

# THE Seabrooker

VOL 23 • ISSUE 9 • SEPTEMBER 2020

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SEABROOKER ONLINE at : [www.townofseabrookisland.org](http://www.townofseabrookisland.org)



### FROM TOWN HALL

Barry Goldstein  
SEABROOK  
TOWN COUNCIL

The Town of Seabrook Island is looking for residents to help save our local bobcats.

Local residents may inadvertently be poisoning our wildlife by using anticoagulant rodenticides (rat poison). Rats and other rodents who eat the poison do not die immediately, but become lethargic and are easy prey for larger predators.

Smaller Predators like hawks, foxes, and raccoons consume rodents infected with rat poison. This can result in their death. Bobcats are the top of the food chain on our island. They feed on rodents and smaller predators that are infected with rat poison. This can result in their death.

The Town of Kiawah Island has determined that second-generation anticoagulant (SGA) rodenticides, used to control rats around homes, are having a secondary affect, they are poisoning and killing Kiawah's bobcat population. The recently stable bobcat population on Kiawah Island has drastically decreased.

The Town of Seabrook Island has discussed this issue with Kiawah Island's Wildlife biologist Mr. Jim Jordan, and we can assume that our Seabrook Island bobcat population is also be detrimentally effected by rodenticide poisoning. There is also a detrimental effect on other island nontarget animals such as raptors, owls, coyotes and any predator animal feeding on dead or dying rodents.

The decline in bobcats is why there has been an increase in the lethal rat poisoning, since there is nothing natural to regulate the rats. The only sustainable way to control the rat population is to bring back the bobcats.

The use of rat poisoning has killed the bobcats and created a situation that can only be solved by us, and our time is running out.

There have been at least six deaths of Kiawah Island bobcats in the last year as a result of rodenticide poisoning and one additional death still pending toxicology testing.

Kiawah's once healthy bobcat population has declined dramatically in the last few years. Biologists now estimate



PHOTO BY CHARLEY MOORE

that fewer than ten bobcats remain on the island, down from a historic population of 30-35. The Town's initial presumption that SGAs were having an impact on Kiawah's bobcat population communicated earlier this year has proven true.

The Town of Kiawah attempted local regulations, however, determined this is not an option. In an attempt to solve this problem, the Town of Kiawah Island and the Kiawah Conservancy are working on a multi-faceted strategy to address the issue.

Therefore, the Town of Seabrook Island is looking to the Residents to help save the bobcats. SIPOA Board of Directors has also voted to strongly discourage any use of SGAs. Here is how you can help immediately:

#### Eliminate the Toxic Foursome

Tell your pest control provider not to use second-generation anticoagulant rodenticides (SGAs) on your property. These include:

- Brodifacoum
- Bromadiolone
- Difenacoum
- Difethialone

If you do your own pest control, check the active ingredient on the label to make sure you are not using any of the active ingredients above.

#### Be Informed

Pest control companies are required to disclose the active ingredi-

ent in all pesticides they are using. Ask your pest control provider to provide in writing what they are using on your property. Check the Town of Kiawah Island Website to see if your pest control company is on the Bobcat Guardians Providers list (<https://www.kiawahisland.org/bobcat-preservation-efforts/>)

#### Rethink Your Control Strategy

Use **Integrated Pest Management** to address rodent problems:

- Identify specific rodent problems and locations by doing a thorough survey of the property. Only take action if a problem exists. Seeing a rodent in your yard is not a rodent problem.
- Use non-chemical methods of rodent control (eliminate food/water sources, exclude rodents from structures by sealing exterior holes and cracks, use traps).
- Pesticides should only be used as a last resort for large infestations inside structures. The pesticide should only be applied for a short time (typically 10 days) and then stopped once the problem is resolved.

#### Know Pesticides - It's All About Ingredients

If pesticides are necessary, first-generation anticoagulants (warfarin, chlorophacinone, and diphacinone) are better than second-generation anti-

coagulants but still have secondary effects on wildlife. A better option would be a product that uses bromethalin or cholecalciferol. While these products have significantly lower secondary effects on bobcats and other predators, they are potentially toxic if consumed directly by pets and can only be used inside of a tamper-resistant bait station.

Brand names of products containing these rodenticides are listed below:

- **Cholecalciferol** - Terad3 Blox, d-Con Pro Bait Station Blocks
- **Bromethalin** - Tomcat Bait Station Blocks, Victor Fast Kill Refillable Rat Bait Station

Federal law requires that all rodenticide packaging clearly display the active ingredient and instructions for use. Failure to follow the instructions on the label is a violation of state and federal law. Always check the label before using any rodenticide product.

The following four active ingredients are second-generation anticoagulants and should never be used: Brodifacoum, Bromadiolone, Difenacoum, and Difethialone. Check your rodenticide labels; if you have SGAs dispose of in a safe manner.

Information in this article was provided by Mr. Jim Jordan, Wildlife Biologist for the Town of Kiawah ([jjordan@kiawahisland.org](mailto:jjordan@kiawahisland.org)).▲

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## Artist steps up to save “place of extraordinary beauty...”

Seabrooker and watercolorist Mary Whyte Donates Prints to Benefit St. Christopher Camp and Conference Center

Internationally acclaimed figurative artist Mary Whyte is well-known for her expressive large-scale watercolors of people in the surroundings which define their essence. Whether she's telling the story of 50 Veterans from 50 states or that of the Gullah women of Johns Island, South Carolina, she de-

picts the human form in a way that preserves and elevates the human spirit, a moment in time, a moment in history.

Now, Mary is loving not only people through her art, but a place - St. Christopher Camp and Conference Center on Seabrook Island.

Continued page 3

# THE Seabrooker

Please send correspondence to: [TheSeabrooker@yahoo.com](mailto: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	Barry Goldstein	Wendy Kulick	Michael Morris
Barbara Burgess	Lucy Hoover	Bob Lawrence	Reagan Passantino
Elaine Davis	Emily Horn	Bob Leggett	Steve Penkhus MD
Gary Fansler	Ed Konrad	Charley Moore	Jerry Reves, MD
Joanne Fagan			Senator Tim Scott

### CONTACTING THE SEABROOKER

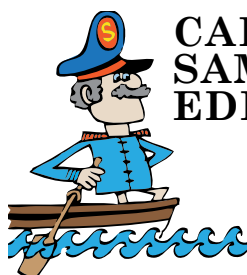
Please send correspondence and inquiries regarding editorials to

[TheSeabrooker@yahoo.com](mailto: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).

**FOR ADVERTISING OPPORTUNITIES, PLEASE CONTACT**  
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# THE Seabrooker



## CAP'N SAM EDISTO

Dear Cap'n Sam,  
**\$9,150 for COVID -19 Relief and Recovery.** Since many of our donors are residents of Seabrook, Women

Dear Cap'n Sam,  
The following questions were submitted by Pat Greubel. The answers are from Kristie Burr, Precinct Coordinator at Charleston County Board of Elections and Voter Registration.

**QUESTION:** If I've applied for absentee ballot, can I change my mind and vote in person?

**ANSWER:** Yes, but you can only vote a provisional paper ballot on Election Day at the polls.

**QUESTION:** When do I have to ask for absentee ballot and when must it be post marked?

**ANSWER:** Anytime. The last day an absentee ballot can be mailed to a voter is the Friday before the election. All voted ballots must be received by the Board of Elections and Voter Registration Office no later than 7 pm on Election Day to be counted.

**QUESTION:** Can I hand in my absentee ballot at a polling place?

**ANSWER:** No. Absentee ballots must be turned in to the Board of Elections and Voter Registration either by mail or in person.

Inspired Through Stories (WITS) would like to take this opportunity to thank our supporters for their generosity over the last several months. In the midst of this pandemic, our group partnered with Coastal Community Foundation's COVID-19 Relief and Recovery Fund and, through emails and phone calls, solicited donations. CCF is a Charleston-based organization that manages more than 700 charitable funds and provides grants to local non-profits. WITS is a group of philanthropic women whose mission is to provide cash or in-kind donations to charities

that support women and children. We are pleased to report that we raised \$9,150 dollars for COVID-19 Relief and Recovery. These funds will help the most vulnerable in our local communities. Many, many thanks for your support. We could not do it without you.

### WITS Members

Robin Aaron	LeeLee Atkinson
Kay Chitty	Kathy Coffman
Barbara Fowler	Joanne Grant
Kathie Haas	Peg Higgins
Joy Millar	Carolyn Pelletier
Cathy Remington	Cynthia Webb



**QUESTION:** Will I feel safe voting in person?

**ANSWER:** Poll managers are required to take Covid-19 training prior to working Election Day. They are also provided with PPE supplies to wear/use on Election Day. We can't force voters to wear PPE, but strongly encourage they do so.

The South Carolina Senate is meeting in early September and the House two weeks later. The legislature may modify the rules concerning absentee voting. I will keep you posted on any and all changes the

Legislature makes concerning voting for the General Election, particularly changes in absentee voting procedures and rules.

Voters can get the most up-to-date information:

1. Visit our website: <https://vote.charlestoncounty.org/>
2. Follow us on Facebook: <https://www.facebook.com/charlestonvotes/>
3. Visit the State Election Commission's website: <https://www.scvotes.gov/>

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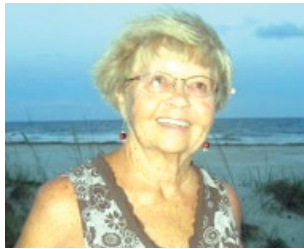
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## DEATH NOTICES

Death notices include basic information about the deceased: the person's name, age, occupation, date of death and place of death information. Notifications can be sent to [theseabrooker@yahoo.com](mailto:theseabrooker@yahoo.com)



**Dorothy "Dot" Jean Allison Bostock**, age 85, passed away on August 3, 2020 in Naples, Florida after a long battle with Alzheimer's Disease complicated by COVID-19. Dot was born in New Brunswick, New Jersey on March 23, 1935. She grew up with her sister Marge and her parents Dr. James B. Allison, a biochemistry professor at Rutgers University, and her mother Dorothy and her dog, Donna. Summers were spent enjoying the farm in Punxsutawney, Pennsylvania and the shore in Bar Harbor, Maine. She went to Penn State University where she studied Education. It was at Penn State that she met the love of her life-Jeff Bostock. After graduation, they married in 1957 and moved to Oak Ridge Tennessee where Dot taught elementary school and Jeff worked at the Y-12 National Security Complex. On her birthday in 1959 her first daughter Debbi was born, followed shortly by daughter and son- Nancy and Ken. She has eight grandchildren, three of whom are recently married so perhaps great-grandchildren are not far behind!

Dot will be remembered for her wonderful smile and friendly, compassionate personality. She enjoyed being a mother and was very active in Girl Scouting, swimming, and church activities. Friends and family also know that she was a wonderful cook. She taught kindergarten at Willow Brook Elementary School where her students loved her happy, caring personality and her innate ability to play most any song on the piano without scores! Dot loved

the outdoors. She and Jeff learned to sail at Concord Yacht Club. She even earned a Captain's Sailing certificate so that she could charter boats around the world! She loved sailing in the Bahamas, Virgin Islands, Captiva Island in Florida and on her favorite lake, Watts Bar, in Tennessee. She hiked to the top of Mt LeConte in the Great Smoky Mountains National Park at least 4 times. Swimming was her favorite sport- she was never fast but she could swim for hours! She enjoyed sharing her love of swimming to children and taught for many years in Tennessee and South Carolina. Although she lived for nearly forty years in Oak Ridge, she also called Paducah, Kentucky and Seabrook Island, South Carolina home before moving to The Arlington in Naples, Florida with Jeff.

She is survived by her loving husband, Jeff Bostock; children, Debbi Bostock Herts and husband Michael Herts, Nancy Bostock Porter and husband Jim Porter, Ken Bostock and wife Amber Bostock; grandchildren, Allison and Matt Porter, Austin (Elizabeth), Katelyn and Sydney Bostock and Joshua (Sadie), Samuel (Elisabeth) and Rebekah Herts; sister-in-law, Carol Bostock Kittles; brother-in-law, Marshall Smith; and numerous loving cousins, nieces and nephews. She was preceded in death by her parents, Dr. James B. Allison and Dorothy Lewis Allison and sister, Marjorie Allison Smith.

In lieu of flowers, donations may be made to the Alzheimer's Association in memory of Dot.▲

**Donald Yannascoli**, 78, of Seabrook Island, SC died Sunday, July 12th peacefully at his home surrounded by family.

Donald was born December 9th, 1941 in Philadelphia, PA to the late Donato and Jennie Yannascoli. He grew up in Downingtown, PA with his two sisters Janet and Ann. The



first in his family to go to college, he was a graduate of Penn State University with a bachelor's degree in engineering mechanics and a master's in mechanical engineering from Syracuse University. He began his engineering career in Detroit, MI at Chrysler. After a short time, Donald would take a job in Syracuse, NY at Carrier Air Conditioning Company, where he developed several patents in his field of air conditioning compressors.

Known as "Dad", "Don" and "Grandpop" Donald engineered everything he touched from changing a light bulb, helping with homework, to building two homes from the ground up. A dedicated family man and a genuinely great guy to all who were fortunate to know him. Donald retired after 36 years of service in 2001. He and his wife, Deborah J. Yannascoli, moved to Seabrook Island, SC in 2014.

Donald is survived by his wife of 42 years, Deborah J. Yannascoli, his four children, Sabrina Y Sigler, David A. Yannascoli, Matthew A. Yannascoli, spouse Irene and Sarah M. Yannascoli, spouse John Kaczmar, his sisters Janet Coates and Ann Marie Reggio, three grandchildren Audrey Y. Sigler, Diana M. Sigler and Lucy R. Yannascoli.

