

MOUNT PLEASANT

SEPTEMBER/OCTOBER
2014

DANIEL ISLAND

SHILLY N'S ISLAND

MAGAZINE

A Quarter Century Later
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Remembers Hugo

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CONTENTS



Publisher's Note..... 9

Our Contributors 11

From the Managing Editor ... 13

Notes From Friends 14

Web Extras 16

The Best of Mount Pleasant –
2015..... 47

Features



Surviving Hurricane Hugo 18

Through Their Eyes: Dealing with a Monster Named Hugo 25

Kindness, Spirit, Strength and the Dragon Boat Festival 34

The Camaraderie of Hunting..... 39

Influential Icons – Part II..... 50

Fearless and Ferocious – Clemson vs. USC..... 52

Custom Collars..... 58

Are Y'all Ready for Some (Wando) Football?..... 61

They're Getting Fresh With Us – and We Like It..... 66

Save the Girls – and the Guys..... 81

It Takes a Village 86

A Community of Design Knowledge 89

Kitchens and Baths: Strock Enterprises..... 90

Kitchens and Baths: Rock Creek Craftsmen 93

Concrete Evidence 106

Surrounded in Sound 114

A Week on Daniel Island 129

50 Years and Counting – The Moultrie News..... 137

50 Years and Counting – Trident Technical College 141

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CONTENTS

Departments

GOING OUT

The Pumpkin Patch:
 A Lowcountry Tradition 31

FEELING GOOD

The Perfect Fit..... 32
 Personal and Preventive Care 127
 Toe-tal Foot Care..... 135

IN GOOD TASTE

Lowcountry Recipes 73
 Momma Knows Best 77
 Satisfying Your Appetite..... 79

THE MOST EXPENSIVE HOMES

South Mount Pleasant 97
 North Mount Pleasant..... 98
 Seaside Farms..... 105

DWELLING

High Performance Homes 101
 Rising Tides 121
 It's Like One Big Family 123
 Masterpiece Living..... 125

ASK THE EXPERTS

A Long-term Plan 119

FACETIME

Melly Blankin, Yvonne Chadwick,
 Aaron Emerson, Hank Miller 144



ABOUT THE COVER

The cover image is from an original painting by Mount Pleasant born and Wando graduate Dana Coleman. It depicts the mascots of the two largest South Carolina schools, and its biggest sports rivals, Clemson

University and the University of South Carolina. See page 139 to order a Limited Edition print!
 View more of Dana's artwork at www.DanaColeman.net.

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Chasing Hurricane Andrew

HURRICANES ARE PART OF LIFE FOR ANYONE WHO lives on the East Coast. I've documented Hugo (see page 18); Bob, which made landfall in Rhode Island on Aug. 19, 1991; George, who struck Key West on Sept. 25, 1998; and Andrew. In addition to documenting hurricanes in years past, the state of Florida hired our company to publish programs for its hurricane conferences because we documented Hurricane Andrew, which slammed into Florida early in the morning of Aug. 24, 1992. This is my story.

Only three years after Hugo caused major destruction in South Carolina, on the night of Aug. 23, 1992, the airports in Miami and Fort Lauderdale had already shut down, and I was on the last flight into West Palm Beach. Was I crazy?

Before I left Charleston, I called a friend from my college days in Gainesville, Florida, to secure a private aircraft the day after Andrew was projected to strike. I wanted to make sure I would be able to capture aerial photos of Andrew's destruction. After landing in West Palm, I made my way south to Lantana, where my brother Matt was living at the time.

I vividly remember watching Bryan Norcross on Miami's NBC affiliate. By early morning Aug. 24, Hurricane Andrew had chased Norcross into a closet inside the station. He was describing to anyone who still had power about the destruction being caused by Andrew. Some people were able to reach Norcross in his little closet and tell him about their experiences dealing with Andrew. Now a hurricane specialist with The Weather Channel, he soon became known as the voice of Hurricane Andrew.

The wind was roaring and the driving rain was pelting the windows and pounding the roof of my brother's house, but I could hardly wait to get out there and drive south. Occasionally I would pull myself away from the television and wake up Matt. "Get ready, man. We're going to have to leave as soon as Andrew's winds subside," I told him, and he thought I was out of my mind. Here it was 4 a.m. and his brother's adrenaline was rushing and he was talking some crazy nonsense.

Having lived through Hugo, I knew what was ahead.

At first light, I got Matt up and out. We were considerably north of landfall, but the rain was still driving hard, and visibility was limited at best. As we traveled south on Interstate 95, one thing was obvious: most people in South Florida were still holed up in the safety of their homes – if they still had homes.

But I was determined to explore the damage Hurricane Andrew had caused, and my brother knew it. One of the first places we drove to was Coconut Grove. The marina had been hit badly. Boats had been tossed around the docks like pickup sticks. I was snapping pictures of everything in sight. The luxury condos that surrounded the marina looked like someone had tossed hand grenades through the windows. Debris was everywhere. At this point, everyone was on their own because the National Guard would not show up for some time.

The destruction Andrew caused reminded me of the aftermath of Hurricane Hugo here in the Lowcountry.

If you'd like to follow my adventure of documenting Hurricane Andrew, which includes photos, join us at www.MountPleasantMagazine.com/Andrew. If you would like to secure a digital version of our Hurricane Hugo publication, visit www.HugoMagazine.com. 📷

Until next issue,



— BILL MACCHIO

Publisher

MOUNT PLEASANT

MAGAZINE

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Publisher/Editor

BILL MACCHIO
Publisher@MountPleasantMagazine.com

Managing Editors

DENISE K. JAMES
BRIAN SHERMAN
Editor@MountPleasantMagazine.com

Art Director

DANA COLEMAN

Webmaster

GEORGE CONKLIN

Contributing Editor

STACY E. DOMINGO

Contributing Writers

STACY E. DOMINGO • BILL FARLEY
PAM GABRIEL • TAYLOR GRIFFITH
CULLEN MURRAY-KEMP • SARAH M. LYNCH
BARBARA M. PATRICK • JULIE SPRANKLES
JOE RHYNE • NATALIE VEREEN-DAVIS
BROOKE WHITE

Contributing Photographers

JENN CADY • BRANDON CLARK
WILLIAM QUARLES • JULIE SPRANKLES
BRIAN SHERMAN • JAMES STEFIUK

Design Associate

KIM HALL

Internet Marketing

SHERMAN PAGGI

Editorial Assistants

RACHAEL MCCULLOUGH
LILLIAN MILLER • BOWEN POWELL

Media Consultants

JENNIFER BURKE
Jennifer@mediaservices1.com
BRANDON CLARK
Brandon@MountPleasantMagazine.com
CULLEN MURRAY-KEMP
Cullen@MountPleasantMagazine.com

Administration & Bookkeeping

KIM HELLMAN • LEA LEWIS

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Our Contributors



Sarah Lynch is a Kentucky girl who moved to Mount Pleasant nearly four years ago when her Bluegrass heart fell in Lowcountry love at first sight. A graduate of Eastern Kentucky University, she began a career in the newspaper world of journalism and recently transitioned into marketing and advertising. Her passion for the written word is now expressed as a freelance writer specializing in feature stories and columns.

Rachael McCullough is an English and Business double major at Trinity University. With career aspirations in the publishing industry and a love of reading and writing since childhood, she gladly accepted an internship at Mount Pleasant Magazine for the summer. Having called Mount Pleasant home for the past six years, her love of the Lowcountry continues to grow as she applies her enthusiasm for the area to Mount Pleasant Magazine.



Bowen “Bo” Powell recently relocated from Dayton, Ohio, and is looking forward to attending the College of Charleston this fall as a Marketing major. He has a passion for art, culture and history and a deep thirst for knowledge and communication, especially in the area of social media. A drummer who plays several other instruments, he co-produced and co-recorded an EP, “Broken Hands,” with his band Heliacs. In his free time, Powell enjoys listening to and creating music and reading.

A writer, editor, marketer and publicist, **Brooke White** helps small business owners, entrepreneurs and executives bring their core messaging to the forefront of their printed and electronic materials. A graduate of the University of Colorado at Boulder, with a bachelor’s in English, she specializes in book and magazine editing, website content creation and organization, newsletters, blog posts, press releases and proofreading. 📖



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From the Managing Editor

I SPENT THE EARLIEST YEARS OF MY LIFE IN A BASEBALL NEIGHBORHOOD.

While other kids shot hoops and tossed a football around once the long, lazy days of summer were over and we returned to school, the Gutman brothers, Cootie Bug Markow and I insisted that there was only one game in town. The way I remember it, we were in the driveway between the even side of Williams Avenue and the odd side of Forrest Avenue in far north Philadelphia 365 days a year, throwing around a beat up baseball and racing around a makeshift diamond, all the while pretending we were people named Gene Freese, Joe Koppe and Harry Anderson.

If you never heard of those guys, you're not alone. The South is college football country, and that's what our cover, featuring original art by Dana Coleman, is all about. Have you ever wondered who's inside those mascot costumes at the University of South Carolina and Clemson University? Check out the article on page 52. Some of your questions will be answered while others will remain a mystery.

Also in this issue, we'll give you a look at Wando High School football and a local resident who makes collars for Boo and The General, names more recognizable to you, I'm sure, than the aforementioned Phillies – they're the Citadel mascots.

There's much more to read in this edition of Mount Pleasant Magazine, of course, from a unique look at Hurricane Hugo – 25 years later – to Dragon Boats and breast cancer prevention; restaurants with a farm-to-table philosophy; and suggestions on how to remodel your kitchen and bathroom. You'll also enjoy a look at some Sullivan's Island homes carved out of World War II bunkers. And don't forget to vote in our Best of Mount Pleasant competition.

If you get a chance, check out something called the World Series. It's scheduled to start on Oct. 22, the Wednesday before Clemson hosts Syracuse and USC visits Auburn. Who knows? You might like it. 🍷

– BRIAN SHERMAN



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Notes from Friends

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

“Mount Pleasant Magazine has made my move here so easy!”

-Betty Gale • July 9

“Nice tribute to Norman Lorusso in your July issue, Bill Macchio.”

-Gail Bosworth • July 1

“I was so blessed by Anthony’s story as I read between the tears. I am so happy that Anthony was able to meet his inspiration, Shepard Fairey. Thank you so much for sharing. God bless you, Anthony, Shepard Fairey and your families.”

-Deborah Goins • June 21

“Thank you Pamela Gabriel for such an interesting article about the Icons of Mount Pleasant. I am new to living here after living most of the last 20 years in Phoenix. The history is fascinating. As an artist, I sketched and painted all over the West, and now I am learning where to sketch here. I am so appreciative of the historic signs when I run across them. I am thrilled to get the little extra details you added, like I’On being roommate to John C. Calhoun at Yale. I need a good excuse to illustrate this wonderful past, so if you ever write a book, maybe we could collaborate.”

-Claudia Hartley • July 24

“One of my favs, and it’s free.”

-Sherry Davis Sprott • June 29

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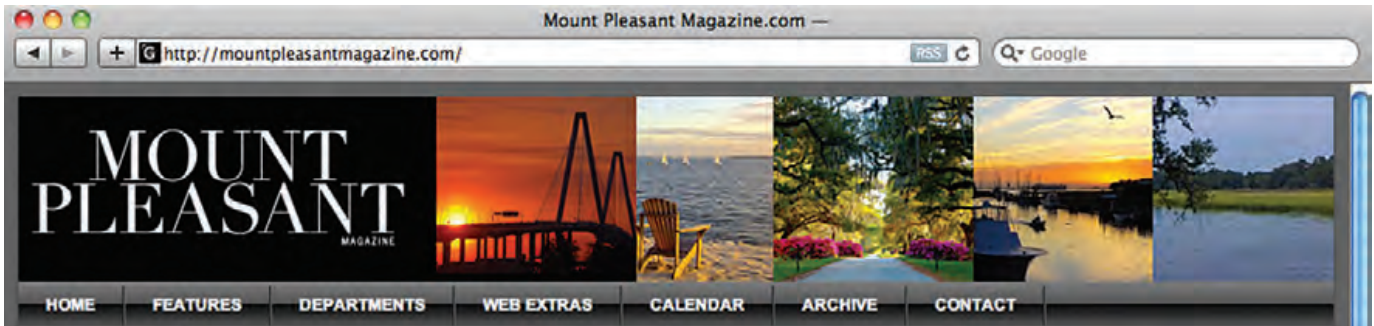
Photo by Jenn Cady.

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

It's that time of year again! **The Best of Mount Pleasant 2015 Ballot** is ready for voting, so don't forget to support your favorite local businesses before the Nov. 10 deadline at bestofmountpleasant.com/vote. You can also use the hard copy ballot on page 47 of this issue.

After enjoying our Hurricane Hugo feature on page 18, survivors as well as newer residents can purchase the **exclusive Hugo Magazine** for even more articles and pictures of this destructive and unforgettable storm that changed our local history. Find it at hugomagazine.com.



And football fans, be sure to check out page 139 to purchase a limited edition version of the front cover of this issue. 🏈



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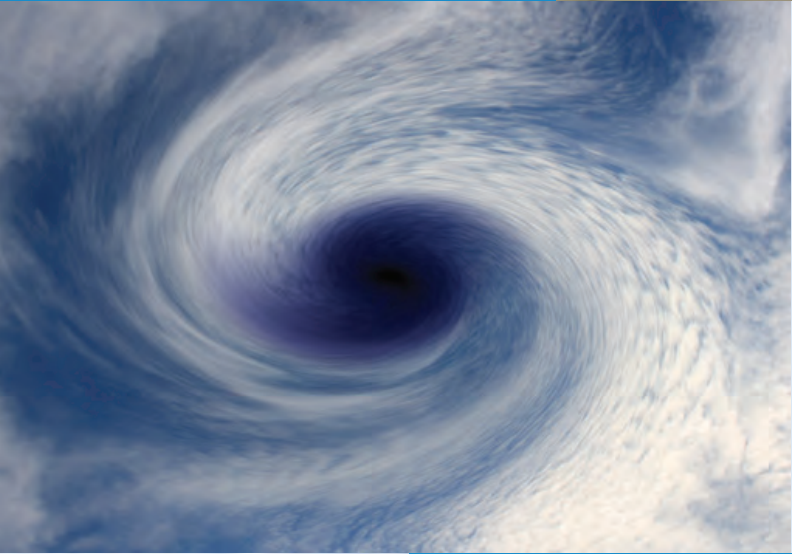
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ESCAPING DESTRUCTION

Surviving

Hurricane Hugo

*Story by Bill Macchio.
Photography by Jim Curd,
Norman Lorusso and Bill Macchio.*

Below, left to right: Crews try to figure out how to return the Ben Sawyer Bridge to its normal position; this employee of Detyen's Shipyard survived Hugo but died in an automobile accident a month later; Greater Zion AME Church on Highway 17 in Awendaw was damaged.

Satellite photo courtesy of NASA.gov



It's been a quarter of a century since Hurricane Hugo pounded the Carolina coast, destroying everything unlucky enough to be in its path and forever etching memories good and bad in the minds of those who experienced its wrath and aftermath. Virtually everyone who was in the Lowcountry at the time and even some who weren't can recall where they were and what they were doing before, during and after Hugo swept ashore, packing a combination of wind, rain and high water rarely seen before and never seen since along the normally tranquil South Carolina shoreline.

Bill Macchio, publisher of Mount Pleasant Magazine and its predecessor, East Cooper Magazine, remembers well Hugo's untimely visit to the Lowcountry.

I'VE HAD A LOT OF FUN AND EXCITING adventures in my life, and chasing hurricanes tops the list. I've been in hot pursuit of Hurricane Andrew just after it ravished South Florida, I've followed Hurricane Bob as it wreaked havoc on Cape Cod and I felt and witnessed the high winds of Hurricane George as it tore up Duval Street and other areas of Key West.

But my fascination with violent storms started right here in the Lowcountry, when Hurricane Hugo roared ashore in September 1989.

Hurricanes are like no other storms. Born off the west coast of Africa, they drift out to sea and gain velocity and strength. They become tropical depressions, earning an official name and even developing a personality of sorts. The names of especially destructive storms are not reused. Hugo, a moniker forever embedded in my mind, has long been retired.

As Hugo flexed its muscles and charged toward the Carolina coast, I was oblivious to this impending threat and the chaos that surrounded me. I couldn't be concerned about the weather because I had to get *East Cooper Magazine* to the printer. Relying on 1989 technology – no Internet, emails or high-tech publishing tools – we securely packaged the magazine's pasteup boards and, on Tuesday, Sept. 19, prepared to put them on an airplane. My wife, Kim, who was four months pregnant, knew she couldn't get my attention while I was on deadline. I was at the office preparing the magazine for the next flight out of Charleston, and, knowing Hugo was on its way, Kim gave me a call.

"Did you know they are canceling flights out of Charleston because Hugo is approaching?" she asked. With a sense of alarm in her voice, she added, "If you don't get the magazine to Columbia by tomorrow morning, it won't get to the printer on time."



This sign showed how high the tide was at various places throughout the Lowcountry.



Kim knew there was only one thing on my mind: getting my magazine to the printer. Neither of us knew that tens of thousands of people would be caught up in gridlock trying to flee the hurricane and that Hugo's winds were going to smash into Sullivan's Island and make landfall around midnight on Sept. 21, with maximum sustained winds of 140 mph.

Kim and I left for Columbia late that night. I remember commenting that it was 1 a.m. and that the traffic was chugging along as if it were 1 p.m. We got to Columbia in about two hours, faring much better than those who tried to make the trip in the days that followed. For many of them, the 120-mile journey took nine hours or longer.

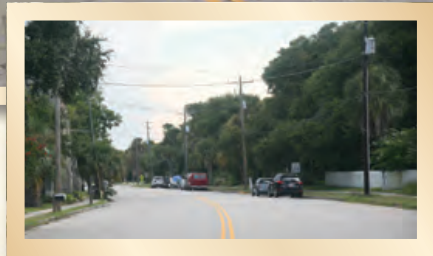
The next morning, I was able to get *East Cooper Magazine* on one of the last flights out of Columbia, safely away from the devastation Hugo was about to bring. Now I could focus on what everyone else seemed to be concerned about – the whereabouts of this monster storm. Also on my radar were Kim's pregnancy and the safety of our other two boys, Drew and Ryan.

Hugo was a few hundred miles off shore and picking up speed and wind velocity, and the world anxiously awaited the next report from the hurricane hunters, brave or possibly crazy pilots who flew toward rather than away from Hugo to gather storm data. We still were unaware that at the time, Hugo would be the strongest storm ever to hit the East Coast of the United States.

There was a lot of speculation about the intensity of Hugo, where it would come ashore and when. Drew, my oldest son, had talked to

his mother in Charlotte, and she offered us the safety of her house. As we headed to North Carolina, we continued to track Hugo, which was threatening everything and everyone in its path. We were like thousands of other refugees of this monster storm, anxious to hear any news about where

the historic homes on the Battery had been destroyed. Another said Sullivan's Island was totally washed away. We didn't know what to believe and what to pass off as exaggeration. And we didn't know that Hugo would be the most costly hurricane to date, causing \$10 billion in damage.



David and Susan Poulnot noticed a national guardsman riding a pink bicycle that looked familiar. As it turned out, the bike was theirs, and the guardsman returned it to them.

Hugo had been and how much damage it had caused. As worried as we were, at least we were together.

DOCUMENTING HURRICANE HUGO'S PATH OF DESTRUCTION

We had been chased from our home by this hurricane named Hugo, a massive and destructive storm, according to reports from the national news outlets. One account said all

We decided to head back home, and, as we drove into Charleston, the Holy City looked like a war zone, a scene out of a science fiction movie. Hugo's strong winds had turned Charleston's vast number of pine trees into fields of toothpicks. Even worse, Hugo spawned the highest tides ever recorded on the East Coast. Boats were scattered along Lockwood Boulevard and other roadways and piled up against homes. Hugo had emptied



The wreck of the Richard & Charlene, which the storm had washed over the dock on Shem Creek.



the Wild Dunes Marina, dumping boats onto the banks of Goat Island. Cars, looking more like Hot Wheels than reliable forms of transportation, hung unsteadily on the limbs of trees.

After living in this storm-torn city for a few days, I started to clear my head. I desperately wanted to keep my team employed and the doors of my marketing and publishing company open, but I really didn't know how to accomplish this goal. Like most of Charleston and Mount Pleasant, our neighborhood was without water and electricity. We were lucky the office had lights and running water because



Above: The upper floor of the Wear family home, close to Station 31 off l'on Avenue on Sullivan's Island, landed in the yard. Inset: A photo of the same property in 2014.

