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THE Seabrooker

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"Show and Go" Group

Aren't we lucky that we live in the Sunshine here at Seabrook, where we can swim in the sea, walk our dogs on the beach, kayak on our creeks, breathe the salt air, and see so many stars at night?

Seabrook Island Sea Kayakers is now an official SIPOA Special Interest Group and are listed on their website. This could be a way to reach more sea kayakers who are looking for neighbors to join on a paddle.

This month my theme is other outlets for sea kayaking. Here are my ideas, please contact me if you think others should be mentioned in a future article.

Lowcountry Paddlers (lowcountry-paddlers.net). Lowcountry Paddlers is a club that coordinates about 40 paddling trips every year. All scheduled trips are free for members and there are various difficulty levels. They do a great job describing details of the trip so you know what to expect. Most are day trips on Saturdays to the coastal waters, rivers, creeks, swamps, and lakes of the Lowcountry. They also host several events (parties!) throughout the year that are great fun, including a winter oyster roast. I paddle with the club about 8-10 times a year and we have 3 Seabrook members. They publish a trip calendar every 6 months. In addition to the official trip calendar, most weeks there are several impromptu "show and go" paddles with the trip details coming out about a week in advance, these are various days of the week. Check out their website, it lists the trip calendar and a variety of resources.

The guidebook "Kayak Charleston" by Ralph Earhart is great for planning your own trips (Ralph also plans or participates in many of the Lowcountry Paddler trips). The book is the only detailed guide to finding public boat landings, working with the tides, and planning kayak trips in the Charleston area. It provides planning tips and estimated times for trips on the rivers and ocean areas within one hour of Charleston.

SINHG (Seabrook Island Natural History Group) schedules 3-4 trips in the spring and fall, folks have a great time - it is a chance to join other Seabrookers on sea kayak trips in the Lowcountry.

The Outdoor Encounters program at St. Christopher Camp and Conference Center on Seabrook offers a wide variety of activities throughout the year for individuals and groups, most notably guided kayak tours through the estuary, marsh, and tidal creeks during the warmer months. Marsh tours bring paddlers down the peaceful waters of Privateer Creek from a crabbing dock to a beach boathouse by the estuary. Through the Botany Shelling and Fossilizing Tour, kayakers paddle across the estuary at low tide to Botany Island, a quiet beach replete with shells, sharks' teeth, and other discoveries. During the Fall Deveaux Bank kayaking and birding tour, kayakers venture to the largest Seabird nesting area north of Florida on the East Coast. Outdoor Encounters also offers year-round activities including guided hikes, environmen-



Pat and Paul Gregory, Lisa Owens, Cindy Yule at Capn Sams Inlet



Rich Boss, Kim Wesson, Tom Abbot on Capn Sams Creek



Pelicans and Cormorants on a sandbar on Capn Sams Inlet

tal classes, and a remote campsite on the marsh. For more information go to <https://stchristopher.org/outdoor-encounters/> or contact Jared Crain at jcrain@stchristopher.org.

Coastal Expeditions (coastalexpeditions.com) is a well known trip company that runs great trips and has very talented naturalist guides.

Here are proposed January Show and Go trips, all trips will leave from the Crab Dock, default routing will

be to go to the Inlet, then decide by consensus where to go from there. We are usually fighting the winds on the way back in. Trips typically last between 60-120 minutes.

- Wednesday January 3 at 1:00 PM,
 - Wednesday January 10 at 1:00 PM
 - Wednesday January 24 at 1:00 PM
- A Show and Go sea kayak group is a friendly informal meet up to go kayaking. All trips are subject to change or cancellation based on conditions.

If you would like to join any of the above Show and Go trips, please find my phone number in the Exchange Club directory, and contact me (text, or call) the week before the trip. The day before I will send a group text confirming details and participants.

Feel free to call me with ideas or questions or to propose a trip on another day/time. Maybe your best year ever will be 2024. Happy Kayaking!▲

THE Seabrooker

Please send correspondence to:
TheSeabrooker@yahoo.com

"Communication is the beginning of understanding."