A memorial tribute can be found at <https://www.facebook.com/groups/weloveyouonaldyannascoli>. Donations in lieu of flowers may be made to The Michael J Fox Foundation for Parkinson's research at the following link [www.michaeljfox.org/donate](http://www.michaeljfox.org/donate) ▲



### FROM TOWN HALL

There's still time to be counted in the once-every-10-years census. The deadline to submit your response to the U.S. Census Bureau has been extended three months because of the COVID-19 pandemic.

You now have until

**September 30, 2020**

to respond.

You can fill our your census online at [2020census.gov](http://2020census.gov)

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**Mary Whyte, Artist** - *continued from page 1*

Mary first discovered St. Christopher more than 30 years ago while on a bike ride through Seabrook Island. "I've traveled to many places around the world," says Mary, "but there's something very unique and special about St. Christopher. There's a real spirit about the place that permeates everything here. That's why I feel it's so important that the community and the region recognize this. This is a place we need to make sure is here forever!"

**About St. Christopher**

St. Christopher, a Christian ministry of The Anglican Diocese of South Carolina, consists of 314 acres of pristine beachfront, maritime forest and salt marsh. It serves as a place for outdoor environmental education for nearly 14,000 children during the school year. It hosts nearly 1,550 children during its summer camp program and operates as a retreat and conference center for hundreds of individuals and groups throughout the year.

**Pandemic Takes Toll**

Nearly devastated by the COVID-19 pandemic, St. Christopher, has seen its income plummet with a loss of more than \$2M (more than half its budgeted income) in anticipated revenue. It's staff has been slashed to a minimum with those remaining experiencing a reduction in benefits, as well.

**Whyte's Contribution**

"All 50 states have areas of extraordinary beauty," says Whyte, "but I don't think there's any place better than this. It's imperative that all of us do everything we can to save it. As a board member I've often asked, 'What can I do to contribute?' and it occurred to me that perhaps I could do one or two pieces that could be turned into prints and given as gifts to those who donate to the camp."

Whyte, has painted two watercolors, Veil and Path to the Beach whose prints will be released on September 1, 2020 to be given as thank you gifts to those donating to St. Christopher.

**Donors supporting St. Christopher with a gift of \$5000 or more will receive, as a thank you gift, one of the signed and framed, limited edition (25) giclee prints of "Veil."** The 32X27 framed print will be available to the first 25 donors.

**The Inspiration for Veil:** "The model for Veil, Georgeanna, is one of my favorite models," says Whyte. "I've painted her many, many times over the last 20 years. She was a long-time resident of Johns Island and one of the women from the Hebron Saint Francis Senior Center who welcomed me and took me under their wing. She passed away two years ago. The church behind her is the old Hebron Church on Bohicket Road."

**Donors supporting St. Christopher with a gift of \$1,000 or more will receive, as a thank you gift, one of the signed, 8X10 giclee prints of Path to the Beach.**

**The Inspiration for Path to the Beach:** "The first time I came to the beach at St. Christopher I remember saying to my friend, 'I didn't know a place of such beauty like this existed.' What I especially love are the walkways that go between the maritime forest and the beach. I think there's a certain magical transition when you see that keyhole of light through the trees in the distance and can just barely hear the water as you move towards it."

**Donors supporting St. Christopher with a gift of \$10,000 or more will in addition to the prints above, receive as a thank you gift, an invitation for two to Tea with Mary Whyte and Margaret, a frequent model for many of Mary's works"▲**

*Bob Lawrence*

*Note: If circumstances beyond St. Christopher's control prohibit such a gathering a meet and greet with Margaret and the artist will be held with the donors online.*



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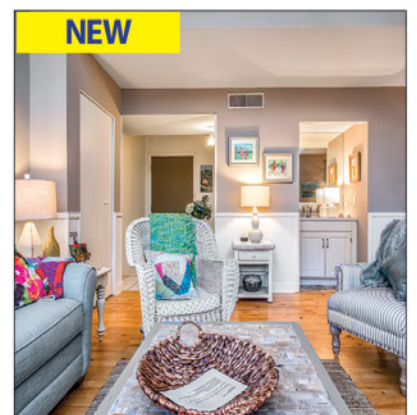
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**2958 Baywood Drive**  
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**2931 Atrium Villa**  
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**HEALTHY AGING**

Jerry Reves, MD

**Back to Basics During COVID-19**

As we settle into the new world of COVID-19 coexistence it is time to remind our readers of the two strategies fundamental to healthy aging. They are diet and exercise. We make decisions every day about these two factors that are proven to impact our health and longevity, not to mention our quality of life. Because our decisions regarding these two everyday activities are so significant, it is important to revisit them.

**How does COVID-19 Impact Diet and Exercise?**

The COVID-19 pandemic has had a direct and indirect impact on these two health strategies. Some food supplies have been adversely impacted by the disease with fewer fresh products of good quality available. Certainly trips to the grocery store have become more challenging with the various restrictions on movement and, in some cases, on the number of shoppers in grocery stores. Supply chains have been stressed and some commodities and foods limited. However, on the whole it is remarkable how abundant the supply of fresh fruits, vegetables, and juices has remained.

Exercise options have certainly been reduced by COVID-19. Gyms and pools have been closed; personal training is now done virtually; golfing and other “group/social” activities are discouraged. Excuses for not exercising are easier to make – in fact, COVID has become a very good reason not to do many of our regular exercises. However, as before COVID, making excuses is inexcusable for daily exercise since there are many, many exercises that can be done alone and at home that have been proven to be healthful and helpful.

**Eating and Drinking**  
Seniors have factors that lead to poor diet. These include diminished taste and smell, dental problems, poor appetite, and depression. In the diet category we should focus on eating plenty of fresh fruits and vegetables. These provide the nutrients and vitamins we need. Preparation should be minimal and certainly not involve frying. We should be choosing foods that are low in added sugar, saturated fats, and sodium. The added sugar adds calories without any benefit and predisposes to type 2 diabetes and other health hazards. The saturated fats elevate blood lipids that lead to vascular disease which in turn can cause heart disease and or stroke. Sodium contributes to fluid retention which is a problem in kidney disease and heart failure. Fluid retention can also lead to high blood pressure that in turn causes heart disease and stroke. Figure 1 illustrates smart choices when eating: shift away from processed food that tend to be high calorie, high fat, high salt to servings of fruit, fresh vegetables, and whole grains.

Just as with eating, drinking offers us good and bad, tempting choices. Water is what the body needs and it is universally available in our country. If water is unappealing try adding ice or natural, unsweetened flavors like lemon to liven it up. Stay clear of any sugar-added drinks that provide the prototype of empty calories, meaning calories with no nutrient-dense value. Figure 2 illustrates several drinking tips for better health.

Food and drink packaging now have labels that inform us of what we would consume in each product. One almost universal statistic is the number of calories in a serving. Pay attention to this knowing that in a given day a woman needs from 1,600 to 2,200 calories a day depending on the level of activity (not active to very active) and men need from 2,000 to 2,800 calories a day. Minimize saturated fats in the diet and look for essential vitamins like C, D, B6, and B12 as well as the mineral calcium. If your food and drink do not have the recommended daily vitamins, take a multi-vitamin pill that does get you to your quota.

**Exercise**

Abandon all excuses, and just get it. Exercise has proven to be an effective way to improve health in seniors. It reduces many of the health problems of aging including diabetes, certain cancers (colon and breast,) osteoporosis, heart disease, obesity, type 2 diabetes, and fall-related injuries. The recommendation is to exercise for at least 30 minutes every day. The exercise regimen can be as simple as a brisk 30-minute daily walk or anything beyond that. Try to increase and sustain the increase in baseline heart rate for the entire 30 minutes or more. It is important to remember that, in addition to walking or some other aerobic exercise, it is crucial to be certain that the exercise accomplishes building endurance, muscle strengthening, bal-

ance, and flexibility. Adding weights to a routine for arms and squats for legs are good examples of how to improve muscle strengthening. Balance exercises such as standing on one foot or walking a straight line with one foot in front of the other help with fall prevention. Before and after any exercise it is recommended that stretching be done to improve and preserve flexibility. With exercise it is a good idea to start slowly but add to build endurance. Likewise, it is important not to start with too ambitious a program, but rather build a doable one over time.

The National Institute of Aging (NIA) has a video out now entitled “Staying Physically Active During the Pandemic” given by Dr. Marie Bernard, deputy director of NIA. The video is 16 minutes of not well produced, but interesting tips from Dr. Bernard’s home (because of the pandemic) with some ideas on how to keep exercising during the pandemic that include sample exercises. Take a look at it: <https://www.facebook.com/watch/?v=675691983009902&ref=watch>.

**The Bottom Line**

The COVID-19 pandemic is a fact of life. In addition to social distancing, mask wearing, avoiding crowds, and hand washing we must remember that this, like any other time, is one when we must pay scrupulous attention to diet and exercise, the two factors we know lead us to a healthier aging experience. ▲

SHIFT FROM:		SHIFT TO:
High-Calorie Snacks		Nutrient-Dense Snacks
Fruit Products with Added Sugars		Fresh Fruit
Refined Grains		Whole Grains
Snacks with Added Salt or Sugars		Snacks Without Added Salt or Sugars
Solid Fats		Oils
Medium café latte made with whole milk		Small café latte made with fat-free milk
Regular cola		Water or water flavored with fruits or vegetables
Sweetened lemon iced tea		Sparkling water with natural lemon flavor

Figures from: <https://www.nia.nih.gov/health/smart-food-choices-healthy-aging>

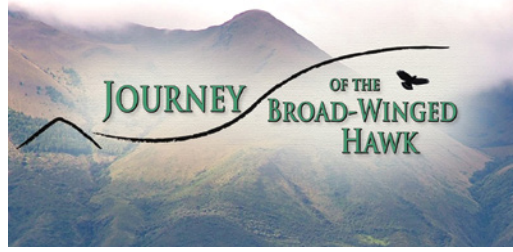


## Seabrook Island Birder's September Virtual Movie Matinee Series

The weather is beginning to cool and fall is on its way. With the need to still social distance, SIB will continue our "Virtual Movie Matinee" series using Zoom through the fall! Join us on the 2nd and 4th Tuesdays in September. And the best part is you don't even have to be on Seabrook Island to join!

Once you register, we will send you a link the day prior to each event to allow you to access our Zoom live video. We will open each event with introductions and a little social time, watch the show together (generally an hour), and finish with a short discussion to get your feedback and answer questions.

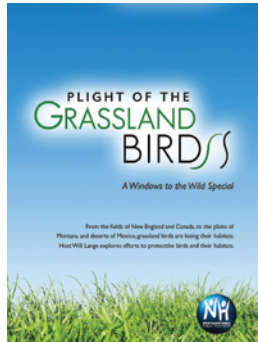
Sign up for one or both here and then plan to get comfy in your favorite chair with snacks and beverages of your choice to enjoy our gathering!



**Journey of the Broad-Winged Hawk**  
Tuesday, September 22 | 4:00-5:30PM

Every year, thousands of broad-winged hawks embark on a treacherous flight from New Hampshire to South America. JOURNEY OF THE BROAD-WINGED HAWK follows the raptors' two-month, 4,500-mile migration from New Hampshire, over an Appalachian flyway in Pennsylvania, over Corpus Christi, Texas, and ending in the rainforests of Ecuador and the Maquipucunu Reserve. Along the way, people and communities follow and celebrate the hawks' journey. Host Willem Lange traces the migratory route of these magnificent birds from the White Mountains to the Andes of Ecuador, and shares the stories of those who witness this wonder of nature. ▲

To register, visit [www.seabrookislandbirders.org](http://www.seabrookislandbirders.org)



**Plight of the Grassland Birds**  
Tuesday, September 8  
4:00-5:30PM

From the fields of New England and Canada to the vast plains of Montana to the deserts of Mexico, grassland birds are losing their habitats at an alarming rate. Host Will Lange explores efforts to protect the birds and their habitats.

## Seabrook's Piping Plovers are back!

On July 31 Mark Andrew spotted our first Piping Plover for this "wintering" season. They've returned after breeding late April-June along Great Lakes shores and US/Canada Atlantic coasts. In July plovers head south to winter on SE Atlantic coasts and the Bahamas, where they'll remain until next spring. Some plovers are stopping to rest and head farther south, some will stay and be our guests for the next 9 months!

Aija and I have been spotting, photographing, and reporting Seabrook's Piping Plovers since the Captain Sam's Inlet relocation. This year we have more "eyes" on the beach. Seabrook Island Birders Mark Andrews and Bob Mercer have been observing our Red Knot flock, monitoring shorebird nesting, and are now active with Piping Plovers.

We report banded Piping Plovers we see to our researcher friends in the Great Lakes and Atlantic US/Canada regions. They like to know how their plovers are doing down south after breeding. And we learn interesting info about these Piping Plovers, their journeys, and the challenges they face.

Two of Mark's recent sightings are from Great Lakes with orange bands/flags. Alice Van Zoeren, Researcher with Great Lakes Piping Plover Conservation Team, tells us "These are young first year birds hatched this summer. Good they've survived their first journey south. May they survive many more!" Mark also spotted black flag 4U from Atlantic Canada. Dr. Cherri Gratto-Trevor, Research Scientist with Prairie and Northern Wildlife Research Centre, tells us "He's from Nova Scotia, and winters in the Bahamas." A smart little guy!

I keep a data base of banded Piping Plovers we've seen and reported since 2015. It's a thrill to see a bird that returns to Seabrook year after year - like a snowbird! One is our friend black flag 2K, spotted Jan 2020, Sep 2019, Nov 2018. He's also been seen on Deveaux Bank by Janet Thibault, SC DNR Biologist, who monitors our Seabrook Piping Plovers.

