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#### Holiday Worship Schedule

#### Thursday, November 27

Thanksgiving Day Service, 10:00 am

#### Wednesday, December 3

Family Advent Workshop, 6:15-7:30 pm

#### **Sunday, December 7**

Cantata, 9:45 & 11:15 am Regular Services, 8:15 am & The Net

#### Wednesday, December 10

Children's Choirs Concert, 6:30 pm Congregational Carol Sing

#### Wednesday, December 17

Christmas Eve Service for Travelers, 6:30 pm

#### Wednesday, December 24

Christmas Eve Services Family Services, 3:00, 4:00 pm Lessons & Carols, 6:00, 8:00, 11:00 pm (Communion, Candles)

#### Sunday, December 28

One Worship Service, 10:00 am

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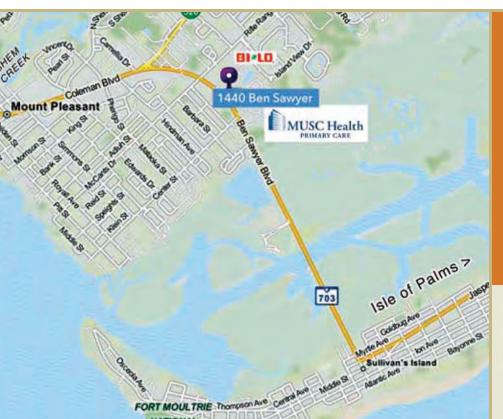
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Dr. Greg Johnson

VOL. 4, ISSUE 6 NOVEMBER/DECEMBER 2014

# CONTENTS



Publisher's Note9
Our Contributors11
From the Managing Editor 12
Notes From Friends 14
Web Extras 16







Mayor Linda Page's Awesome First Year	18
Warriors of Waste	24
Chariot of Firefighters	32
An Inspirational Journey: East Cooper Churches Serve the World	35
The Catholic Diocese of Charleston	36
St. Andrew's Church	40
Mount Pleasant Presbyterian Church	44
Seacoast Church	48
East Cooper Nonprofits Step Up to the Plate	55
ECCO: From the Ashes of Hugo	58
Hunger in Our Schools	60
Dialogue With Space	98
A Deluxe Apartment in the Sky10	00
Made With Love1	16
Influential Icons, Part III	37



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## CONTENTS



# In Good Taste Special Section

Food and Fashion IGT 4
Bistro Toulouse IGT 19
Music Conservatory IGT 21
The Morning After IGT 24
Performing Prowess IGT 29

epartments
FEELING GOOD
MUSC in Mount Pleasant31
The Hearing Shoppe123
Focus MD
Coastal Carolina Research 135
GOING OUT
Wine Under the Oaks
Making Music Together
LUXURY HOME
140 Hibben Street
DWELLING
Closing Time
Attainable Luxury
Bringing Design to Life
The Key to Success
The Outside is In
LONGEVITY
A Low-Key Approach
HOME CARE
Worship the Ground You Walk On110
LOOKING GOOD
It's NOT One Size Fits All
ASK THE EXPERTS
More than Just a Credit Union

A Method That Adds Up......133

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HERE'S NO DOUBT ABOUT IT - THIS IS A VERY SPECIAL time of the year.

The feelings we experience now cannot be duplicated at any other time of year. Families and friends plan their schedules so they can

spend time together. Giving and forgiving seem to be the topics of discussion, no matter what your beliefs or lifestyle.

We've really been looking forward to giving you the November/December Mount Pleasant Magazine. Our last effort of the year has always been known as our "Biggest Heart" issue. Look inside and you'll see just how big East Cooper residents' hearts really are.

The 2014 Biggest Heart issue of Mount Pleasant Magazine was hatched this past February at Christ Our King. Cathy and Ed Hunnicutt asked me to attend a fundraiser for the Catholic Diocese mission trips to Guatemala. To be honest, I really wasn't that interested. Cathy kept emailing and calling me about this event, and I finally committed to attending.

Although my interest level was low, I wanted to explore what Ed

and Cathy were so excited about. Not long after I arrived, I was engulfed by the positive energy and enthusiasm of the other people in attendance. As members of Christ Our King got on the stage and told their story, it was obvious that going on a mission trip was a very emotional and constructive way of giving. I also recognized that by helping people in the villages and rural areas, the mission volunteers were able to attain a level of satisfaction that is hard to achieve in other forms of giving.

I left Christ Our King with an idea that eventually morphed into what you are now reading on your computer or mobile device or holding in your hand. No matter your faith, race, age or where you once lived, giving and forgiving are always the best ways to approach every day, no matter what time of year it is.

Since faith can be an engaging subject, I'd love to hear how you feel about our covers and the way we approached this subject. Email me at Publisher@Mount-PleasantMagazine.com or let our 15,000 Facebook fans and the world know. Friend us at www.Facebook.com/MountPleasantMagazine.

As always, thanks for reading what we love to do - Mount Pleasant Magazine. And don't forget to send your friends and family members to our digital version at www.MountPleasantMagazine.com/green.

**Publisher** 





November/December 2014

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#### Our Contributors



A writer, photographer, marketer and lover of all things creative, **Kalene McCort** brings a fresh perspective to every medium she pursues. She has called both Florida and Colorado home, and she now feels fortunate to have recently planted her feet on the Carolina coast. Her work has

appeared in The Orlando Sentinel, The Sun-Sentinel, Chicago Tribune-owned Metromix, The Sanford Herald and The University of Colorado's Research Innovations Magazine.

After graduating from Francis Marion University in Florence in May 2014 with degrees in History and Sports Journalism, Lillian G. Miller is looking for the next step in her career. A lover of all sports, she hopes to one day land a job in radio or on television broadcasting the games. For now, she is working at the Islander, a restaurant on Daniel Island, and as the assistant to the editor of Mount Pleasant Magazine. She is the middle child of three girls and the blessed owner of a dachshund named Lulu. She enjoys spending her free time watching and playing sports, reading and drawing. Lillian lives in West Ashley with her older sister, Samantha.



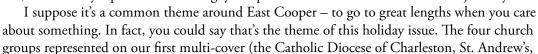
William Quarles is a freelance photographer and kitchen/bath designer. His designs and photography have appeared in regional and national publications. He previously worked in the advertising, graphics and commercial exhibit business for 27 years. He is married with three children and

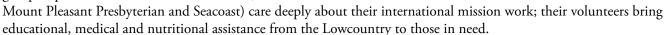
two grandchildren. He has lived in Mount Pleasant for 12 years.



### From the Managing Editor

HE LENGTHS WE GO TO AT MOUNT PLEASANT MAGAZINE TO provide our readers with an engaging portrait of life in East Cooper are always surprising, no matter how many issues I've put together. Just a few days before this edition went to press, for example, I found myself chasing a garbage truck around the Old Village, along with Brian, my co-managing editor, to get the best photos possible for our Warriors of Waste feature starting on page 24. It was important to me, to Brian and to our publisher, Bill, to accurately represent how these guys keep our town clean and what a fantastic job they do.





A hearty thanks goes out to Jenn Cady, who captured a few of the volunteers feeling festive – turn to page 35 to find out who they are. You'll also encounter a slew of other locals who enjoy the spirit of giving – from ECCO's volunteers to the smiling faces who host families at CrossBridge Ministries.

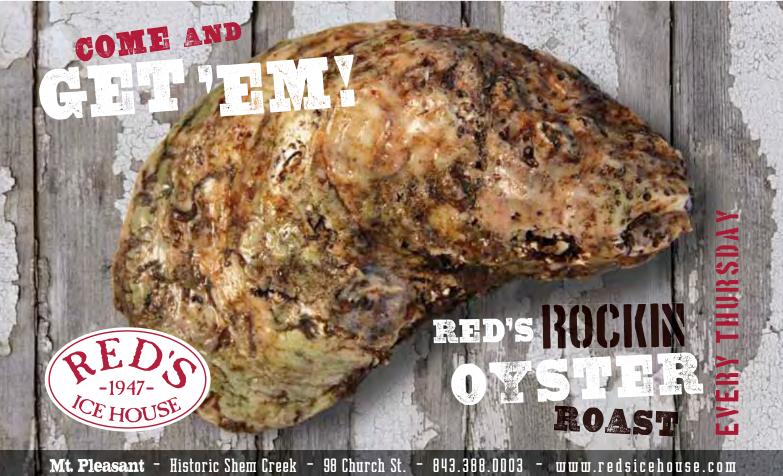
For another way to feel the holiday spirit, feast your eyes on our 2014 Food and Fashion spread on page 65. My contributing editor, Stacy E. Domingo, did a superb job orchestrating these shoots, and my gratitude goes out to our models, restaurants, boutiques and photographers.

We hope you thumb through this issue and feel inspired to give with your whole heart and celebrate to the fullest this season. Thanks to our readers, we're finishing another fantastic year at Mount Pleasant Magazine and looking forward to 2015.

Yours, DENISE K. JAMES **Managing Editor** 







#### Notes from Friends

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

"Great stuff. Need more stories like this one (Fearless and Ferocious, September/October 2014)."

#### -Michael

via MountPleasantMagazine.com

"Thank you for that awesome editorial on Norm you wrote in Mount Pleasant Magazine (Publisher's Note, July/ August 2014). You touched the kids and me with your thoughtful story. He was such a strong figure in our lives, and it's really hard to let him go.

Thank you for being so thoughtful and such a good friend. Our family was truly touched."

Fondly,

#### -Chris, Magenta and Kai

via handwritten note

"Love it! (September/October 2014 cover) Really good job, Dana. Always love your art!"

#### -Jan Shealy Wallen Truesdale

via Facebook.com/MountPleasantMagazine

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



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#### Web Extras



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

We had a fantastic time shooting Food and Fashion this year, and naturally we couldn't print every single photo - so take a look at our digital gallery for even more pictures of your family members, friends and colleagues looking snazzy and eating fine foods around East Cooper.

One of the best parts of celebrating the holiday season is the perspective of children, which is why we gathered a few fun-to-read letters to Santa from kids who live in Mount Pleasant and the surrounding islands. Their wish lists are guaranteed to make you chuckle.

And history buffs with a soft spot for Mount Pleasant will be glad to know that the rest of our Influential Icons feature, researched and written by contributor Pam Gabriel, appears online when you visit the link MountPleasantMagazine.com/InfluentialIcons.







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## BEING MAYOR HASN'T CHANGED HER MIND ABOUT MOUNT PLEASANT

Story by Brian Sherman. Photography by Ronnie Martinelli.



#### INDA PAGE DOESN'T MIND AN

honest debate, a good argument or even a heated discussion. As the mayor of the ninth fastest growing municipality in South Carolina and a longtime business owner, she's had to serve as somewhat of a referee, omise between those who want to control to the control of the contr

nurturing compromise between those who want to control but encourage the town's incredible rate of development and those who still see Mount Pleasant as tree-lined country roads and rustic Shem Creek rather than two-lane roundabouts and modern apartment complexes.

What does rankle Page just a tad is people who disagree with the direction Mount Pleasant's leaders are moving but avoid engaging in conversations that lead to meaningful solutions. In a town that has grown from a sleepy little village of fewer than 2,000 people in 1950 to a booming metropolis of approximately 75,000 today, compromise is the key to controlling growth without affecting the quality of life that has lured so many people to Mount Pleasant in the past six-and-a-half decades.

"I don't mind naysayers," said Page, who marked her first year in office on Nov. 12. "I see their point. They don't want the character of our town gone. What I do mind is when they are not willing to talk about other options. We can agree to disagree. I can defend my beliefs and they can do the same thing."

And although her job as mayor is officially a "part-time" gig, she has no problem at all if local residents call her on her cellphone and let her know what they're thinking about any subject having to do with the place she has called home for most of her 55 years.

Page, a Mount Pleasant resident since she was 6 weeks old – a year later, the Census put the population of the town at 5,116 – admitted that change can be a difficult pill to swallow, especially for people who have fond recollections of Mount Pleasant as no more than a brief stop for motorists headed in and out of Charleston along Highway 17. As a member of the town council for four years and as mayor for one, she was not 100 percent behind plans to develop Coleman Boulevard as Mount Pleasant's main street. But with work on another major phase of the project about to begin, she has embraced the plan as a necessary way to secure Mount Pleasant's future.

There's more to serving as mayor of Mount Pleasant than keeping the peace at Council meetings, and there are more issues to deal with than Coleman Boulevard, from recreation to trees to taxes. The owner of Page's Thieves Market since





# Faith, Family & Friends!

Dr. Jack Hensel Jr. and family





Mayor Linda Page, center, was on hand for the ribbon cutting ceremony at the grand opening of the White Hall Terrace Community Center in September.

she bought it from her parents in 1981, Page spends her days meeting with local organizations and individuals, attending ribbon cutting ceremonies for new businesses, making speeches and collaborating with the mayors of Charleston, North Charleston, the Isle of Palms and Sullivan's Island. In between, she strives to keep her own business up and running.

"Sometimes at the end of the day I have to look at my calendar to remember who I talked with that day," she said. "It's hard to consider it part-time work."

She added that the part-time salary that goes along with being mayor of Mount Pleasant limits the range of people who would be interested in tackling what amounts to a full-time position. She agreed that the job should pay more but stopped short of saying that the town should have a full-time mayor. She pointed out that the municipality's day-to-day operations are handled capably by Town

Administrator Eric DeMoura.

Though Page described her first year as mayor of Mount Pleasant as "awesome," she did note that she has faced a few issues related to her business, her wardrobe and her eating habits. She said she now is less likely to don jeans, a T-shirt and tennis shoes to go grocery shopping.

"My job is a dirty job," she said, referring to Page's Thieves Market, not to the mayor's position. "And I'm not a clothes horse. Shopping is a challenge for me. Before I ran for mayor, I was involved in the International Auctioneer Championship, so I bought two good suits. But I've kind of worn them out."

She added that because her schedule is so tight, meals also can be a challenge.

"It's hard to eat a salad in the car," she joked. "On a lot of days I don't have time to sit and eat a proper lunch."

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So besides racing from event to event and meeting to meeting and eating on the run, what's in store for Mayor Linda Page and the town of Mount Pleasant during the next three years of her current term? She said she will concentrate on bringing "true economic development" to Mount Pleasant, which means attracting more businesses and professionals.

"I want a community where everyone has the opportunity I have: to work close to home," she said. "It means more than just hospitality and tourism jobs."

She added that she hopes to do more for senior citizens, the area's fastest growing demographic, and to convince the Charleston County School District that, with the population of East Cooper booming, another high school and another middle school are necessary. And then there are Mount Pleasant's roads, a major topic of discussion, especially during the morning and evening rush hours. The mayor said three major projects are in the works: Hungryneck Boulevard will be extended north, first to Hamlin Road and then to Porchers Bluff; a road will connect Rifle Range to Hungryneck; and Long Point Road will be realigned for safety reasons where it meets Highway 17 and Old Georgetown Road.

"Traffic has to do with quality of life," Page said. "If there's a lot of traffic, businesses won't come here. Everything that improves the flow of traffic makes this a better place to live."

In Linda Page's mind, there is no better place to live than Mount Pleasant, South Carolina. She said serving as mayor for a year has only enhanced her image of the town and the people who live here.

"I have a better understanding of how diverse the people of Mount Pleasant are and a better understanding of their talent," she commented. "The people who live here have run companies, written books and produced movies. People make the place."

Page said she hopes to retire from her business, which her two children help run, in about four years, though she wouldn't say exactly how long she would like to remain in politics. She did point out that she would someday like to write a novel and possibly a children's book about how animals are a lot like humans. A protagonist might be a narcissistic goose her family once owned. The bird was in love with its own reflection, going as far as to attack cars with shiny hubcaps.

For now, she will be content with her packed calendar and balancing her responsibilities as business owner and mayor. Among her more interesting duties was a recent meeting with businessman and former presidential candidate Ross Perot, who was in Mount Pleasant to kick off fundraising efforts for the National Medal of Honor Museum at Patriots Point. She said Perot called her later from his cellphone, but, because he has Secret Service protection, she was unable to save his number on her phone. Regrettably, she won't be able to call him back.

However, if you live in Mount Pleasant, you can get in touch with your mayor any time you want to. Give her a call on her cellphone if you'd like to voice your opinion on just about any topic having to do with Mount Pleasant, from the two-lane roundabout that will be built where Ben Sawyer, Coleman and Chuck Dawley boulevards meet to the allowable height of buildings at Sea Island Shopping Center and Moultrie Plaza. That number is 843-729-5406. She'll be glad to hear from you.

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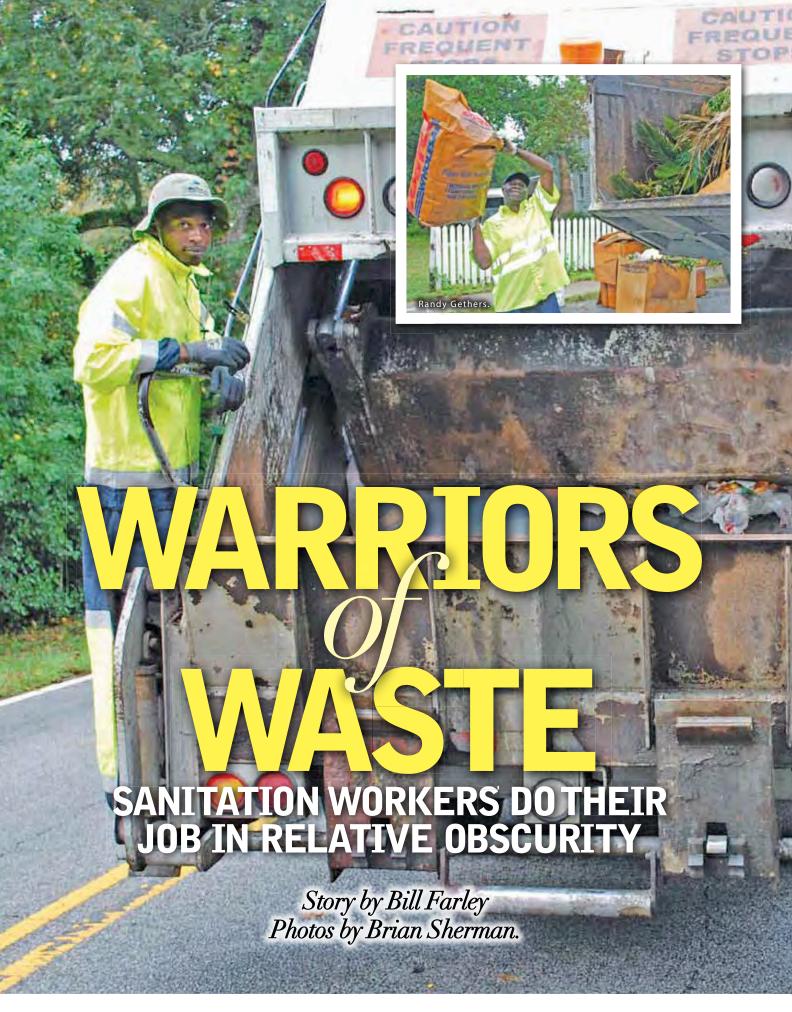
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N COMMUNITIES great and small throughout this land, hosts of individuals and groups, both in the public and private sectors, labor tirelessly day in and day out to make our cities, towns, villages and hamlets work. These unsung heroes handle responsibilities we either cannot or choose not to handle for ourselves. In many instances, the men and women who perform these important functions are nameless and faceless to us, and, more often than not, they are barely noticed as they go about accomplishing their essential tasks.

One such group of behind-thescenes heroes are the workers and supervisors of Mount Pleasant's Sanitation Division. Under the overall supervision of Jody Peele, the town's director of public services, and the direct oversight of Division Chief Dave Behrens, the 44 men – there have been women on the job but there are none presently - are responsible for collecting and disposing of the mountains of household trash, severed tree limbs, garden debris and miscellaneous refuse generated 365 days a year by households from Remley's Point to Carolina Park.

During their work week, they roll out into the streets of Mount Pleasant armed with an array of sophisticated mechanized tools they use to rid local residents of just about everything they no longer need or want.

These frontline troops in the war against garbage consider themselves among America's first responders – and with good reason. While they labor thanklessly through good

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Isiah Young picks up yard waste with a claw machine in the Old Village.

weather and bad, they are truly appreciated when disaster strikes. Following a hurricane or other catastrophe, residents welcome policemen and firemen to restore civil order and deal with fires and collapsed buildings, but they rarely give much thought to the importance of removing rubble and garbage that would otherwise become sources of disease and impediments to the recovery process.

Sanitation workers perform one of the most perilous jobs in America, handling increasingly heavy loads daily and frequently dealing with hazardous materials. How dangerous is the job? The fatality rate is more than double that of police officers and sheriffs.

What's the greatest danger to sanitation workers? The most common factor contributing to serious injuries and deaths isn't the physical demands of the job or working around heavy equipment. It's impatient drivers who pass garbage trucks on narrow roadways, unintentionally striking and injuring or even killing the orange-safety-vested men or women.

