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# Spartan Weekly

**Community news from Spartanburg and the surrounding upstate area**  
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## AROUND TOWN

### What you & your business should know in 2025

The annual Outlook Spartanburg conference features economic, legislative, hospitality, and community forecasts for the year ahead. This year's topics include the annual, highly-anticipated Economic Outlook, as well as a series of break-out sessions sure to help you make informed decisions in the year ahead.

This event will be held on Friday, January 10, 7:30 a.m. - 2:00 p.m. at Milliken Customer Center, 920 Milliken Road in Spartanburg.

Following the waterline replacement project by Spartanburg Water, the South Carolina Department of Transportation, has project plans to repave the entire Union Street corridor.

Visit <https://www.onespartanburginc.com/outlookspartanburg> for registration information.

### AFL continues growth of Spartanburg County manufacturing operations

AFL, a manufacturer of fiber optic products and equipment, today announced it is expanding its manufacturing operations across Spartanburg County. The company's \$155 million investment will create over 150 new jobs over the next two to five years.

Founded in 1984 and headquartered in Spartanburg County, AFL is a subsidiary of Fujikura, Ltd. of Japan, and provides industry-leading, end-to-end solutions, products and services to the energy, service provider, enterprise, industrial, and hyperscale markets.

Individuals interested in joining the AFL team should visit the company's careers page.

The Coordinating Council for Economic Development awarded a \$200,000 Set-Aside grant to Spartanburg County to assist with the costs of building improvements.

### Spartanburg Water begins Union Street Waterline Replacement Project

At the start of the new year, Spartanburg Water will begin the process of replacing nearly 20,000 feet, or almost four miles, of waterline along Union Street, running from E. Henry St. to Keltner Avenue.

The waterline, a 14-inch cast iron line that was originally installed in 1941 to serve the World War II Camp Croft military installation southeast of the City, along with additional smaller lines that exceed 100 years of age will be replaced. Spartanburg Water is committed to ongoing improvements to our infrastructure, and with the assistance of a South Carolina Infrastructure Investment Program (SCIIP) grant, this new waterline will help to ensure that residents and businesses along the Union Street corridor continue to receive reliable water service for many years to come.

Traffic control will be set-up for the duration of the project, in the right-hand, southbound lane on Union Street, with work taking place between 7 a.m. and 5:30 p.m., weather permitting.

For more information regarding the Union Street waterline replacement project, please visit [www.spartanburg-water.org/union-street](http://www.spartanburg-water.org/union-street).

### The Greatest Love Of All - A Tribute to Whitney Houston coming to Spartanburg Memorial Auditorium

This show is coming to Spartanburg Memorial Auditorium January 12, 2025 at 7:30 p.m. For ticket information please visit [www.ticketmaster.com](http://www.ticketmaster.com) or call the box office at (864) 582-8107 to avoid service charges.

### Driving Spartanburg vibrantly forward: Converse College for Women

The Converse College for Women (CCW) held a fall Period Party on Sunday, November 10, 2024, as part of their collaboration with the Period Project. The Period Project increases awareness of period poverty and delivers menstrual hygiene products to those in need.

Volunteers from the Converse community collected products and packed more than 350 period packs to benefit area schools, including Spartanburg High and McCracken, and restocked the Valkyrie Supply period product shelf. Nearly 75 Converse University students helped at the packing party, and some Converse alumni supported the endeavor.

The CCW holds this event at least once a year to help the on-campus and off-campus communities. Converse alumna and President of the Spartanburg Period Project chapter, Kerry Easler '96, has been a repeat participant since 2022.

Valkyrie Supply accepts donations for hygiene products all year and donations can be left in the Office of Spiritual Life lobby at any time (Montgomery 201). The office can also arrange for local donations to be picked up.



**Bias (front row, far left) with an enthusiastic group of mock trial students. Wofford College photo**

## Still choosing mock trial

By Dr. Dwain Pruitt '95  
 for Wofford News Services

At 13 years old, Joseph Bias '06 received an ultimatum that changed his life.

"I was the kid who talked a lot in class. I had an eighth grade social studies teacher named John Smith. ... He kind of pulled me aside and said, 'Look, you have two options here: We can either put you in in-school suspension or you can do this mock trial program.'"

Bias chose mock trial. Then he chose Wofford because of the college's reputation in the legal community.

At Wofford, Bias majored in humanities, combining his interests in English, history and philosophy. He participated in mock trial, served on the Judicial Commission and received the Heart of a Terrier Award.

Bias went on to graduate from the University of South Carolina Joseph F. Rice School of Law in 2010. He started its Judge J. Lyles Glenn Jr. and Terrell L. Glenn Sr. Mock Trial Competition in 2009

and served as its chief justice. He currently serves as an adjunct professor and is a 1L mentor. The student who best exemplifies the spirit of the mock trial bar receives the Joseph P. Bias Award.

Bias' practice focuses on education law. Several areas of law intersect in education law, making the field complex and challenging ... and ideal for Bias.

