

THE Seabrooker

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CORONAVIRUS - *The Seabrooker* is going to print this month with the coronavirus at the epicenter of the news cycle. Seabrook Island has been well served by the town, the SIPOA and the club in getting timely information to our residents about dealing with COVID19. Dan Kortelesy, Caleb Elledge, John Gregg and their organizations deserve an elbow-to-elbow thank you! With this in mind, this Seabrooker will focus on our regular monthly columns and articles. Call it a breather (no pun) and an understanding that “life goes on”.

I also want to thank all of our columnists and contributors for the extra effort in getting a paper out this month in spite of the difficult times.



This Too Shall Pass

By the time you read this, there may be millions of Americans infected by the COVID-19 coronavirus pandemic. I'll start by stating the obvious: we are all more concerned about the impact on lives than about the impact on the financial markets. However, this column is focused on the economy and markets, so that is what I will write about.

In my most recent column (the February Seabrooker) I wrote about the exuberant stock market “Melt-up” we were experiencing. Sadly, that turned out to be the last gasp of the Bull Market. The S&P 500 rose from 666 in March 2009 to a new all-time high of 3386 on February 19, 2020. That is a 408% increase (16% per annum) and doesn't even include dividends paid!

As I write this column, the S&P 500 is -32% versus the February highs, the Dow Jones Industrials -35%, S&P Mid-cap -40% and S&P Smallcap -42%. These declines are not only deep, but are also the swiftest ever seen. Two emergency rate cuts from the Federal Reserve (Fed Funds are once again at zero), \$700 billion of Quantitative Easing (bond buying by the Fed) did nothing to reassure the markets, which seem to be driven by existential dread of the coronavirus. Expansion of QE and additional Fed actions may do the trick.

FEAR OF UNKNOWNNS

Quoting my friend Kevin, the issue here is FEAR of the unknown. To borrow a phrase from Donald Rumsfeld, there are “known unknowns out there”. We know the economy is taking a big hit, causing unknowns that are panicking market participants: How long will the economy be shut down? How high will unemployment go? Will the Q2 GDP contraction be deep? Will it become a recession? Will this be a replay of the 2008-09 Great Recession? How quickly can the economy, employment and earnings recover?

What's my best guess? The contraction will be deep as both the industry and service sectors have basically been shut down. On top of that, the energy sector is being clobbered by the Saudi/Russian production increases aimed at driving the US oil fracking sector into bankruptcy. Some of the highly

indebted companies will go under but the stronger companies will cut back and survive. The positive of lower energy prices will not be as helpful to the economy as the negative of thousands of energy related job losses.

Consumers reliably account for roughly 70% of GDP and industry close to 20%, so we are clearly going to experience a deep contraction in Q2. Everyone now expects one, but the range of estimates (-5% to -20%) illustrates how little we know about the impact of this extraordinary forced shutdown. On the positive side, government spending is also a part of GDP. The Administration and Congress are planning to push out one trillion dollars (or more) in Q2, which adds up to 5% of the \$20 trillion American economy. That's unlikely to fully offset the effects of the economic shutdown.

Unemployment will certainly surge and unemployment benefits are not likely to offset the loss of income. The “helicopter money” plan to send checks directly to Americans may help some individuals but a lot of that will be wasted if they send it to people like me. A plan focused on helping small businesses stay afloat for potentially three months or longer would be extraordinarily expensive, but might be the best way to avert a long recession. Such a plan might also help the economy and employment to recover relatively quickly.

From the GHF perspective, a contraction (declining GDP) is certain, but a recession (negative GDP for two quarters) is not a sure thing. I will go out on a limb and predict “this, too, shall pass” and the economy will once again grow to new highs.

The “known known” is the stock market selloff currently underway. One of the most amazing facets of this episode is the extreme speed of the descent. I believe investors' fear-induced panic has played a relatively small part in this, although I cannot prove that. The astounding speed of the selloff and the insane volatility we experienced in the first month after the all-time highs seem more likely to be due to algorithmic computerized trading. Much like the “portfolio insurance” that turned a mod-

erate bear market into the 1987 Market Crash, the algorithmic traders are primarily momentum and volatility speculators. That is, their programs tell them to buy, buy, buy when stock prices are rising and sell, sell, sell when prices are falling. This double-edged sword exacerbates market advances (like 2016-17 and 2019-early 2020) but also deepens the declines.

HAVE THERE BEEN HIDING PLACES?

Actually, yes. US Treasury bonds have (overall) performed their duty of increasing prices as stock prices fall. At yearend, the 10 Year US Treasury (10UST) yielded 1.91% and the 30 year (30UST) 2.38%. As stocks sold off, the flight to quality drove Treasury bonds to all-time lows (that is, all time price HIGHS), with the 10UST at 0.32% intraday on March 9 and the 30UST 0.70%. Yields have since risen - the March 20th 10UST yield was 0.93% and the 30UST was 1.55%.

Stocks kept falling, but bond yields rose between March 9 and March 20. Why? One reason may be investor capitulation. Investors may have needed to raise cash to meet margin calls or other obligations. If they did not want to sell stocks at fire-sale prices, they might have sold bonds. Additional sellers may have been investors who believed the 10UST under 1% was extremely overvalued and wanted to reduce exposure. With short rates at zero, an economic contraction looming and inflation nonexistent, it is hard to imagine bond yields rising significantly any time soon. Of course, cash reserves are another hedge. Even with savings account and money market fund yields close to 0.0%, maintaining value while stocks plunge has helped many investors. Whether you are fearful of the impact of GDP contraction or not, it may be worthwhile to review your brokerage accounts to be sure your cash reserves are FDIC-insured. The maximum insured amount for any single account is \$250,000.

THE GHF PERSPECTIVE

We must remember Bear Market plunges are unpredictable. How far and how fast they fall cannot be known in advance, but *so far there has never*

Just when the caterpillar thought the world was ending, he turned into a butterfly.

been a Melt-down plunge that failed to return to new highs. That means that even a 50%+ decline is not lethal, although it would be painful. Selloffs like this prove the wisdom of diversifying investment accounts between stocks, bonds and other assets such as real estate.

If you allow fear to drive your investment tactics, you might sell now with the intent of buying right at the final Bear Market bottom. I caution you that human nature will not help you to succeed with that plan. More likely, when the time comes to buy, you won't want to - you will still be fearful. If you have cash you want to put to work, a better strategy might be to identify stocks or funds you want to own for the long term and gradually invest in them over time at a fixed rate on a fixed schedule.

Investor despair notwithstanding, I think we are closing in on the time to rebalance toward equities. Signs of a slowdown in the rate of new coronavirus cases and an effective plan from the government could dampen the fears of the unknown that are driving stock prices ever-lower. As the Glass Half Full optimist, that would cause me to shift to a strategy of increasing my risk-asset exposure.

Good luck and stay well! ▲

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. This column is for general enjoyment and not intended to provide specific advice or recommendations for any



FROM TOWN HALL

Barry Goldstein

If you've been lucky enough to make it to Captain Sams Inlet, you've probably seen bottlenose dolphins swimming in the Kiawah River. What you may not have known is that you've probably spotted one of the resident dolphins that feed here regularly. These dolphins are part of the Charleston Estuarine population, a population of approximately 350 animals whose



Dolphins Stranding

habitat runs from the North Edisto to the Charleston Harbor. These dolphins live in the brackish rivers year-round and typically spend a majority of their

time in a small area (their home range). This population has been studied since 1994 and through tagging and genetic studies a great deal of infor-

mation has been gathered on many of them including gender, age, diet, and general health. Researchers with the Lowcountry Marine Mammal Network (LMMN) are identifying individuals and keeping track of their sightings. This information allows them to identify home ranges, family units, new calves, strand feeders and associations between individuals. This data is critical for understanding the health of the population.

