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CHANGE SERVICE REQUESTED



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



Memorial Day gas prices lowest in 16 years

Charlotte, NC – For another week the Southeast region remained home to the cheapest state gas price averages as the Carolinas saw the lowest Memorial Day pump prices in 16 years.

Gas prices have been declining since February due to the decrease in gasoline demand brought on by stay-athome orders as a result of COVID-19. Since that time, the state average declined a total of 66 cents per gallon for North Carolina and a total of 65 cents for South Carolina. Now, as more Carolinians take to the roads again, pump prices are beginning to bounce back.

For updated state and metro prices log on to https://gasprices.aaa.com/

Popplewell earns prestigious Christenberry Award for Academic Excellence

Charlotte, N.C. – The Big South Conference announced recently that Riley Popplewell of USC Upstate women's basketball is one of 12 student-athletes to have been awarded the Conference's prestigious George A. Christenberry Award for Academic Excellence. The award is given to student-athletes who attain the highest GPA during their undergraduate collegiate careers, and this is the first time a Spartan studentathlete has received the award.

A two-time Big South Women's Basketball All-Academic Team member, she was one of 10 national selections for this year's DI-AAA ADA Scholar-Athlete Team. Popplewell was the 2018-19 Big South Women's Basketball Scholar-Athlete of the Year in addition to 2017-18 ASUN Scholar-Athlete of the Year honors.

RIA approves grants for enhancing water, sewer and stormwater infrastructure

Columbia - The S.C. Rural Infrastructure Authority

Dr. Michael Mikota named seventh president of Spartanburg Community College

Spartanburg Community College has named Dr. Michael Mikota to the position of president, effective July 13. The Spartanburg County Commission for Technical and Community Education selected Dr. Mikota after a national search as SCC's seventh president, replacing Henry C. Giles Jr, who will retire on June 30 after serving as president since 2012.

"Dr. Mikota was the unanimous choice of the commissioners because his background and talents align perfectly with the College's goals," said Mr. Sonny Anderson, chairman of the Spartanburg County Commission for Technical and Community Education. "His experience as president at Central Carolina Technical College in Sumter as well as his work in economic and workforce development will be instrumental in moving the College forward and serving our students, business/industry and communities in Spartanburg, Union and Cherokee counties."

Dr. Mikota became Central Carolina Technical College's eighth president in July 2017 and since then has enhanced the value of CCTC to current students, future students, and approximately 20,000 alumni who predominately live and work in the midlands of South Carolina with specific concentrations in Clarendon, Kershaw, Lee and Sumter counties. CCTC has been an engine for growth and development for this region that has provided an economic impact of over \$1 billion during the past decade. Under Mikota's leadership, CCTC expanded offerings, constructed new campuses, advanced new strategic initiatives, improved graduation and retention rates, optimized academic and workforce development programs, enhanced marketing and branding, dedicated investments to faculty and staff, and launched the college's first major fundraising campaign. With the development and implementation of the new Strategic Plan for 2020-2025 the college is strategically positioned to greatly impact the future and improve the quality of life for thousands of South Carolinians for many years to come. "Spartanburg Community College is an outstanding institution of higher education, and it is both an honor and a privilege to have been selected as president. I am excited to accept this leadership role in the location where I was born and raised, and this opportunity will enable me to work to serve this growing region of South Carolina that invested in and developed me. I appreciate the vote of confidence and



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trust from the dedicated members of the Spartanburg County Commission for Technical and Community Education and I look forward to working with the fine faculty and staff to further enhance the strengths that Spartanburg Community College possesses to directly improve the quality of life for the citizens of Spartanburg, Cherokee, and Union counties." A native of Gaffney, Mikota holds a bachelor's degree from Wofford College and a Master of **Business** Administration from Gardner-Webb University. During the late 1990s and early 2000s, he worked for Wachovia Bank in multiple capacities, working his way up to assistant vice president of business banking. Mikota also holds a Ph.D. from Clemson University in policy studies. As a Clemson student he served as president of the graduate student body and as a National Fellow with the U.S. Government serving as a key innovator in Water Quality Trading and Wetlands Banking. As a staff member at Clemson he served as a Watershed Policy Director, an adjunct professor in the College of Engineering and Science and as a lecturer in the Master of Public Administration program. After his tenure at Clemson University, Mikota served as an analyst and senior analyst for the U.S. Government Accountability Office in Washington, D.C., where he conducted numerous audits and assessed programs for the Comptroller General of the United States. Prior to serving as president of CCTC, Mikota was the executive director of the Santee-Lynches Regional Council of Governments, a regional association of county and

city governments in South Carolina that include Clarendon, Kershaw, Lee and Sumter counties and the corresponding cities of Manning, Camden, Bishopville and Sumter.

With experience and expertise that range across many disciplines including political economy, economics, public policy, regulatory analysis, organizational dynamics, and environmental and natural resource policy, Mikota has been widely recognized as an author, coauthor, and orator of diverse scholarly and applied topics as varied as economic impact analysis, environmental economics, financial regulation, economic development, and fiscal impact analysis. In recent years, he has focused on the nexus between higher education and the economy with a specific interest in expanding student opportunity, catalyzing academic innovation, and encouraging civic engagement and service to society. Mikota currently serves as the chairman of the South Carolina Technical College System Council of Presidents, and he is a member of the South Carolina Workforce Development Board, the South Carolina Commission on Higher Education Council of Presidents, and the Shaw-Sumter Community Council. President Mikota has previously served on a variety of economic, community, and education development boards and committees, and he is also a graduate of the Shaw Air Force Base Honorary Commander Program, the Furman Diversity Leaders Institute, and Prisma Health's Tuomey Fellows Program. Dr. Mikota and his wife, Camila, have two daughters, Cecilia and Penelope, and son Henry.

Exercising for improved mental health

From the American Counseling Association

The health crisis that we have been facing over the past several months has had a major effect on just about every aspect of our lives. Even for those of us lucky enough not to have been directly touched by the virus, the lives we are living are nevertheless quite different from what they were just weeks ago.

Most of the changes and impact that coronavirus has brought are beyond our individual control. But what is not beyond our control, and what each of us should address, is how we are handling and reacting to how this pandemic has affected us individually.

