

# Tega Cay Sun

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August 2024

## Tega Cay Lions Club Honors Cliff Nichols as 2024 Citizen of the Year

*Thomas Hyslip, Editor*

Tega Cay celebrated a pillar of its community on July 4th, naming Cliff Nichols as the 2024 Lions Club Citizen of the Year. His dedication to capturing the heart of local events and his generous spirit have made him an invaluable asset to the city.

Cliff's lens has captured the essence of Tega Cay throughout the years, from the vibrant July 4th parade and festive holidays to the everyday lives of residents. His generosity in sharing his talent is a testament to his kindness and community spirit.

Cliff and his wife, Allison, have been residents of Tega Cay for 32 years, raising their two children, Drew and Alex, in the community he loves to document.

Tega Cay is proud to recognize Cliff Nichols as its 2024 Citizen of the Year. His passion for photography and dedication to the community truly make him a shining example for all residents.



### Celebrating a Year of Sunshine: Tega Cay Sun's First Anniversary



A year ago, the Tega Cay Sun embarked on an ambitious journey to shine a light on the heart of our community. What a year it's been! From our launch in June 2023, we've been overwhelmed by the warm embrace of Tega Cay and the surrounding areas, a testament to the need for hyper-local news that's free and accessible to everyone.

Our whirlwind first year has been filled with heartwarming stories, engaging readers, and a deep connection to the community we serve. We've witnessed the power of local news to inform, entertain, and unite, whether it's sharing the latest foodie finds or spotlighting the unsung heroes who make Tega Cay so special.

We're proud to have been accepted into the South Carolina Press Association and to have our coverage recognized by news outlets like News Break, Google News, and Bing News. Our Tega Cay City election page, with its in-depth candidate spotlights, became the most visited page on our website, demonstrating the community's thirst for in-depth local information. We even

collaborated with WRHI to be the first to call the York County Sheriff race for Tony Breeden, proving the impact of timely local reporting.

While our online presence has been strong, we knew it was vital to reach everyone, regardless of internet access. Our free monthly print edition, available at local businesses and through home delivery, has been a hit, bringing a smile to the faces of those who pick it up.

None of this would have been possible without the incredible support of our sponsors: Model A Brewing, Ameriprise Financial Advisor Michael Matus, Sally Awad Properties, The Exercise Coach, the Shore Club, Latitude CrossFit

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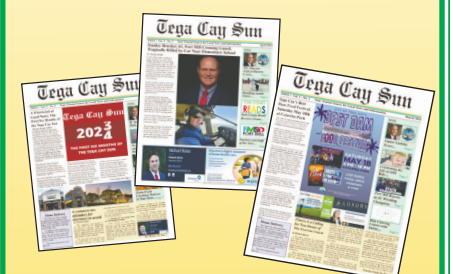
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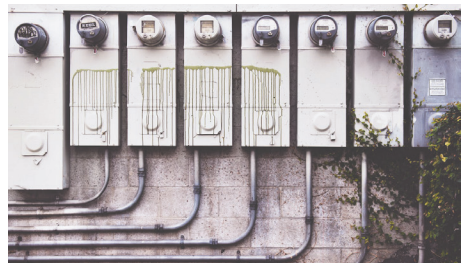
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### Duke Energy Rate Hikes Approved by SC Public Service Commission

Thomas Hyslip, Editor



Starting next month, Duke Energy customers in South Carolina will experience higher electricity rates following the approval of a settlement agreement by the state's Public Service Commission on Monday. The agreement, submitted in May and involving various consumer, environmental, and industrial groups, outlines rate increases set to take effect this summer and again in two years.

From August 1, a typical residential customer consuming 1,000 kilowatt-hours will see their monthly bill rise by approximately 8.7%, equating to an extra \$12.06 per month. Additionally, another rate hike will occur on August 1, 2026, increasing residential rates by an additional 4.3%, or \$6.42 per month for the same energy usage.

Commercial and industrial customers will also face rate hikes, with average increases of around 4.6% for commercial customers and 4.4% for industrial customers, effective August 1, 2024. However, the actual rate changes will vary based on customer class and size.

### South Carolina Ranks 35th in Healthcare, Neighboring North Carolina at 41st in 2024 WalletHub Report

Thomas Hyslip, Editor

In WalletHub's 2024 healthcare rankings, Minnesota leads as the top state for healthcare, excelling in affordability, access, and quality, while Mississippi has the worst rated healthcare.