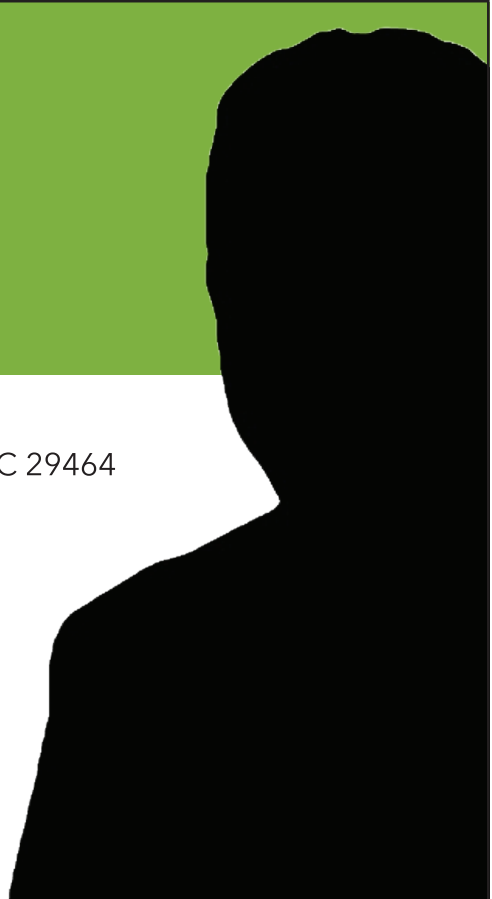
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The damage was obvious near Magwood's Seafood Company and Wando Seafood.

it was close to East Cooper Hospital, and a continual flow of staff, friends and neighbors dropped by the office. We started talking about where we were and what we saw during Hugo. Listening to these stories of heroes helping their neighbors and friends, I decided to publish a magazine documenting this monster storm through the words and pictures of those who survived its wrath.

Storm Of The Century – Hurricane Hugo was a smashing success. We sold thousands of copies, and we knew many of the people who purchased this documentary would pass it down

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from generation to generation. For everyone involved with publishing Storm Of the Century, there was a sense of relief when the job was done. It was as if the words and pictures documenting the destruction of Hugo lifted a weight off our shoulders. And I had found a way to keep my team gainfully employed and my publishing company open. 📖

To access all the stories and photos that documented Hurricane Hugo, visit www.HugoMagazine.com. There is a cost of \$2.99 to read the magazine on any device.



A view toward the ocean from the top of the gun emplacement in the Wear's bunker home.



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THROUGH THEIR Eyes

*How Local Residents
Saw and Dealt With
the Wrath of Hugo*

“**W**E HAD A HURRICANE tracking map on the office wall, and we didn't use it for show. We had been pinpointing it (Hugo), and followed it closely on the news. But on Wednesday (Sept. 20) we got the word from the Emergency Preparedness officials to evacuate the island. My immediate thoughts were of long traffic lines, the people who had been here for so many years and would be forced to evacuate and those folks who couldn't leave. I knew we would have problems. We then went through the streets and used the loudspeakers to say: Mandatory evacuation; leave immediately. I must have said that a million times. There were several senior citizens I knew that could not get off the island by themselves, so I went and helped them move to the Moultrie Middle School shelter. I was really concerned about getting them to safety.”

“Late Friday afternoon, I went to look at my apartment. I was actually scared to open the door. My hand was shaking, and I couldn't get my key in the door. I had to force the door to get it open. Then I saw it. I was dumbstruck. I saw everything turned over – mud everywhere. It was a hollow feeling to see all your possessions ruined. ... All of the rooms were trashed. I had a footlocker with photos of the kids and my paperwork in it. I walked over to it and hesitated before opening. After I lifted the top and saw it was full of water, I began to cry. I literally bawled like a baby. It was bad enough to have lost my furniture, but to have lost those photos nearly killed me. I immediately left and couldn't go back in there. I was glad to have my work to get my mind off what I had lost.”



Hugo destroyed trees, homes and anything else in its path.

“We made it Evangeline. The worst is over.” These were the words that Thomas Williams spoke to his wife as he looked out the back door of his McClellanville home during the calm of Hugo's eye. The view before him was pretty bad but it wasn't devastating. For the most part, his house and the houses of his friends and relatives on DuPre Road were in good shape. There was no way for Williams to know that in less than 30 minutes, he, his wife and their four children, and, indeed, most of the residents of McClellanville, would be living the worst nightmare of their lives. The deadly wall of water that was hurtling toward this little picturesque fishing village was still 15 miles away on the back side of the eye.

“I knew we were trapped inside the house so I told everyone to head for the kitchen because that was where the access door to the attic was. By then it was too late. The kitchen had about three feet of water in it and the appliances and counters were either toppled over or floating around. There was no way we could climb over all those things and get to the door. Besides, I couldn’t even find the ladder that was in the kitchen. I rushed everyone into the kids’ bedroom because there was a huge dresser in that room we could all stand on. That was when I decided to bust a hole in the ceiling to get into the attic. The ceiling in that room was sheet-rock over plaster, and I had a devil of a time busting through. I pounded and pounded, and, just as I put a hole in the ceiling, the water lifted that dresser up like it was a cork. We were all tossed into the water, which was about three feet high at the time. We fished everyone out, and they seemed to be OK, but at that point I didn’t know what to do. We had nothing to stand on and the water was rising fast.”

We were on the river nearly an hour and had just passed Goat Island. It looked as though a water-going street sweeper had passed by, throwing docks and chairs, boats and chimneys, toilet bowls and bookcases, upon the shore. For a mile the land was littered with household furnishings and debris, while in the background an occasional desolate and gutted dwelling raised its broken body.

Trees were uprooted. The neighbor’s tall pine had crashed down on the fence. No more grape arbor. We entered the house over the broken deck and through the sliding glass door that slipped off its track. The fallen chimney was only a minor obstruction. Inside, a giant named Hugo had vented his wrath, tumbling furniture into muddy heaps of junk. A 4-foot wave of water had drowned the lovebirds in their cage, corroded tools and electrical appliances, destroyed cloth and clothing. Utter chaos! I was silent – feeling shock, numbness, disbelief. I was beyond fear or worry. I waited for the firing squad to send the final bullet into my brain.

continued on page 28

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The Wreck is a low-key, bare-bones place that sits on a big dock looking out over Shem Creek. It specializes in big, freshly made portions of local seafood, and the menu is simple: various combinations of grilled or fried fish, shrimp and scallops, along with fried oysters, deviled crab and stone crab claws, too."

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The strange calm of the hurricane's eye lasted about 30 to 40 minutes. "The wind slowed and it got quieter," Pulliam said. "All you could hear was water under the house. During the eye, we had some contemplative time. We realized we'd both lost our cars (which were floating out front) but that didn't bother us. We thought we were lucky to be alive. The two also believed the worst was over. "I thought, well, the house made it through the first part of the storm, and the second part can't be as bad."

Pulliam doesn't recall how long they lay face down on the roof of the one-story house a block away. Maybe an hour, he said. At approximately 3 a.m. "you could start to barely see again, and then the water went out as fast as it went in." As dawn broke at the still-standing Pulliam house, Michael recalled the scene of destruction. "There was a piano and furniture in the front yard which I thought at first was ours but weren't. There were appliances on the beach. It was like there was no



Many homes in the Lowcountry suffered severe roof damage during Hugo's trip through the area.

civilization and you were alone. It was hard to imagine the peninsula was still there and functioning." 🏠

To access all the stories and photos that documented Hurricane Hugo, visit [www. HugoMagazine.com](http://www.HugoMagazine.com).

Automotive Excellence

by Johnny Page



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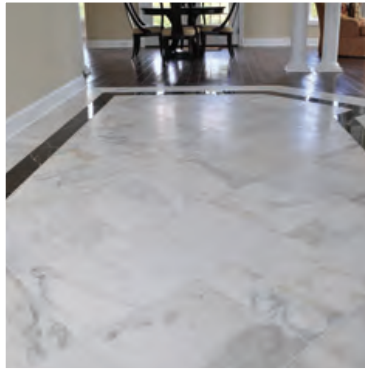
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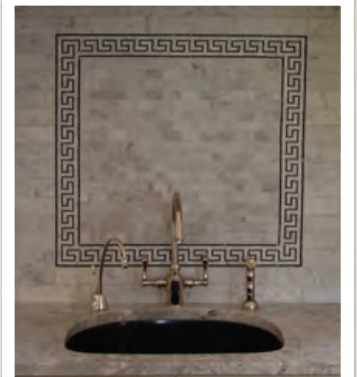
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The Pumpkin Patch

A Lowcountry Tradition

THE BOONE Hall Pumpkin Patch started small but is now the Lowcountry's largest fall festival and an annual tradition for many area families.

The Pumpkin Patch, which will mark its 18th year this fall, also offers a wide variety of attractions and events for the whole family.

The centerpiece of the annual event is an eight-acre corn maze that is among the largest in the Southeastern United States. This year the maze will feature a unique design presented by the two Mount Pleasant Chick-fil-A locations.

"Chick-fil-A has always been a company that focuses on serving families and communities," said John Wrenn, operator of the North Mount Pleasant store. Josh Malone, operator of the central Mount Pleasant location, added, "And the Boone Hall Pumpkin Patch is a great event that shares those same values. It's a good fit."

This is the tenth year a corn maze has been a part of the fall festival. It will be designed by The Maize, Inc., of Spanish Fork, Utah, which cuts more than 250 corn mazes worldwide each year. The cornfield used for the maze was planted at the end of July; its growth and development have been managed by the Boone Hall Farms staff.

One reason the Boone Hall Pumpkin Patch draws visitors of all ages from throughout South Carolina is that it is more than just



Photo courtesy of Boone Hall Plantation.

Heading into its 18th year, the Pumpkin Patch offers a wide variety of attractions and events for the whole family.



Photo courtesy of Boone Hall Plantation.

a pumpkin patch. For instance, a brand new jump pillow, the largest in the state, will provide plenty of fun for kids and adults alike. Everybody can board the family friendly Monster Hayride, which will feature new scenes this year as the ride winds through the spooky woods of Boone Hall. The Giant Slide Tower is three stories tall and features slides on two different levels. Other attractions include The Hay Mountain, two rock climbing walls, a tire climb and sand pit play area, King of the Mountain, a giant rope spider web, a goat walk and rabbit enclosure and more. All of this is included with the price of admission.

And, of course, there will be plenty of pumpkins available – to be purchased by the pound.

The Boone Hall Pumpkin Patch and Chick-fil-A Corn Maze will be open every day from Oct. 1 through Oct. 31, from 9 a.m. to 6 p.m. Monday through Saturday and 11 a.m. to 6 p.m. Sunday. Admission is \$10 for everyone 3 and older, except during the Two For Tuesday special. Children 2 and younger can join the fun for free as long as they are with a paid adult. On Tuesdays, one adult will be admitted free with each paid child. 🍂

The Boone Hall Pumpkin Patch and Chick-fil-A Corn Maze are located on Highway 17 in Mount Pleasant, a half mile north of Long Point Road. For more details, visit www.boonehallpumpkinpatch.com.

Perfectly Fit

The Perfect Fit For You

FOR THOSE IN THE MOUNT Pleasant area who are looking for an alternative to a large gym, Perfectly Fit may be, well, the perfect fit.

According to owner Jill Mann, her facility separates itself from other gyms in the area because of its standard of excellence, education, knowledge and passion.

“We offer an out-of-the-box approach to fitness, and we practice perfection with each and every client,” she commented, adding that this approach enables each client to be in charge of his or her own

BY NATALIE VEREEN-DAVIS

health. “Our

clients trust us. They trust our knowledge, passion and commitment. By building a relationship of trust and providing education, we give you the tools. It’s up to you to decide what you want to build.”

Perfectly Fit got its start in 2012, an effort to provide the East Cooper area with a small, private training studio. After Sarah Ellis, the original owner of Perfectly Fit, left the Charleston area, Mann took over in October 2013.

“Although Sarah no longer has an active role in Perfectly Fit, her founding vision continues to be a strong component in everything we do. She built the business from her passion for providing the best quality and most comprehensive fitness and injury prevention services in the area,” said Mann.

Mann was the natural choice to succeed Ellis; they have similar training philosophies and educational backgrounds.

“When Sarah moved, she trusted me to continue to make Perfectly Fit the best place to go for training in the Charleston area,” Mann stated.

Becoming involved with Perfectly Fit has allowed Mann to use her educational and personal experiences to provide an alternative to large, one-size-fits-all gyms. She loves the challenges that come with this type of work.

“I like coming up with a completely outside-of-the-box approach to fixing the unusual cases,” she explained. “Using my educational background, I look where others have not, digging deep and finding a new approach or philosophy on how to fix a movement or postural dysfunction. There is joy and satisfaction in helping someone through a painful or problem area that they have struggled with for years. It just doesn’t get any better than that.”

A personal trainer certified by the National Academy

of Sports Medicine, Mann earned a bachelor’s in Kinesiology and a doctorate degree in Physical Therapy at the University of Maryland. This background provides her with a unique perspective when training her clients.

“I believe strongly in proactive prevention, whether you are working out or just walking down the street. When you boil it down, I am really just a teacher. You can change lives by educating and spreading awareness on health and prevention,” she pointed out.

Each client at Perfectly Fit benefits from Mann’s philosophy, and everyone is given a personalized training program that includes an exercise regime,

nutrition consultation and overall wellness advice.

“Unlike other traditional training programs, we take into account all past and present injuries and weaknesses as well as areas of potential injury. Our initial focus is building a strong core, which is the foundation from which all strength can be built and potential injuries are avoided,” she said.

By taking this individualized approach, each client works at his or her own pace to gain strength safely – a process that has positive effects for years. 🧘

To find out how you can become perfectly fit, visit www.perfectlyfitcharleston.com, call 843-509-2577 or drop by Perfectly Fit at 1476 Ben Sawyer Blvd. in Mount Pleasant.



Jill Mann owns Perfectly Fit, and she also works out at the small, private training studio in Mount Pleasant.

Photo by Brian Sherman.




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THE CHARLESTON
DRAGON BOAT FESTIVAL

Story by Sarah Lynch.

Photography by Gary Coleman.



Dragon Boat Charleston survivors Lucy Spears and Barbara Goodyear display symbolic carnations that were given out at the Survivor Ceremony.

IT WASN'T UNTIL AFTER SHE MET A real survivor that the purpose of the Charleston Dragon Boat Festival became completely clear. "I thought it would be fun hanging out with my co-workers and competing with other amateur rowers in a few boat races," said Lisa Curwen, an employee of Pleasant Family Dentistry in Mount Pleasant and a member of Lickity Spits, its dragon boat team.

She signed up thinking that the daylong event, held May 3 at Brittlebank Park in Charleston, on the Ashley River, would bring a day in the sun and some valuable team building.

"We were sitting around our tent in between races, watching all of the creatively costumed teams parade down to the docks, when a woman came over to thank us for participating and for seeing the value of Dragon Boat Charleston," Curwen explained. "To tell you the truth, it hadn't really hit me until that moment. She was a cancer survivor. I couldn't even imagine what she had been through, and here she was smiling and shaking our hands and thanking us. It was really humbling, and I felt we all had learned a lesson of gratitude through her."

The woman who stopped by the Lickity Spits tent to put a face to the cause was dragon boat warrior and cancer survivor Barbara Goodyear of Mount Pleasant.

"We are thrilled to see everyone sharing in our excitement for this amazing sport," Goodyear told the team, "and we want you to know how much we appreciate your support. It means the world."

The mission of Dragon Boat Charleston, established in 2003, is to promote physical and mental wellness in cancer survivors in the Charleston County community. In addition to fun and exercise, paddlers get to enjoy the Lowcountry's beautiful waterways and build relationships with teammates.

Joining DBC was a game-changer for Betty Pigott of Mount Pleasant. Her mother passed away in March 2011, and her father's death followed in April. In between, she was diagnosed with breast cancer.

"In 2012, my friend, Cindy Carter, one of the founders of Dragon Boat Charleston, extended an invitation for me to join the community outreach group to learn how to dragon boat paddle," Pigott said. "I knew that the group would consist of other cancer survivors but had no idea

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The winners of the Seventh Annual Dragon Boat Festival Team Spirit Award, the Ashley Hall Paddling Panthers, get ready to race.

how life-changing that would be.”

Pigott explained that each person in a dragon boat urges others toward recovery. They all are survivors, but that is never the focus of their paddling.

“We were all paddling in the fight to regain control of our lives by being part of a team and working together,” she said. “Not a day goes by without someone on my boat inspiring me by their kindness, their spirit and their strength.”

The Eighth Annual Charleston Dragon Boat Festival is set for May 2, 2015, at Brittlebank Park. As DBC’s main fundraising event, its goal is to raise enough money to supplement the participation of all Charleston-area cancer survivors so they can be involved year-around at no cost.

Organizers reported that more than \$150,000 was raised at the Seventh Annual Charleston Dragon Boat Festival by 66 teams made up of DBC members, local residents and volunteers from area businesses and organizations. Some teams – the James Island Vi-Queens and the Dirty Oars, for example



The Charleston Dragon Boat Festival makes it possible for cancer survivors to paddle year-round for free. They also have access to fitness, social and recreational programming.



More than \$150,000 was raised at the Seventh Annual Charleston Dragon Boat Festival by 66 teams made up of DBC members, local residents and volunteers from area businesses and organizations.

– participate every year, and many teams have already begun their fundraising efforts for the 2015 festival.

“The festival continues to amaze me year after year,” said Meagan Labriola, executive director of DBC. “The tremendous effort in tent decor, costumes, practicing and fundraising is a testament to the community’s belief in cancer survivorship in our community.”

The next big celebration of cancer survivors and dragon boat paddling is set for Sept. 13 at Trophy Lakes on Johns Island. The Carolina Celebration Cup starts at 10 a.m. Admission is free and there will be food trucks, music, games and more to enjoy in addition to the races. More information is available at www.dragonboatcharleston.org.

In honor of DBC’s 10th year of promoting the mental and physical health of cancer survivors, Charleston Mayor Joe Riley has signed an official proclamation making October 2014 National Dragon Boat Charleston Month. 🐉



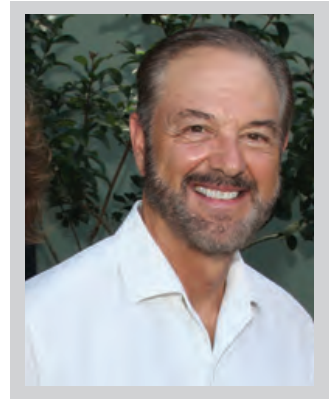
The Hat Ladies of Charleston took honors for Best Team Costume at the 7th Annual Dragon Boat Festival, proving that you can paddle in a poodle skirt.

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“It is the ultimate reward, also, to now be seeing the children and grandchildren of my first patients. For that, I am most grateful.”

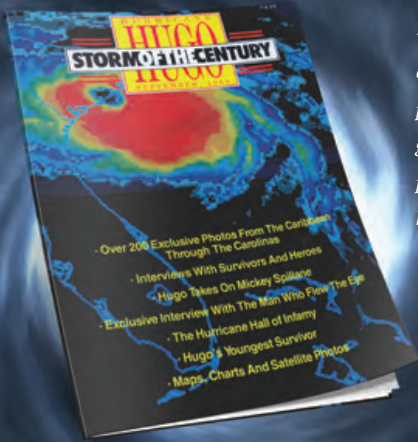
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September 21, 1989, Hurricane Hugo made landfall

Documented in our digital magazine, available at
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- Robert C. Sheets,
Director,
National Hurricane
Center, 1990



We've documented Hugo from the day it was born as a sea breeze off the coast of Africa. You'll believe it when you access this historic document containing 200 action photographs, surrounded by dozens of stories, written by the survivors and heroes of this terrifying storm. 107 lives were lost to Hugo, and reported damage was estimated to \$10 billion.

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The Camaraderie of

HUNTING

By Stacy E. Domingo.

AS A YOUNG GIRL, IT DIDN'T take but one trip with my father to realize that deer hunting season for him was like bingo for my mother. I know it is amusing, but hunting season provided a social arena for my father and brothers to bond with their many friends – and all for one singular goal. While my mother and her friends wanted to win money, the men wanted to fraternize and, of course, shoot the largest buck of the season. Even better, they could bring home food that would last for several meals.

I would tag along with my father and brothers on occasion, but I generally found the activity of hiding in a hot, mosquito-infested blind to be somewhat boring. I couldn't keep my mouth shut, which explains why I

never saw any wild animals. Talking while hunting is obviously a big negative.

While I wasn't a great hunter, I was a decent shot and a curious consumer. Who knew venison spaghetti or chili could be so tasty? I couldn't wait to go to annual turkey shoots and once even brought one home for Thanksgiving.

My father was a much better fisherman than hunter, and one of my favorite meals consisted of the king mackerel that he caught offshore and brought home to fry. It was absolutely delicious and eliminated any concern I had about hurting a fish. My father-in-law brought a broader range of wildlife to the table, including squirrels and raccoons.

So while I am not a card-carrying member of a hunting club, several residents are and were willing to share their stories. A passion for conservation and time spent with family were common threads for all. 🍗

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- Edna James, Sandpiper resident

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LAWTON HAYES ServiceMaster of Charleston • Owner

Lawton Hayes has not only lived in Mount Pleasant for nearly three decades and worked the entire tri-county area, but he has fished, explored and hunted the woods. He has hunted many types of animals locally, regionally, nationally and even internationally, but most often you can find him where he is most comfortable, on his farm in Holly Hill, South Carolina.



