

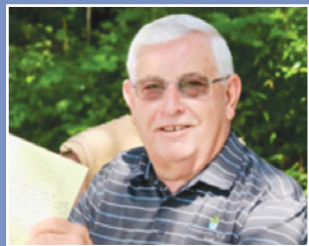
THE Seabrooker

VOL 23 • ISSUE 1 • JANUARY, 2020

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The Town's DSO Project



FROM TOWN HALL

Skip Crane

Beginning in May 2019 the Town began work to update our Development Standards Ordinance, or DSO.

What is the DSO?

A DSO is used by municipalities to govern how land may be used and what the owners of that land can build on it. As such, the Town's DSO serves as the backbone for several parts of our government—Town Council, the Town's administrative staff, the Planning Commission, and the Board of Zoning Appeals.

Our DSO is a local policy instrument that incorporates zoning and subdivision regulations, along with other desired city regulations such as design guidelines, sign regulations, and floodplain and storm water management, into a single document. It is meant to streamline and coordinate development by defining processes for obtaining permits and approvals for proposed projects. The intent of having a DSO is to provide in one place the permitting process and the other regulations for land development, in order to make it easier for developers, the public, and public entities to understand our re-

quirements. In addition to thoroughly collating the Town's regulations and policies, the DSO should use clear, consistent language and definitions and should make use of illustrations, tables, and other attractive, easy-to-read formats to further help stakeholders understand the regulations. That is quite a robust set of objectives.

What are we doing to our DSO?

The Town's current DSO is chaotic and includes a number of inconsistencies and outdated policies. The last significant review was nearly 10 years ago (in February 2011), and many additions and changes have been made since then. A review and revision is long overdue. To that end, the Town is undertaking a significant overhaul of our DSO with the intent of meeting the objectives above. We want to make the DSO more understandable and readable, reduce the number of non-conforming instances, and provide direction that is consistent with the Town's Comprehensive Plan.

We are fortunate that this project is occurring at a time that immediately follows the 2019 update to the Town's Comprehensive Plan. The DSO is linked to specific elements in that Plan and is the primary tool for implementing the Plan recommendations. Also, since key topics, trends, state statutes, and case law in the field of planning and zoning are constantly changing, it is simply good practice to review and update the DSO regularly to ensure

that our ordinances remain current with best practices and evolving legal requirements.

Who is participating in the project?

This is a large project that will take several months to complete. To that end, the Town has contracted the services of Mr. Paul LeBlanc of PLB Planning Group. He has extensive nationwide experience in leading this type of effort, and we are fortunate to have him working with us.

The project will use input from many Seabrook Island stakeholders in addition to Town officials. SIPOA, the Club, builders and contractors, and representatives from property regimes and local businesses are participating in the project. An Advisory Group to review project progress and make periodic reports to Council was established in May 2019.

Subsequent to Mr. LeBlanc's initial meeting with the Advisory Group in May, he has met with Town Council, the Planning Commission, the Board of Zoning Appeals, and representatives from other key stakeholder groups. After completing his technical review of the current standard, he summarized his findings in a presentation to the Advisory Group for feedback. Together, we developed a framework for the project work and a technical memorandum to serve as a style guide for the new ordinance.

What is our timeline?

The Advisory Group reviewed several proposed Articles for the new DSO in October and November 2019 in the form of first drafts. Similar meetings will be scheduled for 2020 as we move forward toward a final Ordinance. Town Council will be briefed regularly throughout the process, and the approved draft will be posted for public review and comment. Additional stakeholder meetings and/or a public Open House might be held to elicit further input. Pertinent comments will then be incorporated into the final draft of the Ordinance. The last step in the process will be to present the final draft to Council for adoption at a Public Hearing.

The project work is following a structured approach. To date we have proposed specific zone districts—a smaller number than reflected in the current DSO. We continue to analyze each zone with respect to:

- Allowed uses
- Minimum requirements
- Review procedures
- Other relevant requirements (parking, landscaping, signs, etc.)

This provides a format we can follow throughout the DSO document.

I want to thank the members of the Advisory Group for their willingness to participate in work that is tedious at its best. I am always amazed but no longer surprised at the spirit of volunteerism within our community. It is yet another aspect that makes living on Seabrook Island so special.▲

So, what do Tennis and Pickleball Players REALLY want?

Now that might not be an age-old question, but we members of the Racquet Sports Committee have been rolling that around all year in our monthly meetings and figured that as Seabrookers are used to being surveyed, why not bombard them with yet another one in 2019! But this time with a view toward adapting the facilities and programs toward meeting members' needs and wants. Ho Ho Ho

Well, we couldn't get Serena, Roger or Rafa to stop by for our New Year's Eve Party, nor could we add air conditioning outdoors for "those" summer months or bring in a food truck or a wine bar (all REAL suggestions!), but we have learned a few things about our membership.

We were so pleased to read a number of you writing that your time here has been "the most warm and welcoming racquet club experience of my lifetime." (And really there were more than 4 of those comments!) And it seems that a large majority of members really enjoy the social activities and love the varied charity events with which we frequently pair them. Also, high on nearly everyone's list of positives were the opportunity to meet others and make friends, learn and hone new racquet skills and have a ton of fun!

AND THE "SURVEY SAYS"...

The survey results, available to all in a recent e-Blast link, indicated overwhelming satisfaction with the Racquet Sports facility. Of special note are the following:

- Most tennis players play 3-4 times

per week in group play and in clinics.

