



## FOND FAREWELL to our friends at 10MARKET

The Habersham community is bidding adieu to a beloved Marketplace favorite. Chef Tyler Slade and the 10Market crew have delighted us with their culinary treasures for over 6 years now. We wish them all good fortune as their head into their next adventures and we are all excited to see what will come next to this lovely space in our Marketplace.



### A NOTE FROM OUR FRIENDS at THE FRIENDS OF CAROLINE HOSPICE

*With thanks to Linda Thompson*

I am honored to introduce you to the Friends of Caroline Hospice's (FOCH) Red Door

Thrift Store. Located at 1100 Ribault Road (next to the Dollar General), the thrift store offers a variety of items such as furniture, books, household items, clothing, jewelry, etc. You never know what kind of unique item you might find there.

The store is staffed by wonderful volunteers who sort, price and stock the items that have been donated. Due to the generosity of those who donate, we have a volunteer who researches some of the items that are given because of their value. For example, we have Ferragamo and Chanel shoes from the 50's, barely worn, donated by a family who was cleaning out a parent's home. Items with this kind of value are available through our Ebay "store".

In May of 2020, FOCH had the thrift store's truck here in the Habersham Marketplace so that people could donate easily. Our drivers even went directly to some homes to pick up bigger pieces such as furniture, tools, etc.

With Spring just around the corner, Spring cleaning will come as well so we will be bringing the truck back to the Marketplace in April. Look for the date and time to be published soon on Next Door.

In the meantime, if you have items you would like to donate now you may do so by dropping them off at the store or, as some of you have done in the past, on my porch and I will see that



they are delivered to the store. I cannot begin to tell you how many wonderful items have been left on my porch and we are so appreciative.

Store hours are Mon-Fri from 10AM to 4PM and Sat 10AM to 3PM and can be reached at 843-525-9430 or by visiting their website at [www.foch.org](http://www.foch.org) and clicking on the Thrift Store tab. And remember, by donating to a non-profit organization, your donations are eligible for a tax deduction - so be sure to request a tax receipt.

Be on the lookout for our Marketplace event announcement in the next few months as well as articles from the staff of Friends of Caroline Hospice.

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## A BRIEF HISTORY OF MARCH MADNESS

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The first NCAA Division I men's basketball tournament was played in 1939. It had eight teams: Oregon, Texas, Oklahoma, Utah St., Villanova, Brown, Wake Forest, Ohio St.

In 1939, the Oregon Ducks went 29-5 on the season and beat Ohio State 46-33 to win the national title in the first NCAA tournament.



1939 Ohio State Center John Schick

The NCAA tournament field grew to 16 teams in 1951, doubled to 32 in 1975 and expanded to its current size of 64 teams in 1985.

An opening-round game was introduced in 2001. Three more games were added to that round in 2011 for the inaugural First Four.

“March Madness” was first used to refer to basketball by an Illinois high school official,

Henry V. Porter, in 1939, but the term didn't find its way to the NCAA tournament until CBS broadcaster Brent Musburger (who used to be a sportswriter in Chicago) used it during coverage of the 1982 tournament. The term has been synonymous with the NCAA Division I men's basketball tournament ever since.

“One Shining Moment” is the anthem of March Madness. The song was written by David Barrett in 1986, and first used for the NCAA men's basketball tournament in 1987. After each tournament, the song accompanies a montage of the best moments of March Madness, from every buzzer beater and major upset to reactions of the fans themselves.

Believe it or not, the NIT (1938) was actually founded before the NCAA tournament. The NIT field is now usually made up of teams that miss the NCAA tournament.

University of Maryland, Baltimore County owns the biggest upset in March Madness history, becoming the first 16-seed to win against a 1-seed. UMBC's 74-54 win over 1-seed Virginia in the 2018 NCAA tournament was the first time in the history of the tournament that a 16 seed beat a 1 seed, after the 1 seeds were a perfect 135-0 through college basketball

history. Hard to find a bigger underdog than that.



