

In Good Taste
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MARCH/APRIL
2015

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MAGAZINE

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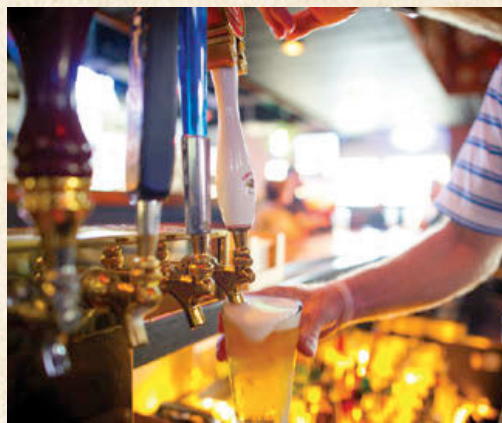
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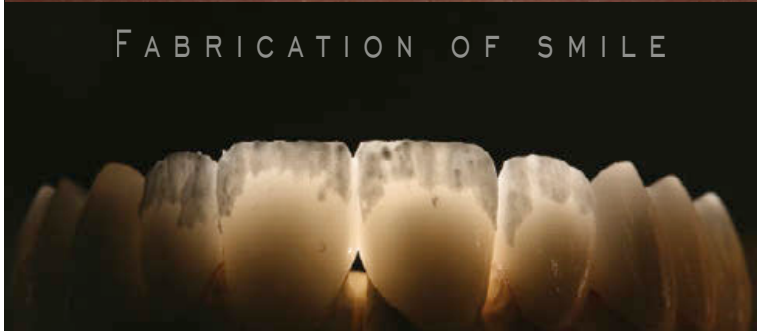
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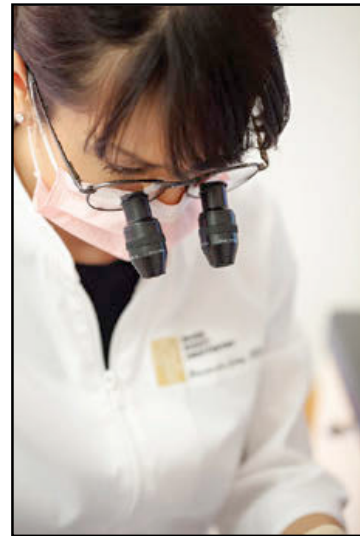
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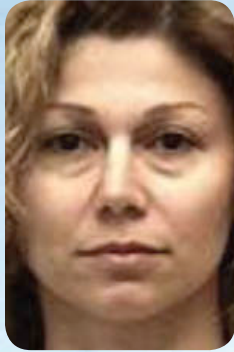


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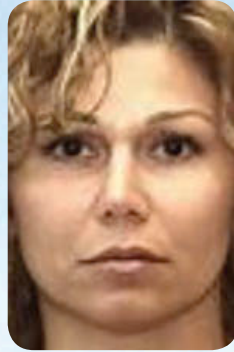


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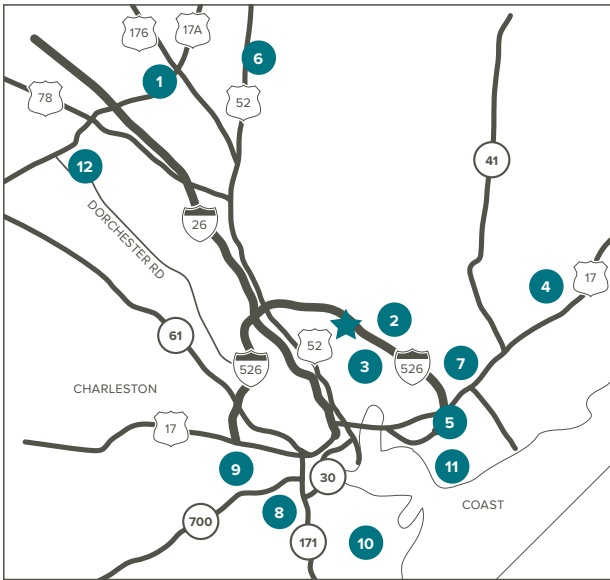
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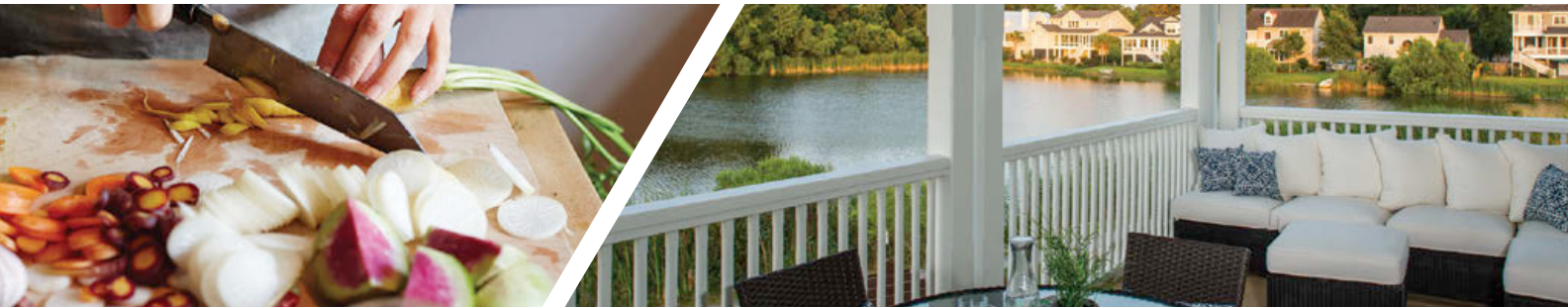


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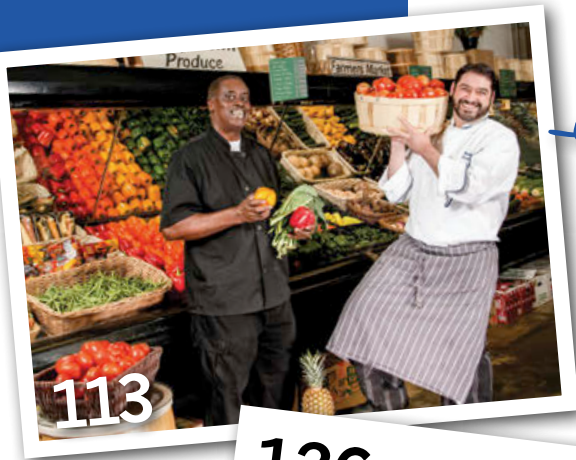


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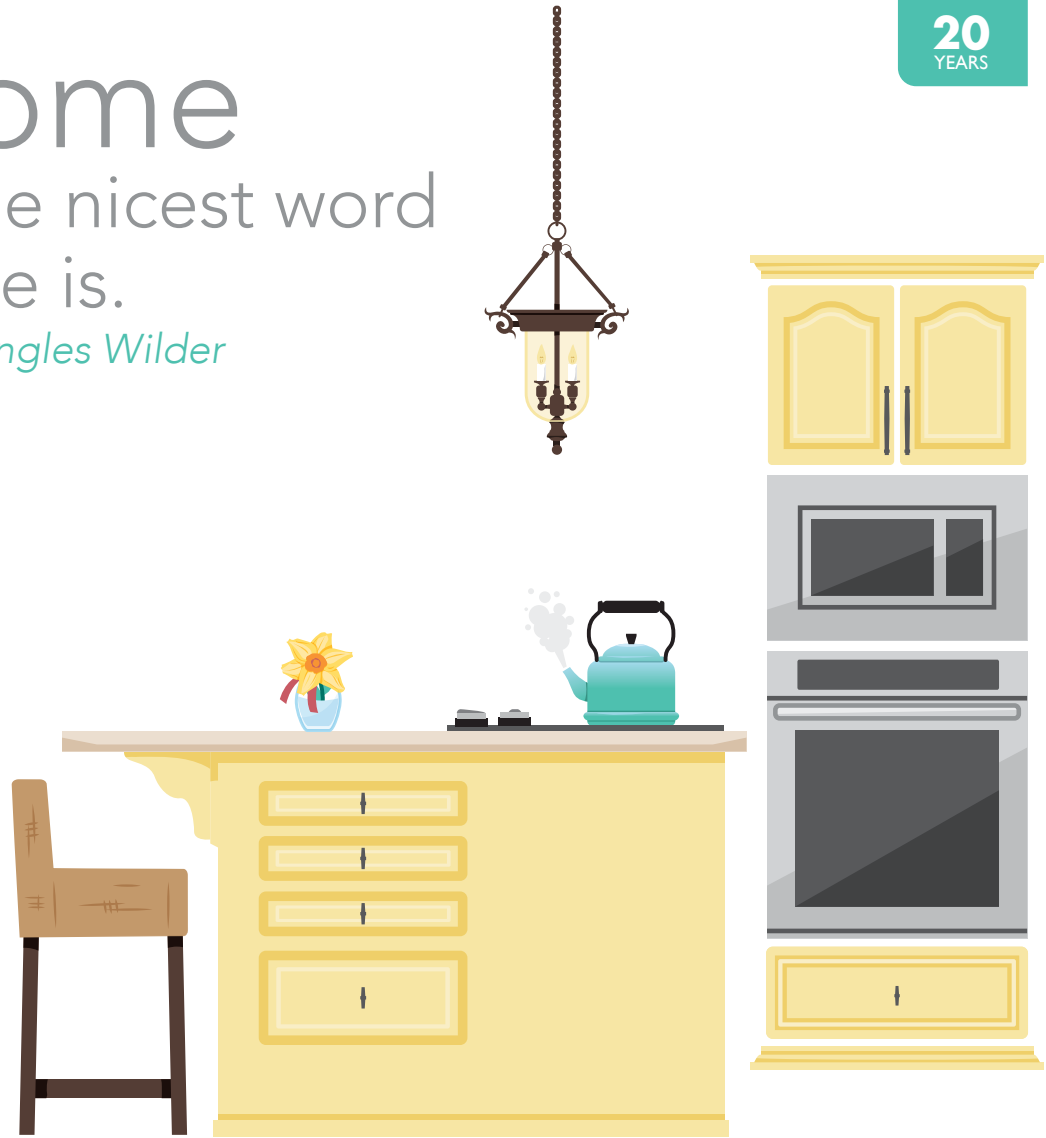
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PUBLISHER'S NOTE

MY YOUNGEST SON ANTHONY AND I RECENTLY WERE having a craft beer at Mount Pleasant's House of Brews. If you appreciate craft beer, it's worth a visit. While we were there, a couple of friends who knew Anthony from Wando High School struck up a conversation with us. Someone mentioned Mount Pleasant Magazine, and I asked what they liked about the publication. Meg, who has been here most of her life, said without hesitation: "Because Mount Pleasant Magazine is so positive and about where I live."

Whenever I see someone reading Mount Pleasant Magazine, I usually take the opportunity to start a conversation. I always ask a variety of questions, one of which is bound to be, "What do you like most about Mount Pleasant Magazine?" The responses usually are similar to Meg's.

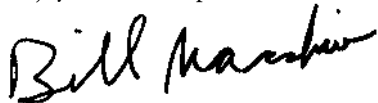
Being positive is a way of life for us here at Mount Pleasant Magazine, and we hope our upbeat attitude shows in the pages of our magazine. Let's face it: Living in East Cooper is not a bad gig, so it's not that hard to be positive about the people, places and events that make Mount Pleasant such a great place to enjoy life.

The company behind Mount Pleasant Magazine is Media Services. We publish several other magazines, including Mount Pleasant Home and HealthLinks. We work at being positive by following some basic philosophies. This doesn't mean we don't have our difficulties or challenges, but, to bring you magazines we hope will be uplifting in some way, we ourselves have to practice the art of being positive. For example:

1. Everyone on the publishing team is shown respect.
2. We believe that there is only one thing in life we have 100 percent control over: our attitude.
3. Everyone's idea is of equal value. Collaborating is totally encouraged.
4. Good, positive communication is the best way to solve challenging situations.
5. We celebrate each other's victories as if they were our own.
6. No one uses the word "problem" in the office. "Challenge" is better.

Creativity is a delicate mixture of personalities and skill sets. We hope our creative, positive approach to publishing will help make your life a little better and more enjoyable here on "the pleasant side of the river." 🍷

Enjoy life and be positive – and thank you for reading our magazines.



— BILL MACCHIO
Publisher



MOUNT PLEASANT

MAGAZINE

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March/April 2015

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From the Managing Editor

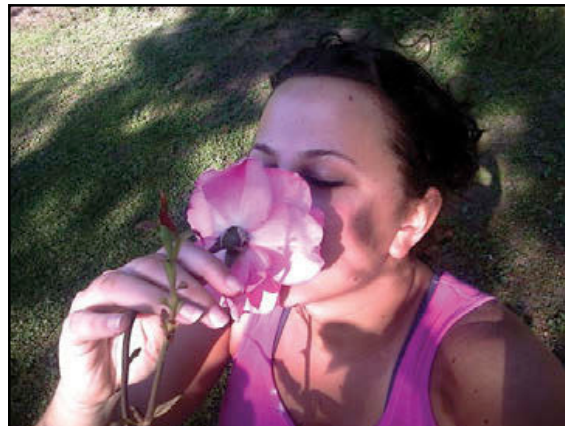
AS MOUNT PLEASANT MAGAZINE GROWS, NOT ONLY AS AN INK-AND-PAPER (OR pixels) publication but as a recognizable brand, our office remains a lively place, filled with different personalities who help make everything run smoothly. Take a look at the masthead on this issue – though my name has officially been there for three years now (Woo!), there are new ones in the mix, each person assisting with an important aspect of running a magazine, such as creation, production or sales.

I had this thought: East Cooper is kind of like our office. As Mount Pleasant and the surrounding islands welcome newcomers from other places, locals continue to thrive in this area for the same reasons we've always loved it: interesting people, independent businesses, gorgeous scenery and a quality of life that everyone agrees is worth maintaining.

I like to think of this issue as a tribute to how East Cooper has something for everyone, both recent newcomers and way back locals. There's an article on the late Gov. Jim Edwards' life, Friendship AME Church in the Old Village, McConnell's Country Store on 17 and other features that speak to the area's past. Yet we're also excited to share news about Wando's basketball team, our 2015 Golden Spoon Awards, the cool folks on your morning radio shows and so much more.

Spring is here, and there's never been a better time to love where we live. On behalf of everyone at Mount Pleasant Magazine, seasoned and new, we hope you enjoy the sunny days ahead. 🌞

Yours,
DENISE K. JAMES
Managing Editor



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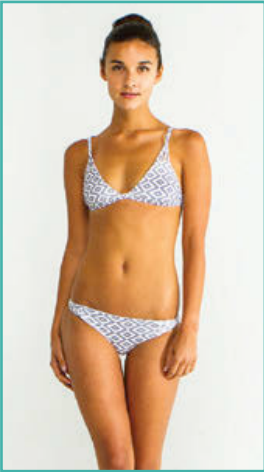
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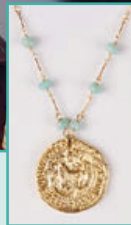
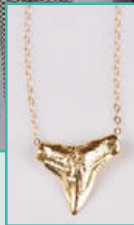


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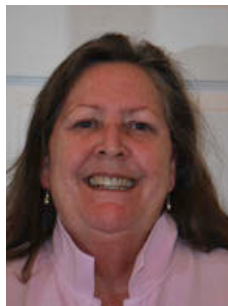
Our Contributors



Pamela Brownstein is an award-winning designer and columnist who has worked at daily, weekly and monthly publications across the Lowcountry. She recently moved to Mount Pleasant from Beaufort, South Carolina, with her husband and two children, ages 3 and 1. She is currently a freelance

graphic designer and writer, in addition to her role as a stay-at-home mom – a position she probably won't be winning awards for anytime soon.

Eileen Casey spent many years working in the television and music industries in New York City on the "ABC In Concert" weekly series and several prime time network and cable television specials. Relocating to the Hamptons on Long Island, Casey became an



award-winning journalist and editor as the former editor-in-chief of Hamptons.com. A mixed media artist, she created and developed the "Artists Among Us: Artist Profiles" series, and both her interviews and photographs appear in many artists' published works and on their websites. Casey recently settled in Mount Pleasant.



Rick Walo picked up his first camera at age 15. He studied photography formally and worked to complete his BFA at the University of Massachusetts. After college, he landed professional assignments in photojournalism, small product, wedding and portrait photography. As a lifestyle choice, Rick and his family moved from Cape Cod to Mount Pleasant in 1995. Recently, Rick has been documenting our Lowcountry lifestyle by producing high quality photography for editorial, advertising and food clients in the Charleston area.



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Notes from Friends

We love feedback from our friends, whether it comes from our Facebook page (facebook.com/MountPleasantMagazine) or by email, snail mail or MountPleasantMagazine.com. Letters are edited for length and clarity.

Love the mag. Nice job. Out of towners rely on publications like yours for great suggestions for anything from places to stay and eat to recreation. Thanks for providing those of us East of the Cooper with something of substance to read!

-Jamie Hough

via [Facebook.com/MountPleasantMagazine](https://facebook.com/MountPleasantMagazine)

Perhaps you don't consider Sperry Charleston Race Week to be a five-star event, but it is indeed the largest sailing regatta of its kind in both North and South America. Last year, nearly 280 boats participated, bringing roughly 2,000 people to town who spend four to five nights here, which translates into a significant amount of revenue for hotels, restaurants and other businesses in the area (mostly Mount Pleasant). If this event is not on your radar yet, it should be. It's taking place April 16 to 19 this year. Hope to see you there.

-Dan Dickison

via MountPleasantMagazine.com

We love your magazine and we get a lot of tips from it. I wanted to call and give you a tip. Have a meal at the Pickled Palate if you haven't already. The service is great and the food is, too!

-Joseph Conelly

via phone call

Send your letters to Mount Pleasant Magazine. Email your contact information (name, phone, mailing address) to Editor@MountPleasantMagazine.com. Letters may be edited for length and clarity. We look forward to your feedback.

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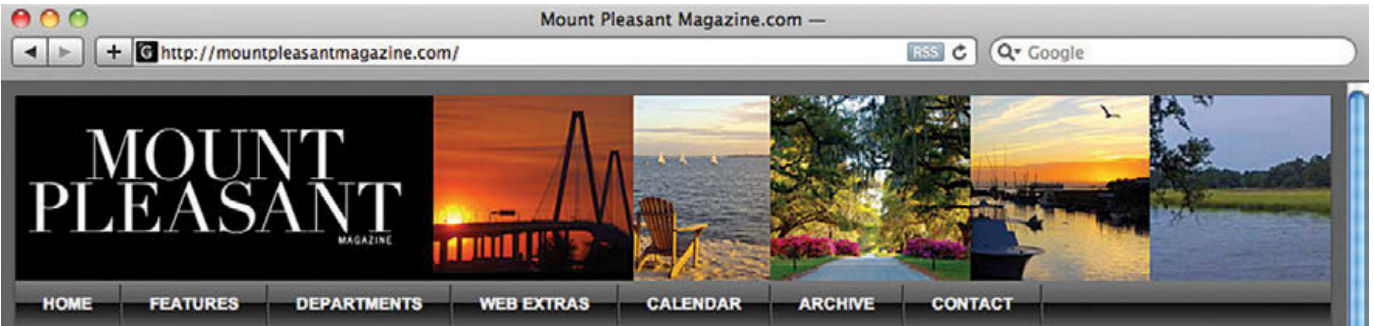
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Don't forget to check out our new **East Cooper Eats** guide, live now at MountPleasantMagazine.com/ECEats. You'll find tons of restaurant choices all over Mount Pleasant and the surrounding islands just in time to satisfy your cravings or figure out where to go for dinner.

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And if you haven't yet entered our **Favorite Moms and Favorite Dads** competition for 2015, you can head over to MountPleasantMagazine.com/momanddad and do it now. The deadline is at the end of March, so don't wait to share your thoughts about the stellar parents in your life. 🐾



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2 Girls and a Guy are back together on Mix 96. Left to right: Mike Edwards, Brooke Ryan Crone and Tanya Brown.



*Story by Kalene McCort.
Photos by Jenn Cady Photography.*

THEY ARE WITH you moments after your alarm clock sounds, on your morning commute in between sips of boldly roasted coffee. They are with you on your ride home and on weekend seaside drives. Disc jockeys are constant companions, engaging us with clever banter and unabashed charm. Whether it's allowing us to wash in a wave of nostalgia by playing a tune of days gone by or taking our calls when we need an attentive ear, these airwave surfers never disappoint.

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The Box, also known as Richard Bachschmidt, is living proof that with a little ingenuity and a lot of drive, all things are possible.

the morning show variety. Sacrificing sleep, they rise at 3:30 a.m. and leave the comfortable confines of their beds to deliver the latest in pop culture, local news and the trendiest of topics.

After a four-year hiatus, Mix 96's 2 Girls and a Guy are back on the air with the highly-popular, reunited trio of Brooke Ryan Crone, Tanya Brown and Mike "The Guy" Edwards.

"This is home for us. Not only do we get the love, but we get the respect," said Tanya, a single mother of four who is often considered to be the voice of reason among the trio.

Stepping foot inside the studio, the camaraderie these three share is clear. I'm witness to a verbal ping-pong match of sorts, and each DJ is armed with his or her own brand of wit – proving that the same good-

hearted jabbing they are known for on air can happen just as easily off.

Judging from the smiles in the room, Brooke, Tanya and Mike are just as pleased as their listeners to be reunited. While there have been variations of the show, no combination has even come close to the undeniable spark that ignites when this triad saddles up to the mic.

"I didn't realize the magic we had," said Tanya, glancing at her on-air correspondents. "None of it made sense the way this did. Out of all of them, this was the best fit."

"I was so afraid of doing this radio thing," she added, pointing out that she originally worked as an accountant for Cumulus Radio affiliates and was offered the job after Mike took notice of her no-holds-barred sense of humor. "It took me

years to build confidence."

"Once it gets in your blood, it's there to stay," said Brooke, who spent her teens as a Radio Disney pop singer, opening up for R&B boy band B2K and the late Leslie Carter. "I got the radio itch and it took me all across the country."

"Like it or not, our careers are explicitly intertwined," said Mike, who, in addition to lending his voice to the show, also works as program director.

Whether it's pulling from the headlines, reality TV or their personal lives, they know how to keep listeners from hitting the seek button.

"I think that's what makes the show so unique," said Mike. "We shift gears real quickly and easily. We are experts in our areas of focus."

From pranking listeners to gifting them with concert tickets and



Brian Cleary of iHeart Media's Y-Morning Wakeup has been a trusted name in Charleston-area radio for more than three decades.

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all-expense-paid trips, these three find pure joy interacting with early-rising devotees.

“The fourth member of the show is the listener,” said Brooke. “Listeners bring it all together.”

What many don’t realize is that the amount of work that goes into this morning show begins way before the “on air” sign lights up. Collaborative brainstorming sessions and personal experiences become fodder for what we hear on air.

“If I weren’t on the show, I would listen,” said Tanya. “Sometimes I still get butterflies, but I’ve found my voice in Charleston. After 12 years, I’ve landed back and found my comfort zone.”

With palpable relatability, honesty and one-liners that are sure to induce belly laughs, they are a comedic force to be reckoned with – the kind of people you’d want to pull up a barstool with and sip cocktails. They no doubt credit the show’s success to chemistry but reinforce the importance of keeping their egos in check.

“Get the idea of fame out of your head. Learn everything, all the basics,” said Brooke. “The more enthusiasm and passion you show for it, the more people are going to notice.”

Another local DJ whose passion for all things radio cannot be contained is 105.5 The Bridge’s Box, also known as Richard Bachschmidt. From a kid in Tampa with an all-encompassing love of music, to one of the area’s most beloved morning DJs, Box is living proof that with a little ingenuity and a lot of drive, all things are possible.

“When my mother told me there was a store that sold the music I liked on the radio – that was it,” said Box. “My first trip yielded 45s by The Police, Eurythmics, Lionel

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Richie and Donna Summer.”

Armed with vinyl and a vivid imagination, as a kid, Box would step into a world of chart toppers where he called the shots.

“I spent a lot of time mimicking the stuff I heard from DJs as I dropped the needle on my big, plastic record player: “That was Van Halen and it’s 72 degrees. ...”

Like the DJs of 2 Girls and a Guy, Box seems to be filled with gratitude for the journey this unique profession has provided. From the early stages of his career in Nashville to his current spot in Chucktown culture, not one moment is taken for granted.

“I acknowledge every single day just how lucky and grateful I am to do this for a living,” said Box. “To meet people on the street, to get involved with what’s happening where we live, to be plugged in with a killer local music scene – it’s incredibly rewarding.”

“You’re not talking to thousands of people; you’re talking to one person,” said Box. “Be a real person. Use your real voice, tell a good story, have fun and acknowledge your mistakes. Make people laugh and be personable enough that when you have to be serious, people believe you.”

A trusted name in radio for more than three decades,

DJ Brian Cleary of iHeartMedia’s Y102.5 Y-Morning Wakeup still finds satisfaction in playing hits from Springsteen, Heart and The Go-Go’s.

As an inquisitive seventh grader living outside of Scranton, Pennsylvania, one trip to the local radio station was all it took to set the wheels of a career in motion for Cleary. Once he gazed at the control room and met the man behind the mic, he was hooked.

“In the more than 30 years I’ve been on the air, I’ve worked with all types of charities and organizations. Through radiothons, walks, runs and marathons, I’ve been given the opportunity to meet so many incredible people,” said Cleary. “I hope I’ve played at least a small part in helping some people in need. It’s an incredible feeling to believe that you’ve helped someone else.”

Hours before you hit your radio’s on button, somewhere enthused DJs are making their way down hallways whose walls are adorned with framed, oversized images of The Beatles, Bob Marley and Fleetwood Mac. Fueled by caffeine and a sort of unrelenting spunk, they provide us with life’s soundtrack and, most importantly, remind us to rise above the static and find our own voice. The answers are all there; all you have to do is listen. 🎧

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JESSIE B IS NOW ON THE BRIDGE



There's a new face around 105.5 The Bridge, and that face belongs to the lovely Jessie B. Turner, who has joined Box on the morning show. "Jessie B," as she is known on air, made friends with the crew of the Bridge after the company she works for, The Modern Connection, started doing a weekly segment known as "Web Wednesdays." The next thing everyone knew, a position came available and Turner was a shoo-in.

"Box and I had become friends by that time and I'd met everyone around the station," said Turner. "We all get along and always have fun. It's a great fit."

A native of Kansas, Turner and her husband relocated to the Lowcountry four years ago after getting fed up with the winters in Wisconsin, which is where they lived at the time.

Now a lover of all things Lowcountry, Turner looks forward to discussing local news and events with Box and expressed her admiration for The Bridge "because it's a local station, supporting local business and music."

"But I do have to reign Box in sometimes," she admitted with a chuckle. "When he's passionate about a topic, he can really get going."

Photo courtesy of Jessie B. Turner.

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WEEKDAY MORNINGS 5-10AM



FOR SOME BRIDGE RUNNERS, AGE IS *Just a Number*

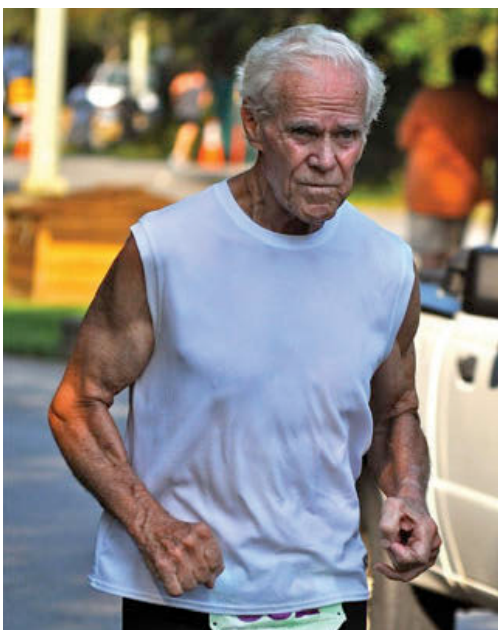


Photo courtesy of the Cooper River Bridge Run.

Bill Boulter, who will be 85 on his next birthday, maintains an exercise routine that might rival that of an Olympian.

WHEN IT COMES TO THE IMPORTANCE of health and fitness, age is not an issue. For some, fitness is a lifelong lifestyle; others don't establish a regular exercise regimen until after their status as couch potatoes is confirmed.

That's exactly how Bill Boulter came to be the top contender in his age group of the Cooper River Bridge Run.

"I didn't start running until I was already 55 years old," Boulter said. "One day, I noticed I was becoming quite the couch potato, so I got up and I started walking."

Walking quickly became a mundane way to get his heart rate up. "It was boring," he said.

BY SARAH LYNCH



So Boulter, who will be 85 on his next birthday, started running. Today he maintains an exercise routine that might rival that of an Olympian.

"I work out two to three hours a day at St. Andrews Family Fitness Plus in Charleston," he said. "I do spin class and lift weights on the machines. On Sundays, all I do is run. I run about 20 miles a week total and try to get a run in on the bridge once a week."

Fourteen years ago, running for exercise turned into running to win for Boulter. A James Island resident, he was 70 when he first won in his age bracket in the Cooper River Bridge Run. He's earned the Dewey Wise award – it goes to the oldest runner who completes the race in a time faster than his or her age – and he has had the honor of being nominated for the race's Hall of Fame.

"I'm kind of proud of that," Boulter said. "I look forward to the Bridge Run each year. I'm friends with a lot of the runners, and I volunteer when I'm not running."

Shirley Bisset has won in the female category of the same age group – 80 and over – for the last two years. It took her 13 years of participating in the Bridge Run to

come in first, but, when she did, she recognized her competitive nature for the first time.

"Winning was exhilarating," she said. "I never dreamed that I was so competitive."

Bisset, a Seabrook Island resident, said she was never into organized sports in her younger years and didn't really have an exercise routine to speak of until she signed up for the Bridge Run in 2000. Now she works out at the Lake House gym on Seabrook and regularly walks from her house to Freshfields Village on Kiawah, which is about 10 kilometers, she said.

"I will be 86 on April 6. I'm the Grandma Moses of the bridge walk," she said jokingly.

Some might think she is the queen, though. After she crosses the finish line, she puts on a tiara and heads to Saffron in downtown Charleston to celebrate another bridge run and her birthday with family and friends.

"We order the biggest omelets they can fit in a pan," she said. "That's when I put on my tiara and carry my wand."

The hardest part of the bridge run, according to Bisset, is waking up early.

"I don't know who my competition will be this year," she said. "The new 80-year-olds coming in could be in really great shape. But I'm always more worried having to get up at 6 a.m. to get over to Mount Pleasant."

Both Bisset and Boulter believe anyone at any age can and should participate in the Cooper River Bridge Run.

"You don't have to run. In fact, I have always walked," Bisset said. "And it's not as crowded as it looks in the photos you see online or in the paper. There's plenty of room for everyone, and the views are dynamite."

Boulter believes everyone should try running, regardless of whether they think they are built for it.

"Always carry your running shoes with you and you can do it anywhere. That's the beauty of running," he said.

This might be the last year Boulter take on the Ravenel Bridge. He's not quite sure he will be up for the challenge in 2016. But, with Boulter and Bisset, the friendly competition of the bridge run seems to be addictive.

"I'm healthy right now, and I thank the good Lord for that," Boulter said. "I haven't decided yet on when I will have to stop doing the bridge run. So, for now, may the best man win." 🏆

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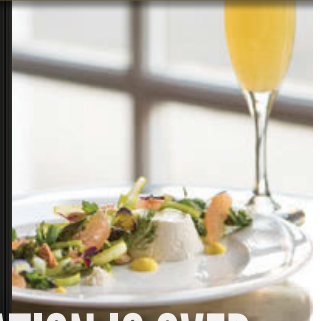
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A Meaningful Mission

RACERS FOR PACERS

THE MISSION STATEMENT FOR the organization established and operated by Sean Glassberg is simple: “Racers for Pacers is dedicated to raising funds to provide running chairs for disabled individuals who cannot run on their own. We provide these individuals with the opportunity to ‘run’ with a pacer on a regular basis at least once or twice per week and in local 5Ks, 10Ks or longer competitive runs throughout the Lowcountry.”

STORY BY BILL FARLEY

That is a simple premise but one that can't be fully grasped unless you've seen it in action at popular events such as the James Island Connector Run, the annual Reindeer Run or any of a number of 5K and 10K runs

in Mount Pleasant. That's because the “runners” are too severely physically disabled to be able to propel their chairs by themselves and the “pacers” are all volunteers – friends, family and even new acquaintances who push the specially designed running chairs and navigate them through the traffic of major events.

Glassberg, a Darrell Creek resident and longtime runner himself, came up with the idea for Racers for Pacers as a way to give something back to the community that was meaningful to him. He was inspired in part by the Hoyt family of Massachusetts, a father-and-son team formed in 1977 so that Dick Hoyt could enable his son, Rick, crippled with cerebral palsy, to take part in a 5K event to benefit a lacrosse player paralyzed in an accident. Like the Hoyts, Glassberg wanted to find a way to help young people suffering from infirmities that challenged



Racers and pacers get ready for the Floppin' Flounder 5K, a run held on Sullivan's Island. Left to right: Joey Gillam with his daughter, Callie; D.J. Rhodes with his son, Charlie; Sean Glassberg with racer Dori Reafler; and, on the bike, Jake Glassberg, Sean's son.

them to live even a fraction of what most people would consider a "normal" life.

In 2011, Glassberg raised enough money for a running chair for a young girl with cerebral palsy who was a student at Pattison's Academy in Charleston. This first foray into racing and pacing convinced him to establish a charitable foundation to fund the purchase of more of the expensive running chairs, ranging in price from around \$1,300 for a basic chair to as much as \$2,800 for a custom chair built to meet the unique needs of an individual runner.

"Standard wheelchairs simply won't work," he said. "They're uncomfortable for the runners, and they're very difficult for the pacers who do all the pushing."

So far, Racers for Pacers has handed out eight chairs to local runners, with one more on the way. The chairs are given to the runners' families with only one string attached:

Each runner must agree to run three to six miles a week and participate in 5K and 10K runs four times each year.

For Glassberg, Racers for Pacers is a mission. He's working with the Charleston County School District to get the word out and find kids who could benefit, and he's enlisted businesses such as SOL Southwest Kitchen & Tequila Bar to donate a portion of their proceeds to the cause.

Raising money is always a requisite for not-for-profits, but over and above donations – which can be made at racersforpacers.org – his wish is for people throughout the Lowcountry to come out to events "to see us racing and to come up and say hello."

"We want everyone to know what we are doing and who we are and to learn firsthand what racing means to kids who can't be a part of a mainstream sports competition on their own," he said. 🐾

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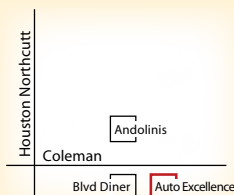
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What's That Racket? Tennis Pros Live and Train in East Cooper

PARENTS OFTEN DREAM OF signing little Jane or Johnny up for a sport and having professional players meet their tyke in person – not to mention offer advice, become a role model and foster dreams of getting there one day, too. Now that MW Tennis has found a home at the Family Circle Cup Tennis Center on Daniel Island, that dream is becoming a reality for many families.

Led by Jeff Wilson and Bryan Minton, MW Tennis is an academy for all levels of players, including four ladies who will participate in the 2015 Family Circle Cup: Melanie Oudin, Jessica Pegula, Samantha Crawford and Emily Harman. In fact, Wilson and Minton – along with Michael Joyce, MW's pro tennis director – have all coached numerous professional players. Now, at the Family Circle Tennis Center, MW Tennis is combining their professional edge with kids of the East Cooper community.

Pegula, originally from Hilton Head, is enjoying the opportunity to live in Mount Pleasant and mingle with local tennis buffs.

"I love being an example for young players," she commented. "I am interested in coaching kids, and tennis is such a big sport in this area."

Pegula is looking forward to this year's Cup after recovering from her recent knee operation.

"This is her comeback after a year-and-a-half," Joyce pointed out. "I've been coaching Jessica for about three years, and she did very well in the Cup a few years ago."

Joyce himself, who moved to East Cooper after years in Los Angeles, commented that the tennis academy has enhanced the sport for the area. Before MW came to Daniel Island, there were no professional players training in the Lowcountry.

"Now we have the girls training here as well as living here," he said.