The top five states are:

1. Minnesota
2. Rhode Island
3. South Dakota
4. Iowa
5. New Hampshire

South Carolina is ranked 35th overall, with specific rankings of 29th in healthcare costs, 36th in healthcare access, and 39th in healthcare outcomes. Neighboring North Carolina is positioned at 41st overall. These rankings, based on 44 metrics such as medical visit costs, hospital expenses, life expectancy, and hospital beds per capita, highlight significant healthcare disparities in the Carolinas.

The Centers for Medicare & Medicaid Services report that the average American spends nearly \$13,500 annually on personal healthcare.

### First Presidential Election Since 1976 Without a Bush, Clinton, or Biden

Thomas Hyslip, Editor

The 2024 U.S. presidential election will be the first since 1976 that does not feature a member of the Bush, Clinton, or Biden families on either the Democratic or Republican ticket.

For almost fifty years, the Bush, Clinton, and Biden families have played pivotal roles in American politics .

- The Bush Family: George H.W. Bush served as the 41st President from 1989 to 1993 and as Vice President from 1981 to 1989 under Ronald Reagan. His son, George W. Bush, was the 43rd President from 2001 to 2009.

- The Clinton Family: Bill Clinton was the 42nd President from 1993 to 2001. His wife, Hillary Clinton, served as Secretary of State and was the Democratic nominee in the 2016 presidential election, losing to Donald Trump.

- The Biden Family: Joe Biden served as Vice President under Barack Obama from 2009 to 2017 and was elected as the 46th President in 2020. He announced he will not seek reelection in 2024.

The End of an Era

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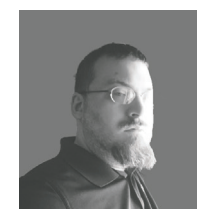
### Contributors



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### ACL Cornhole World Championships Coming to Rock Hill in August

Thomas Hyslip, Editor

Rock Hill is set to host the American Cornhole League (ACL) World Championships from August 2nd to August 11th at the Rock Hill Sports and Events Center. This nationally televised event is the pinnacle of the cornhole season, drawing players and fans from across the country.

The ACL World Championships is the league's largest event of the year, featuring over 1,100 players across four skill levels: Intermediate, Competitive,

Advanced, and Pro. These players will compete in more than 40 events, vying for a share of the impressive \$700,000 payout.

The championship promises intense competition with individual, team, and pro-level matches. Beyond the main events, guests can enjoy the ACL Headquarters located at the venue. Here, they can participate in sit-n-go blind draw tournaments, which function similarly to pickup basketball games, providing a fun and engaging experience for all

attendees.

Fans unable to attend the championships in person can still catch all the action through extensive media coverage. The event will be broadcast on ESPN+, ESPN 2, ESPN 3, CBS Sports Network, ACL Cornhole TV, the American Cornhole League Facebook page, and the ACL YouTube channel.

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***In Health with Dr. Brian: Understanding the Effects of Medication for Pain Management***

**Dr. Brian Strump**

Approximately one-third of Americans suffers from chronic pain, and takes medication for their symptoms. Second only to the common cold, pain is the second most common reason for trips to the doctor each year. If you're suffering from pain, and have sought treatment from a chiropractor, you just might be missing out on a life free of pain.

Pain is a signal from your body that something is not right. At its worst, it robs you of enjoying life and being productive. The burden of pain on Americans is at epic proportions, as over half of a trillion (yes TRILLIONS) dollars are spent annually on those suffering from pain.

For the purpose of this post, we'll discuss acute and chronic pain as a result of a single traumatic event or pain caused from repetitive stresses and how to best treat your pain.

Acute pain can be intense and short-lived. It's usually an indication of some injury. When the injury heals, the pain at that location usually goes away.

Chronic pain is typically classified as pain lasting for longer than six months. It can be episodic, or continuous in nature.

It's important to understand that pain is the result of an electrical signal being sent from your nerves to your brain as a result of tissue damage to your body. When you take "pain medication" the medication may help decrease pain regardless of whether you have back pain, neck pain, shoulder pain, headaches, etc. The medication does not know how to find your pain. It will cause global changes to your bio-chemistry that may result in decreased pain.