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

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

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THIS MONTH'S SEABROOKER VOLUNTEERS (ARTICLES & PHOTOS)		
Rich Boss	Matt Lee	Gina Sanders
Callie Brown, CHS Today	Bob Leggett	Kendall Tietz
Jana Davis MS, RDN	Ian Mahatley	Paul Tillman
Maureen Healy	Jerry Reves, MD	Bonnie Younginer

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Please send correspondence and inquiries regarding editorials to

Mike Morris • TheSeabrooker@yahoo.com • 843.408.3707

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

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Dear Cap'n Sam,

I was glad to see Dr. Penkhus's discussion of our health system in the Seabrooker. I will include a link to an article I hope you will forward to him. It would be a public service to let people know that how they vote affects them and everyone in their state.

I think the Seabrooker articles are getting better and provide a nice balance of community and social issues.

Sincerely,
Tamy Lockhart

Dear Cap'n Sam, (Teri and Mike)

Thanks so much for that fabulous placement of the Green Space article on the front page of the Seabrooker! We really appreciate all that you do for us! Best wishes for a very Happy Holiday Season!

Susan Leggett

Dear Cap'n Sam,

Hello. I just read an article by Richard Wilderman and wonder if you could forward this note to him. I'm Nancy Neill (in Mount Pleasant) and would like to volunteer to support his efforts to move our utilities toward renewables more quickly.

Nancy Neill

Dear Cap'n Sam,

Mt. Zion Thank You

Thanks to the generosity of our many friends on Seabrook and Kiawah Islands a record number of families which included over 150 children from Mt Zion Elementary School woke up to gifts on their favorite holiday. From clothes to books to toys, made possible through your donations, there were certainly big smiles on the faces of so many children who lack so much on a daily basis. In addition, all of the families were given food vouchers to help with holiday meals.

A simple thank you does not seem adequate but we want to extend our heartfelt gratitude to our island neighbors. You volunteered with us and donated money and toys for the neediest

around us. Without your kindness this annual act of giving to those less fortunate would not be possible.

Sincerely
Mt. Zion Holiday Fund Drive Committee

Dear Cap'n Sam,

It's Time For A Change At SIPOA: Why SIPOA Doesn't Need a 10.9% Increase In the Assessment

At the December board meeting, SIPOA adopted a budget for 2024 that will require a vote of property owners for it to go into effect. Without any details or discussion by the Board and with no information provided to the Seabrookers in attendance or on-line, the budget was adopted without discussion or comments. This 2024 budget calls for a 10.9% or \$300 increase in our assessment and brings it up to \$3,050. However, if this were a one and done it might be acceptable. Instead, coupled with the increase in 2023, Seabrookers have seen a 22% increase in our assessments if the 2024 budget is voted for by you. But are the increases needed?

Undoubtedly, there will be a narrative provided on what contributed to the increase, but Seabrookers will have no opportunity for Q&A or input. Clearly, we all know about the rising cost of goods and services over the past two years and it would be unreasonable to expect SIPOA to be immune from these cost increases; however, to have dropped on us a 10.9% increase without any prior information and to not seek to engage us in conversation beforehand speaks the problem that SIPOA lacks transparency and is unwillingness to ask and listen to the people who pay the bills.

By comparison, just down the road at the Kiawah POA we see a 180 degree different strategy. On its website announcing its 2024 Budget, which by the way will only increase by 4.4% (making SIPOA's annual assessment for the first time higher than Kiawah) they offer:

- A complete and comprehensive picture of their finances, which is updated regularly, and downloadable in pdf.
- A link to presentation materials Kiawah used to engage the community, face-to-face, in the budget development process through community meetings.
- Numerous opportunities for the

Paul McLaughlin

Kiawah property owners to shape the budget before it is ever considered by their Board.

Finally, there are links to their Annual Audit, copies of their quarterly financial statements and copies of what is called the IRS 990, the non-profit tax return which every non-profit must submit and make available to the public.

It is purposefully made easily available to aid Kiawah property owners in holding their Board accountable for the private dollars they provide to support the mission and purposes of their association. It's a model that SIPOA should adopt.

