Tega Cay Sun

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July 2024

Ace Hardware Ownership Fulfills Dream for Local Family

Patrick Byrne, Editor

There's something special about a hometown hardware store. They invoke feelings of small town America and a time when life was a bit more simple. Although the big box stores provide all the products you'd ever need, from building a birdhouse to a house of your own, they can also be sterile and uninviting. That hometown feel is missing the moment you step inside.

I have good news for you Tega Cay. That's about to change.

Ryan and Carmen Carroll, residents of Tega Cay since 2004, are in the process of opening an ACE Hardware store. The store will be housed in the building once occupied by the YMCA across from Stockbridge Shopping Center.

A machinist by trade, Ryan left the corporate world in January after 28 years of working with robotic machinery as a project manager and applications engineer. He has dreamed of opening an ACE hardware for years. He is still consulting part time a couple of days a week prior to the official opening of the store in

A People First Approach Leads to Success for Hunter Brae Mens Grooming

Patrick Byrne, Editor



It's often difficult for men to find the perfect place to get their hair cut. Salons can be geared towards women while also being expensive for what you're getting. This leaves barber shops and a plethora of chain stores, both of which are not ideal for a multitude of reasons. Guys want a comfortable place where they can relax and get a great haircut without



early July.

He credits his wife with helping him make the leap to entrepreneurship, "she kept nudging me to say, we can do this," said Ryan. When I asked him why he settled on ACE Hardware, he went on to say, "people helping people aligns very well with our life sentiment". "The ACE culture also aligns with our general beliefs and our faith."

A self proclaimed, "do it yourselfer," Ryan and Carmen built their first house in Lancaster, SC after a family friend had helped erect the foundation and frame the home. The rest, they did themselves. "We wanted more house

all the fuss.

Hunter Brae provides all this and more.

Located in the Stonecrest Shopping Center on the outskirts of Tega Cay, Hunter Brae was opened by Rex Faile in February, 2021 during the height of Covid. He admits it wasn't the best time to open a business, considering the lockdowns and mask mandates, but laughed and said, "they can't keep us down forever."

"They" certainly didn't. Two years later, Rex and his staff are managing a thriving business that caters to men and boys who want to not only get their haircut, but get it done right, based on their preferences.

By listening to the customer during their pre-cut consultation, the staff takes the time to understand what the guest truly wants. This includes a sufficient amount of time allocated than we could afford at 22 years old, so we built our own," said Ryan.

Years later, the couple decided to move to Tega Cay in order to take advantage of the excellent schools for their son Chase. They lived in Lakeshore until 2015 when they found their current home in historic Tega Cay. Similarly, they had to remodel this house to fit the needs of their family. "We enjoy doing the work ourselves. Also, we struggle trying to justify spending the amount of money that is required for labor these days," said Ryan.

With a goal to leave the corporate world at 50 (he's 49 now), Ryan wanted to follow in his Dad's footsteps. *Ace Hardware, Page 7*

to the haircut of your choice, which usually takes anywhere from :45 minutes to an hour. "You can go anywhere and just get a haircut, we want a place you can call home," said Rex.

Featuring a clean, calm environment, the shop is bustling with upbeat music and great conversation. "I spend my day here all day everyday, so I try to create a comfortable environment for my guests," says Rex.

With the ability to book an appointment online, you can walk right in with no wait time. If you want to get there a few minutes early, enjoy a complimentary snack and beverage of your choice, including a selection of complimentary cocktails.

Rex, along with fellow stylists Fiona Gavoci and Sabrina Jefferson, live by one simple motto: "When people

Hunter Brae, Page 7



Wild Weekend in Tega Cay.... Page 2



Braden Gritz Gatorade Player of the Year... Page 4



All American Celebration on



Chip Paige Named Parade Grand Marshal.... Page 5





Tega Cay Police Department Honored for DUI Enforcement Excellence

by Thomas Hyslip, Editor

The Tega Cay Police Department received top honors at the 2023 South Carolina DUI Enforcement Recognition and 2023 Law Enforcement Target Zero Challenge held in Columbia. The department was awarded Agency of the Year for departments with 11-25 officers, and Sergeant Joshua Bowling was named Officer of the Year in the same category.