Wilson, who handles the daily operations of MW, agreed that the academy is striving to make a name within the community. Parents and kids are quickly becoming fans, and the academy currently has around 161 junior players enrolled. This lucky bunch is liable to walk into the Family Circle Cup Tennis Center and see the likes of Pegula – or any of the other three pros – lacing up her sneakers or tying her ponytail. It's an environment that helps the young tennis players appreciate their lessons and get up close and personal with a few who have "made it."

"If you walked around this place at 4:30 p.m., you would see 4-, 8- and 12-year-olds, plus professionals," Wilson remarked.

And what, exactly, brought these high profile coaches and players to East Cooper? The same thing that draws any of us to the greater Charleston area – beauty and opportunities.

"The girls have choices regarding where they can play, but they chose here for the location, coaching and support," Wilson said. "They enjoy participating in the community."

When the girls aren't training, they're playing on the road in various national and international

tournaments. Much of the time they go together and look forward to returning to East Cooper to play in The Family Circle Cup.

"The girls don't get lonely on the road," Joyce mused. "They're young and away from their families, but it helps that they have each other." 🍷



Photo courtesy of Family Circle Cup.

The Family Circle Cup, started in Hilton Head in 1973, moved to Daniel Island in 2001.

Catch Pegula, Oudin, Crawford and Harman locally at the Family Circle Cup, April 4 through April 12. Tickets start at just \$25, and kids under 12 are free – plus, kids get the opportunity for a free clinic with MW Tennis if they sign up at the booth. Visit www.familycirclecup.com to learn more.



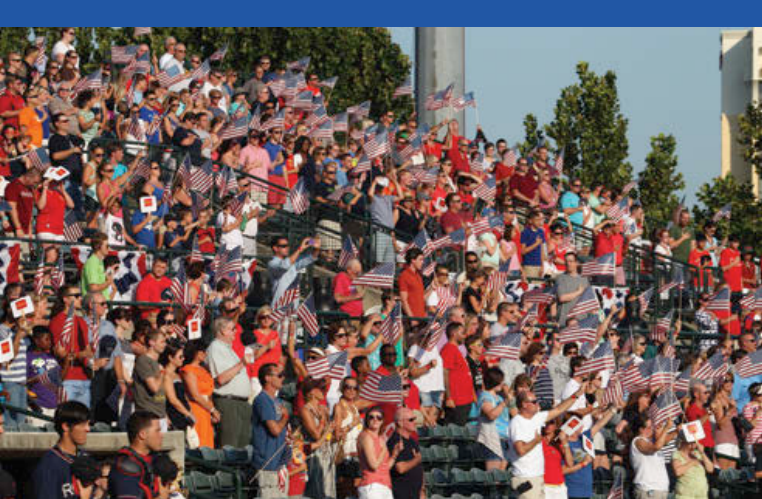
Mike Veeck is on a somewhat unconventional crusade to combine fun with baseball at Joe Riley Park.



IT RHYMES *with* WRECK

Having Fun at the Ballpark With Mike Veeck

*Story by Brian Sherman.
Photography by Rick Walo.*



Thirty-five percent of the crowd at Joe Riley Park are real baseball fans, according to Mike Veeck. The rest are there for the fun.

IN MOST CITIES WITH MAJOR LEAGUE baseball teams, winning and large, boisterous crowds go together like beer and hot dogs. Give the fans something to cheer about and they'll come back to the ballpark night after night.

The same isn't true in the minors, where it's more important to develop the skills of players who will someday make it to The Show than it is to win baseball games. Mike Veeck, Mount Pleasant resident and president of the Charleston RiverDogs, has been experimenting with ideas to pump up attendance and make baseball fun for the fans for much of his adult life. Sometimes it works out; now and then his plans fall flat. One misbegotten idea got him kicked out of baseball for almost a decade, or so he thinks.

Undaunted, the third-generation baseball executive continues his somewhat unconventional crusade to combine fun with baseball at Joe Riley Park. He knows the real baseball fans will be there. What he wants is to give those who don't know a gopher ball from a ground-rule double a taste of the game he loves.

"Thirty-five percent of the crowd are baseball purists," he pointed out. "The other 65 percent are there for fun. A good team is not good enough. You have to do everything you can to attract attention."

Veeck – it rhymes with wreck – was born into a baseball family. His grandfather was the president of the Chicago Cubs, and his father at various times owned the Cleveland Indians, St. Louis Browns and Chicago White Sox. The younger Veeck has worked for four MLB teams: the White Sox, Tigers, Marlins and Devil Rays are all on his resume. His own son, William Night Train Veeck, is social media director for the White Sox.

Bill Veeck, inducted into the Baseball Hall of Fame in 1991, was among the sport's most innovative executives. As the owner of the Indians, he signed Larry Doby, the American League's first African-American player, and, in 1951, when the woeful Browns were his, he hired a dwarf who had one at bat as a pinch hitter. (He drew a walk.)

This sounds a bit like some of the promotions that have emerged from Mike Veeck's brain since he arrived in Charleston in 1996. A couple of his ideas, Vasectomy Night and Voodoo Night, which he described as "memorable failures," never materialized.

"Vasectomy Night lasted about 80 minutes," Veeck explained. "The president of Minor League Baseball called and told me not to do it. Voodoo Night was supposed to be on Friday the 13th. That didn't happen either."

Some of Veeck's ideas have hit the jackpot, though. On Nobody Night, the crowd was locked out until the game became official. Vendors went through the stands hawking beer and popcorn to empty seats until the gates were opened and around 3,000 people poured in after the fifth

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inning. The RiverDogs set the record for the lowest attendance ever at a baseball game – zero – and Veeck got a ton of free publicity.

“I gave 140 interviews all over the world,” he boasted.

Another promotion that struck gold was Tonya Harding Minibat Night. A crowd larger than the stadium’s 5,400 seating capacity showed up to see Harding, whose ex-husband whacked her rival, Nancy Kerrigan, on the knee with a metal baton during training for the U.S. Figure Skating Championships in 1994.

OK. So maybe that promotion was just a little bit off color. But it was also Military Appreciation Night and the notoriety wasn’t surpassed until Yankee all-star Alex Rodriguez played in Charleston while preparing to return to action after a hip injury in 2013.

Under Veeck’s watch, the RiverDogs also have held a Salute to Duct Tape Night (“the single greatest substance known to man or woman,” according to Veeck) given away a funeral (contestants had to write a 50-word essay) and given fans “bobble legs” (similar to bobble heads but with a different part of the anatomy bobbling) to honor, or maybe to make fun of, Bill Veeck, who lost a leg in combat during World War II.

“Dad would have loved it,” Veeck said of his father, who moved on to that great baseball stadium in the sky in 1986.

Veeck’s father probably didn’t love the promotion that apparently drove his son out of baseball for 10 years. He purchased the White Sox in 1975, and Mike joined him in Chicago. Things went well for the Veeck family, for a while at least.

“1977 was an unbelievable year. Fans would stay for an hour after games and sing songs,” Veeck remembered, adding that the Sox even outdrew their crosstown rivals, the lovable but usually pathetic Cubs, that year.

But that was also the season the seeds of Veeck’s temporary exit from the world of baseball were planted. The team held a Disco Night, drawing around 22,000 people for a game with Seattle. Two years later, local disc jockey Steve Dahl blew up a disco record at a shopping center. That was all Veeck needed to leap into action.

“I called him and asked him if he wanted to do it at Comiskey Park,” Veeck recalled.

Disco Demolition Night drew many more fans and a much rowdier crowd than Veeck or anyone else could have anticipated. Sixty thousand people pushed their way into the park on July 12, 1979, while another 40,000 partied outside at 35th and Shields, which has since been renamed Bill Veeck Boulevard. It probably should be noted that the White Sox drew an average of only 16,211 people per game that year.

The idea – Mike Veeck admitted it was his – was to blow up a crate full of disco records between games of a double-header. Following the explosion, a mass of humanity rushed onto the field, damaging it to a point where the White Sox were forced to forfeit the second game to the Tigers.

Less than two years later, Bill Veeck sold the White Sox. Though he tried to find work in baseball, Mike Veeck didn’t return to the sport until 1989. He migrated to Florida and hung drywall for a while before working in marketing for a different game – jai alai – and later at an ad agency. That, he said, prepared him for “the third act of what I laughingly call my career.”

The curtain rose on Act 3 in 1989 with a call from Marv Goldklang – who told him “there ought to be a Veeck in baseball.” Goldklang – now Veeck’s business partner with the RiverDogs, along with actor Bill Murray and Dr. Gene Budig, past president of the American League –

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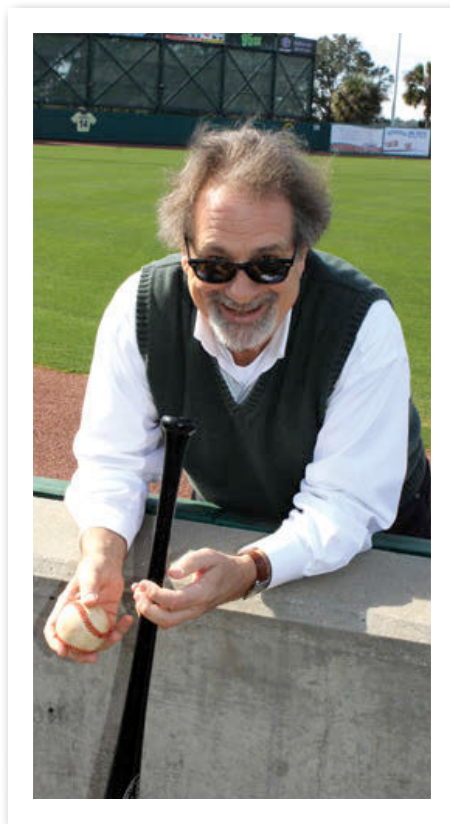
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wanted Veeck to run the Miracle, an independent minor league team in South Florida.

“I was back in baseball and thrilled,” Veeck said.

Veeck later landed in the Lowcountry when Goldklang asked him to come to Charleston to help build a new ballpark, the venue that eventually was named in honor of the town’s longtime mayor.

Today, Veeck has a stake in five minor league teams: the RiverDogs, the St. Paul Saints, the Hudson Valley Renegades, the Normal Corn Belters and the River City Rascals. He’s also executive advisor to the chairman of the Fort Myers Miracle, the same team that lured him back into baseball when it was based in Miami. He has co-written two books: “Fun Is Good: How to Create Joy and Passion in Your



Mike Veeck landed in the Lowcountry when one of his current business partners asked him to come to Charleston to help build a new ballpark.

Workplace and Career” and “Another Boring, Derivative, Piece of Crap Business Book,” which was released recently.

As the RiverDogs prepare to open their 2015 season, Veeck continues his efforts to bring fun and maybe more than just a little bit of zaniness to the confines of Joe Riley Park. Among this year’s promotions will be Shoeless Joe Night, when both teams will line up barefoot before the game. Veeck promised, however, that they will be able to play with their shoes on.

Another game that is expected to draw a big crowd is set for Breast Cancer Awareness Night, when fans will be given “bobble boobs.”

“I’ll let you figure out what’s going to happen,” he explained without explaining. “But I’ll take all of the heat.”

He always has. He always will. 🐾

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PART OF OUR AMERICAN STORY

THE GULLAH GEECHEE CULTURAL HERITAGE CORRIDOR

MICHAEL ALLEN HAS poured his heart and soul into a project that has consumed his life and defined his livelihood for the better part of three-and-a-half decades. The Gullah Geechee Cultural Heritage Corridor will forever tell the extraordinary story of slaves and their descendants who made their indelible mark in the New World after being forcibly removed from their ancestral home along the West Coast of Africa.

BY BRIAN SHERMAN

The driving force behind the project is about to begin another journey of his own.

Allen, a native of Kingstree, a small town about 80 miles from Mount Pleasant, has worked for the National Park Service since 1980, first as an intern during his days at South Carolina State University and, starting in 1982, as a full-time employee. During that time, his efforts have gone a long way toward helping the Park Service broaden its appeal to people of color in the Lowcountry. He participated in a special study on the Underground Railroad, and he helped establish The Gullah Consortium, which encourages those who manage historic sites and parks along a four-state stretch of the Southeast Coast to take a closer look at the role African-Americans have played in U.S. history. And he was a key member of the team that developed the Charles

Pinckney National Historic Site on Long Point Road.

At the start of this year, the community partnership specialist left his office at the Pinckney site to take on a new task for the Park Service. He'll be studying the Reconstruction era in the South, "a time of turmoil," according to Allen. But regardless of where his new journey takes him, Allen's legacy will always be the Gullah Geechee Cultural Heritage Corridor.

* * * * *

Kingstree, a town of barely more than 3,300 people, is around two-thirds African-American, according to the 2010 Census, so it's no surprise that Allen was exposed as a child to what he called "Africanisms." For example, his grandmother, an accomplished cook, used rice in a variety of ways, and he noticed that a neighbor was always sweeping the yard with a straw broom. At funerals, family members passed children over the casket before it was lowered into the ground.

"I saw these Africanisms, but I really didn't understand them until I reached adulthood," he explained.

South Carolina State provided the fertile ground for this transformation. As a freshman, he was exposed to Dr. Peter Wood's "Black Majority," and, for Allen, reading the book was like flipping a light switch in his head.

"I began to understand. I saw myself. He told me who I was. He enlightened me to who I am as a person," Allen said.

He spent the next 37 years spreading the word about how slaves and their descendants have helped shape American history.

* * * * *

Allen's first assignment with the

National Park Service was leading tours and making presentations at Fort Sumter, where the Civil War began. He soon realized that information about how African-Americans have made their mark on U.S. history was unavailable to visitors to the bookstore, while the museum exhibits at the fort didn't even mention slavery or the role played by African-American soldiers.

"I decided that either I'm out of place or the Park Service is out of touch," Allen commented.

He wasn't able to make changes at the fort right away, but, by the mid-1990s, funding became available to remodel the museum.

"We were given the opportunity to transform the museum, to make it more broad-based and engaging," he said.

Allen had succeeded in his efforts to tell the African-American story to visitors at Fort Sumter, but his greatest triumph, The Gullah Geechie Cultural Heritage Corridor, was still a long way from reality. The road ahead would run up and down the Southeast Coast, through the halls of Congress and to the desk of the president of the United States.

* * * * *

Rice changed everything in the Southern colonies, and to produce



Michael Allen and his wife, Latanya, rode on a float in President Barack Obama's inauguration parade in January 2013 because his research revealed that the first lady's great-grandfather was a slave on Friendfield Plantation near Georgetown.

the grain that later dominated Allen's grandmother's menu, slave labor was a necessity. Who better to work the fields than people who had been growing rice for generations in a climate and geographical setting that matched that of the Southeast Coast?

The people who were brought to the New World as slaves from Nigeria, Liberia, Sierra Leone and Guinea-Bissau knew how to grow rice. The terms Gullah and Geechee, according to Allen, are interchangeable and derive from the names of tribes in West Africa. Today, the footprint of their culture stretches about 30 miles inland from the Atlantic coast, from Pender County in North Carolina to Duval County in Florida. The idea of establishing the Gullah Geechee National Historic Corridor – "to assist state and local governments and public and private entities in South Carolina, Georgia, North Carolina and Florida in interpreting the story of the Gullah Geechee and preserving Gullah Geechee folklore, arts, crafts

and music,” according to the Corridor’s website – was first broached officially by U.S. Rep. James Clyburn.

Allen explained that Clyburn, South Carolina’s only African-American congressman, asked the Park Service to complete a study on the Gullah Geechee culture in the late 1990s. The study was kicked off with a meeting in May 2000 in the basement of Emanuel AME Church on Calhoun Street in Charleston. The group’s task, according to Allen, who, of course, was a participant, was to determine who the Gullah Geechee were and what threatened their way of life.

Meetings followed in Beaufort, Georgetown, Savannah and elsewhere, and, finally, after five years of gather-



Above: Michael Allen takes a look at one of the displays at the Charles Pinckley National Historic Site on Long Point Road.

ing and studying information, federal legislation establishing the Corridor was passed by Congress. Allen, waiting for a plane in the Atlanta airport when Clyburn called him to let him know the bill had been signed into law by President George W. Bush, was

overcome with emotion.

“I thought about my grandmother and about all the things I’ve learned. I was part of something so great that it was recognized by Congress. That’s when I realized my place here on Earth,” he said.

The legislation established a 15-member commission in 2007 to oversee the activities of the Corridor. The Commission held 21 public meetings in four states en route to its most important task: putting together a management plan. The job was completed when Secretary of the Interior Sally Jewell gave her blessing to the plan in 2013.

“When the Commission was established, we set about to build a management plan to prove to the secretary of the Interior that we had

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ideas, goals, a mission and direction. The plan articulates programs that reflect the goals of the Corridor,” said Dr. Herman Blake, who serves as executive director of the Commission. “My task is to begin to make that happen, to give the management plan flesh and life.”

He described Allen’s role in the establishment of the Corridor as “absolutely central.”

Why is the Corridor important to the telling of the American story?

“The Gullah Geechee population reflects an extraordinary experience that has created an extremely important element of American character, not just African-American or Gullah but American character,” Blake commented. “In spite of hardships, ownership and dispersion of families, the community survived. Even after the Civil War ended, the people lived under difficult circumstances for another 100 years, yet a culture survived and flourished.”

* * * * *

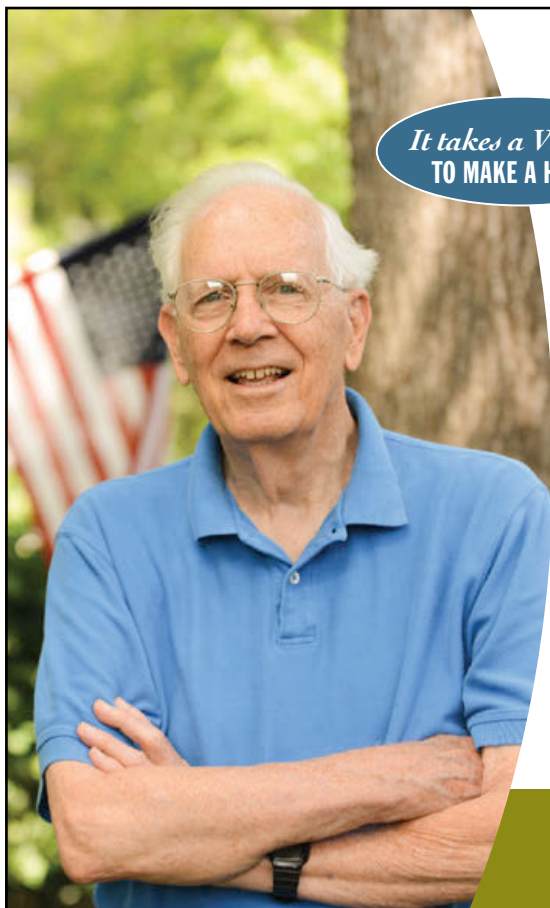
As Michael Allen moved on to his next task, he left behind a mountain of memories captured during the long road to the establishment of the Gullah Geechee Corridor, not the least of which was a place in President Barak Obama’s second inauguration parade. It seems Allen’s



Michael Allen with the banner that is on display throughout the Gullah Geechee Cultural Heritage Corridor.

research revealed that Michelle Obama’s great-grandfather had been a slave on Friendfield Plantation near Georgetown. With that information in hand, Allen submitted an application that would give Commission members the honor of riding on a float in the parade.

For Allen, the parade was a small but important part of an extraordinary story – one he never tires of telling. 🗣️



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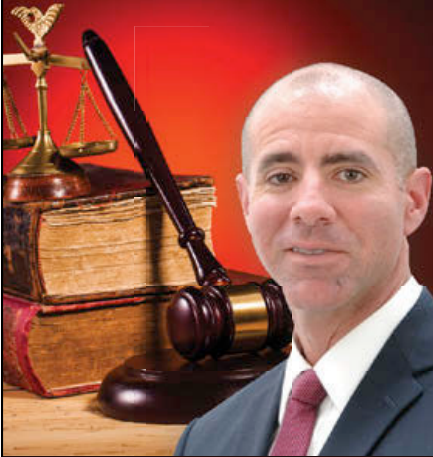
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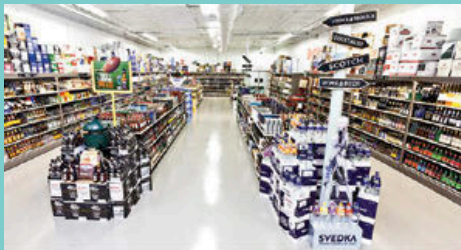
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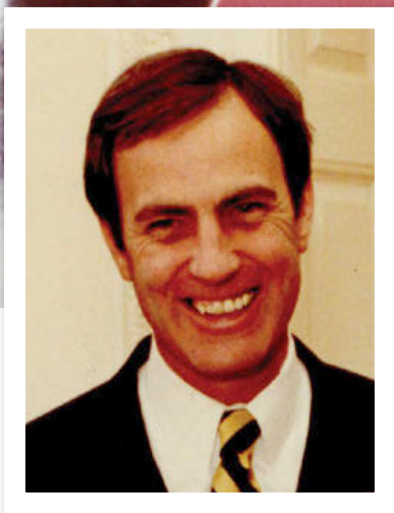
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Jim Edwards looks on as President Ronald Reagan signs legislation in the Oval Office.



*Story by Thomas F. Hartnett
Former U. S. Congressman*



MY FRIEND JIM EDWARDS

THE DAY AFTER CHRISTMAS LAST year, the country lost a great patriot, the state lost a former governor and I lost a dear friend. I visited Jim Edwards one afternoon about two weeks before he passed away. I had spent a wonderful couple of hours with he and his wife, Ann, reminiscing about our years of “fighting the good fight,” as Jim used to say, and recalling how much our country has changed since we were actively involved in government.

As I was leaving, Jim asked me to help him out of his chair. I took his hands and pulled him up to standing position.

“I just want to give you a hug, tell you how much I love you and how much our friendship has meant to Ann and me,” he said.

That was the last time I saw my old friend alive.

I probably know as much as anyone about Jim’s somewhat unwilling entry into the political arena and ascension to positions such as state senator, governor, secretary of energy and



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Bob N Dawn Boyles - *Recently my husband Bob was fixing Doc Edwards’ flagpole. The job was difficult, and the truck was stuck in the yard and tore it up. Despite this, Doc Edwards and his wife Ann were friendly and gracious with each meeting and phone call. It was a privilege to know him.*



Former U.S. Rep. Thomas F. Hartnett, center, with a pair of U.S. presidents: Ronald Reagan, left, and George H.W. Bush.

university president. Though he served admirably in all of these jobs, he never pursued any of them.

Jim's life was not based on politics but on family, church, dentistry, hunting, fishing and community service. But with the assassination of President John F. Kennedy and Lyndon Johnson's presidency, the country began a slow but steady turn to the left. Jim saw the Republican Party as an alternative; he was elected as a delegate to the 1964 National Republican Convention. Our party nominated Barry Goldwater to challenge President Johnson, unsuccessfully, in the general election. Undaunted, Jim worked on the local level to preserve the principles of smaller government, fiscal responsibility, a strong national defense and constitutional government. As chairman of the Charleston County Republican Party, he seized every opportunity to tell the Republican story throughout the county and across South Carolina.

When U.S. Rep. Mendel Rivers died in December 1970, a special election was held to replace him in the 1st Congressional District. In his first political race, Jim won the Republican nomination but lost in the general election to Democrat Mendel Davis. He had hoped to carry his conservative message to Washington, but, undeterred, he continued his participation in local and state politics.

With the 1972 elections approaching and all five state Senate seats in Charleston and Georgetown counties held by Democrats, a group of local Republicans, including Jim, asked me to run for the Senate. As a member of the state House of Representatives, I had recently abandoned the Democratic Party because of the extreme liberal platform of its nominee for president. Sen. George McGovern of South Dakota.

After several meetings, I agreed to throw my hat into the ring, but only if Jim would also run for one of the



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Pat Allen - *He was a wonderful person, always so humble and kind.*

Joseph Thompson - *Jim was a great man, and I will truly miss his friendship.*

David Surrett - *We would frequently see the Edwards' around Mount Pleasant. He was always cordial and gracious. Once when I called him Governor, he corrected me and said, "I am just Jim."*

Senate seats. He really didn't want to take time away from his dental practice. I remember asking him, "Does my wife get to buy gasoline, groceries, food and clothing cheaper than your wife? Can I afford to run any more than you can?" I suppose that was enough to get him to commit to the race.

After a grueling campaign, Jim and I were elected and went to Columbia the following January as two of only three Republican members of the Senate. On our first day, Jim, Sen. Gilbert McMillian and I were asked to leave the chamber so the Democrats could make committee appointments and elect committee chairs. When we were allowed back into the chamber, we were informed that we had been appointed to unimportant committees and that we had been assigned seats on the back row of the Senate chamber. Thus began Jim's experience in partisan politics.

Jim quickly garnered the respect of the Senate leadership with his gentle manner, warm personality and genuine interest in the affairs of the state. Legislators sought his input on issues such as health care and the state's two medical schools.

I remember how long it would take us to go to lunch. When the Senate broke for the midday meal, Jim would stop to talk with anyone who wanted to speak with him as we left the chamber. He was in no rush to end the conversations. He was a great listener, and his compassion and sincerity were obvious.

His passion for people extended well beyond the Senate chamber. We would ride together to Columbia each week, and often we would stop for coffee or a sausage biscuit at a roadside restaurant. The waitresses, charmed by his warm



Jim Edwards with Prince Charles.

personality, were always happy to see him.

Once on our way to Columbia, we spotted a car on its side in a ditch along Interstate 26. Jim quickly ran to the overturned vehicle and administered first aid to the driver until help arrived. When we got to the Senate chamber, Jim sat through the session in muddy shoes and disheveled clothes, as if nothing had happened. On another occasion, a visitor to the Senate gallery experienced a seizure. Jim



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Brenda Barfield - *He pulled some teeth for me when I was 5.*

Matt Boren - *Dr. Edwards was a kind, loving soul. I had the pleasure of speaking with him again at the 2006 J.B. Edwards School dedication, and he is without a doubt one of the finest, most honorable beings to have served his community. May he RIP. ... Love always.*

rushed upstairs to help out.

Jim didn't last long in the state Senate, not because he didn't do an excellent job but because bigger and better things were in his future. In 1974, the state Republican Party was pushing recently-retired Gen. William C. Westmoreland, a native South Carolinian, to capture the governor's seat for the Republican Party for the first time in almost a century.

I had different ideas, and so did others in the party. We felt that Westmoreland knew little about South Carolina's issues, was accustomed to being pampered and would be out of place campaigning in rural South Carolina.

We urged Jim to consider running for governor. At first he was not keen on the idea, believing that Westmoreland's name recognition, his status as a war hero and the support



Ann Edwards gets a hug from President George H.W. Bush as Jim Edwards looks on.

of the party's leadership would be more than he could overcome. And, again, he didn't want to spend more time away from his dental practice if he were to win the primary.

That year, the primary election was delayed from June to August, shortening the time necessary for the general election campaign. After prayerful consideration and much encouragement from his friends and supporters, Jim announced that he would run. The news media thought he had little chance to win, but, as the race wore on, Jim actually started enjoying campaigning.

Jim went on to win the nomination and was elected governor, serving honorably and quickly winning the support and admiration of the state's Democrat leadership. He accomplished much in his four-year term but in January of 1979 returned to



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Elizabeth Coleman-Socia - *A true Southern gentleman.*

Becky Baldwin - *Jim and Ann Edwards were friends of my parents and my McClellanville aunts and uncles. He was an excellent oral surgeon, and my best memory is his taking time to personally greet my Charleston Day School third grade class, as we toured the governor's mansion and the Capitol in Columbia. A true Southern gentleman who loved his family and friends and, above all, South Carolina and the U.S.A. God bless!*



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Charleston and his dental practice.

But in 1980, with a weakened President Jimmy Carter in the White House and another presidential election heating up, Jim was once again anxious to get involved in the political process. He had already encouraged me to run for Congress and he and I, along with Sen. Strom Thurmond, pledged our support to former Texas Gov. John Connolly in the Republican primary. His opponents were Ronald Reagan, George H. W. Bush and Sen. Howard Baker.

We quickly got behind the winner of the primary, Reagan, who became Jim's idol. Thurmond was able to convince Reagan to appoint Jim as secretary of energy.

Serving in Reagan's cabinet was a wonderful experience for Jim, but it also taught him about bloated bureaucracies, which was very frustrating and disappointing. He realized that it would take more than one person to change the direction and rampant growth of the federal government. It was an enjoyable but eye-opening experience for Jim, who dealt firsthand with the problems of a government so out of touch with his thinking and his dreams and hopes for America.

When Jim left Washington, he was approached by state leaders about becoming president of the Medical University of

South Carolina. It was a perfect fit for Jim, and he took to his new job like a duck to water. During his tenure at MUSC, the school became one of America's leading medical universities.

Though he enjoyed his time as a public servant, when he retired, Jim was finally able to go back to the things he loved most: spending time with his family; his "farm," Limerick Plantation; hunting and fishing; and resting in his beautiful home in "Hungryneck." But he still helped others at every opportunity.

Jim Edwards never sought fame and notoriety – they sought him. Everything he did, he did to the fullest. His love for his God, his family, his country and his friends were foremost with him. I cannot say that the world is a better place because of Jim Edwards, but I can say without reservation that the lives of the people he touched and loved are better because of him. 🐼



Karen Loftis Powell - *Where have they gone? I met Gov. Edwards once and found him to be absolutely kind and humble. Last of a stand-up breed!*

Patrick Larkin Hill - *I was working in Sen. Thurmond's office in Washington in January 1981 as a page. It was a Saturday, and the senator asked me to get Gov. Edwards on the phone. Seems the new president pro tem of the U.S. Senate needed to talk to Edwards about confirmation. He had a smile in his voice. I put him on hold and told the senator, "Senator, the governor is on the line." Awesome day for a 17-year-old.*

Melanie Thomas - *The kindest, nicest, most thoughtful man.*

Bob Hammes - *Wonderful and kind man! Heart of gold!*



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Carolina One
Real Estate

Time Warp: A. B. McConnell's Country Store

EAST OF THE COOPER IS booming. Residents dash back and forth between home and work – scarcely noticing the small, gray, wooden store along Highway 17 near where it meets Highway 41. The hand-painted sign reads “A. B. McConnell, General Merchandise,” and a larger sign adds: “OLD THINGS.”

McConnell's is a journey back to a time when Christ Church Parish was unincorporated land under the jurisdiction of Charleston County. Highway 17 was once part of the old King's Highway. In the 1930s, following the opening of the Cooper River Bridge, it stretched from Maine to Florida and was known as the Ocean Highway.

The store, with its attached house, now sits almost 100 feet from where it was built in 1939. It was moved when Highway 17 was widened from two lanes to four

in the 1970s. The structure was built on an acre of land by Aaron Blakely McConnell and his wife, Mary. It was one of seven family-owned country stores between Mount Pleasant and Georgetown.

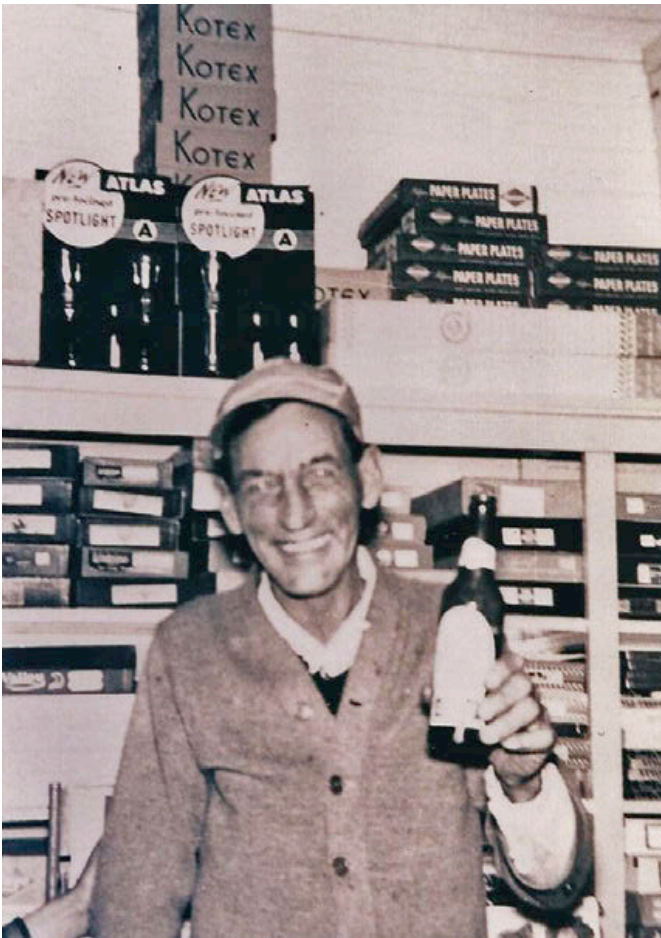
McConnell, born in 1909 in DeFuniak Springs, Florida, came north to work for the Tuxbury Lumber Company in what is now the Francis Marion National Forest. He met and later married Mary Thames, who was born in Awendaw and educated in McClellanville schools, in 1936. The couple, who lived behind the store, had three children: Julia (Synder), Bonny and MaryJo (Whitten).

Barrels and pots overflowing with plants now rest on the island in front of the store where once there were two gasoline pumps and a kerosene pump. The window on the left is filled with plants, but once a banana bunch hung there with a knife nearby to cut off as many bananas as a customer wanted. A wooden walk-in cooler sits in a corner where meat was stored, mostly pork but also some beef and chicken. Nearby are the original scale and meat slicer.



McConnell's now sits almost 100 feet from where it was built in 1939. The store was moved when Highway 17 was widened from two lanes to four lanes in the 1970s.

Photo by William Quarles Photography.



Left: County Magistrate Judge Dennis Auld held court in front of the store. Afterward, he sometimes relaxed with a bottle of Ballantine beer. Above right: Liz and Bonny McConnell. Below right: Mary McConnell ran the store for more than three quarters of a century.

An old oak counter spans the left side of the store and contains bins that once held rice, grits and scratch feed. Rice was sold in 25- and 100-pound sacks; the sacks were made into shirts and dresses for children.

Wooden shelves, stacked with canned goods, condiments, cereals, baking goods, coffee and tea, lined three walls. Cigarettes were also sold, sometimes one at a time. Cigars, snuff, chewing and loose tobacco could be purchased, as could jeans, underwear, socks, long johns, gloves and women's stockings. Even basic health needs were sold, including aspirin and Goody's headache

Photo by William Quarles Photography.



A Coca-Cola chest cooler held not only Coke but Pepsi, Nehi and Polpop. Wine and beer also were sold at McConnell's, along with candy, ice cream, hunting licenses and hunting and farming supplies.

powder, mercurochrome, Hadicol for cold and fever and Vicks VapoRub. An old Coca-Cola chest cooler held not only Coke but Pepsi, Nehi and Polypop. Wine and beer were sold, along with candy and ice cream. Hunting licenses were available, as were BB pellets, bullets and shotgun shells. Hardware goods were stocked for local farmers, including chicken wire, rakes and axes.

An old cash register sits on the counter. After purchases were added up, the amount was usually entered into an accounts journal to be settled on payday.

The store mostly served the nearby African-American communities, where the men and women worked on local farms growing cucumbers, tomatoes and green beans. Sweetgrass basket stands lined the roadway, their owners hoping to attract the Northern tourists.

The arrival of supermarkets and full-service gas stations in the 1960s slowly phased out stores like McConnell's. The gasoline tanks were removed and groceries no longer filled the shelves. Today the shelves are lined with mementos – the old things – but most are not for sale. They represent a long life of memories.

After her husband died in 1967, Mary McConnell continued to live in her home and kept the store open



Photo by William Quarles Photography.

Today, McConnell's looks more like a museum than a store. Despite the clutter, it is organized and remarkably clean.

until December of 2014, when, shortly after her 99th birthday, she developed health issues and moved in with her daughter in Awendaw. The family plans to keep the store going.

Today the store resembles a museum, and, despite the clutter, it is organized and remarkably clean. This says so much about the woman who tended it for more than 75 years. 🏠

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Part of the Southern Network Friendship AME Church of Mount Pleasant

Y'ALL KNOW WHAT I'M TALKING about when I say the Southern network, right? It's made up of people who understand the roots of the deep South, back before Mount Pleasant stretched so far up Highway 17 and became one of the top-growing towns in the United States. Yes, once upon a time, the Old

Village of Mount Pleasant was really "the village," and folks knew and respected one another on a more intimate level – they had meals together on Shem Creek and went to church together on Sundays.

