

Tega Way Sun

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April 2024

Stanley Brucker, 61, Fort Mill Crossing Guard, Tragically Killed by Car Near Elementary School

by Thomas Hyslip

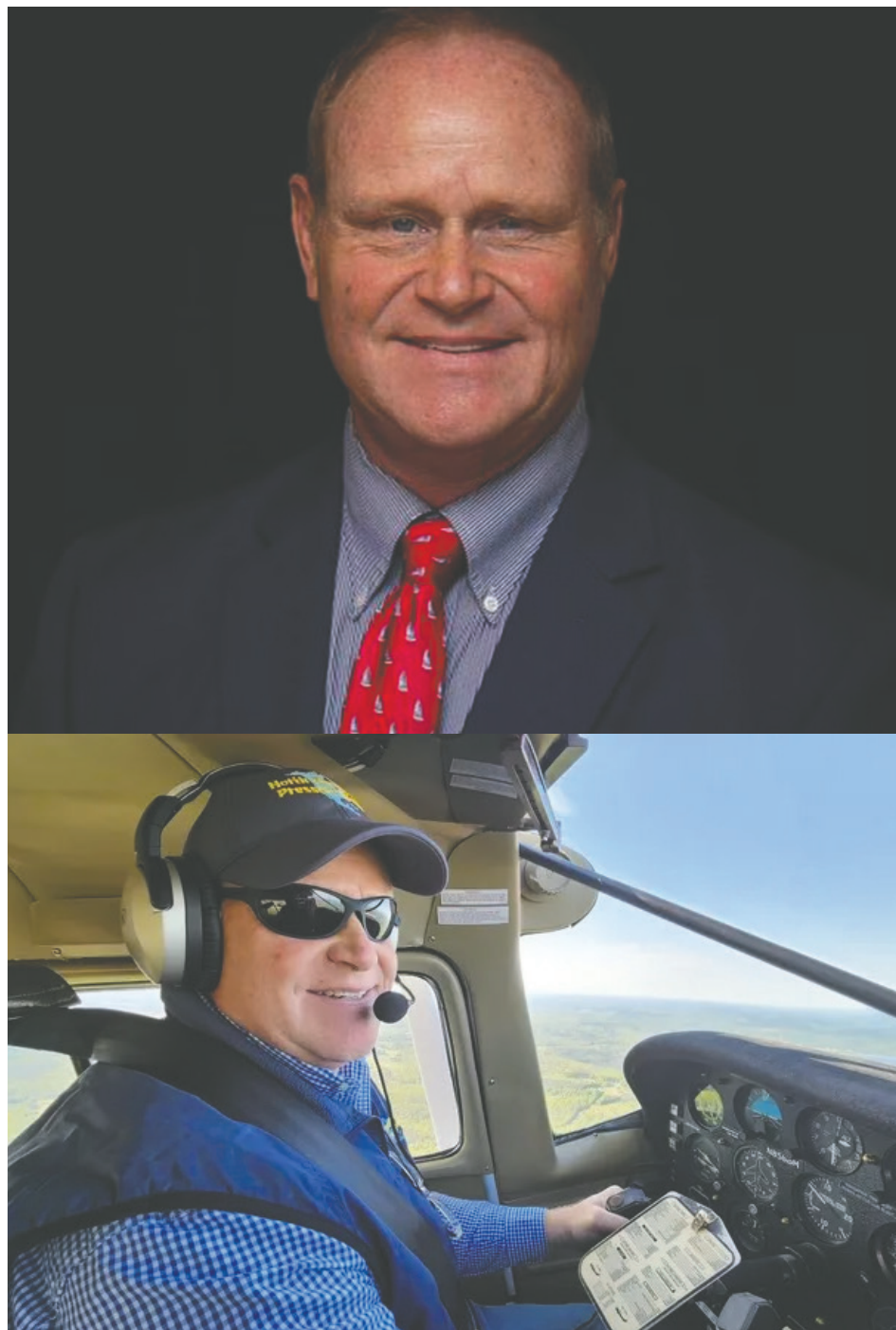
In Fort Mill, South Carolina, a tragic incident occurred when Stanley Brucker, 61, of Fort Mill, a crossing guard at the Fort Mill elementary and middle schools was struck by a vehicle. The accident took place on the afternoon of March 21st around 3pm. After the accident, Brucker was rushed to the hospital, where he succumbed to his injuries.