It's well known that due to these global changes, most pain medications have side effects that at times can be worse than the pain itself.

Google Bextra and Vioxx to get a better idea what I'm talking about. Unfortunately, much is still unknown on the exact ways that pain medications (NSAID, acetaminophen, etc) work within the body. The longer you take any medication, the longer it may last in your body; increasing some risks of more severe side effects.

***In Health, Page 7***

***Mr. Penny Pincher: Smoking is Burning a Hole in Your Wallet***

**Patrick Byrne, Editor**



The first question my doctor asks me when I see her is, "do you smoke" or "have you been smoking?" Mind you, I'm not a smoker and I've had the same doctor for almost ten years. She asks the question anyway.

Why? Because smoking is terrible for your health. Everyone knows this, yet, there are still people who smoke. Living in a free country where you can make your own choices is not limited to only good ones.

We've established a well known fact that smoking is bad for your health. I'd like to focus on what smoking does to your wallet.

According to [tobaccofreelife.org](http://tobaccofreelife.org), the cheapest pack of cigarettes can be purchased in Virginia for \$5.25. The most expensive pack can be purchased in New York for \$12.85. I'm assuming both of these are averages since they didn't specify brand.

Smoking is expensive. Using the pack of cigarettes from Virginia as our example, you'd spend roughly \$2k a year feeding your addiction or over \$4,500 using the example pack from New York (assuming you smoked a pack a day). Forget the health benefits of quitting, I'm simply too frugal to spend the money on it.

When you're younger, smoking seems like the cool thing to do. As dumb as it sounds now, I actually attempted to become addicted to them when I was in college. I'd buy a cheap pack, smoke a couple and cross my fingers that the habit would stick. The idiocy of youth is amazing when you look back sometimes.

Aside from the occasional cigarette when I was drinking, I never got addicted or cared to be a smoker thereafter. For the cost alone, I'm thankful that's the case. It's bad enough that I have a minor chocolate addiction, one that I manage for about \$1 a week by consuming two small pieces from a larger bar of chocolate.

The newer trend for many is vaping.  
***Mr. Penny Pincher, Page 7***

***Tega Cay Ranked 10th Wealthiest City in South Carolina***

**Thomas Hyslip, Editor**

According to a recent Forbes ranking, Tega Cay has been named the 10th wealthiest city in South Carolina. This accolade highlights the city's affluence and thriving community.

Tega Cay has a median household income of \$130,571 and a median home value of \$394,500.

Additionally, nearby Fort Mill has secured the 15th spot on the list, and Baxter Village was listed separately as the 8th wealthiest city in South Carolina. This further emphasizes the economic prosperity of the region.

Kiawah Island and Sullivan's Island were ranked 1st and 2nd respectively.

***Exciting News for Tega Cay Sun Readers!***

We are thrilled to announce that three of our popular feature columns have been picked up for syndication by the South Carolina Press Association (SCPA).

Starting this month, Dr. Tom's Cyber Bits & Tips, Mr. Penny Pincher, and In Health with Dr. Brian will be available to all SCPA member newspapers across the state. This exciting development allows our columns to reach a wider audience, bringing valuable insights, practical advice, and expert knowledge to readers throughout South Carolina.

Dr. Tom's Cyber Bits & Tips offers the latest in technology trends and useful tech advice to help you navigate the digital world with ease.

Mr. Penny Pincher is your go-to source for money-saving tips, financial advice, and strategies to help you stretch your dollar further.

In Health with Dr. Brian provides expert health and wellness advice, covering everything from nutrition and fitness to mental health and medical breakthroughs.

**UPCOMING EVENTS 2024**

**AUG 5TH**

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

**AUG 19TH**

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

**AUG 26TH**

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

**TUE. Weekly**

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

**THUR. Weekly**

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

**WED-SAT. Weekly**

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

**Saturdays Bi-Weekly**

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

**Last WED. Monthly**

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

**Tega Cay Sun**



We are proud of our talented columnists and delighted that their work will now benefit an even larger community. Thank you for your continued support of the Tega Cay Sun!

Stay tuned for more updates and be sure to check out these fantastic columns in SCPA member newspapers near you.

