given its track record and the magnitude of its recent troubles, complacency isn't an option.

S.C. State's crisis was rooted in a lax attitude toward the notions of oversight and accountability -- a mindset partially cultivated by state leaders' hands-off approach to the university; the storied, historically black university was treated as a special case, allowing its administrators to operate nearly oversight-free. What was actually needed, then as now, was "tough love."

Three years later, the high stakes dictate keeping an attentive eye on SCSU administrators. We must remind them we're watching and what's expected of

them. Failure to meet minimum standards isn't acceptable.

And there's a cautionary tale here for governmental bodies at all levels. While

not a sensational topic, oversight measures such as financial reporting requirements are fundamental to an institution's well-being.

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CONVERSE

Terriers make history with upset win at #5 UNC

Chapel Hill, N.C. – The Wofford men's basketball team made history in December, defeating No. 5 North Carolina, the defending national champions, 79-75 to give the program its first win over an AP Top 25 ranked team in the Division I era (1-22). The win, Wofford's fifth consecutive, improves the Terriers to 8-4 on the season. Wofford is 2-0 against ACC teams this season after an earlier win against Georgia Tech, also a program first. North Carolina falls to 10-2 with its lone loss coming to Michigan State.

"I think a big part of it is when you come in here and you see all the banners and history, you better believe that you can play and compete, fight on the glass and do the things necessary to win a basketball game," said head coach Mike Young. "We did that tonight. We had a lot of great performances from a number of people. We had a lot of guys play well, and I am awfully proud of them."

Fletcher Magee led all players with 27 points, 16 of which game in the second half of play. Magee entered the contest second



in the country in points per game (24.1) and bested his average. The junior guard, who played 39 minutes, made 10 of Wofford's 28 shots and shot a season high 23 attempts. Magee averaged 31.5 points in the two ACC contests this season.

Magee went 4-12 from beyond the arc and went 3-3 from the free throw line to remain perfect on the season. He is just one of two players in the Division I ranks to still be perfect from the line in 2017-18. Magee's double-digit scoring streak, now at 57 games, is the second longest in the country.

Cameron Jackson contributed on both ends of the

floor, playing a career high 35 minutes. The junior from Winchester, Va. set a program record for blocks in a game (6), while also scoring 18 points to help the offensive effort. He added three assists and a game high three steals in the win.

Trevor Stumpe earned the start for the third consecutive game. The junior added nine points for the Terriers and tied a team high with three assists. Wofford's lone senior, Derrick Brooks, scored seven points and had eight rebounds in 28 minutes of action. Freshman Storm Murphy had a solid performance from the point guard position and finished

with six points and two assists.

Wofford held the Tar Heels to 12 points below their season average (87.2 PPG) and held them to 36.4% from the field, though North Carolina entered shooting 49.0%.

Wofford scored the first basket of the game on a layup by Jackson less than a minute in. The Terriers led for the first six minutes of play until the Tar Heels tied it at 11 with 13:56 to go in the first half. North Carolina took a 13-11 lead when Kenny Williams sunk two of three free throw attempts. Brooks hit a three to put Wofford back out in front, but the Tar Heels went on a 9-1 run to take a

first double-digit lead of the game. Nathan Hoover hit a three pointer with 13:28 to go to push the lead to 14, Wofford's largest lead of the contest.

Luke Magee cut it to four with 7:30 to go in the game and then to three with 6:13 left. Magee responded with a three to push it back to six, but Joel Berry answered with a three of his own to again chip away at the lead. Brooks pushed it back to five with a basket at 4:36, but again, Berry responded and pulled the Tar Heels back within three. Johnson went to the line and sank two free throws to pull North Carolina one, 70-69, but Hoover responded with a three to extend the lead and keep the Tar Heels at bay.

Magee, the Division I leader in total three's and three's per game, didn't have a single three in the first half of play but opened the second half with two quick makes from deep in the first three minutes of play to stretch the Wofford lead to seven. The Terriers never trailed in the second half of play. Jackson converted on a dunk to put Wofford up 11, the Terriers'

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King Crossword

1	2	3	4	5	6	7	8	9	10	11
12										
15										
18										
21	22									
25										
32										
37										
42										
46	47	48								
51										
56										
59										