Photo courtesy of Lawton Hayes.

“I was 4 the first time I went dove hunting with my dad in Tennessee,” said Hayes. “I started out by fetching the dogs, and I was hooked. Dove hunting is the greatest Southern tradition.”

Hayes can often be seen with his faithful companion, a 6-year-old lab that hunts and greets the many family members, friends and business clients who visit their property.

“I love introducing people to the farm,” said Hayes. “Hunters go through stages, and right now my passion continues for the outdoors and managing the land, especially conservation. If it wasn’t for the license fees people pay every year, conservation and restocking wouldn’t be what it is.”

When asked what types of game he likes to hunt, Hayes chuckled. “It’s better to ask what I don’t hunt.”

JACK KNIGHT Allen and Webb Industrial Supply • Sales Rep



Photo courtesy of Jack Knight.

Jack Knight is everyone’s friend, and his enthusiasm is catching, as is his passion for hunting.

Originally from St. George, he has lived in Mount Pleasant for 16 years and has hunted the area for just as long.

“My favorite is hunting Virginia rails, which are commonly

known around here as marsh hens,” explained Knight. “They are a migratory bird, so the season is in the fall and winter.”

Knight has hunted in Mexico, California and Argentina and throughout South Carolina. His preferences are doves, ducks, geese, deer, rabbits and hogs.

“I eat what I hunt and it is good for you,” said Knight. “We don’t waste anything. If it’s down, it goes on the table. I grew up in the country, and on the weekends we caught what would appear on our table during the week. Hunting is what we’ve always done, and I continue to do it today.”

CAMERON MAILE Roper St. Francis Hospital • Emergency Medical Physician

Cameron Maile lives on Daniel Island, but his roots extend back to northern Indiana. He grew up hunting with his father and has since introduced his son to the incredible world of hunting.



Photo courtesy of Cameron Maile.

“From the beginning, I found the experience pleasurable,” explained Maile. “Much of the time we didn’t harvest anything but instead enjoyed being with nature. Now I do the same with my son. We try to hold out for a decent animal, like a larger buck or a good doe.”

Maile and his son, Preston, typically hunt white-tailed deer locally and back home on their farm in Indiana.

“It is a deer reserve of 160 acres with very limited access. My son and I visit a couple of times a year,” he said.

The deer population is at an all-time high and Maile, a physician, offers advice from his experience in the emergency room.

“Be vigilant on the roads as there is an increase in deer vs. car accidents, and the most common hunting injury is from people falling out of their blinds. Falling from a blind is called ‘buck fever’ because it describes an excitable hunter who forgets that they are in a tree stand. The hunter experiences a large surge of adrenaline, and, the next thing they know, they are falling, often times with gun in hand.”

KENNETH CORDRAY

Cordray's Taxidermy, Cordray Farms and Cordray's Processing • Owner



Photo courtesy of Kenneth Cordray.

Kenneth Cordray grew up watching and learning from his father processing animals and has now taken his love of all things wild to a new avenue: taxidermy.

“When I was about 4 years old, we would have deer travel through our backyard, and I couldn't get enough of them,” said Cordray. “That was when my father figured I was

ready to go hunting, and I haven't stopped since.”

While attending Clemson University, Cordray appren-

ted under a taxidermist before starting his own business in 2007.

“I would work before, between and after classes. I was always busy,” he remembered.

His specialties include deer, fox, coyote, alligator and wild hog.

“I also see a lot of ducks because of our proximity to the A.C.E. Basin,” he explained.

Cordray has advice for hunters who wish to harvest or have their animal mounted.

“Know where to cut when skinning so the mount is in great shape when you bring it in. Also, get the animal cooled quickly. Gut it within two hours and refrigerate within four hours,” he said.

Cordray truly lives, works and plays to his passion.

“I live and breathe it. I hunt year-round and am having fun introducing my two young sons to hunting deer, turkey and ducks as well. I feel people hunt for the peace and quietness. It's a great way to spend time with family and to be outside. Without hunters, there would be no conservation; a lot of people don't realize that.”

CHARLIE STAPLES

**Trident Emergency Physicians
• Emergency Room Physician**

Charlie Staples has spent a lifetime hunting. He began in the woods of Columbus, Georgia, but in the past decade he has hunted near Huger and Olar, South Carolina.

“Hunting helps me get away from the stress of normal life and enjoy nature,” Staples explained. “It allows bonding time with my son, daughter and friends as well as putting food on the table.”

Staples hunts all things local, including deer, doves, ducks, wild hogs and alligators.

“Alligator hunting is the most adrenaline pumping. You are one-on-one, up-close and personal. It is probably the riskiest hunting you



Photo courtesy of Charlie Staples.



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Camaraderie of Hunting

can do in the Lowcountry. It makes you appreciate the raw bestiality of your prey,” he pointed out.

Hunting year-round allows Staples to get his boots dirty and help maintain the balance of nature.

“Wild hogs have wreaked havoc across the country and locally. Our indigenous wildlife has suffered as they are a pest. They are a detriment and difficult to control, but, on the flip side, they provide good food,” Staples commented.

MIKE LEONARDI

Palmetto Pediatrics • Pediatrician

Mike Leonardi, originally from Greenville, is a regular among the wildlife south of Charleston during deer and turkey season.

He also travels several times a year to international locations, with his favorite being South Africa.

“There are nine species of spiral horn antelope, and it is my goal to tag all of them,” said Leonardi. “Hunting feels like the most natural thing in the world. There are good conservation reasons to hunt, but I hunt because it was born into my heart.”

Like many others, Leonardi makes hunting a family af-



Photo courtesy of Mike Leonardi.

fair, often taking his daughters, ages 12 and 14, with him.

“They enjoy it and seemingly appreciate their time with dad,” he remarked.

In the Leonardi family, venison is the food of choice. “I love deer on the grill, but the kids love it in tacos,” he said.

As a pediatrician, Leonardi understands the nutritional benefits of hunting.

“Wild game is on our table two to three times a week. The meat is very lean and without the worry of added antibiotics or steroids. It is a natural way to eat free range,” he commented. 🍖

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Rules for participating in the Best of Mount Pleasant 2015

No purchase is necessary. Each voter may vote only once. Each voter must include a name, email address and physical address. Your information will be automatically entered into our drawings for exciting prizes such as dinners at Mount Pleasant restaurants. The only ballots accepted for the Best of Mount Pleasant are official online voting at www.bestofmountpleasant.com or ballots or copies of ballots obtained from the September/October 2014 edition of Mount Pleasant magazine. Each voter must include a total of 15 answers in order for his or her vote to be qualified. Voting will begin at midnight, Sept. 2, 2014, and end at midnight, Nov. 10, 2014. Responses must be limited to Mount Pleasant, Awendaw, Daniel Island, Sullivan's Island, the

Isle of Palms and other areas of East Cooper. If your vote in a category does not pertain to that category, the vote will be disqualified. The results will be published in the January/February 2015 edition of Mount Pleasant Magazine as well as publicized on the Web.

Best of Mount Pleasant Categories

FOOD & DRINK

- Best steak _____
- Best burger _____
- Best fried chicken _____
- Best ribs _____
- Best seafood _____
- Best breakfast _____
- Best brunch _____
- Best barbecue _____
- Best Asian _____
- Best Italian _____
- Best Mexican _____
- Best sushi _____
- Best wings _____
- Best pizza _____
- Best raw bar _____
- Best mac 'n cheese _____
- Best shrimp 'n grits _____
- Best dessert _____
- Best coffee shop _____
- Best grocery store _____
- Best frozen yogurt _____
- Best happy hour _____
- Best cocktail _____
- Best craft beer _____
- Best budget-friendly meal _____
- Best kid-friendly restaurant _____
- Best place to dine outdoors _____
- Best upscale dining _____
- Best place to take an out-of-towner _____
- Best service _____
- Best bartender _____
- Best hangover food _____
- Best new restaurant _____
- Best dog friendly restaurant _____

SHOPPING & GOODS

- Best boutique _____
- Best consignment _____
- Best thrift shop _____
- Best swimwear _____

- Best cocktail/dress attire _____
- Best women's accessories _____
- Best home goods _____
- Best toys _____
- Best place to buy a hostess gift _____
- Best place to buy a birthday/holiday gift _____
- Best art gallery _____
- Best florist _____
- Best liquor store _____
- Best discount shop _____
- Best casual attire _____
- Best sporting goods _____
- Best place to buy a boat _____
- Best place to buy a car _____
- Best baby goods _____
- Best children's clothing _____
- Best menswear _____
- Best shoes _____
- Best hardware store _____
- Best customer service _____

ENTERTAINMENT & LEISURE

- Best place to watch sports on tv _____
- Best movie theater _____
- Best park _____
- Best playground _____
- Best way to spend a rainy afternoon _____
- Best kids activity _____
- Best place to have a children's birthday party _____
- Best place to roller skate or roller blade _____
- Best place to paddleboard _____
- Best place to golf _____
- Best place to play tennis _____
- Best public beach access _____
- Best place to walk your dog _____
- Best place to fly a kite _____
- Best place to stargaze _____
- Best place to have a picnic _____
- Best place to go for a run _____
- Best place to ride a bike _____
- Best place to fish _____

Best of Mount Pleasant Categories, *cont'd*

Best place to put your boat in water _____
Best place to view the Ravenel Bridge _____
Best place to daydream _____
Best concert venue _____
Best night life spot _____
Best neighborhood for families _____
Best neighborhood for retirees _____
Best apartment community _____
Best custom builder _____
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Best local politician _____
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Best principal _____
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Best oral surgeon _____
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Influential Icons

The second in a series

Following the Civil War, Christ Church Parish and the small Village of Mount Pleasant lay in ruins. With no slave workforce, the large plantations were deserted. The summer homes of the wealthy in the Village were abandoned. The remaining residents farmed, fished and shrimped to survive. Small businesses were established and slowly the town thrived. The biggest change came following the opening of the Cooper River Bridge in 1929. Residents turned to catering to the tourists who passed through town on their way to Sullivan's Island and the Isle of Palms.

—The Editors

MAJOR JOHN MARSHALL WHILDEN

—“The Boy Major”

John Marshall Whilden was one of five brothers who fought for the Confederacy; all were the sons of Elias Whilden, Mount Pleasant intendant (mayor) from 1857 to 1858 and whose stately home still stands at 226 Bennett St. He was a member of the Citadel Class of 1864 and the gun commander of #1 Gun Battery stationed on Morris Island, which fired on the Union “Star of the West” in 1861 while it was attempting to supply Union troops on Fort Sumter. This was the shot that began the Civil War.

At the age of 23, Whilden was promoted to major and in charge of the Coast Rangers of the 23rd South Carolina



When federal troops occupied the area around Charleston, the Whilden home served as Union headquarters.

Infantry at the Second Battle of Manassas in Virginia. He personally led his regiment on four charges and was killed in action on Aug. 30, 1862, still carrying the battle flag.

When federal troops occupied Charleston and the surrounded the area, the Whilden home served as Union headquarters. Another brother also was killed in the war; the two of them were among approximately 17,000 South Carolina men lost fighting for the Confederacy.

CORNELIA HANCOCK

Born a Quaker in 1840 in Hancock's Bridge, New Jersey, Cornelia Hancock was a woman ahead of her time. During the Civil War, she accompanied her brother-in-law,

a doctor, to the Gettysburg battlefield, where she volunteered as a Union Army nurse but was rejected by Dorothea Dix because of her youth and good looks.

Undaunted, she persevered and served both at Gettysburg and Petersburg.

Following the war, Hancock was sent to Mount Pleasant as a missionary by the Philadelphia Friends Association for the Aid and Elevation of Freedmen. She established a school for 50 children of former slaves in the old Presbyterian Church, which she described as “dilapidated.”

She later moved into a home in the village that was large enough to act as both a school and her residence. While still under federal rule, the town donated a lot on which to build a two-story schoolhouse at the corner of King and Common streets. The school, built with funds from the Freedman's Bureau, was named for Henry Laing of Philadelphia, who provided money to support the school. For the next 10 years, Cornelia served as Laing School principal before returning to Philadelphia, where she helped create the Society for Organizing Charity and the Children's Aid Society of Pennsylvania. She died in Atlantic City, New Jersey, in 1927, at the age of 87.

In 1940, the Laing School became part of the public school system, the first accredited black school in South Carolina.

In her letters, published in 1965, Cornelia expressed her contempt for the former rebels: “I would like to ... put all the Secesh (Secessionists) in the poorhouse and keep them there till they die.” Her mother cautioned her to be “more prudent.”

CARLYLE MCKINLEY

While still in his early teens, Carlyle McKinley fought for the Confederate cause in the defense of Atlanta. Born



Cornelia Hancock established a school for the children of former slaves in the old Presbyterian Church.

in Newman, Georgia, in 1848, McKinley graduated from the University of Georgia prior to studying at the Presbyterian Theological Seminary in Columbia, South Carolina. Rather than pursuing a ministry placement, the talented poet, writer and scholar decided on a career in journalism and was hired to head the Columbia bureau of the *Charleston News and Courier*.

On the fateful night of Aug. 31, 1886, McKinley, who resided in Mount Pleasant and served as chief editorial writer for the *News and Courier*, wrote a firsthand account of the effect of the earthquake both in the Village and on Sullivan's Island. He described how first the tremors were felt and later the fissures appeared, along with the strong odor of sulphur. Damage in Mount Pleasant was less than that in Charleston since most of its structures were made of wood, which sway when the ground moves, as opposed to brick buildings, which tend to topple. There were reports of fallen chimneys in Mount Pleasant. At this time, the population of Mount Pleasant was slightly more than 700 and almost evenly divided between whites and blacks.

McKinley purchased the former summer cottage of the von Kolnitz family, which overlooked the harbor. Upon McKinley's death in 1904, the home was sold and then, in 1928, purchased by Mr. and Mrs. Dana Osgood of Massachusetts. The Osgoods created a popular tourist destination overlooking the harbor and featuring azaleas and camellias. They playfully named their gardens "Pirates Cruze." Subsequently, the land was sold and divided into lots adjacent to Alhambra Hall.

LOUIS FREDERICK KLIPSTEIN

If ever there was a fish out of water, it was Louise Klipstein. Born in 1813 in Virginia, he was the grandson of a Hessian surgeon who served in the American Revolution and then settled in Virginia. Klipstein studied at Union Theological Seminary before graduating from Hampden-Sydney College in Virginia, where he became interested in language, especially Anglo-Saxon. For health reasons, he came to South Carolina and was hired as a tutor by Mrs. Rebekah DuPre Jerman of Echaw on the Santee River. He married her daughter, Allston Cahusac Jerman, and his sister, Cornelia, who came with him to South Carolina, married Edward DuPre Jerman. The bride's mother gave the couple Cedar Grove Plantation on Shem Creek as a wedding present. The property had a long history and a grand old plantation house. ...

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Fearless and Feroocious

Mascots Are the Heart of Clemson/USC Rivalry



*Story by Cullen Murray-Kemp.
Photos courtesy of Clemson University and the University of South Carolina.*

Photo by Action Sports Photography.



Above: The Clemson Tigers descend down The Hill to Frank Howard Field before each game. Below: The crowds are always boisterous at USC’s Williams-Brice Stadium.

Photo by Action Sports Photography.



THERE IS A BITTER RIVALRY deeper than the ancient roots of the oldest live oaks at Boone Hall Plantation and longer than the stretch from the Lowcountry to the Upstate. It is embodied with tradition and emotion and has the power to both split apart and bring together an entire state. Its storied history is littered with triumph and despair for both sides.

Signs of the rivalry between supporters of the University of South Carolina and those who owe their allegiance to Clemson University are obvious throughout the Palmetto State, on T-shirts, baseball caps, bumper stickers, flags, doormats and even tattoos.

As the the annual football game between South Carolina Clemson approaches, tranquility abandons the Palmetto State, replaced by feverish fandom and a fanatical display of pride by those who proudly wear USC’s garnet and black colors and their adversaries who bask in the black and orange of Clemson.

At the heart of the Carolina and Clemson rivalry are two mascots: A fearless and boastful gamecock named Cockey and a ferocious Tiger.

Mascots such as Cockey and The Tiger have been bringing their teams luck and energy for years. The word mascot comes from a French term, “mascotte,” which, fittingly, means lucky charm. Mascots came to America in the early 1900s, when teams started using live animals – many of them dangerous – to provide extra entertainment during sporting events. In the 1960s, sports teams began to replace animals with Muppet-like mascots, which proved to be marketing gold mines. Before long, many sports teams adopted mascots to compete with the San Diego Chicken and the Phillie Phanatic.

Enter Cockey, a 6-foot-tall boisterous bird who jumps through fire and tugs on Tiger tails for a living. Cockey was kind enough to sit down with Mount Pleasant Magazine for a pre-season interview.

Cockey made his sideline debut in 1980 as a replacement for his “father” and former South Carolina mascot Big Spur. Initially, Cockey wasn’t received well by his Carolina friends and was booed

off the field. But, over time, his persistence paid off, and these days he can be found fueling the flames of enthusiasm for 80,000+ Gamecock fans at Williams-Brice Stadium.

The current Cockey – we'll call him Fred for the sake of this story because both USC and Clemson prefer to keep the names of their mascots confidential – was born into a lineage of Gamecock alumni. As a kid, he remembers watching every USC football game in the same local Gamecock bar. When Fred was a senior in high school, his godfather, a former member of the South Carolina marching band, passed away. To honor him, Fred vowed to follow in his footsteps at USC.

Fred was destined for the Cockey suit. On the first day of freshman orientation, he approached Cockey, who was cheering along the incoming class of USC students. "Hey, I want your job," Fred told the uninterested rooster.

But over time, Fred would prove

his worth. Cockey had his eye on the zealous freshman, who would skip classes to attend USC women's volleyball games and equestrian meets.

"If any USC sporting event was quiet and dead, I would make them loud and alive," said Fred of his freshman year.

One day, wearing full body paint, Fred was approached at a USC women's soccer game and asked if he'd like to try out to become the next Cockey. He made the roster and learned the ways of Cockey, including the mantra to never be afraid of anything while he was wearing his fighting rooster suit.

"I've found that it's always better to ask for forgiveness than to ask for permission," he explained.

For Fred, nothing in this world compares to a fall football Saturday in Columbia, South Carolina. Hours before the game, he can be found dancing in his 35-pound Cockey suit, with that relentless Midlands sun beating down on his feathers.

Fred feeds off the Gamecock fight song that blasts from the trumpets and drums of the marching band, which follows him through the sea of Gamecock fans and into Williams-Brice Stadium on game day.

With kickoff just seconds away, Fred stands quietly in his box, which is covered by a black sheet. Cockey's Magic Box Entrance is Fred's favorite Gamecock tradition. The noise among the crowd of 83,000 is reduced to a whisper, Fred's heart begins to race and the curtains drop. A 6-foot-tall fighting rooster emerges, fireworks shoot from his box and Williams-Brice Stadium goes absolutely insane.

"The intensity is amazing. I can't explain how poetic it all is," Fred said. "In those moments, I disappear and it's no longer me. It's Cockey."

One hundred thirty two miles away at Memorial Stadium, "Death Valley" to Clemson's rabid fans, sits a Tiger who is starting to get very hungry after



Fred, or whatever his real name is, was destined to wear the Cockey suit.



The Clemson/Carolina rivalry runs deep in The Tiger's Veins – very deep.

losing the past five seasons to his arch nemesis Cockey. In the suit is Anthony, a Clemson Tiger from birth.

As a freshman, Anthony yearned to fully engross himself in the Clemson lifestyle, and The Tiger caught his eye. After a two-week “fraternity-like” tryout, he made the Tiger roster and earned a spot inside the Tiger suit.

“Becoming the Tiger was about going after something and having the ambition to succeed and get this role representing my university,” Anthony said.

As is true for Cockey, the Clemson/Carolina rivalry runs deep in The Tiger’s veins.

“It’s the biggest rivalry in the nation,” Anthony gushed. “And growing up, we just didn’t lose to Carolina.”

For Anthony, being The Tiger is a lifestyle that reaches its apex on game day in Clemson. The Tiger is always



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in great demand, maneuvering from pregame parades to pep rallies and energizing the masses of Clemson fans. Then comes one of the most hallowed traditions in sports: Running down the hill. Around Clemson, the tradition is known as “the most exciting 25 seconds in college football,” when the players run down an orange hill and onto Frank Howard Field, touching Howard’s Rock for luck, as thousands of orange balloons are released into the air.

“Being on that hill while the players run down and onto the field is the biggest rush I’ve ever felt in my life,” Anthony said.

Pushups are another Clemson football tradition near to Anthony’s heart. After every Clemson score, The Tiger leaps onto a board held up by ROTC members and does a pushup for each point. The Tiger is said to sweat off



an average of 12 pounds per game in water weight.

Each Tiger who graduates autographs the pushup board.

“It’s going to be a huge honor to see my name on that board one day,” Anthony said.