The 16-seed upset was seen as virtually impossible, and not only did UMBC pull it off against the top overall seed of the tournament, the game wasn't even close, with a final margin of 20 points. That'll get you to the top of the list of March Madness upsets. In a twist of fate, Virginia redeemed themselves the following year winning the national championship in 2019.

Duke owns the largest comeback and second-largest lead blown in NCAA tournament history.

The 2001 Blue Devils stormed back to beat Maryland after being down 22 points while Duke's 1989 team lost despite leading Seton Hall by 18.

Christian Laettner (Duke), is the NCAA tournament's all-time leading scorer with 407 points. Only nine players have more than 300 points in March Madness.

Notre Dame's Austin Carr is not among the nine, but he holds the NCAA tournament's single-game scoring record with 61 points in a 1970 game against Ohio.

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Loyola Marymount is part of the three highest scoring games in NCAA tournament history. The Lions' 149-115 win over Michigan in 1990 is the highest scoring game in March Madness.

There have been 80 NCAA tournaments since 1939. Kentucky has the most NCAA tournament appearances with 57, followed by North Carolina with 49.

Kentucky leads the way with the most tournament wins. The Wildcats have 129 NCAA tournament wins, for an average of 2.2 wins per appearance. The Tar Heels are right behind with 126 wins, or 2.5 per appearance.

In the 81 years since the tournament's inception, 36 different teams have won a championship, but no team has won more than UCLA, which has 11, 10 of which came in a span of 12 years from 1964 to 1975.

Duke coach Mike Krzyzewski, has the most tournament wins and picked up win number 97 in the 2019 tournament. That's 18 wins ahead of the second-place coach — North Carolina's Roy Williams.

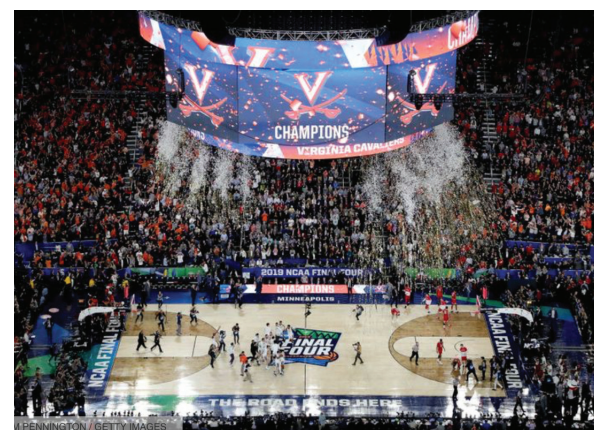


YEAR	CHAMPION (RECORD)	COACH	SCORE	RUNNER-UP
2019	Virginia (35-3)	Tony Bennett	85-77 (OT)	Texas Tech
2018	Villanova (36-4)	Jay Wright	79-62	Michigan
2017	North Carolina (33-7)	Roy Williams	71-65	Gonzaga
2016	Villanova (35-5)	Jay Wright	77-74	North Carolina
2015	Duke (35-4)	Mike Krzyzewski	68-63	Wisconsin
2014	Connecticut (32-8)	Kevin Ollie	60-54	Kentucky
2013	Louisville (35-5)*	Rick Pitino	82-76	Michigan
2012	Kentucky (38-2)	John Calipari	67-59	Kansas
2011	Connecticut (32-9)	Jim Calhoun	53-41	Butler
2010	Duke (35-5)	Mike Krzyzewski	61-59	Butler
2009	North Carolina (34-4)	Roy Williams	89-72	Michigan State
2008	Kansas (37-3)	Bill Self	75-68 (OT)	Memphis
2007	Florida (35-5)	Billy Donovan	84-75	Ohio State
2006	Florida (33-6)	Billy Donovan	73-57	UCLA
2005	North Carolina (33-4)	Roy Williams	75-70	Illinois
2004	Connecticut (33-6)	Jim Calhoun	82-73	Georgia Tech
2003	Syracuse (30-5)	Jim Boeheim	81-78	Kansas
2002	Maryland (32-4)	Gary Williams	64-52	Indiana
2001	Duke (35-4)	Mike Krzyzewski	82-72	Arizona
2000	Michigan State (32-7)	Tom Izzo	89-76	Florida
1999	Connecticut (34-2)	Jim Calhoun	77-74	Duke
1998	Kentucky (35-4)	Tubby Smith	78-69	Utah
1997	Arizona (25-9)	Lute Olson	84-79 (OT)	Kentucky
1996	Kentucky (34-2)	Rick Pitino	76-67	Syracuse
1995	UCLA (31-2)	Jim Harrick	89-78	Arkansas
1994	Arkansas (31-3)	Nolan Richardson	76-72	Duke
1993	North Carolina (34-4)	Dean Smith	77-71	Michigan
1992	Duke (34-2)	Mike Krzyzewski	71-51	Michigan
1991	Duke (32-7)	Mike Krzyzewski	72-65	Kansas
1990	UNLV (35-5)	Jerry Tarkanian	103-73	Duke
1989	Michigan (30-7)	Steve Fisher	80-79 (OT)	Seton Hall
1988	Kansas (27-11)	Larry Brown	83-79	Oklahoma
1987	Indiana (30-4)	Bob Knight	74-73	Syracuse
1986	Louisville (32-7)	Denny Crum	72-69	Duke
1985	Villanova (25-10)	Rollie Massimino	66-64	Georgetown
1984	Georgetown (34-3)	John Thompson	84-75	Houston

