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A portrait of Dr. Amanda Seay, a woman with long dark hair, smiling and wearing a white top and a black belt. The portrait is on the left side of the page.

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MOUNT PLEASANT

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PUBLISHER'S NOTE

I WISH YOU COULD WALK IN MY SHOES FOR JUST A DAY OR so. Why? Well, one reason is that you'd have a lot of fun. But I also wish I could show you what goes into publishing Mount Pleasant Magazine and our many local websites.

We are a fun-filled and creative business family that strives to strengthen the community we live in. None of us are actually related, but, when you've worked with someone for many years, you might as well be. The publishing community behind the walls of our little office mirrors the community our magazine serves.

I don't know why, but, when I was thinking about writing this column, the word "community" popped into my mind. I asked myself several questions: Why has Mount Pleasant Magazine been able to grow? Why are our readers so passionate about Mount Pleasant Magazine? What have we been doing right? According to Webster's New World College Dictionary, Fourth Edition, a community is "a group of people forming a smaller social unit within a larger one and sharing common interests, work, identity, location, etc."

Despite Mount Pleasant's growing population of 71,875 and all the activity that comes with growth, we still have a real sense of community. Think about it: In 1696, 51 new settlers arrived. Each family was allotted several hundred acres in the area that became known as Christ Church Parish. And now look at where we are today. Back then, our sense of community helped us overcome attacks by the Spanish and the French in the early 1700s. You might also have heard about the Secession Convention in Charleston in 1860. In fact, before Charleston's Secession Convention, a public meeting was held in Mount Pleasant that produced South Carolina's first secession resolution.

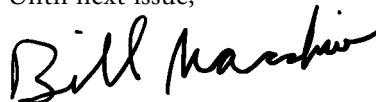
Even before Linda Page and Joe Riley, the Lowcountry was blessed with strong leadership and a sense of community. This was never more evident than in the aftermath of Hurricane Hugo. Even when we were surrounded by devastation, we all pulled together, helped each other and comforted one another.

I think one major reason for the growth and popularity of Mount Pleasant Magazine is that we've worked hard to represent what our town is all about. We will strive to continue to reflect Mount Pleasant's strength and sense of community through the pages of our publication. Please let us know if we sway from that mission, because even though we have fun doing what we do, we take our jobs very seriously.

Strong families make strong communities. With Mothers Day coming up and Father's Day following right on its heels, we would like to interview some of Mount Pleasant's favorite moms and dads for our May/June edition. If you are a daughter, son, family member or good friend who knows a super mom or dad, flip to page 84 and cast your ballot for that special mom or dad – or access the ballot online at www.MountPleasantMagazine.com/momanddad.

Mount Pleasant's favorite moms and dads will be featured on the cover of our May/June issue. To us, this is just one more way to showcase the strength of the Mount Pleasant community. 🍷

Until next issue,



— BILL MACCHIO
Publisher





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Our Contributors



Cameron Haines is a newcomer to the East Cooper area. A native of the small, charming town of Moncks Corner, she is currently finishing her degree in Arts Management and History at the College of Charleston. Cameron is a strong advocate of the American Cancer Society and the arts. She loves photography and strives to own a portrait and wedding photography business. She also enjoys writing, traveling and spending time with family.

After a few years bouncing around the country, Charleston Southern graduate **Julie Sprankles** returned to her beloved Lowcountry in 2006. She started her local career in community news and later served as editor-in-chief of Charleston Home + Design Magazine for several years. An award-winning writer, Julie is the entertainment features writer for SheKnows.com, a Forbes Top 100 website for women, and is a content associate for the national wedding website, Borrowed & Blue. Her favorite ways to



while away afternoons include playing at Mount Pleasant Memorial Waterfront Park with her two young children and digging through secondhand treasures at Page's Thieves Market.



Jenn Cady recently moved from Nashville, Tenn., to Mount Pleasant, where she opened her new studio located at Lowcountry Beauty and Wellness Spa. Jenn is a nationally recognized photographer. Her work can be seen in Glamour, Seventeen and People Magazine. She specializes in capturing real moments for a reasonable price.

Taylor Griffith is a May 2013 graduate of the University of Maryland, where she studied journalism and history. Her first postgraduate job was working as the editorial assistant at Mount Pleasant Magazine, where she still enjoys freelancing. Taylor now lives in Summerville, working as a government beat reporter at a community newspaper.



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From the Managing Editor

ONCE UPON A TIME, I DIDN'T UNDERSTAND HOW IMPORTANT IT IS FOR A magazine editor to think ahead. In the past, when I would thumb through issues of Vogue or Elle in March and admire the gorgeous spring frocks, I never considered the vision that comes with putting together a spring issue in the winter.

Until now.

My position at Mount Pleasant Magazine has always challenged and enthralled me, but this past winter has been more so than usual. We wimpy Southerners were treated to our share of subfreezing temps, closed bridges and ice – and all the while, I was planning the community garden photo that you see on the cover of this magazine, along with other springtime features.

Our front cover was shot on location at the I'On community garden, a lovely place even in the dead of January. Kate McKinley was the talented photographer behind the lens. The smiling faces you see belong to the Mauro family – Gregg, Wendy, Dagny and Alex – who live in the I'On neighborhood and enjoy the opportunity to make things grow. Royall Ace Hardware on Coleman Boulevard in Mount Pleasant donated the garden tools for the occasion. My appreciation goes out to everyone involved.

By the time this issue makes it into your hands, the weather will (we hope) be warmer, and we'll look ahead to outdoor activities in East Cooper. You'll begin daydreaming about the Cooper River Bridge Run and the Family Circle Tennis Cup; tending to plants you'd like to see thrive in your own yard; planning your kids' summer activities; and yearning for peaceful days on the porch or sun-splashed days at the beach.

Our March/April issue is right there with you. As you fan through these pages, you'll find a breath of fresh air touched with the fragrance and enthusiasm of spring. Enjoy this edition of Mount Pleasant Magazine, and thanks for reading.

As for me, I'm pondering our back-to-school issue. 🍷

Yours,
DENISE K. JAMES
Managing Editor

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Web Extras



VISIT WWW.MOUNTPLEASANTMAGAZINE.COM FOR MORE THAN WHAT YOU SEE IN THE PRINT MAGAZINE: more stories, more photographs and more fun stuff in general.

If you like gardening, you'll love the **Clemson University Home and Garden Information Center**.

Jampacked with information on what grows best in this area, this guide will help you put your best green thumb forward. Visit www.MountPleasantMagazine.com/GardenGuide.



We received several fun responses from kids around the East Cooper area regarding their **favorite memories at summer camp**, and they're on the Web for your reading pleasure. Share the links with friends and family – y'all should be proud!

And speaking of proud, don't forget to vote for your favorite mom and dad at www.MountPleasantMagazine.com/Favorite-Mom-and-Dad. The winners will appear in our May/June 2014 issue. This makes for a great Mother's Day or Father's Day surprise!



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“The Civil War and its Aftermath in Mount Pleasant”

“Anxiety”

This is the ninth part in a series about Mount Pleasant's role in the Civil War. It has been offered to Mount Pleasant Magazine by former Post and Courier editor and writer John L. All, who resides East of the Cooper and is passionate about preserving its history. We hope you will enjoy this tale about Mount Pleasant's past.

—The Editors

HENRY SLADE TEW, A STORE-keeper, wrote for his daughter who was in Florida an account of what transpired over the next few days and weeks. Tew's son, Col. Charles Courtenay Tew, a first honor graduate of The Citadel, had been killed in action at Sharpsburg, Md.

On that Thursday night and early the next morning, two plantation owners asked Tew to send for sizable quantities of grain in their barns to sell to those who could afford it and to give to those who could not. Tew couldn't do so because there no longer was a way to transport it.

Early the next morning, Tew learned that the commissary (quartermaster) was going to sell all the Army supplies that he could not move from the grain mill on Shem Creek, where it was stored.

“I went up and succeeded in purchasing some flour and meal for myself and also in getting a few sacks of each for the poor which I paid for myself,” Tew wrote. “I had previously collected some rough rice and corn for the poor which I had at the mill and in my store, and I had made distribution of about 80 bushels to some of the families.

“That day, Friday, was one of anxiety for us all. About dark, all the batteries on Morris Island and some of the vessels commenced the most terrible fire I think I ever witnessed in the war, directed at Sullivan's Island principally, through Sumter came in for a share, with the view to cut the bridge and prevent the evacuation of

the island. The fire was incessant and seemed to extend up to our bridge. It was a grand but awful scene. The awfulness of that night must dwell in the minds of those who witnessed it as long as memory lasts.”

When the last troops – 30 mounted men – started over the bridge at Cove Inlet, 15 mortars on Morris Island began firing in an attempt to destroy it. The riders started out at a walk so as not to vibrate the wooden bridge to pieces, but, as the fire increased, they broke into a gallop. The bridge didn't collapse under the pounding hooves, but witnesses claimed that the noise could have been heard all the way to Charleston. It most likely was during the evacuation of the island that a shell burst over the so-called Presbyterian Church building, raining shot down through the roof. It is highly unlikely that Dr. Moore would have maintained a hospital in a building with that kind of damage.

That night, Friday, Feb. 17, the 144th New York Volunteers went ashore at Graham's Creek near Buck Hall Plantation. The Confederates had withdrawn, evacuated by steamer to Strawberry Point by way of Cordesville and then to St. Stephen. The 32nd U.S. Colored Troops landed, and they held the position during the night. They were sent to Andersonville the next day, where they learned that Charleston had been abandoned. The 55th Massachusetts also had tried to land on that day but grounded.

It was on that day that Sherman's troops entered Columbia as Wade Hampton, hopelessly outnumbered, moved his troops out, leaving much of it in flames of questionable origin.



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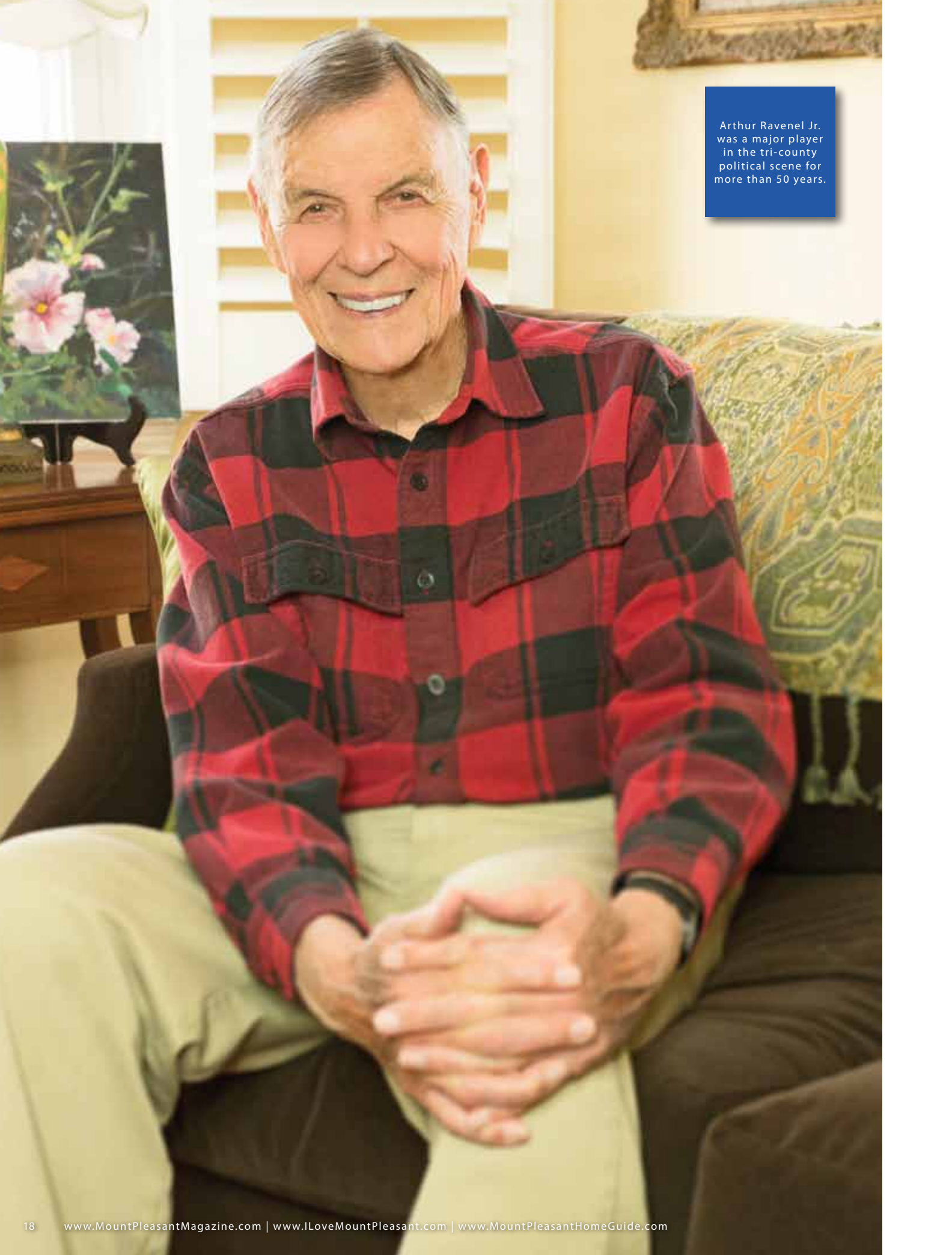
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Arthur Ravenel Jr. was a major player in the tri-county political scene for more than 50 years.

A Bridge To History

ARTHUR RAVENEL JR.

Story by Pam Gabriel.

Photos by Jenn Cady Photography.

Today his shoulders are a little stooped and his once dark hair is gray, but that famous smile still radiates from the face of Arthur Ravenel. It's a contagious grin that immediately transfers to those around him, a trait he once laughingly referred to as his "politician's smile." He still spins yarns with homegrown charm.

MENTION "COUSIN ARTHUR" and everyone in the tri-county area knows you are referring to Arthur Ravenel Jr., a mover and shaker in the South Carolina political scene for more than half a century. Ravenel is an eighth-generation descendant of French Huguenots who came to Charles Town in 1686 by way of the Island of Jersey. With these deep roots, he claims to be "related to half the state." When his cousin, the late Julia Ravenel Dougherty, who also was active in local politics, began referring to him as "Cousin Arthur," the former "Country Arthur" had a new and lasting moniker.

Ravenel has been "retired" from politics since 2010, when he declined to seek re-election to the Charleston County School Board. He and his wife, the former Jean Rickenbaker, sold their home of 27 years on Center Street in the Old Village and moved to the Franke at Seaside community three years ago. He still spends one day a week in his office in the Faber House on East Bay Street, a grand Palladian mansion he purchased in 1971 for \$20,000 from the Historic Charleston Foundation, which had rescued it from demolition.

At one time, Ravenel also owned Presqu'île, the handsome historic home across the street. A short distance away is The Cigar Factory, another one of his former acquisitions. This purchase came with an interesting tale, and Ravenel is a master storyteller.

The American Tobacco Company owned the vacated structure and was desperate to sell the deteriorating building. Ravenel was having lunch with the realtor representing the

company, who bemoaned the fact that he could not sell the property. Ravenel immediately offered him \$250,000. Thinking he was calling his bluff, the realtor told Ravenel to put it in writing. He reached across the table, grabbed a napkin and wrote that he agreed to purchase all the land that American Tobacco owned in South Carolina for the sum of \$250,000. A few weeks later, Ravenel received a call from an attorney for American who wanted to know if he was serious.

“Hell yes,” was his response. “Just give me some time to put the financ-

ing together.”

Ravenel credited the late Harry Hallman, former mayor of Mount Pleasant, for steering him into the role that resulted in one of the largest bridges in the world bearing his name. For over 20 years, local authorities had sought funding for a bridge to replace the aging and “functionally obsolete” Grace Memorial Bridge and its newer but still shaky sister, the Silas N. Pearman Bridge. Hallman convinced Ravenel to run for the South Carolina State Senate and explained how the cre-

ation of a state Infrastructure Bank could finance the new bridge and other transportation projects.

With the bridge at the center of his campaign, Ravenel was elected to the Senate in 1996. A year later, legislation created the South Carolina Infrastructure Bank. Ravenel praised former U.S. Rep. Henry Brown for putting together its funding mechanics. The Bank’s first project was a parkway in Horry County, followed by a \$600 million bridge over the Cooper River.

In 1997, the South Carolina



It's obvious that Ric and Arthur Ravenel share a quirky sense of humor.

Highway Commission and the South Carolina Legislature agreed to name the bridge after Arthur Ravenel Jr., though some locals still refer to it as “The Cuz Way.” When illness kept him from fully participating in the opening ceremonies for the bridge, he joked, “Maybe you shouldn’t name things after people before they’re dead.”

While the soaring bridge between Charleston and Mount Pleasant is

tion, Ravenel and his former wife, Louise, crusaded for better education and care for the mentally handicapped. In 1972, *Look* magazine, now defunct, did an in-depth article on how the Ravenel family coped with William’s special needs.

When asked about the important events of his long public career, he paused to consider the question, long enough for his wife, whom he affectionately calls “Ric,” to shout

... Ravenel was instrumental in establishing widespread reform for the treatment and care of the mentally handicapped in South Carolina. ...

the most visible of Ravenel’s accomplishments, he takes greater pride in other projects. An ardent environmentalist, he served on the Heritage Trust Advisory Board, which purchased and now protects thousands of acres of land on preserves throughout the Palmetto State.

When the Navy Shipyard in North Charleston closed in the early 1990s, Ravenel played a large role in securing business proposals for the land. He pointed out that the number of people working on the site today is the same as when the Shipyard was fully functioning.

In the late 1960s, Ravenel was instrumental in establishing widespread reform for the treatment and care of the mentally handicapped in South Carolina and was named president of the South Carolina Association for Retarded Children. His fifth child, William, born in 1965, was diagnosed with Down syndrome. Rather than hide William’s condi-

from an adjoining room, “Marrying me.” Ravenel chuckled at her quip; it’s obvious they share a quirky sense of humor. He then turned serious and stated that meeting Nelson Mandela, when Ravenel was a congressman and South Africa’s first democratically elected president addressed the U.S. House of Representatives, was near the top of his list.

“He was leaving the House, and I was in his path, so I just stuck out my hand and he reached out and shook it,” Ravenel recalled, savoring the memory.

The Ravenels are surrounded by family. Together they have 10 children, his six and her four. They start each day on their screened porch with Ravenel bringing his wife a cup of coffee. He also enjoys spending time with Ric at their cabin and listening to her play the piano – only because he’s lost some of his hearing, she joked. Laughter remains a large part of their lives. 🐼

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IN THE EARLY MORNING, YOU CAN HEAR quick footsteps on the streets of the Old Village in Mount Pleasant. There's heavy breathing and sometimes light humming, too, as Anna Holland runs by listening to Top 40 hits. Sometimes she'll have the double jogger with her, pushing her 3- and 5-year-old daughters in front, and sometimes she runs alone.

"I always go first thing in the morning because it makes me feel good for the rest of the day. It just makes me feel like I've accomplished something other than the daily carpool and the diaper changes. I'm taking time to do something just for me, and I'm

happy with that," she said.

