

# Tega Cay Sun

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December 2023

## Tega Cay Tree Lighting and Arrival of Santa Claus

The picturesque peninsula City of Tega Cay celebrated the arrival of the most wonderful time of the year on Thursday, December 7th, with the Lighting of the Tree followed by a Meet-and-Greet with Santa, Caroling, and an Ugly Christmas Sweater contest, where the winner impressed everyone with their creatively festive attire.

The festivities began at 6 pm when Mayor Chris Gray and the City Council illuminated the Town Tree with Santa's help. The Tega Cay Community Choir filled the air with the sounds of the holiday season, and Hot Cocoa was generously provided by SC Shore Club and served by Boy Scout Troop 250. A highlight of the evening, provided by the Shore Club, was free horse and carriage rides for attendees, adding a touch of old-world charm to the festive atmosphere.

After the tree lighting, the community gathered in the Glennon Center Ballroom. Children and adults alike enjoyed Caroling with the Tega Cay Music Association, treated themselves to a variety of



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Photos Courtesy of Cliff Nichols

holiday goodies, and sipped cocoa served by the Tega Cay Lions Club. A special photo session with Santa captured the magical moments of the evening. The event's centerpiece, the Ugly Sweater Contest, saw enthusiastic family participation, culminating in a delightful victory for the entrant whose sweater showcased the most original and eye-catching design.



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### 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.

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### In Health with Dr. Brian: 6 Ways to Avoid Holiday Weight Gain

Dr. Brian Strump



The upcoming holiday season, filled with parties and sweets is a period where

many often sideline their health and fitness goals. Freshly-baked cookies, hearty meals, and the spirit of celebration can make it incredibly challenging to stick to a healthy routine. However, it is possible to navigate through these temptations without accumulating extra pounds. Here are six strategies to help you avoid gaining weight over the holidays while still enjoying the festivities.

1. Plan Ahead: Anticipate and Strategize Planning is pivotal. Before attending any holiday event,

pre-decide your food choices. Familiarize yourself with the menu if possible, and determine which foods you will indulge in and which you'll skip. Keep in mind that it's okay to enjoy some holiday treats – the key is moderation. Establishing a strategy not only curbs impulsive eating but also helps to keep your caloric intake in check.

In addition, if you know that you'll be attending a holiday event in the evening, you can also start your planning with breakfast

*In Health, See Page 3*



# TEGA CAY CITY COUNCIL ELECTION RESULTS

**Carmen Miller- 1158**  
**Brian Carter- 890**  
**Ron Kirby- 729**  
**Adam Grabiec- 666**  
**Daniel Robert- 373**

★ ELECTED TO CITY COUNCIL ★

★ ELECTED TO CITY COUNCIL ★

**Patrick Byrne, Editor**

The City of Tega Cay elected two new council members on November 7, 2023. Five candidates were vying for the two seats and the winners will serve 4-year terms beginning January 4, 2024.

Carmen Miller, the real estate agent, business owner and 18 year resident of Tega Cay was the clear overall winner. Her message of "Purposeful Leadership" and her ability to grow a successful business from an idea to a reality propelled her to a hefty margin of victory.



"I'm truly energized and filled with positivity when I think about the potential for a better Tega Cay. I firmly believe that the best days for our community are still ahead of us. What makes our city special is the unique blend of passionate individuals who deeply love Tega Cay and hold steadfast to their values and vision for our collective future."



Brian D. Carter, a credit union branch manager and 17 year resident of Tega Cay was also a majority winner. His message to "build unity in our community" resonated with residents who may be tired of the division seen in other state and national elections.

"Building unity in all parts of Tega Cay is another area the city could improve on. We need to focus on having the same amenities in all parts of our city. Signage when entering from different areas and installing poles with the Tega Cay flags on them in all parts of our community like the ones that line Tega Cay Drive on the peninsula would be just a few examples."

Also important to note, for the first time in the history of Tega Cay, minority candidates have been elected to city council. What's more, this happened in the same election.

Congratulations to Carmen and Brian and thank you to all the candidates for being willing to serve the City of Tega Cay.



district's construction consultant, which highlighted the necessity for nearly \$700 million in upgrades over the next decade. This funding will help the district keep pace with rapid growth and ensure that all students have access to quality educational facilities.