"There are definite dangers in working for the Sanitation Division, and every day I stress to my team the importance of safety," Behrens said. "But every time I meet with my men, I also reinforce to them that, in many ways, they have one of the best jobs in the world."

"They work outdoors," he added, "and they get tremendous physical exercise."

Not everyone is still at home when the trucks roll at 7 a.m. four days a week, but there's no doubt that those who give it a moment's thought truly appreciate the work done by the sanitation crews.

"Children are especially responsive," Behrens said. "They're fascinated by the noises and the action of the big trucks, and they wave and beg for a blast on their air horns."

One mother, he said, asked her regular route men never to be late because her young son refuses to get ready for school on trash day until the truck comes by.

Self-styled stay-at-home-mom Rebecca Bryant of Hamlin Plantation, who came out to greet her friends on their truck on a recent cold and rainy morning, perhaps exemplifies people who consider their sanitation crew to be "family."

"They are awesome, just the best," she said, adding that she, like many others she knows, is quick to offer the workers cold water on a steamy South Carolina day or some cookies or brownies baked especially for them.

It's no surprise that sanitation workers are held in high regard by those of us who actually see them hard at work, although people generally have little idea exactly how they do their jobs. Behrens and his supervisors oversee skilled heavy equipment



operators – who drive the trucks and also jump down to handle containers – as well as laborers, often spotted riding on the outside of the garbage truck. Their primary responsibility is retrieving containers and emptying them into the vehicles' capacious hoppers.

In addition to these "typical" sanitation vehicles, Mount Pleasant operates two-man side-loaders, which can handle both sides of a street at each stop, boom trucks and the distinctive "claw machine," which grasps and disposes of large, heavy roadside loads.

Each truck handles more than 700 residential stops each day, finishing every run with as much as 12 tons of trash that has been picked up, loaded and compressed by huge blades inside the vehicle's bin. Its route finished, a truck heads to the Charleston County landfill.

Because of the nature of their contents and the rigorous outdoor work the trucks do, they are thoroughly washed and cleaned at least twice each week for hygienic reasons and so they can present a well-maintained appearance to town residents and visitors alike.

Behrens pointed out that if residents are disabled or have some other problem that keeps them from putting their containers out, the town's sanitation workers will go out of their way to lend a helping hand.

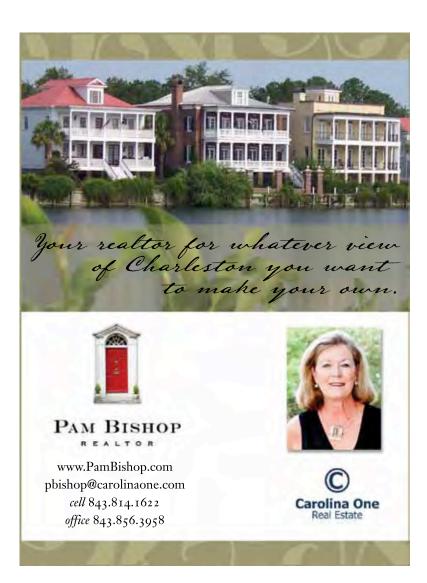
Sanitation is a physically demanding, dirty, noisy, dangerous job that too often goes unappreciated simply because it's so "routine" and efficient that it's taken for granted. Yet the job is accomplished daily in Mount Pleasant by a team that operates with military precision and choreographed grace.

Mount Pleasant Sanitation is responsible for the brown refuse containers and the heaps of other discards people pile on their curbs, secure in the knowledge that at the end of collection day, they will be gone. Meanwhile, Charleston County deals with the blue containers designated for paper goods and other recyclables.

And you're looking out your window on trash day and wondering whether your garbage has been picked up yet, look carefully at your brown container. If its handle is facing you, your trash is gone. If it's facing the street, Mount Pleasant's warriors of waste are on the way.



Edward Gaillard operates one of the fleet's side-loading trucks.

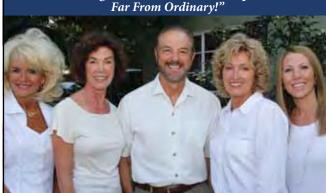




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# The Perfect Location MUSC Opens Branch in Ben Sawyer Plaza

USC HEALTH PRIMARY CARE
is celebrating the recent opening
of a new practice, Ben Sawyer
Primary Care, that will make
it easier for Mount Pleasant
residents to visit their family
doctor.

According to MUSC leadership, plans for the new office have long been in the

BY SARAH LYNCH

works. The new site, at 1440 Ben Sawyer Plaza,

just around the corner from the BI-LO grocery store, was determined to be a great location to serve Mount Pleasant and the islands. MUSC Health Primary Care will continue to expand its reach.

"Ben Sawyer is the first of our new branches. There are more to come," said Ginny Gamble Taylor, business development and operations manager for MUSC. "Most people think of MUSC for critical care and trauma, but we offer everyday care as well."

Patients at the new location can expect to see one of two physicians who will lead the team of health care professionals – Dr. Gregory Perron and Dr. Melissa Ellis-Yarian.

Dr. Perron attended the University of Virginia as an undergraduate and the Washington University School of Medicine in St. Louis, Missouri. After receiving his medical degree in 1997, he completed his

residency at Malcolm Grow Medical Clinics and Surgery Center at Andrews Air Force Base in Maryland. He currently lives in Mount Pleasant with his wife and has spent the last several years practicing at MUSC Health East Cooper in Mount Pleasant.

Dr. Ellis-Yarian completed the Duke University Family Medicine Residency program. She originally settled in the Lowcountry in 2008 to serve as a flight surgeon at Joint Base Charleston. She now lives in Mount Pleasant with her husband and two dogs.

"I'm excited to serve my friends and neighbors," Dr. Ellis-Yarian said. "I live two miles from the clinic, shop at the stores around it and drive right past it on my way to visit the beach on Sullivan's Island. It's home for me, and that makes the job all the more special."

Dr. Ellis-Yarian said the location is also exciting because it's near schools, grocery stores and residential neighborhoods.

"We'll be serving an area that right now, quite frankly, is underserved. Visiting Ben Sawyer Primary Care will save time for a lot of families in the area."

Her focus, and that of any primary care physician, extends beyond the here-and-now, Dr. Ellis-Yarian said.

"Your family doctor is the only one looking at the big picture. In a world with more medical technology, specialties and subspecialties than ever before, family doctors have never been more important to the individual patient," she said.

She added that serving the medical needs of friends and neighbors gives her the opportunity to establish personalized treatment plans.

"As a family doctor, we get to know our patients on a personal level. We know what they do and how they live," Dr. Ellis-Yarian explained. "Ultimately, we work to empower our patients to be as healthy and

happy as they can be."

This long-term relationship between patient and doctor is what moves patients beyond health care and toward prevention and wellness, she said.

Ben Sawyer Primary Care is open Monday through Friday, from 8 a.m. to 5 p.m. For information or to make an appointment, call 843-876-8333.



Dr. Melissa Ellis-Yarian



Dr. Gregory Perron



## **Chariot of Firefighters**

## Santa Gets a Lift from Mount Pleasant's Heroes

VEN SCHOOL KIDS WHO CAN'T seem to memorize their times tables can name all those mythical reindeer who pulled Santa's sleigh in the iconic poem, "Twas the Night Before Christmas."
There are Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donder, Blitzen and, for just about anyone born after the 1950s, Rudolph, too. Bob or Tom or Jake or Willie? Never heard of 'em.

Of course, that's a bit different here in Mount Pleasant. As

of this writing, the exact identity of who will take the reins of the jolly old elf's "sleigh" from those eight tiny reindeer is not known, but kids enjoying the 2014 Christmas parade Dec. 14 can be sure he'll be one of the firefighters from the first shift at Station #1 on McCants Drive.

This year, whoever draws the plum assignment of carrying Kris Kringle along the parade route in the bucket or platform of a gleaming red aerial ladder truck will be continuing a tradition that began with the first celebration back in 1996.

According to Mount Pleasant Fire Chief Herbert



The Mount Pleasant Recreation Department always comes up with a popular parade entry.

Williams, his entire department looks forward to its key role in the gala caravan of yuletide floats along Coleman Boulevard from Pelzer Drive to the Sea Island Shopping Center.

There's Santa's driver, of course, who pilots the huge truck as Santa waves to his youthful – and not so youthful

– admirers from his lofty perch in the much-awaited finale to the two-hourlong, 100-float procession.

According to the fire chief, all of the town's vital service divisions, including police and sanitation, are deeply involved in making the annual celebration the smash success it has become – The parade was recently named one of the top 20 attractions in the region by the Southeast Tourism Society – but the lead role definitely falls to the stalwart smoke-eaters.

On parade night, the Mount Pleasant Fire Department is responsible for a host of tasks, from providing the



uniformed honor guard and hiring and supervising the pyrotechnic team that sets off the fireworks display signaling the start of the parade to setting the order of the flotilla of colorful mobile displays and inspecting each one for safety. No loose electrical connections or open flames, please!

Firefighters also help block roads; roam the fireworks area in a "brush truck," seeking errant skyrocket embers; provide emergency medical services with paramedics on bicycles to speed them to wherever they are needed; and, of course, stringing the myriad lights that festoon their own massive "Santamobile."

Topping this effort off, the department also supplies its very own Santa stand-in to represent Father Christmas in his journey along the parade route. The Fire Department owns not one but two complete Santa outfits, and, in addition to the parade, uses them to make numerous pre-Christmas appearances at venues

throughout town.

In fact, said Nicole Harvey, special events planner for the Mount Pleasant Department of Cultural Affairs and Tourism, the spectacular parade is actually the culmination of a festive Christmas weekend of activities that include a free screening of a seasonal motion picture - "Elf!" has been a popular choice - and a holiday market and craft show at the Farmers Market Pavilion. The Fire Department will also be on hand at all these events, bringing Santa and also standing by to handle any dangerous contingencies.

There'll be plenty of excitement and surprises as this year's renewal of the town tradition continues and businesses, social groups and more view for the applause and accolades of the estimated 25,000 spectators expected to be on hand. Congressmen, senators, a two-star general, the Wells Fargo stagecoach, the famous Budweiser Clydesdales, the Wando

High School marching band and the Charleston Police Department Fife and Drum Corps are among the "stars" of past parades. One thing is certain: People will begin arriving along Coleman Boulevard as early as 7 a.m. on parade day to stake out prime viewing spots.

According to Training Division Chief Shaun Simpson, the culmination of all the Fire Department's extra work on the Christmas Parade is when Santa rolls by.

"The joy comes in the end when you see a fire truck with all its lighted decorations and an enthusiastic, smiling Santa waving to all the kids," he said.

With the Mount Pleasant Fire Department handling logistics, this year's parade is set to go off without a hitch, even minus those traditional eight tiny reindeer. Sadly, even Rudolph, too, will be sidelined again when this year's gala kicks off. After all, that brightly lit red nose of his just might be ... a fire hazard!



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# An Inspirational Journey

## EAST COOPER CHURCHES SERVE THE WORLD

ARLY IN 2014, THE PUBLISHER OF
Mount Pleasant Magazine called to ask if I
would be interested in writing several pieces
regarding local churches that do mission
work both around the globe and locally.

I was thrilled with the idea. I have a background

STACY E. DOMINGO

in television news, so I know firsthand the negativity that can

come with airing tragic events. It is with great pride that I am able to bring to our readers positive stories about people who just may be your neighbor, friend or co-worker.

I interviewed several people and found that their efforts to help others began in diverse ways.

Pastor Anthony Kowbeidu, for example, began his journey in Liberia, West Africa, while Elizabeth McKenzie came to the Lowcountry by way of Hawaii.

Our area churches are the driving force behind and

organizers of these mission trips, but there is no doubt that their success is a result of Christians and non-Christians alike lending their time, money and expertise to help people who need help.

Seacoast Church, the Catholic Diocese of Charleston, Mount Pleasant Presbyterian Church and St. Andrews Church are merely four of the many churches in Mount Pleasant that serve meals, volunteer in our schools, visit our jails and travel abroad.

Deacon Gabriel Cuervo, originally from Columbia, South America, and now serving in Charleston, points out that "we are called to serve our neighbor. It doesn't matter if it is here or elsewhere."

The call to serve came and each church and parishioner chose to act. I hope you enjoy hearing their inspirational stories as much as I enjoyed writing about them. If you enjoy learning about the wonders of our world through their experiences, maybe you, too, will hear the call.

## The Catholic Diocese of Charleston:

## **INTERNATIONAL MINISTRIES & PROJECT SAN PEDRO**

INCE 2006, A SPIRITUALLY DRIVEN team of Lowcountry residents has made a biannual trip to Guatemala, where they serve the health needs of the poor. The team consists mostly of people from different medical backgrounds, such as doctors, dentists and nurses. Regardless of their profession, they all share the need to serve others.

Cathy Hunnicutt, who is well-known around the East Cooper community as half of the Hunnicutt Real Estate Team with Carolina One, hosts the annual Guatemalan Gala, an event that raises money for Project San Pedro by selling items created in Guatemala.

"I purchased all of the items from Guatemala that appear in the silent auction," explained Hunnicutt, who is also a licensed pediatric nurse. "This past year, we brought the Sisters of Bethany, who are the principals of the school in San Pedro, for their first trip here to the United States. They got to witness the auction in person

and it was great."

Hunnicutt recognizes that local businesses and individuals are often asked to donate items for a charity, so she chose to think outside the box by utilizing items not normally found in the Lowcountry.

"It brings attention to the people of the San Pedro community as well as the community here



(Left to right): Cathy Hunnicutt, GeorgieAnn Hoerner, Ed Hunnicutt, Dr. Brigid E. Sullivan. All participated in Diocese of Charleston International Ministries -Medical Mission for Project San Pedro.





To reach the small towns on the shores of Lake Atitlan, those participating in medical missions must fly from Atlanta, take a three-hour bus ride, then complete the trip by boat.

in Mount Pleasant that supports international missions," she commented.

The Catholic Diocese of Charleston also is an important supporter of Project San Pedro. Comprised of the entire state of South Carolina, it was founded in 1820 and is among the oldest Catholic dioceses in the United States.

Deacons preach about Project San Pedro at weekend Masses throughout the diocese. The project is especially geared toward educating children; sponsors are asked to contribute \$25 per month take care of the educational needs of a specific child.

The medical missions serve small towns on the shores of Lake Atitlan and in the lush, green hills of the surrounding volcanic mountains in Guatemala. To get there, the group of no more than 34 people flies from Atlanta, then takes a three-hour bus ride. After that, they must reach San Pedro by boat.

The Catholic Diocese of Charleston recognizes the mandate to preach the Gospel to all people. International Ministries Deacon Gabriel Cuervo explained "that we are called to serve our neighbors. It doesn't matter if our neighbor is here in our country or elsewhere. We are all under God, whether we live in Haiti, Guatemala or Hilton Head, South Carolina."

Cuervo welcomes everyone to help in the international ministry and Project San Pedro.

"Even though this mission is put together by the diocese, it is open to all Christians. Everyone is welcome to come and help, whether it is financially, some other resource or a personal talent that may help the people," he explained.

Cuervo pointed out the importance of the medical missions and financial sponsorships.

"I've spoken with the people in Guatemala, and they don't want people from the United States to change their culture," he explained. "Medical missions are what they want and need. The country I come from, Colombia, is considered in America as a Third World country, but never have I seen poverty like I've seen in Guatemala. And yet the people still smile."

Hunnicutt concurs, so much so that on the last mission trip she took along her daughter, Sarah Jane, so that she could experience firsthand the ministry work in San Pedro.

"The only way out of poverty is education," Hunnicutt stated. "Even in public school in Guatemala, the families have to pay for their books and most cannot afford it. I consider the kids I sponsor as my kids. I see them twice a year on the mission trips and it is exciting. They now have



some access to the Internet and social media and that helps our relationships to continue in the interim. It is very fulfilling and I'm hooked."

Anyone interested in sponsoring a child can go to www. SCCatholic.org. Under International Ministries is a link to Children Who Need Sponsors. There you'll find photos of children who need sponsors. This is an opportunity for those who cannot personally go on a week-long medical mission to participate in this missionary activity.

Also on the website are links for individuals who are interested in medical mission trips and a page that answers many of the common questions regarding international ministries, Project San Pedro and international missions.

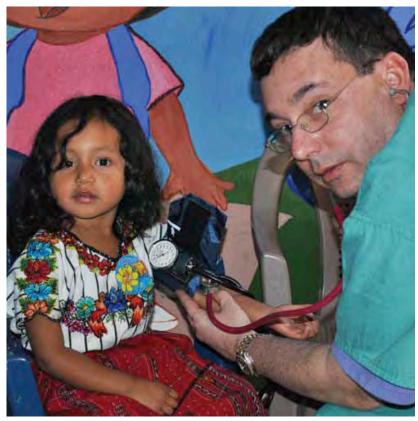


The Catholic Diocese of Charleston recognizes the mandate to preach the Gospel to all people, in this country and in places such as Guatemala.









Dr. Victor Diaz-Gonzalez, right, is among the medical professionals who have given their time and talent to help the people of San Pedro.

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## St. Andrew's Church

## TAKING ITS MESSAGE TO LIBERIA AND BEYOND

T. ANDREW'S CHURCH WAS ORIGINALLY established in 1828 and has since focused many of its 3,300 active members on mission work throughout the Lowcountry and the entire globe.

Anthony Kowbeidu, associate pastor for missions,

outreach and evangelism and head pastor in charge at the Goose Creek

campus, is a man who keeps his travel bag handy at all times. A native of Liberia, West Africa, he is passionate about "spreading the word of God and the benefits to all when we extend a hand to those in need."

"Christian generosity brought me to this country. I was born to two illiterate parents on the floor of a hut in our village," said Kowbeidu. "I survived a civil war and went to college in the United States, all through Christian donations."

Kowbeidu remembers his roots while navigating every path, airline flight and dusty hotel room he is destined to encounter.

"We partner with 11 countries from around the world. I just returned from Liberia, where there has been 14 years of civil war. We built a Christian school in a refugee camp, and, wouldn't you know? Our school was rated number 1 post-war by the Ministry of Education," he pointed out.

More than 400



Front row (Left to right): Sandra Hightower, Dr. Anthony Kowbeidu, Shawn Dupre. Back row (Left to right): Sonny Dupre, Samuel Clawson, Blake Middleton. All have participated in several mission trips to Liberia.





Anthony Kowbeidu, associate pastor for missions, outreach and evangelism and head pastor in charge at the Goose Creek campus of St. Andrew's Church, is passionate about spreading the word of God – especially in his native Liberia.



students, all from the refugee camp village, attend the school in grades kindergarten through eighth grade. Next year, a ninth grade will be added. The population was practicing African traditional religion and Islam but now three levels of partnerships, which allow us to establish our priorities."

St. Andrew's Church has distributed toothbrushes, toothpaste, school supplies, textbooks, children's items and so much more. Mission

said Kowbeidu. "So glasses are something we can bring to the people."

St. Andrew's works with many local groups as well. Love Charleston is the domestic mission's arm serving the tri-county area. Hannah's Hope,



St. Andrew's Church has taken its help and its message to places as diverse as Liberia, Uganda, Rwanda, Honduras and Nicaragua.

the camp is about 85 percent Christian. Mission trips require a lot of

money, time and connections.

"Many feel that American missions will go wherever we want and impose on a society, but that is not true. People of a particular area know what they need most, and so we speak with the people or government of that country. That way we know what to provide," Kowbeidu explained. "Further, our relationships are determined by our

trips can concentrate on one or more areas, including evangelism, medical and outreach programs. St. Andrew's has taken its help and its message to places as diverse as Liberia, Uganda, Rwanda, Honduras and Nicaragua.

"Recently we distributed over 1,000 pairs of reading glasses, and we have done so for the past three years. These countries don't have a local drugstore down the street where individuals can pick up reading glasses,"

Backpack Buddies, Coastal Crisis Chaplaincy, East Cooper Community Outreach, Families Helping Families, Christmas Commandos, Florence Crittendon, Operation Home and many more organizations benefit from the hard work of the parishioners of St. Andrew's Church.

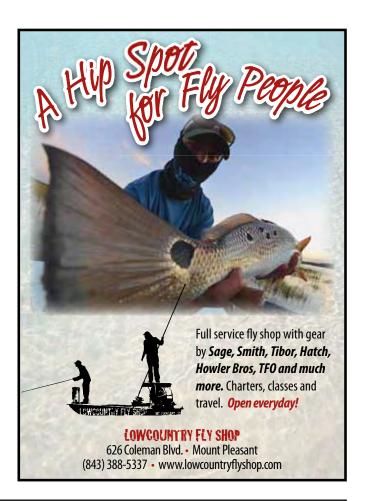
One way St. Andrew's helps pay for its work is its largest fundraiser: Fishin' for a Mission. The event includes an auction and, of course, a fishing tournament.