Walter G. Brown Jr. and Shawn Gregg, both active

members of the Friendship AME Church in the Old Village, are champions of keeping the Southern network alive with their neighbors – and by "neighbors," I mean everyone who values East Cooper's rich heritage. Although Friendship has roots that are older than the members and clergy have record of, the church is currently celebrating 138 years of worship and community service and inviting others to join in their joy.

"We don't really know how old the church is," explained Brown, who is affectionately known as one of the church's "historians," due to his lifetime of commitment to Friendship's past and future. "We believe the church to be older than these 138 years we'll celebrate this year. When people got off the boat at Shem Creek



Photo courtesy of Friendship AME Church.

Although Friendship AME Church has roots that are older than the members and clergy have record of, the church is currently celebrating 138 years of worship and community service and inviting others to join in their joy.

before the bridges were built, we were the first African-American church in the area.”

Though Friendship will host an “official” celebration for the 138 years on Sunday, March 22 – and has encouraged the community to take part – Gregg and Brown said that reaching out to the Old Village community and beyond is a constant goal, one that has been part of Friendship’s tradition for as long as the church has existed.

“Friendship is the African-American church of the Old Village,” Brown mused. “We were around before the expansion of Mount Pleasant, and we’ve always taken part in town matters, elections, education ... we stay involved.”

Laing High school, for example, has had its baccalaureate services as well as commencement exercises at Friendship AME in the past. Many graduates of Laing, as well as of Avery Normal Institute, which was once considered to be Laing’s “sister school,” are active members of Friendship.

Beyond the church’s own loyal members, Brown and Gregg both said that other churches in the Mount Pleasant community have done their part to keep goodwill.

“At one point, we didn’t have the funds to sponsor our vacation bible school, so Mount Pleasant Presbyterian

sponsored it for us,” Brown commented. “Also, when we were going through renovations, we held worship services at St. Paul’s on Pitt Street.”

Another fine example of Friendship’s camaraderie with other churches within the Old Village happens during the week prior to Easter. On Good Friday, several churches join Friendship in a solemn procession that covers much of the Village. The procession begins at Mount Pleasant Presbyterian with prayer and song – then marches on to St. Andrews, Friendship, St. Paul’s and then back to Mount Pleasant Presbyterian.

“We stop at each church, sing and pray,” Brown said. “And we do it during the lunch hour, so that more members of the community can participate.”

Brown and Gregg emphasized their hopes that newcomers to the East Cooper area will recognize Friendship AME as an unwavering part of the community. Obviously, this year’s celebration of the church’s heritage is part of that vision.

“It’s a bigger celebration than usual,” Gregg pointed out, “so we can show that we are here for Mount Pleasant. The people moving to East Cooper need to know about Friendship’s history and contribution.” 🗿



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Day Camps for Dreamers

2015 Summer Camps

HAS THERE BEEN A SUMMER when your children weren't starved for a challenge? This summer, why not check out a few camps that will help your kids make new friends, develop their interests and remain engaged until school begins again?

For instance, Rock Paper Scissors can make a beginner in the world of sewing into an advanced fashion designer in just one summer.

"Kids that are imaginative want to create," pointed out Amanda Robles, owner of Rock Paper Scissors. "Our instructors, materials and work space allow for each student to be imaginative and creative, no matter their gender. Students will become familiar with their sewing machines, learn how to manipulate and control while sewing, learn basic stitch and seam types, as well as the concepts behind seam allowances and finish. Each class that advances progresses further, and they will learn design, garment breakdown, patterns and so much more."

The Summer Sewing Camp fits best for children between 7 and 15. Parents who are interested in learning

more about Rock Paper Scissors and its summer sewing camp should visit www.scissorscutpaper.net or call the studio at (843) 882-5278.

Children are natural poets, with no inhibitions and unlimited powers of observation and imagination. Back again, after more than a decade of serving students in the Lowcountry, is the Write of Summer program put on by Blue Bicycle Books. With guidance from published writers and educators, kids will create works that are serious, sweet or funny – or all three.

"We definitely cater to more than kids who just like to write," explained Sara Peck, one of the instructors and also an educator. "I don't believe there is another purely creative writing camp in the area. We want children to understand that writing doesn't always have to be about school but that

it can be fun."

Rising third-grade to rising 12th-grade students can enjoy and utilize what they learn at Write of Summer; students finish camp with a solid portfolio and a coffeehouse reading.

The camp takes place at different locations during the summer, so be sure to visit www.writeofsummer.com for more

information, or call Blue Bicycle Books at (843) 722-2666.

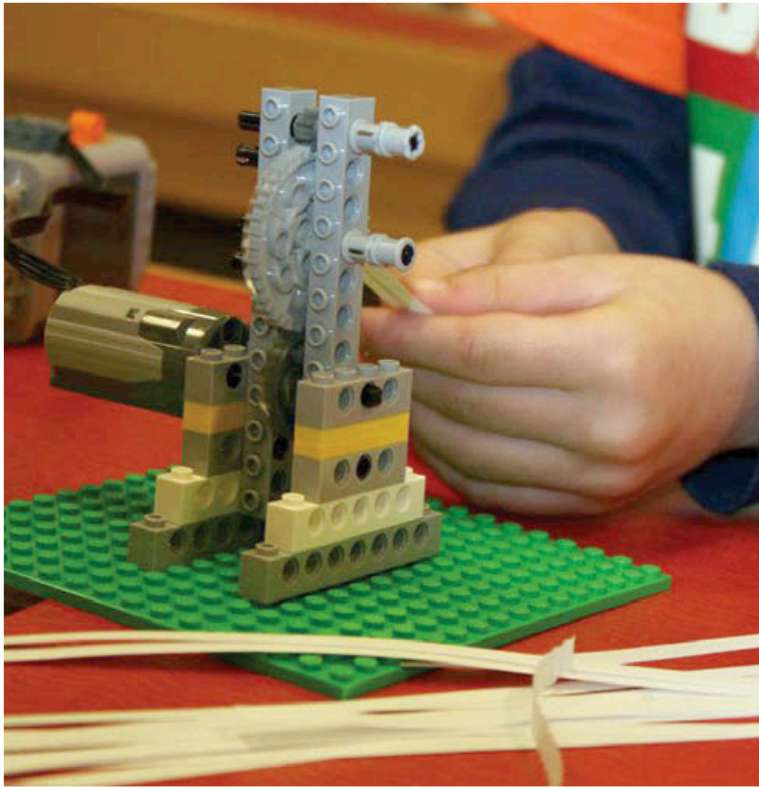
While only in its second year in the area, Bricks 4 Kidz has successfully made a name for itself by providing activities de-



If spending a summer learning how to be a fashion designer appeals to you, Rock Paper Scissors is an summer camp option you should consider.

Photo courtesy of Rock Paper Scissors.

Photo courtesy of Bricks 4 Kidz.



Bricks 4 Kidz triggers young children's lively imaginations and helps them build self-confidence, all the while developing elementary level skills in engineering, design and robotics.

signed to trigger young children's lively imaginations and build their self-confidence, all the while developing elementary level skills in engineering, design and robotics.

"We believe in sound minds and sound bodies," explained Daniel Heard, manager of Bricks 4 Kidz in Mount Pleasant. "We have different locations for our camps, but one of them is at Sky Zone, where the students have two hours to build and then one hour to jump. It is one of the best ways to express creativity and learn at the same time. It's a ton of fun."

Bricks 4 Kidz has summer camps available through Kaleidoscope and the Charleston County School District, so locations also include Mount Pleasant and West Ashley schools. Students between 5 and 12 will fit best with the program. For more information, visit www.bricks4kidz.com or call (843) 352-7063.

"We use developing and creativity systems that include LEGO® building bricks. It really is a fun and exciting way to learn about the world around us," said Heard. 🧱

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Exceeding Expectations

Palmetto Christian Academy



Photo courtesy of the Wilson family.

The Wilson family - left to right: Back row: Bill, Susan and Lauren. Front row: Elizabeth, Kimberly, Katie and Rachel.

WALKING INTO THE Wilsons' Mount Pleasant home, I can already feel the warmth. I'm not talking about the toasty fire but the genuine feeling of togetherness and support.

For Bill and Susan Wilson, deciding where to send their five daughters to school was no easy task until they discovered Palmetto Christian Academy, a private institution that matched their values and continues to exceed their expectations today.

BY KALENE MCCORT

For more than two decades, Palmetto Christian

Academy has been a source of superior learning, academic excellence and positive community involvement.

"From volleyball to basketball to the spring play, there is always something that the girls can get involved in," said Susan. "I'm so impressed with the diversity of activities offered and the fact that they are able to participate in such a variety."

Palmetto Christian prides itself on building the foundation for a budding future. The individualized attention the school provides is evidenced by the large number of students who go on to attend prestigious universities after graduation.

"I felt really prepared when I graduated from Palmetto Christian Academy," said Kimberly Wilson, who has since

graduated with honors from Clemson University. “While spiritual growth is important, the school also focuses on academics and the AP exams, and standardized test scores reflect that.”

The positive experiences have transcended beyond the classroom walls and into other facets of students’ lives.

For Kimberly, a PCA school trip to Costa Rica during her junior year would set a path of serving others in motion. As a teen, she worked with fellow classmates to set up a camp overseas for impoverished youth. Providing them with three meals a day, an array of activities and sharing the Gospel were just a few of the ways she left a lasting impact.

Her experiences in Costa Rica led her to pursue more altruistic opportunities later on. Working with medical professionals and volunteers in the Dominican Republic, she helped patients in need of surgery receive the required medical attention. Kimberly is now working toward becoming a physician assistant.

In addition to Kimberly’s humanitarian efforts, her parents have a long history of missionary work. And, after several trips to Africa, Bill and Susan adopted Katie and Elizabeth, who, at the time, were 6 and 9 years old,

respectively. From an orphanage in Ethiopia to a home in Mount Pleasant, culture shock was apparent at first, but the sisters soon adapted to life in the Lowcountry.

“Katie and Elizabeth would see their sisters going to school and ask if they could go, too,” said Susan. “Palmetto Christian Academy welcomed them with open arms. They were immersed in English and the school structure. It really was a great partnership. I don’t think I could have done that myself.”

“I really like the school’s environment,” said Katie Wilson, who first came to PCA as a non-English-speaking 6-year-old.

She now plays on the varsity basketball team and volunteers at a local animal shelter with fellow classmates. Elizabeth is currently excelling at Virginia’s Liberty University.

“I like the smaller class size and the opportunities that come from that,” said Rachel Wilson, a junior at PCA. “It’s really a better way to learn.”

From round-table discussions on novels to premier fine arts programs, Palmetto Christian Academy strives to prep future generations for success long after the gleeful toss of their graduation cap. 🎓

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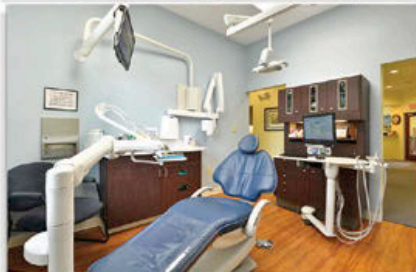
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Rare Gems

A Diamond in Time

IT TAKES MOST MEN WHAT SEEMS like a lifetime to find someone they want to say “I do” to, so when the moment comes to pop the question, shouldn’t the ring be as unique and special as she is?

The owner of A Diamond In Time thinks so, and he has built his jewelry business around that theory.

“We don’t do business like other jewelry stores,” said Allen Mozingo.

Unlike others in the business, Mozingo’s store in the l’On Village is intimate,

BY TAYLOR GRIFFITH

despite its recent expansion to 1,200 square feet, with four showcases and no salesmen other than Mozingo and manager John Nunn.

As the name of the store implies, the cases are filled with loose diamonds, along with new and pre-owned designer watches and a few unique pieces of jewelry.

“We’d rather have a select number of nicer pieces than put on a big show,” said Nunn.

“We’ve selected a few nice items to make sure each customer gets exactly what they want for a price they can afford.”

Though A Diamond In Time specializes in custom design projects, the store offers a variety of other services, including appraisals, repairs and ring sizing.

Nunn pointed out that A Diamond In Time can accommodate any budget, with prices in the store ranging from \$200 to \$40,000.

Many people have heard that “You get what you pay for,” but Mozingo said with his 25-year background in the jewelry industry and broker connections, customers often get a little bit more.

“Just because it’s custom doesn’t mean it has to be expensive. It just means it matches your taste,” Nunn explained.

The manager said he prefers to think of himself as an “educator” rather than a salesman because he often teaches customers about the nuances of rare gems they select for custom pieces of jewelry.

Once the customer has decided on a stone, a computer program similar to what architects use designs the jewelry and shows the customer four different views of the piece.

Nunn said, “It gives them a really good idea of what they’re getting into before we’ve even really gotten started.”

Each project is completed by a jeweler or watchmaker who specializes in that type of item, “which allows us to

make sure the best person for the job is working on each piece,” he explained.

Mozingo and Nunn work hard to establish relationships with specialty jewelers across the country, but they also build strong bonds with their regular customers – so strong that browsers don’t visit the store often. Instead, most people who walk through the door are repeat customers or those who have been referred by loyal patrons.

“That’s the biggest compliment we can get,” Mozingo

said. “I see on a daily basis the same customers coming into the store, or someone comes in saying a friend referred them. I know customers wouldn’t bring me their friends and family if they didn’t trust me.”

But even without a referral, Mozingo said he is confident all of A Diamond In Time’s customers will find the store’s operators friendly and trustworthy, and its products luxurious yet affordable.

“Come in and see for yourself how we do business,” he said. 🍷

A Diamond In Time is located at 353 N. Shelmore Blvd. For more information, visit www.adiamondintime.com or call 843-388-7568.



Though A Diamond In Time specializes in custom design projects, it offers a variety of other services, including appraisals, repairs and ring sizing. Allen Mozingo, left, is the owner, while John Nunn manages the store.

Photo courtesy of A Diamond in Time.



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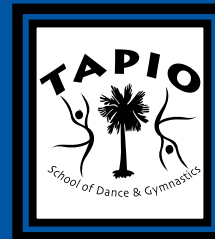
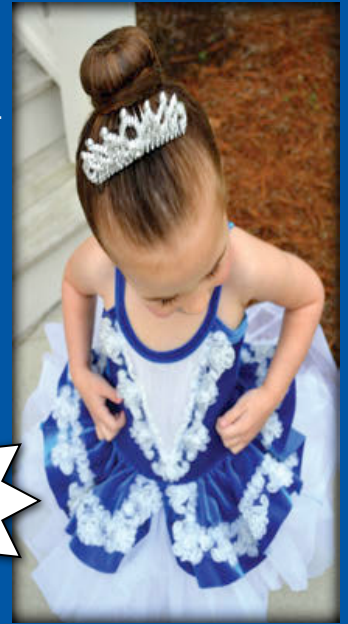
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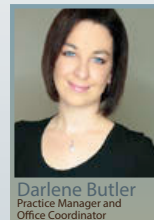


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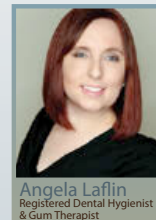
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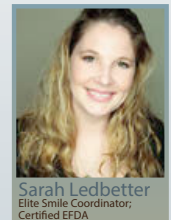
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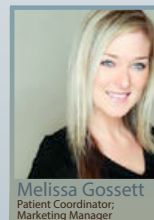
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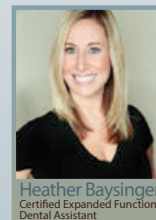
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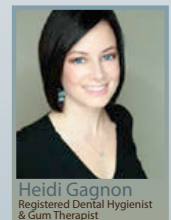
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*Story by Cullen Murray-Kemp.
Photography by William Quarles.*



Wando High School basketball fans feel “the chills” as they wait for the Warriors to take the court.



THOSE OF US who either played high school sports or supported our friends who did know what I’m referencing when I mention “the chills.” It’s that nervous energy that comes over us just before the tipoff, kickoff or any other inception of a high school sports event.

The chills ran up the necks of every man, woman and child in the Wando High School gymnasium that brisk Thursday evening, as hardworking, fan-favorite Wando swing man Taylor Majewski took the court with his teammates.

The words “we are the warriors” exploded from The Chophouse – a fan section comprised of 200-plus snarling, face-painted Wando students. My ears rang as I felt my feet begin to instinctively drum on the bleachers and my hands come together in simultaneous percussion.

Less than 24 hours earlier, I had the opportunity to sit down with Majewski and David Eaton, the 33-year-old Wando varsity basketball head coach. Eaton, who played in college for longtime Wofford head coach Mike Young, has a calm and collected demeanor about him. Relaxing back into his swing chair, he focused the

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Wando's Jamez Rogers drives down the lane.

conversation on opportunity – such as the one he was given seven years ago when he got the head coaching job at Wando at the tender young age of 26. At the time, Wando was coming off consecutive losing seasons. The program was at a crossroads.

As Eaton took on the challenge of shaping a winning basketball team at the biggest high school in the state of South Carolina, he made a vow to his assistant coaches.

“We will be a championship

program one day,” Eaton proclaimed back in 2007.

In his first season at the helm, Wando went 11-11, followed by 14-12 in his second campaign.

“We were just focused on getting better and better every year,” said Eaton.

Eaton continued to help the team progress by instilling the same basketball values of competition and focus that once made him a successful player. The strong work ethic and confident but humble mind-set even-

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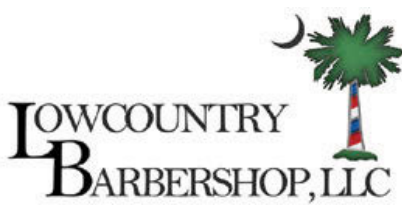
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tually paid off as the Warriors began stringing together winning seasons.

Last year, the Wando Warriors had their best year in recent history, winning 25 of the 29 times they took the floor. They capped off their historic run by winning the 2013-2014 state championship and sent multiple players off to test their considerable talent at the collegiate level.

Having played in college, Eaton

hangs his whistle not only on winning basketball games at Wando but also on helping his players hone their skills so that they might have the opportunity to perform at the next level. Since Eaton took over, nine of his 30 graduating seniors have played college basketball, a stat that makes Eaton proud.

Majewski, who hopes to continue playing basketball when his high school days are over, comes from a



Matthew Pegram, center, skies for a rebound. To his right is Taylor Majewski.



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long line of athletes, including his father, who played soccer at Radford University.

“Growing up, I never stopped playing sports,” he said.

Majewski’s sweet shooting stroke – which strikes fear in the hearts of Wando’s opponents – is a product of repetition. He has a truly tireless work ethic, and, over his four years at Wando, has become the prototypical Warrior, embodying the culture Eaton has created.

“Taylor is always the first kid in the gym and the last to leave,” Eaton commented with obvious admiration.

These days, speaking the words “Wando basketball” and “state championship” in the same sentence, once a crazy dream, is now a common occurrence.

“When you’re number 1, everyone wants to beat you. We are embracing that people are gunning for us every night,” said Eaton with a grin.

Rather than dwelling on the past, Eaton and his players are looking to the future. They aren’t concerned with their recent success but instead are seeking to make a tradition out of winning at Wando.

“The kids who grow up in the Mount Pleasant basketball circuit these days aren’t familiar with anything but winning,” Eaton pointed out. “Our current players don’t

even remember Wando ever losing. We want our players to grab hold of what we’ve started and take it even further.” 🏀



Matthew Pegram dives after a loose ball. That’s the way basketball is played at Wando High School these days.

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The Key *to a* Better World

MOUNT PLEASANT KIDS HELP THE HOMELESS

*Story by Brian Sherman.
Photos courtesy of Keys for Hope.*

WHAT BEGAN AS A SCHOOL project more than three years ago has evolved into a major fundraiser for a dedicated group of Mount Pleasant youngsters. And though they already have raised tens of thousands of dollars to help the homeless of Charleston, the kids of Keys for Hope are nowhere near finished changing the world for the better.

Keys for Hope was launched in October 2011 by four girls at East Cooper Montessori School as a community service project, and, before long, the core group grew to a dozen or so. They take old and recycled keys, donated by a variety of local businesses, and turn their imaginations loose, making them into necklaces, key chains, magnets, ornaments, zipper pulls and anything else their prospective customers might like.

Then they sell them, for a \$5 donation, at businesses throughout Mount Pleasant and at events and festivals all over the Lowcountry. So far, they have raised more than \$63,000 that has gone directly to One-Eighty Place, the homeless shelter on Walnut Street in Charleston that once was known as Crisis Ministries.

The keys represent shelter and hope, according to 13-year-old Clara Pilley. She said One-Eighty Place was \$1 million short in its efforts to raise money to build a new \$9-million facility and that she and her friends wanted to help – without taking the easy way out and simply ask people for money.

“I’m passionate about helping the homeless,” Clara said. “I want to show that kids can make a difference – that we can change the world.”

Though Keys for Hope is currently a Lowcountry phenomenon, this group of young entrepreneurs appears intent on spreading their brand of philanthropy around the globe – or at least across the country. They plan to put together Keys for Hope kits to sell to other kids’ organizations, which would use them to raise funds for any good cause they choose. The kits would include keys, decorations, glue, cards, cord and instructions.

The plan to export their idea to other groups was hatched at one of the many events the Keys kids attend. They have hawked their wares at RiverDogs games, the Bridge Run and in the Market in downtown Charleston, among other places.



Mount Pleasant teens who spend a lot of their time making keys to raise funds for One-Eighty Place include, left to right, Abby Hricik, Caroline Lucas, Ellie Shuck, Sheridan Jajuga, Zoe Hricik, Emma Grace Spach, Olivia Estoppey, Charlotte Lucas (standing), Gillian Richard, Clara Pilley and Sophie Estoppey.

“People from out of state have come up to our booth at festivals and told us what a great idea we have and asked how they can do it, too,” said Pam Hricik, whose daughters, Abby, 12, and Zoe, 14, are members of the core group. “We started small, but we intend to grow.”

“We want to start a movement of kids across the country,” Sophie Estoppey, 14, added.

The girls have provided the impetus for the Keys for Hope project, but they have had plenty of help making as many as 13,000 keys over the last three years. Local schools and churches – especially Mount Pleasant Presbyterian Church – have pitched in to help out. In all, more than a thousand people are involved in the program, according to Sheri Pilley, Clara’s mom.

The group gets its keys from hardware stores, locksmiths, realtors, hotels, automobile dealerships and even from Habitat for Humanity, and sometimes people drop them off at the Keys for Hope booth at area events or simply mail them in. Local businesses also have played a

key role. For example, the paint is donated by Sherwin-Williams, Royall Ace Hardware provides the glue and the cards – which explain what the Keys for Hope program is all about – are a gift from AccuPrint. The Jesse James Company and local arts and crafts stores, where the group buys the embellishments for the keys, offer their products at discounted prices.

One-Eighty Place provides food, shelter and other critical services to 180 homeless men, women and children every night, “anything someone would need to get out of crisis and as quickly as possible move back into housing,” according to Chief Executive Officer Stacey Denaux. She pointed out that some of the girls who are now with Keys for Hope helped raise funds when they were younger to build a playground at her facility. Back then, they helped out with bake sales and lemonade stands.

“This is the next wave. It’s a more sophisticated approach,” Denaux said. “These girls are passionate about ending homelessness. They are great ambassadors. Raising

money is great, but more important is the awareness they are creating. This is our next generation of leaders. They are taking passion and turning it into action.”

So what is it that drives these youngsters to help those who need assistance? Why do they spend their time making and selling keys while other kids their age are hanging out at the beach or playing with their electronic gadgets?

“This is the best way we can help the community,” Zoe Hricik said. “It’s so much more than a school project. The new shelter makes me proud.”

“I wanted to help the less fortunate. It makes me feel good to see how much we helped,” 11-year-old Olivia Estoppey commented, while Abby Hricik, 12, stated: “We wanted to help the people at the shelter. They have nothing – no food, no health care. It’s hard for them, and it makes me feel good to help.”

“I have always liked helping people,” Emma Grace Spach, 14, added. “We are so fortunate to have a roof over our head. Not everyone has the luxuries we have.”

Sophie Estoppey echoed the sentiments of her fellow Keys kids: “I hope that when they get back on their feet, they help others. That would make the world a better place.”



The Keys for Hope kids had a booth at the 2014 Wonderfest, an event held annually in conjunction with the Cooper River Bridge Run. Left to right – Standing: Clara Pilley, Zoe Hricik and Abby Hricik. Seated: Emily Hearn and Sophie Estoppey.

To learn more about Keys for Hope and how you can help make the world a better place, visit www.keysforhope.org.

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THORNHILL FARM

Photography by Laura Hoffacker.



Thanks to the efforts of the East Cooper Land Trust, Thornhill Farm will remain a part of the Lowcountry landscape.

FOR YEARS, I HAVE PASSED BY Thornhill Farm on my route between my home in Mount Pleasant and my family's vacation house in Litchfield Beach. An almost 100-acre chunk of pure Lowcountry in McClellanville, South Carolina, the farm will now remain part of the landscape thanks to the efforts of the East Cooper Land Trust. And according to Catherine Main,

BY DENISE K. JAMES

executive director of the organization, possibilities are abundant for the farm's positive impact on our surrounding communities.

I drove out to Thornhill Farm on a chilly Friday to scope out the land and chat with Main about its future. A few animals belonging to the farm's current caretaker were happy to greet us and pose for a photo. Though the farm was mostly dormant since it was winter and because it was in the process of changing hands from its former owner to the Land Trust, Main assured me that good things are to come.

Thornhill Farm has been a farm for many years. Maintained by previous owner Gary Thornhill since 2001, the land is now protected by a conservation easement and, hence, will be a farm forever. It's a wonderful start to the East Cooper Land Trust's recent expansion as an organization; just one-and-a-half years ago, according to Main, the organization broadened its reach from the Cooper River to the Santee River. Thornhill Farm was purchased with funds from the Charleston County Greenbelt Grant, public money the county uses in order to conserve worthwhile areas that future generations will find valuable.

"Mount Pleasant is growing quickly, and we're striving to preserve small parks and natural areas," Main pointed

out. "We see great value in protecting rural communities."

Speaking of rural, Main mentioned that McClellanville's only grocery store is several miles away, but the presence of Thornhill Farm within the community will provide an ideal source for fresh food, in addition to agricultural education. The Land Trust anticipates a partnership with Clemson University, as well as the enthusiasm of the locals, to accomplish future endeavors for the farm. Main looks forward to a community garden in the spring, for one thing, and repurposing the simple building near Highway 17 to educate the community on the importance of agriculture.

"Clemson will likely lease the farm and maintain a sustainable agriculture program here," Main explained. "We were looking for the best opportunity for public education since we've used public dollars to purchase the farm."

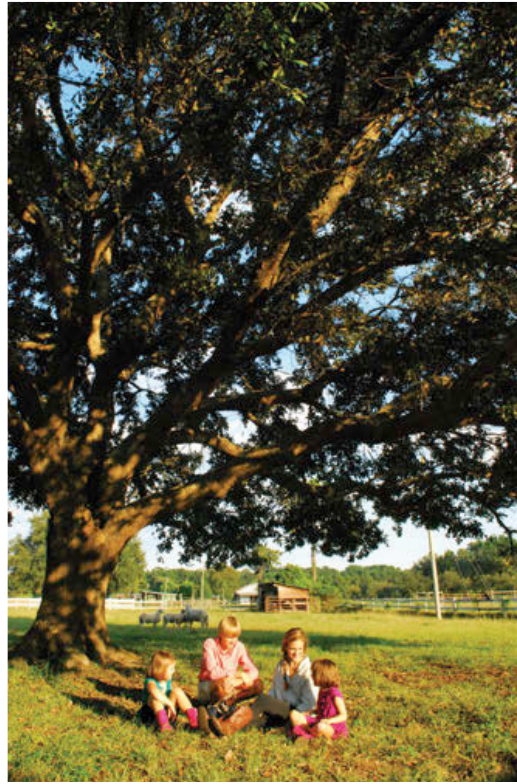
Besides a place for community education, it's probable that students will be educated at Thornhill Farm as well. Given the passion for farm-to-table restaurants and

kitchens all over the Lowcountry, Main feels that Clemson, along with Wando High School and Trident Technical College, could make fine use of the farm for culinary classes. There's also a chance that graduate students of agriculture from Clemson could find a place to hang their hats at Thornhill Farm.

"As part of the conservation easement, we reserve the right to build up to four farmhouses on the land," Main said. "Because the farm will likely have produce as well as livestock, we'll need someone constantly on site. We want to provide housing for students or farm managers."

After observing Main's hands, which were decked out in garden gloves, as well as her boots and simple plaid shirt, I asked her if Thornhill Farm is a project that is particularly dear to her.

"I grew up loving nature," she replied. "I want to know that five generations from now, kids will have places to ride their bicycles and climb trees. It's not just our quality of life that matters. If we love what we have here in the Lowcountry, we have to perpetuate it." 🌿



Besides a place for community education, students probably will be educated at Thornhill Farm as well.



Thornhill Farm was purchased with funds from the Charleston County Greenbelt Grant.

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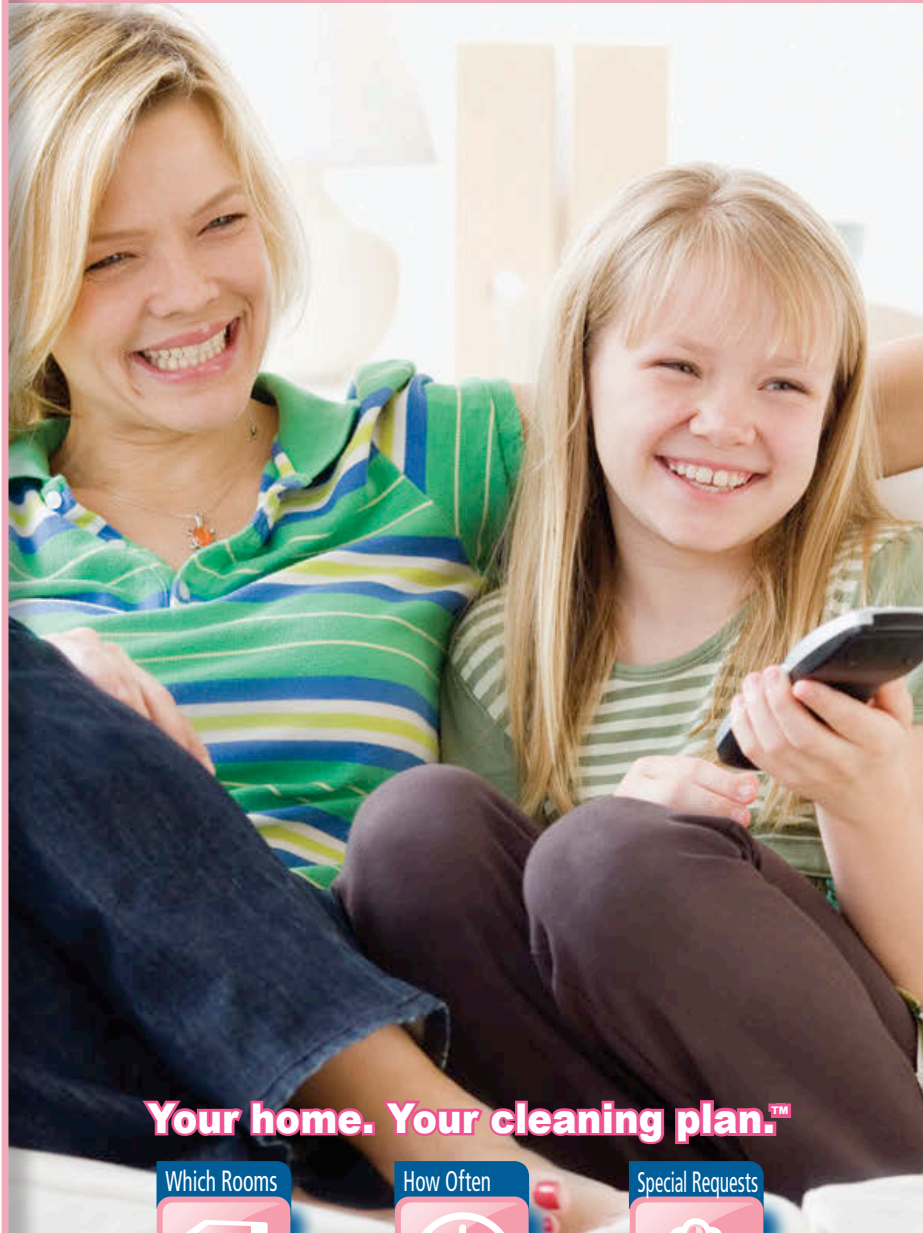


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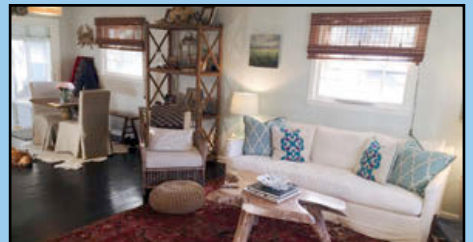


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Ashton Woods' success is based on its philosophy of designing a home that will fit the needs of each specific client.

of realizing their dreams. Passion for customer service and the ability to tailor homes to each client's wish list have led to the company's growth in East Cooper and throughout the Charleston area.

From the sale of their first home in 1989 to being recognized as the nation's fourth largest private builder in 2013, Ashton Woods is a builder positioned for the future. The company has experienced rapid growth, expanding throughout Florida, Texas, North Carolina and Arizona. Thus, when Ashton Woods expanded to Charleston and Mount Pleasant a year-and-a-half ago, it was no surprise that it quickly became one of the most trusted builders in the tri-county area. Several of its first homes are located throughout Daniel Island, and that relationship led to an opportunity to join the builder team at Carnes Crossroads in Summerville.

"We realized Charleston presented the right opportunity for our niche, which is delivering what savvy home buyers seek in a new home: high design, high quality and a high level of personalization in prime locations," remarked Ryan Lewis, president of the company's Charleston division.

Today, neighborhoods featuring homes built by Ashton Woods include Darrell Creek in North Mount Pleasant,

where the final section of the community will be built by Ashton Woods; Moultrie Park in Mount Pleasant; Limehouse Village in Summerville; Freeman's Point and Sea Island Farms on James Island; Fleming Park on Johns Island; and Strawberry Station in Moncks Corner.

"Strawberry Station features homes exclusively built by Ashton Woods," pointed out Marion Campbell, vice president of sales and marketing. "It has 130 quarter-acre homesites, perfect for the buyer who is searching for a little bit more privacy and space."

One reason for the company's local success is a philosophy of personal design and tailoring of a home for each client. For example, model homes in various neighborhoods are often used as a source of inspiration, which is a topic that Ashton Woods takes seriously.

"We like to have different models and styles for people to see and explore," Campbell said. "We are constantly pushing the boundaries of what is possible in home building."

Campbell and Lewis are optimistic about the coming year and maintain that understanding the needs of the Lowcountry buyer has helped spur the company's recent growth. In addition to award-winning models, Ashton Woods also features the Studio, located on Daniel Island.

The Studio is an experience unto itself, including an in-house design team and a collaborative approach to personalizing your home.

“Today’s homeowner knows what he or she wants,” Campbell emphasized. “For example, many of our buyers walk into our design studio with a folder of magazine clippings or Pinterest boards. We empower our homeowners to work with a design to personalize every aspect of their home all in one place and work within their budgets.”

Speaking of what else the Lowcountry buyer wants, outdoor living is a trend that won’t lose steam anytime soon in Charleston – thus homes are designed with outdoor living in mind. And although the company has divisions in many other states, Campbell and Lewis expressed that buyers out West are not going to want the



Ashton Woods is constantly pushing the boundaries of what is possible in home building.

same thing as buyers in Mount Pleasant.

“We have incredible corporate support, but we are locally focused,” Campbell pointed out. “We strive to offer options unique to each area’s lifestyle.”

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While people in the Northeast are shoveling snow, Lowcountry residents are enjoying the outdoors.

THE LOWCOUNTRY'S BALMY, breeze-filled days give us the opportunity and the impetus to take full advantage of the steady stream of coastal sunshine. While folks in the Northeast are shoveling fluffy powder, we can be found on our patios, grilling kabobs and sipping margaritas.

Several companies throughout Mount Pleasant are crafting outdoor spaces so divine, you'll be tempted to spend most your free time in the sun. From resort-inspired outdoor kitchens that offer all the amenities you could imagine to lagoon-like pools begging for a dip, there's no excuse to skimp on vitamin D.