That's easy to say but not always easy to achieve. The majority of us, for example, are probably experiencing fairly high levels of anxiety and depression even if we are not totally aware of such feelings or how they are affecting our lives. Today's modern world has increasingly come with fairly high levels of anxiety. But the recent health crisis has significantly increased our personal worries and challenges, with the result that our mental health may be a

(RIA) has approved grant assistance for 34 projects, totaling more than \$14.5 million, to strengthen water, sewer and stormwater infrastructure. This brings the total funds awarded this fiscal year to \$25.7 million.

Local grants include \$500,000 to the Greer Commission of Public Works for economic sewer infrastructure, and \$500,000 to the Liberty-Chesnee-Fingerville Water District for water line improvements.

Spartanburg Artists Collective to host 2nd Juried Show for SC, NC, GA, TN

Artists Collective | Spartanburg will host its second annual juried exhibition Tuesday, Sept. 15, through Saturday, Oct. 17, and invites all established visual artists in South Carolina, North Carolina, Georgia, and Tennessee to apply in competition of winning cash prizes for as much as \$2,500 for first place.

All work must be original and created within the past three years. The window of opportunity to enter online is Saturday, July 4, through Saturday, Aug. 1.

Artists Collective | Spartanburg provides private and affordable studios to local artists. The once-Baptist church has 32 studios, three public galleries, a ceramic studio, a printery, and two performance stages. The Collective has more than 50 members and the largest collection of for-sale art in the county. Normally, it hosts three temporary exhibits each month. Slated for this fall, this juried show will take place in the 2000-square-foot Solomon Gallery within the venue.

United Community Bank named No. 1 Large Workplace on List of 2020 Top Workplaces in South Carolina

Greenville – United Community Bank is honored to have been named the number one large company on the 2020 list of Top Workplaces in South Carolina by Integrated Media Publishing and its family of magazines, which includes Greenville Business Magazine, Columbia Business Monthly and Charleston Business Magazine. The prestigious list, that includes 30 companies and organizations of all sizes from all areas of the state, is based solely on employee feedback gathered through an anonymous survey administered by employee engagement technology partner Energage, LLC. While the bank has been recognized in this category before, this is the first year the bank has been named in the top spot.

United has more than 30 locations in the Lowcountry, Grand Strand and the Upstate, with executive offices in Greenville. The bank most recently entered the Midlands market in 2019. Popular companywide initiatives cited by teammates include a CEO-initiated wellness challenge, Employee Appreciation Day and budgetary support to contribute to the individual branch's community needs. great deal more fragile than it once was.

There is, of course, no way to make the outside world and its pressures actually disappear. That doesn't stop some people from turning to drugs and alcohol as a means of ignoring reality. We would, instead, like to suggest some healthier actions for you to take.

One of the simplest, yet very effective, ways to combat anxiety and depression is just to become more physically active. A number of studies have found that exercise provides a wide variety of mental health benefits. Exercise can take your mind off your current worries, as well as help your body release natural chemicals, those feel-good endorphins, that enhance your sense of well-being.

Getting more exercise in your life doesn't have to mean a formal exercise program or working out with a personal trainer, although those are approaches that work for many people.

Any physical activity that works your muscles and requires energy is going to help improve your mental health. This can be as simple as a daily walk in the sunshine, getting out in the garden or even just doing housework.

The goal is to be more physically active in ways that help focus your attention on things besides a cycle of negative thoughts that feed those feelings of depression and anxiety.

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

Around the Upstate

Spartan Spotlight: Samantha Seelinger DeMartino - defending against COVID-19

Growing up as an athlete, former USC Upstate women's soccer defender Seelinger Samantha DeMartino always wanted to be in the healthcare profession. Though at first she wanted to be a doctor, she says nursing ended up working out and being something she really loves. "I wanted to stick with something that was important to me, and that was health in general. I definitely think being an athlete paved that way for me," said DeMartino.

She completed nursing school at Upstate in 2015 and has been a nurse for the past five years. "Samantha is a smart, talented, young lady that excelled in the clinical setting as a great nursing student. She was very attentive to her patients and a team player with her felclassmates. She low always had a beautiful positive smile and demeanor," said senior nursing instructor Monique Jones, DNP, MSN, RN.

DeMartino began her nursing career on a medical-surge stepdown floor at Duke Raleigh Hospital in Raleigh, N.C. After being there for two years, she did a year of travel nursing in New York City, but has since returned to Duke Raleigh Hospital. She recently finished a family nurse practitioner program and after testing in a few weeks, she will eventually begin to transition into that role.

"Being on a med-surg floor working with adults, I see anything and everything from diabetes to hypertension, infection, all sorts of things. We're the mixing pot of the hospital, so we need to know a little about a lot of different diseases and management," DeMartino said. DeMartino's unit is one of two, other than the ICU, that has been turned into a COVID-19 unit. Her team staffs two different units, so she doesn't find out if she will be working on a COVID-19 unit or not until she arrives for her shift. Though things have obviously changed a little bit, she says things are still the same in the way that she still goes to work with the same purpose every day. "At this point we've been doing this for about



Former USC Upstate women's soccer defender Samantha Seelinger DeMartino is front and center in the fight against COVID-19 at Duke Raleigh Hospital. *Photo courtesy of Upstatespartans.com*

two months, so we're in kind of a routine and know how everything works," DeMartino said. "My hospital has been great about having PPE and I have to say I'm really grateful for where I work and the coworkers I have."

Other than being more conscious about hand washing and staying sanitized, DeMartino says her home life hasn't changed that much. "I told my husband at the beginning, 'hey this is what's going on, if you want to go stay with someone else that's fine,' but he was okay to stay home," she said. "I've had other coworkers that have gone to live with each other and leave their significant other or family out of fear. It hasn't affected me as much, but I know it has definitely affected others " Interestingly enough,

DeMartino says in a way she prefers to just be on a COVID-19 floor. "The great thing about being on the coronavirus unit is we have people watching us gown up and gown down, so it's really secure. I know I'm protected on the COVID-19 floors because we know those patients are infected," she said. "We've had instances where patients have had it on a regular unit and we didn't know, so we weren't protected."

be Martino says the team
aspect and communication
asy skills she learned as a stuad
ad dent-athlete have helped
her in her nursing career.
"Nursing is a team effort
for sure," she said. "Every
but you're going to see in the
it room, but you have other
people to call upon. I've
been really fortunate to
have teammates like that

and coworkers like that at the places I've worked. Also, the socialization aspect of soccer has helped me be able to better communicate with others and make connections. I definitely think being a student-athlete and being part of a team shaped me into the professional I am."