By contrast none of this information is available to Seabrookers on-line. Instead there is an unnecessary bureaucratic process, which as a CEO of non-profits for 30 years I have never seen before. The process of obtaining these documents, which we are entitled to see and have by law, is willfully made difficult and cumbersome so as to discourage Seabrookers from getting an inside look into how our money is being spent.

For example, turning to one set of data in the SIPOA's 990, which were legally obtained from a third source, we look and discover SIPOA's excess revenue, better known as profit in the business world. In these data one discovers some startling information:

- In 2019 SIPOA generated \$1,718,893 in excess revenue (profit)
- In 2020 SIPOA generated \$1,269,498 in excess revenue
- In 2021 SIPOA generated \$2,257,053 in excess revenue
- In three years SIPOA generated \$5,245,444 in excess revenue according to their filings of their IRS 990

This leads to the questions: Why is SIPOA saving all this money when it also has designated reserves for the cut, road repairs and emergencies. Why did our assessments increase by 22% while sitting on \$5 plus million dollars in excess revenue? Why is our 2024 assessment proposed to increase by 10.9% in 2024?

SIPOA provides no information or opportunities to talk about this pot of money or anything having to do with its finances. These, friends and neighbors are the problems. No transparency. No community engagement. No need for a 10.9% increase in the assessment.

Seabrook Island Art Guild Presents

January Artist of the Month

Bonnie Younginer

Reception Tuesday, January 2nd 4:30-6:00pm

The Lake House

NOTE: The Seabrooker apologizes if the paper was not out in time to promote this event, but would like to recognize Bonnie for her talents.



Bonnie is a fiber artist working originally as a weaver. Several years ago, she added needle felting and wet felting to her art form. Recently she added Zoeez's, a whimsical way of weaving in the Rya style.

Rya "weaving" uses short pieces of wool yarn, about 1 1/2 inches long, hand tied with a Turkish or Ghiordes knot on each of the warp strings. This type of weaving was used for centuries in the Nordic countries for warmth and rug making. Bonnie weaves in the Rya style to produce wall hangings.

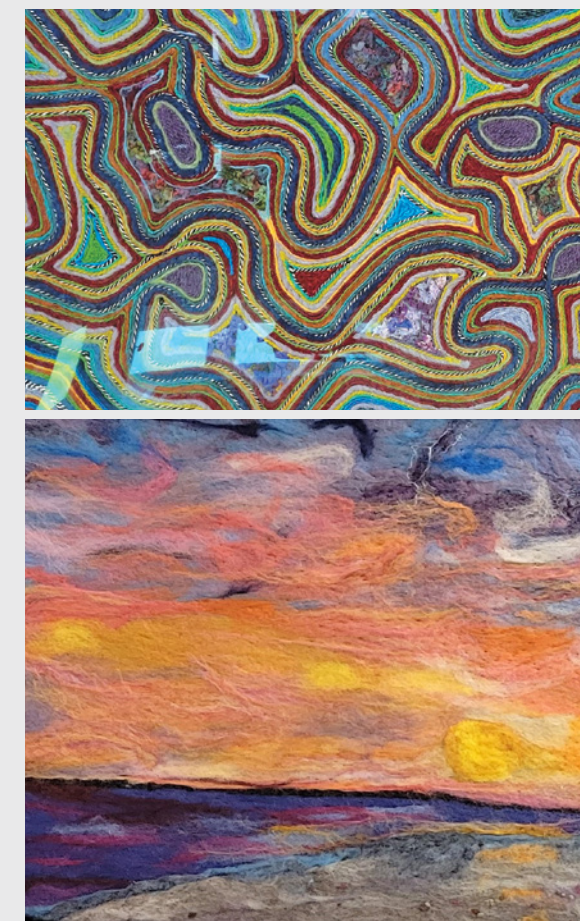
After retiring from a 30-year career in residential and commercial interior design and owner of Younginer Group Interior Design, she found weaving. She is self-taught in plain and tapestry weaving, Rya weaving and needle and wet felting techniques. Bonnie strives to interpret the beautiful natural habitats of Seabrook Island and the Low Country, rendering the scenes in fiber using her different processes.