Warm regards,

The Tega Cay Sun Team



# Buzz around Town

## Safest Cities in South Carolina: Fort Mill 2nd and Tega Cay 3rd

Thomas Hyslip, Editor

According to SafeWise's 2024 report on South Carolina's safest cities, Fort Mill and Tega Cay have achieved commendable rankings, placing second and third, respectively. These rankings are based on the analysis of the latest FBI crime data and population statistics, highlighting communities with the lowest reported incidents of violent and property crimes.

Fort Mill, ranked 2nd, is known for its vibrant community and family-friendly atmosphere. With a low violent crime rate of 0.6 incidents per 1,000 people and a property crime rate of 7.6, Fort Mill has demonstrated a consistent commitment to safety. The town's police department works diligently to maintain these low crime rates through community policing strategies and partnerships with local organizations. Fort Mill's rapid growth, coupled with its strong safety record, makes it an attractive place for families and businesses alike.

Tega Cay, ranked 3rd, offers a small-town feel with the benefits of proximity to larger metropolitan areas. This city of 13,607 residents has an impressive violent crime rate of just 0.4 incidents per 1,000 people. Although its property crime rate stands at 10.8, Tega Cay has shown improvement in reducing these incidents over the years. Community involvement is a cornerstone of Tega Cay's safety strategy, with active engagement from local law enforcement. The city's scenic location on Lake Wylie and its high safety ranking make it a desirable location for new residents.

### Full Rankings for Top 10 Safest Cities in South Carolina

1. Bluffton
2. Fort Mill
3. Tega Cay
4. Ridgeland
5. Clover
6. Lyman
7. Mount Pleasant
8. Central
9. Port Royal
10. Isle of Palms

## Tega Cay's Model A Brewing Celebrates 4-Medal Haul at 2024 U.S. Open



Thomas Hyslip, Editor

Breweries from the coast of Kona, Hawaii to the rocky coast of Portland, Maine sent more than 9,000 beers representing over 170 different styles to the 2024 U.S. Open Beer Championship.

Model A Brewing scored 4 medals in the 2024 US Open.

- BRONZE - Springs Farm Strawberry Kolsch - Fruit Beer (Strawberry)
- BRONZE - Finley's Alt - German Altbier
- BRONZE - Just Bockause - Traditional German-Style Bock (Lake Wylie Brewing Collaboration)
- Top 10 Names - Not my Gumdrop Buttons

Tega Cay families are invited to enjoy a night under the stars at the annual Tega Cay Movie in the Park event presented by Howell Design on Saturday, August 10 in Runde Park. The highlighted movie, "Ghostbusters: Frozen Empire," brings together the Spengler family at the renowned New York City Fire House as they unite to protect their city, home, and prevent a second ice age.

Remember to bring along a picnic, blanket, and/or chair. Snacks and refreshments will be available for purchase beginning at 7:30 pm with Movie projected to begin at dusk around 8 pm.

## Jekyll & Hyde to Open New Location in Baxter, Taking Over Former Lucky Duck Space



Patrick Byrne, Editor

Jekyll & Hyde, a family-owned and operated steampunk-inspired taphouse, grill, brewery, and distillery, is set to open a new location in Baxter, taking over the space previously occupied by Lucky Duck. According to a recent Instagram post, the new location is anticipated to open its doors this fall or winter.

Per their website, this unique establishment aims to offer guests an experience unlike any other. Jekyll's grill serves up a diverse menu featuring traditional and innovative English, Irish, and American dishes. Every meal is crafted from scratch and cooked to order, ensuring an exceptional dining experience. The restaurant prides itself on using only the finest Certified Angus Beef (CAB) cuts, offering hand-cut steaks, hand-pattied burgers, and freshly sliced short rib and chateau filet.

For craft beer enthusiasts, Hyde's taphouse boasts over 50 taps featuring craft beers from across the country, including Jekyll & Hyde's own brews from their Belmont, NC brewery. Additionally, Waxhaw is home to Jekyll & Hyde Distilling Co., where guests can sample some of Union County's finest distilled spirits. Those looking for something special can choose from an array of handcrafted cocktails or select bottles of wine.