As is customary in Fort Mill, a citizen committee is expected to form to provide information about the bond referendum to the community. This committee will be independent of the school board and will play a crucial role in educating residents about the proposal.

While the board cannot publicly advocate for or against the bond

once it is proposed, members have expressed their strong support for the plan. They emphasized the importance of investing in the district's future, particularly the early childhood education center, which will provide critical support for young learners.



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## TEGA CAY SUN

**Staff**



**Thomas Hyslip**  
Editor

(919) 274-4526

editor@tegacaysun.com



**Patrick Byrne**  
Editor/Ad Sales

(704) 904-8067

patrickbyrne@tegacaysun.com



**Dr. Brian Strump**

Reporter (Health/Fitness)

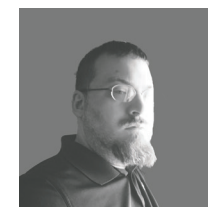
Drbrian@liveactiveclt.com

**Contributors**



**Whit Sawyer**

Reporter (Leisure/Health)



**Mike Griffith**

Carolina Weather Authority

Weather

## FMSD Proposes \$204million Bond

Voters in the Fort Mill School District will decide on March 19th, 2024, whether to approve a \$204 million bond referendum to address the district's urgent needs over the next five years. This includes construction of a new middle school and early childhood education center, technology upgrades, acquisition of land for future schools, and capital maintenance of existing buildings.

The need for this investment arose from a recent report by the

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# Caryn Scroggs Named Assistant Principal of the Year

Caryn Scroggs, an assistant principal at Gold Hill Middle School, has been honored as the 2024 South Carolina Middle Level Assistant Principal of the Year by the South Carolina Association of School Administrators (SCASA).

She was chosen from a highly qualified group of administrator candidates by an experienced panel of judges.

Join us in celebrating Caryn's achievement as the 2024 SC Middle Level Assistant Principal of the Year at Gold Hill Middle School in the Fort Mill School District! Congratulations!



# Mr. Penny Pincher

Patrick Byrne, Editor

Most parents (and grandparents) would tell you the same thing. We all want to give our kids a better life than the one we had. There's no shame in that. Where many of us fall short is in defining what that means. We forget what it was like to be a kid and what truly matters to them. It's not the Xbox or new iPhone they have on their Christmas list. Sure, they may want it, but they'll get over it if it's not under the tree on Christmas morning.

What kids want is easy enough to give. They want us. Our time, our attention and our love. There's no

better time to show them that love than during the holiday season. Loving your kids costs nothing. I've got some ideas on how you can show them without breaking the bank:

Holiday Road  
My wife came up with an idea for us each Christmas called "Holiday

*Penny Pincher, See Page 7*



## In Health, From Page 1

and lunch. Opting for lower than usual calorie choices for those meals, to leave room for what you may choose to indulge in at the holiday party that evening.

2. Stay Active: Embed exercise into Your Routine During the holiday hustle and bustle, maintaining an exercise routine can be a herculean task. However, incorporating physical activity is essential to counterbalance the extra calories consumed. This doesn't necessarily mean hitting the gym hard; it can be a walk/hike, a friendly football game, or a dance-off that ends in laughing at all the relatives. The bottom line during these times is to keep consistent with some kind of exercise

3. Mindful Eating: Savor Every Bite When you choose to indulge, do

it mindfully. Instead of mindlessly munching on every available morsel, select treats that you genuinely enjoy and savor every bite. Slow down, appreciate the flavors, textures, and aromas, and pay attention to how much you're consuming. This mindfulness will not only enhance your enjoyment but also enable you to recognize when you're satisfied, reducing the likelihood of overeating.

4. Prioritize Protein: A Nutritional Ally Lean proteins can be your greatest allies in avoiding weight gain. They not only help to keep you feeling full, but also stabilize blood sugar levels, reducing the cravings for sugary treats. Include lean meats, chicken, fish or beans in your meals. At events, opt for protein-rich options as they can help to keep your appetite in check and provide you with the energy to engage in holiday activities.