Her interpretive tapestries are woven on a large upright floor loom. She also uses a large ridged heddle loom to explore various weaving techniques not always doable on an upright loom.

Bonnie is originally from upstate South Carolina. Moving to Columbia, S.C. in 1975 to attend the University of South Carolina, she earned her Bachelor of Interdisciplinary Studies degree and added classes in Studio Art. After spending many years going back and forth to Seabrook, Bonnie and her husband, Michael, moved permanently to Seabrook Island in 2019. They have been married 41 years and have two grown sons and 1 granddaughter.

Bonnie has work commissioned by the boutique hotel, Hotel Trundle in Columbia, S.C. and the Pink Lotus Yoga Studio in Lexington, S.C. She was juried into the Indie Art Show, Crafty Feast, in Columbia, S.C. twice. She has several commissioned pieces hanging in homes in the Midlands of South Carolina, as well.

Bonnie currently shows in the juried Co-operative Gallery, Charleston Crafts Gallery, located at 140 East Bay Street, Charleston, S.C. ▲



To learn more about the Seabrook Island Art Guild go to seabrookislandartguild.com

Seabrook Island Art Guild Presents

Art Demo by Oil Landscape Artist

Eleanor Royall Parker

Tuesday, January 16th 1:30-4:00pm

Live Oak Hall | The Lake House



Eleanor Royall Parker is an oil landscape artist who resides in Mount Pleasant, SC, where she grew up on the waters of the Lowcountry. She and her husband Russ raised their family on Shem Creek.

Eleanor has painted for many years, but in the last three years she has taken a more serious interest in perfecting her craft. She is most interested in the sky and its varied light effects on the waters and marshlands that she is so familiar with. The early morning or evening light is what she really enjoys most and she is always trying to capture that unique atmosphere in her tonal landscape paintings.

Eleanor has been lucky enough to study under many notable artists with amazing skills in the use of light, and this study has enhanced her ability to capture that light in her oil paintings.

Eleanor Parker is represented by the Lowcountry Artist Gallery on East Bay in Charleston. To view more of Eleanor's art, check her portfolio on <https://lowcountryartists.com/> ▲

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Q+A with Captain Thomas Bierce of Charleston Oyster Farm

The lowdown on oysters + the ecosystem.

by Callie Brown, CHS Today

If there's an "r" in the month's spelling, it's a good time to eat them, and if there's a "y" in the day's spelling, it's a good time to talk about them. We caught up with Captain Thomas Bierce, owner of Charleston Oyster Farm, who gave us the scoop on oysters.

How do oysters play a role in a healthy ecosystem?

Oysters play an enormous role in the health of the ecosystem because they are the literal foundation of the habitat where most of the benthic (bottom-dwelling) organisms live. Species-rich oyster reefs serve as buffers for some animals and shelter for others. A healthy oyster population will keep the waters they occupy cleaner by filtering the water as the tides ebb and flow past the oyster's gills.

How does farming oysters play a role in preservation?

Oysters grown on farms are mostly hatchery-raised oysters meaning they would not otherwise exist. Farm-raised oysters take some of the harvesting pressure off of the wild oyster reefs due to increased demand. Shells from these operations ultimately get recycled back into the environment and used for wild oyster larvae to settle onto and create a brand-new reef. Oyster farms have also been shown to have higher species abundance and diversity around them.

Can you taste the difference between farmed vs. wild oysters?

The main difference between wild and farm-raised oysters is their proximity to the bottom. Different growing environments provide different blends of phytoplankton and nutrients they feed on, giving them subtle differences. One thing that remains the same is the briny flavor. Our site is very close to the Stono River Inlet, which provides all the oysters in this particular area with abundant salt.

Can you explain your open cage systems?