Holland is just one of many who use walking, jogging and running as a form of exercise, entertainment and stress relief in Mount Pleasant.

And for her, Mount Pleasant is the perfect place to indulge. Some of Holland's favorite places to run include the beach at the Isle of Palms, the Old Village and on the Arthur Ravenel Bridge.

"I think Mount Pleasant is a really cool place. There's lots of places to run and be happy," she remarked.

It's been two years since she started running for fun. Before that, Holland said she thought running was "very daunting."

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But after setting a goal of competing in a triathlon, Holland started by running the trails in her Park West neighborhood.

“I signed up for the IOP Beach Run, and, after that, I thought I would go do a half marathon. I went from doing a 5k to a half marathon,” she laughed.

A self-proclaimed “newbie,” Holland has only participated in a few area races, including the Charleston Half Marathon – twice.

“It takes some time to train for these halves,” she said.

This April, Holland will meet her goal by participating in her first triathlon.

Not only has running been personally fulfilling, but Holland said her running also has sharpened her parenting skills.

“I want to be a role model for my girls. They come to the races,” she said. “As they get older, I definitely want us to go on runs together. I hope that it does inspire them at some point to just be active and healthy.”

Mount Pleasant mom Dawn Shaw agrees – what started out as personal running time has turned into a family affair. She said her oldest son, Hadley, now 9, has been wanting to go on runs with Shaw since he was little; the first time she let him tag along was when he was 5.

“Some people say there’s nothing to show at the end of it. It wasn’t like we baked brownies or read a book, but we just kind of talked and listened to each other. It made me feel a bit more bonded with my boy,” she said.

Hadley has run in several races, including the 2013 USA Track and Field National Junior Olympic Cross Country Championships, where he placed 24th, became an “all-American” and was given his medal by two Olympic runners. Last year he ran the Cooper River Bridge Run in 52:29.

“I just focus on the person in front of me and focus as hard as I can,” said Hadley about racing.

This year, all three of Shaw’s children



Mount Pleasant mom Dawn Shaw enjoys racing as family time.


Photo courtesy of Dawn Shaw.

will be running with the Mount Pleasant Track Club.

“When I go out running with my kids, I don’t see many kids and their parents running together. It’s the lucky few that I see. There are a lot of parents with dogs, though. I guess that means the dogs are having all the fun,” Shaw said.


Her children’s running is more than just to exercise; it also teaches valuable lessons, she said.


“The more children run, the more



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they train, the faster they're going to get, the taller they're going to get, the fitter they're going to get. Knowing the effort he puts in is going to make him better is something that can be applied to everyday life – the more you practice, the more you train, the more you learn, the better you're going to be," Shaw explained.

Even though she enjoys running with her children, Shaw said she also revels in the personal time she gets from running alone.

"To go out and get away from the house and the structure of my life, I feel elated and detached and at the same time feel more connected to myself. Free. When I get back home it feels like everything is right. I feel at peace," she commented.

Shaw said some of her family's favorite places to run include the Ravenel Bridge, the beach, around their neighborhood and at Palmetto Park.

Both women offered a few of tips

and tricks for new runners.

Holland said her Lululemon compression running capris and Asics Nimbus sneakers are her secret weapons when she hits the pavement.

"I can run a million miles in my sneakers, and they still have the comfort of when I first started. I haven't found that in a lot of running shoes," Holland said.

When it comes to long-distance runs, Shaw said she won't get started without applying Body Glide anti-chafing gel first.

Both women said they turn to TrySports in Mount Pleasant Towne Centre when it's time to buy new running gear.

Holland's most important advice to new runners is not to give up.

"Keep going; keep at it; know it's going to get easier as you go. Just have fun with it; don't get too serious. It should be fun, because if it isn't, it's going to be a chore, and there definitely are days that it becomes one," she said. 🐻

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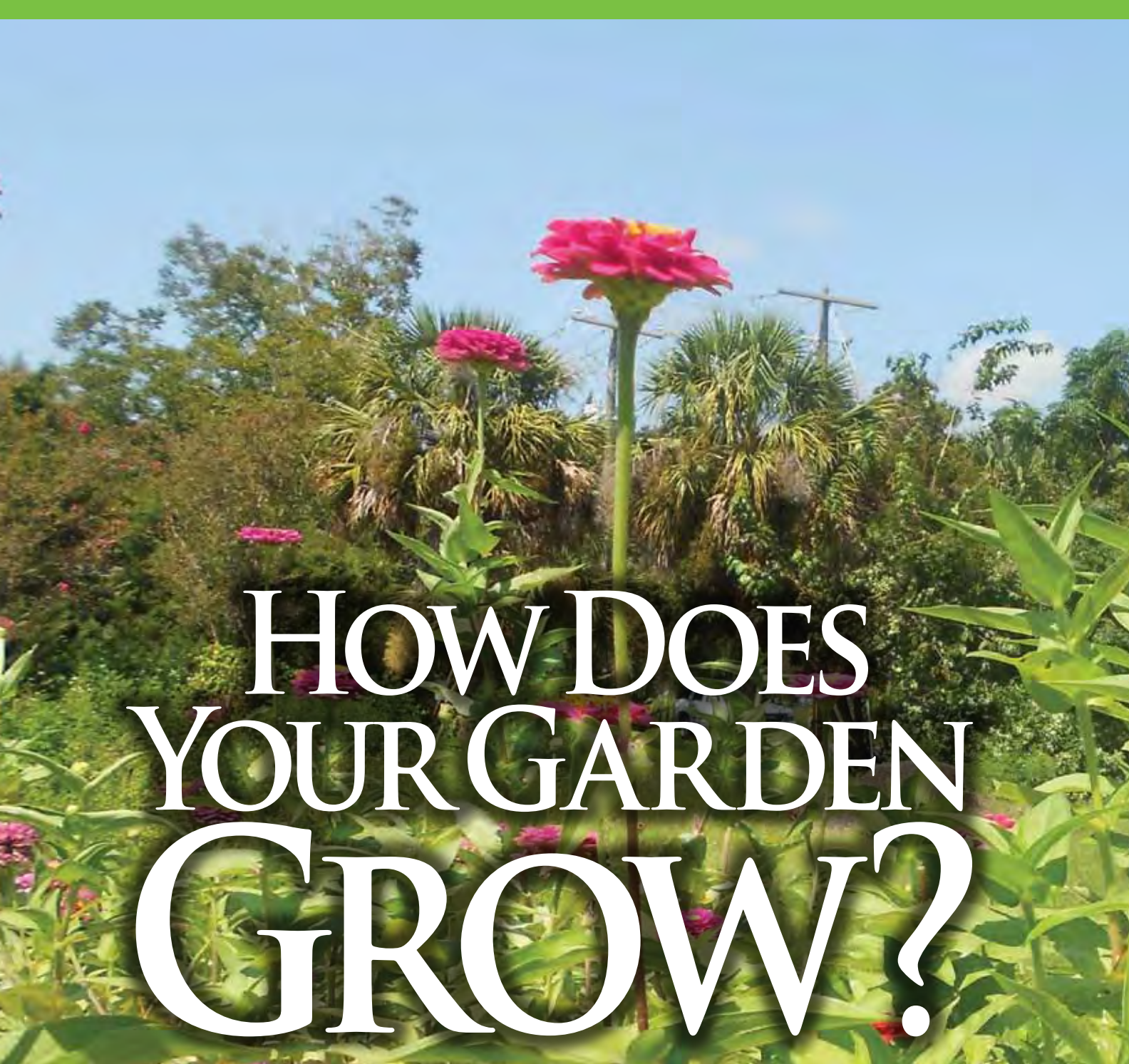




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HOW DOES YOUR GARDEN GROW?

With a Team of East Cooper Residents

Story by Denise K. James.



The community garden on Sullivan's Island is located next to the Edgar Allan Poe branch of the Charleston County Library. -Photo courtesy of Carlsen Huey.

LIFE AS A MAGAZINE WRITER AND editor sometimes means imagining things in their prime that are still a little ways off. Take, for example, the day I visited the community garden at I'On on a January afternoon. It wasn't difficult to envision the mounds of dirt erupting for fresh vegetables and colorful flowers to burst forth, but for that particular day I had to use my mind's eye as I talked to the garden coordinator, Steve Degnen.

Degnen moved to the Lowcountry from New York seven years ago and claims that at the time he knew “nothing about gardening.” But he liked the I'On community and envisioned an opportunity for everyone who lived there, from families to singles and retirees.

“There are lots of neighbor activities, but I wanted to start something sponsored by I'On as a whole,” he explained.

A garden seemed like the right answer. Steve's first move was to seek the support of the I'On Homeowners Association, which he readily received, and a budget to

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The I'On community garden is made up of 30 plots. - Photo courtesy of Steve Degnen.

get started. Now the garden has pretty much taken on a life of its own, to the tune of families clamoring every January to plant what eventually will be that year's bounty. Each family receives a plot inside the garden – which is made up of 30 plots – and a starter kit.

What's inside the kit? According to Degnen, it's everything from the family's individual plot location to photos of plants that might work well to harvest information and dates. Families are able to grow whatever they want, be it flowers or vegetables. The only rule is that you must take care of your plot.

"Plots must be weeded and harvested on time," Degnen commented. "And these little gardens produce so much food! We use the proper soil and irrigation so it yields plenty, so people can give vegetables to neighbors."

But besides enough summer tomatoes to dress any salad or sandwich that comes along, the garden has done just what Degnen was hoping to accomplish in the I'On community.

"Small children walk through it a lot; I can't believe how many people visit it," he mused. "My

point was to create something that gets people together."

Meanwhile, on Sullivan's Island, next to the Edgar Allan Poe branch of the Charleston County Library, another community garden has been in existence for the last two years. Resident and garden lover Carlsen Huey, along with a few earthy friends, got the project off the ground, literally.

"A couple of us who were kicking around the idea of a garden emailed Carl Smith, our former mayor, and attended a council meeting to garnish support," said Carlsen the day we walked around the garden.

"Smith suggested this location, by the library. And the city graciously offered to supply us with free water," he pointed out.

Once plans were in full effect, the Sullivan's garden came together quickly. The team decided on raised beds, since the soil is rocky and sandy. Councilman Pat O'Neill donated the lumber for the beds, and the wood was fashioned into 11 foot x 4 foot boxes, spaced apart so that "mowers can fit in between and you can pick vegetables along the bed," Carlsen said.



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The Sullivan's garden, though it was pretty sparse the day of the interview, goes through three different planting seasons: spring, summer and fall, depending on the vegetables. The growing cycle was determined by a calendar published by the agricultural center at Clemson University. The calendar provides much of the same information included in the I'On garden kit, such as suggested plants and harvest times.

Carlsen remarked that most seeds are purchased locally at Royall Ace Hardware in Mount Pleasant and that "most of the planting is done from seeds." Speaking (sort of) of seeds, Carlsen and other avid gardeners enjoy teaching children to work in the garden and learn the way that fruits and flowers spring from the fertile ground.

"I love seeing kids in the garden," he confessed. "Once it gets going, we pair up with the library and the kids do a tour. They plant things like sunflowers and watch how they grow."

At the Hidden Ponds community garden, located not far from Hidden Ponds Nursery in Awendaw, owner Phil Pierre is hosting families for the



Kids love to watch things grow in their community gardens. -Photo by Kate McKinley Photography.

second year. Though Pierre is busy running the plant nursery and said he "doesn't have time to supervise" gardeners, the 1.5 acres of land are ripe for plenty of planting.

"This year will be more organized than the first year was," he declared. "And, if possible, we'd like to expand after this year."

Newest of all to this cluster of gardens is Daniel Island's proposed

community garden, which a group of about 60 residents is working to make happen. Jacqueline Gowe, a reader of the Daniel Island News, won the newspaper's competition in the spring of 2012 on ways to enhance the Daniel Island community. She suggested a garden, and several other people heartily agreed with her.

Two years later, the committee has designed a garden with 20 raised

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beds. Meanwhile, a tract of land located behind Bishop England High School and owned by the Catholic Diocese of Charleston could become the garden's new home. The plan is to incorporate help from the students at Bishop England, in addition to inviting everyone on Daniel Island

to take part.

"We believe that through working together we will be able to build, tend and harvest a thriving vegetable, herb and flower garden, to benefit and delight young and old on Daniel Island," said Gowe. 🌱



Thanks to the efforts of these and other residents of Daniel Island, another community garden will soon be operational.

Photo by Mandy Hostetler.

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A Sullivan's Island *Love Story*

*Story by Julie Sprankles.
Photos by Andy Hagedon.*

AS I PULLED UP TO THE Sullivan's Island home of Ann-Therese and Eli Hyman, I was greeted by a black lab named Nikki, who ushered me into the house as though she'd been awaiting my arrival.

Once inside, Eli and Ann-Therese appeared, and I was at once struck by the warmth in the room, emanating not from the hearth but from the couple seated across from me. Although married for nearly

three decades, they bantered playfully as though they were still the same love-struck kids who met in Israel when he was 16 and she was 17. I asked how they ended up on Sullivan's Island.

"She chased me for 12 years," Eli joked, as Ann-Therese rolled her eyes in mock indignation. "She wore me down. I lived in Israel for seven years: I was studying, I served in the Israeli army and I worked there."

Originally from Sweden, Ann-Therese was in Israel studying language arts.



The Hymans wanted a home that was Sullivan's Island beachy and comfortable. That's exactly what they got.



Ann-Therese and Eli Hyman met in Israel when they both were teenagers.

Eli is a fourth-generation Charlestonian with deep roots in the Lowcountry. His great-grandfather, W.M. Karesh, opened a wholesale dry goods business in the 1800s on Meeting Street, and, in the late '80s, Eli and his brother Aaron re-imagined their great-grandfather's business as restaurants. You know them today as Hyman's Seafood and Aaron's Deli, staples of the Holy City culinary scene.

When the siren song of his hometown beckoned, Eli returned from Israel to attend school. Before long, he and

Ann-Therese crossed paths again.

"She came to college down here, and we spent a year together. ... we almost killed one another," Eli elaborated with a grin.

And, as great love stories often do, theirs hit a snag.

"I thought we were going to live in Israel at one point, and I was going to be a farmer," Eli said.

Ann-Therese, however, had her reservations. She asked Eli for a few weeks to reconcile what her heart and her head were telling her. Ultimately, she went with her heart,



After moving every three or four years, the Hymans have found their forever home.

for her – reconsidered his dreams, deciding instead that the couple should start their lives together in Charleston, a place they both love.

Which brings us to Sullivan’s Island, nine houses later, just a block from the beach.

“After the last house we lived in, I was done moving. We had moved every three to four years, and it was just exhausting,” Eli said.

Ann-Therese agreed, with an explanation.

“We used to work, save up money and then travel,” she said. “We would meet in Austria, England, Sweden or Israel. But once you have kids and they start going to school, you can’t do that. We were able to still feel like we had that kind of life by moving, because you expand your horizons in the neighborhood

agreeing to live in Israel and be a farmer’s wife.

“I figured I would rather live with him in that environment than live without him the rest of my life,” she said, smiling.

After Ann-Therese agreed to make the move, Eli – realizing the depth of her love for him and, perhaps, his

where you live. We have met wonderful people in every neighborhood we’ve been in.”

After nine moves, though, the couple had quelled their gypsy spirits. They were ready to find their forever home, and Ann-Therese had been doing her homework.

“She had a three-ring binder filled with years of pictures,



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so we could go to our contractor and say, 'That's what I want, but this is the way I want it to look,' " Eli explained.

Before Ann-Therese's binder of inspiration could come to fruition, though, the Hymans had to find a contractor. Early in their search, they discovered Richard Johnson.

"I was building another house on Sullivan's, and Ann-Therese and Eli liked the way it looked," said Johnson. "Eli stopped by one day, introduced himself, said they really liked the house and wanted to know if I'd be interested in looking at the house they were getting ready to build."

After answering with an emphatic yes, Johnson put in a bid for the project and arranged to meet with Ann-Therese. It was then, before he'd even been hired, that he came face to face with the decade of ideas housed in her binder.

"It took us about two hours, but we went through every page in that book and talked about all of the different things they wanted," Johnson laughed.

It didn't take long for Ann-Therese and Eli to realize that Johnson was the perfect fit for the job.

"Richie is unbelievable," gushed Ann-Therese. "I've never met somebody so honest – he has so much integrity.

“For two years prior to starting this construction, Eli and I sat down with our binder and made a wish list of things we really wanted.”

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The collaboration between Johnson, the Hymans and architect Eddie Fava couldn't have played out better.

"For two years prior to starting this construction, Eli and I sat down with our binder and made a wish list of things we really wanted," said Ann-Therese. "While we didn't get some things because they weren't feasible, we were either able to get close to or exactly what we wanted from that list."

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HYMAN HOME RESOURCE GUIDE

Builder: Richard Johnson Contracting, LLC

RichardJohnsonContracting.com, (843) 509-3927

Bathroom sinks and cabinets: IKEA

Carrara marble in kitchen, granite in outdoor kitchen: Palmetto Surfacing Inc.

Closets: Tailored Closets

Custom coffee table in living room: Cashman Woodworking Inc.

Custom teak screen doors to porch: M.W. Millworks

Dining room light fixture: Rick's Lighting

Door hardware: Foxworth Decorative Hardware, LLC

Electrical: Jackson Electrical Service

Faucets and plumbing fixtures: Design on Tap

Fireplaces: Fireside Hearth & Home

Framing, interior trim and exterior trim: Berlin G. Myers Lumber Corp.

Framing: Pearce Construction Services

HVAC: M & S Mechanical

Icemaker, dishwasher and dryer: Signature Appliance Center

Interior trim: Stanley's Interior & Trim

Landscape installation, grading and lighting: Moore Landscaping

Laundry room and pantry cabinets: IKEA

Marine Hardware: West Marine

Painting: Kershaw Painting, LLC

Pantry appliances: Plugs Appliance Center

Plumbing/gas: Coastal Plumbing & Gas

Porch screens, stainless railing and Garapa porch flooring: Liberty Cedar

Roofing: Cahill Contracting

Stainless countertop and large sink and faucet in kitchen: SieMatic Charleston

Tile: Palmetto Tile Distributors, Inc.

Travertine in outdoor lounge areas: Travertine Warehouse

Waste disposal: Carolina Waste & Recycling, LLC

Windows and doors: Buck Lumber & Building Supply, Inc.

Wood flooring: Precision Flooring

For Johnson, bringing the couple's ideas to life was one of his favorite parts of the project.

"I enjoyed hearing about her vision and trying to pull it all together," he explained. "She knew what she wanted to do from the start. To take those ideas and see them go from a binder into their dream home was the best aspect of the job for me."

The home itself is a mix of modern and beachy, sparse and cozy – a dichotomy that is a direct reflection of the homeowners.

"My wife and I are very different," observed Eli, and Ann-Therese added, "I'm into the arts and the simplicity. You know, aesthetics."

For Eli, having a home that would always "have the feeling of a Jewish home, very open and very friendly" took precedence. But the couple came together in at least one major respect.

"We didn't want it to be ostentatious," said Eli. "We wanted something Sullivan's Island beachy and comfortable, yet timeless."