5. Hydration is Key: Don't

Mistake Thirst for Hunger A simple yet effective strategy is staying adequately hydrated. People often misinterpret signals of dehydration as hunger, leading to unnecessary snacking. Ensure you're drinking enough water throughout the day, and be mindful of the consumption of sugary drinks and alcohol, which can not only contribute to dehydration but also add extra calories. Opt for water, herbal teas to keep hydration in check without the added calories.

6. Embrace a Positive Attitude: Enjoyment without Guilt Remember, the holiday season is a time for relaxation, celebration, and enjoyment. A slice of pie or a glass of your favorite drink will not derail your health if you approach it with a balanced perspective. If you do overindulge, avoid dwelling on guilt. Instead, accept it, enjoy it, and make a conscious choice to revert back to your healthy habits the next day. Having a positive and guilt-free attitude towards food will enable you to enjoy the festive season without the burden of negativity and stress.

Navigating through the holiday season without gaining weight is a blend of strategic planning, mindful eating, and maintaining a balanced perspective towards food and exercise. By implementing these strategies, you can enjoy the holiday season, eat some of your favorite treats, and step into the New Year without the extra pounds. Celebrate, enjoy, and here's to a healthy and joyful holiday season!

Dr. Brian Strump is a chiropractor and owner of Live Active Charlotte, a CrossFit/functional fitness gym located in the Steele Creek area of Charlotte.

# The Best Exercise You're Probably Not Doing

Whit Sawyer, Reporter

It's walking. Yes, walking. According to studies found online, the average American takes roughly 3,000-4,000 steps a day. Although that's a good start, I'd like to provide you with compelling reasons on why you should be aiming for more.

- Walking is incredibly beneficial to your health. Some of the health benefits of walking include:
- Helps you maintain a healthy body weight while reducing fat.
  - Helps to prevent or manage medical conditions like high blood pressure, heart disease, cancer, and type 2 diabetes.
  - Builds an incredible cardiovascular base. This base carries over into other areas of your life, like the bedroom and golf course.
  - Low impact exercise that's great for your muscles and bones.
  - Improves your mood while providing you with more energy.

*Exercise, See Page 7*

~~Tomorrow~~



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# Buzz around Town

## Tega Cay Ranks 4th in Fastest Growing Home Prices in Charlotte Area

Thomas Hyslip, Editor

A new study by Stacker utilizing Zillow data, identifies cities in the Charlotte-Concord-Gastonia, NC-SC metro area with the fastest-growing home prices.

The average home value in the U.S. stood at \$347,972 in October, marking a 2.3% increase from the previous year. While increasing mortgage rates have slowed overall market growth and even led to price declines in some regions.

Five York County municipalities made the list of top 30 fastest growing home prices, led by Tega Cay at #4 and Fort Mill at #8.

### #4. Tega Cay, SC

- 1-year price change: +\$18,350
- 5-year price change: +\$211,936
- Typical home value: \$565,388

### #8. Fort Mill, SC

- 1-year price change: +\$12,486
- 5-year price change: +\$184,891
- Typical home value: \$505,523

### #10. Mc Connells, SC

- 1-year price change: +\$12,017
- 5-year price change: +\$124,477
- Typical home value: \$283,497

### #24. Rock Hill, SC

- 1-year price change: +\$9,129
- 5-year price change: +\$128,316
- Typical home value: \$312,290

### #27. York, SC

- 1-year price change: +\$8,459
- 5-year price change: +\$133,259
- Typical home value: \$333,788

## The Tega Cay Sun: Reviving Local News for the Community

In June 2023, Tega Cay resident Tom Hyslip decided to start the Tega Cay Sun in order to fill the gap in local news to Tega Cay, Fort Mill and the surrounding areas. The Tega Cay Sun has emerged as a beacon of local news, addressing the growing concern of important local stories getting lost behind paywalls or drowned in the sea of national news in traditional "local" newspapers. The Tega Cay

## Reason for the Season on Full Display at the Christmas House



Patrick Byrne, Editor

Drive down Stonecrest Blvd in Tega Cay anytime after early November, and you'll witness a house with Christmas on full display. A multitude of holiday inflatables, Christmas trees and paraphernalia take over the majority of the front and side yard. Without knowing the difference, you'd simply think the owners really like Christmas. That's true, but that's only part of the story.