Volunteers have identified 6 strand feeders that rely on the inlet for daily feedings. Strand feeding is a learned behavior from mother to calf. Over the last two years there has been a mother, KoKo, teaching her young calf, Kai, to

Continued pg. 3

THE Seabrooker

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

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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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THE Seabrooker



DEATH NOTICES

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Col. James Lester Bannwart, USAF, Ret. age 76 passed away February 20, 2020 following a long illness in Daleville, Virginia.

James was born on February 12, 1944 to the late Lester and Florence Bannwart in Michigan City, Indiana. He worked as a Civil Engineer for

the U.S. Air Force for 22 years after graduating from U.S. Air Force Academy Class of 1967. He also obtained a Master's degree from the University of Missouri. James worked as Executive Director of the Upper Occoquan Sewage Authority and later served as the Utility Commissioner of Seabrook Island, S.C.

James is survived by 9th grade high school sweetheart and loving wife of 52 years Maryann Chern Bannwart; daughter and son-in-law: Jaime Bannwart (Donald) Shelton; son and daughter-in-law; Thomas (Lisa Bench) Bannwart; grandchildren: Hannah Shelton, Daniel Shelton, Sara Bannwart, Evan Bannwart; siblings: Bob (Mary Ann) Bannwart, and David (Mary Ann) Bannwart.

Burial will take place at Arlington National Cemetery at a later date.

In lieu of flowers or memorial contributions Jim has requested a toast to the fond memories in his honor.

Dear Cap'n Sam,

Hello this is Carmine DeGennaro and I have been a resident of Seabrook for 22 years. This letter is directed to the residents of Seabrook Island.

I am writing to let you know of my concern regarding the use of Class 1 Electronic Assisted Bicycles (motor assisted pedal with 20 mph speed limit) on the paths in Seabrook located behind the Gate and also between the Gate and Freshfields.

>If you are not a Seabrook resident, you should be aware that I believe an ordinance similar to that being considered by Seabrook has also been adopted by the Town of Kiawah and KICA (Kiawah Island Community Association) so you may have an interest in the issue<

At its most recent meeting, the Seabrook Island Town Council introduced Ordinance 2020-05 which proposes to allow Electronic Assisted Bicycles (Class 1 - limited to 20 mph) commonly known as EBIKES, to operate on the Town's roads and pathways from the SIPOA security gate to Freshfields.

I was told by the Town Council that EBIKES had already been approved for use on the roads and bicycle paths in Seabrook under the jurisdiction of SIPOA. These paths include:

- the path around Palmetto Lake
- the paths on each side of Seabrook Island Road from the Gate to Baywood Drive
- the path on Seabrook Island Road from Seabrook Village Drive to Royal Pine

These paths are used by:

- residents and guests to walk their pets
- residents and visitors to exercise or get to the stores at Freshfields.

- parents pushing their children in strollers
- bicyclists, some of whom are quite young.

I have measured these paths and most are between 5 to 9 feet in width (but for bikes the 18" on each side of the path near the edges is not used as it is close to the unpaved grassy area). It is very important to note that when the paths are used as described above - particularly by children, pedestrians pushing strollers or walking pets, or bicyclists coming from the opposite direction, the width available for use by EBIKES will effectively be reduced to between 2 and 6 feet. In addition, most of the paths are curved and with the resulting reduced visibility, there is a greater risk of blind spot accidents. Think of that in the context of something quietly coming at you from the opposite direction going 20 mph.

I object to the introduction of EBIKES in general. From a common sense perspective, a regular pedal bike can reach speeds which come close to the 20mph limit (but these are ridden by athletic and experienced riders). However, the weight of the EBIKE is at least twice that of a regular bike and without much effort can be pedal assisted to reach 20MPH. As a result, in the event of an accident, is likely to cause greater damage. Because of the weight of the EBIKE and its potential speed, the person riding the bike will need greater strength and ability to start and stop the bike and to keep the bike under control. Stopping the bike from 20mph also becomes more difficult. At 20 mph, the operator of the EBIKE would require about 30 feet to come to a dead stop. This increases the likelihood of both a greater number and more serious injuries to the

bicyclist and pedestrians.

We live in the Low Country; our roads are essentially flat. Why are EBIKES even necessary? If you have an interest, you could find information on the number of accidents and fatalities resulting from the use of EBIKES by means of a simple Google search. You can also find statistics which show that the age group that has the most accidents and suffers the more serious injuries (including fatal) from the use of EBIKES is the age group most prevalent in our community - 55+. You can also find information on municipalities which have regulated or banned where EBIKES can be ridden.

There are many other questions that must be investigated regarding liability in the cases of injury and damages, underlying insurance coverage, and monitoring the usage of the paths. It is not unusual that vehicles that are banned from specific paths/roads have been seen on those roads (recently a resident informed me he saw one of the street golf carts on the path around the Lake). Who/how will this be supervised/reported/controlled/penalized?

I intend to submit this as a petition to be filed with both the SIPOA and the Town. The petition will propose that if the use of EBIKES is to be permitted, their use should be limited to roadways which are used by motorized vehicles. Alternatively, the petition proposes that if EBIKES are permitted on the pathways, the pedal assist mode must be disabled in order to ride on the path (the EBIKE ridden manually until a motor vehicle street is reached).▲

Carmine DeGennaro

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REFERENCES UPON REQUEST

DOLPHINS - Continued from pg. 1



Bullnose Dolphin

strand feed in this area as she probably learned to feed here herself. This pair has been seen to spend at least 20% of their day at the inlet playing, feeding and likely nursing. KoKo may be one of the few breeding females that uses the spit to strand feed. We've seen at least 3 mother/calf pairs frequent the inlet making this a safe space to bring their young.

A dolphin named Step is one of the longest studied dolphins in Charleston, having first been spotted in 1995. Since then, she's been spotted over 70 times in the Stono River, making her a Stono River resident. Through this program, this was the first time she was seen in the Kiawah River and confirmed a strand feeder. She's not as regular as some of the others but plays a matriarchal role. Local researchers have seen her with at least 5 calves, two of which are inlet strand feeders, High Scoops and Rosie. Although these offspring are older, 17 and 12 yrs, respectively, and independent from her, we have seen them socializing with each other and even strand feeding together in a place they likely learned to feed as young calves. Step has not been seen with a new calf in several years and due to her age, her reproductive years may be over. Males will pair up in mid-life and stick together until one dies. Small Nick and Times 3 are believed to be a male bonded pair. This provides them with advantages in feeding and mating. Times 3 is a confirmed male through genetic testing and Small Nick is a probable male by association. They can often be seen cruising the spit and strand feeding together.

Watching these animals feed at the inlet can be exhilarating but we all must proceed with care. Research shows that dolphins will change their behavior due to human interference and such would

be a huge loss to both the dolphins and the community. On a summer day, the presence of onlookers can increase stress on the dolphins and lead to a change of behavior, illness, and reproductive failure. Without your help, we all are at risk of losing this unique feeding behavior. LMMN runs a dolphin monitoring and education program at Captain Sams from May-December. Volunteers are happy to point out Step or Small Nick, answer questions, record data and encourage bystanders to give the dolphins plenty of space to feed undisturbed. They're also happy to chat about the weather, dolphin facts or other neighborly chatter (most volunteers are Seabrook residents).

Know before you go—under the Marine Mammal Protection Act it is illegal to feed or harass dolphins and can be fined up to \$100,000. Harassment is defined as any human disturbance that alters the dolphin's behavior (such as that which makes the dolphins stop feeding, chuffing, tail slapping, or leaving the area). NOAA recommends not approaching dolphins within 50 yards from any vessel. From land, avoid approaching feeding dolphins and we recommend keeping a distance of 45 feet when the dolphins are feeding. Use binoculars, a long lens, sit down, and keep noise to a minimum. Thank you for helping us to protect our resident dolphins and preserve this unique strand feeding behavior.

