

# Tega Cay Sun

FREE • Vol. 2 - No. 2 Your Trusted Source for Local News and Information

March 2024

## Tega Cay's Best Dam Food Festival. Saturday May 18th at Catawba Park

The City of Tega Cay invites you to the First-Ever Best Dam Food Festival at Catawba Park for a Day of delicious delights and musical performances!

Mark your calendars now for the Best Dam Food Festival on Saturday, May 18th, from 2 pm until 10 pm. Experience a day filled with finger-licking treats from over 20 food vendors, ranging from tacos and pizza to burgers and fish!

The festivities will commence at 2 pm with a performance by the Gold Hill Jazz Ensemble, highlighting the talents of middle school students. Krista Lynn Meadows follows with a serenade of the best in country music at 2:30 pm. At 5:30 pm, Tim Clark and his band will take the stage, playing the hottest tunes from the 80s until now. And closing out the night with a bang, the 24K band will bring everyone to their feet with an electrifying tribute to Bruno Mars!

As a festival-goer, you have the critical responsibility of voting for your favorite food truck – which vendor will be crowned the Best Dam Food Vendor?

Catawba Park, located next to the dam on New Gray Rock Road, is Tega Cay's newest popular destination. The park boasts grand ballfields, a play area, walking trails, and a stunning event lawn, making it the perfect location for a day filled with fun and excitement.

Don't miss out on this exciting event! Bring your family and friends along to indulge in delicious treats and enjoy the musical performances. See you there!

### Home Delivery

The Tega Cay Sun is proud to announce the creation of the monthly print edition. The printed paper will be available at Model A Brewing, the Shore Club and Knowledge Perk.

In addition, home delivery is now available. For only \$25 per year, you can receive your copy of the Tega Cay Sun delivered right to your door, the first week of every month.

Sign up at [tegacaysun.com/delivery](http://tegacaysun.com/delivery)

## Fitness is a Calling for New Owner of The Exercise Coach

by Patrick Byrne

To some, exercise is a necessary evil. Others find joy in the stress and pain they place on their body, happy to win the mind over matter game that plagues many of us as we enter the final stages of a workout. For Kim Liles, it's a ministry.

After moving to Tega Cay from Atlanta in 2020 with her husband Paul and two grown children, Kim was

looking for a job in fitness. She had owned a gym in Atlanta but had to sell when the pandemic hit and Paul's work brought them to the Charlotte area. Although there were no full time positions available, the owner of The Exercise Coach in Tega Cay hired her part time.

Due to her experience and passion for fitness, she quickly transitioned to full time and became the manager in short order. When the opportunity to purchase the business presented itself in October 2023, she wasted no time in taking advantage.

"I bought it to keep anyone else from buying it," said Kim, with a laugh. "I was already here everyday. I knew all

### INSIDE



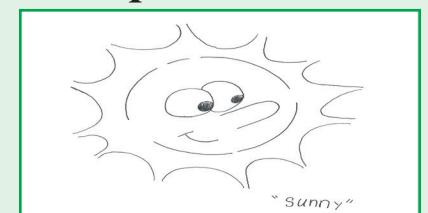
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of the clients, had great relationships with them and none of them would have a place to go if I didn't buy it."

The Exercise Coach provides 1:1 training from a fitness instructor, the use of machines powered by Artificial Intelligence (AI) and a program designed to help you build strength. Add in the fact that the gym itself is both clean and welcoming and you get the feeling of working out at a friend's house rather than your typical gym.

"Conventional exercise was not a great fit for me. I'd get hurt trying to keep up," said Kim. She went on to tell a story of having 4 knee surgeries and

*Exercise Coach, See Page 7*





## Liquor Liability Issues – What is Really Causing the Problem?

by Senator Michael Johnson

In recent months, each time that I talk with restaurant and bar owners I hear a common refrain, “why are our insurance premiums going up so quickly?” Throughout South Carolina, insurance companies are substantially increasing liquor liability insurance premiums for restaurant and bars. I sit on a Judiciary Subcommittee which is studying this issue to determine why this is happening, and what can be done about it.

One reaction has been to pass “tort reform.” Advocates of this plan argue that by enacting these changes more insurance providers will write business in this state and premiums will go down. The problem is that based on past tort reform measures, this approach would likely have little to no real impact because past changes have not led to lowering of insurance premiums – which is what restaurant and bar owners want.

For example, back in 2005 the legislature attempted to pass tort reform as it relates to medical malpractice insurance. The promise was that premiums would go down. Instead, based on information provided to our committee by the Department of Insurance, rates plateaued for a few years before beginning to rise again. Rather than pass meaningless reform, I would actually like to fix this issue.

So, what is the problem with premiums in South Carolina? Last week, the Director of the Department of Insurance told our subcommittee that in 2017 there were 42 insurance carriers offering liquor liability insurance. Now in 2024, there are 47. If the argument is that more insurance carriers will drive down premiums, why have they gone from \$7.6 million to \$17 million in written premiums annually statewide – more than double in the last five years?

Despite more insurers entering the arena, insurance companies are paying out more than 277% than they take in from premiums. They are losing money hand over fist in our State, which is why rates are going up. At first glance it looks like those restaurants and bars need tort reform to fix the problem. Again though, when you look into the data you see that in 2020 South Carolina had 170 claims made against restaurants and bars for liquor liability issues. That is double the amount of claims made in North Carolina and Georgia, and triple the amount made in Florida.