Chief of Police Steve Crosby and Sgt. Bowling attended the ceremony, which featured special remarks by NASCAR driver Ross Chastain. The annual event recognizes law enforcement agencies and officers for their outstanding contributions to DUI enforcement and commitment to reducing traffic fatalities.

"These prestigious awards acknowledge the department's unwavering dedication to ensuring the safety of our community through DUI enforcement," said Chief Crosby. "I am immensely proud of Sgt. Bowling and his dedication to DUI enforcement. This recognition is well-deserved and a testament to his hard work and passion."

Tega Cay Lions Announce Semifinalists for 2024 Citizen of the Year

by Patrick Byrne, Editor

The Tega Cay Lions Club recently announced the semifinalists for their 2024 Citizen of the Year award. Potential recipients have been nominated by their peers for their exceptional dedication and service to the community. The semifinalists are:

Casey Borer & Sarah May Heather Jones Patty Martin & Philip Snelling Cliff Nichols Carmen Wells

These individuals will be honored, and the winner announced, at the annual Fourth of July fish fry event.

Residents are invited to join the Tega Cay Lions Club at the Glennon Center on July 4th to celebrate and recognize these community champions. The announcement of the 2024 Citizen of the Year will follow the mayor's State of the City address, scheduled for 6 PM.

To attend the fish fry and support the nominees, tickets can be purchased on the TC Lions Club website at https:// tegacaylions.wixsite.com/tegacaylions.

Major Road Widening Project to Begin on Highways 21 and 51 in York County

by Thomas Hyslip, Editor

After years of planning and preparation, a major road widening project on Highway 21 and Highway 51 is set to begin in a few weeks. The project will widen both highways to five lanes and add sidewalks, aiming to improve traffic flow and pedestrian safety in the area.

Highway 21 will be widened from Springfield Parkway at Captain Steves and the Flint Hill fire department all the way to Spring Hill Farm Road at I-77. Highway 51 will be widened from Highway 21 to the state line heading into Pineville. The project will also address the complicated intersection where Highway 51, Flint Hill Road, and Spring Hill Farm Road meet.

Phase one of the project, costing \$7.3 million, will commence next month and involve clearing trees and moving utilities before the roadwork begins. The entire project is expected to take approximately four years, with completion estimated in 2028.

Motorists should anticipate traffic disruptions during construction, with lane closures expected to start in early July.

Wild Weekend in Tega Cay: Black Bear Sightings and a Daring Fawn Rescue

Thomas Hyslip, Editor

Tega Cay experienced an unexpected wildlife extravaganza over the weekend, captivating residents and sparking a flurry of activity on social media. Numerous residents took to Facebook to share videos and pictures of an unexpected visitor—a black bear wandering through the city. The bear, seemingly unperturbed by its urban surroundings, was spotted in various neighborhoods, causing a mix of excitement and concern among locals. The Tega Cay Police Department (TCPD) quickly responded to the situation, advising residents to keep a safe distance and to secure their trash and food sources to avoid attracting the bear. As the bear roamed the city, residents documented its journey, posting videos that garnered significant attention and comments from the community.

In a separate incident, the TCPD showcased their dedication to





protecting all creatures great and small with a heartwarming rescue operation. A baby deer, trapped in a storm drain, was in desperate need of help. Officers, equipped with the necessary tools and a lot of patience, managed to safely extract the frightened fawn from its predicament. The deer, unharmed but visibly shaken, was released back into a nearby wooded area, much to the relief of onlookers and the wider community who followed the rescue on social media.

TEGA CAY SUN

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July 2024



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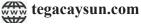
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Want to advertise in the Tega Cay Sun? Contact Patrick Byrne patrickbyrne@tegacaysun.com (704) 904-8067 Online: tegacaysun.com/shop Media Kits available upon request





Over 40? It's Time to Prioritize Strength Training: 5 Reasons to Invest in Your Health NOW for a Vibrant Future

Kim Liles, The Exercise Coach



Let's face it - when it comes to working out, most of us over the age of 40 dread it. Whether it's the time commitment, risk of injury, struggles with chronic pain, physical limitations, medical conditions, or excess fat, working out over 40 isn't as much fun as it was in our 20s.