- 97% said the tennis Pro Staff met their needs.
- 96% said the Racquet Club desk staff was welcoming.
- 96% said they are usually able to get a tennis court when wanted.
- 92% said they buy merchandise at the Pro Shop.
- 78% said they have used the tennis ball machine and that scheduling it was easy.
- 78% have participated in tennis events and 84% said their number is sufficient.
- 81% said that Pro-led tennis clinics met their needs.
- 65% of respondents said they only play tennis.
- 30% of respondents said they do play pickleball 1-2 times per week.

However, member survey responses also indicated areas where improvement was needed. The Racquet Sports Committee has recognized many of those and others that the survey suggested to us. Mike Kiser, Head Pro at the Racquet Club, is overseeing a series of action steps to address areas of concern:

- More organized play for those looking for a game. Actions to be taken are:
 - ▶ Improve sign-up board.
 - ▶ Train desk staff to recognize players/guests.
 - ▶ Add round robin play to eBlast during peak guest season including mixed doubles on weekends and doubles round robins on weekday afternoons.



- Market more night events (play and parties) during "fall back" hours.
- Suggest updates to clubhouse furniture and reservation system. Actions to be taken are:
 - ▶ New carpet is coming in 2020!
 - ▶ Review capital projects to permit upgrades.
 - ▶ Continue evaluation of various on-line reservation platforms.
- Make sure that pickleball is included in the overall social calendar. Actions to be taken are:
 - ▶ Revise new racquet sports social calendar.
 - ▶ Publish in eBlast and target Pickleball players.
 - ▶ Post in clubhouse.
 - ▶ Ensure that any future surveys target Pickleball players.

- Suggest pickleball clinics (especially for serving). Action to be taken:
 - ▶ Add certified pickleball instructor to staff in 2020

It is amazing to see such respect and commitment from the players of Racquet Sports to contribute their time and thoughtfulness to making the facility operate at its best. 96% said they are proud that our clay courts are the best maintained in the Greater Charleston area. Members can look forward to many changes in the events calendar starting in 2020, new afternoon clinics, new evening tennis and pickleball mixers and more rewarding enhancements in the future. See you on the courts!▲

The Racquet Sports Committee

Please send correspondence to: TheSeabrooker@yahoo.com

"Communication is the beginning of understanding." The Seabrooker will report regularly on island happenings, as well as newsworthy events that affect property owners and residents. As Seabrooker volunteers with a common objective, we are committed to securing the facts and reporting to you in a forthright, honest and unbiased manner.

Red Ballentine, (1924-2006) Fred Bernstein (1924-2010) Co-Founders

Editor: Michael Morris | Publisher: Bernstein Lash Marketing | Advertising & Layout: Teri B. Lash

THIS MONTH'S SEABROOKER VOLUNTEERS

ARTICLE & PHOTO CREDITS: Faye Albritton, Skip Crane, Cathy Coleman, Emily Horn, Ed Konrad, Bob Leggett, Charley Moore, Beth Nichols, Reagan Pasantino, Jerry Reeves, M.D., Racquet Club Committee, Ralph Secoy

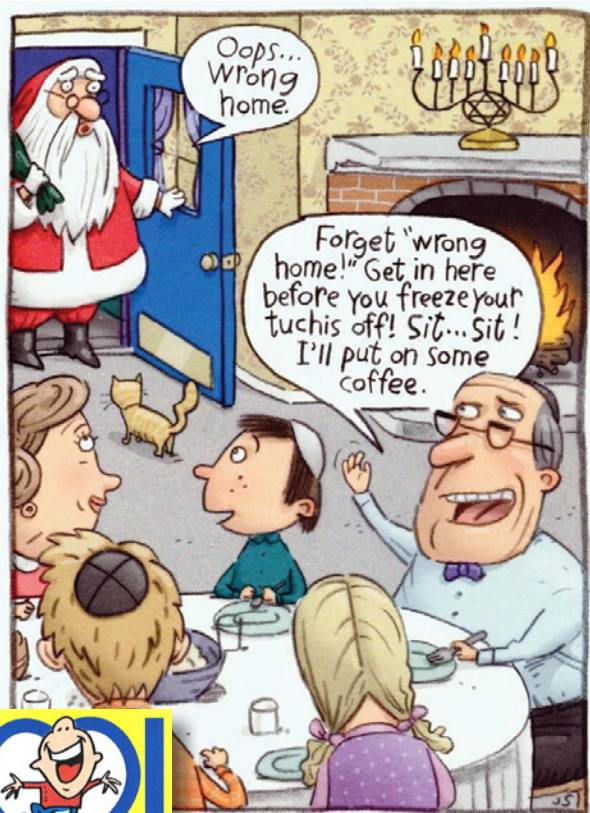
CONTACTING THE SEABROOKER

Please send correspondence and inquiries regarding editorials to TheSeabrooker@yahoo.com or call 843.408.3707

The entry deadline for all items is the 15th of the month. Please limit Cap'n Sams letters to 400 words. Photos should be in high resolution (5"x7" at 200 dpi or more).

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Hope you all had a wonderful holiday season!



CAP'N SAM EDISTO

Dear Cap'n Sam, I am emailing some additional information for a correction on last month's article on the Bensonhaver Family tennis achievements that I submitted. The attached picture is the correct picture of Chuck Bensonhaver and daughter Jill Healey at the Father/Daughter Bronze Ball at national Championship in Florida.

The picture that was printed in the December issue was of Chuck and his other daughter Kimberly Suzanne Bensonhaver.

As always, I always appreciate your continued support of the Racquet Sports Program here on Seabrook Island.