# YMCA Upper Palmetto Rays Girls Win South Carolina State Championships, Boys 4th



**Thomas Hyslip, Editor**

The YMCA Upper Palmetto Rays Girls Swim Team has made history by securing first place at the South Carolina Long Course State Championship this past weekend. This marks the first team championship win for the Rays, a significant milestone for the club. Under the guidance of their dedicated coaches, the girls delivered outstanding performances across the board. Each swimmer's contribution was pivotal in achieving this historic victory, showcasing the strength and unity of the team. Below are some first place finishes by the swim team!

<p><b>Congrats Bella Corbi!!! SC LC State Champion!!!</b></p>  <p><b>200 Butterfly 2:25.75</b> 2024 SC Long Course States Rays</p>	<p><b>Congrats Parker Hightower!!! SC LC State Champion!!!</b></p>  <p><b>200 Butterfly 2:18.41</b> 2024 SC Long Course States Rays</p>
<p><b>Congrats Amelia Meehan!!! SC LC State Champion!!!</b></p>  <p><b>100 Backstroke 1:06.47</b> 2024 SC Long Course States Rays</p>	<p><b>SC State Champions! 11-12 Girls LC 200 Medley Relay Team</b></p> 
<p><b>SC State Champions! 13-14 Girls LC 200 Medley Relay Team</b></p> 	<p><b>SC State Champions! 13-14 Girls LC 400 Meter Relay Team</b></p> 
<p><b>Amelia Meehan, Brooke Carter, Bella Corbi, Reese Gail</b> <b>2:07.14</b> 2024 SC Long Course States Rays</p>	<p><b>Kenna Zimmerly, Haruka Ono, Bella Corbi, Reese Gail</b> <b>4:35.94</b> Rays</p>

TEGA CAY POLICE DEPARTMENT PRESENTS

## NATIONAL NIGHT OUT 2024

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TEGA CAY Summer CONCERT SERIES

SATURDAY, AUGUST 17  
Runde Park (5116 Windward Drive)  
6:30 PM - Kids Amusements Begin  
7 PM - "CAPTAIN MIKE & THE SHIPWRECKED"

A tribute to Jimmy Buffett, Capt. Mike & the Shipwrecked are recognized as one of the top bands in the area for delivering music that will "lift your sails."

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## Catawba Fest

ARTS & CRAFTS SHOW

October 12 - 10 am - 6 pm  
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TEGA CAY Summer CONCERT SERIES

SATURDAY, SEPTEMBER 14  
Catawba Park (2351 New Gray Rock Road)  
6:30 PM - Kids Amusements Begin  
7 PM - "Spiderwebs" A

"Spiderwebs" Tribute to No Doubt & Gwen Stefani is a captivating musical performance honoring the iconic sound and style of these musical figures.

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## Balancing Business and Health: Fort Mill Entrepreneurs Mary and Troy Ludemann Excel at Both



Mary and Troy's story is one of passion, perseverance, and persistence. Their journey began in 2002, with the construction of their first home. Their fascination with home building led to career shifts for both, culminating in the establishment of New Old (newold.com), a custom home building business in 2004.

New Old limits their home constructions to a select few each year offering spacious, conservation-focused lots. Their latest projects, Los Rabbit and Wilson Farm, epitomize their dedication to preserving natural beauty while offering homeowners a slice of tranquil country living within reach of urban amenities.

Running a family business has its challenges. "Balancing work and family was our greatest struggle," Mary admits. "We had to learn how to be fully present for our kids, but once they went to bed, we would be back on our computers." Working late was never a reason to not be fully present, but our passion for the business also grew because we were doing what we loved."

Beyond their business, Mary and Troy enjoy traveling and camping together, drawing inspiration from exploring new landscapes and supporting their daughter's equestrian pursuits. To maintain their active lifestyle, they

**Balancing, Page 7**

## Michael Matus



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Franchise Owner

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Ameriprise Financial

## Twin Peaks Opens New Lodge in Fort Mill, SC

Patrick Byrne, Editor



spot for locals and visitors.

Guests can look forward to an extensive selection of made-from-scratch dishes, including signature wings, hand-breaded chicken tenders, and hearty burgers. The lodge also boasts an impressive lineup of ice-cold draft beers, ensuring the perfect refreshment for every game day.

The highly anticipated Twin Peaks lodge opens its doors on July 22nd at 992 Cabelas Drive, marking a significant milestone for the franchise. This new location is the fourth in South Carolina and the 114th across the United States and Mexico, solidifying Twin Peaks' reputation as a premier destination for sports enthusiasts and food lovers alike.

