

# Tega Cay Sun

FREE • Vol. 2 - No. 9 Your Trusted Source for Local News and Information

September 2024

## Lieutenant Lauren Galloway



Lieutenant Lauren Galloway, of Sumter, SC, began her career with the Tega Cay Police Department on July 16, 2012. She applied to the department as a security investigator for Carowinds with a Criminal Justice degree from the University of South Carolina.

Throughout her career at the department, LT. Galloway supported all her teammates and regularly volunteered for community engagement events. She attended the graduations of her colleagues at the South Carolina Criminal Justice Academy. LT. Galloway managed the Training Unit for the department and taught in the 911 Driving School program. She always went above and beyond the call for service. As a Sergeant, Galloway built the Training Unit for TCPD. Former TCPD Chief Parker said Galloway was a “dependable employee.”

LT. Galloway was a vital asset to the department. She worked diligently behind the scenes to make an impact on the department and community. LT. Galloway worked with all of the new officers from their date of hire to their first solo day in patrol through the Training Unit. She taught for many years in the 911 Driving School Program, teaching young drivers’ safety on the road in our community. It is through these two programs that she had a large responsibility in keeping all of us safe.

“Every officer desires to have a significant impact on their community,” said Chief Crosby. “LT. Galloway wanted to serve and she did so with a servant’s heart. She wanted to keep her community safe and she succeeded that with her time at the department. She shaped every officer in our department through the Training Unit and every young driver in our community through the Driving School Program. LT. Galloway served with a humble heart, and she will be missed. Our department and community has lost a very important and loved individual.”

LT. Galloway left us on Monday, August 25 surrounded by loved ones. She is survived by her spouse, Shay and family. .

### INSIDE



**New Traffic Light at Brayden Pk. and SC160...** Page 2



**Council Approves Deer Sterilization Program...** Page 3



**Jason Collett: A Bright Light in Tega Cay and Beyond..** Page 4



**Collins Academy Grand Opening** Page 5

**Missed an edition of The Tega Cay Sun?**

Visit [www.tegacaysun.com](http://www.tegacaysun.com)  
**TO VIEW NOW**



### Contentious Meeting in Fort Mill Over Proposed Solar Panel Factory Sparks Outrage

Patrick Byrne, Editor



FORT MILL, S.C. – A heated meeting took place last night between local government officials and nearly 200 concerned residents of Fort Mill, who voiced strong opposition to the construction of a new solar panel factory in their community.

The proposed facility, operated by SILFAB Solar, has raised significant concerns among residents about the use of hazardous chemicals and the potential health risks posed to their families. Many fear the impact the plant could have on their community, particularly on the health of their children.

Throughout the night, emotions ran high as residents pressed for answers and demanded more information about the factory’s potential risks. Congressman Ralph Norman, who was present at the meeting, faced intense questioning and frustration from the crowd.

“I will end the meeting if I hear more shouting. Either walk out, listen or leave,” Norman warned as tensions escalated.

Norman acknowledged the community’s concerns but urged citizens to take collective action. “Get together as a group and take action. That’s all I can tell you,” he advised.

At the core of the dispute is the location and zoning of the SILFAB Solar plant. Many residents believe the site is unsuitable for such an operation, a sentiment echoed by the zoning board, which reportedly indicated that the area was incorrectly zoned for the factory.

Despite the absence of the town council, who reportedly did not attend due to potential pending litigation, residents expressed their determination to continue fighting against the factory’s construction.

Evangeline Hundley, a concerned resident, criticized the process leading up to the factory’s approval, claiming there was a lack of transparency. “There was seemingly a lot of run around. There was a process that wasn’t followed,” Hundley stated.

Residents vowed to persist in their opposition until a satisfactory resolution is reached.

### New Stop Light Installed at SC Highway 160 and Brayden Parkway

Thomas Hyslip, Editor



A new stop light was installed today at the intersection of SC Highway 160 and Brayden Parkway, marking a significant improvement in local infrastructure aimed at enhancing safety and traffic flow. This project was made possible through the collaborative efforts of County Councilman Tom Audette, Senator Michael Johnson, and the South Carolina Department of Transportation (SCDOT).

The intersection, previously known for its heavy traffic, has been a concern for local residents and commuters. With the addition of the stop light, the community can expect improved traffic management, reduced congestion, and a safer driving experience.

Councilman Audette and Senator Johnson were instrumental in advocating for this project, working closely with the SCDOT to address the growing needs of the area.