Jeremy Buettner and Jordan Ouellette, along with their kids Micah (16), Gracie (13) and Rowan (9), moved from Waxhaw to Tega Cay a little over 4 years ago. When Christmas rolled around that year, they proudly announced their arrival by way of holiday decor. They've provided Christmas cheer every year since.

Christmas can be a special time of year for a lot of us. It symbolizes

Sun's mission is straightforward yet impactful: to deliver free, accessible, and hyper-local news to the community.

The Tega Cay Sun was founded with the philosophy that local news should be free and easily accessible to the public. It aims to fill the gap in community-focused journalism by providing daily online content specifically targeted towards Tega Cay and the surrounding areas.

To strengthen its local presence, The Tega Cay Sun publishes a free monthly newspaper, available at community spots like Model A Brewing, the Shore Club and

family, love and home in a way that can't be measured most other times of the year. For Jeremy, it was a time of calm and comfort in a childhood home that offered very little. Enduring a difficult adolescence, Christmas provided him with some relief from the daily challenges of abuse and neglect. According to Jeremy, "the house was a nightmare for 11 months out of the year but for that one month, it was great." Inspired by a light display he experienced in 2010, he set out to replicate it as best he could. With help from Jordan and the kids, their holiday display has grown bigger over the years. As a result, there are two rooms in their house dedicated to storage while the garage has multiple shelves ready to accept boxes and bins. Those same shelves hold several unopened boxes, stuffed with holiday decorations that haven't yet



Christmas House, See Page 7

Knowledge Perk Coffee, as well as via home subscription.

This approach not only enhances news accessibility but also reinforces connections with local businesses and residents. The newspaper offers affordable advertising, benefiting local businesses while demonstrating its commitment to the local economy. Emblematic of revitalized local journalism, the Tega Cay Sun plays a crucial role in keeping the community informed, engaged, and united, promising to be an enduring and vital source of local news.

## Tega Cay Resident named BAYADA Hearts for Home Care "Ambassador of the Year"



Thomas Hyslip, Editor

For the second year in a row, Tega Cay resident Jenni Cairns has been named the BAYADA Hearts for Home Care Ambassador of the Year for South Carolina. Jenni received the award at a ceremony held in Washington D.C. last month.

BAYADA Hearts for Home Care is a nonprofit advocacy organization of home health care recipients, professionals and supporters. The annual Ambassador of the Year award ceremony recognizes the efforts of over 300 BAYADA Home Health Care employees who volunteer their time to serve as Ambassadors, building relationships with their state and federal lawmakers.

Jenni's attendance at community events, collection of client and family testimonies, response to action alerts and the fact she testified in front of the Ways and Means Committee were cited as reasons she stood out. Her compassion and willingness to strongly advocate on behalf of her clients were also recognized upon receipt of the award.

"Jenni has not only shown compassion and commitment to advocacy—but has also inspired her colleagues to be passionate advocates on behalf of all home care recipients and caregivers. We are proud to be able to honor her for her outstanding dedication," said David Totaro, President and Executive Director of H4HC.

In addition to Jenni, nine other top advocates from states across the U.S. and Washington, D.C. received this top honor.





# SPORTS



## Alivia Cleveland Repeats as State Champion and Leads Fort Mill Girls Cross Country Team to State Title. Boys Finish Second.



**Thomas Hyslip, Editor**

The Fort Mill cross country teams overcame cold and wet weather to win the 5A girls state championship and the boys finished second.

The girls team won the state title with 68 points, edging Lexington with 76 points. Alivia Cleveland won the race for the second consecutive year, coming in at 18:17. Three Fort Mill runners earned All-State honors by finishing in the top 15.

- 1. Alivia Cleveland, 18:17.24
- 5. Kaylee Rovenstine, 19:00.57
- 14. Mia Zook, 19:31.59
- 17. Avery Moriarty, 19:41.70
- 36. Sara Davis, 20:26.43

- 49. Lauren Fredenberg, 20:44.90
- 74. Izzy Miserendino, 21:29.82

The Fort Mill boys cross country team finished second overall with 76 points, behind Dorman's 62 points.