The Fort Mill location is designed to cater to all types of gatherings, from lively game day celebrations to casual family dinners. With its spacious seating areas and welcoming atmosphere, Twin Peaks Fort Mill is poised to become a go-to spot for all occasions.



Conveniently located just off the Carowinds exit on Interstate 77, Twin Peaks Fort Mill promises to deliver the ultimate sports lodge experience. With its rustic decor, massive TV screens, and a menu designed to satisfy every craving, the lodge is set to become a favorite

## South Carolina Beaches Shine: Six of Top 15 in Southern Living's Best Southern Beaches Rankings

Thomas Hyslip, Editor

South Carolina's beaches have made a remarkable impression in Southern Living's ranking of the 15 best beaches in the South, securing six of the top spots. Each beach offers its own unique allure and amenities, making South Carolina a premier beach destination in the region.

**Folly Beach:** Known for its bohemian vibe, Folly Beach is a favorite among surfers and those looking for a laid-back atmosphere. The iconic Folly Beach Pier offers stunning views and fishing opportunities.

**Kiawah Island:** Famed for its pristine, uncrowded beaches and luxury resorts, Kiawah Island is a haven for nature lovers and golfers alike, with its extensive trails and world-class golf courses.

**North Myrtle Beach:** A family-friendly destination, North Myrtle Beach boasts wide, sandy shores and a variety of entertainment options, including live music, shopping, and amusement parks.

**Isle of Palms:** Isle of Palms offers a perfect blend of relaxation and recreation. Its upscale beach houses and resorts attract visitors looking for both tranquil beach days and active water sports.

**Hilton Head Island:** Renowned for its picturesque landscapes and upscale amenities, Hilton Head Island features beautiful beaches, top-notch golf courses, and extensive bike trails. It's a favorite for both relaxation and outdoor activities.

**Edisto Island:** Edisto Island is known for its serene, natural beauty. With less commercial development, it offers a peaceful retreat with opportunities for fishing, boating, and exploring its rich history and wildlife.

These beaches showcase the diversity and appeal of South Carolina's coastline, making it a top choice for beachgoers in the South. For more detailed information on each beach, visit Southern Living's article.

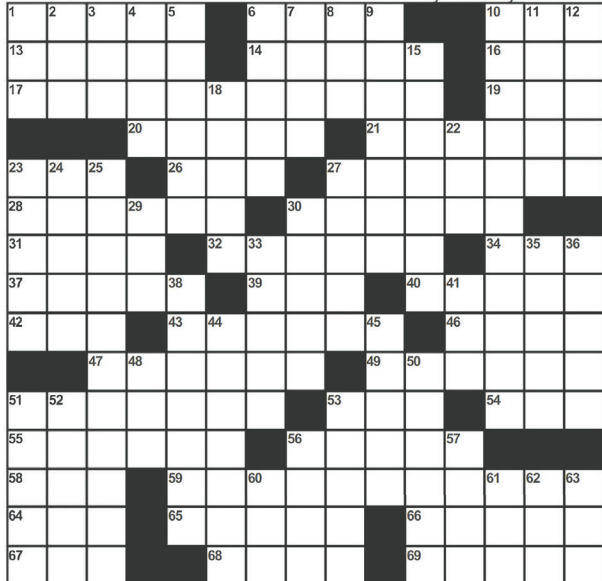
### ACROSS

- 1) Wide open
- 6) Housebroken
- 10) Canary's bill
- 13) Boston airport
- 14) Semester finals
- 16) Phrase of commitment
- 17) Feature of serious roller-coasters
- 19) Classic introduction?
- 20) Mountain ridge
- 21) Italian from Florence
- 23) "NCIS" network
- 26) Cosmetics queen Mary Kay
- 27) Ventilation opening
- 28) Summarizes, as the news
- 30) Name derived from a person
- 31) Blacksmith's metal
- 32) Weasel type
- 34) Tire-pressure letters
- 37) Cowboy's conquest
- 39) Dr. J played in it
- 40) Alex Haley blockbuster
- 42) Maple syrup base
- 43) Like some requests
- 46) Georgetown mascot
- 47) Damaging encroachment
- 49) Bustling activity
- 51) Some large envelopes
- 53) Barbecue munchie
- 54) "Hold on a \_\_\_!"
- 55) Fished or schemed
- 56) Some museum sculptures
- 58) 2016 Olympics city
- 59) Lively festivities
- 64) Ostrich cousin
- 65) Balloon used in atmospheric probes
- 66) Do some waiting?
- 67) 6-1, in tennis
- 68) "No news is \_\_\_ news!"
- 69) Rosemary's baby-daddy