The floating cages are designed to hold the oysters just under the surface all the time by rising and falling with the tides. Surface water holds more phytoplankton and nutrients than deeper depths because of the higher levels of sunlight which makes them grow faster. Never having the oyster stop feeding at low tide like their wild counterparts helps them grow faster as well. Cages also allow farmers to flip the cages up for an extended period during the summer to control any wild oysters or barnacles from landing on the singles. Without this mechanism, all the singles would turn into clusters in a matter of weeks. The biggest benefit to using floating cages is they give us the ability to harvest oysters year-round by allowing us to keep them sub-tidal and buffered from the daytime temperatures. Everyone

thinks it is the water temperature in the summertime that makes oysters unsafe to eat but it is the air temperature. At low tide, wild oysters are exposed to the winds and rays which can bake them causing increased bacteria levels, but oysters that have been submerged for at least two consecutive weeks are safe to eat.

What is the process of harvesting oysters?

To collect wild oysters involves getting off the boat at low tide and walking through deep pluff mud to access the reefs. Clusters that have at least one 3-inch oyster can be harvested. Anything too small is "culled" in place so that it may keep growing. The most sustainable way to do this is to plant while you pick. Moving oysters around and expanding the reef's footprint can make a huge difference the next year.

Harvesting farm-raised oysters is done entirely from inside the boat. Once you're alongside the cages a crane hauls up the cages and oysters which are pre-counted into 100-count bags (each cage holds 6 bags). Harvest information like time of harvest and location are recorded on a harvest tag that will be later transferred onto each sale tag once the layers have been processed and loaded into the sale bags. Harvesting in the summer requires a different permit and there are strict time and temperature requirements to ensure the safety of the product. Summer regulations require harvesters to land their product before 10 a.m. and have the temperature of the oysters down below 50 degrees within two hours or brought back covered in ice for a landing after 10 a.m.

What gives different types of oysters different flavor profiles?

Oysters take on the flavor of the water they are grown in similarly to how grapes take on the flavor of the earth they are grown in. Winemakers use the term "terroir" but we use the term "merroir" for oysters. Things that influence flavor are the tide, season, geology, available food, location, and even the weather.

What's your favorite way to eat oysters?

My favorite way to eat an oyster is straight out of the water raw which is what guests on our oyster farm tours get to experience!

More about

Charleston Oyster Farm

Apart from providing delicious oysters, Charleston Oyster Farm aims to promote healthy ecosystems, environmental awareness, and local mariculture. Order oysters, book a farm tour, and learn more about the COF.

www.charlestonoysterfarm.com



Oysters are the habitat where several bottom-dwelling organisms live. PHOTO BY IAN MAHATHEY



PHOTO BY IAN MAHATHEY



PHOTO BY IAN MAHATHEY

Angel Oak Award

The Kiawah-Seabrook Exchange Club is soliciting nominations for its 12th 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/or quality of life of Wadmalaw, Johns, Kiawah, and/or Seabrook Island. The award is named after the historic live oak tree on Johns Island which clearly represents the people, culture, and natural environment of the islands. The 2022 recipient was Al Sines who was recognized for his work with the Charleston Area Therapeutic Riding program. The recipient 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 May 15, 2024. The recipient will receive an honorarium of \$5000 which he/she can designate for assignment to a charitable organization serving the islands. The recipient will also receive a memento and have his/her name inscribed on the Angel Oak Trophy which is permanently displayed on the islands. The Exchange Club is seeking nominations from the public. The deadline for nominations is February 16, 2024. Nomination information and forms can be found on the Kiawah-Seabrook Exchange Club website at www.ks-exchangeclub.com. Please contact Alan Armstrong at alan9631@comcast.net or 410-274-7545 if you have any questions. ▲

Why is South Carolina the number one place Americans are moving to? Experts say it checks 'all the boxes!'

South Carolina topped list for the most popular state to move to in 2023, Gov. McMaster calls it 'ideal place to live, work, raise a family.'

by Kendall Tietz



At the height of the pandemic, Americans ditched their in-person jobs and moved away from dense, highly populated cities in favor of remote work and greater outdoor space to more affordable cities across the country.

Before the pandemic, 13% of Americans moved each year, but when COVID hit in 2020, 22% of Americans moved or knew someone who had once remote work went mainstream. In 2023, Americans are still making moves cross-country. MoveBuddha, which analyzes trends and industry insights to help people find moving information and resources, looked at data from January 1 through September 30, 2023 to find 2023's most and least popular states to move to and away from.