Stanley Brucker and his wife were preparing for another humanitarian mission trip at the end of March. He is survived by his wife, four children, two stepchildren, and five grandchildren.

A Gofundme drive has been created to assist the family with the cost of bringing all the family members to Fort Mill for the funeral services. Those who wish to donate can do so at <https://www.gofundme.com/f/in-memory-of-stan-the-fort-mill-crossing-guard>

The Fort Mill Police Department said no charges will be filed against the driver after consulting with the Solicitor's Office. .

The passing of Stanley Brucker has deeply saddened the community, serving as a poignant reminder of the importance of reducing speed and exercising caution when driving through school zones.



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The Time for Judicial Reform is Now

by Senator Michael Johnson

It is basic Civics 101. The Executive, Legislative, and Judicial branches are separate, but equal, branches of government – with checks and balances to keep each from having too much power. The problem arises when one of the branches of government is able to manipulate and intimidate another branch, which is exactly what is happening now in South Carolina.

For the past year numerous articles have been written in papers all across our state detailing the abuses of certain members of the legislature. You may have read about a convicted killer being released from prison 16 years before the end of his term (he was later returned to prison) due to a legislator. The good news is that there are very few bad actors. The bad news is that even one person doing this is one too many.

Currently South Carolina elects judges in a system that uses the Judicial Merit Screening Committee (JMSC) and the legislature, with no input from

South Carolina Enacts Permitless Firearm Carry Law

Thomas Hyslip, Editor

In a significant legislative move, South Carolina has now joined the ranks of states allowing permitless firearm carry, following Governor Henry McMaster's signing of the bill on Thursday afternoon. The bill, prefiled in the state House of Representatives in December 2022, underwent extensive debates in both the House and the Senate before reaching the

the executive branch. Anyone who wants to run for a judicial position submits an application and begins the screening process. The JMSC is appointed by the legislature, and three of the ten members are from the legislature. In other words, we control the process.

Once the candidates have been screened and found qualified, three names are submitted by the JMSC. The legislature then votes on those candidates and the winner becomes a judge. This system has given our state fantastic judges, outside groups from around the country praise our system. The problem is that it gives certain legislators, those sitting on the JMSC, too much power. If a judge makes them angry, they can use their power to remove the judge when they come back in six years to be re-elected.

In order to solve this problem, I along with Senator Greg Hembree (R-Horry) and Senator Wes Climer (R-York) began drafting a bill to change the way we elect judges, S.1046. This bill gives the Governor two appointments, the Speaker of the House one appointment, the Chairman of the House Judiciary one appointment, the President of the Senate one appointment, the Chairman of the Senate Judiciary one appointment, one appointment to the Commission on Prosecution Coordination (Solicitors), one to the Commission on Indigent Defense (Public Defenders), and one to the Chief Justice of the Supreme Court who must appoint a retired judge.

No one on the JMSC can be a member of the legislature or be related to a legislator. Perhaps equally as important, anyone running to be a judge must have been out of the

Governor's desk. South Carolina is the 29th state to adopt permitless carry, coming closely after Louisiana's adoption of a similar policy.

Under the new law, individuals aged 18 and over, who are legally eligible to own firearms, are permitted to carry them concealed or openly without the need for undergoing training or obtaining a permit. This marks a departure from the 2021 Open Carry law, which required concealed weapons permit (CWP) holders to carry handguns openly. The enactment of House Bill 3594, often referred to as "constitutional carry," eliminates the

legislature at least two years and cannot be related to a sitting member of the legislature. We limit the terms for members of the JMSC to two 4-year terms, which will be staggered.

Additionally, instead of only three candidates being able to move forward through the process, we allow everyone who is found qualified to come before the legislature. The bill also changes the weighting of the voting between the House and Senate. Currently the judge with the most votes between the two chambers wins. Our bill will require that any judicial candidate have the majority vote of each chamber, not just the most overall votes. This puts the House and Senate on equal footing when it comes to judges, something that does not exist now as there are almost three times as many House members as there are Senators.

While no system is perfect, I believe that these changes will bring our system out of the shadows and into the light. It will restore the balance between the judicial and legislative branches, and give the executive branch a role. The Senate will debate judicial reform in the next few weeks, and I encourage you to give feedback and make your voice heard.