## TEGA CAY SUN

Staff



Thomas Hyslip  
Editor  
(919) 274-4526

editor@tegacaysun.com



Patrick Byrne  
Editor/Ad Sales  
(704) 904-8067

patrickbyrne@tegacaysun.com



Dr. Brian Strump  
Reporter (Health/Fitness)  
Drbrian@liveactiveclt.com

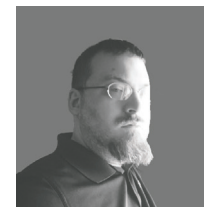
### Contributors



Whit Sawyer  
Leisure/Health



Jonathan Hayes



Mike Griffith  
Carolina Weather Authority



Chris Coffee  
Sports

### Strength Training Gains Focus: UHC Medicare Advantage Plan May Cover Your Workouts

Kim Liles

A transformative shift is underway in how we assess healthy aging. Recent research indicates that strength training may now be a more crucial indicator of health than traditional weight loss measures. Historically, weight loss was considered the gold standard for evaluating health improvements. However, emerging evidence suggests that maintaining and increasing muscle mass is essential for aging gracefully.

In a notable advancement for health and wellness accessibility, The Exercise Coach in Tega Cay is proud to be a Renew Active premium location. This program is available with many of United Healthcare’s Medicare Advantage Plans at no additional cost. This collaboration offers eligible individuals up to four free strength training sessions per month at The Exercise Coach’s state-of-the-art facility. All you need to get started is a verification code.

“We are excited to see insurance companies investing in disease prevention rather than just treatment,” says Kim Liles, owner of The Exercise Coach. “This partnership signifies a major shift towards proactive health management and supports our mission to help older adults maintain their strength and independence.”

Recent research by Dr. Emily Carter at the National Institute on Aging highlights this shift. Her study, published in the Journal of Gerontology, shows that muscle strength is a more accurate predictor of overall health than body weight alone. Dr. Carter’s findings reveal that older adults with greater muscle strength exhibit better mobility, a reduced risk of chronic diseases, and fewer

**WHAT IF A 20-MINUTE WORKOUT REALLY WORKED?**

**2 FREE Sessions!**

(803) 832 - 1989  
WWW.EXERCISECOACH.COM

The Exercise Coach

### Want to advertise in the Tega Cay Sun?

Contact Patrick Byrne  
patrickbyrne@tegacaysun.com  
(704) 904-8067

Online: tegacaysun.com/shop  
Media Kits available upon request

facebook.com/tegacaysun

tegacaysun.com

***In Health with Dr. Brian:  
8 Ways Daily Movement  
Can Improve Your Health***

**Dr. Brian Strump**

If you're seeking a magic bullet for perfect health, keep looking.

However, I've got the next best thing for you.

With more people working from home than ever before, people are moving less now than in prior years.

In effort to fix this, here are eight simple ways to improve your health with daily movement.

1. Promotes Heart Health: Your heart thrives on regular use. Daily movement that will increase your heart rate keeps it pumping at its best, reducing the risk of cardiovascular disease and stroke.

2. Boosts Metabolic Efficiency: Regular movement will increase your metabolism, helping you burn calories more effectively.

3. Fosters Better Brain Health: Regular physical activity improves cognition, memory, and mood, courtesy of the increased blood flow to your brain and the release of hormones that make you feel happier and more relaxed.

4. Improves Sleep Quality: Physical activity can be your golden ticket to better sleep. It helps regulate your circadian rhythm, promotes deeper sleep stages, and can even tackle insomnia.

5. Strengthens Immune System: Consider daily movement a booster shot for your immune system. Regular physical activity can help fend off common illnesses and even reduce the risk of chronic conditions.

6. Helps Manage Weight: Whether you're trying to lose, gain, or maintain weight, daily movement can be a powerful ally. By increasing your energy expenditure, it helps balance the calories in-calories out equation in favor of your health goals.

7. Improves Flexibility and Strength: Daily movement can sculpt your body, improving your strength, endurance, and flexibility. This leads to better balance, coordination, and a decrease in the risk of falls and injuries.

8. Boosts Energy Levels: Feeling sluggish? A bout of physical activity can be the jolt your system needs. It increases oxygen flow, stimulates your body, and helps reduce fatigue.

*In Health, Page 7*

***Your Perfect Night  
Out: Dinner and Live  
Entertainment at The  
Shore Club***

**Patrick Byrne, Editor**



Tega Cay, SC — Looking for a night out with friends without the hassle of a long drive, expensive parking, or the need to book an Uber? Look no further—quality entertainment is right in your backyard at the Shore Club and Glennon Center.

“Dinner and a Show” is a local favorite, offering an unbeatable combination of a three-course dinner and a top-notch performance for under \$50. Whether you're staying local or considering a trip to Charlotte, it's hard to find a deal like this. The Shore Club attracts high-quality regional acts, such as Greggie and the Jets (an Elton John Tribute) and The Stranger featuring Mike Santoro (a Billy Joel Tribute).