Tanner Long was Fort Mill's top runner finishing 5th and Isaac Campbell finished 7th, both earning All-State honors.

- 5. Tanner Long, 16:05.89
- 7. Isaac Campbell, 16:08.13
- 19. Connor Demmerle, 16:25.04
- 22. Luke Hunter, 16:34.10
- 23. Hudson Haley, 16:34.10
- 40. Liam Eident, 16:51.89
- 46. Sam Leckrone, 16:57.22



## FMHS Boys and Girls Win South Carolina Swimming Championships



**Thomas Hyslip, Editor**

In a display of unwavering determination and skill, both the boys' and girls' swim teams of Fort Mill High School emerged as champions at the South Carolina 5A State Championships. The boys' team faced a challenging start when they were disqualified in the initial 200-yard medley relay due to a premature start. Undeterred, they made a remarkable comeback, clinching the overall state championship and triumphing in the final 400-yard freestyle relay. The relay team, comprising Jack Dollyhigh, Owen Fey, Turner Wiand, and Dominic Impens, delivered stellar performances, with Dollyhigh also securing second place in the 50-yard freestyle. Impens shone in the 200-yard individual medley, finishing fourth, while Wiand, Fey, and Dollyhigh demonstrated their prowess in the 100-yard freestyle, placing fifth, sixth, and seventh, respectively. Fey additionally secured eighth place in the 200-yard freestyle.

Simultaneously, the girls' team celebrated their second consecutive 5A state championship. They kicked off the event with a victory in the 200-yard medley relay, thanks to the efforts of Ava Corbi, Lila Hadley, Josie Chandler, and Olivia Corbi. The same team later won the 400-yard freestyle relay, sealing the championship for the Yellow Jackets.

Senior Olivia Corbi emerged as a



standout, breaking school records in both the 500-yard and 200-yard freestyle events, where she finished second. Her contribution was pivotal in both relay wins. The team also boasted impressive performances from Lila Hadley, who finished second in the 100-yard breaststroke and fifth in the 200-yard individual medley, Ava Corbi, who claimed seventh place in both the 100-yard backstroke and 50-yard freestyle, Mia Pogorzelski, who finished sixth in the 200-yard freestyle and eighth in the 100-yard freestyle, and Mac Spurrier, who earned fourth place in the 100-yard breaststroke.

Coach Cindy Van Buskirk, the architect behind these victories, was honored as the 5A state girls swim coach of the year. This recognition marks her second consecutive win and solidifies her legacy as one of Fort Mill High's most accomplished coaches, being only the fourth to secure multiple state championships and back-to-back titles. Her leadership and the athletes' dedication have truly placed Fort Mill High School at the pinnacle of high school swimming in South Carolina.

Both teams were honored by the Tega Cay City Council with a proclamation.



