

Tega Cay Sun

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June 2024

Model A Brewing to Release Award-Winning Springs Farm Strawberry Kolsch

Thomas Hyslip, Editor

This limited flagship production, brewed only once a year, has earned a place in the hearts of beer enthusiasts and connoisseurs alike. Director of Brewing Operations, Brad O'Connor, expressed his excitement about the upcoming release, stating, "We will be releasing our Gold Medal Winning Springs Farm Strawberry Kolsch on Saturday, June 8th. This is a limited flagship production which we brew only one time per year. When it's gone... it's gone until next year."

The Springs Farm Strawberry Kolsch is a testament to the quality of local ingredients and expert brewing techniques. The strawberries used in this exceptional brew are grown locally at the Anne Springs Close Greenway, adding a unique freshness and community pride to each batch.

This delightful brew has not only won the hearts of locals but has also garnered significant accolades in the competitive beer industry. The U.S. Open Beer Championship, one of the largest beer competitions in the world with more than 9,000 beers entered by 3,107 brewers, has recognized the Springs Farm Strawberry Kolsch with multiple prestigious awards. In 2021, it received a Gold Medal in the American Style Berry Beer – Strawberry category, followed by a Bronze Medal in 2022. Most recently, the Kolsch secured a Silver Medal at the 2024 Best of South Carolina Beer Awards, where it was praised for its perfect harmony of crisp Kolsch character and juicy strawberry notes. "This beer is a testament to the quality of our local ingredients and Jerod's masterful brewing," O'Connor said.



Model A Brewing's release day promises to be a fantastic event filled with live music, engaging activities, and the vibrant community atmosphere that the brewery is known for. Whether you're a longtime fan or a first-time visitor, this special occasion is not to be missed.

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Event Details:

- Date:** Saturday, June 8, 2024
- Time:** 11 AM
- Location:** Model A Brewing, 1175 Stonecrest Boulevard, Tega Cay, SC
- Entertainment:** Darren Deese, 12-2pm
Nashville Recording Artist, Bennett Coleman, 3-6pm

Join us in celebrating the release of this exquisite brew. Enjoy a day of fun, community, and, of course, fantastic beer.

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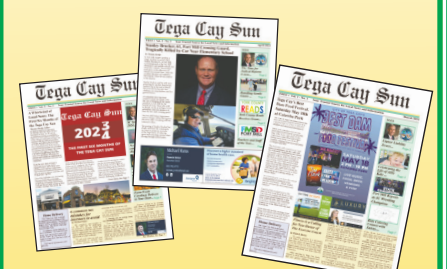
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York County Council Vice-Chair Accused of Ethics Violation for Voting on Funds for Land Trust



by Patrick Byrne, Editor

The South Carolina State Ethics Commission has determined there is probable cause that Allison Love, Vice-Chair of the York County Council, used her official position to obtain an economic interest for a business with which she is associated.

According to the notice of hearing, Councilwoman Love voted to approve nine expenditures as a member of York County Council between December 16, 2019, and June 23, 2023. The nine expenditures totaled \$413,799.00 and were all awarded to the Nation Ford Land Trust.

Per the latest Financial Report (Form 990) of the Nation Ford Land

Trust filed with the South Carolina Secretary of State Office, Allison Love is a Director of the Nation Ford Land Trust but received no reportable compensation from the organization.

A public hearing is scheduled for August 15, 2024, at 9:30 AM at the State Ethics Commission hearing room located at 21 Executive Drive, Suite 150, Columbia, SC. The hearing is open to the public

The Tega Cay Sun has reached out to Councilwoman Love for comment, but did not receive a response. Councilwoman Love did share a post on her Facebook page addressing this issue..

STATE OF SOUTH CAROLINA)
COUNTY OF RICHLAND)
BEFORE THE STATE ETHICS COMMISSION
IN THE MATTER OF:)
Complaint C2022-057)
NOTICE OF HEARING
Allison Love)
Respondent.)