YEAR	CHAMPION (RECORD)	COACH	SCORE	RUNNER-UP
1983	North Carolina State (26-10)	Jim Valvano	54-52	Houston
1982	North Carolina (32-2)	Dean Smith	63-62	Georgetown
1981	Indiana (26-9)	Bob Knight	63-50	North Carolina
1980	Louisville (33-3)	Denny Crum	59-54	UCLA
1979	Michigan State (26-6)	Jud Heathcote	75-64	Indiana State
1978	Kentucky (30-2)	Joe Hall	94-88	Duke
1977	Marquette (25-7)	Al McGuire	67-59	North Carolina
1976	Indiana (32-0)	Bob Knight	86-68	Michigan
1975	UCLA (28-3)	John Wooden	92-85	Kentucky
1974	North Carolina State (30-1)	Norm Sloan	76-64	Marquette
1973	UCLA (30-0)	John Wooden	87-66	Memphis State
1972	UCLA (30-0)	John Wooden	81-76	Florida State
1971	UCLA (29-1)	John Wooden	68-62	Villanova
1970	UCLA (28-2)	John Wooden	80-69	Jacksonville
1969	UCLA (29-1)	John Wooden	92-72	Purdue
1968	UCLA (29-1)	John Wooden	78-55	North Carolina
1967	UCLA (30-0)	John Wooden	79-64	Dayton
1966	UTEP (28-1)	Don Haskins	72-65	Kentucky
1965	UCLA (28-2)	John Wooden	91-80	Michigan
1964	UCLA (30-0)	John Wooden	98-83	Duke
1963	Loyola (Ill.) (29-2)	George Ireland	60-58 (OT)	Cincinnati
1962	Cincinnati (29-2)	Ed Jucker	71-59	Ohio State
1961	Cincinnati (27-3)	Ed Jucker	70-65 (OT)	Ohio State
1960	Ohio State (25-3)	Fred Taylor	75-55	California
1959	California (25-4)	Pete Newell	71-70	West Virginia
1958	Kentucky (23-6)	Adolph Rupp	84-72	Seattle
1957	North Carolina (32-0)	Frank McGuire	54-53 (3OT)	Kansas
1956	San Francisco (29-0)	Phil Woolpert	83-71	Iowa
1955	San Francisco (28-1)	Phil Woolpert	77-63	LaSalle
1954	La Salle (26-4)	Ken Loeffler	92-76	Bradley
1953	Indiana (23-3)	Branch McCracken	69-68	Kansas
1952	Kansas (28-3)	Phog Allen	80-63	St. John's
1951	Kentucky (32-2)	Adolph Rupp	68-58	Kansas State
1950	CCNY (24-5)	Nat Holman	71-68	Bradley
1949	Kentucky (32-2)	Adolph Rupp	46-36	Oklahoma A&M
1948	Kentucky (36-3)	Adolph Rupp	58-42	Baylor



Future professional basketball star and Olympic gold medal winner Bill Russell sinks a basket to secure his team's victory in the 1956 tournament in Chicago. He won back-to-back titles in 1955 and 1956 for the University of San Francisco.



