

Downtown Roundups

Spartanburg

THE HUB CITY
Discover a hub of activity in **downtown Spartanburg**. While its nickname harkens to the heyday of train travel — when seven rail lines converged here — today's Hub City comprises a designated **Downtown Cultural District** that's the center of visual, literary and performing arts. **Chapman Cultural Center** is the focal point, providing a venue for **Ballet Spartanburg**, **Spartanburg Little Theatre** and **Spartanburg Philharmonic**. **Spartanburg Science Center**, **Spartanburg Art Museum** and **Spartanburg Regional History Museum** are here, too, all under one remarkable roof.

If you love visual arts, check out contemporary exhibits at **Upstate Gallery on Main** and iconic Southern artwork at **The Johnson Collection**; modern masterworks connected to the legendary Black Mountain College are on display at **AC Hotel Spartanburg**.

Delve into the city's railroad roots at the **Hub City Railroad Museum**, a cool spot to train watch. Take little ones to **The Children's Museum of the Upstate**, then head to **Imagination Station**, a local toy store many of today's parents loved as kids. That puts you close to other fun retailers like **Market on Main**, a creative collective, and **The Local Hiker**.

Book it to the **City Bookshop**, collection of there, grab a cuppa **Bar** or head to **Pharmacy Coffee**, **Building**.

old Masonic temple, now **Hub** where you'll find the definitive Southern literature. While joe from **Little River Coffee** this local fave's sister, **The** in the historic **Montgomery**



Photo by @VASILJPSHELENSKYPHOTOGRAPHY

Downtown Spartanburg gives voice to live music. You'll love the local lineup — and local brews — at **RJ Rockers**. There's a robust performance roster (and addictive Pretzel Nugz) at **Fr8yard**, a two-story outdoor biergarten. If metal and punk are your jam, get it at **Ground Zero**.

Many a local crooner found national fame, including The Marshall Tucker Band, Pink Anderson and The Sparkletones, source of the community's other moniker, Sparkle City; travel the **Spartanburg Music Trail** to find out more.

Do date night at **Peddler Steakhouse**, **The Tulip Tree**, **Level 10** — sit outside to drink in the view — or **The Kennedy**, which features locally sourced small plates amidst art deco décor. Attend supper club at **Citizens & Southern**, an event center located in a circa-1900 bank building — be sure to steal a selfie in its iconic vault.



Aerial Park

Don't miss **Cribb's Kitchen**, **Downtown Deli & Donuts** and **Blue Moon Specialty Foods**. The humble burger gets plenty to brag about here: The Wall Street Journal lauds hamburgers at the **Beacon Drive-In** — order them "a-plenty," aka buried in onion rings and fries — and Food Network designates **Nu-Way's** Redneck Burger as best in the state.

As featured in Explore 864



Improve Wellness with Affordable Bathroom Upgrades

■ story and photos by **FAMILY FEATURES** , a branded content agency

Wellness is at the forefront of nearly everyone's mind, including keeping germs at bay and creating surroundings that promote mental and physical health. Even small, but important, spaces like the bathroom can benefit from changes with wellness in mind. A bathroom can be one of the easiest rooms in your home to give a little extra TLC toward creating a healthier lifestyle. These cost-effective measures can turn your bathroom into a more practical, functional space that promotes your well-being.

SWITCH UP SURFACES:

The countertops in your bathroom, much like the flooring, must be able to withstand a lot of water. Nonporous vanity tops, such as those made from quartz, hold up to being wet constantly and can help keep germs from breeding. In addition to being easy to clean, a solid-surface option like quartz never needs to be sealed or polished, making it an aesthetically pleasing, long-lasting option.

CLEAN GREEN:

Bathrooms are often hot and steamy places, and water vapors in the air can carry potentially harmful chemicals from cleaning products. Green cleaning products are made to control the spread of bacteria and viruses using safe and effective means. Not only are they helpful in preventing asthma attacks and other respiratory ailments, but they are a low-cost way to improve overall indoor air quality. What you use to clean yourself is just as important. Using green or organic personal care items can help reduce toxin exposure and lessen the likelihood of an allergic reaction.

REDUCE HUMIDITY:

All that steam can affect your health in other ways, too, since it creates a humid environment that encourages mold and mildew. A heated towel rack is an inexpensive way to add a touch of luxury to your space while generating heat that helps reduce humidity and the growth of mold and mildew, therefore benefitting indoor air quality. Heated towel racks like those from Amba Products come in a variety of finishes and styles to coordinate with your decor. For modest accommodations, the Radiant Small is a space-saving choice, and freestanding models are available if wall space is at a premium. Another advantage: Since the racks dry towels, they'll stay mildew-free longer and don't need to be washed as often, which helps save valuable natural resources.



