

Tega Cay Sun

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December 2024

Bold Vision for Tega Cay Main Street Project Revealed



Patrick Byrne, Editor

TEGA CAY, S.C. — The City of Tega Cay is poised to transform a vacant expanse of land off Stonecrest Boulevard and Dam Road into a vibrant, mixed-use community with the launch of the new Main Street project. The plans, unveiled at the city council meeting last night, have been described as a “once-in-a-lifetime” opportunity to create a dynamic live-work-play neighborhood that will serve as a centerpiece for the city.

The ambitious plan includes a balanced mix of residential spaces, community-focused retail, office areas, and amenities. At its heart will be a large public park, emphasizing walkability and green spaces.

Key Benefits of the Main Street Project:

Environmental Revitalization: Restores underutilized land into a thriving community asset.

Community Impact: Establishes a pedestrian-friendly neighborhood, enhancing connectivity and lifestyle.

Economic Growth: Provides much-needed housing, job creation, and boosts local economic activity.

The development will include 150 townhomes and single-family residences, 225 multifamily units, and over 100,000 square feet of commercial space. With an estimated investment of \$250–\$300 million, the project is expected to generate more than 1,000 direct and indirect jobs and contribute approximately \$275 million

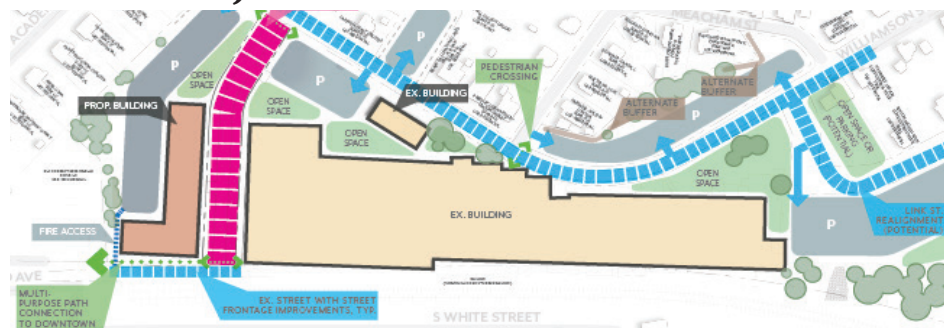
See Main Street, Page 7

Fort Mill’s Downtown Revitalization: Proposed Mixed-Use Development and Potential Trader Joe’s

Thomas Hyslip, Editor

Fort Mill’s downtown area may soon see a dramatic transformation as a new mixed-use development proposal aims to revitalize the historic Luna Cotton Mill, also known as the White Plant. The project, introduced during the November 11, 2024, Town Council meeting, seeks to rezone approximately 15.9 acres) from General Industrial (GI) and R-10 One Family Residential Districts to Mixed-Use Development (MXU).

The ambitious plan, led by

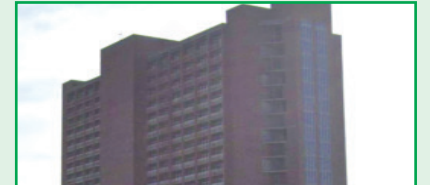


developer Unique USA, Inc., would convert the historic mill into a vibrant community combining residential and commercial spaces. Key features of the proposal include:

147 residential units within the existing mill structure, maintaining its historic architectural character. Construction of a new building along Watson Street, adding up to

See Trader Joe’s, Page 7

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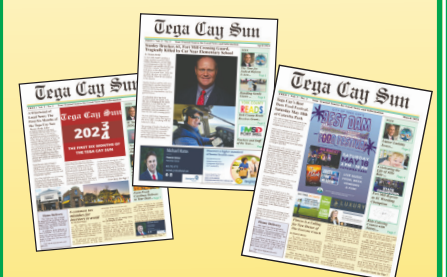


Dominic Impens Named Scholastic All-American

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The Exercise Coach

York County and MorningStar Church Reach Settlement on Fate of Fort Mill's Heritage Tower After 12-Year Legal Battle

Thomas Hyslip, Editor



MorningStar Fellowship Church and York County have reached a settlement, concluding a 12-year legal dispute over the unfinished 21-story Heritage Tower in Fort Mill, South Carolina. The agreement, finalized on October 9, 2024, outlines specific timelines for the church to either renovate or demolish the structure.