But, what if we understood why it's so important to build strong and healthy muscles? Strength training holds profound benefits for individuals of all ages, but it's especially critical to build strength if you are over the age of 40.

Here are 5 reasons strength matters as we age:

Counteract Age-Related Muscle Loss: One of the most significant consequences of aging is sarcopenia, the gradual loss of muscle mass and strength. This decline begins as early as age 30 and accelerates after 50. Strength training, however, provides a potent countermeasure. By engaging in regular resistance exercises, individuals can preserve and even increase muscle mass, mitigating the effects of sarcopenia and maintaining functional independence.

Enhance Bone Health: Beyond muscles, strength training also fortifies bones. Osteopenia and osteoporosis, characterized by weakened and brittle bones, are common concerns among older adults, particularly women. Weight-bearing exercises like strength training stimulate bone formation, reducing the risk of fractures and improving overall bone density.

Manage Chronic Conditions: Age often brings a host of chronic conditions such as arthritis, diabetes, and heart disease. While *Exercise Coach, Page 7*

Tega Cay Sun

Summer Reading Series: The Bond We Share

Patrick Byrne, Editor

Days of relaxing by the pool with a good book are finally upon us!

With the advent of the summer season, we're excited to roll out a Summer Reading Series. We'll be reading several books and providing you with a summary. If you decide you want to read for yourself, we'll give you a way to purchase the book at the end of each article.

We hope this helps make your summer a little brighter. After all, who doesn't love a good book? Happy reading!

Title: The Bond We Share Authors: Patrick Butler and Melyssa Fleming

I first met one of the authors (Melyssa) at my gym. At the time, I was going through a pretty dark period of my life. I hated my job, I had gained weight since the birth of my daughter and COVID was beginning to take hold on my work and social life.

Melyssa (or as I know her, "Sunny") definitely lived up to her nickname. No matter how hard I attempted to workout alone and live in my own dark bubble, she wouldn't allow it. She was a force for good in my world and refused to let me have a bad start to my day.

A friendship was born. I didn't realize it at the time, but the challenges she faced as a child helped shape her into the kind and tenderhearted adult she would become.

The Bond We Share is not an easy read. The book itself is easy to digest. With its conversational approach, you'll have no problem putting yourselves in the shoes of the story tellers. It's the subject matter you'll have difficulty with.

The book is written from the perspectives of a brother (Patrick) and his adopted sister (Melyssa). The story starts out happy enough. Melyssa is adopted and brought into Patrick's world as his new sister.

She not only becomes a playmate to Patrick, a special bond is quickly formed. A bond that would be difficult to sever completely, no matter what obstacles were placed in their path.

Due to a set of circumstances and parental decisions that are both heartbreaking and cruel, Melyssa eventually landed in foster care and was cut off from her brother Patrick.

She'd spend the next 10 years of her childhood in various foster homes where she encountered happiness, abuse and sadness. All the while, she'd wonder what her brother was doing and how his life was unfolding.

Summer Reading, Page 7

Carolina Show Ski Team Excels at 2024 Southern Regional Show Ski Championships

by Thomas Hyslip, Editor

In the overall show category, the Carolina Show Ski Team earned a total of 951 points, securing the second place behind the Tampa Bay Water Ski Team, which led with 1069 points. This impressive result reflects the team's dedication and high level of performance.

The team also excelled in the production category, where they scored 450 points, finishing second again behind the Tampa Bay Water Ski Team's 505 points.

Category Highlights

Tow Boat Driving: The Carolina Show Ski Team demonstrated exceptional skill in tow boat driving, achieving 296 points and securing the third position in this category.

Showmanship: With a score of 415 points, the Carolina Show Ski Team placed third in showmanship, highlighting their ability to engage and entertain the audience with their performances.

Sound Crew: The team earned 428 points and finishing second

High Individual Club Act: The Carolina Show Ski Team also made its mark in the high individual club act category, with a commendable score of 216 points, finishing third in this category.