Furthermore, that team aspect during her time as a women's soccer player at Upstate is DeMartino's favorite memory of being a student-athlete. "That pregame camaraderie, getting ready to play, and that anxious, nervous feeling before going out on the field is what I miss most," she said.

An early challenge DeMartino faced in her career was transitioning into just being a professional in the working world after being a student-athlete. "You hold onto that identity of being a student-athlete for so long, not even just in college but your whole life, and it just ends out of nowhere," DeMartino explained. "In my first few years of nursing, it was hard to just identify as a nurse and not also an athlete." Another challenging part of nursing for DeMartino can be dealing with patients and their families, but she says it's just something you learn

on the job.

DeMartino's biggest pieces of advice to new nurses are to just stick with it as well as to explore all areas of nursing. "Sometimes in nursing you have this idea of 'I'm gonna be a pediatric nurse or this kind of nurse,' and I had that idea too that I was going to be in a certain specialty, but I ended up in med-surg, and I love it," she said. She also says that there are some days where you feel like you know a lot and days where you feel like you know nothing. "Once you finally get to put everything into practice, you have to be confident even though there will be days where you're not going feel like you're doing well. Know that everything will end up okay," said DeMartino. "Everybody can become a successful nurse, but it just takes time. Just have that confidence and go in every day with a positive mindset."

DeMartino says she owes a lot to Upstate for supporting her during her time as a nursing studentathlete. "I was really fortunate that my teachers and coaches were great about working with my schedule and moving things around, allowing me to still do nursing as a student-athlete. I know a lot of people don't get that opportunity," she said. "The staff at Upstate was great and really accommodated for me in order to help me do what I wanted to do."





1. Is the book of 2 Chronicles in the Old or New Testament or neither? 2. How many pieces of silver did Joseph's brothers get when they sold him into slavery? 0, 2, 19, 20

3. Where does it command brides to shave their heads and manicure their nails? *Exodus, Leviticus, Numbers, Deuteronomy*

 From Exodus 28, what fruit was used as a design on priestly garments? Grapes, Pomegranates, Pears, Fiwgs 5. In which Psalms does it talk about grease? 1, 23, 119, 150

3. In which estants does it tark about grease? 1, 23, 119, 150
6. From 1 Kings, which prophet was fed by birds? *Paul, David, Elisha, Elijah* ANSWERS: 1) Old; 2) 20; 3) Deuteronomy 21:12; 4) Pomegranates; 5)

119:70; 6) Elijah. Comments? More Trivia? Gift ideas? Visit www.TriviaGuy.com © 2020 King Features Synd., Inc.





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Make the backyard a destination for family fun

(StatePoint) With many events canceled and public venues closed, the backyard is likely going to be the new hot spot destination for families nationwide. But staying home doesn't have to be boring. Using these tips, you can put together an afternoon of sunshine and fun, right in your own backyard.

Focus on the Food

For delicious wings, you don't need to head to a favorite restaurant. You can prepare them at home with this recipe for Milo's Sweet Tea Wings:

Ingredients:

• 3 cups Milo's Sweet Tea

2.5 pounds chicken wings, cut into drums and flats
2 teaspoons garlic salt,

divided

• 1.5 - 2 teaspoons cayenne pepper, depending on heat preference

• 2 teaspoons garlic powder

• 2 teaspoons chili powder

- 2 teaspoons paprika
- 2 teaspoons lemon pep-

per



Instructions:

• In a medium bowl, whisk together Milo's Sweet Tea and 2 teaspoons garlic salt; set aside. Place chicken wings in a large shallow dish. Pour Milo's mixture over chicken; cover and refrigerate for 8 hours.

• Preheat grill to medium or oven to 400 F.

• In a large bowl, com-

bine remaining garlic salt, cayenne, garlic powder, chili powder, paprika, and lemon pepper. Toss chicken and spices in large zip lock bag or bowl until evenly coated.

• For grill, place wings over heat turning frequently. Cook for 20-25 minutes or until the internal temperature is 165 degrees and skin is crispy. • For oven, arrange wings on a lightly greased baking sheet. Bake 35 to 40 minutes, turning halfway through, until skin is browned and tips are crispy. Serve warm. For extra crisp, toss wings on the grill over medium-high heat for three minutes per side before serving.

Find even more recipes perfect for a backyard bar-

becue at DrinkMilos.com/recipes.

Cool Off

Keep a cooler of delicious drinks handy to stay refreshed on a warm day. Iced tea is always a summer classic, but be sure to have a variety of flavors on deck to satisfy everyone's taste buds -- sweet tea, zero calorie sweet tea, and

expertise, experience and

tea mixed with lemonade, to name a few. The highquality, fresh beverages offered by Milo's are made with natural ingredients and have no added colors or preservatives.

Create a Theme Night

Choose a different theme for every backyard BBQ you enjoy with your family -- whether it's all songs about summer or you focus on a particular decade, you can create a specialized playlist to set the tone and dress for the occasion.

Game On

You may be feeling a bit cooped up these days, so be sure to play some yard games that allow you to stretch your legs as well as concentrate. Cornhole and bocce make great choices, or set up outsized versions of your favorite board games that are best played outdoors.

With delicious eats, cool drinks, games and music, you can make the backyard the ideal place to "get away from it all" and enjoy an afternoon of family fun.

PHOTO SOURCE: (c) steele2123 / iStock via Getty Images Plus

NHE headquarters named in honor of former Verdae CEO; AO - The Space relocating to Legacy Square

Greenville – Verdae Development Inc.'s Rick Sumerel may be gone in body, but his spirit and passion for Greenville community will live on for decades to come.