Settlement Details:

Building Permit Application:

MorningStar is required to apply for a building permit within 18 months, demonstrating that the Heritage Tower can meet current building codes.

Demolition Timeline: If the church fails to secure the necessary permits within the stipulated period, it must demolish the tower within the following nine months.

County Intervention: Should MorningStar not comply with these terms, York County is authorized to demolish the tower at the church's expense.

The Heritage Tower was originally part of Jim Bakker's Heritage USA, a Christian theme park that operated from 1978 until its closure in 1989 amid financial and legal troubles. MorningStar acquired the property in 2004, intending to complete the tower. However, disagreements over development plans led to prolonged litigation between the church and the county.

In 2012, MorningStar filed a lawsuit against York County over disputes related to the tower's repair plans. The church alleged religious discrimination in a subsequent 2018 lawsuit. By 2020, both parties had agreed to dismiss ongoing legal actions, but new disputes arose in 2021 when MorningStar announced renovation plans, prompting the county to file another lawsuit.

The recent settlement aims to resolve these longstanding issues, providing a clear framework for the future of the Heritage Tower.

Reclaiming Your Health After 40: Insights from a Registered Dietitian

Kim Liles, The Exercise Coach

As we age, maintaining a healthy weight and lifestyle becomes increasingly challenging. For those over 40, slower metabolism, changing hormones, and years of dietary habits can make it feel like a constant uphill battle. But with the right approach, lasting change is possible—especially when you combine proper nutrition with the power of strength training.

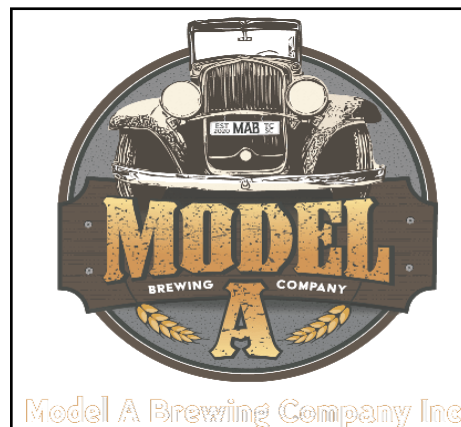
As the owner of The Exercise Coach in Tega Cay, I want to ensure my clients have access to all the resources they need to achieve their health and fitness goals. While our strength training studio focuses on building muscle, improving metabolism, and enhancing overall health, I recognize that some clients need more support, accountability, and a deeper understanding of nutrition to truly thrive.

That's why I sought out a trusted local Registered Dietitian like Patrick Zeoli, a dedicated expert who has spent his career helping people, particularly those over 40, take control of their health through personalized, evidence-based nutrition guidance. His approach is empowering and a perfect complement to the work we do at our studio.

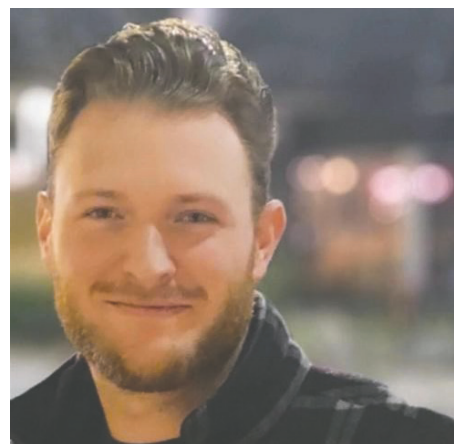
For Patrick, becoming a dietitian wasn't a single "light bulb" moment. It was a natural intersection of his passion for helping others, his love of food, and his interest in science. "As a kid, I dreamed of being a chef, but in high school, I discovered a love for science, which led me to nutrition and dietetics," he shares.

Becoming a registered dietitian requires years of education, supervised practice, and passing a licensing exam—skills that set him apart from the more general term "nutritionist." As a licensed healthcare professional, Patrick offers medical nutrition therapy, a level of expertise that comes with years of training and continuing education.