For more information about LMMN, please visit www.lmmn.org or follow their story on social media.

LMMN will be hosting a dolphin program volunteer informational meeting for the upcoming season on May 5th from 9-12pm at the Oyster Catcher Community Center. Please email Lauren Rust for more details at lauren@lmmn.org.

Backpack Buddies Receives Overwhelming Support!



Backpack Buddies Seabrook Island and Kiawah Women's Foundation Backpack Buddies are overwhelmed with gratitude for the results of the 2020 Gorski and Friends Challenge! For the fourth year in a row, Mike Gorski of Island Transportation, and his sponsors have surpassed their fundraising goal. Generous donations from residents of Kiawah, Seabrook and Johns Island kept coming in right until the last day! Mike unveiled the grand total via social media: **Total amount raised in the 2020 Gorski and Friends Challenge: \$80,425.**

Words cannot express how grateful we are for every donation, large and small. Combined, our organizations provide food to over 540 children who are food insecure on the weekends. Given the impact of the on-going crisis, we anticipate the numbers of children in need growing dramatically.



With the help of our volunteers, we are continuing to get food to hungry families even though schools are closed.

We want to formally thank the sponsors listed below. To all the donors, we say thank you. Rest assured, donations will be put to very good use.

To Mike Gorski, your dedication to feeding hungry children is above and beyond amazing. We sincerely thank you.▲

*Theresa Widuch & Terry Weaver
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EXCHANGE CLUB NEWS

President Ron Schildge called the meeting to order at the Seabrook Island Club. Jim Bannister gave the invocation and then gave a Fallen Hero Tribute to U.S. Marine Corps Lance Corporal Johnathan E. Langston. Lance Corporal Gadsden, age 21, of Charleston SC was assigned to the 1st Combat Engineer Battalion, 1st Marine Division, Marine Expeditionary Force, Camp Pendleton, CA. Lance Cpl. Gadsden died October 22, 2004 of wounds caused by detonation of a roadside bomb on August 21, 2004 in Anbar Province, Iraq. He was the 21st U.S. serviceman from South Carolina to die during Operation Iraqi Freedom. Lance Cpl. Gadsden joined the Marine Corps in 2002, only weeks after graduating from High School, where he was a member of the Junior Reserve Officers Training Corps. Members of the Kiawah-Seabrook Exchange Club do not allow our South Carolina fallen heroes to be merely photos and obituaries. U.S. flags with yellow ribbons honoring Lance Cpl. Gadsden, along with many others, are proudly waving several times yearly at highly visible locations on Johns, Kiawah, and Seabrook Islands as a high priority of

our Club. Ron introduced guests and showed a video with Exchange Club information and encouraged guests to consider joining the Club.

Ron thanked the Angel Oak Committee for putting together a great dinner on February 19th honoring John Sandy. All members were reminded of how important the Directory is to our fund raising efforts and Greg Iaconis encouraged the directory sales team to get their ad renewals done and to bring in as many new ads as possible. John Reock introduced the evening's guest speaker, Scott Reid, the Director of the 2021 PGA Championship. The Championship will be held at The Ocean Course at Kiawah Island Golf Resort May 17-23, 2021. Although the event is more than a year away, PGA of America staff members are on the ground planning for South Carolina's major championship. Scott resides on Johns Island with his wife and 6-year old twins. Scott gave the membership an informative presentation about the economic benefits of this event to our region and about how the Championship will be run. He gave the club information about volunteering, ticketing, traffic and parking.▲



On WINE

Michael Morris - Vintage Wine

Hospitality Industry Post COVID-19

By the time you are reading this, we will probably have seen Coronavirus cases level off and there will be discussions about getting back to normal (whatever that means). I'm certainly far from an expert on viruses so commentary here should only be viewed as to what I think the return of a more familiar way of life will look like, specifically, what it will look like with regards to the restaurant and bar scene in Charleston.

As everyone knows, Charleston is heavily dependent on tourism and the hospitality industry. The industry accounts for roughly 20 percent of area jobs. Residents' wages and tax income derived from tourists and those enjoying a night out are vital to the Charleston economy. So when cities across the country look to return to work in greater numbers, many Charlestonians will be looking to return to their jobs in bars and restaurants. Unfortunately, that might be the worst place to be at this point in the effort to control the virus.

It doesn't take an epidemiologist to understand that COVID-19 will still be around as more of the country returns to work. Social distancing (I know, I wish there was a better synonym as well) will remain vital until the number of cases dramatically falls. That could be months or a year, no one really knows. So when many Charlestonians return to work, they will be returning to environments not conducive to limiting the spread of the virus.

What will the return to a more normal daily life mean for the industry? We certainly can't go from quarantine to opening the doors as if it's business as usual. My place of employment has a legal capacity of approximately 130. That number of people in close proximity will not be acceptable until we have



highly effective treatments or a vaccine. Owners and employees will be itching to recoup some of the financial losses stemming from the quarantine. Charleston residents will be eager to return to their evenings out. So will the local government and the industry have to come together to revise capacity limits? I think the answer is clearly yes. However, then we have to consider the ramifications of the newly scaled back numbers. Lower capacity means less income for owners and less tips for employees. The answer for employees will be to have less staff working on a given night. A smaller staff means less shifts available. Working less shifts will make it difficult for employees to pay their living expenses. Will hospitality workers be forced to find a second or third job? Will those jobs be available? Or will some just choose to leave the industry? In a town known for its hospitality, those are vital questions for which no one can really know the answer.

Finally, hospitality workers will be forced to make difficult personal choices. If there isn't widely available and inexpensive testing available, do we

want to insert ourselves into that less than desirable environment? I'm not overly concerned about the effects on my health if I were to contract the Coronavirus. The mortality rate for my age group is 0.4%. On the other hand, I have parents who live on Seabrook, who are in an age group with a mortality rate 20 times that. Parents who already give me the "wish we saw you more" every time I talk to them (and will continue to... editor). Do I now have to tell them that I can't see them because I could be unknowingly carrying something that could make them sick?

The purpose of the article was not to sound like an alarmist, but there will be many questions that we don't have the answers to as we strive to get back to our routines. Equally as many questions for a city for which the industry is the lifeblood. So while the virus may be causing havoc in parts of the world right now, we remain safe by quarantining ourselves.

The more concerning question for the industry and this city. And that is what faces us when we try to reclaim some normalcy?▲

SIX LITTLE STORIES WITH LOTS OF MEANINGS



- (1). Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. That is faith.
- (2). When you throw babies in the air, they laugh because they know you will catch them. That is trust.
- (3). Every night we go to bed without any assurance of being alive the next morning, but still we set the alarms to wake up. That is hope.
- (4). We plan big things for tomorrow in spite of zero knowledge of the future. That is confidence.
- (5). We see the world suffering, but still, we get married and have children. That is love.
- (6). On an old man's shirt was written a sentence 'I am not 80 years old; I am sweet 16 with 64 years of experience.' That is attitude.

Have a happy day and live your life like these six stories. Remember - Good friends are the rare jewels of life, difficult to find and impossible to replace!!



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Lowcountry "No-See-Ums"



their name to 'no-see-ums' and had relocated by the bazillions to the Lowcountry. They're aptly named, too, because you rarely see them unless they are part of a swarm. Your first indication that they're around is a red hot needle-like pain on what appears to be bare skin. Smacking the area is useless. By the time you realize you've been bitten, they've left for new territory. "Well," you think, "they can't be that bad; you can barely see them." Hah! Days later you're still scratching and muttering cuss words you'd never use in front of your mother.