ACROSS

- 1 Winter woe
- 4 Movie fragment
- 8 Restaurant employee
- 12 Deteriorate
- 13 Stash
- 14 Head light?
- 15 Formed rust
- 17 Too
- 18 Felon's flight
- 19 Tasted
- 21 Miss Muffet's bugaboo
- 24 Prune
- 25 Candy in a dispenser
- 26 Deli buy
- 28 Rid of frost
- 32 Sandwich cookie
- 34 Yuletide quaff
- 36 Crucial time
- 37 Re ebb and flow
- 39 Existed
- 41 Individual
- 42 In medias
- 44 Libra symbol
- 46 Sweet girl in an old song
- 50 Yale student
- 51 Poi base
- 52 Worried greatly
- 56 Ear-related
- 57 Links warning
- 58 Detergent brand

DOWN

- 1 To and
- 2 Bagel topping
- 3 Worked with
- 4 Doorbells, often
- 5 Claiborne of fashion
- 6 Mid-month date
- 7 Accelerator, e.g.
- 8 In need of balm, maybe
- 9 Corridor
- 10 Differently
- 11 Comestibles
- 16 Father
- 20 Chic, in the '60s
- 21 Location
- 22 Actress Gilpin
- 23 Take off
- 27 Violinist's need
- 29 Put on a pedestal
- 30 Chaplin prop
- 31 Spud's buds
- 33 U-shaped part of a row-boat
- 35 Petrol
- 38 Hawaiian souvenir
- 40 Parts of an act
- 43 Big glitch
- 45 - Baba Teeny bit
- 47 Piece of info on an invitation
- 48 Great Lake
- 49 Ids' counter-parts
- 53 Raw rock
- 54 Before
- 55 Beavers' construct

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Kids' Maze

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King Crossword Answers

Solution time: 25 mins.

FLU	CLIP	CHEF
ROT	HIDE	HALO
OXIDIZED	ALSO	
LAM	SAMPLED	
SPIDER	LOP	
PEZ	SUB	DEICE
OREO	NOG	DDAY
TIDAL	WAS	ONE
RES	SCALES	
ADELINE	ELI	
TARO	AGONIZED	
OTIC	FORE	ERA
MEEK	USES	DEM

Kids' Maze Solution

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

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

Bobby pin	Landline	PDA	VCR
Fax	Maps	Phonebook	Wake-up call
Floppy disk	Pager	Tape deck	Walkman
Ice tray	Pay phone	Typewriter	

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FLASH GORDON

Character Profile:
Dale Arden

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POPEYE

BY CESMAN

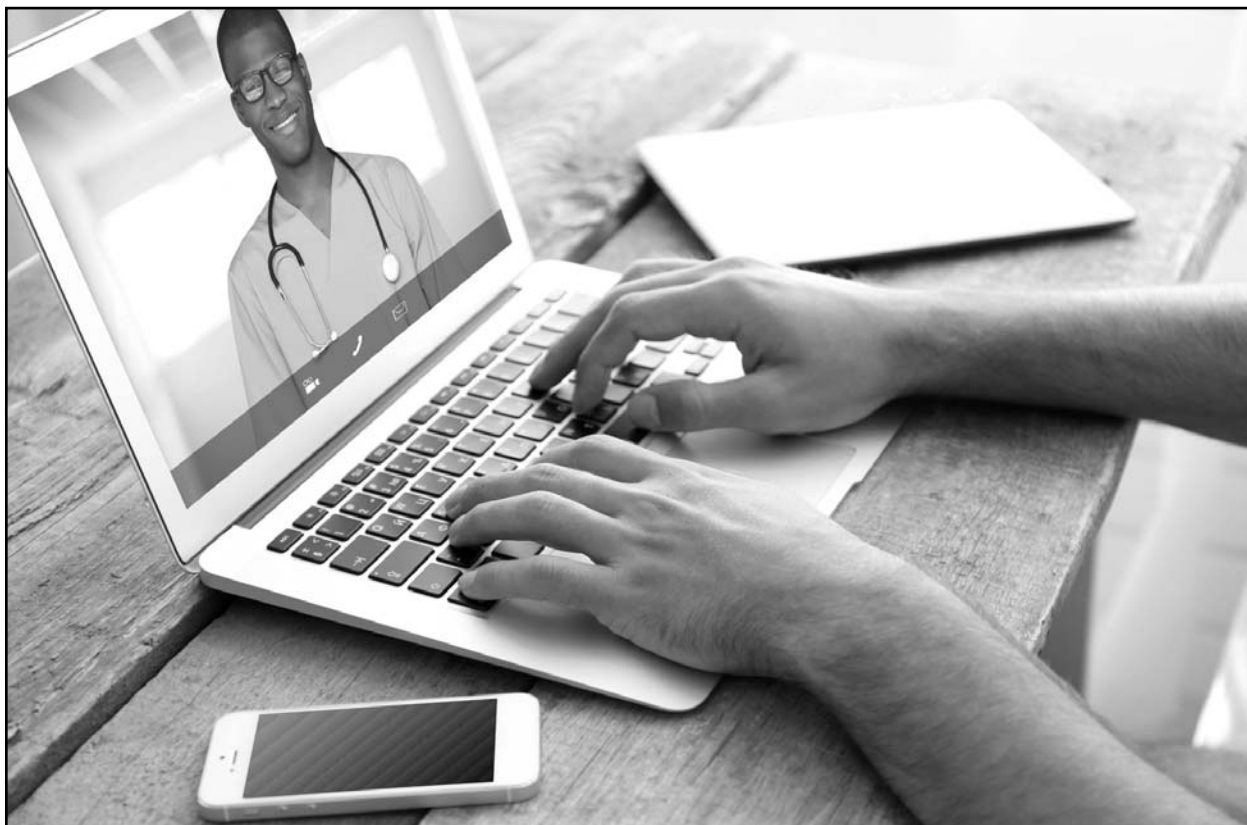
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New benefits and insurance options you can expect in 2018