See Dietitian, Page 7



Jonathan Krieger, 31, Tega Cay, SC



Andrew Jonathan Krieger, age 31, of Tega Cay, SC, passed away on Saturday, November 2, 2024, at home.

The family is hosting a celebration of life from 4PM-6PM on Wednesday, November 6, 2024, at Wolfe Funeral Home. A gathering will be held at Hoppin' RH on Sunday, November 10, 2024, from 12-5PM.

Born in Louisville, KY, he was the son of Christopher Curt Krieger and Katherine Curtis Krieger. He was a graduate of the University of South Carolina with an undergraduate degree in music education where he received a performance certificate in oboe. He was a brother of Phi Mu Alpha Sinfonia and was a proud member of The Sons Of The American Revolution. He was an employee of Fort Mill School District where he was an associate band director at Nation Ford High School. He enjoyed golfing, teaching music, making everyone around him laugh, and he had an amazing sense of humor. He enjoyed cooking and entertaining all of his family and friends and loved for everyone to be together. Most importantly to Andrew was spending time with his family. He was loved by all and will be deeply missed.

Surviving is his wife, Alexis Smith Krieger; his children, Vance Carter Krieger, Ava Grace Krieger; his brother Matthew Christopher Krieger and his parents.

Condolences: www.wolfefuneralhome.com.

TEGA CAY SUN

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Editor/Ad Sales

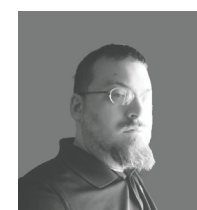
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Join us for the Annual Tree Lighting and Free Horse & Carriage Rides at The Shore Club!

Thursday, December 5th starting at 5 pm

Food & Drink Specials
Live Music by Rod Fiske (6pm - 9pm)

Sponsored by The Shore Club and City of Tega Cay

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Doors Open @ 7 pm

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SANTA IN THE CAY

SATURDAY, DEC 21

Santa will be visiting Tega Cay for his annual meeting with the Tega Cay Fire Department! The children of Tega Cay will have the chance to catch a glimpse of Santa practicing his street runs alongside the Fire Department. The exact streets that he will visit remains a mystery, be sure to keep an eye out starting at 8 am!

For updates on Santa sightings, check the City of Tega Cay Fire Department's Facebook page!




Celebrate New Year's Eve with

MARVELUS

8:30 pm - 12:00 am • Doors open at 7:30 pm

Rock in 2025 at The Shore Club!

Three course buffet dinner • \$75 ticket includes seated reservation • \$40 ticket for standing room • Cash bar

TICKETS: freshtix.com/events/rockin2025

Email tables@shoreclubspecialevents.com AFTER purchasing tickets, for special seating

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Get your tickets now for the New Year's Eve party, featuring MarvelUS, only at The Shore Club in Tega Cay! Let's ring in 2025 with a night to remember! MarvelUS will keep the Glennon Center rocking all evening!

<https://www.freshtix.com/events/rockin2025>

Model A Brewing 4th Anniversary Celebration

WARRICK MCZEKE 12-00PM

CELEBRATING 4 Years ANNIVERSARY 7TH DECEMBER MODEL A BREWING

Anniversary Beer Release

SANTA'S BINGO



Model A Brewing is raising a toast to four fantastic years of brewing excellence and community connection with a celebration on Saturday, December 7th. The day promises something special for everyone, from Santa-themed fun to live music and a brand-new anniversary beer release.

When and Where:

Date: Saturday, December 7, 2024
Doors Open: 9:45 AM

Location: Model A Brewing
Family Fun and Prizes: Kicking off the festivities at 10:00 AM is Santa's Bingo with the one and only Bingo Shane. With nearly \$2,000 worth of prizes tailored for kids, this event is a must for families looking to start the holiday season with a bang.

Live Entertainment Lineup:

12:00 PM: Warrick McZeke, a Nashville recording artist, and his band will take the stage to energize the afternoon.

4:00 PM: Darren Deese, a fan favorite, will keep the crowd entertained into the evening. Stay Warm in Style: Don't let the winter chill keep you away! Model A Brewing has made sure everyone stays cozy with outdoor heaters under the newly installed pergola, along with commemorative blankets and winter hats available for purchase.