"When you're a person who is interested in a lot of things and sometimes has a short attention span, it's fun to have a job where you don't know what's going to happen next," he says.

Bias became general counsel for Midlands Technical College in 2019 and founded the Joseph Bias Law Firm in 2024. Much of his practice involves Title IX, including investigations and serving as a hearing officer. He has received several recognitions, including being chosen as one of The State newspaper's "20 Under 40" and receiving the South Carolina Bar Law Related Education Lawyer of the Year in

2018. In 2022, he received a Legal Elite award from Columbia Business Monthly. He was the top vote-getter in education. Bias calls this attention "flattering," but he says he's only "proud of the ones that relate to community work and the work that I do with kids."

Bias makes time to coach mock trial at Richland Northeast High School every Tuesday evening. "I tell my students all the time that I think, at this point, I am a lawyer so that I can justify being able to coach mock trial," he says.

Fun fact: If Bias hadn't become an attorney, he might have pursued a career as an actor. He learned to read at 18 months, and his facility for memorizing scripts resulted in several roles, culminating in a role in Oprah Winfrey's 1998 TV movie, "The Wedding." Bias portrayed Halle Berry's grandfather in a flashback sequence. Bias was so starstruck both times he met his "granddaughter" that he was speechless.

## Spartanburg Academic Movement secures \$1 million Promise Neighborhood grant to support Southside community

The U.S. Department of Education has awarded Spartanburg Academic Movement (SAM) \$945,308 over two years through the Promise Neighborhoods program. SAM was one of seven organizations in the United States to receive a collective \$7 million in grant funding.

SAM's grant will address systemic challenges and support students and families in the Southside of Spartanburg, providing essential resources to improve educational outcomes and strengthen community well-being in this historically underserved area.

The Southside Promise Blueprint initiative will focus on four key schools in Spartanburg School District 7: Mary H. Wright Elementary, E.P. Todd Elementary, Carver Middle School, and Spartanburg High School. The initiative aims to improve student achievement, enhance family supports, and foster a stronger community.

Specifically, the grant will support early childhood education with family navigation services to ensure children enter school ready to learn, student progression programs to enhance student engagement and transitions through

school, dual enrollment opportunities and work-based learning programs and internships for high school students. The grant includes family and community engagement initiatives including the Strengthening Families program to support families and reduce behavioral challenges and mental health supports through service access to address trauma and adverse childhood experiences (ACEs). The grant will establish a youth advisory council to incorporate community voices into decision making and provide rapid-resource microgrants to empower local organizations meeting immediate community needs.

This grant represents a collaborative effort to integrate education, health, and social services that will help families overcome barriers and build brighter futures. The initiative will track progress through key metrics, including improved school readiness, higher attendance rates, and increased family engagement.

"This grant is a testament to what's possible when a community comes together with a shared vision and a common agenda to support children and families," said Dr. Russell

Booker, Chief Executive Officer of Spartanburg Academic Movement. "This grant draws from previous work by the community focusing on youth services, high-quality education program and health and wellness. It's centered on laying a greater foundation for generational change. Collectively, we are creating a brighter future for our students, families, and the entire community."

The initiative is rooted in collaboration with local stakeholders including SAM, the City of Spartanburg, Spartanburg School District 7, Mt. Moriah Baptist Church, Strategic Spartanburg, South Converse, Liberty Heights, Forest Park Neighborhood Associations, and the other place-based organizations on the Southside.

Dr. Larry Crudup, Pastor of Mt. Moriah Baptist Church, an integral partner in the initiative, expressed the church's enthusiasm for joining this effort. "Mt. Moriah has long been a cornerstone of the Southside community and its schools. This grant aligns with our history of service and our mission to ignite hearts, engage humanity, and transform lives."

Milliken & Company becomes first textile manufacturer to offer non-PFAS materials for every layer of firefighter turnout gear

Spartanburg-based global diversified manufacturing leader Milliken & Company announced that it is the first textile manufacturer to offer non-PFAS materials for all three layers of firefighter turnout gear, including outer shell, thermal liner, and moisture barrier. Access to all three layers from a single U.S.-based supplier allows garment manufacturers to test the fabrics as a system while ensuring a complete chain of custody for the material — which can minimize delays and get gear into the hands of firefighters faster.

"Milliken is proud to be the only U.S. manufacturer offering non-PFAS fabric for every layer of turnout gear, but more importantly, we're proud that these fabrics exceed performance standards," said Marcio Manique, SVP of Protective Fabrics for Milliken. "Our team is passionate about helping to protect first responders, and our certification results prove that firefighters don't have to compromise on health, protection, or comfort when choosing the right turnout gear."

The three layers in the non-PFAS composites include:

- Milliken Horizon™: a non-PFAS, lightweight outer shell that provides industry-leading retention of strength and appearance year after year.

- Milliken Assure™: a non-PFAS, non-halogenated, flame-resistant moisture barrier that exceeds NFPA 1971-2018 requirements.

- Milliken Equinox™: a non-PFAS, slick thermal liner that offers superior wicking and moisture management, resulting in quick dry times and high levels of comfort and protection.