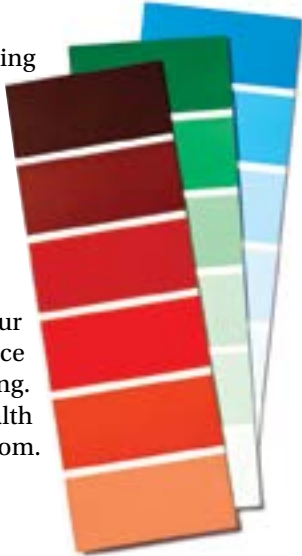
photo by Curology with Unsplash

ENHANCE AIR QUALITY:

Creating a green, spa-like oasis with plants can bring wellness benefits that don't break the bank. Indoor plants help rid the environment of pollutants, and the energy and ambiance they add may have mental health benefits, too. Plants like mother-in-law's tongue or peace lily are popular options to incorporate as natural air purifiers.

EXPLORE COLOR:

A bathroom's color palette can also play a role in your wellness goals. Warmer shades like red and orange enhance energy while cooler colors like green and blue can be calming. Begin planning bathroom upgrades that improve your health and well-being with more tips and ideas at [ambaproducts.com](https://www.ambaproducts.com).



Spotlight on Water Wellness: Hydrotherapy and Fitness Pools

Equal parts fun, relaxing and rejuvenating, these investments boost your health

Think aquatic therapy and resistance pools are just for athletes and seniors? Think again.

We're living in a wellness renaissance, one defined by innovative products and shifting mindsets — and it shows no sign of slowing down. Post-pandemic, when time is short, gyms are an anxiety-inducing hassle and mental stress is wreaking more physical havoc on our bodies than ever before, alternative options for at-home wellness are well worth considering. The expert team at Genco Pools breaks down a few of their favorite solutions.

AGAINST THE CURRENT

What happens when you combine a wave pool and a lap pool? Ideal for both low-impact fitness and year-round fun, a Resistance Pool could be the perfect option for busy professionals and families alike. Genco and Hayward recommend the BADU SwimJet system for its flexibility and ease of installation. A unique self-contained water propulsion system (also known as a water treadmill), BADU produces a constant jet of water (and powerful currents in excess of 5,700 gallons per minute) to transform any size or type of pool to fit a variety of needs — from crushing your morning workout to replicating the motion of the ocean.

fun fact

BADU (SwimJet) produces a constant jet of water to transform any size or type of pool to fit a variety of needs

BRING THE HEAT

At the end of a long, stressful day, who wouldn't want to sink into a bubbling hot tub — cold beverage in hand, music up and endless notifications on mute? If you've been hesitant to take the plunge on this rewarding investment, let the proven health benefits cement the decision. Hot Water Therapy Pools alleviate life-limiting muscle aches and pains and many chronic conditions. The weightless nature of the water in a hydrotherapy pool releases tension in the limbs and endorphins that relax the body's reaction to stress and anxiety, all while increasing



blood flow and improving circulation. Those massaging jets don't hurt, either.

TIME TO CHILL OUT

The life-changing perks of a home Cold Plunge Pool are just as compelling — including a surprising benefit: mental clarity. Many Genco clients often attribute the elated feeling after a chilly soak to the clear-headedness they find afterward, as well as an affirming sense of self-will and discipline. Plus, the science is clear: studies have shown that regular cold water therapy can lead to more resilient immune systems, boost antioxidant protection, stave off illness and dementia, mitigate mental illnesses like depression and — of course — elevate levels of dopamine and norepinephrine in our brains.

Still on the fence? Look at the long term. Hydrotherapy tools and fitness regimes aren't a flash-in-the-pan trend. Cold- and hot-water immersion is an ancient practice that has roots in many different cultures, from feudal Japan to modern-day Scandinavia. Even Hippocrates

and Thomas Jefferson avowed the benefits of soaking. More than an investment in your health, a pool can be a worthwhile investment in the overall value of your home, too — *by up to 7% — especially if you're willing to put in the time and effort to keep it in good condition.

And when it comes to maintenance, it gets even better — and easier. Many of the systems that both Genco and their longtime manufacturing partner Hayward stand by are ultra-efficient as a rule, not an exception. Whatever the size and purpose of the pool you choose to complement your wellness commitment, the Genco team can guide you through cost-saving options and time-saving features like variable-speed pumps, alternative sanitization and smart LED lighting.

