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Spartan Weekly

Community news from Spartanburg and the surrounding upstate area
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AROUND TOWN

Returning Home: Spartanburg Science Center's new Educational Director returns to Spartanburg

The Spartanburg Science Center wants recently welcomed a new Educational Director, Jessica Kusher.

She brings knowledge and expertise to the center along with a sense of history. She was raised in Spartanburg, and attended the Spartanburg Science Center as a child.

A graduate from Kenyon College with a Double major in Film and Biology with a minor in Anthropology. Jess Kusher grew up in Spartanburg and her family was heavily involved with the Science Center. Her study in biology focused greatly on birds, wetland science, and conservation techniques and she's excited to bring this knowledge with her to the center.

One SC Fund activated to fund statewide COVID-19 response efforts

Columbia - The One SC Fund, housed at Central Carolina Community Foundation, has been activated with support from Governor Henry McMaster, to provide a collaborative statewide response to the COVID-19 pandemic. The response will be led by a coalition of funders and partners across the state — South Carolina Grantmakers Network, TogetherSC Philanthropic Partners, and United Way Association of South Carolina. To donate, visit www.OneSCFund.org. One hundred percent of monies donated will go directly to help our state's COVID-19 response.

How to donate to the One SC Fund

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

- Online: Visit www.OneSCFund.org to make a donation with your credit card.
- Mail: Send a check made payable to Central Carolina Community Foundation - One SC to: Central Carolina Community Foundation, 2142 Boyce Street, Suite 402, Columbia, SC 29201.

Spartanburg Community College implements distance learning instructional model

Spartanburg Community College implemented a distance learning instructional model on March 16 that will continue through the end of the semester, April 29, in compliance with the executive order announced by South Carolina Governor Henry McMaster. SCC's five campuses in Spartanburg, Union and Cherokee counties remain closed through March 31 for students and the public, in accordance with the Governor's March 15 executive order.

Additionally, the college's spring break will remain unchanged and will take place from Monday, March 30 – Saturday, April 4.

Registration for summer and fall semesters at SCC is ongoing. Information about applying to the college and registering for classes is available on the SCC website.

SCC's Business Office has suspended the \$15 credit card convenience fee to encourage online payments.

GSSM accepting applications for its GoSciTech residential summer camp

Hartsville – The South Carolina Governor's School for Science & Mathematics (GSSM) is now accepting applications for GoSciTech, its week-long residential STEM summer camp for rising 8th - 10th graders on GSSM's Hartsville campus. Online applications are available at www.scgssm.org/goscitech

A wide variety of courses are offered during the four weeks of GoSciTech. Course favorites include Pre-Med & Anatomy, Marine Biology, Science and the Law, Codes & Cryptography, Sisterhood of Coders, Graphic Design, and Astrophysics, along with many more. To check out the full list of 30+ courses offered, please visit www.scgssm.org/goscitechcourses.

GoSciTech will run the following weeks:

Week 1: June 14-20, 2020

Week 2: June 21-27, 2020

Week 3: July 5-11, 2020

Week 4: July 12-18, 2020

Tuition for each camp week costs between \$830 and \$930 depending on the course. Students can choose to stay up to four weeks. Need-based financial aid is available to residents of South Carolina on a first-come, first-served basis. To apply, complete the financial aid section of the application before April 15.

The application deadline for all of GSSM's summer programs is May 15.

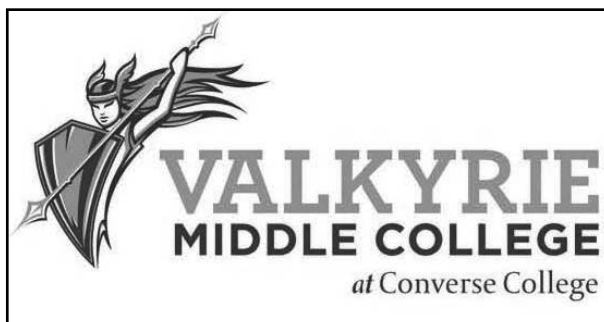
Find a full list of courses, learn more and apply online at www.scgssm.org/goscitech

Converse, District 7 launch Valkyrie Middle College program to build K-12 teacher pipeline

Converse College and Spartanburg School District Seven recently announced a new collaborative program aimed to create a pipeline for highly qualified K-12 educators in the Upstate.

The Valkyrie Middle College will enroll selected Spartanburg High School (SHS) students who wish to pursue a career in education, enabling them to earn up to a full year of college credit on the Converse campus during their junior and senior years of high school. Students who successfully complete the program will be eligible for priority acceptance into Converse College's teacher education program and will receive priority consideration for teaching jobs with District Seven after graduating from Converse with teacher certification.