"We welcome donations for the live and silent auctions as well as monetary donations. This is our biggest fundraiser each year and the funds allow us to keep spreading the word of Jesus Christ and helping people locally and around the world," Kowbeidu said.

St. Andrew's has joined the world community to effectively combat the Ebola crisis in West Africa, particularly in Liberia, a major mission partner of St. Andrew's. Liberia. St. Andrew's has raised more than \$100,000 to help provide clean drinking water and medical supplies and for the people of Liberia.

"I would like to express our profound thanks to our members and friends who are prayerfully and financially supporting our work in Liberia in these difficult times," Kowbeidu commented.

To learn more about St. Andrew's, visit the church in Mount Pleasant's Old Village at 440 Whilden St. or at its locations in Goose Creek and Park Circle. For an explanation of the church's three levels of partnerships for international missions, a full list of local charities through Love Charleston, as well as service times and bios on the church's staff, go to www.WeAreStAndrews.com.



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## Mount Pleasant Presbyterian Church HOPE HOUSE AND THE I-BEAM PROGRAM

HE SANCTUARY AT MOUNT PLEASANT Presbyterian Church was built in 1854, and, since then, the church has served the community in various ways. It was a Confederate hospital during the Civil War and a school for the children of former slaves after the hostilities ended.

Today, members of Mount Pleasant Presbyterian

Church haven't forgotten their humble beginnings and have sought to expand the word of Christ through international and local missions.

In January 2010, the church opened its doors to Hope House, which is located next to the church on Hibben Street. Hope House provides a Christ-centered, safe, secure, temporary home-away-from-home for individuals who have a family member in an intensive care unit at a Charleston area hospital.

"Hope House has been extremely successful," said Direc-

tor Beth Moore. "We average about a 94-percent occupancy rate. It is a hands-on mission that is under our

church's umbrella."

Providing a safe place for people to visit their loved ones during a time of tragedy is huge and can only function with the help of donations and volunteers. Since opening its doors, more than



(Left to right): Elizabeth Griffin Moore (Hope House); John Christian Hage (associate pastor for missions, Mount Pleasant Presbyterian Church); Thomas James Gault (East Cooper Faith Network); Richard K. Giffen (I-Beam and ITN Charleston Trident).



635 people have stayed at the Hope House.

"We have sponsored families with ties to MUSC, Roper St. Francis Hospital, East Cooper, the VA Hospital and the Ronald McDonald House," Moore explained.

More than 40 caretakers who coordinate with social workers at area hospitals currently work at Hope House.

"Hope House falls into our desire to become a more mission-involved church, and we are in the early stages of opening another facility in the Lowcountry. It is so exciting to think we can make this happen. So far, every door we have knocked on has been opened, so we are happy to get the word out and discover what is next," Moore said.

Mount Pleasant Presbyterian Church has another mission-driven mentoring program called I-Beam that currently serves four public schools in the Mount Pleasant area and is looking to expand.

"Right now, we have more than 160 students with over 200 mentors working in the program," explained Elizabeth McKenzie, community initiative conductor for the East Cooper Ecumenical Network. "The Ecumenical Network is a group of churches in the East Cooper area who are all committed to ending poverty."

The I-Beam program pairs an elementary school student with a caring adult. They meet once a week to cultivate a love for reading.

"Our program is really exciting and unique in our success. The feedback we receive from teachers is that students in the I-Beam program have improvement in test scores, classroom involvement and an increase in reading levels," McKenzie said.

Anyone can volunteer, but everyone must be screened through a Charleston County School District background check.





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"If you have an hour a week, definitely check the I-Beam program out. You will make a difference in their life and the same will go for you. The students' faces light up when they see their mentors," McKenzie commented.

Mentors in the I-Beam program

and volunteers for the Hope House come from all different backgrounds and are always in need. To learn more about either program or how you can help, visit Mount Pleasant Presbyterian Church at www.MPPC.net or call (843) 884-4612.



Above: The Hope House. Below: Joe Molinari and Steve Crosby at the Hope House during a church work day.





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## Seacoast Church

## **SERVING IN UGANDA AND NICARAGUA**

STABLISHED IN 1988, SEACOAST
Church in Mount Pleasant may well be considered a newcomer in the world of international missions in the East Cooper community, but the church definitely has made an impact.

"Our international mission plans for long-term solutions are set so that we can impact a country for generations to come," explained Jason Surratt, missions pastor for Seacoast. "We send about 40 mission teams a year, focusing on clean water, education, medical, economic development and church planting. We have partnered with Palmetto Medical Initiative, Water Missions International and local

In 2012, Seacoast Church supported Palmetto Medical Initiative in building a labor and delivery center at its existing health care facility that has already treated more than 80,000 patients in Uganda.

churches to bring hope to communities."

"We are working on long-term solutions, and, one way of doing this is by employing indigenous people," explained Surratt. "We believe in community development, and medical care is part of that, along with education, clean water and spiritual development."

Matt Alexander, executive director and co-



Top: Justin Vandamme - Togo, West Africa. Middle (left to right): Gabby Poole - Togo, West Africa; Mary Chris Delcioppo - Haiti; Nikki Perryman - Togo, West Africa. Bottom (left to right): Ann-Marie Radar - Togo, West Africa; Tracy Jo Medina - Togo, West Africa.





Seacoast Church has partnered with the Palmetto Medical Initiative, Water Missions International and local churches "to bring hope to communities."

founder of Palmetto Medical Initiative, concurs with Surratt regarding the success of the labor and delivery center in Uganda.

"We partnered with Seacoast in the construction of the facility and staffing. It is now a Level IV hospital, a facility based health care provider of care that is delivered by trained nationals. Our model provides health care at affordable costs, which goes back into the clinic's operating cost so that it is self-sustaining."

"It is wonderful seeing vibrancy and life in one of the poorest countries," Surratt added. "In Togo, the previous name where a church, well and school were established meant 'The Village of Hell,' but the name has since been changed to Sitcope, which means 'The Village of Refuge'."

The mission's team also has worked with indigenous people to establish local churches.



"We really want to empower the local church," Surratt explained. "The credit goes to the local churches that will be there long after us."

The Seacoast/Palmetto Medical Initiative partnership plans to open a facility in Nicaragua this year, utilizing its resources and knowledge from the Uganda project and its first Nicaragua project, which was launched at the start of this year.

You can visit Palmetto Medical Initiative at www.palmettomedical.org to make donations, view descriptions of volunteer opportunities and find photos.

"PMI exists to provide quality, accessible health care to people in need,"

said Alexander. "Missions allow you to be a part of something bigger than yourself."

Both groups rely on volunteers and donations from corporations, businesses and individuals to make their mission work a reality.

"People and businesses that contribute make an impact in a world





The Seacoast/Palmetto Medical Initiative partnership plans to open a facility in Nicaragua this year, utilizing its resources and knowledge from its Uganda and earlier Nicaragua projects.

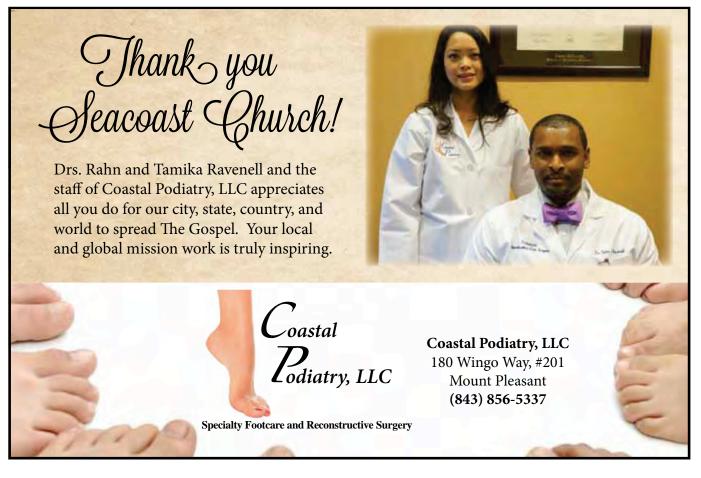


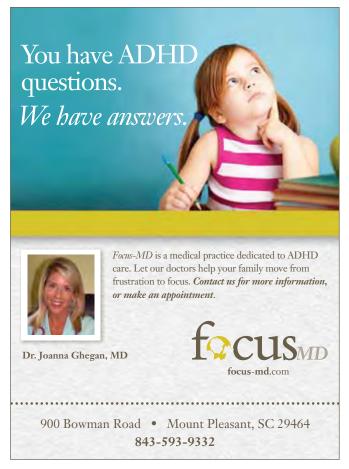
bigger than them," said Surratt. "An African proverb wisely says: 'If you want to go fast, go alone – if you want to go far, go together."

To learn how you can "go together," visit www.Seacoast.org for more information about the church's mission trips.













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## Reaching Out

\*Churches listed either operate or participate in mission work locally, statewide, nationally or internationally.

All Saints Lutheran Church www.allsaintsmp.org

Christ Church Mount Pleasant www.christch.org

Christ Our King Catholic Church www.christourking.org

The Church of the Holy Cross www.holycross.net

Church at Life Park www.lifeparkmp.com

Eastbridge Presbyterian Church-PCA www.eastbridge.org

East Cooper Baptist Church www.eastcooperbaptist.com

First Baptist Church of Mount Pleasant Fbc-life.com

First United Methodist Church www.iopmethodist.com

Grace Bible Church www.grace-bible.org

Greater Goodwill AME Church www.greatergoodwillamechurch.com

Hibben United Methodist Church www.hibbenumc.org

Isle of Palms Baptist Church www.iopbaptistchurch.org

Lighthouse Church Worship Center www.lighhousechurch.net

Mount Pleasant Presbyterian Church www.mppc.net

Palmetto Presbyterian Church www.palmettopreschurch.org

Point Hope United Methodist Church www.pointhopeumc.org

Saint Peter's Church SaintPeters.me

Seacoast Christian Community Church www.seacoast.org

St. Andrew's Mount Pleasant Church www.wearestandrews.com

St. Benedict Catholic Church www.stbenedictparish.org

Stella Maris Catholic Church Stellamarischurch.org

Sullivan's Island Baptist Church www.sibc.us

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## East Cooper Nonprofits Step Up to the Plate

ANDOM ACTS OF KINDNESS, paying it forward, giving back or volunteering – whatever you call it,

volunteering – whatever you call it, nothing strengthens communities like joining together to help others.

The selflessness of spending a Saturday delivering food to less fortunate neighbors or gathering donations from your co-workers to

purchase pet food for a local rescue brings people together. The effort

provides valuable experience and insight to the importance of goodwill.

There's more need than ever in the Lowcountry – from parents unable afford a Thanksgiving dinner for their family to folks from across the state who need a place to stay while their child receives necessary treatment at the Medical University of South Carolina. Fortunately, there are just as many good people prepared to provide opportunities to get involved and make a difference in the lives of those who may be going through a crisis this holiday season.

Volunteer opportunities range from making a donation to hands-on hard work. Hundreds of local nonprofit organizers in Charleston County will tell would-be volunteers that no simple act of benevolence is less important than any other.

"All we can ask is that you open your heart and be a light in the darkness for someone this season," Pam Hartley, co-founder of Charleston's Basket Brigade, said.

Founders of these nonprofit organizations have made it as easy as possible to get involved. All they need are people with the desire to make life a little easier for their neighbors.

"It's easy to just stay in your bubble of happiness," said Melissa Altman, founder of CrossBridge Ministries. "But there's just so much need. This is a reminder that everyone is going through something and you can make a difference."

#### **CHARLESTON BASKET BRIGADE**

Magical. That's how volunteers describe the experience of delivering a box of food to unsuspecting recipients.

It's not just any food, though. It's all the items one family needs for a traditional Thanksgiving dinner – a dinner they would not have had otherwise.

"The magic is in the delivery," Hartley said. "The

excited faces of the children and the gratitude of the recipients is an experience that has been transforming for me and Michelle."

Hartley and Michelle Scarafile, both local business owners, established the Charleston Basket Brigade because they saw a need for making a traditional Thanksgiving meal possible for thousands of needy families across the Lowcountry.

The CBB's first Thanksgiving in 2008 fed around 75 families.



Pam Hartley, left, and Michelle Scarafile of the Charleston Basket Brigade.

Since then, the foundation has grown exponentially. Now, thousands of volunteers step up to raise money to pay for the groceries, organize the goods, load the boxes and deliver the dinners to more than 3,000 families throughout the tricounty area.

"People don't realize how many children actually go hun-

gry during this holiday," Hartley said. "We want to provide an opportunity for their families to be able to cook a meal together, sit around their table and be grateful on Thanksgiving Day."

With all the delicious necessities a Thanksgiving dinner requires, CBB also provides this anonymous message: "This comes to you from someone who cares about you. All we ask is that you take care of yourself well enough to be able to do this for someone else one day."

For information on how you can be a part of the magic, visit charlestonbasketbrigade.com.

#### **CROSSBRIDGE MINISTRIES**

"This tiny little ministry was the answer to our prayers," Dossie James said.

It may be a small organization, but there's no denying CrossBridge Ministries is doing very big things. In fact, those involved believe it's doing God's work.

"The words God gave to me were, 'Where medicine meets ministry,'" Altman remembered as her calling to establish the organization.

Altman and James, both Mount Pleasant residents, work together to help the families coming from all across the nation to receive care at MUSC connect with basic everyday needs.

"These families are going through the worst time of their lives, and they have nowhere to stay and no one close by to help them out," Altman explained.

When it became apparent that housing was also a big need for these families, James and her husband, Benjie, stepped up and offered a house they



Dossie and Benjie James of CrossBridge Ministries.

own in Mount Pleasant as a place of refuge.

"We bought it in 2008 as an investment but felt led to pray that God would use it for His glory," she said.

Soon thereafter, she said, she met Altman and felt her prayers had been answered.

"We don't turn anyone away," Altman said. "If the house is full, we will find hotels, hosts and even open up our own homes."

As a nonprofit organization, Altman said fundraisers,



charities and donations are a vital part of continuing the mission. During the Christmas season, all the children whose families are in the ministry will be signed up for the Salvation Army's Angel Tree program.

"We want to help these families, not only by providing food and resources but by giving them a free place to stay so they can keep their family together," Altman said. "It's a joy to give back. It feels make me feel like I am living."

Visit cross-bridge.org for more information.

#### **OPERATION SIGHT - CHARLESTON**

Most people wouldn't blink at the prospect of having cataract surgery if it helped them see better. But for those who can't afford the surgery, cataracts can mean living the rest of their lives in the dark.

Operation Sight - Charleston provides a chance to see clearly again to up to 100 Lowcountry residents – at no charge.

"We've had patients in their 30s and 40s who come to the surgery center unable see well enough to fill out the necessary forms," said Cindi Solomon, who founded OSC along with Drs. John Boatwright, Paul Herring and Kerry Solomon.



Dr. Kerry Solomon with a patient.

"When they leave, they are able to go back to work and take care of their young children."

OSC reaches out to those who have cataracts but don't have private insurance and aren't eligible for government assistance. The surgery can cost up to \$10,000, but, with the help of 14 surgeons, 80 volunteers and space in two local surgery centers, the foundation celebrated its 100th cataract surgery this year.

"We are thrilled to reach 100 cataract surgeries through this program and hope for even more next year," Solomon said in a press release.

To accomplish its charitable mission, OSC relies on volunteers and donations from supporters.

"We are helping people who are just trying to make ends meet," Cindi Solomon explained. "If we can restore their sight, they can improve their lives."

For information about OSC or to donate, visit operationsight.etapwss.com.







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## From the Ashes of Hugo ECCO Has Evolved in 25 Years

"It looked like a Third World country. People without houses, living in tents. It became apparent that even though the Mount Pleasant area was affluent, there were deep pockets of poverty. It was devastating."

– Monsignor James Carter, describing the effects of Hurricane Hugo 20 years later.

ARTER, ONLY TWO MONTHS
into his job as pastor of Christ Our King
Catholic Church in Mount Pleasant,
surveyed the damage wrought by
Hurricane Hugo in September 1989
and, with the help of other East Cooper
churches, set out to take care of the

immediate needs of local residents whose lives had been torn

BY BRIAN SHERMAN

asunder by the most vicious storm ever to come ashore along the East

Coast of the United States.

Their efforts birthed East Cooper Community Outreach, which still provides food, water and clothing for area residents who need these items. But in the past quarter of a century, ECCO has evolved into an organization more focused on helping people help themselves than on simply providing them with the staples of life.

According to Executive Director Jack Little, ECCO's most precious commodity is hope.

"ECCO has been an anchor in the community," said Little, who has served in his current position since 2005. "The organization was designed to last a couple of weeks, to help people hit by Hugo. Now we help people with individualized plans to empower them to have a better life. We give them hope."

ECCO will spend an entire year marking its 25th anniversary, from September 2014 to next August. Under the leadership of Dr. Vic Del Bene and his wife, Marge, several events already have been held, and others are planned. Approximately 60 people "who were there from the beginning," according to Little, gathered for a Founders Dinner Sept. 18, and ECCO hosted a Community Day at Awendaw Green a few days later. More than 500 people enjoyed food trucks, live music and children's activities.

Little pointed out that upcoming annual events will feature 25th anniversary themes, including ECCO's Stone Soup Supper at Snee Farm in November and a golf tournament in May on Daniel Island.



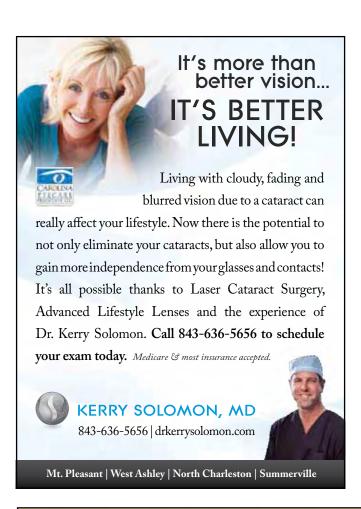
Rachel Vane, left, director of volunteer engagement, and Linda Grausso, director of operations, help fill the shelves in ECCO's food pantry. The organization served more than 8,000 residents of the Lowcounty last year alone.

Celebrating a quarter of a century in Mount Pleasant is important, but not nearly as big a deal as the work ECCO has done to replace despair with hope. The organization, headquartered at Six Mile Road and Highway 17, served more than 8,000 low-income residents last year. In addition to a food pantry, emergency financial assistance for utilities and housing, and donations of household goods and clothing, a dental clinic is staffed by local dentists and Medical University of South Carolina students and a medical clinic operates with the help of nurse practitioners from the MUSC nursing school. ECCO also offers a prescription drug program, mammograms and confidential mental health counseling.

Just as important are programs that teach local residents the skills they need to find and keep a job and assemble a budget. This past spring, ECCO ventured outside its Mount Pleasant headquarters, expanding its reach to McClellanville, where it held classes on preparing a resume and interviewing for a job for Lincoln High School students who weren't planning to attend college.

Continuing its efforts to reach out to East Cooper's rural residents, ECCO is opening a satellite office in Huger that it will share with two other local nonprofits, Habitat for Humanity and Meals on Wheels.

And ECCO will continue to share its message of hope with the people of East Cooper.





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## THE LOWCOUNTRY FOOD BANK SERVES UP SOME HELP

Story by Stacy E. Domingo.
Photos courtesy of the Lowcountry Food Bank.

OR THE
Lowcountry Food
Bank, awareness
is the most critical
word in the English language.
"Letting
people know that hunger hides and is
often an invisible problem is important," said Pat Walker, the organization's chief executive officer. "Hunger

can be challenging because it isn't always easy to see, especially when it comes to rural areas."

Last year, the Lowcountry Food Bank celebrated 30 years of successful service to the 10 coastal counties of South Carolina.

"We distributed over 21 million pounds of food last year," commented Walker. "People are sometimes surprised by the scope of our distribution



and how generous our communities really are. Our network of agencies, donors, volunteers and community partners are what make it happen. We couldn't do it without them."

For example, the Rotary Club of Mount Pleasant is a significant community partner that provides both financial support and volunteer hours for the BackPack Buddies program.

"Six years ago, we were looking for a way to give a significant portion of money we raise to a singular organization that would make an impact," explained Rob Crawford, presidentelect and chair of the BackPack Buddies Program with the Rotary Club of Mount Pleasant. "We decided childhood hunger was vitally important, and it allowed us to have a hands-on, physical contribution that wasn't just us writing a check."

The Lowcountry Food Bank piloted the BackPack Buddies program in 2006 to address the specific problem of weekend hunger among disadvantaged, at-risk children in the Lowcountry. Each Friday, children who are identified by teachers or guidance counselors as being in need are provided with a backpack containing easy-to-prepare food. A typical weekend menu consists of two shelf-stable containers of 1% milk, two whole grain cereals, two single serving entrees, a granola bar and two fruit items.