The whole concept sounds romantic, doesn't it? Gardens and parties seem to be made for each other. Like Bogie and Bacall, Lucy and Desi, Gin and Tonic ...

I fell in love with the Lowcountry when I was here on vacation. I had looked all over the country for property where I could retire and build the house and garden of my dreams. I bought property here years before I was able to actually build a house on it. I spent those intervening years dreaming about the garden parties I would have.

I had it all planned. Flower laden tables for dinners of no more than eight (for best conversation, you know). Afternoon tea parties with me sitting at a table asking, "China or India?", while serving scones and clotted cream. Barbecues with checkered tablecloths and candles in mason jars. Evening wine tastings with Vivaldi playing softly, and 15 or 20 of my closest friends, oohing and aahing over my delightful and fragrant garden.

When I finally was able to live here, my first clue that my garden party plans were about to be torpedoed was when I found out about 'no-see-ums'. I'd never even heard of them. Sure, I had heard of gnats, but those were the things that drove cattle crazy on the Great Plains and terrorized caribou in Alaska. Turns out, gnats had changed

And that was just the beginning. I was raised in Texas, where we had what we called 'red ants.' Great big old things that you could see coming and who advertised their colonies with large, volcano shaped mounds. My first experience with the ubiquitous fire ants down here traumatized me. They are the smartest and the sneakiest of all biters.

They're so tiny I couldn't feel them crawling up my ankles until there was an entire regiment of them heading for my nether regions, waiting for their Sergeant to send them the signal to "Attack!" Followed by my scream and efforts to run for the house while simultaneously pulling down my trousers to see what the heck was happening down there. You could darn well see them now. Divested of my jeans, I turned the hose on myself while jumping up and down and yelling "What the ??". And that wasn't the worst part. During the next days, every single bite (there were 27 of them; I counted) developed pustules which lasted for weeks and they not only itched, they hurt.

Fire ants can survive even floods. They entwine themselves together to make a living raft which can successfully float for weeks. And their visible mounds belie underground tunnels which can stretch for miles! No wonder we can't ever get rid of them.

Seems like everything in my yard bites. I was driving my lawn tractor when suddenly, I thought I had been shot. Literally. I thought some hunter had missed his target and hit me. I had obviously driven over an underground hive, because when I brought my hand up to my neck, I encountered a still angry wasp (or a hornet, I can't tell the difference), who hadn't done enough damage yet, so it stung my hand, too! What chutzpah!

We haven't even talked about mosquitoes, chiggers, snakes, alligators and spiders. And while Palmetto Bugs don't bite, they can sure give you a start when you turn on the light in a dark room. Eeeouw. I have convinced my bug-phobic daughter-in-law, Sylvia, that those black beetle-like things are just harmless Palmetto Bugs, native to the Lowcountry; not cockroaches. Don't give me away. Plato would have called it a noble lie.

And those darn love bugs. When they make their twice yearly visits, you learn to keep your mouth shut when you're outside. Don't everyawn, sneeze or yodel. It's an experience you don't want to repeat when a couple of love bugs (doing you know what... they don't call 'em love bugs for nothing!) fly into your open mouth and do the shag on your soft palate. Double entendre intended.

So there went my dream of garden parties. Other than to work in the garden, my participation there is now limited to strolling. To be still is to be attacked, so there is really no good reason for the benches and chairs I've dotted throughout the garden. And as for evening strolls with a glass of wine, except for a few weeks, that's a mostly unrealized dream, too. The minute the sun goes down, or even hides behind a cloud, the mosquitoes and no-see-ums pounce. My summer perfume of choice is 'Deep Woods Off.' Did you know that stuff will melt your fingernail polish?

In defeat, I glassed in my screened porch and now my guests and I can sit in air conditioned and heated comfort to enjoy the garden all year. But entertaining there just ain't a garden party.

P.S. Every single word of this article is true. ▲ Sandra Educate

SEADOGS BEACH WALK TUESDAY, APRIL 28TH



SEADOGS, the Seabrook Island dog and beach advocacy group, announced today that the annual Beach Walk will take place on April 28, 2020 starting at 5PM on North Beach. The Beach Walk is a tradition that has helped the Seabrook Island community combine fun for dogs (and their humans) with charitable giving to worthy area animal causes.

For the dogs, Beach Walk is a great time to run and play on the beach with other friendly dogs in the community. For the humans, there is the satisfaction of being able to take advantage of a wonderful feature of Seabrook island. President Mitch Pulver has participated in numerous Beach Walks and stated: "The SEADOGS Beach Walk is a community celebration of the joy dogs and their owners have while playing on the Seabrook Island beach. It is an added bonus that the

event raises funds for other animals in the area that aren't as fortunate."

This year, SEADOGS has designated Hallie Hill Animal Sanctuary (<http://halliehill.com/>) to be the 501 (c) (3) charity for giving. Hallie Hill, located in Hollywood, SC, provides sanctuary to special needs dogs that might have trouble finding a home. As in previous years, there will be a President's challenge for giving. President Mitch Pulver said "Hallie Hill is doing marvelous work in the Charleston area. It is in the spirit of helping that I will match all donations, up to a grand total of \$1000. Last year, we raised almost \$2000 at this event for Valiant Animal Rescue. Let's beat that number this year!"

All residents of Seabrook Island are invited to join the SEADOGS Beach Walk on April 28, 2020 at 5PM on North Beach. Access to North Beach is through walkway 1 or 2. Please bring a snack or dessert to the Beach Walk. Drinks will be provided by SEADOGS. Your dog will have fun and so will you. Although not a requirement for attendance, please consider being generous to area dogs (and cats) at Hallie Hill Animal Sanctuary by bringing a donation to the event. Checks can be made directly to Hallie Hill Animal Sanctuary.

The rain date for the Beach Walk is April 29, 2020 at 5PM.

For more information on the event or about the SEADOGS, contact Mitch Pulver at mjipulw@yahoo.com.▲



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KIDS on Seabrook

"There is No Planet B"



As kids on Seabrook, we love having access to our beautiful walking trails, beaches, marshlands, and ponds. Many of us kids have grown up on the island and have noticed the evolution of the area, such as the addition of new families and kids on the island and the new cafe at the Beach Club. But, we have unfortunately begun noticing more nerve racking changes, such as the rise of sea levels as we bike across the bridge by the stop signs on Oyster Catcher and Seabrook Island Rd. Has anyone else noticed that the water seems awfully high much of the time?

Many of us kids hear political arguments between our parents about climate change and global warming, but what we, kids, want is to hear them advocating for the protection of what we love the most, our home, which includes our beaches, marshes, and wildlife. Seabrook Island is a barrier island, and barrier islands are key locations for noticing the early effects of the sea level rise.

According to the Environmental Protection Agency, our state has warmed from 0.5-1.0 degrees Fahrenheit believed due to the increasing use of greenhouse gases, and as Earth's climate warms, the ocean is expanding. As this continues, our community, a barrier island, will continue having excessive flooding, more droughts, more extreme hurricanes, beach erosion, and increased mosquitoes (EPA and SC Seagrant). Since 1950, the sea level has risen 10 inches in Charleston, and due to the increasing speed

of the sea level rise, every two years, it is rising an estimated inch. Already, at least 90,000 properties are at risk from flooding, which has now increased by 75% since 2000. Fortunately, our local leaders are looking into improvements to our drainage systems and raising roads to accommodate these changes, but we need to do what we can to mitigate (Sealevelrise.org).