*Source: HouseLogic, Do Swimming Pools Add Value to Homes?

Panoramic views, an oasis in the sky and state-of-the-art living in downtown Greenville

Genco Pools and Spas has already left its mark on the newest addition to Greenville's downtown living.

Genco has been the most trusted luxury pool and spa company in the Upstate for years. When Daniel Corporation, developer for Deca, decided they wanted a best-in-class pool, Genco was the obvious choice. "Genco is working with the general contractor, Brasfield & Gorrie, on several very high-end projects like this," says Todd Edwards, Director of Sales and Business Development at Genco.

The 360-degree infinity edge spa sits more than 50 feet in the sky and overlooks the bustle of downtown Greenville and Falls Park below. At 1,000 square feet, the unique design makes the heated spa unlike any other pool in South Carolina.

A top-notch residence and pool deserves top-notch accessories, which is why Genco trusts Hayward® for



its innovative pool automation. "Hayward" provided the pool with a state-of-the-art filtration system and chemical automation," says Edwards. "That keeps the water



"Hayward provided the pool with a state-of-the-art filtration system and chemical automation"

TODD EDWARDS, DIRECTOR OF SALES AND BUSINESS DEVELOPMENT AT GENCO

sanitized and balanced for maximum enjoyment."

The rooftop at Deca is more than 150 feet above the streets of Greenville and features 360-degree panoramic views of downtown Greenville, Falls Park and the foothills of Upstate South Carolina and Western North Carolina. Residents can enjoy outdoor grilling and lounge amenities from the roof

with views of the Peace Center, home to the Greenville Symphony Orchestra — the cultural gem of the Upstate. Promising days and nights of rich and vibrant shows.

The Greenville office of Brasfield & Gorrie constructed Deca. The contractor has worked in the Greenville area for more than 30 years and was selected by Daniel Corporation, one of the Southeast region's most active real estate development, management and investment firms.

With Genco's luxury spa, Hayward's seamless automation, and Artistry and Mosaic's tempered glass tile, this oasis in the sky features a collection of the best quality the Upstate has the offer. Deca is now open, offering studio, one-, two- and three-bedroom apartment homes. Learn more at www.decacamperdown.com or 864-501-0170.

GENCO POOLS & SPAS HAS YOU AND YOUR POOL COVERED:



864.967.POOL (7665) 1217 NE Main St, Simpsonville
info@gencopools.com | GencoPools.com



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For Your Health

PRISMA
HEALTH.

When is weight loss surgery the right choice?

Surgical options for weight loss involve more recovery and are more involved physically and emotionally than nonsurgical methods, but surgery also has many benefits. Bariatric surgeon John Scott, MD, shared how surgery can help you meet your weight loss goals.

WHAT DOES WEIGHT LOSS SURGERY INVOLVE?

Training is done prior to surgery to help you prepare your mind and body for the challenges of weight loss surgery. “Your body will undergo many changes and you need to be prepared and know how to manage and maintain your weight loss. There are also support groups to help you with your new lifestyle,” said Dr. Scott.



“Your body will undergo many changes and you need to be prepared and know how to manage and maintain your weight loss.”

JOHN SCOTT, MD

Most surgical procedures are done laparoscopically, meaning through tiny keyhole size incisions. Patients usually stay in the hospital 1-2 days and recovery time is about 1-3 weeks, depending on the type of surgery.

“Afterward, weight comes off quickly. Most lose 30% of their body weight within the first three months,” said Dr. Scott. Improvement or remission of type 2 diabetes or other medical conditions may also happen quickly. Some individuals can stop certain medications within days or weeks.

“About 80% of patients who have early type 2 diabetes will go into remission after bariatric surgery,” said Dr. Scott.

Talk to your doctor about your options for surgical and nonsurgical weight loss.

CRITERIA FOR WEIGHT LOSS SURGERY

To be a candidate for weight loss surgery you must have a body mass index (BMI) over 40 or over 35 with medical conditions related to weight, including:

- high blood pressure
- high cholesterol
- type 2 diabetes
- sleep apnea

JOHN SCOTT, MD
Bariatric Surgery



Learn more about our surgical and nonsurgical weight loss options at
PrismaHealth.org/WeightLoss

Stretch Your Way to Stress Relief

Stretching: Most people would agree it's a good thing to do, but many consider it crucial only for athletes or exercise enthusiasts. In reality, it's important for everyone — regardless of age or activity level.