We asked Vicki Johnson, Piping Plover Coordinator with Nature Island Trust, Prince Edward Island, how 2K's breeding went this year. Vicki replied "In past years 2K has paired up with 2J, hatching and fledging all their chicks. This year 2K and 2J decided to test the waters with new partners. 2K's three nests with 4L were all unsuccessful. And like 2K, 2J was not successful with her new mate. It seems the grass isn't always greener on the other side!"

In our banded Piping Plover data base over 50% of the birds spotted are from the Great Lakes region. This isn't a scientific study, but tells us that we get many Great Lakes plovers at Seabrook. This is significant - Great Lakes Piping Plovers are Federally Endangered, with a population of only 75 breeding pairs, down from what once was 800. There are about 2000 breeding pairs from Atlantic US/Canada regions, also with declining populations, that are Federally Threatened.

Take a population that's declined to 75 breeding pairs, and add the incredible challenges these tiny birds weighing about 2 ounces face. Here's an example. Last December Aija and I spotted a Piping Plover on North Beach with a purple band, a color we'd never seen. We learned from Alice this guy was a celebrity. "This is the chick from our Point Betsie nest, the only one that fledged from this new 2019 nesting area. You can see us banding it on a Chicago Tribune video! This chick we named "Little V" is the one in my hand, running off while we chant "survive, survive". Guess it worked!"

I asked Alice how Little V did in its first breeding season in 2020 - "Now known as Vinnie to Green Bay WI folks, he's had quite a story. He nested on Cat Island, but all his chicks were missing within a day. Black-crowned Night Herons may have gobbled up the chicks. Vinnie was then caught and taken to a nearby zoo. He was lethargic and could not fly, and botulism was suspected. He recovered at the zoo and was released back at Cat Island.

Due to increasing concern about botulism, a crew captured him again with four chicks from another pair. They were driven south and released at Illinois Beach State Park. Vinnie was last seen flying over the lake after the release. He must have felt it was time he got out of there before he was caught and shipped around again!"

This story highlights the amazing struggle to breed and survive, the incredible dedication of the researchers, and our responsibility to protect our Piping Plovers while they're our guests during wintering season. On any given day there may be only a few Piping Plovers on North Beach, often foraging along the large tidal pool or ocean shores. At times we see more, with a high of 24 near spring migration. Please don't chase flocks of shorebirds, and follow Seabrook's Beach Rules for Dogs/Pets. When you see Aija, Mark, Bob, or me on the beach, stop and say hi and let's chat about Piping Plovers. We'll be the ones with binoculars, spotting scopes and cameras! ▲

Ed Konrad



PIPL, North Beach, Mar 2016



Great Lakes PIPL, North Beach, Aug 2020



2K, North Beach, Nov 2018



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Location: Zoom Virtual Video, Fee: Free  
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Aija, Mark & PIPL, North Beach, Aug 2020

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**EXCHANGE CLUB NEWS**



2020 has certainly been the strangest year I've ever experienced and we are all living with unprecedented challenges. I'm sure I speak for the whole Board in wishing all of our members and your families safety and good health during this chaotic time. We are looking forward to the time when we can get back to our dinner meetings and the conversations and camaraderie that they afford. As much as we would like to restart, we will have to wait till we see a significant drop in new Covid infections so as not to endanger the health of our members. We will be governed by concern for our members and by the recommendations of state and local authorities.

I would like to thank our past President, Ron Schlidge, for all his efforts over the past year. Great job Ron. Our Cub had a very productive year in spite of all the challenges brought about by the pandemic. Also, a big thank you to Walk Kennedy for a stellar job as Treasurer. He will be succeeded by Todd Lynch who has already taken the reins with

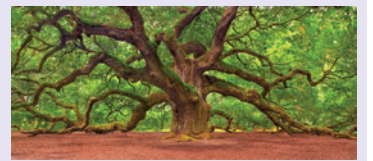
confidence. Rick Regensburg will take over the Secretary position from me as I step into Ron's shoes. Thanks to Ken Kavanaugh for all his work heading up the Activities Committee. David Pickens will step into this role. To all of the other Committee Chairs that have agreed to another year; we appreciate your willingness to serve.

Even though we have had to delay our meetings; your Club has still been active behind the scenes and you can take pride in the success of our Johns and Wadmalaw Islands Hunger Project. With your continued support and the success of this year's Angel Oak Award Banquet; we will have made contributions of about \$50,000 to help churches and food banks in our communities. These organizations have helped may less fortunate families and elderly residents with a lack of food during the pandemic. Thanks also to the efforts of Greg Iaconis and his sales teams; our directory achieved about \$139,000 in ad revenues which will be available for grants this fall. This was a tremendous success given the times we live in.

The proposed August funds have now been disbursed. The help given to these organizations during this time of unprecedented need would not have been possible without our members continuing to pay their dues.

Again, welcome all Exchangites to the new year of our Club and we all hope to get back to normal as soon as possible. Stay safe and stay healthy. Thanks for your continued support of our Mission and may God Bless.

*Jack Wilson*  
President



**ANGEL OAK AWARD**

The Kiawah-Seabrook Exchange Club is soliciting nominations for its Angel Oak Award. The annual award was first presented in 2012 and recognizes a person who performs volunteer services which contribute significantly to the people and quality of life on Wadmalaw, Johns, Kiawah, and/or Seabrook Island. The award is named after a historic tree on Johns Island which clearly represents the people, culture, and natural environment of the islands. The 2019 Angel Oak Award was given to John Sandy for his volunteer work with the Water Wellness Mission.

A volunteer eligible for the award need not live on the aforementioned islands but the service noted for the award must have been performed on the islands. The recipient will be recognized at a banquet on February 17, 2021. The recipient will receive an honorarium of \$5000 which can be designated for assignment to a charitable organization servicing the islands. The recipient will also have their name inscribed on the Angel Oak Trophy. The trophy is permanently displayed on the islands.

**The Exchange Club is seeking nominations from the public.** The deadline for the nominations is October 24. Nomination information and forms can be found on the Kiawah-Seabrook Exchange Club website at [www.ks-exchangeclub.com](http://www.ks-exchangeclub.com).

Please contact Alan Armstrong at [alan9631@comcast.net](mailto:alan9631@comcast.net) or 843-768-9252 if you have any questions. ▲

**FYI...SATURDAY/SUNDAY, AUGUST 15-15,2020 / WALL STREET JOURNAL**

THE WALL STREET JOURNAL

U.S. NEWS

**WSJ**

THE NUMBERS | By Jo Craven McGinty

**The Wrong Side of a Hurricane Is Its Right One**

When Isaias swept up the East Coast last week, it was far from the worst storm to batter the U.S. in recent years.

But after making landfall in North Carolina, the tempest moved inland and darted up the Eastern Seaboard, allowing its most damaging winds to bash cities and towns lying between the hurricane's eye and the country's edge.

"The majority of the wind field was to the right of the storm center," said Brian McNoldy, a senior research associate at the University of Miami Rosenstiel School of Marine and Atmospheric Science. "While this is typical to some degree, the asymmetry was very pronounced in Isaias."

After landfall, the storm—whose name is pronounced ees-sah-EE-ahs—slowed from a Category 1 hurricane to a tropical storm with sustained winds ranging in speed from 39 to 73 miles per hour.

But as the storm's rotational winds slowed, its forward momentum increased, elevating its total wind speed.

"When it was coming to-

ward Florida, it was moving 8 miles per hour," said Joel Cline, tropical program coordinator at the National Weather Service. "In North Carolina, it was moving 22 miles per hour."

On average, a hurricane's forward speed is around 15 mph to 20 mph. But by the time Isaias was in the vicinity of New York City, he said, it was pushing forward at 40 mph.

"Toward the end of their lives, they tend to speed up," Mr. McNoldy said.

According to the Saffir-Simpson Hurricane Wind Scale, which rates hurricanes on a scale of 1 to 5 based on sustained wind speed, a Category 1 storm, like Isaias, ranges from 74 mph to 95 mph.

Category 2 ranges from 96 mph to 110 mph; Category 3 from 111 mph to 129 mph; Category 4 from 130 mph to 156 mph; and Category 5 from 157 mph on up.

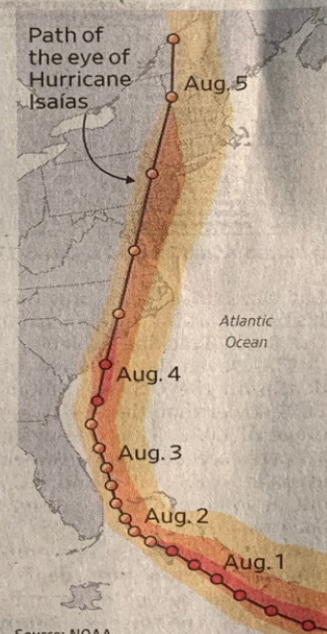
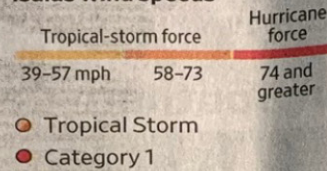
Hurricane Maria, which devastated Puerto Rico in 2017, was a Category 5 storm.

As a rule of thumb, a hurricane's expected damage rises by a factor of four for every category increase, ac-

**Blown Away**

Isaias darted up the Eastern Seaboard with its strongest winds on the right.

**Isaias wind speeds**



ording to the National Oceanic and Atmospheric Administration.

But a storm's rotational speed is compounded by its forward momentum.

In the Northern Hemisphere, where hurricanes spin counterclockwise, the strongest winds occur to the right of the eye, based on the storm's forward direction.

That's because on the right, the rotational winds spin in the same direction the storm is traveling and pick up speed from that force. On the left, the rotational winds push in the opposite direction, causing a loss of speed.

"If a storm is moving northwards at 10 miles per hour, and the wind's rotational speed is 90 miles per hour, then to the east, the wind speed will be 100 miles per hour, and to the west, it will be 80 miles per hour," said Steve Ackerman, director of the Cooperative Institute for Meteorological Satellite Studies at the University of Wisconsin in Madison.

In Isaias's case, when the National Hurricane Center recorded 70 mph winds in Maryland at 11 a.m. on Aug. 4, those were the storm's fastest sustained winds at that point in time—but not

everyone felt the same thrust.

"People to the left of the track would not have experienced those winds," Mr. McNoldy said.

Storm surges also are worse on the right side of a hurricane and might be amplified by a full moon's tidal effect.

Isaias made landfall under a full moon, and about 50 miles away, Wilmington, N.C., experienced the highest storm surges it has ever recorded, with water levels reaching 4.19 feet over normal high tide, breaking the record set during Hurricane Florence in 2018.

Overall, an estimated 3.6 million customers lost power during the storm, and for Consolidated Edison Inc., the utility that serves New York City, it was the largest number of outages since Hurricane Sandy—by then a superstorm—brutalized the Northeast in 2012.

"We're trying to get people to make less of the hurricane category," Mr. Cline said, "and actually see more of what the potential impacts are."

As the storm watchers say, there's more to the story than the category.

# Hungarian Wine

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1st of 3-Part Series



**On Wine**

Michael Morris - Vintage Wine

I have written here previously on the history of Hungary's most famous wine, **Tokaj Aszú**. Liquid gold that dances across the palate like a Baryshnikov ballet! Both powerfully rich and sweet yet with grace and class that never becomes cloying nor heavy. It is a wine to ponder over. To taste it is like taking a sip of liquid sunshine. One can't help but marvel at the complexity and ethereal nature that can come from a singular fruit, left on the vine while its moisture is stolen from it by a mold called botrytis or "noble rot".

Unfortunately, the decline in popularity of sweet wines along with minuscule production makes it impossible for Tokaj vignerons to survive on its production alone. In the last 20 or so years, there has been a movement to produce great dry wines from the same furmint grape along with a grape called Hárslevel . The grape, whose name translates to "lime leaf", is native to the Carpathian Basin and excels in both Tokaj and another region in Hungary named Somló. It was my most exciting discovery while in Hungary! Until this trip, I had never even heard of it; let alone come across an example of it in the United States. While it is included in the blend that makes up Tokaj Aszú, the dry versions are full-bodied with spice and honeysuckle notes. My favorite wine of the trip was a 12 year old version of this grape.

After spending a few days in Budapest, I headed to the Keleti train station, a beautiful edifice built in the 1880's. After entering the station through its beautiful facade built in an eclectic style, one passes through the waiting room and enters the train yard with no less than 6 rails and a high, voluminous, glass domed ceiling intermixed with steel scaffolding. It's a sight to behold on its own, but it was 7 am and I was there to catch a train to Mád, a village within the Tokaj region, which is not only the most beautiful village in the region, but also is home to almost all of its most important vineyards.

Although I arrived in plenty of time to make my train, the sheer sensory overload of the beautiful building, the clicking of the ever changing time-tables and a deep language barrier, I managed to frantically make my train with minutes to spare and a lingering doubt as to whether I was actually on the correct train. As I sat (surely not in the seat to which I had been assigned), I followed the path of the train on my Google Maps gps. After a few minutes of that, I was confident I was headed in the right direction and I was able to relax and allow myself to get excited for my trip to one of the oldest, most esteemed wine regions in the world.

There was a change in trains. One that took me from a fine, modern train to one that evoked memories of Hungary's Communist past, I arrived in Mád where László Pelle, owner of the Pelle Pince winery, greeted me with a smile and a firm handshake. We hopped in the car and drove through the narrow, winding roads of Mád, Laszlo pointing out and describing every landmark on our way to the hotel. I was glad I was wearing my seatbelt. Not because of Mr. Pelle's driving, but rather the weightless feeling in my body due to both the excitement of my trip and the taking in of the beautiful countryside.