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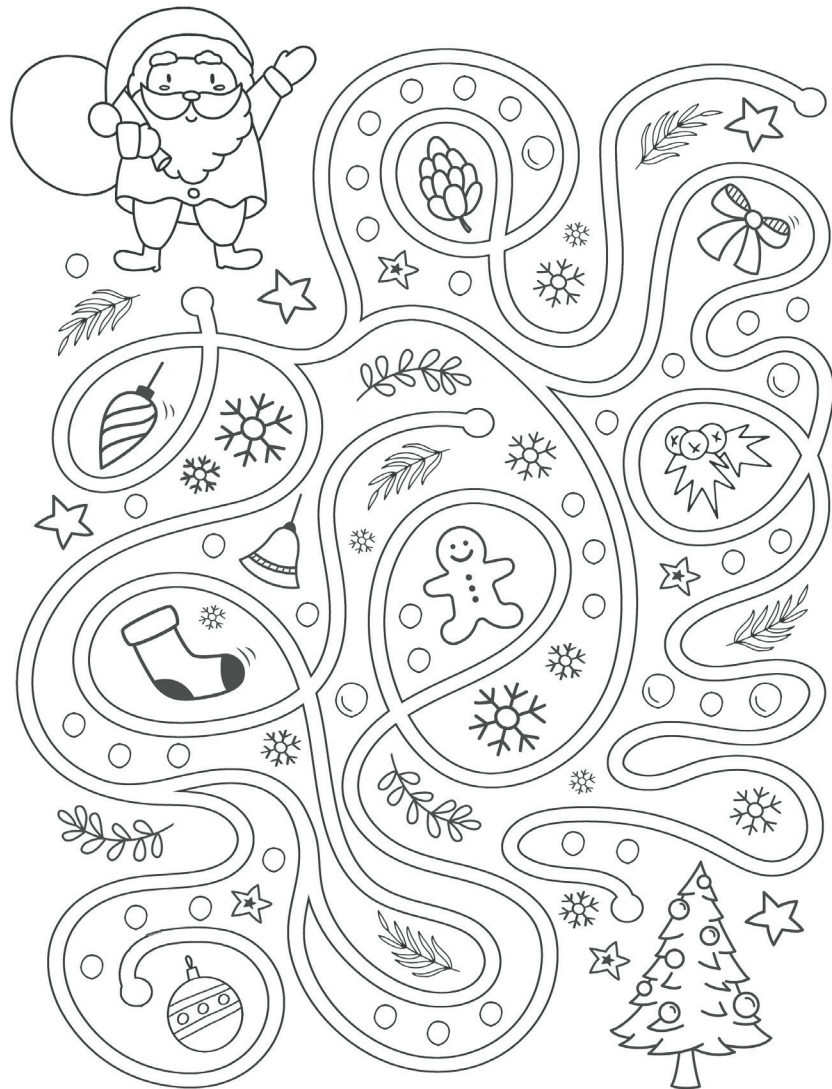
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| GATEWAY ARCH  | HOOVER DAM     | NIAGARA FALLS  | TIMES SQUARE      |

# I SPY CHRISTMAS 1



Search and color these 12 items - How many of each can you find?



### Sudoku 25

7				1				
			6	2			8	
3	5				7	1		
	8			1				
		7	2			6	5	4
					3		2	
8			1				4	
	9	2						6
4			7			5		8

### Sudoku 26

1				2				7	9
		5							1
	9	7	6				2		
									6
5		4	1	8	6				7
	1		3	5					4
8					9				
		3					1		
					5	4	6	2	

### Sudoku 27

5	7								
		6		3	5				4
4	8		7				1		
7					4		6	3	
	9			2		1			
	6		3					2	
		8	9	5					
	4					7	9		
				1			3		

### Sudoku 28

			1	3	7	4			2
		4			2	6			
	7					1			
	6			9		7			
	3	7						2	
			6						5
	8	9		6	1			3	
3	5								
		6			8				7

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



**Christmas House, From Page 4**

made their way into the yard.

An idea that had started to bring joy to children has morphed into a way to bring happiness to anyone, regardless of age. "The most touching thing has been the seniors," said Jeremy. He recalled a story of a wife who would bring her husband dying of cancer. He could barely see but he wanted to look at the house, as best he could. "When they would allow him to leave, he wanted to come here and see the display."

Eventually, Jordan's dream is to retire on a farm and be able to expand their Christmas decorations into a full time business. One that would be complete with hay rides, holiday fun and of course, Christmas decorations. For now, she'll settle for her favorite pastime, buying Christmas gifts. "I love buying Christmas presents for someone who didn't realize they wanted what I got for them."

Unapologetic without being pushy, Jeremy and Jordan are able to tie in their Christian beliefs with what they feel is God working through them to provide joy to our community. "When I realized I was worthy of Christ's love, it was the greatest gift I ever received," said Jeremy. "Everyday is a good day for me. Christmas is trying to get other people to understand that's the greatest present (the gift of Christ)."



Adding to the joy, the couple hands out gifts to those who come to visit on Sunday, Monday and Tuesday nights from 6-8pm throughout the season. They have what can only be described as a "gift room" in

their house containing hundreds or perhaps thousands of toys, figurines and Christmas decor. All has been purchased by the couple over the years and all is slated to be given away to anyone in need.