South Carolina topped the list for the most popular state to move to in 2023, measured by proportion of persons moving in and out of the state, in large part because it is 11.5% cheaper than the average state in the country. In addition, healthcare and tech industries are also growing rapidly in many cities in the state, including Columbia, Greenville and Lockhart.

North Carolina and Montana followed South Carolina as top cities that continue to attract way more moves in than out, followed by Florida and Texas, which moveBuddha attributed to their relative affordability and milder weather.

Republican South Carolina Gov. Henry McMaster told Fox News Digital the Palmetto State was the "ideal place" to live.

"South Carolina has it all. Our quality of life, rich cultural heritage, abundant natural resources, and thriving economy make South Carolina the ideal place to live, work, and raise a family," he said.

Stan McCune, a top listing and buyer's agent with The Morgan Group, said that his podcast and real estate business have given him a front-row seat to the heavy migration to South Carolina, specifically from the Northeast, Chicago, Florida, California and Texas.

• Another source: California remains the nation's most populous state by far (39.1 million), but since April 2020, its population has dropped by a total of 1.5% — the fourth-most of any state. Idaho, South Carolina and Florida have gained the most people in this period, each experiencing growth of 5% or more. ▲



Wishing all the best from our family to yours!
Here's to a happy holiday season and a New Year filled with peace and joy!



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The Charleston Symphony Orchestra League's Designer Showhouse is back!

The CSOL is restoring a tradition that will amaze and inspire with a historic Charleston home reimagined as a Designer Showhouse. The 44th Showhouse, the circa 1803 John Rudolph Switzer House, located at 6 Montagu will be a spectacular union of a historic restoration with a new build highlighting current architecture, design, layout and finishes. Fourteen talented designers are preparing designs for the imaginative spaces which will be on tour from March 13 - April 13, 2024.

The Showhouse will be open to the public on Wednesdays - Saturdays from 10 - 4. Sundays, Mondays and Tuesdays are reserved for eclectic engagements, featuring esteemed musicians and local artists, culinary leaders and interior designers. Many of these intimate events will also include docent-led tours of the Showhouse. The SOL's popular SCORE

Boutique will be open throughout the tour with a distinctive curated selection of gifts, wearables, and household items.

The "Blue Prints & Blue Jeans Bare Boards Party" scheduled for February 4th will feature the Showhouse before the designers begin installations. Imagine! The 2024 Designer Showhouse Opening Night Party will kick-off the opening on March 12th. This elegant event will feature the Symphony Brass, the official ribbon cutting, bubbles and more. For additional information about tickets visit csolinc.org.

CSOL - A Brief History

Since 1983, the Charleston Symphony Orchestra League has played its part by providing financial support to Charleston's Symphony. Since that time, the CSOL, an all-volunteer organization has grown to become a diverse membership of over 325. Over

the years, League members have shared their talents and expertise by contributing thousands of hours in pursuit of a cause that they cherish, making symphonic music accessible to all and educating talented youth through music scholarships.

All proceeds from the 2024 Designer Showhouse will benefit Charleston's Symphony and music scholarships awarded to talented student musicians in the Lowcountry. The CSOL's financial support to the Symphony allows the CSO to offer free or low-cost educational opportunities, with a special emphasis on reaching Title I schools and underserved areas.

Further details concerning the designers, the related special events and musical offerings will be available on the CSOL web CSOLinc.org along with ticket sales, which begin in early January. ▲

ALL SEABROOK ISLAND RESIDENTS are welcome to attend the



sponsored by the Seabrook Island Garden Club

Sunday, February 4, 2024
5:00 - 7:00 pm Lake House, Live Oak Hall

Come celebrate with us!
Please join us for this wonderful community gathering of neighbors. Enjoy delicious hors d'oeuvres and a festive punch. We look forward to seeing you there!
No RSVP. No charge. Just fun!