The Tiger and Cockey will once again face off in Death Valley on Nov. 29. Each mascot will sweat, cheer, dance, taunt, tease and scream as hundreds of thousands of South Carolinians follow their lead in an effort to root their team to victory.

The Tiger wanted to send Cockey a final message that embodies his angst and lust for revenge for five consecutive losses to USC.

“I’m at the point now where we could lose every other game this season, as long as we best the University of South Carolina,” growled The Tiger. 🐅

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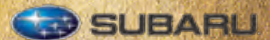
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Local Barber's Real Passion Lies in Leather

ONE SUMMER DAY THIS PAST week, I strolled into Causey's Barber Shop in Mount Pleasant's Sea Island Shopping Center. My publisher had asked me to tag along with him and interview his barber while he got his hair cut.

A walk through the barbershop's front door stirred my inner sports fanatic. My publisher and I sat with a few regulars who knew the barbers by name. My eyes darted from old USC football helmets to various and rare baseball cards to a framed poster of Michael Jordan. My publisher chat-

ted away about magazine deadlines and advertising sales, but my attention was directed at the sports memorabilia.

The dimly lit barbershop had a funky demeanor about it. I wanted to learn more about the place, but, shortly after I began to really investigate all the sports stuff, my publisher's barber called us over. Donnie Burretto Jr. is a second generation Causey's barber whose father, Donnie Burretto Sr., not only cut hair at Causey's but also was the barber in charge of chopping off the cadets' hair when they stepped foot on the Citadel campus.

Burretto comes from a lineage of barbers and is skilled enough to tackle some of the most difficult



Photo courtesy of The Citadel.

Donnie Burretto Jr. began designing collars for The Citadel mascots after he made a gun holster for a friend and former Citadel grad.

hairdos. Yet his passion outside the office lies in leather. Over the past decade, he has honed his craft as a leather worker, starting when he purchased his prize custom motorcycle that was equipped with a “less-than-stellar” vinyl seat.

“I call it my Shrek seat,” Burretto said in reference to the movie character’s tight leather vest.

Burretto’s custom leather seat wouldn’t be kept secret for long. One

afternoon during the annual Myrtle Beach Bike Week, three young female bikers were taking a close look at his seat – the one on his bike, that is.

“They were admiring my bike, so I walked out of the restaurant where I was eating and asked them if I could help them out. ‘We love your seat’ they told me, and asked if I could make some for them,” Burretto recalled.

It turned out that the biker ladies were members of the New Jersey A.B.A.T.E (American Bikers Advocating Training & Education) chapter, and an order of two custom leather seats turned into 475 over the next year.

“Where do you get all the deer hide for your motorcycle seats?” I asked.

A grin came over Burretto’s face: “I shoot ‘em.”

But the barber’s custom leather work doesn’t stop at motorcycle seats; he also makes gun holsters, saddlebags, belts, wallets and pretty much anything else that can be constructed out of leather. One of the projects he is especially proud of is the collars he creates for the Citadel Bulldog mascots, Boo and The General.

Burretto began designing the Bulldog collars after he made a gun holster for a friend and former Citadel grad who had an “in” at the Citadel athletic department. He got a call from the assistant athletic director, asking him if he could make game-day dog collars for the two Citadel football mascots.

As a lifetime fan of Citadel Bulldog football, Burretto agreed to design “military fresh” custom leather dog collars that grace the Citadel mascots on game day.

“It was a real honor for me,” said Burretto. “When I was a kid, my father and I would attend all the Citadel football games; it’s really special to be a part of all that.” 🐾

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Photos courtesy of Wando High School.

Y'all Ready for Some (Wando) Football?

By Cullen Murray-Kemp

With Jimmy Noonan at the helm of the Warrior football program, Mount Pleasant has become a difficult place for visiting teams to play.

SIX YEARS AGO, JIMMY NOONAN accepted the head coaching position at Wando high school. He'd come from Spring Valley High School in the midlands, where the football culture is ingrained into kids' minds at an early age. Noonan accepted the challenge of bringing his own brand of football philosophy to a place that was not necessarily a football town. Yet Mount Pleasant is a supportive community, and, on Friday nights, it can create "one of the greatest home-field atmospheres in high school football," according to the

Warrior coach.

"The Chop House is most intimidating to our opponents," Noonan continued, referencing Wando's student body cheering section.

In a school where the band receives all the sideline advertising money and a 60-man football roster receives about the same amount of money as a 15-man wrestling team, Noonan is grateful for the parent and fan support given to his squad.

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he commented.

In an effort to enhance the Mount Pleasant football culture, Noonan is working to implement a feeder system that establishes football values from a younger age. As of now, Charleston County does not offer middle school football, which is “one of the biggest differences in the football mindset between the Lowcountry and the rest of South Carolina,” said Noonan.

Noonan would like to swap out the recreational league “feel-good football” with competitive middle school football that prepares kids for high school. He said around half of the potential football players drop out during their ninth grade year when they are introduced to the rigors of real high school football.

Wando's football record has traditionally been around the .500 mark, but, in 2012, the Warriors had one of their best seasons ever, winning 11 of 12 games. During that



Photo courtesy of Wando High School.

Wando's 2012 team included 14 seniors who went on to play college football.

season, support from the Mount Pleasant community was overwhelming.

“The community was great that season. It was infectious. That kind of community pride gets into the bloodstream of our players,” said the coach.

The roster of that 2012 Wando football team included 14 seniors who would go on to play at the collegiate level; nine earned athletic scholarships. Among them was Gimel President, who currently plays defensive end at Auburn. His father, Zola Simmons, remembers when his son became a captain of the Wando team and believes that, under Noonan's guidance, his son became a leader not only on the field but in life.

“Coach Noonan really put a precedent on Gimel's

Photo courtesy of Wando High School.



Junior quarterback Bailey Hart hopes to follow in his older brother's footsteps.

academics and taught him accountability in the classroom and in football," said Simmons.

This past off-season, Noonan searched for a few players to fill his team's leadership voids. He found his leaders in senior outside linebacker Tyler Ragsdale and junior quarterback Bailey Hart.

Hart is looking to follow in his older brother Christian's footsteps, who quarterbacked the Warriors to 11 wins in 2012. He wants to help his team focus on working together as a unit.

"I want us to become the brotherhood that we learned in 2012 from that season," said Hart.

On the defensive side of the field stands Ragsdale, Wando's senior leader. In this year's annual team endurance tests – the "Warrior Wars" – Ragsdale ran the competition off.

"Our defense this year will be nasty and play together as a unit, as one," said Ragsdale. 🍷

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Pictured left to right: Ravi Scher
and his brother, Brandon Scher,
both of Long Island Cafe.

They're Getting Fresh with Us
Farm-to-Table Restaurants

Photo by William Quarles.



Mount Pleasant is attracting new chefs, new ideas and new restaurants, and the result is better and fresher food.

Story by Denise K. James.

Photos by James Stefiuk and William Quarles.



They're Getting Fresh With Us

AND WE LIKE IT!

RECENTLY, I TOLD our publisher that I believe Mount Pleasant is in the midst of a renaissance. We are enjoying the benefits – and weathering the challenges – of new people and new businesses moving into the area, and one place where these nuances are perhaps most apparent is on the culinary front. With an abundance of new chefs, new ideas and new restaurants comes the perk of better – and fresher – food.

The farm-to-table phrase has been popular for several years now, but the results of this movement are still evolving. More than a handful of restaurants in East Cooper have re-

sponded by consistently providing fresh, local and regional meats and produce for their patrons. We're lucky, of course, to have a bevy of suppliers in the Lowcountry – and a few East of the Cooper, such as Boone Hall Plantation in Mount Pleasant and Blue Pearl Farms in McClellanville. Thanks to the farmers who tend our coastal land, Lowcountry chefs can bring fresh bounty to enthusiastic diners.

The five restaurants we profiled in our first farm-to-table feature are not the only establishments in East Cooper offering local ingredients on their menus, but their different approaches – Lowcountry ingredients prepared with French flair; grass-fed burgers; local vegetables; fresh seafood – are a reminder that local food can be prepared and enjoyed in a multitude of ways.

Farm to Table

Farm to French BISTRO TOULOUSE

“Toulouse” is a city in the South of France, but Bistro Toulouse is a restaurant newly minted in Mount Pleasant – and ready to serve up some delicious local items with French flair.

Open for about six months, the restaurant is making a habit of using plenty of regional items – even shrimp from Shem Creek and Beaufort.

“We wanted a French-style restaurant that still used ingredients from the Southeast,” explained Candice Mahala, who co-owns the restaurant along with Matthew Schulz.

Indeed, some of the centerpieces of entrees at Bistro Toulouse, though exotic, are surprisingly local. The quail is from Manchester Farms in Columbia, South Carolina, and the pork, which Schulz uses for homemade sausage, comes from Heritage Farms Cheshire Pork in Seven Springs, North Carolina. Vegetables are typically picked up at Boone Hall in Mount Pleasant or at Mount Pleasant’s Farmers Market on Tuesdays.

“I try to scout out local produce at least a couple of times each week,” Schulz said.



Photo by William Quarles.

The Shrimp Provencal at Bistro Toulouse is made with local seafood.

A key menu item at Bistro Toulouse for late summer and early fall is ratatouille, with seasonal vegetables such as eggplant, bell peppers and onions. As the weather gets cooler, patrons will enjoy beef bourguignon, stews and autumn vegetables such as spaghetti squash and walnuts.

The Garden (and Water) Out Back LONG ISLAND CAFE

Though the Long Island Cafe has been part of the Isle of Palms landscape for about 30 years, chef and owner Ravi Scher has spent the last two years breathing new life into a local favorite. That life includes the freshest seafood and produce, which Scher believes are his keys to success.

“I grew up on a farm; my dad was a market farmer,” he said. “Now I make it a point to get whatever is fresh and good. If the ingredients are above average, it makes my job easier.”

One of Scher’s focal points at Long Island Cafe is sourcing fresh seafood. For example, he has built a relationship with Tobias Seafood – near Breach Inlet – and offers fresh clams from the company on the Long Island Cafe menu. Produce often comes from Sweetbay Farms, Boone Hall and Limehouse Produce. Scher also enjoys grabbing certain menu items from his own yard.

“We have eggplant in our garden out back,” he remarked.

Scher said that the catchphrase “farm to table” might not always be on the tip of everyone’s tongue in the Lowcountry, but he believes that the sentiment is here



Photo by James Stefiuk.

Local wreckfish with local roasted eggplant caponata is a favorite at Long Island Cafe.

for good.

“The phrase will pass, but the concept of getting our food locally will stay around,” he mused.



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Farm to Table

Good Neighbors

SOL SOUTHWEST KITCHEN & TEQUILA BAR

Becoming a farm-to-table business came naturally to SOL Southwest Kitchen & Tequila Bar. They've joined the movement in an effort to support local farms and provide fresh dishes. Though not exclusively farm-to-table – because they wanted to be able to offer reasonable prices – SOL welcomes every opportunity to provide local produce in the form of unique dishes.

One of the restaurant's most popular dishes does just that. Paired with smoked Gouda cheese, the Wild Mushroom Quesadilla features shiitake and oyster mushrooms cultivated at Mepkim Abbey. A good choice to go along with this smoky dish is the seasonal strawberry margarita, made from Boone Hall strawberries.

Other Lowcountry-fresh ingredients used in Sol dishes include bibb lettuce, sweet potatoes, blueberries, strawberries, mushrooms and zucchini, provided by Limehouse Produce, Mepkim Abbey, GrowFood Carolina and Boone Hall.

Co-owner David Clark believes that the farm-to-table trend will continue as it becomes more of the norm in the restaurant industry. He believes it to be not only smart business but, more importantly, the neighborly thing to do.



Photos courtesy of SOL.

Diners at SOL Southwest Kitchen & Tequila Bar can enjoy a Boone Hall strawberry margarita, above, and a quesadilla with local mushrooms, below.



Photos courtesy of SOL.

Fresh Meat and Veggies

THE GRANARY

Brannon Florie, owner and chef at The Granary in the Belle Hall Shopping Center, followed his dream of opening a charcuterie restaurant – but he modified it a bit with other options.

“Some people want vegetables, so we have a lot of vegetarian options,” he said. “But I would say that our menu concept is cured meats and plenty of produce.”

Visitors to The Granary can enjoy their cured meats while knowing its source is local. In fact, Florie described how the staff receives whole animals from nearby farms and breaks them down into charcuterie. Common animal farm suppliers to The Granary include Thornhill Farms, Legare Farms, Stillwater Farm and Keegan Filion Farm.

As for the savory vegetables paired with your entree, these are likely to be the bounty of Boone Hall, Ambrose Farms or GrowFood Carolina.

“We consistently have certain proteins. We always have a pork chop on the menu, for example, but the vegetables and the presentations change with the week,” Florie noted.

For fall, patrons of The Granary can expect braised dishes, but Florie urges everyone to be ready for surprises as well.



Photo by James Stefluk.

The Granary offers a Farmers Plate, with local vegetables.

“I'm very last minute when it comes to changing the menu,” he said. “I'm changing the menu right now for tomorrow. Ha.”

A Complete Cycle
TRIANGLE CHAR + BAR

The staff at Triangle Char + Bar decided six years ago that they wanted to offer customers a little something special – something like grass-fed beef, which is now what the Mount Pleasant and West Ashley restaurants are known for. Mike Lotz, director of operations for Mount Pleasant’s location – as well as a native of the Midwest – got to work doing the proper research on grass-fed beef and what it would take to bring this commodity to the popular restaurant.

Today, Triangle serves grass-fed hamburgers and cheeseburgers, along with plenty of local produce. Providers for beef are McCutchen Farms in Kingstree, South Carolina, and Hill Creek Farms in Hartsville, South Carolina. Meanwhile, fruits and veggies come from local sources such as Ambrose Family Farm, GrowFood Carolina and Limehouse Produce.

Fresh fall menu items to look forward to at Triangle are acorn squash and



Photo by William Quarles.

The General Lee Burger, with local grass-fed beef, pimento cheese and caramelized onions, is a big seller at Triangle Char + Bar.

Brussels sprouts, which chef James Sanders plans to present several ways. Lotz agreed that the Triangle menu “is a sounding board for seasonal items.”

It’s also worth noting that any food left over from a meal at Triangle turns into compost. In fact, Lotz pointed out that more than 70 tons of raw food waste were composted for Charleston County by Triangle Char & Bar in the last four years.

“We try to be a complete cycle – farm to table and then table back to the farm,” Lotz said. “And we form a partnership with our farmers.”



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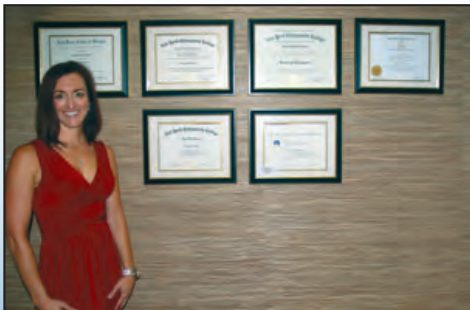
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Of course, if your thumb isn't particularly green, you can always check out the Mount Pleasant Farmers Market, open until Oct. 14 every Tuesday afternoon, or the Boone Hall Farmers Market, open daily.



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Recipes

HONEY-SRIRACHA SHRIMP TACO

The Rusty Rudder

Ingredients:

Sauce:

- 1 cup of Sriracha sauce.
- 1/2 cup of honey.
- 1/2 cup of rice wine vinegar.
- 1 tablespoon of fresh chopped garlic.
- 3 tablespoon of fresh chopped ginger.
- 1 lime, juiced.
- 1 teaspoon of white pepper.
- 2 pinches of cumin.
- Mix everything together.

Green tomato slaw

- 1 bag of cabbage.
- 1 cup apple of cider vinegar.
- 1/2 cup chopped cilantro.
- 3 green tomatoes (small diced)
- Salt and pepper to taste.
- Mix everything together.

Grilled Peach Salsa

- 6 peaches (cut in half and pit removed).
- 2 green tomatoes (small, diced).
- 1/2 onion (small, diced).
- 1/2 red bell pepper (small, diced).
- 1/2 cup chopped cilantro.
- 1/4 cup apple cider vinegar.
- 1/2 teaspoon of cumin.
- 1 tablespoon of chopped garlic.
- 1. Grill peaches and then dice.
- 2. Add remaining ingredients to peaches.
- 3. Wrap, label and store.

Preparation:

Warm up 2 flour or corn tortillas.



Photo courtesy of The Rusty Rudder.

Place a spoonful of green tomato slaw on each taco.

Toss fried shrimp in desired amount of sauce and place on top of slaw.

Finish with desired amount of grilled peach salsa. ■

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BOUILLABAISSSE

Bistro Toulouse

Ingredients:

- ½ pound shrimp, peeled and deveined.
- 2 pounds whole fresh fish (snapper or grouper) scaled and filleted (reserve bones for stock) or 1 pound filleted fish.
- ½ pound calamari, cleaned and cut into tubes.
- 16-20 mussels, rinsed clean.
- 2 fennel bulbs, thin sliced.
- 6 cloves garlic, chopped.
- 4 Roma tomatoes, diced.
- ½ Spanish onion, thin sliced.
- 1 small potato, peeled and diced.
- 1 cup white wine.
- 3 egg yolks.
- 6 saffron threads.
- 1 cup + 2 tablespoons vegetable oil.
- 1 lemon.
- 8 slices baguette.

Photo courtesy of Bistro Toulouse.



Preparation:

Fish stock:

Use bones and head from filleted fish (or ask for bones at your fish market if you buy fish that is already filleted). Sauté bones and head in a pan with 1 tablespoon of oil to light color. Add white wine and reduce until almost dry. Add water to the pan to cover bones and simmer on low heat for 90 minutes. Strain stock and set aside. Can be made one day ahead and stored in refrigerator.

Rouille:

Boil diced potato with 3 cloves of garlic in water until cooked through. Drain and mash or put through a ricer. In a food processor, combine 3 egg yolks and juice of 1 lemon. Add potato mixture and 3 threads of saffron and pulse until combined. Slowly add 1 cup vegetable oil to the processor while running. Set rouille aside while you finish preparing the dish. Can be made one day ahead and stored in refrigerator.

Final preparation:

Sauté fennel, onion and 3 cloves garlic with 1 tablespoon of vegetable oil until translucent. Add tomato, reserved fish stock and 3 threads of saffron. Simmer for 30 minutes, then season to taste with salt and pepper. Cut fish into large bite-sized pieces. Add shrimp, fish, calamari and mussels to simmering broth. Cover tightly and cook 3 to 4 additional minutes until mussels have opened and fish is cooked through.

Divide fish/shellfish and vegetables into four large, deep bowls and ladle broth over top. Rouille can be served on top or on the side. Serve with grilled or toasted baguette. Bouillabaisse can be made with any light white fish or shellfish, based on seasonal availability and your taste preferences. Bon appetit! ■

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Momma Knows Best

Momma Goldberg's Deli

THERE'S A NEW SPOT IN TOWN to grab a sandwich at lunch, grab a craft beer at happy hour and grab a seat for football games on the weekend. That spot is Momma Goldberg's, recently opened to much fanfare from Mount Pleasant residents – and other

Lowcountry residents as well, thanks to its proximity to the Ravenel Bridge. Owner Mike Green has big plans for his deli and hopes to create a niche in the local market with the help of quality menu items and a fun atmosphere.

BY DENISE K. JAMES

Green, a native of the Charleston area who grew up in West Ashley and Johns Island, spent his teen years in Auburn, Alabama. He became friends with Jason DeMint, whose father, Don DeMint, began the first ever Momma Goldberg's Deli franchise back in 1976. Today, there are about 31 Momma Goldberg's restaurants throughout the country, including the original version near Auburn University. Green was inspired to open a Momma's in Mount Pleasant because, he said, "of the benefit in being part of the East Cooper community."

Choosing a sandwich or salad from the extensive deli menu at Momma's can prove to be difficult. According to Hollis Arnold, the general manager, plenty of customers opt for either the Momma's Love sandwich or the Turkey Delight. Both are piled with quality meats and fixings, including the ever-popular "Momma's sauce," a zesty Italian. Meanwhile, Green enjoys the Reuben and the meatball sub.

"I just got off the phone with Limehouse Produce," Green commented. "We try to use local lettuce and tomato when we can. I want to maintain a local feel, even though

Momma Goldberg's is a franchise."

So far, Green has the right idea when it comes to suiting the taste of locals. A generous selection of craft beer, from porters to IPAs and everything in between, is constantly rotating on the taps, and a full liquor bar will arrive in time for football season. Green looks forward to concocting a few specialty cocktails, as well as offering food and drink specials during games.

"The top of our bar came out of the South Edisto River," Green remarked, tracing the wood grain with his finger. "I met a guy at the Southeastern Wildlife Exposition who makes furniture, and I asked him to make us a bar top."

I sat at the fancy bar top and sampled some of the popular items on Momma's menu, including their famous nachos, which are cheese Doritos smothered in more cheese

and covered in jalapeno peppers upon request (mine had plenty of peppers, of course). For lighter fare, try the grilled chicken salad, the Momma's Western or the chicken salad plate. You can also build your own sandwich.