Michael Johnson represents District 16 in the South Carolina Senate. District 16 includes TegaCay, Fort Mill and Indian Land. He can be reached at michaeljohnson@scsenate.gov.

Senator Johnson and Attorney General Alan Wilson will be participating in a fireside chat on April 15th at 6:00pm, at the Glennon Center to discuss Judicial Reform. It is free and open to the public.

necessity for CWPs within the state.

Despite the broader allowances, the law specifies several locations where carrying a firearm remains restricted, including hospitals, doctor's offices, churches, many government buildings, schools, polling places, detention facilities, post offices, or private residences without explicit permission.

However, certain places like churches and doctor's offices have the option to permit firearms on their premises, and businesses can designate themselves as gun-free zones.

TEGA CAY SUN

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Tega Cay Sun
Approved to Join the
South Carolina Press
Association

Thomas Hyslip and Patrick Byrne,
Editors of the Tega Cay Sun

On March 22nd, the Tega Cay Sun received formal approval on its membership application to the South Carolina Press Association (SCPA).

“The Tega Cay Sun has been embraced by our wonderful community, and now we’ve been welcomed by our colleagues across the state with membership in the South Carolina Press Association. This prestigious organization, with its 171-year history, represents the very best in South Carolina journalism. The SCPA’s commitment to excellence aligns perfectly with our own mission to serve Tega Cay with fair, accurate, and impactful reporting. We’re honored

How to Access and Use a
Personal AI Assistant

by **Jonathan Hayes**



My mother was recently admitted to the ICU. While waiting to speak with the doctors, I opened an app on my phone and started a virtual conversation. By the time her doctors had arrived, I had a general understanding of the situation based on the symptoms she was experiencing. I was also armed with a list of important questions I could ask to help me understand what the next steps should be.

I wasn’t asking my phone to give me specific medical advice. I was asking it to educate me on topics that I was not familiar with. In essence, I had been briefed by my personal AI assistant in real time by having a virtual conversation.

Faris Juanita Akins
Johnson Bailey, 99,
Muscle Shoals, AL

Faris Juanita Akins Johnson Bailey, 99, of Muscle Shoals, AL, passed away at Helen Keller Hospital on Wednesday, February 28, 2024. She was born on December 21, 1924, at Woodlawn Hospital in Birmingham, AL, to Susie Hurt Franklin and Fred John Thomas Flood of Anniston, AL.

In 1946, she married Captain William Harold Akins of the US Army. He was stationed at Fort McClellan in Anniston. They lived in various cities, which included a tour of Germany from 1949-1953. Major Akins retired

to be part of this legacy and excited to collaborate with our fellow members to strengthen journalism throughout South Carolina.”

SCPA members include venerable South Carolina newspapers; the Post and Courier (Charleston), The State (Columbia) and the Greenville News. Local/regional newspapers, like the Tega Cay Sun, are eligible for membership if certain SCPA criteria and standards are met. Applications are reviewed and approved by the SCPA Executive Committee.

About the SCPA

The S.C. Press Association serves to strengthen the Palmetto State’s newspaper industry, enhance public understanding of the role of newspapers, and protect basic freedoms of press, speech and the free flow of information. We proudly represent all 15 daily and 69 weekly newspapers.

I wanted to share this example to show how quickly and easily you can access a personal AI assistant when needed. AI assistants use large language models (LLMs) like Microsoft CoPilot or ChatGPT to combine vast amounts of text and reference material to generate human-like responses.

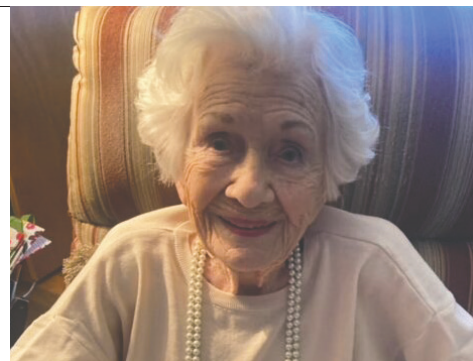
Google vs. AI

When should you use Google over an LLM? Think about it this way: Use Google to find specific websites, sources, or real time updates like news and current events. Google will respond by giving you links to other websites based on your question.

Use LLMs and AI assistants when you want to have a conversation with your computer to provide explanations on complex topics, brainstorm new ideas, and troubleshoot problems you are trying to solve. The response is provided to you in the form of a conversation rather than a set of links to click on.