Exclusive Anniversary Beer Release: The event wouldn't be complete without a special brew crafted just for this milestone. Brewmaster Professor Jones has created a unique beer to celebrate the occasion, a must-try for beer enthusiasts.

Join the Celebration: This is more than just an anniversary; it's a community gathering to celebrate four years of great beer, camaraderie, and unforgettable moments.

UPCOMING EVENTS 2024

DEC 2ND

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

DEC 16TH

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

DEC 25TH

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

TUE. Weekly

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

THUR. Weekly

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

WED-SAT. Weekly

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

Saturdays Bi-Weekly

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

Last WED. Monthly

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

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Tega Cay Sun

PRESS
S.C. Press Association

Public Notices

We now offer public notices IAW 15-29-80 S.C. Code Ann. (1976). If you are legally required to provide public notice, please contact us and we will assist you with meeting your requirements.



Buzz around Town



Find Your Perfect Christmas Tree at Local Farms This Holiday Season



Patrick Byrne, Editor

As the holiday season approaches, families across our region are preparing to deck their halls—and what better way to start than by choosing the perfect Christmas tree from a local farm? Several area farms are offering fresh-cut and choose-and-cut Christmas trees along with festive extras to make the experience special.

Cherry Place Farm - Rock Hill

Established in 1940, Cherry Place Farm features premium Fraser Fir Christmas trees fresh from North Carolina, starting the day after Thanksgiving. On-site handmade wreaths are also available from \$25.

Penland Christmas Tree Farm - York

Enjoy a hands-on experience with choose-and-cut options like Leyland Cypress and Virginia Pine. Family-friendly activities include hayrides, marshmallow roasting, and free hot chocolate.

Lutz Christmas Tree Farm - Clover

Since 2006, Brian and Jamie Lutz have been offering tree selections alongside homemade goodies like jam and salsa. Warm up with complimentary hot chocolate while you shop.

Smith Woods Christmas Tree Farm - Clover

This family-run farm offers Leyland Cypress and pre-cut Fraser Firs, plus wreaths and greenery.

Flint Hill Elementary School Principal Announced



Thomas Hyslip, Editor

The Fort Mill School District is excited to announce the selection of Michelle Gritz as the Flint Hill Elementary School Principal. Ms. Gritz has served as Principal of Sugar Creek Elementary School since 2013.

Ms. Gritz's career is deeply rooted in the Fort Mill School District. She began as a second-grade teacher at Springfield Elementary School before advancing to assistant principal, a role she held both at Springfield and, later, at Sugar Creek Elementary when it opened in 2009.

Ms. Gritz holds a Bachelor's degree in Early Childhood Education, a Master's degree in Reading, and a certification in Educational Leadership, all from Winthrop University. Originally from Miami, Ms. Gritz grew up in a bilingual household and is fluent in Spanish, an asset that strengthens her ability to connect with and support our diverse community.

Flint Hill Elementary School is scheduled to open in August, 2025.

"I'm excited to open Flint Hill Elementary and work with our staff, students, and families to build a positive, engaging school community," Ms. Gritz said.

Nation Ford High School Named Lighthouse School



Thomas Hyslip, Editor

Nation Ford High School has been recognized by the National Blue Ribbon Schools of Excellence organization as a 2024 Blue Ribbon Lighthouse School.

The Lighthouse School distinction comes after extensive surveys and a two-day site visit, where classrooms were observed and students, parents and teachers were interviewed.

Lighthouse Schools excel in nine categories, including:

- Student Focus and Support
- School Organization and Culture
- Challenging Standards and Curriculum
- Active Teaching and Learning
- Technology Integration
- Professional Community
- Leadership and Educational Vitality
- School, Family, and Community Partnerships
- Indicators of Success

Designation as a Blue Ribbon Lighthouse School lasts for five years, at which time the school will be eligible for renewal.

