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Spartan Weekly

A NEW Spartan Weekly News online experience is set to debut in 2026.... coming SOON!!!

AROUND TOWN

Spartanburg County unveils updated website tracking 'Penny' projects

SPARTANBURG, S.C. — Spartanburg County has launched an updated version of SpartanburgPenny.org, a public website designed to give residents an easy way to follow projects funded through the county's Capital Penny Sales Tax referendums.

The revamped site highlights progress tied to both the 2017 referendum — which supports major projects including the planned Joint Government Center — and the 2021 referendum focused on countywide road improvements.

Visitors can track project timelines, view updates and photos, and read success stories that show how the Penny tax is shaping infrastructure, transportation and public facilities across the county. Officials said the goal is to increase transparency, celebrate community investment and help residents stay informed about how voter-approved funding is being used. County leaders encourage the public to explore the site for the latest information on ongoing and upcoming projects.

Superintendent Dr. Randall Gary named Citizen of the Year

Spartanburg District Five Schools is proud to announce that Superintendent Dr. Randall Gary has been named "Citizen of the Year" by the Middle Tyger Area Council, a division of the Spartanburg Area Chamber of Commerce. Dr. Gary received the honor during a special dinner and awards ceremony held on Monday, December 1, 2025.

The "Citizen of the Year" award recognizes an individual who demonstrates outstanding leadership, service, and commitment to the Middle Tyger community. Council leaders cited Dr. Gary's steady, student-centered leadership in District Five, his engagement with local businesses and community partners, and his commitment to ensuring that every child has access to a world-class education.

Under Dr. Gary's leadership, Spartanburg District Five has continued to grow in both student enrollment and academic achievement. In his selection, the Council noted a rise in graduation rate and test scores, the passage of two bond referendums, and a comprehensive growth plan, including the construction of several schools, all which have happened under Dr. Gary's leadership.

Local Infusion enters South Carolina with purchase of Carolina Neurology of Spartanburg

AUSTIN, Texas — Tinsley Medical Practice Brokers has finalized the sale of Carolina Neurology of Spartanburg, LLC to Local Infusion, a fast-growing national provider of infusion services.

Carolina Neurology, which serves patients across Spartanburg and neighboring Upstate counties, reports about \$15.6 million in annual revenue. The deal is considered one of the region's largest neurology-infusion acquisitions and marks Local Infusion's first move into South Carolina as it expands its modern, patient-focused treatment model nationwide.

Terms of the sale were not disclosed.

SMC's Ossian Lindberg Haak earns CSC Academic All-District recognition

SPARTANBURG, S.C. — The College Sports Communicators Academic All-District Teams for men's soccer across all three NCAA divisions and the NAIA were announced in late November, and Spartanburg Methodist College earned an honoree for the second straight year. This year's selection is sophomore midfielder Ossian Lindberg Haak from Malmö, Sweden.

This fall, he appeared in 15 matches and made five starts for the Pioneers, who advanced to the Appalachian Athletic Conference Tournament in the program's first year of competition.

Converse's Rock the Tower campaign tops \$239,000, surpassing goal

SPARTANBURG, S.C. — Converse University's annual Rock the Tower fundraising challenge brought in more than \$239,000 this year, surpassing its goal and marking one of the strongest days of giving in the event's nine-year history.

Held Nov. 6, the 2025 campaign drew support from 683 donors — including 48 first-time contributors — reflecting a 70% jump in participation.

The effort raised \$239,028 for the Converse Fund, topping the university's \$225,000 target. The Class of 1968 contributed the largest gift total, while the Class of 1987 recorded the highest number of donors. University leaders said the strong response reflects long-standing trust in Converse's mission and its commitment to keeping students at the center of its work.

Jennifer Sall: Putting herself into family care giving

Virus, personal loss, shaping focus for new mission

By L. C. Leach III, Spartan Weekly News staff writer

On Dec. 8, 2025, Spartanburg resident Jennifer Sall was sitting in the emergency room of Pelham Medical Center in Greenville, S.C. One of her clients had just been stricken with an upper respiratory infection and severe cough, and Sall had followed an EMS unit all the way to the Center to provide emotional and moral support.

The infection turned out to be pneumonia, but after doctors finished initial treatment, Sall was there to ease the shock and help her client recover in ways that don't show up on a medical chart because "a time like that can be confusing and scary."