The State Ethics Commission has determined that there is probable cause pursuant to Section 8-13-320(10)(i), Code of Laws, South Carolina, 1976, as amended, in the above-captioned complaint. The State Ethics Commission will, therefore, convene a formal hearing into the matters, in accordance with Section 8-13-320(10)(i) & (j), Code of Laws, South Carolina, 1976, as amended, and State Ethics Commission Regulations, S.C. Code Ann. Regs. 52-707 (1997 Cum. Supp.) on Thursday, August 15, 2024 at 9:30 a.m. at the State Ethics Commission Hearing Room located at: 201 Executive Center Drive, Suite 150, Columbia, South Carolina 29210.
The following allegations will be heard:
COUNT ONE
USE OF OFFICIAL POSITION TO OBTAIN ECONOMIC INTEREST
SECTION 8-13-700(A), S. C. CODE ANNOTATED, 1976, AS AMENDED
That Allison Love, York County Councilmember, did in Richland County, knowingly use her official position to obtain an economic interest for a business with which she is associated when voting during a December 16, 2019 meeting to approve an expenditure of \$138,000.00 to Nation Ford Land Trust, in violation of Section 8-13-700(A).

Allison Love York County Council District 2 Clover
Please allow me to address the news article of today alleging an ethics investigation. Unfortunately, my political opponent, Andy Litten filed a complaint against me with the SC ethics commission. He is claiming a conflict of interest based on my service as a volunteer on Nation Ford Land Trust. He is using this as the centerpiece of his current campaign. I know many of you have received text messages from that campaign today.
York County Forever was set up many years ago by York County to help fund the preservation of land in our community. Nation Ford Land Trust works together with York County on conservation easements. A few years ago I was invited to serve on the Nation Ford Land Trust Board. Funding recommendations to Council by the York County Forever Commission have always been unanimously approved by council. My attorney has been in contact with the Ethics Commission and because there was no financial benefit to me, we now know this will be resolved without a hearing and without impact on my ability to serve. The 9 votes Mr. Litten referenced in his complaint were approved unanimously by County Council as consent agenda items. On numerous occasions my opponent has reported me to the Ethics Commission and the Secretary of State. This latest complaint involves the preservation of land in York County. Most of you know this is near and dear to me and the posts and articles of today by the opposition are disappointing. Please feel free to reach out to me with any questions via email: Letallisonloveknow@yorkcountygov.com

Charlotte Water's Request to Withdraw Additional Water from the Catawba-Wateree Basin Raises Concerns in Tega Cay

Thomas Hyslip, Editor

Charlotte Water is seeking to modify its existing 2002 Interbasin Transfer (IBT) Certificate, allowing for increased water withdrawal from the Catawba-Wateree Basin. This modification could significantly impact Tega Cay and the surrounding communities, yet Charlotte Water is not hosting a single public meeting in Tega Cay, Fort Mill, or Rock Hill.

The proposed modification is a response to the high growth rate in the greater Charlotte region, which has outpaced the water needs projected when the original certificate was issued. The 2002 IBT Certificate authorized the transfer of up to 33 million gallons per day (MGD) from the Catawba-Wateree Basin to the Rocky River Subbasin, with this volume expected to suffice through 2030. However, Charlotte Water now plans to request an increase to accommodate the region's needs through the next 30 years.

To gather public input and provide information about the proposed transfer, Charlotte Water is holding five public meetings. The meetings aim to inform stakeholders about the nature and extent of the transfer modification and gather comments for the environmental document outlining potential alternatives and issues.

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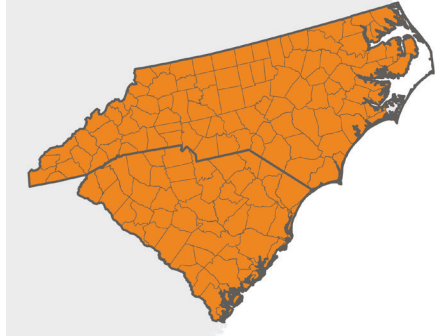
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**Carolinas Dominate
“Best Places to Live”
Rankings with 5 Cities in
Top 20**

Thomas Hyslip, Editor




A new study by U.S. News & World Report has illuminated the Carolinas as a prime destination for those seeking an exceptional quality of life, with five cities landing in the top 20 of the 150 Best Places to Live in the United States.

Charlotte, NC, secures the fifth spot, followed closely by Raleigh, NC, at number six. Greenville, SC, proudly claims the fourth position, with Asheville, NC, at 17th, and Charleston, SC, rounding out the list at number 14.

The 2024-2025 Best Places to Live rankings evaluate cities based on factors including job market strength, quality of life, desirability, and overall value, further solidifying the Carolinas' reputation as a region offering diverse opportunities and an attractive lifestyle for individuals and families alike.


Charlotte, in particular, achieved a notable overall score of 6.8 out of 10, highlighting its strong performance across multiple categories.

