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MAY/JUNE  
2014

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## **MOUNT PLEASANT CALENDAR OF EVENTS**

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**Party in the Park / Tuesdays in June**

**Movie in the Park / June 27**

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# MOUNT PLEASANT

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## MANAGING EDITOR'S NOTE

S UMMERTIME AND FAMILY SEEM TO GO HAND IN hand, don't they? As a kid, I would look forward to spending time with my mom in the summer – we'd go to the beach, and she'd let a friend tag along with us, or we'd head to the park, or we would stick with something as simple as riding bicycles around the neighborhood. Everyone in our neighborhood knew everyone else's parents, and I'm proud to say my own mother was a favorite. She's always been fun to be around, even back when we were haughty 12-year-olds.

Today, I celebrate my mom for teaching me how to be a good person. It's a vague term, to call someone "good," so let me clarify. Through my mother, I've learned to consider the feelings of others, keep a happy heart despite challenges and love unconditionally, the way she loves me. Though I am not a mother myself, I recognize how fortunate I am to learn the skills of mothering from someone who accepts the lifelong position with a whole heart.

This issue celebrates the most natural but most complicated relationships in the entire world: the connection between a parent and child. We felt that Mother's Day and Father's Day deserved special recognition, and we hope readers will enjoy the inaugural version of Mount Pleasant's Favorite Moms and Favorite Dads. This issue also features our first flip cover. On the mom side, we have Crystal Brodie with her children, Bryce, 4, and Ryan, 1. Flip the magazine around to see the dad side. They were all photographed by Jenn Cady in the Palmetto Islands County Park, the perfect place for kids and parents to play in the sunshine.

Besides the importance of family, this issue celebrates summer to the fullest, with articles about entertaining day trips to neighboring towns, the Lowcountry Highrollers and much more. We are surrounded by things to appreciate here in East Cooper, and summer gives us the free time to pause and smell the roses. 🌻

Enjoy the issue.

Yours,



— DENISE K. JAMES  
Managing Editor





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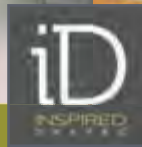
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## Our Contributors



**Holly A. Fisher** is the owner of HAF Creative, a writing, editing and communications company. She writes for a number of local publications and works with area nonprofits to promote their good works in the community. Holly lives in Mount Pleasant with her husband, daughter and three dogs. When she's not working, she's probably doing CrossFit.

Having graduated from the College of Charleston in 2001, **Courtney Davis O'Leary** was thrilled to return to the Lowcountry, this time with a husband, toddler and dog in tow. After working in public relations and marketing for a decade, she launched Fired Up Communication during her recent five-year stint in Gent, Belgium, with clients including Cargill, Samsonite and Microsoft. A regular contributor to the English language newspaper Flanders Today and a weekly columnist for the daily De Morgen, she has also been published in The



Dallas Morning News, BUST Magazine, The Bulletin and Charleston City Paper. Her roller derby experience has come in handy as she maneuvers the epic battle of dinnertime with her son.



A native of Mount Pleasant, **Natalie Vareen-Davis** attended Bishop England High School before heading off to Clemson and the University of South Carolina, where she earned a bachelor's in English and a master's in British Literature, respectively. With a background in teaching college literature and K-12 gifted and talented students, she's now a full-time freelance writer and blogger. When she's not reading, writing or researching, Natalie is enjoying all that Mount Pleasant has to offer with her husband and 1-year-old daughter.

Interested in contributing to *Mount Pleasant Magazine*? E-mail your contact information (name, phone, mailing address) and one sample of work you have created (or a link to your work online) with the subject "**Aspiring MPM Contributor**" to [Editor@MountPleasantMagazine.com](mailto:Editor@MountPleasantMagazine.com).



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*We asked our Mount Pleasant Magazine friends and fans to nominate their favorite moms in honor of Mother's Day. The results are more interesting and heartfelt than we ever thought possible. We had spouses nominate each other, children nominate parents and friends and colleagues nominate extraordinary parents. We hope you enjoy reading the three winning essays as much as we did. Thanks for your nominations and Happy Mother's Day.*

*Photos by Jenn Cady Design Photography.*

{ For even more stories, visit  
[MountPleasantMagazine.com/MomAndDad](http://MountPleasantMagazine.com/MomAndDad) }



# FAVORITE MOM



## **CRYSTAL BRODIE**

Nominated by Jamie West • friend

Crystal is a single mom with two very polite and well-behaved children, an infant and a toddler, who she raises solely on her own. Despite her busy work schedule and very little family in the area to rely on, she still manages to go above and beyond helping people of her community.

Crystal has befriended strangers who are staying at the Ronald McDonald House by taking them for “mommy make-overs” and a night on the town. She volunteers at Crisis Ministries in the wee hours of the morning (even when nine months pregnant) to serve the homeless a warm meal.

Crystal is the person her friends can count on to always be there, the mom that her children’s teachers love and cherish, and the neighbor everyone wants to have. She is beyond a “super mom.” 🍌



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## FAVORITE MOM



### **BRANDY RICHARDSON**

Nominated by Melanie Theriault •  
mother of son's classmate

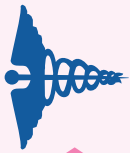
Brandy Richardson is a mother who has always put children first. Prior to starting their own family, Brandy and her husband, Todd, were foster parents in their home state of Georgia. Their own family has since grown to a family of four children – Eli, Ethen, Emi Sue and Evan. Brandy has been very involved in the children's classes at school, volunteering regularly, often with a baby on her hip.

In July of 2013, Brandy's 8-year-old son, Ethen, was diagnosed with an inoperable brain tumor. Their journey can be found on Facebook at Ethen Richardson Updates. Since that time, her devotion to her family has reached a new level. Brandy has remained by Ethen's side throughout his battle,

championing him each step of the way and never giving up hope for his recovery. The family traveled to St. Jude's Hospital in Memphis, where Ethen received treatment. In January, Ethen and his family appeared on Fox News' New Years Eve nationwide broadcast as Ethen was granted his dream of seeing New York City by the Make-A-Wish Foundation.

Later that month, Ethen was hospitalized, and it looked as if his battle was all but lost. During Ethen's hospitalization, Brandy never left his side for more than a few minutes at a time. To the amazement of many, Ethen was released from MUSC in February and returned home to be lovingly be cared for by Brandy. Although Ethen has lost his ability to speak, Brandy has devised a method of communicating with him using a letter chart and eye blinks. I am

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also told that she has a way of anticipating what he needs and what he is thinking without him uttering a sound. It is that inexplicable bond between mother and child that allows her to communicate with Ethen in a language that transcends the spoken word.

It is Brandy's unwavering devotion to her children that compelled me to nominate her for this honor. I know she

doesn't think of herself as such, but I want her to know that there are so many of us who know she is extraordinary. Brandy inspires so many of us to appreciate each day we are given with our children and to remember that each day with them is a gift, for there are no guarantees as to what tomorrow will bring. 📌



### **KIM LEATHERBERRY**

Nominated by Callie Leatherberry • daughter

My name is Callie, and Kim is my beautiful, incredible mom. She deserves to be nominated and recognized more than anything.

I know everyone probably says this, but she seriously is the most unselfish, compassionate person you could ever hope to meet. She has taken care of everyone her entire life, and puts EVERYONE before herself. She was raised in a family where her mom had (and still has) mental health disorders, so she took care of her family often, growing up, when her mom was not able to. She became a registered nurse, partially because of that and for her love of helping people. She and I both experienced some health issues last year, and she put her health problems aside to take care of me first and to make sure I was going to be fine. These are just a few of many examples of her compassion for others and of her selfless demeanor.

My mom has always showed my brother and I complete acceptance and unconditional love in the most powerful way. She has also set a wonderful example for my brother and I with her marriage to my daddy; 33 beautiful years later, my parents are still married and still so in love.

She has taught my brother and I so many important values, such as not to be judgmental and to accept everyone and that being kind to everyone is so important. She taught us manners, self-respect and the importance of always helping others. She is a hard worker for herself and for her family, and she gives back to her community. She is an animal lover and a people person. She is always calm, happy and smiling. She is one of the most well-rounded, responsible, perfect examples of how a human being should be and how we should all treat each other. If the world had more "Kims," the world would be a much better place.

She is one of the best people I have ever had the pleasure of knowing. ... and I get to call her Mom. How lucky am I? 📌



# It Takes a Village

## Understanding PPD

**N**O NEW MOM WANTS TO THINK she might not fully embrace motherhood or that she might feel sad, depressed or unable to bond with her baby. But for more than 20 percent of new mothers, postpartum depression or anxiety is very real and can be a scary start to a new phase of life.

The good news is that postpartum depression is very treatable, and, with the right combination of medication and counseling and a support group, most women fully recover.

BY HOLLY FISHER

Unfortunately, many women are too embarrassed and ashamed to come forward. Our society expects new mothers to fall naturally into motherhood and be over the moon for their new baby. Few mothers want to admit they are struggling.

So how can you help change the stigma associated with postpartum depression?

First, understand just what PPD is and how to recognize its symptoms. Don't confuse PPD with the "baby blues," a common problem for about 80 percent of women for a couple of weeks after giving birth. They might experience sadness, crying or mood swings as their hormones adjust. The real issue emerges when those feelings continue – and worsen. PPD can develop any time in the first year after birth.

### SYMPTOMS OF PPD INCLUDE:

- Feelings of anger or irritability;
- Lack of interest in the baby;
- Lack of appetite and trouble sleeping;
- Crying and sadness;
- Feelings of guilt, shame or hopelessness;
- Loss of interest, joy or pleasure in things you used to enjoy;
- Possible thoughts of harming the baby or yourself.

Women typically recognize something isn't right, but they often aren't sure what's causing their feelings or they are too embarrassed to ask for help. That's why it's critical for everyone to understand PPD. While you as a new mom might not suffer from PPD, you likely will have a friend, family member or co-worker who does. Pay

attention to the signs and don't dismiss a new mom who comes to you for help.

Second, don't be afraid to speak up. As a new mom, understand that PPD is a very real condition. You didn't ask for it. You're not a bad mother because you have it. You can receive treatment and feel better. Friends and family members shouldn't be afraid to advocate on the mom's behalf. Sometimes she can't see past the depression to ask for help, but you can.

And, lastly, know that resources are available. Postpartum Support Charleston is an organization dedicated to

educating and supporting mothers and their families, the medical community and the general public about the signs and symptoms of postpartum depression, available treatment options and

community resources. The organization provides group and one-on-one peer support as well as treatment grants.