While it might sound like a timely example of going the extra mile, the occurrence has become a typical part of Sall's life since recently launching her own local in-home care venture known as Right At Home.

And rather than just being another senior caregiver business, Sall and her team are on a mission to improve the quality of life for all Spartanburg seniors and their families — right down to being with them in the emergency room whenever necessary.

"It's normal for me and all our caregivers," said Sall, who opened Right At Home this past October on Pine Street. "Because for me, Right at Home isn't just a business. It's a commitment borne from a deeply personal place."

That place started for her in March 2020 when the arrival of COVID wiped out a 30-year career in secondary market ticketing, and all events were canceled.

Soon after the business collapsed, Sall was hit even harder when the unexpected loss of her husband not only left her



Jennifer Sall

wondering what to do, but how to navigate life as a solo parent in the 'sandwich generation.'

"Like many other parents, I was now raising kids while supporting aging parents," she said.

Yet oddly, these misfortunes combined to put Sall back on her feet.

A temporary role in the home-care industry suddenly revealed a new career path — one shaped by Sall watching her own mother care for her grandmother, who had Alzheimer's, often without support or guidance.

"I took a job helping offices in home-care implement software solutions and fell in love with the industry," she said. "And it felt really good to be part of something that was mission-driven."

After becoming acquainted with Right At Home, an American home-care industry based in Omaha, Neb., with more than 700 locations in the U.S., Sall helped open two franchises before going out on her own.

And she is only touching the edge of an unprecedented care boom: the U.S. Census Bureau is projecting older adults to outnumber

children by the year 2035 for the first time in U.S. history — meaning that the already huge need for dedicated senior care is only going to increase.¹

"The three biggest needs of the people we help are companionship, personal care, and dementia care — and the need is immense everywhere," Sall said. "And we haven't yet hit the pinnacle of Boomers' aging into the need for age-related services and support."

But for now, Sall is forming a team and a trusted reputation — and rolling up her sleeves for the long haul.

"My goal is to provide a sustainable career for caregivers which results in a better client experience," she said. "We have only three team members right now supporting five clients, but we're growing. And we love to love people where they're at."

¹Jonathan Vespa, "The Graying of America: More Older Adults Than Kids by 2035," *U.S. Census Bureau*, March 13, 2018, www.census.gov/library/stories/2018/03/graying-america.html

Holiday traditions shine in Spartanburg with Christmas Parade and Nutcracker Ballet

By Melissa Rhine, Spartan Weekly News staff writer

Spartanburg leaned fully into the holiday spirit this past week as two beloved seasonal traditions — the Spartanburg Christmas Parade and Ballet Spartanburg's production of *The Nutcracker* — brought the community together with music, pageantry and moments to remember.

The Spartanburg Christmas Parade, hosted by the Spartanburg Jaycees, returned to downtown on Dec. 9, drawing families, local organizations and

spectators eager to celebrate the season. The parade featured festively decorated floats, marching groups and even a visit from Santa Claus, transforming the streets into a corridor of twinkling lights and Christmas cheer.

Organized by the Jaycees, a civic group focused on leadership development and community service, the annual parade is a longstanding tradition with a purpose beyond celebration. According to event information shared by the Jaycees, the parade supports charitable initiatives

that benefit local children, including holiday shopping opportunities and community Christmas programs.

For many families, the parade marked the unofficial start of the Christmas season. Crowds lined the route, waving to participants and snapping photos as downtown Spartanburg filled with laughter and holiday music.

Just days later, Ballet Spartanburg continued the festive momentum with its annual production of *The Nutcracker* at Twichell

Continued on Page 2

Spartanburg Community College brings back 'Live to Chase' scholarship program for 2026-2027

SPARTANBURG, S.C. — Spartanburg Community College (SCC) is set to continue its popular 'Live to Chase' initiative for the 2026-2027 academic year, giving qualifying students the opportunity to receive full-tuition scholarships and furthering the college's commitment to making higher education accessible and affordable.

"At Spartanburg Community College, we believe every individual's talent is a gift that can brighten lives and strengthen our community," said SCC President Dr. Michael Mikota. "As we celebrate the holiday season, I am proud to announce that Live to Chase will continue next year, giving students and their families the chance to pursue their dreams without the burden of tuition costs. This program embodies the spirit of giving and opportunity, and we hope it inspires generosity, gratitude, and hope across our region."