(StatePoint) Ever wondered whether your insurance policy was actually working for you? You may be in luck, as your insurance plan may start to follow the same trends being adopted in other industries: simpler, more convenient and personalized products – all supported by the latest mobile technology.

This year, Stephanie Shields, a product marketing and development expert from Aflac, (Aflac herein means American Family Life Assurance Company of Columbus and American Family Life Assurance Company of New York) says that policyholders can expect these “value-added services” to become less of a nice-to-have and more of a given:

- **Telemedicine:** Consulting with a physician and getting treatment online offers greater flexibility and may become essential to busy people.
- **Fraud protection:** Identity theft is likely top of mind for policyholders and businesses. Expect to see better fraud protection, including ongoing internet monitoring and full identity restoration after a data breach.
- **Bill negotiation:** The ever-changing health care system is often confusing to navigate. Ongoing education, as



well as help understanding medical bills, can ultimately mean greater access to efficient, affordable care.

Transformed Benefits

Insurance providers will likely shift the customer experience to follow that of retailers and other industries. In 2018, expect to see insurers such as Aflac offer more cohesive insurance policies that combine multiple benefit types into one plan.

Beyond the Basics

You may find things that were once luxuries, such as

- 401K matching, Flexible Spending Accounts (FSA) and even annual bonuses, are not as successful in meeting the expectations of today’s employees. As those expectations grow, successful businesses can continue to close the gap with such services as:
- **Health advocacy:** Access to round-the-clock personal health advocates who can answer health care and insurance-related questions.
- **Financial and legal fitness:** Access to financial and legal advisors who can edu-

- cate consumers on the preparation of wills and other legal documents.
- **College-advisory services:** These might include resources to help lower college costs and navigate the admissions process.
- **No more “one-size-fits-all”:** Communications from benefits providers may be more tailored to individual needs.
- **Bite-sized communications:** Concise information about workplace benefits,

- tips for using benefits to help protect financial security and better explanations of coverage combinations that are appropriate at various life stages.
- **New format:** While some benefits information will still be delivered in the typical booklet format, more businesses may consider using online articles, digital signs, brown-bag luncheons and town halls.
- **Frequent communications:** Employers may communicate about benefits

throughout the year, or time communications to coincide with life events, such as employee anniversaries.

Time Spent Smarter

In 2018, employers who have not yet adopted online platforms to manage benefits may do so. Advantages include year-round, convenient access to pertinent information and one-page views of all benefits options and selections, enabling you to identify any holes you may have in coverage.

Penny-Pinching

More voluntary benefits, such as accident, critical illness/cancer, hospital indemnity, life and disability insurance, are on the horizon. According to the 2017 Aflac WorkForces Report, 81 percent of employees see a growing need for voluntary insurance benefits, and 90 percent consider voluntary insurance at least somewhat part of a comprehensive benefits program.

Thanks to a tech-driven world and the growing demands of consumers, 2018 may see insurers expand their services to offer even more convenience and personalization.

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RIDIN' THE STORM OUT • BLUE COLLAR MAN (LONG NIGHTS) • ROLL WITH THE CHANGES • RENEGADE • TIME FOR ME TO FLY

Head-to-toe winter fashion tips for men and women

(StatePoint) We all need solid, traditional staples in our wardrobes when the weather cools. But be they scarves, jackets or socks, the trend in this winter's clothing staples is all about putting a fun twist on classics when dressing for seasonal weather.