Why do we have triple the amount of claims than Florida? Could it be because South Carolina has the highest amount of DUI deaths in the country. Drunk drivers equal claims, and we have too many of them on our roads.

Last week Mothers Against Drunk Driving (MADD) came out against the

tort reform measures being studied in the legislature, and they instead are calling for tougher drunk driving laws. I agree with them in part. Our DUI laws are a joke. As one law enforcement officer told me, the only way a person can be convicted of a DUI in South Carolina is if they plead guilty. We need stricter DUI laws, but we also need to protect restaurants and bars from frivolous lawsuits.

Too many restaurants and bars are being sued, not because they are liable, but because they have insurance coverage. If you overserve a customer and they injure someone, you should be liable. If you serve the person one drink, and then six hours and numerous drinks later, that person injures someone, then the server should not be liable. That is why this week I will file a bill that will protect restaurants and bars if they serve alcohol to someone so long as the person is not visibly intoxicated. Alabama and other states have passed this common sense legislation to protect restaurants and bars that are doing the right thing, but to make sure that the bad actors can be held accountable when someone is injured.

I am also co-sponsoring a bill to strengthen our DUI laws. Last year, I voted for a bill to require training for those who serve alcohol. Fixing our current problem is going to take a multi-prong approach. Common sense liability reform, coupled with stricter DUI laws, and training of those who serve alcohol are together what is needed. Restaurants and bars that do the right thing don't need to be punished for the bad acts of the few that don't. I am committed to working so that South Carolina fixes this problem soon with ways that really address the problem and will make our roads safer for each of us.

# TEGA CAY SUN

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## In Health with Dr. Brian: Something is Better Than Nothing

Dr. Brian Strump



If you've been hoping 2024 was going to be your year to get healthy, I've got a monster tip to help you stay on track with your fitness and

nutrition goals.

Here it is:

Remember that something is always

better than nothing.

Here's the scenario: You got busy during the holidays.

Really busy.

You're running around everywhere, you're hosting relatives and friends, you've got all sorts of social commitments, and the kids' schedules are packed with recitals and games.

So you skip a workout. Then another.

All of a sudden, it's been a week since you hit the gym. You start feeling blah, so you think “this month is a total

write-off.” You stop trying to make time to work out and you pull into the drive-thru way more often than you want to.

This sort of thing can happen to anyone, so I want you to remember that any small step in the right direction is a big deal.. Don't ever lose sight of your health and fitness goals.

For example, maybe you just don't have much free time on a busy day. Could you duck into the garage and jump rope for 15 minutes? Could you jog around the block a few times? What about 50 push-ups in the

*In Health, See Page 3*

~~Tomorrow~~

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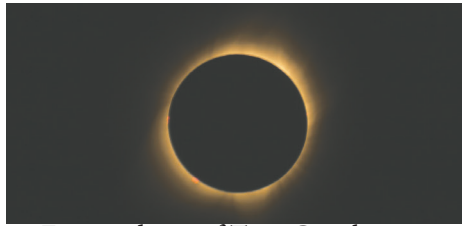
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**Tega Cay to Experience Spectacular Partial Solar Eclipse on April 8, 2024**



For residents of Tega Cay the event will be a partial eclipse where the sun will appear as if a significant portion has been obscured, resulting in an 80-83% coverage.

In terms of timing, the partial eclipse in Tega Cay is expected to commence around 12:54 p.m., with the maximum coverage happening at approximately 2:11 p.m. The celestial display will conclude after 3:26 p.m.

Specialized viewing glasses are required for safe eclipse observation; regular sunglasses are insufficient.

**Isabelle Barber Wins Prestigious 2024 Visionary Scholarship**



Fort Mill High School junior Isabelle "Izzie" Barber has been awarded the 2024 Visionary Scholarship from the American College Foundation.

Izzie's award-winning essay, titled "Why is college important to me?" showcases her unwavering determination to succeed. In it, she eloquently discusses the importance of higher education in achieving her dreams and outlines her ambitious goal of becoming a veterinarian. Her passion for animal care and commitment to her studies have clearly set her apart as a deserving recipient of this honor.

**Tega Cay rated as one of the best places to retire in SC**

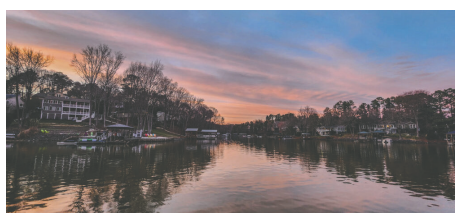


Photo by Brad O'Connor

South Carolina, with its warm climate, rich history, and diverse landscapes, has long been a favored destination for retirees seeking a blend of relaxation,

**Mr. Penny Pincher**

Patrick Byrne, Editor

It's incredibly easy to get into financial trouble. With the wave of easy credit that exists in America and the fact you can buy just about anything you want on Amazon, it's no wonder many families are feeling the pinch. Couple this with inflationary prices and it's important that we all take a look in the mirror and tighten our belts when we can.