About Live to Chase

The Live to Chase program provides full-tuition coverage for eligible students enrolled in qualifying credit-bearing certificate or degree programs, after accounting for other grants, scholarships, or financial aid. While tuition is fully covered, students are responsible for additional costs such as books, supplies, lab fees, and program-specific expenses.

Since its launch, Live to Chase has helped hundreds of students in South Carolina pursue their educational goals without accumulating tuition debt. By removing financial barriers, SCC aims to create pathways for students to earn certificates or degrees, enter the workforce, or continue to further education.

Eligibility Criteria

To qualify for the 2026-2027 Live to Chase scholarships, students must live or work full-time in South Carolina and be enrolled in an eligible SCC certificate or degree program. They must take at least six credit hours per semester, maintain a minimum GPA of 2.2, and complete the federal FAFSA for the relevant academic year.

Supporting Students and Families

The program is part of SCC's larger effort to promote affordability, access, and student success. By offering full-tuition scholarships, the college provides families with financial relief and students with the freedom to focus on their education, career goals, and personal growth.

Eligible students, both new and returning, are encouraged to visit SCCgoesFree.com for full program details.

Spartanburg County news

Holiday traditions shine in Spartanburg with Christmas Parade and Nutcracker Ballet

Continued from Page 1

Auditorium. The performances, held Dec. 12-14, showcased professional dancers, student performers and community cast members alongside live music from the Spartanburg Philharmonic.

This year's production marked Ballet Spartanburg's 35th anniversary of performing *The Nutcracker*, a milestone celebrated both onstage and behind the scenes. In a post reflecting on the production, Ballet Spartanburg highlighted the scale of the effort: more than 190 costumes, dozens of props, over 200 performers and volunteers, and hundreds of hours of rehearsal and preparation.

One performance ended with a moment no one in the audience expected. Following the show, former Ballet Spartanburg dancer Miguel



The Spartanburg Jaycees presented the 2025 Spartanburg Christmas Parade on December 9th. Since 1985, the Jaycees have organized and hosted the annual Christmas Parade for the City of Spartanburg. *Spartanburg Jaycees photo*

Deulofeu walked onto the stage and proposed to his girlfriend, Katherine Hunter, who had just finished performing as the Sugar Plum

Fairy. She was so surprised," said Theresa Berline, executive director of Ballet Spartanburg, in a statement shared

with local media. "But she's such a loving person that when the curtain went down, the whole cast was hugging her, and Miguel was right

there with her." Hunter said yes, earning applause and cheers from the audience and adding a real-life fairy-tale ending to the

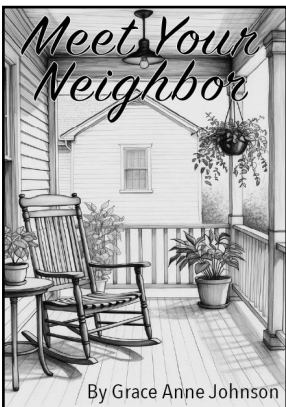
holiday classic.

Both events served as reminders of the role arts and traditions play in bringing the Spartanburg community together. From cheering along the parade route to watching dancers leap across the stage, residents were invited to slow down, celebrate and create memories with family and friends.

As the holiday season winds down, organizers are already looking ahead. Community members are encouraged to mark their calendars for next year's Spartanburg Christmas Parade and *The Nutcracker* performances and to follow the Spartanburg Jaycees and Ballet Spartanburg on social media for updates, announcements and opportunities to get involved.

For Spartanburg, these traditions are more than events — they're moments that define the season.

Building refuge: Spartanburg roofer Brandon Garrett's commitment to community



Meet Your Neighbor is a weekly feature by Spartan Weekly News staff writer Grace Anne Johnson. If you'd like to be featured, or know someone that would be a great candidate to be featured, please email us at sprtnwkly@aol.com or call 864.574.1360. ***

Brandon Garrett, owner of Refuge Roofing, is doing more than just providing home services — he's investing in the community, one job site at a time.

A Spartanburg native, Garrett first got into construction when he bought a house and remodeled it himself 15 years ago. He tore out the kitchen, redid the plumbing, fixed the floors, and made it a home. It was a DIY project that Garrett says was definitely filled with trial and error, but it lit a spark.