Outstanding Individual Performances

Bennett Cook took 1st place in the 180 Degree Swivel category, showcasing exceptional skill and technique.

Kaedyn Giannini excelled in the 360 Degree Swivel, also securing 1st place with her impressive performance.

The duo of Brian and Kaleigh Flis achieved 3rd place in the Intermediate Strap Doubles

Liam Klotzbach dominated the Open Freestyle Jump, earning 1st place with a remarkable display of agility and creativity.

Hudson Fox secured 3rd place in the Open Freestyle Jump

The CSST Jump Team delivered a stellar performance, earning 2nd place in the Team Jump category, further demonstrating their collective talent and teamwork.

Page 3



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



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



Economic Development Commissionwill meet at 7:00pm in the Council Chambers.



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 Satruday 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

Public Notices

Stateline Family Chiropractic is closing August 31, 2024 and Dr. Katie Hulse, D.C. will be joining Golden Family Chiropractic in Steele Creek, NC. Prior patients of Stateline Family Chiropractic will be able to obtain their records at Golden Family Chiropractic, please email statelinefamilychiro@gmail.com for a release of information form. The deadline to do this is 9/1/2025. Dr. Katie will be accepting new and returning patients at Golden Family Chiropractic, 13739 Steele Creek Rd Ste 103 Charlotte NC 28273





July 2024



YCSO K9 Bloodhound Fred Passes Away



It is with heavy hearts that the York County Sheriff's Office (YCSO) announces the unexpected passing of K9 bloodhound Fred. On the morning of June 18, 2024, K9 Fred experienced a sudden medical emergency. Despite the swift actions taken to rush him to an emergency veterinarian, Fred unfortunately passed away during surgery.

K9 Fred was a dedicated and exceptional member of the YCSO K9 team for ten years. Throughout his service, he was instrumental in over 250 captures of suspects and played a crucial role in locating missing persons. Fred's contributions were not confined to York County alone; he responded to more than 500 calls for service in both York County and neighboring counties, consistently demonstrating his unwavering dedication to public safety.

"Fred's legacy of bravery and service will continue to inspire and remind us of the vital role that our K9 units play in ensuring the safety and protection of York County," said Sheriff Kevin Tolson.

K9 Fred served with K9 Unit Supervisor Sgt. Chris Kinsey.

Buzz around Town

Braden Gritz of Fort Mill High School Named Gatorade SC Boys Soccer Player of the Year



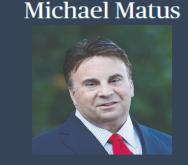
Thomas Hyslip, Editor

On June 14, 2024, Gatorade announced Braden Gritz of Fort Mill High School as the 2023-24 Gatorade South Carolina Boys Soccer Player of the Year. Gritz is the first player from Fort Mill High School to receive this prestigious award.

The award recognizes not only athletic excellence but also academic achievement and community contributions. Gritz led the Yellow Jackets to a 16-8-1 record and the Class 5A state championship, scoring 25 goals and providing two assists during the season. He concluded his high school career with a schoolrecord 56 goals.

In addition to his athletic accomplishments, Gritz has volunteered with the Henry Kalungi Foundation, collecting and donating clothing and soccer equipment to children in East Africa. He has also maintained a weighted 4.09 GPA and has signed a national letter of intent to play soccer on scholarship at the College of Charleston. The Gatorade Player of the Year program annually recognizes one winner in each state and the District of Columbia, who sanction high school sports. Gritz joins a distinguished list of past Gatorade South Carolina Boys Soccer Players of the Year.

As part of the award, Gritz will receive a grant to donate to a social impact partner. The Gatorade Player of the Year program has provided over \$4.9 million in grants to winners across more than 1,900 organizations.



Financial Advisor Franchise Owner 803.792.4770 michael.g.matus@ampf.co Ameriprise New York Butcher Shoppe & Wine Bar Set to Open in Fort Mill



Patrick Byrne, Editor

The New York Butcher Shoppe & Wine Bar in Fort Mill opened its doors on June 29th. The shoppe is located at 1034 Gold Hill Road, just west of I-77.