Postpartum Support Charleston is made up of volunteers ready and willing to help moms and their families, speak to medical professionals, moms group and others about PPD and bring this illness out of the shadows so it can break the stigma and get women the help they need. 🧡



Postpartum Support Charleston is an organization dedicated to educating and supporting mothers and their families.

Photos courtesy of Postpartum Support Charleston.

### FAMILY FUN

11th annual Moms' Run + Family Fun Day  
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# It's All About the Art

## 10th Annual Sweetgrass Festival

**T**HERE'S A SUREFIRE WAY TO gauge if friends "from off" understand and appreciate the art of the sweetgrass basket. Give them a good example as a gift. If they thank you and place the basket in a position of prominence in their home, they get it. If they don't, it's their loss.

That's how it is with sweetgrass baskets. People either appreciate them for their artistic value and their representation of the Lowcountry's rich Gullah Geechee heritage, or they treat them like trinkets from some Dixie five-and-dime.

BY BILL FARLEY

For those who consider the creation of sweetgrass artifacts to be a singular artistic tradition steeped in the region's history, a special celebration comes around each June in Mount Pleasant. This year, it's the 10th Annual Sweetgrass Cultural Arts Festival, to be held June 7 from noon until 7 p.m. at Waterfront Memorial Park.

Baskets and other sweetgrass items are central to this family-oriented event, but there will also be live performances, documentary films, gospel songs and praise dance, storytelling, skits and a mouth-watering variety of Gullah cuisine offered by some 15 restaurants and vendors.

Demonstrations of basket making will weave together not only the strands of native materials used to create them but also the elements of the cultural traditions nourished and preserved by the region's strong Gullah Geechee community.

The featured sweetgrass artist this year will be Mount Pleasant's own Lillian Huger, who represents the 21st century continuation of a line of sweetgrass artists tracing its lineage back more than 200 years.

Huger made the news in 2011 when the town of Seabrook refused to issue her a business permit because she worked under a tent at Bohicket Marina. She didn't back down. As she put it at the time, "The nature of basket-making is not in an enclosed environment. We don't want to be in a store."

The town eventually reconsidered and Lillian is back at her spot by Red's Ice House and now alternates between that location and two others on Johns Island.

Huger learned to weave at age 6, creating place mats under the guiding eye of her grandmother. She clearly had a talent for the art, but corporate America beckoned, and she put sweetgrass artistry aside for some 20 years. When cutbacks cost Lillian her position, her son encouraged her to return to sweetgrass art full-time. Somewhat reluctantly, she moved from North Carolina to Mount Pleasant to give it a try.

Once she began weaving again, she recalled, she began having unusual dreams – images of how she could expand her work from practical items such as baskets to true artwork. She soon was creating sweetgrass items that were art for its own sake.

Adding to the unique quality of Huger's art, many of her pieces now include elements not traditionally employed in sweetgrass weaving, such as copper, bronze and even paint. Right now, she is experimenting with a sweetgrass piece that will incorporate representations of human faces.

She said the highest compliment she receives is when one of her peers who creates practical sweetgrass pieces buys one of her artworks.

So make it a point to meet Huger at this year's Sweetgrass Cultural Arts Festival. Admission and parking are free, and there are plenty of activities to entrance young and old alike. 🐼

*If you want to learn more, visit [www.sweetgrassfestival.org](http://www.sweetgrassfestival.org).*



Lillian Huger comes from a line of sweetgrass artists tracing its lineage back more than 200 years.

Photo by Candice Murphy.

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# Women in business

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*Women's  
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## Career and Family

*How These  
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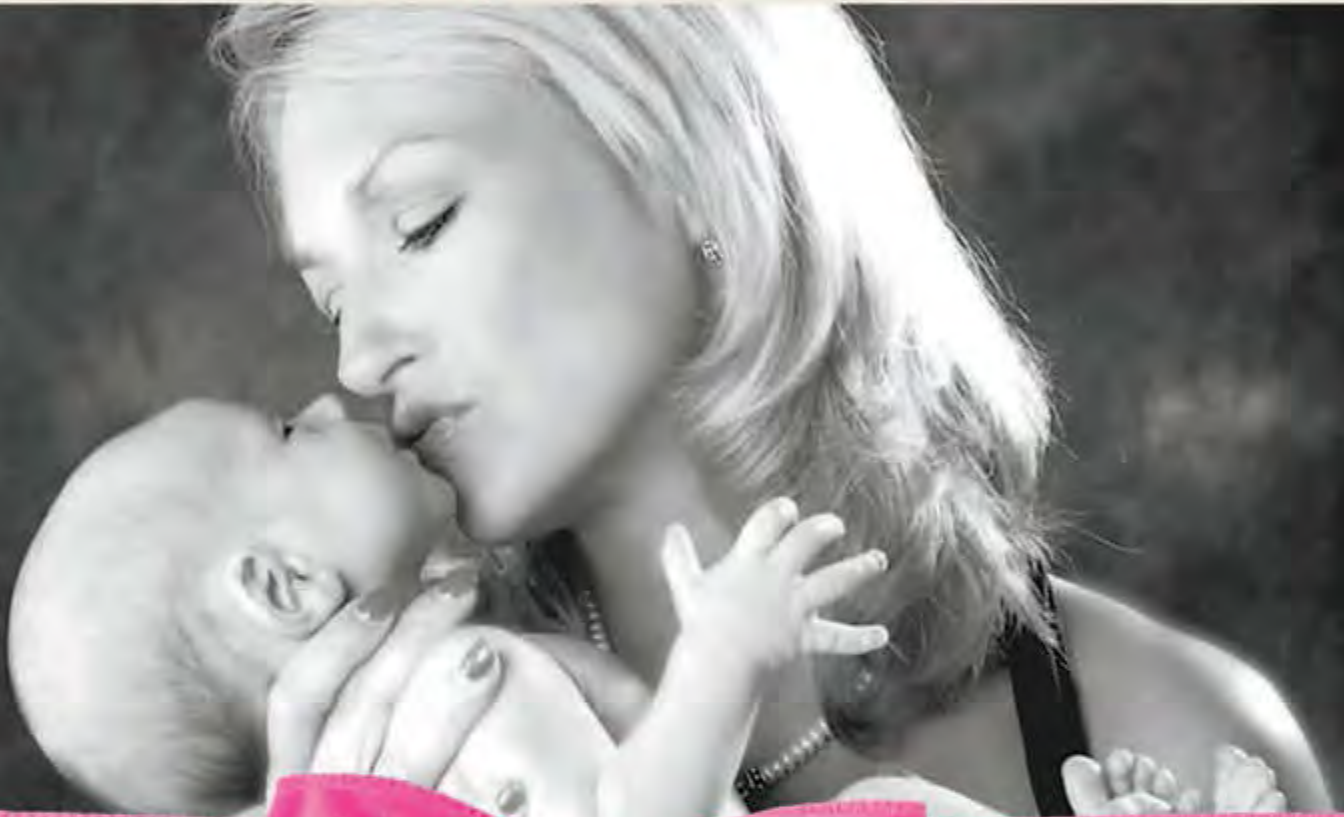
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# A Powerful Connection

## Women's Networking Groups



**J**AN WALLEN AND DONNA WILLIAMSON are no strangers to networking. Even before they began the Charleston Organization of Female Executives – or “COFE” as it is affectionately known – both ladies were involved in national networking organizations. Then they decided that a local group might do the ladies of the Lowcountry more good. Approximately three

years ago, COFE was introduced as a way to share ideas and make contacts in a friendly, casual environment.

When I visited COFE for their monthly meeting, I was greeted warmly by both Williamson and Wallen – not to mention a slew of other ladies, all eager to connect with old and new business contacts. The monthly gatherings, which take place at Liberty Tap Room & Grill in Mount Pleasant, are “casual and informal,” according to both Wallen and Williamson.

“We try to find the simplest way to network,” affirmed Williamson. “It’s about sending each other business.”

Each meeting presents the opportunity to chat about business, enjoy beverages and share appetizers. The attendees take turns picking up the appetizers, and first-time guests are free. From what I could tell on my visit, the members of COFE strive to make everyone feel especially welcome, no matter the profession or experience level.

“I’m attending today in hopes to find a new position in Mount Pleasant,” said Maura Bonwitt, who was a new guest the day I was there.


Bonwitt, who works in the mortgage industry and had a job with Bank of America in North Charleston before the branch closed down, was welcomed into the COFE fold heartily by Williamson, Wallen and plenty of other friendly professionals.

“We appeal to entrepreneurs, artists and professional women of all kinds,” said Wallen.

On Daniel Island, the Women’s Island Network – known as WIN for short – began about 10 years ago as a networking organization that seeks to “empower women,” according to co-founder Melody Bundschuh.

WIN also gathers once a month at the Islander, one of Daniel Island’s newest restaurants. According to Bundschuh, everyone is welcome – not just residents or business owners of the island.

Besides a monthly meeting, the WIN group organizes social events. On May 30, for example, they will host a “Taste and See” luncheon, which will give ladies the chance to experiment with healthy ingredients and share their recipes.

In today’s society, where many people lament a loss of face-to-face contact, it’s refreshing and inspiring to know these groups are out there, helping professional women in East Cooper create a friendlier business environment. 

BY DENISE K. JAMES





## SONYA BUCKHANNON

**Buckhannon Brothers Tile**  
483 Longpoint Road  
Mount Pleasant  
(843) 881-8911  
www.BuckhannonBrothers.com

**R**UNNING A SMALL FAMILY BUSINESS has its daily challenges, but at Buckhannon Brothers Tile these issues are tackled willingly by Sonya Buckhannon, consultant and office manager.

“I am a true small business owner,” said Sonya. “I handle the marketing and bookkeeping for the business as well as working with clients to help create a design that will reflect their style and taste for their home.”

Like many others, the Buckhannons didn’t start their professional lives with the ambition to open a tile business.

“We kind of stumbled into it. My husband is a chiropractor but didn’t like being stuck in the office, and I just began to enjoy the world of tile, as it has changed so much in the last few years,” Sonya said.

“It has gone from just square tiles to every shape and size you can think of. Tile has become the new wallpaper, and the material and images are so beautiful that tile or stone can create the artwork in the room. It has become a passion to find the newest and unique tile or stone that is on the market and bring them to Mount Pleasant.”