I have further learned about the protection of our community while interning at the Kiawah Conservancy. As a part of my education at Charleston Collegiate School, I am participating in our school's majors program by selecting an area of interest and participating in an internship. My major is nature conservation with a focus on wildlife photography. While my internship is on Kiawah Island, the island is similar to Seabrook and has helped me develop a passion for my home, and the wildlife that lives here. I hope that, as a community, we can do our best to protect what we love so that our grandchildren and great grandchildren can enjoy our beautiful island. Whether this is biking to the Lake House, instead of driving, learning about the importance of conservation from our Green Space Conservancy, or picking up trash from the side of Captain Sams Road, we should do our best to make our beautiful island last as long as possible and enjoy all it has to offer.▲

Sources-

- First Impacts: Natural Systems Face Sea-Level Rise <https://19january2017snapshot.epa.gov/sites/production/files/2016-09/documents/climate-change-sc.pdf>
- <https://sealevelrise.org/states/south-carolina/>

GOLFING FOR IMPACT POSTPONED

Seabrook Island Crooked Oaks Course
Tee Up to Fight Addiction

We will keep you informed as to when this event will take place.

musc.ejoinme.org/golfingforimpact



HEALTHY AGING

Jerry Reves, MD

Dermatomyositis: Rare, but Troublesome Disease



We usually focus on the more common problems as we age in an attempt to promote healthy aging. However, from time to time one of us or a close friend will acquire a rare and difficult disease. Dermatomyositis fits that bill. The incidence is about 1 in every 100,000 people so it is indeed rare.

What is it?

Dermatomyositis is an acquired autoimmune disease most experts believe. Thus, it is a disease that results when our own immune system attacks our own body. The parts of the body under siege are the skin and muscles as the name indicates. The dermis or skin erupts in a rash or open skin sores. The muscles are also inflamed and may be painful and become somewhat wasted.

Symptoms

Usually the first sign of the disease is a skin rash on the face or arms, elbows, knees, chest, eyelids, and sometimes sores on the hands. The rash is patchy. Over ensuing months, muscles ache and are tender, particularly those of the arms and trunk including the shoulders, neck, hips, and thighs. There may follow fatigue, tiredness, small skin lumps, difficulty swallowing, weight loss, lung problems, and sometimes fever.

Cause

The exact cause of dermatomyositis is not known. What is known is that something does trigger one's own immune system and cause it to attack the body instead of an intruding infection or cancer. The damage is done by inflammatory cells that surround the small vessels in muscle. This leads

to interruption of blood flow to the muscle and muscle death. The trigger of the immune response could be a virus or even cancer in the body. Also, patients whose immune systems are compromised seem to be victims of this disease. The mechanism for this is not known.

Risk Factors

As with every disease we address age is a risk factor. Dermatomyositis tends to occur most in people 40-60 years of age as well as in children. So it is not like most diseases in that the older you get the more risk you have. In fact, if you are over 60 then the risk begins to decrease until 80 when it is very low. Another risk factor is gender. Women are significantly more affected than men.

Diagnosis

The diagnosis is difficult only because dermatomyositis is so rare. A careful history followed by a thorough physical exam will be necessary for a specialist such as a Pulmonologist or Rheumatologist to ascertain a diagnosis. The rash and the muscle pain combination with or without pulmonary problems lead your doctor to the diagnosis. A number of tests can be performed to confirm the diagnosis including EMG, a muscle biopsy and blood tests that show muscle disease and/or elevated autoantibodies. A chest film and a PFT if the lungs are involved is usually required. Additionally other studies including skin biopsies could be performed.

Treatment

Treatment tends to be successful from the standpoint of symptoms.

However, there is no cure for the disease. The first line of therapy is a prescription for oral corticosteroids like prednisone. Sometimes topical steroid cream is used on the rash or lesions. Sometimes all symptoms respond to one course of the corticosteroids, but often other regimens may be required including higher doses. If corticosteroids are not sufficient other drugs may be given that further suppress the immune response. Among these are azathioprine and methotrexate which are used if the corticosteroids do not work or are not well tolerated. Finally, intravenous immunoglobulin (IVIG) made from the antibodies of people who have the disease may be used. This is expensive, but has proven effective.

Non-pharmacological therapy includes physical therapy that improves muscle mass and strength. Surgery is rarely used to remove the small calcium nodules found in some people. Sunscreen is usually advised to protect the skin.

Outcome

There are some common complications with dermatomyositis. These include skin ulcers, gastric ulcers, lung infections from aspiration, Raynaud's Disease, myocarditis, and interstitial lung disease. Some of these complications can be life-threatening to the patients. Most people, fortunately, respond to the medications and supportive therapy and live long productive lives with this chronic disease. Some may even go into remission.

There is some advice for people who have dermatomyositis that includes the patient's being an active part of the medical team. In fact some have said the patient becomes a doctor to stay on top of the disease. Patients then consult with their physician to control a flare-up. Regular exercise is recommended as well as regular physical therapy. It is normal to experience a wide variety of emotions that must also be monitored and that can be helped by supportive friends and family. Rest is recommended for periods when fatigue occurs.

The Bottom Line

Rare diseases can afflict anyone and their infrequent incidence seems to have a particularly devastating effect on those who do get it. (Why me?) However, most people can be treated, and some can even go into remission. The important thing, if you do contract the disease, is to be vigilant and help your doctor nip exacerbations in the bud – in other words, be an active member of your care team. Most people are able to live nearly normal lives with their disease.▲

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2021 PGA TOURNAMENT



Media Day for the 2021 PGA Championship at the Ocean Course on Kiawah was held at the Sanctuary Hotel on March 3. Co-chairs of the tournament Roger Warren, President of the Kiawah Island Resort and Nikki Haley, former Governor of South Carolina and former U.N. were joined at the press conference by Scott Reed, the PGA official overseeing all aspects of the championship and who has been "on site" at Kiawah since the Fall of 2019.



being built up enough that views of the ocean were a part of the beautiful setting. Plans are in the works to honor the Dyes at the tournament.

Economic Impact: Ambassador Haley pointed to estimates from the 2012 PGA in the range of \$90 million added to the Charleston economy. The sense for next year is that the economic impact will be well over \$100 million.

PGA Field: The 2012 field included every single professional in the World Rankings top 100 players. The PGA Championship draws the strongest field of all of golf's major championships.

Overview: All three were very enthusiastic that the PGA Championship was moved from August to May starting last year at Bethpage Black on Long Island. "The cooler days will be welcomed," said Warren, "and the threat of afternoon showers greatly reduced". He commented on the history of the Ocean Course beginning as the site of the 1991 Ryder Cup and continuing on with the 2007 Senior PGA Championship as well as the 2012 PGA. Warren made note that the architects of the Ocean Course, the legendary designer Pete Dye and his wife Alice, both passed away within the last year. "Alice", Warren added, "was the inspiration for the course's fairways and greens

Traffic Issues: Getting ticket holders out to the Ocean Course in a timely fashion is a challenge. Travelling down to Kiawah by either Bohicket or River roads is slow going and then the 2 lane, winding Kiawah Island Road from the entrance gate to the Ocean Course is a six mile stretch that is again slow moving. The PGA tournament committee decided to waive all parking fees for 2021 in the hope this will help move spectators from the parking areas out to the course as quickly as possible.▲

Bishop Gadsden Awards nearly \$280,000 to Charleston Area Charitable Organizations

Building Upon a Mission to Reach Out with a Generous Spirit



Bishop Gadsden Episcopal Retirement Community awards nearly \$280,000 in grants from the Bishop Gadsden Charitable Fund to nine local charities.