Spartanburg High School students will be identified, screened and admitted into the Valkyrie Middle College during the spring of their sophomore year. They will begin coursework in the fall of their junior year, attending classes at Converse for the first half of their school day then returning to SHS in time for lunch and afternoon classes. Valkyrie Middle College students will graduate from SHS with approximately 30 transferrable credit hours at Converse College and will be eligible to enroll in advanced level courses to complete the Bachelor of



Converse College and Spartanburg School District Seven have announced a new collaboration called Valkyrie Middle College, aimed at creating a pipeline for K-12 educators in the Upstate.

Arts in education. The first cohort of Valkyrie Middle College students will be admitted this spring and will begin classes in Fall 2020.

"We are thrilled to partner with Spartanburg School District Seven for this innovative approach to developing high quality K-12 educators through the Valkyrie Middle College program," says Converse President Krista Newkirk. "Students selected for this program will be welcomed into the Converse family and benefit from undergraduate level instruction and mentorship from Converse's full-time faculty members. As our community aims to retain workforce talent through initiatives such as ONE Spartanburg, this partnership between Converse and District Seven will lend support by inspiring and equipping teachers we hope will reinvest their talents right here in Spartanburg."

Courses for the Valkyrie Middle College will focus on subject areas in both

teacher education and general education. Courses will be taught solely to Valkyrie Middle College program participants by Converse faculty members.

"A Converse degree is recognized throughout the Southeast as a mark of a quality educator and we look forward to having more Converse graduates teach in Spartanburg District Seven classrooms," said District Seven Superintendent Dr. Russell Booker. "District Seven has a long tradition of providing early college programs that advance our students' educational and career opportunities and we are very pleased to add the Valkyrie Middle College to this roster. It is our hope that our students' passion for teaching will be ignited through the Valkyrie Middle College and that this experience will set them on course to join the next generation of educators here in Spartanburg and beyond."

Help Spartanburg Regional with mask challenge

Like healthcare systems across the country, Spartanburg Regional Healthcare System is experiencing increased demand for face masks, goggles, face shields and N95 or similar masks due to the COVID-19 pandemic.

In response, Spartanburg Regional is announcing a mask challenge.

On Friday, Upstate businesses, universities, school districts and large manufacturers began donating masks and other protective gear in support of Spartanburg Regional's medical team.

Spartanburg Regional maintains a reserve of Personal Protective Equipment, such as face masks, goggles, face shields and N95 masks. Demand has surged dramatically since the beginning of the COVID-19 pandemic, which could further accelerate the need for masks and last for weeks.

"We are living in unprecedented times, but we are so fortunate to live in a community that cares and supports each other.



Spartanburg Regional CEO Bruce Holstien (left) and David Church, Vice President of Oncology and Support Services at Spartanburg Regional Healthcare System, unload boxes of 3M masks.

Even though these institutions are dealing with their own challenges, they stepped up to support our doctors, nurses and other frontline caregivers."

Spartanburg Regional Healthcare System CEO Bruce Holstien said. "This equipment will directly support patient care in the

weeks and months ahead."

Spartanburg Regional would like to thank the following organizations for their generous support:

Bullington Associates
Converse College
Spartanburg School District 1
Spartanburg School District 2
Spartanburg School District 5
Spartanburg School District 7
Spartanburg Methodist College
Milliken & Co.
Tietex International

Spartanburg Regional would also like to thank Upstate residents for their continued vigilance in limiting the spread of COVID-19. By staying at home, practicing social distancing, washing your hands and covering your cough, you are helping to protect your families and our caregivers.

If an organization is interested in participating in the mask challenge, please email COVID19@srhs.com

The benefits of volunteering

From the American Counseling Association

Regardless of where you live, virtually every community has programs that rely on volunteers to operate. Hospitals, homeless shelters, schools, local theater and just about every other community-oriented program you can think of has a need for volunteers to keep it up and running.

And yet many of us don't volunteer. Of course, we have plenty of excuses. Lack of time, work demands, family responsibilities, we're too old -- it's a long excuse list that you might think about as you sit front of the TV most nights wondering why you're bored or lonely or feeling somewhat irrelevant.

One of the main benefits of volunteering is that it can perk up an otherwise fairly static social life. Volunteering offers the opportunity to make connections with the people you are helping and provides the chance to cultivate friendships with other volunteers.

Studies have found that when you volunteer your time and skills, and increase your social interaction, you are likely to improve both your mental and physical health. Experts advise that consistent socializing can lead to better brain functioning and help reduce the risk for depression and anxiety.

These benefits are particularly important in helping improve our lives as we get older. Surveys have found that some 45 percent of people admit to feeling lonely and that as many as one in ten people report having no close friends. Clearly, the improvement in socializing that comes with volunteering pays dividends in these areas, and those are dividends that accumulate regardless of age.