According to Luke McClellan, general manager of Greenville's StretchLab, stretching can be a powerful stress reliever. “It improves circulation and gets the blood flowing to all the different muscle groups, which is especially beneficial for people who sit at a desk all day and hold a lot of tension in the neck and shoulders,” he says. “It's a great way to start moving more freely and efficiently so that you can increase your activity level, regardless of your starting point.”

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LUKE MCCLELLAN, GENERAL MANAGER

McClellan is specifically referring to the hands-on, assisted stretching sessions StretchLab clients love. He says the professional, certified Flexologists at StretchLab use techniques and methods of stretching that have been scientifically proven to improve flexibility and range of motion. He adds that all stretching routines are customized and continuously adjusted for each person. “We are always assessing and reassessing as we individualize each routine so everyone can feel their absolute best,” he says.

Stretching can be used as therapy for injuries during the rehabilitation process or to deal with general aches, pains and muscle soreness. “It's one of the most effective ways to address physical imbalances that can occur at any time or any stage in life. This allows for faster recovery and reduces the likelihood of future injury,” McClellan says. “Flexible muscles are far less susceptible to muscle pulls, strains and tears.”

StretchLab receives referrals from chiropractors and orthopedic specialists, but anyone can schedule an introductory stretch by calling (864) 808-3125, booking an appointment at stretchlab.com or visiting StretchLab at 1922 Augusta St. in McDaniel Village.



stretchlab.com
864-808-3125

SUMMER OF HOPE: SPOTLIGHT ON CRITICAL NEED FOR BLOOD

How blood donations saved a new mom's life — and why giving matters more than ever this July.

When local mom-to-be Larren Franks was 37 weeks pregnant in May of 2021, she was expecting an exciting summer ahead, just like the rest of us — not the life-threatening emergency that she experienced instead.

“I had a totally uncomplicated pregnancy, up until the very end,” says Franks, a respiratory therapist with Prisma Children's Hospital, who suddenly found herself being induced to give birth, and not long after, rushed to a CT scan that revealed something shocking: She had ruptured a branch of her iliac artery.

“I was actively losing blood, and a lot of it — you just couldn't see it, because it was forming a massive hematoma inside my abdomen,” adds Franks. “I never imagined this could happen to me. Everyone kept asking, ‘Do you know how rare this is? Do you know how lucky you are?’ Well, I do now.”

“Everyong kept asking me, do you know how lucky you are?”

LAUREN FRANKS, RESPIRATORY THERAPIST WITH
PRISMA CHILDREN'S HOSPITAL

Summer is a busy time of year, but the need for blood donations never slows down — and Franks credits her life to the swift medical care and blood products she received.

“I was given blood transfusions immediately, including emergency (O-Negative) blood in the ambulance, for a total of five units of blood over the next few days,” says Franks. “I had to leave my brand-new son and my husband behind. The whole experience was painful and scary — but I feel so grateful to be alive, and my little boy, Thomas, is perfect.”

Historically, July is the hardest month of the year for The Blood Connection, the organization tasked with collecting the blood donations that our community counts on. In fact, July of 2021 saw 2,500 fewer donations than the best month of the same year. Why is this sharp decline so critical? Because The Blood Connection is the sole provider of blood for every Upstate hospital 24/7, 365 days a year, including the busy summer months.

“Gas prices are up, food prices are up, but blood donations are drastically down,” says Marie Forrestal, vice president of donor resources at The Blood Connection. “Many blood types are at less than a three day supply, and that's critical. We need to get the word out for people to urgently donate and also for others to step up and support by running blood drives in their communities, houses of worship or workplaces. Together we can turn it around and ensure our local blood supply is there when people need it.”

Franks, who often does NICU transport, is keen to share her rarely seen perspective.

“I work in the hospital ICU, and a lot of our littlest patients always need blood too. Our NICU nurses give blood transfusions



multiple times a day,” she says. “It's almost expected for them to thrive and be able to eventually go home. So I see firsthand how many lives are impacted by blood donations, from teenagers and moms to tiny pre-term babies.”

With convenient mobile and blood center locations all across the Upstate, The Blood Connection makes it as easy as possible to set aside less than an hour to give something invaluable.

“Even though gas prices are high, we all still go places that we probably don't necessarily need to go,” Franks points out. “But this is so important, it's worth taking a moment to think about what people are going through and how you can help impact lives for the better — even if you never think it could be you that needs it someday.”