No fantasy backyard would be complete without a glistening man-made body of water to slip into when the heat index spikes; Atkinson Pools and Spas has been offering an impressive selection for more than three decades.

Once you've browsed through the number of styles, you realize these aren't your grandmother's swimming pools. The innovation behind each design radiates a freshness, as if you are commissioning an artist to craft a one-of-a-kind piece. These pools are grown-up versions, with elegance and sophistication, but still brimming with the potential for a fierce game of Marco Polo to erupt at any moment.

"To me it's a unique opportunity to create a space that's



STORY BY KALENE MCCORT

OPENING SPREAD PHOTOS BY
WILLIAM QUARLES.

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Photos provided by Atkinson Pools.



From infinity pools to sleek single-lap numbers, Atkinson isn't afraid to dive into the cutting edge.

going to create lasting family memories,” said Josh Atkinson, whose parents started the business back in 1984. “Growing up with a pool, I remember the good times and parties we had with our friends and families, and it’s fun to design and help families create those spaces for themselves as well.”

From infinity pools to sleek single-lap numbers, Atkinson isn't afraid to dive into the cutting edge.

“Most of our work is custom, but custom doesn't have to mean expensive,” said Atkinson. “It means that we have

put thought into the design to make it relatable to the client, as well as aesthetic and usable.”

While Atkinson is proud of all the projects he completes, he shows particular pride when talking about the crew that actually straps on the hard hats and handles the power tools.

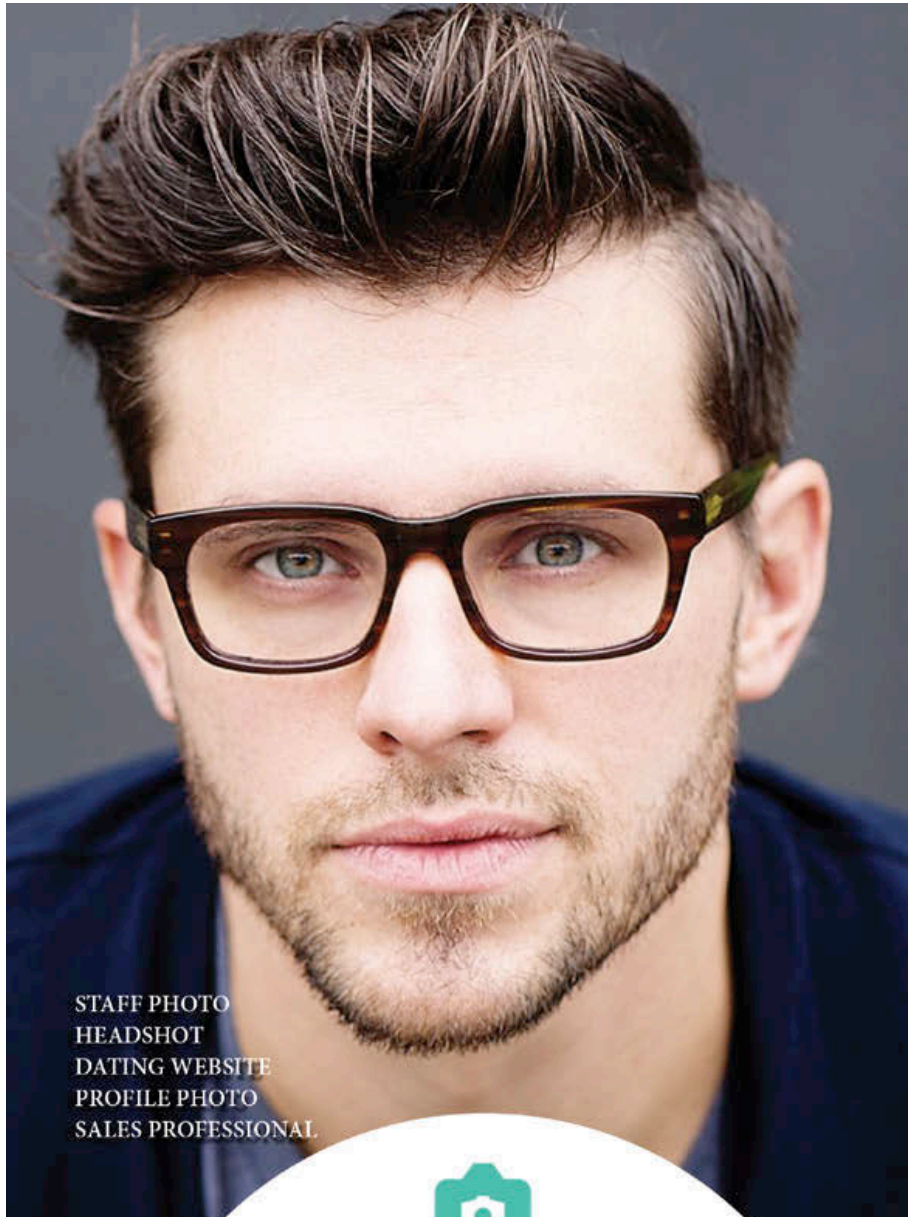
“Construction isn't easy, and they make us look good,” said Atkinson. “Each one of our projects has a unique design characteristic that is important to the homeowner.”



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After hours of perfecting your butterfly stroke, you'll likely work up an appetite. Lucky for you, Palmetto Outdoor Kitchens can build you a premier space that will prompt you to put on that chef's hat and stay awhile.

"Outdoor living is becoming more and more popular every year," said Ken Good, co-owner of Palmetto Out-

door Kitchens.

Since the company's ribbon cutting in 2013, clients have flocked to the showroom, proving that if there's anything Lowcountry residents love more than spending time outside, it's eating outside. From oyster roasts to shrimp boils, folks will gather and celebrate just about anything if

Photos provided by Palmetto Outdoor Kitchens.



If enjoying the outdoors helps you work up an appetite, Palmetto Outdoor Kitchens can build you a premier space that will prompt you to put on that chef's hat and stay awhile.



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Photo provided by Outdoor Concepts.



Not only does Outdoor Concepts build top-of-the-line outdoor sanctuaries, its team of professionals will deck out a space from head to toe, including all the details.

there's a flame and some sustenance.

"We are so much more than a grill store," said Good. "We really are your one-stop-shop, full-service outdoor

kitchen provider."

Meanwhile, Outdoor Concepts is an open-air candy store for those with a taste for stone fire pits and patio

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furniture you simply can't find at chain store. Not only does Outdoor Concepts build top-of-the-line outdoor sanctuaries, its team of professionals will deck out a space from head to toe – down to details of sleek Moroccan-style lanterns and vibrantly shaded cushions.

"We've been doing this for awhile, so our process is really refined," said owner Chris Hicks. "The feedback we get from clients is often that the process, from designing to constructing, really goes a lot smoother than anticipated."

From wood-fired pizza ovens to sleek fire pits that are sure to warm up your backyard vibe, Outdoor Concepts can transform any space with specialized projects that are guaranteed to impress friends and neighbors.

The Teak Hut, which shares space with Outdoor Concepts, offers locals handcrafted furniture from Indonesia, Burma and an on-site woodworking studio.

"I tell my clients, don't just chase a trend," said Teak Hut owner Bob Kelliher. "Classic lines will still look good 10 years from now, and they still looked good 10 years ago."

If you're in the market for a more funky, exotic piece, The Teak Hut is happy to build you a custom item. Whether it is a deep cherry pergola or a piece of petrified wood for a hint of accent, the possibilities are endless.

Wanting residents to get the most out of their outdoor lifestyle, The Teak Hut has plans to rent out pieces of furniture for those hosting events. Whether it's a wedding rehearsal dinner or just a real estate open house, you can choose from a variety of loungers so guests and visitors feel right at home. One of the bestsellers, the double folding chaise lounge, is designed with ergonomics in mind so you can spend a summer afternoon reading in pure comfort.

Another trusted name in furniture is Palm Casual. From

an Orlando-based, family-run business to a retailer that will soon have 17 locations throughout the Southeast, Palm Casual truly is the little furniture shop that could and did.

"Since we are a manufacturer, we are able to deliver the best quality at the lowest prices," said owner Aaron Beasley.

Palm Casual puts the customer above all else. Before opening a South Carolina location, folks used to drive many miles to visit one of its Florida showrooms. To help out his clients, Beasley decided to expand outside of the Sunshine State.

In the early days, Palm Casual would sell to other stores, some of them in Charleston. Today, if people need furniture fixed and it happens to be from their line, even if

it's 30 years old, Palm Casual will happily repair the piece completely free of charge.

Perhaps even more impressive is that clients receive a 30-day-money-back guarantee, regardless of what they purchase. Beasley joked that you could throw 29 outdoor soirees and visit the store on the 30th day to return your items for a full refund, no questions asked.

"We thought about how we can make 100 percent of people happy," said Beasley. "When people learn about our return policies, they are shocked. We really are a breath of fresh air for many."

"We are thankful to be here," Beasley

added. "We are excited about serving the public and being an upstanding company in the Charleston community."

Get to your blissful place, where emerald blades of grass cushion your feet, the soft sound of trickling water calms your nerves and maple-soaked wood chips are roasting a tender fillet. With these quality retailers, your outdoor dream is mere moments away from becoming a lush reality. 🌿



Photo provided by Teak Hut.

If you are in the market for a more funky, exotic piece, The Teak Hut is happy to build you a custom item. The possibilities are endless.

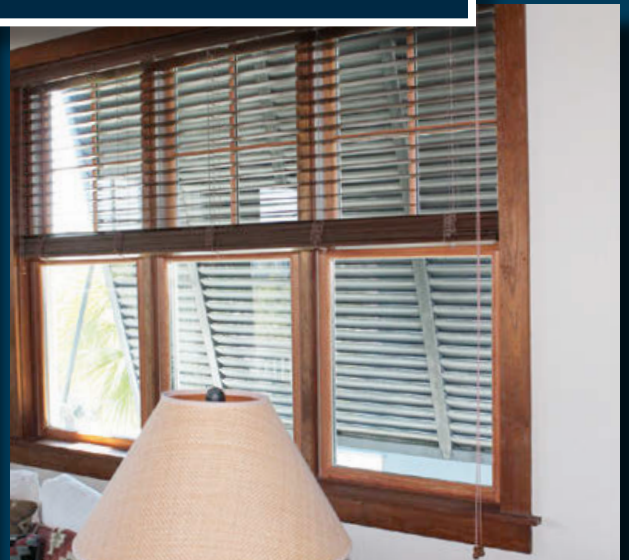


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Tee Time *on the* Island **THE DANIEL ISLAND CLUB**

Story by John Torsiello.

All photos courtesy of the Daniel Island Club.



The Daniel Island Club offers two outstanding golf courses and a host of recreational activities. Right: Chris Edwards is in charge of golf operations at the club.



WHEN GLENN STARKMAN and his family relocated from Connecticut to Charleston, they were looking for a sporting and lifestyle club with a welcoming atmosphere and a wealth of top-notch recreational opportunities. The Daniel Island Club filled the bill perfectly.

“The Daniel Island Club made sense for us, as we had recently relocated to the Charleston area and wanted a place where we could enjoy a wide variety of people,” said Starkman. “Besides the fantastic amenities, the staff makes you feel like you live at one of the world’s best resorts year-round.”

The Starkmans are among some 1,000 families that participate in club activities at various levels, according to General Manager Greg Keating. The membership, a good mix of active men and women of all ages, includes those from the island as well as those from elsewhere.

“Aside from the exceptional amenities, which speak for themselves, what makes the Daniel Island Club a great fit for so many members is the diversity of the membership. We have members ranging from young professionals in their 20s to retirees and everything in between. We constantly hear that this is a benefit to the

overall club experience,” Keating pointed out.

He added, “Our number one objective is to provide unparalleled service in a warm and friendly way that helps make the club an extension of our members’ homes. Secondly, we aim to provide superior athletic and recreational opportunities across the board.”

There certainly is a bevy of recreational and social offerings at the club, including a pair of private courses designed by Tom Fazio and Rees Jones. Both nationally-ranked courses are well-manicured and maintained under the expert guidance of Mike Fabrizio, director of grounds and golf maintenance.

The club’s professional staff offers instruction and programs designed to enhance the golf experience of enthusiasts of all ages. A Junior Caddie Program is for boys and



The Beresford Creek course, designed by Tom Fazio, plays at 7,293 yards from the championship tees.

girls ages 13 to 17, while Kids’ Camps offer fun, instruction and camaraderie for children up to 13. And the Daniel Island Club’s Ron Cerrudo Golf Learning Center offers players a way to improve their game.

The man who oversees the golf operations is Chris Edwards, an English expatriate who came to the Daniel Island Club

in February 2014 after a 12-year stint as head professional at the exclusive Golf Club at Briar’s Creek. He has been a Class A member of the PGA of America for 15 years. He did his apprenticeship at the Atlanta Athletic Club in 1995, made his way up the ranks and eventually became the head professional there. The club hosted the PGA Championship in 2001 on Edwards’ watch.

Edwards took a rather usual route to the golf world. The classically trained actor moved to Tampa, Florida, and

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acted in several television shows and films. After approximately three years, he made a career change.

“I started to think seriously about a golf career because I loved the game and believed I had a knack for working with people,” he explained. “I started at the Atlanta Athletic Club and then got my PGA professional certification. Steve Kelleher told me

about the job at Briar’s Creek. We had small, very exclusive membership, and I was able to do some innovative things to enhance the golfer’s enjoyment before, during and after a round, such as having radio contact with each of the groups on the course in order to have their needs and wishes met. I played golf with Greg Keating, and we became good friends. When this position opened up, I was asked to come and made the move.”

Edwards, 50, said he empowers his staff to ensure



Rees Jones designed the Ralston Creek course, which opened in 2006. It plays at 7,446 yards from the championship tees.

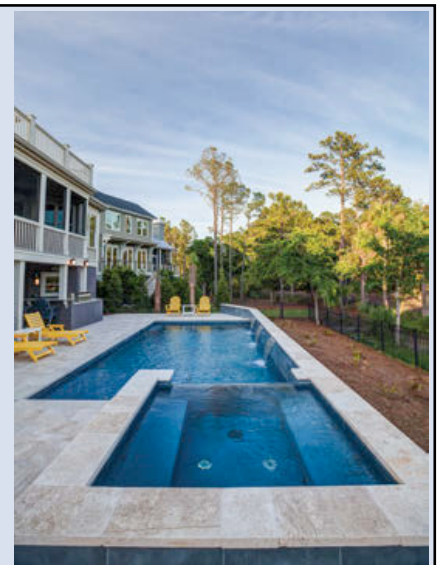
member satisfaction with the club and its golf operations.

“I like to think I’m a proactive manager, trying to address any challenges and meet them head-on or before they even happen. This is a wonderful facility with two great golf courses, which gives us flexibility,” Edwards said.

Keating said the

Daniel Island Club is always working not only to maintain a high standard of excellence in all areas but also to go above and beyond. For example, a planned expansion of the fitness center at the Park Club – the club’s swim, tennis and fitness outpost – and an expansion of the Park Club’s kitchen facilities are in the works. Construction should start later this year, with a goal of opening in mid-2016. 🏡

For more information, visit www.danielislandclub.com.

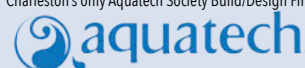


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MASTERS OF THE DOMAIN

WHERE TO REST BEFORE THE BIG TOURNEY

Story by John Torsiello.



Photo by Danny E Hooks.

THEY MIGHT NOT BE MAKING putts or crushing 300-yard drives, but the staff at Furniture Rentals, Inc. are all hands on deck every April getting ready for one of the country's premier sporting events – The Masters at Augusta National Golf Club.

Headquartered in Mount Pleasant and with a branch location in Augusta, Georgia, the company accommodates the multitudes of golf fans that descend on what is the most famous and beloved professional golf tournament of them all.

Many individuals in the Central Savannah River area rent out their homes during Masters week, while they vacation elsewhere – many of them in Charleston and its environs. That makes sense for many families because schools in the area are on spring break during tournament week, and because their rental income in many cases is enough to pay

Photo provided by Furniture Rentals, Inc.



Furniture Rentals, Inc. provides temporary furnishings to people who rent out their homes during Masters week.

for their vacation – often with a little left over to contribute to improvements that make their home more attractive to future renters.

The more guests a home can accommodate, the easier it is to rent, so many homeowners choose to convert basements, studies, game rooms and other areas into additional bedrooms. That's where Furniture Rentals, Inc. comes in. The company has been providing temporary furnishings to those who rent out their homes for Masters

Week since the company was founded in Augusta in 1973. Some homeowners convert entire sections of their home into bedrooms, while others simply rent additional beds.

“In addition to providing bedroom furniture to homeowners, we also rent furniture to local apartment communities, as they will rent fully-furnished and all-inclusive apartments to those traveling to Augusta for the Masters,” said Scott Blalock, director of business development for the company. “We also frequently provide furniture to caterers and other groups for events associated with the Masters.”

Select Corporate Housing, the company’s temporary accommodations division, also provides weekly turnkey rentals in apartment communities near Augusta National as an alternative to traditional hotel lodging.

Furniture Rentals’ offerings include sofas, sectionals, recliners, dining tables, beds, dressers and other furnishings for the entire home, patio and home office. They also rent housewares, electronics, appliances and accessories for home décor to fully outfit the homes and apartments they furnish.

“Some clients will even ask us to create a lounge or hospitality area in their homes, so that people staying there can entertain during Masters week,” said Blalock.

Furniture Rentals provides a similar service during other major events in the Southeast, such as the Family Circle Cup on Daniel Island and the St. Patrick’s Day festivities in Savannah, Georgia, as well as to film production companies on long-term shoots. Blalock pointed out, however, that The Masters is the largest segment of his event-related business each year.

While most of the action on the course takes place during the week of The Masters, Blalock said his company’s busiest times are the weeks prior to and following the golf tournament.

“It is very busy leading up to the tournament because we have to have everything done in such a short time frame,” he explained. “Then after the tournament is over, we are back on site, taking the furniture and other rented



Photo provided by Furniture Rentals, Inc.

Furniture Rentals, Inc. provides furniture for several major events in the Southeast, but The Masters is the largest segment of the company’s event-related business.

items out of the houses. It takes a lot of people to make this happen, and we pride ourselves on having a very thorough, dedicated and professional team. Those two weeks every April are the busiest weeks of the year for the Augusta team and also require support from the corporate office in Mount Pleasant and the branch locations in Columbia, South Carolina, and Savannah.”

In months other than April, most of Furniture Rentals’ clients are corporate transferees, home stagers, relocating families, travel nurses, contractors, consultants, military people and others who need furnishings on a temporary basis.

“The Masters is always an exciting time of year for me and our team because it allows us to interact with an entirely different client base,” said Blalock.

In addition to expanding its core business, the company recently launched a retail furniture division, My Rooms Furniture Gallery, that has showroom locations in Mount Pleasant, Savannah, Augusta and Columbia, as well as an online showroom (www.MyRoomsFurnitureGallery.com), where customers will discover a wider selection of furnishings that include contemporary designs as well as Southern coastal styles. 🐼



IT'S THE MASTERS, OF COURSE

Spring comes alive each April with the playing of The Masters at Augusta National Golf Club, the most storied and beloved of all professional golf tournaments.

Augusta National was co-founded by the great Bobby Jones and Clifford Roberts, while the course was designed by legendary architect Alister MacKenzie. Some modifications have taken place over the years since the club opened for play in 1932, but, for the most part, the original layout remains intact. The course is located on the former Fruitlands Nursery, and the club pays homage to its history by naming each hole after a flowering shrub or tree.

From the first winner, Horton Smith, to the 2014 champion, Bubba Watson, the greatest names in golf have sought and captured the green jacket that goes to the winner, who automatically becomes an honorary member of the prestigious club. Gene Sarazen, Ben Hogan, Jack Nicklaus, Arnold Palmer, Gary Player, Tom Watson, Tiger Woods and Phil Mickelson all share one thing in common: They have that green jacket waiting for them in the locker room at Augusta National each time they visit.

The 2015 event will be played the week of April 7 through 13, with the action beginning with a fun-filled, relaxed contest on the club's immaculate par three course.

The tourney culminates in what always seems to be a nail-biting finish on Sunday. The final nine holes are among the most famous in all of golf: the small, par 3 12th, where tournaments have been won and lost, and the 13th, a short, dogleg left par 5 that can produce an eagle or a double bogey, are among them.

Tickets are extremely difficult to come by. In fact a lottery is held each year. They can be purchased through agencies online or by luck from roadside vendors the days of the tournament. However you obtain your tickets, be prepared to pay a stiff price for them. The tournament is broadcast by CBS Television.

THE MASTERS – BY THE NUMBERS

Inaugural year: **1934**

Number of years the tournament has been played: **78**

First attendance: **Unknown**

Total 2014 purse - **\$9 million**

First televised Masters: **1956**

Oldest living champ: Doug Ford: **(1957) born Aug. 6, 1922**

Attendance in 2014: **Approximately 100,000**

Local impact: **More than \$110 million**

Dates in 2015: **April 7-13**

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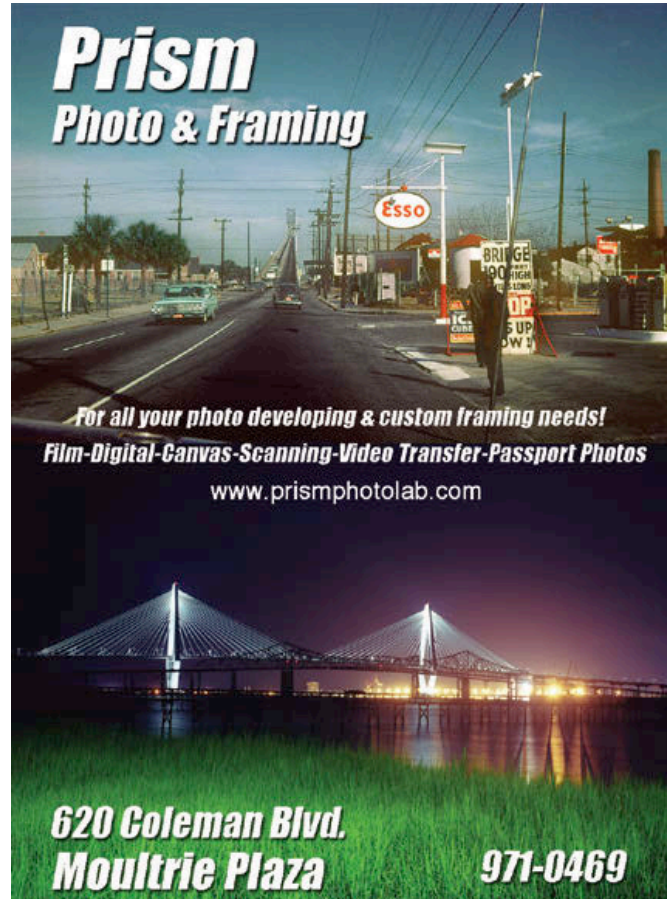
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From Humble Beginnings

Atkinson Pools and Spas

A SMALL POOL MAINTENANCE company launched by Rex and Jenny Atkinson in 1984 has grown over the past three decades to become the Lowcountry's only full-service swimming pool and spa provider.

Atkinson Pools and Spas, started in a red supply shed with a single pickup truck, has been installing and maintaining East Cooper's swimming pools and spas for three decades. How has the company survived and thrived? Dependable customer service, high-quality products and long-lasting relationships with the local community and the pool industry as a whole are the keys to its success, according to Josh Atkinson.

"We have a cradle-to-grave business model," Atkinson explained. "We not only install your pool, but we maintain it for its lifetime."

Atkinson Pools and Spas, which specializes in custom-built concrete pools, offers the services of its talented and experienced backyard designers. Atkinson pointed out that the word custom doesn't necessarily mean homeowners will be spending a lot of money for the privilege of owning a swimming pool.

"A lot of people hear the word 'custom,' and they think 'really expensive,'" he said. "That's not true. It doesn't mean that custom pools cost more. It means we put more thought into building them. We want our pools to be economical but built with the right materials."

"You can certainly cookie-cut a pool, and you can build it as quickly as possible," he added. "It might work OK, but if it doesn't suit your needs and it doesn't

work well on your property, then it might not be such a great investment."

That, he said, is why Atkinson Pools and Spas considers each of its clients to be unique and why its creations are based on their specific needs.

"A pool isn't just part of an outdoor space," Atkinson said. "It needs to incorporate really well into the existing landscape, not just physically but from an architectural point of view. Everything needs to be balanced and flow well."

He pointed out that the shape of a pool is more important than some people might think.

"The shape people think they want is not always what

they end up liking after meeting with us," Atkinson explained.

"They haven't thought about it the same way we have. That's what our job is all about – to come in and put design criteria into play and find a way to make it really work for their space."

In addition to building and maintaining swimming pools, Atkinson also is Mount Pleasant's local dealer for Hot Springs spas, the world's leading brand of spa for the past 30 years. A wide variety of models are on display in Atkinson's showroom on Bowman Road in Mount Pleasant.

"A visit to our showroom to talk with one of our professionally trained spa experts will make the selection and buying process as easy and stress-free as it can be," Atkinson said. 🐼



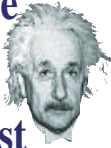
Photo provided by Atkinson Pools and Spas.

At Atkinson Pools and Spas, a custom pool isn't necessarily an expensive pool.

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Cooper's only full-service pool and spa company, visit www.atkinsonpools.com, call 843-881-3068 or drop by the showroom at 1113 Bowman Road in Mount Pleasant.

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Pictured left to right: John Thompson of Dish & Design Catering and Events and Matthew Schulz of Bistro Toulouse.

Photo by Cassandra Michelle Photography.

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Delicious Decisions

Spring Restaurant Reviews



EC EATS

East Cooper Dining Guide

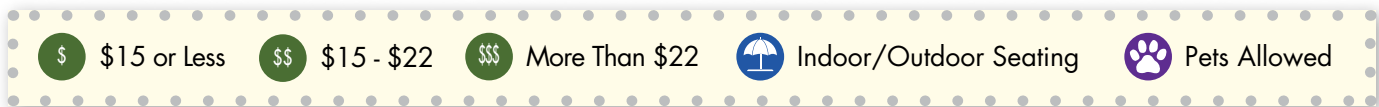
SINCE I'VE STARTED LIVING IN MOUNT Pleasant again, I've been keeping a makeshift restaurant list in my smart phone, listing all of the seafood spots, coffee shops and delis that I've found myself a frequent patron of, lest I should be stuck uttering those dreaded words, "Where should we go eat?" But now there's something better.

Readers of Mount Pleasant Magazine, rejoice! – we've come up with a handy guide to eating East of the Cooper whenever hunger strikes. East Cooper Eats is divided into five different areas of East Cooper: North Mount Pleasant, South Mount Pleasant, the Isle of Palms, Sullivan's Island and Daniel Island. Many thanks to my contributing editor, Stacy Domingo; co-managing editor, Brian Sherman; and

assistant, Lillian Miller, for their hard work on this project. Our goal is to keep you informed on the stuff that matters to you, including outdoor seating options and whether your furry children can come with you.

Everyone here at Mount Pleasant Magazine hopes that East Cooper Eats will help you find your favorite restaurants and then some. On the following pages, you'll discover a "taste" of each area – and you can find the entire East Cooper Eats guide, along with an interactive map, at our new website, www.MountPleasantMagazine.com/ECEats.

Denise K. James
Managing Editor



DANIEL ISLAND

Agaves Cantina opened in 2013 and is locally owned. Check out its beautiful interior décor, delicious eats and friendly service. **Cuisine:** Mexican • 885 Island Park Drive • 843-971-6790 • www.agavescantina.com •

Ali Baba Deli has traditional Greek and Mediterranean cuisine such as chicken and beef shawarma, lamb kebobs, gyros and stuffed grape leaves. Healthy and delicious crafted dishes are from recipes passed through generations. **Cuisine:** Mediterranean • 186 Seven Farms Drive, Suite 500 • 843-377-8666 • www.alibabacharleston.com •

At **Daniel Island Grille**, also known as **DIG**, hospitality is the driving concept. Opened in 2008, DIG boasts the biggest outdoor patios in Charleston, with plenty of space to enjoy the beautiful Lowcountry weather. **Cuisine:** American • 259 Seven Farms Drive • 843-377-8750 • www.dighospitality.com •

Dragon Palace is the first Charleston imperial garden Chinese bistro. Chef Cheng Sin Yung offers authentic Chinese cuisine in a charismatic oriental atmosphere. All dishes on the menu are carefully crafted and prepared

with originality in mind. **Cuisine:** Chinese/Asian • 162 Seven Farms Drive • 843-388-8823 • www.dragonpalacesc.com •

Hokey Pokey Handcrafted Ice Cream offers fresh churned ice cream and milkshakes. Visit their Facebook page to find out which flavors are available. **Cuisine:** Dessert/Ice Cream/Gelato • 162 Seven Farms Drive, #335 • 843-881-8686 •

Honeycomb Café is the perfect place to start your day with a scrumptious breakfast such as sweet blueberry pancakes or savory omelets with thick-cut bacon. Lunch is also served daily. **Cuisine:** American/Vegetarian • 162 Seven Farms Drive, #340 • 843-881-8686 • www.honeycombcfe.org •

The Islander on Daniel Island serves lunch, dinner and Sunday brunch. Serving inspired cuisine and cocktails in an open surrounding, The Islander offers guests a taste of the good life in a casual tropic atmosphere. Cuisine selections include fresh seafood, perfectly cooked meats, vibrant sushi and refreshingly bright salad selections. **Cuisine:** American/Seafood • 160 Fairchild St. • 843-388-6366 • www.holycityhospitality.com •

Laura Alberts is Daniel Island's best-kept secret. Laura Alberts offers farm-to-table cuisine for lunch, dinner and Saturday brunch. Try the fresh, local Southern cuisine with an innovative twist on traditional Southern favorites. *Cuisine:* Farm-to-table/Southern • 891 Island Park Drive • 843-881-4711 • www.lauraalberts.com • 🍷 • 🌿

ISLE OF PALMS

Acme Lowcountry Kitchen combines upscale yet casual elements of traditional coastal cuisine with classic fare. Breakfast, lunch and dinner are served in a casual beach atmosphere with local ingredients and sustainable seafood. *Cuisine:* American/Seafood • 31 J.C. Long Blvd. • 843-886-0024 • www.acmelowcountrykitchen.com • 🍷 • 🌿 • 🐾

Banana Cabana is committed to satisfying customers with great food, excellent service and a wide variety of delicious dishes for lunch and dinner. *Cuisine:* American/Seafood • 1130 Ocean Blvd. • 843-886-4360 • www.thebananacabanasc.com • 🍷 • 🌿

The Boathouse at Breach Inlet serves dinner nightly and Sunday brunch. Its roots run deep when it comes to Southern cooking, drawing from family recipes scrawled on cards in plantation kitchens to the modern locavore movement and relying on South Carolina's natural fresh abundance. *Cuisine:* Seafood • 101 Palm Blvd. • 843-886-8000 • www.boathouserestaurants.com • 🍷 • 🌿

Bushido Asian Restaurant & Bar has brought sushi to the island. Bushido offers a casual, fun dining experience while adding some Asian culture to your palate. Bushido is authentic Japanese and specializes in Chinese-Japanese and Thai cuisine. *Cuisine:* Asian • 1517 Palm Blvd., Suite A • 843-885-6121 • www.bushidoasian.com • 🍷

Coconut Joe's Beach Grill & Bar offers spectacular views of the Atlantic Ocean from its covered outside deck, air conditioned dining room or open-air rooftop bar. Come enjoy live music every night during the high season to find a bit of the Caribbean on the Isle of Palms. *Cuisine:* American • 1120 Ocean Blvd. • 843-886-0046 • www.coconutjoes.biz • 🍷 • 🌿

Coda del Pesce offers sweeping views of the Atlantic Ocean. Enjoy handmade pastas, fresh, local, Italian seafood-inspired cuisine and a stellar all Italian wine selection. *Cuisine:* Italian/Seafood • 1130 Ocean Blvd. • 843-242-8570 • www.codadelpesce.com • 🍷

SOUTH MOUNT PLEASANT

Ali Baba Mediterranean Cuisine has food for any occasion prepared by Chef Ismail Anej. They have a large selection of exotic sandwiches and plates for lunch and dinner. *Cuisine:* Mediterranean • 920 Houston Northcutt Blvd. • 843-388-0683 • www.alibabafalafel.com • 🍷

The Americano serves brunch, ceviche Americano, yellow fin tuna and Tres Leches French toast. There are many options as well as a full drink menu. *Cuisine:* Cuban/Latin/South American • 819 Coleman Blvd. • 843-352-2641 • www.theamericanomp.com • 🍷 • 🌿 • 🐾



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Andolini's Pizza makes fresh, hand-tossed New York style pies. They make their own dough, grate their own cheese and make fresh sauce daily. Dine in or carryout available. **Cuisine:** Pizza • 414 Coleman Blvd. • 843-849-7437 • www.andolinis.com • \$-\$\$

Aya Cookhouse serves dinner. The menu offers Korean fried chicken, soup dumplings, orange duck, Seoul food or 'Filli' Cheese Steak made with Philippino spiced beef. **Cuisine:** Asian/Chinese/Eclectic • 915 Houston Northcutt Blvd. • 843-352-2153 • www.ayacookhouse.com • \$-\$\$

Bacco opened in the summer of 2007 and has served Mount Pleasant dishes inspired by the northern regions of Italy. Their ever changing menu highlights seasonal dishes that stay true to the rustic and simple styles of cooking that Italy is known for. **Cuisine:** Italian • 976 Houston Northcutt Blvd. • 843-884-6969 • www.baccocharleston.com • \$-\$\$

Bakies makes all of their sweets (cakes, cookies, cupcakes and more) from scratch in their local bakery. They use top quality, fresh ingredients, real butter and cream

cheese. Bakies offers custom cakes, festive sweets and even baking classes. **Cuisine:** Baked Goods/Sweets • 426 W. Coleman Blvd., Sweet C • 843-881-2364 • www.bakiessc.com • \$-\$\$\$

Bambu Asian Bistro has been dedicated to offering the most memorable dining experience. They pick ingredients carefully and cook them in a healthy way. **Cuisine:** Asian • 604 Coleman Blvd. • 843-284-8229 • www.bambuasiansushi.com • \$-\$\$

At **Baroni's Pizza**, the sauce is a secret family recipe. Their crust is hand-tossed and their fresh veggies and toppings come from local farms. **Cuisine:** Pizza/Dine in/ Carryout • 1220 Ben Sawyer Blvd. • 843-388-3382 • www.baronispizza.com • \$

Bistro Toulouse has a modern interpretation of classic French dishes in a Parisian style bistro in Mount Pleasant. Offering creative cocktails, fine wine and craft beer, with exceptional service. **Cuisine:** French/Wine Bar • 1220 Ben Sawyer Blvd. • 843-216-3434 • www.bistrotoulouse.com • \$-\$\$

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Boulevard Diner has local favorites served in classic diner style. For diners seeking Southern comfort food, Boulevard Diner has that and more. They serve local favorites like meatloaf and fried okra, and you can expect a traditional Southern twist. **Cuisine:** Southern • 409 West Coleman Blvd. • 843-216-2611 • www.dinewithsal.com • \$

Bricco Bracco is a family friendly atmosphere that brings a little taste of New Jersey to Charleston. They focus on home-style cooking. **Cuisine:** Italian/Seafood • 1034 Chuck Dawley Blvd. • 843-352-2294 • www.briccobracco.net • \$\$ • ☂ • *Best Italian Food Winner* - 🏆

NORTH MOUNT PLEASANT

78° West Atlantic Coast is named for the popular fishing spot on the 78° longitude line. This family-friendly restaurant is new to the area. Enjoy flavors from the Caribbean Islands, Cuba, Jamaica, Southern cuisine and lobsters flown in from Kennebunkport every week.