Their showroom doors opened a month before the economy fell in 2008, but the family business held strong and was able to survive.

“It was a long journey, but by not overextending ourselves we were able to grow and flourish, which is the best advice I can give to young women who are starting a busi-

ness. Never overextend your resources, know your market and find your niche.”

The showroom has a full-size display that features the hottest trends in tile, such as glass tile for kitchen backsplashes or shower walls in a phenomenal color spectrum.


“We go out of our way to find what is new in the market. We hear every day that our showroom and selection are different from everyone else. We pride ourselves on having a lot to offer,” said Sonya.

In addition to knowing the market and the type of inventory available, Sonya’s husband has an installation background.

“We are able to educate our clients on the pros and cons of certain products. They know what they are getting and what to expect of the product,” she commented.

Buckhannon Brothers Tile provides beautiful surfaces of substance and style. Its products can be used in kitchens, bathrooms, patios, pool liners or pavers for pool decks.

Family businesses such as Buckhannon Brothers Tile utilize an all-hands-on-deck philosophy and provide experience that comes only through generations of knowledge handed down.

“Our triplet sons work for us when they are on break, as do two of our cousins, plus other employees and their families,” Sonya said with a smile. “Some days it gets a bit crazy because we are a true family business.” 



## CHRIS MACFARLANE

Mount Pleasant Mall  
708 Johnnie Dodds Blvd.  
Mount Pleasant  
(843) 388-8575  
www.MtPleasantMall.com

**T**HREE YEARS AGO, CHRIS MACFARLANE started The National Women's Co-operative "to help women achieve their dreams through business ownership." The two retail locations were SC Thrift & Resale Store, which she opened five years ago and which is now SC Vintage, and their newly opened second location, Mount Pleasant Mall, the former home of the Sofa Super Store.

Chris explained, "People were hesitant to open a new business because of the high cost of overhead in a changing economy. But this way, entrepreneurs are provided the space and sales staff they need at relatively low cost. They can also devote as much time as they want, since they don't have to be on the premises to run their business."

Chris grew up in the auction business, surrounded by antiques. Her mother, Helen Gavrilles, was one of the first female auctioneers in Massachusetts. Her brother has a 40-year career in Boston as an auctioneer. Once an OB/GYN nurse, Chris "made a huge leap" to leave the medical field and specialize in consignment in Naples, Florida. When she and her family moved to Charleston, she opened SC

Thrift & Resale Store and transformed it into a co-op where women could start their businesses in one location.

"The co-op idea came from meeting people who always wanted to start a business but were apprehensive with overhead cost concerns. Why should someone's dreams be crushed by the economy?" she asked.

Instead of merely focusing on new, pre-owned home furnishings and accessories at her retail store, Chris converted it to a co-op. SC Vintage now has 135 vendors.

"It is putting 100 plus women to work," she said, adding that customers know that they are helping someone build their business and supporting each other.

Chris needed more space and, in October, opened the "big sister store," Mount Pleasant Mall.

Chris remarked that a benefit is that it's a collective building in a highly visible location. Her vast business experience helps her serve as a mentor for her vendors. Her background in retail has been an asset, and she helps the vendors find their niche in the market.

"Everyone's in there together," she remarked, noting that other vendors are supportive of one another. "There is a wonderful sense of friendship and community."

Her mom, 81, is actually the owner of the Mount Pleasant Mall. Mrs. Gavrilles is active in the business, adding her many years of auction and retail experience on a daily basis.

While Chris works more than 50 hours a week, she admits that she could not do it without the amazing support of her husband, John, who has his own past business experience in the antiques and art industry.

"He is Mr. Mom to our daughters, Casey and Lily," she gushed.

Their daughters, ages 12 and 10, are following in their mother's footsteps. Lily recently set up a booth to raise money for her Cario band trip, and Casey loves to build up her bank account with her booth sales.

"I love watching these ladies have fun while watching their business ventures grow," Chris mused. 📌





## DONNA WILLIAMSON

### Benchmark Mortgage

858 Lowcountry Blvd., #102

Mount Pleasant

(843) 216-8997

[www.DonnaWilliamson.benchmark.us](http://www.DonnaWilliamson.benchmark.us)

“I work with borrowers who could have purchased a home years ago but were nervous about having their credit pulled or not qualifying. Once they sit with me, they typically find the process much easier than they thought and not scary at all. Many people don’t realize that I can help them with their credit and put together a plan to buy a home.”


Interested buyers are usually surprised to learn that a mortgage payment is less than their current rent and that there still are programs that require no down payment or a small one of just 3.5 percent.

“Benchmark has shown they care for each and every borrower time and time again,” said Donna. “If I cannot think of a solution to a borrower’s issue, I have a group of seasoned mortgage minds who will help me find the answer.”

Being a woman in business, especially one as competitive as the home mortgage industry, Donna operates with class and good humor even when times get tough.

“I often joke with my borrowers that I feel like the Nancy Drew of mortgages since we have to inquire about every deposit and review all tax information closely due to guidelines and many new mortgage laws put in place at the beginning of 2014,” explained Donna. “Benchmark is fantastic about making sure all personnel are kept up-to-date on education, and that allows me to help focus on a client’s short-term and long-term goals.”

Donna’s advice for women who are interested in beginning a career in business is to love what you do from the beginning.

“Hard work and love. It takes time to know any business, and, in the beginning, put extra hours into your trade so that what you are doing seems effortless. Surround yourself with the right people and learn how to work with many personalities because it takes many different types to run a successful company. Keep up with your past clients because these people will make you prosper, and, finally, network, network, network,” Donna said heartily. “The more people you talk to you about your passion, the more people will want to help you succeed.” 

**D**ONNA WILLIAMSON IS NOT A typical mortgage banker. At age 12, she began working in her father’s real estate and appraisal company, and, by 18, she was a licensed real estate agent. Today, she is president of the Elite Chapter of Business Networking International, co-founder of the Charleston Organization of Female Executives, wife, stepmother, grandmother to three fantastic children and a veteran of the mortgage industry since 1990.

“I feel I have a definite advantage being a woman in the business world,” Donna stated. “I also believe women sometimes view situations with more of a nurturing and caring attitude. Since many of my borrowers are overwhelmed and stressed when they begin the home-buying process, I believe these traits help them relax and enjoy buying a home.”

Many potential buyers shrink away from purchasing a home because they feel they can’t afford it, are afraid they don’t have enough credit or simply don’t want the hassle.



## KATHIE LIVINGSTON

### Nature Adventures Outfitters

1 Shrimp Boat Lane  
Mount Pleasant  
(843) 568-3222  
www.NatureAdventureOutfitters.com

and Recreation Department.

“I saw a niche for starting a kayaking company that offered accurate interpretation of the flora and fauna, including both natural and cultural history,” Kathie explained of her decision to open NAO. “With what I learned from those two jobs and having the knowledge of the degree, it was a perfect fit. I wanted to connect people with nature – get them ‘unplugged’ and outdoors, and to share my love and our connection to nature.”

A typical day for Kathie varies but often includes being “on the water all day.” When she isn’t cruising black water in the National Forest in the Wambaw Creek Wilderness Area, she can be found running the business out of her home office or NAO headquarters on Shem Creek. Although being a woman in the male-dominated outdoor industry isn’t always easy, Kathie maintains it is wonderful.

“Women are amazing, and more and more are really loving the sports of kayaking, hiking and paddle boarding,” she asserted. 📌

**A**S A GIRL GROWING UP ON A FARM IN Indiana and in the Great Lakes state of Michigan, Kathie Livingston practically lived in the woods.

“I was always outdoors, and my sisters would have to come and find me for dinner,” she said.

Today, Kathie has parlayed her lifelong love of the outdoors into a successful career as founder and owner of Nature Adventures Outfitters. A graduate of the University of Michigan with a degree in Resource Planning/Ecology, the outdoor enthusiast kicked off her career as a naturalist for the National Audubon Society at Beidler Forest and then head park naturalist for the city of Charleston’s Parks



## WINDI McKEITHAN

### The Ragamuffin Shop/Stride Rite Shoes/Radical Rags

210 Coleman Blvd.  
Mount Pleasant  
(843) 884-4814  
www.RagamuffinChildrensBoutique.com

tive and no longer want to shop in “the kiddy shop.”

With three stores, there naturally are orders and deadlines to meet, and Windi gets much of her work done in the morning from her Mount Pleasant home. It takes hours to buy the perfect merchandise for the three stores. Windi is also a self-described “people person” and loves the great relationships she has with her customers.

“It is not just about selling; my favorite part is being on the floor with customers and the children. I have so much fun coordinating clothes and shoes, with accessories to match,” she explained.

The other day, she said, a customer stopped by with her grandchildren. Windi had dressed this lady’s four children and was now working on the new generation.

Married for 25 years in June, Windi has found huge support from her husband, Ryan. She thanks her wonderful team of ladies and her customers, all of which she said are “a blessing to have.” 📌

**W**INDI McKEITHAN STUDIED fashion merchandising in college and liked the idea of owning a business. Following college, she went to work for a junior clothing chain and managed several of its stores in Georgia. After being away from Charleston for a few years, she returned home. Soon enough, the owner of The Ragamuffin Shop and Stride Rite Shoes was looking for a manager and buyer for the store. Windi fell in love with the children’s stores and, at the ripe age of 23, bought them both.

She later added Radical Rags for older children, which she explains is good for kids who are becoming more asser-



**H**EAATHER BOSSE grew up in a household in Naples, Florida, where she was encouraged to own a business – not only by her father but by her mother as well, who each owned separate State Farm agencies. It is no wonder that Heather now owns The Heather Bosse State Farm Agency here in Mount Pleasant.




## HEATHER BOSSE

The Heather Bosse State Farm Agency  
2917 U.S. 17  
Mount Pleasant  
(843) 884-8119  
[www.TheBosseAgency.com](http://www.TheBosseAgency.com)

position with Prudential Financial and kept her options open. Then, for the first time in decades, State Farm opened an agency opportunity in Mount Pleasant, where the Bosse family resides – and Heather wasted no time applying.

“You have to get picked by the company to own a State Farm Agency,” she explained. “I wasn’t sure Charleston would work out until I was notified of the Mount Pleasant opportunity. We were getting ready to move to Charlotte, in fact, but then this came through.”

Though Heather keeps more than busy with the agency, which includes five agents besides herself, she continues to pursue her dreams, including her hope to someday return to school for a PhD in psychology.