Chosen through a selection process completed by Bishop Gadsden residents, the 2019 Charitable grant recipients and the dollars they received include:

- Barrier Islands Free Medical Clinic (\$75,000)
- Ronald McDonald House (\$65,000)
- Sea Island Water Wellness (\$65,000)
- One80 Place (\$25,715)
- Friends of Fisher House (\$20,000)
- Sea Island Habitat for Humanity (\$20,000)
- Lowcountry Orphan Relief (\$3,285)
- Lowcountry Food Bank (\$3,311)
- Fresh Start Visions (\$2,700)

The Bishop Gadsden Charitable Fund began in 2018 as a more formal-

ized process of the Bishop Gadsden outreach program. The outreach program was established by the residents in 2000 and has distributed more than \$2.7 million to Charleston area charitable organizations. Today's Charitable Fund program provides the Bishop Gadsden Community the opportunity to support residents who require financial assistance for residency within Bishop Gadsden – more than \$400,000 in 2019, as well as assist non-profit organizations in the tri-county area.

"Bishop Gadsden's history and mission are based on the call to care for neighbors and community. The good work supported by the Bishop Gadsden Charitable Fund exemplifies this mission," states President/CEO Sarah Tipton. "Our Charitable Fund supports residents in need during the most fragile time of their lives, and makes substantial grants to area chari-

table organizations. The impact our residents, employee team members, board members, families, and friends have through their generosity is quite remarkable. I am tremendously proud of our Community's generous spirit and the great things these grants will do for the Charleston area." ▲

About Bishop Gadsden Episcopal Retirement Community: Bishop Gadsden is a thriving life plan retirement community on over 120 acres of lush marshlands and majestic oaks on James Island, just 10 minutes from downtown Charleston. A top City of Charleston employer, Bishop Gadsden is nationally recognized for its architectural design, high-quality programs and services; offering its 500 residents the amenities, support, and freedom to live truly extraordinary lives.

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A LIFELINE FOR CANCER SURVIVORS

Seabrook Island Dragonslayers Entered in Charleston Dragon Boat Festival



Seabrook Island Dragonslayers team: Lois Berg-Craig, Penelope Colby, Linda Demler, Kathy Francis, Rosa Fullerton, Pam Gerstmayr, Pat Greubel, Leslie Hagen, Denise Hull, Debra Jadwin, Susan Leggett, Joanne Lewis, Jane Magioncalda, Betty Maher, Tobie McMahon, Melissa Morgan, Doris Reinhart, Lois Rinehimer, Jennifer Smyth, Diane Stewart, Beverly Stribling, Lucy Walton, Becky Zeigler
Team members not in photo: Penelope Colby, Linda Demler, Joanne Lewis and Jane Magioncalda.

Captained by Lois Rinehimer, with experienced Seabrook Island Dragon Boat racers Betty Maher and Rosa Fullerton assisting, the 23 member Seabrook Island Dragonslayers will participate in the 13th annual Dragon Boat festival at Brittlebank Park on May 9, 2020. Sponsored by Dragon Boat Charleston (DBC), the festival is a gathering of people from all walks of life to celebrate DBC's mission of promoting the mental, physical and emotional health of cancer survivors and their community through dragon boat racing. This is the second year the Dragonslayers are participating in DBC's fundraising event. "We had such an enthusiastic response to joining our team this year", says Lois, "that we created a waiting list of participants for next year!"

Dragon Boating is a sport that originated in China over 2000 years ago. Twenty paddlers sit two abreast in colorful 48 foot boats, while paddling to the beat of a drummer, the heartbeat of the dragon. Dragon Boat Charleston has been in existence since 2003 and in 2008 was awarded a National Cancer Institute grant to study the impact of dragon boating on cancer survivorship. This study design became the model used in DBC's Outreach cancer programs.

Members of Dragon Boat Charleston for a number of years, Seabrookers Lois, Betty, Rosa, and Leslie Hagen, have raced against other dragon boat teams in Beaufort, Asheville, Sarasota, Puerto Rico, and the International Breast Cancer Paddler's Commission Race in Florence, Italy in July, 2018. Last summer, Lois, Betty and Leslie were members of DBC's cancer survivor teams competing in the National's race in Colorado Springs, Co, bringing home silver and gold medals in their respective divisions. These wins earned their teams berths to race in the World's Dragon Boat races in Aix-les Bains, France in August, 2020. "Needless to say, we are incredibly excited and honored to be paddling against the "best in the world dragon boat teams" says Betty. DBC will send a Breast Cancer Survivor team and an All Cancer Survivor team to the competition, racing against approximately 7,000 paddlers over a 10-day period.

Meanwhile, on Seabrook Island, the Dragonslayers' excitement is mounting for their races against 50+ corporate, small business, healthcare, and school and college teams at the festival on May 9. Admission to the festival is free, with races from 9 AM- 3 PM, plus entertainment, music, food and just plain fun on and off the water.

Donations to support DBC's many programs for cancer survivors can be made on the Dragonslayer team's behalf (or any of the team's member's behalf) online at:

<https://dragonboatcharleston.org> select the FESTIVAL tab, scroll to the bottom of the page and select DONATE TO A TEAM (type in Seabrook Island Dragonslayers) or select DONATE TO A PERSON (type in the member to whom you wish to donate) click on the blue box next to the team or paddler's name you wish to support, and proceed with your donation

Alternatively, you can make your check payable to Dragon Boat Charleston-Festival and mail to:

Dragon Boat Charleston
1643 Savannah Highway
Charleston, SC. 29407

Please write Seabrook Island Dragonslayers and the team member's name (if you are donating to a person on the team), in the memo section of your check. And please include your email address.

All donations to support the cancer survivors and the cancer survivor programs provided by DBC are tax deductible. We greatly appreciate your support.▲



The Seabrook Island Greenspace Conservancy Board of Directors would like to thank all our ticket holders, sponsors and donors for understanding the need to postpone the 20 Years of Green Gala previously scheduled for March 15. As the week preceding the planned event unfolded, there were more indicators each day that it would be ill-advised to assemble a large crowd in a closed space. After publishing our postponement, we have heard nothing but positive responses

and many a simple "Thank You." Our sponsors and donors have been notified and are willing to support us at the event tentatively scheduled for October 18. All previously purchased tickets will be honored.

As the new date approaches, we will notify the Seabrook Island community about our new plans. In the meantime, we wish you all to take care, follow the medical expert's advice and stay healthy.

SIGSC Communications Committee



C.O.V.A.R. CORNER

GLENN LONG

President of COVAR

Glenn Long is the new President of COVAR.

COVAR represents 41 Villas and Regime Associations throughout Seabrook Island, including Bohicket Marina Village. The number of individuals villas, town homes and condos totals 1356 units. I believe we represent 50% of the ownership on the island.

Glenn was born in 1961 in Seneca, SC, and grew up in Walhalla, SC. After graduating from Clemson University in 1984, he took his first post-grad job with Sun Chemical. After several years with Sun Chemical, he went on to hold other titles: Senior Account Representative for PPG Industries, Product Manager for Yorkshire Chemicals (during this time he worked on his MBA at Furman University and Clemson University), Business Manager for Protex international (Paris, France) and VP of NA at Zschimmer and Schwartz. After nearly two decades of experience in the chemical industry,



Glenn decided to found Blue Ridge Products, LLC in 2001. He and his wife, Kristi, have run this corporation in the Greenville, SC area since its inception.

Glenn and Kristi have 5 adult children: Brenden (Lea), Graham (Ashley), Christian (Kristi), DJ and Charlotte (Jacob).

Glenn and Kristi previously owned a Summerwind Cottage, where Glenn was a board member. They now own a villa at Pelican Watch and are looking forward to closing on a house on Seabrook Island Road in the coming months - making Seabrook a 50% residence, along with their main residence in Easley, SC.▲

Charleston "Muni" Undergoing \$3 Million Upgrade



EDITOR'S NOTE: The trip from Seabrook Island to downtown Charleston via Maybank Highway has a peculiar side. That drive takes you directly through the center of the Charleston Municipal Golf Course. Yesterday's trip back to Seabrook and through "the Muni" reminded me that the course is undergoing a \$3 million upgrade as was evident by the piles of dirt and construction equipment in full view from the highway.