The newest anchor building at 325 Rocky Slope Road within Legacy Square will be known as The Sumerel-named in honor of the late Rick Sumerel, former President and CEO of Verdae Development. The announcement also comes with much anticipated news of the building's first ground floor tenant-AO-The Space, a popular Upstate Med-spa, Day Spa and Salon. Owners and development partners of the recently occupied building at 325 Rocky Slope Road highlight the life and work of a key Verdae executive-gone too soon. Sumerel led the 2005 launch of the 1,100-acre Verdae Masterplan, delivering a number of significant development milestones before his passing in 2019. Most notably, his leadership and careful execution sparked the creation of the 300-acre residential cornerstone, Hollingsworth Park and neighborhood-scaled retail district, Legacy Square. "Rick played a major role in attracting NHE to Verdae years ago, and he became a great friend in the process," said Taylor Davis, CEO of NHE, Inc. "I'm sure he would be thrilled with the completion of our new headquarters building, and we wanted to honor him for his part in our success." NHE recently relocated its corporate headquarters to the new 50,000 square foot building along with noted Southeastern insurance defense law firm Willson Jones Carter & Baxley, P.A. and DeHollander and Janse Financial Group, a Greenville-based wealth management firm. Upstate residents have been eager to learn who will occupy the available ground floor service and retail space in the building. AO-The Space will be the first and will open its new

5,300 SF full-service Med-Spa, Day Spa and Salon in early July. Owner and Esthetician Jessica Kelley worked with Colliers International retail service team members Lance Byars and Scott Burgess to relocate her popular organic-based Med-spa and Salon from North Pleasantburg Drive to Legacy Square. Other retail tenants for The Sumerel, likely including a restaurant and event space, will be announced in the future.

"We are so excited to be here, and look forward to



dozen states.

leading-edge technology delivered by a dedicated staff offering diverse services to assure premium performance and value. Actively engaged with national and state industry trade associations and government regulatory bodies, NHE holds the prestigious AMO (Accredited Management Organization) designation through NHE's clients benefit the Institute of Real Estate

Management.

To learn more about AO-The Space, visit AOthespace.com. For more information about NHE, call 864.467.1600 or visit NHE-Inc.com.

3

bringing Apple Organics to Verdae," stated Jessica Kelly. "AO is a premium skincare line, without the premium price tag or attitude. It's healthy, affordable and all-natural skin care that beautifies our customers, our community and ecosystem."

AO-The Space will offer such Clinical Med-Spa services such as dermaplaning, collagen induction therapy, high intensity focused ultrasound, and medical-grade chemical peels. AO's Day Spa consists of massage therapy, reflexology, ionic foot detoxes, organic facials, full body waxing and sugaring, threading, brow tinting, body scrubs, eyelash extensions and more. AO's full-service salon specializes in corrective color and hair extensions, manicures, pedicures, and foot soaks.

Ms. Kelley, who serves as chair for the Board of Cosmetology at Greenville Technical College, began her career as an Esthetician at a major spa chain. She extensively researched organic and botanical ingredients before developing Apple Organics -- a proprietary line of organic and all-natural cleansers, toners, serums, eye and body treatments, and moisturizers.

NHE provides professional association management, conventional and affordable apartment home management, and service coordination to communities across the Southeast, and currently represents more than 14,000 homes, apartments, and condominiums in more than a

What's Happening

March 14 March 14 Thursdays in April Fridays in April April 3 & 4 April 18 April 18 April 24-26 Thursdays in May Fridays in May May 2 May 9 Monday, May 18 May 30 Thursdays in June June 6 June 20 Thursdays in July July 4 August 22 September 12 September 17-20 October 3 October 24 October 24 November 7 December 3 December 8

2020 DOWNTOWN EVENT SCHEDULE

Shenanigans on the Square, Noon-10 pm Queen Fest, Barnet Park, 2-10 pm Music on Main, Morgan Square, 5:30-8:30 pm Jazz on the Square, Morgan Square, 5:30-8 pm Hub City Hog Fest, Morgan Square/Church Street Spartanburg Soaring Kite Festival, 11am-5 pm Cribb's Burger Cookoff, West Main St., 1-8 pm Spring Fling Weekend/Criterium Music on Main, Morgan Square, 5:30-8:30 pm ***** Please note that all events Jazz on the Square, Morgan Square, 5:30-8 pm through May 31 Cinco de Mayo, Noon-9 pm have been can-Soul Fest, Barnet Park celled due to Assault on Mt. Mitchell **COVID-19.** Please visit www.cityof Worship Without Walls, Barnet Park spartanburg.org Music on Main, Morgan Square, 5:30-8:30 pm for more Sparkle City Rhythm & Ribs (Barnet Park) information. ***** Afro Fest, Barnet Park Music on Main, Morgan Square, 5:30-8:30 pm Red, White, & Boom, Barnet Park, 5-10 pm 85 South Country Fest, Barnet Park Hispanic/LatinX Music Fest, Barnet Park Spartanburg Greek Festival International Festival, Barnet Park, 11am-7pm Hub City Brew Fest, Spring/Broad Streets, 1-5 pm Synergy Music Fest, Barnet Park Upstate PRIDE Festival, Barnet Park Dickens of a Christmas, 6-9 pm Spartanburg Jaycees Christmas Parade

City organized events

City permitted/supported events

(New)Synergy Music Series at Barnet Park

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.





Spartanburg Soaring!

Even Exchange

INTERNATIONAL KITE FESTIVAL

SEPTEMBER 26, 2020 BARNET PARK

11 AM - 5 PM

PRESENTED BY

chapmanCUITUIalcenter

Discover. Experience. Celebrate.