The Virginia Cavaliers faced off against the Texas Tech Raiders in 2019 and secured their first NCAA title. Even more incredible: Virginia was coming off of an infamous NCAA tournament defeat from the previous year, when they lost by 20 points to the number 16 seeded team, despite being the favorite for the tournament.

YEAR	CHAMPION (RECORD)	COACH	SCORE	RUNNER-UP
1947	Holy Cross (27-3)	Doggie Julian	58-47	Oklahoma
1946	Oklahoma State (31-2)	Henry Iba	43-40	North Carolina
1945	Oklahoma State (27-4)	Henry Iba	49-45	NYU
1944	Utah (21-4)	Vadal Peterson	42-40 (OT)	Dartmouth
1943	Wyoming (31-2)	Everett Shelton	46-34	Georgetown
1942	Stanford (28-4)	Everett Dean	53-38	Dartmouth
1941	Wisconsin (20-3)	Bud Foster	39-34	Washington State
1940	Indiana (20-3)	Branch McCracken	60-42	Kansas
1939	Oregon (29-5)	Howard Hobson	46-33	Ohio State



The 1979 NCAA championship game proved to be an astonishing matchup between two future NBA all-stars: Larry Bird and Earvin "Magic" Johnson. The game ended in a 75-64 victory for Michigan State. Here, Magic cuts down the game-winning net.



The University of Kentucky players line up before the Final Four game in 1948. The tournament is single elimination format and, at the time of its origination, only included eight teams.



Future Golden State Warriors player, Steph Curry, nearly lead his college team, Davidson, into the Final Four in 2008. After defeating both Gonzaga and Georgetown, Davidson matched up against the number one seed: Kansas. Curry's team ended up losing to the Jayhawks, but the close game and the 128 points Curry scored throughout the tournament secured him national recognition.



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## TREES & WILDLIFE

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*With thanks to Rob Hendricks,  
Habersham Tree Team*

American culture can partially be defined by a love of wildlife, whether it's a hovering marsh hawk, herons in the water, deer in the park or the nightly croaks of frogs. Communities with abundant wildlife are blessed, as they are more beautiful, interesting spots to live with a greater sense of place.

Community trees and shrubs provide this wildlife with food and structure for shelter, nesting, perching and cover – called structure. For structure, birds and mammals require a mix of low -growing, mid-canopy or tall mature and old canopy trees. A diversity of tree species provides food. For example, cherry trees are relished by over 40 bird species.

The loss of native and old trees in urban landscapes is driven by negative public attitudes. Many consider trees that drop leaves or limbs, crack footpaths or appear untidy as dangerous, nuisance or trash trees. These attitudes come with a cost – loss of wildlife.

As we develop the Low Country, it should be clear that keeping our wildlife requires

understanding, planning and sharing our space with the natural world. Applying a few basic principles can accomplish this.

age classes, wildlife will be happy.

The following are Habersham examples:



Low Country tree diversity is a mix of deciduous/ coniferous native tree species such as oaks, hickories, Southern magnolia, sweet gum, black gum, sugarberry, Southern red cedar and pines. In addition to canopy trees, an understory of brush, shrubs and saplings include wax myrtle, yaupon holly, beautyberry, red bay and others. Together, with different

Birds: Egrets, herons, ibis nest in trees along pond edges or protected treed islands. Blue herons and storks nest in mature pines. Bald eagles and Osprey nest near the water in trees 40 feet above ground, commonly pines. The Great Horned owls prefer mature deciduous trees with scattered tall pines. The brown-headed nuthatch is found only with pines. Painted Bunting and warblers

(frequent in Habersham) nest in shrub thickets such as Wax Myrtle especially in branches with Spanish moss. Cedar Waxwings love yaupon berries, woodpeckers love the old dead tree snags, and chickadees covet holes left by the woodpeckers.