Michael Matus



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Franchise Owner

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Mr. Penny Pincher

Patrick Byrne, Editor

It's hard to have self control. This is perhaps the most challenging aspect of our human existence.

Drinking too much. Eating too much. Spending too much. These are all things most of us do from time to time (or perhaps more often than we should). Regardless of which one you choose, it almost always ends in regret and self loathing.

The good news? This can all be avoided with a little self editing. As it relates to our money, self editing is the difference between “winning” and “losing.”

My wife and I attended the Best Dam Food Festival with our young daughter yesterday. It was a great event and we were excited the weather held off so we could attend. The event itself was free along with the kids zone areas and musical entertainment. What wasn't free was all the great food offered by the myriad of vendors. This is where you can get into trouble.

These days, it's easy to spend \$20 on a pizza, \$15 on ice cream or \$20 on two alcoholic beverages. No matter where you go, your entertainment dollar doesn't go nearly as far as it did several years ago. But, this doesn't have to be a reason for you to stay inside and never spend a dime. It's important to have a plan going in while avoiding a deviation from that plan.

I manage the budget for our family (no doubt you would have guessed that). I wanted us to attend the event and have a great time but I also wanted us to stick within our budget. I had a number in mind on how much the day would cost. Going over that number isn't an option, sailing underneath it is always welcome but not necessary.

If I've already spent the money in my mind and allocated the dollar amount from our weekly budget, it shouldn't matter. It's a mind game to let go and have fun without the stress and worry associated with what you spend.

We ended up having a blast. Although we did end up spending less than I had anticipated, it wouldn't have bothered me if we had ended up spending exactly what I thought we would. Again, the money had already been allocated toward family fun. I had a plan going in and I simply executed that plan.

Does that sound exhausting? It can be at first. It's hard to have self control and even harder if you're not used to doing it. Self editing is not something most of us are inherently born with.

Mr. Penny Pincher, Page 7

**In Health with Dr. Brian:
3 Exercises to Alleviate
Back Pain**



One of the most common reasons someone may stop exercising is due to pain.

As a chiropractor and gym owner, low back pain is something we often see in our office and a common reason people tell us that they stopped (or never started) an exercise program, so I wanted to share some exercises that might help.

Always remember to consult with a healthcare professional before starting any new exercise regimen, especially if you have an existing condition. That said, here are three exercises often recommended for alleviating low back pain:

1. Pelvic Tilts:

How to do it:

- Lie on your back with your knees bent and feet flat on the floor.
- Tighten your abdominal muscles, pushing your lower back into the floor.
- Hold the position for a few seconds, then relax.

The benefits: This exercise helps to strengthen your core muscles, which can provide better support for your lower back.

2. Cat-Cow Stretch (or Cat-Camel Stretch):

How to do it:

- Begin on all fours in a tabletop position with your wrists aligned under your shoulders and your knees under your hips.
- Inhale as you arch your back (your belly moves closer to the floor), lifting your head and tailbone towards the ceiling (Cow position).
- Exhale as you round your spine (pressing your spine toward the ceiling), tucking your chin to your chest and tailbone under (Cat)

In Health, Page 7

**YOUR AD
COULD BE
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**UPCOMING
EVENTS 2024**

JUNE. 3rd

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

JUNE 17th

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

JUNE. 24th

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>



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Tega Cay Sun



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The Tega Cay Sun is proud to announce the creation of the monthly print edition. The printed paper will be available at Model A Brewing, the Shore Club and Knowledge Perk.

In addition, home delivery is now available. For only \$25 per year, you can receive your copy of the Tega Cay Sun delivered right to your door, the first week of every month.

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The Exercise Coach in Tega Cay Recognized for Excellence at Awards Banquet

Patrick Byrne, Editor



The Exercise Coach has over 200 franchises in the United States. With that many locations, it's hard to stand out amongst the crowd. Don't tell that to Kim Liles, owner of the Exercise Coach in Tega Cay.

Kim and her team were able to bring home several awards at an annual conference held in Chicago, designed to bring together Exercise Coach franchisees (or "studios") from across the country.

The awards utilized data points to measure various aspects of effectiveness, most having to do with daily operational efficiencies. In short, the Tega Cay location stands out as one of the best in the country.

The location is so well run, there are other studios that are now reaching out to Kim to understand how she's achieving success and what they can do to mirror her efforts.