With over a decade of leadership experience in

operations and logistics, Garrett decided it was time for a change about three years ago. A friend had started working for a roofing and construction company, and it sounded like the new direction Garrett needed.

He developed a love for the trade, and soon a new idea was formed on a weekend getaway to Gatlinburg, Tennessee with his wife. Garrett had always wanted his own company, and the couple began to dig through Scripture to see if a word or phrase stood out to them in considering this new venture. A single word did.

"Refuge stood out to us more than anything," Garrett says. "As we kept reading and reading, it kept showing up — take refuge, be in refuge. So I said, let's call it Refuge Roofing. We put Psalm 16:1 into it — 'Oh God, I take refuge in you.'"



Brandon Garrett

Faith has been a priority for Garrett through every step of the process. "It's like, how do we use this platform to serve God?" he shares. "I know a lot of people don't want to mix [faith and business] together, but our faith is strong within our family, so that's what we started."

Garrett says he's seen the Lord at work through the countless people he's gotten to meet and know over the

past year of being in business. Of the many interactions, he shares that some of the most impactful have been clients who have been diagnosed with cancer. "I've met them before their diagnosis or after their diagnosis and seen as they've had to go through treatment and have survived."

For Garrett, these connections are why he does what he does, and he believes that his job is about more than fixing roofs and siding.

"It's building in the community," he says. "I'm a people person, so it's not just a job to me. I like shooting a text [to past clients]. I'm a big advocate of, if someone comes to mind, reach out to them, because I feel like it's

the Holy Spirit saying, hey, they might need a little bit of encouragement, they're going through something."

While Refuge Roofing is still a young business here in the Upstate, it's already growing.

Garrett serves as the founder, with his wife of over 10 years, Tara Garrett, serving as Chief Operating Officer. They have two additional employees, one of whom just came on board, and the company is excited to see what 2026 has in store.

Garrett shares the past year has been all about really taking the time to put thought into other people. "I want to really listen to their concerns, and whatever problem

they have, I'm here to help them get it fixed. A lot of people don't know how to do something or who to call. You've got the big commercial companies, but I'm more of a small mom and pop. I enjoy helping people."

For Garrett, everything comes back to serving the Spartanburg community as well as he can. "It's always been good to me," he says. "There's a lot of diversity in Spartanburg, a lot of different cultures. It's really starting to grow. I've enjoyed getting to know the people, the atmosphere. It's just been good to me."

Know someone who should be featured? Nominate them via email at sprtnwkly@aol.com.

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BIBLE TRIVIA
by Wilson Casey

1. Is the book of Bethlehem (KJV) in the Old or New Testament or neither?
2. Where did the angel Gabriel appear to Mary saying, "Blessed art thou among women"? *Nazareth, Tyre, Ninevah, Gazi*
3. With perhaps two different biblical answers, who was the father of Joseph? *Jacob/Heli, Gideon/Ishmael, Solomon/Nahum, Samuel/Pilate*
4. Which Old Testament prophet predicted Jesus would be born in Bethlehem? *Amos, Obadiah, Micah, Nahum*
5. For the journey to Bethlehem, how did Mary and Joseph travel? *Bible not specific, Cart, Rode donkey, Small raft*
6. Which of these wasn't a gift from the wise men (Magi)? *Silver, Myrrh, Gold, Frankincense*

ANSWERS: 1) Neither, 2) Nazareth, 3) Jacob/Heli, 4) Micah, 5) Bible not specific, 6) Silver

More than 1,200 brand-new trivia questions in Wilson Casey's latest book "Quest for Bible Knowledge" available in bookstores and online.

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Super Crossword

Answers

POSTITITS KIEERISAKE ALLGA
UPTORAT BILLO
BROWNFORTHECOUNTR REAL
SYNE TUE OLID MAITZO
ELT FIOGOGODTODIEDREW
PAMELA PANTIS STEIED
TINATUFITSIPT BEAR VOLI
LOTTI FOU BRIS GULLIA
OTIOB TIPIAC ETIAS INEIZI
TIEN PTOGOGORAPHICEMOBY
PERA FALIA AKA
LAMEGOKIEPRESIDENTINHAM
ANIAS TIME LOREN SHULIA
TINOTI TIOGOLIP GLEINI
DIN TRIOG LOCKERQUIAIGE
HABIT FAUNA GUISISEI
HICITOTIEFFINISHUNK
FLATTEGAD FUSH
BARIT GETQUITOFVALLEREIE
ETIE TNERANT RIVOTIEDI
LEAIR STIRATINIED STIARISKY

The Spartan Weekly News, Inc.