Enjoy a full evening of entertainment in a dinner theater atmosphere, where you can reserve a table at no charge. This is your chance to savor great food and experience live performances with friends and neighbors, all without leaving your neighborhood.

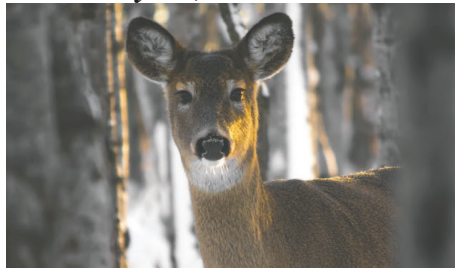
In addition to tribute bands, the Shore Club hosts a variety of exciting shows including Dueling Pianos, Comedy Shows, and live music from renowned acts like The Tams and DECARLO, featuring the lead singer of the band Boston.

The venue also shines a spotlight on rising stars like Bailey Griggs, whether she's performing acoustically or with her band, and award-winning country artist Greg Parrish. Plus, don't miss the free “Concerts on The Lawn” series every weekend, weather permitting.

The Shore Club offers a perfect blend of quality entertainment and community spirit, making it a go-to destination for a memorable night out.

***Tega Cay City Council  
Approves Deer Sterilization  
in \$304,000 Wildlife  
Management Effort***

**Patrick Byrne, Editor**



At their August 19th meeting, the Tega Cay City Council authorized White Buffalo to submit a permit for a deer management program to the South Carolina Department of Natural Resources (SCDNR).

The Council discussed and approved an agreement with White Buffalo to sterilize up to 200 deer as part of a wildlife management program, with a budget allocation of \$304,000. The Council debated the strategy of sterilization versus culling, with Dr. DeNicola from White Buffalo expressing confidence in sterilizing 100 to 150 deer, although reaching the 200 target could be challenging due to changes in deer behavior.

The culling process, intended to follow sterilization, will be handled by Dave Henderson, who plans to cull up to 80 deer during colder months to prevent meat spoilage and ensure safe meat donation.

**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.

**YOUR AD  
COULD BE  
★ HERE ★**



Model A Brewing Company Inc

**UPCOMING  
EVENTS 2024**

**SEP 9TH**

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

**SEP 16TH**

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

**SEP 30TH**

**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://tccgoodlifeclub.wixsite.com/tcglc>

**Tega Cay Sun**

**PRESS**  
S.C. Press Association

**Michael Matus**

**Financial Advisor**  
Franchise Owner

803.792.4770  
[michael.g.matus@ampf.com](mailto:michael.g.matus@ampf.com)

**Ameriprise Financial**



**FARM FRESH CAROLINAS**  
Organic produce delivered to your door!  
farmfreshcarolinas.com  
704-729-4551

# Buzz around Town

## Tega Cay's Addie Lupton Shines at U.S. Kids Golf World Championships



**Thomas Hyslip, Editor**

Tega Cay's own Addie Lupton, an 11-year-old golfing prodigy, recently showcased her talents on a global stage at the U.S. Kids Golf World Championships. Competing on the prestigious Pinehurst No. 6 golf course, Addie went head-to-head with the world's top 11-year-old golfers, finishing an impressive 35th place.

Addie demonstrated remarkable consistency and skill across the three-day event, carding rounds of 77, 72, and 75 to finish 8 over par.

The U.S. Kids Golf World Championships, held annually in the Pinehurst area, is the world's largest junior golf tournament. It welcomes golfers ages 5-12 to compete on championship courses, providing a platform for the next generation of golf stars to shine.

Addie's golfing journey began in the summer of 2021, inspired by her father, Shannon Lupton, a passionate golfer. Shannon's love for the sport ignited Addie's interest. Her parents, Shannon and Angie Lupton, have been unwavering in their support, fostering her development and love for the game.

In the summer of 2022, Addie was named the Wisconsin Junior Golf Foundation Future Tour Girls 11 & Under Player of the Year. Remarkably, while the top 2-10 girls on the list have graduation years of 2028 or 2029, Addie will graduate in 2031, highlighting her advanced skills and potential.

One of Addie's most significant accomplishments came in April 2023 when she competed at Augusta National in the Drive, Chip, and Putt competition. To reach this prestigious

*Addie, Page 6*

## Tega Cay's The Goat Boater Wins SUP Connect's 2024 Shop of the Year Award



**Thomas Hyslip, Editor**

**@Cliff Nichols Photography**

The Goat Boater, a beloved paddleboarding business in Tega Cay, has been named the Shop of the Year for 2024 by SUP Connect: The People's Choice Awards. This prestigious award recognizes The Goat Boater's commitment to the stand-up paddleboarding (SUP) community and its exceptional customer service, making it a standout destination for water sports enthusiasts.