The Hymans also wanted to build the home with the future in mind. Each of their children, ranging in age from

24 down to 14, have a mini "cottage" that sleeps four and overlooks the pool. And the hallways in the home all are wide so they can accommodate wheelchairs.

"But the majority of the money to build this house we put into areas you don't even see. It's in the insulation, the doors, the windows and the foundation," Ann-Therese elaborated.

Although Eli was hesitant to attach happiness to a material thing, he admitted his fondness for the new house.

"Life is short and it's about people and relationships, but this home really does bring me happiness and joy," he confessed. "I see it as a gathering place for our kids and grandkids, a place where people can be comfortable."

Peering around the home, I imagined what the family's future might look like. I saw grown children coming home for the holidays and piling into the kitchen to catch up, as Eli made fresh squeezed orange juice. I imagined toddlers – grandchildren that are still just a wish in Ann-Therese's heart – tugging on Nikki's tail. I saw familiar faces return a thousand times to a place where they'd always seek comfort. And I knew, without a doubt, that the Hymans are finally home for good. 🍷

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Nurse Your Lawn and Community Hidden Ponds Nursery

APRIL IS A FINE TIME TO GO plant shopping, and, if you're in search of some yard-related inspiration, Hidden Ponds Nursery is one of the best places to find it. A sister company with Lawn Rangers Landscaping, Hidden Ponds Nursery is a complete source for giving your home some curb appeal this spring.

"You can take any idea here and recreate it in your own yard," remarked manager Stephanie Harbin. "And for those who need a little help, we offer landscape and design services as well."

BY DENISE K. JAMES

At Hidden Ponds, you won't just find the usual potted plants. The place prides itself on interesting garden

installations, such as the Japanese Zen garden they planted last fall. And other surprises are in store this year, according to Harbin, who said the nursery has grown exponentially since it became a full-time retail spot in 2006 – but it has further to go yet.

Don't miss the Meals on Wheels benefit, April 13 through April 15, which will take place at Hidden Ponds and involve plenty of plants, food and fun for a good cause. Ten percent of everything sold that weekend will go directly to the local charity, and the Hidden Ponds and Lawn Rangers crew is looking forward to the event.

"We'll have food such as hot dogs, drinks and Phil's famous salsa," Harbin said. "And this year, we're hoping to involve live music from Awendaw Green."

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Story by Julie Sprankles.

Photo by Jenn Cady.

MY FAVORITE SPACE: Interior Designer Edition

IF YOU'RE PRONE TO THUMBING THROUGH MAGAZINES IN YOUR SPARE TIME, AS WE ARE, you've likely come across a feature or two showcasing the favorite spaces of famous figures such as actress Teri Polo – her living room – or TV star Kelsey Grammer – his kitchen. But, truth be told, we always wonder what the interior designers responsible for such spaces were thinking when they envisioned them. Which rooms made them swoon? Which places brought forth their best creative work? Interior designers have the rare and innate ability to find beauty in everything and, as such, are a constant source of envy for those of us who dream of living in its midst. So, in search of inspiration, we decided to go straight to the source. We tapped three local interior designers to share with us the rooms they most enjoyed among recent projects. From a to-die-for dining room to a perfectly balanced living room, these favorite spaces don't disappoint.

THE PERSONALITY OF THE CLIENT

The talent: **Bobbi Jo Engelby**

owner of Domain Interiors & Design

The back story: With 20 years as a designer and furniture representative under her belt, Bobbi Jo Engelby knows a design need when she sees one. And when she first came to the Lowcountry, she noticed several – a larger variety of locally sourced home furnishings, customizable lines and a better blend of the classic coastal look and contemporary style we South Carolinians are so fond of these days. Today, Engelby meets those needs through Domain Interiors & Design, a newly opened retail and “to the trade” showroom focusing on locally and Southern-made products – many of which can be customized.



The signatures: When it comes to trademarks, Engelby considers hers to be two-fold: “designing custom furniture that reflects the style and personality of the client,” she explained, and her “ability to marry modern and vintage with coastal comfort.” Both are evident in each of her projects, creating a distinctively unique – and fun – perspective.

The end result: This Mount Pleasant dining room gave Engelby the opportunity to do what she does best — weave the things that matter most to the homeowner into the proverbial fabric of the design. “The dining space has a modern feel, yet embraces the client’s love of French and Swedish antiques,” Engelby elaborated, “and it showcases her 1920s brass and glass banker’s table as a buffet.” Engelby particularly relished the time she spent working with the homeowner to design the custom-made Gustavian dining table and French trumeau mirror.

Love the look of this space? For more information, reach out to Bobbi Jo Engelby at Domain Interiors & Design at (843) 388-0328, or visit DomainMtP.com.



Photo courtesy of Bobbi Jo Engelby.

This Mount Pleasant dining room gave Bobbi Jo Engelby the opportunity to do what she does best.

SUBTLITIES OF THE LOWCOUNTRY

The talent: **Terri Caban Baldwin**
owner of TCB Design Interiors

The back story: A graduate of Clemson University and the University of North Carolina at Charlotte, Terri Caban Baldwin has since combed the globe gathering visual inspiration. Through her travels as well as her experience in both retail and independent design environments, Baldwin has developed an easy rapport with everyone from contractors and builders to homeowners and local vendors. Today, she resides in the picturesque fishing village of McClellanville with her husband, Aaron, daughter, Marina, and dachshund, Charlie.



The signatures: Baldwin credits her home base of McClellanville with infusing her design style with the “subtleties and nuances of the Lowcountry and coastal traditions of South Carolina.” She also places the utmost importance

on ensuring the client – as an individual or as a family - is reflected in each space. “To that end, I like to include found objects, personal mementos such as photos, artwork and collectibles that represent the inhabitants of the space.” Baldwin also adores mixing traditional and contemporary elements in design, “sometimes in the style of a chair or the unexpected graphic fabric application on a traditional sofa.”

The end result: Situated in a renovated turn-of-the-century home in McClellanville, this living room is a beautiful blend of Baldwin’s design aesthetic and the personality of the young family living there. By incorporating a large breakfast table as a side table, Baldwin showcases family collectibles and photos. She balances formal and casual by layering a traditional Persian over a beachy seagrass rug. And, in trademark form, she throws in an unexpected touch of whimsy by reinterpreting traditional wingback chairs with a funky arm profile. “I think any space that combines elements – like the use of wool, seagrass, jute, velvet and cotton here – is inherently unique,” said Baldwin, who designed the room to be functional and user-friendly for the homeowners, their two kids and their dog.

Love the look of this space? For more information, reach out to Terri Caban Baldwin at TCB Design Interiors at (843) 817-0432, or visit TCBDesign.net. 🐾



This living room is a beautiful blend of Terri Caban Baldwin’s design aesthetic and the personality of the young family living there.

Photo courtesy of Terri Caban Baldwin.

A TOUCH OF SOMETHING SPECIAL

The talent: **GiGi Chapman**
owner of *deGuise Interiors*

The back story: She may have started her design business in Natchez, Mississippi, in 1979, but Gigi Chapman is a Lowcountry girl at heart. A Charleston native and second generation Charleston designer, Chapman – who discovered her love for architecture and design at an early age – returned to the Holy City in 1996 to open a retail design shop in Charleston’s historic French Quarter district. Eleven years later, in 2007, the award-winning designer found a new home for her firm in the I’On neighborhood of Mount Pleasant. DeGuise Interiors remains there to this day, offering complete design services out of an expansive retail showroom and design center.



The signatures: Chapman, whose honors include the Historic Natchez Foundation’s Restoration of the Year award, considers the constant of her style to be the way she blends beauty and design and timelessness and utility. ... with a touch of something special. “I would describe my design signature to be a mix of classic and functional – with a splash of happy!” Chapman remarked enthusiastically.

The end result: For Chapman, the most gratifying aspect of this project was overcoming the unique challenges it posed – specifically, finding a way to work the homeowners’ many beloved French pieces of furniture and décor into the Charleston single style of their home. “My favorite part about creating this space was making the husband and wife happy,” explained Chapman. “I was able to incorporate their existing pieces as well as new pieces in a challenging floor plan, and it was fun to unify the two styles.”

Love the look of this space? For more information, reach out to GiGi Chapman at deGuise Interiors at (843) 971-1491, or visit deGuiseInteriors.com.



Photo by Jenn Cady.

For GiGi Chapman, the most gratifying aspect of this project was finding a way to work the homeowners’ many French pieces of furniture and décor into the Charleston single style of their home.

Clean and Classic, With a Bit of Modern

Domain Interiors and Design

WHEN BOBBI JO AND Eric Engelby, owners of Domain Interiors and Design, relocated to Mount Pleasant two years ago, the couple wanted to veer away from the traditional designs they saw locals using for décor in their homes.

“Our Domain style is fresh, clean and classic with modern elements. We love infusing personality into a project by incorporating custom one-of-a-kind pieces,” said Bobbi Jo, who has a bachelor’s in Interior Design and nearly 20 years of experience with residential and commercial design and sales.

She said that like other transplants, she did not want “the same coastal, shabby chic” in her home. Instead, she longed to fill the need for creating living spaces with a more contemporary flare with just a bit of coastal feel. And she wanted to offer free in-store consultations and a wholesale program to qualified designers. That is what she prides herself on bringing to the Lowcountry.

“We listen to our clients and create an interior that reflects their personal style,” she stated.

Located on Coleman Boulevard, Domain offers homeowners and professional designers a diversified collection of bedding, furniture, rugs and accessories. It’s the Lowcountry’s only Calvin Klein Curator retailer and the area’s only Charleston Forge showroom.

“Our showroom highlights the premier furniture and accessories lines we carry, but it is quite literally the tip of the design iceberg. Your ability to customize almost each and every piece is the foundation on which Domain was

created,” she said.

Bobbi Jo is in-the-know for what is trending for spring designs. Linens and jute are still hot items for fabric options, and “Natural fibers are in.”

“It is all about eclecticism right now,” she said, noting that homeowners aren’t sticking with just one theme. They are mixing old pieces with new pieces, and some of her clients are even using a modern table with antique chairs.

“We are seeing a revival of chintz in bold new designs and colors. Grass cloth is huge in wallpaper and can be found in every color. We are also using a lot of indoor/outdoor fabrics on interiors,” she explained.

Bobbi Jo added that her designers and clients are rethinking using aqua and turquoise hues. Navy and indigo are classic colors, but the Engelbys are seeing them used in fun ways, such as a lacquered side table.

“I just had a vintage mirror painted for a client in a navy lacquer, and it adds updated elegance to her living room,” Bobbi Jo pointed out.

“Gold is the hot metallic now. Antique brass hardware, faucets and metal tables really update interior. I personally love mixing gold with gray; the combination of warm and cool is very pleasing,” she remarked.

About 70 percent of Domain’s merchandise is made in the United States, mainly in the South, while about half their products can be customized by size and finish.

“A lot of manufacturers that were overseas are coming back to the States. What we have found are very well-made American items,” Eric commented. 🍷



Domain Interiors and Design is the Lowcountry’s only Calvin Klein Curator retailer.

Photo courtesy of Domain Interiors and Design.

Domain Interiors and Design is located at 652 Coleman Blvd., Suite 100. Learn more by visiting www.domainmtp.com or by calling (843) 388-0328.


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2) \$950,000	Team Pape Carolina One Real Estate	Raina Rubin Carolina One Real Estate	266	\$965,000
3) \$905,000	Charles E. Swanson Carriage Properties LLC	Jean Rozint Carolina One Real Estate	26	\$885,000
4) \$914,900	Pam D. Bishop Carolina One Real Estate	Edward Oswald Oswald Cooke and Associates	450	\$875,000
5) \$877,000	Lauren E. Hatley Carolina One Real Estate	Will Dammeyer William Means Real Estate	4	\$857,000
6) \$850,000	Team Pape Carolina One Real Estate	David Kent The Real Buyers Agent	15	\$825,000
7) \$825,000	Anton Roeger Keller Williams Realty	Robertson Allen The Cassina Group	243	\$810,000
8) \$805,000	Paula L. Watts Keller Williams Realty	Amanda Harrison Co-Realty LLC	54	\$775,000
9) \$799,000	Mary Ann Lykins Brand Name Real Estate	Peggy Ricker Carolina One Real Estate	6	\$775,000
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Feeling Good

Strand by Strand Lice Beware Keeps Heads Healthy

IT'S HARD TO BELIEVE THAT A FOUR-letter word can cause children to miss school and maybe even a slumber party invitation. Quickly spread through head-to-head contact, lice affect millions of children each year, and they also can pose a pesky problem for teenagers and adults.

When their own kids came home with lice, mothers Emily Linville and Shelly Klimas were hesitant to use toxic, drugstore solutions that would provide only temporary relief. After speaking with other parents who felt the same way, they joined forces to open the only lice removal company in the Lowcountry.

BY CAMERON HAINES

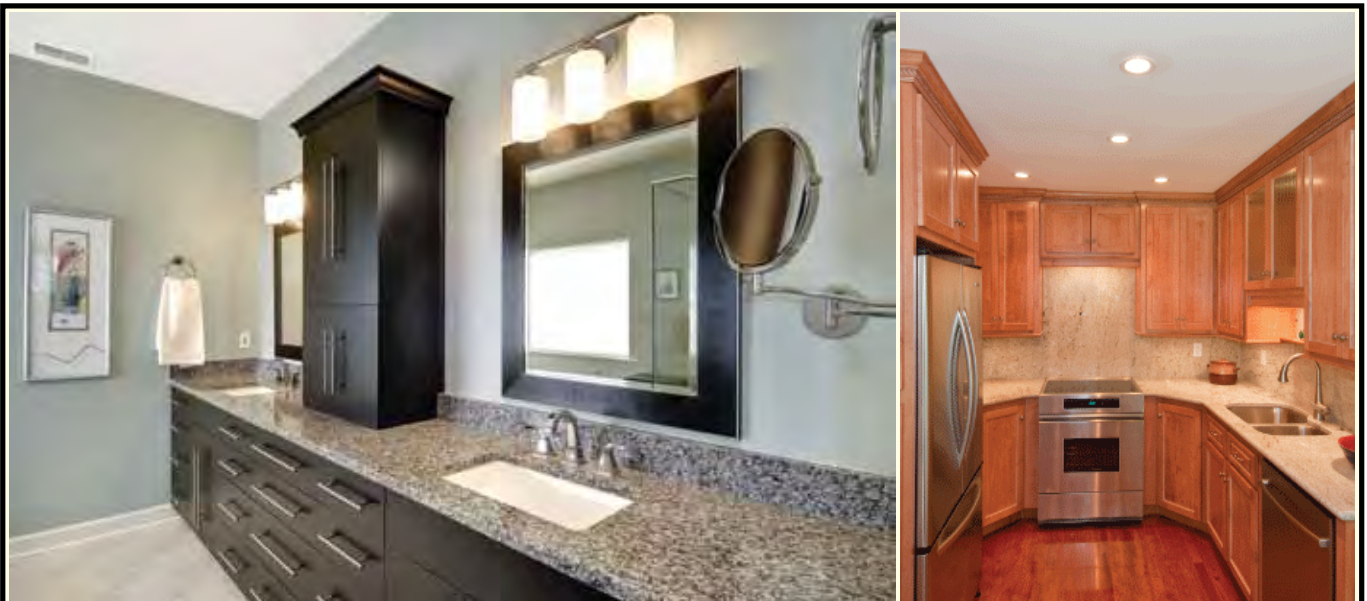
Lice Beware provides removal services, head checks and educational services to prevent future infestations. Linville and Klimas first completed extensive training, becoming certified

in the Shepherd Method of strand by strand nit removal at the Shepherd institute. They also developed their own all-natural Lice Beware treatment and prevention products.

In its first year of business, Lice Beware treated a wide range of cases, including a child with more than 8,000 nits. Linville explained that untreated infestations can lead to open sores from scratching and a secondary scalp infection from lice feces. The best ways to prevent head lice, according to Linville, are to make sure long hair is pulled back tightly, use peppermint or tea tree oil on your scalp regularly and use a nit comb once or twice a week.

So far, Lice Beware has provided great relief for many East Cooper children – and, of course, for their parents. 🐛

To find out more about Lice Beware, visit www.licebeware.com or call (843) 323-5366.



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Choose Your Own Adventure

2014 Summer Camps

LONG ON ENERGY AND, WITH school out for a few months, a bit short on structure, Lowcountry kids embrace the opportunity to challenge themselves. To accommodate their zest for summer fun, camps are popping up that offer much more than swimming all day and singing most of the night.

The Mount Pleasant Recreation Department provides a long list of year-round activities, while plentiful summer camps satisfy a wide range of interests. For example, according to Programming Division Chief Stacey Harrington, “The Adventuresports camps are not your traditional camps.”

BY HELEN RAVENEL HAMMOND

MPRD offers kayaking, archery and a climbing wall, “an action-packed week” that is certain to satisfy a variety of personalities in young campers. The Recreation Department added a stand-up paddleboard camp last year, according to Program Coordinator Tina Carter.

“Paddleboarding is a big fad around here. The boards are so expensive, so this is an easy way to try it,” Carter commented.

Harrington pointed out that the skateboard camp is offered almost every week of the summer at the supervised skate park located behind the R.L. Jones Center on Egypt Road. Beginners learn the basics of skateboarding, while those well-versed in the sport will pick up some new tricks. Safety is key, so participants, who must bring their own board, must also remember to bring their own helmet, kneepads and elbow pads.

At Hydrofly Watersports, adventure seekers can test themselves on paddleboards and also participate in boat charters and tours. The hot ticket is the flyboard, a revolutionary new watersport that literally sends you soaring up toward the sky, hovering up to 20 feet in the air. Co-owners Sam Pannier and James Stegall offer kids a combo of adventures at a summer camp at the Bristol Marina in



Photo courtesy of the Mount Pleasant Recreation Department.



Photo courtesy of the Mount Pleasant Recreation Department.



Photo courtesy of the Mount Pleasant Recreation Department.

downtown Charleston.

Monday through Wednesday camps once a month, starting in June, are on the Hydrofly Watersports schedule. Each session will last three to four hours, and lunch is included. Parents can choose one day per activity or all three for a discounted price.

“Each day will be dedicated to either the flyboard, paddling or an educational harbor tour,” said Pannier.

He explained that to use a flyboard, a child must weigh more than 90 pounds, which usually means age 10 or older.

For kids between the ages of 6 and 12 who love to explore the Lowcountry’s hidden pockets, Nature Adventures Outfitters provides its Naturalist Adventure Day Camp Monday through Friday from 9 a.m. until 3:30 pm. These weekly day camps are offered during several weeks throughout June and July and give kids the chance to explore several areas of the Lowcountry on kayaks and canoes.