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Hours vary Monday through Thursday. If no one is at the office, please call, leave a message and we will return your call in a timely manner. Offices are closed Friday through Sunday, as well as observed holidays.

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Email: bobby@spartanweeklyonline.com

Super Crossword UNIVERSITY SUBSTITUTES

ACROSS

- 1 Small, sticky sheets
- 8 Sentimental souvenir
- 16 Bit of aquatic flora
- 20 In hitting position, in baseball
- 21 Haphazardly
- 22 Ringing thing
- 23 Providence university founded to educate Dracula?
- 25 Not phony
- 26 Auld lang — Wed. preceder
- 28 Stale
- 29 Passover bread
- 30 Pixieish type
- 32 Nicer than a Madison university?
- 38 Actress Anderson
- 41 Jeans, e.g.
- 42 Ridden horse
- 43 Located on a Somerville university's campus?
- 46 Pooh or Yogi
- 48 Encyclopedia unit: Abbr.
- 50 Clueless
- 51 Cruise of film
- 52 Mine metals
- 54 Baseball Hall of Famer Tony
- 56 Some Siouan people
- 58 Shakur of hip-hop
- 62 LAX stats
- 64 Little — ("Hairspray" girl)
- 65 Certain till bill
- 66 Title of a picture album featuring an Atlanta university?
- 70 Paella veggie
- 71 Singer Abdul
- 72 Org. offering tows
- 73 Inadequate leader of a Durham university?
- 80 Easter meat
- 83 Santa — (desert winds)
- 84 Tart garnish
- 85 Italian actress Sophia
- 86 NFL coach Don or Mike
- 88 Fort Knox bar
- 90 — deck (cruise ship part)
- 92 Cup edge
- 94 Actress Lena
- 95 Loud noise
- 96 Mega melee
- 98 Unable to escape from a New York university?
- 103 Routine
- 105 Animals of a region
- 106 Pretenses
- 107 Houston university attended for four complete years?
- 112 Tattoo fluid
- 113 Make ecstatic
- 114 "Way cool!"
- 115 Tazo drink
- 117 "Intolerance" star Lillian
- 120 TV imp Simpson
- 121 Leave a New Haven university with no exit fee?
- 127 Kin of -trix
- 128 Able to do no wrong
- 129 Swiveled
- 130 Big name in private jets
- 131 Used a sieve on
- 132 Partner of Hlutch
- 1 Alehouses
- 2 Nashville's Grand Ole —
- 3 Wall builder, e.g.
- 4 Moist wipe
- 5 "Son of," in Arabic names
- 6 Successor of Roosevelt
- 7 Malt brew
- 8 Kit — bar
- 9 Biblical verb ending
- 10 Sooner than, in verse
- 11 — Man (arcade game)
- 12 Hair nets
- 13 Past puberty
- 14 Organizing expert Marie
- 15 First-aid pro
- 16 Chafe
- 17 Golf great called "The Merry Mex"
- 18 Like many a bored person's eyes
- 19 Permit
- 24 Early car inits.
- 29 Subway system
- 31 Winter woe
- 33 Mil. missions
- 34 Fissure
- 35 The Yoko of "Dear Yoko"
- 36 "Beetle Bailey" dog
- 37 Troop gp.
- 38 Plane flier
- 39 "La, — to follow so"
- 40 Sternward
- 44 Dog in Oz
- 45 X-rated stuff
- 46 Actress Mary — Hurt
- 47 Actor Morales
- 49 Like loafers
- 53 Fix channel
- 55 Peru's capital
- 57 Went swiftly
- 59 Burst open, as corn (Easter Island)
- 61 Very mean
- 63 Eye carefully
- 67 Lug
- 68 In addition
- 69 Gobbles up
- 70 Cali currency
- 73 Installed, as carpet
- 74 Totally wipe out
- 75 Document of English liberties
- 76 Metric mass, in brief
- 77 Give forth
- 78 Nixing mark
- 79 City in Oklahoma
- 80 Hawaiian dancers' garments
- 81 Wonderland girl
- 82 Long, thick heads of hair
- 87 Wishing to receive
- 89 Stale
- 91 Royal name of Norway
- 93 Sow or boar
- 97 Figure skater Midori
- 99 LAX assent
- 100 Wolf Blitzler's channel
- 101 Chiang — -shk
- 102 Rapa — as corn (Easter Island)
- 104 No longer ill
- 105 Hat for Frank Sinatra
- 107 Mutinous sort
- 108 Former senator Lott
- 109 Spiteful sort
- 110 Home for a 93-Down
- 111 Messy stacks
- 116 Dismounted
- 118 Search for
- 119 Lamarr of "Algiers"
- 121 Mil. enlistee
- 122 Mentalist Geller
- 123 Khaki cousin
- 124 Certain till bill
- 125 Bouquets-to-order co.
- 126 Mendes of "Hitch"