“I challenge myself through educating myself,” she said. 

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**I**F YOU'D TOLD BOBBI Jo Engelby back in college that she would one day become a premier interior designer in the town of Mount Pleasant, she may just have laughed off the notion. At the time, the field wasn't on her radar; she was studying business and art history.

But when a friend's mother – who is an artist and professor – suggested that Bobbi Jo look into design school, she decided to do just that.

"I toured a design school in Chicago she once taught at," Bobbi Jo said, "and I fell in love with the concept of designing spaces and selecting finishes for commercial and residential projects."



## BOBBI JO ENGELBY

**Domain Interiors and Design**

652 Coleman Blvd.

Mount Pleasant

(843) 388-0328

www.DomainMtP.com

As Bobbi Jo's career took off, she began to look for a small space to display fabrics and samples and a few pieces of furniture.

"Once I shared my plans, both my clients and manufacturers I worked with encouraged me to bring more options to the retail interior furnishings market in Charleston," she revealed.

That prompting was the push Bobbi Jo needed to open Domain Interiors & Design.

To meet the needs of those who call on her for design expertise, Bobbi Jo stays up-to-date on the current design trends, attends furniture and accessories markets regularly and tries to source "Made in the U.S.A." and "Made in the South" products first.

"I showcase the talents of Southern artists and craftsmen who are 'undiscovered,'" she elaborated. "You will always find art, jewelry, furniture and gifts at Domain that are exclusive to my store." 



**T**ECHNOLOGY IS A WORD THAT HAS been applied for more than a century to detail anything from the industrial revolution to smart-phones. However, the term couldn't be applied more appropriately than to the modern vehicle.

In combination with their more mechanical beginnings, cars are increasingly technologically complex, which requires a more sophisticated approach. This is where Hudson's Import Service shines, and one of the drivers behind its success is business manager Stephanie Taylor.

"We constantly keep up with training and software to service vehicles. We spend \$20,000 to \$25,000 a year just to keep up-to-date on laptops, software and technical subscrip-

## STEPHANIE TAYLOR

**Hudson's Import Service**

1072 Frontage Road

Mount Pleasant

(843) 884-2573

www.HudsonsImport.com.


tions that will connect with the software in the cars," said Stephanie, who has been with the company 28 years.

Today's technological environment demands that a company specialize, and Hudson's Import Service will run diagnostics, maintain and repair vehicles of these makes: Volkswagen, Audi, Volvo, Nissan, Infiniti, Honda, Acura, Toyota and Lexus.

"A lot has changed since the company was established in 1978, but I have enjoyed the ride," Stephanie said.

She pointed out that "women who are just starting out in the business world should remember to always be proud of their work and exude self-confidence, know your product and you will go far."

This combination has worked in her professional career and helped maintain Hudson's Import Service as a reputable and trustworthy local business.

Hudson's is more than taking care of cars: It is taking care of customers. The company excels in customer service and also offers double the industry standard by giving each customer a two-year, 24,000-mile warranty. 





## DR. GINA COURSON

Accurate Chiropractic  
3373 South Morgans Point Road, Suite 207,  
Mount Pleasant  
426 West Coleman Blvd., Suite D  
Mount Pleasant  
(843) 971-8814  
www.MtPleasantChiro.com

**D**R. GINA COURSON, A GRADUATE OF the University of Georgia and Life University in Atlanta, serves Mount Pleasant through her work at Accurate Chiropractic. She and her husband, Dr. Michael Courson – a fellow chiropractor and her business partner – believe that chiropractic care allows for a natural, chemical-free approach to healing.

“Chiropractic care helps the body heal itself by removing nerve interference,” said Dr. Courson.

Dr. Courson’s desire to heal those in pain has shaped her 15-year career in chiropractic care, and she and her husband now have two offices in the Mount Pleasant area. Besides providing non-chemical alternatives to headaches and back pain, they treat conditions arising from automobile accidents, sports injuries and work-related injuries.

To those thinking of following in her footsteps, Dr. Courson suggested, “Being a chiropractic doctor is hard work, but it is ultimately very rewarding. Stay confident that you are helping people. That is the most important thing.”



## CATHERINE STUHR

J. Henry Stuhr Funeral Home  
*Multiple locations:* Downtown, Mount Pleasant, North Charleston, Northwoods, West Ashley  
*Mount Pleasant business information:*  
1494 Mathis Ferry Road  
(843) 881-9293  
www.JHenryStuhr.com

**C**ATHERINE STUHR IS AT THE HEART OF one of Charleston’s oldest family businesses, the J. Henry Stuhr Funeral Home. As a part of the fifth generation to serve the East Cooper community, Catherine said she and her family “focus on supporting and carrying out the specific rituals and practices of all cultures in order to provide meaningful healing during the funeral process.” Catherine, who holds a B.S. from Clemson and an M.A.T. from the College of Charleston, joined her family’s business after teaching in the special education program at Wando High School.

Catherine is proud to be a part of a Charleston-area business. “We are very fortunate to have a business climate that supports entrepreneurial efforts as well as long-standing, locally-owned businesses,” she stated.

As to those young men and women who aspire to own their own businesses, Catherine advised, “Always be yourself, be humble and know that having the ability to communicate with all types of people is a priceless skill.”



## SHEILA RIX

Olde Colony Bakery  
519 Wando Lane  
Mount Pleasant  
(843) 216-3232  
www.OldeColonyBakery.com

the family to Mount Pleasant. After 10 years on King Street, Sheila recognized the opportunity to expand the business.

“We saw that we were running out of space downtown, and we knew we could increase our profits by moving into the wholesale market,” she said.

Last year, the Rix family made another big decision to end their lease off Stuart Engals Boulevard and build a space off Long Point Road. They customized the new building for future growth.

When asked what Sheila is most proud of, she reflected on her family.

“I’m most proud that we stayed a family business,” she said. “Even though Peter officially retired, he still comes around to handle special orders and consult on the bakery product line. My son runs the production and my son-in-law handles much of the baking. My daughter-in-law revamped our website and handles all of our technology and marketing. And recently, my daughter started learning the ins and outs of the billing side of the business.”

**S**HEILA RIX MAY CALL HERSELF THE SECRETARY of Olde Colony Bakery, but anyone who does business with the family-owned and operated bakery knows she’s been the driving force behind their success over almost 25 years.

One day in the late 1980s, family members in Charleston told Sheila and her husband, Peter, about business opportunities in the food and beverage industry. They knew it would be a risk to invest their life savings, but it was a dream to own their own business. They were intrigued by an established family bakery that had a unique story with Benne wafers. After weighing the pros and cons, they moved



## ROBIN QUERY

**Baby Bloomers**  
616 Coleman Blvd.  
Mount Pleasant  
(843) 856-9277  
www.BabyBloomersHome.com

**I**F YOU'VE HAD A BABY IN EAST COOPER OVER the past 10.5 years, chances are you've met Robin Query. She and her husband, Winn, own the popular nursery and children's furniture store Baby Bloomers.

Before opening the store in 2003, Robin worked at a bank for 22 years. The experience has helped her run Baby Bloomers, where she manages everything except the furniture itself.

Robin said the main reason she and her husband opened the store was because parents "need to be able to purchase good quality baby furniture from experience and touch." And from the steady stream of customers, it's obvious new and expecting parents and grandparents agree.

"I love the customers," she said. "It's so gratifying when customers come into the store overwhelmed but leave happy because they know they made the right decision."

Robin said the store has grown tremendously since it was first opened, and her only goals are to continue the upward trend into the future. 📌



## DR. RACHAEL CLICK

**Preferred EyeCare Center**  
1118 Park West Blvd., Suite 5  
Mount Pleasant  
(843) 856-4775  
www.PreferredEyeCareCenter.com

**D**R. RACHAEL CLICK OF PREFERRED EYE Care Center in Mount Pleasant is no stranger to networking within a health care community. The local optometrist talked about how, when she started her business, attending networking meetings was a priority and the best way to get to know potential patients and other medical professionals. She "absolutely recommends" networking to new doctors.

"People can get to know you personally and build a trusting relationship with you," she commented.

While Dr. Click stays busy and rarely attends networking events these days, she continues to network with her patients on a regular basis, sending out newsletters and using social media to keep people informed.

"We work closely with referring physicians as well," she pointed out. "At Preferred Eye Care Center, we believe in being part of the total health care team." 📌

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## MICHELLE "SHELLEY" MCKENZIE

Mary Mojo Boutique  
1405 Ben Sawyer Blvd.  
Mount Pleasant  
(843) 388-2868  
[www.facebook.com/marymojoboutique](http://www.facebook.com/marymojoboutique)

**M**ICHELLE "SHELLEY" MCKENZIE IS A people person. As the new owner of Mary Mojo Boutique, after purchasing the shop from Katherine Poe, Shelley is in her element at the store, moving from customer to customer, laughing with shoppers and recommending new products. She said her philosophy on life, one of giving back to others, is translated into her women's clothing store.

Shelley hopes to use her business to engage with East Cooper. Teaching high school students entrepreneurship, donating products to community events and supporting charities through her store are just a few of her goals for engaging Mary Mojo Boutique with the community.

"I believe it all comes back. I love our Mount Pleasant community," she said. "I always buy local for that reason."

Shelley is armed with an impressive business resume, including years with Nordstrom in Seattle and five years working for designer Karen Kane.

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**A** NNA ALLEN HAS a great appreciation for the beauty and history of the Lowcountry, with its scenic marshes, beaches and houses. With a B.S. from LSU and a master's degree from the College of Charleston, she is well prepared to advise her clients at Prestige Real Estate



## ANNA ALLEN

Prestige Real Estate  
613 Long Point Rd Suite 100  
Mt. Pleasant, SC 29464  
(843) 743-6261

Group about the local area and available financing.

"Before I went into real estate, I was a mortgage loan officer for a national bank, so I know the ins and outs of the business," Anna said.

She and her husband have lived in Charleston for over a decade, and, with two young daughters, Anna is also knowledgeable about schools and leisure time attractions in the Mount Pleasant area.

"I love getting to meet people from all over the country who recognize this city for the jewel that it is," she said. "I enjoy educating clients on our way of life here. I have helped numerous families relocate to Mount Pleasant and Daniel Island. Since I relocated here myself, I

feel like I understand the types of questions they have."

With its friendly, laid-back lifestyle, Mount Pleasant has been growing in population and popularity. For three years in a row, Charleston has been named the top destination city in the United States by Condé Nast Traveler. While real estate sales in much of the country have languished during the recession, Charleston has blossomed and has the fastest growing container port in the country.