***GIVE BLOOD,
GET REWARDED***

There are perks to saving lives when you use The Blood Connection's app and rewards program, which earn you points that are easily redeemed for e-gift cards to your favorite shops and brands.



TBC NOW

FUN FACT

JULY WAS THE WORST MONTH OF 2021, WITH 2,500 FEWER BLOOD DONATIONS COLLECTED THAN TBC'S BEST MONTH.



**THE BLOOD
CONNECTION**
Your Community Blood Center

TO LEARN MORE OR TO DONATE, GO TO
THEBLOODCONNECTION.ORG/DONATE
OR CALL **864-255-5000**.



For Your Health



Finding a New Doctor

When moving to a new place, finding a new medical home should be on your to-do list. James Shuman, MD, offered these tips to help you choose the right doctor for you.

1. REVIEW HEALTH INSURANCE COVERAGE

Is the doctor in-network? Make sure you’re covered when you need care.

2. CONSIDER YOUR SPECIFIC HEALTHCARE NEEDS

Doctors have different areas of focus. Choose one with expertise in your personal health conditions.

3. CONSIDER AVAILABILITY

Need a doctor ASAP? Go online or call their office to find out who is accepting new patients.

4. ASK AROUND

Ask nearby family and friends what doctor they would recommend. Referrals are a great way to find a new physician.



Location, location, location

Where your doctor’s office is located is key. Choose an option nearby that is easy to visit for quick and convenient care.

5. RESEARCH THE DOCTOR ONLINE

You can find information, reviews and ratings that can be easily viewed online. Some doctors have video profiles that can give insight into their personality and approach to care.

6. CHECK OUT THEIR NETWORK

Check over the doctor’s network to understand the other services available to you, such as imaging, labs or surgery.

7. MEET IN PERSON FIRST

The best way to get to know a doctor is to meet. Call the office and schedule a visit with the doctor before you commit.

The best time to find a new doctor is when you’re well, without the pressure of a health crisis. General physical screenings may reveal conditions not yet showing symptoms. “Even if a condition cannot be prevented, early treatment is often associated with better outcomes,” said Dr. Shuman.



JAMES SHUMAN, MD
Family Medicine

Find a new medical home with Prisma Health at
PrismaHealth.org/MedicalJourney

STEP BY STEP RENTRY PROGRAM

Formerly incarcerated women changing lives and communities “Step by Step”

Imagine trying to start a new chapter in your life. No matter how positive you are, it would be incredibly challenging if you didn’t have necessities such as a stable home, good nutrition and the clothing you’d need to look for work. Now add to that the stigma of having been incarcerated. The founder of the Step by Step Hope Project was once in that position, and over the past 12 years, she’s helped more than 1,000 women through this comprehensive ministry.

For more than a decade, a transitional home has been available for women reintegrating into society. Step by Step organizers will soon be opening a second residence, specifically for mothers and their children, where they may stay for up to a year while preparing to reenter the workforce and secure long-term housing.

Step by Step, a 501 (c)(3), has a board of directors and 10 employees. Each client is paired with a case worker whose goal is to provide and link women to the services they need to be healthy and independent. This may include workforce development, job placement, life-skills education and substance-abuse counseling.

To provide full services for one person for one year, the expense for Step by Step is one-third the cost of keeping that person incarcerated, and one year after leaving the program, 80% of Step by Step’s clients are gainfully employed.

To provide full services for one person for one year, the expense for Step by Step is one-third the cost of keeping that person incarcerated, and one year after leaving the program, 80% of Step by Step’s clients are gainfully employed. Past participants often come back to mentor and support current clients. Step by Step partners with Restoration Women on the Rise, a leadership development training program. When they are ready and able to help others, women are encouraged to become leaders in their communities.



Step by Step is one-third the cost of keeping that person incarcerated

In addition to changing the lives of formerly incarcerated individuals and their families, Step by Step staff members and volunteers seek change at a systemic level. Addressing state and local laws, policies and regulations, their goal is full restoration of



Cole's Carriage House

civil and human rights for people with convictions.

Step by Step’s operational expenses are covered by government grants, contributions from foundations and tax-deductible donations. In addition to funding, the organization accepts nonperishable food and new or gently used clothing for its “pantry,” and actively seeks volunteers to sort items and perform other duties. Visit sbsreentryproject.org to learn more about the program and ways to become part of its success.

One year after leaving Step by Step, 80% of Step by Step’s clients are gainfully employed.



CONTRIBUTIONS AND DONATIONS ARE ACCEPTED:



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WWW.SBSREENTRYPROJECT.ORG