Volunteering to help with organizations serving the less fortunate is not only a way of doing something good for your community but also can bring a variety of personal benefits. It's been shown to be a way to improve self-esteem and to help develop emotional stability.

Some research has shown that people who volunteer may be at lower risk for dementia as they age and that volunteer activities may help strengthen the immune system. Studies have found that seniors often gain real physical benefits from volunteering, including a possible reduction in heart disease and a general sense of feeling younger.

Volunteering isn't a magic cure for all of life's ills, but it is a way to stay more active, to contribute to your community and to expand and strengthen your social life. And all of that can add up to a happier and healthier you.

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

Around the Upstate

Experts warn vegetable growers about new greenhouse tomato disease

By Denise Attaway, College of Agriculture, Forestry and Life Sciences; Public Service and Agriculture

Pelion – A new virus has officials on alert and during the 2020 Clemson Spring Vegetable Production Meeting, growers learned what to do if they detect it in their plants.

“Tomato brown rugose fruit virus is not that common, but it is the newest, most talked about virus in tomatoes,” said Tony Keinath, a Clemson Research and Extension plant pathologist housed at the Coastal Research and Education Center in Charleston. “This disease has not been detected in South Carolina.”

The virus only attacks tomatoes grown in greenhouses. It also attacks peppers. Leaf symptoms on both tomatoes and peppers include deformed, crinkled leaves, mosaic, mottling, flecking, chlorosis and/or necrosis. Fruit symptoms include discoloration and rough brown patches or ringspots. Fruit shapes may become irregular. Veins in the calyx — leaves that surround and protect young blossoms — may become brown during early stages of fruit ripening.

This disease is found in plants’ sap as well as in seed. Management practices include planting dis-

ease-free seed and seedlings, regularly scouting plants for symptoms and isolating symptomatic plants.

The tomato brown rugose fruit virus was discovered on tomatoes in Israel in 2014 and found in a California tomato greenhouse in 2018. The disease was terminated before it could spread.

In late 2019, the virus was found in Florida on tomatoes imported from Mexico. The sampled tomatoes were destroyed. The United States Department of Agriculture’s Animal and Plant Health Inspection Service (USDA-APHIS) has since restricted imports of tomato and pepper seed lots and transplants from all countries where the virus exists, as well as restricting tomato and pepper fruit imported from Mexico, Israel and the Netherlands.

Because Canada imports tomatoes and peppers from Mexico that may be re-exported to the United States, the USDA is requiring Canada to inspect these products to ensure they are disease-free before exporting them to the United States.

“This disease has not been detected in South Carolina,” said Steven Long, assistant director of regulatory services for the Clemson Department of Plant Industry. “Currently, officials are inspecting all



Tomato brown rugose fruit virus can cause greenhouse tomato plant leaves to crinkle as seen on left. Leaves on right are from a greenhouse tomato plant not infected by the virus.

Image Credit: Kai-Shu Ling, USDA U.S. Vegetable Laboratory

tomato plants and all tomato fruit that are being shipped in to the United States. If you see something you believe may be the virus, contact your local Extension agent. The agent can contact us if they believe it is the tomato brown rugose fruit virus and we can come sample the plant or plants and have tests run to determine if it is indeed the virus.”

Tests will be conducted at the USDA’s U.S. Vegetable Laboratory in Charleston.

“We do not charge for these tests,” said Kai-Shu Ling, a research plant pathologist at the research laboratory.

Weed control

In addition to disease management, growers at the spring meeting also

learned about weed control from Matt Cutulle, Clemson weed specialist also housed at the Coastal REC. Swinecress, palmer amaranth, nutsedge, pigweed and goosegrass were the main weeds Cutulle discussed.

“When considering weed management, it is important you know when the critical weed-free period of your crop is,” Cutulle said. “This period is the length of time after planting when weeds must be kept at a minimum. If they aren’t controlled, weeds can hamper crop yield by depriving plants of water and nutrients they need during their early growth stage. Weed management also is important during harvest because weeds can prevent the use of harvest-

ing equipment.”

Controlling weeds can be achieved by using conventional, organic and non-chemical methods. For more information, go to http://bit.ly/CREC_WeedC control.

Insect pest control

Alton “Stormy” Sparks, an Extension entomologist from the University of Georgia, discussed mite management and diamond-back moth caterpillar pressure with participants via video conferencing. The two-spotted spider mite has a broad range of hosts, including herbaceous plants, that it can suck the life out of. Adults are about 1/7 mm long – not even 5 one-thousandths of an inch. They overwinter in tree bark cracks. Spider mites suck leaf juices, causing tiny white-to-yellow stipples to appear. When large spider mite populations feed, the stipples coalesce and leaves may turn white to yellow to grayish-brown and, then, die. Some plants are particularly susceptible to spider mite toxins and even low populations may cause leaves to die.