The timeline for the project began with a January 1 start date and hopes

to be ready for play by late Fall this year according to James Island resident and golf course architect Troy Miller, who did the design work pro bono.

The first portion of the project will include the back nine along with work related to the driving range and short-game areas.

Target greens will be added to the driving range which will help improve drainage and could also be utilized for short-game practice and for teaching programs such as US Kids Golf and First Tee. A three-hole short-game area will be built between the eighth

tee and ninth fairway. A pond alongside the 12th hole will be enlarged and the material will be used to help raise and contour the fairway as much as four feet on the adjacent flood-prone 13th hole. Similar work will take place across Maybank Highway alongside the 15th hole with additional fairway work on 16.

"The back nine is where the vast majority of the work is," Miller said. "That work will begin in January, along with some of the work related to the driving range and short-game areas. We anticipate getting those compo-

nents ready for grass as early as possible and, hopefully, reopen the driving range at an even earlier date than the back nine. The front nine will remain open for play as long as we can keep it going."

Miller said that as the program progresses, there probably will be a short period when they will have to go to temporary greens on the front nine.

"The layout will remain the same as far as center points of greens go. The two greens you'll notice the biggest change in will be the 10th green, which will shift further away from Maybank

Highway, and the 13th green, which will shift closer to the Stono River. The rest of the greens will pretty much stay in their current location. But they all get expanded, some as much as 100 percent. And they all will be reshaped and rebuilt to U.S. Golf Association specifications."

Miller said by starting in January, they will be able to put grass down by the end of April, giving it a 90-day grow-in and then reopening the back nine toward the end of July. The front nine would have a similar timeline of construction, from April through July, using the last two weeks of July and first two weeks of August to do the grassing and having the grow-in period through October.

Miller, who lives in nearby Riverland Terrace, said when he was a kid his mother would drop him off at the course with \$5 and he would stay there all day. It's a course where his father, Ronnie, got his first job in the golf profession, so he's had a special affection for Muni and often thought of changes and improvements that could be done. It's an exciting time now that the project is about to begin.

"I'm just a conduit for a lot of people who really, really care about this place," Miller said. "I have some history here with my dad working here over 50 years ago, his first job in golf. I live in Riverland Terrace and have kids who live in the neighborhood. It's a special place to a lot of people. I'm very, very excited. I volunteered to do this because I care about the golf course and I care about this city."▲



SIPOA

Administrative News from the
Seabrook Island Property Owners Association

CORONAVIRUS SAFETY



Follow these easy steps to help prevent the spread of COVID-19.



Disinfect surfaces around your home and work.



Wash your hands for at least 20 seconds.



Sneeze or cough? Cover your mouth.

LIMIT THE SPREAD OF GERMS AND PREVENT INFECTION

The Red Cross recommends the following steps to help prevent the spread of germs during this situation:

- Stay home if you can and avoid gatherings of more than ten people.
- Practice social distancing by keeping a distance of about six feet from others if you must go out in public.
- Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose or mouth with unwashed hands.

- Avoid close contact with people who are sick.
- Stay home if you are sick, except to get medical care.
- Cover your nose and mouth with a tissue when coughing or sneezing; throw used tissues in the trash. If a tissue isn't available, cough or sneeze into your elbow or sleeve, not your hands.
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, handles, desks, computers, phones, keyboards, sinks, toilets, faucets and countertops.

- If surfaces are dirty, clean them - use detergent or soap and water prior to disinfection. Full information on how to disinfect found here.
 - Wear a facemask if you are sick. You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office.
- According to the CDC, COVID-19 symptoms include fever, shortness of breath and a cough. Symptoms may appear 2-14 days after exposure. Call your doctor for medical advice if you think you have been exposed to COVID-19 and develop symptoms. ▲



Brown & White Pick-Ups
Friday, April 3, 2020
Friday, June 1, 2020

SIPOA Operational Notes For COVID-19 State of Emergency:

- SIPOA facilities, including the Lake House indoor and outdoor areas, are closed until further notice.
- The SIPOA Administration office will also remain closed.
- While the Administration office is closed, the following information may be helpful:
- Beach bonfires are prohibited for the duration of the State of Emergency.
- If an existing barcode has stopped working, and you need to obtain a new barcode to replace it, please email us at receptionist@sipoa.org with the make, model, year, color, plate # and state of registration to verify that we will be replacing the correct vehicle barcode. If you have a new vehicle, please complete the New Vehicle Registration form on SIPOA.org. A member of our staff will contact you once your request has been processed.
- Contractors applying for a commercial access barcode, can complete the application form located on the SIPOA.org website, and deliver the application and required information to the dropbox at the Administration office front door. SIPOA is granting a 30 day renewal extension for any barcodes that expire during the month of March. ▲

A friendly reminder to please adhere to the speed limit on the Island:



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Dr. Bradley Aylor, MD
Board-Certified
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Dr Bradley Aylor, MD has over 20 years of medical experience having completed both his Physical Therapy and Medical Doctoral Programs from the University of Utah and Brown University Medical Residency programs. He is Director of Bozeman Sport, Spine and Regenerative Medicine in Bozeman Montana. As a part-time resident of Johns Island, Dr. Aylor is now proud to open the **Island Center for Functional and Restorative Medicine**. Dr Aylor is one of very few physicians board certified in Integrative Medicine, Physical Medicine and Rehabilitation, Sports Medicine and Pain Medicine. He is also advanced-certified in Musculoskeletal Ultrasound, Obesity Medicine, Bio-Identical Hormone Management, as well as Anti-Aging Medicine and Chinese Acupuncture. Dr. Aylor is committed to helping clients improve their quality of life by achieving optimal health.

COVID-19

How can you protect yourself?



Wash your hands frequently and thoroughly with soap



Cover face with a tissue or your elbow when coughing or sneezing



Then throw the tissue in a waste bin



Maintain social distancing



Avoid touching your eyes, nose and mouth



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Seabrook Island Artists Guild Raises Funds for Johns Island High School



During the November Art Show in November 2019, the guild raised \$800 for the Johns Island High School Art Department. This was matched by an additional 15% from Charleston's Artist and Craftsman Supply Company for a total of \$920. The \$920 was given in the form of a store credit for the High School Art Teacher to purchase art supplies to be used in his classroom. When presented with this gift, art teacher Michael Arnett said "We now have the means for acrylic painting and colored pencil drawing (the good kind of pencils, prisma)." Studies show that the arts keep children in school, strengthen ties to com-

muni-ty, improves motor, spatial and language skills, promotes creativity, builds confidence, gives joy, relieves stress, improves problem solving just to name a few benefits. However, the arts are one of the first places schools look to trim their budgets. Johns Island High School has very little funding for their art program. It is for this reason the Seabrook Island Art Guild has for several years continued to raise money for this cause.

For more information on the Seabrook Island Artists Guild, membership, events, classes, workshops and shows, please visit our website: seabrookislandartistsguild.com ▲

Turtle Patrol Cancels Kick Off and New Member Meetings on Thursday, April 2nd



Gary and Terry Fansler

Due to the current health crisis, the Seabrook Island Turtle Patrol has cancelled the 2020 Kick-Off and New Member Orientation Meetings scheduled for Thursday, April 2nd. The New Member Training on April 18th and the T-Shirt Pick-up Party on April 25th have also been cancelled.