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Legal Notices

LEGAL NOTICE STATE OF SOUTH CAROLINA

COUNTY OF SPARTANBURG IN THE PROBATE COURT IN THE MATTER OF: PATRICIA SOLDNER (Decedent) Case Number: 2020-ES-42-00497 Notice of Hearing

DATE: June 25, 2020 TIME: 3:00 p.m. PLACE: Spartanburg County Probate Court, 180 Magnolia Street, Spartanburg, SC 29306 PURPOSE OF HEARING: Appointment of Personal Representative Executed this 20th day of May, 2020. MICHAEL P. BENDER 134 Oakland Avenue

Spartanburg, S.C. 29302 Phone: 864-595-2966 michael@talleylawfirm.com Attorney for Tanya Jackson 5-28, 6-4, 11

LEGAL NOTICE

STATE OF SOUTH CAROLINA COUNTY OF SPARTANBURG IN THE COURT OF COMMON PLEAS

C/A No.: 2020-CP-42-01603 Citizens Building and Loan, SSB f/k/a Citizens Building and Loan Association, PLAIN-TIFF vs. Rachel A. Sprayberry, as Personal Representative of the Estate of John Coan Allison, Jr. a/k/a John C. Allison, Jr., a/k/a John C. Allison, II a/k/a John C. Allison, Deceased; and any children and heirs at law, distributees and devisees, and if any of them be deceased then any persons entitled to claim under or through them; also all other persons unknown claiming any right, title, estate, interest in or lien upon the real property described in the Complaint herein; any unknown adults being a class designated as John Doe; and any unknown minors or persons under disability or in the military service being a class designated as Richard Roe, Gigi Lorraine Jacobs, John Coan Allison, III, and Truist Bank, successor by merger with Branch Banking & Trust Company, DEFENDANTS.

Summons and Notice

Non-Jury Mortgage Foreclosure TO DEFENDANTS ABOVE NAMED: YOU ARE HEREBY SUMMONED and required by answer the Complaint in this action, a copy of which is hereby served upon you, and to serve a copy of your Answer on the subscribers at their offices, 900 E. North St, (P.O. Box 10828, 29603) Greenville, SC 29601, or otherwise appear and defend, within thirty (30) days after the service hereof, exclusive of the day of such service. If you fail to answer the Complaint, or otherwise fail to appear and defend, within the time aforesaid, then judgment by default will be rendered against you for the relief demanded in the Complaint. TO MINOR(S) OVER FOURTEEN YEARS OF AGE, AND/OR TO MINOR(S) UNDER FOURTEEN YEARS OF AGE AND THE PERSONS WITH WHOM THE MINOR(S) RESIDES, AND/OR TO PERSONS UNDER SOME LEGAL DIS-ABILITY: YOU ARE FURTHER SUM-MONED AND NOTIFIED to apply for the appointment of a Guardian ad Litem within thirty (30) days after the service of this Summons and Notice upon you. If you fail to do so, Plaintiff will apply to have the appointment of the Guardian ad Litem Nisi, Angela E. Frazier, made absolute. YOU WILL ALSO TAKE NOTICE that should you fail to Answer the foregoing Summons, Plaintiff will move for an Order of Reference of this cause to the Master-In-Equity or Special Referee for Spartanburg County, which Order shall, pursuant to Rule 53(e), South Carolina Rules of Civil Procedures, specifically provide that the said Master-In-Equity or Special Referee is authorized and empowered to enter a final judgment in this case with appeal only to the South Carolina Court of Appeals pursuant to Rule 203(d)(1). NOTICE IS HEREBY GIVEN that the original Complaint in the above referenced action was filed in the Office for the Clerk of Court for Spartanburg County on 5/15/20. Amended and Refiled Lis Pendens: NOTICE IS HEREBY GIVEN that an action has been commenced and is now pending, or will be commenced within twenty (20) days of the date of filing hereof, in this Court upon complaint of the abovenamed Plaintiff against the above-named Defendants for the foreclosure of a certain mortgage of real estate given by John C. Allison, II, to Citizens Building and Loan, SSB f/k/a Citizens Building and Loan Association, dated 1/27/03, in the amount of \$235,000.00, which mortgage was filed in the ROD Office for Spartanburg County on 2/4/03, in MB 2874, Pg 231. The premises covered and affected by said mortgage and by the foreclosure thereof, were, at the time of the making thereof, and at the time of the filing

of this notice, described as follows: ALL that tract or parcel of land in the County of Spartanburg, State of South Carolina, containing 2.46 acres being shown and designated as the 2.46 acre tract on plat for Rita Ballew recorded in PB 101, Pg 878, Spartanburg, SC Public Records. This is the same property conveyed to John C. Allison, Jr. by deed of Jack L. Baker and Robert V. Evans, dated 2/19/99, recorded 2/26/99, in DB 69-L, pg 962 in the ROD Office for Spartanburg County, SC. TMS: 5-24-00-162.02 Property Address:400 Robin Lake Rd., Duncan, SC 29334 AND ALL that lot or parcel of land in the County of Spartanburg, State of South Carolina, containing 15.96 acres, being shown and designated on boundary survey for John C. Allison, Jr. dated 1/5/99, by Butler and Associates recorded 1/27/99 in PB 143, pg 630 at Spartanburg County, SC Public Records. This is the same property conveyed to John C. Allison by deed of Kendall M. Belcher and K&P, Inc., dated 1/25/99, recorded 1/27/99, in DB 69-G, pg 612, in the ROD Office for Spartanburg County, SC. TMS:6-06-00-27.00 Property Address: 1581 Mt Zion Rd., Inman, SC

NOTICE OF ORDER APPOINTING GUARDIAN AD LITEM NISI: PLEASE TAKE NOTICE that a Motion for an order appointing Angela E. Frazier, Esquire, as Guardian ad Litem Nisi, for all persons whomsoever herein collectively designated as Richard Roe or John Doe, defendants herein, names and addresses unknown, including any thereof who may be minors, imprisoned persons, incompetent persons, in the military service or under other legal disability, whether residents or non-residents of South Carolina, has been filed in the Office of the Clerk of Court for Spartanburg County. YOU WILL FURTHER TAKE NOTICE that unless said minors or persons under other legal disability, if any, or someone in their behalf or in behalf of any of them, shall within thirty (30) days after service of notice of this order upon them by publication or otherwise, exclusive of the day of such service, procure to be appointed for them, or either of them, a Guardian ad Litem to represent them for the purposes of this action, the appointment of said Guardian ad Litem Nisi shall be made absolute.