When scouting for spider mites, look for early signs of stippling during the beginning of hot summer weather. Examine the underside of damaged leaves for spider mites. Also look for predators, such as phytoseiid mites and lady beetles.

In dry, hot, sunny locations, spider mites may produce one generation per week. Use horticultural oil or insecticidal soap sprays for low mite populations to conserve any beneficial insects that may be present. When mite populations are high and there are no beneficial insects present, consider using a residual miticide spray. Re-evaluate in one week.

The diamondback moth caterpillar attacks vegetables such as broccoli, Brussels sprouts, cabbage, cauliflower, collard, kale, kohlrabi, mustard, radish, turnip and watercress. Plant damage is caused by larval feeding. Management of this caterpillar includes the use of, insecticides and having a host-free period in the summer, as well as planting a diversity of crops.

About 50 growers attended this year’s meeting. Clinton Sease owns a farm in Lexington County and said coming to this meeting is an annual event for him.

“I come so that I can get updates and learn about research being done,” Sease said. “It’s a good idea to keep up with what’s going on in the farming world and this meeting is a great place for us to come and learn what we can do to stay in business.”

Southeastern Health Partners and Aetna launch initiative to improve quality of healthcare

Southeastern Health Partners and Aetna have established a new partnership that will help provide a collaborative care approach to more than 7,000 Aetna Medicare Advantage members across the Upstate of South Carolina.

This partnership demonstrates Southeastern Health Partners’ commitment to providing patients with the best care. It focuses on prevention and wellness and reduces unnecessary emergency room visits and hospital readmissions – saving money for all involved. Southeastern Health Partners and Aetna’s new agreement promotes efficient and high value health care by ensuring that members receive the right care at the right time with the best possible outcomes.

Southeastern Health Partners includes three healthcare systems: AnMed Health, Bon Secours St. Francis and Spartanburg Regional Healthcare System. Patients who receive care through these organizations will benefit from the new relationship with Aetna.

Southeastern Health Partners and Aetna’s new relationship supports the deployment of multidisciplinary care teams to engage the members in their own health care.

“Aetna has a history of working collaboratively with providers to improve the value of the health care being delivered, and we are excited about the partnership,” said Southeastern Health Partners CEO Blake Allison. “Our goal is to focus on achieving specific targets on key quality measures as well as ensuring the most efficient health care as possible.”

In the value-based care model, Southeastern Health Partners and Aetna can identify clear, actionable information specific to an individual patient’s health needs. This collaboration also improves the ability to identify patients at high risk for chronic disease.

“Aetna members aligned with Southeastern Health Partners’ providers can expect to continue to receive high-quality care from their provider through an enhanced care team and even more coordinated care,” said Tom Kayrouz, MD, chairman of Southeastern Health Partners’ board of managers.

Southeastern Health Partners is a clinically integrated network of three healthcare systems – AnMed Health, Bon Secours St. Francis and Spartanburg Regional Healthcare System – with providers across the entire care continuum, including more than 2,000 physicians and advanced practice providers, who work to improve community health, elevate the patient experience through coordinated care, and lower healthcare costs.

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Super Crossword Answers grid with 15 columns and 25 rows. Contains answers for 1-127.