One way my wife and I have found to be helpful is to not only discuss our finances frequently, but to have certain rules for spending. The biggest rule we have is to not buy anything over \$50 without first discussing it with each other. I've mentioned this rule to other couples and most people think we're nuts. "That's a ridiculously low number," is the usual response. The number isn't really the point.

We all hear of couples who have

separate bank accounts. You may even be one of those couples. I don't get it but if it works for you have at it. I've always thought this was done as a way to hide large expenses. Perhaps it's also because one person or the other within the marriage wants the freedom to buy what they want. Why else would you do it?

Finances in a marriage are tough, very tough. This is especially true when kids are involved. From diapers to daycare to college and everything in between, kids will put a massive dent on your bank account. Regardless of your financial situation, you're either scrounging through the change drawer to pay for diapers or sending the kids off to summer camp. Regardless, you're paying for something kid related.

No matter where you find yourself on the financial spectrum or whether you do or don't have kids, talking about money with your spouse is a must.

*Penny Pincher, See Page 7*

**Fort Mill High School Junior Wins Congressional App Challenge for Innovative 'Dreamer' App**



In a momentous achievement, Samay, a junior at Fort Mill High School, has emerged victorious in the Congressional App Challenge for South Carolina's 5th District. Samay's groundbreaking app, "Dreamer," designed to provide interactive educational support for children with developmental disorders, garnered the coveted title. Congressman Ralph Norman lauded Samay's accomplishment, stating, "Congratulations on this huge accomplishment, Samay. I look forward to seeing you again in D.C. for #HouseofCode!"

adventure, and community. From charming coastal towns to picturesque inland communities, the Palmetto State offers a plethora of appealing options for those looking to retire in a welcoming and vibrant environment. Among these, Tega Cay stands out as a prime choice, consistently rated as one of the best places to retire in South Carolina.

Retirees seeking a blend of tranquility and access to amenities will find solace in Tega Cay, SC. This charming town boasts top-tier safety, stunning natural beauty on Lake Wylie, and a vibrant community with a mix of ages. Residents enjoy leisurely afternoons

**Animal Lovers Unite to Form Wildlife Rehab Group**



One of the unique aspects of living in Tega Cay is our ability to live in harmony with nature. Our beautiful walking trails, city parks and general topography allow residents to enjoy the best of what our region has to offer.

Often that harmonious relationship with certain animals becomes strained. Whether it's overpopulation, an honest accident or for some other reason, there's been a need in the past for certain animals in our area to be rehabbed and nursed back to good health. Enter the Tega Cay Wildlife Rehabbers.

The Rehabbers were recently formed by Tega Cay resident Casey Borer.

*Wildlife Rehab, See Page 7*

at parks, explore the lake's water activities, and benefit from close proximity to Charlotte's healthcare and cultural offerings. Tega Cay's combination of peaceful living and convenient access makes it an ideal haven for retirees.

The other towns on WorldAtlas.com list of best places to retire are:

- Murrells Inlet
- Pendleton
- Little River
- Surfside Beach
- Awendaw
- Lexington
- Irmo

**UPCOMING EVENTS 2024**

**MAR. 2<sup>nd</sup>**

**Billy Joel Tribute "The Stranger"** - The SC Shore Club presents the Stranger -featuring Mike Santoro - A Billy Joel Tribute at the Glennon Center. Event includes a dinner buffet 8:00pm.

**MAR. 4<sup>th</sup>**

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

**MAR. 13<sup>th</sup>**

**City Council Workshop** - will meet at 5:30pm in the Council Chambers.

**MAR. 16<sup>th</sup>**

**Model A Brewing St. Patricks Day Party**- Live music, Irish menu and Red O'Connor Beer release.

**MAR. 18<sup>th</sup>**

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

**MAR. 25<sup>th</sup>**

**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://tgoodlifeclub.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

## Triveni Supermarket Walls Rise on Stonecrest Boulevard

Thomas Hyslip, Editor



The construction of the Triveni Supermarket on Stonecrest Boulevard has reached a pivotal milestone with the installation of building supports for its walls. This development marks a significant step forward in the supermarket's construction process, showcasing the rapid progress being made on what is set to become a key retail destination for the local community. The erection of these supports not only signifies the structural foundation of the building but also the beginning of a new phase in the project, where the focus shifts from foundational work to the actual construction of the supermarket's walls and infrastructure.

## Fort Mill High School presents Beauty and the Beast



Come and show your support for the talented theater students of Fort Mill High School as they bring to life the enchanting tale of Beauty and the Beast during their spring show on March 21-23.

Thursday, March 21 @ 7pm  
Friday, March 22 @ 7pm  
Saturday, March 23 @ 2pm and 7pm

Adults: \$15 | Students: \$10

<https://gofan.co/app/school/SC815>



# Buzz around Town



## Non Profit Named After 19 Month Old Child Keeps Her Legacy Alive



Patrick Byrne, Editor

Ask any parent to describe their biggest nightmare and the answer is almost always the same: "losing a child." It's nearly impossible for anyone with kids to conceive of having to move forward in life knowing such a tragedy had taken place. For Will and Megan Blackwelder, the unthinkable happened on July 10th, 2023.

It was on this day that their 19 month old daughter, Ally Kate, drowned in their backyard swimming pool. As I sat down to write this article, I found myself getting emotional just writing those words.