The recently published NFPA 1970-2025 standard was issued with reduced performance criteria in anticipation of non-PFAS products having poorer performance; however, the Milliken composites were able to meet and exceed the more stringent NFPA 1971-2018 standard during the third-party testing process in November. Every individual layer that make up both composites are UL certified.

Massachusetts and Connecticut have already passed bans on the use of PFAS in firefighters' protective equipment beginning as early as 2027. Milliken's composites are the only high-performing, non-PFAS, non-halogenated FR options readily available on the market today. The company eliminated the use of PFAS chemistry from its fire service fabrics in 2021, and across its entire textile fibers and finishes portfolio in 2023.

# Around South Carolina

## MUSC breaks ground on College of Medicine building

Adapted from information received courtesy of MUSC

Charleston - Medical University of South Carolina (MUSC) leaders, physicians, medical students, alumni, faculty and staff gathered on December 13 to celebrate the groundbreaking of the future College of Medicine building that will enhance and better support innovative medical education.

The project marks the first time in more than a century that the university's flagship college will have a dedicated building. The College of Medicine, which educates more than 720 medical students per year, currently shares classroom and study spaces across the campus with students from MUSC's other colleges, and staff support personnel is scattered across eight locations.

"The new College of Medicine building is desperately needed to meet the demands for health care in our state and to train our students in the ever-increasing knowledge



MUSC recently broke ground on a 186,000-square-foot state-of-the-art College of Medicine building.

required to be a successful physician while maintaining the humanistic side – the compassion and empathy – that patients desire," said Terrence E. Steyer, M.D., dean of the College of Medicine and vice president for Medical Affairs.

The new facility will be a 186,000-square-foot state-of-the-art building that will provide a centralized place for medical student support staff and provide a

true "home" for students to learn, study, relax and socialize. The facility will also provide offices for many educational leaders and college departments as well as provide spaces that can be utilized for residency education and continuing medical education. Some of the features include:

- Active-learning spaces
- Large classrooms
- Student study and

relaxation spaces

- Faculty/alumni commons
- College of Medicine dean's office
- Faculty and staff offices
- Wellness studio

As part of the building-design planning, College of Medicine leadership invited medical students to provide input in work-group sessions. "We asked the students to help us

design the building. We wanted to make sure we were reflecting their needs in the building," Steyer said.

The building will help the College of Medicine expand its educational offerings and, with appropriate approvals, increase the number of future physicians who are trained here. A shortage of more than 3,000 physicians is predicted for South Caro-

lina during the next 10 years, indicating a need to increase the size of MUSC's incoming classes.

"We are building a future where MUSC College of Medicine graduates will be able to lead the charge to address the most challenging health issues of tomorrow," said David J. Cole, M.D., FACS, president of MUSC. "I look forward to seeing the profound impact the accomplishments of those who train and work here will have on the lives of individuals and communities."

The estimated cost of the new building is \$175 million, which is being raised from public and private funds.

The new facility is scheduled to open in summer 2027.

"Today is a hallmark for the next 200 years for MUSC and its College of Medicine," Steyer said. "We will continue to 'change what's possible' through the education, research and personal connections made in this new building."

## Greenville Area Development Corporation welcomes two new researchers to team

Greenville - The Greenville Area Development Corporation (GADC) recently welcomed Joe Foster and Logan Gibbons as the newest members of its research team. Their expertise will play a pivotal role in advancing the organization's mission to improve the quality of life of every Greenville County citizen through support of existing businesses, attracting new industries, and fueling strategic investments that generate jobs in Greenville County.

In their new roles at the GADC, Foster and Gibbons will manage key property data, handle complex business information requests, and compile workforce-related data to support business recruitment and retention efforts. Their expertise will be key in ensuring that the GADC has the accurate data and research needed to serve Greenville County's growing business community.

"We are committed to continuously improving the resources and research capabilities that drive

Greenville's economic development," said Marshall Franklin, GADC Board Chair. "Joe and Logan's unique backgrounds and skills will greatly enhance our efforts to attract and retain businesses in the region, ensuring that Greenville remains a competitive and thriving community. As we expand our research capabilities, GADC will continue to be the leading resource for economic and community data and providing insights into key trends."

Joe Foster, a native of Charleston, South Carolina, joins the GADC with a solid foundation in economics and investigative

research. He holds a Bachelor of Science in Economics from Clemson University, where he also minored in History. After graduation, Foster gained experience in IT at a technical college in Myrtle Beach before transitioning to a role as a financial crime investigator at TD Bank, where he specialized in anti-money laundering investigations.

Logan Gibbons also joins GADC as a Research Associate, bringing over 10 years of experience in real estate, planning, and life sciences. He holds a Master's in Real Estate Development from Clemson University and

has served in roles such as a Planner at Oconee County and a Real Estate Development Analyst at Hudson Oak, where he focused on underwriting land development projects. Gibbons also worked as a Quality Assurance Chemist at Bausch & Lomb, providing him with valuable skills in scientific research and regulatory compliance.