Getting Started

Artificial Intelligence, See Page 7



in 1960 in Augusta, GA and then moved to Sheffield, AL where they went into the florist business with his sister, Marie Poole of Poole’s House of Flowers.

Juanita retired from the business in 1975 and went to work as District

In Health with Dr.
Brian: Unpacking the
Importance of Hydration



Did you know that water makes up about 60% of your body weight and is involved in countless metabolic functions?

Studies show that being dehydrated can hinder your ability to lose weight and burn fat.

If we are not drinking enough water each day, our metabolism will not function at peak performance, our digestive system will not do it’s job efficiently, thus hindering your weight loss efforts.

In addition, you tend to find yourself twice as hungry as normal when you become dehydrated. Thus, this leads to an increasing amount of fat and calorie consumption.

Also, if you’re not drinking enough water, you’re probably feeling sluggish and don’t seem to have energy throughout the day.

Feeling sluggish is a common excuse to skip exercise.

Proper hydration will also help in lubricating joints (reducing pain), improves skin complexion and helps the body to reduce waste (#1 and #2).

On average, you should be drinking half your body weight in ounces each day. A few tips to help increase how much water you drink each day include;

- Start your day with water. Have 2 cups when you get up, prior to doing anything else.
- Have a cup of water every hour
- Carry a marked water bottle to help tracking how much water you drink

So, if you want to improve your performance, feel great and lose weight...then drink more water.

Court Clerk of Colbert County Court House where she retired in 1987.

She was preceded in death by her husbands, Major William H. Akins, William T. Johnson of Tuscumbia and Essel W. Bailey of Jupiter, FL. Also, grandsons, Bradley Hannon and Tyler Ramsey.

She is survived by her children, Susan Zickos (Jim) of Greenville, SC, Sharon Ramsey of Muscle Shoals, AL, Pam Brooks (Hank) of Tampa, FL, and Billy Akins (Angie) of Sheffield, AL; sister, Studie Cardin (Gerald) of Clearwater, FL; nine grandchildren; 33 great-grandchildren; four great-great-grandchildren.

UPCOMING
EVENTS 2024

APR. 1st

Planning Commission- will meet at 6:30pm in the Council Chambers.

APR 15th

City Council Meeting- at 7:00pm in the Council Chambers.

APR. 22th

Economic Development Commission- will meet at 7:00pm in the Council Chambers.

TUE. Weekly

Dr. Tom’s Trivia - 6:30pm at Model A Brewing..

THUR. Weekly

Bingo with Shane - 6:30pm at Model A Brewing..

WED-SAT. Weekly

Live Music - Live music four nights a week at the SC Shore Club

Saturdays Bi-Weekly

Tega Cay Lions Club - 2nd and 4th Saturday of the month, the Tega Cay Lions Club meets in the lower level of the Glennon Center. More information available at <https://tegacaylions.wixsite.com/tegacaylions>

Last WED. Monthly

Tega Cay Good Life Club -Meets the last Wednesday of each month at the Glennon Center. More information available at <https://tcgoodlifeclub.wixsite.com/tcglc>



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**MODEL A BREWING
WEEKLY EVENTS**
DR. TOM'S TRIVIA
TUESDAY, 6:30PM
BINGO WITH SHANE
THURSDAY, 6:30PM

Fort Mill Voters Approve \$204 Million School Bond

Thomas Hyslip, Editor



On Tuesday, Fort Mill residents backed a \$204 million bond referendum aimed at expanding and upgrading the educational infrastructure within the district.

Unofficial results from the York County Board of Elections highlighted the community's support, with 64% of the 3,807 votes cast favoring the initiative, against a 36% dissent.

The bond will finance the construction of a new middle school and an early childhood development facility, illustrating the district's commitment to enhancing educational foundations from an early age. In addition to these pivotal projects, the funding will ensure technology upgrades across schools, acquisition of property for future educational facilities, and necessary maintenance for existing buildings.

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Buzz around Town

Tega Cay Teen Handles "Gentle Giants" With Ease

Patrick Byrne, Editor



In many ways, Madison (Maddie) Carolan is your typical 15 year old girl. A student at Fort Mill High School, she's well spoken, kind and will gladly tell you about her friends when asked. In short order, the conversation will pivot to her passion for dogs. This is where the separation from other teenagers starts to go in a different direction.