When asked about her biggest challenge, Anna listed time management.

"I use a method called time blocking, where you assign a specific time for each task. I'm a goal-oriented person, so this method helps keep me motivated and on target," she explained.



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## AMY JUSTIS

CMIT Solutions  
295 Seven Farms Drive, Suite C127  
Charleston  
(843) 501-9908  
www.CMITolutions.com/charleston

**A**MY JUSTIS IS PRESIDENT OF CMIT Solutions of Charleston, a technology company providing full-service outsourced IT support to small businesses. A native of Arlington, Virginia, and a graduate of the University of Virginia, Amy spent the majority of her career working for public companies before launching her business.

“I feel better able to convey technology issues in non-technical terms that make sense to business owners,” Amy said.

Prior to opening CMIT, Amy worked in executive leadership positions in finance and IT for Force Protection Industries. When the company was sold, Amy’s priority was to stay in the Lowcountry. She is pleased with how CMIT Solutions fits the area’s needs and is excited about working with local businesses.

“Charleston has a lot of small businesses that need IT help,” she said. “And I like problem solving. I enjoy finding ways to do things more efficiently.”



## AMBER BARRON

Salty Girls  
976 Houston Northcutt Blvd.  
Mount Pleasant  
(843) 388-7379  
www.ShopSaltyGirls.com

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“What gives me the most pleasure from owning my own business is working with the general public,” Amber explained. “I love helping people feel their best when they’re basically in their birthday suit.”

Salty Girls is designed to make shoppers feel relaxed, comfortable and proud of their bodies when they shop for swimwear, surf gear and beach apparel. All of her employees have an eye for pairing a customer with a bathing suit that will flatter their body, she said.

Salty Girls is Amber’s second business. She got her start in entrepreneurship after working as a retail buyer.

“I started doing buying and felt like that was my passion. At that point, I was able to open my own business. I just knew owning my own store was what I wanted to do.”

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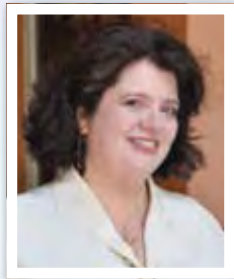




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# So You Want to be an Iron Man (or Woman)?

**T**HREE YEARS AGO, CORKY Alexander was a disabled veteran facing a myriad of medical issues. While driving to the Veterans Administration Hospital in Birmingham, Ala., his eyesight left him temporarily. When he finally arrived at the medical facility, after colliding with two cars along the way, he thought he might be having a stroke. Following an MRI, a neurologist informed him that he had multiple sclerosis, prescribed

BY BRIAN SHERMAN

five medications and sent him home in a wheelchair.

Though he was a practicing attorney, the physical side of Alexander's life was nearing rock bottom.

Today, he's 40 pounds lighter, reasonably healthy, taking only one drug and preparing to open the first Iron Tribe Fitness center in Mount Pleasant. He credits the company launched in his best friend's garage with giving him back his life, and he's anxious to share his success with residents of the tri-county area.

Forrest Walden opened the first Iron Tribe in Birmingham in 2010. He reached out to Alexander, his longtime friend, and convinced him to embrace the Paleo diet, which consists mainly of lean meat and nutrient-dense vegetables. Milk, cheese, sugar and processed foods are not part of the program.

"It really helped with joint pain and inflammation," Alexander commented.

His next move was to begin working out at Iron Tribe, and the results brought him a new profession and a home in a new city.

"The weakness in my legs and hands was gone," he said. "I decided that I was going to own one of these and share with others what I've learned."

Alexander bought the rights to open Iron Tribe centers in

the Atlanta area, but, after nine months, was unable to find a suitable location for his first facility. When he saw a TV episode of "House Hunters" that was filmed in Charleston, he decided to pay a visit to the Holy City. Crossing the bridge to Mount Pleasant, he found the perfect place: the former Blockbuster store, a 4,200-square-foot building on Johnnie Dodds Boulevard.

Just as Alexander's story is out of the ordinary, Iron Tribe Fitness is not your basic, run-of-the-mill fitness center. Participants work out for 45 minutes at a time, under the direction of professional, full-time coaches Alexander and Marshall Crown, a former college baseball player at Frostburg State University in Maryland.

According to Crown, training includes weights, cardio workouts, running, rowing, pullups, situps and gymnastics movements, all aimed at core stability, flexibility and mobility. Iron Tribe is not a hangout for muscle-bound 20-somethings, however. Because workouts are individually tailored to each participant, the program even works for men and women approaching the age of 80, and

there are options for kids as well.

Iron Tribe also offers nutrition coaching, which, of course, is what brought Alexander to the company to begin with.

"It's a complete, holistic approach to fitness, a place to become a better human being," Crown said. "It's not just a workout. We give our members the opportunity to live a longer, happier life."

"We want to have lasting relationships and have a lasting impact on the area," said Alexander, who hopes eventually to open four additional Iron Tribe Fitness centers in the tri-county region. "We really love helping people." 🦾

*Iron Tribe Fitness is scheduled to open in mid-May at 1145 Johnnie Dodds Blvd. For more information, visit [www.irontribefitness.com](http://www.irontribefitness.com) or call (205) 337-9471.*



Photo courtesy of Iron Tribe Fitness.

Iron Tribe Fitness is expected to have 500 franchises nationwide in the next five years.



# Mind Over Matter

## Surviving A Brain Injury

**F**EW WORDS ARE MORE frightening than “traumatic brain injury.” The brain, our operating system, is responsible for regulating every aspect of our lives. The slightest movements, such as wiggling your toes or raising your hand, can become seemingly impossible tasks. Depending on the location of the brain injury, short- or long-term memory or even the ability to form words can be lost.

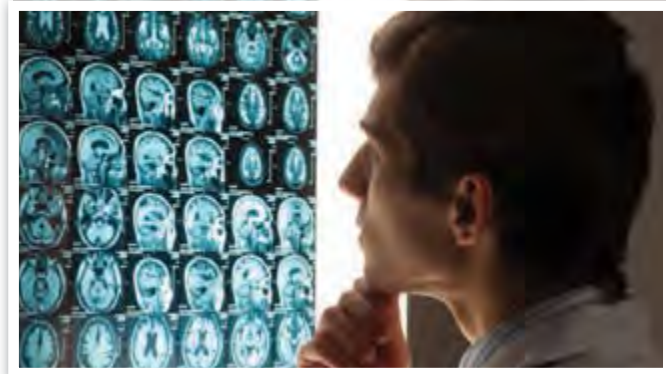
BY BARBARA MILLEN PATRICK

Rehabilitation therapies, both physical and occupational, are of immense importance, according to Richard Aust, a program coordinator for the Department of Health Sciences and Research at the Medical University of South Carolina.

“It’s generally believed that the first 18 months are the most critical,” Aust said, adding that even though improvement may plateau at that point, rehabilitation is a lifelong process.

Most patients receive rehab therapy initially, but insurance funds can run out quickly, leaving them to struggle on their own.

An estimated 5.3 million people are living with the results of a traumatic brain or spinal cord injury. After acute care for the injury and initial therapy, the main focus becomes life skills training. The brain is amazing in its ability to “re-program” itself to relearn ordinary tasks such as getting dressed or even something as simple brushing your teeth. But it is tedious, perhaps painful and an almost endless process.



After acute care for a brain or spinal cord injury, the main focus becomes life skills training.

Each small recovery becomes an event, something to be celebrated. And each path to recovery is highly individual.

“Every brain injury is different,” Aust continued, stressing the importance of early intervention along with socialization for both the survivor and caregivers.

Aust pointed out that the Trident Head Injury Support Group at the HASCI (Head and Spinal Cord Injury) Drop In Center, established in 1983, was started by a nurse whose son suffered a traumatic brain injury.

Knowing that you are not alone is perhaps the most important therapy. The Brain Injury Association of South Carolina is part of the larger national association, which was founded in 1980. The state organization may be small but the job is enormous, and serving the needs of patients, caregivers and professionals is just the beginning. Those who have suffered a brain injury need to feel like productive members of society, but each path to recovery is different. SCBIA Executive Director Joyce Davis emphasized that education and advocacy are key elements to success. Nine support groups throughout the state offer monthly meetings to exchange information and ideas as well as special events such as oyster roasts and golf tournaments to increase awareness and raise funds.

Davis agreed with Aust about the need for intensive rehabilitation therapy and added that the association depends on fundraisers to assist uninsured and underinsured patients in procuring these services.

“The [South Carolina] Department of Disabilities and Special Needs has some funds available to assist patients who qualify for aid,” Davis continued, adding that they work for favorable legislation to help provide funding for rehab services and educational programs such as ThinkFirst, which focus on the prevention of concussions and other brain injuries.

In addition, MUSC is always at work, not just for patient care but searching for new therapies and techniques through research studies.

Surviving a traumatic injury does not signify the end of life but, rather, a new beginning. Each small victory, such as wiggling a toe or taking a step, leads to new challenges and a new acceptance of the things that truly matter. 🦿

For more information, visit [biausa.org/SC](http://biausa.org/SC).

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

# Accredited.

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# THERE'S A DOCTOR IN THE HOUSE



# Home Remedies

*Story by Stacy E. Domingo*

From Pennsylvania to the Carolinas, the recipes for hot toddies were all basically the same.

**R**ECENTLY, I CAST A NET AND was pleased with my catch. All of my family, friends and friends of family and friends of friends were willing to contribute. Confused? Read on and I promise it will make sense.

I asked those closest to me what some of their favorite home remedies are and where they originally heard about them, and the conversation rapidly grew to people I had never met. People really like sharing these little gems because, in the long run, they are much more convenient and cheaper. And they make us feel useful and a tad bit closer to the generations that came before us.

I was surprised at how some home remedies were similar even when the people came from different regions of the country. From Pennsylvania to the Carolinas, the

recipes for hot toddies were all basically the same: hot tea, honey, lemon and a splash of liquor. After all, the Appalachian Mountains aren't too far from our coastal paradise.

Moonshine was also recommended as a way to get you through those colds.

A friend who lives in Wando shared a recipe but cautioned that it isn't for the weak: a tablespoon of honey, a fourth of a teaspoon of cayenne pepper, a tablespoon of cider vinegar, two tablespoons of water and a fourth of a teaspoon of ground ginger.