"I think everybody looks at Mount Pleasant as a whole as an affluent area, but there is a tremendous









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need," said Crawford. "Even we didn't realize until we dug in deep that the need is huge."

Currently, 125 children in three different elementary schools in the Mount Pleasant area participate in the Back-Pack Buddies program.

"We receive wonderful feedback from parents, school coordinators and community leaders," said Walker. "One in four children experience hunger, so we still have a need to meet."

Since middle school introduces a new host of hunger dilemmas, the Lowcountry Food Bank offers School Pantry, another program aimed at combating hunger among children. Since 2011, School Pantry has picked up where BackPack Buddies leaves off. Each month, students receive a box of food – larger than the backpack – that typically contains items for a family of four, such as whole grains,



The Lowcountry Food Bank recently celebrated 30 years of successful service to the 10 coastal counties of South Carolina.

proteins, canned vegetables and canned fruits.

"Cainhoy Elementary/Middle School in Huger currently distributes 75 School Pantry boxes a month," explained Walker. "Judging by the growth of School Pantry, we know the program is an effective means of delivering food to families and children in need of food assistance. It also provides parental engagement between parents, students and their schools."

There are many reasons to combat childhood hunger in our schools. Not knowing whether they're going to eat regularly certainly is a problem for children, and alleviating this concern about hunger is just one step toward making life a little easier for at-risk children.

Through the BackPack Buddies program, one child can be sponsored for an entire school year for about \$150, while a family can be sponsored for an entire year through the School Pantry program for \$172.

To learn more about hunger in Mount Pleasant or to find out how you can make a donation, visit www.LowcountryFoodBank.org or call (843) 747-8146.



Over Locations, Coast to Coast!

# National Vineyard Will Visit Mount Pleasant

ARY PETTERSON NEVER TIRES of telling the story of Lucas & Lewellen Vineyards. Petterson is the southern regional manager of L&L, a family-owned business based in Solvang, California. The vineyard stretches 400 acres across

Santa Barbara County, with 25 different grapes in the soil right now. The business is named for its founding owners:

Louis Lucas, one of the county's first BY MONICA KREBER grape growers, and Royce Lewellen,

a retired judge. Megan McGrath Gates has been director of winemaking since 2007.

But what does all this have to do with the Carolina Lowcountry? Petterson is bringing a taste of the vineyard with him when he comes to Boone Hall Plantation this December to participate in Wine Under the Oaks.

"I jumped on it as soon as I could," he said. "That's a super cool event and I was just blown away by Boone Hall Plantation."

Wine Under the Oaks, a holiday staple East of the Cooper, will be held Dec. 7 on Boone Hall's back lawn and will feature wine samples from a wide range of distributors and wineries. The event includes a live concert performance by the band Spyro Gyra; wine and cooking demonstrations presented by Charleston chefs; oyster sampling by St. Jude Farms; desserts from pastry chef Andrea Upchurch; complimentary "bubbles" by Biltmore Estate; and more. The profits from the event will benefit the American Red Cross.

During Wine Under the Oaks, in its 11th year, the plantation will be festooned with holiday décor to kick off the season. Jadie Rayfield, who is in his third year as the event manager, said the ambience at Wine Under the Oaks puts people in "the festive spirit."

"It's the only event where you get a classic band, exemplary wines and great chefs – to bring all that into one venue is nothing but superb," he said.

This year's Wine Under the Oaks will be a first for L&L. Petterson, invited by Rayfield to be a part of the event, describes L&L wines as "very feminine, very silky and



Wine Under the Oaks will feature wine samples from a wide range of distributors and wineries.

really approachable," adding that they plan on pouring five different wines, including the one featured in "Sideways," a 2004 comedy-drama that follows two men in their 40s who take a weeklong trip to the Santa Barbara County wine country. The film, featuring Paul Giamatti and Thomas Haden Church, was nominated for two Academy Awards.

"After all, you can't make an authentic movie about Santa Barbara and pinot noir and not include Louis Lucas," Petterson said.

When it came to playing a role in Wine Under the Oaks, there was no hesitation for Petterson.

"As soon as we were offered, we took it because that's a great event, and we always try to support charities and donations with wine," he said. "It's a perfect fit for us."

Wine Under the Oaks, scheduled Dec. 7, 2014 from 1 p.m. to 5 p.m., is for adults 21 and older. The gates open at 12:30 p.m. Tickets are \$48.50 each, and it is a rain or shine event. For more information, visit www. boonehall.com and click on Special Events.





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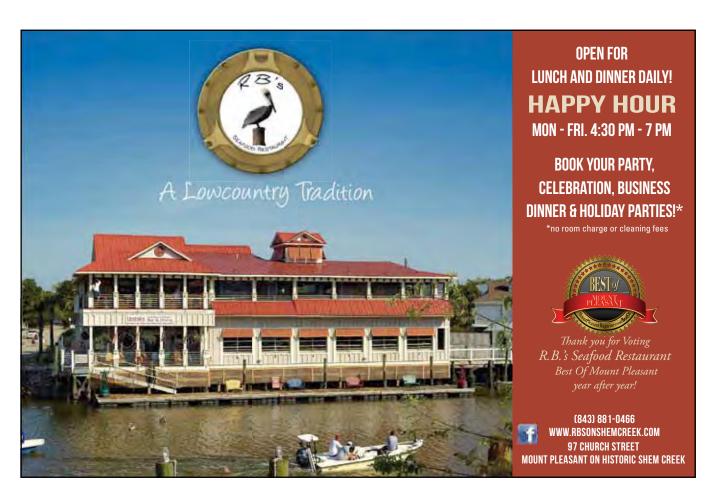


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# Food & Fashion 2014

Story by Stacy E. Domingo Food photos by William Quarles. Fashion photos by Jenn Cady.

OUNT PLEASANT MAGAZINE'S
Mount Pleasant Magazine's annual
Food & Fashion layout is an event
we look forward to every year. It
takes a tremendous amount of effort
to bring our readers the styles of the
Lowcountry, and we couldn't do it
without the hard work of our stylists, clothing retailers, local eateries and models.

Red's on Shem Creek, The Islander on Daniel Island, The Fish House at Patriots Point and SOL, at the other end of Mount Pleasant off Highway 17 North, all hosted our entourage.

Expert photographer William Quarles took the amazing food photography that is sure to make your mouth water

and inspire you to go out for dinner at one of our local establishments. Jenn Cady of Jenn Cady Photography took the amazing photographs of our models.

Our models come from all walks of life in our East Cooper community. Among them are teachers, students, a community volunteer, small business owners, a dentist and an emergency room physician.

Loy Harn Jewelers provided some of its more popular pieces of jewelry, and clothing was provided by local favorites Mary Mojo Boutique, Blush and Belk.

And, of course, we were thrilled to work with one of our longtime partners. Vanity Salon was on hand to take care of hair and makeup, keeping our models looking their best while they battled the wind and other elements during the shoots.



### On the cover: College student

Shannon Sanders-Bess poses at the entrance to The Islander. She is wearing a purple, knee-length dress by Angie, with gray wedges by Passion, supplied by Blush.

Left: Local personality
Kim Staley outside SOL
on Highway 17 North.
She is wearing a blue,
mid-thigh-length, redringlet patterned dress
by Jude Connally and
2 Chic earrings and
necklace, all provided
by Blush.



Michelle Axson, a high school history teacher at Coastal Christian Preparatory School, with her colleague, Brooke Tutor, a second grade teacher, at Red's on Shem Creek. Michelle is wearing a leather vest by C. Luce with a white sweater and patterned leggings by PPLA, paired with brown cowboy bootees by Passions. Brooke is wearing a black scoop-neck, long-sleeved shirt, faux fur vest and Aztec leggings by PPLA. Outfits provided by Blush.





Shannon is joined by Jennifer Boling, owner of Pandora, and Amanda Robles at The Islander on Daniel island. Jennifer is wearing a black and cream digital-design dress by Sam Edelman, provided by Belk, and Lancome makeup with Pandora jewelry. Amanda is wearing brown leather knee-high boots with laces, by Bronx – all provided by Mary Mojo Boutique. The shoes also came from Mary Mojo Boutique.



SOL, a Southwest kitchen and tequila bar off Highway 17 North, offers great drink selections and delicious entrees throughout the week, including Sunday brunch. Featured here is their SOL-seasoned sirloin steak with grilled vegetables.



The Islander, a new addition to the Daniel Island restaurant scene, has seen rapid success with plates such as this feature: cassava-crusted grouper with local butterbean and shitake mushroom succotash and key lime beurre blanc.



Cameron Maile, an emergency room physician, and his wife, Michelle, with their family outside of Red's on Shem Creek. The entire bunch, including Preston, 15; Rachel, 14; and Ava, 8; are outfitted by Belk, including fashion lines by Saddlebred, Calvin Klein, Columbia, Skechers, Ralph Lauren, Sam Edelman, Michael Kors, Ann Klein, Frye and Jessica Simpson.



Michelle and Brooke are joined by Taylor, a student at Palmetto Christian Academy, at Red's on Shem Creek. Taylor is wearing a black, long-sleeved cocktail dress by Angie with a Carolina Trends necklace, all provided by Blush. The trio is joined by Diggity, a dachshund making a guest appearance at our photo shoot.

Laura and Timothy Dargan, owners of EOS Art Supply, enjoy the view and cocktails on the deck at The Fish House at Patriots Point. Laura's hair was styled by Vanity Salon. She is wearing faux black leather dress with black spandex sides and zipper shoulders by BCBGMAXAZRIA. Timothy is wearing a purple, long-sleeved Ralph Lauren shirt and a brown, zipper-front vest. Both outfits were provided by Belk.





The seafood tower speaks for itself at The Fish House. It is served chilled and includes scrumptious crab legs, oysters, mussels, clams, shrimp, lobster and a delicious trio of sauces.



B.V. Messervy, a volunteer with the Rotary Club of Mount Pleasant and a real estate agent with Carolina One Real Estate, poses near the patio at SOL. She models a brown, knee-length, red patterned trimmed dress by Nic + Zoe, with light beige heels, provided by Mary Mojo Boutique. Her hair was styled by Vanity Salon.



The SOL salad is an excellent choice for diners. It features wood-fire grilled vegetables, broccolini, fresh avocado, applewood smoked bacon, queso fresco and lime vinaigrette.

The Dargans were joined at The Fish House by Dr. Rob Carimi and his wife, Brittney. She is wearing a black and white patterned dress by Trina Turk, provided by Belk.







Amanda Robles, owner of Rock Paper Scissors, models an outfit from Mary Mojo Boutique. She is wearing a cream- colored tank top with a triangle peek-a-boo cutout by Nic + Zoe, along with a brown suede sweater over fitted jeans. Her hair was styled by Vanity Salon.

The Islander showcases its seafood gumbo saute with shrimp, oysters, mussels and house-made Andouille sausage, stewed okra and tomatoes over saffron rice pilaf.





Dr. Rob Carimi, a dentist at Pleasant Family Dentistry, models an orange with two-tone blue vertical striped shirt and brown tweed jacket with gold ascot, all by Ralph Lauren. The tops are paired with dark gray slacks by Calvin Klein, all provided by Belk.



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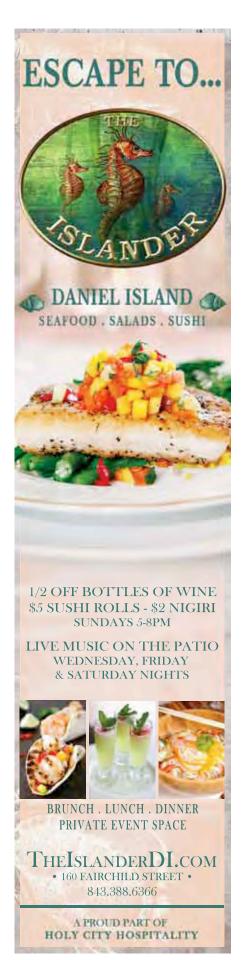




The Lowcountry boil is a traditional favorite at Red's Icehouse, featuring shrimp, sausage, potatoes and corn on the cob, flavored the Lowcountry way.

SOL serves a fresh prickly pear margarita, a traditional SOLarita and a virgin blackberry lemonade to our models. Joy Burdine, a local nursing student, wears an OB2-12 dress with black trim and multicolored basket weave pattern, provided by Blush. B.V. wears a beige suede-lined vest with faux fur collar and an eyelet button by Nic + Zoe, provided by Mary Mojo Boutique.





"ben-yays" are French doughnuts made famous by Café Du Monde in New Orleans. There is nothing quite like nibbling on a bag of beignets that have been covered in powdered sugar while sipping a café au lait in the French Quarter. Although nobody should dare to compare their own to Café Du Monde's beignets, ours are very tasty. Our twist is that we coat them in honey (local if available) and dust them completely in powdered sugar. I hope you enjoy.

- Jonathan Broadhurst, The Honeycomb Cafe, Daniel

#### **RECIPE FOR BEIGNETS**

#### Ingredients:

Island

1/2 cup of water (105 degrees)

1 TBSP dry active yeast

1 cup boiling water

1/4 cup shortening

1/2 cup +1 TBSP sugar

1 TSP salt

1 cup evaporated milk

2 eggs, beaten

3 ½ cups all purpose flour

4 cups bread flour

Canola or peanut oil for frying

#### **Instructions:**

1. In a small bowl, dissolve yeast in ½ cup of 105 degree water. Add 1 TBSP sugar to feed the yeast and allow to sit for five minutes to activate (If your water is too hot, it will kill your yeast.).

- 2. Whisk together your all purpose and bread flours in a large bowl.
- 3. In a stand mixer with a paddle attachment, on low speed, cream together the shortening, remaining sugar and salt.
- 4. Add boiling water to melt.
- 5. Add evaporated milk.
- 6. Mix in the beaten eggs.





- 7. Add the yeast mixture (The liquid should be cool enough now.).
- 8. Slowly add in half the flour.
- 9. Switch to the dough hook attachment, then add the remaining flour.
- 10. Knead dough until smooth.

- 11. Spray a clean bowl with canola oil. Put the dough in bowl, cover with plastic wrap and let rise until doubled in size (about one to one-and-a-half hours).
- 12. Divide the dough into workable portions and roll out to 1/8th inch thickness.
- 13. Cut into 2" by 3" rectangles.
- 14. Carefully drop into 350 degree canola or peanut oil. Beignets will puff up like little pillows. Once golden brown on one side, flip over and cook other side.
- 15. Remove from oil, drain, coat in honey and dust with confectioner's sugar.
- 16. Enjoy with your favorite cup of coffee.











## That Je Ne Sais Quoi Bistro Toulouse

OUNT PLEASANT CAN BE A MECCA for foodies, but, when Candice Mahala and Matthew Schulz came to town in 2013, they couldn't help but notice something was missing from the menu.

Luckily for the duo, they have combined restaurant experience in front-of-house management and in the

BY TAYLOR GRIFFITH

kitchen, a perfect combination to open their own restaurant

rather than search for that je ne sais quoi in the existing food market.

Au revoir, same-old brunch, lunch and dinner options. Bonjour, Bistro Toulouse.

The partners opened their restaurant eight months ago, nestled in the Sea Island Shopping Center between Coleman and Chuck Dawley boulevards.

"It's been fantastic," said Mahala, who runs the front of the house. "It's something we've always wanted to do. I think every chef dreams of having their own restaurant in order to have the flexibility to do things the way you believe they should be done."

For Bistro Toulouse, that's making all the food from scratch and paying attention to the quality of the ingredients, as well as providing warm and inviting service. The restaurant serves French cuisine Tuesday through Sunday for brunch, lunch and dinner.

"I've always been interested in French cuisine, and I've worked with a lot of French chefs," said Schulz, the executive chef. "We noticed that there were limited options for French food in the area, and we thought it would be a great niche for us."

Combine their dream with the accessibility of the suburbs and the refined palette of Mount Pleasant diners, and you have a winning restaurant idea.

Schulz said his favorite item on the menu is cassoulet, a "hearty and flavorful dish." Mahala, who also has a culinary background, is involved with the dessert recipes and said her favorite is the lavender crème brulee.

Dried lavender and lavender syrup add "another dimension of flavor" to the classic dessert, she said.

Other classic French fare, such as escargot, bouillabaisse and onion soup gratiné – a best seller, according to Schulz – also make an appearance on the menu.

While the foreign pronunciations and unique menu items may intimidate some, Mahala said the restaurant service is specifically designed to make the menu accessible.

"One thing we hear consistently is that people really love our service," she said. "Our entire dining room team has prior fine dining experience and great personalities. It helps to make the cuisine approachable so guests can make informed menu choices."



The food selection at Bistro Toulouse will never bore diners. The menu changes seasonally, and a few specialties are in store for the holidays.

Bistro Toulouse also offers an expansive wine list featuring more than 20 choices by the glass. Wines are poured table-side so guests have a chance to try their selection first.

Mahala explained that more than half of the wines are French, giving customers access to options often not available at other restaurants. Wines are selected to complement the cuisine and enhance the customer's dining experience.

The chance to try something new is a unique opportunity, she said of both the food and the wine, which is why having a server who "makes you feel welcome and guides you through the highlights of the menu" is important. Schulz said the menu has been very popular and they are "very lucky" to already have developed a strong base of repeat customers.

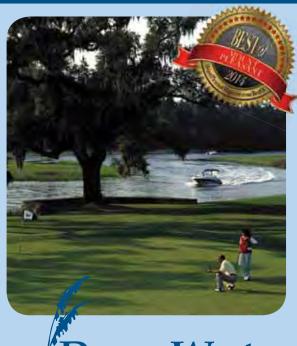
But repeat customer or not, he is confident the food selection will never bore diners. The menu changes seasonally, Schulz said, and he has a few specialties in store for the upcoming Christmas Eve and New Year's Eve holidays.

Bon appetit!

Bistro Toulouse is located at 1220 Ben Sawyer Blvd. in Mount Pleasant. To find out more, call 843-216-3434 or visit www.bistrotoulouse.com.







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## *Feature*

## Music to East Cooper's Ears The Lowcountry Music Conservatory



Michael and Agnes Giuliani saw a need to establish a school of music when they moved to the Lowcountry from Chicago.

OR MICHAEL GIULIANI,

music is not a luxury item; it's a necessity to maintain his quality of life. And when the Chicago native first moved to the Lowcountry and saw there was no

proper music school, he got to work creating

the Lowcountry Music Conservatory. Now

in Mount Pleasant as well as up the road in Georgetown, the privately funded school promises quality instruction and inspiration both for children and adults.

Giuliani's own love for music emerged while he was learning the piano at age 9. He said he loved it from the beginning and never minded practicing – eventually, he crafted an entire life of music, even meeting his wife at a Christian brass ensemble in Nashville, Tennessee. The couple moved to Mount Pleasant, and, in addition to birthing the LMC, Giuliani became a director for the Charleston Symphony Orchestra. As far as Giuliani's favorite type of music, he claims to like all kinds, from country to classic rock to Afro-Cuban jazz.

"Programs offered through the Lowcountry Music Conservatory don't typically exist outside of larger cities," he remarked. "With the rapid expansion of Mount Pleasant, we wanted to introduce this concept."

The Lowcountry Music Conservatory offers education both for children and grown-ups, which Giuliani mentioned as being a distinctive trait. While most music schools cater to young kids and the "pre-college" set, Lowcountry Music Conservatory presents ample opportunities for





Agnes Giuliani works with students at the Lowcountry Music Conservatory.

working adults in the community.

"Though our focus is still students who want to major in music in college, we have programs for all ages," he pointed out.

What's also cool about the programs at Mount Pleasant's branch of the Lowcountry Music Conservatory is that they are tailored for whatever East Cooper kids (and adults) want to study. Even the scholarships are exclusive to Mount Pleasant, and, as Giuliani pointed out, donations to the Conservatory are a great way to contribute to the arts community.

"We plan to offer scholarships for children who might not have the money for their instruments, for example," Giuliani commented.

Besides lessons in voice and on playing instruments, the LMC will offer something a little different. Designed for busy adults, academic course offerings will teach the history of music, how to read music and other aspects of musical theory, all without homework.

And where will the classes and lessons for the Lowcountry Music Conservatory take place? According to Giuliani, Eastbridge Plantation near Ivy Hall has been a location thus far for the lessons, as well as other "student designated" spots such as churches, schools and private homes.

Best of all, in order to get students, their families and their friends "jazzed" about the Lowcountry Music Conservatory, admission-free concerts, which are supported by the donors, are part of the program and will offer the chance to hear symphonies and other exquisite musical collaborations. Giuliani is looking forward to letting students exhibit what they've learned and feel that sense of pride which comes from creating something beautiful.

"Most of us learn in isolation," he mused, "but when you get out into the real world, you're always playing with somebody else."