Mammals: Hickories (pecans being one) and oaks are wildlife's fall and winter food baskets, feeding white-tailed deer, squirrels, fox, raccoon, in addition to wood ducks and blue jays. White tailed deer also rely on young twigs and tree seedlings during winter. Mammals are dependent on old trees for large denning sites.

Pollinators: Butterflies and moths: Sweetgum flower nectar and seeds feed 30-plus species of butterflies and moths in addition to hummingbirds, red-winged blackbirds, chickadees, wrens, sparrows, cardinals etc. Another insect tree favorite is Hackberry, nurturing spring caterpillars that become the chicken nuggets for baby birds. House gardens with plants such as milkweeds and

beautyberry bush complement treefoods.

Amphibians: In dry periods, green tree frogs shelter in Spanish moss and under tree bark. Barking frogs spend most of their time in trees, clinging to branches. The beautiful green anole, one of our most common tree-climbing lizards, also spends winter under tree bark, ground litter and logs. So remember, when you plant a native canopy tree, you are feeding and sheltering our

diverse wildlife.

For information about the Habersham Tree Team, contact Vince Brennan at [vb20nc@gmail.com](mailto:vb20nc@gmail.com)

## CLUE

Technically, English speakers stole the word CLUE from the Greek Gods. It is taken from the word 'clew' In Greek mythology. When Mintatour - a monster with the body of a man and a head of a bull - trapped the mythical king, Theseus, in a labyrinth, Theseus is said to have escaped using a ball of yarn or a 'clew'. He used the yarn to track his path so he could follow it back again if he got lost.

So, a "clew" came to mean something that guides your path, and later it came to mean this in the broader sense of offering guidance to discover a truth.



Habersham Tree Team  
PRESERVATION • PLANNING • PARTNERSHIP

## CALENDAR *of* LOCAL EVENTS



### 6TH ANNUAL LOWCOUNTRY COMMUNITY GOLF CHALLENGE

April 19  
Oldfield SC, 130 Oldfield Way,  
Okatie  
9 AM

6TH Annual Port Royal Sound Foundation Lowcountry Community Golf Challenge at Oldfield Plantation Greg Norman Signature Course  
9 AM Registration and Grab & Go Breakfast | 10 AM Shotgun

\$175 Registration Includes:

- 18 Holes of Golf, Grab & Go Breakfast
- Cold Beverages, Silent Auction and Boxed Lunch
- Entry into both straightest drive & closest to the pin contests

\*Entry tickets to our \$1,000 cash drawing, putting contest, and mulligans will be available for an additional cost at registration.

\*Limited space available

More info: <http://bit.ly/prsforgolf>



### JUNIOR SERVICE LEAGUE OF BEAUFORT SPRING CELEBRATION

April 24  
Community Beer Garden Near Sands Beach in Port Royal

A celebration (and a little fundraising) for the JSLB with a live band, dancing, hors d'oeuvres, and an upscale silent auction, because "...together we have a greater impact than we do individually".

As an attendee and/or sponsor, you can look forward to meeting the 2021 grant recipients, recognizing JSLB's newest honorary members, and learning about the service that the dedicated JSLB members give to our community.

\$40/person

More info [eventbrite.com/e/2021-jslb-jubilee-tickets-144725234071](https://www.eventbrite.com/e/2021-jslb-jubilee-tickets-144725234071)



### OUR LOCAL DOLPHINS FREE ONLINE WEBINAR

April 27  
3:00 PM - 4:00 PM

Atlantic Bottlenose Dolphins are apex predators and serve as "canaries in the coal mine" by providing critical data about the ecology and health of the Port Royal Sound. Alyssa Marian, with the Martine Sensory and Neurobiology Lab at USCB, explains how passive acoustics and visual surveys determine baseline acoustic behavior, abundance, and distribution patterns of dolphins in locations such as the May River, Chechessee Creek, Chechessee River, Colleton River, and Okatie River. All ages welcome