Shoppers can look forward to a variety of premium products, including:

- Top-quality meats
- Fresh, premium seafood
- Convenient, delicious prepared meals
- An extensive selection of wines, with no corkage fees
- World-class steaks cooked to
- order in the wine bar

This marks the first location for Fort Mill. In the past, shoppers that wanted to experience the NY Butcher Shoppe had to drive to Indian Land or several locations in the Charlotte area.





This 4th of July in Tega Cay offers something for everyone, whether you prefer land or water activities.

• Enjoy live music, delicious food, and a breathtaking fireworks display at our All-American Celebration, a tribute to our nation's history and our city's growth.

• Kick off the celebration on Thursday, July 4th, with the All-American Celebration Parade led by the City's Grand Marshal Chip Paige starting at 9 am from City Hall to Windward Drive.

• Indulge in the Annual Lions Fish Fry at the Glennon Center, with fish plates available for \$17 each. Join Mayor Gray for the State of the City speech and the city's 42nd birthday cake cutting at 6:30 pm.

• Gather by the Pavilion for Patriotic Music, ice cream, and prepare for the Boom in the Cay Fireworks Show starting at 6 pm.

• On Friday, join the Annual Mayor's Boat Parade along the Peninsula shores, followed by the SUP paddleboard competition and the Water Ski Show by the Winning Carolina Show Ski Team at Windjammer Park.

The celebrations continue with the Uncle Sam Jam concert at Runde Park at 7 pm, featuring free kids' amusements and a variety of food trucks serving American delights. Enjoy free bus and trolley rides from the Glennon Center for your convenience.

Tega Cay Real Estate Market Heats Up

Thomas Hyslip, Editor

The Tega Cay real estate market experienced a surge in activity over the past 30 days, with 10 new properties listed, 5 pending sales, and 10 closed transactions. The data reveals a competitive market, with median list prices for new properties reaching \$700,000 and a median price per square foot of \$223.

The highest-priced property listed during this period was valued at \$1,250,000, while the lowest was \$425,000, indicating a wide range of options for potential buyers. Closed sales saw a similar range, with the highest-priced property selling for \$1,536,500 and the lowest for \$400,000.

The average price per square foot for closed sales was \$262, slightly higher than the median of \$233, suggesting that some higher-priced properties may have skewed the average.

The map indicates that new listings were concentrated in the northern

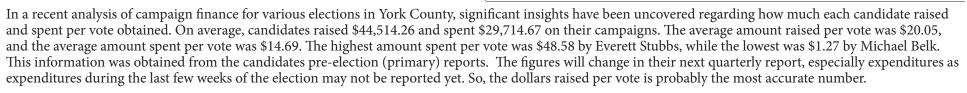
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pending and closed sales were more dispersed throughout the region. This suggests that buyer preferences may vary depending on location and property type.

Potential buyers and sellers should consult with a Sally Awad Properties to get a more in-depth understanding of the Tega Cay market and to discuss their specific needs and goals.

York County Campaign Finance Analysis. The Price of a Vote Revealed

Thomas Hyslip, Editor



ACROSS

The cost per vote analysis provides intriguing insights into the financial dynamics of the recent York County elections. Comparing the winners to the candidates who did not win, it becomes evident that raising and spending more money led to victory in 4 of 5 races. Only the Sheriff's race had an outlier with Michael Belk and Tony Breeden going to a runoff election, even though Beth Bryant Tolson raised the most money.

Interestingly, when compared to the 2020 Presidential election, several local candidates in York County spent more per vote than President Joe Biden and President Donald Trump. President Biden spent \$1.15 billion and received 81,283,501 votes, which is approximately \$14.15 per vote. In contrast, President Trump spent \$809 million and received 74,223,975 votes, amounting to approximately \$10.90 per vote. This comparison highlights the significant expenses involved in running for local office, demonstrating that some local campaigns can be more costly per vote than even presidential campaigns.