Both Foster and Gibbons

are excited to contribute to the success of Greenville County and are committed to supporting the GADC's mission.

The Greenville Area Development Corporation is a 501(c)(3) organization founded in 2001 by Greenville County Council. As leaders in economic development for Greenville, the GADC provides support and resources to businesses

of all sizes and acts as a liaison between the business community and local government. The GADC works closely with government officials and agencies to ensure that the needs and concerns of businesses are heard and addressed. For more information about Greenville Area Development Corporation, visit [www.greenvilleeconomicdevelopment.com](http://www.greenvilleeconomicdevelopment.com).

**If you are anywhere in your journey with substance use disorder,**

I want you to stop, look around and open your heart.

Revel in the abundance of your existence. See how small substance use disorder can be when set next to all that you are or ever could be.

Fill your existence with beauty, purpose and a life of service.

And your substance use disorder—your history of addiction, the things you may have done that you are not proud of—will one day be small enough to deal with while allowing you space to live this life of joy.

Hold on.

We are not the sum of our scars but rather a beautiful mosaic of the life they hold together.

—Joseph Washington, DC  
In recovery from substance use disorder

Learn how substance use recovery can start with hope.com

**BIBLE TRIVIA**  
by Wilson Casey

1. Is the book of Ephesians (KJV) in the Old or New Testament or neither?
2. "Let every thing that hath breath praise the Lord" is found in ...? *Psalms, Proverbs, Numbers, Jeremiah*
3. What tree did Jesus tell a parable about? *Apple, Fig, Olive, Sycamore*
4. Who was John the Baptist's father? *Zechariah, Zacharias, Zephaniah, Zaccheus*
5. What did the oak tree symbolize in the Bible? *Growth, Strength, Weakness, Fruitfulness*
6. Which is not a book of the New Testament? *Revelation, Judges, Colossians, Jude*

ANSWERS: 1) New, 2) Psalms 150:6, 3) Fig, 4) Zacharias, 5) Strength, 6) Judges

Sharpen your understanding of scripture with Wilson Casey's latest book, "Test Your Bible Knowledge," available in bookstores and online.

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**Super Crossword**

Answers

1. GALATIA 2. ANTIMONY 3. POLYMER 4. PLOTTING 5. EXODUS 6. BROADWAY 7. BIADHAI 8. ONA 9. ROMAN 10. TIDG 11. WANSI 12. DIAND 13. BOYD 14. CLIA 15. ENIS 16. ENISUE 17. WORK 18. LIGUE 19. TIRE 20. TEIN

1. Posh parties 2. Lumbeyard tool 3. Rd. crossers 4. Quick bite 5. Japanese film genre 6. Mob code of silence 7. au vin (chicken dish) 8. Qualified 9. Milk or egg container in a precinct refrigerator? 10. Volcanic event 11. Bible book after Genesis 12. Strike zones, to pitcher 13. Kershaw? 14. Hefty slice 15. White-coated Scottish 16. Ohio city whose residents all have messy mop tops? 17. merged with Exxon in 1999 18. Studio alert 19. Dalai — 20. Brian of electronica

21. Play spiritedly 22. People evaluating a central California city? 23. Wedding vow 24. Seder bread 25. Makes public 26. Suffix with million 27. Has a feeling 28. Shepherd of "Mr. Iglesias" 29. Conjunction with a slash 30. Appliance invented by the first U.S. president? 31. "A Bell for —" (novel) 32. Caged (up) 33. "24" actress 34. William who played Hopalong Cassidy 35. T. Rex, e.g. 36. fatuus (delusion) 37. Longtime "Conan" airer 38. known for the loud crashing noises in his songs? 39. Flapjack chain, in brief

3. "— & Stitch" 4. In the center of a vessel 5. Not religious 6. Mythical bird 7. Apple line 8. Alternative to JavaScript 9. Madrid Mlle. 10. "This is not —" (warning to kids) 11. Desire 12. Act segment 13. Legal wrongs 14. Crouch down 15. "StarTalk" cable chan. 16. NYC theater award 17. ATM hole 18. Egg sources 19. Actor 20. Morales 21. Fundamental 22. Have title to 23. Film director 24. Ratner 25. See 75-Down 26. — Father 27. Songlike 28. Cleo of song 29. U. of Maryland athlete 30. Born, in Lyon 31. Gave lip to 32. Actor Murphy

1. Stare in awe 2. Strong as — 3. Else 4. Else

43. Opening lines 44. Aesop's hare, notably 47. Actress Dern 48. Playful trick 49. Mothers 52. An obi is one 53. Standard 54. One-named New Ager 55. Prefix with -dermal or American 60. Wall St.'s "500" index 61. Big name in fuel additives 62. Weeding tool 63. Bring to a halt 64. Brings pain to 66. Cake coating 67. Taboo things 68. Mess up 69. Prince, e.g. 70. First five of 26 letters 71. Gold-medal swimmer 72. Tom 74. Cable streaming app until 2020 75. With 116-Across, it has trembling leaves 77. Scooby- —