Highlights of the camp include special field trips to Capers Island and the Center for Birds of Prey, kayaking on Shem Creek and canoeing in Wambaw Swamp. 🍍

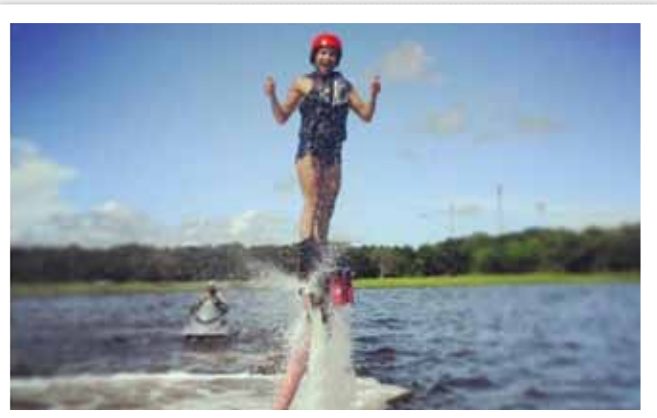


Photo courtesy of Hydrofly Watersports.



Photo courtesy of Nature Adventures Outfitters.



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Pretty Good Is Not Good Enough

Page's Okra Grill

COURTNEY PAGE FAUCETTE'S objective is not to own a pretty good place for people to enjoy a Southern-style meal at a reasonable price. She wants to be the proprietor of the best restaurant in town, and she's taken great strides toward that goal in the past eight years.

Rising from humble beginnings, Page's Okra Grill is now among Mount Pleasant's elite dining spots.

BY BRIAN SHERMAN

There's a reason the Okra Grill is busy throughout the day. Co-owners Courtney and her sister, Ashleigh Page, are at the restaurant seven days a week, making certain every made-from-scratch meal meets their strict standards. And they don't simply supervise their 74 employees. Ashleigh is at work by 4 a.m. each day, baking the homemade biscuits that have become a highly-sought-after staple of the restaurant's breakfast fare. And as if handling the business side of a bustling eatery isn't enough to keep her occupied, Courtney also greets customers and waits on tables.

"We make sure everything that leaves the kitchen is perfect. We want to be different. We want to be the best Southern foods restaurant in the Charleston area," Courtney commented.

The Page sisters learned to cook as latchkey kids growing up in Mount Pleasant. At the age of 14, Ashleigh went to work at RB's and spent time honing her skills at other Lowcountry restaurants. In addition to serving as lead chef, she creates all the Okra Grill's homemade desserts. Having been featured on the Food Network, her reputation has spread beyond the Lowcountry.

Courtney was a butcher for nine years before she and her sister decided it was time to take their experience in

the restaurant business to the next level. They bought Billy's Back Home at 794 Coleman Blvd., renovated the building and opened Page's Okra Grill in 2006. They took another step forward in 2011, buying Alex's Restaurant, also on Coleman but right around the corner from Shem Creek, increasing their seating capacity from 60 to 140.

The move paid off. When Page's Okra Grill opened its doors, the restaurant served only breakfast and lunch, and the total number of employees was barely more than the number of cooks – nine – who now man the kitchen each Sunday. Business is so good that the Page sisters are planning to build a new bar and expand the size of the restaurant.

So what's the key to the success of Page's Okra Grill? Courtney and Ashleigh buy the freshest ingredients – locally, if possible – and prepare it all from scratch. The extensive menu offers selections ranging from omelets to shrimp and grits to fried flounder fillets & eggs at breakfast; from sandwiches to Southern fried chicken to Page's Hell Burger (made with pepper

jack cheese, jalapenos, applewood smoked bacon and remoulade sauce) at lunch; and from fresh seafood to steaks to Page's signature chicken fried chicken at dinnertime.

Each day, the Okra Grill offers three specials at breakfast, lunch and dinner; that information is available every morning on the restaurant's Facebook page. Courtney's use of social media is one more reason Page's Okra Grill is busy morning, noon and night.

"It's a labor of love," she explained. 🍴

Page's Okra Grill is located at 302 Coleman Blvd. To find out more about why it's one of the most popular restaurants in Mount Pleasant, visit www.pagesokragrill.com or call (843) 881-3333.



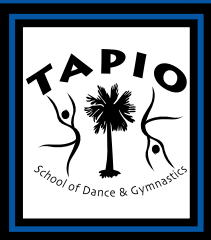
Ashleigh Page, the lead chef at Page's Okra Grill, mixes up a batch of the restaurant's renowned collard greens.

Photo by Courtney Page Faucette.

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Fear No Easel

EVERY TIME NIGEL COX INVITES friends into his Nashville home, they ask about the unique paintings on his walls. “People point them out all the time and say ‘Where did you get those?’ So I tell them the story about how I travel to Charleston and there’s a studio that teaches painting, and every time my girlfriend and I go, we sign up for a new painting,” he explained.

The studio is Fear No Easel, located in the Shoppes at Seaside Farms, near the intersection of the Isle of Palms Connector and Rifle Range Road in Mount Pleasant. The business is a place for “social art,” as owner Les Orr refers to it, where artists use their own work to instruct customers how to paint in a social setting.

“What strikes me as much as anything is after all the times we go, and there’s a dozen or more people there each time, is that we’re all painting the same thing. But when you take a break and walk around to see what other people are doing, you say ‘Oh my gosh, are we doing the same painting?’ It’s amazing to see the variety of work,” said Jeff Golland, who has about 30 paintings from Fear No Easel decorating his screened-in porch.

Golland said the differences between each painting are why he and his wife enjoy displaying both versions of the same work.

“Seeing them brings back nice memories. It’s an absolutely carefree, wonderful way to spend the evening,” he said. “They make us smile.”

Siobhan Holmes said the 10 paintings on display in her home rouse a smile as well.

“I like to show my first painting compared to my latest – you can see the transformation in my skill,” she said. “I love hanging them up; it’s a great conversation piece, and it’s aesthetically pleasing.”

Orr is not surprised that his customers keep coming back for more.

“It’s fun, very relaxing and you get to take something home with you,” he said.

And for many customers, like Cox, Golland and the rest,



Photo courtesy of Siobhan Holmes.

Siobhan Holmes has 10 of her Fear No Easel works of art displayed in her home.

the experience is so enjoyable that they encourage others to come along with them the next time.

“Our friends look at the paintings and are impressed, and I always tell them to come with us and have the same experience we did,” Golland said.

For Mari Whiteley it’s as much about bringing something home as it is enjoying the experience in the studio. Her favorite memory is painting at Fear No Easel when her father visited her.

“He had an incredible time, and the staff made him feel so welcome, he now wants to go back and do it again, this time with my sister and brother,” she said.

Michelle Howard agreed that the atmosphere is what makes Fear No Easel stand out.

“We really look forward to going and spending the evening with the Fear No Easel crew,” she said. “We always feel welcome and cared about. They want you to have a fabulous time, and they make it fun. It’s definitely our favorite studio.”

To Orr, that’s what it’s all about.

“At the end of the day, we just want our customers to have a great experience. We hope to take the pressure off of the painting so you can think about making something beautiful, whether that’s a painting, a memory or both, with the people you enjoy the most.” 🍷

To find out more about social art, drop by Fear No Easel at 1960 Riviera Drive, Suite E, in Mount Pleasant, call (843) 284-3327 or visit www.fearnoeasel.com.





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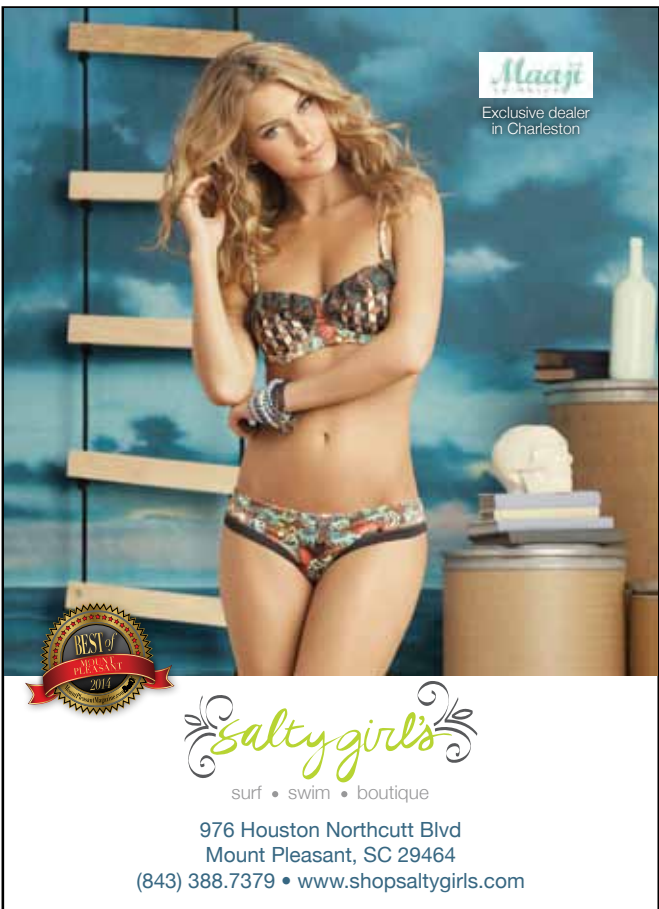


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IT'S AS IF A MEMBER OF THE FORD family sold you your new car, or a direct descendant of Will Keith Kellogg helped you pick out your breakfast cornflakes. You'd have connected in a generational straight line with the pioneers of their industries, the visionaries who were there at the very beginning.

And that's how it is when you sit down with the Stuhr family, longtime Charlestonians in their fifth generation

BY BILL FARLEY

of providing comprehensive funeral services to some 1,000 families

annually at five locations throughout the Lowcountry, including Mathis Ferry Road in Mount Pleasant.

You probably won't discover this fact by reading most history books, but the business of funerals as we know it today was virtually nonexistent until the onset of the Civil War. That's when the battlefield carnage made embalming both practical and necessary. This new practice allowed the common folk to be as generous as the ancient Pharaohs in honoring their departed loved ones, and visitations, related rituals and interments moved from the home into the hands of a new breed of professionals.

One of them, doing business in 1865 as Stuhr and Bruning, Cabinet Makers and Undertakers from a shop on Wentworth Street, was Henry D. Stuhr. An important part of the company's business, besides creating church adornments such as altar rails and baptismal fonts, was building caskets. It was a natural transition to move into the newly emergent ranks of full-time funeral directors.

Stuhr and Bruning soon parted ways, and Stuhr focused on the growth and expansion of the business. Today, J. Henry Stuhr, Inc. is a Charleston institution and one of the most honored and respected funeral services companies in the South.

Asked why the Stuhr organization has grown and prospered while maintaining the high standards of its founder, current CEO and Board Chairman William Sanderson "Sandy" Stuhr replied, "In all circumstances, we treat people with an open heart and open arms in order to serve them best in their time of need."

"We have always tried to do this," he added. "That's why we have been successful in this business for so long



Left to right: John A. Stuhr, Catherine Stuhr, William S. "Sandy" Stuhr Sr. and William S. "Sandy" Stuhr Jr.

Photo provided by J. Henry Stuhr, Inc.

and why families return to us generation after generation."

Vice President Catherine Stuhr noted that while the company has its roots in traditional forms of funeral services, it continues to change with the times. As an example, a few decades ago, requests for cremation amounted to roughly 10 percent of their business. Today, that number is almost 50 percent. And more and more families are opting for "green" burials, with simple, biodegradable wooden caskets and burial in special cemeteries dedicated to environmental sustainability.

"We have to defer to the feelings of each family," she added, "regardless of what kind of service they choose. When we meet with a family to discuss their wishes, we make sure that they are aware of the range of options available to them and that we are willing and able to accommodate special or unusual requests."

Also of paramount importance to the company's reputation and ongoing success, Sandy Stuhr emphasized, is "participation in our communities." He said that Stuhr executives and staffers are encouraged to take active roles in civic, religious and charitable organizations in order to give something back to the friends and families they serve.

And, perhaps most important of all, "My great-great-grandfather believed in listening to the people who came to him and then doing business with a handshake. We still do things that way." 🍷

J. Henry Stuhr is located at 1494 Mathis Ferry Road in Mount Pleasant. For more information about one of the Lowcountry's oldest and most respected businesses, call (843) 881-9293 or visit www.jhenrystuhr.com.



Early Birds

EATING BRUNCH IN EAST COOPER

Story by Denise K. James and Cullen Murray-Kemp.

AROUND THE LOWCOUNTRY, people like brunch. Maybe we're morning people – or maybe we aren't and we just fake it to get some fried potatoes and champagne in our diet. And it's not just on the peninsula; East Cooper is on the brunch train as well, and we're holding our own with some gorgeous views, custom cocktails and yummy menus. When writer Cullen Murray-Kemp and I decided to go on a brunching spree and find out what a few of our own restaurants

had to offer, we weren't disappointed. I guess you could say we were excited – and very full.

MORGAN CREEK GRILL

Denise: Our first stop was Morgan Creek Grill, home of an insanely good build-your-own bloody mary bar. Cullen fixed a drink, while I could hardly take my eyes off the view of the Isle of Palms marina; it's the perfect spot to impress your friends who are visiting from landlocked states.

Out of the assortment of classic but jazzed dishes (shrimp and grits, huevos rancheros and a crab cake



Mount Pleasant Magazine Managing Editor Denise K. James and writer Cullen Murray-Kemp enjoy brunch on Morgan Creek Grill's outdoor patio.

Photo by Cameron Haines.

Benedict) I found myself scarfing down the huevos with gusto – something I ordinarily don't order. But eating brunch should be an adventure, right? And after a morning at Morgan Creek, you can choose your own adventure in the great outdoors. It's right outside the window, after all.

Cullen: On that sunny Sunday morning, the temperatures fluttered around 60, a relief from the recent January ice storms, but, by Charleston standards, still a bit brisk. My editor and I settled into our window seat at Morgan Creek Grill. Outside, Intracoastal Waterway waves lapped

tenderly against assorted sailboats and powerboats. My first stop was at the do-it-yourself bloody mary table. My perfect bloody consisted of one-third house-infused pickle vodka, one-third Zing Zang – my favorite – bloody mary mix and one-third fixings – olives, lime, Tabasco, okra and, yes, bacon.

Amid a discussion with my editor about nothing important, our waitress, Tracy, brought out an array of brunch specials. Huevos rancheros, crab cakes, eggs benedict and a white-wine shrimp and grits glared up at our salivating taste buds. The shrimp and grits paired

perfectly with my spicy bloody mary. As the sun beamed through the window and the fireplace roared to my right, the pickle vodka took effect, and I took heed of what the Morgan Creek Grill brunch was all about.

SOL

Denise: If you tied one on with cheap liquor last night – we aren’t judging, only advising – then SOL might be the place to heal you. The restaurant has so much top-shelf tequila, you can take your pick of dog hair, and the decadent brunch dishes are a must-try. Owner Joe Sciortino spoiled us the whole morning, letting us try menu items such as their signature hash made with pork belly and hollandaise, salmon and grits, banana cream French toast and homemade cinnamon rolls.

I can hardly put into words how happy I was when I left. ... but I’m a writer, so I’ll try. Essentially, Cullen and I got into the car, and I declared that I “wished it was a magic carpet.”



Photo courtesy of SOL.

At Sol, Cullen fell head-over-heels for the red chili-glazed salmon, topped with tomato-bacon relish and avacado over a bed of roasted pablano grits.

Next, we purposely rode by the office and said hello to Bill, our boss, even though it was Sunday. That’s the

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magical attitude one obtains from a brunch at SOL.

Cullen: “Man, what a show,” I exclaimed to my editor when we walked out of SOL after our brunch.

Rewind about an hour, and co-owner Joe Sciortino is sliding a flight of top-shelf tequila across the dazzling mahogany bar.

“What’s brunch without some premium Mexican agave?” I thought.

Sciortino displayed unparalleled hospitality with the tequila, and his passion for his restaurant showed through. As the food was brought out to us, he detailed the inspired cuisine, plate by plate. Unfortunately, I was unable to experience the plethora of fine foods that sat in front of me – not because they didn’t look dangerously delicious, but rather because I couldn’t make

it past the deliciousness that was the red chili-glazed salmon topped with tomato-bacon relish and avocado over a bed of roasted pablano grits. I saved just enough room to subsidize the salmon with banana cream French toast and washed it all down with my tomatillo bloody mary. My goodness.

SULLIVAN’S

Denise: I loved Sullivan’s for its dedication to local, family atmosphere, which was clear to me as soon as we sauntered inside. The place was jampacked, but we were hastily poured mimosas to sip on while we waited.

Owner Donna Rhodes Hiott, who has been in business for more than 20 years, was all too happy to share plenty of the restaurant’s famous dishes with our table – some

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Photo courtesy of Sullivan’s.

Denise loved Sullivan’s because of its local, family atmosphere. Its fried shrimp was quite tasty as well.

of the recipes are from Hiott's own family, such as the baked, stuffed flounder. The side veggie dishes – to the tune of butter beans, squash casserole, fried okra and collard greens – were the perfect accompaniments to everything we tasted, from the pork tenderloin to the fried shrimp. Right when we thought we were satiated, our server appeared with our dessert. The next thing I knew, Cullen and I were in a friendly fork war for the last bite of banana pudding.

“You don't go hungry when you're here,” remarked our amused server. “And if you do, it's your own fault!”

Cullen: After we left the Sunday brunch/party at SOL, our journey took us to a rustic, warm, family-style diner called Sullivan's. The atmosphere was calming and inviting. The kids chirped, parents conversed about church and grandparents enjoyed coffee and tea. The ambience reminded me of holidays with my extended family. The menu was simple but thorough, a carefully constructed assemblage of down-home, feel-good food. My editor and I chatted happily about our day of brunches, and, before we knew it, owner Donna Rhodes-Hiott brought us fried pickles, stuffed flounder – her father's recipe – collard greens and banana bread pudding.

I ate and ate, remembering the days when my cousins and I used to battle over who could consume the most. I peered up from my plate of hush puppies and noticed paintings of old Sullivan's Island homes. I smiled, glad to find this little hole in the wall.

THE SOUTHERLY

Denise: The Southerly, located next to Southern Season in Mount Pleasant, might have been the swankiest stop on our brunch tour. For one thing, they have live music provided by The Lowhills each Sunday – think soft jazz reminiscent of Norah Jones.

We started with a plate of fried pimento cheese balls dipped in “Peggy Rose's hot pepper jelly” – it was probably my favorite part of the meal, though I enjoyed the duck confit hash as well. And if you're a fan of chicken and waffles, you'd do well to order the version at the Southerly. It's topped with pecan butter and real maple syrup. Just don't get any on your nice clothes.

Cullen: The Southerly, nestled conveniently across Coleman Boulevard from The Boulevard, offers charming cuisine from local vendors and is as hospitable as its name. My editor and I chose to begin our brunch with

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mimosas and fried pimento cheese balls with hot pepper jelly. I gave myself a moment to breathe after downing half my mimosa and two cheese balls.

Norah Jones notes drifted into my ears by way of the jazz band, The Lowhills.

“A soothing touch for The Southerly’s Sunday brunch,” I thought.

Soon enough, our waiter brought out an array of gourmet brunch foods: duck hash; shrimp and grits; chicken and waffles; and my favorite, crab cake Benedict, all sat in front of me. Although all the food was delicious, there’s always that one dish that evokes memories, and the crab cake Benedict brought me back to my home, the Eastern Shore of Maryland. Smiling, I pushed the plates away to indicate my stuffedness. Yet a final bite of crème brulee somehow found its way to my tongue.