"I call it my concoction for when I have a sore throat. It is very strong, but it works," she pointed out.

I made sure every piece of advice included here was tested and used by those interviewed for the article. For instance, my father-in-law's best friend's wife's cousin, who at the time of this article was vacationing in Florida

from a small town in the Upstate, shared that swallowing a teaspoon of yellow mustard will help ease the pain of leg cramps. It is a remedy she uses regularly.

Are you following me now? I'm having fun taking the friend of a friend of a friend thing to a whole new level.

Years ago, my sister, who was told by a grandmother of a friend, shared her solution for children who seem to suffer from growing pains: eat bananas. According to the grandmother, potassium will eliminate the pain. This was shared with me because my son started showing signs of suffering from growing pains when he was 2 years old. I was willing to try this remedy instead of over-the-counter pain medicine, and, to this day, bananas are my option. They really work.

It is amazing what ordinary household items can accomplish. Did you know that a little bit of thick corn syrup – like you would use in a pecan pie – mixed with formula in a baby bottle can help with constipation? Or did you know that if your child has a severe diaper rash and ointment isn't working, you can pour or dab magnesium hydroxide – better known as milk of magnesia – over the rash and it takes the pain away almost instantly? The same ingredient in the medicine that helps ease the acid in your stomach eases the acid that causes the rash on the outside. I know because both of these remedies were passed to me by my children's pediatrician and they work.

My neighbor, who is originally from Kentucky, shared an alcohol bath remedy that her mother learned from a doctor back when doctors made house calls. If a child is running a fever and you are having trouble getting it to come down, she said to use equal parts rubbing alcohol and

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lukewarm water.

“Use a cloth and wipe the child down as you continuously wring the cloth. My family has used it for generations and it really, really works,” she said.

I must mention all the uses for Epsom salt and vinegar. There are many benefits to keeping these two items on hand. So many people in my net mentioned that I don’t have enough room to list all the things they can do.

Did you know Epsom salt can cure many things, from muscle aches to open sores and stomach aches and can also be used as plant food?

Vinegar is just as versatile. From cooking to cleaning, many women told



Milk of magnesia is an excellent cure for severe diaper rash. The same ingredient that helps ease the acid in your stomach eases the acid causes the rash on the outside.

me they use it daily around the house.

If you trust your friend’s grandmother or your neighbor from Kentucky, these simple home remedies may be worth a try. 🍷

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# What a View!

## Sun Stoppers of Mount Pleasant

**W**HEN I TELEPHONED Ron Ellis, the enthusiastic owner of Sun Stoppers in Mount Pleasant, I made the mistake of admitting that my car, an old Saturn, is unfortunately not “cool” enough for window tinting. Much to my surprise, Ron replied that I’m actually his perfect customer. Sun Stoppers, a full-service glass tinting company, deals with much more than automobiles; they primarily work on resident and commercial windows. In fact, Sun Stoppers was honored to receive the Super Service Award from Angie’s List in 2013. And it’s no wonder; Ron knows plenty about the art and science of window film.

BY DENISE K. JAMES

“No glass protects a person from UV rays,” Ron said in the Sun Stoppers showroom, located at Whipple Road and Long Point Road in Mount Pleasant. The showroom, which Ron encourages his new clients to visit, illustrates the assortment of sun blocking films – or “tints,” as they are sometimes called – on the windows of the building. The place has a comfortable, friendly vibe, with Ron’s son and nephews in and out as they work diligently on meeting clients’ needs. It’s a family business, and Ron takes pride in getting to know his client base.

The three properties of window film include protection from UV rays, heat and glare. Thus, not only are homes and businesses protected from UV rays – which are known for fading rugs and artwork – but also the intense heat of our Lowcountry sun, as well as view-hindering glare on windowpanes. And since a large part of the beauty in Lowcountry homes can be credited to the incredible view of marshes, harbors and majestic oak trees, Ron’s clients are thrilled to learn that, with the help of window films, they can bask in those views – not obscure them with plantation blinds

and drapes. However, Ron pointed out that Sun Stoppers frequently works with Budget Blinds and Advanced Window Treatments in order to address every need.

Aside from working with gorgeous homes in the tri-county area – particularly East Cooper, where Ron said 85 percent of his residential business is – the Sun Stoppers team installs window film on businesses from retail establishments such as Candleabra, to restaurants such as Morgan Creek Grill, to health facilities such as East Cooper Medical Center. Naturally, each business requires a different level of film. For example, while a hotel such as the Hilton Garden Inn in downtown Charleston might use light film for maximum view and light, East Cooper Medical Center would opt for a darker film for patient privacy.

Ron is a native of South Carolina and lived in Charlotte, North Carolina, before returning to Charleston. He claimed that the Lowcountry needs to be more like Florida, where nearly every home, business and automobile has window film.

“Seventy percent of air conditioning costs inside a building are from sun coming through the glass,” he affirmed. “The film slows it down. Research shows that solar heat controlled film is the most cost-effective solution for managing heat in your home or office.”

It’s no wonder the family owned and operated business is garnishing accolades from area dermatologists. Ron pointed out that 10 doctors send their patients to him to learn about window film and that his company has been recommended by the Skin Cancer Foundation. Sun Stoppers is also a certified green company.

“Our motto is that we block the sun without blocking your view,” Ron declared. 🍷

*For more information on the benefits of window film in your home or business, call Ron Ellis at Sun Stoppers of Mount Pleasant at (843) 577-6737, or drop by the showroom at 801 Longpoint Road in Mount Pleasant.*

Photo provided by Sun Stoppers.



Left to right: Ron Ellis, his nephew, Joey, and his son, West.



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# Summer Can be Fun for Children with Autism

**F**OR MANY LOWCOUNTRY families, vacations, summer camps and sports leagues are among the kid-friendly options once summer arrives and the colder days of winter are not much more than a distant memory. But for families who have a child with autism, finding the right activities to fill the summer months can be a difficult challenge.

Autism, the fastest-growing developmental disability in the United States, generally appears in the first three years of life and affects a child's ability to effectively communicate and socially interact with others. It affects nearly 1.5 million Americans, according to the Autism Society of America. Today, one in 88 children is born with an autism

BY STEPHANIE BURGESS

Photo courtesy of Early Autism Project, Inc.



There are many opportunities for summer activities for Charleston-area children with ASD.

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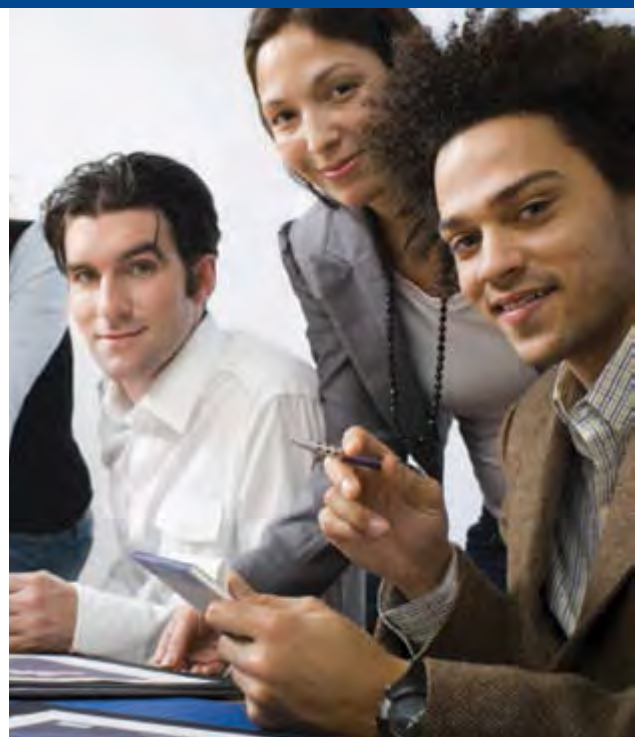
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Photo courtesy of Early Autism Project, Inc.

spectrum disorder, or ASD.

For many children with an ASD, interacting socially with other kids in a school or community environment can be challenging, not only for the child but for his or her instructors, coaches and peers who may not understand autism or its behavioral manifestations. At times, what might be considered a routine or simple activity can become overwhelming for a child with autism. And changes to their regular routine – like when school lets out for the summer – can be particularly disruptive.

Fortunately, there are many opportunities for summer activities in the Charleston area.

## SUMMER CAMPS AND FAMILY FUN

• **Camp Good Times**, located in Charleston, provides children with autism an interesting summer experience. Trained counselors design programs to promote socialization and offer opportunities for children to explore their community during planned outings.

• **Charleston Area Therapeutic Riding** at CATR Farms in Johns Island helps children and adults through equine-assisted activities and therapies.

• **Surfers Healing** teaches children with autism how to surf and hosts a camp at Folly Beach in August.

## HELPFUL FAMILY TIPS

Families planning to attend camps or events might find it helpful to spend a little time preparing a child with ASD for the experience they are about to have. Talk about the event ahead of time, explaining what the child will do and see. Show them pictures or tell them a story so they know what to expect. Also, when evaluating a summer camp or day camp program, inquire about the experience level of the instructor and the ratio of students to instructors. 🐾

*Stephanie Burgess is the director of the Early Autism Project, Inc., Charleston Clinic. Located at 1123 Queensborough Drive, EAP offers in-home and in-clinic Applied Behavior Analysis therapy for children and young adults ages 20 months through 21 years with autism spectrum and other related disorders. ABA is covered by many private and government insurance providers. To learn more about EAP's programs in Charleston, visit [www.EAPCharleston.com](http://www.EAPCharleston.com) or contact Stephanie at [sburgess@earlyautismproject.com](mailto:sburgess@earlyautismproject.com) or (843) 352-7049.*

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**S**AM THOMASSON founded Zounds Hearing because he was faced with a serious challenge. His daughter, Kate, had lost her hearing at an early age and struggled throughout her childhood with subpar, faulty hearing

BY CULLEN MURRAY-KEMP

aids. Over time, it became apparent to Thomasson that traditional hearing aids were not working, so he took it upon himself to find a way to better his daughter's life. When she was 16, she tried her father's first Zounds hearing aid prototype, which changed her life forever.

Fueled by his daughter's need, Thomasson used his years of knowledge in developing audio technology for Tom Tom, Motorola and Garmin to create a technologically superior hearing aid at about half the price. Since the prototype days, Zounds Hearing has catapulted to the hearing industry's forefront, becoming the fastest growing hearing aid company in the nation and opening up to 20 stores per month across the country.