We arrived at my hotel so I could drop off my bags and then I walked the 30 steps to his winery where he welcomed me again. He guided me through his recently completed winery, no bigger than a Tradd Street Charleston Single, making a few pauses to describe the process of making his wine from the moment the grapes enter the building. And with perhaps a slightly longer pause, he proudly showed his new pneumatic press, which he glowingly described as the Mercedes Benz of pneumatic presses. He patted it with pride.

We then sat down and tasted through a dozen or more of his wines, ranging from a sparkling, to his "bis-



Vineyards of Mad



Laszlo's 16th century wine cellar



Laszlo showing me his wines



Village of Mad

tro" cuvée, to the single vineyard dry wines and finishing up with several of his sweet wines. In between sips he imparted knowledge of both the region and the trials and tribulations of owning a winery in Tokaj.

Most of the work in the vineyards is done by older women who have been doing it for decades. With the Hungarian economy lagging behind most of the EU, many younger Hungarians leave to find higher wage jobs. We also discussed my plans for importing Hungarian wines and the challenges it contained. I described my vision and detailed my marketing strategies. With a nod and a smile, he expressed his pleasure that someone was willing to take on such an endeavor.

I was thoroughly impressed with my first experience with his wines, as well as the assortment of his homemade pâtés which were presented with as much pride as his wines. We rose from the table and returned to the car. It was time to walk through the vineyards and see firsthand what makes Tokaj so special.

On his wife's insistence that he not kill me on my first day in town, László eschewed the 4 wheeler and took me via the easy route to the top of a hill surrounded by some of the best vineyards in the village and all of Tokaj. It also pro-

vided a vantage point for a panoramic view of the picturesque village. He showed me the volcanic soil that gives Tokaj a terroir that rivals any of the top wine growing regions in the world. He pointed out the other top vineyards (the first vineyards classified for their quality in Europe) as well as the historical Roman Catholic Church built in the mid-17th century and the oldest Jewish cemetery in Hungary. The expansive view is one I will never forget.

As we said goodbye I thanked him for his hospitality and he wished me luck on my venture and urged me to stay in contact. As if there was any other option after such a fantastic tour and delicious wines. I spent the rest of the afternoon wandering the streets of Mád, marveling every step of the way at the beauty of this little village, interrupted only occasionally by the heart skipping shock of a barking dog or two rushing at me from behind a gate.

Later, I sat in the courtyard of the hotel, sipping some wine and chatting with some other guests. I sat there enamored with the scenery and delighted in the escape from talk about a virus, capacity limits for bars and the political landscape. I don't think a smile left my face for the rest of the night. 🍷▲

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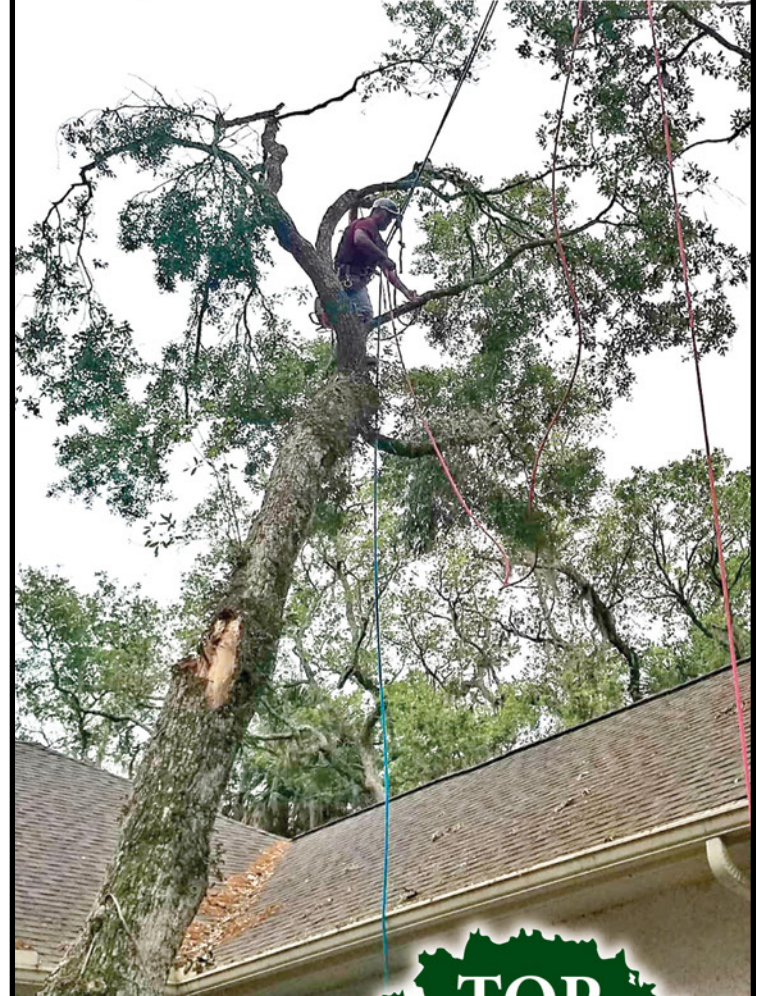
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## 2020 Challenges the Seabrook Island Turtle Patrol



Kathleen Airhart Moving Wrack



Like many things in 2020, the Seabrook Island Turtle Patrol has had an unusual season. The coronavirus pandemic and hurricane Isaias have each created challenging circumstances.

The coronavirus has had the most significant impact on the workings of the Turtle Patrol. Regulations imposed by DHEC and SCDNR resulted in the need to accomplish all of the usual tasks with significantly less staff. In addition to the now basic requirements for social distancing and masks, the number of Patrol Members surveying the beach, probing for nests, maintaining nests, nest inventories, etc. was limited to a skeleton crew. In short, fewer people did more work and some Members weren't able to participate as much as they did in the past.

Unfortunately, these regulations also eliminated much of the interaction with the public. The Seabrook Island Turtle Patrol has historically taken great pride in its various community outreach activities that promote sea turtle conservation as well as Seabrook Island. Hosting visiting youth groups, participation in South Carolina Aquarium events and

educational presentations to various community groups have all been curtailed for the season. In addition, the popular Public Nest Inventories and related educational sessions have been eliminated for this year.

Hurricane Isaias then added another set of challenges. Although the overall impact on Seabrook Island was minimal, there was significant erosion on North Beach. The erosion washed away some of the dunes which provide nesting locations for the visiting Loggerheads. Unfortunately, the erosion also washed away 5 incubating nests.

Despite all these challenges the sea turtles have laid 62 nests on Seabrook Island beaches this year. This is slightly higher than the average of 61 nests over the past 10 years. The average number of eggs per nest for 2020 so far is 118.8 versus an average of 114 over the last 10 years and the average time to hatch has been 59.2 days versus an average of 53.8 days.

Thanks to the hard work, adaptability and diligence of the Members of the Turtle Patrol we're having an overall successful season!▲

Gary Fansler



## Well Aged

by  
Barbara Burgess

Some of you may remember. I wrote a column for last month's Seabrook Island entitled "Watch Your Language". In it I discussed the use of language referring to those of us considered part of the more seasoned generation. The words I objected to were words like old, elderly, senior, golden years, archaic, feeble, needs caring for. Words I wanted to substitute were words like vintage, classic, wisdom, ageless, judicious, prudent, sage, seasoned, elders, and maturity. I asked people to respond with reactions and they did. Some suggested additional words, but others talked about their observations about how people react to the elder population.

For example, Janet Fine was a nurse whose job was dealing with the wise population. Janet who comes from the Chicago/Wisconsin area, has lived in Seabrook for many years. In addition to her training as a nurse, she also trained in communication skills so she could convey an honest message without giving offense. She was in multiple situations where family members were bringing a parent in for possible placement in a nursing home, or a Bishop Gadsden type of facility. The family members talked directly to Janet, totally ignoring the thoughts or wishes of the parent. One elder parent told her that no one asks for your opinion anymore. Every

family member has an idea of what to do with Mom or Dad, but Mom and Dad have an opinion too, which is frequently overlooked. Mom or Dad were more likely to talk to Janet honestly, when the families were out of sight.

Janet notes that people make judgements about wise members of the population, but she points out that the body is one thing, the mind is another. Janet recalled a time when a group was going on a picnic and there was a wheelchair bound patient. Janet asked her if she could help with arrangements. The patient was delighted to be asked. She noted that no one ever asked her for help because they assumed she couldn't help because she was disabled.

Other cultures treat the wise ones differently. They don't make life decisions without discussing it with the elder. They want the benefit of the seasoned persons experience. That is not so in the US and it has to change. AARP says the new norm is living to 100. There are currently 93,000 people in the US who are 100 or more. We are going to have to learn to change as the population ages. It will just be a fact of life.

Janet says, "I hope I get 'older'". I just don't want to get old. Increasing members of our population feel the same.▲

THE Seabrook



## TOWN OF SEABROOK ISLAND

Town Council Meeting  
July 28, 2020

The July 28, 2020 Town Council meeting was conducted as a video conference using Zoom and was simultaneously made available to the public via YouTube live stream and by conference call, all in keeping with practices adopted to address the ongoing coronavirus pandemic. Mayor Gregg, Councilmembers Crane, Finke, Fox and Goldstein, Town Administrator Cronin and Town Clerk Allbritton participated in the meeting. The Town Clerk confirmed that notice of the meeting was properly posted, and the requirements of the SC Freedom of Information Act were met.

### Minutes:

The following minutes were unanimously approved as written:

- Town Council Minutes of June 23, 2020
- Public Hearing Minutes of June 23, 2020
- Emergency Town Council Minutes of June 30, 2020
- Ways & Means Committee Minutes of July 14, 2020
- Special Town Council Minutes of July 17, 2020
- Emergency Town Council Minutes of July 21, 2020

### Financials:

Mayor Gregg reported that the total fund balance for the period ending June 30, 2020 was \$5,327,901, about \$442,053 more than the balance for the same period in 2019. Unrestricted revenue for June totaled \$211,220. Unrestricted revenue for the year as of June 30 totaled \$704,348 representing about 53% of the 2020 annual budget and about \$80,185 less than the same period in 2019. Expenditures for June totaled \$83,196 and expenditures for the year, as of June 30, totaled \$413,580, representing about 30% of the 2020 annual budget. Expenditures for the year were about \$274,002 less than the same period in 2019 due primarily to there being no expenditures for the roadway project or capital expenditures during the period this year, compared to \$67,465 in the same period in 2019. Excess of revenues over expenditures was \$128,024 for the month of June and about \$290,768 for the year as of June 30 compared to about \$96,950 for the same period in 2019.

### Reports of Standing Committees, Commissions, Boards:

**Public Safety Committee** - Skip Crane - Councilman Crane, Chairman of the Committee, reported that the Public Safety Committee met July 13 by teleconference. Committee members are concerned that pandemic protocols are not being followed and feel that the pandemic needs to be taken seriously. Councilman Crane agreed to discuss the issue at the scheduled conference call between entity leaders that would be held on July 14. Chairman Crane reported that it was confirmed on that call that the Seabrook Island Property Owners Association (SIPOA) is still handing out notices about proper protocol and are reviewing protocols with Norred & Associates, who furnishes their security officers. The Seabrook Island Club also continues to review protocols regularly with their employees. Councilman Crane reviewed, with the Public Safety Committee members, the proposal from Reveer Group regarding pathway safety concerns. The Committee continues to review the Pandemic section of the Comprehensive Emergency Plan. The Committee reviewed the status of the proposal from eGroup regarding continued consulting services from Scott Cave. The next Public Safety meeting will be on August 10, 2020.

**Public Relations/Communications** - Pat Fox - Councilwoman Fox reported that the HAM radio antenna located at the Town Hall has been repaired and should be working properly at the next radio check. She also reported that the Mayor had asked her to monitor a SIPOA meeting and she had learned that SIPOA will be phasing out their support of The Seabrook. They will continue to

buy a full page in the publication through September 2020 but will buy ½ page from October 2020 through March 2021. From April 2021 through June 2021, they will only buy ¼ page. SIPOA is pleased with the success of their Currents Magazine but their Communications Committee might investigate other ways they might utilize The Seabrook. Mayor Gregg commented that The Seabrook started years ago as a Town newsletter and the Town continues to support The Seabrook by buying space for a monthly column in which the Mayor, Councilmembers and the Town Administrator each take a turn writing an article for that space. He added that it is unfortunate that SIPOA is phasing out their support of the newspaper, and this might mean that the Town will have to increase its support to make up for revenue that will be lost as SIPOA downsizes.

**Beach Administration / Community and Government Relations** - Councilwoman Finke - Councilwoman Finke stated that she and Councilman Goldstein had gotten an email from Lauren Rust, who is in charge of the Town's Dolphin Education Program, about incidents that happened on the beach where people were kneeling and taunting the dolphins when no volunteers were present. There were volunteers on the Kiawah side who got pictures of the incidents. Councilwoman Finke said that she would investigate to see if something could be included in packets for rental guests and would also ask Ms. Rust to write an article for The Seabrook about appropriate behavior around the dolphins. Councilman Goldstein said that he had talked to Ms. Rust and she would draft an article and get it to Councilwoman Fox.