Photo by Ronnie Martinelli.



Denise enjoyed the duck confit hash at The Southerly.



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Photo courtesy of Laura Alberts.

Laura Alberts, one of Daniel Island's best-kept secrets, got everything right, including the omelet of the day.

LAURA ALBERTS

Denise: Cullen and I probably tried every kind of shrimp and grits under the sun during our brunching romp, but the traditional version at this Daniel Island bistro took first place in my heart. With stone ground grits, generously sized shrimp and sherry cream sauce, it was a delicious reason to scrape our plates clean.

In fact, Laura Alberts got everything right, from the omelet of the day (ham, Swiss and mushroom – completely delicious) plus the drinks and sides, all with that Lowcountry touch. Laura Alberts is the perfect spot to take someone who has never been to Charleston before and craves a trademark, Southern brunch. As a Southerner myself, I have the authority to heartily approve.

Cullen: On beautiful Daniel Island is a quaint café called Laura Alberts that is considered to be the Island's best-kept secret. Owned and operated by Karen Eley, the restaurant has been serving lunch, brunch and dinner to Lowcountry folk for the past 11 years. Laura Alberts' shrimp and grits was riveting – my editor and I battled over every creamy, rich bite. The dish was so enthralling that I nearly missed the gorgeous Charleston artwork and courtyard atmosphere that paired nicely with the restaurant's extensive selection of wine and craft beer – if only it wasn't a workday!

Thus, I left our last stop on our East of the Cooper Brunch Marathon a bit disgruntled. My stomach rumbled angrily because, in my heart of hearts, I knew that my editor had consumed 11 bites of the Laura Alberts shrimp and grits when I had only enjoyed nine. Sigh ...

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Daniel Island

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ILIVED IN CHARLESTON AND WORKED IN Mount Pleasant for more than a year, all the while completely unaware of Daniel Island. I had heard whispers of an annual Hootie and the Blowfish concert on the island and seen Serena Williams postured on the Family Circle Cup Stadium. I was intrigued, but I continued to pass by exit 24 on Interstate 526 until one autumn weekend when my always-inquisitive mother was visiting from Maryland. The aura of mystique about Daniel Island among my friends left me clueless about what to expect, but exploration has always been one of my mom's favorite activities. Why not, I thought, as we ventured onto the island.

BY CULLEN MURRAY-KEMP

As we left the familiar interstate, we were greeted by a welcoming row of shops and restaurants lining the island's main drag, Seven Farms Drive. Folks were out and about – walking their dogs and biking along the sidewalks. We drove by a park that seemed to be the epicenter of the day's activities. Our car slowed to a crawl as we watched kids play lacrosse and basketball and their parents cheer eagerly.

"I remember those days," my mom reminisced about my own youth sports career.

Later we made our way down to a more secluded park on the island and walked a trail that weaved along the Wando River shoreline. I was accustomed to Charleston's natural beauty, but I was taken aback by the gorgeous scenery Daniel Island had to offer. Comments such as, "I wouldn't mind living here" and other accolades began flowing from my nature-obsessed mother's mouth.

After about an hour of trail walking, we retired to a local café for a late lunch. The restaurant, Laura Alberts, a Daniel Island foodie favorite for more than a decade, offers handpicked craft beer and unique eats. Its community appeal mirrored that at the parks, in the shops, on the lacrosse field and along the sidewalks.

As we sat on the patio, welcoming in the dense evening air and munching fried green tomatoes, I couldn't help but wonder how and why it had taken me this long to make Daniel Island my Lowcountry destination for food, fun and family. 🍷



Photo by Peter Infinger.

Daniel Island Business Directory

Restaurants	Specialty	Address
Agaves	Mexican restaurant	885 Island Park Drive
Alchemy	Casual dining and bar	245 Seven Farms Drive
Ali Baba	Mediterranean deli	186 Seven Farms Drive, ste. 500
Daniel Island Grille	Family restaurant and pub	259 Seven Farms Drive
Daniel Island Yogurt	Yogurt	186 Seven Farms Drive, Ste. C
Dragon Palace	Chinese bistro	162 Seven Farms Drive, ste. 320
Hokey Pokey	Ice cream	162 Seven Farms Drive, ste. 335
Honeycomb Café	Breakfast any time	162 Seven Farms Drive, ste. 340
Laura Alberts	Farm-to-table cuisine; fine wine; craft beer and gifts	891 Island Park Drive
Orlando's Pizza	Traditional pizzeria	295 Seven Farms Drive
Quiznos	Subs, soups and salads	216 Seven Farms Drive, Ste. 130
Ristorante LIDI	Italian restaurant	901 Island Park Drive
Sauer Grapes	Wine lounge	885-C Island Park Drive
Sermet's Courtyard	Casual dining and bar	115 River Landing Drive
Subway	East fresh; live green	162 Seven Farms Drive, Ste. 315
Vespa	Wood fired pizza and more	224 Seven Farms Drive
Wasabi	Japanese restaurant	194 Seven Farms Drive, Ste. E

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Island Expressions	843-884-1310
Kangaroo Express	843-971-8701
Lucia's Premium Pet	843-377-8740
Monkee's of Daniel Island - Clothing	843-377-8690
Paisley of Daniel Island - Clothing	843-471-1310
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A Day on Daniel Island

Daniel Island is a Lowcountry destination sure to fill your day with plenty of on-island activities.

WALK

There is an unparalleled peacefulness about a stroll through nature with a good friend, family member or significant other. The soft Wando River waves brushing gently on the Daniel Island banks and the gorgeous overhanging live oaks draped in Spanish moss provide a soothing therapy that can't be found elsewhere. With miles of serene trails, Daniel Island is the ideal Lowcountry venue for a whimsical stroll.

EAT

And after your morning stroll, stop by Honeycomb Café, where the locals eat, to recharge. Executive chef Matt Gruber has designed a menu that “adheres to Charleston’s home style cooking.” Neatly nestled in Daniel Island’s shopping district, the breakfast/lunch café is serving light, fluffy “whipped with love” pancakes to locals and visitors alike. “If you’re doing a day on the island, you’re going to want a meal to fill you up but not put sludge in your shoes – maybe our fresh blueberry pancakes and thick-sliced bacon?” Gruber suggested.

Sounds good to me.





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A Day on Daniel Island

SHOP

Re-energized by some good local eats, it's time to visit the Daniel Island Publix shopping center. Downtown Daniel Island, as it has come to be known, offers a variety of locally owned stores that are sure to take care of all your shopping needs. Whether it's an intimate massage at an island-themed salon or that flawless summer dress at Paisley of Daniel Island, you'll find yourself smiling about what you'll find in this friendly neighborhood center – between bites of frozen yogurt.

DRINK

After a full day of Daniel Island exploration, how about retiring to one of the many local full-service bars for a cocktail? From sake to margaritas and everything in between, the on-island bar scene offers drinks to fill the needs of any weary traveler. Bring your good moods and high spirits and leave everything else behind.

EVENTS

Whether it's a Hootie and the Blowfish concert, the Family Circle Cup, a Charleston Battery professional soccer game or a 5k run to raise funds to fight breast cancer, Daniel Island is your Lowcountry destination for fun and interesting things to do. Check out the list of upcoming Daniel Island events in the next issue of Mount Pleasant Magazine.



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Resort Living – Island Style

Talison Row Apartments

THE REST OF THE WORLD HAS been rapidly catching on to what those of us who dwell here have known all along: You just can't beat life in the Lowcountry. It's no big surprise that recent census estimates rank the tri-country area as one of the fastest growing regions in the nation. As such, more and more people are flocking to our corner of the country and, for many, the pull of Daniel Island is as persistent as the tides

BY JULIE SPRANKLES

that tug at the island's many creeks, marshes and rivers.

Lauded by "islanders" – as inhabitants of the charming area of Charleston are called – for its unique combination of family-friendly neighborhoods, small-town appeal, lively downtown area, breathtaking surroundings and close proximity to the historic Charleston peninsula, Daniel Island is a place people are proud to call home.

Making up a growing percentage of these happy inhabitants are residents of Talison Row Apartments, a luxury community that "defines resort living on Daniel Island," explained community manager Stacie Dadamo. Located off Seven Farms Drive, the new one-, two- and three-bedroom apartments are centrally located and boast more than 20,000 square feet of amenities.

"We feature custom home finishes with granite countertops, designer lighting, faux wood floors and two-tone paint with crown molding," Dadamo elaborated. "Our community offers one-of-a-kind amenities such as

a saltwater pool, an outdoor summer kitchen and a fully furnished game room with a pool table. And, if that wasn't enough, Talison Row also has a yoga studio and 24-hour fitness center with onsite instructors offering group and private classes."

In addition to artfully appointed interiors, Talison Row residents enjoy full-sized in-home washers and dryers – a major asset for the community's many young professionals, working singles and families alike. Outside of the home, residents have access to a wide array of

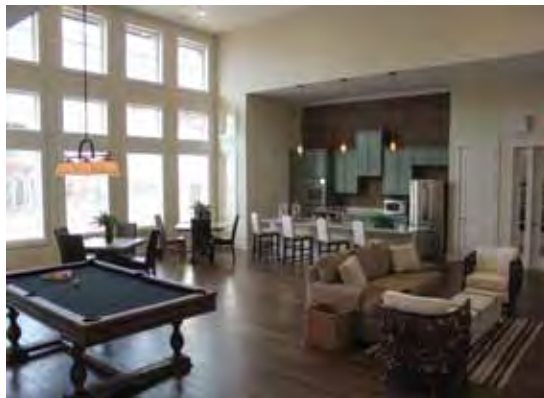
entertaining spaces, including an expansive clubhouse, a gourmet outdoor kitchen with cozy fireplace (Dadamo's favorite spot), a community garden and a game room with a flat screen television.

Clearly, the complex offers a little something for everyone. The community is comprised of individuals who take full advantage of its diverse amenities. They delight in the near-weekly social events held at Talison Row, as well as those happening all around the Island, such as the world famous annual Family Circle Cup women's tennis tournament.

As such, the complex's residents – Dadamo defined them as "educated, personable, social and successful" – are an easy fit for this dynamic island community. Like others who've

made their home on Daniel Island, Talison Row dwellers have a zest for life. You might just say they are natural born islanders. 🍹

To learn more about Talison Row at Daniel Island, visit www.TalisonRow.com, or call Stacie Dadamo at (843) 471-2220.



Talison Row Apartments offer a little something for everyone.

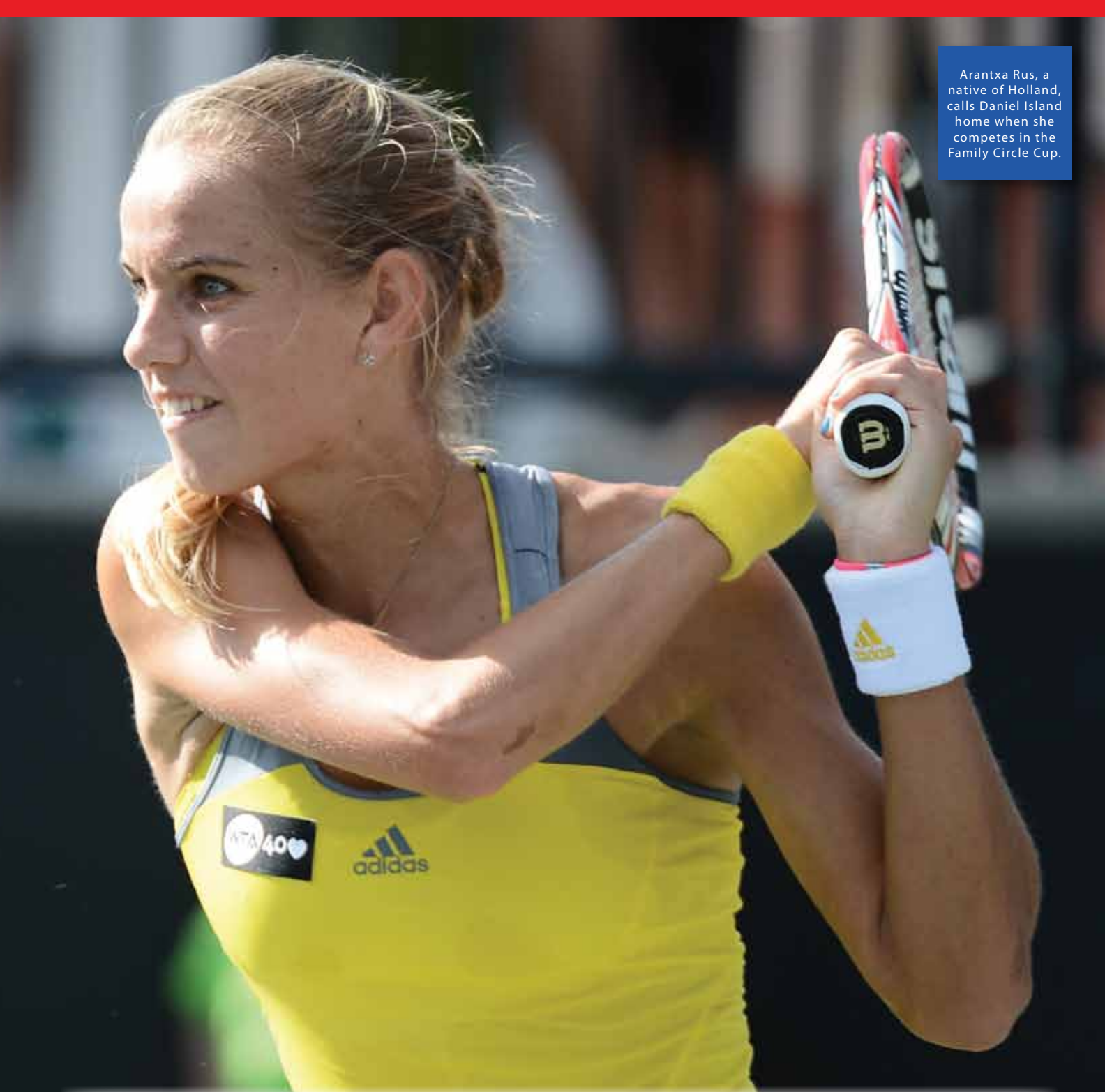
Photos courtesy of Talison Row Apartments.

HOMES AWAY FROM HOME

LOCAL FAMILIES HOST
TENNIS PROS

Story by Denise K. James.

Photo courtesy of The Family Circle Cup.



Arantxa Rus, a native of Holland, calls Daniel Island home when she competes in the Family Circle Cup.

WHEN I GOT ON THE PHONE to chat with international tennis professional Melanie Oudin, I was not the least bit surprised to learn that just minutes before my phone call, she'd been practicing her swing. Oudin, one of the many tennis players who grace Daniel Island during the Family Circle Cup, scheduled this year for March 29 through April 6, is a native of Marietta, Georgia, and visits the East Cooper area every year to play in one of the Lowcountry's most

popular sporting events.

For the last few years, Oudin has spent the several exciting, tennis-filled days that surround her participation in the Family Circle Cup with a special, local family: The Shealys. Like many other ladies who compete for the Cup, Oudin elected to stay with a local family for that "home away from home" feeling and Southern hospitality. According to Oudin, she could not have asked for a better host family; according to the Shealys, they could not ask for a better guest.

"I've been to Mount Pleasant four or five times now

and I've stayed with the Shealys twice," noted Oudin during our phone call. "This year, the 2014 Cup, will be my third stay with the family. I've gotten attached; they're my family away from home."

Jackie Shealy, an avid tennis player herself, looks forward to hosting guests in her Mount Pleasant home – in fact, she's been doing it for a while. She described herself as a "nurturing" individual and explained that she thrives on showing her guests how to enjoy the East Cooper area. She first heard about the opportunity to host Cup players from her friends and neighbors and immediately wanted to put her name in the pot to host a player of her own.

"I've hosted other kids while they went to college in this area," Shealy mused. "I'll do anything for anyone. Family is important to me."

Shealy doesn't use the word "fam-



Photo courtesy of Jackie Shealy.

The Shealy family and the tennis pro they host in their home. Left to right: Monty Shealy, Melanie Oudin, Samantha Shealy and Jackie Shealy.

ily" lightly, but she certainly includes Oudin into her fold. During the days when Oudin stays for the Cup, Jackie and her husband, Monty, and college-

aged daughter, Samantha, do whatever they can to welcome her. Shealy doesn't even make her guest take a taxi to the Family Circle Cup location on



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Tennis star Melanie Oudin stays with the Shealy family while competing in the Family Circle Cup.

Daniel Island – she insists on driving. The family also takes Melanie to “local mainstays” such as Wild Wing Cafe and King Street Grille to help her enjoy her stay.

“I take her everywhere with me,” Jackie admitted. “I introduce her to my friends, drive her wherever she needs to be and even put together a cheering section for her at the Cup! I ask her if she hears me and my friends screaming her name. She says yes. We’re loud.”

It makes sense that Jackie Shealy

and her friends are loud in their enthusiasm for Melanie Oudin’s performances – as avid tennis players and regulars at the Family Circle Cup, they knew very well who Oudin was before she came to stay in the Shealy household. But now that the tennis player has stayed a few times, she’s bonded well with the Shealys. In particular, Samantha Shealy has formed a friendship with Oudin, as they are almost the same age.

“Melanie is so sweet,” said Samantha Shealy. “She’s become like a sister. When

she first stayed with us, I was nervous because I wanted her to enjoy herself. But she’s laid-back and easy to talk to.”

The girls have planned a getaway in New York City for this year, in addition to Oudin’s visit during the Cup. Samantha Shealy said she is looking forward to “hanging out without Melanie working.”

And meanwhile, on Daniel Island, Dr. John Ramey and family are hosting a player for their second year in a row – Arantxa Rus.

“We thought it’d be fun, especially for the kids,” said Ramey, who has three out of four children playing tennis on a regular basis. “So we offered our home.”

The Rameys’ youngest daughter, Kaitlin, is one of Rus’ biggest fans, despite being just 6 years old. Ramey described his daughter as being “really excited” and doing warm-up stretches along with the tennis pro.

It’s no surprise that these East Cooper families are extending their hospitality to tennis pros from all over the world; the old saying about Southern hospitality certainly has its roots. But it’s refreshing to know that when the hoopla of world-class women’s tennis fades each year, the friendships forged during the eight-day tournament remain. 🍷



Tennis star Melanie Oudin signs autographs for young fans.

Mount Pleasant - A Great Place to Dock During Charleston Race Week

JUST MEETING UP WITH RANDY Draftz for an interview made me think perhaps I, too, should learn how to sail one day soon. The locations where sailors hang out – from Mother Ocean to the Charleston Harbor Resort and Marina in Mount Pleasant – are some of the finest around, and, this year, Mount Pleasant is gearing up for another influx of seamen during Charleston Race Week.

“Charleston Harbor Resort is the perfect venue,” said Draftz. “I believe it’s helped to make the event successful; it’s an important piece of the puzzle.”

BY DENISE K. JAMES

Draftz, who has been managing the Charleston Race Week each April for the last several years – three as event director and seven as race director – believes that the affordability and hospitality of Mount Pleasant’s lodging are a plus when it comes to folks traveling from out of town. He emphasized that there are plenty of options for places to stay in addition to the Charleston Harbor Resort.