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Legal Notices

on FORM #371ES with the Probate Court of Spartanburg County, the address of which is 180 Magnolia Street, Room 4113, 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 T. Kondzich
Date of Death: July 30, 2025
Case Number: 2025ES4201810
Personal Representative:
Michele Kondzich
451 Hammett Store
Lyman, SC 29365
12-18, 25, 1-1

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 4113, 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: Margaret Jane Campbell
Date of Death: August 9, 2025
Case Number: 2025ES4201800
Personal Representative:
Travis Scott Campbell
325 Caxton Farms Court
Inman, SC 29349
12-18, 25, 1-1

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Estate: Tyson M. Collins
Date of Death: January 24, 2025
Case Number: 2025ES4201060
Personal Representative:
TyShauna Collins
97 Allen Avenue
Spartanburg, SC 29303
Atty: James B. Drennan III
Post Office Box 891
Spartanburg, SC 29304
12-18, 25, 1-1

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Estate: Patty Lynn Keisler Gault
AKA Patti K. Gault
AKA Patty K. Gault
Date of Death: March 17, 2025
Case Number: 2025ES4200674
Personal Representative:
Brittini Nicole Cash
251 Toal Road
Enoree, SC 29335
12-18, 25, 1-1

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Estate: Grover Curtis Walker
Date of Death: February 16, 2025
Case Number: 2025ES4200347-2
Personal Representative:
Tanya Walker Jacobi
711 Kelly Road
Woodruff, SC 29388
12-18, 25, 1-1

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Street, Room 4113, 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: Calvin Eugene Plemmons
172 Wingo Road
Wellford, SC 29385
12-18, 25, 1-1

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Estate: Julia E. McNamee
AKA Julia Elaine McNamee
AKA Julia McNamee
Date of Death: June 27, 2025
Case Number: 2025ES4201971
Personal Representative:
Jon Harrison McNamee
376 Meadowbrook Avenue
Woodruff, SC 29388
Atty: Edwin C. Haskell III
218 East Henry Street
Spartanburg, SC 29306
12-18, 25, 1-1

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 4113, 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: Rhonda Ann Cash
Date of Death: September 30, 2025
Case Number: 2025ES4201774
Personal Representative:
Tina Syrax
108 Truett Place
Simpsonville, SC 29681
12-18, 25, 1-1

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Estate: Octavio Gabriel Aboytes Mejorada
Date of Death: January 26, 2025
Case Number: 2025ES4200621
Personal Representative:
Octaviano Aboytes Hernandez
117 Connie Lynn Drive
Spartanburg, SC 29303
12-18, 25, 1-1

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Estate: Phillip Marion Carpenter
Date of Death: September 24, 2025
Case Number: 2025ES4202043
Personal Representative:
Kimberly Carpenter
1026 Paula Parris Road
Chesnee, SC 29323
12-18, 25, 1-1

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Estate: Martha Ann W. Taylor
AKA Martha Ann Taylor
Date of Death: September 15, 2025
Case Number: 2025ES4201791
Personal Representative:
Elizabeth T. Phillips
356 E. Killarney Lake Drive
Moore, SC 29369
12-18, 25, 1-1

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Estate: Carol Lowe Johnson
Date of Death: October 8, 2025
Case Number: 2025ES4201837
Personal Representative:
Melanie Spivey
152 Abners Run Drive
Greer, SC 29651
12-18, 25, 1-1

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Estate: Georgia Lee Farr
Date of Death: July 20, 2025
Case Number: 2025ES4201792
Personal Representative:
Kelvin L. Farr