78. With a sharp image, briefly 79. Aussie "Hil" a food package 83. "— the rub!" 84. "General" on Chinese menus 85. Core 86. Half of dos 87. "Such a pity" 91. Sound from a cold sufferer 93. Maintenance 94. Natal lead-in 95. "Othello" foe 97. Illegal burning 98. Edition 99. Make a goal 101. Figure skater Katarina 102. Horrid giant 103. Regretful person 104. CEOs' degs. 105. Law firm aide, for short 106. Baseballer 107. Siouan people 108. Schnozzola 110. Doping juice 111. Tot's plea 112. Sword variety 115. Silent assent

**The Spartan Weekly News, Inc.**

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**Office Manager:** Tammy Dailey

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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: [legals@spartanweeklyonline.com](mailto:legals@spartanweeklyonline.com)

**Super Crossword** ADDED WEIGHT

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# Legal Notices

Mauldin, SC 29662  
Atty: S. Allan Hill  
819 East North Street  
Greenville, SC 29601  
1-9, 16, 23

**NOTICE TO CREDITORS OF ESTATES**

All persons having claims against the following estates MUST file their claims on FORM #371ES with the Probate Court of Spartanburg County, the address of which is 180 Magnolia Street Room 302, Spartanburg, SC 29306, within eight (8) months after the date of the first publication of this Notice to Creditors or within one (1) year from date of death, whichever is earlier (SCPC 62-3-801, et seq.) or such persons shall be forever barred as to their claims. All claims are required to be presented in written statement on the prescribed form (FORM #371ES) indicating the name and address of the claimant, the basis of the claim, the amount claimed, the date when the claim will become due, the nature of any uncertainty as to the claim, and a description of any security as to the claim.  
Estate: Faith Turner Douglas  
AKA Emily Faith Turner Douglas  
Date of Death: July 3, 2024  
Case Number: 2024ES4201460  
Personal Representatives:  
Ms. Tammy D. Benavidez  
318 Point Lookout Road  
Cross Hill, SC 29332 AND  
Ms. Tracy D. Douglas  
2145 Pomerol Drive  
Moore, SC 29369  
1-9, 16, 23

**LEGAL NOTICE**  
2024ES4202314

The Will of Howard Earl Eklund, Deceased, was delivered to me and filed December 17, 2024. No proceedings for the probate of said Will have begun.  
HON. PONDA A. CALDWELL  
Judge, Probate Court for Spartanburg County, S.C.  
1-9, 16, 23

**LEGAL NOTICE**  
2024ES4202329

The Will of Spencer Remond Mathews Jr., Deceased, was delivered to me and filed December 18, 2024. No proceedings for the probate of said Will have begun.  
HON. PONDA A. CALDWELL  
Judge, Probate Court for Spartanburg County, S.C.  
1-9, 16, 23

**LEGAL NOTICE**  
2024ES4202331

The Will of Carol Anne Stiltz, Deceased, was delivered to me and filed December 19, 2024. No proceedings for the probate of said Will have begun.  
HON. PONDA A. CALDWELL  
Judge, Probate Court for Spartanburg County, S.C.  
1-9, 16, 23

**LEGAL NOTICE**  
2024ES4202336

The Will of Josephine E. Slaten, Deceased, was delivered to me and filed December 20, 2024. No proceedings for the probate of said Will have begun.  
HON. PONDA A. CALDWELL  
Judge, Probate Court for Spartanburg County, S.C.  
1-9, 16, 23

**LEGAL NOTICE**  
2024ES4202200

The Will of Henry Ronald Clary AKA Henry Ronald Clary Sr., Deceased, was delivered to me and filed November 25, 2024. No proceedings for the probate of said Will have begun.  
HON. PONDA A. CALDWELL  
Judge, Probate Court for Spartanburg County, S.C.  
1-9, 16, 23

**LEGAL NOTICE**  
2024ES4202354

The Will of James W. Gribbin, Deceased, was delivered to me and filed December 23, 2024. No proceedings for the probate of said Will have begun.  
HON. PONDA A. CALDWELL  
Judge, Probate Court for Spartanburg County, S.C.  
1-9, 16, 23

**LEGAL NOTICE**  
2024ES4202348

The Will of Ceilia Garrett, Deceased, was delivered to me and filed December 20, 2024. No proceedings for the probate of said Will have begun.  
HON. PONDA A. CALDWELL

Judge, Probate Court for Spartanburg County, S.C.  
1-9, 16, 23

**LEGAL NOTICE**  
2024ES4202367

The Will of Patricia Evelyn Gwinn AKA Evelyn Crowe Gwinn,

Deceased, was delivered to me and filed December 27, 2024. No proceedings for the probate of said Will have begun.  
HON. PONDA A. CALDWELL  
Judge, Probate Court for Spartanburg County, S.C.  
1-9, 16, 23

**LEGAL NOTICE**  
2024ES4202356

The Will of Darlee K. Koepke, Deceased, was delivered to me and filed December 23, 2024. No proceedings for the probate of said Will have begun.