**Ways & Means** - John Gregg - The Mayor reported that the following topics were discussed at the July Ways & Means Committee meeting:

- **COVID-19 Response** - The Mayor commented concerning the adoption of a face covering mandate by Charleston County Council for the unincorporated areas of Charleston County. He noted that the County mandate would not affect the Town's Emergency Ordinance 2020-03 that requires face coverings within the Town limits.
- **Gatherings within the Town** - The Mayor reported expressions of concern from residents about groups gathering on the beach who were not practicing social distancing. In both instances that were discussed, after being disbursed by the Beach Patrol, the groups re-assembled when Beach Patrol left the beach. One of the Town's part-time Code Enforcement Officers has agreed to make periodic tours of the beach after the last shift of the Beach Patrol. It was also suggested that SIPOA be asked to revoke bonfire permits when terms of the permit are violated.
- **Encouragement of Safe Practices** - Councilman Crane noted that members of the Public Safety Committee had expressed concern that some people are not taking the pandemic seriously and think the Town should enlist the cooperation of all community organizations to emphasize the need to consistently abide by guidance for safe practices. It was noted that the informal meeting with leaders of the Seabrook Island Club and SIPOA would be an opportunity to encourage those entities to continue to urge use of safe practices.
- **Unsolicited Correspondence Supporting Defunding of Charleston County Sheriff's Office (CCSO)** - The Mayor reported that he had shared unsolicited correspondence with Council that called for defunding of CCSO and he noted that, in view of the Town's reliance on CCSO for law enforcement within the Town, he would not be expressing support for defunding that agency.
- **Bicycle-Pedestrian Path (Reveer Group Proposal)** - Members of Council were provided a proposal from Reveer Group for evaluating and making recommendations pertaining to safety for users of the Town's bicycle-pedestrian path. Council concluded that this proposal should be deferred until discussion begins on the Town's 2021 budget.
- **Documentary Filming (Strand Feeding)** - The Town Administrator noted that he would present a resolution at the next Council meeting that would permit a film crew, who will be filming a documentary of dolphins strand feeding, to operate a vehicle on the beach beginning on September 8 for a two week period. The vehicle would be used to transport the film crew and equipment to and from the beach.
- **Johns Island Task Force** - Councilwoman Finke reported that, at the July meeting of the Johns Island Task Force, it was suggested that the Towns of Kiawah and Seabrook Island monitor proposed development at the intersection of Betsy Kerrison Parkway and River Road. She also commented that it was reported that 6,866 water taps had been approved for St. John's Water Company (SJWC) and suggested that the information be brought to the attention of the Seabrook Island Utility Commission in view of their purchase of water from SJWC.
- **Offshore Drilling & Seismic Testing Litigation** - Councilwoman Finke reported that the litigation relating to offshore seismic testing has slowed because of the pandemic. Information requests to the Federal government remain pending.
- **Policy Inquiries (DSO Advisory Group)** - Councilman Crane reported that the DSO Advisory Group had requested that Council provide guidance regarding the installation of signs advertising properties for sale or lease outside the security gate. Council agreed that the signs should be permitted subject to certain limitations. The Town Administrator was asked to prepare guidance for the Advisory Group that would support limitations regarding the number, size, placement and construction of such signs. The DSO Advisory Group had also concluded that it should be a policy decision for Council as to whether internally illuminated signs should be permitted. Council confirmed support of permitting such signs subject to limitations that would prevent proliferation of these signs within the Town. The Mayor asked the Town Administrator to prepare a text amendment that would allow limited use of such signs.
- **Proposed Budget Amendment and Preparation for 2021 Budget** - Town Administrator Cronin stated that Ordinance 2020-06, which will amend the Town's 2020 budget, would have second reading at the July Town Council meeting with a Public Hearing immediately preceding the Town Council meeting. He also has been working on predictions as to how the pandemic will affect revenue in 2021 before work begins on the Town's 2021 budget.
- **Review Process for Amended Beach Ordinance** - Town Administrator Cronin commented that a provision in Ordinance 2019-09 (Beach Rules for Pets) requires that a review take place a year following adoption of the ordinance to assess results achieved. It was determined that reports from the Beach Patrol and public comments would be collected and shared with Council to facilitate discussion of the ordinance at the September Ways and Means Committee meeting.
- **Spring Shred Event** - The Town Administrator reported that Shred360 had cancelled the Town's Spring Shred Event in response to concerns of its workers pertaining to the pandemic. The Fall Shred Event remains scheduled for October 23.
- **Strategic Planning Session** - The Town Administrator reported that a Strategic Planning Session for Council had been scheduled for July 21 and he noted that similar sessions for other municipalities had been cancelled. Council expressed their preference to cancel the July 21 session.
- **Short-Term Rental Regulation** - Councilwoman Finke reported that the ad hoc committee's work dealing with short-term rental regulation had been interrupted by the pandemic. Following discussion with representatives of SIPOA, it is proposed that the Town enter a Memorandum of Understanding with SIPOA to address cooperation between the two entities regarding regulation of short-term rentals.
- **Temporary Use Permit Application (Billfish Tournament)** - The Town Administrator reported he had received an application for a Temporary Use Permit from Bohicket Marina for a Billfish Tournament. The application set forth proposed limitations on the event that would help prohibit spread of the virus. It was determined that the permit will be on the agenda of the July 21 Emergency Town Council meeting where Council will also consider Emergency Ordinance 2020-04.
- **Planning Commission** - Town Administrator Cronin stated that the Planning Commission has not met since March but will meet in August.
- **Board of Zoning Appeals** - Town Administrator Cronin stated that there are three pending variance requests and the Board of Zoning Appeal will have a Public Hearing for those on August 26, 2020.

Continued on page 11





KIDS on Seabrook  
**Let's Welcome the Plueger Family!!**



Drew and Kaitlyn Plueger

We are always excited to welcome new families to Seabrook Island. Let's introduce you to our newest family on the island, the Plueger family, who moved here this spring in the middle of the pandemic. Originally from Lake Wylie, North Carolina, Donna, Jake, Drew (9th grade), and Kaitlyn (8th grade) Plueger, along with their two dogs and cat, decided to relocate to Seabrook, after years of family visits to the island.

Drew and Kaitlyn are attending Charleston Collegiate School, where they both jumped right into the school community. Drew is a member of the cross country team and will play on the basketball team this winter. Kaitlyn plays on the varsity volleyball team. They are excited about their new school, particularly the Outdoor Education and Craftsmanship classes offered on campus.

Like most of us, the Plueger family loves the beach and are looking forward to continuing exploring the island and the greater Charleston area. Drew loves biking on the beach, and Kaitlyn loves to boogie board. One of their most exciting experiences on the beach this summer was seeing a sea turtle in a tidal pool. They also enjoy the beach dwelling birds,

such as the sandpipers and black-necked stilts.

Despite moving to Seabrook during the pandemic, the Plueger family has had the opportunity to get out and explore the local restaurants. They always enjoy Fisher's at Bohicket Marina and, of course, the Pelican's Nest. Kaitlyn and Drew both love the chicken sandwich and nachos there. As most kids on the island, they both love the Osprey Cafe, where Drew likes to order vanilla or cookies and creme ice cream and Kaitlyn likes to order chocolate ice cream.

The Plueger family is grateful to all of their new neighbors who have welcomed them on the island, such as the young seabrookers who delivered baked treats and another seabrooker who offered great fishing tips!

If you are a new family on the island, we would love to give you a proper Seabrook welcome! Please contact us at [kidsonseabrook@gmail.com](mailto:kidsonseabrook@gmail.com) to share with us your story and what you love most about the Seabrook community. If you are considering the move to Seabrook, we would be happy to answer any questions you have.▲

Reagan Passantino and Emily Horn



**GLASS HALF FULL Perspectives**

BOB LEGGETT



**TINA + FOMO = MU?**

I generally regard acronyms as banal and often just a lazy shortcut used by unimaginative writers. In this case, however, I am attempting to up my game from the use of hackneyed clichés, such as "Don't Fight The Fed" – although that's probably all you need to know to profit from the current stock market environment.

Since the Seabrooker publisher expects more than a one-paragraph article, I decided to discuss a few acronyms that may be helpful in understanding what is going on in the stock market. My title translates to "There Is No Alternative" plus "Fear Of Missing Out" may equal a "Melt-Up".

TINA ("There Is No Alternative") was coined when interest rates were chopped to historic low levels by the Fed several years ago. With savings accounts, CD's and money market funds paying 1% or far less, conservative investors found it impossible to get a reasonable return on their savings. The Fed was forcing them to take on risk, so many investors bought longer term bonds to take advantage of the positive yield curve. (For a positive, upward-sloping curve, bonds maturing in 5 years, 10 years or longer provide a higher yield than fixed income instruments maturing in

a few months or a few years.) People could also increase their income by investing in lower quality bonds such as corporate bonds or even high yield bonds.

The Fed's ongoing bond-purchasing program called Quantitative Easing (use the acronym "QE" to appear knowledgeable!) has suppressed the yields of longer term bonds, and also depressed the spread between US Treasury bonds and lesser quality bonds. The end result was very low extra return for taking on additional longer term risks of inflation or default.

Where was a conservative investor to go?

As it turns out, buying longer term and lower quality bonds worked out quite well in the post-Great Recession period and conservative savers gradually became more comfortable with taking on some risk. However, as longer term Treasury bond yields fell below 2%, investors were forced to step up to dividend paying stocks (a riskier asset class) to earn 3% or 4% yields. That was the birth of TINA: There Is No Alternative to stocks if you want to earn more than a minimal return on your investment portfolio.

Many of the safer dividend payers were big companies, so stock market leadership for TINA believers was large US companies. This also worked, as the S&P 500 outperformed smaller stocks and international stocks by a wide margin in 2019 and through July was well in the lead for every period ranging from 3 to 10 years.

TINA evolved over the past few years from the broad S&P 500 index to a focus on large Growth companies. As you are aware, the Growth sector is driven by technology stocks such as those represented by another acronym – FAANG – which have accounted for a large portion of the S&P 500 and NASDAQ 100 returns in recent years. (FAANG is Facebook, Amazon, Apple, Netflix and Google).

As evidence, compare these trailing three year annualized returns

through July: NASDAQ 100 +22.9%, S&P Growth +18.4% and S&P 500 +12.0%. Other indexes are far behind: S&P Value +4.5%, S&P SmallCap +1.6%, International Developed Markets +5.5% and Emerging Markets +0.4%. The magic of compounding tells us \$100,000 in the NASDAQ 100 grows to \$185,000 in three years, while \$100,000 in Emerging Markets (or a CD) "grows" to \$101,000.

The Technology/Growth dominance was barely interrupted by the 2020 COVID Pandemic stock plunge and the gains since then have been phenomenal. This leads us to the next acronym, FOMO ("Fear Of Missing Out"). Although "past performance is no guarantee of future results", it is still the starting point for many investors. Seeing that your account value could have leaped 85% in three years is much more enticing than a 1% gain, isn't it?

Fear of Missing Out buying is not the only reason for the FAANG out-performance, but it has surely contributed to the spike higher of these stocks along with a few others such as Tesla. I won't debate the wisdom or longevity of TINA and FOMO, but I do believe TINA + FOMO may well be in the MU ("Melt-Up") phase.

It seems like a very long time ago and a distant world away, but in my February column, I suggested a Market Melt-Up might be underway. As I noted then, the "how far and how fast" of a Melt-Up cannot be known in advance, but there has never been a Melt-Up rocket shot that failed to return to earth. My conclusion is that TINA + FOMO may or may not result in MU, but it will eventually be followed by a situation characterized by a brief non-acronym: "Uh-Oh!"

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 individual or institution.

**Reports of Ad Hoc Committees:**

**Development Standards Ordinance Advisory Group** – Councilman Crane, Chairman, reported that a virtual meeting of the DSO Advisory Group was held on July 6 and the group decided that policy decisions for two different types of signs would be required from Town Council. The next meeting of the DSO Advisory Group will be held on July 30.

**Regulation of Short-Term Rentals Committee** – Councilwoman Finke reported that she hopes to provide a draft to Council for the August Ways and Means Committee meeting that will help Council decide what they are willing to help regulate, in conjunction with SIPOA, as far as short-term rentals.

**Reports of Town Officers:**

**Mayor – John Gregg**

• **eGroup Holdings LLC** – The Town's provider for emergency preparedness services, Scott Cave, has transferred his business to eGroup Holdings LLC. The Town has worked with Scott Cave since development of the Town's Comprehensive Emergency Plan; and, to continue this working relationship, the Town has worked out terms with eGroup Holdings LLC. Mayor Gregg made a motion to approve the contract between the Town and eGroup Holdings LLC. Councilman Crane seconded the motion and the vote to approve was unanimous.

• **Bobcat Population Protection** – The Town of Kiawah has recently begun a campaign to educate and enlist Kiawah residents in ending the use of certain pesticides, second generation anticoagulant (SGA) rodenticides, that have been implicated in the premature death of bobcats on Kiawah. In addition, Kiawah has a pending request with the State regulatory authority for a temporary suspension of use of SGA's within the Town of Kiawah. Mayor Gregg stated that, in response to a resident's request that the Town get involved in corresponding activity within the Town, he has asked Councilman Goldstein to work with

SIPOA's Environmental Committee to determine actions that the Town may pursue.

• **Bohicket Marina Billfish Tournament** – Town Council had agreed to consider Bohicket Marina's Temporary Use Permit for the Billfish Tournament at their July 21 Emergency Town Council meeting. After the Ways and Means Committee meeting, a representative of the Marina asked if it would be possible to consider the application before that time and a Special Meeting of Council was scheduled for July 17. After questions and discussion with representatives of Bohicket Marina, Council voted unanimously to deny the permit.