Register here: <http://bit.ly/ourdolphins>

**HAVE AN EVENT TO ADD TO THE CALENDAR?**

HABERNEWS IS PUBLISHED  
JANUARY MARCH MAY JULY SEPTEMBER NOVEMBER  
SEND YOUR EVENTS TO [HABERNEWS@GMAIL.COM](mailto:HABERNEWS@GMAIL.COM)



## THE *Gourmet* NEXT DOOR



© Jordana Family of Foods

It's that time of year when we all try to eat a little healthier so that we can squeeze back into our summer clothes. Our recipes this week are all vegetarian with a Mexican twist. They're perfect for a Meatless Monday meal. Of course, if you must be a carnivore, you can always add a bit of chorizo to the Chiles Rellenos and/or the Quesedillas. Whatever you do, keep washing your hands and stay healthy! XOX

*Debbi Covington, our gourmet next door, owns Catering by Debbi Covington and is the author of three cookbooks, **Celebrate Beaufort**, **Celebrate Everything!** & **Dining Under the Carolina Moon**. For more great recipes and to view her cooking demonstrations, visit/subscribe to Debbi's YouTube channel. You can reach Debbi at [cateringbydebbicovington.com](http://cateringbydebbicovington.com) 843-525-0350 or [dbc@cateringbydebbicovington.com](mailto:dbc@cateringbydebbicovington.com).*



### CORN AND TOMATO QUESADILLAS

Serves 4-6

Chihuahua Cheese is Mexican Quesadilla Cheese and can be found on the cheese aisle of your local supermarket. If you own a panini grill, this is the perfect time to use it. Instead of cooking your quesadillas in a skillet, grill them!

- 4 large flour tortillas
- 1 tablespoon vegetable oil
- 1 sweet onion, thinly sliced
- 2 large tomatoes, cut into thick slices
- 1 (15-ounce) can corn, drained
- 1 jalapeno, seeded removed and diced
- 4 cups shredded chihuahua cheese or monterey jack cheese
- 2 tablespoons butter, divided
- Sour cream
- Fresh salsa
- 2 Green onions, chopped

Heat vegetable oil in a skillet over medium-high heat. Add onion and saute until softened. Add tomatoes and cook for a few minutes more. Add corn and jalapeno and cook until vegetables are warmed through. Divide vegetable mixture between the 4 tortillas. Top the vegetables with 1 cup of cheese. Fold in half. Heat ½ tablespoon in skillet and cook quesadilla until golden brown on both sides. Repeat with remaining quesadillas. Cut into quarters and serve hot with sour cream and fresh salsa. Garnish with chopped green onions.

## THE *Gourmet* NEXT DOOR cont'

### CHILES RELLENOS

Serves 6-8

2 (7-ounce) cans whole green chiles  
 1 (4-ounce) can chopped green chiles  
 8 ounces Monterey Jack cheese, shredded  
 8 ounces cheddar cheese, shredded  
 1/3 cup whole milk  
 1/4 cup all-purpose flour  
 4 eggs, beaten  
 1/4 teaspoon baking powder  
 Fresh salsa  
 Sour cream

Lightly grease a 9x9-inch baking dish. Layer 1 can of chiles in the bottom of dish. Top with Monterey Jack cheese. Layer with remaining can of chiles and top with cheddar cheese. Whisk milk, flour, eggs, and baking powder together. Pour over top of chiles and cheese. Garnish with chopped green chiles. Bake in a preheated 350 degree oven for 35 to 40 minutes, until center is set. Serve with salsa and sour cream.

### MEXICAN BROCCOLI SALAD

Serves 4-6

Pepitas are roasted and salted shelled pumpkin seeds. If you can't find them, use sunflower seeds.

For the vinaigrette:

3 tablespoons honey  
 2 tablespoons fresh lime juice  
 1 clove garlic, minced  
 2 tablespoons olive oil  
 Salt and pepper, to taste

For the salad:

1 large bunch broccoli  
 2 tomatoes, chopped  
 Chopped red onion, to taste  
 1/2 cup raisins  
 1/4 cup pepitas

Mix vinaigrette ingredients in a small bowl. Remove florets from broccoli and discard the stems. Chop florets into bite-sized pieces. Place broccoli florets, tomatoes, red onion and raisins in a large bowl. Toss with vinaigrette. Garnish with pepitas.