Super Crossword puzzle grid with clues and answers. Clues include: 1. It may begin "Here lies..." (8 letters), 8. Like fables with morals (7 letters), 15. Sprayed like a firefighter (9 letters), 20. Composer Saint-Saëns (10 letters), 21. Maui tourist town (7 letters), 22. Wash away (6 letters), 23. Like overly harsh punishment (10 letters), 25. Consolidate (10 letters), 26. Suffix with prophet (7 letters), 27. Calc prereq (7 letters), 28. Hosiery hitch (7 letters), 30. Transmission option (11 letters), 31. Coil of yarn (6 letters), 33. 1985 hit for Sheila E. (7 letters), 37. Female graduates (9 letters), 40. Middle: Abbr. (6 letters), 41. Cello bow (6 letters), 42. Monkey of kid-lit (7 letters), 46. Upholstered footstool (11 letters), 50. Country singer Travis (10 letters), 51. Inits. on a navy vessel (7 letters), 52. Neighbor of Ger. (7 letters), 54. Apple pie mode (7 letters), 55. Just makes with "out" (7 letters), 56. 1965 Marvin Gaye hit (7 letters), 63. Dial-up alternative, for short (8 letters), 64. Fall away (7 letters), 65. Cube inventor (7 letters), 66. Feeble (7 letters), 67. Noncircular paths around bodies (11 letters), 72. Homeland, affectionately (10 letters), 75. Big name in dog food (7 letters), 76. 108-card game (7 letters), 77. Toque or fez (7 letters), 80. 1967 hit for the Doors (7 letters), 85. Infrequent (8 letters), 86. "Star Trek" rank: Abbr. (6 letters), 87. Pfler from (7 letters), 88. Singer Yoko (7 letters), 89. Leaks slowly (7 letters), 90. To no extent (7 letters), 94. Mismatched collection (10 letters), 99. Knife of old infomercials (7 letters), 101. — Kippur (7 letters), 102. Stream of electrons (9 letters), 103. Witches in "Macbeth" (7 letters), 107. Cantaloupe or honeydew (9 letters), 108. Body gel additive (7 letters), 109. "There's — haven't heard!" (8 letters), 110. — prayer for (7 letters), 111. Univ. Web site suffix (7 letters), 114. Beach hills (7 letters), 116. "77 Sunset Strip" actor, familiarly (9 letters), 122. Mrs. Bunker (7 letters), 123. Use an umbrella, say (8 letters), 124. Posts again (7 letters), 125. Hunter's lure (7 letters), 126. Fusible alloys (7 letters), 127. Bad-mouth (7 letters), 11. Western treaty inits. (7 letters), 12. Pope before Gregory XIII (7 letters), 13. More nonsensical (7 letters), 14. Prison, informally (7 letters), 15. — and haw (7 letters), 16. Pizza herb (7 letters), 17. More irritated (7 letters), 18. Rocker (7 letters), 19. Plow pioneer (7 letters), 24. Noisy clamor (7 letters), 29. Basic idea (7 letters), 31. Actor Jimmy (7 letters), 32. Granny, e.g. (7 letters), 33. At — of (7 letters), 34. Item in a P.O. box (7 letters), 35. Part of NATO: Abbr. (7 letters), 36. Acne spot (7 letters), 37. Performed on stage (7 letters), 38. Lies in wait (7 letters), 39. Apocryphal archangel (9 letters), 43. With 115-Down, nervous and apprehensive (11 letters), 44. Part of i.e. (7 letters), 45. "... wife could — lean" (7 letters), 47. Injure badly (7 letters), 48. Jai — (7 letters), 49. DEA agent (7 letters), 53. "Shape — ship out!" (7 letters), 56. Alphabet opener (7 letters), 57. "May — of service?" (7 letters), 58. Burglar's job (7 letters), 59. Missile's path (7 letters), 60. "Deathtrap" star Michael (7 letters), 61. "For — us a child is born" (7 letters), 62. Guitarist Paul (7 letters), 64. "Green" sci. charged atom (7 letters), 67. Sci-fi power (7 letters), 68. Robert De — (7 letters), 69. 1990s the beach exercise fad (7 letters), 70. Bldg. units (7 letters), 71. Virus, e.g. (7 letters), 72. Not closed (7 letters), 73. Jay of NBC (7 letters), 74. Biblical verb (7 letters), 77. Belittling frat brother (7 letters), 78. Circus venue (7 letters), 79. Touchy (7 letters), 81. Bohemianism (7 letters), 82. Meanders (7 letters), 83. Question's opp. (7 letters), 84. Turndowns (7 letters), 85. Like Brutus (7 letters), 89. Prince — von Bismarck (7 letters), 91. Go along with (7 letters), 92. Christie's cry (7 letters), 93. — many words (7 letters), 95. Coloring stuff (7 letters), 96. Caméra — (7 letters), 97. Ones toeing the line (7 letters), 98. Tag anew (7 letters), 100. In the habit of (7 letters), 103. Crossed a ford (7 letters), 104. Get by Paul (7 letters), 105. Like a charged atom (7 letters), 106. Cyclical, at the beach (7 letters), 107. — tai (drink) (7 letters), 110. "The — the limit!" (7 letters), 111. Markey of Tarzan films (7 letters), 112. Nixing mark (7 letters), 113. Stalin's land (7 letters), 115. See 43-Down (7 letters), 117. English dramatist Thomas (7 letters), 118. Lyrical verse (7 letters), 119. Bruin Bobby (7 letters), 120. Peru's Sumac (7 letters), 121. Campaigned (7 letters)

Building a home? What to ask your builder about lighting

(StatePoint) While lighting is an essential piece of new home design; it's often selected and installed at the end of the building process. What's more, statement-making decorative lighting is often not part of the initial design at all.

"Many builders today are opting for only recessed lighting in new home builds. Not only does this provide inadequate light, it creates a sterile look," says Jennifer Kis, director of marketing communications for Progress Lighting. "It's important to consider decorative lighting in the initial budget to highlight all the other accents and purposeful design in your home."

The good news is that today, there are luxury lighting options that suit any budget and lifestyle trend. For example, Progress Lighting offers the Point Dume Collection created by influential interior designer, Jeffrey Alan Marks. Inspired by the California coastline, fixtures in this fashion-forward collection highlight artistic influence and rich finishes. Progress also offers the Design Series, which offers sophistication at accessible prices, along with hundreds of other decorative interior and exterior



fixtures.