Maddie is the #1 junior handler of Newfoundlands in the nation, a distinction she won last year. It took her only 7-8 dog shows before she was able to secure the title. That's an incredible accomplishment for someone so young with limited experience. As a junior handler, she's competing against kids as young as 9 or teenagers as old as 18.

Maddie, along with her mom Kelly and stepdad Brian Benton, live in Tega Cay with their 3 dogs. Two of them (Ellie, 6 years old and Aquena, 2 years old) are Newfoundlands (aka Newfies). A Newfoundland is a large working dog originally bred to be used by fisherman for a variety of activities. Their third dog (Savannah) is a Husky.

Introduced to Newfies by her stepdad, Maddie began working with the dogs at 13 years old. She would travel to Tennessee with her parents to help with water training, a standard practice for Newfoundlands being bred for dog shows. During the training, she met several people who showed their dogs and thought, "it would be a fun thing to start."

If you've never seen a Newfoundland, they're big dogs. Weighing in anywhere from 120-180 pounds, you'd think they'd be tough to manage. Not necessarily. Providing comfort and sensing when their human owners are upset or stressed, they can be easier to work with than you may think. "They're gentle giants. That's just how they are, they're very low key," says

Kelly.

This helps to explain a bit of Maddie's success but certainly doesn't remove the challenges she has faced in learning how to work with the breed. As a handler, Maddie needs to have a deep understanding of how to present her dog appropriately for the judges. This includes a technical aspect such as the gait (how they walk/trot/run) for each dog she handles to something more aesthetic like grooming.

Due to busy schedules and the expense of traveling on weekends, Maddie has thus far competed in regional shows throughout the southeast, representing the Southeastern Newfoundland Club (<https://www.senewfs.org/madison-carolan.html>). Kelly mentioned they're hoping to take their road trip national this Spring in order to compete in the National Newfoundland Show in May.

When asked what her friends thought about her hobby, Maddie said, "Oh, you have something kind of different. It makes people more curious about it. I've had some of my close friends who want to come (to the dog shows) sometimes."

As you can imagine, Maddie is still trying to figure things out and what her future may bring. Although, she is secure in the knowledge that being a dog handler is important to her. "No matter what I do, I'll want to show. I still want it to be an extra activity I do, even if it's not my full time career."

No matter what she chooses to do, it's obvious Maddie has a handle on her life, and her dogs.

York County Reads Receives Generous Grant from Ross Stores Foundation

Lissa D. Felzer

Tega Cay, SC: York County Reads, a Tega Cay-based nonprofit dedicated to promoting literacy, is pleased to announce that it has received a generous \$20,000 grant from the Ross Stores Foundation. This grant will be used to fund all training classes for 2024, allowing York County Reads to expand its impact on literacy in York County.

York County Reads provides one-on-one, low- to no-cost literacy instruction to underserved struggling readers, helping them develop the skills needed to become successful readers. The organization's curriculum is scientifically based, utilizing a multi-sensory, cumulative, explicit, and prescriptive approach. With a proven track record of success, York County Reads is committed to making a lasting difference in the lives of those it serves.

"We are thrilled to receive this grant from the Ross Stores Foundation," said Lissa Felzer, Executive Director of York County Reads. "This funding will enable us to reach even more children in need of literacy support, ultimately empowering them to achieve academic and personal success."

Ross Stores, Inc. is a Fortune 500 company that operates more than 2,100 off-price retail stores in the United States. Known for its wide selection of name-brand and designer merchandise at discounted prices, Ross Stores, Inc. is committed to giving back to the communities where it operates through its charitable giving programs.

"Ross' Regional Giving Program supports organizations that advance education achievement in select communities where Ross has offices and distribution centers," said Leslie Oestreicher, Deputy Director of the Ross Stores Foundation. "We are honored to provide a grant to support York County Reads and the impactful work they do to provide literacy instruction to underserved students."

"We are proud of the support we received from Ross Stores," said Lacy Daniel, York County Reads board member. "Literacy is a fundamental skill that opens doors to opportunity and success. By investing in programs like York County Reads, we are helping to build a brighter future for individuals and families in the York County community."

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SPORTS



Tega Cay Teen Kennedy Keskey Wins Top Prize at Brandywine Springs Horse Show

Kennedy Keskey, a Fort Mill High School freshman, earned first place honors March 17th at the Brandywine Springs South Stables' Spring Fling horse show. Kennedy placed first in the "Open Walk/Trot/Canter Equitation" event in her first show representing Meadowdale Farms in Lancaster County. She rode Magnum, a Hanoverian horse.