New Postal Annex Opens in Fort Mill, SC, Offering Comprehensive Shipping and Business Services

Thomas Hyslip, Editor



The Fort Mill Postal Annex offers a robust selection of services tailored to meet the needs of the local community. Customers can enjoy private mailbox rentals, notary public services, and shipping options through major carriers such as UPS, FedEx, and USPS. Additionally, the store provides copy and printing services, passport photos, faxing, and a variety of packaging supplies. Expert packing assistance is also available, ensuring customers' items are securely and efficiently prepared for shipment.

Humair, the franchise owner of the new location, shared his excitement about bringing Postal Annex to Fort Mill:

"I was looking to start my own business and was considering a few different opportunities when I saw that a Postal Annex franchise was available. I'm excited to help people with their shipments and to be a local resource for the community. I want this to be a place where customers know they can find what they need and make their lives easier."

Address:
Postal Annex
1726 Gold Hill Rd
Fort Mill, SC 29708

Store Hours:
Monday–Friday: 8:00 AM – 6:00 PM
Saturday: 10:00 AM – 5:00 PM
Sunday: Closed



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Saturday, December 7th at 18:00. The Waltz will begin at 19:30.
Formal Event | Golden of Fire Raffle | House Best Dressed Contest
Best Dressed Prize Valued at \$1,000
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Fort Mill High Yellow Jackets Sweep 2024 SC State Cross-Country Titles!

Thomas Hyslip, Editor



The Fort Mill High School Boys and Girls Cross Country teams secured the 5A Division 2 state championship at the SCHSL AAAAA State Championship on November 21, 2024, at The Farm XC Course in Newberry, South Carolina. The Fort Mill runners' placements were as follows:

Boys Race:

- 2nd place Isaac Campbell. 15:59.19
- 10th place Owen Ware. 16:48.52 10
- 11th place Hudson Haley. 16:49.70
- 21st place Finn Leckrone. 17:12.43
- 29th place Zack Larner. 17:26.95
- 33rd place Tanner Helms. 17:30.92

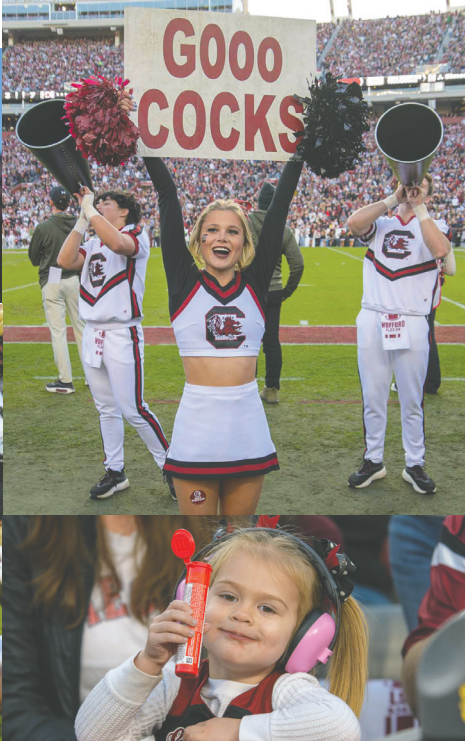
Girls Race:

- 5th place Alivia Cleveland. 19:40.70
- 6th place Ella Demmerle. 19:46.01
- 7th place Avery Moriarty. 19:46.69
- 8th place Mia Zook. 19:48.91
- 13th place Kaylee Rovenstine. 20:08.34
- 17th place Sara Davis. 20:13.81
- 22nd place Marlee Cook. 20:38.56

Photo Gallery

Gamecocks Wreck Wofford

Chris Coffee, Sports Reporter



Fort Mil Swimmer Dominic Impens Named Scholastic All-American

Thomas Hyslip, Editor



Dominic Impens, a standout swimmer from Fort Mill High School, has been named a Scholastic All-American by USA Swimming, an honor awarded to just 1,790 student-athletes nationwide. This recognition celebrates those who excel both academically and athletically, with Impens being one of only 24 students from South Carolina to earn the accolade in 2024.

The requirements for this prestigious honor include maintaining a GPA of 3.5 or higher on a 4.0 scale during the qualifying year and achieving a junior national swim qualifying time or higher. Impens has exceeded these rigorous standards, demonstrating his exceptional commitment to both the classroom and the pool.