"We're excited to be recognized at our annual conference for all the hard work and dedication we've put in to rise above other franchisees. We look forward to continuing to provide a great experience and service for the residents of Tega Cay and the greater Fort Mill area," says Kim.



Buzz around Town

TEGA CAY Summer CONCERT SERIES

Bring your chairs and family for live music events in Tega Cay featuring various artists from June to September, including tributes to Jimmy Buffett and No Doubt/Gwen Stefani. Enjoy the music and have a great summer in Tega Cay!

 SATURDAY, JUNE 8 Too Much Sylvia Runde Park	 SATURDAY, JULY 6 Laura Vinson Runde Park	 SATURDAY AUG. 17 "CAPN MIKE" Jimmy Buffett Tribute Runde Park	 SATURDAY SEPT. 14 "SPIDERWEBS" No Doubt/Gwen Stefani Tribute Catawba Park
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 The Annual Summer Concerts will be held in Runde Park in June, July and August and in Catawba Park in September. Learn more at www.tegacaysc.org

Get Ready to Groove: Tega Cay's Summer Concert Series is Here!

Thomas Hyslip, Editor

As the summer sun starts to sizzle, so does the vibrant music scene in Tega Cay. From June to September, Tega Cay transforms into a musical haven, hosting the highly anticipated Tega Cay Summer Concert Series.

June and July: Kicking Off with a Bang

The summer festivities kick off in June at Runde Park with Too Much Sylvia, a band known for their high-energy performances and a repertoire that spans multiple genres. Their dynamic showmanship and infectious tunes are sure to get everyone on their feet and dancing the night away.

In July, Laura Vinson takes the stage, bringing her unique sound and powerful vocals to the Tega Cay audience. With a blend of soulful melodies and captivating rhythms, Laura Vinson's performance is set to be a highlight of the summer.

August: A Tribute to the King of Margaritaville

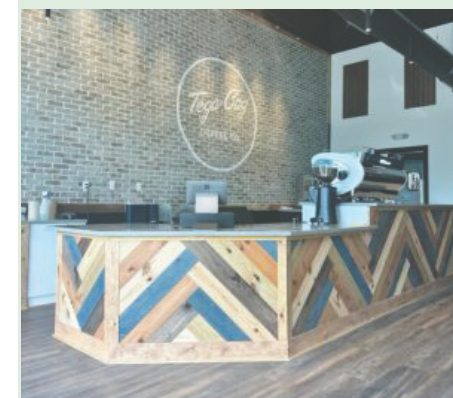
As the summer heat peaks, so does the excitement in Tega Cay. August will see Captain Mike paying tribute to the legendary Jimmy Buffett. Fans of Buffett's breezy, beach-inspired tunes are in for a treat as Captain Mike delivers an authentic and spirited performance. Get ready to sing along to classics like "Margaritaville" and "Cheeseburger in Paradise" while enjoying the laid-back vibes that only a Jimmy Buffett tribute can bring.

September: Wrapping Up with a Bang

The concert series concludes in September at Catawba Park with Spiderwebs, a tribute band dedicated to the iconic No Doubt and Gwen Stefani. Known for their energetic and faithful renditions of hits like "Just a Girl" and "Don't Speak," Spiderwebs will surely bring the house down, leaving the audience buzzing with excitement.

Tega Cay Coffee Company Percolates Success with New Storefront in Tega Cay

Thomas Hyslip, Editor



Tega Cay's beloved coffee purveyors, Tega Cay Coffee Company, celebrated a successful soft opening of their brand-new storefront in their namesake town. The new location at 1177 Stonecrest Blvd., Suite 104, opened its doors on Saturday, May 25th, and served eager coffee enthusiasts daily from 7 am to 1 pm through Friday, May 31st.

Following the positive response during the soft launch, Tega Cay Coffee Company is excited to announce its new hours of operation: 7 a.m. to 3 p.m. daily. The café will offer a curated menu of their signature coffees, a selection of pastries, and a variety of flavor and milk options, along with chai lattes, signature drinks, and non-caffeinated options like refreshers, steamers, and hot chocolate.

This brick-and-mortar location marks a significant milestone for the company, which began as a coffee cart in 2020, popping up at outdoor events and doing home deliveries. In 2021, the company transitioned into a mobile coffee shop, serving different neighborhoods and markets in the Fort Mill/Tega Cay area.

The owner is enthusiastic about the future, with plans to expand the menu in the coming months to include unique breakfast burritos, fresh pastries from an in-house baker, and a selection of bagels.