Cuisine: American/Seafood • 2700 N. Highway 17, Unit C 120 • 843-388-2601 • www.78degreeswestsc.com • \$



A Dough Re Mi is a New York style pizzeria with several televisions for viewing. **Cuisine:** Pizza • 2700 U.S. Highway 17, Suite 100 • 843-881-6989 • www.adoughremi.com • \$ • ☂

Amalfi's specializes in Italian cuisine, using the finest and freshest products available. **Cuisine:** Italian • 664 East Long Point Road • 843-793-4265 • www.amalfisofmountpleasant.com • \$

Annie's Bistro Francais is the neighborhood's taste of France. Everything is fresh with no pre-packaging, and the food is made to order. **Cuisine:** French • 1795 N. Highway 17, #3 • 843-352-7690 • www.anniesbistrofrancais.wordpress.com • \$\$ • ☂

Ardoa Wine Bar provides an innovative way to sample premium wine by the glass. Taste vibrant wines paired with gourmet foods and desserts. Ardoa Wine Bar is French-inspired and offers great food selections. **Cuisine:** French/ Wine Bar • 1960 Riviera Drive, Suite D • 843-416-8262 • www.ardoawinebar.com • \$\$

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Bamboo Garden serves delicious Chinese food to take out or dine in, with a wide variety of dishes that include seafood, chicken and beef. *Cuisine:* Chinese • 553 Belle Station Blvd. • 843-849-8477 • www.bamboogardentogo.com • \$

Basil Thai invites you to celebrate refined Thai and an invigorating dining experience in the heart of Mount Pleasant. Gluten free and vegetarian options. *Cuisine:* Thai/Vegetarian/Gluten Free • 1465 Long Grove Drive • (843) 606-9641 • www.eatatbasil.com • \$ • 🍴

Big Game Bar & Grill is where Mount Pleasant watches the big games. There's a lunch and dinner menu and 18 televisions, including two big screens, to catch your favorite sports. *Cuisine:* American/Pub • 545 Belle Station Blvd. • 843-388-5711 • www.biggamesc.com • \$

Blue's Local Grill offers fun, casual dining in Mount Pleasant. *Cuisine:* American/Bar • 1905 Highway 41, Suite 305 • 843-216-3200 • www.blueslocalgrill.com • \$

SULLIVAN'S ISLAND

Dunleavy's Pub is proud to be a part of an endangered species, the family owned and operated business. *Cuisine:* American/Pub • 2213 Middle St. • 843-883-9646 • www.dunleavysonsullivans.com • \$ • 🍴

High Thyme is a favorite spot for the locals in the heart of Sullivan's Island, offering dinner as well as Sunday brunch and live music. *Cuisine:* American • 2213 Middle St. • 843-883-3536 • www.HighThymeCuisine.com • \$\$\$

Home Team BBQ is a popular spot for delicious wood-fired chicken wings, extensive libation options and plenty of live music. *Cuisine:* American/barbecue • 2209 Middle St. • 843-883-3131 • www.HomeTeamBBQ.com • \$ • 🍴

The Obstinate Daughter pays homage to the Revolutionary War history of Sullivan's Island. Open for lunch and dinner, as well as for Saturday and Sunday brunch. *Cuisine:* Italian/Pizza/Seafood • 2063 Middle St. • 843-416-5020 • www.theobstinatedaughter.com • \$\$

Poe's Tavern is located two blocks from the beach on beautiful Sullivan's Island. Named for Edgar Allen Poe, who enlisted in the Army and was stationed on Sullivan's Island, Poe's is best known for great burgers and drinks. *Cuisine:* American • 2210 Middle St. • 843-883-0083 • www.poestavern.com • \$ • 🍴

SALT at Station 22 is in the middle of Sullivan's Island, just blocks from the beach. Dinner is served daily, and Sunday brunch is one of the most delicious you will find in Charleston. *Cuisine:* American • 2205 Middle St. • 843-883-3355 • www.saltstation22.com • \$\$ • 🍴

Sullivan's Restaurant is a favorite for home cooked Southern favorites. Stop by for their scratch made desserts and famous seafood platters. Open for dinner seven days a week, plus weekend brunches. *Cuisine:* Southern/home-cooked • 2019 Middle St. • 843-883-3222 • www.SullivansRestaurant.org • \$\$

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The Story of Spring on Your Plate

The Old Village Post House

O

NE OF THE THINGS THAT we love most about springtime in the South is the reminder that we are not alone on this Earth – it is inhabited by other creatures and plants that nourish our spirits and bodies.

Now imagine sitting down to an evening meal carefully crafted by a chef who understands the importance of loving the land from which your vegetables sprung

BY DENISE K. JAMES

and the ocean that your fresh fish once called home. This is the goal that the Old Village Post House, a Mount Pleasant landmark, has for its guests: that their love for the Lowcountry and its history will translate into each dish prepared.

Forrest Parker, the chef at the Old Village Post House, is a native of Anderson and a proud graduate of T.L. Hanna High School. While attending the College of Charleston, Parker was seduced by the Lowcountry and became a licensed tour guide for the city of Charleston, an honor he holds to this day. Soon he applied his knowledge of Lowcountry history to the kitchen.

He shaped his craft under the tutelage of James Beard Award-winning chef Louis Osteen, at Osteen's eponymous Meeting Street restaurant.

"This was a highly influential time for me," said Parker. "We were a fantastic, tightknit team, keenly aware of the city's potential, and we all wanted to be chefs. We had mentors like Frank Lee, Louis Osteen and Donald Barickman, among others. These chefs were using Southern staples and giving them a contemporary edge using lux ingredients and refined technique."

Parker eventually headed north to become a chef at the Soaring Eagle and Mystic Lake casinos of the upper Midwest. After 10 years, he was offered an opportunity

as executive chef at Gaylord Opryland in Nashville, Tenn. The experience offered both intensely gratifying and challenging opportunities, none more so than the Nashville Flood of 2010.

"It was an experience I would never want to repeat, but I wouldn't trade it for anything. We worked through the summer, remediated the flooded space and reopened Opryland to our highest guest satisfaction ever," Parker said.

Parker arrived at the Post House three years ago and has stayed busy since. Also a writer, he is currently penning his

first cookbook, along with a companion app, but remains plenty engaged with the Post House.

"Dating to 1888, the Post House is uniquely beautiful," Parker explained. "We are in the historic Old Village of Mount Pleasant. We have a fantastic happy hour in our tavern, dinner service nightly, a phenomenal Sunday brunch, regular private dining functions from business meetings to weddings and six inn rooms. And if that's not enough, we're also busy implementing a composting program with our team to reduce our footprint. I've got plenty to keep me busy, but nothing I'd rather do."

Despite all that, Parker and his team update the menu every four to six weeks.

"The whole thing hinges upon what we call 'Maverick hospitality' and is central to our core values that our relationships as a team, with our provider partners and within the community, really define the Post House experience," Parker said.

Parker is already hard at work drafting menus for the spring and summer and charting the change of the seasons. In the meantime, he's on the line at the Post House. 🍴



Photos by Cassandra Michelle Photography.

Forrest Parker, the chef at the Old Village Post House, shaped his craft under the tutelage of award-winning chef Louis Osteen.

To learn more about one of Mount Pleasant's unique restaurants, visit www.mavericksouthernkitchens.com or call 843-388-8935.

Olive Love at The Crescent Olive

WHETHER YOU USE it to dress a salad, sauté some shrimp or apply to your skin for a youthful glow, nutrient-rich olive oil is essential for zesting up your cuisine and your life.

Legend has it that the goddess Athena generously bestowed the gift of the olive tree to humanity. And now one shop in Mount Pleasant is serving up a vast selection of the liquid gold worthy of the gods. From lip-smacking balsamics to subtle herb-infused olive oils, The Crescent Olive has quickly become a beacon for flavor seekers.

BY KALENE MCCORT

Since its opening in 2013, The Crescent Olive has attracted chefs, bakers and curious passersby. With more than 60 balsamic vinegars and olive oils on tap, you are sure to find several that you just can't live without.

"I love educating people about the overall health benefits of olive oil," said owner and self-proclaimed "casual foodie" Mike Easler. "What we sell will really cure what ails."

Similar to wine, each stainless steel jug is marked with the date when the oil was produced. Carrying olive oil based on the growing season, The Crescent Olive sources the finest from both the Northern and Southern hemispheres – switching them out every six months to ensure it is selling the very best.

"The fresher the crush date, the better it is going to taste and the better it is going to be for you," said Easler.

"We offer Certified Ultra Premium extra virgin olive oil," he added. "It trumps organic in terms of quality and freshness."

Aromatic and chock-full of antioxidants, it comes as no surprise to learn The Crescent Olive is the official olive oil

of Charleston Wine + Food.

While visitors are always encouraged to sample any flavor they desire, The Crescent Olive also hosts after-hour tastings where participants can gather up their crew, bring some wine and escape into a world where Coconut Balsamic and Sicilian Lemon dazzle the taste buds.

The ample space lends itself to hosting large groups, and chef-led cooking classes are held monthly. Getting to see, smell and taste how these prized liquids complement dishes is something you just won't find anywhere else.

While dipping pieces of bread into innovative flavors was satisfying, the real fun began when Easler brought out a scoop of vanilla bean ice cream. The robust tang of Espresso Balsamic Vinegar complemented the ice cream so well it

had me questioning what I had been doing with chocolate syrup all these years. Just one spoonful will melt away any skepticism surrounding the unusual pairing.

The bartenders at Crave, a restaurant located in the same shopping center, have caught on to the not-just-for-salad trend and created several signature cocktails using the fruit-infused balsamics.

"I think that the biggest misconception about olive oil is that it is just olive oil," said Easler. "There is definitely a vast difference in what lines the supermarket shelves, compared to what we carry here."

In addition to edible items, you'll find soothing soaps, scrubs and lotions made with vitamin-rich olive oil.

Hurry in and discover the limitless possibilities of balsamic and olive oil that will no doubt exceed your expectations and refine your palate. Whether you enjoy dunking focaccia in a melody of oils or using that same mix to scramble some eggs that are anything but ordinary, The Crescent Olive is for you. Listen up. Flavor is calling. 🫒



Mike Easler, who opened The Crescent Olive in 2013, with his wife, Charlotte.

Photo courtesy of The Crescent Olive.

To learn more about the lure of olive oil, visit www.thecrescentolive.com or call 843-388-0975.

Shem Creek's New Hot Spot Tavern & Table

I USED TO THINK THAT I LOVED meeting other writers. Not that it's changed – if any writers are out there reading this, look me up – but I've realized I love meeting *any* artist who is serious about his or her craft, food included. And when I met Katie Lorenzen-Smith, head chef at Shem Creek's new restaurant, Tavern & Table, I could tell right away that she is a passionate artist of food. The result of her diligence, as anyone

BY DENISE K. JAMES

who has tried the restaurant knows, is delicious.

Tavern & Table has been in business since the latter part of 2014. Proprietors Dianne and Cecil Crowley, who currently own Red's Icehouse and founded Wild Wing Cafe, decided to open a new restaurant "that reflected their own tastes." So far, they're pleased with the results: a gorgeous building with plenty of outdoor seating, designed by HGTV's Taniya Nayak; a menu that is versatile, seasonal and brimming with local flavor, thanks to Chef Katie; and a heartfelt following of Mount Pleasant and Lowcountry residents in just the first few months.

"When we dreamed up this restaurant, we wanted something casual – but fresh, handmade and delicious," Dianne Crowley commented.

Chef Katie attended the Scottsdale Culinary Institute and graduated in 2003 before taking a position at a restaurant called Elements at the Sanctuary Camelback Mountain Resort and Spa. But she didn't always know that she wanted to work as a chef. In fact, after college graduation, she got a job at Wells Fargo in her home state of Minnesota, only to be informed by a colleague that she should "make food for a living" after she supplied a company lunch. She worked at Elements for seven years, first as sous chef and pastry chef, then advanced to executive chef. Her mentor and longtime friend, Beau McMillan – of Food Network fame – helped along the way.

"As far as flavors I'm partial to, I've always loved Asian accents, which I did a lot of at Elements," Katie commented. "I love Peruvian food as well. Now, I've immersed myself in Southern cuisine."

One of the coolest things about Tavern & Table is that the menu changes daily; you could have lunch there all week long and not get bored, thanks to the "daily grind," "daily bread," and "daily special." Plus, the charcuterie program means that everything from chicken livers to foie gras is made in-house, along with adornments such as mustard and pickled veggies.

"The changing menu lets us try new things and see whether we should put them permanently on the menu," Katie mused.

A few of Katie's favorites on the current menu – which I quickly ordered while we spoke and declared undying love for – include the fire roasted local oysters, the pimento cheese and bacon jam and the salted caramel panna cotta. Meanwhile, Dianne can't get enough of Katie's food either and

praised the kale and Brussels sprouts salad that "converted her" to being a fan of Brussels sprouts.

"Katie's thought process about food – her flavor profiles, ideas and inventive pairings – have been a good fit," Dianne said. "We've found a great team."

Spring at Tavern & Table promises plenty of fresh produce obtained from local purveyors such as Limehouse Produce, Ambrose Farms, Charleston Oyster Company and Clammer Dave. Katie is looking forward to using local tomatoes and creating a light menu that patrons will enjoy while looking over Shem Creek. Even brunch is on the horizon.

"Charleston has been fantastic," Katie remarked. "It's good to meet other talented chefs and eat at other great restaurants. And I love Southern flavors – wherever you go, you have to embrace the cuisine." 🍷



Photo by William Quarles Photography.

Tavern & Table, Shem Creek's newest restaurant, offers plenty of outdoor seating and a versatile menu brimming with local flavor.

To learn more about Shem Creek's newest restaurant, visit www.tavernandtable.com or call 843-352-9510.

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Serious About Fun Juanita Greenberg's



ABOUT ALL JUANITA

Greenberg's Nacho Royale takes seriously is serving fresh, tasty and budget-conscious Mexican-inspired food and drink. And really, what could be more important than that?

The tall adobe-red building with teal windows and trim stands out on Coleman Boulevard, beckoning curious motorists. Inside, the brick walls that reach

toward the vaulted ceiling are adorned with funky décor – big signs lit with bright bulbs, sassy sayings, music paraphernalia, tchotchkes – and a giant Budweiser mural stretches across an upper wall. The large bar area features tall tables, while booths and regular tables are available in the main dining section. Colorful paintings cover the walls in a covered side patio, and there is additional outdoor seating. Flat-screen TVs project from every corner and behind the bar, keeping sports fans entertained.

With a location already established on King Street in downtown Charleston, local owners Michael and Edie Rabin opened the second Juanita Greenberg's in Mount Pleasant in 2011. They have created a haven of playfulness, where customers can check real-life worries at the door. Even the name "Juanita Greenberg" – a twist on the name of a family member – reveals a sense of humor that translates into a casual eatery designed to make patrons happy.

Edie Rabin described the philosophy behind the restaurant: "We like to keep it simple and fresh and good – and inexpensive."

The menu features a variety of "Mexican-ish" food, from giant burritos to tacos – traditional, fish, corn or

shrimp. The signature item, Nachos Royale, takes a crispy flour tortilla with black beans, pico de gallo and jalapeños, covered with Monterey jack cheese and topped with lettuce and a choice of eight different proteins such as tofu, chicken, steak or shrimp. Edie revealed that the restaurant plans to roll out new options for diners this spring.

"We are excited about our new menu changes," she said.

Aside from yummy food, the Rabins are also serious about making good drinks – especially when tequila is involved. They offer more than 20 different tequilas, and their popular margaritas are packed with pizzazz.

Whether a traditional frozen house margarita or a specialty Horny Margarita – Hornitos Reposado and house-made margarita blend – the concoction is sure to elevate an afternoon from mediocre to muy bueno. Of course, the beer selection is no joke, either, with most on tap ranging from \$3 to \$4.

Music lovers can catch live bands at least three nights a week, with featured acts such as Graham Whorley, The Reckoning Duo and HotBox. (For the most up-to-date live show information, visit Juanita Greenberg's Facebook page.) Those with kids can take advantage of discount family nights. If you are looking for a great deal, it's hard to beat a special of two tacos and a beer for only \$7, available all day, every day. And for late-night nosers, the kitchen is open until 1 a.m. seven days a week. There truly is something

for everyone.

"It's a great place for big parties and big families," Edie said. 🍹

Juanita Greenberg's is located at 410 W. Coleman Blvd. in Mount Pleasant. For more information, call 843-329-6224 or visit www.juanitagreenbergs.com.



Juanita Greenberg's adobe-red building with teal windows and trim stands out on Coleman Boulevard. It's pretty interesting inside as well.

Photos courtesy of Juanita Greenberg's.

For the Love of Food

The Golden Spoon Awards: The Foodies' Choice

A PERSON LIVING IN THE Lowcountry has a lot of which to be proud when it comes to eating and drinking. We live in a paradise of sorts when it comes to all things culinary, and national publications never let us forget it. From upscale dining, such as Jeffrey Steingarten's article about Sean Brock in *Vogue*, to ballpark food, such as the *Esquire's* "Eat Like a Man" column praising the RiverDogs concession stand, accolades of Charleston's cuisine run the gamut and make us all feel fortunate every time we lift our forks.

Now Mount Pleasant Magazine is introducing the Golden Spoon Awards as a way for local restaurants to hear good news from the locals. Basically, it's a way to say "I love you" to your favorite restaurants and let them know they've given you a good experience. At Mount Pleasant Magazine, we can't help but notice how excited our readers get about food – our restaurant reviews are some of the most widely read content; our *In Good Taste* section is thriving; and we get an incredible response whenever we give away anything food-related on

social media or ask for your favorite recipes.

The Golden Spoon Award results will be published in our September/October issue this year. That gives you plenty of time to get out in the warm weather, have a drink and your favorite meal anywhere in the tri-county area and tell us all about it.

The awards will consist of five different categories:

ambience of the restaurant; quality of service; quality of cuisine; selection of beers, wines and cocktails; and overall restaurant value. Each category

is represented by a spoon – hence the appearance of five spoons in our nifty new logo. The more spoons a restaurant has, the better. You'll also have the chance to write a short blurb describing your experience.

We look forward to hearing more about your favorite restaurants, and we urge you to share the news of the Golden

Spoon Awards with your friends outside of East Cooper, since we're extending the opportunity to win to any restaurant in the tri-county area.

From all of us at Mount Pleasant Magazine, bon appetit! We look forward to reading your answers. 🍴

To learn more, visit www.GoldenSpoonAwards.Restaurant.





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Let It Shine

Carolina Lanterns & Lighting

CHANCES ARE PRETTY GOOD that Jan Clouse, owner of Carolina Lanterns & Lighting, can guess where you live if you tell her about the electric and gas service to your Mount Pleasant community.

Her interest in lighting began in 1999 when she was building her own house.

“Park West was one of the first neighborhoods in Mount Pleasant to have natural gas, and I quickly realized that you could not find gas lanterns just anywhere,” said Clouse. “I went to a lighting store in my running outfit and asked about gas lanterns. The salesperson asked about my budget, which was \$3,500, and she informed me that my budget wouldn’t work. Then she turned her back on me to serve another customer.”

That’s what inspired Clouse to dive into the world of gas lanterns. Today she’s the owner of the highly successful Carolina Lanterns & Lighting.

“Our clients wanted more from us, and so in 2005 we incorporated all aspects of lighting, not just lanterns,” said Clouse. “We have supplied thousands of homes and businesses as well as entrances and street lighting throughout Charleston.”

The most popular exterior lantern is still the good old-fashioned 24-hour-a-day, seven-days-a-week burn lantern that illuminates many Charleston-area homes.

“The electronic ignitions are great in the Signature and Architectural Series, and the cost averages about \$15 a month for each lantern,” Clouse explained. “Choosing the right outdoor fixture is a critical final touch to a new home

or a newly refreshed home.”

Whether you are building a new home or renovating your current place, Carolina Lanterns & Lighting has the products and expertise to make each project happen. The retail staff assists clients who visit the showroom, while the outside staff travels to clients’ homes, helping them choose and place lighting. And the lantern side of the business has

certified staff capable of working in all areas.

Clouse encourages potential clients to visit the showroom, which is open six days a week and by appointment.

“We love for clients to bring in their plans and pictures and share lunch with us or enjoy a soda and popcorn on Saturdays. It’s a great way to discuss the project that is important to you,” she said.

To guide buyers in choosing the appropriate interior and exterior lighting, the staff will ask several pertinent questions about the purpose of the lighting. Is it utilitarian or possibly for reading or for romance?

“We are there for our clients from the beginning of the project and all the way to the very end,” explained Clouse. “I want our customers to know that they don’t have to go through a big corporation to get what they

want. Here at Carolina Lanterns & Lighting, you can go straight to the top, which is me. I’m involved in the buying, marketing and customer service on a daily basis. We get excited about your project with you.”

To learn more about the many options Carolina Lanterns & Lighting offers, call (843) 881-4170 or visit www.CarolinaLanterns.com.



Photo courtesy of Carolina Lanterns & Lighting.

Jan Clouse’s interest in lighting began in 1999 when she was building her own house. Today, she’s the owner of Carolina Lanterns & Lighting.



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Destination Chic

Celadon Home of Mount Pleasant

A SHOPPING TRIP TO CELADON in Mount Pleasant is almost certain to be an adventure. A local favorite for 20 years now, Celadon has a reputation of never featuring the same item twice. Instead, the home décor boutique makes a point of curating chic home fashions from across the country and around the globe.

The main buyers for the store – Rebecca Hawkins and Grace Toland – do a great deal of traveling to scout out pieces that would appeal to shoppers in Mount Pleasant and beyond. But trips to New York City, Los Angeles, Atlanta and other hubs of style and decor are just the beginning.

BY DENISE K. JAMES

Another key location is India, where, according to Celadon's marketing director, Taylor Sasser, "there are some great markets with one-of-a-kind pieces."

Sasser mentioned that another important reason for venturing to India for items that make Celadon special is the opportunity to "give back" – a practice they keep up on the local level as well – especially to the women's co-ops. The relationships that the shop has formed with these global purveyors help the store remain a unique place to outfit the home with fine furniture, rugs, knickknacks and more. Many of these items are authentic pieces, and many of them are made by hand.

"We do have a couple of brands that are made in the United States," Sasser added. "We strive to keep a good

mixture. But we like to pick and choose, meaning that we don't get all of everything from a single label."

Recently, the Celadon warehouse in the Navy Shipyard in nearby North Charleston has become a favorite for style-savvy shoppers who are hoping to find a deal. The warehouse is open two days a week as of right now – Wednesday and Saturday – and offers a hodgepodge of items that have arrived recently and have not made it into the Mount Pleasant store. There's also plenty of clearance items.

"It's like a game of finders keepers," Sasser remarked.

Other upcoming plans for this home décor boutique include going with the "green" movement – in fact, as Sasser and I spoke, construction to make the store solar-

power friendly was going on all around us. Most of the items for sale at Celadon are sustainable as well.

The Celadon staff, along with the shop's founder and owner, Steve Lesniak, hope to create a destination for those who seek to be inspired when it comes to decorating their home. Essentially, shoppers might think of Celadon as

a giant Pinterest board or a magazine brimming with ideas.

"We want to show what's trending for the home and what's in – even if you don't happen to buy anything that day," Sasser explained. "We do a lot of in-home design for our clients, and designers like to stop here as well and see what we have."

To learn more about Celadon, visit www.celadonathome.com or call 843-884-7005.



Photo courtesy of Celadon.

Celadon, a home décor boutique, makes a point of curating chic home fashions from across the country and around the globe.



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SWIFT APPLIANCE CARRIES just about every brand of washing machine, dryer, range, oven, freezer, refrigerator and dishwasher, has its own experienced in-house installation team and offers free delivery in Mount Pleasant and the surrounding area.

However, owner Nancy Swift considers her most important job to be helping her customers choose the appliance that's right for them.

"Our main goal is to educate our customers," said Swift, who opened the business in July 2012 after relocating to the Lowcountry from New Jersey. "We want to sell them something that will fit their needs, rather than just selling them an appliance. We spend the time to make sure they understand exactly what's out there."

Customers, who come from as far away as Summerville, North Charleston and Hanahan, can see most of "what's out there" in the Swift Appliance showroom in the East Cooper Plaza Shopping Center. The business carries major brands, including Whirlpool, Jenn-Air, Frigidaire, General Electric, KitchenAid, Waste King, Marvel, Bertazzoni, GE Monogram, Lynx, XO, Blomberg, Bosch, Samsung, Sharp and LG. Swift Appliance has many items in stock, and anything that has to be special ordered won't take long to arrive.

Swift, who sells both to residential homeowners and builders, pointed out that she is the only Bosch Benchmark dealer in Mount Pleasant. The new line of Bosch products, introduced last year, includes side-opening wall ovens, already popular in Europe but still relatively rare in the United States, as well as steam convection ovens.

"The Bosch Benchmark line offers the little things that make your kitchen that much better," Swift said.

Regardless of which brand her customers choose,

Swift's highly-qualified installers will be able to make it fit in their kitchen, whether the job includes cutting granite, modifying cabinets or even running gas lines. The company doesn't depend on subcontractors to do the work.

"You're not going to get that from anyone else. Most companies sub out their installations. We can retrofit pretty much anything," Swift said. "It's one-stop shopping. We can do everything."

That includes in-home consultations with potential customers to determine exactly what they want, whether what they want is possible and approximately what they can afford.

Swift said she also looks out for her customers' financial health. For instance, she said if she knows a manufacturer will be offering a rebate in the near future, she'll suggest that the customer wait before making a purchase.

"We work for our customers and make sure they get the best bang for their buck," Swift commented.

Swift's dedication to customer service extends to its business hours – the store is open seven days a week.

Another way Swift helps her customers is by keeping up with trends in the appliance industry. She pointed out that many people are choosing gas over electricity and that energy-

efficient induction cooking surfaces, which provide quicker and more evenly distributed heat, are becoming increasingly popular. Induction cooking has been around for decades, but it's only become affordable for most people in recent years. She added that potential buyers are showing a lot of interest in top-load, high-efficiency washing machines.

And, as far as colors are concerned, white is trendy "but stainless steel is not going away."

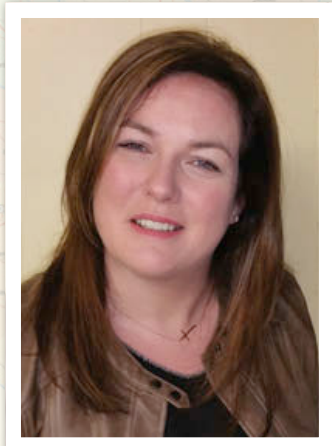
Swift Appliance is located at 625 Johnnie Dodds Blvd. in Mount Pleasant. To find out more, visit www.swiftappliance.com or call 843-388-7283.



Nancy Swift considers her most important job to be helping her customers find the appliances that are right for them.

Photo courtesy of Swift Appliance.

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BY JULIE THIGPEN

The business is Mount Pleasant's premier place for one-of-a-kind frames; frame repairs; antique photographic restoration; and shadow boxes of all types. Havens Fine Framing is also adept in the treatment of needlework and antique embroidery, canvas stretching and intricate matte design with typesetting.

Established in 1968, Havens Fine Framing has been located in Mount Pleasant since 1979 and has been cited for years as the "Best Frame Shop" by Charleston City Paper. Its high-quality frames – many of them hand-carved and hand-gilded – are the creations of artisans from all over the United States, as well as from Italy, Peru and other places. Havens can take what might be a mundane frame job in another shop and turn it into a unique heirloom piece that any family would be delighted to pass down from generation to generation.

Havens will come to your home or business for a consulta-

tion and pick up, work on, deliver and install your frame.

Havens Fine Framing has other items from which to choose, such as hand-painted acrylic boxes, unique hand-painted or fabric mattes and giclée – museum quality inkjet prints on your medium of choice, including fine art cotton rag paper, photo paper or canvas. Another specialty of Havens is custom mirrors. You can choose the size and shape of your mirror, as well as the size of the bevel and the custom, hand-designed frame. Havens will visit your home or business to consult, measure, design and install your customs mirrors.

Having all the expertise, experienced staff and cutting-

edge machinery under one roof guarantees 100 percent attention to quality control and personal detail in every custom frame job, custom mirror and piece of fine artwork or photography. Conserving your precious work is the hallmark of Havens Fine Framing's entire staff. They use 100 percent acid-free mattes and acid-free backing, UV glass and UV low-reflection museum glass.

Whether it's a photo, art on canvas, art on paper or even a cherished piece of child's artwork, your treasures will be properly framed and protected. Havens Fine Framing knows that much of its work will be handed down as heirlooms, and its owners take great pleasure in helping your treasures through that journey in time. 🖼️

Havens Fine Framing is located at 1070 Johnnie Dodds Blvd. in Mount Pleasant. To learn more, visit www.havensfineframing.com or call 843-881-1543.



Photos courtesy of Havens Fine Framing.

Havens Fine Framing is Mount Pleasant's premier place for one-of-a-kind frames; frame repairs; antique photographic restoration; and shadow boxes of all types.



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The Best for Your Nest

Gamble Home Services

GAMBLE HOME SERVICES has been the leader in managing, maintaining and renovating homes on Kiawah and Seabrook Island for more than two decades. Now the family-owned company's president,

Mark Frisch, is bringing his experience and expertise to the East Cooper area, offering his unique brand of quality maintenance, long-term home care, renovation and remodeling services to residents of the Isle of Palms, Sullivan's Island, Mount Pleasant and beyond.

BY JULIE THIGPEN

Tori Stein, vice president of Gamble's Renovation, Remodeling and Design Division, and Project Manager Darren Dennis are the experts behind the company's long-term success – they have won six awards recently for their renovation design services. Stein spends a lot of time listening to exactly what her clients want, guiding every aspect of the remodeling process. Her goal is to make certain every client is completely satisfied.

When you are away, Gamble Home Services is dedicated to protecting your home. It's comforting to know that your most valuable asset is in the capable hands of an elite team of professionals.

"My goal is to make life as simple as possible for you," Frisch commented. "We offer a high-touch personalized service."

He explained that as a homeowner, you will be assigned a home service manager who will create a customized

inspection protocol to closely monitor your home while you are away. Keep in mind that you are the boss and can tailor your interior and exterior inspections to your personal needs. Gamble offers the convenience of taking care of every aspect of your home while you are away, including quickly identifying maintenance problems with the potential to become a serious issue.

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Photo provided by Gamble Home Services.

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MOUNT PLEASANT SHUNS the label of being a boring suburb, largely due to the number of thriving, family-owned businesses that keep the community humming. One such business is the Crosby Insurance Group, a proud family-owned and operated independent insurance agency founded by Rick Crosby in 1994. Recently, Rick, who has been in the business for over 30 years, was joined by his son, Davis Crosby.

BY MIRANDA S. STEADMAN

The father-and-son team is one of the only companies in the area to offer a wide range of insurance benefits, such as life, disability, long-term care and employee benefits. The company provides protection for their clients' autos, boats and homes, including rental insurance, flood insurance and high-risk auto insurance. The Crosby Insurance Group offers estate planning, retirement planning and succession planning for businesses, as well as commercial property insurance, business owner protection and workers' compensation plans.

A South Carolina native, Rick Crosby graduated with a bachelor's in Business Administration from the Citadel in 1975. He specializes in life and health insurance, as well as in retirement and estate planning. He is a licensed property and casualty agent, a licensed life and health agent and earned the designation of Registered Health Underwriter from The American College.

Meanwhile, Davis Crosby graduated from Clemson University in Business Management and grew up in Mount Pleasant. His field of expertise is auto, home, flood, boat and umbrella insurance.

In other words, there is always someone available

to provide one-on-one help at the Crosby Insurance Group. The company is small enough to give its clients the attention they deserve yet big enough to provide the services they need. To Rick and Davis, it's about creating a partnership with clients to ensure that they can focus on what they do best, whether it's being a mom, running a business or just enjoying life.

"Whether our needs are simple or complex, they are always willing to jump in and handle the details," affirmed Helen Hill, executive director of the Charleston Area Convention & Visitors Bureau. "Every interaction we have with Crosby Insurance Group is positive and reaffirms why we continue doing business with them year after year."

"I have trusted Crosby Insurance Group with my employee benefits and insurance needs for years. They do such an outstanding job getting to know their clients, and, because of that, they are able to make recommendations that fit our needs. They always come back with the best value," said Rod Moseley,

president of Bulldog Hiway Express.

In addition to providing insurance and financial planning services to area residents, the Crosbys both are active in the community. Davis volunteers with various groups, while his father is chairman of the Mount Pleasant Waterworks Commission, a member of the town's Economic Board of Development and an elder at Mount Pleasant Presbyterian Church. He is also past president of the Citadel Alumni Association. 🐾

Crosby Insurance Group is located at 802 Coleman Blvd. in Mount Pleasant and at 110 South Cedar St. in Summerville. To learn more, visit www.crosbyinsurancegroup.com or call 843-971-5386.



Photo by Brandon Clark.

Rick Crosby, left, of Crosby Insurance Group, was recently joined in the business by his son, Davis Crosby.