A Tega Cay resident, Impens is a cornerstone of the Fort Mill High School Boys Swim Team, which earned second place at the South Carolina High School League State Championship meet. He also competes for the YMCA of Upper Palmetto Rays, where he continues to shine as a top performer. At the state championship meet, Impens earned the coveted Palmetto's Finest Award, an honor reserved for swimmers who win four gold medals in a single meet. He shared this distinction with one of his best friends and teammate, Turner Wiand.

Impens further cemented his legacy by breaking a longstanding state record in the 100-yard breaststroke, posting an extraordinary time of 56.15 seconds and surpassing a record that had stood since 2007.

Fort Mill High School Swim Coach Cindy VanBuskirk spoke highly of Impens' achievements: "This is a well-deserved honor and recognition for Dominic. His dedication and diligence in the classroom and with the sport of competitive swimming is exceptional. I thoroughly enjoy coaching this

Athletes of the Week

FORT MILL HIGH SCHOOL ATHLETE OF THE WEEK
OWEN WARE
 CROSS COUNTRY | FRESHMAN
 16:08.5K TIME @ STATE QUALIFIER

FORT MILL HIGH SCHOOL ATHLETE OF THE WEEK
NOAH HARDY
 FOOTBALL | SOPHOMORE
 3/3 FG (48 YARDS, 33 YARDS, 22 YARDS), 3 TOUCHBACKS, AND 1 SUCCESSFUL ONSIDE KICK

FORT MILL HIGH SCHOOL ATHLETE OF THE WEEK
EMILY RIMMER
 TENNIS | SENIOR
 REGION PLAYER OF THE YEAR!! UNDEFEATED 12-0 ON THE SEASON!

FORT MILL HIGH SCHOOL ATHLETE OF THE WEEK
DOMINIC IMPENS
 SWIM | JUNIOR
 STATE CHAMP, WINNING GOLD IN 4 EVENTS! 200 MEDLEY RELAY, 100 FREE, 100 BREAST, 400 FREESTYLE

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

amazing student-athlete during his high school seasons. I have no doubt that Dominic will continue to succeed both in and out of the pool! I look forward to watching his future endeavors."

Jon "Big Show" Mengerling, Head Coach and Executive Director of Competitive Aquatics for the YMCA of Upper Palmetto, echoed similar sentiments: "Given the time requirements and dedication required to excel in both the pool and the classroom, this is truly an honor of the highest order from USA Swimming. Dominic is an incredible young person, and his ability to balance expectations and performance in the classroom and the pool is truly inspiring. Dominic is an important member of our Rays program at the YMCA of Upper Palmetto and displays that commitment to his academics and swimming through his hard work, diligence, and leadership every day. I am so proud of Dominic for this incredible accomplishment and recognition."

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 Franchise Owner
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Charlie's Crossword Puzzle

ACROSS

- 1) Make pigtails
- 6) Trendy place to go downhill
- 11) Agent for trips?
- 14) Wavelike design
- 15) Brahman, for one
- 16) Ring bearer, often
- 17) Busy bodies?
- 19) Card to keep
- 20) Apple leftover
- 21) "Four" at the fore
- 23) Movie theater purchase
- 27) Knight to remember
- 29) Many have chapters
- 30) Erase
- 31) Claims on homes, e.g.
- 32) Chops finely
- 33) Nipper's co.
- 36) Darned thing
- 37) This makes five in this puzzle
- 38) Broadway star Verdon
- 39) Hurricane heading, sometimes
- 40) Popular game
- 41) Beside
- 42) California county
- 44) Far from eager
- 45) Opens a map
- 47) More expressionless, as a stare
- 48) Hauled away
- 49) Exec, in slang
- 50) "How was ___ know?"
- 51) Computer user's locale
- 58) Dog that's far from a purebred
- 59) Arctic inhabitant
- 60) Event with cowboys and lassos
- 61) Inquire
- 62) Requires
- 63) Brenda who was drawn out