Mike Kiser, Head Tennis Professional, Seabrook Island Racquet Club



SEABROOK ISLAND CLUB WINS 2019 SCGA CLUB OF THE YEAR!

In addition to recognizing our SCGA Players of the Year and SCJA Players of the Year, the South Carolina Golf Association will proudly recognize the Seabrook Island Club as the 2019 Club of the Year.

Known for their beautiful oceanfront community and undisturbed natural surroundings, the Seabrook Island Club has also been the host to numerous SCGA Majors and SCJA season ending events - assisting in the mission to grow the game throughout the state. Most recently, the 2017 SCGA Mid-Amateur Championship and the 2018 SCGA Senior Four Ball Championship were conducted across the 36-hole facility.

"A legacy is not what you do on the field or inside the ropes, a legacy is what you leave behind for others and how you are remembered."

Jack Nicklaus



COMMUNITY AT OUR CORE

NV Realty Group would like to thank the residents of Kiawah and Seabrook Island for their part in helping us honor our commitment to children's charities. Because of your support and association with our Kiawah-Seabrook agents, we are able to generously give to the Nicklaus Children's Health Care Foundation, a world leader in pediatric care.

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SIPOA

Administrative News from the Seabrook Island Property Owners Association



PRESIDENT'S LETTER: Guy Gimson, 2019 President, SIPOA Board of Directors

Have you made a New Year's Resolution yet? If you haven't, I've a suggestion for you - volunteer for one of the many committees that make the various Seabrook Island governing bodies function.

I'm going to focus on the SIPOA committees - that's my "job", after all. The General Operating and Maintenance Committee (GOMC) is responsible for SIPOA's infrastructure and capital program.

Long Range Planning is responsible for SIPOA's Strategic Plan, the basis for both our short and long term priorities. This comes to the Board every November or December.

Finance is responsible for budgets, and for managing the operating costs of SIPOA. Because of the timing of our financial year (January to December) and operating year (effectively April to March), they carefully watch our fund flows and manage short term surpluses to generate the maximum income possible.

Safety and Security has oversight responsibility for our Security force,

and is the committee that hears appeals from citations issued by them. They are also responsible for keeping the Rules and Regulations up-to-date.

Environmental has responsibility for wildlife, vegetation, marshes, lakes and other environmental matters. It also is responsible for participation in activities and proposals under the jurisdiction of the EPA, the OCRM and SC DHEC.

The Architectural Review Committee (ARC) is responsible for reviewing all plans for construction, landscaping and external improvements to property within the SID, following the ARC Guidelines approved by the Board.

The Legal Committee is our liaison with our outside counsel and advises us on matters of law, including the interpretation of the SIPOA Bylaws and Covenants.

The Activities Committee is responsible for the development of educational, social and recreational policies, primarily in the Lake House and the Oystercatcher Community center.

The Communications Committee collaborates with the Tidelines blog and manages our web presence and other means of communicating with our property owners.

Please be aware that membership on a Committee is not perpetual; we need you to reapply every year. You don't have to be here full time. We encourage some turnover on every committee, to allow "newbies" to participate in SIPOA governance.



EXECUTIVE DIRECTOR'S CORNER: Heather Paton, hpaton@sipoa.org

Operations & Maintenance:

IPR, the stormwater pipe lining contractor approved at the November meeting, began preliminary work in early December. They will be back on-island from approximately January through June.

Administration:

The 2020 Budget is also on the agenda today. Following approval, staff will begin compiling the annual meeting documents for mailing in mid-January.

Lake House:

The Canned Food Drive was very successful. As always, Seabrookers donated generously. The original goal was 7,500 lbs, and 7,637 lbs of food were collected.

Safety & Security:

Incoming guest and rental traffic was unusually heavy on the Wednesday before Thanksgiving. There were occasional brief traffic backups, some of which were caused by VRBO guests with no gate passes in the system.

ARC ACTIVITY - OCTOBER

New Homes:

- Applications Pending = 12
New Homes Approved, not yet started = 4
New Homes Under Construction = 19
Completed YTD = 10

Repair & Maintenance Projects:

- Maintenance Projects Approved by staff in November = 69
Total YTD = 695

Enforcement Actions in November = 8

Enforcement Actions YTD = 86



SAVE THE DATE: 4TH ANNUAL POLAR BEAR PLUNGE, New Years Day - Wednesday, January 1, 2020 at 10:30a.m. on North Beach

SAVE THE DATE: SIPOA MEET THE CANDIDATES NIGHT, Monday, January 6, 2020 from 5-7p.m. at the Lake House.

SAVE THE DATE: SIPOA 2020 ANNUAL MEETING, Saturday, February 15, 2020 10:30a.m. at the Island House

SAVE THE DATE: 33rd ANNUAL ARTS & CRAFTS SHOW

Friday, February 14, 2020 - 2:00PM - 5:00PM
Meet the Artists Reception - 7:00 PM - 9:00 PM (Refreshments served)
Saturday, February 15, 2020 - 10:30AM - 5:00PM

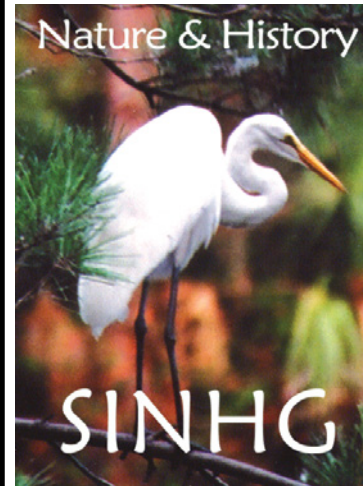
Artists who would like to display their Arts & Crafts are required to register in advance. Registration information is available at the Lake House, SIPOA Administration Office, on the website at: https://sipoaadmin.org/art-show-sign-up-form/, and via QR code.