TOP TEN MOST EXPENSIVE HOMES SOLD 2014

South Mount Pleasant, S.C.

| MLS LISTED PRICE | LISTING AGENT LISTING COMPANY | SELLING AGENT SELLING COMPANY | DAYS ON MARKET | SELLING PRICE |
|------------------|--|---|-------------------|---------------|
| 1) \$2,800,000 | Helen Geer William Means Real Estate | Charles T. McIntosh The Cassina Group | 345 | \$2,600,000 |
| 2) \$2,495,000 | Brian G. Mello Handsome Properties, Inc. | Martha D. Freshley William Means Real Estate | 95 | \$2,400,000 |
| 3) \$2,195,000 | Michelle McQuillan William Means Real Estate | Toby Spahr Carolina One Real Estate | 68 | \$2,000,000 |
| 4) \$2,150,000 | Leigh P. Rowe Carolina Elite Real Estate | Mark Richmond Harbourtowne Real Estate | 52 | \$1,900,000 |
| 5) \$1,925,000 | Karla M. Leahy Harbor City Real Estate Advisors | Susan Altman Carolina One Real Estate | 4 | \$1,885,000 |
| 6) \$1,925,000 | Ed Hunnicutt Carolina One Real Estate | Charles T. McIntosh The Cassina Group | 18 | \$1,825,000 |
| 7) \$1,675,000 | Nancy W. Hoy Carolina One Real Estate | Bill H. Johnson Disher Hamrick & Myers | 332 | \$1,650,000 |
| 8) \$1,800,000 | Michelle McQuillan William Means Real Estate | Jane Stoney Cook Daniel Ravenel Sotheby's | 333 | \$1,600,000 |
| 9) \$1,600,000 | Charles Epps Carolina One Real Estate | Everett Presson Carolina One Real Estate | 1 | \$1,600,000 |
| 10) \$1,635,000 | Nancy W. Hoy Carolina One Real Estate | Wallace Barr Harbourtowne Real Estate | 596 | \$1,595,000 |

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TOP TEN MOST EXPENSIVE HOMES SOLD 2014

Daniel Island, Mount Pleasant, S.C.

| MLS LISTED PRICE | LISTING AGENT LISTING COMPANY | SELLING AGENT SELLING COMPANY | DAYS ON MARKET | SELLING PRICE |
|------------------|--|--|----------------|---------------|
| 1) \$4,500,000 | Leslie Turner Handsome Properties, Inc. | Casey Kellermann Prestige Real Estate | 168 | \$3,400,000 |
| 2) \$3,999,900 | Sally E. Castengera Daniel Island Real Estate Co. | Lee Keadle Carolina One Real Estate | 389 | \$3,345,000 |
| 3) \$3,399,900 | Brenda J. Cook Hayden Jennings Properties | Brian E. Connolly Daniel Island Real Estate Co. | 46 | \$3,000,000 |
| 4) \$2,599,000 | Connie Dittrich Carolina One Real Estate | Brian E. Connolly Daniel Island Real Estate Co. | 46 | \$2,415,300 |
| 5) \$2,299,000 | Scott B. Campbell Prestige Real Estate | Scott B. Campbell Prestige Real Estate | 230 | \$2,050,000 |
| 6) \$1,995,000 | Meg Latour Daniel Island Real Estate Co. | Meg Latour Daniel Island Real Estate Co. | 0 | \$1,995,000 |
| 7) \$1,599,000 | Brenda Cook Daniel Island Real Estate Co. | Jimmy Dye The Cassina Group | 161 | \$1,555,000 |
| 8) \$1,549,000 | Meryl L. Cromarty Daniel Island Real Estate Co. | Sue Skelton Campbell Prestige Real Estate | 219 | \$1,550,000 |
| 9) \$1,575,000 | Richard C. Adams Daniel Island Real Estate Co. | Richard C. Adams Daniel Island Real Estate Co. | 23 | \$1,550,000 |
| 10) \$1,590,000 | Rebecca G. Linegner The Boulevard Co. LLC | Janet Newham Carolina One Real Estate | 16 | \$1,508,750 |

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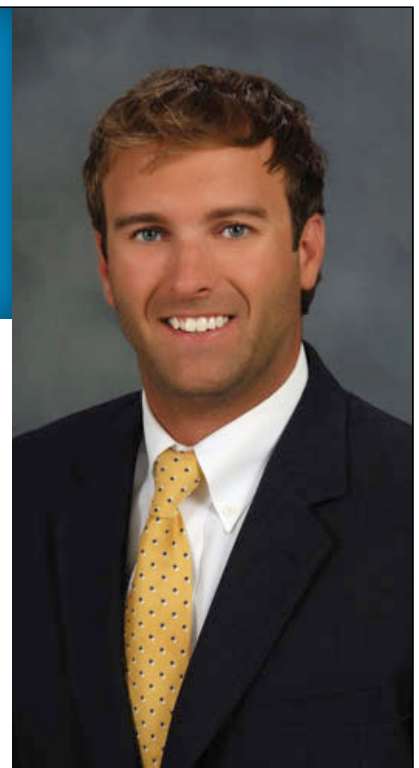


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North Mount Pleasant, S.C.

| MLS LISTED PRICE | LISTING AGENT LISTING COMPANY | SELLING AGENT SELLING COMPANY | DAYS ON MARKET | SELLING PRICE |
|------------------|--|---|-------------------|---------------|
| 1) \$2,199,000 | Matt O'Neill Matt O'Neill Real Estate | John Denning Wild Dunes Real Estate | 288 | \$1,900,000 |
| 2) \$2,000,000 | Matt O'Neill Matt O'Neill Real Estate | Paul LeClaire Keller Williams Realty | 288 | \$1,900,000 |
| 3) \$1,795,000 | Michael J. Davis Prestige Real Estate Group | Rick Atkinson Carolina One Real Estate | 21 | \$1,717,500 |
| 4) \$1,674,000 | Melinda Miller AgentOwned Preferred Group | Martha D. Freshley William Means Real Estate | 114 | \$1,665,000 |
| 5) \$1,780,000 | Will Dammeyer William Means Real Estate | Brian Hauck The Boulevard Company, LLC | 200 | \$1,500,000 |
| 6) \$1,590,000 | Nancy W. Hoy Carolina One Real Estate | Brian G. Mello Handsome Properties Inc. | 1081 | \$1,490,000 |
| 7) \$1,495,000 | Holly W. Culp AgentOwned Preferred Group | Gary T. Short Keller Williams Realty | 7 | \$1,400,000 |
| 8) \$1,399,000 | Sheila Romanosky Carolina One Real Estate | Dustin Crooks Keller Williams Realty | 253 | \$1,290,000 |
| 9) \$1,195,000 | UNREPRESENTED UNREPRESENTED | Alicia E. Mendicino Carolina One Real Estate | 65 | \$1,130,000 |
| 10) \$1,189,000 | Ed Marill Remax Alliance | Clay Cunningham Carolina One Real Estate | 102 | \$1,121,500 |

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Isle of Palms, S.C.

| MLS LISTED PRICE | LISTING AGENT LISTING COMPANY | SELLING AGENT SELLING COMPANY | DAYS ON MARKET | SELLING PRICE |
|------------------|--|--|----------------|---------------|
| 1) \$5,400,000 | Mel Miles Sand Dollar Real Estate Group | Chad S. Colman The Bluestone Brokerage | 250 | \$4,986,363 |
| 2) \$4,700,000 | Robertson Allen The Cassina Group | Olin B. Chamberlain Carriage Properties, LLC | 177 | \$4,200,000 |
| 3) \$4,250,000 | Randy Walker Dunes Properties of Charleston, Inc. | Charlie Aikman Carolina One Real Estate | 33 | \$3,217,500 |
| 4) \$2,695,000 | Mac M. Jenkinson Carolina One Real Estate | Nancy W. Hoy Carolina One Real Estate | 366 | \$2,540,000 |
| 5) \$2,750,000 | Jace B. Boozer The Beach Company | Dawn M. Marquez Charleston Home Properties | 585 | \$2,500,000 |
| 6) \$2,399,000 | Jimmy Carroll Carroll Realty | Joseph N. Walker Dunes Properties of Charleston | 291 | \$2,300,000 |
| 7) \$2,500,000 | Darla A. Hood East Islands Real Estate | Mary Curry East Islands Real Estate | 152 | \$2,150,000 |
| 8) \$2,485,000 | Jim M. Covington The Beach Company | Charles Epps Carolina One Real Estate | 582 | \$2,100,000 |
| 9) \$2,190,000 | Matthew J. DeAntonio Carroll Realty | Robert E. Neumann Carolina Elite Real Estate | 55 | \$2,050,000 |
| 10) \$2,147,000 | Joseph N. Walker Dunes Properties of Charleston, Inc. | Ashley A. Haynes East Islands Real Estate | 29 | \$1,950,000 |

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TOP TEN MOST EXPENSIVE HOMES SOLD 2014

Sullivan's Island, S.C.

| MLS LISTED PRICE | LISTING AGENT LISTING COMPANY | SELLING AGENT SELLING COMPANY | DAYS ON MARKET | SELLING PRICE |
|------------------|--|--|-------------------|---------------|
| 1) \$2,750,000 | Kerri E. Devine | Laurie M. Thornhill Places, LLC | 0 | \$2,750,000 |
| 2) \$2,749,000 | William E. Danielson Matt O'Neill Real Estate | Vickie L. Branch Carolina One Real Estate | 48 | \$2,599,000 |
| 3) \$2,575,000 | Timothy M. Reese Dunes Properties of Charleston, Inc. | Timothy M. Reese Dunes Properties of Charleston, Inc. | 692 | \$2,450,000 |
| 4) \$2,590,000 | Cuyler Applegate Applegate Real Estate | Ulf D. Hartwig Avocet Properties | 278 | \$2,350,000 |
| 5) \$2,450,000 | Everett Presson Carolina One Real Estate | Robbie M. Hollings Carolina One Real Estate | 297 | \$2,262,500 |
| 6) \$2,395,000 | Everett Presson Carolina One Real Estate | Everett Presson Carolina One Real Estate | 830 | \$2,050,000 |
| 7) \$2,050,000 | Everett Presson Carolina One Real Estate | Richard Halsey Carriage Properties, LLC | 37 | \$2,000,000 |
| 8) \$1,875,000 | Timothy M. Reese Dunes Properties of Charleston, Inc. | Charlie Aikman Carolina One Real Estate | 34 | \$1,875,000 |
| 9) \$2,195,000 | Timothy M. Reese Dunes Properties of Charleston, Inc. | Richard S. Liipfert The Cassina Group | 179 | \$1,825,000 |
| 10) \$1,795,000 | Lindsay Malanos Carriage Properties, LLC | Lenora K. White Daniel Ravenel Sotheby's | 19 | \$1,795,000 |

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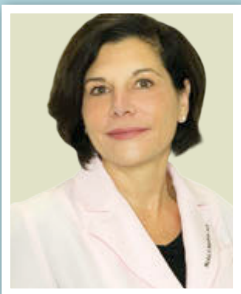
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VACCINATIONS: THE CURE IS LESS PAINFUL THAN THE DISEASE



THERE HAS BEEN NO lack of discussion about vaccinations recently. While Hollywood stars have warned their fans against immunizations, the Centers for Disease Control and Prevention has repeatedly sung the praises of drugs developed to protect people

BY STACY E. DOMINGO

of all ages from sometimes deadly diseases.

“Vaccinations prevent diseases that can cause severe problems,” said Dr. Harriet Hansen of MUSC Physicians Primary Care, who is board-certified in Family Medicine and treats patients of all ages. “Vaccinations are one of the most important improvements in public health.”

For example, there is no cure for the once-dreaded polio, but, because of vaccinations, it is now rare. On the other hand, chickenpox and whooping cough can easily be prevented, but they are becoming more common in the United States because many people choose not to vaccinate.

“Controversial findings have heightened fears about the side effects

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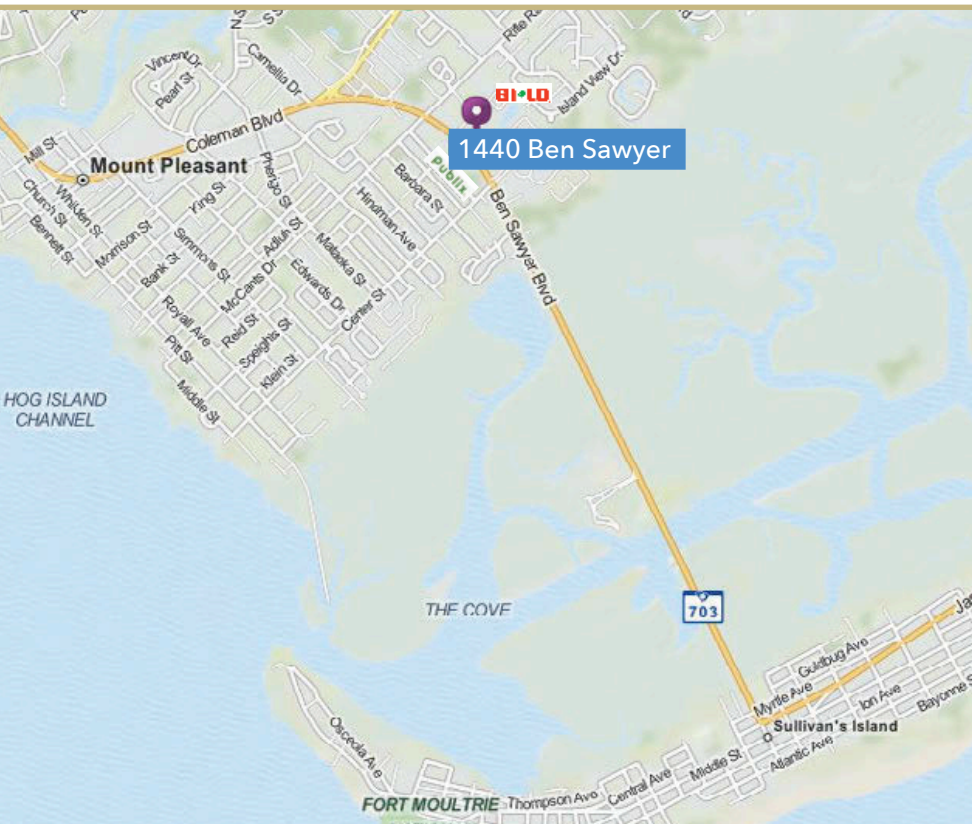
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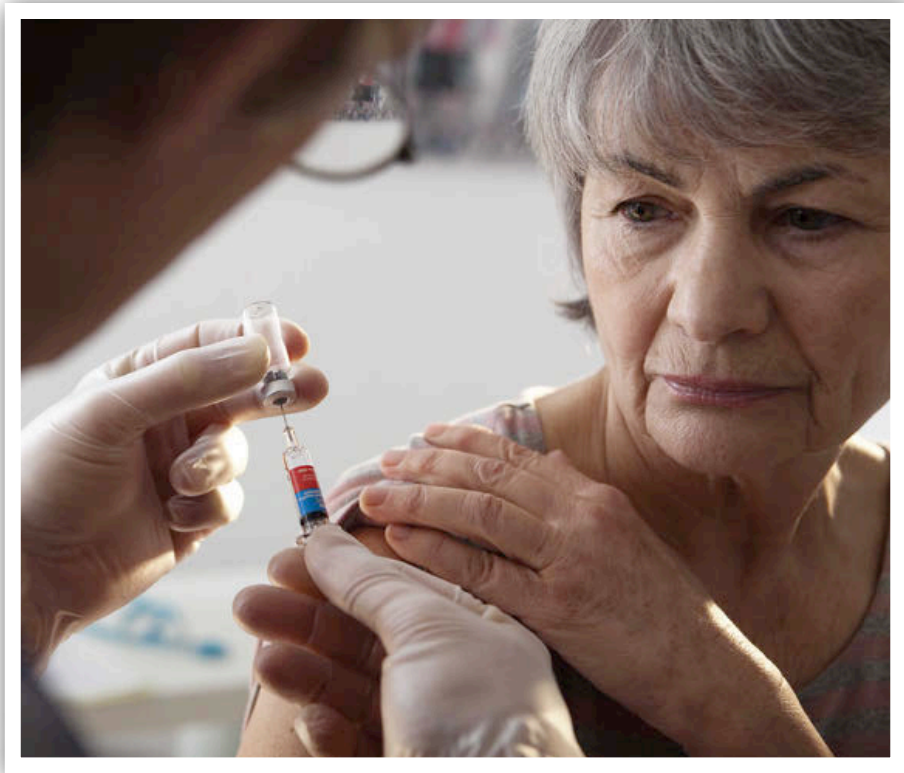
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of vaccines that had been used to prevent the spread of deadly diseases,” explained Dr. Jill Aiken of Sandlapper Pediatrics, a Roper St. Francis Physician Partners practice. “Parents became afraid that their children would end up with autism, and some TV personalities perpetuated this myth. It took a while for the media to realize these assertions were not based on reliable research.”

So what are immunizations? According to the CDC, vaccines contain the same germs that cause disease. For example, the measles vaccine contains the measles virus, which has been weakened to the point that it doesn’t make a person sick. A vaccine stimulates the immune system to produce antibodies, exactly like it would if someone was exposed to the disease. Once people are vaccinated, they develop immunity to the disease.

Most adults can remember that as children, they scratched those red welts that plagued them for days or even weeks. But their parents knew that once they recovered from chickenpox, they wouldn’t have to deal with it again. Or at least they thought they knew. In fact, if you had



chickenpox as a child, you carry the varicella zoster virus and the possibility of shingles, a painful rash that can cause loss of vision. According to the CDC, a million Americans a year suffer from shingles.

“When patients reach 60, they should get the shingles vaccine,” said Dr. Hansen. “Other routine adult vaccinations, like tetanus and TDAP

(tetanus, diphtheria, pertussis) should be every 10 years.”

Vaccinations can prevent many diseases, including influenza, pneumococcal, hepatitis B and human papillomavirus (HPV).

Each year, an average of 226,000 people are hospitalized with influenza, and between 3,000 and 49,000 die, according to the CDC. Probably

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the most well-known of all viruses, the flu is a viral infection of the nose, throat and lungs. Older adults and those with certain health conditions are at high risk for serious complications. The vaccination, easily accessible at your neighborhood pharmacy, is covered by most insurance plans.

In 2012, there were approximately 32,000 cases of invasive pneumococcal disease, an illness caused by bacteria, with 3,300 of them leading to death, according to the CDC. Chronic hepatitis B affects 800,000 to 1.4 million people, with complications such as liver cancer. A blood-borne disease, its victims can suffer from flu-like symptoms. HPV causes about

17,000 cancers in women and about 9,000 cancers in men annually.


“It is important to get your child vaccinated with the HPV vaccine before age 11 or before their sexual


debut because once he or she gets the virus, it is too late. Sexual debut encompasses any type of sexual activity,” Dr. Aiken explained. “This is a recommended vaccination. Parents make



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the final decision, and, as a doctor, I am your consultant.”

When children are young, it is easy for parents to get them to the pediatrician for their routine shots. However, as they get older, fewer adolescents get the appropriate vaccinations or boosters. Their activity schedules are busier and concerns about what are deemed to be childhood diseases are forgotten until they actually become ill.

Dr. Aiken pointed out that meningitis used to be a serious problem, but vaccinations in the United States have helped halt its spread.

“You would hear about it at colleges or other crowded living conditions such as Army barracks. Now we give a vaccine at their 11-year old booster, where before it was only given before heading off to college,” she said.

Side effects can occur with any medicine, including vaccinations, with the most common being a low-grade fever, rash or soreness around the injection site. According to the CDC, the risk of serious complications from a disease that could have been prevented by vaccination is far greater than the risk of a serious reaction to a vaccine.

As both Dr. Hansen and Dr. Aiken attest, immunizations play a crucial role in the health of individuals and of the East Cooper community. 🐼

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MAKING MIRACLES ROPER REHABILITATION SERVICES



Anthony Macchio-Young has made great strides at the Roper Rehabilitation Hospital, with help from Katherine Bennett, PT, DPT.

IT WAS A TRIUMPHANT return to Roper Rehabilitation Hospital. I was powered by my own two feet – not a limp in sight – appropriately dressed in street clothes (“It’s nice to see you dressed up,” Dr. Douglas McGill said.) and excited to learn about the new advances in therapy and care since my extended stay in 2010.

BY BARBARA MILLEN PATRICK

As I type these words, I am grateful to Caitlin West, who, as my occupational therapist, was charged with coaxing movement – even the smallest twitch – from my suddenly useless right hand. And when I head out for a walk, I hear my physical therapist Jessica Trego’s voice urging me to walk a little further. Struck down by a stroke, my life changed in an instant and I, quite literally, became an invalid.

I was encouraged to go to a rehab hospital for intensive therapy. I chose Roper Rehabilitation Hospital for two reasons: It was conve-

niently located and it was CARF (Commission on Accreditation of Rehabilitation Facilities) certified. It is the only Lowcountry hospital to hold the CARF certification, one of only three in the state accredited for stroke rehab and one of only two accredited for brain injury and spinal cord injury. I spent the better part of a month as an inpatient, followed by several weeks of additional outpatient rehab.

So when my friend – and Media Services publisher – Bill Macchio’s son suffered a traumatic brain injury, I knew Anthony could benefit from Roper’s services. He has made great strides since starting outpatient therapy, and it seems possible that one day his wheelchair will be a thing of the past.

According to Cathy Therrell, director of Roper Rehabilitation Hospital and Rehabilitation Services, about 1,100 people pass through during the course of the year, with the length of stay varying from three days to three months. The 52-bed

hospital is inside the main hospital on Calhoun Street and serves patients with a variety of conditions that include stroke, spinal cord injury, brain injury, serious fractures and knee and hip joint replacements, as well as neurological disorders such as multiple sclerosis, Guillain-Barré syndrome and Parkinson’s disease. Recovery is a multifaceted team effort led by a physiatrist and involving physical therapists, occupational therapists, recreational therapists, speech and language pathologists and neuropsychologists. Social work case managers are available to help make sense of the patients’ suddenly altered lives.

Many advances have been made just in the last few years that are helping patients recover more of their lost abilities. The ReoGo is a robotic device that helps regain upper body strength essential to fight neurologic conditions. Bioness equipment helps diminish issues such as foot drop and hand function and the functional electrical stimulation

bike system increases success with upper and lower body re-training. Perhaps most amazing is the ReWalk exoskeleton, which is helping spinal cord injury patients realize the dream of walking again.

Shaun Lee is one of them. After a C7 spinal cord injury in 2013, Lee has been in outpatient therapy for about a year and is working hard to improve the quality of his life.

"I'm very thankful for the help. The good thing is the people I've met here," Lee said, adding that the therapists and staff have "kept me together."

Eighty percent of the patients at

the Center for Spinal Cord Injury are able to return home. The CSCI schedules about a dozen outpatient appointments one day per month in addition to its inpatient rehab services.

While brain injury and stroke differ in origin, the neurological issues are often similar. The Brain Injury Program and Stroke Specialty Program both are headed by Dr. McGill. Again, patient satisfaction is high and most are able to return to their homes.

Anne Clarke has high marks for her inpatient therapy program. When her foot quit working, diagnostic tests

revealed a tumor that was removed during brain surgery. Now she's retraining her body. It is not easy, but the optimism of the staff enhances the chances for a positive outcome.

"I go to rehab and work and work," Clarke said, referring to the intensive therapies, which average about three daily at least five days per week. "The care has been exceptional. I definitely feel the therapy is helping."

The bar is set high both for patients and staff. Patients are expected to work hard to achieve their goals. Registered nurses are highly trained in the field, and 80 percent are certified rehabilita-



Shaun Lee, left, has been in outpatient therapy for about a year and is working hard to improve the quality of his life. Anne Clarke, center right, is retraining her body after recovering from having a tumor removed during brain surgery. To her right is Katie Gillespie, PT, DPT, NCS.


tion registered Nurses. Therapists likewise have completed rehab-specific training and earned a number of certifications. Doctors are board certified in physical medicine and rehabilitation. They are highly rated, not just because

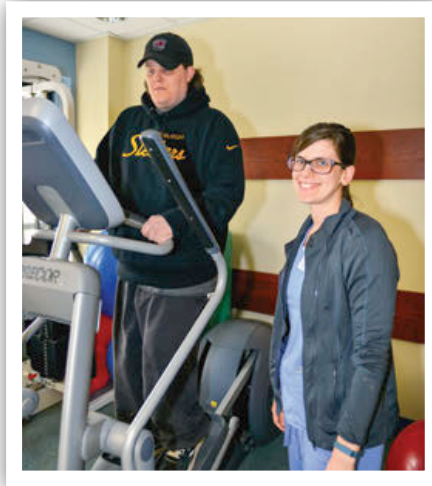
of the number of patients who are able to go home but also because of the number of patients who consider their care to be excellent. It is no wonder that patients from all over the state are attracted to the facility's inpatient and outpa-

tient services.

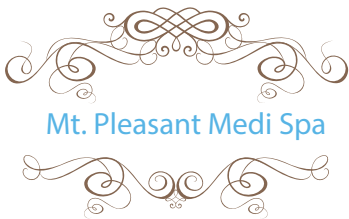
But Roper Rehab also offers one extra that doesn't have an official certification. It is called hope.

Miracles really do happen at Roper Rehabilitation Hospital.

I am one. 



Left: Anne Clarke credits the optimism of the staff at the Roper Rehabilitation Hospital with helping her maintain her own positive attitude. Center: Shaun Lee works hard, with encouragement from Jamie Hamric, PTA. Right: Cathy Therrell is the director of the facility.



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Health Care Is a Team Effort

East Cooper Hospital, MUSC and Roper St. Francis

SINCE MY SON, ANTHONY MACCHIO, suffered a traumatic brain injury in San Francisco on Feb. 1, 2013, we've traveled to the West Coast and back, and we've benefited from some of the best health care services this country has to offer. We've received invaluable help from Stanford Hospital in Palo Alto, a Vibra Healthcare acute care hospital in Kentfield, California, and the Shepherd Rehabilitation Center in Atlanta.

BY BILL MACCHIO

Anthony continues to receive award-winning treatment here in the Lowcountry. Anyone who lives in the Charleston area knows we are fortunate to have access to incredible health care services. Since he returned home on Sept. 7, 2013, he has had access to health services that have greatly enhanced his recovery at East Cooper Medical Center, the Medical University of South Carolina and Roper St. Francis. Each of these facilities has provided remarkable care.


The Charleston area is blessed with outstanding health care facilities and with loving and caring health care professionals. It is our responsibility as patients or caregivers to look beyond the services of these health care institutions. We have to remember that these providers have to

run a business, and, because of laws that are constantly changing, their business environment is more challenging than most.

At the core of East Cooper Medical Center, MUSC and Roper St. Francis are caring, compassionate and knowledgeable health care professionals. All of them care most about the health and wellness of their patients.

Tapping into the best care possible is truly up to patients. By communicating with your health care professional, you will be able to experience the best Charleston has to offer. The patient has to ask questions, listen to the answers and seek out more than

one opinion. When you're in a situation where you have good relationships with nurses, rehabilitation professionals and medical administrators, you can use their expertise to benefit your particular situation.

Anthony's progress is a result of his outstanding attitude and will to achieve independence. Aside from his attitude, another asset is his ability to communicate with the health care professionals he's visited along the way to recovery. Most of them still follow his progress, including the physician who actually operated on him – Odette Harris, MD, MPH, director of the Department of Neurosurgery at Stanford Hospital. 



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Reach Your Potential

Mount Pleasant Physical Therapy

THE ABILITY TO LIVE LIFE TO THE fullest often depends on a physically sound body. So when life's aches and pains – whether from aging, injury or overuse – prevent someone from reaching their potential, Mount Pleasant Physical Therapy can provide the treatment to help them get back on their feet again.

As director of the clinic, Kim Durst works to assess and treat a variety of problems, from sports injuries to coping

BY PAMELA BROWNSTEIN

with chronic pain.

"We see it all," she said. "From kids to people 100 years old."

The spacious facility, with an entire room of workout equipment, looks almost like a gym. A motivational phrase on the large chalkboard in the waiting area encourages patients and prospective patients: "Exercise can help people get better!"

Durst said the most rewarding aspect of her job is seeing people return to the lifestyle they want to enjoy.

"I believe in educating patients about their problems so they are empowered and can treat themselves," she explained, pointing out that she is there to guide and teach but that it's important for patients to be accountable and continue to enhance their own physical well-being. "I've found that the people in Mount Pleasant are so responsive and motivated to get better."

Born in Charleston and raised in Greenville, South Carolina, Durst earned her undergraduate degree at Furman University and attended the physical therapy masters program at the Medical University of South Carolina. She continues her role as the regional director for the Sports Plus Clinics in Summerville and North Charleston, Goose Creek

Physical Therapy and the Balance Mobility & Dizziness Centers, all of which are part of the Clemson Sports Medicine and Rehab family of clinics.

Durst and her associates specialize in sports injury rehabilitation, comprehensive spine rehab, post-surgical rehab and chronic pain management. Mount Pleasant Physical Therapy offers its successful Balance, Mobility & Dizziness Centers program, under the direction of Brooks Haygood Roberts. The program provides vestibular (inner ear disorder), neurological rehabilitation, balance and gait

retraining. What makes this program unique is the Neurocom Balance Master, which uses cutting-edge technology to test and treat balance dysfunctions. The clinic also has three LSVT Parkinson's-certified therapists on staff.

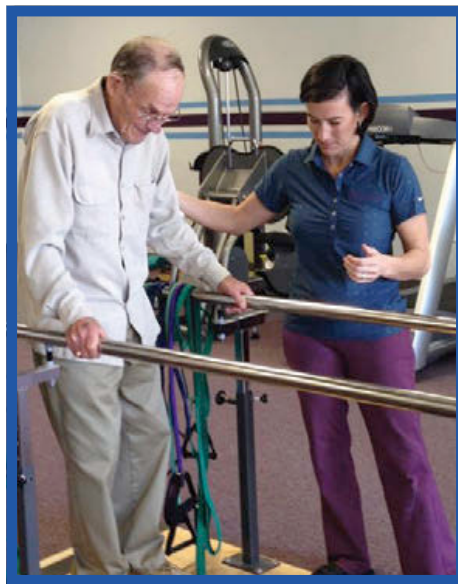
Mount Pleasant Physical Therapy is expanding its staff and changing the name of its sister clinic on Sullivan's Island to @home Physical Therapy. Still located within Durst Family Medicine, it has added the @home program. Therapists will make home visits to see patients East of the Cooper who can't make it to the outpatient facilities. Patients don't have to be homebound to participate. They might have a transportation issue or be recovering

from recent surgery.

Durst is glad to be serving the residents of Mount Pleasant and its environs.

"I have lived East of the Cooper since 1993 and am thrilled to finally be working here and growing this practice in my town," she said. 🩺

Mount Pleasant Physical Therapy is located at 1909 Highway 17 North and at 306 Station 22½ St. on Sullivan's Island. For more information or to schedule an appointment, call 843-416-9026 or visit www.csmr.org.



As director of Mount Pleasant Physical Therapy, Kim Durst works to assess and treat a variety of problems, from sports injuries to coping with chronic pain.

Photo courtesy of Mount Pleasant Physical Therapy.



Eye Spy

Sweetgrass Eyecare of Mount Pleasant

NOT TOO MANY PEOPLE CAN say that after dissecting an animal body part in high school biology, inspiration struck in a profound way. But that’s what happened to Dr. Emily Curry, owner and lead optometrist of Sweetgrass Eyecare in Mount Pleasant. She found a sheep’s eye fascinating and the vision of her future became clear.

“My dad was a veterinarian, and I always knew I wanted to pursue something within the medical field,” Dr. Curry commented.

After working with an optometrist during her undergraduate years at Otterbein University in Ohio and obtaining her doctorate at the Ohio State University College of Optometry, Dr. Curry moved south. She settled into life in East Cooper, initially working at another private practice before opening her own. She’s humbled that many of her clients followed her to the new practice and strives to provide exemplary customer service. Dr. Curry’s new partner, fellow Ohio State graduate Dr. Jackie Buehner, joined the Sweetgrass family this past fall.

BY DENISE K. JAMES

“I love Mount Pleasant,” confessed Dr. Buehner. “My family always vacationed in Charleston and Hilton Head, so I was already familiar with the area.”

There is no typical day at Sweetgrass Eyecare; each one brings a new challenge. While most involve plenty of regular checkups with young children as well as older patients, emergencies happen often enough to keep the doctors on their toes.

“Emergency visits might involve red eye due to contact lenses, corneal foreign body removal or retinal detachment,” explained Dr. Curry.

Though the doctors admit that getting glasses or contact lenses for the first time can be a daunting experience, frank discussions about the patient’s vision, available options and current technology certainly help. And there’s nothing better than putting on a pair of chic glasses and seeing the world clearly for the first time.

Regarding current technology, Drs. Curry and Buehner

are diligent about keeping up with the latest. The Optovue OCT recently arrived at the office, enabling the doctors to have a “more detailed picture of retinal health.”

“The Optovue OCT is a retinal scanner, similar to an MRI,” explained Dr. Curry. “It images all the different layers of the retina as well as the blood vessels in the macula and optic nerve tissue.”

The scanner can help reveal health issues such as early glaucoma nerve thinning, macular degeneration and blood vessel changes from diabetic retinopathy, among others.

In fact, since the human eye is the only place in the body where it’s possible to view blood vessels and their course, it’s often the first and best indicator of illness.

Happily, there are ways to keep your eyes in their best shape. A diet rich in fruits and green leafy vegetables provides the antioxidants for ocular tissues. Regular eye exams are also a must. And, especially in the Lowcountry, a pair of sunglasses to protect the eyes from harmful rays is essential.

What’s next for Sweetgrass Eyecare? Dr. Curry and Dr. Buehner plan to continue serving patients with cutting-edge technology and treatments as well as a personal touch – and they are excited that the practice continues to grow. 🩺



Dr. Curry, right, and Dr. Buehner plan to continue serving patients with cutting-edge technology and treatments as well as a personal touch – and they are excited that the practice continues to grow.

Photo by Cassandra Michelle Photography.

For a closer look at Sweetgrass Eyecare, visit www.sweetgrasseyecare.com or call 843-352-9977.



Put Your Best Foot Forward

Coastal Podiatry

WHEN A BABY IS BORN, we take delight in counting those tiny toes to make sure all 10 of them are there. But after that, we don't pay much attention to our feet unless they start to bother us.

Older people tend to develop foot problems – not surprising after a lifetime of standing, walking and running. The foot pads thin with age, bunions may become painful and diabetes can cause serious problems.

BY BARBARA MILLEN PATRICK

But some of Dr. Rahn Ravenell's favorite patients are children because he can save them from a lifetime of problems. And, as much as he enjoys caring for feet, he finds extra pleasure in helping those who suffer from a specific common issue.

"My favorite topic is flat feet," said Dr. Ravenell, of Coastal Podiatry. "Reconstructive surgery, especially on kids, is very rewarding."

Although flat feet can be genetic – look at your parents' feet – they can be caused by injury, obesity or aging. In children, the problem usually begins at about the age of 7, when their bones are still somewhat soft, and surgery can be a viable option to help feet grow properly.

Surgery is not always the first choice, however, for adults. When the feet become painful, other interventions, such as arch supports or custom orthotics, can be helpful. Physical therapy and cortisone injections might also help. When surgery is the answer, Dr. Ravenell will determine the cause of flat feet so he can perform the proper procedure.

Another common problem is heel pain.

"Heel pain is usually plantar fasciitis," Dr. Ravenell explained. "It's mostly caused by hyper-pronation, so the ankle rolls in more than normal and manifests as heel pain. It's a two-step process. First we get rid of the pain, then we work on prevention by supporting the arch."

Bunions are a common complaint for women. Because the surgery has a recovery period of several weeks, Dr. Ravenell recommends it only for those in pain. Geriatric patients are not always good candidates for surgery due to lessened blood flow, which means healing is slower.

Perhaps most importantly, Dr. Ravenell recommends paying attention to your feet.

"Don't take them for granted. Wash and dry them thoroughly," he said.

It is good advice and an easy way to avoid issues such as athlete's foot and toenail fungus. He also suggests having your feet measured by an expert at one of the local running stores to assure a proper fit and to find a style that works well for you. Ill-fitting shoes can cause calluses or corns and can exacerbate bunions.

Coastal Podiatry offers several foot care products, such as cream that helps remove dead skin and calluses and antifungal nail polish. Coastal can also create custom foot orthotics.


If your feet hurt, call Coastal Podiatry. Dr. Ravenell and his wife and partner, Dr. Tamika Ravenell, are ready to help you put your best foot forward. 



Photo provided by Coastal Podiatry.

Dr. Rahn Ravenell recommends paying attention to your feet.

Coastal Podiatry Specialty Foot Care and Reconstructive Surgery is located at 180 Wingo Way, Suite 201, in Mount Pleasant. For an appointment, call (843) 856-5337. A referral is not needed. Additional information about the practice, foot care issues and services is available at www.MtPleasantFootDoc.com.



Evidence-Based Treatment Carolina Physical Therapy

IN THE LOWCOUNTRY, WE LIKE THE athletic lifestyle. Whether it's walking the Ravenel Bridge or paddle boarding, keeping active is a top priority.

But all that running, surfing and sports can wreak havoc on our bodies. Luckily, Carolina Physical Therapy and Sports Medicine has a staff of premier physical therapists ready to keep you in tiptop shape. With two locations in Mount Pleasant, Carolina Physical Therapy can keep you active and doing the things you love.

BY KALENE MCCORT


“Our goal has always been to build a solid reputation as the best physical therapy practice in this community,” said owners Jim Cates, PT, SCS, and Chris Ballew, PT. “Our patients consistently express their appreciation for the respect, kindness and personal attention that they receive.”

Carolina Physical Therapy uses top-of-the-line equipment and cutting-edge treatment programs, such as integrative dry needling, aquatic therapy, the Graston

technique and Kinesio taping.

“I consistently hear from patients how our focused time, manual therapy techniques and designed treatment plans enhance their recovery,” said Kim Sterrett, PT, LMT, supervisor of the South Mount Pleasant location.

“We are dedicated to delivering the highest quality, most up-to-date, evidence-based treatment strategies to our patients,” said Jay B. Hargrove, PT, DPT, ATC, supervisor of the North Mount Pleasant facility. “Our patients reach a higher level of success in regaining what was lost due to injury or illness.”

Perhaps even more impressive is that in addition to being top-notch physical therapists, members of the staff are experts in a variety of fields. From massage therapists to athletic trainers, employees are well-versed in a vast array of health-related professions. 

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IT'S JUST NOT POSSIBLE TO STAY young forever. But one physician in Park West is combining science, psychology and cutting-edge aesthetic medicine to prevent, treat and even reverse the signs of aging.

Can 60 be the new 35- to 40-year-old? Dr. Jan McBride believes it can, and she is

BY SARAH LYNCH

committed to turning back the hands of time for her patients at

Optimal Life Medical Youth Maintenance by lengthening the duration of youth and vitality.

“Almost everyone would like to look and feel younger,” Dr. McBride said. “But turning back the clock 20 years or so doesn’t happen overnight. That is why Optimal Life offers a program that dedicates a full 10 weeks to total transformation.”

The goal of “10-Weeks to New Youth” focuses on defying nature by rejuvenating a patient from the inside out.

“This program uses hormone evaluation and treatment along with a series of facial aesthetic procedures that results in rapid age reversal results,” Dr. McBride explained. “Patients are often surprised by how much better they feel and the increase in energy they gain after receiving hormone treatments.”

Once patients are looking and feeling younger, the next phase of the plan is to show them how to actually be young.

“When a patient is suddenly looking younger and feeling younger but still dressing in a way that doesn’t complement their new youthful appearance, I can help them make some changes and assist in the fine-tuning process,” Dr. McBride pointed out.

A board-certified physician, Dr. McBride earned her degree from the University of Florida College of Medicine in Gainesville. She transitioned into aesthetic medicine after completing independent research in nutrition and anti-aging. She earned her certification in aesthetic procedures for the face and body in 2014 through the American Academy of Procedural Medicine.

With the opening of Optimal Life in October, Dr. McBride began offering Platelet Rich Plasma treatments, a revolutionary procedure in aesthetic medicine in which she uses a patient’s own blood to aid in the regeneration of tissue.

“PRP appeals to patients looking for a more natural



Photo courtesy of Optimal Life.