## The Morning After

## Shaking Off the Holiday Cocktail Fog

HAT IF THERE WAS

a way to go out for drinks

and laughs this holiday

season without the headthumping, gut-rumbling

mornings that usually

follow? For our holiday

BY CULLEN MURRAY-KEMP for the cure and personally sampled four remedies. As

with any science-based experiment, consistency was the key to ensuring that I would be similarly compromised each morning. My nighttime consumption always

consisted of two bourbons, two glasses of red wine and three domestic beers. In the end, I unearthed four decent methods for feeling fog-free and ready to tackle a busy day after an evening of holiday hurrahs. Give them a try for yourself this season.

#### **MORNING ONE: THE EARLY WORKOUT**

"Cullen, get that bar over your head," shouted Marshall, my personal trainer at Iron Tribe Fitness in Mount Pleasant.

Before my workout that morning, I made the mistake of telling Marshall about my experiment, and he took it upon himself to ensure that I completely



detoxed everything I had consumed the prior evening.

Admittedly, the workout was taxing my hangover. There was even a moment during my first set of squats when I wanted to just give up and try hangover cure number three, a McDonald's breakfast sandwich. But I persevered, and, when it was all over, I was drenched in sweat and smelled like Ernest Hemingway after a night in a Havana tiki bar. But I felt amazing.

Cullen's cure grade: 9.5

## MORNING TWO: LOTS OF CAFFEINE

"Fighting the consequences of one drug by consuming another drug does not seem like the most logical method," I thought, as I chased



my second Red Bull with a Five Hour Energy drink. It was 10 a.m., and I had long since forgotten my headache, but I was struggling to keep up with my own thoughts.

Granted, I am at most a onecoffee-per-day guy and probably tripled my caffeine intake that morning, but it was for the sake of the experiment. Anything for science. By mid-morning, it seemed to have worked. Then the afternoon came around, and I began to feel another splitting headache coming on. I was already dehydrated from the alcohol, and I wasn't helping matters by drinking only caffeine and avoiding water. The headache compounded until I had to ditch the experiment and consume nearly the entire contents of the 15-gallon water jug at work.

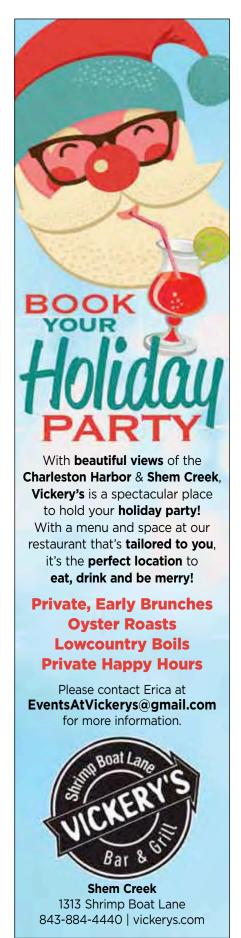
Cullen's cure grade: 3.5

## MORNING THREE: GREASY BREAKFAST OR BRUNCH

It was almost as though my nostrils wouldn't acknowledge the scrumptious scent of sizzling bacon. My ability to smell, along with the rest of my senses, was overrun by the stagnant stench of



cheap bourbon, beer and wine from the night before. I trudged around the kitchen for 45 minutes before sluggishly finishing a plate of greasy bacon, eggs, toast and home fries.







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The effect of the grossly greasy meal was exactly the opposite of the caffeine experiment. I knew my hangover was there – although its intensity had subsided – and I was extremely sleepy. I maneuvered to the couch to check out NFL football and closed my eyelids, only to wake up three hours later, slightly bloated but hangover free.

Cullen's cure grade: 8

#### MORNING FOUR: "NEW AGE" HYDRATION DRINK

On the last morning of my experiment, I rolled out of bed and wandered into the kitchen. I popped the lid off a concoction I bought from a neighborhood health food store that described itself as an "IV in a bottle."

As soon as the clear liquid collided with my taste buds, I ran to the sink, pulled the faucet handle and rinsed



the salty drink out of my mouth. It tasted just like what I would expect an IV to taste like – it was ultimately disgusting.

"I'd rather just be hung over," I thought, as I spun on my heels and headed back to bed. Fortunately for me, it was the weekend.

Cullen's cure grade: 0

### OTHER WAYS TO SURVIVE

 $H_2O$  – Word from the wise: As you sip those holiday cocktails whirling about the kitchen this Christmas, remember that the best hangover helper is to stay hydrated. My recommendation is a ratio of one alcoholic drink to one glass of water.

Cullen's cure grade: 8.5

**Sports drink** – Consuming alcohol causes your body to lose electrolytes, which can evoke hangover symptoms. Your favorite sports drink will help replenish electrolytes and

restore your system's natural levels.

Cullen's cure grade: 8

**Sleeping it off** – Sleep seems to be the cure for just about any ailment, hangovers included. Shut the door, turn on the simulated ocean waves and let the dreams free you from your headache.

Cullen's cure grade: 8

Tylenol or Ibuprofen – Some mornings, a couple of Tylenol can be just the right ingredient to bribe the little man who's building a house inside your head into stopping his carpentry work. Be aware though – pairing pain meds with alcohol can be hard on the liver.

Cullen's cure grade: 6

**Alka-Seltzer** – A fizzy glass of Alka-Seltzer in the morning may help quiet the stomach's rumbling but won't do much for other hangover symptoms. Yet if Grandma's still slurping down the fizzy drink as a hangover helper, there's got to be something to it.

Cullen's cure grade: 5.5

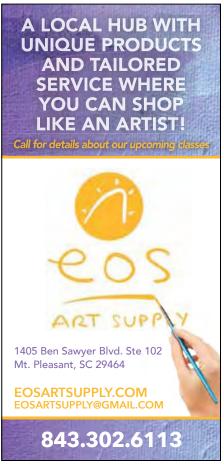
Carbohydrates – Think back to those saltines that settled your stomach on a long, unsettling sailboat ride. Well, carbs can do the same on the morning after a few too many cocktails by bringing your blood sugar levels back to normal.

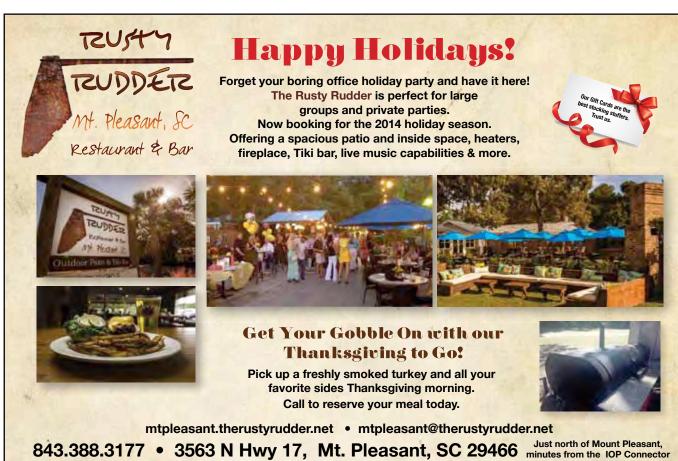
Cullen's cure grade: 5

#### Hair of the dog that bit you -

Bottomless bloody marys at your favorite brunch spot may trick your hangover for a few hours, but keep in mind that the more you drink, the more dehydrated you become and the worse your head will eventually feel.

Cullen's cure grade: 4









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# Performing Prowess

## **ACTING UP WITH THE CRABPOT PLAYERS**

HE CRABPOT PLAYERS MOVED into their first permanent home in February, 21 years and more than 160 productions after the local community theater group was launched in an Isle of Palms bar.

"We were tired of being gypsies," said Caitlyn Miller,

an actress who was born two years after Jimmy Ward produced "The

Last Meeting of the Knights of the White Magnolia" in an effort to attract more customers to the Windjammer during the 1993 off-season.

These days, the Players no longer have to travel throughout the Lowcountry to show off their performing prowess. Their theater, located in a shopping center along busy Highway 17 in Mount Pleasant, can seat up to 138 people. Seven productions and a one-act series will grace the stage during season 22, which runs into May 2015, and Ward and his crew also offer acting, singing and dancing classes and summer camp programs for area youngsters.

Hundreds of actors who work not for money but for the love of theater have added the Crabpot Players to their resumes over the years – including at least one who went on to star on television and in the movies – but the one constant has been its founder. Ward, a certified public accountant and Isle of Palms councilman, said he has invested around \$100,000 in the group during the past 21 years. It costs approximately \$10,000 a month for rent, insurance, water, electricity, costumes, payroll and the royalties he must pay for the privilege of producing plays. His income comes from ticket sales, fees charged for camps



and classes and a recent \$12,500 grant from the town of Mount Pleasant.

Despite the financial strain, Ward does not resent the money he has spent to bring community theater to East Cooper.

"I don't have a boat and I don't play golf," said Ward, whose official title is artistic director, though he also acts, directs and writes plays. "I'm doing what I want to do. It's a dream come true."

Ward's love affair with community theater was hatched during his days at Atlantic Christian College in North Carolina, where he majored in Philosophy but also landed the part of Geoffrey in James Goldman's "The Lion in Winter" and the lead in Tennessee Williams' "The Glass Menagerie." As a young man, he also played the old man in Candice Bergen's "The Freezer."

He did his postgraduate work at the University of South Carolina in Columbia, then took a job with a CPA firm in Washington, D.C. Three years later, he landed in the Lowcountry and has lived in the same house on the Isle of Palms for nearly three decades.

The Crabpot Players were born on a November day in 1993, children of a conversation between Ward and his friend Malcolm Burgess, the owner of the Windjammer. Burgess was looking for a way to get people into his bar during the winter, and Ward came up with the idea of putting on a play. He held auditions, but no budding actors or actresses showed up, so he recruited his bar buddies to act in Preston Jones' spoof on racism.

"You just have to play yourself," he told them. "It's just a bunch of rednecks."

More than 1,500 people saw "The Last Meeting of the Knights of the White Magnolia" during a six-night stand. Burgess was ecstatic and Ward was well on his way to making a name for himself in the world of community theater.

Hundreds of actors and actresses have performed with the Players, including Emily Bennett, who was with the group in 2000, when she was 15. Since then, she has appeared in episodes of "Army Wives" and "Chicago Fire," and she has a few movies scheduled to hit the big screen in 2015.

According to Miller, who has been acting with the Crabpot players for six years, Ward is an outstanding actor, director and writer, and an exceptional teacher.

"This has been the best experience of my life. Jimmy pushes the actors. It's relaxed but serious," she said.

"I like teaching, especially the kids," Ward added. "I like to see the actors grow."

Ward isn't afraid to wander outside the norm. For a recent performance of "Last of the Red Hot Lovers," he wrote a small part into the play for Mount Pleasant Mayor Linda Page. And in November, the Crabpot Players will give the world "The Glass Menagerie" with a cast made up of African-American performers. The play, written in the 1940s, is set in the South in the 1930s.

"I took a bold step and went for it," Ward said.

"It's awesome that he's taking that kind of risk. It makes me want to work hard. I'm excited that he chose me to be the one to portray the lead character," said Teresa Wallace, who is playing the part of Amanda Wingfield.

Awesome, but, in Ward's case, really not all that out of the ordinary.

For information about upcoming performances by the Crabpot Players, visit www.crabpotplayers.com or call 888-303-0763.

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## JOSH SCHAAP CONTRACTS THE TIDES MEDICAL ARTS BUILDING

HE WORK IT TAKES TO PERSUADE a group of business owners regarding an important commercial real estate decision depends on more than just raw talent, though Josh Schaap of KW Commercial in Mount Pleasant has plenty. Such transactions, according to Schaap, are a result of teamwork, background research and the simplification of challenges.

Recently, Schaap closed the Tides Medical Arts Building – located at 180 Wingo Way – which was the high-

BY DENISE K. JAMES

est priced medical office building in Mount Pleasant. The building,

made up predominantly of physicians affiliated with Roper Hospital, included 16 different practices, ranging from primary care physicians to allergy specialists.

Schaap started researching the building after finding out it was for sale. He was faced with a few owners who weren't convinced that it was time – but calling each doctor individually and explaining the potential yield from the transaction helped a great deal and established Schaap as an agent who had their best interests in mind.

"The secret to convincing others is to believe it yourself first and to have the knowledge to back that up," remarked Schaap. "The physicians were not all convinced at first, but I knew it was time."

Some gentle persuasion, including highlighting the tax advantages, helped spur the owners at the Tides Medical Arts Building in the right direction. Along with the help of his partner, Chris Kendrick, whom he described as "instrumental in the deal," Schaap was careful to outline all the necessary facts.

As a commercial agent in Mount Pleasant and the surrounding islands, Schaap has established himself as one of the best, especially when it comes to medical offices.

"I work within that niche of medical offices and net lease sales, so I knew the right buyers to bring to the table for this transaction," he said.

Schaap emphasized that he enjoys the challenges that come with working for himself as an independent contractor at KW Commercial.

"I'm an entrepreneur – I can't work for someone else," he admitted. "When you get that motivation to give 110 percent, it doesn't even feel like work."

And if you ask Schaap why he chose commercial real estate, he claims the difficulty behind these large deals are what inspires him to leap out of bed each morning.

"I like the complexity of commercial real estate," he mused. "I like being able to package complex scenarios, five pages long, and turn it all into a single-paragraph solution."



Photo provided by RPPR.

HOUGH TANIYA NAYAK HAS
designed the most cosmopolitan
of spaces on popular shows such as
"House Hunters" and "Billion Dollar
Block," the designer addressed Shem
Creek's new restaurant, Tavern &
Table, with Mount Pleasant's laidback reputation in mind.

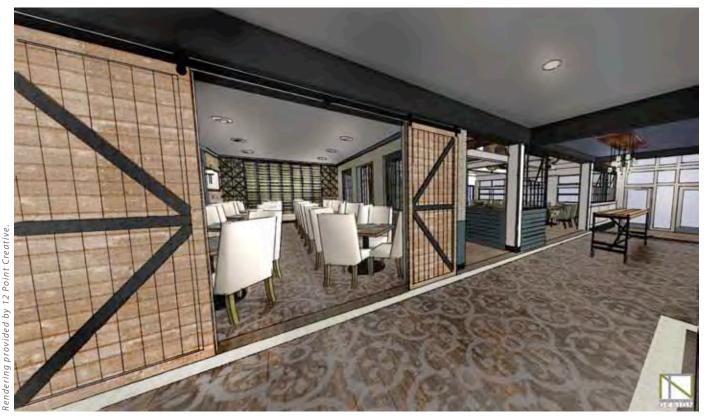
"The character of the area is always important," com-

mented Nayak. "I have to bring in that special touch that makes it

Mount Pleasant."

Nayak began her famed design career long ago when her father, an architect, drove around with her and pointed out buildings of interest. It would not take long for young Nayak to develop an eye for a well-crafted building or room – and her first thought was to follow in her dad's footsteps and become an architect. However, she switched over to the world of interior design during graduate school and majored in the art form at the University of Massachusetts.

"It was like the flood gates opened," she said. "When I chose interior design as my course of study, I realized how



This is the look Taniya Nayak will create for Tavern & Table in Mount Pleasant: cozy but, at the same time, rustic and elegant.

passionate I am about it. I feel fortunate, identifying my dream and being able to follow it."

Nayak never thought she'd end up on television, but a chance audition during graduate school with a show based in Boston proved otherwise. The show, called "Knock First," was a design reality program in which teenagers received custom bedroom décor. It became quite popular and led Nayak to her other television ventures, most notably "House Hunters," "Billion Dollar Block" and "Restaurant Impossible."

"'Knock First' taught me how to understand the client," she remarked.

I asked Nayak if, aside from learning the creative vision of her clients and understanding them as people, she also has a particular knack for forming a relationship with inanimate objects – and she said yes.

"People sometimes ask me how I figure out what to do with a room,"

she said. "And the answer is, I let the space tell me. And if there are challenges with the space, such as function or flow, I fix them first and see how the room feels afterward."

These days Nayak shares her dialogue with space with a variety of clients, including her new friends Cecil and Dianne Crowley, whom she initially met at Robert Irvine's (the star of "Restaurant Impossible") wedding. The couple struck up a conversation with Nayak at the ceremony, and Nayak was charmed by Dianne Crowley's friendly approach.

"She came to me and said, 'I feel like I know you and that we're already friends,' the designer commented. "The way she said it, we were instantly bonded. The next thing I knew, our husbands started golfing together — and they called me about designing Tavern & Table, their new Mount Pleasant restaurant."

Nayak was swift to point out that Crowley was diligent about introducing the designer to a bevy of local suppliers when it came to figuring out the appearance of the restaurant. Popular spots in East Cooper, including Steven Shell, Southern Accents, Mount Pleasant Antique Mall and others, were on the list for Nayak and Crowley to visit. Nayak also mentioned how she met with several important folks on the project as part of the "interactive process."

"It was obviously important for me to understand the area," she said.

And now she does. When I asked the designer to describe what the completed Tavern & Table will look like this holiday season, she gave me a vivid mental picture without hesitation.

"If I could think of one word to describe the space, it would be cozy," she said. "But at the same time, it is also rustic and elegant."



# ADELUXE APARTMENT IN THE SKY

# ONE RESIDENT SHARES HIS BOULEVARD EXPERIENCE

Story by Denise K. James. Photography by Ronnie Martinelli.

IFE AT THE BOULEVARD IN MOUNT

Pleasant could not be more fitting for Jon Livak's lifestyle. As vice president of a medical implant distribution firm and a veteran of his industry, Livak travels a great deal and considers his apartment

on Coleman to be "his business home." Lately, though, he's been spending more and more downtime at his cozy abode, soaking up what East Cooper has to offer and loving every minute.

Though Livak joked that living at the Boulevard is so much fun, "it's almost like being back in college," his home exudes sophistication and minimalism, with just enough flair to keep things interesting. The bar area,

with a drink at the end of a business trip. Meanwhile, the living room sofa looks to be plenty comfortable, and the artwork on Livak's walls reflects his taste.

"I'm eclectic and have a little of everything when it comes to décor," he pointed out. "Because I also own a home in Florida, a lot of my stuff is either down

there or in storage. But I picked up a little of everything to make this place comfortable; I want people to feel at home when they visit."

If you ask Livak how he stumbled upon his Boulevard apartment, he credits the foresight of one of his company's sales representatives who recently moved to the Lowcountry and assured Livak he would love it. And since Livak frequently visited



Jon Livak rented his apartment without seeing it first. He moved into the Boulevard on the recommendation of one of his co-workers.

which is flanked with golf paraphernalia, thanks to Livak's enthusiasm for the sport, is the perfect place to unwind

the area on business, staying in hotels, he jumped at the idea and signed a lease at the Boulevard based on faith.

"I didn't even look at it first – I was sold," he admitted with a laugh. "It has everything that I'd want: the feel of a big city but no congestion."

Luckily, he wasn't let down once he arrived.

There's always something to do at the Boulevard, whether you're lounging at the saltwater swimming pool or walking to a Mount Pleasant restaurant. Livak said all kinds of people are living it up at the complex, from families to business-oriented single professionals like himself.

"It's absolutely a place for professional people," he said. "There are a lot of younger people with start-up businesses. It's amazing how some of these people hanging out by the



The bar area in Jon Livak's two-bedroom, two-bath apartment is the perfect place to unwind with a drink at the end of a business trip.

swimming pool could be the next Zuckerberg. And they're all friendly – one guy invited me to play on his beach volleyball team."

Because there is plenty of space inside Livak's two-bedroom, two-bath apartment, he has a part-time roommate: his niece, Brittany Livak, who recently finished her undergraduate program at West Virginia University and is currently employed at a physical therapy office in the area while she waits to be accepted into the physical therapy program at the Medical University of South Carolina. Jon Livak cherishes the family time with his niece, who is also his goddaughter, and enjoys inspiring her to work toward her goals.

"I'm blue collar, not blue blood," he joked. "I've worked since I was 10, starting with a paper route, and I've been teaching Brittany to work hard, too."

When Livak isn't working, he has no shortage of enticing activities to keep him busy, from meeting the neighbors to exploring historic Charleston – "I'm a history buff," he said – but hanging



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Jon Livak's apartment exudes sophistication and minimalism, with just enough flair to keep things interesting.

out in his own backyard, so to speak, is probably his favorite.

"I get on a bike and go to Red's Ice House, My Father's Moustache, Poe's, Taco Mamacita – there are so many restaurants and bars," he said. "Every time I'm here, there's something new to check out. I also just became a member of the Bulls Bay Golf Club, and I'm buying another boat."

Though Livak is aware of the fact that a few Mount Pleasant resi-

dents were hesitant as to whether the Boulevard would suit East Cooper's atmosphere, he has encountered nothing but friendliness, even from the locals.

"The day I moved in, I struck up a conversation at a local bar with an older gentleman, and he wrinkled his brow when I told him where I'm living," he admitted. "But when

I ran into him again a few weeks later, he remembered me immediately and was glad to see me. I think that people are slowly embracing change and realizing that growth is positive for Mount Pleasant."