LINK TO ART SHOW REGISTRATION FORM:



REMINDER

The speed limit on Seabrook Island is 25 MPH OR BELOW, as posted. Speed limit at the gate and by the Island House is 15 mph. Please observe all signage, and drive safely, especially as the Summer months bring increased visitor and bicycle/pedestrian traffic.



HIDDEN HISTORY IN THE LOWCOUNTRY LANDSCAPE

The Seabrook Island Natural History Group will welcome field botanist Dr. Richard Porcher to the Lake House for its first Evening Program of the new year on Thursday, January 9th, at 7:30pm. Dr. Porcher will explore the rich human and cultural history of our area with "Rediscovering The Lowcountry Landscape In The Footsteps Of Our Forebears".

Dr. Porcher, a Berkeley County native and well-known conservationist who taught biology at The Citadel for thirty-three years, has an intimate knowledge of Lowcountry history written into the coastal landscape, from the shell middens of Native Americans to the remnants of plantation agriculture and post-Civil War phosphate mining. His talk will offer a unique perspective

on how human activity has shaped the Lowcountry over centuries of habitation.

Dr. Porcher is a recipient of South Carolina's Environmentalist Of The Year award and has served on the board of directors of the Carolina Gold Rice Foundation and a past trustee of The Nature Conservancy. He is the author of "Wildflowers Of The Carolina Lowcountry" and "Our Lost Heritage", a history of the peoples and plantations of the St. Johns Basin in Berkeley County lost to flooding by Lake Moultrie in 1942.

All Seabrook Island residents and their guests are welcome to attend. There is a \$5 charge for non-SINHG members. Pre-registration is available at www.sinhg.org.

EXCHANGE CLUB NEWS

John Sandy – 2019 Angel Award Recipient



John on the job!



John with one of his many recipients.

The Kiawah-Seabrook Exchange Club initiated its Angel Oak award in 2012 to spotlight an individual who's volunteer efforts "contribute significantly to the people, environment, and/or quality of life on Wadmalaw, Johns, Kiawah and/or Seabrook Islands." Our locally famous and magnificent Angel Oak tree, here on Johns Island, was the inspiration for the award's name.

John Sandy is this year's choice for the prestigious honor, and given the list of his volunteer activities, it's quite fitting. As a resident of both Kiawah and Johns Island for the past 30 years, John has a clear understanding of the dichotomy of lifestyles amongst the residents of these islands, and has thus become an active member in several local foundations.

One of the projects of which John is most proud occurred in 2014, when he managed the remodeling of the Florence Crittenton House, a home for pregnant and at-risk young women. John has also taken an active role in distributing food to the needy for Blessing Basket and Meals on Wheels, and every Monday, John fills his car with donated breads and pastries from Haris-Teeter, for delivery to those in need on Johns and Wadmalaw Islands.

In 2016, John joined the newly founded Water Wellness Mission, as field coordinator. As such, he meets and interviews families on Johns and

Wadmalaw Islands who live with contaminated water and hope for a new, free well. Once a family is approved, John oversees every installation, and re-visits the family, post installation, to ensure proper functionality. With well installations averaging one per week, John's volunteer job looks more like that of a full-time employee, with a good 30+ hours, weekly, given to these foundations.

John's career as a project manager in heavy construction took him to various jobs and locations throughout the northeast. Over time he worked in all 5 boroughs of New York City and along the Hudson River, and from 1996 to 2000, John managed an 82 million dollar renovation on the grounds of the Philadelphia Airport.

John now lives on Johns Island with his wife, Christine. Between them they are parents to 7 grown children, grandparents to 13, and great-grandparents to 3.

There are a few things left on John's volunteer bucket list. With so many local families living in dilapidated, un-sound houses and trailers, he wishes to bring together a team of volunteers who could repair and replace the broken windows, failing stairways, rotten flooring, dysfunctional sinks and toilets, etc., that reduce the lives of our neighbors-in-need.

WE DID IT!



Holy Spirit Church Adopt-a-Family Christmas

Congratulations to all!
We did it. 280 bags of food were packed Wednesday morning; 875 were packed Wednesday night. We had a good number of delivery volunteers. All bags were given to poor families on Johns Island and to the Wadmalaw Senior Citizens Center.

Wintering Piping Plovers, Red Knots Coming Soon!



Red Knot Flock, North Beach



Piping Plover, Orange Flag Great Lakes



Piping Plover, Black Flag 2K Atlantic Canada

PHOTOS BY ED KONRAD



As a part of our birding and photography hobby, my wife Ajja and I like to "hunt" for banded Piping Plovers on North Beach. We send the photos of our discoveries to our researcher friends in the northern breeding regions. The researchers, who monitor, band, and protect Piping Plovers during breeding season, always want to know the whereabouts and safety of their plovers when they're down south to "winter" nine months of the year.

As a result, we learn a lot about these tiny birds and get to know them "personally". Here are three stories from our recent North Beach prowls. On a very foggy December day Ajja and I spotted four Piping Plovers. But my usual pretty good photos were a foggy mess. One plover had an orange band, maybe a gray band too? We sent the photos to our researcher friend Alice Van Zoeren, University of Minn. Great Lakes Piping Plover Conservation Team in MI. Alice's reply was "could the band be purple, is there a number?" And if yes, it could be "very exciting!" Purple? Exciting? Ajja and I had never seen a Piping Plover with a purple band in all our years of looking. We were back out the next day, a beautiful morning, and there it was running on the beach near the

large tidal pool - our banded "purple" with the number 31!