The Stonecrest location boasts a modern and inviting atmosphere, perfect for catching up with friends, enjoying a quiet moment with a good book, or fueling up for the day ahead.

Tega Cay Coffee Company invites all coffee lovers to experience their new space and promises that the new storefront is just the beginning of exciting things to come.

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SPORTS



Fort Mill High School Athletes Shine at South Carolina 5A State Track Meet

Thomas Hyslip, Editor

The South Carolina 5A High School Track and Field Championships concluded with outstanding performances from athletes across the state. The boys' team finished 9th overall, while the girls' team secured 15th place.

Leading the way for the Yellow Jackets were Elijah Grant, who secured 2nd place in the boys' 400 meters with a time of 47.05 seconds, and Alivia Cleveland, who finished in 3rd place in the girls' 1600 meters with a time of 5:02.25. Cleveland also placed 4th in the girls' 800 meters with a time of 2:18.84. Additionally, the boys 4x800 meter relay team of Tanner Long, Finn Leckrone, Liam Eident, and Isaac Campbell finished 3rd with a time of 8:00.28.

Men's 200 Meters - Elijah Grant finished 13th with a time of 22.90 seconds.

Women's 800 Meters - Alivia Cleveland secured 4th place with a time of 2:18.84

Men's 400 Meters - Elijah Grant secured 2nd place with a time of 47.05 seconds

Women's 1600 Meters - Alivia Cleveland finished 3rd with a time of 5:02.25
Kaylee Rovenstine finished 6th with a time of 5:13.26.

Men's 1600 Meters - Tanner Long achieved a 5th place finish with a time of 4:28.77
Finn Leckrone finished 11th with a time of 4:32.84.
Liam Eident finished 15th with a time of 4:47.66.

Women's 3200 Meters - Kaylee Rovenstine finished 10th with a time of 11:30.21.

Men's 3200 Meters - Isaac Campbell finished 4th with a time of 9:32.77

Women's High Jump - Marisa Jones tied for 7th place at 1.50 meters

Men's Long Jump - Kaleb Dennis finished 14th with a jump of 6.10m

Women's Triple Jump - Mia Williams finished 8th with a jump of 11.05m

Men's Triple Jump - Kaleb Dennis secured 7th with a mark of 13.48m

Women's Shot Put - Willa Clark secured 5th place with a throw of 10.89 meters.

Men's Discus - Smith Stapleton achieved a 12th place finish with a throw of 42.74 meters.

Women's Javelin - Kate Marker finished in 10th place with a throw of 30.23 meters

Men's Javelin - Joseph Duey finishing 4th with a throw of 49.86 meters.

Men's 4x400m Relay - The team of Elijah Grant, Tanner Long, Finn Leckrone, and Liam Eident finished 15th with a time of 3:29.38.

Men's 4x800m Relay - The team of Tanner Long, Finn Leckrone, Liam Eident, and Isaac Campbell finished 3rd with a time of 8:00.28

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Fort Mill High School Boys Wins State Soccer Championship in Shootout

Thomas Hyslip, Editor

The Fort Mill High School's boys soccer team captured the South Carolina 5A championship with a decisive 3-0 victory in penalty kicks against Stratford High School, following a 2-2 tie in regulation time. The match, which included a challenging two-hour weather delay, tested both teams' resilience.



The delay heightened the tension but Fort Mill displayed exceptional skill and composure, especially during the shootout, to secure the state title. The victory marks a significant achievement for the team, reflecting their hard work and the strong support from their community and coaches.

Fort Mill High School Celebrates 15 Student Athletes Signing to Play in College

Thomas Hyslip, Editor

Fort Mill High School celebrated the achievements of 15 student athletes on Thursday, May 23, as they committed to continuing their athletic careers at the collegiate level. The following student athletes have signed to play at the collegiate level:

Volleyball:
Tori Boling - Emory and Henry University
Gabi Garabedian - Newberry College
Nyla Snipes - Francis Marion University

Swimming:
Olivia Corbi - UNC-Wilmington
Jack Dollyhigh - Rochester Institute of Technology
Cade Wolf - Berry College

Soccer:
Preston Shivel - Ferrum College
Braden Gritz - College of Charleston

Cheerleading:
Jackson Chamberlain - Clemson University
Caitlyn Nijoka - University of Kentucky