Equitation events judge solely on the ability of the rider to show her horse. Kennedy and Magnum were evaluated on their communication and the rider's effect on the horse while executing a pattern around the show ring.



Kennedy will continue to grow her show experience and serve as the head counselor at PonyGang Equestrian Service's summer camps this summer. She is also a member of Fort Mill High School's Future Farmers of America and Fort Mill's 4-H Club.

Fort Mill School District Celebrates 32 Students Earning Spots in the All-State Band



2024

All State Band

- Aaron Welch, Contra Clarinet GHMS
- Agnes Zilinskaite, Oboe GHMS
- Carena Tollefson, Horn NFHS
- Casey Stauffer, Trombone FMHS
- Cayden Muñoz, Trombone FMHS
- Chase Turner, Trombone NFHS
- Chelsea Minnihan, Flute NFHS
- Connor Anderson, Percussion GHMS
- Connor Hennessey, Trumpet GHMS
- Ella Culver, Trombone FMHS
- Emily Li, Euphonium FMMS
- Harrison Turner, Euphonium CRHS
- Henry Lee, Tuba CRHS
- Jack Sullivan, Trombone FMHS
- Jasmine Gourdin, Clarinet NFHS
- Josh Pritchard, Tuba CRHS

- Joshua Homan, Clarinet NFHS
- Joshua Sanford, Tuba CRHS
- Kathryn Ranft, Clarinet FMHS
- Katie Hanson, Clarinet NFHS
- Lana Lee, Clarinet CRHS
- Lilah Haen, Bassoon FMHS
- Luke Rapa, Oboe FMHS
- Molly Lessard, Clarinet NFHS
- Nathan Hurley, Trumpet CRHS
- Olivia Morton, Horn FMHS
- Priyanshi Biswas, Clarinet GHMS
- Rylee Gouker, Oboe FCMS
- Samuel Moore, Trombone PKMS
- Willa Clark, Tuba FMHS
- Zane Snipes, Bass Clarinet CRHS
- Zoe Noznesky, Flute FMHS

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Athletes of the Week

FORT MILL HIGH SCHOOL
ATHLETE OF THE WEEK
MICHAEL ROGERS
BASEBALL | JUNIOR
500 BATTING AVG | 4 RBI | 3 RUNS
COASTAL INVITATIONAL MVP

FORT MILL HIGH SCHOOL
ATHLETE OF THE WEEK
EMERY DOVE
LACROSSE | JUNIOR
16 SAVES IN 3 GAMES
SAVE #200

FORT MILL HIGH SCHOOL
ATHLETE OF THE WEEK
MOLLY BENNETT
LACROSSE | SOPHOMORE
3 GOALS, 5 CAUSED TURNS, AND 6 GROUND BALLS IN WIN OVER LUCY BECKHAM

FORT MILL HIGH SCHOOL
ATHLETE OF THE WEEK
MIA WILLIAMS
TRACK | SOPHOMORE
WON TRIPLE JUMP & LONG JUMP AT TROJAN RELAYS

Fort Mill School District Teachers and Support Staff of the Year

TEACHER OF THE YEAR

Britney Brownshield
SPECIAL EDUCATION TEACHER

SUPPORT STAFF OF THE YEAR

Tiffany Vicars
KINDERGARTEN ASSISTANT

Learning and Growing Together Every Day!

FMSD FORT MILL SCHOOL DISTRICT 2024 Teachers of the Year

Ashley Donovan Physical Education Banks Trail Middle	Major Sean Studley JROTC Instructor Catawba Ridge High	Julie Albertson Music Doby's Bridge Elem.	Haley Fernicola Special Education Forest Creek Middle	Susanne Mercado Kindergarten Fort Mill Elem.	Tim Pasour Veterinary Science Fort Mill High
Jocquin Fuller Band Director Fort Mill Middle	Olivia Haring Special Education Gold Hill Elem.	Aimee Gallert 7th Grade ELA/GT Gold Hill Middle	Heather Doheny 4th Grade ELA Kings Town Elem.	Dawn Lisk Social Studies Nation Ford High	Abigail Hutto 2nd Grade Orchard Park Elem.
Kelley Sessions Kindergarten Pleasant Knoll Elem.	Hannah Courtney Special Education Pleasant Knoll Middle	Reagan Taylor 5th Grade River Trail Elem.	Megan O'Neill 3rd Grade Riverview Elem.	Ryan Perez 4th Grade Math/Science Riverview Elem.	Page Hinton Kindergarten Springfield Elem.
Michala Keiner 8th Grade Science Springfield Middle	Erica Gabriel Music Sugar Creek Elem.	Britney Brownshield Special Education Tega Cay Elem.	Kristen Crepeau Special Ed./Guidance Oak Grove Academy		