Dr. Jan McBride performs the microdermabrasion portion of a micropeel on a patient.

approach to facial rejuvenation,” she explained. “This treatment makes rejuvenation possible by using growth factors from the platelet cells of a person’s blood. This means we can make nonsurgical improvements to the face without the use of temporary synthetic fillers.”

Best of all, she said, is that PRP is permanent.

In addition to PRP and the 10-week process, Optimal Life offers Botox®, Dysport®, Juvederm® and micropeels, which combine microdermabrasion with moderate strength medical chemical peels.

Dr. McBride said it’s never too early to start the process of preventing old age. One reason she became interested in anti-aging medicine is that she wanted to help people look younger and feel better at any age.

The doctor likes to quote a friend when asked her own age: “Maggie says if they want to know how old she is, they will have to cut her in half when she dies and count the number of rings, like a tree. As more men and women in their 30s and 40s take advantage of anti-aging treatments and procedures to maintain their youthful appearance and function, a person’s chronological age will become less important in our society.” 

For more information about Optimal Life, visit www.optimalyouth.com or call 843-352-9402.



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As the Roper Rehabilitation Hospital celebrates their recent CARF accreditation, we want to thank our staff and patients. You inspire our belief in miracles every day.

Roper Rehabilitation Hospital has been accredited by CARF for Spinal Cord System of Care (Adults) and Brain Injury Specialty Program.





Put Your Best Face Forward

Charleston Facial Plastic Surgery

LET'S FACE IT, WHEN IT COMES TO someone using a laser, an injection or a scalpel on your face – the part of your body that society holds in the highest regard – it is crucial to confirm that he or she is experienced, trustworthy and passionate about plastic surgery. Fortunately for area residents, Dr. David W. Rodwell III, owner of Charleston Facial Plastic Surgery, represents all these traits.

BY PAMELA BROWNSTEIN

“A person’s face is so intimately tied to their personality and how they are perceived by the world around them,” Dr.

Rodwell said. “Any disfigurement, scar or signs of aging that don’t match how youthful a person feels on the inside can have a huge negative effect on a person’s self esteem, relationships or career choices. It is an honor to be able to make such a meaningful difference in the life of a patient.”

Dr. Rodwell’s second floor office on Broad Street in downtown Charleston reflects the philosophy behind his practice. The rooms are tastefully decorated with inviting seating areas and calm coastal hues to create a casual, relaxed atmosphere. Much of the art throughout the office Dr. Rodwell discovered through Charleston Artist Collective, an online gallery that showcases local artists.

“The location and look of the office, as well as the team that I have been fortunate to build, are all critical to allowing Charleston Facial Plastic Surgery to stand out as a truly unique option that represents a commitment to an outstanding patient experience and results that consistently exceed expectations,” Dr. Rodwell remarked.

Making his dream location a reality could have turned into a nightmare. A week before he signed the paperwork to move in, the building, more than 250 years old, was gutted to the studs by a fire. True to form, after 11 months


of renovation and restoration, Dr. Rodwell was able to take something older and in need of repair and make it beautiful, while honoring the original structure.

Although his office only opened in November, Dr. Rodwell is familiar with the area, having been born in Georgetown and raised in Charleston. He moved to Mount Pleasant from New Orleans last year with his wife, Jessie, whom he met in college, and their children – son Carter, 4, and daughter Hadley, 2. The family is expecting a baby girl in May.

“Over a period of 12 years of medical and surgical training, I had the opportunity to live in four amazing cities, and Mount Pleasant beats all of them,” Dr. Rodwell said. “The simple pleasure of walking out of my front door and within minutes sitting on the banks of a creek crabbing with my kids is very special and one of many qualities that make living in Mount Pleasant so desirable.”

Dr. Rodwell’s practice focuses on cosmetic surgical procedures such as facelifts and eyelid surgery, in addition to non-surgical options such Botox, fillers and laser treatments. He also specializes in reconstructive procedures – skin cancer repairs, lacerations, facial trauma and scar revision.

“A surgeon’s aesthetic sense, personal style and good judgment become just as important as sound technical skill,” Dr. Rodwell said with conviction.

“That point is something I have always been cognizant of and tried to improve upon, and I think it is one of the clear defining points that separates a good surgeon from a great one.” 

Charleston Facial Plastic Surgery is located at 67 Broad St., Suite 200, in Charleston. For more information, call 843-628-1415 or visit www.charlestonfacialplastic.com.



Photo by William Quarles.

Dr. Rodwell’s practice focuses on cosmetic surgical procedures such as facelifts and eyelid surgery, in addition to nonsurgical options such Botox, fillers and laser treatments.



The Latest Technology

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Vision is the art of seeing what is invisible to others. - Jonathan Swift

THOSE OF YOU WHO spend the best part of your day staring at a computer screen, listen up: Research has shown that light emitted from digital devices, known as blue light, is a potential factor in macular degeneration, a disease involving loss of central vision in the eyes that is a major cause of blindness among adults who have reached the age of 50.

Fortunately, Dr. Rachael Click of Preferred EyeCare Center explained that protective lenses can help guard against blue light emitted from electronic devices. "Those who are concerned about

macular degeneration or who have a family history of it should look into the protective lenses now available," Dr. Click said.

Providing customers with the latest products in optometry technology is a regular part of the Preferred EyeCare practice. Another example is the new, single-use contact lens, recommended by Dr. Click as the healthiest and most convenient option for those who wear contacts.

Dr. Click is always willing to accommodate new patients and strives to communicate with other physicians to ensure that patients receive the care they deserve. 

Visit www.preferredeyecarecenter.com or call 843 856-4775 to learn more.

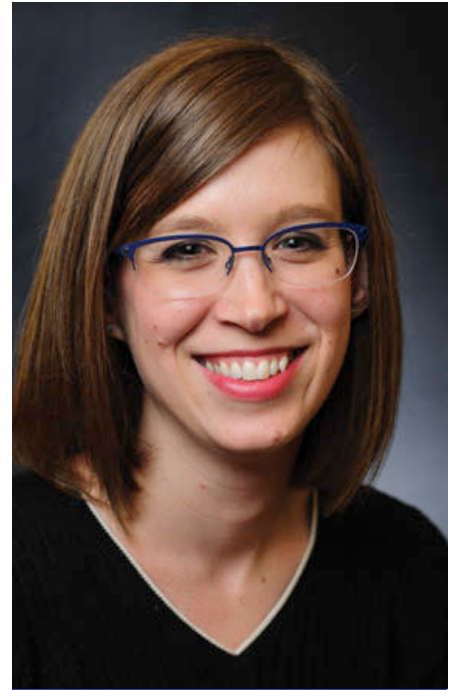


Photo courtesy of Preferred EyeCare Center.



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Sweetgrass Pharmacy

HAVE YOU EVER WONDERED WHY every prescription you fill has that cryptic emblem "Rx" on it?

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Once upon a time, all pharmacists assembled, or compounded, all of their own "recipes." Slowly, throughout the 20th century, drug companies began providing pharmacists with pre-compounded medications, until, by the 1970s, hardly anyone was creating customized, individually tailored prescription drugs.

BY BILL FARLEY

Today, only a tiny fraction of pharmacies compound their own medications. Sweetgrass Pharmacy is among them.

Owned and operated by Cynthia Reich, PharmD, MBA, Sweetgrass opened its doors at The Shoppes at Seaside Farms last November but has already established itself as the go-to place for patients seeking both individualized compounds and more standard medications, known in the trade as "retail" meds.

In fact, at Sweetgrass, patients can find not only prescriptions designed and formulated specifically for them but the entire spectrum of drugs that are available at the chain and big-box pharmacies. What that patient won't find there are greeting card racks, frozen food refrigerators, candy counters and endless displays of products labeled "As Seen on TV!"

That's because Sweetgrass is a pharmacy, first and foremost. As Marketing Director Gracia Triplett put it, "We think of ourselves much like the old-fashioned apothecary. We offer specialized attention to each person we serve. Patient care is our priority."

And that patient care extends to the entire family, including the very young, the very old and those family

members with ... tails!

Pharmacist-in-Charge Reich noted that for children who find it difficult to take their medications, she can provide them in unique delivery systems such as lollipops pops and gummy bears. Seniors and others who cannot tolerate powerful pain prescriptions can have pain relievers formulated into topical creams or lotions that are absorbed through the skin, lessening side effects that include drowsiness and nausea. And difficult dogs and finicky cats won't mind swallowing their meds when they are reformulated with flavors and scents they find appealing.

People often associate compounding pharmacies with hormone replacement therapy treatment, which isn't a bad assumption because the formulation of hormone replacement therapies is a service they offer. But Sweetgrass Pharmacy can provide much more than estrogen and testosterone compounds, including treatments for thyroid conditions and weight management.

A South Carolina native, Reich earned her bachelor's at Clemson University and her doctorate in Pharmacy from the Medical University of South Carolina. She also holds an MBA from The Citadel. Before opening Sweetgrass Pharmacy & Compounding, she served as director of pharmacy for a large Louisiana hospital and as an inspector for the South Carolina Board of Pharmacy. She and her husband, Josh Feldman, and their children live in Mount Pleasant.

"At Sweetgrass, our goal is to go back in significant ways to what the neighborhood drugstore used to be," Reich said. "We work closely with physicians – and veterinarians – to put the patient first. When we focus on our patients and their outcomes, everything else falls into place."


Even that mysterious "Rx" you'll still find on each and every prescription you fill. 



Photo by Rick Walo.

At Sweetgrass, patients can find prescriptions designed and formulated specifically for them.

Visit www.sweetgrasspharmacyandcompounding.com or call 843-654-4013 to learn more about Sweetgrass Pharmacy.



A Happy Practice Makes Happy Clients

Smiling Oak Dentistry

WHEN DR. JEFF GARDNER moved into a new, 3,000-square-foot building in September 2014, he updated his equipment and gave his thriving dental practice a new name. His recipe for success remains the same, however: Hire the best people available, treat them right and they'll do the same for your patients.

BY BRIAN SHERMAN

"In business, the customer is number one, but the team is number one as well," said Dr. Gardner, who worked in his father's dental practice on James Island from 1992 until 1997, when he purchased his own practice in Mount Pleasant. "Our team gets along. The relationship between team members has to be a very healthy relationship for us to deliver the kind of care we want to deliver to our patients."

"It starts with the hiring process," he added. "We select candidates with a hands-on approach. We have multiple meetings to talk about their strengths and weaknesses. The candidate either adopts the culture of our office or quickly finds another culture. People can see through artificial customer service."

The staff at Smiling Oak Dentistry, the name adopted when the practice moved a few hundred yards further away from the Highway 17 service road, includes Rebecca Arena, Lisette Glennon, hygienists Elizabeth Barron Morrison and Haley Williams and dental assistants Maria Trombley-Puffer and Anna Inabinet.

"I want our employees to learn, to be happy and, at 5 p.m., to go home to their families," Dr. Gardner stated. "We have an energy where employees like being here."

Patients enjoy visiting the practice as well because of its relaxed and friendly atmosphere, said Dr. Gardner, who did his undergraduate work at Furman University and the

College of Charleston and earned his dental degree at the Medical University of South Carolina. He hasn't stopped learning since, accumulating enough continuing education credits to earn the designation of fellowship in the Academy of General Dentistry.

Dr. Gardner said he has spent so much time enhancing his education to benefit his patients but also "to keep my own sanity."

"I had a little bit of burnout early in my career, and I didn't know to handle it," he explained. "In the last 20 years, I've gotten into a lot more continuing education. I've really gotten immersed in it, and it's added to my skills and skill set."

Smiling Oak Dentistry, which treats patients of all ages, offers a wide range of dental services, including routine cleaning, gum treatment, fillings, pulling teeth, dental implants, dentures, crowns, bridges and cosmetic services such as veneers and teeth whitening.

Dr. Gardner has an active life outside his dental practice. He practiced martial arts at one time and now plays in an adult soccer league, but his new favorite

hobby is metal detecting. He has discovered artifacts from the American Revolution, the War of 1812 and the Civil War, including buttons, bullets and his large collection of bottles, now on display in the waiting room of his office.

"When you put a shovel in the ground in Charleston, you don't know what's going to come out," he commented.


Dr. Gardner met his wife, Roberta Zeigler Gardner, in dental school. She is now an orthodontist in Mount Pleasant. Their daughters, Sophie and Lydia, are students at Wando High School. 



Photo courtesy of Smiling Oak Dentistry.

Dr. Jeff Gardner, center, and his staff. Left to right, standing: Haley Williams, Rebecca Arena, Maria Trombley-Puffer and Lisette Glennon. Seated: Anna Inabinet and Elizabeth Barron Morrison.

Smiling Oak Dentistry is located at 1077 Johnnie Dodds Blvd. To learn more, visit www.smilingoakdentistry.com or call 843-884-0335.



Don't Stress

BioKare Health & Wellness Center

YOUR CENTRAL NERVOUS SYSTEM, consisting of somewhere in the neighborhood of 100 trillion microscopic nerves, is constantly adapting to your environment, always reacting to your perception of good or bad stress brought on by positive and negative experiences based on relationships, finances, changing jobs and even holidays.

Your central nervous system adapts to protect you, but we often make the mistake of simply treating the symptoms of stress, which doesn't make us healthy, according to Dr. Jesse B. Ross at BioKare Health & Wellness Center in Mount Pleasant.

"When we are in a healthy, safe environment, our central nervous system is thinking about thriving and expansion while in a good stress," said Dr. Ross, who opened his practice on Pitt Street in September.

Events that bring on negative stress can lead to major health crises, Dr. Ross pointed out. Using lifestyle coaching, safe and painless technologies and techniques he's learned during the past 21 years as a doctor of chiropractic, he's made it a priority to help his patients be "more resilient in the face of stress."

His practice focuses on teaching his patients about how to lead a healthy lifestyle and reducing their fear by helping them understand how their nervous system is adapting and protecting them in most situations.

"Stress is the major cause of disease," he explained. "The body doesn't wear out. It adapts to the point of its limits, and, when we exceed our limits, there is a health crisis."

A graduate of the College of Charleston and Sherman College of Chiropractic in Spartanburg, Dr. Ross has experienced personally the benefits of treating your body with respect. His father, given six months to live by his doctors, changed his lifestyle and thrived for 18 years

before passing away. Dr. Ross said one reason he became a chiropractor was so he could help others make the same life-sustaining choices.

"Doctors don't get to spend enough time educating their patients," he pointed out. "We need to work more on education. That's what my passion is."

Dr. Ross uses a variety of methods to help his patients say goodbye to the stress that ails them. One of his most popular devices is Pulsed Electromagnetic Field therapy.

"It can accelerate healing," Dr. Ross said. "Most patients notice an immediate difference."

PEMF provides gently pulsing magnetic fields that


bathe cells in energy. Dr. Ross pointed out that those who would benefit from PEMF include people who simply crave more energy, as well as athletes who want to enhance their performance and those suffering from a variety of problems such as osteoporosis, osteopenia, musculoskeletal issues and arthritis.

In addition to traditional chiropractic care, other options at BioKare Health & Wellness Center include perception reframing; biological preference

scanning; low level light therapy; deep tissue therapy; scar tissue therapy; and custom orthotics.

BioKare also carries a line of nutritional products, produced by a company co-founded by Dr. Ross two years ago, that help people with sleep, kidney and digestive issues and other problems associated with stress.

Regardless of the challenges his patients face, Dr. Ross is confident that there is one issue that affects almost everyone who shows up at his office.

"It's all about stress," he said. 

To learn more about how you can beat stress, visit www.biokarewellness.com or call 843-766-4444. For more information about PEMF, visit www.PEMFinfo.com.



Dr. Jesse Ross and his sister, Denise, display the equipment used for Pulsed Electromagnetic Field therapy. Denise wears several hats at BioKare Health & Wellness Center.

Photo by Brian Sherman.



Feelin' Pretty

Mt. Pleasant Medi Spa

HEIDI WILLIAMS, MD, A BOARD-certified plastic and reconstructive surgeon, is affiliated with East Cooper Medical Center and Roper St. Francis Mount Pleasant Hospital and has been in practice in South Carolina since 2002. Well-known for both her surgical skills and compassion, Dr. Williams also is the medical director for the Mt. Pleasant Medi Spa. Located adjacent to her office, the spa offers a full range of services addressing skin care and aesthetic concerns.

BY EILEEN CASEY

Casting a nod to both Leonard Bernstein and Stephen Sondheim, Mt. Pleasant Medi Spa offers the highest level of services and products that might just prompt clients to hum along to their own version of "I Feel Pretty."

The services are available to both women and men and are professionally administered by a team of two staff aestheticians and one registered nurse. Some, but certainly not all, services include laser hair removal, skin resurfacing and tightening, photo rejuvenation, micro needling, chemical peels and microdermabrasion. A full range of skin care products for skin of all ages and types is also offered.

Mt. Pleasant Medi Spa provides skin care and aesthetic services that complement the procedures performed by Dr. Williams. She combines artistry and science, whether

it's a facelift, body contouring or breast surgery, and the Mt. Pleasant Medi Spa helps to maximize the surgical experience for those wishing to rejuvenate their looks or create a new look.

Dr. Williams graduated from Dartmouth College and earned her medical degree at the George Washington University. While at GWU, Dr. Williams was exposed to the enormous potential the field of plastic surgery offered to patients to transform their appearance and their lives through exposure to such surgeries as cleft lip and palate

repair and breast reconstruction, as well as a vast array of cosmetic procedures.

This fascination with plastic surgery continued throughout her general surgery residency. After completing her plastic surgery residency, as well as additional fellowship training in burn care and microsurgery, Dr. Williams moved from Philadelphia to Mount Pleasant to begin her practice, which has grown to



Photo by Jenn Cady.

Dr. Heidi Williams and her staff. Left to right: Sarah Gibbons, Taylor Naylor, Jessica Williams, Dr. Heidi Williams, Anne Renneker and Stacia Murray.

include Mt. Pleasant Medi Spa.

So if you'd like to "feel stunning and entrancing, [and] feel like running and dancing for joy," look into the healthy, helpful and hopeful opportunities and solutions offered by Dr. Heidi Williams and Mt. Pleasant Medi Spa. 🩺

Mt. Pleasant Medi Spa is located at 999 Lake Hunter Circle, Unit D, in Mount Pleasant. For more information, visit www.mountpleasantmedispa.com or call 843-375-0270.



By the Foot Carolina Foot Specialists

FOR MANY LOWCOUNTRY athletes, the Cooper River Bridge Run is the highlight of the year. But for some, walking or running the bridge can be a pain in the ... foot.

There's no reason foot pain should get in their way, according to Dr. Andrew Saffer and Dr. Adam Brown of Carolina Foot Specialists. They specialize in sports podiatry because, as runners, both doctors know an athlete's passion for staying on his or her feet.

Dr. Saffer said there are several things runners and walkers can do to prepare for conquering the bridge and preventing heel pain, the most common problems he sees in runners.

"No. 1, they need the right shoe gear," he said.

For some, that might include an orthotic. At Carolina Foot Specialists, custom foot orthotics are designed from a three-dimensional image of the foot along with the doctor's prescription. It's also important to know your body, according

to Dr. Saffer.

"If you feel foot pain that is not normal, you should come in immediately to get that evaluated," he said. "Don't run through the pain."

Dr. Brown suggested that having faith in your body is important, as well. He took up barefoot running to show his patients how "the body can heal, adapt and strengthen if it is trained properly."



Dr. Andrew Saffer and Dr. Adam Brown of Carolina Foot Specialists.

Photo provided by Carolina Foot Specialists.

Most importantly, both doctors encourage athletes to educate themselves. By visiting www.carolinafootspecialists.net, athletes at all levels can access a variety of resources. 🩺

To learn more, visit www.carolinafootspecialists.net or call 843-654-8250.

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Bill Macchio
Publisher, Mount Pleasant Magazine



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Many Avenues to Treatment

Absolute Wellness Center

IF YOU HAVE ANY OPINION ON chiropractic care, it is likely that Dr. Susan Doyle, owner of Absolute Wellness Center, will be the one to change it. Her passion was stoked early. At the age of 4, she injured herself in a fall and later developed scoliosis.

“It changes your world when as a young child you are told that you have to give up activities because of your back issues,” she shared. “I can connect with each of my patients because I understand how debilitating back pain can be.”

Three years of chiropractic care corrected her scoliosis and allowed her to participate in sports in high school and college. She still attributes her active lifestyle to her experiences with chiropractic care, firsthand knowledge that allows her to empathize with her patients.

“I opened Absolute Wellness Center because I know that there are many avenues to treat patients, and I want to offer several of these approaches,” Dr. Doyle explained. “We offer complete, holistic, life-changing healing through chiropractic, acupuncture, nutrition and massage.”

She also provides natural facial treatments, ear candling and physiotherapy.

“People think that you only need to go to the chiropractor when you are in pain, but that simply isn’t the case,” Dr. Doyle pointed out. “Think of it like dental hygiene. Most don’t wait until their teeth are falling out to go to the dentist. They go regularly to prevent issues from developing. Spinal hygiene is the same concept.”

At one time, it was thought that only people in their 30s and 40s could benefit from chiropractic care, but this is no longer the case, and stagnant lifestyles are the culprit. Young

people sit too much, whether in school or playing video games.

“Your mom would warn you not to make ugly faces because they might stick. Well, this is true with poor posture,” said Dr. Doyle.

In fact, Dr. Doyle and her team treat patients as young as 5 weeks old.

“The parents usually are the ones to recognize the benefits of chiropractic, and that is why these patients are brought to me,” Dr. Doyle explained. “Of course, these patients are treated much more gently. The pressure I use is the same you’d use to handle a soft peach.”

Mount Pleasant-area residents visit Absolute Wellness Center for assistance with medical and pain issues, but they also come to Dr. Doyle for help with performance in the sporting arena. “It’s common knowledge that athletes who are well-adjusted perform better. On the other side, adults can often trace back to an injury that was never treated and now find out that being well-adjusted can help the pain and improve day-to-day function,” Dr. Doyle said.

The most significant decisions you make in life are those that concern your health and well-being. Whether it is chronic aches and pains, your energy level or being just plain tired, these issues should not be considered normal just because you’re accustomed to them.

“You don’t have to live with pain, and, when you leave here, we want you to take away a new perspective,” Dr. Doyle said. 🩺

Absolute Wellness Center is located at 966 Houston Northcutt Blvd. in Mount Pleasant. To learn more about Dr. Doyle and her team, visit www.absolutewellnessmtp.com or call 843-416-8218.

BY STACY E. DOMINGO



Dr. Susan Doyle opened Absolute Wellness Center because she knew that there are many avenues to treat patients, and she wanted to offer several of these approaches.

Photo courtesy of Absolute Wellness Center.



Filling A Fitness Niche

Fitness Now

FITNESS NOW OPENED ITS DOORS IN 2003, filling a necessary niche in the Mount Pleasant area. It has achieved success as a one-on-one personal training and sports medicine facility that works with clients from the tween age to the not-so-tweens.

“We don’t put people in a box like some workout facilities,” said owner Travis Lance. “We do an evaluation and full medical history before we even get started. This is the

BY STACY E. DOMINGO

building block for the client’s individual workout routine.”

The youngest clients of Fitness Now are 12-year-olds who have come to Lance for different reasons.

“One is on an exercise and weight loss program, while the other is on a travel soccer team and requires sport-specific conditioning. Both young men have bodies that are still developing, so it is important to treat them as such.”

The oldest clients, who are in their 80s, are being treated in different areas as well.

“Their ages are about the same, but one is male and the other female. One is an active tennis player who broke her elbow, and the other just wants to feel better,” said Lance. “For the aging population, we help work on balance, which improves their mobility and lifestyles tremendously. We have to look at their individual needs and capabilities, and then we work with them to accomplish specific goals.”

At Fitness Now, working with clients is more than a 30-minute program a few times a week that lasts for a month or so.

“Making a lifestyle change is not just being healthy and fit. It is more about a total approach to wellness, which includes exercise, nutrition and routine checkups with health professionals,” Lance explained.

Above all else, though, the staff at Fitness Now wants their clients to feel comfortable and safe.

“One way we do that is by staying up-to-date on our

credentials. A lot of people don’t realize that in South Carolina, personal trainers aren’t required to be licensed. At Fitness Now, we are all licensed and have to maintain continuing education credits every couple of years,” Lance pointed out.

A certified athletic trainer as well as a personal trainer, Lance worked with insurance companies in the physical therapy field prior to opening Fitness Now.

“I was frustrated with the paperwork and the type of care we were allowed to give our clients, which is why at

Fitness Now I structured the costs to resemble that of normal co-pay,” he said.

Today’s lifestyles are more sedentary than ever before, and the staff at Fitness Now wants to encourage people to get moving.

“Just like you know you must eat three meals a day, you need to break a sweat every day,” said Lance. “Be active five days a week. This will not only help you physically, but it will help you mentally by clearing your mind and reducing stress. In the end, you will be more productive.”



Photo courtesy of Fitness Now.

At Fitness Now, all the personal trainers are licensed and required to maintain their continuing education credits.

To learn more about Fitness Now, visit www.fitnessnowinfo.com or call (843) 345-9493.

SIX WAYS TO IMPROVE YOUR LIFESTYLE

- Break a sweat every day with at least 20 to 30 minutes of exercise.
- Eat on smaller plates, and don’t allow your food to touch.
- Get routine physicals; know your numbers – blood pressure, weight, cholesterol.
- Schedule your workouts and set annual, quarterly, monthly and weekly goals.
- Take at least 10,000 steps per day.
- Don’t ignore ailments. Instead, seek professional help.



Staying Healthy Naturally

Accurate Chiropractic

SINCE SO MUCH OF OUR OVERALL health is based on the spine, everyone, from children to seniors, can benefit from regular chiropractic care. The roots of this time-honored practice can be traced back to 1500 B.C. Ancient writings from China and Greece tell of spinal manipulation and maneuvering to alleviate pain.

BY KALENE MCCORT

Fortunately, Accurate Chiropractic has been a trusted name in the Mount Pleasant community for 14 years. With two convenient locations, Drs. Gina and Michael Courson are keeping Lowcountry residents healthy.

“I was always into health and holistic remedies, and it interested me enough to learn more. Chiropractic school made sense,” said Dr. Gina Courson, the first female to practice chiropractic in Mount Pleasant. “I wanted to help people in a more natural way. My personality is to care for others, and that’s what makes me happy.”

Going beyond typical chiropractic duties, the Coursons also provide dietary and nutritional counseling to help

patients follow a healthy path in all areas of their lives.

“We are unique because we look at the patient as a whole and treat as that person needs. It’s geared to that specific individual,” Dr. Gina Courson said. “We have the ability to adjust the patient very lightly with instrumentation or in general with traditional techniques.”

In addition to performing adjustments on patients, Accurate Chiropractic offers the latest innovative therapies to better the body and being. Dr. Gina Courson is a specialist in Cold Laser Therapy, which utilizes specific wavelengths of light to eliminate pain and increase functionality. From detox baths to the use of essential oils, Accurate Chiropractic implements a variety of treatments that ensure results.

“Knowing people walk in my office with pain and discomfort and walk out feeling better is very rewarding,” said Dr. Courson. “The trust they have in me is rewarding.”

To learn more, visit www.mtpleasantchiro.com or call 843-971-8814.

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Be Sun-Smart Coastal Dermatology

WHAT SPECIALTY DOES A physician choose who wants to nurture both sides of her brain? She goes into dermatology – or at least that’s what Dr. Michele Mittelbronn did to satisfy her need to help her patients look good and feel good about themselves.

“I can be a problem solver and an artist,” she said, explaining why she chose dermatology as her profession. “I enjoy the clinical and surgical aspects, as well as the artistic cosmetic aspects.”

Dr. Mittelbronn, who established Coastal Dermatology in Mount Pleasant in 2003 and later added an office in Pawleys Island, is a graduate of the University of Florida Medical School in Gainesville. She completed her residency at Louisiana State University-New Orleans.

Dr. Joseph Myers, a Wando High School graduate who attended the College of Charleston and earned his medical degree at the Medical University of South Carolina, joined the practice in July 2014. He did his dermatology residency at the Medical College of Georgia, was on the faculty there for a year and completed advanced training at the Laser Institute of Georgia.

Coastal Dermatology offers a range of cosmetic dermatology procedures, including Botox; facial fillers for wrinkle correction and volume sculpting; Intense Pulse Light to treat rosacea and eliminate facial blood vessels and sun spots; medical grade chemical peels; diamond microdermabrasion; Blue U treatment with Levulan for acne and enlarged oil glands; removal of spider leg veins with sclerotherapy; skin tightening of the face; body tightening, contouring and cellulite reduction; laser resurfacing of sun-damaged skin and scars with the Fraxel™; Elos Sublative™; and fractionated CO2 lasers.

Dr. Mittelbronn also performs blepharoplasty to remove excess skin on the upper eyelids.

Coastal carries a variety of advanced skin care products that enhance the results of cosmetic procedures.

The practice’s most important job, however, is making life a little better for its patients.

“We focus on the individual,” Dr. Mittelbronn commented. “We look at all aspects of a patient’s care. We treat them just like we would like to be treated ourselves or have our family members treated.”

Along those lines, Coastal Dermatology recently added the PicoWay Tattoo Remover Laser, which is capable of completely removing tattoos of all colors. The new

technology breaks up the ink into tiny particles so the body can remove it naturally. The laser is less painful, requires fewer treatments and does far less skin damage than the older generation of lasers. Coastal is the only practice in South Carolina that has this groundbreaking technology.

Another key aspect of the practice is all about preventing skin cancer, which one in five people eventually will develop, according to Dr. Mittelbronn. She provided some ways to avoid this deadly disease:

- ▶ Use sunscreen of SPF 30 or higher;
- ▶ Use sunscreen every day, not just when you are planning to spend time outdoors;

- ▶ Wear sun-protective clothing and broad-brimmed hats;
- ▶ Re-apply sunscreen – after a while, it breaks down;
- ▶ Examine any moles on your body, and note whether they have changed in shape, size or color;
- ▶ See a dermatologist at least once a year if you have moles or a family history of melanoma.

“Being sun-smart is the name of the game,” Dr. Mittelbronn said. 🩺

Coastal Dermatology is located at 2705 N. Highway 17 in Mount Pleasant. For more information, visit www.coastalderm.net or call 843-881-2265.



Photo by Brian Sherman.

Dr. Michele Mittelbronn chose dermatology as her profession because she is both a problem solver and an artist.



Home Safe BeWell Home Services

IS ONE OF YOUR LOVED ONES LIVING WITH a chronic condition, recovering from illness or simply in need of daily assistance? BeWell Home Services can provide them the comfort of knowing that someone is there to help.

BeWell is the only faith-based nonprofit home care service in the Charleston area. A division of Lutheran Homes of South Carolina, which has more than 100 years

BY MIRANDA S. STEADMAN

of experience serving older adults, BeWell is there when you need a little help at home. Members of the staff have been specially selected, insured and trained to provide companionship, and they also are trained to do laundry, run errands, go shopping, accompany you on appointments and assist with personal hygiene. According to Administrator Connie Henrich, “We specialize in meeting individual needs. You pay for and receive the exact services you request.”

BeWell will set up an in-home assessment of your situation at no charge, ensuring that everything is provided for the most comfortable and safest environment possible. This includes the appropriate equipment, lighting and furniture placement, pet care, plant watering, food upkeep, as well as anything else necessary for a healthy, independent lifestyle.

BeWell Home Services provides the latest technology in home care assistance. With the Phillips Lifeline necklace, a client can call for help with the push of a button. Or, with fall protection service, Lifeline with AutoAlert automatically calls for assistance if the client falls. The Phillips Medication Dispenser rotates on a 30-day cycle, dropping medication one day at a time, and an audio alarm sounds when it’s time to take medication. If a dosage isn’t taken, the system notifies the appropriate contact person.

Licensed by DHEC, BeWell offers affordable rates and service plans to clients of all ages. No contracts or time commitments are required. Currently serving 125 satisfied clients, customer care is BeWell’s highest priority. The company employs more than 80 caregivers, with a certified nurse assistant staff coordinator on call at all times.

Mrs. Emily H. Remington has enjoyed the assistance of BeWell Home Services for the past five years. Mrs. Remington, who conducted the Charleston Symphony Orchestra Chorus for 19 years and started the Singers Guild Society in Charleston in 1978, was also involved with Holiday Pops concerts for the city of Charleston and Piccolo Spoleto. A professional musician, she now

organizes the Remington Concert Series at her retirement community and remains active with the assistance of BeWell Home Services.

“I would be in assisted living if I did not have someone with BeWell to always take care of me. It is a wonderful service, and I highly recommend it. The caregivers are old-fashioned, nice and vary in age,” Remington stated.

BeWell’s goal is to provide assistance for people to maintain quality of life and independence. Because sometimes we all need a little

help to accomplish tasks and be our best, BeWell strives to provide support and peace of mind to clients and their families, regardless of whether the client is living in a private home, a retirement community or a health care facility. 🩺

To learn more about about BeWell Home Services, visit www.bewellhomeservices.org or call (843) 377-4663.



Photo by Rick Waldo.

Mrs. Emily H. Remington, a professional musician, has enjoyed the assistance of BeWell Home Services for the past five years.



More Than Just A Gym

ActiveRx Active Aging Center

WHEN ACTIVERX ACTIVE AGING Center opened its doors in 2013, a cynic might have predicted its demise, dismissing it by asking, “Who needs another gym East of the Cooper?”

Today, as its enrollment continues to grow and its members sing its praises, the answer to that question might be “Plenty of folks, and more to come!”

Targeted to the rapidly increasing 50+ crowd in Mount Pleasant and its environs, ActiveRx has established itself as a premier facility for physical rehabilitation, strength training and much more, including yoga, nutrition counseling and frequent presentations by authorities on subjects from neuropathy to diminished hearing. What’s more, ActiveRx has become what one enthusiast called “a home away from home” for men and women seeking a path to better health and improved quality of life.

BY BILL FARLEY

Nancy Wetmore was among the first to join ActiveRx. She knew it was for her because she “wanted and needed a workout facility but not one dominated by 20-somethings in Spandex.” Plus, she wanted more personal attention than she could ever get in a big gym.

To say that Wetmore has become a regular would be to understate her commitment. Now she takes strength training classes three times a week and yoga two.

“There are never more than six people in a class,” she said. “It’s almost like having a personal trainer but without the big cost.”

For her, what started out as a path to better health has become an integral part of her life – she enjoys the camaraderie among her workout friends almost as much as the medical benefits of her regimen.

Wetmore’s assessment is seconded by Sarah Ezzell, who initially joined ActiveRx for physical therapy after surgery on her badly broken arm. After she was released from therapy, she was given the opportunity to stay on free of charge for a few weeks to find out whether she might like some other programs. Now Ezzell logs two strength training and two yoga sessions every week.

“The yoga they teach is called ‘gentle yoga,’” she said.

“But it’s pretty hard. Still, I never miss it!”

“I can understand why ActiveRx is so popular,” she added.

“Everything they do is personal. The attention you get is truly individualized. It’s more than a place to work out and improve your strength. It’s like a big, extended family.”

Both women’s husbands are also ActiveRx members, and both are enthusiastic cheerleaders for its Strengththerapy programs, encouraging friends and acquaintances to just give it a try on the theory that once they’ve experienced what ActiveRx has to offer, they, too, will never want to give it up.

Even with two knee replacements, Sarah Ezzell contends that working out “is fun, because you hate it until you’re finished. Then you love it!”

“We’re extremely pleased with the response we have gotten from our community. We knew when we opened that there was a need for the research-based Strengththerapy programs we offer, but we never anticipated the immediate response we experienced and the enthusiasm we’ve encountered from all our members,” said ActiveRx General Manager Ryan Daniel.

He said management is now giving serious consideration to expansion to other Lowcountry locations, including West Ashley and Summerville. But no one at ActiveRx will forget that Mount Pleasant came first! 🩺

To find out more about how you can improve your health and enhance your strength, visit www.activerx.com or call 843-388-3120.



Photo provided by ActiveRx.

Nancy Wetmore, seated, was among the first area residents to join ActiveRx. Now she’s one of its most enthusiastic cheerleaders.



Put a Spring in Your Step

Tips from Dr. David Geier

WITH SPRING IN THE AIR, many people want to get in shape or train for upcoming races and competitions. Starting a new physical activity program can improve both your health and your athletic performance, but, before you begin, you should take steps to avoid injuries.