### DOWN

- 1) More than most
- 2) Baby's first word, sometimes
- 3) Long time follower?
- 4) Hemingway's moniker
- 5) Lure into danger
- 6) Subject of dentistry
- 7) Bridge toll unit
- 8) Longtime Chinese chairman
- 9) Android's lack
- 10) Fools or simpletons
- 11) Perfection standard
- 12) Kentucky explorer Daniel
- 15) Scornful one
- 18) "Siddhartha" author
- 22) Not outgoing
- 23) Baby berths
- 24) Yankee legend Yogi
- 25) Working a ladle
- 27) Concerning bees
- 29) Cape \_\_\_, Mass.
- 30) Fix firmly in place
- 33) Hindu music selections
- 35) Do a salon job
- 36) "I, Robot" author Asimov
- 38) Large migratory shorebirds
- 41) "Now I see!"
- 44) Driver who's tough to pass
- 45) Show place?
- 48) Common soccer score
- 50) Be preoccupied with
- 51) Colts' moms
- 52) Japanese cartoon style
- 53) Caught, as a dogie
- 56) List type
- 57) Brain flash
- 60) Lennon's wife
- 61) Dinner table dropping
- 62) Lab eggs
- 63) John McCain is one, briefly

### OO-PS



By Timothy E. Parker

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

## South Carolina Ranked as One of the Most Dangerous States in the U.S.

Thomas Hyslip, Editor

A recent study has placed South Carolina as the sixth most dangerous state to live in the United States. The study, which assesses various metrics to determine the safety levels of each state, highlights significant concerns for residents in South Carolina.

The study compiled a list of states based on over ten different metrics, providing a comprehensive overview of where individuals are more likely to fall victim to crime, injury, or death. These metrics include

- Traffic fatalities
- Workplace injuries
- Firearm mortality
- Railway injuries
- Crimes against persons and property (including physical and sexual assault, homicide, burglary, and larceny)

According to the study, South Carolina stands out for its high rates of workplace injuries, homicides, and larceny. The state's larceny rate is alarmingly high, with 1,706.19 incidents per 100,000 people, significantly surpassing the national average of 1,369.13. Additionally, South Carolina records almost double the average homicide offenses, with a rate of 11.21 per 100,000 people compared to the national average of 5.89.

Fatal workplace injuries are another critical concern, with South Carolina's rate of 2.50 per 100,000 workers exceeding the national average of 1.94. The study's findings place South Carolina among the top ten most dangerous states, ranking it sixth. The full list, from most dangerous to least dangerous, includes:

1. New Mexico
2. Louisiana
3. Arkansas
4. Alaska
5. Missouri
6. South Carolina
7. Tennessee
8. Nevada
9. Colorado
10. Oklahoma

*One Year, From Page 1*

35, Everguard Fence Solution, Farm Fresh Carolinas, Live Active Charlotte, Bright Star Homecare, and Nash Patient Advocacy & Consulting. Their belief in our mission has been our guiding light.

We also extend our deepest gratitude to our dedicated contributing reporters: Dr. Brian Strump (Health/Fitness), Whit Sawyer (Leisure/Health), and Mike Griffith (Carolina Weather Authority). Your expertise and hard work are invaluable to our team.

As we start year two, we're filled with excitement for what's to come. We have many more stories to tell, voices to amplify, and connections to forge. We remain committed to being the go-to source for all things Tega Cay, a platform for community engagement, and a champion for local news.

Thank you for being a part of this incredible journey. Here's to another year of sunshine, community spirit, and shared stories!

Warmly,  
Thomas Hyslip and Patrick Byrne

*Balancing, From Page 5*

prioritize healthy eating and regular sessions at The Exercise Coach in Tega Cay, which has become a cornerstone of their fitness regimen.