Not only do the sailboat crowds stay in Mount Pleasant, an Isle of Palms resident handcrafts their trophies. Fred Moore has been making trophies in his retail shop, Indigo, which is located in downtown Charleston, for about 12 years. He started when his kids, Wando students at the time, were in a sailing competition. And for the last three years, he has created each of the trophies for Charleston Race Week, after approaching Draftz for the opportunity.

“We struck a deal,” Moore said with a chuckle.

Moore talked about how he makes these trophies different from other common designs. He described the trophies for Race Week as replicating “a boat underway,” since they depict a sailboat navigating the water.

Draftz, meanwhile, is particularly enthusiastic about a group of workshops that will take place on Saturday during this year’s event weekend. They will be taught through U.S. Sailing, an organization Draftz described as the governing body of professional sailing.

The workshops – which are new this year – will inform both teachers and children about the art and science of sailing. Teachers can attend the courses for \$150, according



Photo courtesy of Charleston Race Week.

Charleston Race Week recently won the One-Design Award for Regatta Excellence, a national honor.

to Draftz, while kids are allowed to participate for free.

“This is also the first year we will host the president and the executive director of U.S. Sailing during Charleston Race Week,” said Draftz.

And it’s about time – Charleston Race Week has been the largest regatta in the country for a while, to the tune of 300 boats racing in all. Or perhaps what grabbed the attention of the U.S. Sailing executives is the fact that Charleston recently won its One-Design Award for Regatta Excellence, a national honor.

This year’s Race Week, scheduled for April 11, 12 and 13, will include a few events that the public can attend at the Charleston Harbor Resort after the races finish for the day and the sun dips in the sky. Draftz pointed out that live music, cocktails and camaraderie are excellent reasons to purchase a ticket for one night at \$20 – or all three nights for \$60. 🍷

Visit www.charlestonraceweek.com for more information.

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Get Gritty

At the World Grits Festival

IMUST CONFESS THAT BEFORE MY relocation from Maryland’s blue crab-eating Eastern Shore to the Lowcountry, grits to me were just a gooey, white, post-church breakfast food that certainly did not get my motor humming. Perhaps there’s something to be said by the fact that I was a northerner and grits are certainly a Southern staple. Or maybe my mom skimped on the wondrous Southern components of a good grits plate – butter, bacon and shrimp.

Regardless of my past, one thing is certain in the present: This writer and grits are fond of one another. So when I was offered the chance to write about the rich, buttery ground corn and the World Grits Festival in St. George, I reached into my cabinet for the bag of Quaker Grits and whipped up a celebratory bowl of you know what.

The history of the World Grits Festival is as rich as the grits themselves. The event began in 1986, when St. George Piggly Wiggly – sigh – store manager Bill Hunter was ordering his usual shipment of grits from a distributor. A comment was made that “for a small town, St. George

sure orders a lot of grits.” A few weeks later, Hunter heard the same remark from another grits distributor. After a little research, turns out that the folks of St. George, South Carolina, eat more grits per capita than anywhere else in the world. Could there possibly be a better place to hold the World Grits Festival?

The festival itself takes place every year on the weekend of April 11 and attracts between 25,000 and 30,000 grits lovers from all corners of the country. The festival is chock-full of fun events, including grits grinding, a carnival, dancing, eating and a 5k run.

The headliner of the World Grits Festival is Quaker’s famous Roll In The Instant Grits “competition.” Cheered on by adoring fans and others in the crowd, contestants have 10 seconds to see how many times they can roll over in a pool filled with Quaker’s instant grits. It’s not unusual to see an entire family – mom, dad, daughter and son – covered head to toe in grits, laughing merrily and immersed in the bliss that is the World Grits Festival. 🍲

For more information about the World Grits Festival, visit www.worldgritsfestival.com.



Photos Courtesy of World Grits Festival.

More grits are eaten per capita in St. George than in any other place in the world. Is there a better place to hold the World Grits Festival?

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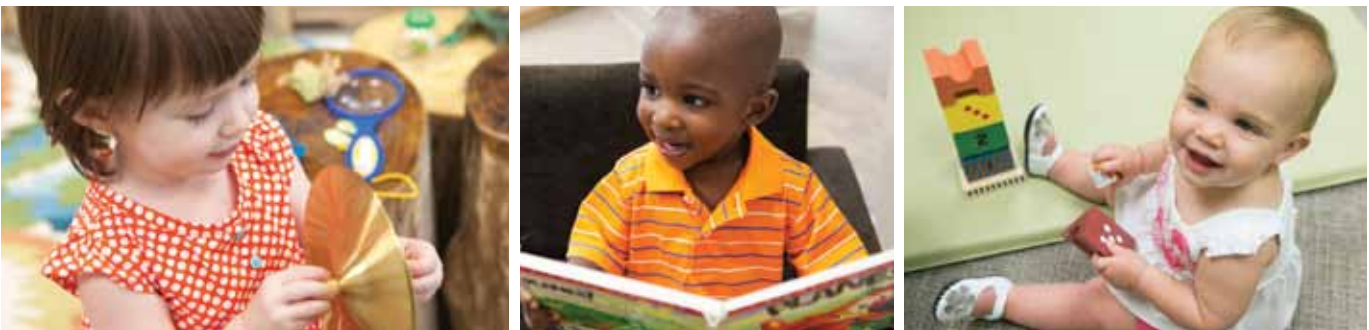


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3) \$575,000	Matt B. Scarafile Carolina One Real Estate	Rees Johnson Carolina One Real Estate	16	\$546,500
4) \$599,900	Susan C. Aviles Aviles Real Estate	Jim Near Keller Williams Realty	88	\$540,000
5) \$549,900	Stan F. Huff AgentOwned Preferred Group	Stan F. Huff AgentOwned Preferred Group	20	\$525,000
6) \$549,000	Peggy H. Ricker Carolina One Real Estate	Jay Unger Carolina One Real Estate	258	\$508,650
7) \$515,000	Bill N. Smith Carolina One Real Estate	Jay Unger Carolina One Real Estate	97	\$495,000
8) \$475,000	Matt B. Scarafile Carolina One Real Estate	Kristen Kern-Whitehead Keller Williams Realty	100	\$455,000
9) \$460,000	Dede B. Warren Carolina One Real Estate	John Sweeney REMAX Advanced Realty	35	\$440,000
10) \$499,000	Kim H. Meyer Keller Williams Realty	Chuck Epps Carolina One Real Estate	131	\$439,500

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CapBiz Helps Access the Money Your Company Needs

BORROWING MONEY IS A TOUCHY subject no matter who the lender is. There's the matter of paying it back, of course, but qualifying is another situation altogether. And in today's uncertain economic climate, companies are having a harder time obtaining loans because they lack the three Cs of lending: credit, collateral and cash flow. Once upon a time, banks were doling out loans with ease to just about everyone, but that is no longer the case. Fortunately, Ken Koos, president of CapBiz Solutions, can offer options that will make many of your borrowing issues go away.

"Banks have been working under a heavy regulatory cloud," remarked Koos. "Let me put it in perspective. In 2005 and 2006, there were zero bank foreclosures as reported by the FDIC, the federal entity that insures consumers' money in banks. In 2009, there were 140 bank failures. In 2010, there were 157 and in 2012, there were 51. We're just now starting to come out of one of the worst recessions in this country's history, if not the worst. But I'll let the economists debate that."

CapBiz provides companies that have had a hard time accessing capital with an alternative. Whereas banks operate on a traditional profitability lending model, CapBiz works on a cash-flow-driven model instead.

"We work off a predictability algorithm. These are true unsecured working capital loans," he explained.

According to Koos, the two biggest concerns for business are finding and keeping customers – of course – and being able to obtain capital.

"If access to capital is cut off, a business can have a hard time operating and growing," he commented.

If you've borrowed from a bank before, you probably know exactly what's involved – plenty of paperwork and plenty of wait time. CapBiz makes both of those headaches virtually go away.

"One of the unique things we do is look at a company's average daily bank balance," Koos explained. "If it is just sitting there, why not put a portion of that to work to pay back debt?"

One of the advantages of working with CapBiz is not

having to wait for an answer. If you've had the time-intensive experience of borrowing from a financial institution, you'll be delighted to know that CapBiz typically decides within 48 hours – sometimes less – and typically funds the transaction in less than seven working days.

"That way, even if we have to say no to a person, they can move on quickly," Koos said.

Koos moved to Charleston from the southern part of New Jersey. Though he didn't become an official resident of the Lowcountry until March 2013, he first started visiting coastal Carolina in the mid-80s, when he married



a Charleston native. Koos thought about switching careers when he came to this area, but, after 26 years in lending, he sees opportunities because Charleston and its environs are growing rapidly.

"I have several capital partners," Koos said. "They all have a different tolerance for risk but want to lend the money regardless."

To find out more about obtaining capital to run your business, contact Ken Koos at (843) 603-5480 or (609) 922-1499 or visit capbizsolutions.com.

Who is eligible for the Mount Pleasant's Favorite contest?

THE CONTEST IS OPEN TO RESIDENTS of Mount Pleasant, Daniel Island, Isle Of Palms, Sullivan's Island, Awendaw and McClellanville. People of all ages are welcome to participate, but those under the age of 18 must have permission from a parent or guardian. Employees of Mount Pleasant Magazine or any of its affiliated organizations, along with their immediate family members (parents, children, guardians and wards) are not eligible to win any prize.

HOW TO ENTER:

From Feb. 14, 2014, through March 31, 2014, you can mail us an original registration form or a copy, or you can visit www.MountPleasantMagazine.com/dadandmom and complete your registration online. As part of your entry, you

must provide a valid email address, which you agree to let Mount Pleasant Magazine use. There is a limit of one entry per person, regardless of how you enter. Winners must agree to allow Mount Pleasant Magazine to use their photos.

HOW THE WINNER WILL BE CHOSEN:

The winner will be selected based on the entry form and the 350-words-or-less essay, which should illustrate why the nominee deserves the honor of being chosen as Mount Pleasant's Favorite Mom or Dad. Entries will be judged on creativity, authenticity, relevance and clarity of expression. Mount Pleasant Magazine is solely responsible for choosing the winners. 📷

Fill out the ballot below or cast your vote online now at: www.MountPleasantMagazine.com/dadandmom.



Mount Pleasant's Favorite

Attention all daughters, sons, husbands, friends and relatives. We are looking for the Mount Pleasant area's favorite mom and dad, and we would like to hear from you.

Mount Pleasant Magazine is looking forward to reading about the person you consider to be Mount Pleasant's favorite. The May/June edition of Mount Pleasant Magazine will feature a select group of moms and dads who live in Mount Pleasant, Daniel Island, Isle Of Palms, Sullivan's Island, Awendaw and McClellanville. Complete the registration form, and submit it by mail, email or Facebook. Each entry must be accompanied by a photo of your favorite with their children.



Your Name: _____

Email: _____ Phone: _____

Your relationship to your favorite mom or dad: _____

Favorite mom or dad's name: _____

Is he or she married: () Yes () No

Their email address: _____

Favorite nominee lives in:

() Mount Pleasant () Isle Of Palms () Sullivan's Island () Daniel Island () Awendaw () McClellanville


Number of children: Girls: _____ Boys: _____

Describe your favorite mom or dad with five one-word attributes: _____, _____, _____, _____, _____

_____, _____, _____, _____, _____

Describe your reasons for nominating this mom or dad in 350 words or less on a separate sheet of paper.

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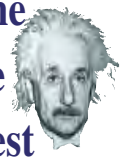
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Shepard Fairey prepares for "Power and Glory," his upcoming exhibition at the Halsey Institute.

Pop Art and Progress

SHEPARD FAIREY IN THE LOWCOUNTRY

Story by Cullen Murray-Kemp.

Photos by Jon Furlong.

A PROGRESSIVE ART MOVEMENT is gaining traction here in the Lowcountry, around the country and even hundreds of miles above the Earth aboard the International Space Station.

Elizabeth Willingham, a senior Studio Arts major at the College of Charleston and an intern at the school's Halsey Institute of Contemporary Art, said she has noticed that the appeal of politically and socially charged art "with a message" is on the rise. At the heart of the message-driven art scene is nationally renowned fine artist Shepard Fairey, a Charleston native who created the "Hope" poster for Barack Obama's 2008 presidential campaign. More recently, he designed a patch worn by astronauts aboard the International Space Station.

"Shepard's art has become very popular with students," said Willingham. "I've seen a lot of my fellow students who are inspired by Shepard being brave with statement art – you know, creating art that generates arguments."

Though Fairey is probably most famous in mainstream culture for the "Hope" poster, you won't find his work



Shepard Fairey has been cited by numerous art institutes for his stature as one of the most influential living artists.

on coffee mugs or \$10 t-shirts. He is a prominent figure in today's street and fine art worlds and has been cited by numerous art institutes for his stature as one of the most influential living artists.

Charlotte Fairey, Shepard's mother and a local Carolina One real estate agent, recognized Shepard's artistic prowess when he was little more than a toddler.

"I first realized Shepard was an artist when, at 4, he picked up a crayon and began drawing airplanes, battle-ships and even designing golf courses," she said. "One Christmas, when Shepard was 11, he drew pen and ink pictures of all my friends' homes, and I gave them the pictures as presents."



Throughout his career, Shepard Fairey has drawn inspiration from numerous pop artists, including fellow South Carolinian Jasper Johns.



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Fairey attended Porter Gaud High School until the ninth grade, when he transferred to Wando High School to take advantage of a looser dress code and enjoy the diversity of the student body. Upon his mother's request, he took all advanced placement courses, but he really thrived in his social world of skateboarding and street art.

Growing up in Charleston and Mount Pleasant, Fairey often questioned authority and the conservative attitude of the local social hierarchy. Along the way, he developed and nurtured an artistic rebelliousness that he has maintained to this day.

"When I discovered skateboarding and punk rock, I became a big fan of graphic art made with stencils, collage and screen printing," Fairey said of his high school days.

While at the Rhode Island School of Design, Fairey created his first widely popular art, the "André the Giant Has a Posse" sticker.

"These days, those stickers can be found all over the world," Charlotte Fairey said. "I think that was the first



Fairey, who grew up in Charleston and Mount Pleasant, often questioned authority and the conservative attitude of the local social hierarchy.

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time we realized he was seriously on the map for the art community.”

Throughout his budding career, Fairey drew inspiration from numerous pop artists, including fellow South Carolinian Jasper Johns, who grew up in Allendale and was a leading figure in the New York abstract expressionist movement of the 1950s. His painting, “Flag,” sold in 2010 for \$110 million, at the time the highest price ever paid for a work by a living artist.

This May, Johns and Fairey will be presenting “The Insistent Image: Recurrent Motifs in the Art of Shepard Fairey and Jasper Johns” at the Halsey Institute of Contemporary Art.

Halsey Director Mark Sloan said he is honored to have Fairey show his work.

“Shepard Fairey is an incredibly gifted artist and articulate spokesperson and an essential piece to the progression of art,” said Sloan.

The decision to have Fairey and Johns show their work together came about after much consideration. According to Sloan, both Johns and Fairey recycle graphic elements in their work – elements that gain new meaning through juxtapositions and associations.

“Each artist has had a consistent and personal vocabulary throughout their career,” said Sloan. “It’s a big deal for us to show Shepard and Jasper together. I’m interested in seeing what kind of friction develops between their two bodies of work.”

Fairey’s forthcoming exhibition at the Halsey Institute, “Power and Glory,” will focus on what drives America, both literally and metaphorically.

“In my show, I’m dealing with issues of abuse of power and threats to the environment,” said Fairey.

Although the issues covered in his show are not exclusive to the Lowcountry, Fairey pointed out that

“Part of my mistrust of authority and my disregard for elitism comes from my experience in Charleston.”

“As a country and culture, we seem to frequently put power and glory on a pedestal without considering that the flip side of one’s power and glory may be another’s suffering and degradation,” Fairey added.

These days, Fairey can be found throughout the art scene, from liberating a billboard in Brooklyn by showcasing his “Hope” poster, to speaking about culture and politics at a communications and journalism school in California. Through art, he is constantly testing what is normal and accepted in our society. 🐛



Through his art, Shepard Fairey is constantly testing what is normal and accepted in our society.



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THE STORY OF HOW COASTAL Carolina Research Center in Mount Pleasant came to be begins in 1997, when Nancy Dinsmore, RN, was seeking the opportunity to branch off into her own research-based medical practice. She took a leap into the unknown when she and her partner opened a tiny office on Coleman Boulevard. Their objective would be not only to help physicians in private practice learn about potentially new, innovative drugs but also to benefit volunteers in the community who might want to participate in research studies.

BY CULLEN MURRAY-KEMP

In 1998, Nancy brought friend and distinguished physician Dr. Cindy Strout aboard to help run the Coleman Boulevard research office.

"I can remember those days," said Dr. Strout. "Our first ever study was osteoarthritis."

Since then, Coastal Carolina Research Center has conducted more than 400 studies on subjects ranging from binge eating to migraine headaches at its present location on Bowman Road and has become a locally-owned small business success story. Research Director Nathan Morton struggles with the common misconception that medical research facilities are labs that test drugs on "human guinea pigs."

"It doesn't matter your social or economic status. Everyone, people from all walks of life, may volunteer to help expand medical research," Nathan explained. "Furthermore, guinea pigs don't get to choose. Every volunteer who walks through our doors is making their own choice, of their own free will. And in doing so, they may potentially benefit persons around the world who one

day may have a better, more healthy quality of life because they chose to participate in a medical research study."

"So if my uncle had type 2 diabetes, and I want to play my part in furthering medical research for a drug that controls type 2 diabetes, I've come to the right place?" I asked.

Dr. Strout, Nathan and Nancy agreed.

The study opportunities at Coastal Carolina Research Center are diverse.

"There are a lot of volunteers who want to serve in the U.S. military, but, for one reason or another, they are unable to join the services," said Dr. Strout. "We often need healthy volunteers for Department of Defense vaccine trials, and these types of people, who have a fondness for our men and women in uniform,

often volunteer for these vaccine studies."

Upon hearing Dr. Strout's statement, Nathan chimed in with a story about a former volunteer who decided to participate in Coastal Carolina Research Center's study of a new plague vaccine developed to protect against biological warfare. The woman didn't volunteer simply because she would be receiving \$1,200 for her participation but rather to

support her husband, who was at war in Afghanistan.

The roundtable conversation progressed with numerous stories of doctor-volunteer relationships and the many Lowcountry citizens who have participated in multiple studies over the years, everyone working together in the interest of furthering medical research.



The Coastal Carolina Research Center has been helping physicians learn about new and innovative drugs since 1997.

Photo by Cameron Haines.

For more information about the Coastal Carolina Research Center, visit www.coastalcarolinaresearch.com or call (843) 856-3784. The center is located at 1156 Bowman Road in Mount Pleasant.