HON. PONDA A. CALDWELL  
Judge, Probate Court for Spartanburg County, S.C.  
1-9, 16, 23

## DID YOU KNOW?

You may be eligible for SNAP Benefits even if you receive:

- Social Security
- Child Support
- Unemployment

To learn more, visit:  
[dss.sc.gov/assistance-programs/snap/](https://dss.sc.gov/assistance-programs/snap/)



“With the help of an adult education center, I finished my high school diploma, and it changed my life.”



Jamie, Age 26

Find free adult education centers near you at **FinishYourDiploma.org**

**Manufacturing Engineering Manager, Crane Instrumentation & Sampling PFT Corp., Spartanburg, South Carolina:** Manage a team of engineers & technicians that develop & implement optimal, cost-effective manufacturing processes & methods in accordance w/ product specifications and quality standards. Coordinate manufacturing launch for new or revised products. Develop effective equipment uptime strategy & executes plan to ensure acceptable uptime levels for critical equipment & machinery. Must have Bachelor in Engineering & 5 yrs of Manufacturing Engineering exp. Of exp required, must have 5 yrs in each of the following:  
(i) Applying Kaizen & Lean Manufacturing tools & methodologies;  
(ii) Utilizing technical exp in manufacturing process & methods including flow, layout, assembly, & production equipment; & (iii) modelling w/ CAD/CAM software. In the alternative, will accept Master in Engineering & 2 yrs of experience in each of the above. Exp may be gained concurrently. Interested applicants apply online: <https://www.craneco.com/careers/>



# Ten health recommendations for the New Year

(StatePoint) Looking to improve your health in 2025 and beyond? Check out these recommendations from the American Medical Association:

**Make nutritional tweaks:** Reduce your intake of sugar-sweetened beverages and processed foods, especially those with added sodium and sugar. Drinking sugary beverages, even 100% fruit juices, is associated with a higher mortality risk, according to a study published in JAMA Network Open. Drink water and choose nutritious, whole foods including fruits, vegetables, whole grains, nuts and seeds, low-fat dairy products, and lean meats and poultry.

**Get active:** A recent study published in JAMA found that putting down the TV remote and going for a walk can improve healthy aging—highlighting the importance of small everyday habits. Adults should get at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

**Get up-to-date:** Get your vaccines in advance of respiratory virus season—including the annual flu vaccine and the updated 2024-2025 COVID-19 vaccine for everyone six months and older, as well as pregnant people. People 65 and older and those



who are moderately or severely immunocompromised should receive a second dose of the 2024-2025 COVID-19 vaccine six months later.

RSV can be dangerous for older adults. The Centers for Disease Control and Prevention recommend those 75 and older, and 60 and older at high risk for severe RSV, get vaccinated. Immunizations are also available to protect babies from getting very sick from RSV. This is important because RSV is the leading cause of infant hospitalization nationwide.

If you have questions, speak with your physician and review trusted resources, including GetMyFluShot.org. You can also reduce the spread of respiratory viruses by covering coughs and sneezes, frequently washing your hands, wearing masks, improving air quality, and staying home if you are sick.

**Get screened:** Make an appointment for preventive care, tests and screenings to help your doctor spot certain conditions before they become more serious.

**Know your blood pressure numbers:** Visit ManageYourBP.org to understand your blood pressure numbers and take necessary steps to get hypertension under control. Doing so will reduce your risk of heart attack and stroke. If checking your blood pressure at home, visit ValidateBP.org to see if your device has been tested for accuracy.

**Learn your type 2 diabetes risk:** Take a 2-minute self-screening test at DoIHavePrediabetes.org. Steps you take now can

help prevent or delay the onset of type 2 diabetes, which carries a higher risk of heart disease, kidney disease and vision loss.

**Drink only in moderation:** If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans—up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

**Quit tobacco and nicotine:** Ask your doctor for resources and guidance for quitting tobacco and nico-

tine. Declare your home and car smoke-free to eliminate secondhand smoke exposure.

**Follow dosage instructions:** When taking prescription opioids or other medications, store them safely to prevent diversion or misuse, and properly dispose of any leftover medication. If you're prescribed antibiotics, take the full course to prevent antibiotic resistance—a serious public health problem.

**Manage stress:** Good mental health is part of good overall health. Get sufficient sleep (at least 7.5 hours per night), exercise and ask for help from a mental health professional when you need it.

More health resources and tips can be found by visiting [ama-assn.org](http://ama-assn.org).

"The best way to address the post-holiday doldrums is to do something good for your health," said Bruce A. Scott, M.D., president of the AMA. "Even small, positive choices you make now can have a big impact on your long-term wellbeing."

\*\*\*\*\*

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

## Kuzco Lighting expands U.S. operations with new Greenville County facility

Kuzco Lighting, a leader in modern decorative lighting solutions, recently announced the opening of a new distribution facility in Greenville, set to begin operations in January.

Located at 25 Barnes Trail, the state-of-the-art facility will serve as Kuzco's East Coast distribution hub, complementing the company's existing operations in Las Vegas, Nevada, and Surrey, British Columbia.