29349

ATTORNEY FOR PLAINTIFF: S. Brook Fowler, Carter Smith Personal Representative: Merriam Rogers & Traxler,

any security as to the claim. Estate: Cathy Marie Humphries Date of Death: April 13, 2020 Case Number: 2020ES4200606 Personal Representative: Colonial Trust Company Post Office Box 1724 Spartanburg, SC 29304 5-21, 28, 6-4

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: Hugh Everette Smith Jr. Date of Death: January 10, 2020 Case Number: 2020ES4200205 Personal Representative: Ms. Betty Dianne Smith 206 Suber Road Greer, SC 29651 5-21, 28, 6-4

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: Billy Gene Stewart Date of Death: March 4, 2020 Case Number: 2020ES4200482 Ms. Melanie Fulbright

Personal Representative: Mr. Joseph Franklin Allen 103 Belvedere Drive Spartanburg, SC 29301 5-21, 28, 6-4

NOTICE TO CREDITORS OF ESTATES

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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: Joyce V. Hooper Date of Death: April 1, 2020 Case Number: 2020ES4200589 Personal Representative: Mr. Robert C. Hooper II 306 East Arlington Avenue Greer, SC 29651 5-21, 28, 6-4 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: Sara Carroll Tweed Date of Death: March 4, 2020 Case Number: 2019ES4201294 Personal Representative: Richard Tweed 6321 Parris Bridge Road Chesnee, SC 29323 Attv: Richard H. Rhodes 260 North Church Street Spartanburg, SC 29306 5-21, 28, 6-4

Personal Representative: Moriah Lee Watson 9 Caddis Court Candler, NC 28715 5-21, 28, 6-4

NOTICE TO CREDITORS OF ESTATES

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NOTICE TO CREDITORS OF ESTATES

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Personal Representative: Donna D. Hawkins 304 Slopingwood Lane Spartanburg, SC 29301 5-21, 28, 6-4

> LEGAL NOTICE 2020ES4200614

The Will of Lena Lawson Duncan, Deceased, was delivered to me and filed May 6, 2020. No proceedings for the probate of said Will have begun. HON. PONDA A. CALDWELL Judge, Probate Court for Spartanburg County, S.C. 5-21, 28, 6-4

NOTICE TO CREDITORS OF ESTATES

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NOTICE TO CREDITORS OF ESTATES

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P.A., PO Box 10828, Greenville, SC 29603 PH: 864-242-3566 6-4, 11, 18

LEGAL NOTICE

STATE OF SOUTH CAROLINA COUNTY OF SPARTANBURG IN THE FAMILY COURT SEVENTH JUDICIAL CIRCUIT

2019-DR-42-2875

Kathryn Suzanne Premraj, Plaintiff, vs. Senthil Kumar Premraj, Defendant.

Amended Summons

TO THE DEFENDANT ABOVE-NAMED: YOU ARE HEREBY SUMMONED and required to answer the Complaint in this action, a copy of which is herewith served upon you, and to serve a copy of your ANSWER to the said Complaint on the Plaintiff or her attorney, Ruth L. Cate at 421 Marion Ave., Spartanburg, South Carolina, 29306, within thirty (30) days after the service thereof, exclusive of the day of service, and if you fail to answer the Amended Complaint within the time aforesaid, the Plaintiff in this action will apply to the Court for the relief sought in the Complaint. May 26, 2020

THE CATE LAW FIRM, P.A. Ruth L. Cate Attorneys for Plaintiff 421 Marion Avenue Spartanburg, S.C. 29306 Phone: 864-585-4226 Fax: 864-585-4221 ruth@ruthcatelaw.com 6-4, 11, 18

NOTICE TO CREDITORS OF ESTATES

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309 LaNovia Court Boiling Springs, SC 29316 5-21, 28, 6-4

NOTICE TO CREDITORS OF ESTATES

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NOTICE TO CREDITORS OF ESTATES

All persons having claims against the following estates MUST file their claims on FORM #371ES with the Probate Court of Spartanburg County, the address of which is 180 Magnolia Street Room 302, Spartanburg, SC 29306, within eight (8) months after the date of the first publication of this Notice to Creditors or within one (1) year from date of death, whichever is earlier (SCPC 62-3-801, et seq.) or such persons shall be forever barred as to their claims. All claims are required to be presented in written statement on the prescribed form (FORM #371ES) indicating the name and address of the claimant, the basis of the claim, the amount claimed, the date when the claim will become due, the nature of any uncertainty as to the claim, and a description of any security as to the claim. Estate: Marie G. Allen Date of Death: February 16, 2020 Case Number: 2020ES4200518

NOTICE TO CREDITORS OF ESTATES

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NOTICE TO CREDITORS OF ESTATES

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NOTICE TO CREDITORS OF ESTATES

All persons having claims against the following estates MUST file their claims on FORM #371ES with the Probate Court of Spartanburg County, the address of which is 180 Magnolia Street Room 302, Spartanburg, SC 29306, within eight (8) months after the date of the first publication of this Notice to Creditors or within one (1) year from date of death, whichever is earlier (SCPC 62-3-801, et seq.) or such persons shall be forever barred as to their claims. All claims are required to be presented in written statement on the prescribed form (FORM #371ES) indicating the name and address of the claimant, the basis of the claim, the amount claimed, the date when the claim will become due, the nature of any uncertainty as to the claim, and a description of any security as to the claim. Estate: Barbara Jean Hughes Date of Death: December 5, 2019 Case Number: 2020ES420057 Personal Representative: Diann M. Lamb 856 Floyd Road Ext. Spartanburg, SC 29307 5-28, 6-4, 11

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

JUNE 4, 2020

Legal Notices

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: Neal O'Connor AKA Neal Hanford O'Connor Sr. Date of Death: April 4, 2020 Case Number: 2020ES4200610 Personal Representative: Ronna M. McFalls 123 Green Valley Drive Chesnee, SC 29323 5-28, 6-4, 11

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: Andrew Snow Date of Death: July 19, 2019 Case Number: 2020ES4200203 Personal Representative: Jessica Alford 35 Essex Court Greenville, SC 29609 5-28, 6-4, 11

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Date of Death: December 31, 2019 Case Number: 2020ES4200433 Personal Representative: Ms. Lesli Brown Darwin 211 Indian Wells Drive Spartanburg, SC 29306 5-28, 6-4, 11

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Date of Death: March 19, 2020 Case Number: 2020ES4200612 Personal Representative: Candace M. Bradfield 201 Rolling Creek Court Taylors, SC 29687 5-28, 6-4, 11

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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: James Brown AKA James E. Brown Sr. AKA Brim E. Brown Sr. Date of Death: April 29, 2020 Case Number: 2020ES4200663 Personal Representative: Ms. Lanedra Brown 534 East Heatherstone Lane Roebuck, SC 29376 Atty: Shane William Rogers Post Office Drawer 5587