"For the style impact it gives the home, decorative lighting is definitely worth the investment," says Piper Stromatt, interior designer for Curate Custom Homes in Chattanooga, TN. "We've tested recessed-only lighting schemes and our clients immediately sense something lacking in the home's ambiance. We always recommend including decorative lighting, as it increases the perceived

value of the home as well as offers a finishing touch."

Be sure to discuss the lighting plan during your design phase. Once the build has started, it may be more expensive to make changes. When talking lighting with her clients, Stromatt emphasizes these key points:

- Layer a combination of task lighting with decorative lighting. A properly layered lighting scheme

creates comfort, functionality and beauty.

- Decorative lighting should be installed closer to eye level than functional recessed lighting and reinforce the home's unique design. As the single focal point for each living area, decorative fixtures define a space, which is especially crucial in open floor plans.

- Avoid installing recessed lighting in rooms

where flattering and comfortable light is necessary, such as overhead in the master bathroom or in a nursery where high-wattage lights can be uncomfortable for baby's eyes.

When planning the lighting for your new home, Stromatt recommends asking these questions:

- Is the lighting package pre-determined? Often, builders offer a choice of

one or more standard packages. Before confirming your selection, ask what upgrades are available, what the costs are, and if there are any design limitations.

- What's the wiring plan? Pre-installed junction boxes, or pancake boxes, offer less flexibility, as light fixtures must be installed wherever junction boxes are. If your plan doesn't include decorative lighting, ask for the home to be snake-wired, which gives the flexibility to add lighting wherever and whenever you want.

- Are LED light bulbs an option? Often a builder has already selected bulbs, and they're not always LED. Even if it adds to the cost, the investment to substitute LED bulbs is worth it, providing energy savings, brighter light and longer life.

For more tips and inspiration, visit Progress Lighting at progressltg.com/Shop

The bottom line: don't settle for recessed lighting alone. By asking the right questions, you can easily combine form and function.

South Carolina to receive disaster recovery assistance from Small Business Administration

Columbia - In response to a request from Governor Henry McMaster for a disaster declaration, the U.S. Small Business Administration (SBA) is offering low-interest federal disaster loans for South Carolina small businesses suffering substantial economic injury resulting from the Coronavirus (COVID-19). The disaster declaration makes SBA assistance available in the entire state of S.C.

"These low-interest loans are of monumental importance to our business community," said Gov. Henry McMaster. "There's no doubt that our state's small businesses have suffered losses throughout this incredibly difficult time, but help is on the way."

Small businesses and non-profit organizations that have been financially impacted as a direct result of COVID-19 may qualify for Economic Injury Disaster Loans up to \$2 million to help meet financial obligations and operating expenses.

"These loans may be used to pay fixed debts, payroll, accounts payable and other bills that can't be paid because of the disaster's impact," said SBA Administrator Jovita Carranza. "Disaster loans can provide vital economic assistance to small businesses to help overcome the temporary loss of revenue they are experiencing."

"We are grateful the SBA acted so swiftly to provide assistance to South Carolina's small business community," said S.C. Secretary of Commerce Bobby Hitt. "We encourage S.C. businesses to take advantage of this program aimed at bridging the financial gap during this unprecedented time."

The application and additional information is available at <https://disasterloan.sba.gov/ela>. Applicants may also call SBA's Customer Service Center at (800) 659-2955 or email disastercustomerservice@sba.gov for more information on SBA disaster assistance. Individuals who are deaf or hard of hearing may call (800) 877-8339. The deadline to return

Economic Injury Disaster Loan applications is December 21, 2020.

As South Carolina's leading economic development agency, the Department of Commerce works to recruit

new businesses and help existing business grow. S.C. Commerce has recruited world-class companies to South Carolina such as BMW, Boeing, Continental, Giti Tire, LPL Financial

Holdings, Mercedes-Benz Vans, Samsung, Toray and Volvo Cars and also supports startups, small and existing business, innovation and rural development initiatives. S.C. Commerce

partners with the S.C. Technical College System via readySC to support workforce training and recruiting, and with the S.C. Department of Employment and Workforce, which pro-

vides worker training and employment opportunities within the state.

For more information, visit www.SCcommerce.com.