DOWN

- 1) Mercedes competitor
- 2) "Winnie-the-Pooh" baby
- 3) Requirement for a useful balloon
- 4) Aggravate
- 5) Some church officers
- 6) Squash type
- 7) Ad headline, often
- 8) Letters on tires
- 9) "Yadda, yadda, yadda"
- 10) Snuggles down
- 11) It's done in some tanneries
- 12) Pelvic bones
- 13) Apprehension
- 18) ___ d'oeuvre (appetizer)
- 22) "Dig in!"
- 23) Sign of life
- 24) Bermuda vegetable
- 25) Complicated, eccentric person
- 26) Bop on the head
- 27) Little leapin' lizard
- 28) Pub offerings
- 30) Funeral hymn
- 32) Ding-___ (doorbell sounds)
- 34) Perfume by burning
- 35) Rage
- 37) Breeze component
- 38) Hidden valley
- 40) Variety of apple
- 41) Images representing posters
- 43) Lobster eggs
- 44) Came down to earth
- 45) Central New York town
- 46) "We didn't do it!"
- 47) Some sculptures
- 49) Prepare to crash
- 52) Half and half
- 53) Have regrets
- 54) "Sesame Street" viewer
- 55) Potato state (abbr.)
- 56) "___ the ramparts ..."
- 57) Word partnered with "neither"

IN LABOR

By Timothy E. Parker

1	2	3	4	5		6	7	8	9	10		11	12	13
14						15						16		
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[Answers at tegacaysun.com/answers](http://tegacaysun.com/answers)

Dietitian, From Page 2

One of the key aspects of Patrick's practice is that every nutrition plan is as unique as the person it's designed for. "Everyone's body is different. What works for one person might not work for another," he explains. When working with clients over 40 who are looking to lose weight, his focus is on sustainable changes rather than quick fixes. "It's about consistency and making choices that fit your life," he says.

A common misconception he encounters is that there's one "perfect" diet for everyone. In reality, nutrition is deeply personal. "What matters most is finding a plan that aligns with your preferences, lifestyle, and health goals," Patrick says. He also warns against jumping on the latest fad diet bandwagon. "Avoid diets that deprive the body of essential nutrients and that you can't maintain long-term. I also try to focus a lot on food awareness with the hope of finding the root cause as to why someone has the relationship with food that they do."

While nutrition is vital, Patrick emphasizes that strength training is just as important—especially for those over 40. As we age, we naturally lose muscle mass, which slows down metabolism and makes it harder to maintain a healthy weight. "Strength training is key to preserving muscle, boosting metabolism, and enhancing overall well-being," he says.

Perhaps the most rewarding part of Patrick's work is seeing clients transform their health. One of his most inspiring success stories involves a client who lost

over 130 pounds in two years. "He focused on eating more protein and fiber-rich foods—things he enjoyed. Over time, his diabetes improved, his cholesterol dropped, and his prescriptions were reduced," Patrick says. "The best part is when he tells me he finally feels in control of his health again."

As we age, staying on track with healthy eating habits becomes more and more essential. Patrick recommends a few simple strategies to improve health and vitality:

Prioritize protein: Protein helps with muscle maintenance, satiety, and metabolism.

Incorporate fiber: Include vegetables, fruits, nuts, and whole grains to improve digestion and heart health.

Cook at home: Preparing meals gives you control over ingredients and portion sizes.

Shop the perimeter of the store: Stick to fresh produce, meats, and dairy, while limiting processed foods.

Limit soda and alcohol: These empty calories can add up quickly.

Strength train: Engage in physical activity at the right intensity for you, at least twice per week.

At the heart of Patrick's philosophy is the idea that food is medicine. "Many chronic diseases, like obesity and diabetes, are directly linked to what we eat," he explains. By focusing on personalized nutrition and making sustainable changes, Patrick believes we can drastically improve our healthcare system.

Healthy Living with Dr. David: Walk for Stronger Joints and Happier Muscles

Dr. David Hall

In our fast-paced world, it's easy to overlook the simplest forms of exercise that can yield profound benefits. Walking, a natural and accessible activity, can transform your body in numerous ways, leading to stronger joints and happier muscles. Here, we'll explore the benefits of walking and how it can support your journey toward better health.