NOTICE TO CREDITORS OF ESTATES

Spartanburg, SC 29304

5-28, 6-4, 11

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: Shane William Phillips Date of Death: March 30, 2020 Case Number: 2020ES4200664 Personal Representative: Rae Ramos 3351 Chesnee Highway Chesnee, SC 29323 Atty: C. Carter Elliott Jr. 117-119 Screven Street Post Office Box 1405 Georgetown, SC 29442 5-28, 6-4, 11

> LEGAL NOTICE 2020ES4200514

5-28, 6-4, 11

NOTICE TO CREDITORS OF ESTATES

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NOTICE TO CREDITORS OF ESTATES

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#371ES with the Probate Court of Spartanburg County, the address of which is 180 Magnolia Street Room 302, Spartanburg, SC 29306, within eight (8) months after the date of the first publication of this Notice to Creditors or within one (1) year from date of death, whichever is earlier (SCPC 62-3-801, et seq.) or such persons shall be forever barred as to their claims. All claims are required to be presented in written statement on the prescribed form (FORM #371ES) indicating the name and address of the claimant, the basis of the claim, the amount claimed, the date when the claim will become due, the nature of any uncertainty as to the claim, and a description of any security as to the claim. Estate: James Lynn Campbell Date of Death: April 9, 2020 Case Number: 2020ES4200693 Personal Representative: Ms. Lisa C. Seay 660 Midnight Road Inman, SC 29349 6-4, 11, 18

NOTICE TO CREDITORS OF ESTATES

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NOTICE TO CREDITORS OF ESTATES All persons having claims against the following estates MUST file their claims on FORM #371ES with the Probate Court of Spartanburg County, the address of which is 180 Magnolia Street Room 302, Spartanburg, SC 29306, within eight (8) months after the date of the first publication of this Notice to Creditors or within one (1) year from date of death, whichever is earlier (SCPC 62-3-801, et seq.) or such persons shall be forever barred as to their claims. All claims are required to be presented in written statement on the prescribed form (FORM #371ES) indicating the name and address of the claimant, the basis of the claim, the amount claimed, the date when the claim will become due, the nature of any uncertainty as to the claim, and a description of any security as to the claim. Estate: Michael Lane Sutton Date of Death: April 1, 2020 Case Number: 2020ES4200582 Personal Representative: Mr. James H. Sutton 318 Terrace Hills Drive Boiling Springs, SC 29316 6-4, 11, 18

NOTICE TO CREDITORS OF ESTATES

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LEGAL NOTICE 2020ES4200625

The Will of Diane L. Thomas, Deceased, was delivered to me and filed May 7, 2020. No proceedings for the probate of said Will have begun. HON. PONDA A. CALDWELL Judge, Probate Court for Spartanburg County, S.C. 6-4, 11, 18

DAA DraexImaier Automotive of America, LLC seeks a Process Development Specialist / Technical Project Leader in Duncan, SC to plan, manage and coordinate assigned projects to assure product and process development from concept phase to series production. Requires 25% domestic & 25% international travel. Send resume to Ally Ouesada, DAA DraexImaier Automotive of America, LLC, 1751 East Main Street, Duncan, SC 29334.

Pauline, SC 29374 5-28, 6-4, 11

> NOTICE TO CREDITORS OF ESTATES All persons having claims against the following estates MUST file their claims on FORM #371ES with the Probate Court

The Will of Larry Eugene Carter, Deceased, was delivered to me and filed March 25, 2020. No proceedings for the probate of said Will have begun. HON. PONDA A. CALDWELL Judge, Probate Court for

Spartanburg County, S.C.

NOTICE TO CREDITORS OF ESTATES All persons having claims against the following estates MUST file their claims on FORM

How families and communities can prepare for natural disasters

(StatePoint) Natural disasters are increasing in severity and frequency. However, studies show that advance planning can keep individuals healthier and safer and support faster recovery for communities. And one of the most effective ways to prepare is by enforcing up-todate building codes.

Studies show that adopting the International Residential and Building Codes generates a national benefit of \$11 for every \$1 invested, while proper code enforcement decreases losses following disasters by up to 25 percent. When states and local jurisdictions apply the latest codes and they're diligently enforced, they're also more likely to qualify for federal pre-disaster mitigation funding and additional post-disaster recovery assistance.

However, only 31 percent of hazard-prone jurisdictions in the U.S. have adopted the latest two editions of hazardresistant building codes. Fortu-nately, newly expanded Federal Emergency Management Agency and U.S. Department of Housing and Urban Development grants will fund code adoption, administration and enforcement pre- and postdisaster, providing new resources for American communities.

Contact your elected offi-



cials, building department, or permitting office to learn how you can support adoption and enforcement of modern building codes and standards in your community. Additionally, you can help protect your family with these disaster safety and mitigation tips from the International Code Coun-cil, a nonprofit association that provides a wide range of solutions in support of safe, sustainable, affordable and resilient structures:

• Install tested and codeapproved shutters for protection from windborne debris if you live in a high wind or hurricane prone area. If this isn't possible, consider temporarily protecting doors and windows by mounting exterior grade, 7/16-inch minimum thickness plywood and fastening it into place.

• Consider building or retrofitting a storm safe room in your home. During the planning stages with the contractor, be sure to confirm they are building to the most recent codes and standards, such as the ICC/NSSA 500 Standard for the Design and Construction of Storm Shelters, to provide the highest level of protection for your family.

• In flood-prone areas, consider raising your home up to 10 feet above the base flood elevation. According to the National Institute of Building Sciences, an elevation retrofit yields a benefit

of \$6 for every \$1 spent.

• In wildfire-prone areas, remove dead grass, leaves, twigs and branches within 30 feet of a building. Be sure to remove dry leaf and pine litter from roofs, rain gutters, decks and walkways. See the Code Council's International Wildland-Urban Interface Code for detailed requirements.

• When designing, remodeling or constructing a home, keep dangers posed by natural disasters local to your region top-of-mind. For instance, those in hurricane or flooding-prone areas can construct break-away walls and flood openings to prevent pressure buildup. Those in wildfire-prone areas should be sure to use fire-resistant materials for landscaping and construction.