836 Doc Thompson Lane
Inman, SC 29349
12-18, 25, 1-1

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Estate: James Richard Gage
AKA Jimmy Gage
Date of Death: June 17, 2025
Case Number: 2025ES4201744
Personal Representative:
Terri D. Coleman
669 Archer Road
Spartanburg, SC 29303
12-18, 25, 1-1

LEGAL NOTICE

2025ES4201523

The Will of Terry L. Howell, was delivered to me and filed November 10, 2025. No proceedings for the probate of said Will have begun.
HON. PONDA A. CALDWELL
Judge, Probate Court for Spartanburg County, S.C.
12-18, 25, 1-1

LEGAL NOTICE

2025ES4202120

The Will of Mary Dianne Sweezy, was delivered to me and filed December 8, 2025. No proceedings for the probate of said Will have begun.
HON. PONDA A. CALDWELL
Judge, Probate Court for Spartanburg County, S.C.
12-18, 25, 1-1

LEGAL NOTICE

2025ES4202123

The Will of Elizabeth P. Workman, was delivered to me and filed December 8, 2025. No proceedings for the probate of said Will have begun.
HON. PONDA A. CALDWELL
Judge, Probate Court for Spartanburg County, S.C.
12-18, 25, 1-1

LEGAL NOTICE

2025ES4202131

The Will of Mevolean W. Bunn, was delivered to me and filed December 10, 2025. No proceedings for the probate of said Will have begun.
HON. PONDA A. CALDWELL
Judge, Probate Court for Spartanburg County, S.C.
12-18, 25, 1-1

10 doctor-recommended health resolutions for 2026

(StatePoint) With a new year ahead, the American Medical Association (AMA) is offering Americans 10 evidence-based tips for staying healthy in 2026 and beyond:

- **Get health screenings:** Schedule preventive visits, tests and screenings so your physician can catch conditions before they become more serious.

- **Manage stress:** Mental health is part of overall health. Techniques such as meditation, deep breathing and yoga can help reduce stress. Ask for help from a mental health professional when you need it.

- **Be physically active:** Start the year off by prioritizing physical activity. Strive for at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous intensity activity each week. If you have a sedentary lifestyle or primarily sit for long stretches at work, build in frequent breaks to stretch and move throughout your day.

- **Follow a healthy diet:** Drink water instead of sugar-sweetened beverages and eat nutritious, whole foods, including fruits, vegetables, whole grains, nuts and seeds, low-fat dairy products and lean proteins. Avoid unhealthy, ultra-processed foods, especially those with high levels of added sodium, saturated fats and sugar. Drinking sugary beverages, even 100% fruit



juice, is associated with a higher mortality risk, according to a study published in JAMA Network Open.

- **Stay hydrated:** Drink plenty of water or other beverages composed mostly of water, such as milk or herbal tea, to avoid dehydration and to keep your body functioning properly. Even mild dehydration can drain your energy and make you tired. Adult men should get about 15.5 cups of fluids a day and women should get 11.5 cups, according to the National Academies of Sciences, Engineering, and Medicine.

- **Get plenty of good sleep:** To maintain your

health and emotional well-being, most adults need 7 to 9 hours of quality sleep. Rest helps boost immunity and improve mental clarity.

- **Update vaccinations:** Vaccinations remain the best defense against flu and other serious respiratory viruses. Since significant flu activity can stretch into May, it's not too late to get a flu shot. The AMA recommends vaccination as long as the threat of flu remains. Talk with your physician or other health care professional to determine which vaccines are right for you. To cut through vaccine confusion and have open, honest conversations with your physician, first go to the AMA

website for evidence-based information. For help finding a flu vaccine in your area, visit GetMyFluShot.org.

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

- **Quit tobacco, nicotine and e-cigarettes:** Ask your doctor or health care professional for resources and guidance to help quit smoking, vaping or using other nicotine products. Make your home and car smoke-free to eliminate secondhand smoke expo-

sure.

- **Follow medication directions:** When taking prescriptions, store them

safely to prevent diversion or misuse, and properly dispose of any leftover medication. If you're prescribed antibiotics, complete the full course to prevent antibiotic resistance.

For more health tips and resources visit ama-assn.org.

“With the holiday cookies eaten and those missed workouts officially last year’s worry, the new year is a great chance to refocus on the healthy choices you want to make in 2026,” said AMA president Dr. Bobby Mukkamala. “Even tiny changes now can snowball into major gains for your long-term health.”

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