Momma's has happy hour every weekday and live music on Thursday, Friday and Saturday evenings. They also just started hosting team trivia on Mondays. But if you ask Mike Green what he's most looking forward to, it's football season – and he wants all

kinds of fans to feel welcome at Momma's.

"I did go to Auburn, but we're a destination for all teams," he pointed out. "Clemson, Carolina – college or professional. Everyone is welcome."

It's just how Momma would want it: good food and plenty of hospitality. 🍷

Visit Momma Goldberg's Deli at 230 Mathis Ferry Road, call ahead at 843-352-7939 or take a look at the entire menu by visiting www.mommagoldbergsdeli.com.



Photo courtesy of Momma Goldberg's.

Choosing a sandwich from the extensive Momma Goldberg's menu can be a difficult task.



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MOUNT PLEASANT IS A fish-lover's paradise, and for fish purists – sushi lovers – there's one spot in town that can definitely satisfy their appetites.

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"People come here specifically for our sushi," said

restaurant manager Marcela Taylor. "Fish is a big part of our menu."

BY TAYLOR GRIFFITH

On Friday nights, the sushi bar is packed, she said, giving credit for its success to the fresh fish, as well as to the skills of the sushi team.

"Our sushi chef, Shin Komatsu, came here from Tokyo. He has worked for the company for 10 years," she said.

Under Komatsu's leadership and watchful eye, the restaurant has trained several other sushi chefs who create the restaurant's wide variety of maki (sushi rolls), sashimi (pieces of sushi-grade fish without rice) and sushi (pieces of sushi-grade fish with rice).

The fish at the sushi bar runs the gamut from fresh salmon and tuna to red snapper and yellowtail. But the restaurant also has some specialty fishes diners would be hard pressed to find elsewhere, such as octopus, raw scallops, sea urchin and fatty tuna.

Fresh fish is delivered to the restaurant every day, and Komatsu spends hours slicing and preparing it for that night's customers.

Taylor said the chefs make a distinct effort to keep the sushi bar menu varied, with tried-and-true classics such as the California Roll, as well as specialty rolls only featured at Tsunami.

"We incorporate a lot of different things in our sushi," Taylor said. "Jalapeno, mango ... the customers love it."

She said the Dynamite Roll is one of the most popular choices. It combines spicy tuna, cream cheese and avocado inside the roll, which is then deep fried and topped with eel sauce.

Newer rolls, such as the Angry Panda and the Mango Remix, are also huge hits with diners because of their unique flavor combinations.



Among the favorites at Tsunami are the Gorilla Roll, front, and the Tiger Woods Roll.

Photo provided by Tsunami.

Taylor said the restaurant serves a wide variety of cooked fishes, too, the most popular being tuna and salmon. Her favorite items on the menu are pad Thai and the pepper steak.

"There's always something new to try. Often some of our newest things end up being so popular, they become a part of the regular menu," she pointed out.

The restaurant is large enough to meet the demand of hungry diners and sushi-lovers across Mount Pleasant. There are 10 seats at the sushi bar and about 25 tables and booths, not to mention outdoor seating on the patio, which can accommodate groups ranging from a couple on date night to a large group celebrating a birthday bash. The drink menu at the bar complements the food, with unique offerings such as sake and Japanese beer. But if diners are in the mood to eat at home, Tsunami can handle that as well, with its takeout service.

And with happy hour specials all week long, which feature bargain deals on appetizers, sushi and drinks, and special discounts for military and food and beverage workers, everyone has a chance to try something new.

"My favorite thing about Tsunami is that we really have something for everyone," Taylor said. "If you want to eat in, if you want to take out, if you want to try something new like sea urchin or have an old favorite, we have it all."

Tsunami is located at 1909 Highway 17 North in Mount Pleasant. To find out more about some of the best sushi in town, visit www.tsunamicompany.com or call 843-881-7061.



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(AND THE GUYS)

By Barbara Millen Patrick

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CALL THEM “the girls,” “the ta-tas,” “boobies” or one of the many other less delicate nicknames, but our breasts are important to us. When we’re young, we can’t wait to wear our first bra. When we’re adults, we spend a lifetime worrying about the specter of breast disease.

Some women have clear reason to wonder if breast cancer will come calling because it has already been handed down through the generations. Those with the mutation in the BRCA1 or BRCA2 gene have an increased risk and must be extra vigilant. The family history is important, particularly if two or three generations have been diagnosed with a form of breast cancer. Genetic testing now gives a hint into the future, but it is up to each individual (women and men can both inherit this mutation) to decide whether to know. For some, knowing that the mutation is lurking inside is empowering. Angelina Jolie famously underwent a double mastectomy for just this reason.

Only about 12 percent of women will be diagnosed with breast cancer, but that statistic becomes meaningless if you’re among that exclusive group. That said, you can reduce your chances through healthy living and preventive care. Screenings, such as digital mammography, ultrasounds and even monthly self-check (you do that, right?) mean that cancer can be caught early, when it is most treatable.

Mammograms are recommended beginning at the age of 40 (or 45, depending on which organization you listen to), earlier if you know you are at risk. That first mammogram serves as a baseline to which subsequent images are compared. The old school mammograms were actually

large films that were scrutinized by radiologists, but the digital age has streamlined that process.

What hasn’t changed is the big squeeze. In order to secure precise images, each breast is flattened horizontally and vertically by a technologist. It isn’t the most fun you’ll have in a day, but it beats the option of overlooking a possible tumor. The technology to see inside the breasts has been around for several decades, but it provides a two-dimensional image at best. It’s scary to be recalled for additional testing, but, most of the time it’s because of dense tissue or overlapping tissue.

Is there anything better on the horizon? Keith Holley, director of radiology at East Cooper Medical Center, said there is.



Keith Holley, director of radiology at East Cooper Medical Center, is at the front line of breast cancer diagnosis.

“Tomosynthesis gives us three-dimensional images. It is not in this area yet, but it will be available within a short time,” Holley said.

Holley explained that this new technology, which has been approved by the FDA and already is available in some areas, provides multiple images that make abnormalities clearer. For the patient, tomosynthesis might reduce the need for additional testing.

“Instead of one image, we have many layers to view,” Holley said, explaining that the X-ray arc moves

around the breast, taking multiple images which, when digitally assembled, provide the radiologist with a clear, three-dimensional picture.

What happens when a shadow or questionable spot appears on your mammogram? You'll be called back for further tests, including additional detailed views of the area. Ultrasound can help differentiate between fluid-filled sacs and solid masses. Magnetic Resonance Imaging is also used in some cases to take a closer look at suspicious areas. If you or your doctor have actually found a lump, a biopsy is usually needed to make a determination.

Norma Jean Page, recreation director for the Isle of Palms, found a lump in her left breast in September of 2012. Because her breasts are fibrocystic, lumps were not uncommon, and, even though she had no family history of breast cancer, this one gave her pause.



Norma Jean Page credits her recovery in part to an active lifestyle.

No stranger to biopsies, she asked her doctor, "Don't you want to aspirate the girl on the left?"

He did and her diagnosis of cancer was followed by a lumpectomy, chemotherapy and radiation, as well as a year on the drug Herceptin.

"I don't have time for this. Let's get it out," Page told her doctor.

She continues monitoring her health through regular mammograms and visits to the doctor. Through it all, she maintains a positive attitude.

"It has made me appreciate life more. I look at life differently now," Page said. "I've mentored five or six (recently diagnosed) ladies and I feel like I've made a difference."

Because Page was diagnosed early, she had a lumpectomy rather than a full mastectomy. Others are not as lucky, but losing a breast is less traumatic thanks to the doctors at The Center for Natural Breast Reconstruction. Dr. James Craigie and Dr. Richard Kline both trained with Dr. Robert Allen at Louisiana State University, who developed the DIEP, SIEA and GAP flap techniques. Dr. Craigie explained that breast reconstruction is different for each woman, but the goal is always the same: to restore normalcy to lives that have been changed by the diagnosis of breast cancer. We may think our breasts are too small, too large or too droopy, but we do want to keep both of them.

The practice is near the East Cooper Medical Center, where the microsurgions – they are literally working with a microscope on tiny blood vessels to nurture transplanted tissue – operate



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on patients who come from all over the country. Newly diagnosed patients often consult Dr. Craigie or Dr. Kline pre-mastectomy since the reconstruction phase can actually be started as part of the initial surgery. The doctors use fat from another part of the body, such as the stomach (the “side effect” is a tummy tuck), or the hip, to form new breast tissue. Because the fat is from the patient’s own body, rejection is not an issue as it sometimes is when implants are used. Pre-planning is helpful, but the doctors often work with women who had mastectomies decades ago.

“It is possible to begin the reconstruction during the mastectomy,” Dr. Craigie said. “If radiation is needed, we can begin after the radiation therapy is completed.”

Kathy Branch was the perfect candidate for breast reconstruction after a double mastectomy this past spring. Her diagnosis – stage one invasive ductal cancer – offered just one realistic option and that was surgery. Initially reluctant to part with both breasts when only one was diseased, she has no regrets. Because of the micro calcifications visible on her mammograms, a recurrence in the remaining breast was too great a risk. In spite of everything, Branch feels blessed and even lucky that no chemotherapy or radiation would be required, allowing

for immediate reconstruction.

Branch stayed positive – “you have to thrive on it and keep your sense of humor,” she said – figuring that if she was getting new breasts she’d order exactly what she wanted.

“I’ve always wanted smaller, perky ones and now I have them,” she confided. “I call them ‘the nubbins’.”

So take care of the girls – and the guys. Holley, who has been dubbed the “Radiology Dude” at East Cooper Medical Center, reminds us that men are diagnosed with breast cancer, too. Start with the self-exam, make regular doctor appointments (federal law requires your mammography results to be sent to a physician for follow-up) and schedule a mammogram. 🐾



Kathy Branch was diagnosed in April and advised to undergo a double mastectomy.

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It Takes A Village

MAKING A DIFFERENCE IN BREAST CANCER CARE

By Brooke White.

October is breast cancer awareness month, but local organizations work tirelessly year-round to support women and their families affected by the disease. We hope that understanding the hope and goodwill that these organizations spread will encourage our readers to give their time to the worthwhile fight against breast cancer.

COMMUNITY: Creating bonds of steel

Warriors 4 Warriors

<http://www.warriors4warriorsfoundation.org/>
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When Leslie Moore was diagnosed with Stage 3 breast cancer in 2009, her organization was born as a means of providing the tools to navigate her own uncertain path:

connection, support and encouragement – all of which lead to a better healing experience.

The Warriors 4 Warriors mission connects Pink Warriors around the globe, ensuring that no one walks the path of breast cancer alone. The network allows women to live their best lives possible, during and after diagnosis.

Warrior Care Packages: These are personalized packages sent all over the country to women recently diagnosed

with handwritten notes of support and love. Local Warriors send T-shirts, decals, wristbands, onesies for new moms or koozies for the husbands – all bearing the kick-butt warrior symbol, which is a message of strength, fight and survival.

Wee Warriors: Trips to the beach, yoga classes and go-cart rides are low-key opportunities for children of warriors to take a break from “cancer land,” to relax in the moment and laugh and smile with other kids. Wee Warriors gives them a break from managing their fears and coping with loss.

Wingmen 4 Warriors: Typically, men struggle when talking about their feelings and fears. This is a chance for spouses and partners to connect with others dealing with the same issues. Over time, it has evolved into a fun group date night.

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Last year, Share Our Suzy provided almost \$40,000 in direct assistance to 109 patients. Funding for Share Our Suzy comes primarily from the generosity of individuals, corporations and the revenue from two key annual fundraising events. The 10th Annual Suzy McGrane Memorial Event netted close to \$20,000. A second fundraiser was added to promote education and raised close to \$30,000. Share Our Suzy is 100-percent volunteer supported.

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Susan G. Komen Lowcountry is part of the world’s largest and most progressive grass-roots network fighting breast cancer. Seventy-five percent of the money raised stays local and is dispersed throughout a 17-county region stretching from Beaufort to Myrtle Beach to Orangeburg.

Much of this funding is dispersed through the organization’s grant program, which offers free or discounted mammograms for the uninsured or underinsured, help finding follow-up treatments and transportation to appointments, primarily in rural and underserved counties. Community profiles determine areas of greatest need.

The 21st Annual Komen Race for the Cure is Oct. 18 at Family Circle Stadium on Daniel Island. What started with 500 runners has grown to 7,500 runners, walkers, volunteers and supporters.

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There are two ways in which women can be proactive in early detection: following a healthy lifestyle and defining their risk for breast cancer.

Special thanks to Leslie Moore, founder of Warriors 4 Warriors; Trey Knott, board director of Share Our Suzy; Lisa Jones, marketing and events manager of Susan G. Komen Lowcountry; and Dr. Megan Baker, director, MUSC Comprehensive Breast Care Program.

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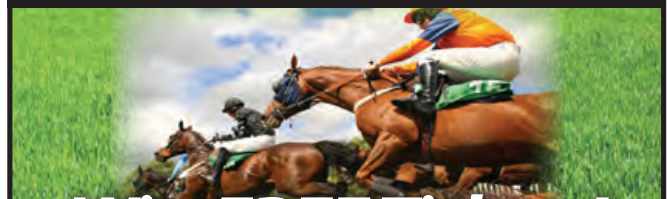
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A COMMUNITY OF DESIGN KNOWLEDGE

The National Kitchen and Bath Association

WHEN PEOPLE EITHER search for a new home or think about improving on the one they have, kitchens and bathrooms tend to take the forefront as important features. Perhaps it's because both rooms symbolize luxury – relaxing bubble baths on quiet nights and dinner parties on more social evenings.

The National Kitchen and Bath Association, an organization that began in 1963, has blossomed into a quite a large network of contractors, decorators and other professionals who thrive on the beauty of a well-designed kitchen or bathroom.

According to the NKBA website, the organization's mission statement is "to enhance the member success and excellence, promote professionalism and ethical business practices and provide leadership and direction for the

kitchen and bath industry worldwide." The organization meets these goals through an array of practices, including an NKBA magazine, published each quarter, a specialized college degree for students who want to study kitchen and bath design and an annual trade show for members of the industry.

Consumers who are seeking knowledge about kitchen and bath design will find the NKBA website quite useful. In addition to showcasing numerous designers and their library of work, there's a wealth of educational information for homeowners, such as a glossary of common design terms, free planning guides and ample product information. Visit www.nkba.org to learn more.

To help our readers find inspiration regarding beautiful kitchen and bath designs, we are featuring a few remodels, all done by local kitchen and bath professionals. We hope you enjoy seeing these exquisite rooms as much as we did. 🐾

A Better Use of Space

Strock Enterprises

WE ALL
get a
certain
picture
in our

heads when someone says “1940s kitchen” – that dimly lit room which was cut off from the rest of the house and filled with ancient appliances. When a family in the Old Village in Mount Pleasant called on Strock Enterprises to update their kitchen, it aptly fit that description.

“Their appliances were old but in good condition,” said Trey Strock, president of Strock Enterprises. “We actually sold them to a woman from Florida who was looking for vintage appliances.”

Meanwhile, for this family, an update was necessary – and truly brought out the beauty of their home. Strock described how his team made better use of a covered patio the family never used by closing it in and making it part of the kitchen. The back wall, facing the backyard, is mostly windows and offers a view. The counter has a curved shape for better “flow” in the room – and the opportunity to eat at the bar, rather than taking up room with a kitchen table. Strock also emphasized the use of local products whenever possible.



A family in Mount Pleasant’s Old Village needed their kitchen to be updated, and, thanks to Strock Enterprises, this was the result.

Photo courtesy of Strock Enterprises.



Above and below: The owners of this RiverTowne home couldn't find a reason to have a small shower and a large tub "that no one used."



It's not that the original builder grade bathroom inside this RiverTowne home was not a nice bathroom; it's simply the fact that the owners couldn't find a reason to have a small shower and a large tub "that no one used," according to Stroock. Just as Stroock and his team did in the home with the remodeled kitchen, they turned the bathroom into a place of function for the family.

Stroock described how the male owner of the home kept hitting his head on the shower bar because it was set too low. The situation was fixed when Stroock Enterprises removed the bathtub and the linen closet that "was too small and lacked enough storage" in order add vanity space, cabinet space and a much bigger shower that suited the family's lifestyle.

"It's more than aesthetics when it comes to remodeling," Stroock pointed out. "You sit down and talk about the reasons that a family wants to remodel – and the reasons are surprisingly emotional. Guests, friends and grandkids are often the priorities when it comes to remodeling a home." 🏠





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Suiting the Client's Needs

Rock Creek Craftsmen

THE KITCHEN INSIDE OF this Mount Pleasant home began as a small, walled-off room, according to Kevin Meek, owner of Rock Creek Craftsmen, also located in Mount Pleasant. It was flanked by a modest sitting room with wood-paneled walls, which the family was willing to sacrifice in order to obtain more kitchen space.

“The current trend is to have a kitchen where there is space to eat, such as a countertop bar and room for a table, rather than to resort to a dining room,” Meek said.

The Rock Creek team remedied the situation by transforming the small kitchen and den into a larger eat-in kitchen. Meek described how the couple had previously lived downtown and became inspired by some of the kitchen remodels in Charleston, which included finishing touches such as custom millwork, simple pulls and merchant pendant fixtures.

“They wanted a simple, clean design with nice accents,” Meek said.

Photo courtesy of Rock Creek Craftsmen.



The Rock Creek team simplified the layout to make this kitchen more efficient. They also added a bar.



Though the Rock Creek team did not actually change or break down any walls in this kitchen, they did tweak and simplify the layout to make it a more efficient space for the family, as well as add a bar. This is actually the second project that Kevin and his team worked on for this family.

“They liked the custom cabinets we built in their living room and office, so they asked us to do the kitchen,” Meek admitted with a chuckle.

Of course, not every client knows right away what sort of kitchen design they want, and Rock Creek is prepared to help in those cases. Meek said that he helps clients decide their direction during the initial meeting, sharing design books and understanding the client’s lifestyle.

In the case of this Hobcaw kitchen, the clients craved a straightforward but efficient design.

“The kitchen was the standard version from when Hobcaw was built,” Meek said. “They wanted to add character.”

Photo courtesy of Rock Creek Craftsmen.



The kitchen inside this Mount Pleasant home began as a small, walled-off room.

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Photos by William Quarles.

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THE REMODELING DIFFERENCE

Increasing Your Home's Value

Increasing the value of your home is simpler than you think. In the Lowcountry, kitchen and bath remodeling takes the lead, and adding outdoor living space also is a popular option. Consider the following changes or additions to your home if you are thinking of selling in the near future.

DECK ADDITION

Since we live in a beautiful place, adding space to your home where the outdoors can be enjoyed with friends and family will increase your home's value to prospective buyers.

MINOR KITCHEN REMODEL

A complete remodeling job might not be necessary, but updated and energy-efficient appliances can make quite a difference to your total home value.

BATH REMODEL

Again, consider whether your bathroom could use updated fixtures, lighting or wall color – small accent changes can mean a big difference.

SIDING REPLACEMENT

You hear the phrase "curb appeal" often, but what truly creates curb appeal for your home? Upgrading the siding is a sure-fire way to make any home more attractive, eco-friendly and protected from the Lowcountry weather elements.

WINDOW REPLACEMENTS

Nothing dates a home more swiftly than old windows. New windows are worth the investment, whether you are planning to sell or simply want to lower your energy costs.

PAINT JOB

One of the least expensive and most time-effective changes you can make, a new paint job, is imperative for improving the home's appearance. Consider painting the wood trim to prevent rot, which is a common challenge for homeowners in the Lowcountry.