Gold Hill Middle School

TEACHER OF THE YEAR

Aimee Gallert
Seventh Grade ELA

Gold Hill Middle School

SUPPORT STAFF OF THE YEAR

Sue Bleau
Bookkeeper

FMSD FORT MILL SCHOOL DISTRICT 2024 Support Staff of the Year

David Meyer Mental Health Cnslr Banks Trail Middle	Sally Harvey Receptionist Catawba Ridge High	Kim Schutzman Behavior Technician Doby's Bridge Elem.	Madeleine Madsen PowerSchool Clerk Forest Creek Middle	Jacob Skramstad Behavior Technician Fort Mill Elem.	Travis Caskey ISS Assistant Fort Mill High
Heather Aiuzzi Mental Health Cnslr Fort Mill Middle	Debbie Lomenzo Instructional Assistant Gold Hill Elem.	Susan Bleau Bookkeeper Gold Hill Middle	Laura Campbell Behavior Technician Kings Town Elem.	Brandi Spratt Receptionist Nation Ford High	Karly Torres Mental Health Cnslr Orchard Park Elem.
Jennifer Mayes Receptionist Pleasant Knoll Elem.	Kristin Zeppelin Receptionist Pleasant Knoll Middle	Wilson Arman, Jr. Behavior Technician River Trail Elem.	Lindsey Sturgis Psychologist Riverview Elem.	Jeannine Bruce Receptionist Springfield Elem.	Jane Hall Bookkeeper Springfield Middle
Patricia Ervin Bookkeeper Sugar Creek Elem.	Tiffany Vicars Instructional Assistant Tega Cay Elem.	Deidra DalPoggetto Admin Asst. District Office	David Sneed Maintenance Mechanic Maintenance	Caryn Nieves Operations Mngr Student Nutrition	Chris Krieger Field Trip Coordinator Transportation

Congratulations

2024

Teachers of the YEAR

Olivia Haring & Deborah Lomenzo
Special Education Teacher & Assistant

DINNER & A SHOW

Elton John Tribute

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Artificial Intelligence, From Page 3

Two great resources are Microsoft Copilot (which is free with no login at www.bing.com) and ChatGPT (you'll need to create a free account at <https://openai.com>).

For those of you that are completely new to AI, start with www.bing.com. Navigate to the website and scroll to the bottom where you will see a box that says, "Ask me anything...". The hard part is done! Begin by asking a question about any topic you can think of.

Now that you have access to your personal assistant, how should you structure your question? What should you ask? Think about the topic you'd like to learn more about, then ask AI to play a role.

If you are thinking about planting flowers in your backyard, you would first type, "Take on the persona of a Master Gardener". Follow up with the question you want to ask. An example would be, "What flowers should I plant in my backyard if I live in Tega Cay, South Carolina?"

By first giving the LLM direction on the type of "persona or expert" you want it to assume, you're pointing it in the right direction, resulting in a better response. This is called prompt engineering.

Don't be Scared. Have Fun!

Are you still scared to use AI? Perhaps you're feeling a bit overwhelmed?

Don't worry. Simply log into one of the links above and start by having a conversation. Play around and have fun. Pretty quickly, you'll start to get the hang of it.

With your own personal AI assistant, the internet just got a bit easier to use.

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Revitalize Your Aging Journey with the Exercise Coach

Let's face it – aging presents its challenges, from a slower metabolism to creaky joints, leaving many feeling like their bodies are betraying them. But fear not! At The Exercise Coach, we're rewriting the aging narrative, empowering individuals to reclaim their health and vitality!

Bid farewell to reminiscing about past strength and abilities. With our innovative fitness approach, thousands have defied the typical aging processes, embracing a better quality of life.

No longer must you settle for the status quo. We're here to help you continue doing what you love while redefining your aging narrative.