Here are some head-to-toe fashion tips for both men and women, as brands and designers focus on basics with an interesting edge.

Scarves

Extra-long scarves and blanket scarves are in style this season, worn in just about any way you can dream up. They are being worn as wraps, shrugs, head coverings and more. Wrapped around your shoulders and crossed behind your back, blanket scarves become a wrap or shrug-like experience to keep you toasty. Worn over the head a traditional scarf will keep your ears protected from chilly breezes.

And looped traditionally around your neck, longer scarves become, well, simply scarves designed to keep your neck and upper



body warm when the mercury dips.

Jackets

Belted jackets for women are on point this season, according to experts, enabling the wearer to style them with versatility to create different looks with the same garment. And making a bold resurgence are denim jackets, as this

rugged fabric proves to be a nice defense against cool breezes, especially with a proper lining. Denim jackets are now coming in a variety of styles and lengths -- from short to long, straight edged to frilly.

For men, outerwear is trending towards quilted or padded, and traditional jackets are being outfitted with a bit more of an edge

in oversized proportions. Think classic with a twist or business attire with attitude.

Socks

In keeping with the theme of basics with a twist, think fashion-forward socks. Whether it's rich shades, jewel toned patterns, knit boot socks, or not so basic black, brands like iconic

Gold Toe, are churning out on-trend accessories for the season. For instance, everyone has heard of the Little Black Dress, so Gold Toe is introducing the Little Black Sock -- a collection of women's socks that offer styles featuring scalloped edges, stripes and subtle patterns. These wardrobe staples come in a variety of toe covers, luxury trouser

socks and lavish crews, with styles made from lace, prima cotton and microfiber, to name a few. And the brand's new Fairisle Crew is a traditional boot sock that has a touch of bright colors as a fun nod to sweater season.

When it comes to men's socks, the season is bringing with it a blend of style and innovation. For instance, the Gold Toe Fashion Singles feature a number of bold autumn shades that incorporate Fresh 24/7 technology to help prohibit the growth of bacteria that causes odor. These styles are fashionably flexible and can be dressed up or down no matter the occasion. With colorful stripes, novelty prints and winter patterns, these socks can step up your wardrobe this season. More information about men's and women's socks for the season is available at www.goldtoe.com.

Head-to-toe fashion trends for cool weather are all about new takes on classics to kick wardrobe basics up a notch.

S.C. State Fair assistant manager Nancy Smith named second vice chair of international fair association

Columbia – South Carolina State Fair assistant manager, Nancy Smith, has been named the 2018 second vice chair of the International Association of Fairs and Expositions (IAFE).

Smith was elected during the final business session of the 127th IAFE Annual Convention, Nov. 26 - 29 at the Paris Hotel in Las Vegas, Nev.

The IAFE is a voluntary, not-for-profit corporation that serves state, provincial, regional, and county agricultural fairs, shows, exhibitions, and expositions. It currently represents more than 1,100 fairs around the world and more than 900 members from related fields.

In her role as second vice chair, Smith will assist the chair with executive responsibilities associated with the organization in preparation for her role as IAFE chair in 2020.

"We look forward to Nancy's service on our Association's Executive Committee," said Marla J. Calico, IAFE president and CEO. "Her passion for creating excellence in programming at the South Carolina State Fair has been shared with our members across the U.S. over the years as a peer leader, committee chair, and speaker at state and regional meetings."

Smith has served as Zone 2 director of the IAFE since 2015, representing South Carolina, North Carolina, Georgia, Delaware, Florida, Maryland, Virginia, and West Virginia within the association.

"I have a long-standing love of fairs and what they mean to their communities," Smith said. "I look forward to continuing my work with the IAFE to help promote and develop fairs and exhibitions across the country."

Smith has served as the S.C. State Fair's assistant general manager since 2008 and will become the fair's general manager when Gary Goodman retires at the end of the year after 33 years in that role.

Smith has worked with the fair for more than 30 years. She began in the fair's home and craft department in 1983 and eventually was named superintendent of that department. She assumed a full-time position in 2000 as

director of entertainment and exhibits and continued in that position until being

named assistant general manager.

As the state's largest event,

The South Carolina State Fair is a self-supported, non-profit organization dedicated

to educating South Carolina's young adults. The fair awards more than \$300,000

in scholarships each year.

The 2018 S.C. State Fair will run Oct. 10 - 21, 2018.