Founded by Megan Cynowa, a Tega Cay native, The Goat Boater has become a cornerstone of the local community since its launch in 2014. As Lake Wylie's original paddleboard outfitter, The Goat Boater operates as a mobile SUP company, launching from the scenic waterfront parks within the City of Tega Cay, SC. The business offers a wide range of services, including paddleboard rentals, sales, lessons, excursions, and paddle leagues, making it the go-to destination for both locals and visitors looking to explore the beauty of Lake Wylie.

Megan's deep connection to Lake Wylie and her lifelong passion for water sports and fitness inspired her to create a space where others could experience the joys of paddleboarding. Her journey to creating The Goat Boater is as dynamic as the shop itself. With a background that includes professional dancing for the NBA, managing a gym, personal training, aquatics instruction, and competing as a marathon runner and triathlete, Megan's diverse experiences have shaped her approach to outdoor adventure and fitness. Her introduction to SUP surfing during her travels around the world ultimately led to the creation of The Goat Boater, which she describes as the culmination of 40 years of love for the water, adventure, and sport.

The Goat Boater also hosts a popular annual SUP Race Series, drawing participants from across the region to compete on the waters of Lake Wylie. The People's Choice Award is particularly meaningful as it reflects the support and admiration of the paddleboarding community. Voters praised The Goat Boater not only for its excellent products and services but also for its welcoming atmosphere and the sense of community it fosters.


As The Goat Boater continues to grow, Megan remains dedicated to providing top-tier experiences for both novice and seasoned paddlers. The shop's recognition as SUP Connect's Shop of the Year is a testament to its impact on the sport and the local community, solidifying its place as a premier destination for paddleboarding on Lake Wylie.

**EVENT SPACE**

@ Tega Cay Beach and Swim Center

\$75/hr 2 hour minimum

[modelabrewing.com/booking](http://modelabrewing.com/booking)



EXPERIENCE AN OLD-FASHIONED BARBERSHOP IN A MODERN SETTING

HUNTER/BRAE  
MEN'S GROOMING

Book Online!  
[hunterbraemensgrooming.com](http://hunterbraemensgrooming.com)

## Jason Collett: A Bright Light in Tega Cay and Beyond



**Patrick Byrne, Editor**

Life is short. You hear this all the time but how often does it sink in? We go about our lives missing out on the experiences laid out before us. After all, there are bills to pay and spreadsheets that wait for no one. Our work consumes us, taking time away from our family and impacting our overall happiness and ability to connect with others.

This is the case for most of us. Jason Collett was not like most of us.

Jason passed away on August 9, 2024 at the age of 52. For those who knew him, he left an indelible mark on their lives. He is survived by their shared stories and the love, guidance and passion he provided to those closest to him.

Having moved to Tega Cay 18 years ago with his wife Michelle, Jason lived a life rich in experience, love and a sense of connection to the community that's hard to fully grasp. He was a rock climber, sailor, surfer, master brewer, author, successful businessman and father. According to his wife Michelle, "he lived 3 lifetimes in one."

Jason started traveling the world at age 13 with Up With People (<https://upwithpeople.org/>), a charity group designed to connect people through the performing arts. An accomplished cellist, Jason used the lessons learned in his youth to bring people together in his adult life. "He was always helping people and was able to connect two people that you wouldn't think would normally connect," said Michelle.

He met Michelle at a rock climbing facility in Grand Rapids, Michigan where he had been teaching. During *Jason Collett, Page 7*

## Yellow Jackets football opens season with dominant win



**Chris Coffee, Sports Reporter**  
Charlotte, NC – The Fort Mill High School varsity football team kicked off their season with an away game at Charlotte’s newest magnet school - Ballantyne Ridge High School. The final score was a 56-0 shut out victory for the visiting Yellow Jackets. The first of two potential Fort Mill touchdowns were called back due to penalties before Josef Anderson was finally able to punch one in that stood. A Ballantyne miscue on the subsequent kickoff gave the ball back to the Yellow Jackets on their opponent’s 10 yard line. Just short of 10 minutes into the game and Fort Mill was up 14-0. By half it was 42-0. Anderson finished the game with two touchdowns while wide receiver Tanner Mays added two of his own. The Jackets opened the second half with a change in the lineup and another score. Up next for the team is a home game this coming Friday against the Chester Cyclones. (All photos by Chris Coffee.)



## Griffin Tarver Claims First Club Championship Title at Tega Cay Golf Club Men’s Championship

*Thomas Hyslip, Editor*

The Tega Cay Golf Club Men’s Championship concluded in thrilling fashion, with former Junior Club Champion Griffin Tarver capturing his first Club Championship title. Club Championship –

### Final Results

- 1st – Griffin Tarver – Gross 141
- 2nd – Doug Champagne – Gross 142
- 3rd – Jason Hnat – Gross 143

Griffin Tarver’s impressive performance, which included a clutch final round, allowed him to surpass Doug Champagne, who finished just one stroke behind at 142.