Derrick and Nancy Woods, who recently relocated to Mount Pleasant after years of corporate moves all over the United States, decided to open a Zounds Hearing franchise in the Lowcountry.

Why Zounds?

Well, like the Thomassons, the Woods' also have a personal connection to hearing loss.

"Ever since Derrick was a child, he has struggled with his hearing," said Nancy, Derrick's wife of 33 years. "For years I thought he just had selective hearing."

As a child, Derrick baffled his parents with constant crying. One day, while riding in the car with his parents, blood began to trickle from Derrick's ear; his eardrum had burst. Reconstructive surgeries were, for the most part, unsuccessful.

Over the years, Derrick continued to struggle with his poor hearing, both at his job as a plant manager and at home with his family. Eventually, he realized he would have to do something about this problem.

"I knew my hearing had to be fixed because I could see how frustrating it was for my work colleagues and loved ones to communicate with me," Derrick said as Nancy nodded in agreement.

After a doctor suggested that Derrick look into hearing aids, the couple began to do their research and found Zounds.

"There was a personal connection to the Zounds story, and we realized that after all these years, we may be able to help Derrick – and, in turn, help others," Nancy explained.

So at 58, the retired plant manager partnered with his wife and local



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Photo courtesy of Zounds Hearing.

Zounds Hearing owners Nancy and Derrick Woods, with audiologist Jennifer Bonner, right.

audiologist Jennifer Bonner and opened Zounds Hearing of Mount Pleasant.

Derrick and Nancy are pleased to have partnered with Bonner and are certain that her knowledge and experience, paired with the Zounds product, will provide patients with

superior hearing. Their first customer, of course, was Derrick Woods.

“I remember the first time I really heard piano jazz in my car,” Derrick recalled about the morning after he got fitted for his Zounds Hearing aid. “The music was crisp, clear, and pure.

I pulled over to the side of the road, cut off the engine and just listened.”

*For more information about Zounds Hearing, visit [www.zoundshearing.com](http://www.zoundshearing.com), call (843) 654-9922 or drop by 311 Johnnie Dodds Blvd. in Mount Pleasant.*

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# FEMME FIGHTING

Life on the Roller Derby Circuit

*Story by Courtney O'Leary • aka Grace Smelly • #08*

*Photos by BadJon Photography.*



Roller Derby has evolved into a competitive, mainstream team sport.

**T**AKING A DEEP BREATH, I force myself to close my eyes and contain and control the growing nerves in the pit of my stomach. My palms are sweating, and I swear my hands are trembling. I don't get nervous often, but, right now, my entire body is humming with energy.

My life as a stay-at-home mom in Mount Pleasant's Old Village is a sweet but sometimes monotonous grind of grocery shopping, visiting playgrounds and control-

ling the chaos that is our home. Yet here I willingly stand, covered in full body protection, from mouth guard and helmet to kneepads and wrist guards. I am ready, literally, for battle. I know that in the next hour, I will body check, hit, fall, sweat and finally, experience complete exhaustion, all in the name of the sport I've dedicated my life to in the past few years – roller derby.

While roller derby often evokes images of rough-and-tumble tattooed ladies with a flair for theatrics and fishnets, it has evolved into a much more competitive, mainstream event. Two teams of five skate on quad roller



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skates, each attempting to get their point-scoring teammate – the jammer – through the pack of opposing skaters first. The successful jammer then weaves, jumps and hits her way through the pack repeatedly, scoring one point for every skater she leaves in her wake.

The game, a test of skill, stamina, agility, strength and strategy, is played out in two-minute increments called jams during two grueling half-hour halves.

Thirty-five-year-old Allison Rhoden, aka Rhoden Rage, owner of Kiln' Time in Mount Pleasant, is drawn to the sport for more than one reason.

“It provides an outlet for me and allows me to be competitive and athletic. I get to subvert the dominant paradigm of what is a “traditional” sport for women. It’s fun. It makes me feel empowered and strong, yet humbles me and drives me to work harder,” she explained.

The empowerment aspect of roller derby is magnetic. When I saw my first derby game, I was instantly in awe of the strong women I was watching. Though I hadn’t roller-skated since I was a child, I was inspired to start Belgium’s first roller derby team in 2009. The Gent Go-Go Roller Girls are now among Europe’s top teams and have taken the national title two years running. Starting, training, coaching and skating with that team remains one of my proudest achievements in my life.

For me, the sport of roller derby has maintained its intrigue. When I moved to this area in 2012 with my husband and newborn son, I joined the Lowcountry Highrollers as soon as I could. I coached the All Star travel team last year and currently skate with both the All Stars and the Betties.

Mount Pleasant resident Sarah




Courtney O’Leary started Belgium’s first roller derby team in 2009 and currently skates in the Lowcountry. She also wrote this article.

Lynch, aka Atlas Angel, carools with me to the games and most practices. A sweetie by day, this blond bombshell is a fierce competitor on the track, unmovable and unshakable. She turns the volume up on the radio, and we get pumped as we drive to the Citadel, where we’ll face our opponents in front of bleachers holding hundreds of fans. My friendship with her is one of the many perks of roller derby.

The roller derby network consists of more than 60 skaters, referees, officials and volunteers, all of them unique. One skater is working on her PhD in heart cell research, while another was Miss Hawaiian Tropic and a third is a butcher at a grocery store. Ranging in age from 18 to older than 40, it’s fair to say that there is no typical skater.


\*\*\*\*\*

Back at the Citadel’s McAlister Field House, we’ve had our 15-minute warmup on the track, which is really just a way to shake off the




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The roller derby network consists of more than 60 skaters, referees, officials and volunteers, all of them unique.

excess energy that is building up with every passing minute. The referees check our equipment, the announcers introduce the skaters and the collective enthusiasm of the crowd continues to build until the whistle starts the bout.

The first jam is shaky, a blur of body parts and wheels. We attempt to maintain our walls, hold back the jammer and hit the blocker who's wailing on our own jammer. It's over in what feels like seconds. Did we communicate enough? Was there teamwork? Did our strategy work? Again and again, we skate, sprint, block, hit and hold.

At the half, our coach tells us what we did right and wrong and sends us back out onto the track, rejuvenated and ready for more. I realize we're more than capable of winning, and this knowledge steels my body. The nerves are long gone, replaced by laser-like concentration.

The ref shouts "30 seconds," and we race to the line, crouching low, ready for the whistle to blow. The chanting of the crowd and the

screaming of the bench provide faint background noise. I see only the opposing jammer poised to sprint. I touch my teammates next to me, eyeing the jammer with every intention of hitting her as hard as I can.

It's that moment that I relish – pure, unadulterated love of the sport.

The whistle blows, and the jammers jump and juke. My teammates and I push our hips together, shove each other into opposing blockers, race back, stop quickly, fall down, pop back up, slam our shoulders into chests and backs – and then it's over.

We've won – barely but definitively. The crowd rushes the track, lining up with their arms outstretched and, as a team, we skate our victory lap, high-fiving the fans as we cruise by, laughing, smiling, relieved and proud. The pressure of the competition has passed and the time to celebrate has arrived. The well-deserved after party beckons. 🍷

*Interested in trying out roller derby? For more information, visit [www.lowcountryhighrollers.com](http://www.lowcountryhighrollers.com).*

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## A Close-knit Community

*By Cullen Murray-Kemp.*

**M**Y EDITOR'S CAR DOOR squeaked as I pushed it open and stepped onto the McClellanville dirt. I was surrounded by "downtown McClellanville," which consisted of a restaurant, a couple of shops, a real estate office, an art gallery and an aura of the true South. Feeling as though I had just been transformed onto page 42 of a Faulkner novel, I looked up at the ancient live oaks draped in Spanish moss and breathed in the thick South Carolina air.

"This feels like the real South," I told my editor as she nodded in agreement.

With a population of "oh about 400 of us," as Claudia Kornack, owner of local restaurant T.W. Graham & Company put it, the McClellanville community is close-knit. My editor and I wandered into the Village Museum, which hosts the work of local artists. A series of off-color paintings with religious undertones grabbed my attention, while my editor sat down at an old piano and played "Mary Had a Little Lamb."

After a discussion with the museum/gallery owner, we

headed to T.W. Graham & Company for some fresh, local seafood. A McClellanville native and friend of Mount Pleasant Magazine advised us that some of the best seafood in the Charleston area could be found there. We perched on wooden stools adjacent to the outdoor bar. Soon enough, the lids were removed from our sweating beers, and we took long gulps to help us deal with the heat.

"What are y'all eating today?" Kornack asked us.

At 52, she has lived her entire life in McClellanville and recalls coming to her restaurant – sort of – as a kid.

"This was my childhood grocery store," Kornack said motioning to her restaurant. "During the summers, we used to come here and all huddle in the fridge area to cool off."

Before long, Claudia's husband, Pete, brought out a plate filled with McClellanville seafood. It was no struggle for my editor and I to scarf down the scallops, shrimp, oysters and crab balls, most of which had been caught by friends of the Kornacks on nearby Jeremy Creek.

With our bellies wonderfully full, we moseyed down to the McClellanville docks. Fantasies of a simple life of clam farming with Pete Kornack drifted through my head. As my eyelids grew heavy, a result, no doubt, of the fresh fried seafood, I lay back on the dock and smiled. 🍷



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## Kicking Back in Georgetown County

*By Denise K. James.*

**G**ROWING UP IN THE CAROLINA region with the opportunity to visit the shoreline in Georgetown County is a privilege that does not often go unnoticed. The beaches of Georgetown County – which stretch from Murrells Inlet down to Pawleys Island and DeBordieu Colony – are in a class by themselves in terms of history, culture and beauty.

Just 20 minutes south of Myrtle Beach is Murrells Inlet, which is, quite honestly, a seafood lover's paradise. The string of eateries on the waterfront that are affectionately known as restaurant row range in theme from fine dining to quirky, shells-on-the-floor diners. A word to the wise, however – you'll want to either book a reservation or get there early during the spring and summer, because Murrells Inlet's restaurants are an acclaimed bunch.

After dinner, stroll the Marsh Walk and look around at all the different night life choices. Or just watch the fireworks at dusk and relax with the scent of salty air. Live music is popular in the Murrells Inlet evenings, and the waterfront Marsh Walk offers the opportunity to stroll from one venue to the next, checking out scenery and musical tastes.