Baseball: Rayce Buskirk - Coker University

Cross Country: Izzy Miserendino - USC-Upstate

Dance: Ava Wade - Clemson University

Equestrian: Ella Collins - College of Charleston

Golf: David Harrigan - Spartanburg Methodist College



Athletes of the Week

ATHLETE OF THE WEEK
ELIJAH GRANT
TRACK | SENIOR
FINISHED 2ND IN STATE IN 400M

ATHLETE OF THE WEEK
JOSEPH DUEY
TRACK | SOPHOMORE
UPPER STATE CHAMPION IN JAVELIN 17' 5"

ATHLETE OF THE WEEK
BRADEN GRITZ
SOCCER | SENIOR
3 YEAR TEAM CAPTAIN
SCORED 6 GOALS IN FIRST 3 PLAYOFF WINS

ATHLETE OF THE WEEK
CADE SIMMS
TENNIS | SOPHOMORE
2-0 DOUBLES IN PLAYOFFS
FINISHED SEASON UNDEFEATED AT #2 DOUBLES

South Carolina's Housing Market: Among Nation's Most Overvalued, Posing Challenges for Buyers

Thomas Hyslip, Editor

A new report from Fitch Ratings reveals that a staggering 90% of U.S. metro areas are experiencing overvalued housing markets, with a national average overvaluation of 11.1% at the close of 2023. This trend is particularly acute in South Carolina, which is among the states with the sharpest increase in overvalued homes.



In South Carolina, the median listing price for homes reached \$351,370, with an annual home price increase of 9.4%. These high prices, combined with increasing mortgage rates, have created a difficult market for prospective buyers, with many homes selling for significantly more than their asking price. Several factors have converged to create this challenging real estate landscape:

- **High demand and low supply:** Years of underbuilding have resulted in a housing shortage, further exacerbated by high mortgage rates that disincentivize current homeowners from selling. This limited supply, coupled with a strong demand for housing, has driven up home prices.
- **Rising mortgage rates:** The average 30-year mortgage rate reached 7.09% as of May 9th, making homeownership less affordable for many potential buyers.
- **Escalating construction costs:** The increasing cost of construction materials has made building new homes more expensive, further limiting the available housing supply.

While there are some early signs of market normalization with a recent increase in home listings, the persistently high demand for housing continues to outpace supply, making it a seller's market in much of the country. This means that in the near future, home prices are likely to remain high, and competition for available properties will remain fierce.

State	Annual change in home prices
South Carolina	9.40%
Tennessee	6.20%
Arkansas	5.90%
Alabama	4.30%
Montana	3.80%

Sweet Anticipation: The Crazy Mason Milkshake Bar Prepares to Delight Fort Mill and Tega Cay

Thomas Hyslip, Editor

The Crazy Mason Milkshake Bar, known for its whimsical and over-the-top milkshake creations, announced it will open a new location at Brayden Village, promising a unique dessert experience in the heart of the community.