### Senior Championship – Final Results

- 1st – Kenny Hall – Gross 149
- 2nd – Ryan Ratcliffe – Gross 156
- 3rd – Randall Phillips – Gross 166

In the Senior Championship, Kenny Hall maintained his lead from the first day, finishing with a gross score of 149 to take the title.

### Super Senior Championship – Final Results

- 1st – Doug McGowan – Gross 165
- 2nd – Chuck Kelker – Gross 167
- 3rd – Gary Anderson – Gross 168

Doug McGowan emerged victorious in the Super Senior Championship, posting a gross score of 165. Chuck Kelker was close behind with a 167, and Gary Anderson, who led after the first day, finished third with a score of 168.

### Open Championship – Final Results

- 1st – Ron Birmingham – Net 61
- 2nd – Dan Manes – Net 63
- 3rd – Dale Eberle – Net 64
- Tie 4th – Joe Bailey – Net 65
- Tie 4th – Bob Auman – Net 65

In the Open Championship, Ron Birmingham posted a remarkable net score of 61 to claim the title. Dan Manes finished second with a net score of 63, and Dale Eberle took third with a net 64.

## Grand Opening of the Collins Academy in Tega Cay, SC



*Thomas Hyslip, Editor*

The Collins Academy, a new and unique learning center celebrated its grand opening this week, aiming to transform the educational landscape of the area. Founded by Heather Collins, a 20-year veteran in teaching with a specialization in reading instruction, the academy focuses on personalized, multi-sensory learning methods tailored to each student’s needs.

Heather Collins, certified in the Orton Gillingham approach, established the academy after Covid left many students behind in their reading and writing skills. What began as a small tutoring center has now evolved into a full-fledged learning center with services that can be beneficial for a range of diverse students. Beginning readers (as early as preschool level), those that might need a little extra push to get into the Gifted and Talented program, or students who have been diagnosed with learning differences such as dyslexia or dysgraphia can find support from our team of experienced teachers. With our recent expansion into a larger space, we are excited to offer microscooling during the day, in addition to our continued tutoring services in the afternoons and evenings.

### Services Offered

Specialized Tutoring: For students with learning differences, using the

*Academy, Page 7*

CHOOSE HARD

BECOME A BETTER VERSION OF YOU!

- PERSONAL TRAINING
- NUTRITION COACHING
- CROSSFIT CLASSES
- YOGA



CHANGE YOUR LIFE WITH US

LATITUDE35CROSSFIT.COM

MENTION THIS AD AND RECEIVE 10% OFF YOUR FIRST MONTHS PROGRAM







*Catawba Fest*

ARTS & CRAFTS SHOW

October 12 - 10 am - 6 pm

TEGA CAY, S.C.

TO LEARN MORE VISIT CITY OF TEGACAYSC.ORG

## Michael Matus



**Financial Advisor**  
Franchise Owner

803.792.4770  
michael.g.matus@ampf.com



## Tega Cay Real Estate Market Shows Steady Growth in Home Values

### Tega Cay, South Carolina

Market Snapshot: Estimated Home Values

Median Est. Home Value <b>\$573K</b> <small>Updated: 7/31/2024</small>	Change Over Last Month ↑ <b>0.61%</b>	Change Over Last 3 Months ↑ <b>2.65%</b>	Change Over Last 12 Months ↑ <b>2.74%</b>	Change Over Last 24 Months ↑ <b>2.81%</b>
--	--	---	--	--

Market Snapshot: 12-Month Change in Estimated Value

Median Est. Home Value <b>\$573K</b> <small>Updated: 7/31/2024</small>	Change Over Last 12 Months ↑ <b>2.74%</b>	Change Over Last 24 Months ↑ <b>2.81%</b>	Change Over Last 36 Months ↑ <b>29.77%</b>
--	--	--	---

EXCITED TO KNOW YOUR HOME'S VALUE?

SCAN NOW

**SALLY AWAD**  
*Luxury* PROPERTIES

980-301-3552

About this Data: Estimated home values are generated by a valuation model and are not formal appraisals. Valuations are based on public records and MLS data where licensed. The metrics shown here reflect All Residential Properties data.

The real estate market in Tega Cay continues to demonstrate robust growth, as reflected in the latest market snapshot provided by Sally Awad Luxury Properties. As of July 31, 2024, the median estimated home value in Tega Cay stands at \$573,000, reflecting a series of upward trends that underscore the area's attractiveness to homebuyers and investors alike.