At our core is the battle against sarcopenia, the age-related muscle loss that can start as early as age 35. Our science-backed methods target essential muscle fibers. This doesn't just halt decline, it actually reverses it, unlocking a plethora of health benefits beyond the studio floor.

"Why muscles?" you might ask. Because they're the powerhouses of nerves, water, blood, and energy. Strengthening them improves physical health and offers rewards like better blood sugar control, enhanced cardiovascular function, and reduced inflammation. Strength correlates strongly with longevity, mental health, and cognitive function.

What sets us apart is our commitment to personalized, safe, and effective training, led by highly trained coaches who support clients every step of the way. We guarantee you'll exercise at the perfect intensity for your body. And remember, age is just a number. Our oldest client at 91 proves anyone can benefit from our tailored approach.

YOUR AD
COULD BE
★ HERE ★

Our revolutionary Smart Machines cater to all abilities. This makes fitness accessible to everyone, regardless of physical limitations or past surgeries. With just two 20-minute workouts per week, experience the transformative power of targeted strength training.

Worried about starting? Don't be. Enjoy two free sessions on us, no strings attached. Plus, mention this article, and receive a \$150 discount on any package. It's time to invest in yourself and choose how you age!

Call us at 803-832-1989 and let The Exercise Coach reshape your future today!


Restaurant Inspection Reports

Food Grade Rating

A

Meets Requirements

S.C. Department of Health and Environmental Control



For more information, visit: www.scdhec.gov/food

- Toppers Pizza
- X-Golf
- Model A Brewing Concessions
- Abbott's Frozen Custard Cart
- Tropical Smoothie Cafe
- Crubl Cookies
- The Greek Grill
- The Shore Club
- Dairy Queen
- The Shore Club Snack Bar

Tega Cay Sun



ACROSS

- | | |
|----------------------------------|---------------------------------------|
| 1) Moistens | 40) Melancholy |
| 5) Old Testament feature | 41) Desert islands |
| 10) Like a wrung-out dishrag | 42) Steakhouse specification |
| 14) Cast-of-thousands production | 43) "Things that go ___ in the night" |
| 15) Not called for | 44) One with equal billing |
| 16) Eye feature | 46) Astrological ram |
| 17) "Cheers" quencher | 49) It's full of hot air |
| 18) "Let's Make a Deal" options | 51) Product improvement slogan |
| 19) Fish parts | 57) "Unattractive" Jamaican fruit |
| 20) Quaint accommodations | 58) Jungian "self" |
| 23) It's quickened by fear | 59) A bit off-the-wall |
| 24) Bones in arms | 60) "In a minute" |
| 25) Where some people shop | 61) Remove a brooch |
| 28) Topmost point | 62) Buffalo is on its shore |
| 30) Equine color | 63) Winged god of love |
| 31) Columbus' port | 64) Hangs tough |
| 33) Gave a meal to | 65) They may cover a lot of ground |
| 36) Cheerfully energetic | |

DOWN

- 1) Jack on "Dragnet"
- 2) Sword with a blunted tip
- 3) Going into overtime
- 4) Removing windshield ice, e.g.
- 5) Evidence of melting
- 6) People with upturned noses
- 7) Be extremely fond of
- 8) Angler's need
- 9) Costa ____, California
- 10) Large over-the-shoulder bag
- 11) Birdlike
- 12) Brainy group
- 13) Attach with glue
- 21) Mother Teresa, e.g.
- 22) Harold's film partner
- 25) Eyes, poetically
- 26) Novelist Ephron
- 27) Placed down
- 28) "No ifs, ___ ..."
- 29) Corn eater's leftover
- 31) Breathe convulsively
- 32) Suffix with "ethyl"
- 33) Daring deed
- 34) Cornell of university fame
- 35) Beautician, now and then
- 37) Casino, to a gambler
- 38) Scottish head covering
- 39) Inferior substitutes
- 43) Originates
- 44) Bay of Pigs people
- 45) Small digit
- 46) Improper use
- 47) Extreme effort
- 48) Arctic dwelling
- 49) Cuts, as hair
- 50) Fess up to
- 52) Julia of "Addams Family Values"
- 53) "The King and I" role
- 54) Hawaiian crop
- 55) "National Velvet" novelist Bagnold
- 56) Some loaves

REVISITING THE B AND B

By Rob Lee

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