Officials said the expansion marks a significant milestone for Kuzco Lighting as it continues to grow its presence across North America.

With an investment of approximately \$1 million, the Greenville facility will create 20 new jobs over the next five years, and allow the company to meet growing demand, improve shipping efficiency, and streamline inventory management, the officials said.

"This new facility represents an important step in our mission to provide faster and more reliable service to our customers," said Nathan Yang, president of Kuzco Group. "By

strategically positioning our distribution operations in Greenville, we are reducing lead times by 50 percent and improving in-

stock availability for our East Coast partners and customers."

Said Max Stewart, CEO of the Greenville Area

Development Corporation: "Their investment in Greenville County further solidifies the region as a thriving center for distribu-

tion and logistics operations."

Stewart added, "Kuzco's presence here reflects the Upstate's commitment to

supporting growing businesses that seek to expand their reach and better serve their customers."

Vaping can cause irreversible lung damage.

# TalkAboutVaping.org

Get the facts about youth vaping.

American Lung Association. ad COUNCIL

#DoTheVapeTalk

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# Comics & Puzzles

## Amber Waves

by Dave T. Phipps



## Out on a Limb

by Gary Kopervas



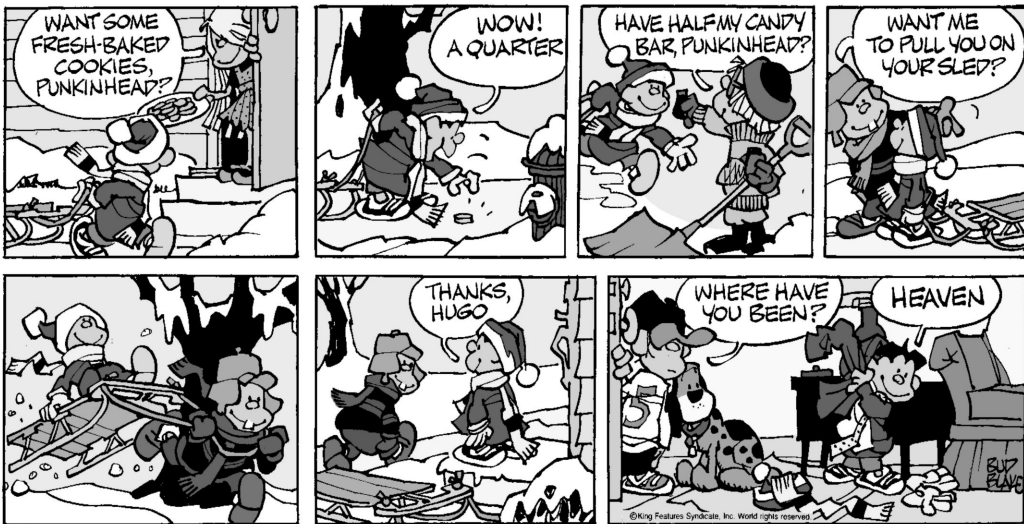
## The Spats

by Jeff Pickering



## TIGER

by BUD BLAKE



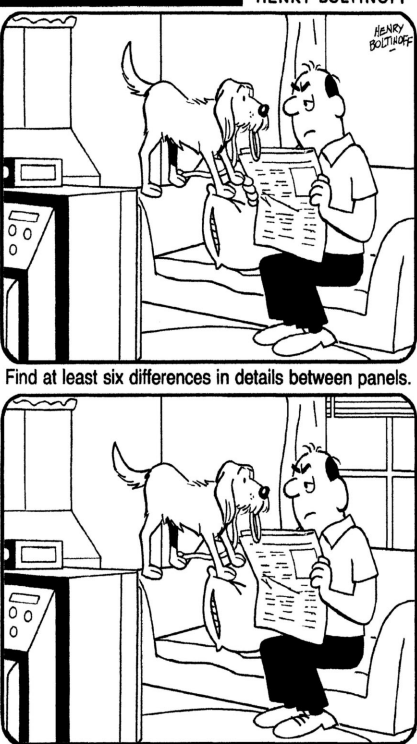
## OLIVE

By Emi Burdge



## HOCUS-FOCUS

BY HENRY BOLTINOFF



## Just Like Cats & Dogs

by Dave T. Phipps



## CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: M equals B

HPCY YOCZ-XWZWT OE MCTTDO T  
VDBPY JWVO QWZDXO MO  
HTCQQDAB CTWLAE C XTDVO  
JXOAO? XWTEWA MZLO.