Dr. David Geier, a board-certified orthopedic surgeon and sports medicine specialist, recently outlined a few of these important steps. Dr. Geier, the director of sports

BY EILEEN CASEY

medicine at East Cooper

Medical Center, has been the chief tournament physician for the Family Circle Cup women's professional tennis tournament for seven years and has also served as head team physician for the Charleston Battery professional soccer team. His impressive resume also includes a stint as physician for the USA Rugby and the U.S. women's national soccer teams during their appearances in Charleston.

Here are some of Dr. Geier's suggestions:

Find a qualified personal strength and conditioning trainer

- When learning any new program, it is a good idea to work with a fitness trainer. Inquire about your trainer's experience and certification, such as Certified Strength and Conditioning Specialist (CSCS), a designation awarded by the National Strength and Conditioning Association.

Learn the correct techniques for every movement - Many people hurt themselves by flailing their arms around or lifting weights off the ground awkwardly. Using perfect technique for each exercise can help you prevent injuries, and it will also enhance your results by focusing the stress

on the muscles you are trying to build.

Start out slowly - You wouldn't start running today and compete in a marathon a month from now. However, some people do suffer injuries running in a race for which they haven't had time to prepare. If you can't slowly add to your training regimen, you are subject to injuries such as stress fractures that can force you to miss months of training.

For the same reasons, don't try to lift heavy weights right away. Start out with less weight that you know you

can control and perform as many reps as you can. You can gradually increase your weights as you progress.

Stop an exercise when you can no longer control the movement - Pushing yourself to your limit with each exercise will help you grow and improve, but you must be able to control your form. You need to be able to safely control the weight. If you lose your form or if the bar or dumbbell slips, you could suffer a serious injury.

Cross train one or two days each week - Any form of exercise that involves a repetitive motion can lead to injury over time. Repetitive stress on one or a few body parts day after day can build up quickly. For example, jogging seven days a week might not cause any trouble for a few weeks or months, but,

if you do it long enough, overuse injuries such as stress fractures or tendinitis are relatively common. Your upper body is no different. You don't necessarily have to give up exercise – just pick a different exercise occasionally. 🏥

If you or your family members suffer an exercise or sports injury or have bone or joint pain, call Dr. Geier at 843-971-7672.



Photo courtesy of Dr. David Geier.

Dr. David Geier is a board-certified orthopedic surgeon with experience in a variety of sports, including tennis, soccer and rugby.



Hearing Is Believing

Zounds of Charleston

ZOUNDS IS DEVELOPING A sterling reputation in the Lowcountry. But beyond enthusiastic recommendations from satisfied customers, possibly the most revealing testimonial the company has earned since opening its doors in March 2014 is that the franchise's first customer was its owner.

Derrick Woods, who runs Zounds of Charleston with his wife, Nancy, knows firsthand what it's

BY BRIAN SHERMAN

like to struggle to hear and understand the sounds that many people take for granted. He has had hearing problems since childhood, but, today, equipped with a Zounds hearing aid in each ear, he revels in everyday sounds he never thought he would hear.

"I hunted, went to concerts and worked in factories my whole life," Woods commented. "I got by with lousy hearing for 40 years. Now that I can hear, I can't stand a day without my hearing aids."

Zounds hearing aids eliminate up to 90 percent of background noise, according to Woods, and they also do away with feedback that can cause an irritating squealing or whistling sound. And just as Zounds founder Sam Thomasson developed the innovative hearing aid to help his daughter, who lost her ability to hear at a young age, the Woods' opened the franchise to give them the opportunity to improve the lives of their Lowcountry neighbors.

"We got into this to help people," Nancy Woods explained. "The satisfaction we get out of it is tremendous."

Derrick Woods enjoys talking about people whose lives have taken a turn for the better because of his Zounds franchise. For instance, a woman who had taught piano for half a century gave up playing because of her severe hear-

ing loss. Shortly after she was fitted with a pair of hearing aids, she broke the news to Woods, amid tears of joy, that she was making music again.

Another Zounds customer, a 31-year-old language teacher, was amazed to find that "After 10 years of teaching, she could hear her students talking behind her back." And a woman at an assisted living center in North Charleston was grateful that she was finally able to speak over the phone to her daughters in Michigan and Florida. It wasn't long before five of her friends at the center

wanted to talk to Woods about improving their hearing.

Woods pointed out that not every potential patient needs a hearing aid, though he added that 10 percent of Americans – 34 million people – suffer from some type of hearing loss. Patients who visit Zounds first view a short video that explains the technology behind the Zounds hearing aid, then they are tested by Hearing Aid Specialist Mark Selby. The initial appointment usually takes around an hour-and-a-half, and there's no charge for the test and

consultation. Sometimes, Woods pointed out, the problem is something simple, such as excess earwax.

If a hearing aid is necessary, the patient will start hearing better right away and return for a follow-up visit in a week or two.

"If a person buys a hearing aid, they aren't just buying a product. They have to commit time for us to tweak it for them. No two people are alike, and no two ears are alike. You have to be willing to come back so we can make it comfortable and as close to perfect as possible for you," Nancy Woods explained. 🩺



Photo by Jenn Cady.

Derrick Woods knows what it's like to have hearing problems. That's one reason he and his wife, Nancy, opened Zounds of Charleston in March 2014.

To find out more about how a Zounds hearing aid can help you, visit www.zoundscharleston.com or call 843-388-4853.



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Who Knows Best? Coastal Pediatric Associates

WHEN IT COMES TO your parenting questions, there's a bevy of people, from neighbors and friends to grandparents and colleagues, who are ready and willing to offer opinions to you. Other times, you might want to keep matters – your child's health being one – within a more select group. With Coastal Pediatric Associates as part of that trusted group, a doctor or nurse will always be there to listen.

BY DENISE K. JAMES

Open seven days a week – four days until 9 p.m. – with a 24-hour nurse call line, Coastal Pediatric Associates has made it possible to get answers regarding your child's health whenever you need them. And with office locations in Mount Pleasant, West Ashley and James Island, a caring physician is always nearby.

"We have a great team that works together and allows these flexible hours to be possible," commented Dr. Laurin Graham, who works in the Mount Pleasant office. "Parents can always access us."

So how do you know when to phone a doctor? In the age of "too much information," Dr. Graham cautioned parents against researching symptoms on the Internet or even relying on feedback from other parents or community members. Instead, a parent's own instinct is the most important reason to bring a child to a physician. And solving mysteries about your little one's health – including figuring out "what hurts" – is something the doctors embrace as a cornerstone of pediatric medicine. In other words, they'll know just what to do.

"We take care of kids, and we also take care of the families," Dr. Graham pointed out. "We listen to the parents,

reassure them and give them realistic expectations."

Now that spring and summer are on the way in the Lowcountry, many parents will want to schedule wellness visits that will prepare a child and guard his or her health. The warmer months are a good time to "catch up" on your child's overall well-being, including updating vaccinations and testing for allergies. And if you're planning to send your child to overnight camp this year, most will require a yearly physical.

"Camps like to know when your most recent wellness visit was," Dr. Graham explained. "If a wellness visit has been recent, parents can request records through our Web portal. Otherwise, it's a good idea to schedule one early."

Even high school athletes would be wise to sign up for a wellness visit. Dr. Graham commented that South Carolina requires players to visit a physician between the first of April and the starting date of the sport.

"It's best to plan ahead," he affirmed.

Need more proof that Coastal Pediatrics Associates knows best for your child? Consider the fact that

the practice is a designated Level 3 Patient Centered Medical Home, recognized for providing the highest level of care in the three-tiered quality grading system, according to Lindsey Young, marketing manager.


"We are the only pediatric practice in the Lowcountry to receive this honor," Young said. "We're proud to serve the families of the greater Charleston area with the highest standard in pediatric care. It's our hope that your children will look forward to return visits with medical providers they come to know, love and trust." 



Photo courtesy of Coastal Pediatric Associates.

With spring and summer on the way, Lowcountry parents will want to schedule wellness visits for their children, according to Dr. Laurin Graham.

Coastal Pediatric Associates is located at 1952 Long Grove Drive in Mount Pleasant. To learn more, visit www.cpakids.com or call 843-971-2992.



The Healthcare Solution

Atlas Healthcare, PA

HEALTH INSURANCE POLICIES FIRST emerged in the industrial era of the 1880s, powered by the rise of unions that sought compensation for the illnesses and injuries of steel factory workers. They were designed to mitigate the economic hardship caused by unforeseen accidents.

Since those humble beginnings, health care has morphed into a huge industry, fueled by insurance companies and pharmaceutical conglomerates and mandated by the federal government. Because insurance premiums are withheld from paychecks – or paid for by government entities such as Medicare and Medicaid – rather than passing through our hands, we are unaware of the high price we are actually paying. In other words, health care consumers and health care payers are different entities.

One result of these vast changes in the insurance industry in the past century or so is that increasing government regulations and decreasing reimbursements are forcing doctors to become employees of hospitals.

Meanwhile, insurance companies and hospitals seem to be more concerned about their financial security than about patients. According to Dr. Tim Wingo of Atlas Healthcare, more than half the bankruptcies in this country are caused by medical costs.

Certain that there is a better way, Dr. Wingo opened Atlas Healthcare to give people an alternative: better health care at an affordable price. He takes a holistic approach that concentrates on maintaining wellness and preventing disease.

“I advocate for quality routine primary care,” he said. “I see just a few patients per day, so I can spend more time with them.”



As an affordable concierge practice, Atlas Healthcare does not contract with insurance companies, which helps keep overhead low. In addition to extended appointments at his office, Dr. Wingo is available by phone. Everything about his practice is streamlined except for patient relationships.

Dr. Wingo is passionate about the need for ample time with patients.

“Without time, there can be no meaningful communication or education,” he explained.

Dr. Wingo’s view of insurance is not unlike that in the automobile industry. Consumers pay the doctor directly for routine primary care, just as they would pay for oil changes for their car, which encourages them to be more involved in decision-making and spend less

money on unnecessary tests and appointments. He suggested that most people can improve their well-being and reduce medical expenses dramatically by choosing a concierge practice combined with a high-deductible insurance plan and a health savings account.

According to Dr. Wingo, “The premium savings alone from a high-

deductible plan will fund the HSA. In fact, the cost to see me for a year would be a fraction of the tax savings from the HSA contribution.”

Is Atlas Healthcare the right choice for you and your family? Dr. Wingo welcomes your questions and will gladly explain the math to you during a free consultation. But, even more than your potential savings, you’ll appreciate the quality of care you’ll receive. 🩺

Atlas Healthcare is charting a new direction in health care. To find out more, visit www.AtlasHealthcarePA.com or call (843) 352-9353 for an appointment.

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-By Kathrin Hutson (Patient and Enthusiast)

"When I first came to Dr. Jesse I could hardly walk. Even sitting at the computer was an extreme distraction due to the amount of pain I was experiencing. Over the course of 12 sessions, he have restored my ability to not only walk, but to run and work out as well. my pain level was close to a 10 when I came in. Now my pain levels are at a 1 or 2 max. I continue to see Dr. Jesse and I highly encourage you to see him as well. Dr. Jesse doesn't just fix you but educates you on the problem. My quality of life has improved thanks to him."

-B. Hawkins

"I was weeks away from scheduling a cervical fusion and had tried many different approaches to relieving my chronic pain. Injections, TENS, traction, adjustments, massage ... nothing worked for long. I will be the first to say that I was doubtful but I am a different person than I was just a few weeks ago. It has been an amazing experience."

-B. Kirby

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Gentle Dental Care Anderson Family Dentistry

Some tortures are physical and some are mental, but the one that is both is dental - Ogden Nash

So wrote the celebrated poet laureate of light verse, with tongue firmly in cheek, most likely next to an aching molar.

Of course, there is more truth than fiction to Nash's ditty. A visit to the dentist's office was once looked upon by many people as something between unpleasant and unbearable.

That's not true any longer, and, in Mount Pleasant, a leading practitioner of gentle, pain-free dental care is Dr. Charles Anderson, whose practice on Wingo Way, in the shadow of the Ravenel Bridge, utilizes state-of-the-art equipment and techniques to put patients at ease, lessen their pain and give them optimal dental outcomes.

A Charleston native, Dr. Anderson earned his undergraduate degree at the University of South Carolina, a master's in Education from the Citadel and is a graduate of the Medical University of South Carolina College of Dental Medicine. He holds additional credentials in cosmetic dentistry and dental implants.

Dr. Anderson ventured East of the Cooper in 2001, when he shuttered his successful downtown practice and moved to Mount Pleasant. Today, he has served three generations of loyal patients. Loyalty also is an attribute of his staff, most of whom have been with Dr. Anderson for between 14 and 22 years.

The Anderson experience, business manager Kelly Vincent feels, "Starts at the front door. The personalization we give each of our patients sets us apart from other dental offices. We're very detail-oriented, and everyone from Dr. Anderson on down keeps us on the cutting edge with the tools and techniques of 21st-century dentistry."

Dr. Anderson himself, Vincent said, "takes a holistic approach to his practice. He doesn't just focus on a tooth

that's causing pain, for example. He wants to put that issue in the context of the person in the chair. He wants to uncover precisely what's causing the problem so that he can address all its underlying issues."

The full title of Dr. Anderson's practice promises his commitment to "Family Dentistry and Aesthetic Restorative Dentistry." He handles most crowns, extractions and implants himself and maintains a network of specialists. If a specific problem requires specialized attention, he can refer a patient to practitioners he trusts.

To put patients at ease, Dr. Anderson offers oral sedation, nitrous oxide – also known as laughing gas – and virtual vision goggles so a patient can relax and watch a movie while the doctor works.

Dr. Anderson believes that a patient's smile can be life-changing. To that end, he offers bonding, veneers, teeth whitening and removable braces.

When he is out of the office, Dr. Anderson is a part-time instructor at the James B. Edwards College of Dental Medicine at MUSC. He's an avid golfer and recently renewed his interest in hunting. He regularly goes on medical missions to developing countries in Central and South America through the Dental Community Fellowship.

And he is a new grandfather. No one would ever know he is very proud of her – unless, of course, they saw the pictures he posts weekly around the office.

Once upon a time, whimsical poet Ogden Nash might have been right about how people feel about going to the dentist. He obviously never visited the office of Dr. Charles Anderson. 🦷

To learn more, visit www.anderson-dentistry.com or call 843-884-2021.

BY BILL FARLEY



The staff at Dr. Charles Anderson's dental practice. Left to right: Front row: Kelly Vincent, Michele Litchfield and Sharon Varner Holloway. Back row: Christy Johnson, Janet Easterby, Dr. Anderson and Belinda Buckheiser.

Photo courtesy of Anderson Family Dentistry.

MOUTHING OFF THE IMPORTANCE OF ORAL HEALTH



RESearch has shown that the health of your mouth mirrors the condition of your body as a whole.

That means, of course, that oral health isn't just about maintaining an attractive smile and avoiding the embarrassment of bad breath. Instead, it's about your overall health and well-

BY SARAH LYNCH

being. There's a connection between a healthy mouth and a healthy body.

According to the American Academy of General Dentistry, clues to more than 90 percent of all systemic diseases can show up in your mouth. As a result, your oral health can tell your dentist a lot more than simply whether or not you have cavities or crooked teeth. He or she

might be able to tell if you are likely to develop a disease such as diabetes.

Reports also have shown that there is a relationship between periodontal (gum) disease and more serious health issues. These include strokes and heart disease; leukemia, pancreatic and oral cancers; rheumatoid arthritis; and kidney disease. And women with gum disease apparently are more likely

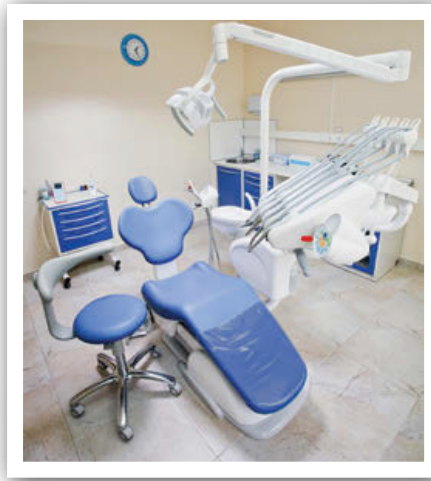
to give birth to pre-term, low-birth-weight babies.

Most people visit their dentist because they have cavities, but adults over the age of 35 lose more teeth to periodontal disease than to cavities. In fact, three out of four adults are affected by periodontal disease at some time in their life. To make matters worse, the problem can be managed, but it can never be fully cured. And it's a transmissible disease that can be passed on to your spouse or children.

The good news is that periodontal disease is preventable. The disease and decay both are caused by bacterial plaque, a colorless film that is constantly formed on your teeth and sticks to them at the gum line. If you brush and floss every day and see your dentist on a regular basis, you can get rid of these germs and help prevent periodontal disease.


Seeing a dentist regularly helps keep your mouth in top shape, of course, but it also gives your dentist the opportunity to watch for developments that just might point to other health issues. A dental exam also can detect poor nutrition and hygiene, growth and development problems and improper jaw alignment.

You can help your dentist help you



by providing her or him with a complete medical history. And remember to tell your dentist about any recent health developments, even if they seem unrelated to your oral health.

HERE ARE SOME WAYS TO PRACTICE GOOD ORAL HYGIENE EVERY DAY:

- Brush for two to three minutes at least twice a day, using fluoridated toothpaste.
- Floss daily to remove plaque from places your toothbrush can't reach.
- Eat a healthy diet to provide the nutrients necessary (vitamins A and C, in particular) to prevent gum disease.
- Avoid cigarettes and smokeless tobacco, which may contribute to gum disease and oral cancer.
- Exercise preventive care and schedule regular dental checkups – the surest way to detect early signs of periodontal disease. 

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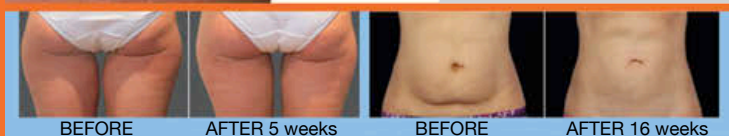
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BEST ALLERGIST

If you can't walk outside without sneezing your head off or pet your friend's cat without scratching your skin raw, it might be time to make an appointment with Dr. Bruce Ball. Our readers think he's the guy for determining which allergens you should avoid and significantly lower your Kleenex bill.

1. *Dr. Bruce Ball*
2. *Dr. Ned Rupp*
3. *Dr. John Ramey*

BEST AUDIOLOGIST

Being a good listener is an art form, and listening to your patients discuss their concerns regarding hearing is something our readers believe Dr. Mary Anne Larkin has mastered. So if you find yourself straining during a conversation, give her a call – she is all ears.

1. *Dr. Mary Anne Larkin*
2. *Dr. Kristen Bish*
3. *Jennifer Bonner*

BEST CHIROPRACTOR

At his Maximized Living Clinic, Dr. Brian Class offers the best all-natural holistic chiropractic care available. Dr. Class and his staff provide patients with simple, common-sense tips to preventing disease and living a fuller, healthier lifestyle. Give him a try. ... if you have the spine for it.

1. *Dr. Brian Class*
2. *Dr. Matthew Murrin*
2. *Accurate Chiropractic*

BEST DENTIST

Remember your old dentist who bribed you with cheerful balloons, new toothbrushes and flavored fluoride to forget your fears and enjoy your cleaning? Our readers insist that Pleasant Family Dentistry is the best dentist without such gimmicks – they simply do a good job with your smile.

1. *Pleasant Family Dentistry*
2. *Dr. Nicole Dahlkemper*
3. *Assey Dental Associates*

BEST DERMATOLOGIST

Our skin is the largest organ of our bodies, and taking care of it is important. Readers voted Dr. Marguerite Germain as the best in skin care, so before you slather another miracle cream on your mug, try giving her a call.

1. *Dr. Marguerite Germain*
2. *Dr. Sam Stafford*
3. *Dr. Stephanie Smith-Phillips*

BEST EYE DOCTOR

For all your optical needs – examinations, eyeglasses, frames, contact lenses and more – Dr. Brad Bodkin and his skilled staff provide patients with the best outcomes in a high-tech and environmentally friendly way. And he never makes a spectacle of himself.

1. *Vision Center at Seaside*
2. *Dr. Brad Majors*
3. *Dr. Wm. Christopher Orr*

BEST FAMILY DOCTOR

We've all seen those fuzzy black-and-white films and television shows that depict a caring family doctor curing the household of fevers and chickenpox with the magical items inside his doctor's bag. Our readers voted Dr. John Knepper as the modern version, so give him a call at the first sign of illness.

1. *Dr. John Knepper*
2. *Dr. John Rowe*
3. *Dr. Lee Allison*

BEST FITNESS CENTER

It's East of the Cooper and a few miles from the shore, but East of the River Pretty Near the Beach was too long a name. But don't join East Shore Athletic Club for the name. Join it for the wide range of exercise equip-



ment and fitness gear and for their available personal trainers. They're "gonna pump you up!"

1. *East Shore Athletic Club*
2. *Iron Tribe Fitness*
3. *EcoFitness*

BEST GERONTOLOGIST

Modern society is right about one thing: Life begins at 60, especially East of the Cooper! For those of you searching for the right specialist to ensure the quality of your golden years, our readers suggest the talented Dr. Rex Morgan.

1. *Dr. Rex Morgan*
2. *Dr. Scott Evans*
3. *Dr. John Kleckley*
3. *Dr. Leonard Lichtenstein*

BEST HOSPITAL

When the Roper St. Francis Mount Pleasant physicians and health care professionals claim that they put patients first, they're not kidding. Year after year, they rack up national awards in patient satisfaction to prove it. No one wants to go to the hospital, but, when you have to, you'll get world class care.

1. *Roper St. Francis Mount Pleasant*

2. *East Cooper Medical Center*
3. *MUSC*

BEST LASIK SURGEON

Seeing is believing, so after we counted up all our readers' votes for Dr. Kerry Solomon as the best lasik surgeon, we decided that they must be right.

1. *Dr. Kerry Solomon*
2. *Dr. David O'Day*
3. *Dr. David Vroman*


BEST OBGYN

Pregnancy is sometimes depicted as a nail-biting experience on romantic-comedies, but thanks to Dr. Toya Pound, the ladies of East Cooper are feeling relaxed throughout the entire process. As for the fathers, well, that's another story.



1. *Dr. Toya Pound*
2. *Dr. Natalie Gregory*
2. *Mount Pleasant OBGYN*

BEST ORAL SURGEON

Sometimes, bad things happen to good mouths. On those occasions, our readers put their trust in Shelbourne and Associates and look forward to Dr. Court-

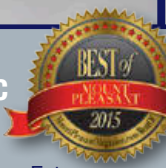


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BEST ORTHOPEDIC SURGEON


Thank you for voting Dr. William Estes Best of Mount Pleasant!



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ney Shelbourne opening his new dental practice in the spring of this year.

1. *Shelbourne and Associates*
2. *Dr. Phillip Prickett*
3. *Dr. Craig Rhyne*

BEST ORTHODONTIST

At Nash Orthodontics, the goal is to help patients achieve and maintain a beautiful and healthy smile by offering the absolute best quality orthodontic care in a caring, fun, and friendly environment. No truth to the rumor that Jerry Seinfeld does the chairside warm-up.

1. *Dr. Travis Nash*
2. *Dr. James Kelley*
3. *Dr. Roberta Gardner*

BEST ORTHOPEDIC SURGEON

When people talk about “feeling something in their bones,” they mean that they know it without any real proof. However, the readers of Mount Pleasant Magazine have proven to us that Dr. Billy Estes is the best orthopedic surgeon when it comes to ridding yourself of any pains in the neck – or elsewhere.

1. *Dr. Billy Estes*
2. *Dr. William Carroll*
2. *Dr. John Graham*

BEST PEDIATRICIAN

The tenured physicians at Coastal Pediatric Associates have been caring for the children of the Lowcountry, providing the most current, compassionate and comprehensive care, for more than 20 years. Pretty soon, their first patients will be switching to Coastal Middle-Aged Care Associates.

1. *Coastal Pediatric Associates*
2. *Dr. Matthew Davis*
3. *Dr. Sheri Scott Ziemnick*

BEST PHYSICAL THERAPIST

Imagine Physical Therapy’s founder and guiding light, John Mart, was a Marine – and it shows! Whatever your sports-related, post-operative or other general physical tuneup, you’ll get it here double time! But John’s staff has a softer side, too. If you work hard, they just might give you a cookie.

1. *Imagine Physical Therapy*
2. *Danielle Licari*
3. *Olympic Physical Therapy*

BEST PLASTIC SURGEON

At the Lowcountry Plastic Surgery Center, Dr. Jack

Hensel and his team provide a wide range of services, from breast augmentation, reduction and reconstruction to liposuction, body contouring and more. You’ll love the results so much, your smart phone will probably never leave “selfie mode” again.

1. *Dr. Jack Hensel*
2. *Dr. Heidi Williams*
3. *Dr. Tom Funcik*

BEST URGENT CARE

Urgent care means what it says – it’s care you need right now – not in three or four hours. Not tomorrow. Now! And that’s what Nason Medical Center is all about: ambulatory urgent care. That, and making some great TV commercials starring head doc Barron Nason himself.

1. *Nason Medical Center*
2. *HealthFirst*
3. *Roper Hospital*

BEST UROLOGIST

If you find yourself asking “Where’s the powder room” a bit too often at parties, it might be a good idea to give Dr. Dennis Kubinski or Dr. John Donaldson a call. These fine physicians tied for readers’ favorites when it comes to flushing that issue away.

1. *Dr. Dennis Kubinski*
1. *Dr. John Donaldson*
3. *Dr. David Brandli*
3. *Dr. Stanley Hall*

BEST WEIGHT LOSS PROGRAM

Those stubborn pounds that you haven’t been able to lose since the decade of your 20s aren’t a problem for the Lowcountry Beauty and Wellness Spa, according to our readers. Voted the best weight loss program, it’s a great way to regain your self confidence and avoid a midlife crisis.

1. *Lowcountry Beauty and Wellness Spa*
2. *Metabolic Medical Centers*
3. *Weight Watchers*

BEST YOGA STUDIO

Yoga is hot, especially at Bikram. Go ahead and work every muscle in your body with a series of 26 postures and two breathing exercises. You’ll be able to cool off at one of the many bars and restaurants near Bikram in the Shoppes at Seaside Farms.

1. *Bikram*
2. *Charleston Power Yoga*
3. *Serenity Now*
3. *Gaea*

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If You're Feeling Inspired

ARTspiration

LIKE MANY MOTHERS, HEATHER Ackermann spent last summer searching for an activity her children would enjoy. But when her family finally found a hobby at an area business – painting pottery – the shop closed and Ackermann’s search started again.

“As soon as the word was out they were closing, I asked my kids, ‘Do you want to find something different to do as a hobby?’ But they said, ‘No, Mom, we love to paint,’” she explained.

Using her children’s love of art as inspiration, Ackermann founded ARTspiration, which opened in December 2014.

The studio, located on Ben Sawyer Boulevard, is a space where artists of all ages and experience levels can try their hand at painting ceramic pottery or designing one-of-a-kind fused glass creations.

Those interested in painting can select a ceramic item out of the dozens in the store – from coffee cups and serving trays to animal figurines and piggy banks – and choose from a variety of glazes to paint their design of choice.

To make glasswork, artists select from pieces of colored glass and can create anything from night lights to holiday ornaments.

Patricia Radford, one of the store managers, said the glasswork sets the studio apart.

“There’s no other glass fusing studio in the area,” she said. “It’s unique, and it’s safe so even children can do it.”

Both the ceramic and glass pieces are fired in a kiln after the artists complete them. They can be picked up roughly one week later.

“We really have something for everyone,” said store manager Sarah Tiani. “With glass and ceramic, you can do anything. It can be an adult project or a children’s project. On a rainy day, this is a perfect place for the kids to be active in a creative environment – rather than staring at a TV – and for the parents and adults, too.”

Tiani said each artist’s experience is different. A typical studio visit can last from 10 minutes to two hours, and some like to work independently while others may need

assistance from the managers, both of whom have an arts teaching background.

The studio is open seven days a week and requires no reservations, which Radford said makes the environment nurturing for those suddenly struck by inspiration.

“If you’re feeling inspired, come in and play,” Radford said.

The managers also said the studio is a popular place for parties and get-togethers. They’ve had visits for birthdays, Sunday brunch and even “boy’s night out,” where the guys can melt their favorite bottles.

ARTspiration also accommodates school groups and will be operating camps that coincide with all school breaks, beginning this coming spring.

The two-day summer camps will be held in the late afternoon for 6- to 10-year-olds. Each camp will have a different theme, varying from the ocean and our local ecosystem to MineCraft, where campers will get to explore cubism. During each camp session, the children will get to create one piece in each of the two mediums.

Ackermann said she knows the camps will be popular, just as the business has been, because it gives children and adults a chance to express themselves.

“Just from talking to moms and children, this is something they feel they got taken away from them, but now word has spread that we’re open and they have realized they have that creative outlet back,” she commented. 🖌️

ARTspiration is located at 1256 Ben Sawyer Blvd. in Mount Pleasant. To learn more, visit www.artspirationstudio.net or call 843-312-0877.



At ARTspiration, artists of all ages and experience levels can try their hand at painting ceramic pottery or designing one-of-a-kind fused glass creations.

Photo courtesy of ARTspiration.

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Growing a Local Practice

Donaldson Law Firm

AS MOUNT PLEASANT continues to grow and change, the Donaldson Law Firm assists both newcomers and longtime residents with their legal real estate needs by helping them buy and sell houses, refinance, change the information on deeds and much more. What inspires owner Rob Donaldson and his small business of four employees is the opportunity to play a personal role in the community his family has called home for generations.

BY ANNE TOOLE

Born and raised in Mount Pleasant, Donaldson grew up in his family's well-known Abide-A-While Garden Center, open since the 1950s, and through it got to know nearly every family in the once-small town. While Mount Pleasant has more than blossomed over the decades, Donaldson opened his law firm in 2009 to guide families who have roots here and those who want to plant roots here as they go through the real estate legal process.

"We like houses, and we care. I remember them all, and it's inside me," Donaldson said. "We know Mount Pleasant, and we've been here long enough that we know everybody. If they're not already family, they become our friends."

Donaldson works to ensure that the needs of each of his clients are met and that every experience is tailored to their comfort level. With business coming in from real estate agents, mortgage bankers and word of mouth referrals, Donaldson emphasized the importance of getting to know and understand each client.

"Every client is different, and real estate law is not

something we expect everyone to understand," he said. "We walk each client through his or her particular situation to anticipate their concerns, provide the best customer service and make sure they are comfortable while we work with them to handle their real estate needs."

Donaldson recently welcomed his son, Robert J. Donaldson IV, into his practice. A Wofford College alumnus and recent graduate of the Charleston School of Law, he is an associate attorney and works with clients of his age group and experience level while learning the ropes of the business from his father.

"I am proud to have my son as my associate,"

Donaldson said. "We are more than just real estate attorneys; we are building a strong local business together as a family."

The Donaldson team takes a personal approach to real estate law in Mount Pleasant, not only because this is their home but because it is also the home of their family, friends and



Photo by Ronnie Martinelli.

The Donaldson team sees its role as helping each client begin a new chapter here in the Lowcountry.

neighbors – old and new. They see their role as helping each client begin a new chapter here in the Lowcountry.

"It's houses, it's history," Donaldson said about the real estate law business. "Each of our clients has a story, and these houses are places to start a family, fulfill a dream or just plant flowers. While everyone's real estate situation is unique, each one becomes a home."

The Donaldson Law Firm is located at 317 Wingo Way, Suite 305, in Mount Pleasant. For more information about how the firm can help you, call 843-881-8400.

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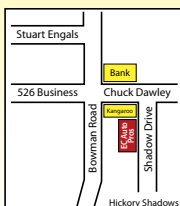
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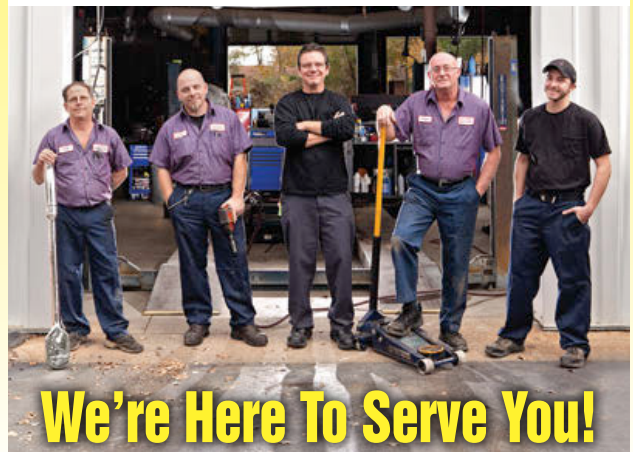
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Realistic Expectations

Jon Crompton

JON CROMPTON'S KEY TO SUCCESS is telling his clients at Keller Williams Realty what they need to hear, not just what they want to hear. By setting realistic expectations, he said, it is possible to achieve greater happiness in the long run.

"I like helping people reach their personal goals," Crompton explained. "There is no deal too small and no deal too big."

Crompton, who was cited as one of the best real estate agents in East Cooper in 2015 by the readers of Mount Pleasant Magazine, credits much of his success to the support and encouragement of the Keller Williams Real Estate Group, which has been ranked as the number one training company in the United States.

Crompton began his career in real estate when home

prices were falling, but he is optimistic that the market has turned for the better.

"Mount Pleasant is an ecosystem of its own. So many people want to live here to enjoy the local shops, downtown Charleston and the close proximity to the beach," Crompton exclaimed.

Being a foodie, Crompton considers the restaurants in the area to be one of the best reasons to live here. He's also an avid surfer and swimmer and feels at home by the sea.

Crompton has enjoyed helping first-time homeowners find a house, as well as getting families into larger homes. "Every sale is a good story," he commented.

Another good story is that Crompton recently became a father for the first time, welcoming his daughter, Harper Bailey, into the world. 🐾

Jon Crompton can be reached at 843-296-8337.

Every sale is a good story... Let me tell yours.



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David Korley

Lives in: Daniel Island, South Carolina.

From: New Jersey.

Education: Kean University • BS in Industrial

Technology.

Employment: Lowes.

Favorite reading: Nonfiction.

Favorite music: Jazz.

Activities: Work to get kids through college.

Interests: Gardening, radio.

Likes: Music, reading and going to the beach.

Favorite quote or philosophy: "When you kill time, you murder success." • Stiff

Records.



Melissa Miles

Lives in: Mount Pleasant, South Carolina.

From: Gulf Breeze, Florida.

Education: Florida State University • The Institute of Integrative Nutrition.

Employment: Holistic health coach • NaturalHighHealth.com

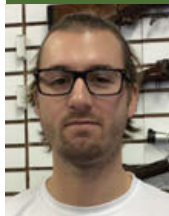
Favorite reading: Romance, anything inspirational and cookbooks.

Favorite music: Today's playlist: Bruno Mars, Pharell, Colbie Caillat, Maroon 5, Justin Timberlake, Adele, Jessie J.

Activities: Spending time with my family - three beautiful children and my amazing husband. We love the beach.

Interests: Singing, cooking, reading, art, travel, decorating and teaching others about health and wellness.

Favorite quote or philosophy: "If you don't build your dream, someone else will hire you to help them build theirs." • Dhirubhai Ambani.



Phil Leaphart

Lives in: James Island, South Carolina.

From: Greenville, South Carolina.

Education: College of Charleston.

Employment: Chief operations officer, On the Fly Sportsman's Consignment.

Favorite reading: Business Insider.

Favorite music: Electronica.

Activities: Hunting and fishing.

Interests: Music production.

Likes: Sleeping, fishing, hunting and camping.

Favorite quote or philosophy: "Music is a higher revelation than all wisdom and philosophy." • Ludwig van Beethoven.



Renie Unrine

Lives in: Mount Pleasant, South Carolina.

From: Birmingham, Alabama.

Education: Attended Western Carolina University and the University of Georgia.

Employment: Manager of Copper Penny Shooz.

Favorite reading: "Yes Please" by Amy Poehler.

Favorite music: I love all kinds of music, favs being The Grateful Dead, Jack Johnson, John Mayer, Van Morrison, Snow Patrol, The Shins, The Cure.

Activities: I love running on IOP/ Sullivan's, skiing (water and snow), wake and paddle boarding and boating.

Likes: Trying new restaurants and new pairings, wine tasting, sunsets, Sunday mornings and brunch.

Favorite quote or philosophy: "There are no regrets in life, just lessons" • Jennifer Aniston.



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