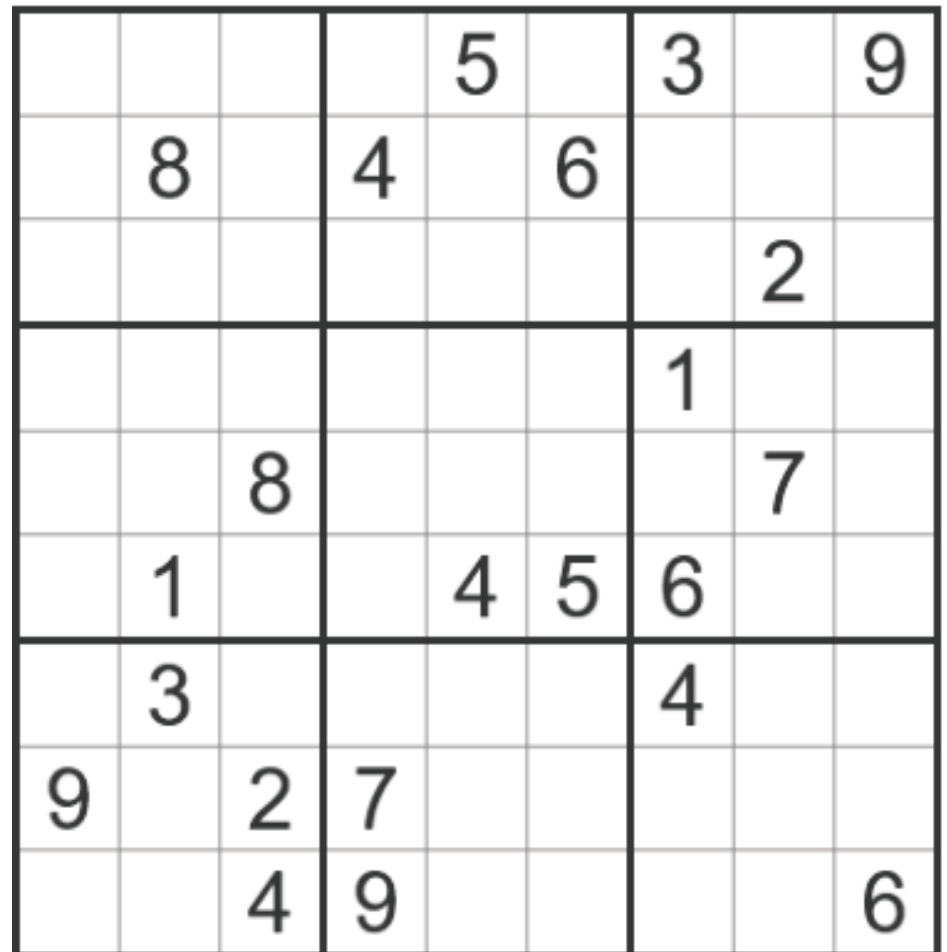


Located at 816 Brayden Parkway, along Highway 160, the Fort Mill location marks the franchise's 13th opening since its inception in 2020 in Myrtle Beach. Specializing in rich, decadent milkshakes served in keepsake custom-designed mason jars, The Crazy Mason doesn't just stop at shakes; the menu also includes waffles, cakes, ice cream sundaes, dessert nachos, and even coffee, making it a haven for dessert lovers.

Leach, this opening is particularly special. Following the success of their first Crazy Mason near Concord Mills, the couple is eager to replicate their passion for delightful desserts and warm, welcoming atmospheres.

Fort Mill and Tega Cay get ready: The Crazy Mason Milkshake Bar is about to make this area a lot sweeter!

For franchisees Aaron and Monika



ACROSS

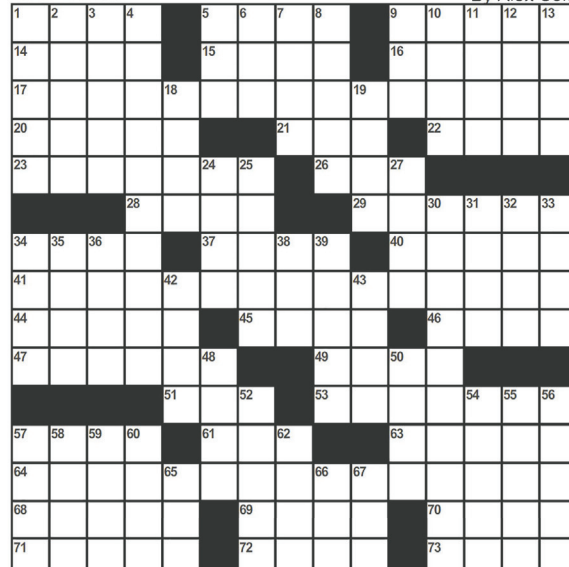
- Delivery advice
- Ty of the Baseball Hall of Fame
- Group of female elephant seals
- Populous continent
- Common fertilizer compound
- Nice school?
- Three before "down"
- Armistice
- Red, white and blue inits.
- Ago, long ago
- Cement alternative
- Barley bristle
- Tool for a duel
- Try again, legally
- Alphabetize, perhaps
- "___ does it"
- One time through
- Three before "down"
- "That was ___ miss!"
- Bunker, for one
- Male turkeys
- ___ and Herzegovina
- London art gallery
- Type of tide
- Arctic parkas
- Squelches a squeak
- William Tell's Canton
- Extra-important exam
- Three before "down"
- Public perception
- Particular pop
- Nautical direction
- Chic or jaunty
- Eat supper backward?
- For fear that