• Purchase property insurance customized to cover threats specific to your region, including flooding. Just one inch of water can cause \$25,000 of damage to your home and standard homeowners and renters insurance policies don't typically cover flood damage.

More tips as well as information about the Code Council's work to assist devastated communities with post-disaster building plan reviews, inspections and permit operations can be found at BuildingSafetyMonth.org.

While natural disasters are beyond our control, building to modern codes can mitigate their impact, supporting safer, more resilient communities.

PHOTO SOURCE: (c) Kurgu128 / iStock via Getty Images Plus

What those living with asthma can do to manage their condition

(StatePoint) Asthma is a lung disease that makes breathing difficult for over 24 million Americans. While there is no cure, proper management can help those that live with asthma lead a normal, healthy life.

Education plays a key role in making this happen. Here are four important questions and answers about asthma self-management education from the American Lung Association:

1. What is asthma selfmanagement? The best medicines and best healthcare providers in the world can only do so much to help you manage your asthma if you are not also doing your part. For this reason, self-management is essential. "Self-management" refers to the things you can do for yourself to keep your asthma in control, have fewer asthma symptoms and better enjoy life. Here are seven major steps to asthma self-management:

• Understanding asthma and breathing.

• Talking with your healthcare providers.

• Learning about and how to use your asthma medicines.

• Making changes in your life to prevent asthma problems.



• Knowing your asthma symptoms and keeping track of them.

• Checking your airways with a peak flow meter.

• Knowing what to do when your asthma is out of control.

2. What are the benefits of participating in an asthma self-management program? Completing an asthma self-management education program can improve your knowledge about your specific type of

asthma. It can also help you feel more confident in monitoring your symptoms, working with your healthcare providers, and in using your asthma medicines correctly. These programs can also improve your ability to avoid or reduce exposure to your asthma triggers. All this can potentially result in fewer symptoms, asthma flare-ups, missed work or school days and emergency department or urgent care visits, for an

overall improved quality of life.

3. What skills will I learn? Asthma self-management education programs cover the basics about asthma and how it affects the body, as well as give participants the ability to use tools to monitor symptoms and take medicines properly. Participants also develop problemsolving skills for when asthma symptoms worsen and learn how to make

lifestyle changes to avoid asthma triggers, including stress management, staying active with exercise and avoiding tobacco smoke. Through these programs, participants develop self-advocacy and communication skills for working with healthcare providers.

4. Where can I turn for asthma self-management education? The Lung Association offers asthma programs to help you learn asthma self-management skills, including the adultfocused asthma self-management program, Breathe Well, Live Well, and two pediatric programs, Open Airways For Schools and Kickin' Asthma. These programs are designed to help millions of Americans with asthma learn the skills to make lifestyle changes that will improve symptoms and quality of life. Additionally, the Lung Association offers a selfpaced online program called Asthma Basics, which is a first step to learning more about the disease. Asthma Basics is ideal for people with asthma, or anyone caring for someone with asthma and available is at Lung.org/asthma-basics. To access these resources and learn more about lung health, visit Lung.org.

Asthma, if uncontrolled, can have serious consequences. However, knowledge can empower those living with asthma to take more control of the condition and improve their quality of life.

PHOTO SOURCE: (c) MangoStar_Studio / Getty Images

Converse College announces inaugural Esports athletics program

Converse College announces its inaugural Esports athletics program, with the anticipation that the full Valkyries Esports team will be recruited for fall 2021. The Esports team will be one of two co-educational teams across the roster of Converse athletics.

"The addition of Esports will encourage talented students to consider Converse as their college home," said L. Krista Newkirk, Converse president. "Students who are interested in competing in Esports at the collegiate level tend to be high achievers who are attracted to institutions with strong STEM programs. I am confident these students will be drawn to the excellent academic programming that Converse has to offer. Converse continues to innovate for the future; we recently added a data analytics minor to our expanding STEM programs."



NCAA, Conference, and Converse regulations.

Recruitment for the Esports team will begin in the summer of 2020, with the full team anticipated for fall 2021, although gameplay may begin as early as spring 2021. Competitive scholarship opportunities will be available for studentathletes selected to play on the inaugural Esports team. While recruitment will be

Student-athletes on the new Converse Esports team will have structured schedules for academics, gaming, and community involvement, and will be held to the same standards as other student-athletes. In addition, Valkyries Esports studentathletes will benefit from using all of the resources on the Converse campus that are currently being used by the NCAA and IHSA student-athletes, which include the tutoring lab, writing center, strength and conditioning center, and more.

"Esports helps students hone their talents and develop valuable life skills such as innovation, management, teamwork, and strategic thinking," said Jenn Bell, Converse director of athletics. "We are excited to offer this new sport to our lineup of athletic teams. We already have a number of Converse students who are competitive gamers, and this addition will benefit both existing and prospective students."

Converse plans to participate in varsity Esports as a member of one of the collegiate Esports leagues that promote the education and development of students through intercollegiate participation. One of the largest collegiate Esports organizations, National Association Collegiate Esports of (NACE), currently has about 175 colleges participating in varsity Esports, and provides benefits to member institutions such as standardized rules and compliance, professional development, business intelligence, and a lobbying arm with media and publishers. Member schools compete in a variety of game titles across the fall and spring seasons, and have included Overwatch; Paladins, Champions of the Realm; Rocket League;

Smite, Battleground of the Gods; Counter-Strike; Fortnite; and League of Legends.

Over the next year, Converse will prepare for the new team by developing an Esports hub with gaming equipment and infrastructure within the institution's Student Montgomery Center. A search for an Esports coach is also underway, with a hiring decision anticipated by August 2020. The new coach will implement and manage all phases of a competitive Esports program in accordance with led by Converse, interested student-athletes may also reach out to valkyries@converse.edu with questions and to request consideration.

Converse is home to the only NCAA Division II athletic teams in Spartanburg. The men's teams currently planned for the 2021-2022 academic year include basketball, cross country, equestrian (co-ed), soccer, tennis, indoor and outdoor track and field, and volleyball. The men's teams will be in addition to the 13 NCAA Division II and IHSA women's teams currently a part of Converse's athletic team roster.