REEL HISTORY

THE MOUNT PLEASANT SEABREEZE DRIVE-IN

*Story by Denise K. James.
Photos Courtesy of John Coles and Mark Tiedje.*

FEW THINGS ARE MORE ICONIC of American culture than watching a great film with a bowl of buttery popcorn and a fountain drink, and life in Mount Pleasant is no exception. You might not know that back in the 1950s, Mount Pleasant had its own drive-in theater called The Seabreeze. Though it wasn't around for a long time, the residents and former residents who watched the films from their cars under a starry, breezy night can vouch for its magic.

When I met with John Coles and Mark Tiedje to dish about movies and the places people watch them, the air of nostalgia that permeated the conversation was unmistakable. Sure, we still have plenty of award-winning and great flicks that show up on the screen nowadays, but Mark and John declared the 1930s and 1940s to be "the heyday of film," and I found myself wishing I'd been there. Fortunately, back in 2002, these two gentlemen embarked on a project that

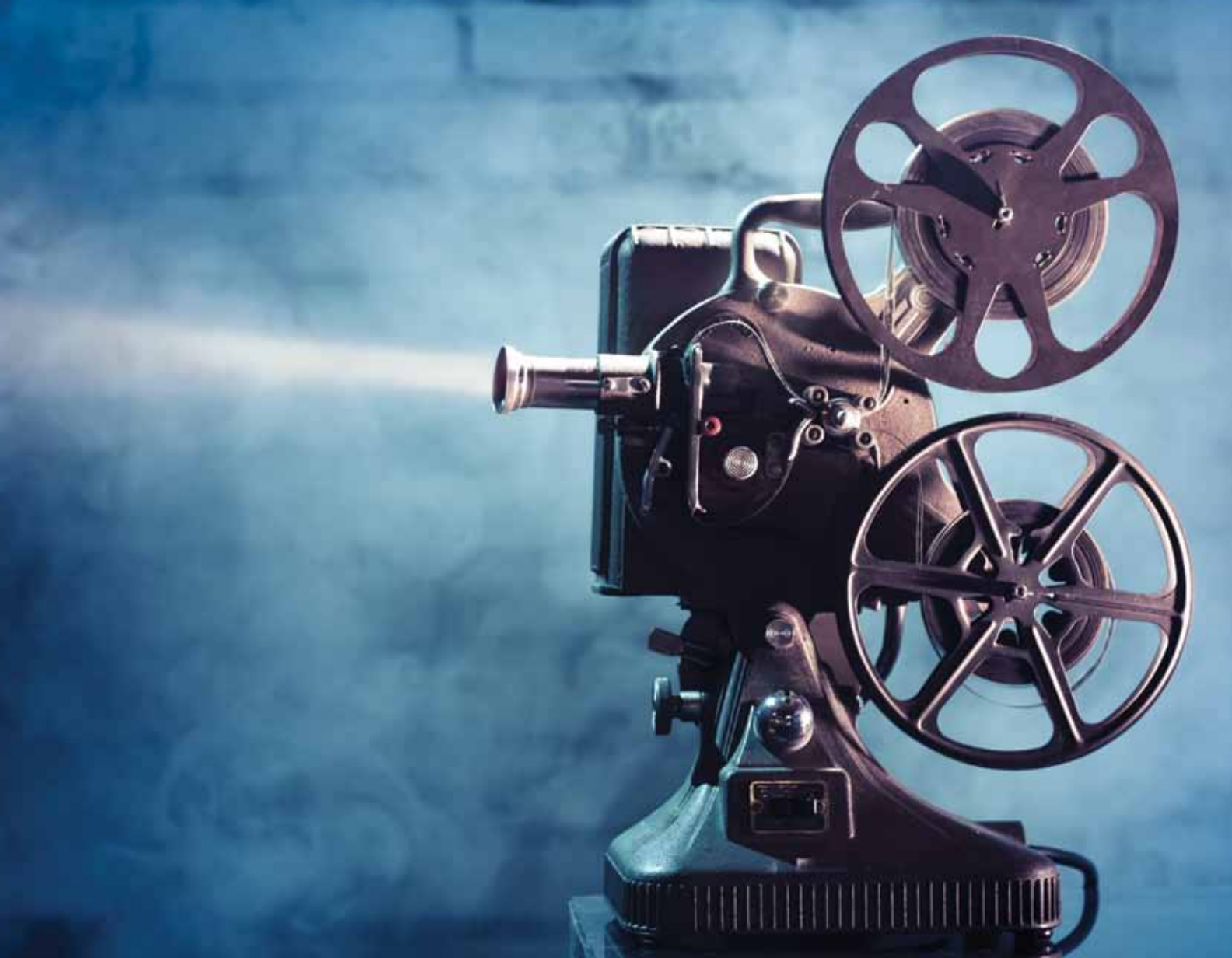
took them to the smallest towns of our state, researching each and every historic theater for a book called "Movie Theaters of South Carolina."

"We took on the project of researching old theaters at the exact right time," commented John. "If we had waited just a few years later, many of the people who remembered these theaters would have been gone."

As for The Seabreeze in Mount Pleasant, John and Mark unearthed an assortment of news ads which heralded picture shows appearing at The Seabreeze – though finding photographs of the actual drive-in proved difficult. In fact, drive-ins in particular were not on John and Mark's original project list; they knew that finding photos of open air theaters would be no easy task.

"We weren't going to do drive-ins, but we kept getting calls from people who wanted to tell us about their favorite drive-ins," laughed John.

Sandy Bigham, who moved to the Mount Pleasant area from New York back in the 1950s, lived in the Groves



Though The Seabreeze wasn't around all that long, Mount Pleasant residents who spent star-filled, breezy nights there can vouch for its magic.

neighborhood near the Seabreeze and said that he “remembers it well.” He recounted to me over the phone how the drive-in included a blockhouse with the projector, as well as a stand for concessions, where his parents would buy popcorn for the family. Another popular concession item for those hot Lowcountry nights was something called a Chilly Dilly – a frozen dill pickle.

“One of the movies I saw there was Botany Bay,” he mused. “I’m not sure why I remember it. My brother was a baby at that time. He would sleep in the back seat of the car while my parents, sister and I watched.”

Though current Mount Pleasant resident Sparky Witte does not remember the theater itself – he was too young – he knows the story of how the theater owners, a couple from North Charleston, drove to work each day to run The Seabreeze in Mount Pleasant.



“I suppose they chose Mount Pleasant because it was a small, homey town,” he said.









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The Seabreeze lasted only for a few years – from 1951 until 1957 – but, according to Witte, the screen and speakers continued to be an attraction for any young child who grew up near The Groves.

“The screen was there until Hurricane Hugo in 1989,” he said. “We would ride our bikes over there, and people who lived in the neighborhood would walk over after it was closed. It was where Jack Tankersley’s office is today.”

Though The Seabreeze was short-lived, it made quite the impression on a bevy of locals – and folks such as Bigham, who never came back to Mount Pleasant yet remembers his years here fondly.

“My parents got transferred to Michigan, and I was drafted into the war,” he said. “I never came back to Mount Pleasant. But living near those woods got me into camping and hiking. It was a great place to grow up.” 🐼

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Pondering

Rocky Mountain High

Was the Weed Worth the Wait?

Editor's note: Recreational marijuana has about as much chance of being sold legally in South Carolina as, for instance, a person has of jumping from the moon and landing on Earth – more on that later. In Colorado, however, you can now pick up some weed at the local pot store. One of our crack reporters just happened to be high in the Rocky Mountains the day Mary Jane came out of the closet and into the mainstream.

IT WAS THE FIRST TIME THAT I HAD EVER waited in a line and seen everyone around me smiling from ear to ear. The anxiousness and annoyance normally displayed under these circumstances was replaced with excitement, anticipation and a few musicians banging on drums, strumming guitars and singing Ben Harper's

"Burn One Down."

It was just by chance – or luck, maybe – that I ended up traveling from my home in Charleston, South Carolina, to Steamboat, Colorado, the week marijuana was legalized for recreational use in the Centennial State. This was history in the making, so, as a "journalist" I was, of course, obligated to visit the closest marijuana dispensary.

Photos courtesy of Steamboat Pilot & Today.



Surprisingly enough, my enthusiasm on the morning I visited Rocky Mountain Remedies – I found the only place you can buy recreational marijuana in Steamboat with my iPhone app, “Weed Maps” – was entirely outmatched by my godfather, a baby boomer and former pot smoker. We arrived at the pot shop to find a line of 30 to 40 people from all corners of the Midwest. A guy from Wyoming who was featured in the local paper’s cover story literally started crying when he purchased his first bag of legal marijuana. My 70-year-old godfather displayed his zeal when two local newspaper dopes video interviewed him. He finished his pro-legalization diatribe with “It’s about damn time.”

I wasn’t even stoned, but laughing at the hilarity of the situation made my side hurt. We waited in line for an hour and never once cursed the Colorado cold. The line, which eventually grew to nearly 100, consisted of people from all walks of life. Local construction workers and vacationing baby boomers eagerly shared their “one time when I was high” stories.

By the time we got to the entrance, the scent of fresh cannabis was wafting from the shop and into our nostrils. I



Here’s what you need to know about the laws in Colorado.

Marijuana will be one of the most heavily taxed products in Colorado, to the tune of a 25 percent state tax in addition to the usual sales tax of 2.9 percent, plus local sales taxes. These extra levies apply only to recreational stuff – if a doctor prescribes medical marijuana, it doesn’t count.

Visitors from outside of the state of Colorado (that means us) can purchase one quarter ounce at a time in a licensed store. Purchasers, who must be at least 21 years of age, can share with others, as long as no money changes hands.

Smoking pot in public is still illegal, even inside the pot shop. So when you do light up, make sure you do so at home or at a friend’s house.

If you are thinking of driving around Colorado after a toke, think again: A motorist can be ticketed for impaired driving if his or her blood shows more than five nanograms of active THC.

-Sourced from CNN.com.





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paused for a moment and reminded myself that this experience was an inquisitive writer's dream, as well as history in the making. Before Jan. 1, 2014, marijuana had never been sold legally for recreational use in the United States, and now I was going to be part of it.

The shop itself was a pothead's paradise. There were fridges full of assorted flavors of weed soda. The shelves were stocked with weed chocolate, weed brownies and weed gummies. The weed itself came in all sorts of colors, and I couldn't help but wonder how a flower that Nature intended to be dark green could produce more colors than a box of Lucky Charms. Each Rocky Mountain Remedies employee was taking the time to recommend dosages and specific strains for the customers.

"The Indica will make you feel laid-back and lethargic, while the Sativa will make you laugh and debate for hours whether it's possible to jump from the moon and land on Earth," one of them explained.

My \$50 budget fetched a soda, a brownie and one gram of a light-green marijuana called "Train Wreck." I pondered whether the guy who names the different marijuana strains should be fired.

My godfather, on the other hand, wanted to utilize the



Pot is available in various doses and strains. Some will make you laid-back and lethargic, while others might give you the energy to debate whether it's possible to jump from the moon to Earth.

state-allotted quarter-once-per-day limit as creatively as he could. He was literally a kid in a candy store.

"I'm going to get two packs of sour gummies, three bars of chocolate, two brownies, one gram of 'Sour Diesel,' one gram of 'Train Wreck' and one gram of 'Purple Haze,' " he told the cashier.

"Can I get anything else?" he asked the employee with a sheepish grin.

The day ended with the sharing of a joint between family members from different generations and different walks of life. As we sat in the hot tub and gazed out at the late afternoon snow falling on the Rocky Mountains, I smiled and wondered if there's a marriage on the horizon for marijuana and America. 🍷

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Chad Michael Woods

Lives in: Mount Pleasant, South Carolina.

From: Broken Arrow, Oklahoma.

Education: Bachelor's in Economics from the University of Oklahoma.

Employment: Atlantic Shield Insurance Group.

Favorite reading: Motivational books; Men's Health; Popular Science; ESPN The Mag.

Favorite music: It's gotta have a beat!

Activities: Traveling; spending time with friends and family; going to OU football games; working out.

Interests: Meeting new people; hanging out on the beach; wakeboarding; watching college and professional sports on TV.

Likes: Movies; new restaurants; meaningful conversations.

Favorite quote or philosophy: "Be the change you wish to see in the world." – Gandhi.



Reni Lofton

Lives in: Mount Pleasant, South Carolina.

From: Mount Pleasant, South Carolina.

Education: Bachelor's in Athletic Training, College of Charleston; Wando High School class of 2006.

Employment: CSR at Palmetto Exterminators; part-time athletic trainer at Baptist Hill High School.

Favorite reading: "Lord of the Rings."

Favorite music: Rock and alternative, specifically Incubus and the Beatles.

Activities: Playing with my dog Strider; running; playing video games.

Interests: Sports; travel; arts and crafts.

Likes: Old movies; puzzles; bad jokes.

Favorite quote or philosophy: "If more of us valued food and cheer and song above hoarded gold, it would be a merrier world." – Tolkien.



Carol Varadi

Lives in: Isle of Palms, South Carolina.

From: Cleveland, Ohio.

Education: Miami University; Old Dominion University.

Employment: Realtor, Agent Owned – Isle of Palms; speech pathologist/instructor – English Language Institute at the College of Charleston.

Favorite reading: "The Help" by Kathryn Stockett.

Favorite music: Beach music.

Activities: Fishing; walking on the beach with my dogs; spending time with family and friends; golfing.

Interests: Volunteering with the Isle of Palms Exchange Club for the prevention of child abuse; supporting efforts to find a cure for juvenile diabetes.

Favorite quote or philosophy: "What you are will show in what you do." – Thomas Edison.



Dr. Linda M. Smith-Perry

Lives in: Mount Pleasant, South Carolina.

From: Alabama.

Education: Bachelor's in Elementary and Secondary Education; S.C., teaching certificate in working with children with emotional difficulties; MA in Early Childhood Education; doctorate in Child and Youth Studies.

Employment: Retired from Charleston County School District.

Favorite reading: A variety, from historical fact and fiction, personal stories, adventures and novels like "The Hunger Games."

Favorite music: A variety, from classical to country.

Activities: Enjoying my grandsons; exercising; visiting aquariums; reading.

Interests: Science fiction; space exploration; history of the United States; sweetgrass baskets; and Lowcountry lore. I also enjoy writing children's books.

Likes: Friendly people – one reason I have stayed in Mount Pleasant for 38 years; events and holidays with my family; shrimp & grits – I like to try different recipes restaurants offer; Godiva dark chocolate truffles; teaching or working with children.

Favorite quote or philosophy: "When faced with a new or difficult challenge, don't say I can't. At least do your best and try."

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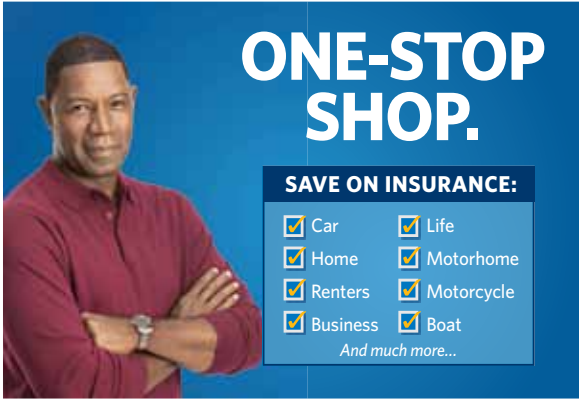
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***Dr. Valerie Scott** - Mount Pleasant Family Practice, Roper St. Francis Medical Network

***Dr. Howard Evert** - Medical Doctor and President of MUSC Physicians Primary Care

***Dr. Kay Durst** - Durst Family Medicine, East Cooper Medical Center Physician Network



A LIFELONG FRIEND YOUR PRIMARY CARE PHYSICIAN

THE U.S. HEALTH CARE system is a complex maze for doctors and patients alike, a complicated conglomeration of difficult-to-understand terminology and incomprehensible insurance rules and regulations that are more likely to cause a headache than to cure one.

BY STACY E. DOMINGO

Should you visit your doctor every time you or one of the kids sneezes or gets a stomach ache? Is it worth the cost of your co-payment and the time you'll miss at work just to find out you are suffering from a minor ailment that will go away on its own in a few days? Or is it better not to take any chances, to rush to your primary care physician's office every time you're not feeling quite right?

In most cases, it's better to be safe than sorry – to let your doctor tell you whether your physical problems are something to worry about. This is why it's important to have a primary care physician who can treat your symptoms and help you live a lifestyle that emphasizes prevention.

“Helping people navigate their way through the maze is a primary

care physician's job,” said Dr. Howard Evert, medical director and president of MUSC Physicians Primary Care. “A primary doctor doesn't just see you and then refer you to a specialist. A primary doctor understands day-to-day health care and will get to know you and your family, as well as any other factors that can have an impact on your health.”

Internists such as Dr. Evert deal with the prevention, diagnosis and treatment of adult diseases in areas such as cardiology, endocrinology and infectious diseases. They are particularly skilled in the management of patients with more than one medical issue, and they care for patients both

in and out of the hospital.

“Internists strictly work on individuals 16 or older,” explained Dr. Evert. “Primary care is my life. It's what I do. In the new health care system, people may be required to find a primary doctor, so finding

someone now is a good idea.”

Family doctors care for the physical, mental and emotional health of their patients and their patients' families. They are trained in all areas of medicine and can diagnose and treat a wide range of problems. When necessary, they send patients to specialists.

Dr. Kay Durst of Durst Family Medicine on Sullivan's Island treats several gen-

erations of patients within the same family, something her own relatives been doing for years.

“My grandfather, Dr. George



Durst Sr., started our practice in the early 1940s,” said Dr. Durst, who is part of East Cooper Medical Center’s physician network. “My grandfather practiced here, as did my father and I and other passionate physicians. Family practice has been around for a long time, and we are glad to see that patients are coming back around to reap the benefits of having a primary doctor.”

It’s important for a doctor to know his or her patients. Whether you are 8 or 80, having a trained, compassionate physician who knows your background and specific health concerns will go a long way toward making you feel better.

“I think the changes in the approach to health care are a breath of fresh air, with the emphasis on one doctor who knows all about you,” said Dr. Valerie Scott, who is

with Mount Pleasant Family Practice and the Roper St. Francis Physician Network. “As a doctor who previously worked in urgent care and is now a family practitioner, I know the difference. Urgent care looks at the current problem. There is a role for this, but a primary doctor will take the acute problem and apply it to the overall lifestyle.”

For example, a young girl suffers from a compromised immune system and is regularly treated by several specialists. Because her blood work is abnormal, her mother’s stress level rises. Her primary care physician, who knows the family’s history, can help the daughter and the mother as well.

And wouldn’t it be nice not to have to write down your family’s entire health history every time you visit a doctor? Your family physician knows that breast cancer or diabetes

runs in your family, which means he or she will be on the lookout for the warning signs.

“There are several reasons to a patient’s advantage in having a primary care physician. Studies show people live longer and with less out-of-pocket costs. We can guide you to the proper specialist or provide treatment,” Dr. Scott explained.

Pediatricians are wonderful primary doctors for newborns to young adults and obstetricians can care for women in many ways that are important to overall health. While both fields fall into the realm of primary care, they are limited in the type of treatment they can provide.

“It is essential for men and women to have a primary doctor,” Dr. Scott added. “There are vaccines that adults need, but so many go without them. Our cars get a checkup, our children





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get a checkup and so must young and older adults. The early 20s is the best time to start with a primary doctor.”