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OLD VILLAGE MOUNT PLEASANT, SOUTH CAROLINA

## 140 HIBBEN ST. ONCE SERVED

as a schoolhouse – Mount Pleasant Academy to be exact – but it has seen a transformation since those days. Now this gorgeous and stately

# BY DENISE K. JAMES

home in Mount

Pleasant's Old Village neighborhood is getting ready to go back on the market with some key updates and much of the same magic that makes it a desirable location.

Cathy Hunnicutt of the Ed Hunnicutt Real Estate Team has loved 140 Hibben since the moment she walked inside. She decided to show off the home during its renovation process by installing a pop-up art gallery with the help of her friend Mary Martin, who owns the award-winning Mary Martin Gallery in downtown Charleston.

"The house had been a neighborhood eyesore for so long. I asked myself what I could do to display its beauty," said Hunnicutt. "We turned it into an art gallery for a weekend in August. I wanted to give people an idea of what it will look like."

The Hunnicutt Team was correct to give interested buyers a sneak preview of the home - it needed a lot of TLC at first, from rigorous termite treatments to a brand-new roof, windows and other updates.

Luckily, not one bit of this home's charm was lost - rather, it was enhanced by the proper attention and renovations. When I walked inside, the hardwood floors alone were beautiful enough to make a visitor want to stay a while. Many of the doors are the originals from when the home served as Mount Pleasant Academy. The rooms are vast and teem with Lowcountry history. I adore old houses, so I was enchanted as Hunnicutt led me throughout the kitchen, dining room and bedrooms.

\$2,500,000

Speaking of the kitchen, culinary junkies will definitely enjoy what this home offers. White subway tile, updated lighting, stainless steel appliances and proximity to the sunroom mean an abundance of natural light. The sunroom, which opens onto a recently expanded porch, faces the picturesque backyard and its original fencing.

As Hunnicutt and I walked around the landscaped yard, I couldn't help but notice the windows on the bottom of the house - cellar windows, she pointed out.

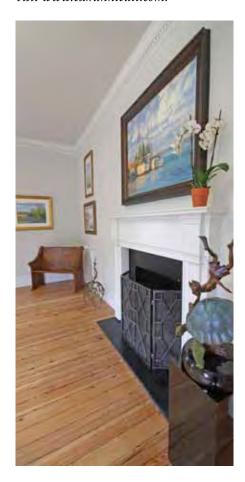
"Can you believe that there's an actual cellar in Mount Pleasant?" she asked with a chuckle. "It would make a fantastic wine cellar."

Back inside, the house boasts five enormous bedrooms plus four-and-ahalf bathrooms. Two of the bedrooms are masters, equipped with lavish bathrooms and impressive views of the Old Village. And there's another bedroom upstairs, perfect for either

an older child to have privacy, a quiet office, extra sitting space or a play area.

"I don't think this home will last long at all once it's on the market,' Hunnicutt mused. "It's an old schoolhouse that was brought back to life."

For more information about 140 Hibben St., contact the Ed Hunnicutt Real Estate Team at 843-814-4378 or visit www.edhunnicutt.com.





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# Attainable Luxury Gregorie Ferry Landing

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the mini-playground, Gregorie Ferry Landing offers amenities for all ages. It's a residential oasis, away from the hustle and bustle of cross streets yet still just a jaunt to the many restaurants and boutiques that

Located off of Highway 17 North, Gregorie Ferry

offers attainable luxury. Posh and sophisticated yet still possessing comfort and affordability, it's unlike any apartment living in Mount Pleasant.

"We consider ourselves the value property," said Community Manager Melinda Lawhorn of TBC Property Management. "Our floor plans are current. Each unit comes with a giant closet and a washer and dryer. You can move right in and everything is here for you."

The four-building complex, set on 10 acres, opened in June 2012, and since that time occupancy has skyrocketed. Just one visit to Gregorie Ferry and it's easy to see why the community has a waiting list.

Perhaps even more enticing are the variety of apartment styles and flexibility of leases. Residents can sign anywhere from a seven-to-15-month lease for the Sweetgrass studio to the three-bedroom, two-bathroom Palmetto.

Last winter, when the chill hit the Lowcountry and ice forced the Ravenel Bridge to close, Gregorie Ferry hosted a Martinis and Mittens Mixer. Residents, sporting their most colorful and creative glove wear, crowded around blazing fire pits and sipped carefully crafted cocktails.

"Hosting social events makes residents feel like family," said Lawhorn. "It endears people to their community. We want them to have the best positive experience."

With monthly socials, Lowcountry seafood boils, pool parties, elevators in each building, a billiards room with surround-sound televisions and a state-of-the-art fitness center, there's really no reason to venture outside the sprawling utopia. But when you do, you'll be met with countless options for dining and shopping. Just four miles to the Isle of Palms Connector, residents will find themselves ocean-side in a matter of minutes.

Not only are dogs allowed, but they, just like residents,



The oversized pool is just one of many reasons to consider Gregorie Ferry Landing.

are living the good life. With an expansive bark park and nine grassy stations for canines, Gregorie Ferry encourages four-leggers to enjoy their surroundings. Cleanliness is of top priority as well, and this apartment complex is taking steps to ensure the grounds remain in mint condition. Only the second community in the Charleston area to implement PooPrint – a dog waste management system – Gregorie Ferry has a no tolerance policy for those who don't pick up after their pup.

Attention to detail is truly what sets Gregorie Ferry apart from other apartment communities in the area. Trays of freshly baked chocolate chip cookies fill the management office with an aromatic scent that smells like, well, home.

Climate-controlled storage units, garages and designated areas for boat and recreational vehicle parking are offered at a great rate. The community and individual buildings are gated, adding that feeling of privacy that makes us feel at home. And just when you think this complex can't provide one more perk, you learn of its auto detailing bay, where you can pressure clean and vacuum your car.

"We are very customer-service oriented," said Lawhorn.
"Our goal is to have our residents choose to stay."

Find out more about Gregorie Ferry Landing by calling 843-225-7515 or visiting www.gregorieferryapts.com.

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# "We focus on the experience," said Sarah Cooper, design manager at The Studio. "We want our home buyers to come here and be inspired and to see firsthand how these design elements will look in their homes. We really get to know home buyers first to understand how they live so we can help them choose the products and finishes that will best support their lifestyle." The Studio, located on Daniel Island and designed by

world-renowned interior designer Anna Simone, boasts interactive vignettes to give customers the opportunity to visualize and use many of the available fixtures. A working kitchen, a centerpiece in the bright, open gallery, is used for appliance and cooking demonstrations. Various kitchen and bath vignettes are staged in galleries as if they were being used in a home, allowing clients to develop a true-to-life understanding of the products.

When making selections for items such as tile, hardwood, cabinets and backsplash, designers at The Studio guides buyers through a process designed to take the stress out of an otherwise fun and inspirational part of the home buying journey.

"Studies have shown that people get overwhelmed when they have too many

options," said Cooper. "We merchandise products within The Studio to minimize the clutter and help streamline the decision-making process for our buyers."

Thousands of design options are showcased, including

# Bringing Design to Life The Studio at Ashton Woods

UILDING A NEW HOME CAN BE A great adventure – it's an opportunity for a fresh start and a welcome transition to meet the needs of your family and lifestyle. But when the initial excitement subsides and reality sets in, the onslaught

> of decisions that need to be made can be daunting as you choose grout

colors, cabinets, appliances and make what might seem like an endless array of other long-term decisions.

BY ANNE TOOLE

The Studio by Ashton Woods offers a much different, more personalized, more inspiring experience for home buyers. As the only home builder in the area with a full design studio, Ashton Woods Homes and its design consultants guide buyers through the process of choosing finishes for their homes that reflect the unique people who live in them.

Ashton Woods Homes, which broke ground in the Charleston area in 2013, is currently building in Mount Pleasant, Daniel Island, James Island, Goose Creek and Moncks Corner. The company, which was recently recognized as the #1 Most Trusted Builder in America for the second year in a row by the Lifestory Research 2014 Most Trusted Builder in America Study,

creates personalized floor plans with an emphasis on style and design and a focus on great customer care. The Studio follows the same principles as it helps buyers make their interior selections.



The Studio, designed by Anna Simone, boasts interactive vignettes to give customers the opportunity to visualize and use many of the available fixtures



lighting, countertops, plumbing fixtures, flooring, backsplash and more. A touch screen allows clients to see additional options that aren't on display. The Studio carries quality brands such as Moen faucets, Savoy House lighting, Timberlake cabinetry and Whirlpool appliances.

"Ultimately, we are here to make sure each and every one of our home buyers enjoys the journey of building a home.



The Studio guides buyers through a process designed to take the stress out of an otherwise fun and inspirational part of the home buying journey.

They are able to see, touch and even use many of the interior finishes and fixtures available here in The Studio. That makes the decision-making process easier and results in a personalized home that fits their needs and is a true reflection of their own inspiration," Cooper said.

For more information, visit www.ashtonwoods.com.





# Worship the Ground You Walk On Sunray Flooring

Ray was just another kid growing up in the South and learning to develop his passion from his father, Douglas Ray, who owned Sunray Carpet Mill in Dalton, Georgia. Fast forward to the present and Ray has brought back the family name

BY DENISE K. JAMES

as well as the family tradition, including knowledge, passion and

customer service.

Sunray Flooring, which is currently headquartered off Clements Ferry Road near Daniel Island, Mount Pleasant and Charleston, serves as a residential and commercial flooring contractor and focuses on hardwood floors, tile, stone and custom rugs. Sunray will not only help clients pick out the perfect flooring for a home or business, they'll even install it for you – and later check up on whether your new floors have enhanced your home properly.

"I check up on every job from the beginning until we are finished," Ray commented. "We're in it every step of the way."

"Justin was awesome," raved Emily Davis, a recent Sunray Flooring client from Daniel Island. "He sanded a large area of my floor and stained a few different shades so I could make sure I made the right color choice. There was no mess after the work was complete – and now, whenever I see him, he asks how my floors are! He just finished doing my mother's floors in Orangeburg, in fact."

Impeccable customer service is something Justin Ray learned from watching his father long ago. Meanwhile, his knowledge of hardwood, stone, tile and other materials comes from more than 17 years of experience in the flooring business. Besides his degree from the University of Alabama, Ray is a member the National Wood Flooring Association and National Tile Contractors Association.

"I was self taught in the beginning and realized the high demand for quality flooring," Ray explained. "I'm also an



Justin Ray, the owner of Sunray Flooring, has more than 17 years of experience in the flooring business.

entrepreneur at heart."

When someone does a great job, word gets around. Thus, Sunray Flooring has had the privilege of installing floors – plus backsplash, bathroom tiles and other parts of the home or business – for prominent establishments in the Lowcountry such as the Mills House Hotel, Ann Taylor Loft on King Street, and numerous medical offices and businesses of all kinds.

"We love working on Daniel Island – which is where we live – and East of the Cooper," said Ray. "But we are equally willing to venture to downtown Charleston, Folly Beach or Kiawah."

Floor care tips from Ray for the busy party season include keeping your floor swept and clean with PH neutral cleaners, which are appropriate for both wood and natural stone. For those who might not live in the Lowcountry full time, Ray emphasizes the importance of keeping homes climate controlled for the long life of a floor's beauty.

To find out more about Sunray Flooring, located at 672 Marina Drive, call 843-606-5456 or visit www.sunrayflooring.com.





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# The Key to Success East Cooper Lock & Safe

ARRY SPEARS PUTS IN 75 HOURS a week at one of the oldest businesses in Mount Pleasant. He's almost always on call, sometimes leaving his house in the middle of the night to rescue some poor soul who's been locked out of his car or home. When the economy went sour, he was forced to sell

# BY BRIAN SHERMAN

some of his prized possessions to keep the business afloat.

But despite the ups and down of the locksmith business, the owner of East Cooper Lock & Safe is thoroughly

enjoying himself.

"I'm a businessman, but I like to have fun," said Spears, showing off a moose mounted on the wall of his building on Old Georgetown Road.

When his stepfather, who helped start the business, passed away, the moose became a permanent member of the East Cooper Lock & Safe staff. Spears said he had to go to court to keep another family member from laying claim to the animal.



Larry Spears has spent more than three decades in the locksmith business in Mount Pleasant.

Like the moose, the business has moved more than a few times since it was established in 1981. Originally located in a building that once served as a motel on Coleman Boulevard, its most recent home was in the old K-Mart shopping center. About six years ago, Spears bought what he called "an old crack shack" on Old Georgetown Road. Last year, after spending 12 months or so renovating the building, he moved the business.

In addition to making keys for homes and businesses and high-security keys and remotes for cars, ECLS sells a variety of locks and safes. Kristy, Spears' wife of 21 years, handles the decorative hardware part of the business, providing the finishing touches for homes in Daniel Island, Kiawah and Mount Pleasant.

Spears, who grew up on the Isle of Palms – as did his wife – worked in restaurants and as a mechanic and even drove a school bus before he settled into his current business, going to work for his stepfather at East Cooper Lock & Safe in 1983. He later took ownership of the business, which thrived until the economy tanked in 2008.

"We went into debt to keep the business alive," he explained. "I sold insurance policies, rental houses and classic cars."

Giving up the cars was painful for Spears because he's always had a soft spot in his heart for classic automobiles.

He remembers racing his 1967 Barracuda on Palm Boulevard as a teenager.

Despite the economic struggles, Spears said he's led an interesting life as a locksmith. A few years ago, he replaced four doors that had rusted away on the Arthur Ravenel Jr. Bridge, and, while he was on the bridge, he rode the elevator to the top of the span "just for the fun of it."

And then there was the time he got involved in a divorce – sort of. He re-keyed the house twice for the husband and twice for the wife – and then once again. He decided after the fifth time that he no longer wanted to be involved.

East Cooper Lock & Safe has served Mount Pleasant and the surrounding area in more ways than one in the past 33 years. ECLS supports Keys for Hope, an organization that makes various items –necklaces, pendants, key chains, Christmas tree ornaments – out of old keys and sells them to raise funds for One-Eighty Place, a local homeless shelter.

To find out more about East Cooper Lock & Safe, visit www.eclocksafe.com or call 843-881-2044.

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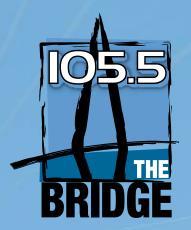
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# It's NOT One Size Fits All Bits of Lace

OR MOST WOMEN, A WELL-FITTED bra is an absolute necessity. It's one of the few things you wear often and close to your body, therefore it needs to feel natural throughout the entire day. A poorly fitted or uncomfortable bra can ruin your day, yet, surprisingly, 85 percent of women wear an incorrect bra size.

Bits of Lace Fine Lingerie, first established in downtown Charleston nearly 40 years ago, takes pride in provid-

with professional bra fittings and high quality, exclusive lingerie lines. Owner Ruth Brennan,

ing the ladies of the Lowcountry

who purchased the King Street boutique in 2000, credits her ability to intuitively understand her clients' needs and her desire to help them to her previous experience as a critical care nurse. In April, she opened a second location on West Coleman Boulevard.

Bits of Lace in Mount Pleasant offers a variety of exclusive European brands, such as Prima-Donna, Marie Jo and Empreinte, and a variety of intimate apparel

products, including bras, underwear, corsets, chemises, cashmere robes and blankets, lounge wear, pajama sets and swimwear. Bits of Lace is one of the few boutique retailers in the United States to carry the exclusive French swimwear line, Eres.

"We are known for a high level of customer service," said Bits of Lace Chief Executive Officer Zee Patel. "We understand that walking into a boutique lingerie store can be intimidating for many people; we want to make them feel at home."

Unlike some department store fittings that will often use a measuring tape to fit, Bits of Lace specialists will educate the customer on different styles of cups and band sizes while personally fitting the bra to her body. Bra fit specialists understand how their products are made, down to the types of fabric and wire used in each bra.

"We are the only bra-fit specialists in the area," said Patel.

"All employees complete extensive training in bra fitting. We are highly knowledgeable about the products we carry, and we understand how they fit each woman differently."

Along with a beautiful assortment of fashion lingerie sets, visitors to Bits of Lace will also find a variety of everyday T-shirts, sports bras and strapless bras in a wide range of sizes, from 30B to 46J. Mastectomy and lumpectomy fittings are available by appointment through Brennan, who offers a three-part consultation plan, helping clients find comfortable and fitted foundations that help them feel beautiful and feminine.

"It's all about fit," Patel explained. "What fits perfectly

for one person could fit completely differently on another woman of the same proportions. You can truly feel the difference when you wear our bras."

ties that include hors d'oeuvres, tunity to shower the bride with gifts from her wish list.

Bits of Lace also makes special accommodations for brides and their attendants and can be privately booked for lingerie parcocktails, fittings and the oppor-

Women of all ages, shapes and sizes have found a comfortable, trustworthy place to buy their lingerie, and the Bits of Lace website has opened the door for customers worldwide to purchase these exclusive products online. Clients nationally and globally are able to get a bra fitting from a specialist over the telephone or through applications such as Skype and FaceTime.

"The lines and products we offer are known for their craftsmanship. Combined with our custom fitting and high level of service, we provide our customers with comfortable lingerie that is made to last," Patel said. "Our goal is to find the perfect fit for each individual's needs and lifestyle."

Bits of Lace is located at 453 W. Coleman Blvd. in Mount Pleasant. To find out more, call 843-531-6625 or visit www.bitsoflace.com.



Bits of Lace helps its clients find anything from basic bras for everyday wear to an entire wardrobe.





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# Made Lwith Love

# LOCAL GIFTS FOR EAST COOPER SHOPPERS



Pottery by Earth Maiden.



Cookies by The Cookie Chick.



Necklace by Dee Ruel.



Soaps by Earth Maiden.

off those last scoops of cranberry sauce and stuffing – the holiday rush. After Thanksgiving, life is a landslide into Christmas, Hanukkah, Kwanzaa or whatever other end-of-the-year holiday you choose to celebrate. While some people might opt to stand in line at the Apple Store or search the mall for that limited edition charm, others seek gifts that feel a bit more personal.

Mount Pleasant Magazine searched farmers markets and Etsy shops to bring you the best local finds this season has to offer. Consider this list the solution to your shopping dilemmas. These items are not mass-produced but rather slowly crafted for the ones you love most. From

treats that delight your taste buds to page-turners you can't put down, you're sure to find something for even the pickiest in your pack.

Few things compare to the perfectly baked cookie. With just one bite, all the chaotic chatter of the world fades into the distance, while flawlessly blended sugar, eggs and flour take hold. If a cookie is done right, it can restore your faith in humanity. Just ask Faith Keppler, known lovingly as The Cookie Chick. A regular on the farmers market circuit, her creations have earned a reputation of being truly mouthwatering.

From the fancy coconut cream tarts with chocolate ganache to the lemon sugar cookie, the options are endless. Recently, Keppler has gone beyond those sweets that

dunk in milk and whisked her way into banana bread and brownies. She credits her baking success to "the never-ending quest to make a good product even better."

"There's always something that I want to tinker with to improve taste, texture, visual appeal," said Keppler.

Nothing pairs better with a sugary late-night snack than a novel that satisfies your need for chills. Who doesn't love a tale of a hard-drinking, hardworking redneck who just happens to be able to communicate with the dead? In his supernatural dark comedic thriller, Christopher Watson has crafted a novel worthy of your literary collection. The first in a series, set on the cobblestones and dusty back roads of the Charleston peninsula, this book will have you squinting in fright at those shadows of the night.

"It's spooky in parts, shocking in others, deeply emotional in still others but funny throughout, especially if you like your humor on the more sarcastic side," said Watson. "Call it urban fantasy with a Southern accent."

Earth Maiden – the name alone conjures up an image of a goddess, tending to blossoming buds, the air thick with lavender or eucalyptus. From just one smell of the madefrom-scratch soap, it's easy to see why this family-run company attracts a local and national client base.

"As an obstetrical nurse, I became interested in herbs and aromatherapy and their calming effects on babies," said Earth Maiden founder Mary Ernst. "It is so gratifying to create products that nurture the spirit and contribute to customers' overall well-being."

Showering becomes that much



Faith Keppler is also known as The Cookie Chick.

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more exciting with bars such as Bay Rum Spice and Avocado Calendula. In addition to body butters, lotions, deodorants, lip balms, natural insect repellent and even an array of pet-care products, Earth Maiden produces a line of pottery.

"We have such a wide variety of products, and they can be combined in numerous combinations to come up with the perfect holiday gift," said Ernst.

The Crafter's Network takes

The Crafter's Network takes over the BI-LO Pavilion the third Saturday of each month.

Dee Ruel has been crafting jewelry for 15 years. A fo

ing jewelry for 15 years. A former resident of Hawaii, it's easy to see that chain of islands surface in her designs.