Will and Megan grew up and lived in Fort Mill for most of their lives. Will is a Tega Cay Firefighter, he's been with the department since 2012. Megan is a third grade teacher. She hails from a family of original settlers to the area, a pretty rare occurrence these days. When you include Ally, they have 4 children: Grady (7), Ella (6), Benjamin (3) and Ally (19 months).

Prior to the accident, the couple sold their house in Fort Mill and moved to Edgemoor, an unincorporated area of Chester County. Will was able to do most of the work on the five acre property himself, including the sweat equity needed to put a swimming pool in the backyard.

### It Only Takes 5 Minutes

As a firefighter, Will has learned to compartmentalize his emotions. When recalling how he found out that his daughter had died, he mentioned that Megan initially thought a baby doll had fallen in the pool. His son Benjamin, a toddler himself, opened the gate for him and his sister and climbed in the covered pool with her. It's a miracle he didn't drown as well.

The accident took no more than 5 minutes.

Tega Cay Fire Chief Glyn Hasty happened to be at the gas station at the same time Will was getting gas to hurry home. Will was not fully aware of what happened and Chief Hasty offered to drive. Once they arrived, a yard filled with support staff from the sheriff's office, SLED, DSS and others were waiting for them. Will missed

seeing Ally Kate, she had recently been airlifted to the hospital via helicopter.

Although the hospital support staff did all they could, Ally Kate had no sign of brain function by the second of three standard neurological checks. The couple decided to remove her from life support, "we felt that was right for her, we called it that night at 8pm," said Will.

We all handle grief differently. For Will, he faces it head on. Several months after Ally Kate's death, Will's fire fighter mentality kicked in. He inquired about an Infant Swimming Resource (ISR) class Benjamin could take that would provide him with the skills and training necessary to avoid a future accident. The cost of the class was \$1,000, a hefty bill for a household living on a firefighter and teacher salary.

### Celebrating the Life of Ally Kate

Rather than give up, Will saw a need to bridge the gap and made a decision to provide free CPR in order to help save future lives. Megan took the idea even further. Instead of focusing on CPR, they could start a non-profit and potentially provide multiple services. Ally Kate Incorporated (<https://www.allykateinc.org/>) was born.

According to the site, "We are focused on sharing our story and touching the lives of as many people as possible. We do this at no cost because we care about community preparedness and preventing tragedy from becoming another family's reality."

Services offered include: Heartsaver (Adult) CPR, Pediatric CPR, First Aid Kit Class Instruction, and Infant Swimming Resource (ISR) classes (you may recall this same class would've cost the couple \$1K when they made their initial inquiry).

When I was speaking with Will, I asked him how he was coping. He talked about the non-profit and work being done in memory of his daughter, "it helps to say her name everyday."

Ally Kate may no longer be with us, but her name lives on.

Because of the unselfish efforts of her parents, multiple kids will live on as well.

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## Tega Cay Welcomes New Lakeside Saturday Market at the Tega Cay Tavern!

Thomas Hyslip, Editor

ST. PATRICK'S DAY WEEKEND!!!

### 1st Lakeside SATURDAY MARKET

AT TEGA CAY TAVERN



SATURDAYS 9-1 STARTING MARCH 16TH @lakesidesaturdaymarket

Calling all local makers, growers, and artisans! Tega Cay is excited to announce the launch of the Lakeside Saturday Market, starting March 16th, 2024. Held every Saturday from 9am to 1pm at the Tega Cay Tavern (2150 Gold Hill Rd), this market aims to celebrate the bounty of our community and support local vendors.

The market is seeking applications from vendors offering:

- Handmade crafts and artwork
- Homegrown produce and flowers
- Locally-made food products
- And more!

If you're passionate about creating, cultivating, or crafting unique items, we encourage you to apply. Submitting an application does not guarantee a spot, so be sure to get yours in early!

Here's what you need to know:

- Market Dates: Every Saturday starting March 16th, 2024
- Time: 9am to 1pm
- Location: Tega Cay Tavern, 2150 Gold Hill Rd, Tega Cay, SC 29708
- Application Link: <https://bit.ly/tegamarket>
- Questions: Call or text 803.627.2505

Join us for a vibrant morning filled with local treasures, delicious food, and the chance to connect with your community. We look forward to seeing you there!





# SPORTS



## The Fort Mill Yellow Jackets Repeat as 5A State Wrestling Champions!



Thomas Hyslip, Editor

In a thrilling rematch against Summerville, the Fort Mill Yellow Jackets defended their 5A state wrestling title, showing grit and determination despite early challenges. Facing even practicing in the cafeteria due to facility issues, wrestlers like Broden Mitcheson and Aidan Eubanks stepped up, leading the team to a hard-fought 32-27 victory. This win continues Upper State's dominance in South Carolina wrestling, with all four championship titles going to the region.

Fort Mill's strategic maneuvers, including crucial pins at 106 and 113 pounds, were key to securing their win. The match started strong for the Yellow Jackets, jumping to a 7-0 lead with early wins at 165 and 175 pounds. However, Summerville fought back, taking a brief 9-7 lead thanks to decisions by Julius Frazier, Jacob Cotterill, and Angel Lopez, whose dramatic overtime win came after Fort Mill stalling penalties.