*Information courtesy of Kevin Meek, owner of Rock Creek Craftsmen.
Visit <http://rockcreekcraftsmen.com/blog>.*

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**TOP MOST EXPENSIVE
TEN HOMES SOLD** Jan. 1, 2014 - Aug. 15, 2014

South Mount Pleasant

South of the Isle of Palms Connector

MLS LISTED PRICE	LISTING AGENT LISTING COMPANY	SELLING AGENT SELLING COMPANY	DAYS ON MARKET	SELLING PRICE
1) \$2,495,000	Brian Mello Handsome Properties	Martha Freshley William Means Real Estate	91	\$2,400,000
2) \$2,150,000	Leigh P. Rowe Carolina Elite Real Estate	Mark Richmond Harbourtowne Real Estate	52	\$1,900,000
3) \$1,925,000	Ed C. Hunnicutt Carolina One Real Estate	Charles McIntosh The Cassina Group	18	\$1,825,000
4) \$1,799,000	Mac M. Triplett Cooper River Realty	Nancy Hoy Carolina One Real Estate	152	\$1,799,000
5) \$1,675,000	Nancy Hoy Carolina One Real Estate	Bill Johnson Disher Hamrick & Myers Res. Inc	332	\$1,650,000
6) \$1,800,000	Michelle McQuillan William Means Real Estate, LLC	Jane Stoney Cook Daniel Ravenel Sotheby's International Realty	333	\$1,600,000
7) \$1,635,000	Nancy Hoy Carolina One Real Estate	Wallace Barr Harbourtowne Real Estate	596	\$1,595,000
8) \$1,680,000	Katrina Johnson Carolina One Real Estate	Michael Naylor Keller Williams Realty Charleston	7	\$1,590,000
9) \$1,649,000	Andrea M. Bell Coldwell Banker United	Ed Hunnicutt Carolina One Real Estate	207	\$1,558,000
10) \$1,565,000	Michelle McQuillan William Means Real Estate	Elle Haynes William Means Real Estate	32	\$1,550,000

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North Mount Pleasant

North of the Isle of Palms Connector

MLS LISTED PRICE	LISTING AGENT LISTING COMPANY	SELLING AGENT SELLING COMPANY	DAYS ON MARKET	SELLING PRICE
1) \$2,199,000	Matt O'Neill Matt O'Neill Real Estate	John Denning Wild Dunes Real Estate	287	\$1,900,000
2) \$2,000,000	Matt O'Neill Matt O'Neill Real Estate	Paul LeClaire Keller Williams Realty Charleston	52	\$1,900,000
3) \$1,795,000	Mike J. Davis Prestige Real Estate	Rick Atkinson Carolina One Real Estate	21	\$1,717,500
4) \$1,780,000	Will Dammeyer William Means Real Estate	Brian Hauck The Boulevard Company, LLC	203	\$1,500,000
5) \$1,674,000	Melinda Miller AgentOwned Preferred	Martha Freshley William Means Real Estate	114	\$1,665,000
6) \$1,590,000	Nancy Hoy Carolina One Real Estate	Brian Mello Handsome Properties, Inc.	1007	\$1,490,000
7) \$1,495,000	Holly Culp AgentOwned Preferred Group	Gary Short Keller Williams Realty Charleston	7	\$1,400,000
8) \$1,399,000	Shelia Romanosky Carolina One Real Estate	Dustin Crooks Keller Williams Realty Charleston	251	\$1,290,000
9) \$1,195,000	Unrepresented Non-Licensee Unrepresented Non-Licensee	Alicia Mendicino Carolina One Real Estate		\$1,130,000
10) \$1,149,000	Suzanne Conway Prudential Carolina Sun Real Estate	Shawn Pillion ChuckTown Homes, LLC	77	\$1,090,000

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Stan and Suzanne Gorfiltzky admire the foundation of what will soon be their new home.

High-Performance Homes

Amerisips Makes a Difference

AS ALL-AROUND ECOLOGICALLY minded people, Stan and Suzanne Gorfiltzky knew that when they built their forever home they would want it to be environmentally sound and immersed in nature.

For the couple, life at their former four-story Isle of Palms home meant hefty energy bills each month, often hovering around \$600 during the stifling summers.

“We’ve always been interested in building green, but we’ve never been able to find anybody around here that was really doing it,” said Suzanne. “I’d read a couple of articles about Amerisips, but I thought they were only building around the Johns Island area. When we went out to see their model home, we found out they’re

STORY AND PHOTOGRAPHY
BY JULIE SPRANKLES

actually doing custom homes all over.”

After their realtor pointed out that owner Steve Bostic, his wife, Tina, and the rest of Amerisips team were building truly top-end, ecological homes, the Gorfiltzky knew they wanted to explore the option further. Upon being “more than impressed” by other Amerisips homes, the couple decided to move forward with the company.

“When I met Steve, we had so much in common,” elaborated Stan. “What he’s doing is such a great new approach, and we’re so excited to be a part of it. It’s that high quality, custom build we love: Whatever my wife wants, they try to figure out how to do it without spending us to death. It’s been a really great experience.”

The Gorfiltzky were also drawn to Amerisips’ unique approach, one Steve sums up as “a totally integrated one-stop-shop for home design, interior design, manufacturing and construction” of high-performance homes.

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And since Stan and Suzanne were ready to say goodbye to the cumbersome electric bills typical of their former residence, the Amerisips' premise of Free Energy Living proved especially appealing.

"Free Energy Living is our whole system for how we work with a client to reduce their electric bill. The theoretical zero energy is where you can build a house that reduces the cost of energy and gets rid of waste and air coming into the building," Bostic explained.

"There's a government sponsored rating called a HERS rating that runs from 0 to 150, and we're building almost to



The Gorlitskys chose to build their new home in Sewee Preserve, located north of Mount Pleasant.

a zero," he revealed. "Standard stick builders of a tract home build at 100."

Not only do Amerisips homes exceed all U.S. standards for quality building as recognized by Leadership in Energy and Environmental Design certification – in fact, most Amerisips homes are LEED Platinum certified – but the company also has been certified by the Department of Energy for participation in an innovative new program. Zero Energy Ready Home represents "a whole new level of home perfor-

mance, with rigorous requirements that ensure outstanding levels of energy savings, comfort, health and durability.”

Additionally, Amerisips was recently selected as a Department of Energy Home Innovation Award recipient in the Custom Home category and a finalist in the U.S. Green Building Council’s Best of Builder Awards – further solidifying its position as one of the leading green design/builders in the country.

Accordingly, Bostic explained, Amerisips’ homes also meet the highest standards for indoor air quality. Each home is built to the EPA’s Indoor airPLUS specifications. He noted that an Amerisips home is “as clean as an operating room,” thanks to a whole-house ventilation system and an in-duct UV filtration system that filters out contaminants and allergens.

It was a no-brainer for the Gorlitskys, particularly when they discovered Amerisips houses are completely customizable. Each home begins with the innovative EcoShell, a complete home exterior crafted from exceptionally strong and energy efficient structural insulated panels.

Then the Amerisips team sits down with homeowners to determine their budget and how they’ll use the space. Since the system doesn’t require load-bearing walls, the popular open floor plan is readily available. But for those who want to tweak the design further, the Amerisips team is there to help.

“The house design and the interior design is all custom,” Tina Bostic explained. “We have house designers and interior designers on staff, so they can customize virtually anything in the house.”

And while the expedited turnaround – about half the time it takes to build a comparable custom-designed stick built home, according to Bostic – may throw some people, these are not pre-fab facade or pre-fab homes.

“It’s the beginning-to-end integrated process and better managed construc-

tion process which allows us to build these really high-end, high-quality homes in much less time,” Tina Bostic clarified.

Amerisips level of quality and customization bore special significance for the Gorlitskys because one of their sons is paralyzed from the waist down.



“Everything – every room, every inch of this house – is ADA (Americans With Disabilities Act)-compliant with him in mind,” said Stan. “Steve and Tina understand us and know all the things about how to build like that, right down to considering the views. So it’s perfect for him. It’s almost like a family compound. This will be the last house that we build.”

Now standing on their future house’s foundation in what next year will be a room – probably with a few prints of Stan’s avian photography adorning the walls – the Gorlitskys already look at home. It’s strange to imagine they might have missed out on this special spot – and very nearly did, Suzanne explained.

The couple, she shared, originally had an option on a home in a new equestrian-oriented tract of the Poplar Grove subdivision in Ravenel. They had gotten so far as to have Bostic design a

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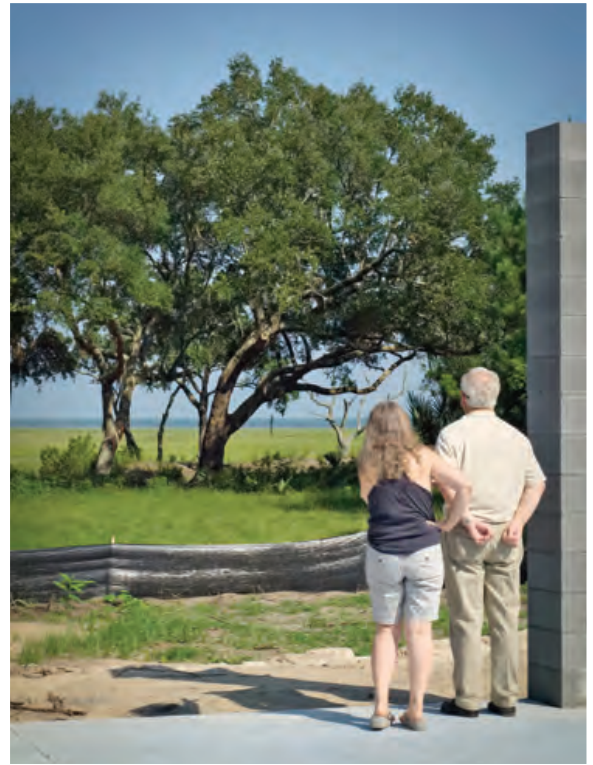
set of plans for their plot in that community before Suzanne realized the area wasn't the right fit for them. Their son, Adam, grew up in the Mount Pleasant area, where he still resides. And, as any mother can relate, Suzanne couldn't help but think about how this decision might impact him.

"It's so far from everything," she said. "And Adam would never want to live out there, so if something happened to us tomorrow, he'd never want the house. So I couldn't sleep at night. I finally said, 'I can't move out there.'"

Fortunately, the Bostics – with whom the Gorlitskys had become fast friends – were more than happy to make the adjustment and redesign the house for their new lot in Sewee Preserve. That kind of customer service, the homeowners asserted, has been exhibited by Amerisips throughout the building process.

"The best thing is Steve got me in touch with a local landscape architect who does wildlife plantation planning," Stan said, beaming with pride. "He came out here and he had tears in his eyes. ... that's how much he loved it." 🌿

For more information or to discuss your own custom home, call Amerisips at (843) 637-4311 or visit them on the Web at www.amerisips.com.



The Gorlitskys originally planned to build in the Poplar Grove subdivision in Ravenel. When they realized that location wouldn't be right for them, Amerisips redesigned the house for their new lot in Sewee Preserve.

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TOP TEN MOST EXPENSIVE HOMES SOLD Jan. 1, 2014 - Aug. 15, 2014

**Seaside Farms,
Mount Pleasant**

MLS LISTED PRICE	LISTING AGENT LISTING COMPANY	SELLING AGENT SELLING COMPANY	DAYS ON MARKET	SELLING PRICE
1) \$898,000	Donna A. Nettles AgentOwned Preferred Group	Jimmy Dye The Cassina Group	9	\$890,000
2) \$950,000	Dennis L. Samuelson Carolina Coastal Properties	Dennis L. Samuelson Carolina Coastal Properties	23	\$874,000
3) \$874,850	Troy T. Barber Tidewater Realty, LLC	Killian Cowart Coldwell Banker United	254	\$846,500
4) \$849,000	Cloice D. Janson Janson Realty Home Sales	Ed Hunnicutt Carolina One Real Estate	4	\$825,000
5) \$759,000	Dan E. Pape Carolina One Real Estate	Michele Lundy Wild Dunes Real Estate	5	\$742,000
6) \$729,900	Cloice D. Janson Janson Realty Home Sales	Bill Smith Carolina One Real Estate	241	\$725,000
7) \$715,000	Nicholas F. Strable Carolina One Real Estate	William Bladykas Prudential Carolina Sun Real Estate	339	\$675,000
8) \$599,900	Mac M. Jenkinson Carolina One Real Estate	Ralph Mellard Daniel Ravenel Sotheby's International Realty	27	\$585,000
9) \$549,800	Ron M. Schiappa AgentOwned Preferred Group	Ed Marill REMAX Alliance	85	\$527,000
10) \$512,000	Ann H. Essig-Marconi Coastalina Realty of Charleston	Jackie Clark Carolina One Real Estate	3	\$512,000

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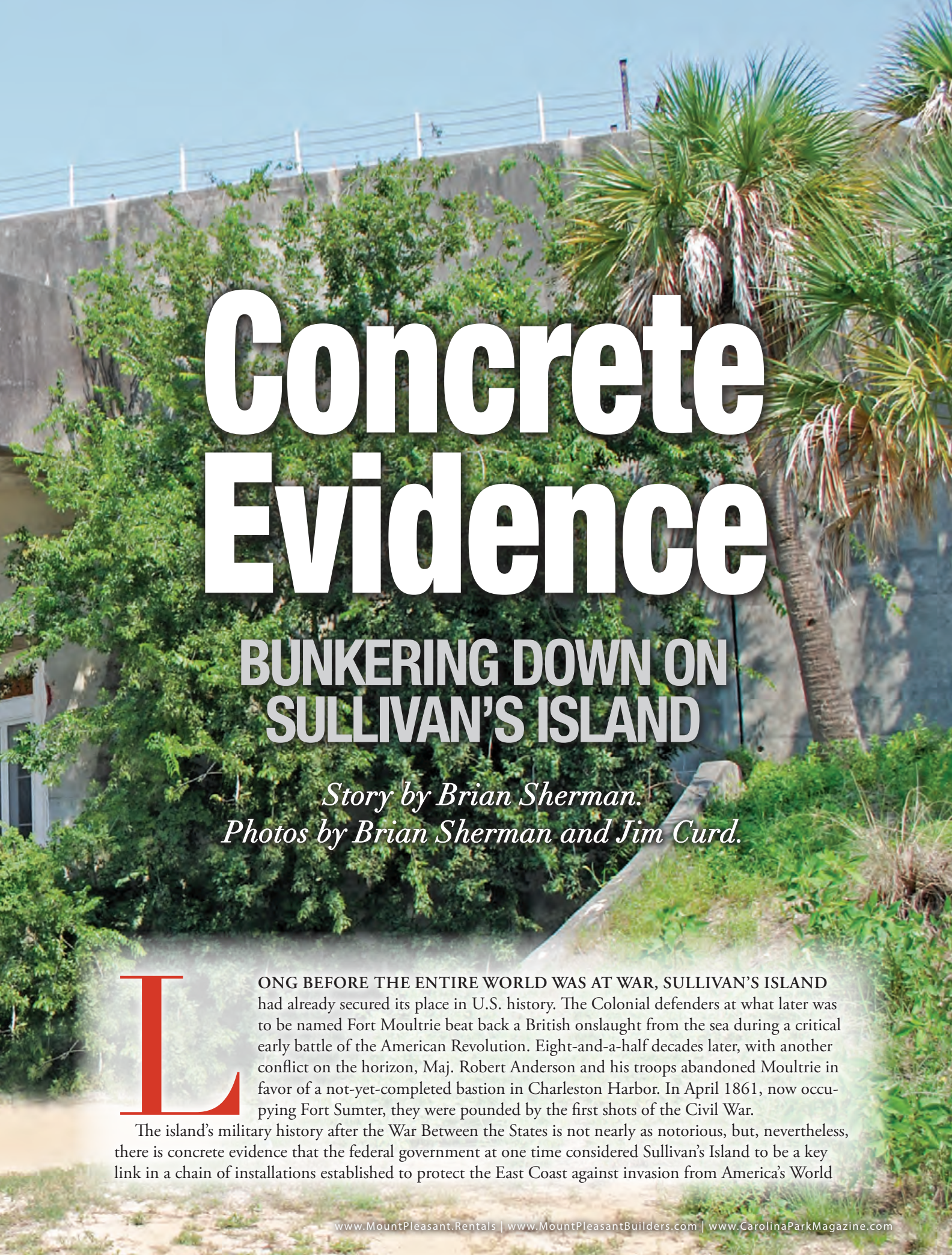
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The Edens family has lived in the home carved out of the northeast corner of Battery Marshall since 2008.





Concrete Evidence

BUNKERING DOWN ON SULLIVAN'S ISLAND

Story by Brian Sherman.

Photos by Brian Sherman and Jim Curd.

LONG BEFORE THE ENTIRE WORLD WAS AT WAR, SULLIVAN'S ISLAND had already secured its place in U.S. history. The Colonial defenders at what later was to be named Fort Moultrie beat back a British onslaught from the sea during a critical early battle of the American Revolution. Eight-and-a-half decades later, with another conflict on the horizon, Maj. Robert Anderson and his troops abandoned Moultrie in favor of a not-yet-completed bastion in Charleston Harbor. In April 1861, now occupying Fort Sumter, they were pounded by the first shots of the Civil War.

The island's military history after the War Between the States is not nearly as notorious, but, nevertheless, there is concrete evidence that the federal government at one time considered Sullivan's Island to be a key link in a chain of installations established to protect the East Coast against invasion from America's World

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Left: The kitchen in Curd home. **Bottom right:** The Atlantic Room Bob Curd built so his family could have a view of the ocean. **Above right:** The bunker home had little natural light, so a variety of lamps were a necessity. This shot was taken from the dining room, looking into the living room.

War II enemies. At either end of a massive bunker, built of reinforced concrete and covered with sand, dirt and grass, the Army placed a pair of 12-inch guns that were supposed to help repel an attack from the Germans or their allies.

As the story goes, the guns were fired only twice: once to see if they actually worked and another time to check their accuracy. This information came from Jim Curd, a Mount Pleasant resident who should know a little bit about Battery Marshall, the enormous bunker between I’On and Brownell avenues that was subdivided into three residences, separated by cinder block walls, after the Army deactivated Fort Moultrie in 1947. He lived in the center section with his parents and siblings for eight years, from 1965 until he graduated from high school in 1973.

His parents remained in the windowless, 9,000-square-foot home, purchased for \$10,000, until his dad, Bob Curd, passed away in 2001, and his family still owns the property. The back door, barely visible from I’On Avenue, is boarded up, and vegetation now covers the stairs that once led to the top of the bunker. Though the former Curd home is empty and barely recognizable as a residence, people still live in the bunker homes on either side.

So what was it like living in the bowels of a bunker?

Curd remembers that the home had heating and air conditioning but that his family never used either, relying instead on fans and dehumidifiers. Surrounded by solid concrete plus sand and dirt, the home was well-insulated.

“It was very comfortable, and it made sense to wear shorts and a T-shirt, especially in the winter,” he commented, pointing out that the home was warmer in the cool months and cooler during coastal Carolina’s hot and humid summers. “We tried the heat and air, but it really didn’t work and we never tried it again.”

Curd added that one of the strangest things about his boyhood home was that there was no natural light except the small amount of sunlight that came through the glass doors at the back entrance, the ventilator shaft in the kitchen and the “Atlantic room,” a sunroom built by Curd’s father. The lack of natural light made alarm clocks a necessity, Curd pointed out.

Bob Curd had little choice but to use dynamite to eliminate enough of the outside concrete wall so he could construct the Atlantic room, which provided the Curd family with an excellent view of the ocean. At the time, there were no houses between Brownell and the beach. That has changed over the years.



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The bunker is still within easy walking distance of the ocean, of course, which is a major reason Jamie Edens chose to move his family into the home at its northeast corner, near Station 31, in 2008. Edens grew up on the Isle of Palms and attended Sullivan’s Island Elementary School, and he wanted his children to be able to do the same.

“I bought this house to make that happen,” said Edens.

His home is slightly lower than the one Curd lived in. The ammunition for the guns was stored in the center section, and the bunker sloped down to either side to make it easier to move the shells.

The dirt and sand that once covered the Edens home was removed long ago from the top of the 150-foot-long house. A sunken patio, half inside and half on the front porch, marks where one of the 12-inch cannons once sat inside a rotating carriage. Similar to the Curd home, the Edens residence has five bedrooms and a huge living area. Another similarity is that heating and cooling isn’t a problem. Edens pointed out that his electric bills run only around \$140 a month, a bargain for a 7,000-square-foot home.



When the federal government built the bunker, there were no homes between it and the Atlantic ocean.

“In the winter, the house stays warm all the time, and in the summer, there’s no need for massive amounts of air conditioning,” he said.

Another advantage of living in a bunker is that Edens isn’t concerned with many of the problems people who live in “normal” homes must deal with.

“I don’t have to worry about shingles, paint or termites,” he pointed out.

With walls that are 10 to 15 feet thick, violent storms probably aren’t an issue either. When Hurricane Hugo punished Sullivan’s Island in



Jim Curd, left, and his dad, Bob, at the dining room table inside their bunker home.

1989, the home suffered only minor damage, while many other houses on the island were all but destroyed.

Battery Marshall never served its original function – to repel an invasion along the East Coast. It did, however, satisfy a more lasting purpose, as a solid and durable home for several Sullivan’s Island families. 🍷

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Surrounded in Sound

**LEE PRINGLE BRINGS
CLASSICAL MUSIC TO I'ON**



*Story by Denise K. James.
Photography courtesy of Lee Pringle.*

Lee Pringle has always felt inspired to bring music to a diverse audience. His musical journey started in tiny Pringletown in Berkeley County, where he attended the Sunbeam Choir at Pisgah AME Church.

ARTISTS ARE often visionaries about many things, even those that don't pertain to their art. Take, for example, Lee Pringle, the president of the Charleston Symphony Orchestra's Gospel Ensemble and founder of the Colour of Music Festival. As a resident of Mount Pleasant, and, more specifically, I'On, Pringle was one of the renowned neighborhood's very first residents. He liked what he saw from the beginning – and with good reason.

“I'd been living in downtown Charleston, and in 1998 I purchased a home in the I'On neighborhood,” Pringle told me. “I was either the seventh or the eighth resident – when



The 2014 Colour of Music Festival will focus on female African-American composers in classical music.

I moved in, even the roads weren't completely paved yet."