I grew up going to Litchfield Beach, where my family has had a cozy vacation home since the early 1970s. The next beach south from Murrells Inlet, it offers plenty of charm and a peaceful atmosphere in comparison to some of the more populated beachfront communities. Visitors to Litchfield – including my family – enjoy trips to Brookgreen Gardens, a lush, outdoor garden filled with flowers, trees and plants of all kinds, not to mention butterflies, sculpture and other artwork.

Just up the road from Litchfield, perhaps around 10 or so

minutes by car, is Pawleys Island, a historic seaside resort with homes that date back as early as the 1800s. Pawleys Island itself has been a vacation destination for Southern plantation owners since the late 1700s.

“Before the Civil War, families with rice plantations would come to Pawleys to escape the mosquitoes,” explained Lauren Joseph, marketing director of the Georgetown County Tourism Planning Commission. “The oldest homes have survived everything from hurricanes to beach erosion.”

Perhaps that's why so many people choose to spend the day, weekend or entire summer at the beaches of Georgetown County – for the coastal history and the easy drive to either Myrtle Beach or Charleston. According to Joseph, plenty of residents commute to Myrtle Beach and other areas of the Grand Strand for work. But they might not have to for too much longer, as Georgetown County becomes a hotter spot for new industry. A start-up is venturing to Litchfield Beach, another company is considering downtown Georgetown and more are on the horizon.

“Our economic development director, Brian Tucker, is involved with bringing these companies down here,” Joseph said. “He's particularly interested in higher end, technical firms.”

After a fire ravaged the Georgetown waterfront last year, the city of Georgetown is almost fully recovered; according to Joseph, all but one of the businesses that were destroyed have relocated, while another reopened in Beaufort. Joseph is optimistic that the 700 block, damaged by the fire, will rebuild as well.

“You can park in one spot and spend the day walking around,” said Joseph. “And we have a great deal of free parking.”

Thinking about a day trip to Georgetown County? Your itinerary is practically planned for you – shopping in Georgetown's business district, lounging on the beaches of Litchfield and Pawleys and dinner in Murrells Inlet. Sounds perfect, right? 🍷



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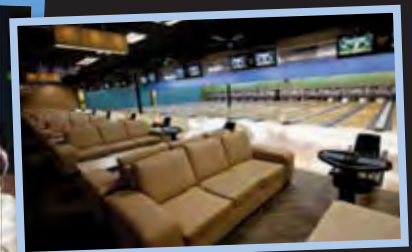
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## A Box of Culture

*By Taylor Griffith.*

**I**N THE FILM “FORREST GUMP,” THE title character famously said, “Life is like a box of chocolates; you never know what you’re gonna get.” But in Beaufort, where parts of the iconic movie were filmed, life is like a box of chocolates – with a key that explains how each confection is more delicious than the last.

Day-trip visitors know exactly what they’re gonna get: a shopping excursion in the arts district, a tour of the town’s rich history, an entertaining outdoor landscape and Lowcountry culture at its finest.

“We sell reality; we don’t sell commercialism,” said Robb Wells, the Tourism Division executive of the Beaufort Regional Chamber of Commerce. “Beaufort is about as authentic as it gets.”

He said East Cooper residents will recognize their precious Lowcountry lifestyle in Beaufort, only at a more relaxed pace.

“Not everybody wants the rat race and the traffic, and that’s not an issue here,” he said.

Beaufort has a population of just more than 12,000, after all, although with the amazing views, history and culture, it’s a wonder the little seaside town has managed to stay so small.

Still, Beaufort remains in the national limelight as a popular getaway spot. It’s won numerous awards for being an adventure destination and cute town, but most of its accolades can be summed up in the title of “Happiest Seaside Town,” which was awarded by Coastal Living in 2013.

A number of Hollywood blockbusters have been filmed in Beaufort, including “The Great Santini,” “The Big

Chill,” “The Prince of Tides,” “G.I. Jane,” “The Legend of Bagger Vance” and, the most famous of them all, “Forrest Gump.” Proud of its Hollywood history, the town celebrates its film culture through movie tours that show off film locations and also hosts the annual Beaufort International Film Festival.

The town is known for arts other than film. High-quality art galleries speckle the streets and passersby can find familiar sweetgrass baskets for sale, sporting the distinct Beaufort weave.

Outdoorsy people also will find comfort in the small town, where watersports, fishing, shrimping and crabbing are all favorite pastimes. Hunting Island State Park is nearby as well, where visitors can climb the only public lighthouse in the state.

Beaufort’s natural resources hark back to the town’s founding; it’s the second oldest city in South Carolina, established in 1711, and has a rich military and Gullah history. Historic antebellum homes are open to the public and are extremely popular with visitors, Wells said.

Beaufort’s rich history and unique culture are put on display throughout the year when multiple festivals – including the Soft Shell Crab Festival, Gullah Festival and Bottles and Barrels event – take place.

But above all else – the history, arts, nature and culture – the best thing about Beaufort is that it’s less than a two-hour drive from Mount Pleasant.

Life might indeed be like a box of chocolates, but, in Beaufort, you know exactly what you’re gonna get. 🍫



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## An Oasis of Recreation

*By Julie Sprankles.*

**G**ROWING UP, I WHILED AWAY many summers in the sleepy little resort town of Santee, roughly 70 miles outside of Mount Pleasant. It was a place I spent lazy days dangling my legs over the edge of docks, my tan toes tickling the murky waters of Lake Marion. It was where my friends and I would spill into our favorite restaurant after football games and nosh on grits and eggs served up by sweet ladies who called us things like “shug” and “darlin’.”

Today, I often indulge my nostalgia and head due west to spend a day or two in Santee. But like me, Santee – which was already the big city to a girl who grew up in the next tiny town over – has grown up. It certainly lives up to its motto as “an oasis of recreation,” making it an ideal day trip for Mount Pleasant residents itching to get out of the city and stretch their legs in a more rural setting.

Lake Marion is still there, naturally, and it remains one of my favorite places to spend an afternoon (or three). If you’ve got a boat, hop in it and head to one of the many sandbars dotting the lake to swim and enjoy the sunshine. If you don’t have a boat, ask a local for a ride. The hospitable natives are happy to play host. The lake is also ideal for baiting a line and tossing it into a bream bed or reeling in a big striped bass.

If you’re more of a golfer than a boater, well, you’re in luck. “One of the best reasons to come to Santee is the golf is plentiful – three championship courses within a mile of each other,” said Joanie Pinter, the town’s tourism and special events director.

Between Santee National Golf Club, Santee Cooper Country Club and Lake Marion Golf Course, Santee is a dream getaway for the avid golfer.

Of course, whether you are cruising the lake or improving your fairway skills, you’re going to work up an appetite. If you’re craving some hearty down-home cooking (and heaps of old-time charm), head to Lone Star Barbecue & Mercantile, which is housed in a late 1800s country store and where you’re likely to be serenaded by a blue grass band. If it’s ethnic food you seek, try Thai House – I’m partial to their sushi and Pad See Ew. If it’s more upscale fare you seek, make your way to Clark’s Inn & Restaurant for an elegant entree like Lowcountry Stir-fry and, while you’re there, say hello to the best bartender in town. ... my brother, Jonathan!

Truth be told, there’s plenty to see and do. So much so, in fact, you might just want to stretch your stay through the night and into the next day. If so, Santee offers plenty of nice hotels to pick from. And, if you want to make your experience truly rural, I recommend pitching a tent or parking your RV at Santee State Park. 🏡



# Our Mount Pleasant Neighbors

**W**E'RE SPENDING A LITTLE TIME WITH SOME OF OUR NEIGHBORS TO HELP YOU GET to know them better. Get to know *us* better by liking us on Facebook at [www.facebook.com/MountPleasant-Magazine](http://www.facebook.com/MountPleasant-Magazine). If you want to appear in Facetime or to suggest someone you find interesting, please email the name and contact information (email and/or phone number) to [Facetime@MountPleasantMagazine.com](mailto:Facetime@MountPleasantMagazine.com).



## Cameron Sepulveda

**Lives in:** Charleston, South Carolina.

**From:** Mount Pleasant, South Carolina.

**Education:** Bachelor's degree in Business Administration from the College of Charleston.

**Employment:** East Cooper Family Pharmacy and Charleston's Café.

**Favorite reading:** "The Power of Now;" comedian biographies.

**Favorite music:** Anything but country.

**Activities:** Archery, tennis, baking and playing piano.

**Interests:** Music, comedy and really good food.

**Favorite quote or philosophy:** "Miles to go before I sleep." • Robert Frost



## Lauren Givins

**Lives in:** Mount Pleasant, South Carolina.

**From:** Landrum, South Carolina.

**Education:** BS in Business Administration from the College of Charleston.

**Employment:** Insurance agent at Mass Mutual.

**Favorite reading:** Currently enjoying the "Divergent" series by Veronica Roth.

**Favorite music:** Classical and hip-hop.

**Activities:** Horseback riding; spending time with family and friends; volunteering locally.

**Interests:** Learning.

**Favorite quote or philosophy:** "You have brains in your head; you have feet in your shoes; you can steer yourself any direction you choose." • Dr. Suess.



## Hannah Leonhard

**Lives in:** Mount Pleasant, South Carolina.

**From:** Toledo, Ohio.

**Education:** Bachelor's in Middle School Education with a minor in Math from the College of Charleston.

**Employment:** Laing Middle School of Science and Technology.

**Favorite reading:** "Nineteen Minutes" by Jodi Picoult and "Break No Bones" by Kathy Reichs.

**Favorite music:** Anything that reminds me of summer.

**Activities:** Going to the beach; spending time with friends and family; volunteering with the youth of First Scots Presbyterian.

**Interests:** Movies; meeting new people; sports; trying new things; travel; volunteering.

**Favorite quote or philosophy:** "Here is my secret. It is very simple: It is only with the heart that one can see rightly; what is essential is invisible to the eye." "The Little Prince," by Antoine de Saint Exupéry.



## Catherine Lobb

**Lives in:** Daniel Island, South Carolina.

**From:** Fairfax, Virginia.

**Education:** Longwood University.

**Employment:** Financial analyst, SPAWAR Charleston.

**Favorite reading:** Anything set in a dystopian society; Jodi Picoult novels; "Odd Thomas," by Dean Koontz.

**Favorite music:** Folk rock and country.

**Activities:** Reading; running; home improvements; Netflix marathons; attempting Pinterest recipes.

**Interests:** Anything that involves time with my two children and my husband.

**Favorite quote or philosophy:** "Be Humble. You could be wrong."

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