The Benefits of Walking

1. Improves Joint Health

Walking is a low-impact (and low cost) exercise that helps to maintain and improve joint function. Regular walking encourages the production of synovial fluid, which lubricates the joints and reduces stiffness. This is particularly beneficial for individuals suffering from arthritis or joint pain. By incorporating walking into your daily routine, you can strengthen the muscles around your joints, providing better support and stability.

2. Enhances Muscle Strength and Endurance

Walking engages virtually every muscle group, especially those in the low back, legs, hips, and core. Over time, this engagement helps build muscle strength and endurance. Regular walking can enhance your posture, reduce the risk of injury, and improve overall physical performance. Stronger muscles also contribute to better balance, which is essential for preventing falls as we age.

3. Boosts Mood and Mental Health

The benefits of walking extend beyond physical health; it also positively impacts mental well-being. Walking has been shown to release endorphins, the body's natural mood lifters. Whether you're taking a leisurely stroll in your neighborhood or hitting the trails, walking can help reduce stress, anxiety, and symptoms of depression. This boost in mood can also encourage a more active lifestyle, further contributing to overall health.

4. Promotes Cardiovascular Health

Regular walking can improve cardiovascular health by lowering blood pressure, improving circulation, and reducing

the risk of heart disease. As a moderate aerobic activity, walking strengthens the heart and lungs, enhancing their efficiency. Consistency is key—aim for at least 150 minutes of moderate-intensity walking each week for optimal heart health.

5. Aids Weight Management

Walking can be an effective component of any weight management plan. By incorporating regular walks into your routine, you can burn calories and promote fat loss while building lean muscle mass. It's a sustainable and enjoyable way to maintain a healthy weight without the need for intense workouts. Regular walking can even help promote healthier bowel movements.

Walking can be a transformative activity leading to stronger joints, happier muscles, and improved overall health. By incorporating regular walking into your routine, you can enjoy the myriad of benefits it offers.

If you're looking to enhance your walking experience and address any physical limitations, Hall Chiropractic in Tega Cay is here to help. Together, we can blaze a trail to a healthier, more active you. Start your journey today, one step at a time!

Dr. David Hall is the owner of Hall Chiropractic Center. With over 35 years of experience, Dr. Hall is proud to serve the residents of Tega Cay and Fort Mill. Book a free consultation online today!

Trader Joe's, From Page 1

78 additional residential units. The inclusion of commercial spaces designed to bring new retail and dining options to the area, potentially including a highly anticipated Trader Joe's grocery store.

The redevelopment would not only preserve a piece of Fort Mill's history but also provide much-needed housing and retail opportunities, enhancing the vibrancy of the downtown area. Officials confirmed ongoing discussions with Trader Joe's, signaling the potential for the beloved grocery retailer to open a location at the site if the project is approved.

Town Council members voted to defer a decision on the rezoning request until their first meeting in January 2025, giving the community and officials additional time to evaluate the proposal. If approved, the development would represent a significant step forward in Fort Mill's downtown revitalization efforts, blending historical preservation with modern amenities.

"This proposal has the potential to breathe new life into one of Fort Mill's most iconic landmarks while meeting the growing demand for housing and retail," said a council member. "It's an exciting opportunity for our town."

The development aligns with Fort Mill's broader strategy to enhance its appeal as a vibrant community, offering a mix of historical charm and modern conveniences. Residents and stakeholders eagerly await the January vote, which could pave the way for a transformative project that reshapes downtown Fort Mill.

Main Street, From Page 1

Timeline for Completion:

- Site Development (West Side): Begins Spring 2025, completed by Fall 2025.
- Marketplace Delivery & First Residential Occupancy (West Side): Winter/Summer 2026.
- Site Development (East Side): Begins Fall 2025, completed by Spring 2027.
- Commercial and Residential Deliveries (East Side): Spring/Winter 2028.

With the first phases set to begin in 2025, residents and stakeholders eagerly anticipate the transformation of Main Street into a cornerstone of modern living and commerce.



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BINGO GO

15	20	1	10	19	19
25	44	40	18	63	53
37	60	★	13	30	0
33	5	27	48	53	3
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