Undeterred, Fort Mill roared back with consecutive pins at 106 and 113 pounds, followed by a major decision, widening the gap to 23-9. This momentum shift showcased their competitive spirit. Summerville tried to close the distance with Xavier Anderson's pin at 126 pounds, but Fort Mill held strong, securing narrow victories at 132 and 138 pounds to extend their lead to 29-15. The match ended with a Fort Mill decision at 144 pounds and a strategic forfeit of the last two weights, sealing a five-point victory.

## Ella Collins Commits to the College of Charleston Equestrian Team



Tega Cay resident Ella Collins has committed to the College of Charleston's Equestrian Team. Collins is a senior at Fort Mill High School and a nationally ranked equestrian rider.

## Trent Farley Commits to Wingate University for Lacrosse

Tega Cay resident Trent Farley, a standout midfielder from Fort Mill High School has committed to play lacrosse at Wingate University.

Over the course of 25 games, Farley has demonstrated his prowess on the field with an impressive tally of 65 goals and 16 assists.

Farley's high school career has been adorned with numerous accolades, including South Carolina All-State, First Team All-Conference, First Team All-County, and the Offensive Player of the Year award.

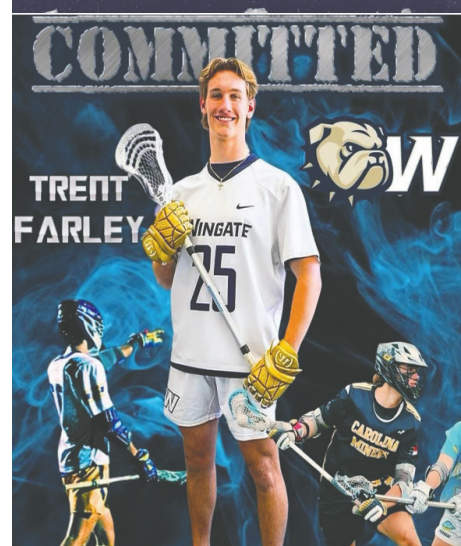
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 \$5 mimosas & bloody marys  
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 Limited reservations Call 803-630-0590

## Local Girls Win 2024 Savannah United Elite Cup



The Charlotte Soccer Academy 2011 DPL Girls won the 2024 Savannah United Elite Cup. The team includes Tega Cay residents Reagan Hyslip, Bella Person, Kate Benton, Anna Blocher, Ryann Kolb, Quinn Thompson and Elisa Montauti. Additional team members include Breanne Adams, Adley Devereaux, Tinsley Fitzgerald, Serenity Livingston, Allie Ried, Eva Swarts, Ella Stulginsky, Morgan Tebben, and Aliyah Truesdale. The girls defeated the FL Elite Soccer Academy ECNL RL team in the finals 4-0 and only allowed one goal all weekend.

## Adam Marullo, Fort Mill High School Wrestling Coach Named the Region 3 Coach of the Year.



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### Athletes of the Week

**ATHLETE OF THE WEEK**  
**LINCOLN MARKS**  
 WRESTLING | FRESHMAN  
 JV STATE CHAMPION  
 MOST OUTSTANDING WRESTLER OF STATE CHAMPIONSHIP TOURNAMENT

**ATHLETE OF THE WEEK**  
**TUCKER GIBSON**  
 WRESTLING | JUNIOR  
 INDIVIDUAL UPPER STATE CHAMPION

**ATHLETE OF THE WEEK**  
**LOGAN PARKER**  
 BASKETBALL | JUNIOR  
 NEW CAREER HIGH 22 POINTS

**ATHLETE OF THE WEEK**  
**AIDAN EUBANKS**  
 WRESTLING | SENIOR  
 WON REGION CHAMPIONSHIP  
 NAMED REGION WRESTLER OF THE YEAR



## Local Couple Expands Business, Offers DIY Option to Customers



Brian Howell enjoys being outside. "I've always had a passion for anything outdoors. I'm an avid camper and mountain climber. If there's anything to do outside, I'll do it."

When he was discharged from the Army, where he worked as a combat engineer and served a tour in Afghanistan, he was able to take that love of the outdoors and turn it into a business. Shortly after meeting his future wife Anastacia, the couple founded Howell Landscape and Design Group.

In business since 2013, they were able to secure a Tega Cay business license in 2015. By 2020, the family had secured something else. A new address within the Tega Cay city limits.

In the somewhat short time they've lived here, they've been active with volunteer efforts in our community. The couple hosts the Annual Brunswick Stew Cook Off held at Tega Cay Tavern. The Howells, along with Tavern owner Stephen Westbrook and EMS board member Frank McCollum, helped raise over \$10K last year with 100% of the proceeds going to the Fort Mill EMS. They're also sponsoring a movie night in Runde Park this August.

Anastacia is active with Tega Cay Elementary, where two of her three children currently go to school. She co-chairs the Diversity and Inclusion Committee, which is part of the larger PTO.

Howell Landscape and Design has been well received within the community. Brian mentioned they have serviced the greater Charlotte area in the past but have recently been able to focus solely on jobs within Tega Cay due to local support. As a thank you, the company is offering free consultations to residents within city limits (a \$100 savings).

For those of us who have a smaller outdoor job but don't quite know how to tackle it, the team at Howell is now offering an exciting new option called Premier Patio Packs.