DOWN

- Carbo loader's entree
- Manipulative ones
- Promote good posture
- Professional killer
- It can be chalked up
- Dungeons & Dragons humanoid
- Boyfriend
- Light wood
- Males
- Sense of soreness
- Have a good laugh
- Masons' colleagues
- Join up
- Look before you do this
- Bryn ___ College
- Bruce and Jason
- Instruct
- Head holder
- More than funny
- Sound effect
- Many a homecoming attendee
- Steeps flax
- Bayonet thrust
- Words of woe
- Wishes it weren't so
- Hindu holy man's address
- Black Sea port
- Creamy cracker topper
- Chieftain's group
- Border on
- Curdled soybean milk
- Prepare for a collision
- Tarsus location
- Hardy cabbages
- Icy wet stuff
- Kimono sashes
- "Joy of Cooking" author Rombauer
- Grassy meadows
- Droops down
- Xerox competitor, once
- Lock opener
- Seed remover Whitney
- Terrible

GET DOWN

By Alex Cole



Answers at tegacaysun.com/answers

Water, From Page 2

Despite the potential impact on Tega Cay and nearby communities, no public meetings are scheduled in Tega Cay, Fort Mill, or Rock Hill. This omission has raised concerns among residents and local leaders who believe that their voices should be heard in a matter that directly affects their water resources.

Residents of these communities are encouraged to participate in the meetings in other locations or take advantage of the virtual option available for remote attendance. Additionally, written comments can be submitted until June 21, 2024, via Charlotte Water's IBT website at CharlotteWaterIBT.org or mailed to:

Charlotte Water
Attn: Jennifer Frost/IBT Modification Comments
4222 Westmont Drive
Charlotte, NC 28217

This situation underscores the need for inclusive and accessible public participation in decisions that impact essential resources. The absence of meetings in the affected communities of Tega Cay, Fort Mill, and Rock Hill calls for a reevaluation to ensure that all stakeholders have an opportunity to express their concerns and contribute to the decision-making process.

Mr. Penny Pincher, From Page 3

This takes practice. Once you start planning with our money and what you want it to do, you'll find this approach is useful in other areas of your life as well.

Moderation becomes second nature, you'll actually enjoy that you're not overdoing anything in your life. The self loathing will be gone, replaced with happiness, freedom and positive thoughts.

Telling your money what to do takes work. It's not necessarily hard work but it is work nonetheless. If you don't put the time and effort into it, nothing will be gained. You'll continue to swim in the choppy waters of regret, saddled with an anchor of debt and limited options on what you can do to move forward.

Diets don't work in the same way useless spending doesn't work. It's not necessary to withhold the pleasures of food or the purchasing of items. It is necessary to eat less, spend less and budget for the items you want. Tell your money what to do and you'll have success. Allow your money to flow freely and you'll end up in the same place every time.

In front of a judge declaring bankruptcy.

In Health, From Page 3

position).

The benefits: This stretch can improve flexibility in your spine and relieve tension in the muscles of the back.

3. Child's Pose:

How to do it:

- Start on all fours in a tabletop position.

- Sit back onto your heels, reaching your arms out in front of you and lowering your chest toward the floor.

- Hold the position, taking deep breaths and feeling the stretch along your spine.

The benefits: This is a restorative pose that helps stretch the back muscles and alleviate tension.

While these exercises can be beneficial, it's essential to note that the underlying cause of low back pain can vary widely. These exercises may not be suitable for everyone, and it's always best to get a tailored program from a qualified professional that's specific to your needs.

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.

Tega Cay Music Association Debuts Community Piano at First "Open Mic Night"

Thomas Hyslip, Editor

The newly formed Tega Cay Music Association successfully held its inaugural community event featuring the debut of a brand new piano. This event, an "Open Mic Night," took place at the Glennon Center's Hearth Room on Saturday, May 11th. The evening proved to be a vibrant showcase of local talent and a celebration of community spirit.

The highlight of the event was the unveiling of the association's new piano, a significant addition that underscores the organization's commitment to fostering a rich musical culture within the community. The piano will serve as a central piece for future concerts, recitals, and community gatherings at the Glennon Center.

Adding to the festive atmosphere, the evening included a ribbon-cutting ceremony attended by Tega Cay's Mayor and City Council members. This symbolic gesture marked the official launch of the piano and the Music Association's future endeavors.

Light refreshments were served, providing attendees with an opportunity to mingle and enjoy the music. This event was not just a celebration of the new piano but also a testament to the communal spirit of Tega Cay, offering a warm welcome to everyone who came to listen or perform.

The Tega Cay Music Association extended a cordial invitation to all residents, who joined in the celebration, shared their talents, and enjoyed an evening of music and community engagement. Musicians performed brilliantly, and music lovers reveled in the local talent, making the "Open Mic Night" at the Glennon Center Hearth Room a resounding success.



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