Influenza, MMR and Hepatitis A and B are just a few of the vaccinations adults should have; your primary care doctor will make sure they are up-to-date.

In the Carolina Lowcountry, three major health care providers and their networks of primary care physicians, surgeons and specialists give patients a wide range of options for their medical care. Unfortunately, that’s not the case in rural areas, where a shortage of doctors is a major problem.

“We have people who come from all over the state, not just the tri-county area, because of a lack of physicians in their area,” Dr. Durst said. “Family doctors specialize in serving a large age group and deal with a large family dynamic. We are trained to assist in surgery as well as delivering babies. A lot of people aren’t aware of this.



We can perform suturing so you don’t have to run to an urgent care center.”

Dr. Evert, who has practiced for nearly 37 years, has seen and heard a lot over the course of his lengthy career. He realizes that it is getting more difficult for all physicians to take the time they need to treat their patients.

“It is very difficult for most to navigate through the health care system because it has become increasingly complicated. Primary care physicians are typically the



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lowest paid and have more regulatory burdens. We spend 30 percent to 45 percent of our time with patients and the rest of the time on paperwork, which is very frustrating.”

Most doctors got into medicine because they genuinely care about people and want to help solve their health problems. All doctors aren't good fits for all patients, however. It is important for patients to try to match their personality with that of their primary doctor.

“I recommend that you search for a doctor who is board certified and adequately trained,” said Dr. Evert. “But I also think a personal connection will allow for open communication.”

Every physician interviewed for this article was emphatic about the importance of having a primary care physician.

Dr. Scott, who practiced on James Island for 10 years before moving to Mount Pleasant, suggested finding a family doctor before you face a medical emergency.

“Sometimes it can take a while to obtain that first new patient appointment. An important note for some when choosing a physician is that an internist can admit a patient to the hospital and can deal with a chronic illness. Find someone who has an interest in your disease, if that is necessary.”

Dr. Durst agreed and added that patients also should consider whether



they would be more comfortable with a male or female primary care physician.

Regardless of how old you are or how healthy you think you are, an experienced, knowledgeable family care physician will help you navigate through the complex U.S. health care system. 🏥



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Flushing Away Your Digestive Issues

Dr. Margarita Murphy

THE OLD SAYING ABOUT AN APPLE A day keeping a doctor away has been repeated plenty of times – but it when it comes to fiber in the diet, Dr. Margarita Murphy said that one apple won't even come close.

In fact, the sad truth is that most of us don't get the brow-raising 30 grams of fiber recommended per day in our diets.

"I refrain from asking my patients to do something I can't do myself," remarked Dr. Murphy. "I stay busy, with little time to prepare meals, so I recommend regular fiber supplements."

BY DENISE K. JAMES

Fiber, which is all too scarce in American culture thanks to our trend of eating processed food products, can prevent plenty of digestive issues, including hemorrhoids and colon disease.

"It is amazing how something so simple can transform your health," she added.

Dr. Murphy is the president of Gastrointestinal Surgical Specialists, LLC, located in Mount Pleasant – though she hasn't always practiced medicine on this side of the Cooper River. She was originally working in downtown Charleston but decided that Mount Pleasant is preferable because of traffic, parking and a few other reasons. She stressed her aim to be part of the Mount Pleasant and East Cooper communities, which she called "wonderful."

"I feel committed," she said. "And that means having both of my businesses here – I have a surgery center, too – plus putting my kids in Mount Pleasant schools and living here."

Dr. Murphy spends ample professional time teaching other surgeons, either in Mount Pleasant or around other parts of the world, regarding the benefits of the Sacral Nerve Stimulator. SNS, which has been available and approved by the FDA since 2012, is an amazing treatment for patients suffering from fecal incontinence, who had very few options before this treatment was developed. Prior to SNS, many who suffered did not seek help. Unfortunately, they remained homebound and downright repressed by their digestive issues.

Among the few national or international teachers of the procedure, Dr. Murphy is thrilled to be able to use SNS to help her patients.



Dr. Margarita Murphy considers working with her patients to be "an incredibly special honor."

Photo by Brian Sherman.

"It has become the gold standard for treating this condition," she said. "We went from having little or inadequate treatment options to finding a quick, almost painless procedure that is largely curative."

It's certain that patients who find themselves in Dr. Murphy's capable hands credit her care, sense of humor and trustworthiness, as well as the SNS procedure, in helping them get well. Dr. Murphy candidly discussed how she considers working with her patients to be "an incredibly special honor" and strives to make them feel like part of her family.

"My patients often arrive scared and embarrassed to be there," she

admitted. "Then I get to know them – as people, moms, dads and children. I love them, and I feel blessed to have a profession that I honestly enjoy." 🩺

For more information about SNS and Gastrointestinal Surgical Specialists, visit www.colonsurgeonsofcharleston.com or call (843) 853-7730.



The Magic of Sight

Dr. Kerry Solomon

HOW DO YOU SEE THE WORLD around you? Many of us take good vision for granted, but, if your vision is less than perfect, there is a man who may be able to help you see the world more clearly.

His patients may think it is pure magic, but Dr. Kerry Solomon is renowned here in Mount Pleasant and around the world for his groundbreaking techniques in the fields of cataract and refractive surgery. He began

BY BARBARA MILLEN PATRICK

performing cataract procedures in 1990 and quickly became a leader, learning new technologies and leading the way to more advanced methods of vision correction. In 1996, Dr. Solomon was the first physician in South Carolina to perform LASIK procedures. Many patients suffering from myopia and astigmatism were finally able to toss their glasses and contact lenses aside.

Some doctors would have been satisfied, but Dr. Solomon has continued to push the envelope, ever working on newer and more precise techniques. Everyone, from the physicians to the support staff, brings their expertise and talent together to provide good outcomes coupled with the highest standard of customer service.

“I am part of Carolina Eyecare Physicians, and we have 16 to 18 providers and about 160 people on staff,” Dr. Solomon said. “We’re the largest group in the area, possibly in South Carolina.”

Dr. Solomon clearly enjoys his life’s profession and the joy it brings to thousands of patients who experience the thrill of crystal clear vision, possibly for the first time. He

has always been attracted to technology and the potential it represents.

“Vision is very precious. I’m interested the development of different technologies,” he said. “Now, when we perform cataract surgery, we can also correct near-sightedness and astigmatism at the same time.”

Dr. Solomon understands that customer service is just as important as technology.

“We’ve worked very hard and held focus groups. We are very organized. Our average waiting time is about 15 minutes,” he said, adding that their satisfaction scores exceed 99 percent.

Because every person – indeed, every eye – is different, Dr. Solomon develops a customized plan for each patient in order to provide the best results possible.

“Our outcomes are superb,” he said.

In addition to cataract and LASIK surgeries, Dr. Solomon treats dry eye syndrome, glaucoma, macular degeneration and diabetic retinopathy. He continues research in these areas in order to develop new therapies. His list of recognitions and media exposure is extensive. But he sees each person as an individual and takes the time to make them feel that theirs is the most important appointment of the day.

“It all revolves around excellent customer service,” Dr. Solomon said.


He’s pretty clear on that. 



Photo courtesy of Dr. Kerry Solomon.

Dr. Kerry Solomon began performing cataract procedures in 1990 and quickly became a leader in the field.

Dr. Kerry Solomon is the director of Carolina Eyecare Physicians. More information and online appointments are available by visiting www.DrKerrySolomon.com. Appointments are available at four locations: Mount Pleasant, West Ashley, North Charleston and Summerville.



A New Way for a New Look

Lowcountry Plastic Surgery Center

PROCEDURES THAT ENHANCE WELLNESS and beauty no longer require extensive anesthesia and extended recovery times. In fact, at Lowcountry Plastic Surgery Center and Lowcountry Beauty and Wellness Spa, many of these procedures are minimally invasive or even non-invasive.

“Today’s technology leads people down a different path than just a few years ago,” Board-certified Plastic Surgeon Dr. Jack Hensel explained. “For example, CoolSculpting and Venus Freeze can be great alternatives for those who do not want surgery. It can be done on your lunch break, and you can go back to work. You don’t have to wear a garment and there are no incisions. There’s no cutting at all.”

He added that he can provide options for people who want to lose loose skin and wrinkles but aren’t ready to take the facelift route. Lowcountry Plastic Surgery Center offers procedures such as the Madonna lift to improve your look around the eyes; Smartskin or ablative treatment for skin tightening and wrinkles; and SideLaze to treat lower face laxity or jowls. These procedures utilize a laser that often requires only local anesthesia.

Dr. Hensel’s helpful staff leads the way when a person inquires about a procedure.


“Often the patient will call, we’ll discuss over the phone what he or she is looking for and we determine the best options,” explained Marketing Manager Michele Hensel. “We are very particular when considering whether a patient is a good candidate for a procedure. We want to make sure we are choosing the right procedures for the right patients in order to provide long-term satisfaction.”

Once the initial questions are answered and the patient is qualified for a procedure, he or she visits Lowcountry Plastic Surgery Center for a one-on-one meeting with Dr. Hensel and the patient coordinator.

Dr. Hensel explained the importance of board

certification. To earn this distinction, a plastic surgeon must graduate from an accredited medical school, complete at least five years of surgical training and two years of plastic surgery residency training and pass comprehensive oral and written exams. Cosmetic surgeons, on the other hand, are in many cases doctors who take a weekend course to learn how to perform a specific procedure.

Lowcountry residents obviously recognize Dr. Hensel’s expertise. He was named the Best Plastic Surgeon in East Cooper by readers of Mount Pleasant Magazine the past two years and has earned the same honor from Charleston City Paper for six years.

“We have the best of technology, and we like to bring what is on the West coast to the East coast,” said Dr. Hensel. “It is our job to make sure a procedure is the right procedure for you.” 

To learn more about minimally invasive or non-invasive procedures available at Lowcountry Plastic Surgery Center and Lowcountry Beauty and Wellness Spa, call (843) 971-2860 or visit www.LowcountryPlasticSurgery.com or SCCellulazeandSmartLipo.com.



Photo by Ronnie Martinelli.



Go with the Flow

The Vein Center Makes Feeling Good Easier

PAIN, FATIGUE, SWELLING AND GENERAL discomfort in the lower extremities of the body are no laughing matter – and yet many people who suffer from venous disease go untreated. In fact, according to Dr. Thomas R. Wieters of The Vein Center in Mount Pleasant, out of the 30+ million affected, only about 1.9 million seek help.

“Venous disease is among the most misunderstood entities in medicine,” remarked Dr. Wieters. “Too many people have the notion that vein issues are cosmetic. But this is not simply about looking good in a pair of Bermuda shorts. There are underlying medical issues affecting the appearance.”

BY DENISE K. JAMES

If you thought that Dr. Wieters only sees older folks at The Vein Center, think again. He was swift to mention that venous issues can happen to people of any age or sex. His youngest patient was an athlete in her 20s – “Her family still keeps in touch,” he said – and his oldest patient was a 95-year-old gentleman who had just finished a game of tennis.

And what exactly can cause blood flow problems? Heredity, pregnancy and working on your feet a lot are the culprits. According to Dr. Wieters, he treats plenty of nurses, teachers, restaurant servers and those in any profession that requires standing for long periods of time. His patient base is made up of about 80 percent women and about 20 percent men.

Until recently, there were not too many options for ridding the body of these troublemaker veins. Many women wore stockings, and many people opted for a surgery called vein stripping as well. According to Dr. Wieters, the procedures that are now available at The Vein Center are “a quantum leap beyond what we had before.”

“Venous disease was commonly underdiagnosed and undertreated due to lack of interest on the part of providers and reluctance to undergo procedures on the



Photo by Brian Sherman.

Dr. Thomas R. Wieters treats plenty of nurses, teachers, restaurant servers and those in any profession that requires standing for long periods of time.

part of patients,” he said.

Another notable move in the right direction for battling venous disease is a drug newly approved by the Food and Drug Administration known as Varithena. The drug, which will be available at The Vein Center in 2014, is a less invasive method of treating some vein inefficiencies.

“It will be a technology that allows us to treat the entire system with a chemical so there’s no recovery time at all,” explained Dr. Wieters.

Dr. Wieters was careful to point out that larger veins may still need additional treatment. Still, what goes on at The Vein Center is a vast improvement over vein-stripping surgeries – think of the new catheter treatment as “rerouting” blood flow so that it travels along healthy veins, while unhealthy veins are sealed off.

And because The Vein Center treats the underlying causes of the problem known as venous inefficiency, most nationwide insurance companies cover the catheter-based procedures.

“The procedure takes about 20 to 25 minutes,” Dr. Wieters pointed out. “You essentially go home with a band aid and go to work the next day.” 🩺

To find out more about The Vein Center, visit www.TheVeinCenterCharleston.com, or call (843) 881-VEIN.



Mother's Helper

Coastal Pediatric Associates

PARENTING IS A 24-HOUR, SEVEN-DAY-A-week challenge. Little ones don't come with instruction manuals, and that means lots of questions, often after-hours or on weekends. When your baby has a fever, your toddler seems lethargic or your grade-schooler flips off a skateboard in a bad way, you can't wait until Monday morning. You want immediate help.

That is why so many families choose Coastal Pediatric Associates. Unlike traditional medical practices, the physicians, nurse practitioners and office staff at Coastal Pediatric Associates operate on your schedule. The offices – there are two, one in Mount Pleasant and another in West Ashley – are open seven days a week for well and sick visits and are on call 24 hours to answer questions and offer advice when you are worried in the wee hours. And Monday through Thursday, the offices open at 7 a.m. and don't close until 8 p.m. – 9 p.m. in West Ashley – a boon to working parents.

BY BARBARA MILLEN PATRICK

“We're the only pediatrics practice open seven days,” Dr. Elizabeth Kirlis said, adding that extended hours mean fewer unnecessary emergency room visits and more convenience. “When parents are worried, they don't want to wait until 9 a.m., so they love that we open at 7.”

As much as parents appreciate Coastal Pediatric Associates, kids might love it more. The offices and atmosphere are welcoming and child-centered. The walls are adorned with whimsical art by a local muralist, which helps children feel better.

The success of the practice is based on the caring staff,

practices, the physicians, nurse practitioners

round-the-clock access and willingness to help. And both locations are expanding and adding more doctors who like the concept. As parents themselves, they understand your concerns. All physicians are board-certified, but, beyond that, they have special interests, such as autism spectrum or childhood allergies.

In addition to their physical locations, Coastal Pediatric Associates offers a virtual “office” online with a patient portal for making appointments and requesting medication refills or copies of records, as well as health news and information for new parents. You can also meet the doctors online to learn more about their specialties. With 20 providers on staff, one is bound to be a perfect fit.



Photo Courtesy of Coastal Pediatric Associates.


The success of Coastal Pediatric Associates is based on the caring staff, round-the-clock access and willingness to help.

“We're very flexible here,” Dr. Kirlis said. “We want to fit your schedule. Parents really appreciate the convenience.”

Coastal Pediatric Associates also reaches out with its free series, “What to Expect,” a class that provides helpful information for first-time parents.

Parents have many questions through the growing years. Is that snuffle a cold or an allergy? What is

the difference? Can allergies appear suddenly?

If you don't know, call one of your new family friends at Coastal Pediatric Associates. You'll get instant relief. 

Coastal Pediatric Associates is located at 1952 Long Grove Drive, suite 202, in Mount Pleasant. For an appointment, call (843) 971-2992. The West Ashley office is located at 2051 Charlie Hall Blvd.; the phone number is (843) 573-2535. Additional information can be found at www.CoastalPediatricAssociates.com.



Healthy Feet for a Healthy Life

Coastal Podiatry, LLC

IT GOES WITHOUT SAYING THAT OUR feet should be cherished – like a sip of century-old French wine paired with notes of Bach’s piano. Perhaps that statement might have been a slight hyperbole, but the point is that without healthy feet, our quality of life surely diminishes. That’s where Drs. Rahn and Tamika Ravenell of Coastal Podiatry, LLC come in.

Lowcountry born and raised Podiatrist Dr. Rahn Ravenell was Burke High School’s valedictorian before taking his talents to Florida Agricultural and Mechanical University, where he graduated magna cum laude. It was in college, while working at a shoe store, that Dr. Ravenell fell for feet.


“I was working with runners, doing gait analysis, and became deeply invested in the biomechanics of how feet work,” said Dr. Ravenell. “My eyes opened to the idea of

becoming a podiatrist.”

Since earning his doctorate at the Temple University School of Podiatric Medicine, Dr. Ravenell has been a leader and pioneer in the field of podiatry.

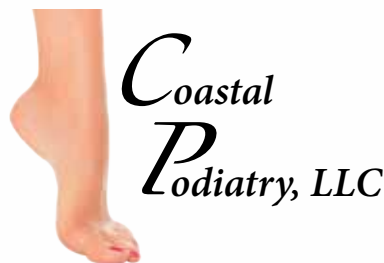
While at Temple, Dr. Ravenell met his wife, Tamika, who was also studying for her doctorate in Podiatric Medicine. After gaining extensive field experience, with Tamika completing her residency at Mount Sinai Hospital in New York and Rahn at DeKalb Medical in Decatur, Georgia, the Ravenells joined forces to open their own practice in Mount Pleasant in 2011.

“We really appreciate and reflect the local family feel here in Mount Pleasant,” said Dr. Rahn.

Outside of the office, the Ravenells enjoy kayaking, the vibrant Charleston food scene and Seacoast Church. 

For more information, visit www.mtpleasantfootdoc.com or call (843) 856-5337.

Coastal Podiatry is committed to providing expert diagnosis, treatment and rehabilitation in a caring and compassionate manner. At Coastal Podiatry, we offer a full range of podiatric services, including specialty foot care and reconstructive surgery to help relieve pain and restore your active lifestyle.



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According to Dr. Click, who gives "comprehensive care to all family members," she works with patients as young as 6 months old.

DENISE K. JAMES

"We educate on yearly eye exams, specialize in bifocal contacts and aim to be part of a patient's total health care needs," she said.

If you do not currently have an optometrist, it's

useful to know that Dr. Click treats unexpected eye-related illnesses and infections so that new patients don't have to visit urgent care centers. Her hope is to form relationships with new clients and to educate them about the overall health of their eyes.

"I like to work with primary care doctors for diabetes and hypertension – many illnesses show up first in the eyes," she said. 

Contact Dr. Rachael Click by calling (843) 856-4775 or visiting www.preferredeyecarecenter.com. You can also drop by the office at 118 Park West Blvd., Suite 5, in Mount Pleasant.

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| -Healthy Volunteer Vaccine | -Migraine | |



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Dr. John Knepper & Sewee Family Medicine Welcome Dr. Elizabeth Whirrett

Elizabeth T. Whirrett, MD is board-certified and has been practicing in the Charleston area for more than 8 years. Dr. Whirrett is pleased to be joining the experienced staff at Sewee Family Medicine, who have served the needs of their patients for over 13 years.



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MOUNT PLEASANT CALENDAR OF EVENTS

ArtFest at Mount Pleasant Towne Centre / March 15

Farmers Market / Tuesdays beginning April 8

Blessing of the Fleet & Seafood Festival / April 27

For more information on these and other events
visit **ComeOnOverMP.com**