Recently launched, this new venture will provide an easy way for customers to order pre packaged patio, fire pit and/or seating wall kits. You're provided with the option to purchase one or all three depending on your needs and preference.

Meant to be customer friendly, the Premier Patio Packs website has been designed to offer a subset of popular options. This provides an ability to choose what you want from a condensed list rather than being overwhelmed with the different materials and choices found at big box stores.

You simply enter the length and width of the space you'd like to place your patio/fire pit/wall seating, choose from the pre-selected options offered and make your purchase. A package will arrive on your doorstep with all the materials you'll need to complete the job on your own.

Think you may need help with the installation? No problem. The Premier Patio Packs site will offer this as an option during checkout. Even if you've started the job and don't have the ability to finish, you can return to your original order and request to have someone assist you with the installation.

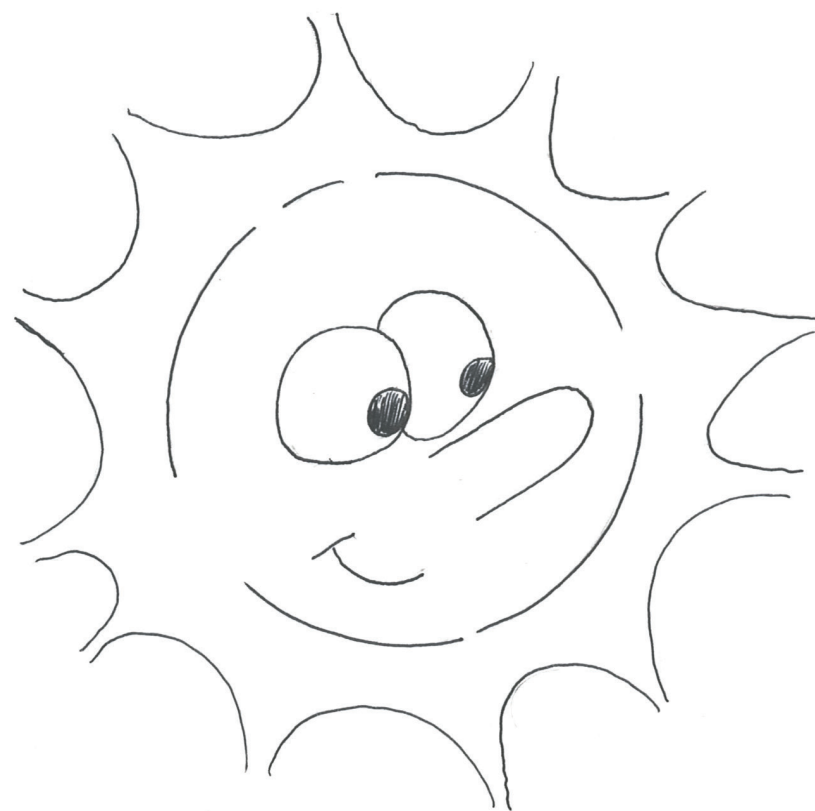
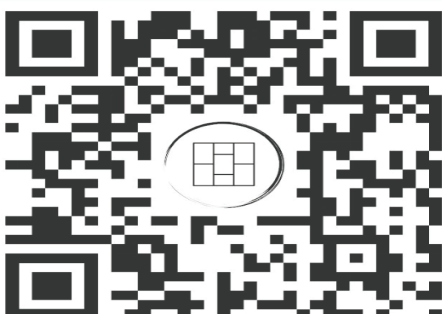
Although this product is being offered within Tega Cay initially, the end goal is to push Premier Patio Packs to a nationwide audience. Both Brian and Anastacia see this as a more economically feasible option for many people. This will allow them to reach a wider audience while helping the community by offering a unique product.

Whether you're a "do it yourself" kind of person or want some assistance in how to proceed with your new outdoor living space, the team at Howell Landscape and Design Group has you covered.

Personally, I was excited to hear about Premier Patio Packs. It sounds like a great idea and one that I really think will catch on.

Having said that, I was equally excited to hear they offer installation.

Use the QR code below to visit the Premier Patio Packs website:



"Sunny"

### Kids Coloring Contest.

Color Sunny  
Take a picture and email to editor@tegacaysun.com

Winners receive:

- 1st - \$50 Mr. Putty's Gift Card
- 2nd- \$25 Mr. Putty's Gift Card
- 3rd - \$10 Mr. Putty's Gift Card