2020 DOWNTOWN EVENT SCHEDULE

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

City permitted/supported events

(New)Synergy Music Series at Bamet Park

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

Legal Notices

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: Elaine S. Hartsell
AKA
Barbara Elaine Snyder Hartsell
Date of Death: January 25, 2020
Case Number: 2020ES4200366
Personal Representative:
William Hartsell
1849 Cap Creek Road
Lyman, SC 29365
3-26, 4-2, 9

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: Henry C. Lanou
Date of Death: October 16, 2019
Case Number: 2020ES4200291
Personal Representative:
Mr. Gary Wright
133 Wayland Street
Spartanburg, SC 29303
Atty: Edwin C. Haskell III
218 E. Henry Street
Spartanburg, SC 29306
3-26, 4-2, 9

LEGAL NOTICE
2020ES4200228

The Will of Mayse Donald Crain, Jr., Deceased, was delivered to me and filed February 7th, 2020. No proceedings for the probate of said Will have begun.
HON. PONDA A. CALDWELL
Judge, Probate Court for Spartanburg County, S.C.
3-26, 4-2, 9

Managing screen time while kids are home from school

(StatePoint) With many kids out of school and spending more time at home, finding ways to fill the time is essential. As most parents know, it can be tempting to allow children to pass some of the extra hours using digital devices, however, research shows that managing screen time is vital for developing minds.

When used in moderation and under parental supervision, devices of course can be incredibly powerful learning and communication tools, and in many cases, they will be vital to kids' continued academic progress while campuses are closed. However, people aren't meant to spend all their

time in front of screens, especially kids. Excessive screen time can lead to:

- Impaired mental and physical well-being.
- A loss of quality sleep.
- Impeded impulse control -- for kids, impulse control is already hard enough!
- Poor communication skills (nonverbal cues are learned in face-to-face interaction, not through device-to-device communication).
- Addictive behaviors, and even violent tendencies.



- Vision problems.
- An increased risk of obesity.

With all that said, here are a few ways to manage your children's screen time:

- Create a routine. Post a schedule each morning in a place that's easy for kids to see. Include such items as doing chores, reading

books, practicing an instrument, creating artwork, playing in the backyard and any other activity that will help ensure chunks of the day are spent away from screens doing something productive.

- Talk. Be extra proactive about starting conversations with your kids. Check in with them about progress on assigned homework. Ask them how

they are feeling. Children are used to being surrounded by fellow students and teachers all day, so be sure to give them opportunities to practice social skills.

- Use tech tools. Every parent knows the struggle of limiting device use. But new tech tools can help you make rules that stick. One such tool is a parental control app called OurPact. To start, parents sign up for a free account. After pairing their child's devices, they're able to manage them remotely through at-a-touch blocking or automated schedules. Customizable, flexible and easy to use, it's great for setting bedtime schedules, ensuring

devices are being used safely and properly, and enjoying ping-free family meals. It works on Wi-Fi and all cellular connections, meaning you can manage access all the time. To learn more or download, visit OurPact.com.

You may be spending more time together as a family these days, which makes this a key opportunity to be a good role model when it comes to proper device use. For example, if you don't want your child to use their device in the middle of dinner, hold yourself to the same rule.

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

What's Happening 2020 DOWNTOWN EVENT SCHEDULE

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Teachers and students find purpose through leadership programs

(StatePoint) Many teachers are drawn to education for the opportunity to make a difference in their students' lives. However, when faced with guiding students through trying times in order to meet their big goals, teachers need resources that strengthen social and emotional skills.

At Port Chester Middle School in Port Chester, NY, teacher Allison Silverman faced this very challenge and used the lessons in the Lead4Change program to be successful. Lead4Change is a free student leadership curriculum offering the chance to submit a student-led service learning project for a grant of up to \$10,000. Its series of leadership lessons provides opportunities for strong student engagement through collaboration, critical thinking, problem-solving and reflection.

Such programs offer students numerous benefits. An independent research study found that participating in Lead4Change caused significant growth in areas such as leadership skills (60 percent of students improved), respect for others (54 percent) and ambition and innovation (53 percent). However, teachers can have equally transformative experiences.



When Silverman and her students formed the "PC Hunger Fighters" team, her students studied the UN's 17 Sustainable Development Goals and together, came to consensus on creating a vertical garden using upcycled materials, aiming to help the 200,000 food insecure individuals in their county. Then, Silverman heard from a student participating in the program.

"I received a very des-

perate call from one of our students," she recalls. "There had been a shooting the night before and a 26-year-old Port Chester resident was killed. The student knew this man. I remember sitting on the bench next to my school garden and crying. I cried so hard. I had no idea what to do, or what to tell the kids."

"I thought about how insignificant our 'little gardens' would be alongside

challenges like poverty and violence," Silverman says.

The students coped with the tragedy by using the Lead4Change's lessons in communication, overcoming barriers and working as a team. They knew more could be done because of what they'd practiced.

"I cancelled our celebration scheduled for the following day and instead met in the boardroom with the kids. For three hours,

we talked about injustices and inequalities, pledging to continue to work together to fight these things and make a real difference. We realized our project was important," says Silverman.

Their efforts were awarded as one of the grand prize-winning teams, earning a \$10,000 grant, though their participation was a reward in and of itself because of the leadership skills they mas-

tered. This is just one of the hundreds of stories unfolding nationwide.