Here is Alice's info on this Piping Plover: "You've proved it! This is the chick, we named "Little V", from our Point Betsie nest. It's the only one that fledged. i.e. survived, from this new 2019 Lake Michigan nesting area. It's a very busy and narrow beach just south of the Point Betsie Lighthouse" Alice sent a video link to an article in the Chicago Tribune about the Great Lakes team's terrific work to protect Piping Plovers. In the video Alice is seen releasing "Little V", while her colleague chants "survive, survive!" In Alice's reply to us she said, "Guess it worked!"

Other banded Piping Plovers we saw last fall seem to be returning winter guests at Seabrook. We spotted a "snowbird", Black Flag 2K, on North Beach three times in the fall 2019, and once fall 2018. We learned from Vicki Johnson, Piping Plover Coordinator with the Island Nature Trust, Prince Edward Island, Canada, that 2K "was banded as an adult male in May 2018 at North Rustico Sandbar PEI. He had three nest attempts in 2019 with the same mate as last year. On the third attempt, they laid 3 eggs and fledged all three chicks!"

Ed Konrad

Another returning guest is a Great Lakes banded Piping Plover. We saw her once in the spring and three times in fall 2019, and once fall 2018. From Alice we learned "She wasn't banded as a chick, so we don't know when or where she hatched. She began breeding in 2018 at Grand Marais, MI and was banded at that time. In 2019 the crew banded 3 of her chicks. I don't know how many of them fledged."

Fun fact on these two Piping Plovers, the female from Great Lakes region, and the male from Atlantic Canada region. They've been spotted and photographed on North Beach on the same day twice now, in 2019 and 2018. Are they arranging from 1500 miles apart to hook up each winter at Seabrook? Wasn't there a film with the same plot - "Same Time Next Year" with Alan Alda and Ellen Burstyn?

These sightings and stories highlight the struggle these tiny birds face to survive. Remember, Piping Plovers that breed in Atlantic US and Canada regions are Federally Threatened. Great Lakes region plovers are Federally Endangered with only 71 breeding pairs remaining. They're with us for nine months a year, as wintering guests, or stopping by as they head to/return from beaches farther south. Our North Beach critical habitat is thriving, and we've been regularly seeing four to eight Piping Plovers on any given day. They are usually around the large tidal pool in the critical habitat - along that shore or resting nearby on the beach. When you're walking along the tidal pool on the way to the point, please look for tiny white shorebirds and give them space to feed and rest. But they don't read the signs and just stay in the critical habitat, so look for them anywhere along the ocean shore!

Looking ahead, our large flock of Red Knots will be returning in March. In past years our flock has been as many as 5000 knots! SCNR, through their research on Seabrook, has determined we have the largest single flock on the Atlantic coast. And that many of our knots head from Seabrook directly to the Arctic to breed. Red Knots have an 18000 mile roundtrip journey from the tip of South America to the Arctic tundra. They are Federally Threatened, with population declining 75% since the 80s. So, look for more info from Seabrook Island Birders on the knots' arrival, and our partnership with SCDNR as we work hard to protect them.

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SEABROOK ISLAND BIRDERS ACTIVITIES JANUARY 2020

ALL ARE WELCOME

Friday, January 3, 2020
WHAT: Christmas Bird Count
WHERE: Various locations and/or Your Backyard
WHEN: All Day

Sunday January 5, 2020
WHAT: Backyard Birding on Clear Marsh
WHERE: 2565 Clear Marsh Road
WHEN: 2:00 - 4:00pm

Saturday, January 18, 2020
WHAT: Learning Together - Birding at SI Water Treatment and Maintenance Area
WHERE: Park and meet at the SI Community Garden parking lot
WHEN: 2:00 - 4:30pm

Monday, January 27, 2020
WHAT: Learning Together on Crooked Oaks Golf Course
WHERE: Meet at Island House parking lot next to Spinnaker Beach Houses
WHEN: 9:00am - 11:30am

Thursday, January 30, 2020
WHAT: SIB's Movie Matinee
WHERE: Oystercatcher Community Center
WHEN: 4:30pm - 6:15pm

FOR MORE INFORMATION

Visit our website (www.SeabrookIslandBirders.org) or send an email to SeabrookIslandBirders@gmail.com if you would like to attend or have questions.

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HEALTHY AGING

Jerry Reves, MD

Exercise and Your Health



Even the casual reader of this column knows that there are three things one controls that can improve your health and extend your life. These are your diet (what you eat and drink – including alcohol), smoking and exercise. Exercise has been proven through the years to have a profound effect on health. Exercise is one of the most important strategies to improve one's health. Put simply, the more one exercises the better one's health and life expectancy.

The figure shows the impact of exercise on all-cause mortality. Note that being sedentary or doing nothing in the way of exercise (far left point on the curve) will not change chances of death, but as exercise is increased to around 20 MET-hours a week (equivalent to just over 300 minutes of moderate physical activity per week) that there is maximal improvement in life expectancy from exercise.

Why the mortality benefit? Regular exercise lowers known risk factors to many diseases such as high blood pressure, elevated cholesterol, and obesity. Mental health, particularly depression, is improved with regular exercise. Lowering the risk factors has positive effects on coronary heart disease, stroke, many types of cancers, type 2 diabetes (also a risk factor itself), and osteoporosis.