**Town Administrator/Zoning Administrator** – Joe Cronin

• **Resolution 2020-17:** A resolution authorizing the granting of a permit to America Films of Wildstar Films Ltd. to operate a motor vehicle on the beach between September 8-22, 2020. Town Administrator Cronin stated that the film company will be filming a documentary for National Geographic and would like to film dolphins strand feeding. To get the film crew and equipment from Boardwalk 1 to the Inlet, they would like to use a vehicle on the beach for two weeks beginning on September 8. Currently, the Town's ordinance prohibits vehicles on the beach, but the ordinance has limited exceptions. The Town can deem a vehicle essential and allow access to the beach. Councilman Crane moved to approve Resolution 2020-17, which would allow the film crew to use a vehicle on the beach for the filming project between the dates of September 8 and September 22. Councilwoman Finke seconded the motion and the vote to approve was unanimous. The group will obtain access to Seabrook Island directly from SIPOA.

• **FY 2021 Budget Calendar** – Town Administrator Cronin had distributed a 2021 Budget Calendar to Council prior to the meeting. He suggests in

the Budget Calendar that Council hold a Pre-Budget Workshop on August 18, at 1 p.m. The State Accommodations Tax Advisory Committee's recommendations for 2021 funds should be received prior to September 8. The Town Administrator plans to have a draft of the 2021 budget to the Mayor for his review by September 16. Modifications will be made by September 30 and Council would receive the draft by October 1. Dates for three budget workshops were suggested and first reading of the Budget Ordinance would be held on November 17, 2020. The Public Hearing and second reading would be held on December 15, 2020. Councilman Crane made a motion to adopt the budget calendar as presented to Council. Councilwoman Finke seconded the motion and the vote to approve was unanimous. Councilwoman Finke recommended that Council have hard copies of the budget beforehand if the budget workshop meetings are held virtually.

• **Solicitation of Public Comments on Ordinance 2019-09 (Beach Rules for Pets)** – Town Administrator Cronin stated that Ordinance 2019-09, Beach Rules for Pets, was adopted in September 2019. The ordinance has a provision that requires Council, no later than one year from the effective date of the ordinance, to review the terms of the ordinance and determine if it has worked effectively and achieved the objective of balancing the interests of all users of the beach. Town Administrator Cronin stated that he will advertise for public comments, probably by the second week of August, by means of social media, the home page on the Town website and on Tidelines. He will close the comments so that he can get them compiled and distributed to Council before the September Ways & Means Committee meeting.

• **Beach Patrol Update** – The Town Administrator reported that Beach Patrol had issued about 450 warn-

ings, most of which would have been verbal warnings. They have issued 1 citation and had 1 call for assistance to the Sheriff's Department. There have been 206 pet violations, 45 dune violations, 169 glass violations and there have been 53 stings within the last 3 weeks.

• **2020 Municipal Achievement Award** – The Town Administrator remarked that the Town has won the Municipal Association's 2020 Municipal Achievement Award, for the second consecutive year, in the 1,001 to 5,000 resident category, and will get to keep the trophy another year. The submission was for the Town's website redesign which includes a public comment portal as well as recordings of Town meetings.

• **2019 Audit** – Mauldin & Jenkins has completed the Town's 2019 audit. A representative of the company will give an overview of the audit at the Town's August Town Council meeting.

**Town Council Members** – See Above  
**Utility Commission:** Chairperson Annie Smith-Jones reported that the Utility Commission met on July 15, 2020. Their 2019 audit has been completed by Mauldin and Jenkins and was presented at their July meeting. The auditor indicated that the Utility Commission's Net Current Assets indicated a good, liquid financial position. She reported that SIUC had a net income for June of \$25,428. Year to date surplus is \$95,283 over budget. The Balance Sheet shows a current balance of \$2,600,000. Water distribution was 27,000,000 gallons for June. The remainder of the meeting centered around SIUC's budget and capital expenditures.

**Petitions Received, Referred or Disposed of:** None

**Ordinances for First Reading:** None

**Ordinances for Second Reading:**  
• **Ordinance 2020-06** – An ordinance amending the Budget for the Fiscal Year beginning January 1, 2020 and ending December 31, 2020. Town Administrator Cronin stated that there have been no changes to the ordinance

since first reading. As a result of the ongoing pandemic and its economic impact, the Town is expecting to be financially impacted. The original adopted budget anticipated revenue of \$1,530,180 but the updated projection estimates total revenue of \$1,288,430. Total expenditures in the original budget were \$2,084,000 and have been reduced to \$1,538,650. The original budget for 2020 had used \$553,820 in reserve funds. The amended budget will require using \$250,220 from various fund balances and will allow the Town to preserve \$303,600 in reserve funds for future years. Councilman Crane made a motion to approve Ordinance 2020-06 on second reading. Councilwoman Finke seconded the motion and the vote to approve was unanimous.

**Miscellaneous Business:** None

**Citizens Comments:** Mayor Gregg stated that the Town Clerk had received a negative comment about the trash cans the Town had placed on the beach. Councilwoman Finke stated that she had not received anything but positive comments about the four trash cans. She commented that the trash cans had been put on the beach because residents came to Town Council meetings and requested them. She also remarked that most people walking on the beach like to pick up trash as they walk and it is much more convenient to be able to use these trash cans rather than hold it until they are leaving the beach to use the trash cans at the boardwalks. The Town Administrator remarked that, when the trash cans were installed, the Town did not know if they would be used or if people would continue using the ones at the boardwalks, but they have been well used. Normally, the only overflow has been on high usage weekends.

There being no further business, the meeting was adjourned at 4:22 p.m.▲

# MINIATURE GOLF COURSE PLANNED FOR BETSY KERRISON

A PD (Planned Development) has been submitted to Charleston County for its approval of a 36 hole miniature golf course on Betsy Kerrison Parkway on the site of the original Rosebank Farms Market. The construction work will be done by Harris Miniature Golf Courses, Inc. a firm with a long history of building these courses (over 800 to date).

On Tuesday evening, Aug 25, Todd Gerhart along with others involved in the project, led a presentation on the site for local homeowners. Gerhart was the former owner of the ice cream/breakfast shop at the Bohicket Marina for over 9 years. He plans on listening to more community input in the near future.

Some points that came out of the presentation:

- 1/ The landscaping and course will consider the local environment. "No gorillas", as Todd humorously pointed out.
- 2/ The clubhouse and entrance to the facility will be a renovated Walnut Hill Schoolhouse.
- 3/ The charities listed here will receive 50% of golf revenues for the months of November through February. Todd estimates that this could be well into the thousands of dollars. ▲

BETSY KERRISON PARKWAY  
(ROUNDABOUT)



Gerhart addresses Seabrookers in front of the old Walnut Hill School. (L-R) Gerhart, Joe Penny, Jane Morris, Paula and Wayne Billian and Ellen and Bob Alexander



## Sea Island Golf Charities

- Barrier Island Little League Baseball
- Ronald McDonald House of Charleston
- Backpack Buddies
- Barrier Island Medical Center
- Fisher House of Charleston
- Coastal Boy Scouts
- The Point – Women's Help Group / Johns Island and Wadmalaw Island
- Our Lady of Mercy
- Habitat for Humanity
- Seabrook Greenspace Conservancy
- Paraclete Foundation – Holy Spirit Catholic church
- Charleston Humane Society

All of the charities listed above will receive 50% of golf revenue during normal business hours for the months of November, December, January and February. Each charity will have a specific weekend that is their weekend. Any additional money collected as private donations on their weekend will be 100% theirs.

Additional groups that desire to hold a Golf Outings are:

- SC Ovarian Cancer Society
- Sea Island Hunger Awareness Foundation

## Tourist & Town Publication features Local Artist



Cover by Ada Byrnes. Ada splits her time between Seabrook Island and Kennebunkport, Maine.

Whether you live in southern Maine year-round, spend part of the year here in your seasonal home, vacation in the region regularly or are about to make your first visit, Tourist & Town is your indispensable guide to places to visit and things to do.

The coastal communities of Kittery, York, Ogunquit, Wells, Kennebunk, Kennebunkport, Cape Porpoise, Goose Rocks, Biddeford Pool, Biddeford, Saco and Old Orchard Beach are covered in this lively arts and entertainment newspaper, as are the inland towns of the Berwicks, Eliot, Lyman, Alfred and Sanford and other small towns that comprise rural York County. ▲



## FIVE EASY WAYS TO KEEP TABS ON HEART HEALTH

Steve Penkhus, MD



The American Heart Association suggests that a few simple numbers can be a big help in keeping tabs on heart health. It seems to be important to look seriously at these numbers long before your health provider feels there is an urgent issue. Paying attention now alerts us to problems that might appear down the road. It is better to take action now and follow the trends rather than waiting until the numbers reach a threshold indicating a problem.

### Blood pressure

Blood pressure is a measure of the force of your blood as it pushes against blood vessel walls. The American College of Cardiology and the American Heart Association now define normal blood pressure as a reading of less than 120/80 mmHg. Top number, or systolic, readings of 130-139 or bottom, diastolic, readings of 80-89 mmHg are considered Stage 1 hypertension. Consistent readings of 140/90 mmHg or higher are considered Stage 2 hypertension. If you check your blood pressure at home make sure it is a validated monitor. A list is available at [validateBP.org](http://validateBP.org). Once a year it should be checked for accuracy at a providers office. It is important to make sure you understand how to take it correctly.

### Blood sugar

Blood sugar, also known as blood glucose, comes from the food we eat. A normal fasting blood sugar test is considered to be less than 100 mg/dL. Readings of 100 to 125 mg/dL are considered pre-diabetes, which means a risk for developing Type 2 diabetes, which can lead to heart disease and stroke. Readings of 126mg/dL or higher on more than one occasion are considered diabetes. A glycosylated hemoglobin or hemoglobin A1c test can also screen for diabetes. Normal is less than 5.7%, 5.7% to 6.4% is pre-diabetes. Two tests above 6.4 meet the diagnostic criteria for diabetes.

### Lipid panel

A lipid panel is a blood test that shows levels of waxy fat like substances in our blood. Your health provider can use these results to give a detailed assessment of heart disease risk which vary with age and other risk factors. Without considering age and other risk factors a low risk cholesterol is considered less than 200, a low risk LDL cholesterol is considered less than 130, a low risk HDL cholesterol is considered above 60 and a normal triglyceride is considered less than 150. Because of the complexity of interpretation of these values with different ages and risk factors it is best to discuss these values with your provider.

### Body mass index (BMI) or waist measurement

These are measures of obesity. If you know your height and weight, you can use an online calculator or BMI chart, such as the one from the Heart, Lung, and Blood Institute. A normal BMI is 19 to 24, overweight is 25 to 29 and class 1 obesity is 30 to 34, class 2 obesity is 35 to 39, and extreme obesity is over 40. Research shows that waist measurement may be a better indicator of heart risk than BMI. A waist measurement in women of more than 35 inches and in men of more than 40 inches is a significant risk for heart disease especially in women.

### Sleep

There is more and more evidence that sleep habits are related to heart disease risks. The American Academy of Sleep Medicine and Sleep Research Society report that adults need at least 7 hours of sleep a night. Too much sleep may be just as harmful as sleeping as too little. Recent research from the Centers for Disease Control and Prevention found sleeping less than six hours a night or more than 9 was associated with poorer cardiovascular health.

One more very important number should be added to this list. That number is 150. That's the minimum weekly number of minutes of moderate to vigorous exercise recommended for adults. 300 minutes or more are recommended for weight loss. As we age we need to be careful to avoid doing too much too soon, but we are never too old to exercise.

Tracking these numbers in our head, in a diary or on a computer can help us initiate healthy changes. Eating a heart healthy diet and tracking these numbers can not only decrease our risk of heart disease, it might have the added benefit of decreasing our risk of stroke, hypertension, dementia, cancers, diabetes, infections, osteoporosis, obesity, anxiety, depression, addiction and injuries as well as improving our quality of life and our life expectancy. It seems like big benefits with little to no risk! ▲

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



**C.O.V.A.R.  
CORNER**

**JOANNE FAGAN**

**Secretary for COVAR**

Established almost twenty years ago, COVAR consists of forty-one homeowner associations in the Town of Seabrook Island. The mission of COVAR is to provide information and recommendations, on behalf of its membership, to the Seabrook Island Property Owners Association (SIPOA) and the Town of Seabrook Island (TOSI).

The COVAR board (President, Vice-President, Secretary and Treasurer) are elected annually by the vote of the forty-one member associations. In addition, COVAR establishes special committees to address specific issues as they pertain to their membership. In recent years, COVAR has appointed a liaison for the drainage study to SIPOA and the Club at Seabrook Island, as well as a Beachfront Communities committee to focus on the interests and concerns of villa owners in the beachfront homeowner associations.

The current COVAR board was elected at the February 27, 2020 COVAR board meeting held at the Oyster

Catcher Community Center, attended by 27 members and representatives of the homeowner associations. After the meeting, the recently elected COVAR President was required to resign due to the sale of his villa. The President's duties are currently being performed by Vice President John Reynolds, Joanne Fagan is serving as COVAR Secretary and Dr. Sue Cameron is COVAR Treasurer.

Information dispersed by COVAR to its member association and villa owners is a core mission of COVAR. The COVAR Board regularly communicates to the leadership of its member homeowner associations via e-mail, Seabrooker articles as well as COVAR Board meetings, which are also open to all TOSI property owners.

COVAR needs the input and informed advice of its membership and member homeowners. Both the SIPOA and TOSI meetings can be attended virtually. In addition, the SIPOA meeting minutes may be viewed on the Gate Access system under the

tab "Community Documents". TOSI meeting minutes can be found on the town website under the tab "Meetings-Agendas and Minutes".

COVAR's current areas of emphasis include short-term rentals on Seabrook Island. TOSI Mayor John Gregg appointed an Ad-Hoc advisory committee at the February 25, 2020 Town Council meeting, tasked with addressing occupancy and parking limits as they relate to short-term rentals on Seabrook Island. Villa, Cottage and Townhome rentals are the core element of Seabrook Island rental properties.