One of the important functions of the Kick-Off Meeting is to order the new Turtle Patrol t-shirts and hats for 2020. This year we plan to accomplish this by submitting the order forms and payments directly to Bill and Linda Nelson. Current Turtle Patrol Members will be sent detailed instructions

For potential new members, the outline of the New Member Orientation, a summary of volunteer opportunities and a new member sign-up form are available on the Seabrook Island Turtle Patrol web site, siturtlepatrol.com. The Orientation Outline can be found under Information/Training and the new member sign-up form and a summary of volunteer opportunities can be found under Information/Forms & Resources. If you decide to become a member, please send an email to Gary Fansler at fanslergary@gmail.com to obtain an order form for T-shirts and hats. You can also contact Gary with any questions. Please do this as soon as possible as the overall T-shirt/hat order will have to be submitted by April 2nd.

Purpose of the Patrol

The purpose of the Seabrook Island Turtle Patrol is to protect and preserve the Loggerhead sea turtles that visit our beaches. In order to accomplish this, members of the patrol walk the beaches every morning during the nesting and hatching season. The season typically runs from early May until October. During these walks, members identify and locate nests. The nests are then protected with screening and are recorded and monitored. When evidence of hatchlings occurs, and sufficient time has passed to allow all hatchlings to emerge on their own, the nest is inventoried to collect data for the South Carolina Department of Natural Resources. Since 1996, the Seabrook Island Turtle Patrol has identified over 1000 nests on our beaches and the number of nests has been growing. During the last 27 years sea turtles have deposited over 115,000 eggs on Seabrook Island and over 86,000 live hatchlings started their life journey on Seabrook Island sand.

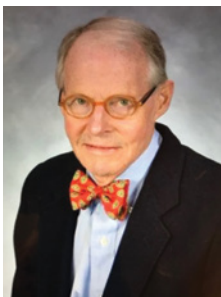
To learn more about the Seabrook Island Turtle Patrol and how you can help, go to the Patrol web site, siturtlepatrol.com or check out our Facebook page under Seabrook Island Turtle Patrol. You can also contact Patrol Leader Terry Fansler at terry@caretasway.com or Gary Fansler at fanslergary@gmail.com with any questions. ▲

RACQUET CLUB NEWS

30 Seabrookers played tennis and 8 Seabrookers played pickleball at the Racquet Club fundraiser event to benefit Barrier Island Free Medical Clinic. Almost \$3,000 was raised in spite of some big ticket auction items such as box seats to the cancelled Volvo Car Open having been removed.



BIFMC Board Members (L-R): Linda Fetch, Sue Garcia, Brenda Falls, Head Pro Mike Kiser, Karen Gibler, Ken Gibler and Vasco Pickett



Seabrookers Take On BULLDOG CHALLENGE

Steve Penkhus, MD



Note: The Bulldog Challenge has been cancelled. I have included Dr. Penkhus' observations despite that as I believe his words are an inspiration for what the kindred spirit can achieve beyond any particular challenge.

You may have heard that four Seabrookers, Tom Peck, John Feldman, Frank Zaubi and Allan Woods, all in their 70's have been training hard for several weeks with the help of Nic Porter in order to complete in the 2020 Citadel Bulldog Challenge scheduled for April 25th (since cancelled). The plan was to repeat the event they did 8 years ago in their 60's raising \$15,000 for Wounded Warriors. This is a gru-

eling 10 kilometer course with over a dozen very challenging obstacles usually tackled only by competitors decades younger. These obstacles require physical stamina, fitness, teamwork and mental toughness.

The training workouts so far have included challenges like repeated trips around the lake or up to Freshfields and back carrying sand bags, 70 to 90 pounds of weights, pulling flat bottom metal sleds weighing 80 to 125 pounds, rowing, planks, hundreds of pushups, sit-ups and squats with sandbags, pull-ups, 18 to 20 pound over the head ball toss.

These gentlemen are setting an example in so many ways.

- (1) They exemplify how 70 year olds can stay strong and fit. They show that there is no age limit to exercise and fitness. In fact as we get older we may actually benefit relatively more from exercise because we are at more risk of the diseases that exercise can prevent or delay such as atherosclerotic heart disease, strokes, adult onset diabetes, hypertension, cancer, obesity, dementia, osteoporosis, arthritis, depression, anxiety and insomnia. Additional benefits include improved longevity, overall sense of well being and quality of life.
- (2) They are an example of how senior's health can benefit from social interaction, teamwork and companionship. Their "no one left behind" caring for each attitude is a special way of social bonding which author Dan Buettner found to be a common finding in societies with a high incidence of centenarians.
- (3) Their goal of raising thousands of dollars for the Fisher House is a perfect example of how seniors can continue to contribute to society after retirement. The Fisher House is a beautiful modern facility for families of hospitalized veterans in Charleston. They could not have pitched a more deserving charity.
- (4) Their strong faith as evidenced by the Bible verses on their tee shirts is another common finding Dan Buettner noted in societies with a high incidence of centenarians. Hopefully they will be successful in their goals.

Steve Penkhus, MD

Dr. Penkhus is one of two Seabrook alternates for the Bulldog Challenge. He is participating in all preparations.

Cornhole Tournament - Huge Success



Now that all the action is over, Seabrook Island Village (SIV) would like to take this opportunity to thank all our sponsors and all who participated in making our first Cornhole Tournament a success. The monies raised will help SIV to assist our Seabrook community to age in place.

The SIV Cornhole Clash brought the community together in a fun way. Seabrookers who had never played cornhole before found a new sport AND that cornhole is not as easy as it looks. All others who had previously played the game just managed to have fun.

Thanks in particular to our sponsors. Without you we could not have done it.

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- Johns Island Ace Hardwares
- Sunrise Bistro
- Seabrook Island Club
- Seabrook Exclusives
- Hege's
- The Royal Tern
- McCann's Irish Pub
- Holy City Photography
- Todd's Ice Cream Boat

A special thanks to Nic Porter and Jamie Mixon.

Seabrook Island Village Neighbors Helping Neighbors is dedicated to helping our community to age in place.

If you are interested in becoming a part of the organization please contact: Phone: 843-580-2088

Email: SVillageMail@gmail.com



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3083 Marshgate Drive - \$2,999,000
Ocean | Marsh | River view | 4 BR | 4.5 BA



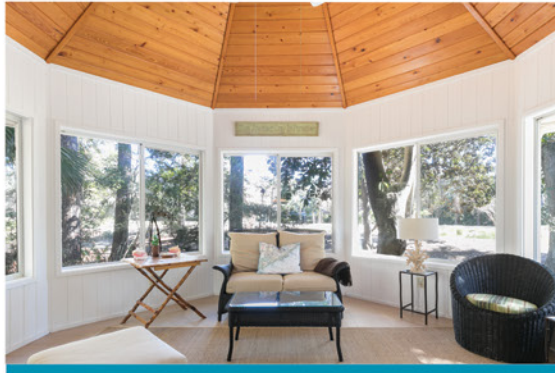
3711 Bonita Court - \$2,499,000
Ocean view | Beach access | 6 BR | 6.5 BA



1133 Turtle Watch Lane - \$749,000
Salt Marsh | Marsh view | 3 BR | 3 BA



1908 Marsh Oak Drive - \$659,500
Bohicket Marina | 3 BR | 3.5 BA



3132 Baywood Drive - \$609,000
Golf view | 3 BR | 3 BA



2439 Racquet Club Drive - \$499,000
Lagoon view | 3 BR | 3.5 BA



1010 Embassy Row Way - \$449,000
Marshfront | 3 BR | 3 BA



751 Spinnaker Beachhouse - \$439,000
Beach access | 3 BR | 2 BA



1401 Dune Loft Villa - \$319,000
Marshfront | 2 BR + loft | 2 BA



803 Treeloft Villa - \$312,000
Golf view | 2 BR | 2 BA



444 Double Eagle Trace - \$310,000
Golf Shore | Golf view | 2 BR | 2 BA



2777 Hidden Oak Drive - \$279,000
Live Oak | Golf view | 2 BR | 2 BA