Over the last month, home values in Tega Cay have seen a modest increase of 0.61%. However, the growth is even more significant when viewed over longer periods. Over the past three months, home values have risen by 2.65%, while a year-over-year comparison shows a 2.74% increase. Looking further back, the change over the last 24 months has been 2.81%, illustrating steady and consistent appreciation in home values in the area.

One of the most striking figures from the market snapshot is the 29.77% increase in home values over the last 36 months. This substantial growth highlights Tega Cay's appeal as a desirable location, with a strong real estate market driven by the area's community amenities, proximity to major urban centers, and high quality of life.

Sally Awad, a leading real estate expert in the region, emphasizes the importance of staying informed about market trends. "Understanding the trajectory of home values is crucial for both buyers and sellers. Whether you're looking to buy a home or considering selling, these trends offer valuable insights into the market's direction," said Awad.

For those interested in learning more about their home's value, Sally Awad Luxury Properties provides personalized market assessments and expert guidance. Contact Sally Awad Luxury Properties at 980-301-3552.

### Addie, from page 4

event, she had to qualify through a series of local, sub-regional, and regional events, ultimately being one of only 80 golfers, aged 7-15, to compete. Addie placed 8th in the girls' 7-9 age division.

Throughout her young career, Addie has amassed an impressive list of achievements:

- Fall 2023: US Kids Charlotte Local Tour Girls 9-10 Tour Champion
- Winter 2023: US Kids Pinehurst Local Tour Girls 9-10 Tour Champion
- Spring 2024: US Kids Columbia Local Tour Girls 9-10 Tour Champion
- March 2024: US Kids Jekyll Island Cup Girls 10 - 4th Place
- May 2024: US Kids Carolinas State Runner-Up
- July 2024: US Kids Red, White, and Blue Invitational Girls 10 - 3rd Place
- July 2024: Peggy Kirk Bell Kentucky Regional Championship - 1st Place

Addie's victory at the Peggy Kirk Bell Kentucky Regional Championship has qualified her to participate in the Notah Begay III National Championship in November, which will air on the Golf Channel, making her a national finalist in the Notah Begay III series.

### ACROSS

- 1) "30 Rock" star Baldwin
- 5) Aberdeen toppers
- 9) Busy folks in Apr.
- 13) "... \_\_\_\_\_, whatever will be, will be"
- 14) Skip
- 15) Glide via gravity
- 16) Chicken \_\_\_\_\_ (Ukrainian dish)
- 17) Great number
- 18) Ham's place, sometimes
- 19) Queens TV character
- 22) Showy bloom
- 25) Sleep inducer
- 26) Hidden advantage
- 30) Sobbed
- 31) Companionless
- 32) Early jazz
- 35) Frau's beloved
- 36) Allen or Martin
- 37) Preserve meat by smoking
- 38) Personals, e.g.
- 39) Public display of anger
- 40) Better
- 41) Shamrock color
- 43) Start the day's broadcasting
- 46) Baseball miscues
- 47) Hanes offering
- 51) Sheep's cry
- 52) Orchestral "tuning fork"
- 53) Point a finger at
- 57) Pet store purchase
- 58) Young lady
- 59) Mountaineer's challenge
- 60) Marine eagle
- 61) "Don't change this!"
- 62) Safe cracker

### DOWN

- 1) Name as a price
- 2) Festive neckwear
- 3) Previously, in poems
- 4) Chevy automobile, once
- 5) Tabby's mate
- 6) Chinese nurse
- 7) Short skirt
- 8) Eyelid problem
- 9) Chung of TV
- 10) Heavy coat
- 11) Up to this point
- 12) About 1.3 cubic yards
- 15) Two of a kind
- 20) Navel castaway
- 21) Kentucky explorer Daniel
- 22) Russian country house
- 23) Having land
- 24) They get what's coming to them
- 27) One with a lot of enmity
- 28) "Uncle Vanya" role
- 29) Humble dwelling
- 32) Soaring bird of prey
- 33) Batting \_\_\_\_\_ (lineup)
- 34) Unskilled workers
- 36) Bloodhound's clue
- 37) Medium of exchange
- 39) Polished
- 40) Fairy-tale creature
- 41) Put in a crate
- 42) Dislike, and then some
- 43) Dark fur
- 44) More under the weather
- 45) Gather little by little
- 48) Male turkeys
- 49) Life sentences?
- 50) Close victory margin
- 54) "\_\_\_\_\_ we having fun yet?"
- 55) Flashy wheel
- 56) Cadbury confection

### GOLF COURSE

By Oscar Puma

1	2	3	4	5	6	7	8	9	10	11	12	
13				14				15				
16				17				18				
19	20							21				
22	23	24						25				
26					27	28	29					
30					31				32	33	34	
35					36				37			
38					39				40			
41								42				
43	44	45						46				
47					48	49	50					
51					52				53	54	55	56
57					58				59			
60					61				62			

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

## Fort Mill School Board Elections

*Thomas Hyslip, Editor*

In Fort Mill, voters will select three at-large board members from a field of six candidates. This election features a mix of incumbents and new challengers. Incumbents Anthony Boddie, Scott Frattaroli, and Kristy Spears are seeking re-election, with challengers Ellen Abramo, Denise Casey, and Michelle Hoffman joining the race.