"The Lead4Change experience was as valuable to me as it was for the students," shares Thomas Loner, a teacher from South Carolina-located Bates Middle school, whose "Bates' Bodacious Bantams" student team helped a local homeless shelter by collecting supplies. "This program forced me to give up 'control' of my classroom and let students become leaders."

Teacher Holly Hartman in Lebanon, PA continues to experience the program's benefits after years of participation. "This journey not only helps my students grow, but somehow also manages to help me become a bit wiser with each experience," she says.

For more information about the Lead4Change Student Leadership Program, visit lead4change.org.

Leadership curriculum will not only prepare students for a future of increasingly complex social issues, but also serve as a catalyst for helping teachers and students alike find purpose and meaning.

Is it safe to travel? AAA offers travelers advice amid coronavirus concerns

Charlotte, N.C. – With new coronavirus cases being announced every day, Americans with spring break excursions, upcoming business trips or those thinking about summer travel have one thing on their mind: Should I travel? AAA can't make that decision for its members, but is providing information on travel safety and insurance to help travelers make the decision that is right for them.

"While the decision to travel is a personal one that must be made by the individual, we recommend that you stay informed before making your trip which should always be the case regardless of coronavirus concerns," said Tiffany Wright, AAA Carolinas spokesperson. "We encourage everyone to follow the Center for Disease Control's recommendations and heed all official advisories."

Travel – Is it still safe?

Currently, the United States recommends travelers avoid all nonessential

travel to China, Iran, South Korea and Italy. Traveling anywhere else is a personal decision you have to make based on all facts available.

First and foremost, if you are feeling sick, don't travel. Even if you are not sick, talk to your health care provider about their medical recommendations, especially as it may relate to your age and personal health.

For travelers considering a cruise vacation, AAA advises that the decision whether to go is a personal one that must be made by the individual. Cruise Lines International Association (CLIA) has announced the adoption of new screening policies for its member cruise lines, including denying boarding to anyone who has traveled in South Korea, Iran, China, and parts of Italy within 14 days prior to embarkation. Additionally, cruise lines are conducting enhanced illness screenings for many passengers prior to departure.

Quarantine – What is

the likelihood I could be quarantined if I travel?

If you choose to take that trip:

Travel with all necessary travel documentation, including health insurance cards.

At the top of your packing list, AAA recommends that travelers pack an alcohol-based hand sanitizer with at least 60% alcohol and disinfecting wipes.

Pack any extra supplies you may need, including additional doses of medication, in the event your return trip is delayed.

Know the nearest location of and contact information for the U.S. embassy or consulate. Also, enroll in the State Department's Smart Traveler Enrollment Program (STEP), so you can be reached if the situation changes while abroad.

U.S. citizens who have been in China in the preceding 14 days who attempt to return to the United States will be redirected to one of 11 designated U.S. airports and undergo enhanced health

screenings by CDC staff for fever, cough and shortness of breath.

Travel Insurance – Does it cover the coronavirus?

Coverage options can vary widely. If you purchased travel insurance before the coronavirus was recognized as an epidemic, your policy likely provides at least some level of protection. Customers who purchased "cancel anytime" or "cancel for any reason" insurance prior to February 3, when coronavirus was recognized as an epidemic, or soon thereafter may be able to cancel their trip and receive reimbursement for a portion of their non-refundable travel deposits.

Travel insurance generally excludes epidemics. If you have a trip already booked, check with your travel providers (cruise line, airline, hotel, etc.) to see what waivers they have put in place. If you are planning a trip, also check with travel providers to understand their coron-

avirus-related policies and connect with a travel agent. Depending on your situation, there could be some travel insurance options for your needs.

No matter where you travel, make sure you are taking everyday preventive measures to help prevent the spread of respiratory diseases.

Wash your hands frequently

Avoid close contact with people who are sick.

Avoid touching your eyes, nose and mouth.

Stay home when you are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

About AAA - The Auto Club Group

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

ship, insurance, banking, financial services, and travel offerings to over 13.5 million members across 13 U.S. states, the province of Quebec and two U.S. territories including Florida, Georgia, Iowa, Michigan, Nebraska, North Carolina, North Dakota, Tennessee, Wisconsin, Puerto Rico, South Carolina and the U.S. Virgin Islands; most of Illinois and Minnesota; and a portion of Indiana. ACG belongs to the national AAA federation with more than 60 million members in the United States and Canada whose mission includes protecting and advancing freedom of mobility and improving traffic safety. Motorists can map a route, identify gas prices, find discounts, book a hotel, and access AAA roadside assistance with the AAA Mobile app for iPhone, iPad and Android. Learn more at AAA.com/mobile. Visit AAA on the Internet at AAA.com.

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