In addition to extending one's life exercise has been proven to enhance one's quality of life even while living with many chronic diseases like heart failure, arthritis, depression, anxiety, Alzheimer's Disease and falls. Seven of the most common chronic diseases are improved by regular exercise. Regular exercise also raises one's energy and stamina which add to a vibrant life-style and more social interactions (known to also improve health).

What Exercises?
There are many different exercises and almost as many ways to define exercise. The *Physical Activity Guide-*

lines for Americans, 2nd edition (go to https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf) to read the excellent 118 pages on the health benefits, types, goals and recommendations of exercise.) This U.S. Department of Health and Human Services publication is based on scientific evidence for all recommendations.

This report divides exercises into moderate-intensity aerobic and muscle-strengthening activities.

The table lists some of the aerobic and muscle strengthening activities that are recommended. There are, of course, many more of each and the table is meant to help you understand the types of exercises. The goal when doing aerobic exercises is to increase one's heart rate, and this activity is categorized as either "moderate" or "vigorous." Doing moderate exercise one can have a conversation, but during vigorous activity one can only say a few words before taking a breath. Using a scale of 0 (none) to 10 (maximal possible) moderate exercise should be rated at 5-6 and vigorous at 7-8.

The single most important aspect of exercise is to do it. To do it, it generally has to be enjoyable and studies have shown the keys to a successful exercise plan is to make it part of a weekly routine (schedule it) and make sure it has enough variety to keep it enjoyable (or at least tolerable.) Thus, one should look at the table and choose activities from it or others that become a faithful part of one's week weather at home or on the road.

How Much Exercise?
From examining the figure, it is clear that the more exercise one does the better. However, there are recommendations that one needs to set as goals. The recommendations are: 1.) 150 minutes of moderate-intensity aerobic activity per week and 2.) Two days a week with muscle-strengthening activity included. The two activities can

all be done in one day, but it is recommended that the activities be spread out evenly through the week.

Moderate-intensity aerobic exercise increases one's heart rate and should cause perspiration when done. It is fine in fact it is encouraged to increase the moderate to vigorous level as one progresses with the activities. Muscle-strengthening activities make your muscles work harder than usual such as lifting weights heavier than usual.

Once the minimal goals are attained, they must be sustained to get the maximal benefit – for years. It is however, recommended that increasing the time of aerobic activity beyond 150 minutes a week should be done. Usually time for exercise is the greatest barrier to advancement, but one can also do more vigorous exercise than moderate to achieve the same benefit.

An important note is that everyone is different. As we age the variation in each of us tends to be magnified. For example, some people over 65 run marathons while others can barely get out of bed because of multiple chronic conditions. Thus, one exercise prescription does not and should not fit one and all. Instead use the general guidelines above to choose the correct exercise for you. All exercise and the benefits are relative – what one person should do is not what all people must do. Rather, engage in at least 150 minutes of moderate exercise and 2 days with muscle strengthening in them that is right for you – each week.

The Bottom Line
Exercise is really good for you. It is one of the few things that allows us to actually influence our quality of life and life expectancy. The total amount of exercise is more important than duration of each episode – so keep track of the cumulative amount of exercise, and the more vigorous the better!▲



KIDS on Seabrook



Homeschooling on Seabrook

On Seabrook, almost all of the kids attend different public and private schools such as Charleston Collegiate School, Ashley Hall, Porter Gaud and more. But, we also have some kids who are homeschooled. Being homeschooled while on Seabrook, gives these kids the flexibility to learn on the island and interact with others off the island. Their learning activities can differ by the day and season. Homeschooled children have the time to ride a bike down the beach every morning and practice golf at the driving range in the afternoon. They even can have the time to walk or ride a bicycle to observe the wildlife by the pond at the Lake House and could even incorporate this into their studies. While they might not have the ability to participate in traditional school activities, they can participate in clubs on Seabrook and across the Charleston area. While they might not have

friends to eat with during lunch time and to walk to class with, they get to meet other kids on the island who are homeschooled and get to spend quality time with their families.

One family on Seabrook believes strongly that learning is constant and lifelong. Following a homeschooling program, especially while living on Seabrook, fully supports these ideals. In addition to being a part of a homeschool co-op in West Ashley, they are also a part of a field trip group called GLOW. GLOW is made up of about 800 families in the Charleston area. While traditional school students are in school working on worksheets and presentations, the homeschoolers have the opportunity to tour the Hunley and visit the fish hatchery. They can also watch some of the homeschool shows offered by the theatre companies in the area.

On the island, the family has enjoyed being a part of the Turtle Patrol and attending summer camps on the island. One of their highlights was

learning about ocean creatures, which their kids are often exposed to because of this wonderful community in which we live. This winter, the family plans to learn about deer on the island!

We are very fortunate to have many options available to us across the island. On Seabrook, there is so much to be a part of, which is especially great for homeschooled kids. So, as many children wake up before the sun rises to get on a yellow school bus or to get in their parent's minivan, some kids are sleeping in their beds ready to start their learning day in their home on the island. So, if you see kids out during the day, ask them what they are learning! You may learn something, too!

Please email us at the kidsonseabrook@gmail.com, and you can share with us about your school experiences. Please feel free to request our survey, as your children's voices are important to us. ▲

Reagan Passantino & Emily Horn



Seabrook Island Green Space Conservancy 20th Anniversary Casino Night Gala

Plan on celebrating our 20th Anniversary with a Fabulous Dinner, Casino Games, A Live Auction and other Surprises at the Seabrook Island Club on **Sunday, March 15, 2020 at 5:00 pm.**

Reservations available beginning January 1, 2020 at \$100 per person. You may go to SIGSC.org to download a reservation form. Forms, along with your checks, may be dropped off at the special "Gala" mailbox at 3051 Seabrook Island Road, c/o Paroli.