Other COVAR initiatives under consideration are the development of a database to aid our members in choosing reliable licensed contractors and pooling of resources for COVAR member communities planning capital improvement projects or major maintenance work.

COVAR will continue to be a voice for the 41 regimes and villa association on Seabrook Island and appreciate your support.▲

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# A SCHOOL YEAR LIKE NO OTHER



As the Charleston County School District notes on its website, "The outstanding question is when it will be safe enough to open for some in-person instruction, which is our goal. On July 29th, the Board approved no more than 25% of students based on the school's capacity returning for in-person instruction, assuming virus levels continue to decline between now and Sept. 8th. We will revisit this bi-weekly; the Board will review data again on August 10 and at least monthly after that."

What we DO know is that school will be very different for students at Mt. Zion Elementary School, and not just that Anna Mims is the new Principal! The District is in the process of determining how many parents will be sending their children to school for in-person instruction and how many will elect to keep their kids at home. Whatever the final decisions the District and parents make, we know Kiawah and Seabrook property owners will open their hearts and their pocketbooks and be as generous as they in the past.

Many of the supplies we've purchased for Mt. Zion teachers and students in the past will not be needed when the school year begins; other supplies are "new" to our list. Mrs. Mims has asked that we focus our efforts supplying what teachers and students need most. Therefore, the best way we can support Mt. Zion is by collecting money from our generous supporters and then purchasing the necessary items online to be delivered directly to school.

Please make your checks payable to "Support Mt. Zion Kids" and mail them to Wendy Kulick at 38 Marsh Edge Lane, Kiawah Island, SC 29455. If you have any questions, feel free to contact Wendy by phone (843.509.6276) or e-mail ([wkulick@bellsouth.net](mailto:wkulick@bellsouth.net)). Elaine Davis (843.768.2643 or [ebdavis@comcast.net](mailto:ebdavis@comcast.net)) and Lucy Hoover (404.556.3231 or [lucyhoover@gmail.com](mailto:lucyhoover@gmail.com)) the other two volunteer coordinators for Mt. Zion, both live on Seabrook. They would also be happy to answer any questions you might have.

**Stores which Support Education**  
Another way we can help the stu-

dents at Mt. Zion is by shopping at various participating stores. This program works no matter where you live. Just remember to ask your cashier at Harris Teeter to enter the school number "3455" into the register when you use your VIC card. By doing this, a portion of what you spend is donated to Mt. Zion Elementary each time you shop and purchase "Together in Education" items. If you have a Target credit card, you can register on the Target web site for Mt. Zion Elementary. These businesses donate a portion of sales dollars to local schools.

Working in classrooms or directly with individual students is perhaps the aspect of volunteering most impacted by Covid-19. No volunteers will be permitted in CCSD schools for at least the first semester. If there is a way to volunteer virtually, we will be sure to let you know!

On behalf of the entire Mt. Zion family, thank you in advance for your generous support. ▲

*Wendy Kulick, Elaine Davis  
and Lucy Hoover  
Mt. Zion Elementary School  
Volunteers Coordinators*



No one could have imagined that 2020 would look like this. Our economy was booming, unemployment numbers were down, and we were looking forward to the warmer months here in South Carolina. Then came one calamity after another, and the world seemingly came to a halt.

In a year already filled with so much loss, the passing of my good friend John Lewis is yet another devastating blow to our nation.

I first remember meeting him in 2011. The Civil Rights icon himself brought me, just a newly-elected congressman at the time, into his office to view pictures of his journey through the challenges of our nation's past. And then the man who suffered through the Jim Crow laws of the South, through a brutal beating during the march from Selma to Montgomery, and through many more trials over the past 60 years said to me: "Never let the challenges of life make you bitter."

That is how I aspire to live, with optimism and unwavering hope for a better tomorrow. Those words serve as a reminder that, even in the midst of hardship—whether it be the pandemic, social injustices, or the fight for police reform—our situations do not have to dictate our outlook on the world.

As we approach the fall of 2020, the face of our nation looks different. And as we all know, it is easy to let the daily news and COVID-19 statistics overwhelm and demoralize us.

But even though our battle with the virus is not yet over, we can each do our part in remaining optimistic as we fight to stop the spread. It would be all too easy to lose hope and become resentful of our situation, social distancing from close friends, or wearing masks in the South Carolina summer heat. But the sooner we accept and embrace these steps, the sooner we will get back to school openings, cookouts with friends, and college football games.

Likewise, although my JUSTICE Act has not yet passed the Senate, I am optimistic that substantive change is just around the corner. Five years ago, after the shooting of Walter Scott in my hometown of North Charleston, I introduced police reform legislation in the Senate. At the time, my pleas

seemed to fall on deaf ears. But then, eight minutes and 46 seconds changed everything. Now, people of all colors and political leanings are calling for reform. That's why I am hopeful, because I know that Americans who stand united can accomplish anything.

The struggles we face today—from police reform to COVID-19—are not Republican, Democrat, black, or white issues, but American issues, and we will overcome them by fighting together. We are different, but we succeed when we use our differences to pull one another up.

As a child growing up in a single-parent household mired in poverty, I remember feeling disenfranchised, as if success was out of reach. By my freshman year of high school, I was failing world geography, Spanish, English, and (ironically) civics. I wasn't sure I could finish high school, much less accomplish something like owning a business or becoming a United States Senator. But a man named John Moniz, the owner of a local Chick-fil-A franchise, noticed me struggling and quickly became both my mentor and my friend. He saw something in me and spent time teaching me conservative business principles. "Having a job is good," he said, "but creating jobs is even better." Through his words of advice and his own actions, he taught me the importance of providing opportunity for everyone in the community and helping each other reach success. The principles that he instilled in me would change my life forever.

You see, I know that Americans have what it takes to stand together and to help one another succeed because that is my story—because I would not be where I am today if it weren't for a man who saw past the differences in our race and socioeconomic status to help me find the path toward success.

As I look at our American family and accomplishments, from the courageous life of John Lewis to the actions of unsung heroes like my own mentor, I know that we will make it through. This year has knocked us down, but we are strong and resilient. Let's hold on to hope as we help one another back up. ▲

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**Advocacy Advisory: Laurel Island PUD  
Approved by Planning Commission**



The Laurel Island Master Plan as presented to Planning Commission.

The plan includes residential and commercial mixed use areas, green space and public access to wetlands, the marsh and open water.

Earlier this evening, the Planning Commission unanimously approved a proposal to develop Laurel Island, once a dredge spoil site and landfill, as a Planned Unit Development, which will include residential and commercial mixed-use space, green space and public access to the wetlands and open water. This high-density planned development would be one of the largest projects ever undertaken on the Charleston peninsula.

Historic Charleston Foundation has been actively engaging with the development team since mid-February with a goal to ensure that this project becomes a model for infill development on the peninsula, enhances the surrounding neighborhoods, and contributes to Charleston's overall sense of place.

This latest proposal is a marked improvement, and HCF is generally supportive of the development plans. However, there are still areas where

HCF has concerns and where additional improvements should be made as this project moves through the approval process:

- While there are pocket parks internal to the island in the PUD document, we believe that the development would benefit from a central square or urban plaza (like Marion Square) in the densest, most urbanized part of the island to provide some relief and open space.
- Ten percent of the workforce and affordable housing in the development is currently designated as such in perpetuity. An additional 10% is designated as such for a 10-year period, however, the Foundation is advocating for an extension of this designation to 25 years, particularly given the affordable and workforce housing crisis in Charleston.
- More detail on the management plan of the Robert Mills and Standard Oil ruins cultural resources on

the property is needed to include documentation, interpretation and stabilization plans for these significant resources.

- In reviewing the sight lines for the island's allowable height districts, we would like to see some sort of a height buffer or step down so that the skyline doesn't drop so dramatically at that western portion of the island facing the Robert Mills ruins.
- The Laurel Island Board of Architectural Review (LIBAR) should adhere to the overarching Guiding Principles of the entire development in establishing the design principles for the development.
- The Foundation would like to see a strong commitment to sustainable and resilient design and building practices emphasized in the Guiding Principles as part of the future design principles developed by the LIBAR.

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# ISLAND NOTICES



**GIVE BLOOD  
SAVE A LIFE**

**BLOOD DRIVE  
SEPTEMBER 24**

Thanks to the cooperation of the SIPOA staff and involvement of the Red Cross, the September 24th Blood Drive will be held at the Lake House from 10:30 to 4:30 (note extended hour).

We will be operating under the COVID 19 protocol which resulted in such a favorable response in June and hope to repeat the same at this drive. Donors are required to schedule their appointments directly with the Red Cross at RedCrossBlood.org or Blood Donor APP code: Seabrook. Sorry but to keep numbers within the approved limits, **Walk Ins CANNOT be accommodated at this time.**

Any questions? Contact Kathy Rigtrup at [ktrup2@aol.com](mailto:ktrup2@aol.com) or 73-715-3005. As always, the need is critical!



From the comfort of your own home, enjoy masterwork of the chamber music repertoire performed by our very own CMC musicians and special guest artists. In addition to amazing music, you will also enjoy all the special elements that make CMC concerts such a unique experience – from entertaining and informative introductions to the pieces and insights from the musicians to special glimpses into some of the beautiful historic homes and venues of Charleston.

Performances of each program will be videotaped in its entirety and available for ticket holders to view through a special link emailed the day of the performance.

You are welcome to purchase individual tickets for \$20 each or a 6-concert subscription for \$100.



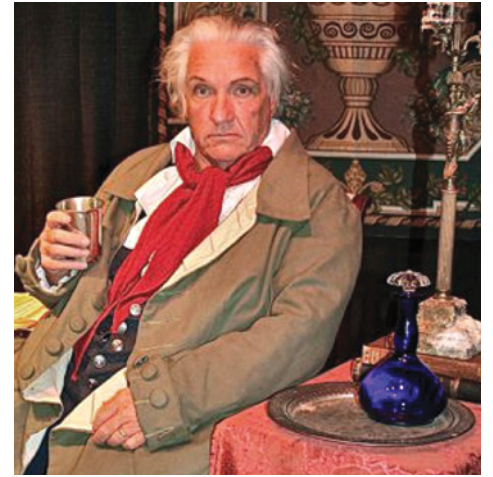
**HOUSE CONCERT I**

Streaming Monday, September 14, 2020  
at 7pm live from SC Society Hall;

available on demand until September 26, 2020

Charles Messersmith, clarinet; Sandra Nikolajevs, bassoon; Chee Hang See, piano

RAVEL Pièce en forme de Habanera  
BRAHMS Clarinet Sonata No. 2 in E Flat Major  
BEETHOVEN Clarinet Trio in B-Flat Major, Opus 11



**BEETHOVEN: HIS WOMEN  
& MUSIC**

Streaming Premiere  
Sunday, September 27, 2020 at 7pm;  
available on demand until October 10, 2020

Clarence Felder, actor;  
Frances Hsieh, violin;  
Timothy O'Malley, cello;  
Irina Pevzner, piano

Veteran Broadway and Film actor Clarence Felder reprises his role as Ludwig van Beethoven, recounting the women who played a major role in his life. BEETHOVEN The Piano Sonata No. 14 in C# minor, "Moonlight," i. Adagio sostenuto BEETHOVEN Piano Trio in B-Flat Major, Op. 97, "Archduke"



**OVATION CONCERT I**

Streaming Tuesday, October 13, 2020 at 7:30pm  
live from Sottile Theatre;

available on demand until October 26, 2020

Amy Schwartz Moretti and Frances Hsieh, violins;  
Ben Weiss, viola; Timothy O'Malley, cello

CHEVALIER DE SAINT-GEORGES Violin Duo No. 3 in A Major  
BEETHOVEN Beethoven String Quartet Op. 50 No 2



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# SIPOA

## Administrative News from the Seabrook Island Property Owners Association

### PRESIDENT'S LETTER



**Dan Kortvelesy**  
2020 President  
SIPOA Board of Directors

As a public school educator for 35+ years, the date September 1 always had extra meaning for me. You see, around this time we were starting a new school year. This meant new books, new computers, our classrooms were clean, floors waxed, the air conditioning worked (at least for the first few days), and most importantly, new students. We would go around the halls and wish our colleagues a successful school year. It was just like celebrating another New Year's Day. It was an exciting time of the year.

So what does September 1, 2020 hold in store for us during this health emergency? Some restaurants are open, and some are closed. Most shows and concerts have been cancelled. Most people wear a mask, some do not. On Seabrook Island, we continue to live with the restrictions that COVID 19 brings. We don't travel to Charleston as often as we did in the past. Our travels to see family or to just get away have been severely limited. Are you ready to get on a plane again? We feel anxious about the current health emergency. We constantly ask ourselves the question when will things get back to normal?

SIPOA recently engaged MUSC to carry out a review of our response to the COVID-19 emergency. An MUSC team visited Seabrook Island and examined SIPOA facilities and the processes previously enacted. The resulting report reinforced the adjustments already in place and provided additional ideas to ensure the safety of PO's, staff, and guests. One portion of the report addressed the stress and anxiety that a person may feel during the COVID-19 Emergency.

The following information is provided by MUSC. I hope you find it useful as we continue through this health crisis.

Anxiety is understandable and a normal feeling during situations of uncertainty. The health, financial, and psychological impact of COVID-19 is unprecedented and at this point, includes a lot of unknowns. It is a different kind of threat that South Carolinians are not used to. We are accustomed to being able to track the direct path of a hurricane and plan accordingly. However, COVID-19 is a threat that is more difficult to directly track. This can increase anxiety and worry.