**Anthony Boddie** is running for re-election as his term concludes in 2024. Learn more at [AnthonyBoddie.com](http://AnthonyBoddie.com).

**Dr. Scott Frattaroli**, the incumbent Fort Mill School Board member, has announced his candidacy for re-election as his current term comes to an end in 2024. Learn more at <https://www.facebook.com/profile.php?id=100063536742426>

**Kristy Spears**, the current Chairwoman of the Fort Mill School Board, is running for re-election as her term comes to an end in 2024. Mrs. Spears was first elected to the board in 2016. Learn more at <https://www.facebook.com/kristythamesspearsforfmsd>.

**Ellen Abramo**, a dedicated educator and South Carolina native, has announced her candidacy for the Fort Mill School Board. Learn more at [vote.ellenforschools.com](http://vote.ellenforschools.com)

**Denise Casey**, a Board Certified Registered Nurse with a Master's Degree in Nursing Education, has officially announced her candidacy for the Fort Mill School Board.

**Michelle Hoffman**, a seasoned educator with more than eight years of teaching experience, has announced her candidacy for the Fort Mill School Board. Learn more at [hoffman4fmsdschoolboard.org](http://hoffman4fmsdschoolboard.org).

All four county school board races and detailed candidate information is available at [www.tegacaysun.com](http://www.tegacaysun.com)

*Exercise Coach, From Page 2*

falls compared to those who focus only on weight management.

“Strength training isn’t just about building muscle,” Dr. Carter explains. “It’s about preserving functional independence and metabolic health as we age. Our research indicates that muscle strength is a more reliable marker for assessing how well a person is aging compared to body weight or BMI.”

One compelling example of strength training’s impact is Jan Davis, an 82-year-old Tega Cay resident and member of The Exercise Coach since 2020. “Since joining, I’ve lost weight and gained muscle. I’m stronger, my hip pain has diminished, my breathing has improved, and I sleep much better. My cholesterol levels are now normal. My overall health has seen tremendous improvement,” says Jan.

Jan’s experience reflects numerous case studies that underscore the broad benefits of strength training for older adults. These benefits extend beyond physical health, positively impacting psychological and social well-being, making strength training a holistic approach to enhancing quality of life.

As awareness of preventive care increases, United Healthcare’s inclusion of strength training sessions at The Exercise Coach represents a major advancement in providing transformative benefits without the burden of financial stress.

To learn more, visit [UHCRenewActive.com](http://UHCRenewActive.com).

**SALLY AWAD**  
*Luxury* PROPERTIES

**THE TIME TO LIST IS NOW**

OUR STRATEGIC MARKETING WILL GET YOU RESULTS FAST

- Best Possible Price
- Fast Results
- Exceptional Service
- Sophistication That Goes Beyond Traditional Methods

*Sally Awad*

980-301-3552

*Jason Collett, From Page 4*

their 7 years of dating, the two remained active. One of their many hobbies was sailboat racing.

While participating in a race in Chicago, Jason asked Michelle to help him with something at the top of the mast. Once they were both at the top, he proposed. As part of the proposal, he had convinced the entire yacht club to join in the celebration. He wasn’t one to miss an opportunity to make a lifetime memory.

The two were married in 2003 and brought 3 children into the world; Alexandria (19, a sophomore at Western Michigan University), Samantha (16, a junior at Fort Mill High School) and Nathan (15, a sophomore at Fort Mill High School).

As you would expect based on his active lifestyle, Jason took no shortcuts when it came to fatherhood. He taught his kids different life skills such as; building a fire, the proper way to carve a walking stick, writing a resume and how to network with others. He also knew how to have fun, teaching them to snowboard and ski while showing Nathan how to play baseball and wake surf.

At the time of his passing, Jason was writing a book called Pivotal Moments, a book guiding readers on leveraging critical moments for transformative outcomes. Although the book is not complete, his Mother will be finalizing it and hopes to bring it to print in the near future.

I asked Alexandria and Michelle to describe Jason using 4-5 words and they offered, “adventurous, dreamer, brilliant, loyal and mentor.” These provide a window into the exceptional impact Jason had on his family, friends and neighbors within our community.

According to Samantha, “I couldn’t even name all of the individuals that his life impacted and helped but I bet you if I could ask him today, he could name every last one. He cared for people more than anyone I know, all he wanted was to be able to help everyone and bring happiness into this dark world.”