#### ACROSS

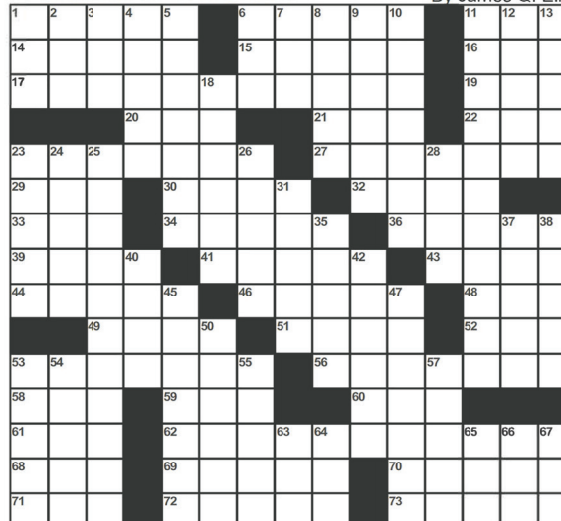
- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 1) Flubbed one                      | 43) Stair-climbing aid              |
| 6) Taco condiment                   | 44) Digital novel                   |
| 11) Stage success                   | 46) Shocking                        |
| 14) This puzzle has one             | 48) Danson of "Becker"              |
| 15) Campaign poster plea            | 49) Soprano Lily                    |
| 16) First lady McKinley             | 51) Japanese wrestling              |
| 17) Emulate a stereotypical hobo    | 52) "___ got my eyes on you"        |
| 19) Infant fare                     | 53) Electromagnetic energy units    |
| 20) Roth acct.                      | 56) One handling nightclub security |
| 21) Amaze                           | 58) Permit                          |
| 22) ___ Beta Kappa                  | 59) "___ is me!"                    |
| 23) Low-grade merchandise           | 60) Lakers' org.                    |
| 27) Satirize                        | 61) Word before "mode"              |
| 29) Luau garland                    | 62) Played a child's game           |
| 30) Balkan War participant          | 68) Takeaway game                   |
| 32) ___ & Span (household cleanser) | 69) Weasel kin                      |
| 33) Matherhorn, e.g.                | 70) Sister of Clio                  |
| 34) Takes shots?                    | 71) Popular show fish               |
| 36) Hardly windy                    | 72) OK Corral first name            |
| 39) Retained                        | 73) French Impressionist            |
| 41) Hardly taut                     |                                     |

#### DOWN

- 1) Suffix of most ordinal numbers
- 2) Letter after pi
- 3) Actor's agt.
- 4) Letter through a filter
- 5) Thaw
- 6) "We're off to \_\_\_ the wizard"
- 7) "Rumble in the Jungle" fighter
- 8) Juridical
- 9) Unstressed vowel sounds
- 10) Tackle
- 11) Doctor's oath
- 12) "Famous Potatoes" state
- 13) Follow-up shot, in basketball
- 18) Superfast drivers
- 23) Allay
- 24) Short star?
- 25) Tough-skinned mammals
- 26) Food for whales
- 28) It's on the waterfront
- 31) Boyfriends
- 35) Clean with elbow grease
- 37) Spaghetti drainer
- 38) Church official
- 40) Tugboat sound
- 42) Teahouse cinch
- 45) Ability
- 47) Had qualms
- 50) Putting on airs
- 53) Dangerous board on a pirate ship
- 54) Prefix meaning "sun"
- 55) Nasal dividers
- 57) Mother-of-pearl
- 63) Collector's pride
- 64) Old TV screen
- 65) Broomstick rider
- 66) LAX info
- 67) Advisable tactics

#### PLAYING A LITTLE HIP-HOP

By James Q. Ellis



Answers at [tegacaysun.com/answers](http://tegacaysun.com/answers)





**Wildlife Rehab, From Page 3**

Casey, along with fellow Tega Cay residents Gena Kerosetz, Sarah May, Christina Rivers, Beth Maree, Karelyn Paddock and Carmen Wells banded together to formalize a team that had loosely been partnering for years.

In the past, rehabbers generally worked alone, assuming the financial burden, energy and time it takes to perform animal rehabs on their own. Those who did help one another quickly saw a need to recruit other local wildlife rehabbers to help in their efforts.

Although there are numerous groups that are larger and more established, many of them are located in North Charlotte (Huntersville and Concord) or in other parts of the state like Greenville or Columbia. Unless these groups have volunteers close to or living in Tega Cay, the person performing an animal rehab who may be in need of assistance is asked to visit a location that could be an hour or more away.

The Tega Cay Wildlife Rehabbers aims to provide a local option for those who want to assist with animal rehabilitations. The group currently has experienced rehabbers who can assist with squirrels, cottontail rabbits, birds, waterfowl and even snakes to name a few. Their skill set also includes the ability to bottle feed multiple animals at a time, if necessary.

With connections to many of the larger animal rehabilitation groups in the area, the Rehabbers can tap these resources to assist if a vet or additional medical attention is needed depending on the circumstance. These connections also make it easier to transport an animal to a facility.

The Rehabbers are currently working on finalizing their non-profit status, along with setting up a website and all the associated branding that goes with it. For now, the team can be found on Facebook (Tega Cay Wildlife Rehabbers). There is also an Amazon registry setup for those who would like to donate:

<https://amzn.to/3T7Yj1Q>

**Want to help?**

The group is having an Open House on March 12th from 5:00-7:30 in the lower level of the Glennon Center. Contact Casey Borer (borercasey@gmail.com) or visit their Facebook page for additional details

**In Health, From Page 2**

basement after the big game but before the big meal? You might not call this “optimal training.” And I’m not suggesting you should rip into a hard workout without a warm-up. But even a little extra movement is so much better than nothing. You’ll get some physical benefits just from doing something that gets your heart rate up a bit. Perhaps even better, you’ll feel better mentally.

Instead of thinking, “I haven’t worked out in days” and beating yourself up, you can congratulate yourself on finding a way to stay active during a really busy time: “I’m sure glad I hit the bike this morning. Who knew 10 minutes of light work could make me feel so much better?”