Reservations will also be sold at the Lake House on Saturday, January 11 and Saturday, January 18 from 10:00 am until noon.

Or
Send your reservation form and check to Seabrook Island Green Space Conservancy P.O. Box 185, Seabrook Island, SC 29457-0185

Space is limited so be sure to make your reservations early.



We will see you at the 2020 20th Anniversary Casino Night Gala!



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SNS (dip nails) are entirely different from your average manicure. Instead of using a polish, these designs are made with powder.

SNS nails can last anywhere from two to three weeks, depending on the regrowth on your beds. SNS nails look more natural than acrylic and gel nails, and they're also a healthier option. With dip powder, you don't have to file your nails too far, so your nail bed will end up in a better condition than with acrylics. The powder alternative also contains fewer fumes than the other alternatives and does not require UV light, unlike shellac.

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May Each Day of the New Year Bring You Joy, Happiness and Prosperity.
Happy 2020 from Our Family to Yours!

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GLASS HALF FULL Perspectives BOB LEGGETT

Magic 8-Ball & GHF



As a veteran writer of annual economic and financial outlooks, I have been told such commentaries are "a dime a dozen" - and that readers generally get their money's worth.

I thought an interesting approach to this 2020 Outlook article would be to compare my opinions with an outlook generated through Artificial Intelligence. Sadly, I do not have access to an AI program.

To determine the questions to be addressed by GHF and the M8B, I perused several 2020 outlook pieces to find common threads running through them.

I received these answers from the M8B on the 2020 Economics questions: Will there be a Recession? Yes. Will interest rates rise? Definitely Not.

The GHF perspective is a bit different. With regard to a 2020 Recession, I developed a list of 10 economic data series which have reliably signaled high recession risks since 1980.

The M8B Financial Market answers are: Will S&P 500 earnings (EPS) grow? Too Soon to Tell.

It looks like S&P500 EPS will follow the strong 2018 growth with a flattish 2019. Interestingly, the S&P index lost ground in 2018, but advanced strongly

in 2019. So, we experienced a weak market despite strong EPS and a strong market despite weak EPS.

Here's the GHF perspective: By the time you read this, the impeachment commotion may be over.

One final question for the Magic 8-Ball and GHF: Is the Glass Half Full? M8B answers Looks Unlikely, but GHF answers Yes!

IMPORTANT DISCLOSURES The opinions voiced in this commentary on current economics and markets are my own and not the opinions or positions of any entities or organizations with which I may be affiliated or associated.

Cornhole Clash Coming to Seabrook February 8, 2020 JUST A REMINDER - SIGN UP NOW

Seabrook Island Village (SIV) is in the throes of planning the first Cornhole Clash tournament on Seabrook Island.



- \$70 per team (\$35 per person)
• \$45 per team for young adults over 12 (\$22.50 per person)
• \$35 per team for children under 12 (\$17.50 per person)

The proceeds from the Cornhole Clash will help support the work of SIV in providing services to individuals wishing to remain on Seabrook Island and age in place or recover from an illness or accident.

The cost to participate in the Cornhole Clash is as follows:

"Genealogy Fair 2020" "WORKING TOGETHER - NEW DISCOVERIES"

The Seabrook / Kiawah Island genealogy club, Digging Into Roots Together (D.I.R.T.) is hosting a "Genealogy Fair 2020"



digitize all those photos/documents should attend. Come and join us, there will be fun games, mapping your ancestors, getting to know others with the same interests.

to discuss breaking through brick walls. Free refreshments will also be offered.

We are an active club with over 50 members doing genealogical research, some are beginners and some are experts, we all work together to enjoy this hobby.

Please bring your friends who might be interested as well. If you are coming from off Seabrook Island you will need a gate pass.

Our website is: http://diggingtogether.blogspot.com/

Charleston Collegiate School Selects New Head of School



Charleston Collegiate School recently named Dr. Bob Veto as the new Head of School, beginning his tenure as head of school at the start of the second semester of the 2019-2020 school year.

Dr. Veto joins CCS with nearly 45 years of experience in education, most of which comes from independent schools.

"My priorities are teaching of academic skills within the content areas, building a strong foreign language program (particularly spoken language), and finding ways to work successfully with a wide variety of learning styles within a student-centered classroom.

My other passions include athletics (students are used to seeing and hearing me at many of their games and matches), the arts, STEM, and building a diverse and inclusive com-

munity. I am known for the mantra: 'Work Hard and Be Good to Each Other,' a personal philosophy which I turned into a school-wide mission.

The CCS team is excited to welcome Dr. Veto to the family. We are confident that he is a perfect match for Charleston Collegiate, and we are looking forward to all that the future holds under his leadership!

About Charleston Collegiate School: Charleston Collegiate School is a PK-12 school in the Charleston area and is a member of NAIS, PAIS, SAIS, and SACS.

Charleston Collegiate School's mission is to inspire students to become passionate, lifelong learners by empowering them with knowledge, creativity, curiosity and confidence to mindfully embrace the opportunities of tomorrow.

MARINA FESTIVAL - IT'S THE MOST WONDERFUL TIME OF THE YEAR!

PHOTOS BY RALPH SECOY



Advertisement for Home Care Assistance featuring a photo of an elderly woman and a caregiver, with text: 'Charleston's First Choice for Premier Senior Care Services where your loved ones most prefer to stay: at home!' and contact information: 843.957.9572

New Year, New Goal

Another Gorski and Friends Challenge is just around the corner as we enter into this new year.