"MEXICAN  
 FOOD IS SO  
 FULL OF  
 COLOR, LIFE &  
 MUSIC. IT'S  
 LIKE A PINATA  
 EXPLODING IN  
 YOUR MOUTH"

## BODY WORK in the *Sham*

### THAI BODY WORK & ENERGY HEALING

AT LIVING COLOR SALON & SPA

Living Color Salon & Spa is excited to add Cat Farrar & Daniel Garvin to their already amazing staff. It's like having a resort spa in our own backyard!

**Cat Farrar** | Massage Therapist, Thai Bodywork, Energy Healer. Cat has dedicated her life to discovering what it means to be truly alive. She searched the globe and walked 2,200



miles with just a backpack to uncover the mystery. And the entire time, the answers were

within...her own body. Now she is passionate about helping others discover their own innate wisdom.

Cat is a modern-day wellness maverick that feels most at home when she's immersed in nature, traveling around the globe, or nose deep in the latest book about herbal medicine, neuroplasticity, or the body-mind connection. Her passion is to create a paradigm shift in the healthcare industry by helping others discover their innate wholeness and healing potential.

In addition to being a Licensed Massage Therapist, she is also a BodyMind™ Master Coach, Ayurvedic Practitioner, Thai Yoga Bodywork Practitioner, Herbalist, and Yoga Teacher.

Cat combines herbal medicine and Ayurveda with massage to address the physical, mental, and emotional aspects of stress and pain so you can find your way home to yourSelf. She helps creative, courageous, and stressed-out people achieve their highest vision of wellness.

**Daniel Garvin** | Co-Owner Living Color Salon & Spa, Thai Bodywork, Reiki Master Third generation native of Beaufort, SC Daniel's true calling is energy healing. Daniel

was trained and certified in Thai bodywork in 2020 as well as being Reiki 3 attuned. He has an innate ability to sense issues in the body and help heal or give guidance. He especially loves doing healing work on animals!



His motto is to do what is best for the highest good of all and is excited to offer guests Thai bodywork through stretch and energy healing through reiki. He may also offer guided meditation for people that are looking to connect and heal from within the body, mind and soul.

Stop by for an amazing healing experience. We are open Mon-Sat with late night appointments available upon request.

## MARKETPLACE *Minute*

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### SYNERGY CYCLING STUDIO

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Brent Jones, the founder, owner and certified instructor of Synergy Cycling Studio, originally had the vision to open a brick-and-mortar fitness business as a complement to his other health and wellness business. He and his wife, Rebecca, have been part of an international nutritional business for seven years. So, it made smart business sense to have both businesses in place.

This vision became a reality in May 2019 when they opened the doors to the public in their new hometown, our little village of Habersham.

What started out as only Brent's dream quickly became a dad-daughter opportunity. Tiffany Jones, his daughter, came back from college Christmas 2018 and didn't even know about her Dad's plans for opening the business. To her surprise, Brent asked her if she wanted to partner with him and be his general manager. She said, "yes" and a true family business started forming! As a dad, Brent said, "This was an amazing gift to be able to work with his daughter to build a business together from A-Z". Tiffany

has been instrumental in the formation of the Synergy brand and experience. She created the Synergy logo, built the website, and handles the day-to-day technology operations, along with being a certified instructor.



Synergy Cycling Studio is more than just a spinning gym. The Synergy experience offers top-quality workouts along with a renewal aspect at the end of each session, which includes an emphasis on stretching. This important focus is critical to help the members reduce potential injury and soreness. Synergy delivers consistent interval training spin workouts that also include light weights and a focus on strengthening