Pringle said he liked I'On for the "village feeling," and pointed out that Mount Pleasant was a relaxing change from the bustle of downtown Charleston. When I asked Pringle if he still loves Mount Pleasant as much as ever, though the town is hardly "sleepy" any longer, his answer was a hearty yes.

"This is my home," he emphasized. "I can't imagine living elsewhere. And I've lived in Toronto, Charlotte – many other places in the world."

Pringle has always felt inspired to bring music to a diverse audience, even from a young age. His "evolution in the arts" began in a small place in Berkeley County known as Pringletown, where he attended the Sunbeam Choir at Pisgah AME Church. Later, he joined the U.S. Navy for eight years, but he never stopped producing music. Today, he is the founder of both the Charleston Symphony Orchestra's Gospel Choir and the Charleston Symphony Orchestra's Spiritual Ensemble.

The choir came about in 1999 when Pringle was serving on the board of the Charleston Symphony

Orchestra and chaired a subcommittee tasked with community outreach. The committee funded the popular show "Gospel Christmas" and later became big enough to take its own name: The CSO Gospel Choir. From that group, another niche project was born: the CSO Spiritual Ensemble, which focused on the contributions of African-American classical musical artists in the United States.

"I felt that the story of music in America needed to include classical music from the African-American community," he said.

At that time, the Charleston Symphony Orchestra had no money to support Pringle's newest vision of classical symphony performances composed by African-American artists. Thus Pringle got to work raising money because, he said, "people were interested." Since the Spiritual Ensemble is a 501(c)(3), he was able to obtain grants reserved for nonprofits in addition to private donations. Ticket sales to the first performance helped as well.

"A lot of classical conductors aren't aware of African-American composers," Pringle mused. "You have to seek

out that history. If you aren't reading about it, you might not know."

In 2013, Pringle's inaugural Colour of Music – Black Classical Musicians Festival was a success for the Spiritual Ensemble. Participants are equally enthusiastic about this year's festival, which will kick off in none other than Pringle's beloved neighborhood, I'On, on Oct. 19, at the current East Cooper Montessori location.

According to Pringle, this year's festival will focus on female African-American composers in classical music, with two ladies from Nigeria and Trinidad traveling to Charleston for the festival. There will also be focus on Charleston's contribution to African-American classical music, with a rhapsody written by Edmund Thorton Jenkins, of The Jenkins Institute for Children, on the program.

"What I've been doing the last 20 years is teaching people about the African in American music," Pringle pointed out. "And in world music as well."

Pringle is particularly looking forward to bringing

the kickoff concert to his fellow neighbors and to East Cooper classical enthusiasts in general. The Virtuosi Series finale will simultaneously complete the I'On summer concert series as well as begin the Colour of Music 2014 celebration.

"I wanted to have something in Mount Pleasant," Pringle said. "This is my home, and a lot of us who participate in the arts live in East Cooper." 🍷

For more information, visit www.colourofmusic.org.



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“**I** DON'T HAVE ANY MONEY, SO THERE'S no need to talk to you.” George Holmes, a CERTIFIED FINANCIAL PLANNER™ professional, has heard those words often. “That's like telling your doctor you're too sick to discuss your health,” he explained. “Financial health includes many of the same elements as physical health and fitness. Just like working with your doctor, a client needs to be able to ask questions freely and take the time to understand each part of the process.”

Holmes, a partner at Oak Capital Management, LLC, is in the business of helping people understand financial planning and growing their assets over time.

People are often focused on the short-term, and some don't take time to develop a long-term financial plan. Patience and a plan are the keys to establishing wealth; few people are given a lump sum sufficient to maintain their needs into their retirement years. A family's priorities can change, and, because it can take seven to 10 years to build a sizable nest egg, people tend to delay starting a retirement savings program.

Holmes, who was bitten by the investment bug when he was 16, has earned a Retirement Planning Specialist title from AXA Advisors by attending AXA Advisors' week-long “At Retirement Education Program” at the Wharton School, University of Pennsylvania, which is designed to help financial professionals learn about elements of retirement planning. In addition to the CFP® certification

and the Retirement Planning Specialist AXA Advisors title, he has earned a master's in Business Administration from the Citadel.

There's no “right” way to set up an investment portfolio, he pointed out, adding that there are thousands of individual investment choices. He said before setting up an account, investors should review their long-term strategy to make sure that a specific account is appropriate and suitable. The most important aspect of any plan is to understand the function of each piece of the plan.

Holmes pointed out that stocks, bonds, cash savings

and real estate all have a place in a well-developed portfolio, and he cautioned that risk tolerance, financial literacy, liquidity and job situation must be considered when putting together a financial plan. He added that debt reduction, savings and risk management need to be tailored individually.

“My career is about helping understand the ‘whys’ in life,” Holmes said. “Why

do you need a college savings plan? Why do you need life insurance? Why do you need liquid savings? Why do you need retirement planning? Once we start to sort out the whys in your life, a plan will almost fashion itself to your needs.”

To learn more about how you can save for your retirement years, call George T. Holmes IV at 843-849-7878 or visit www.oakcapitalmgt.com. The offices of Oak Capital Management are located just off Long Point Road in Mount Pleasant.



Photo by Jenn Cady.

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Rising Tides

Condo Complex Will Add A Fourth Building



HIGH-PROFILE LUXURY condominium neighborhood that struggled during the recession is well on its way to completing a comeback East of the Cooper.

Construction on a fourth building at Tides Charleston, located within hailing distance of the Arthur Ravenel Jr. Bridge, is scheduled to get underway early in 2015, according to Miller Harper of East West Partners, the national developer that repositioned 50 foreclosed residences at the Wingo Way complex in 2012.

East West sold those units in a just over a year after bringing them back to market, and plans are now afoot to expand the waterfront community after the Mount Pleasant town council granted zoning approval in July.

It's especially good news for those in the luxury property market looking to transition away from a single-family home. Tides IV, as the new project is known, will be the first new high-end residential condominium community in the market since 2008.

"People in Charleston and Mount Pleasant are increasingly drawn to the hassle-free 'lock-and-leave' lifestyle that luxury condominiums offer," Harper said. "When you've got one of the world's greatest cities minutes away, when you've got top-class beaches just down the street, you don't want to spend time pulling weeds in your yard."

DOWN AND UPS

Construction on the second and third buildings at Tides was completed in 2008 – just in time to get rocked by a nationwide recession. Three years later, East West Partners teamed up with Charleston Harbor Holdings to buy the 50 units that remained vacant.

The move proved prescient.

According to Tides sales figures, in 2012, three units sold for an average of less than \$500,000. The following year, 51 condominiums changed hands at an average price of almost \$800,000. Through the first five months of 2014, sales prices were closer to \$950,000.



Photo courtesy of Tides.

An artist's rendering of what Tides will look like when the fourth building is completed.

"To have gone from foreclosure to plans for a fourth building so quickly is a testament to what Tides offers, the draw of Charleston and the rebounding market overall," Harper said.

NEW BUILD

Harper said that buyers will notice differences between Tides IV and the first three buildings, mostly because the real estate world is a different place than it was a decade or so ago.

"We've been able to work with lots of homeowners, and we realize that their preferences have evolved," Harper said.

Residences at Tides IV will offer wide-open and airy living and dining rooms, fewer hallways, large windows and spacious terraces. Kitchens will be designed to be the hub of the indoor living area. And the residences will also be built to take full advantage of classic marsh and river views.

Like Tides' first three buildings, the fourth will offer luxury finishes will be built to withstand the forces of nature, from hurricanes and to seismic events. Amenities at Tides IV will include a fitness club, an owners' lounge, a pool and concierge services.

Construction at Tides IV is scheduled to begin in the first quarter of 2015, with completion set for the middle of 2016. The building will feature a mix of one, two and three-bedrooms residences.

"The Lowcountry is a perfect climate for development, given its notoriety as a destination, its year-round livability and its high-wage workforce," Harper said. "Those three factors don't dovetail often, and we're very excited for the tremendous opportunity here."

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It's Like One Big Family

Sandpiper

EDNA JAMES MOVED INTO THE Sandpiper Rehabilitation and Nursing Center on Mother's Day 2014, relocating from Charlotte temporarily, she thought, while she was recovering from a recent injury. Now she never wants to leave.

At the age of 80, James has decided that leaving Sandpiper, a Mount Pleasant facility that offers independent living, assisted living, rehabilitation and nursing, is no longer an option.

"Everything is so exciting. I love it here," she commented. "There's lots to do and nice people. I never run out of things to do. I love it here. It's like one big family."

BY BRIAN SHERMAN

James, who was in an independent living facility in Charlotte before relocating to Mount Pleasant, is so enthusiastic that she is known around Sandpiper as "The Ambassador." She takes every opportunity to sing the praises of her new home. Her daughter, Lowcountry resident Dana Gondek, agrees that leaving North Carolina behind was the right move for her mom.

"Everyone here works together. The administration, the nurses, the social workers," she said. "The residents get the best care and nutrition possible. Sandpiper is leaps and bounds above the facility in Charlotte."

James' busy days are taken up by group activities, occupational and physical therapy, exercise, word games, Bible study and other activities for the mind and body. There's a party on every holiday, and residents leave Sandpiper for excursions, lunch and even baseball games at Joe Riley Stadium in Charleston.

Though she had some physical problems when she arrived at Sandpiper, James does her best to make life easier and more enjoyable for her fellow residents.

"My goal is to help people who can't help themselves. I get pleasure from that," she remarked.

The same could be said of Sandpiper in general. The community is divided into three sections: independent living, assisted living, and rehabilitation and nursing.

At Sandpiper Village, which includes 114 apartments ranging in size from 625 to 1,300 square feet, people live independently without nursing care. They do enjoy the



Photo by William Quarles.

Edna James in her room at Sandpiper.

convenience of housekeeping services, a full dining room offering three meals a day, an exercise center, a heated swimming pool, a full calendar of activities and trips to stores and events in the community.

There are 54 beds at Sandpiper Courtyard Assisted Living, where staff members provide help based on the specific needs of each resident. Amenities include large TVs to view special events and movies, a private dining room for family gatherings, a library, recreational activities, a courtyard patio, access to physical, occupational and speech therapy, a full-service beauty and barber salon and care and supervision.

Admissions Director Kay Drummond pointed out that the 176-bed Sandpiper Rehabilitation and Nursing Center can serve one of two purposes. Skilled nursing is for residents who require help bathing, eating and dressing and need full-time nursing care. Following rehabilitation, some patients return home or to assisted living, while others might transition to the nursing home.

Sandpiper, part of the Mount Pleasant community since 1981, is currently in the process of renovating its rooms "to enhance the aesthetics," Drummond said. She pointed out that new flooring is being installed, and crown molding and built-in cabinets are being added. 🏠

To learn more about all Sandpiper has to offer, visit www.premierseniorliving.com or call 843-972-0542.



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Masterpiece Living Sommerby of Mount Pleasant

THE WORD “MASTERPIECE” generally provokes thoughts of priceless works of art and pieces of music that have been played for centuries. But at Sommerby of Mount Pleasant, the mission is to ensure that residents think of their own lives as masterpieces.

“A true masterpiece is something that never leaves one with the feeling that anything is missing,” said Lisa Kinsella, executive director of Sommerby. “That level of complete fulfillment is exactly the lifestyle we offer our residents.”

Sommerby of Mount Pleasant is a rental retirement community in Park West that offers independent living, assisted living, memory care and respite accommodation with all the resort-style amenities and restaurant-style dining anyone could wish for.

“We boast a beautiful property, spacious living areas and more fun-filled events than you could count,” Kinsella said. “But what sets us apart is not the four walls of our buildings or the beauty of the landscape; it’s all about the lifestyle.”

Life at Sommerby is focused on enhancing retirement with a spark.

“It’s a lifestyle that makes you more energetic and passionate about each day,” she said. “It’s the ‘Masterpiece Living’ our residents enjoy.”

Masterpiece Living, offered in the Charleston area exclusively by Sommerby, is a research-based initiative focused on staying healthy in every dimension – physically, socially, intellectually and spiritually.

In addition to plenty of physical activities, the community offers a place of meditation and worship and hosts games, clubs, arts and crafts, presentations, special events and scheduled trips in order to keep residents engaged socially.

“Staying engaged with other people is very important to overall wellness, and Sommerby makes it easy,” Kinsella said. “I love hearing residents say, ‘You know, I just met my new best friends here.’ Luckily, I get to hear that often!”

Resident Margaret Shuh took on a project to show what the mission of Sommerby means to her and presented the final product to Kinsella as a gift. It was a wooden spool with a ribbon and a card that read:

“The spool for Sommerby’s Mission Statement is an old wooden one, lending itself to the concept of realizing that even though we are older, there is still much useful value in each of us. The patina of age may be upon us, but we aren’t done yet!”

Sommerby, which celebrated its sixth year in July, also

specializes in other five-star services residents may enjoy, including weekly housekeeping, linen service and scheduled transportation. Of course, all residents have access to days full of activities, fine dining and fun.

“You will make new friends here at Sommerby,” Kinsella said. “Our residents really look forward to spending time together and meeting new people. There’s so much to do and something for everyone.”

Sommerby residents will take part in the Walk to End Alzheimer’s on Sept. 20 at Patriots Point in Mount Pleasant. And from 5:30 p.m. to 8 p.m. on Oct. 24, the community will host “Girls Night Out” to benefit breast cancer research, complete with cocktails, hors d’oeuvres, retail vendors and massages.

“These are just some of the many ways of getting residents involved and providing a way for them to give back to their community,” Kinsella said. “We are always focused on adding quality to the lives of our residents.”

To learn more, visit www.sommerbyofmtppleasant.com or call 800-984-4096.



Photo provided by Sommerby of Mount Pleasant.

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DR. EDWARD T. MURPHY

Dr. Ed Murphy, a native of Aiken, South Carolina, became interested in the profession of dentistry as a child, while watching his grandfather and uncle, who were both dentists. He thought it “seemed interesting,” so he did what any ambitious teen would



BY DENISE K. JAMES

do and majored in cellular biology at the University of Georgia with the intention of applying to dental school afterward. Following his degree from the Medical University of South Carolina, Dr. Murphy’s residency in general dentistry found him pursuing periodontics instead.

“I preferred the surgical aspect of dentistry and elected to pursue additional training in periodontics,” he explained.

Three years later, after completing a double residency in Advanced General Dentistry and Periodontology and Implantology at MUSC, Dr. Murphy’s dream of beginning a private practice came true. Today, he’s board certified and enjoys the opportunity to form relationships with his patients that last a lifetime.

“This is one of the rare specialties where you can develop a long-term relationship with the patient,” he commented. “It’s for life. I enjoy the challenge of taking a mouth that is compromised in some way and rehabilitating it.”

DR. CHRISTOPHER CAPUTO

Raised in Greenwood, South Carolina, Dr. Chris Caputo was “constantly exposed to the medical industry” because his father worked for Parke-Davis. His brother and sister, both dentists, also had a strong influence on his career choice of dentistry. Eventually, his growing interest led him to an undergraduate degree at Furman University, followed by dental school at the Medical University of South Carolina.



“Family is very important to me. My wife and two daughters have been very supportive of the time I spend in dentistry,” he said.

Dr. Caputo completed a two-year general residency

prior to his Periodontics residency and is a diplomate of the American Board of Periodontology. Much like Dr. Murphy, he discovered his passion for Periodontics.

“I wanted a challenge,” he said. “And I like the idea of putting something back together, only better than it was and improving my patients’ overall health.”

Dr. Caputo enjoys learning about his patients’ personal stories and feels that it makes each day more fulfilling and interesting. He also credits the staff at Periodontal Associates as a large part of what makes the practice great.

“We have a unique and special staff and are very fortunate,” he said.

DR. J. DAULTON KEITH

Dr. J. Daulton Keith is from South Carolina as well – Hartsville, to be exact – and agrees with his partners that the three of them are mainly in “the people business.”

Dr. Keith founded Periodontal Associates in 1968 and has watched the practice grow for the past 40 years. As one of the first trained periodontists in the state of South Carolina, Dr. Keith has placed more than 20,000 dental implants, with a 98-percent long-term success rate. Throughout his career, Dr. Keith has stressed the importance of prevention in order to attain long-term dental health.

Dr. Keith was inspired to pursue a career in dentistry after losing his front teeth in a high school football game. Completing his undergraduate degree at Wofford College, he attended dental school at the Medical College of Virginia and Boston University’s School of Graduate Dentistry in Periodontics. Dr. Keith has been a clinical professor at the Medical University of South Carolina Dental School for more than 40 years.

Dr. Keith is one of the 2 percent of dentists in the United States who is a member of The American College of Dentists, The International College of Dentists and the Pierre Fauchard Academy. He enjoys lecturing both nationally and internationally on Periodontal Therapy and Implant Dentistry. 🦷



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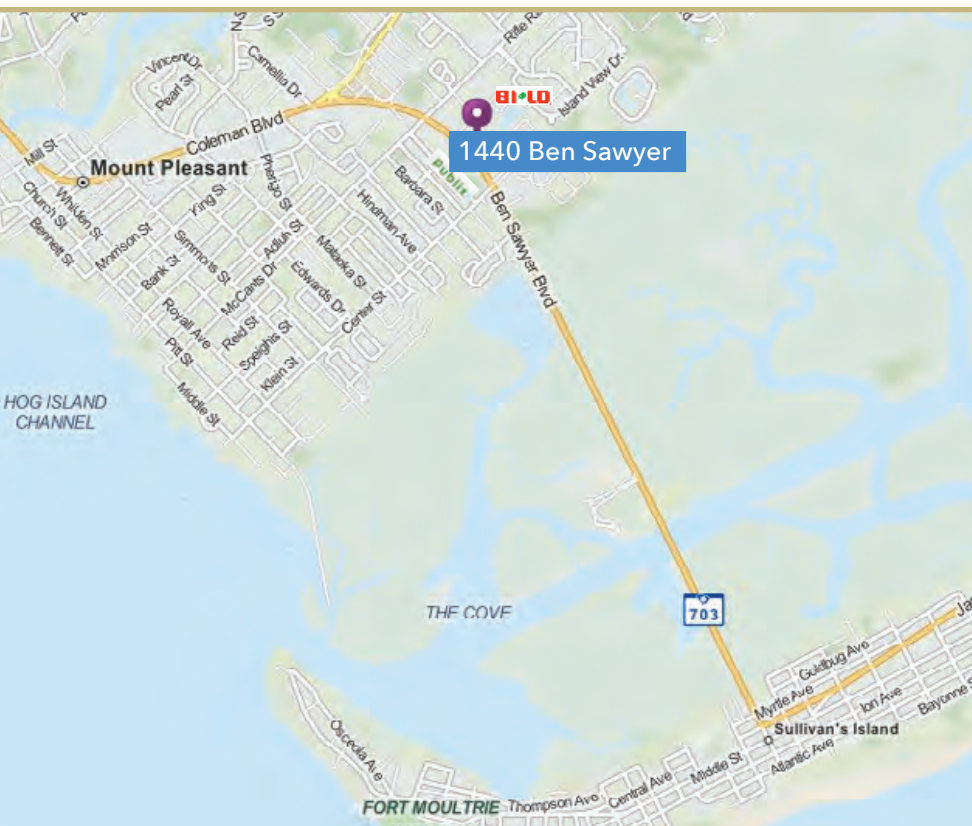
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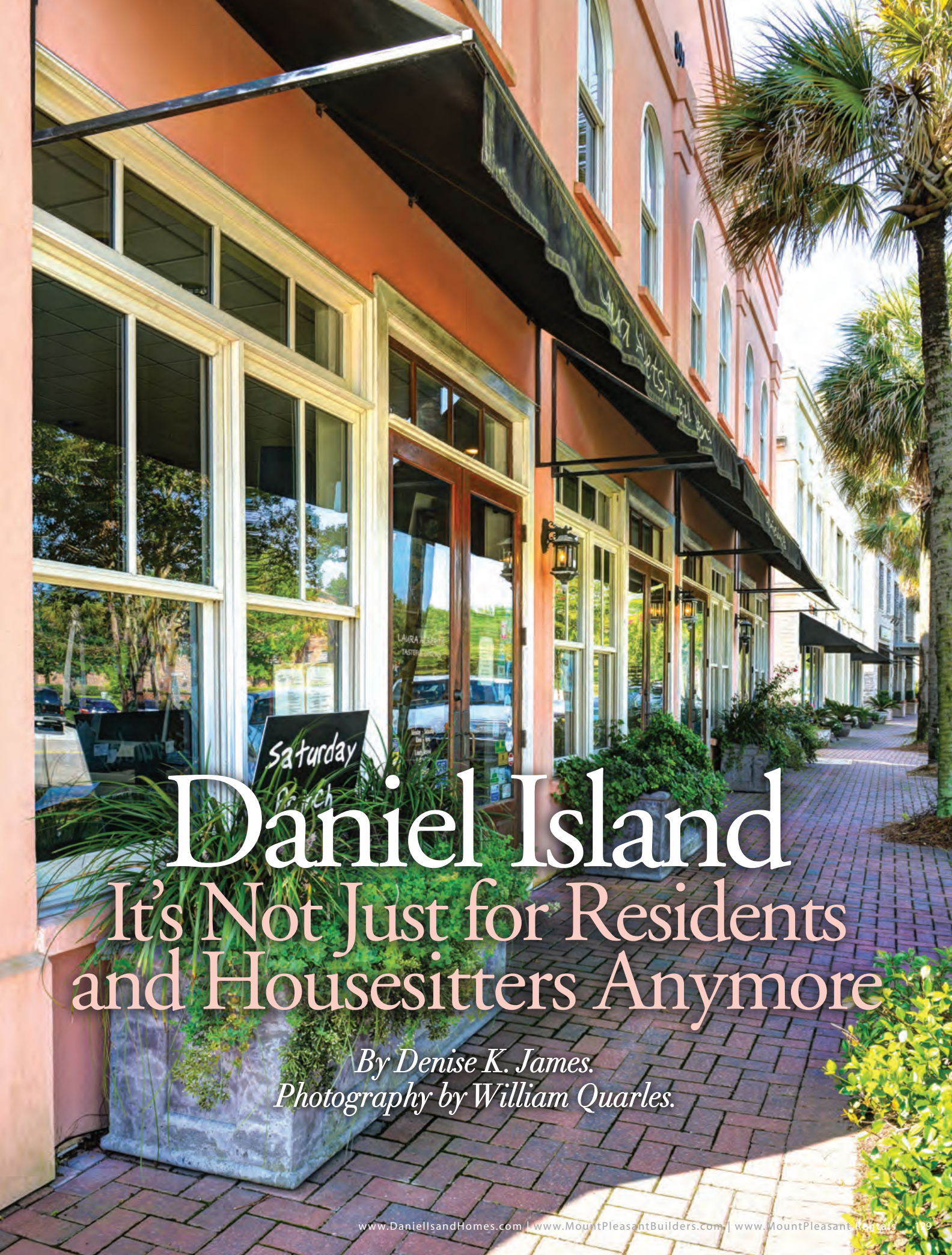
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Daniel Island

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*By Denise K. James.
Photography by William Quarles.*



Local and visitors enjoy dining on the patio at The Islander.