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## SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

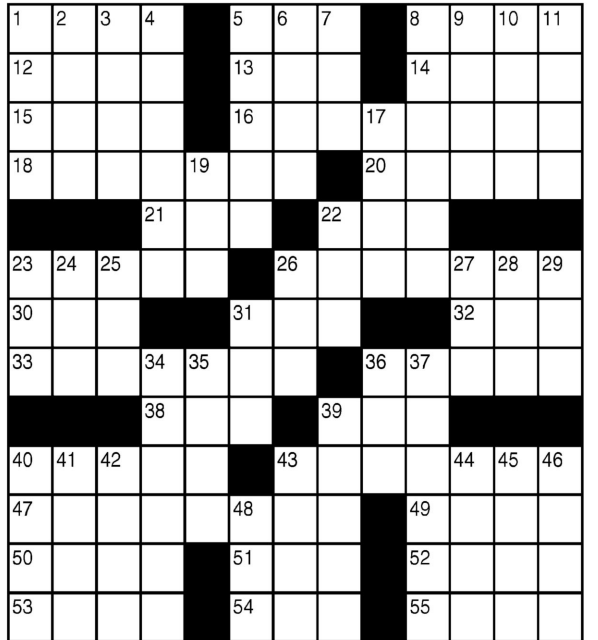
Fury    
 GEAR    
 Mystery   
 GEMANI   
 Grimace   
 COWLS    
 Chaos   
 AMBLED

## TODAY'S WORD

## King Crossword

### ACROSS

- 1 Screen star Lamarr
- 5 Abrupt turn
- 8 Wild party
- 8 Half a sextet
- 13 Equi-
- 14 Tennis great Arthur
- 15 Crystal-tapping sound
- 16 Solicit
- 18 Funnel-shaped bloom
- 20 Herrings' cousins
- 21 Squealer
- 22 Chemical suffix
- 23 Montana city
- 26 Scare badly
- 30 Buckeyes' sch.
- 31 Tibetan bovine
- 32 "Ulalume" writer
- 33 Dress store section
- 36 Broadway duds
- 38 Cat doc
- 39 Life story
- 40 Madonna role
- 43 "Cutie," e.g.
- 47 Peevish
- 49 Actor Jannings



- 5 "Hush!"
- 6 On the Aegean, say
- 7 Inherited
- 8 Tub user
- 9 China setting
- 10 Not barefoot
- 11 Coop group
- 17 "— it Romantic?"
- 19 Scot's refusal
- 22 "A spider!"
- 23 Jazzy style
- 24 Exploit
- 25 Boy king
- 26 Mas' mates
- 27 Wall St. debut
- 28 Dandy guy
- 29 "You bet!"
- 31 However
- 34 ICU hookup
- 35 Pond duck
- 36 In shape
- 37 Hermits
- 39 Davis of "Jezebel"
- 40 Actor Omar
- 41 Quite
- 42 Lay — the line
- 43 Nabokov novel
- 44 Love god
- 45 "— 18" (Uris novel)
- 46 Right angles
- 48 Raggedy doll

### DOWN

- 1 URL opener
- 2 Toledo's lake
- 3 Force
- 4 Dairy case buy

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## Weekly SUDOKU

	6		3		8	7		
2	3					6	1	
	8	6			9	2		
	5		7	3	9			
			8	6			5	
3			5	2	7			
6				7	8			
5	7	3				1		
4	2			9				

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

### DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging  
◆◆◆ HOO BOY!

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## WORD LADDERS

Can you go from BLAME to STARE in 6 words?  
Change one letter for each rung in the ladder.

BLAME

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

STARE

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## Trivia test

by Fifi Rodriguez

- TELEVISION: Which popular spinoff series originated with the drama "Breaking Bad"?
- HOLIDAYS: What is another name for Three Kings Day, celebrated on Jan. 6?
- LANGUAGE: What does the Latin phrase "bona fide" mean?
- MOVIES: In the movie "Babe," what kind of animal is the title character?
- MEASUREMENTS: How many grams are in a kilogram?
- GEOGRAPHY: Which strait separates Saudi Arabia from Africa?
- SCIENCE: What are the three layers that make up the Earth?
- FOOD & DRINK: Which breakfast food is associated with the retro series "Stranger Things"?
- MEDICAL: What is the common name for muscae volitantes?
- LITERATURE: Which poet wrote a six-volume biography of President Abraham Lincoln?

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10. Carl Sandburg

9. Eye floaters

8. Eggo waffles

7. Crust, mantle and core

6. Bab-el-Mandeb

5. 1,000

4. Pig

3. "Good faith"

2. Epiphany

1. "Better Call Saul"

Answers

## LEDGE

Today's Word

1. Rage 2. Enigma;

3. Scowl; 4. Bedlam;

solution

## SCRAMBLERS

SLAKE, STAKE, STARE

BLAME, FLAME, FLAKE,

Answer

## WORD LADDER

4	2	8	5	1	9	6	7	3
5	7	9	3	8	6	2	1	4
6	3	1	4	2	7	8	5	9
3	1	6	9	5	2	7	4	8
7	9	4	8	6	3	1	2	5
8	5	2	1	7	4	3	9	6
1	8	7	6	4	5	9	3	2
2	4	3	7	9	8	5	6	1
9	6	5	2	3	1	4	8	7

Answer

## Weekly SUDOKU

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

Solution time: 23 mins.

## Answers

## King Crossword

## CryptoQuip

What teal-colored barrier might some police be wrapping around a crime scene? Cordon blue.