The couple has been blessed in life, they will freely tell you this. Although they don't want to accept any donations for themselves, they are accepting donations on behalf of Lifecenter (lifecentertroutman.org), a facility being built in Troutman, NC for expectant mothers of unplanned pregnancies as an alternative to abortion.

Santa and Mrs. Claus are indeed real and they live here, in Tega Cay. Head on over for a little Christmas spirit, a free candy cane or simply to say hello.

I can't guarantee Jeremy or Jordan will let you sit in their lap, but they'll definitely make you feel right at home.

**Exercise, From Page 3**

According to a study published in a 2020 edition of the Journal of the American Medical Association, researchers found that higher step counts were associated with lower all-cause mortality rates.

Compared with participants taking 4,000 steps a day, those taking 8,000 steps a day were associated with a 51% lower risk of all-cause mortality. Participants taking 12,000 steps a day fared even better, reducing their mortality risk by up to 65% compared to the group taking 4,000 steps. The benefits weren't limited to one gender or the other. The study found both men and women, regardless of age, would benefit from more walking.

Another considerable benefit of walking is the cost. There is none. Anybody can do it. It doesn't require a gym membership or equipment (unless you prefer the Treadmill at the gym). Walking is the most accessible exercise on the planet.

Long story short, walking makes you fitter and keeps you alive.

**Penny Pincher, From Page 3**

Road. Everyone gets decked out in holiday themed pajamas, we make hot chocolates to go and head out in the family truckster to drive around and look at Christmas lights. My oldest daughter looks up holiday trivia on her phone and fires off one question after another. Along with trivia, we listen to Christmas music and everyone comments on their favorite lights, houses and/or neighborhoods from our night spent together.

The whole event lasts no more than two hours but our kids look forward to it every year. It's one of our holiday traditions. Apart from the gas needed to drive the car around and the \$4 spent on a box of hot chocolate, it costs nothing but our time and engagement.

**Holiday Reading**

We've all watched that scene in a movie where the family gathers around grandpa so he can read them a story, each child laughing and having a grand old time. Cheesy right? It doesn't have to be.

Why not take some time out of your day or night and read a holiday book to your kids? There's no need to make a fire and break out the peppermint bark (although that would certainly add to the ambiance). Pick a book, preferably one with more than one chapter, and read to your kids each night. Here's a crazy thought, do this instead of watching TV to unwind. You'll be amazed how quickly both you, and them, get relaxed and ready for bed. You may even look forward to what becomes a yearly tradition.

**Cookies/Crafts**

My daughter recently asked me if I could make cookies with her over the holidays. If there's not a grill involved, any sort of cooking is normally off the table for me. This isn't going to stop me from attempting to make cookies with her. She's of the age where she actually wants to spend time with me. It won't always be this way. I need to take advantage of this time while I can.

Buying a sleeve of prepackaged cookies and placing them on a cookie sheet is both cheap and easy. Again, my daughter has no idea the entire day will cost less than \$10. She doesn't care. All she cares about is spending time with her Daddy, "baking" cookies.

You can perform a similar activity with crafts as well. There's a reason most teachers shop at the dollar store. Sure, it's cheap, but it's also that kids are clueless and have zero concept of money. They just want to have fun being active with their friends and classmates. You can use the same logic at home. Head to your local dollar store and pick up a cheap craft. Pop on some Christmas music and voila, you're creating a magical experience that will be lodged in the memory of your child for years to come.

Too often we think our kids want to see the Biltmore Estate, Disney World or some other holiday destination. The truth of the matter is, this is usually a break for the parents. It removes us from our mundane and stressful lives complete with work, soccer practice and other parental duties.

To be sure, these destinations can be fun and no doubt they'd create memories for your kids as well. They're also pretty expensive and provide no added value other than what we may perceive to be happiness through material possessions or experiences. Regardless of where you are and how much you've spent to get there, without the gift of your time and attention, it's all meaningless.

The holidays are a time of giving. Give the ones you love the best gift of all. You!


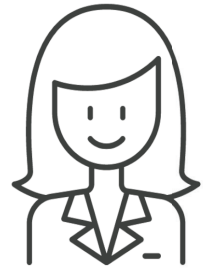


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