#### Top 12 tips to relieve COVID-19 stress

**1. First, rest assured you are not alone.** It is natural to feel stress, anxiety and worry as we face this time of uncertainty. Anxiety typically occurs when we believe we are unable to predict what will happen or control stress. Many of us have been comparing COVID-19 to preparing for a hurricane, which most of us as South Carolinians are quite familiar with. We watch the news, look for trajectories, load up on groceries (and toilet paper) and wait. However, unlike a hurricane, we have no real road map or evacuation route to help guide us. This can lead to feeling panicky, irritable, and anxious.

**2. Set time aside to breathe.** It may seem silly, but when we face anxiety, our body activates our sympathetic nervous system, which prepares us to fight, flee or freeze. This can be helpful in the short term when there is a clear and present danger like facing a novel pandemic. However, feeling constantly overwhelmed can lead to negative physical consequences like hypertension and increased pain and mental consequences such as anxiety and depression. Setting aside time to practice deep breathing—slow breaths in through the nose counting to four and exhaling for 4 counts—can be the easiest way to reduce what we call a “sympathetic burst” and physically activate a self-soothing response by inducing the parasympathetic nervous symptom. Think of it as a way to recharge your batteries so you can have more “emotional bandwidth” to manage the inevitable stress ahead.

**3. Know it is OK to ask for help.** Asking for help is difficult for many people. Typically, it is not the act of asking others for help but the fear that hides beneath it—fear of being a burden, of being vulnerable, fear of rejection. The reality is most people not only want to help, but it brings them joy, meaning and purpose during these uncertain times, knowing their actions are helping others.

**4. Focus on the good and provide acts of kindness.** Now this may seem difficult in a time of physical distancing or isolation, but it's possible if you

get creative. Email someone you know who may be alone and scared just to let them know you are thinking of them. Write thank you notes to the people who have helped you. Write positive messages on social media if you use it. Be intentional about paying attention to the good. It is easy to get wrapped up in news stories about toilet paper running out at stores and people hoarding antibacterial soap. But there is a lot of goodness happening, too. Neighbors checking on one another, restaurants and schools offering free food to children and strangers offering to grocery shop for vulnerable people. It can feel like the universe is against you when faced with the stress of dealing with the worry of catching COVID-19. So, each time you look at the news, search for a “tell me something good” story to help balance the narrative.

**5. Find a mantra.** This is a short and powerful phrase that you relate to that you can easily think or say when anxiety spikes. Some examples are:

- This is a marathon, not a sprint.
- Be where your feet are.
- I can weather this storm.
- Just for today—I'll take things one day at a time.

**6. Know timing is everything.** Avoid news on your TV and phone, etc., first thing in the morning and last thing at night. Do your normal routine in the morning, whether that is showering, coffee, brushing your teeth, etc. Next, write down three things you are grateful for—keep a gratitude journal. This helps to set the tone for the day. Purposefully engaging in an “unplugged” morning routine and practicing gratitude before turning on the news will help to start your day in a positive direction and allow you better emotional resources to cope with the inevitable stress you'll watch on or read in the news. While it is important to stay informed about this evolving emergency, it is critical to take breaks from the news as well. Set aside time twice a day to update yourself. Avoid reading about or watching the news one to two hours before bed. Sleep is critical, and it is unlikely that anything late breaking will change your actual behavior

before morning—except for losing sleep!

**7. Stay informed by using reliable sources.** This includes such sources as the Centers for Disease Control and Prevention, the World Health Organization and other reliable well-established news outlets. For example, the New York Times is providing all their COVID-19 information for free. Take recommendations seriously. Avoid blogs and unsubstantiated comments on social media.

**8. Focus on what you can do and accept the things you can't control.** It is a tried and true cliché. Understand that physical distancing and isolation are not meant to be punishment but a way to protect you. And although we don't have a set time frame for the need to practice physical distancing, it is likely time limited.

**9. Find ways to stay socially connected and engaged.** Physical distancing doesn't mean a lack of connectedness. For those of you who are trying to manage the stress that COVID-19 is generating, this is critical to remember. Isolation can increase anxiety and depression, especially for more vulnerable people. Use this time to stay virtually connected. Use text messages, video chat and social media to access social support networks. Talk about your concerns and fears. You aren't alone, and sharing helps to feel connected at a time when you need it most. Meaningful and fun connection and emotional support is vital to your well-being. Call or text friends and family you haven't talked to in awhile. Check in on others more than you normally would; we are all feeling isolated. If you have internet access, utilize video connections to spend time with others. If you aren't sure how to use some of these technologies, ask someone who can help. Platforms to consider include Facetime, Zoom, Google Duo and Skype.

**10. Set daily routines that include being creative.** It's important to try to create and maintain a daily routine regardless of the disruption of unfamiliarity and isolation. This helps us to maintain a sense of order and purpose in our lives. If you are able to exercise—do it. If it is OK to walk outside—do that. Try to get fresh air, even if its standing in your driveway for five minutes each day. Read new books. Watch uplifting and humorous television shows. Pull out those puzzles you've been saving for a rainy day. Color! Learn and practice meditation. This will help both your mental and physical state. Try new recipes and share old ones with friends. Start a journal. Other activities to consider:

1. Start a virtual book club with friends. You can read a chapter a day and then discuss it over Facetime, phone or other platforms. This keeps you both stimulated and connected.
2. Play “Words with Friends,” “Yahtzee,” “Connect 4” or other app games with people you know across the country.
3. Set coffee dates with friends or family. Each morning call a friend or family member while you both have your morning coffee... or tea.
4. Watch movies “with” friends on Netflix Party.

**11. Explore apps that benefit mental health.** Simple Habit is a meditation app that recently announced free premium memberships for those who cannot afford to pay. Other apps that teach ways to meditate, breathe and manage anxiety that have a free trial period include: 1. Calm, 2. Insight



### SIPOA Needs Your Help!

The Seabrook Island Property Owners Association is very fortunate in that it is an effective, well managed, self-governed entity. Self-governance gives each property owner an opportunity to participate in guiding the Association forward. Self-governance allows property owners, as members of their elected Board of Directors, to represent all members of the community and create policies and strategic plans for the current and future needs of the Association. SIPOA's continued success is dependent on committed property owners who are willing to dedicate their time. Without these dedicated, individual representatives, property owners would have far less impact on the strategic operation of the Island.

The SIPOA Nominating Committee is on the lookout for individuals who want to be part of the solution by serving on the Board of Directors or the Nominating Committee. In February 2021, we need to fill four Board positions each for three-year terms, one Board position for a two-year term, and two Nominating Committee positions for two-year terms.

We are seeking individuals for the Board of Directors who:

- have the ability to work well with others

- understand that all Board members are required to serve in the best interest of all property owners
- have the willingness and ability to commit the required time for Board and Committee duties
- have the ability to evaluate issues and work collaboratively to recommend solutions
- have skill sets, volunteer, board, or professional experience that benefit the community

For the Nominating Committee we need candidates who:

- have a broad social network and a willingness to put in the time needed to identify outstanding candidates
- have an understanding of the roles the Board of Directors and SIPOA committees play in Association governance
- have the ability to evaluate the suitability of candidates to best meet the qualifications for the Board of Directors and Nominating Committee

If interested, Visit our website at <https://sipoa.org/2021-candidate-documents/> to find the application form(s) and other information regarding the candidate selection process. ▲

SIPOA Nominating Committee:  
Cindy Brown Julia Thogmartin  
Greg Iaconis Warren Kimball (Chair)  
Melodie Murphy

### ~ NEW CLASSES AT THE LAKE HOUSE ~ SEPTEMBER

#### COUCH TO 5K

**Dates:** 9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31 (Saturdays)  
**Time:** 8:00AM  
**Location:** Lake House Back Lawn  
**Cost:** \$80 (\$10 per class for 8 weeks)



Does Covid-19 have you sitting on the couch just a little too much? Are you ready to set new goals and get active? Well, you're in luck...The Lake House is excited to announce that its first Couch to 5K program. This program allows you to select one of three programs best suited to your fitness level and goals: Walk; Walk/Run; and Run

#### MOVE BETTER FITNESS

Semi-Private Class

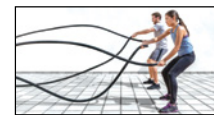
**When:** 9/2, 9/9, 9/16, 9/23, 9/30 (Wednesdays)  
**Time:** 12:05 p.m.  
**Location:** The Lake House  
**Cost:** \$60 (includes 5 classes listed above)

Are you ready to move with more confidence and stability? It's time to gain that extra step by challenging and improving your core, posture, and balance through functional exercises.

#### ROPES CORE

Semi-Private Class with Stacey Richardson

**When:** 9/2, 9/9, 9/16, 9/23 (Wednesdays)  
**Time:** 1:00 p.m.  
**Location:** The Lake House  
**Cost:** \$48 for the class (includes all 4 classes)



Ropes Core is a 45 Minute circuit format class where participants switch from a battle rope exercise to a core/abdominal exercise for a 30 second on, 30 second off routine. This class is built to increase overall strength and endurance with a focus on core conditioning.

#### FOR DETAILED INFORMATION, VISIT SIPOA.ORG

*\*\*Please note, space in this semi-private series is limited to 9 participants and pre-registration is required. Registration for the series includes 1 weekly workout and an 8-week training plan. This series is not included in the monthly class pass. The fee will be charged to your Property Owner/Club account. No drop ins or refunds. This series is available to Seabrook Island Property Owners, Seabrook Island Club members, and guests staying on Seabrook Island.*

Timer, 3. Headspace.

**12. Write it out.** Multiple studies demonstrate the effectiveness that journaling can have on one's health, happiness and ability to manage stress. It is one way to work through anxious or sad thoughts and feelings. When anxiety is left unchecked, it often manifests into rumination, and the problem that has you “stuck” becomes bigger than it is in reality. Writing helps to get your concerns and fears out of your head and into the open. It is also helpful in

looking back to have perspective on the many hardships you have overcome. It builds resilience.

As I started this message, I spoke about this being a time I often considered as a new year. So, on that note, Happy New Year! It is my sincere hope that when January 1 rolls around, when everyone celebrates the new year 2021, we are looking at very positive and promising news and to once again appreciate and experience all the joys that life brings to each and every one of us.

Stay safe.▲



Photo courtesy of Bre Bogert Photography



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3037 Marshgate Drive - \$3,200,000  
Ocean/Marsh/River view | Private Dock | 4 BR



3033 Marshgate Drive - \$3,100,000  
Ocean/Marsh/River view | Private Dock | 4 BR



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



2420 Bateau Trace - \$1,125,000  
Golf view | Cul-de-sac | 3 BR | 2F/2H BA



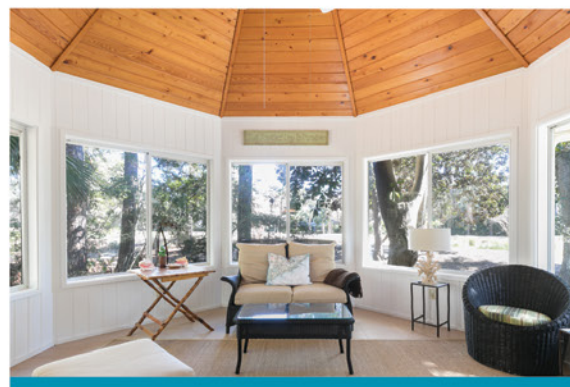
1133 Turtle Watch Lane - \$749,000  
Salt Marsh | Marsh view | 3 BR | 3 BA



2775 Little Creek Road - \$729,000  
Wooded view | Cul-de-sac | 4 BR | 3.5 BA



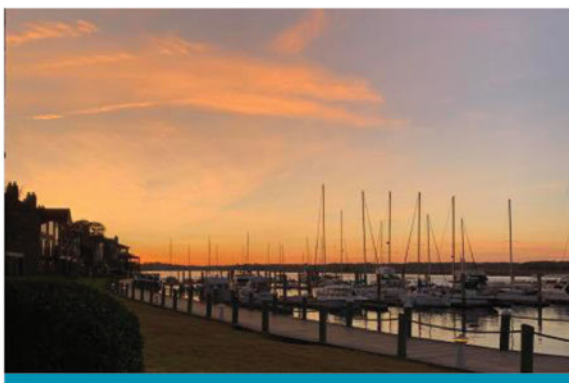
2087 Sterling Marsh Lane - \$669,000  
Salt Marsh | Marsh view | 3 BR | 3 BA



3132 Baywood Drive - \$599,000  
Golf view | 3 BR | 3 BA



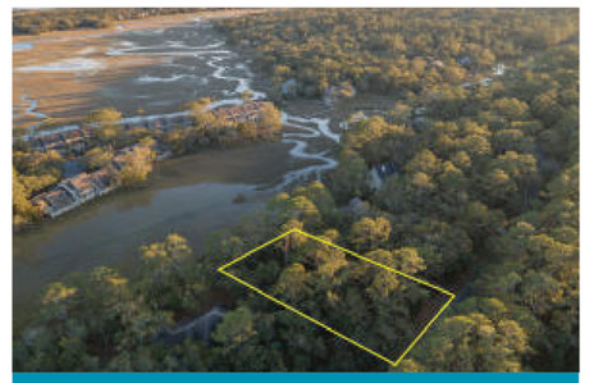
2937 Atrium Villa - \$540,000  
Atrium Villas | Ocean view | 2 BR | 2 BA



1929 Marsh Oak Lane - \$285,500  
Bohicket Marina | Marsh/River view | 1 BR | 2 BA



2470 The Haul Over - \$179,000  
Marshfront | 0.44 acre homesite



3032 Seabrook Island Road - \$127,500  
Marshfront | 0.52 acre homesite