"Growing up on the coast of Maine, living in the Keys and finally planting my feet on the beaches of Charleston, it is not hard to see why my jewelry is so ocean-inspired," said Ruel.

Delicate, feminine and chock-full of whimsy, her pieces serve as a reminder that simplicity speaks volumes.

From the translucent greens of wave-rendered sea glass to the sleek, pearl-laden bracelets, you could easily picture her work washing ashore in a corked bottle. Instead of waiting seaside for a bit of bling, Ruel has started up a program where you, or someone of your choosing, can receive a monthly or seasonal doorstep delivery. Shipped from her studio on Coleman Boulevard, elegant treasures travel miles in Meraki boxes – Greek for "to do something with passion."

If jewelry isn't quite what you're looking for, be sure to check out Ruel's selection of custom stationery for those who like to keep in touch the old fashioned way.

Each third Saturday of the month, the BI-LO Pavilion on Shelmore Boulevard is taken over by The Crafter's Network. Local artisans and crafters, who vary with each show, offer hand-crafted items for sale that feature the charm of the Lowcountry.

Also, every Sunday, the Awendaw Farmer's & Crafters Market is held at the Tractor Supply on Highway 17 in Awendaw. Fresh local produce combines with Lowcountry artisans to offer unique gift-giving ideas for all your holiday needs.

Still not sure what to get that relative who's hard to shop for? Mount Pleasant's House of Brews has an assortment of growlers, filled with local and national beers. And the store's selection of loose-leaf tea and coffee blends truly provide you with a reason to wake up in the morning.

Armed with this list, you're sure to give that jolly dude in crimson a run for his money. Shop on and remember to pick up a little something for yourself. After all, you've earned it.



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# Going Out

# Making Music Together On and Off the Stage

HE CHARLESTON
Christmas Special"
might seem magical to the audience,
with its snow-dotted
trees, lighting effects
and glittery gowns, but show producer
Brad Moranz knows it is hard work
and not simply magic that makes the
show a success.

It's why he and wife, Jennifer Moranz, scour the country looking for professional singers, musicians and dancers to bring their musical vision to life at the Charleston Music Hall for three shows a year. They, too, know all the work that goes into a show business career.

Even though Brad and Jenny have been rooted in Mount Pleasant for years, their respective musical journeys started at opposite ends of the country. Brad grew up in Texas, studying music composition and acting. Jenny started dance classes as a child in North Carolina and went on to pursue a dance major at East Carolina College. Her career path eventually led her to work as a full-time dancer with the world-famous Rockettes in New York City.

Brad went to the University of Houston and worked as an entertainer at a local amusement park, alongside classmates Dennis and Randy Quaid. He went on to be an understudy in the national touring company of "A Chorus Line."

But it was a production of "Singin' in the Rain" in the mid-1980s where Brad and Jenny met and fell in love.

They've been making a life together on stage and off ever since.

Together, Brad and Jenny have directed and choreographed productions of "Little Shop of Horrors," "Annie," "Guys and Dolls," "Nunsense" and "Seven Brides for Seven Brothers." They have done choreography work for feature films "Radioland Murders" and "The Road to Wellville" and TV productions "The Margaret Mitchell Story" and "The Young Indiana Jones Chronicles."

### **MAKING MUSIC IN CHARLESTON**

They landed in Charleston in 1995 to be part of a new production at the new Charleston Music Hall, "The Serenade Show," put together by Calvin Gilmore of The Carolina Opry with the help of The Family Channel. Brad and Jenny were part of the show for three years, performing and providing creative direction and production.

But The Family Channel was eventually bought by a division of Fox and then sold to The Walt Disney Co. As a result, "The Serenade Show" was cancelled.

"We had a decision," Brad said.
"Did we want to go back to New York,
Wilmington or Los Angeles, or did we
want to stay in Charleston? We fell in



The musical journeys of Brad and Jennifer Moranz started at opposite ends of the country and ended up in the Lowcountry.

love with Charleston, and it was really simple. We said, 'I want to stay here."

At the same time, they decided to produce shows, taking on the "business of show business," Brad said.

For more than 15 years, the Moranz duo has been treating audiences of all ages to their brand of entertainment – primarily musical revues that take existing songs and put them together into a theme, such as the rock 'n' roll of the 1950s, show tunes or holiday classics.

"We grew up in the television variety show generation," Brad said. "Those were the days when the whole family sat around the television and they watched. And whatever you were presenting had to be good for everybody. That's our philosophy. We don't even work at it; it's just who we are."

### **MAKING IT IN THEATER**

Brad and Jenny produce, write, direct, cast and choreograph three musical revues a year: a retro rock 'n' roll show in March, a variety show in July and the annual "The Charleston Christmas Special," running throughout December. This year, they also added an extra show: "The Great

American Songbook" in October.

In their Mount Pleasant home, they brainstorm, tap out music on the keyboard, store costumes and vet cast members. Brad even answers phone calls from people who have questions about tickets. From start to finish, they are the show.

Fans feel connected to this Mount Pleasant couple, standing in applause after each show and then heading to the stage for a handshake and personal greeting. It's part of what keeps people coming to the shows year after year.

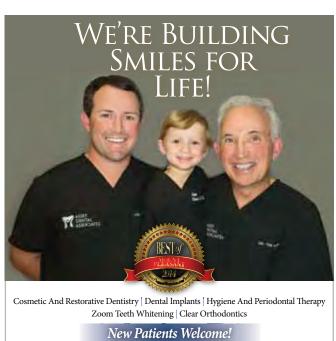
"One of the hardest thing to do in theater is simply to keep doing it," Brad said. "It's a very fickle business, and it should be because it forces you to always be re-evaluating your product and making sure the people who've been to it still want to come back and new people want to come to it."

"I feel blessed and grateful more than I can say that we still get to do this – period," he concluded.

The Charleston Christmas Special runs from Dec. 6 through Dec. 21 at the Charleston Music Hall, located at 37 John St. For ticket information, visit www.bradandjennifermoranz.com.







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# Understanding What You Hear The Hearing Shoppe

OUR FRIENDS AND FAMILY MEMBERS will tell you when your ability to hear clearly starts to disappear – or at least they should.

That's the word from Dr. Kristen Bish, a trained and experienced audiologist who recently opened The Hearing Shoppe in Mount Pleasant. She pointed out that there are two types of hearing loss

BY BRIAN SHERMAN

sensorineural and conductive.
 Sensorineural hearing loss, a

result of damage to the inner ear or to the nerve pathways from the inner ear to the brain, is permanent. Once your hearing is gone, it's gone forever.

Conductive hearing loss, on the other hand, in most cases is a temporary problem that can be treated with drugs or surgery, usually by an ear, nose and throat specialist.

So what can you do if you can hear your television or people talking but you can't understand what they are saying? Your best option is to visit a doctor of audiology such as Dr. Bish, who can fit you with a hearing aid specifically designed to solve your hearing problem.

"With adults, it's usually the high frequencies they can't hear,

letters such as 'F' and 'S," Dr. Bish explained. "Some patients might hear vowel sounds but not consonants, and 60 percent of understanding in English comes from consonants. They'll tell me: 'I can hear, but I can't understand."

Dr. Bish, who opened Palmetto Audiology and Speech Therapy in Summerville in 2006 and added The Hearing Shoppe this past June, pointed out that sensorineural hearing loss usually can be attributed to aging or exposure to loud noise. She said headphones and ear buds are OK, as long as the volume is set at a reasonable level, adding that one in five teenagers suffer from permanent hearing loss.

"My rule of thumb for my teenage daughter is if I can hear the lyrics in the song through her headphones, it's too loud," she said.

Dr. Bish carries hearing aids from a wide range of manufacturers at The Hearing Shoppe, which means she and her patients can choose a brand that fits their lifestyle and their hearing needs.

"A hearing aid needs to be ordered specific to a person's hearing problem," she said.

She added that many manufacturers offer special deals, financial savings she can pass along to her patients. Unlike some of her competitors, she doesn't have to buy hearing aids from one company. She feels that each hearing aid manufacturer offers something a little different.

"It's important to see a doctor of audiology, someone with the education and experience only an audiologist can offer," Dr. Bish said. "Hearing aids can't solve every hearing problem, but they do solve around 95 percent."

An audiologist since 1999 and a native of Hamburg,
New York, Dr. Bish completed her undergraduate work at the State University of New York at Geneseo. She earned her master's at the University

HEARING SHOPPE 843.352.7500 TheHearingShoppe\_net

If you can hear people talking but you can't understand what they are saying, your best option is to visit a doctor of audiology such as Dr. Kristen Bish.

of Buffalo and her doctor of Audiology at the Arizona School of Health Sciences.

Dr. Bish relocated to the Lowcountry to accept a position at a busy ENT practice in the Charleston area. Her husband, Darin, is the office manager for both Palmetto Audiology and Speech Therapy and The Hearing Shoppe. They have three children: Brianna, 16; Connor, 12; and Katie, 4.

To find out more about how you can solve your hearing problems, visit www.thehearingshoppe.net, call 843-352-7500 or drop by The Hearing Shoppe in The Shoppes at Seaside Farms in Mount Pleasant.



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# **EDNA JAMES: "THE AMBASSADOR"**

"Everything is so exciting. I love it here."

- Едпа James, Sandpiper resident

Edna James moved into the Sandpiper Rehab/Nursing Center on Mother's Day 2014, relocating from Charlotte for a short term stay while recovering from a recent injury. James is so enthusiastic that she is known around Sandpiper as "The Ambassador." She keeps very busy with group activities, exercise, word games, and Bible study and continues with occupational and physical therapy!

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# More Than Just a Credit Union Heritage Trust Supports Local Communities

ERITAGE TRUST FEDERAL
Credit Union is more than just a financial institution. In addition to providing a wide range of banking services, it also plays an integral role in communities throughout the Lowcountry, supporting initiatives that enhance and improve the lives of residents of Charleston, Dorchester, Berkeley and Colleton counties.

Through its HTCares Community Outreach Program, Heritage Trust supports a wide range of nonprofit organizations, while its employees donate their time and money to assist local and national charities in making life a little easier for families and children who need their help. Among the groups they work with are the American Red Cross, the Muscular Dystrophy Association, the American Heart Association, Relay For Life, Trident United Way, the GIFT Mentoring Program, the Special Olympics, the Children's Miracle Network and the GEARup program.

In the past few years, Heritage Trust has partnered with more than 45 charities.

For example, in June, Heritage Trust donated \$100,000 to the Lowcountry Housing Trust, whose mission is "to build vibrant, sustainable communities by increasing the availability of affordable housing and to act as a catalyst to meet the fundamental needs of underserved neighborhoods."

In September, Heritage Trust participated in the 13th Annual Trident United Way Day of Caring, organizing a "School is Cool!" rally for more than 300 students at Memminger Elementary School in Charleston.

Heritage Trust recently donated \$1,500 to the Red Cross Heroes for Fire Victims campaign, which provides help for local families who have lost their home to a fire.

The 10th Annual Heritage Trust Charity Golf Tournament, held in April at the Golf Club at Westcott Plantation in Summerville, raised funds for the American Cancer Society's signature event, Relay For Life.

And during the holiday season, Heritage Trust will support the Toys for Tots program, a U.S. Marine Corps initiative that collects toys for local children. Donations of unwrapped gifts will be accepted at all Heritage Trust locations.

The list of ways Heritage Trusts and its employees help their neighbors goes on and on.

Heritage Trust, which has 12 branches throughout the four-county area, has played an important role in the Lowcountry since 1955. Its branch on Coleman Boulevard in Mount Pleasant, which opened in April



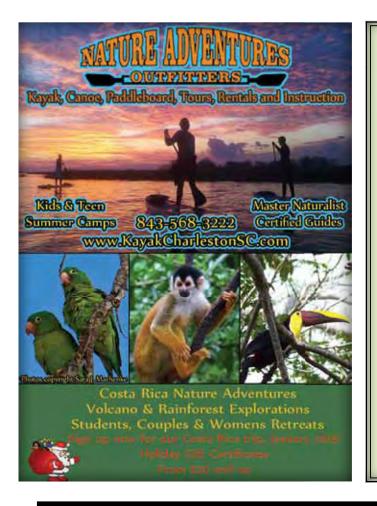
The Heritage Trust Federal Credit Union branch on Coleman Boulevard in Mount Pleasant has been open since April 2012.

2012, is equipped with state-of-the-art technology and also has a community room that provides after-hours meeting space for local volunteer and nonprofit groups and associations. And, with its members in mind, there are no teller lines. Instead, employees provide a more personalized experience by helping customers with their transactions at dialog stations.

The Mount Pleasant branch was designed in partnership with Level 5, a consulting and development firm that specializes in buildings for financial institutions. Level 5 is based in Atlanta, but most of the work on the branch was completed by local subcontractors.

Heritage Trust's other Mount Pleasant branch is in Park West.

Heritage Trust Federal Credit Union's two Mount Pleasant branches are at 847 Coleman Blvd. and 1129 Park West Blvd. The lobbies are open from 9 a.m. to 5:30 p.m. Monday through Thursday and until 6 p.m. on Friday. The drive-ins open at 8:30 a.m.





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impulsive? Or is he just fidgety? Are you unable to focus on that big project at work? Or are you only procrastinating?

Your brain is remarkable. It keeps all your systems functioning. But aside from the basics of staying alive, which we all have in common, there are differences. Some

BY BARBARA MILLEN PATRICK

of us are organized and have no trouble accomplishing

multiple tasks each day. Others struggle to stay focused on the job at hand, are unable to follow through to complete tasks or have difficulty organizing ideas.

It can be frustrating for the child and, indeed, the entire family. In the past, ADHD (attention deficit hyperactivity disorder) was diagnosed – with difficulty – through subjective means, such as recommendations by educators or conversations with the parents and child. It is much easier today through Focus-MD, an innovative and much more objective method of "seeing" into the brain.

Developed by Dr. James Wiley, Focus-MD uses testing to identify and monitor ADHD in children and adults. There are several offices throughout the Southeast, including the Mount Pleasant location, which is staffed by Dr. Joanna Ghegan and Dr. Steven Bull.

"ADHD includes three core symptoms: hyperactivity, impulsivity and inattention," Dr. Ghegan explained. "In addition to subjective assessments, we can objectively diagnose ADHD using the QbTest, which was developed in Sweden."

The test, which is approved by the U.S. Food and Drug Administration, is done by computer. The child wears a headband which monitors frequency of movement. The resulting pattern of responses is compared with results of non-ADHD people who are of the same gender and age.

"Everyone is not diagnosed with ADHD," Dr. Ghegan added. "Sometimes patients have other conditions that mimic the symptoms of ADHD, such as anxiety or learning differences."

Only about 10 percent of the population is affected by ADHD, but, fortunately, proper treatment – including medications – offers dramatic improvements. There are

many options, including newer medications with more even delivery systems and fewer side effects than their predecessors. In addition, the doctors at the local ADHD clinic counsel patients on lifestyle modifications such as adequate sleep time, deceased TV screen exposure, good diet and exercise, making lists and using a calendar. According to Dr. Bull, medica-



As a physician, Dr. Joanna Ghegan understands the science of the brain.

tions are prescribed about 85 to 90 percent of the time, and regular appointments are scheduled to assure that patients are neither under- or overmedicated. The initial appointment is apt to be lengthy.

"We don't rush through," said Dr. Bull. "They're here for a good hour to an hour-and-a-half. The test takes about 20 minutes, and then we discuss the results."

Both doctors like the unique approach of Focus-MD, which encourages individualized treatment plans. As physicians, they understand the science of the brain. As parents, they can relate to the frustrations families experience.

Dr. Ghegan was raised in Atlanta and attended the Medical College of Georgia before completing her internship and residency in pediatrics at the Medical University of South Carolina.

Raised in Holly Hill, South Carolina, Dr. Bull attended the Medical University of South Carolina and was in private practice there for 30 years before moving to Mount Pleasant.

Is it ADHD? Ask the doctors at Focus-MD. They're pros at helping your remarkable brain focus.

For more information on Focus-MD, ADHD and the QbTest, visit www.Focus-MD.com. To make an appointment with Dr. Ghegan or Dr. Bull, call (843) 593-9332. The Focus-MD office is located at 900 Bowman Road in Mount Pleasant.

# The Outside Is In





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# The Outside Is In Outdoor Concepts of Charleston

TH THE YEAR-ROUND climate conducive to living the sweet life outside the home, it is no wonder more and more Mount Pleasant and Charleston area residents are bringing their inside world to the great outdoors.

"We have a saying," said Dawn Hatchell, office manager at Outdoor Concepts of Charleston, an

BY JOHN TORSIELLO

outgrowth of the popular Teak Hut. "It's 'The Outside Is In.' The

weather is so perfect that you can enjoy your outdoor living space all year."

Outdoor Concepts, a design and installation company, features a unique outdoor showroom.

"There's nothing like it in the Charleston area," said Hatchell. "It's open 24-7 and people can come by and get an idea of what they can do with their outdoor areas. There are pavers, decking, fencing, an outdoor bar and kitchen, fireplaces and fire pits. You name it. It's a big plus for us."

Owner Chris Hicks offers consultation and design services to homeowners.

"Chris will meet with the homeowners, visit the property and work up blueprints to show what the outdoor living space will look like. We also install, of course, and can access any product for the outdoor living area. We tie everything together."

She added, "We have been growing our customer base every day, and we receive numerous calls for our services and products. Our customers are looking for knowledge and preciseness from us. Outdoor projects can be on a grand scale or smaller. The beautiful weather we have here is a strong selling point."

The Teak Hut has been open for around 15 years, offering top-quality teak outdoor furniture and accessories directly from Indonesia. Formerly known as Classic Furniture, The Teak Hut offers collections that include more than 100 items, such as dining tables, chairs, benches, lounges, rockers, steamer deck chairs, Adirondack chairs, coffee tables, end tables, bars and more. The

original McClellanville, South Carolina, location has been a regular stop for insiders, many of them driving four to five hours for what they have come to know as quality at affordable prices. With the addition of the new Mount Pleasant location at 463 Long Point Road, the store offers the Charleston community a more accessible location.

Teak is a perfect product for outdoor furniture because its natural oils make it suitable for use in exposed

locations – even when it's not treated with oil or varnish. The wood doesn't crack, rot or split and is resistant to termites and other insects.

"Our model is to provide great value, quality products and respect for all concerned – the planet, the small business owners who produce the furniture and our customers," Hicks said. "Our passion



Outdoor Concepts of Charleston features a unique outdoor showroom.

is teak, and we are proud to bring this furniture to our customers at the best prices possible."

The Outdoor Concepts website officers a feature that allows individuals to design their own outdoor living space.

"They can then contact us, and we will go through it and offer suggestions," said Hicks. "We still go out to the property, but it is an exciting interactive tool that allows customers a visual presentation of what they are looking for."

For more information, visit www.theteakhut.com or call 843-856-2095.

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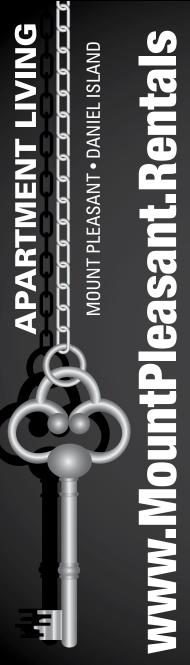
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Inside Mount Pleasant Home find listings of all East Cooper apartments

# A Low-Key Approach Danco Contemporary Furniture

AUL HAUGAARD HAS BEEN IN business long enough to know what he needs to do to keep customers coming back to Danco Modern Furniture in Mount Pleasant.

Danco was established by

Haugaard's father in downtown Charleston in 1986 and moved to its current location on Johnnie Dodds Boulevard five years later. For the past

BY BRIAN SHERMAN

23 years, the company has staked its claim as the only store in the

Mount Pleasant area that focuses its efforts strictly on selling contemporary furniture.

How has Danco survived while others have fallen by the wayside, victimized by a once-sluggish economy or because they failed to keep up with the changing needs of residents of the Lowcountry? Customer service, knowledge of the furniture industry and a lowkey approach to sales are the ingredients for success, according to Haugaard.

"We take care of our customers," he commented. "And we carry products that will endure. The furniture you buy here isn't going to look nice for six months and then fall apart. We sell quality furniture."

Haugaard finds the quality pieces of furniture his clients want by attending a few shows a year in High Point, North Carolina, and through manufacturer's representatives – from companies in the United States and Europe – who visit the store on a regular basis. He carries a wide range of contemporary chairs, tables, sofas, sectionals, desks, bookcases and anything else you might need for your home or office, and he can special order just about any item that isn't on display in his large showroom.

Among his top sellers are Stressless chairs, recliners, sofas and sectionals, and American Leather sleepers, which, according to Haugaard, are actually comfortable enough to sleep on. Danco delivers what it sells, in the tri-county area and beyond, from Hilton Head to Wilmington along the Carolina coast. Though many of his customers live in Mount Pleasant, Haugaard does business with a large number of people from Kiawah, Seabrook, Charleston,

Beaufort and Myrtle Beach.