I RECENTLY ENJOYED A COCKTAIL at D.I.G. on Daniel Island, struck up a conversation with a fellow patron and discovered that she, like me, resides in Mount Pleasant.

“Interesting,” I mused to myself. Yet we’re both having happy hour on Daniel Island.

Of course, I was spending the week living on Daniel Island at the time, housesitting for one of my favorite families. They were vacationing in the Florida Keys and left me in charge of Zeus, their goldendoodle, as well as an array of reptiles, fish and plants. Zeus was with me at D.I.G. that day, in fact – and he’d been lots of places with me over the course of the week, much to everyone’s delight.

“Aw, what a cute puppy!” several people crooned.

But it wasn’t like I had to have the dog with me to get their seal of approval. Countless people waved to me from their bicycles, golf carts, cars and skateboards, making me feel right at home.

Everything from independent boutiques to restaurants to frozen yogurt can be found and enjoyed on Daniel

Island. It’s easily accessible from Mount Pleasant and the surrounding islands plus North Charleston, the peninsula and West Ashley. It’s also full of friendly people and regularly hosts big events. However, as a younger corner of the Lowcountry, Daniel Island is still growing a reputation of being a fun place to come and hang out. But I think people are catching on now.

EATING AND DRINKING

All the meals of the day – happy hour and brunch included – are addressed on Daniel Island. As a self-proclaimed foodie, I found it imperative to seek out a few new places as well as visit the favorites I’d developed over the last few years.

I’m a breakfast and brunch person above all, so I didn’t hesitate to book myself a morning at Laura Alberts, where I indulged in one of my favorite versions of shrimp and grits, plus a morning at the Honeycomb Cafe, a new one for me. I should probably point out that the side of fruit at the Honeycomb is better than the usual questionable pile of pale melon – I gorged on freshly cut strawberries, pineapple and bananas while savoring my quiche.

In the evenings, I tried Vespa for pizza – I suggest the pie with goat cheese and arugula – Wasabi for appetizers and cocktails – you won't go wrong with the spring rolls – and The Islander for sushi and salads. Oh, I also had Ali Baba Deli for lunch. I should probably point out that this wasn't all in the same day – but, knowing me, it could have been.

GOING SHOPPING

Everyone loves a trip to the discount fashion stores, but Daniel Island has a great collection of boutiques. I popped into Blue Poppy, formerly known as Monkees, and cooed over the early autumn arrivals of jewelry, handbags and apparel. And even though I'm nowhere near getting

married, I couldn't help but steal a glance at the beautiful gowns in White, a distinctive boutique for brides to be.

DOING BUSINESS

Taking care of business is a snap on Daniel Island. I can't say I did much of it during my own week of leisure, but I marveled at all the convenience while Zeus and I strolled up and down the streets. Hudson & Associates CPA is there to help us with finances; Vitetta Law Group can shield us from life's catastrophes; and CMIT Solutions can figure out our business technology snafus.

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RUNNING ERRANDS

Maybe I'm just a freak, but I thought that running errands on Daniel Island was more fun than usual. For one thing, I could walk or ride a bicycle everywhere I needed to go, whether it was to the UPS Store, Salon Unhwa for a manicure or the nearest Redbox video kiosk. When I did gas up the trusty Saturn, I was pleasantly surprised at the price.

SPECIAL STUFF

It's no secret that Daniel Island is the destination for many of the

Lowcountry's special events. The Family Circle Cup is held each spring, and Blackbaud Stadium hosts the Southern Ground Music & Food Festival every year. I didn't go to any major events during my weeklong stay, but I did visit the Thursday afternoon farmers market, a special Daniel Island treat all its own. I bought a homemade cookie – lemon, and very good – and met some really nice people. Someone even let me cross the street in the middle of rush hour. And I was jaywalking! I couldn't help but feel triumphant –and lucky – as I skipped across Seven Farms Drive to my car.

Of course, after a few days, or even hours, on Daniel Island, feeling lucky is part of the deal. 🍷

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Relief is close at hand. Dr. Rahn Ravenell at Coastal Podiatry is dedicated to helping with all your foot problems. He started at The Athlete's Foot, fitting shoes for customers, but, after attending a health careers fair and

BY BARBARA MILLEN PATRICK

learning about the field of podiatry, he was hooked.

Here was a career path that would build on his experience and allow him to step into medicine.

"I liked podiatry and I was interested in surgery," Dr. Ravenell said.

Dr. Ravenell, and his wife and partner, Dr. Tamika Ravenell – they met while attending Temple University in Philadelphia – opened Coastal Podiatry at the foot of the Ravenel Bridge to treat a multitude of foot issues.

"Most people don't think to call a podiatrist until their feet really hurt, but we encourage patients to come in as soon as possible," Dr. Ravenell said. "And diabetic patients should consult a podiatrist regularly to avoid serious complications."

Diabetics may lose feeling in their feet or suffer from blood flow problems, which can cause wounds to be unnoticed and increase the risk of infection and even amputation.

Flat feet, which can be an issue for many people, especially for younger patients, is a treatable condition. Children can benefit from early intervention, according to Dr. Ravenell, who pointed out that surgery can help the foot bones grow properly.

Bunion surgery is also common. Bunions are those bumps on the side of your foot that can become prominent as well as painful as the big toe turns toward the second toe.

"High heels can accentuate bunions, but they are often genetic," said Dr. Ravenell.

Perhaps the most common complaint is heel pain. The

diagnosis is usually plantar fasciitis, which is caused by inflammation of the bands of tissue that connect the toes and the heel. It can be most painful in the morning, easing as the day goes on.

Other common conditions include athlete's foot, hammertoe, neuromas, fungal infections and sprains. Dr. Tamika Ravenell specializes in geriatric conditions and visits retirement communities and nursing homes around the area several times a week.

How can you avoid foot problems? Start by wearing shoes that offer support and fit properly; if you wear heels, alternate them with flats. Be sure to wash your feet



Drs. Rahn and Tamika Ravenell treat a multitude of foot-related issues.

every day to prevent the growth of bacterial and fungal infections. To prevent dry, cracked skin, try moisturizing with a cocoa butter cream. For extra care, rub an emollient-rich cream on your feet and put on socks before you go to bed. Remember that feet benefit from exercise such as walking.

And if your feet hurt while walking, call Coastal Podiatry for an appointment. 📞

Coastal Podiatry Specialty Foot Care and Reconstructive Surgery is located at 180 Wingo Way, Suite 201. For an appointment, call 843-856-5337; a referral isn't necessary. Additional information about the practice, foot care issues and services is available at www.MtPleasantFootDoc.com.

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The Moultrie News

A Half Century of Pleasant Surprises

JUST ABOUT EVERYONE WHO MOVES “from off” to the communities East of the Cooper has encountered a pleasant surprise. Once each week, a newspaper chock-full of local news, information, opinion and entertainment arrives on their doorstep – for free. This has been going on in Mount Pleasant, the Isle of Palms, Sullivan’s Island and Daniel Island for the past half century.

With its government and political articles, comprehensive school happenings and sports, recreation and other activities rosters and wildly popular and always humorous Police Blotter, the Moultrie, as it’s commonly known, has grown and matured from what began as little more than an advertising circular to become the newspaper of record for the nearly 90,000 people living east of the Cooper River.

According to Mount Pleasant Mayor Linda Page, The *Moultrie News* has always been an important part of the community.

“It’s how we keep in touch with our neighbors, advertise our businesses and applaud the accomplishments of our citizens. I think it is even more important today as the communities East of the Cooper grow,” she said.

News of the Moultrie’s 50th birthday has even reached the state capital in Columbia, where Gov. Nikki Haley observed, “We are excited to congratulate the *Moultrie News* as they celebrate their 50th anniversary. The service they provide for the people of East

Cooper is so important, and the fact that they have been doing it for so long is a testament to their commitment and value to the community. Here’s to the next 50.”

In a 2014 media mix in which digital technology threatens to surpass the printed word, just how has this modest newspaper managed to grow and remain successful?



Photo courtesy of Moultrie News.

Charlie Diggle was an early publisher of the *Moultrie News*.

Editor Sully Witte, who took the job in 2007 and has held it longer than any of her predecessors, said that while “digital is becoming the new normal, and our Web presence is becoming a larger portion of our media mix, the print

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edition is still going strong. We can put a lot of our print product online, but there are still a great many people who like to hold a newspaper that they can read.”

Former Editor Bill Walker echoed her belief that while online newspapers may seem to be the way of the world today, “I like to put my hands on a newspaper, to fold it and do the crossword puzzle, to spill coffee on it! Like many other readers, I’m just old-fashioned, I guess.”

In Walker’s view, “It’s truly local news that’s the Moultrie’s bread and butter. Other media may cover the so-called ‘big stories,’ but people living East of the Cooper turn to their local newspaper for information about their child’s school’s honor roll, what civic organizations are raising money for which charities, how their area schools fared in athletic competition and so

much more.”

“Local news is so important to the readers of the *Moultrie News* that an armed robbery on Coleman Boulevard can be seen as just as significant as armed conflict in the Middle East,” he added.

Another point that the two editors agree on is that the newspaper has always been very personal.

“Not a day goes by,” Witte said, “that we don’t get an idea from a reader about a loved one, a friend, a neighbor or just someone they have met who has an interesting story to tell. If it’s a good idea, we rarely turn it down.”

In Walker’s view, feedback is an essential component of the Moultrie’s success because “People want to be able to talk to the editor and the publisher. They want to feel that it’s their newspaper.”

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Photo courtesy of Moultrie News.



Pat Diggle at work doing the early years of the Moultrie News.

The Moultrie News has been growing along with the communities of East Cooper, through tragedies such as Hurricane Hugo and triumphs such as Wando High School's multiple academic and sports championships. And, after 50 years of public service, it's still free. 🐾



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Trident Technical College

A Half Century of Educating South Carolinians

1 964 WAS A YEAR OF SIGNIFICANT change in America. President Lyndon B. Johnson declared a war on poverty. The Beatles changed the face of popular music. Muhammad Ali – then Cassius Clay – stunned the sports world by knocking out Sonny Liston and claiming the world heavyweight boxing title.

In South Carolina, a new institution of higher learning, the Berkeley-Charleston-Dorchester Technical Education Center, opened its

BY BILL FARLEY

doors with two buildings and a grand total of 226 students.

If that name means nothing to you, don't feel alone. After nearly a decade of growth and innovation under that cumbersome B-C-D Tech name, the technical college merged with a downtown Charleston private business school, Palmer College, to become Trident Technical College.

The name has nothing to do with the three-pronged spear brandished by Neptune, the mythological god of the sea. It was chosen to reflect the three-county Lowcountry constituency of the new college.

Trident not only caught on right away, but so did the unique educational experience offered by the technical college. The school awards two-year associate degrees, one-year diplomas and certificates geared toward students headed directly into the business world, along with counseling and assistance for those seeking transfers to four-year college programs elsewhere.

Today, Trident Technical College boasts four campuses and three sites and serves more than 17,000 students annually, making it the second largest undergraduate institution in South Carolina, trailing only the University

of South Carolina itself.

Three years ago, Trident continued its expansion plans by opening a site in Summerville as well as a campus in Mount Pleasant, tucked away behind the Wando Crossing Shopping Center just off Highway 17 North in a modest and functional building that once housed a high-end furniture store.

Under the guidance of Trident President Dr. Mary Thornley and Mount Pleasant Dean Mike Patterson, an educator and Air Force veteran, the campus offers a wide range of opportunities to just under 500 students

each semester. According to Patterson, the campus could easily accommodate as many as 1,000 students each term, offering a wide range of academic and business-oriented courses, brush-up remediation services and career and college transfer guidance.

Adult Continuing Education is also an important part of the Trident Mount Pleasant mix, as is its multifaceted, high-energy

summer Kids' College program for learners ages 7 through 16.

This fall, the school is introducing a pioneering split semester format that breaks its traditional 15-week terms into two seven-week sessions. The goal, according to Patterson, is to build on the success of Trident's Fast Forward program, which has had enviable results in boosting students' success rates across the board and allowing them to focus on fewer courses at one time.

Talk to any Trident administrator and he or she will likely cite accessibility, convenience and affordability as key reasons why Lowcountry students choose their college. With its numerous locations and flexible curricula, those first two attributes are obvious. As for affordability, even in this era of staggering college costs, full-time students at



Photo provided by Trident Technical College.

Trident Technical College has four campuses and three sites and serves more than 17,000 students annually.

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What's next for Trident Technical College and, specifically, for its increasingly popular and accessible Mount Pleasant campus? Patterson said that next academic year, a new Environmental Technology Center will be completed, offering students headed for jobs in local industry basic OSHA certifications. And, for those seeking a truly "hands-on" educational experience, Trident's Massage Therapy Program will be housed at the Mount Pleasant Campus.

After a half century of growth and expansion, Trident Technical College is positioned to play an even more prominent role in the education of South Carolinians. Its anniversary year, 2014, may well prove to be as great for Lowcountry education as that other landmark year – 1964.



Photo provided by Trident Technical College.

After a half century of growth, Trident Technical College is positioned to play an even more prominent role in the education of South Carolinians.

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Melly Blankin

Lives in: Mount Pleasant, South Carolina.

From: Philadelphia.

Education: Penn State.

Employment: Personal trainer.

Favorite reading: James Patterson, local authors.

Favorite music: Everything but rap, grunge or heavy metal.

Activities: Anything outside! Walking, boating, golf, paddle boarding.

Interests: Exercise, outdoors, exploring in the creeks, cooking, birds, time spent with my son!

Likes: Having fun, family, friends, life.

Favorite quote or philosophy: "Life's too short to be unhappy!"



Yvonne Chadwick

Lives in: Isle of Palms, South Carolina.

From: Maryland.

Education: Accounting degree from Goldey-Beacom College.

Employment: Owner of the Bridal House of Charleston.

Favorite reading: "Eat, Pray, Love," by Elizabeth Gilbert.

Favorite music: Zac Brown Band.

Activities: Tennis, baking, biking, walking on the beach.

Interests: Fashion, spiritual reading, travel.

Likes: Coffee, cooking classes, shopping.

Favorite quote or philosophy: "Your character is made up of your words and your deeds."



Aaron Emerson

Lives in: Charleston, South Carolina.

From: Louisville, Kentucky.

Education: Sophomore at College of Charleston • Psychology major.

Employment: Barista at Barnes & Noble Cafe in Mount Pleasant.

Favorite reading: I like horror books – mainly Stephen King.

Favorite music: Dubstep/EDM music.

Activities: Eating, cooking, photography.

Interests: I have a soft spot for strays and like to take care of them.

Favorite quote or philosophy: "Always do what you're afraid to do" - Ralph Waldo Emerson.



Hank Miller

Lives in: Mount Pleasant, South Carolina.

From: Allentown, Pennsylvania.

Education: Citadel graduate.

Employment: Retired football coach. Now volunteers at East Cooper Meals on Wheels and Neighborhood House soup kitchen.

Favorite reading: The sports section.

Favorite music: Oldies and classical music.

Activities: I walk at least a mile every day, and I play basketball in a seniors league one or two times a week.

Interests: Citadel football, basketball and baseball.

Favorite quote or philosophy: "Its not the size of the dog in the fight, but the size of the fight in the dog."



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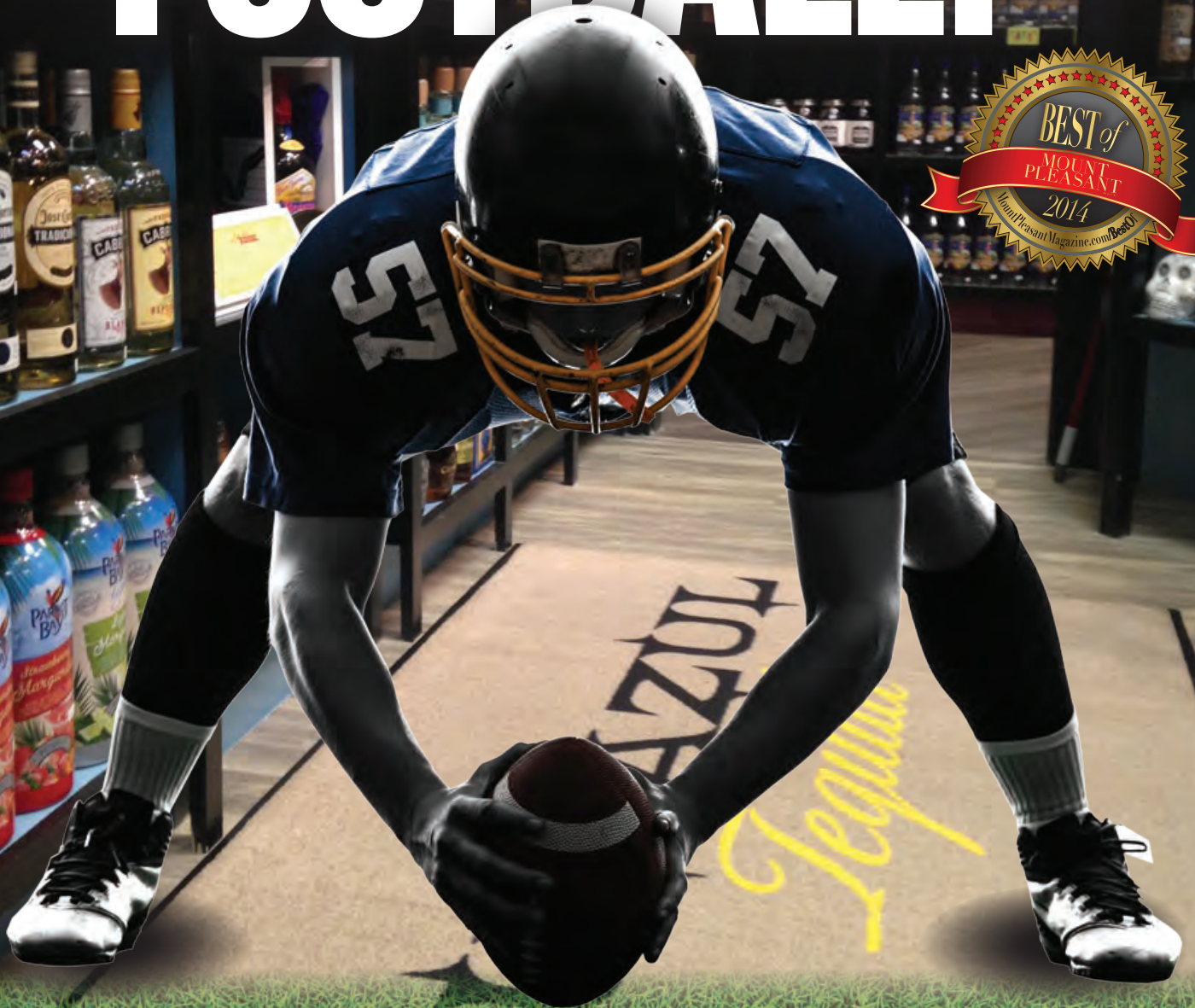
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