For 2020, we are raising the goal to \$50,000 as both programs have grown and the need to help more children is ever increasing.

Thank you in advance for your support and let's together make a difference here in our community.

Mike Gorski

Hoosiers Celebrate 203rd Anniversary of Indiana's Admission to the Union



The winning Indiana Trivia team: (L-R) Mike Matzko, Joleen Ardaiolo, Sara Foltz, Max Willis and Valerie Doane.

The 9th Annual Seabrook Island Indiana Day celebrated the 203rd anniversary of Indiana's admission to the union.



Indiana Flag & Door Prizes

Drawing and Painting Shrimp Boats

Free Art Workshop Offered by Bob LeFevre



Why not start the New Year with a new skill? Bob LeFevre, who recently taught a workshop on drawing the human figure, will be holding a free and open-to everyone workshop



SEABROOK ISLAND HOUSE CONCERTS

Chamber Music returns to Seabrook Island. Tickets are \$50 each and advance purchase is required.

TUESDAY, FEBRUARY 5, 2019 AT 7PM The Conyers Residence, 2415 Cat Tail Pond Road

WEDNESDAY, APRIL 10, 2019 AT 7PM The Wildermann Residence, 3138 Privateer Creek Road

Spring Theatre School Class Registration Is NOW OPEN ONLINE!

Classes Begin January 14 at our NEW WEST ASHLEY THEATRE CENTER! Spots Will Fill Up Fast. Register Today!

Charleston Stage has one of the oldest and largest arts education programs for young people in the region.



creative thinking skills that will serve them in whatever profession they one day choose.

The Charleston Museum

The Charleston Museum is pleased to announce the opening of its newest exhibition from its Historic Textiles Collection.

know about tradition on its head as it explores the dresses worn by boys, the boots worn by girls, and the colors worn by both.

tening gowns, mourning wear, fancy dress and skeleton suits. Other objects from the Museum's collections will also be featured such as varsity letters, class rings and samplers.



SUSANNE STREHLE PRESENTS AT SEABROOK ISLAND GARDEN CLUB

Please join the Seabrook Island Garden Club welcome guest speaker Susanne Strehle on Seabrook Island at the Oyster Catcher Community Center on Friday, January 10, at 9:30 AM.

bana teacher for 5 years and traveled to Japan to earn her degree in Sogetsu Ikebana.

ton. She works with many local country clubs doing their Holiday decor, and members social events.



INDOOR PICKLEBALL



St. Christopher's Camp Fridays 12:30-2:30



SEABROOK STITCHERS

Lake House Mondays 11AM-1PM



SEABROOK ISLAND RUNNING GROUP

Calling all runners! There is a running group forming on Seabrook Island.

- Group Run • Saturdays at 8:00AM • We will meet in front of the Lake House. Any distance/level welcome.



MONDAY MORNING BRIDGE

Welcomes New Members! Please join us for Monday Morning Bridge.

SEABROOK ISLAND ARTISTS GUILD

CHRISTOPHER E. GROVES

A two-day workshop • Monday & Tuesday, January 6 - 7 9:00-4:00PM • Oyster Catcher, Seabrook Island



Chris Groves love of art grew from his early experiences with nature and the introduction of a master sculpture in his youth.

In high school, Groves met sculptor, Glenna Goodacre, the mother of a school friend.



Groves has studied at the Florence Academy of Art in Italy, the Colorado Academy of Art, the Loveland Art Academy, the Cottonwood Art Academy and the Denver Arts Students League.

If interested register ASAP at rodory@gmail.com (Bob LeFevre) as this workshop is filling up fast.

MUSEUM MILE MONTH January, 2019

Tickets are now on sale for Charleston's Museum Mile Month! During the month of January, 2019, enjoy access to 13 participating Museum Mile sites with the purchase of one low priced ticket!



"PENNSYLVANIA CONNECTED" SEABROOKERS TO GATHER

If you're a Seabrooker with a Pennsylvania link, mark your calendar for the second annual "Pennsylvania Connection" party.



HOME REPAIR MISSION DAY

The C.H.I.P. (Community Home Improvement Project) of Johns Island Presbyterian Church is sponsoring a one-day Home Repair Mission Day on Saturday January 19, 2019.

- These repairs will include: • Hauling trash and materials • Home damage repair • Doors that won't shut • Painting • Hot water tanks • Kitchen or bathroom cabinet repair • Trailer windows or door replacements • Deep cleanings • Bathroom handrails • Smoke alarm installations • Changing air filters, etc. • Plumbing leaks • Broken windows • Soft floor repair • Entry steps & ramps • Winterizing • Yard cleanups • Pressure washing • Bathrooms • Termite or insect treatments • Wood rot repairs

We are in need of volunteers of all skill levels including students age 14 and older who would like to add hours to their community service requirements.

SIB Presents The Center for Birds of Prey

Back by popular demand! Join us for our first event of 2020 with an up close and personal experience to see these beautiful birds fly!



Date: Wednesday, January 22, 2020 Registration & Social: 7:00 pm Program Starts: 7:30 pm Location: Live Oak Hall at the Lake House Fee: Members \$5 / Guests \$10

Please register on our Website: SeabrookIslandBirders.org/sib-evening-programs/ RENEW/JOIN SIB IN 2020 for only \$10 Questions? Email us at: SeabrookIslandBirders@gmail.com Everyone is Welcome!



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