Danco Modern Furniture has been around for 28 years, 23 of them in Mount Pleasant, but Haugaard wasn't exactly a newcomer to the furniture business himself when he took over the reins of the company in 2009. He started working in his family's furniture store in Massachusetts when he was still in high school and has been involved in the industry for most of his working life. He took some time away as an employee of a company that provided consulting services to newspapers, but, other than during that three-year span, he has spent the bulk of his adult life honing his skills and enhancing his knowledge of the furniture industry.

Has much changed in the past five years in the way people buy furniture? Not really, according to Haugaard.

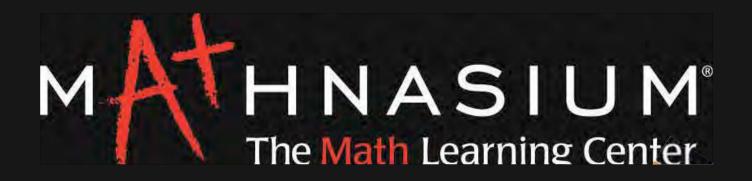


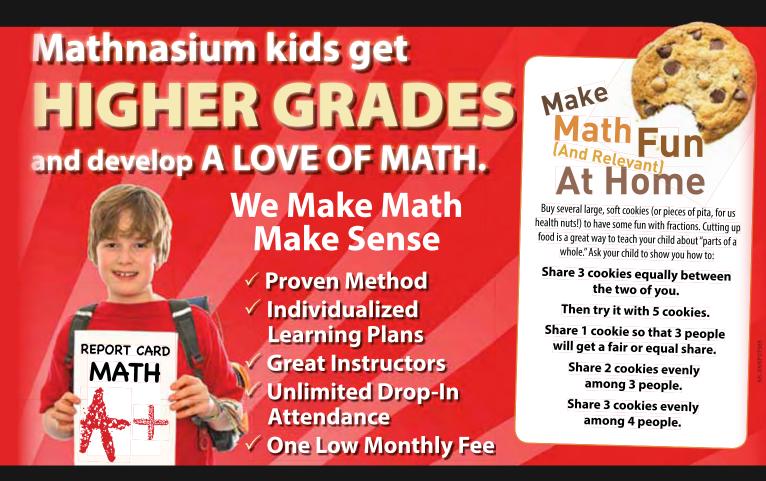
Customer service, knowledge of the industry and a low-key approach to sales are the ingredients for success for Paul Haugaard and Danco Modern Furniture.

He pointed out that new colors come out every year — "At one time, everything was beige or brown. Then we started to see reds and whites. Blues are going to be popular this year" — but that what most customers want is top-quality service and furniture that will stand the test of time.

Both are part of the Danco tradition in Mount Pleasant.

To find out more about Danco Modern Furniture, visit www.dancohome.com, call 843-884-2256 or drop by the store at 1035 Johnnie Dodds Blvd. in Mount Pleasant.





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# Mathnasium A Method That Adds Up

S A FORMER ENGLISH MAJOR

whose strength lies in crafting literary pieces, for me, math has always been a four-letter word. I remember the knot-in-the-stomach, sweaty-palm sensation that washed over my body when I heard an algebra pop quiz was

in my near future. Fortunately, nowadays, there is a beacon

BY KALENE MCCORT

of hope for those leery of long division. That beacon is California-

based Mathnasium, whose methods break beyond

textbooks and can be applied in everyday life.

Mathnasium is in the Belle Hall Shopping Center at 616 Long Point Road in Mount Pleasant. Since opening in October 2014, it has been bustling with educational excitement that goes far beyond those brightly-colored flashcards of yesteryear.

"We present math in a way that makes sense to students," said Tony DeShan, owner of

Mount Pleasant's Mathnasium, which caters to grades kindergarten through 12. "We want to be there for any child that needs help and reach children who are struggling."

While DeShan worked as a mortgage broker in his previous career, his wife, Whitney, was a Math Education major who taught at the high school level and tutored on the side. After seeing the results of Mathnasium in their hometown of Atlanta, the couple, who have three children of their own, knew it was an innovative venture they wanted to pursue.

"We thought it was a brilliant concept," said DeShan, beaming about the franchise whose methods are rooted in helping children achieve a deeper understanding of mathematics – number sense – beyond quick-fix memorization.

Each student who walks through the door takes a test that helps instructors evaluate where he or she needs help. Individualized programs are then crafted to foster excellence and help that student reach a level of success that surpasses expectations. Unlike other tutoring programs that send students home with more work to do, Mathnasium focuses on getting the work done while at a session.

"We want to create relationships with teachers and parents so we can be that resource for enrichment," said DeShan. "So we can help students get ahead."

Mathnasium gets students excited about math and works to eliminate the fear and intimidation surrounding the subject. Through interactive games, fractional puzzles and Lego-like geometric building sets, Mathnasium makes

learning fun, so much so that

"We make the experience positive so children don't want to leave and they want to corback," said DeShar

Perhaps even more impressive is the leniency surrounding memberships. Parents pay one low monthly rate, and children can attend an unlimited number of sessions when their schedule permits.



Tony and Whitney DeShan want to get kids excited about math.

"We want you to come as often as you want," said DeShan. "Whether that's a Monday afternoon or a Saturday morning."

With flexible hours, a teaching method that considers each individual and an expert staff, Mathnasium has the foundation to make those report cards fridge-worthy. Consistently recognized as one of the top educational franchises in the world, Mathnasium has 500 locations in North America and elsewhere.

"It's important for children to have strong math skills because it can translate into success later in life," said DeShan. "Strong math skills can lead to careers in engineering and technical jobs."

Mathnasium really is the solution to a complex problem.

More information about Mathnasium is available at 843-352-7125 or mtpleasant@mathnasium.com.

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supporting victims of domestic violence. In 2013, Molly Maid of Greater Charleston donated over \$5,000 to local shelters via the Ms. Molly Foundation.



# A Prescription for Well-being Coastal Carolina Research Center

HE PHRASE "TO HEALTH AND happiness" surfaces in many a celebratory toast. But shortly after the clinking of champagne flutes and the first sips of bubbly, most folks forget about the health part and look to what course is being served up next.

In the heart of Mount Pleasant, one business is provid-

BY KALENE MCCORT

ing residents with opportunities to improve their health

and simultaneously help others. Since opening in 1997, Coastal Carolina Research Center has assisted thousands of volunteers get to the root of what ails them. Whether it's hot flashes, ADHD or efforts to stop smoking, this team of medical professionals strives to help.

"Coastal Carolina Research Center truly performs a pub-

lic service," said Nathan Morton, who has been CCRC's director since 2004. "We provide the city of Charleston access to new medicine, treatments and technology that they can't find anywhere else."

CCRC's main objective is to work with pharmaceutical companies, physicians and participants to make groundbreaking discoveries in the field of medical research. It does all this with inviting smiles

and a warm bedside manner. Just one look at the volunteer testimonials on the center's website and it's easy to see the multitude of lives these professionals have touched through their studies.

"We have many repeat volunteers," said Morton. "If someone is willing to participate in a trial, the likelihood that they will do another is very high."

In keeping with an "act locally, think globally" mindset, CCRC recognizes that its impact reaches far beyond its Mount Pleasant headquarters at 1156 Bowman Road. After all, a breakthrough in a local trial study can help others on an international level.

"One volunteer has the potential to help so many

other people," said Morton. "Not only are they helping to advance medication for themselves but for future generations, neighbors and people around the world."

While those who take part in studies are paid, perhaps even more valuable is the lasting effect the experience may have on their health. All services are provided at absolutely no cost to the participant. Whether it's laboratory testing or dietary counseling, those who are involved in a study will never see a bill.

"We are built around protecting the health and welfare of our volunteer clients," said Morton. "The pharmaceutical companies count on us to be objective observers, running trials that will help them determine if their drug is effective and safe."

A handful of the volunteers who participated in a recent

study on migraine prevention have experienced significant relief.

"We are very enthusiastic about the antidotal results that we've seen with this class of drug," said Morton.

CCRC is currently conducting a celiac disease study to determine if those who suffer from this condition may be able to take a pill as needed, similar to people who take heartburn medication before chowing down on a bowl of spicy chili.

"When people take any prescribed medication, they may experience side effects," said Morton. "All the potential side effects that you see on medications come from all the data that was accumulated during the research process. At CCRC, you are closely monitored by our staff in a safe environment. Our goal is to help identify and advance new and better medications than those currently available."

Trustworthy, privately-owned and working for the greater good, Coastal Carolina Research Center provides a prescription for well-being.



Pharmaceutical companies depend on Coastal Carolina Research Center to be objective observers.

For more information, visit www.CoastalCarolinaResearch.com or call 843-856-3784.







# INFLUENTIAL TOTAL

The end of World War II saw the emergence of strong women throughout the nation, and Mount Pleasant was no exception. Women assumed influential new roles in education and also recognized the importance of recording the past. The dramatic growth of Mount Pleasant following World War II presented new challenges and produced trailblazers to lead the town to its destiny as a major South Carolina urban center.

### DR. ANNE KING GREGORIE

Today the accomplishments of Dr. Anne King Gregorie would be admirable but not unusual. However, for a woman born in the rural South just following Reconstruction, her achievements are extraordinary. Her grandfather, Ferdinand Gregorie, was an early landowner in Christ Church Parish and owned Myrtle Grove,



a plantation located along present day Rifle Range Road. He also served as intendant (mayor) of Mount Pleasant and had the misfortune to have to surrender the town to union troops in 1865. Her father, also named Ferdinand, married Anne Palmer Porcher, a member of another local landowning family. At the time of her birth in 1887, the family was living in Savannah, where her father was managing a plantation. When she was 6, the family moved back to Christ Church Parish and lived at Oakland, the Porcher family plantation. At the age of 16, she earned a scholarship to Winthrop College and graduated three years later in 1906 with a bachelor of arts degree.

For the next 11 years, she taught school but returned to Christ Church Parish upon the death of her mother in 1918 to care for her father. It was during this time that she developed a keen interest in history. Determined to pursue her new avocation, she enrolled at the University of South

Carolina and obtained a master's degree. She also took graduate courses at the University of Wisconsin and returned to USC to teach while completing her dissertation on Thomas Sumter. She was the first woman to receive a doctorate in history from USC. She taught history at both Arkansas and Alabama colleges. During the Depression, she again returned to Christ Church Parish and compiled historical records for the Works Progress Administration.

For the remainder of her life, her writings concentrated on state and local history. She served as director of the South Carolina division of the National Historical Records Survey from 1936 until 1941. She contributed and edited The South Carolina Historical Magazine from 1948 until 1958 and then served as president of the South Carolina Historical Association until 1959. She completed "Christ Church Parish, 1706-1959" just prior to her death on Dec. 4, 1960. She is buried in the old churchyard of Christ Church.

# JENNIE VERDIE EDMUNDSTON MOORE

Today, a Mount Pleasant grammar school bears the name of Jennie Moore. Moore was born in Mount Pleasant on Oct. 21, 1882, one of five children of William Edmundston and Sarah Eliza Venning Edmundston. The



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family lived on Bennett Street, and she attended Mount Pleasant Academy. In June 1904, she married William Moultrie Moore, and the couple made their home at 203 King St. and had one son, Rev. William Moultrie Moore Jr.

Mrs. Moore served as secretary for the Moultrie School District for 20 years. During this time, she was a proponent for better schools for the black residents of East Cooper. During her lifetime, she saw her "dreams come true," with the construction of a new elementary school and the new Laing High School in the 1950s. The principals of the of the former black schools – Gregorie, Seven Mile, Four Mile, Phillips and Long Point schools - now under one school providing for 650 students, petitioned that the new school be named in her honor, citing: "... an individual who ... has rendered the most unselfish, untiring and sincere efforts towards the educational, social and cultural growth of the Negro youth." Jennie Moore Elementary opened in 1956 on Hamlin Road, and, in 2002, became Jennie Moore School for Creative Arts, a partial magnet school. Currently classes are held in the old Wando High School building. A new school is scheduled to open in August 2015.

Mrs. Moore died on March 26, 1971, in Raleigh, North Carolina, where her son was serving as suffragan bishop of the Episcopal Diocese of North Carolina. She is buried in Christ Church Cemetery.

## MARY "MAMIE" PINCKNEY WHITESIDES

"Miss Mamie" was born on Whitesides Plantation in Christ Church on May 3, 1884, the daughter of John Whitesides and Abagail Lagare Whitesides. Her father was listed as a farmer on the 1880 Census. The 1920 Census lists her as a teacher living on Bennett Street with her uncle, B. Joseph Whitesides, along with her mother and older



sister, Susan – just down the street from Jennie Moore and





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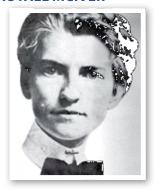
her husband and son.

She began her teaching career in 1907 and taught for over 50 years at Mount Pleasant Academy, serving as principal for four years. In 1952, she was honored as Woman of the Year at a dinner hosted by the Exchange Club. In 1956, an elementary school in Rifle Range Road, built at a cost of \$186,628, was named in her honor. A new Whitesides School, at a larger location on Rifle Range, opened in 2010, at a cost of \$22 million.

Throughout her life, she was active in the Mount Pleasant Presbyterian Church, where she taught Sunday school. She died at the age of 85 on Feb. 17, 1970, and was buried in the Lutheran Cemetery on McCants Street.

### PETRONA ROYALL MCIVER

Petrona Royall was one of five children of Robert Venning Royall and Sallie DuPre Royall. She was born on



Aug. 27, 1883, in McClellanville. The family later moved to Mount Pleasant, where she attended Mount Pleasant Academy. She graduated from Memminger Normal School in Charleston, a school that taught young women to be teachers. After graduation she taught for two years at Mount Pleasant Academy.

She married William Whilden McIver in 1906. Early in their marriage, the couple lived in Sumter but returned to Mount Pleasant and made their home in the historic "Hibben House." The oldest house in Mount Pleasant, it was once owned by her great-great-grandfather, James

Hibben. The couple had two daughters, Julia and Sarah (Mrs. M. John Townsend Jr.).

Her life was steeped in history, and her works include church records and genealogy. Her book, "History of Mount Pleasant," was published in 1960 at the request of Mayor Francis Coleman to record the town's history. Ten years later, Mayor G. Magrath Darby asked that it be included in the celebration of South Carolina's tercentennial. "Miss Petie," as she was affectionately known, complied with a rewrite and update. She was in her 80s at the time. She died on Christmas day in 1973 at the age of 90 and is buried in Christ Church Cemetery.

# JOHN CHARLES "J.C." LONG

In 1931, at the age of 28, J.C. Long was one of the youngest men to be elected to the South Carolina Senate.



Born in Pensacola, Florida, in 1903, he moved with his family to Mount Pleasant when he was 15. After graduating from the High School of Charleston, he studied law at the University of South Carolina, where he was captain of the football team and also played baseball and basketball. He was admitted to the state bar in 1925 and joined the firm of Logan and Grace in Charleston - the same Grace that the old Cooper River Bridge was named after. He later had his own law practice and was one of the leading personal injury lawyers in his day. It was said he could turn a whole courtroom into tears, including the presiding judge. In

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1933, he was elected to a second senatorial term and was on a number of committees. He lost a third bid for office in 1934. During this time, he was active in the Charleston political arena and helped establish the first free library, as well as a hospital for black residents.

During the 1930s, thanks to programs made possible by the Works Progress Administration, Long entered into the real estate development industry with his brother Leonard. When he purchased the Isle of Palms and established the Beach Company in 1945, he resurrected the former island resort by building simple cinder block homes -"affordable to all." In 1933, Long married Alberta Sottile, whose family controlled the amusement industry in Charleston through its many movie theaters. The couple had two daughters, Joyce, who married Dr. Charles Darby Jr., and Mary Ellen, who married Charles Way Jr. J. C. built an 11,000-square-foot mansion on 400 acres of Seaside Farms in 1950, which was outside the Mount Pleasant town limits at the time. The home, designed by Augustine F. Constantine, was made of 65,000 English bricks. In addition to a nursery for oak trees, both Hereford and Guernsey cattle were raised on 150 acres. During the summer, the Longs hosted camps for local

children. Many family members still live on the old estate.

Long was active in a long list of local organizations and was a special circuit judge and president of the Charleston County Bar Association. He obtained a number of patents including the Long baseball scoreboard.

Long died in 1984, having been confined to a wheelchair for the last years of his life due to a back injury. Although a member of the Unitarian Church, he is buried in St. Lawrence Cemetery in Charleston.

### **GORDON MAGRATH DARBY JR.**

Newcomers to Mount Pleasant might not realize that the street that runs between Highway 17 and Coleman Boulevard was named for a former mayor of Mount Pleasant, G. Magrath Darby. He rarely used his first name, Gordon, and his middle name is usually pronounced "McGraw," but, to his friends, he was "Groggy." He served as mayor for 16 years, from 1960 to 1976. Only one other mayor served as long – Robert Venning Royall.

The Census of 1900 gives a bit of interesting family history. His great-grandfather was William K. Darby, born in 1846, who lived with eight other family members on Rutledge Avenue in Charleston. The household consisted





of his son, Gordon M., born in 1875, and his grandson, Gordon Jr., born in 1899. Darby was born in 1929 and listed as "Gordon W. Darby III" on the 1930 Census when the family was living on Bennett Street in Mount Pleasant. His father's occupation was listed as proprietor – auto repair shop. At some point, he became "Jr.," and he followed his father into working at the Mount Pleasant Boatyard, located on Shem Creek. As a young man on the creek, Darby built and repaired wooden rowboats and formulated his lifelong love of all things nautical. He attended Moultrie High School and Clemson University and raised his family on Mary Street in the Old Village.

During his tenure as mayor, Darby witnessed Mount Pleasant grow in size and population due in part to the opening of the second Cooper River Bridge in 1967 and the annexation of new subdivisions, including more than 800 acres from Snee Farm. The population in 1960 was a little over 5,000; 20 years later, the population was more than 14,000. When he assumed office...

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### Patricia Helzer

Lives in: Charleston, South Carolina.

From: Charleston, South Carolina.

**Education:** Acting assistant manager for Charlotte Russe, store 262.

Favorite reading: I enjoy reading! Some of my most recent favorite books are Gone Girl, the Divergent series and The Hunger Games. I'm fascinated with these

utopian societies and how they affect humanity.

Favorite music: I love all kinds of music! I love indie bands like Vampire Weekend, Band of Horses and Robyn. However, when I'm in the gym, you can find me listening to Drake, Katy Perry and Iggy.

**Activities:** I work a lot. When I get the chance, you can find me in the gym or at the beach. Charleston has great local food. I love trying new restaurants whenever I can.

Interests: Fashion. I love watching fashion shows online, researching new trends and encouraging all women to express their inner beauty through clothes.

Likes: Starbucks, chocolate chip cookies, hummus, cute puppies and a nice pair of skinny jeans.

Favorite quote or philosophy: "You may be pretty; you may be talented; but nobody will remember you if you are mean." - Katie Holmes.



### **Drew Baklik**

Lives in: Daniel Island, South Carolina.

From: Derby, Connecticut.

Education: Undergrad at University of

Connecticut · majored in English • graduate

school at Southern Connecticut · masters in British Literature.

Employment: Bartender at The Islander on Daniel Island.

Favorite reading: The Tender Bar by J.R. Moehringer.

Favorite music: Country music, specifically Luke Bryan.

Activities: Writing, swimming, being the lesser half of a pet therapy

team with my dog Pebbles.

Interests: Football, food, fitness, mixology.

Favorite quote: "Every saint has a past; every sinner has a future."

- Oscar Wilde



# Becca Barndollar

Lives in: Mount Pleasant, South Carolina.

From: Owensville, Missouri.

Education: Bachelor of arts in Biology from

Truman State University.

**Employment:** Husbandry intern at the South Carolina Aquarium. I help take care of the lobsters, lion fish and schooling fish exhibits. Three days a week, I get to feed the sharks in the Great Ocean Tank. I love my job!

Favorite reading: Graphic novels like Watchman and Neil Gaiman's

Favorite music: Classic rock like Queen and Rush.

Activities: Walking my dog, Copper, on the Isle of Palms beach,

volunteering at the Magnolia Plantation and Gardens in the zoo, scuba

diving.

Interests: Collecting insects, marine biology.

Favorite quote: "Just keep swimming."



# Austin Lane

Lives in: Charleston, South Carolina.

From: Greensboro, North Carolina.

Education: BA in Experimental Psychology from USC.

Employment: Firefighter.

Favorite reading: Old Man and the Sea.

Favorite music: Eric Clapton.

Activities: Sailing, racing and loving Charleston, South Carolina.

Interests: History, salty life on the sea.

Favorite quote: "Always do sober what you say you will do drunk.

That'll teach you to keep your mouth shut." Ernest Hemingway.

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