The couple discovered The Exercise Coach over a year ago when they sought a fitness solution that fit into their busy lives. "We loved the idea of a full-body workout in only 20 minutes, twice a week," Mary explains. The initial experience was challenging. "It was a lot harder than I thought it would be," Mary admits. However, the intimate environment and the genuine warmth of the coaches immediately set The Exercise Coach apart from their previous gym experiences. Both Mary and Troy initially had specific goals—building lean muscle mass and shedding excess weight. Despite challenges such as Mary's shoulder injury and Troy's knee issues, the coaching team made the necessary accommodations.

Now, with improved muscle strength, those accommodations are no longer needed. "We've lost weight, gained muscle, and changed our body composition," Troy shares proudly. Mary adds, "No more joint pain, having more energy, and more flexibility are just a few of the benefits I've personally experienced!"

Their routine at the clean, private studio is streamlined (just 40 minutes from their home to workout completion). "It's efficient and punctual," Mary explains. The AI driven machines create precise workouts, avoiding strain or injury. "Our bodies are getting stronger and more resilient," Troy notes. "We'll keep The Exercise Coach as our foundation and keep pushing ourselves."

Their admiration for the coaches is evident. "They're amazing. They're knowledgeable, attentive, and fun to be around," said Mary. "Working out feels less like a chore and more like a social event. So much is accomplished in the short 20 minutes!" Mary adds.

What keeps them coming back? "It's so efficient that there's no excuse not to go," Troy laughs. "It's the most effective program we've ever tried. We should have started years ago!" Mary offers advice to those hesitant about starting their fitness journey: "Try it for two months. You'll be surprised at the changes you'll see and how much better you'll feel."

If you want to take Mary's advice and start now, contact The Exercise Coach to schedule two free sessions. If you mention reading their story, you'll receive \$150 off any contract you choose!

*In Health, From Page 3*

If you're suffering from pain, you have many choices. Ignoring it, is still a choice; albeit a poor one. When getting assessed for your pain, it's essential to get to the root cause of it. Pain is never the result of not having enough pain medication in your system.

In the majority of cases of non-traumatic, and repetitive stress injuries the site of pain is not the cause of the pain. The painful area is often functioning well, I'd say, too well, as it's likely compensating for another part of the body, thus being overworked and resulting in pain.

"You're only as strong as your weakest link." The brain is smart, and it finds the weakest link, and creates ways for the body to compensate in effort to avoid the "weakest link." Over time, the stress gets too great, tissue damage results, and pain is the final signal letting you know that something is not right.

Continually overriding the pain signal with medication may lead to greater damage to tissues, and can result in permanent damage.

If you or someone you know is suffering from pain, and are not getting more than just short term relief from some kind of treatment, let's get to the root cause of your pain, and eliminate it, allowing you to get back to enjoying everything you want to be doing.

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.

If you're interested in making a change in your health or simply have questions, you can learn more about Brian and his staff by visiting: [liveactiveclt.com](http://liveactiveclt.com)

*Mr. Penny Pincher, From Page 3*

As is the case with cigarettes, it has its downsides when it comes to health. The same can be said for the cost. A study conducted by [aces.edu](http://aces.edu), places the average cost of vaping a JUUL e-cigarette at \$84 a month or over \$1K per year. The cost is even higher for a refillable e-cigarette, exceeding \$1,500 per year.

According to a 2023 survey conducted by Bankrate.com, only 44% of Americans have enough savings to cover an unexpected \$1,000 expense. Some of these people most likely smoke or vape. By kicking the habit, not only would it be better for their health, it may be easier for them to pay for that unexpected car repair.

For the most part, smokers are vilified and ostracized from society. That was actually the inspiration for this article. I saw a smoker and a vaper (not sure that's a word) standing under a tree, puffing away. They were about 50 yards away from their workplace, shamefully holding the cigarette or vape device to their mouths as a light drizzle came down on their heads.

I thought to myself, "you're spending money on this?" I'm fully aware that nicotine is addictive and it's extremely difficult to break the habit. For my wallet and my sanity, I'd definitely have to try, really hard.

Might I recommend a nice chocolate addiction. It's cheaper and perfectly acceptable in society. You can even eat a chocolate bar inside your workplace, nobody cares.

Ironically enough, I actually used to eat chocolate flavored cigarettes as a kid.

Come to think of it, maybe that's how my addiction started.

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