Michelle added that he was much more focused on experiences than anything else. He’d say, “let’s talk about the next experience we’re going to have.” He was not the kind of person who would sit idle. For those of us that believe there’s a better place beyond our own, it’s a small solace to know Jason is now at rest.

Or perhaps he’s just living one endless experience after another. That seems more fitting.

*In Health, From Page 3*

Daily movement is hard for many because it requires consistency. Not every day needs to be a trip to the gym or leave you gasping for air.

Just. Get. Moving.

Its benefits seep into every aspect of your well-being, from your heart to your brain, from your muscles to your mood. The beauty of it is that it doesn’t require a gym membership or fancy equipment; all it takes is opportunities for movement embedded into your day.

Whether you’re taking the stairs instead of the elevator, walking after a meal, or following an exercise routine online. Do it.

Remember, health is not a sprint but a marathon.

Even the smallest steps can lead to the biggest changes. So, lace up your shoes and step into a healthier, happier life.

Movement is the best medicine.

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)

**YOUR AD  
COULD BE  
★ HERE ★**

*Academy, From Page 5*

Orton Gillingham curriculum.  
Certified Tutoring: Extra help for specific subjects to boost confidence and skills.  
Emergent Readers: Multi-sensory methods for young learners to build strong reading foundations.  
Homework Helpers: Support for completing assignments and studying.  
Microschooling: A small class size option offering flexibility and personalized instruction, ideal for students needing extra support or flexibility.

**Founder’s Vision**



“As a 20-year teaching veteran, I opened the Academy after seeing the profound impact of personalized methods of instruction on students’ reading and writing skills. Our certified Orton Gillingham teachers create custom curricula based on individualized assessments, providing tailored support to each learner. From emergent readers to students needing specialized help, our boutique approach ensures every child thrives,” says Heather Collins, Owner of Collins Academy.

**Contact Information**

The Collins Academy is located at 2166 Gold Hill Road, Fort Mill, SC, conveniently across from Tega Cay Elementary. They are open from 9AM to 1PM for microschooling and 2 PM to 7 PM for tutoring and can be reached at 704.560.1849 for further information or to schedule a visit.

For more details about the services and to get in touch, visit [www.thecollinsacademy.org](http://www.thecollinsacademy.org)

*Book Your Holiday Party Now!*

[modelabrewing.com/booking](http://modelabrewing.com/booking)

**\$75/hr\***

**EVENT SPACE**

@ Tega Cay Beach and Swim Center

\*2-hour minimum



**Michael Matus**  
 Financial Advisor  
 Franchise Owner  
 803.792.4770  
 michael.g.matus@ampf.com




*The holiday season is right around the corner!*

**Let us host your employee gathering or party for friends and family.**  
 Book by September 1st to get \$100 off one room rental or \$250 off the entire ballroom.

Call Madison at 724-506-3744 or visit [shoreclubspecialevents.com](http://shoreclubspecialevents.com)

15083 Molokai Dr., Tega Cay, SC 29708 • [info@shoreclubattegacay.com](mailto:info@shoreclubattegacay.com)



**CHOOSE HARD**

BECOME A BETTER VERSION OF YOU!

- PERSONAL TRAINING
- NUTRITION COACHING
- CROSSFIT CLASSES
- YOGA



CHANGE YOUR LIFE WITH US  
[LATITUDE35CROSSFIT.COM](http://LATITUDE35CROSSFIT.COM)

MENTION THIS AD AND RECEIVE 10% OFF YOUR FIRST MONTHS PROGRAM




EXPERIENCE AN OLD-FASHIONED BARBERSHOP IN A MODERN SETTING

  
**HUNTER/BRAE**  
 MEN'S GROOMING

Book Online!  
[hunterbraemensgrooming.com](http://hunterbraemensgrooming.com)



WHAT IF A 20-MINUTE WORKOUT REALLY WORKED?

**2 FREE Sessions!**

(803) 832-1989  
[WWW.EXERCISECOACH.COM](http://WWW.EXERCISECOACH.COM)

The Exercise Coach



SALLY AWAD  
**Luxury** PROPERTIES



**THE TIME TO LIST IS NOW**

OUR STRATEGIC MARKETING WILL GET YOU RESULTS FAST

- Best Possible Price
- Fast Results
- Exceptional Service
- Sophistication That Goes Beyond Traditional Methods

  
 980-301-3552





Organic produce delivered to your door!

[farmfreshcarolinas.com](http://farmfreshcarolinas.com)  
 704-729-4551

**OKTOBERFEST**  
 — MODEL A BREWING —

**SEPT 28**  
 12pm - 11pm

German Food Specials  
 German Beers On Tap  
**FOOTHILLS OOMPAH BAND**