Race	Candidate		Votes	Total Raised	Raised per Vote	Total Expenditures	Spent per Vote
Solicitor, 16th Circuit	Tyler	Bratton	6489	\$41,480.00	\$6.39	\$22,286.50	\$3.43
Solicitor, 16th Circuit	Kevin	Brackett	17414	\$72,574.58	\$4.17	\$63,820.90	\$3.66
State House of Representatives District 26	Elizabeth	Enns	1777	\$58,317.08	\$32.82	\$29,855.51	\$16.80
State House of Representatives District 26	David	Martin	2117	\$63,511.00	\$30.00	\$51,094.99	\$24.14
State House of Representatives District 66	Jackie	Terribile	2147	\$53,884.71	\$25.10	\$45,024.81	\$20.97
State House of Representatives District 66	Michele	Branning	1996	\$28,346.00	\$14.20	\$21,715.51	\$10.88
State Senate - District 17	Tibi	Czentye	522	\$22,076.00	\$42.29	\$20,944.47	\$40.12
State Senate - District 17	Tripp	McCoy	904	\$24,705.00	\$27.33	\$18,168.84	\$20.10
State Senate - District 17	Everett	Stubbs	1719	\$115,565.00	\$67.23	\$83,514.83	\$48.58
York County Sheriff	Tony	Breeden	6364	\$34,435.00	\$5.41	\$18,132.58	\$2.85
York County Sheriff	Beth Bryant	Tolson	4513	\$37,790.00	\$8.37	\$15,455.46	\$3.42
York County Sheriff	Michael	Belk	6456	\$26,911.10	\$4.17	\$8,199.80	\$1.27
York County Sheriff	Chris	Blevins	4183	\$11,909.20	\$2.85	\$14,863.62	\$3.55
York County Sheriff	Heath	Clevenger	3044	\$31,694.98	\$10.41	\$17,791.22	\$5.84



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Answers at tegacaysun.com/answers

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DOWN

Ace Hardware, From Page 1

His father also left corporate America at 55 and became a residential general contractor, a job he considered fun. With the former YMCA as an option, Ryan jumped on the idea, taking advantage of an opportunity to do something he loves while helping people in the process.

After 8 months, the Carroll's were able to settle on a deal with the property owner. Ryan was quick to point out that if this deal hadn't gone through, the couple most likely would've waited for something else to open a few years down the road.

The store itself will provide convenience, a knowledgeable staff and that personal hometown feel the other box stores are lacking. Along with standard hardware store items, the location will feature a garden area and glass cutting. There will even be a service for key fob replacement, which will help customers avoid having to go to a dealership in situations where car keys are lost.

Management of the store will be a family affair as Ryan, Chase and Carmen will be involved in some capacity. Ryan is excited to get started but is also asking for patience after the store gets up and running. He wants the community to understand that they're growing and hopefully we're willing to grow with them. "This isn't our 5th store, this is our first." He's asking for patience in the first few weeks after the opening so they can get their feet under them.

The store will be located just outside Tega Cay but Ryan wants "all local neighborhoods and communities to feel welcome". This includes our furry friends. The Carroll's are avid dog lovers, so pets are more than welcome. "Don't be surprised if our dogs are running around the store from time to time," said Ryan with a laugh.

Setup for the store will begin in early June with training to follow in early July. A soft opening is targeted for July 8th, although this may shift depending on schedules.

Are you interested in full or part-time employment? If you'd like to inquire, reach out to Ryan Carroll via email: ryan@carrollsacehardware.com



Tega Cay Sun

Summer Reading, From Page 3

Patrick was distraught when Melyssa was instantly removed from his life. One day he had a sister who he loved, the next day he didn't. She was eight years old, he was ten. Both were far too young to be dealing with the difficult emotions that arise from trauma and anguish.

As is always the case, life moves forward, even if it's not in the way we would always like. For Melyssa, things had gotten so bad with one set of foster parents that a trip to a psychiatric ward was a welcome relief from the abuse. Hers was not a life you'd wish on any child.

Physical and mental torment followed her in a way that makes you question the very fabric of mankind.

Patrick had his own demons. Guilt ridden from their parting and the way his parents had handled the situation, he became depressed and angry. The range of emotions he was carrying from the sudden loss of his sister had created a cavernous pit of despair.