Then you can carry that momentum into the gym. You deserve some time to prioritize your fitness goals—carve it out! You can apply the same principle to nutrition. Try to find some easy wins that will make you feel good. For example, chop some veggies and get a few lean cold cuts in the fridge. When you’re tempted to reach for goodies, munch on carrots, celery and sliced turkey breast.

Of course, I want you to hit the gym regularly and fill your plate at every meal with all the foods that will support your goals. But life sometimes will get in the way. Consider this your “emergency strategy.”

In tough times, just do something—anything—for yourself. Five minutes, 40 burpees, three carrots, two slices of lean protein, and one big smile.

Your goals are important, and you can always move toward them—even if you only take a small step.

Listen.  
Your vet called.  
Your dog needs at least 30 minutes of exercise every day.  
He needs to drink more water.  
He needs to eat less treats.  
He needs to go to bed earlier.  
He needs to spend more time with his friends on a weekly basis.  
And he needs to increase the amount of fresh food he eats every day.  
You’d do it for him right? Absolutely, no question!  
But will you do it for yourself?



Model A Brewing Company Inc

**Exercise Coach, From Page 1**

a torn rotator cuff. Injuries that made it very difficult for her to keep pace with a traditional fitness class model. This led to her interest in alternative gyms like The Exercise Coach.

Requiring only two sessions a week for twenty minutes, the programs offered are specifically designed for men and women aged 45 years and older. According to Kim, “we’re not about vanity so much as we are transforming the way people age. Staying strong and having healthy muscles, those are the goals.”

By adding muscle and building strength, you have the ability to reverse age related muscle loss known as Sarcopenia. Muscles MATTER because they house the largest supply of nerves, water, blood, and energy in the body. You can resist and even reverse the normal aging process of age related muscle loss and, when you do, strength changes everything.

For example, added strength helps with:

- Better blood sugar control
- Improved blood pressure and cholesterol
- Enhanced cardiovascular function
- Stronger bones
- Reduced inflammation

Strength is also correlated with longevity, mental health, and improved cognitive function. The programs offered at The Exercise Coach help you to build the strength you need in the right way, relying on an approach to exercise at a high intensity specific to your muscle load for a short amount of time.

Smart Machines are used to ensure you’re exercising at the right intensity for your body. Because the intensity is assessed with your range of motion and current strength capabilities, instructors are able to meet every client where they are to begin transforming the way they are aging.

When asked what her goal is for the business, rather than reply with a typical monetary response, Kim responded, “to help more people. We want people to invest more in preventative care rather than treatment. If we’re not strong, the other things we want to do in life, we won’t be able to do.”

For anyone interested, the gym offers two free sessions where a staff member sits down with a client and reviews their goals, obstacles and physical condition. Once this is known, a client has the ability to try out some of the machines to get an idea of what a workout might be like.

As a special offer for Tega Cay Sun readers, Kim is waiving \$150 off of any package you choose, simply for mentioning this article.

Do you need help getting started? Have no fear. I know someone who started a ministry.

**Penny Pincher, From Page 3**

Without these discussions, either one of you may spend aimlessly without a care in the world until someday you’re faced with a mountain of debt.

Having a number in mind of how much you feel comfortable spending without causing alarm for your spouse can be a helpful tool to avoid financial mishaps. Again, the number doesn’t have to be \$50. Change it to \$500 if you’re able. The point is, the number exists and you both agree to it. No more Amazon purchases in the middle of the night or unlimited shopping sprees.

Accountability is hard to swallow but it’s also sometimes necessary for us to reach our goals. It’s equally important for someone besides yourself to hold your feet to the fire for the choices you make. How much more difficult would it be for you to add something to your cart if you knew someone else was holding you accountable for the purchase?

“But I’m single. I don’t have anyone to hold me accountable.” Do you have a parent or a friend? Do you know anyone who would be willing to help you play the “bad guy/girl” to ensure you don’t proceed down the path of bad money choices? Chances are you do and this person(s) could act in the same capacity as a spouse.

Not everyone needs to have someone be the guardian of their purchases. There are plenty of people who can manage just fine on their own, but they’re in the minority. A majority of Americans are either bad with money or spend far too much of it without thinking of the consequences. That needs to stop. All bills come due eventually.

Look at the bright side. With less packages being delivered, you may actually be able to use your front porch.

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**LUXURY**  
SALLY AWAD PROPERTIES

Immaculate home in Lake Ridge offers plethora of upgrades on a prime corner lot. Featuring An office with French doors, formal dining room, primary bedroom on main floor, primary bathroom has been completely renovated with upscale finishes and quartz countertops, and never been used! Spacious kitchen boasts a breakfast area and a butler's pantry with a second sink, a new microwave/convection oven (never been used). New dishwasher 4 months. Stove with double oven.

Laundry room on main floor adds practicality. All bathrooms have been upgraded. Upstairs, you'll find three additional bedrooms plus a bonus room/5th bedroom. The HVAC system was replaced in 2022. The garage door and motor were updated in 2017. Outside, enjoy the patio and fire pit installed in 2018, irrigation system. Entire house repainted.

Located in the award-winning Fort Mill School district and close to Lake amenities, parks, shopping, and dining. Community Olympic pool, playground, tennis court and basketball court.

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Enjoy our extensive buffet  
Brunch buffet items include...  
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