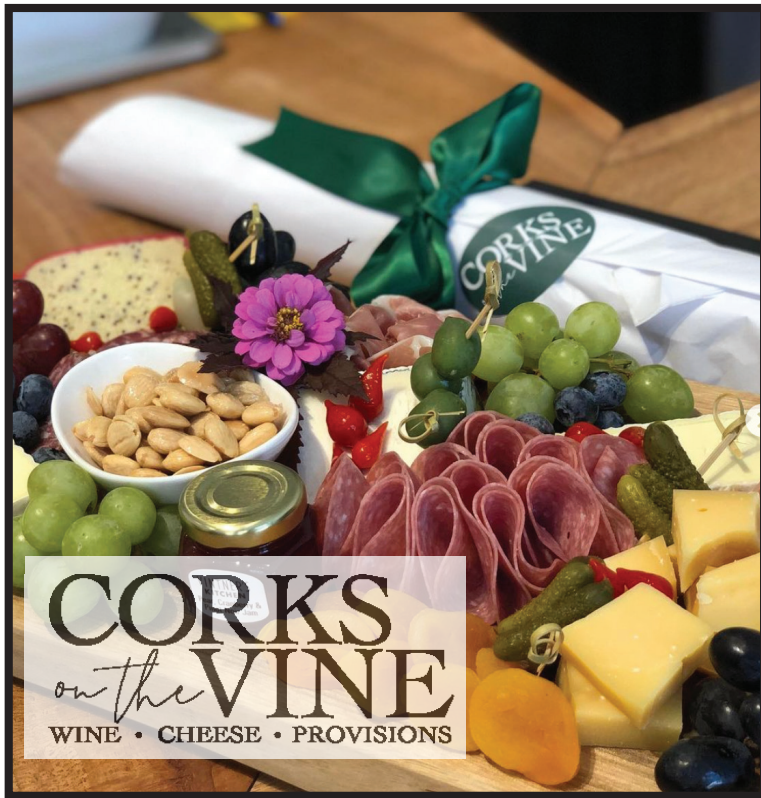
the core, all while doing the spin session.

In addition to the traditional spin classes, Synergy offers a Cross-Training Series that involves combination workouts. For example, 30-minute Spin followed by a 30-minute bootcamp, core, mashup, Barre and more. Just added in 2021, Synergy introduced a Wellness Series that includes a variety of non-spin 60-minute classes, yoga, Pilates, Barre, stretching, breathing, etc.

The Synergy Instructor team includes *Habersham neighbor*, Stephanie Greene, *Corks on the Vine* Co-owner, Melanie McCaffree, Lisa O'Brien, Ivana Marrufo, Tiffany Jones and Brent Jones. The team is family and all have a passion to help others live a healthier, happier and higher quality lifestyle!

The biggest goal at Synergy is to provide each member with a positive, encouraging, and friendly culture while delivering a consistent workout experience. The Synergy team is committed to helping people get stronger - both physically and mentally - as they go about their lives. SWEAT, SMILE, REPEAT!

*With thanks to Beaufort Lifestyle Magazine for this excerpted article*



NEW CLASSES. NEW TIMES

## THE SYNERGY EXPERIENCE



**Wellness Wednesday**

**Wednesday's at 9 AM & 12 PM**

• Yoga, Barre, Stretching, Meditation, Core & More!



**Cross Training**

**Tuesdays & Thursday's @ 5:30 PM**

• 30 min Spin followed by Yoga, Barre, Bootcamp, Core & More!



**New 12 o'clock (noon) Classes**  
**Mondays and Friday's**



Join us for  
Sunday Brunch 10 - 3  
Dinner Tuesday - Sunday 5-9  
Reservations: 843.466.9765



Have you visited our Spa? Stop by the salon and we will gladly show you around!

7B Market 1 | 843-846-1122  
Celebrating 5 Years in Habersham

# RIVER AND MARSH

HABERSHAM, SC

Open 11-6 Tuesday - Saturday



**Come get some Ice!!**  
**3-7 Sun-Thur | 3-8 Fri & Sat**  
**8A-1 Market**

*We advocate for funding to maintain the Atlantic Intracoastal Waterway keeping our local Beaufort waters safe and navigable for marine transportation and recreational boaters like you!*

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Have comments, ideas or submissions for future Habernews? Shoot me a quick email at [habernews@gmail.com](mailto:habernews@gmail.com).

In the meantime enjoy our beautiful spring here in the Sham.

*Cheers - Liz Gindraux*