This was left unchecked until later in life, when he finally faced his demons after experiencing problems in his marriage.

Things that happen in our childhood have a way of shaping who we are. We often use these as reasons or even excuses for our behavior and decisions later on in life. The Bond We Share dispels this notion.

Both Melyssa and Patrick had every reason to give in, becoming embittered and lost in their melancholy. They had been dealt a difficult hand for different reasons. They could've easily decided to forge a path of hatred, negativity or self harm.

Instead, they ended up finding their way and each other, eventually rekindling their love and special bond.

The Bond We Share is a story of resilience and hope built from tragedy and parental cowardice.

We follow Melyssa and Patrick in the twists and turns of their life and eventually end up on the right side of happiness. You will come away feeling sadness and anger but also an incredible sense of contentment and love by the end of their story.

Life is messy. This book explores the darkest depths of depravity while eventually pulling you into the warm embrace of a loving sibling.

It's as though the sun shone down upon your soul by the end, providing you with a ray of hope in our shared human experience.

This shouldn't be surprising. There's a reason Melyssa's nickname is Sunny. Where to Buy: Amazon

Exercise Coach, From Page 3

these ailments may seem daunting, incorporating strength training can significantly alleviate their impact. Studies have shown that strength training can help manage symptoms, improve cardiovascular health, and enhance insulin sensitivity, promoting better overall health and quality of life.

Boost Your Mental Well-being: Exercise, including strength training, releases endorphins—feel-good hormones that reduce stress and elevate mood. Moreover, the sense of accomplishment and empowerment that comes with progressing in strength training can bolster confidence and resilience, combating age-related declines in mental health.

Safeguard Your Independence: Perhaps most importantly, strength training safeguards independence in later years. Maintaining strength and mobility is essential for performing daily tasks, from carrying groceries to climbing stairs. By investing in strength training now, individuals can preserve their autonomy and enjoy a fuller, more active lifestyle well into their golden years.

The case for strength training as we age is compelling. It's not merely a matter of vanity or athletic prowess but a vital investment in our long-term health. At The Exercise Coach we say, Strength Changes Everything, because the latest science shows that the health of our muscles impacts every facet of our wellness. By prioritizing strength training now, we can build a foundation for a vibrant future, allowing us to age gracefully and maintain our vitality for years to come.



Hunter Brade, From Page 3

come first, success follows." This is a mission statement made famous by Paul Mitchell and it's one the team believes in and puts into practice on a daily basis.

A third generation barber, Rex started out working for Paul Mitchell as a design team leader. For years, he'd traverse the country and train students on the proper way to cut hair. In addition, he was an active participant in hair shows, providing instruction for audiences from Orlando to Vegas and parts in between.

His reputation for doing quality work provided him with a unique opportunity when Hollywood came calling. He would eventually be hired to cut and style mens hair in the feature film, Hunger Games. Several of his students continued down this path and still work in the film industry today.

With a young son at home, Rex wanted to stop traveling and saw a need for a mens focused hair salon in Tega Cay/Fort Mill. "Whenever I first started, I always wanted to own my own business." Nothing was meeting his standard in the area so he figured, "why not, let's do it."

Fiona's career path was a bit different. She started in bridal work after school but wanted to expand her knowledge and do other things. She eventually found enjoyment in cutting children's hair and realized the Dad's were "usually in tow," so she pushed herself to work on mens hair as well.

Fiona enjoys the relationships with her guests and wants them to "feel confident enough to not only trust me with their haircut but be able to share personal things with me." She went on to say, "Customers really become your friends, honestly."

Sabrina is the newest member of the team. At 27 years old, she's excited to have found a career she's passionate about at a young age. She enjoys her job and getting to know people on a daily basis. As Sabrina puts it, "I love knowledge and this industry is always changing, giving me the opportunity to frequently learn new skills."

Rex is incredibly thankful for the support he's received from the community and the people he's come in contact with over the years, "I've met some of the most incredible people, probably ever, in that chair."

When people come first, success follows.

In the case of Hunter Brae, it couldn't be more true.

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