PHOTO PICK OF THE MONTH

Have you taken a spectacular photo recently? Send your photo, along with your name and a title to www.TheSeabrooker@yahoo.com. See if you are our next issue!



"Stormy Weather"
My son Nolan kayaking on Oyster Catcher Court on the day of the storm (12/17)
Matt Lee / 2217 Rolling Dune Road

Top 10 Tips for Bone Health

Jana Davis MS, RDN

Happy 2024! Whenever a New Year begins, it is a great time to add health goals to our list of New Year resolutions. Seabrook is an incredible place to live an active lifestyle and I am excited to share some health information that will help to keep you and your bones strong for years to come.

One of my specialty areas in my functional nutrition practice is bone health. This passion was fueled by many personal events in my life. If you are interested in reading more on my story, please see "My Bone Health Story" on my website, www.carolingreenliving.com. I will share an inspiring Part 2 soon as well.

The purpose of this article, however, is to give you actionable steps that you can implement this year to keep your bones strong. When most people think about bone health, they just think about calcium which is important but there is so much more to bone health. Bones are living tissue made of a protein collagen matrix. Essential minerals such as calcium and magnesium and more fill in within this matrix to maximize our bone quality and bone density. Please note that you can have good bone quality without maximum bone density. Many people have had a bone mineral density scan through a DXA scan. Ideally, we also want to look at bone quality through a TBS score (Trabecular Bone Score) or a R.E.M.S. (Radiofrequency Echographic Multi Spectrometry) study which is what I personally. It is ultrasound technology that can look closer at the quality of the bone architecture.

Did you know that your bones have the ability to continue to remodel no matter what age we are? We have to provide the nutrition and proper conditions to support this process, however. If you are ready to take action, here are some of the top things you can do!

Supply your body with the right nutrients:

- 1. Focus on a diverse diet** that is full of nutrient dense whole foods. Make your plate half anti-inflammatory non-starchy vegetables that are every color of the rainbow. Also include whole fruits, legumes, and smaller portions of whole grains.
- 2. Make sure you have plenty of protein** at each meal. This is an area that so many people are deficient in and it is absolutely essential for bone health and to prevent sarcopenia which is muscle wasting. Your goal should be 1.2- 1.5 g/kg of

sardines, trout and herring. Include cold-pressed organic olive and avocado oil as well. Plant sources include chia seeds, flaxseeds and walnuts.

4. Optimize your digestion. It isn't just what we eat but what we digest and absorb when it comes to nutrients.

• Focus on mindful eating - Avoid distracted eating (i.e., looking at a phone, computer, TV or driving while eating). Sit down at a table and take a few deep breaths. Look at your food. Seeing and smelling your food activates our salivary glands to start the process of digestion.

• Chew your food thoroughly - Chewing your food thoroughly helps to break it down into smaller pieces, which makes it easier for your digestive system to process. It also stimulates the production of saliva, which contains enzymes that help to digest carbohydrates. If you do not chew your food properly, this may cause intestinal gas, bloating and malabsorption of nutrients.

• Stay hydrated - Drinking enough water is essential for good digestion and bone health. Water helps to soften stools, prevent constipation, and keep the digestive system functioning properly. Limit fluids during meals, however, in order to prevent your stomach contents from being too diluted which could impair digestion. I recommend investing in a good quality water filter.

Other ways to support your bones:

5. Get adequate calcium, magnesium, Vitamin D and Vitamin K2.

Calcium - Calcium is the most abundant mineral in our body and it makes up about 2% of the skeleton system. Good dietary sources of calcium include:

- Dairy products: cheese and low-sugar Greek yogurt.
- Leafy green vegetables: Kale, broccoli, and bok choy.
- Fish: Especially those with soft, edible bones like canned salmon and sardines.
- Fortified foods: Some cereals, juices, and plant-based milk alternatives are fortified with calcium.

meets their calcium need to be taken into consideration when dosing.

Vitamin D - Vitamin D is essential for our body to absorb calcium. It is essential for our muscle strength and supports a healthy immune system. There are many factors that impact our Vitamin D level, including sun exposure which is one of the best ways to get Vitamin D. Genetics, age, skin-color, diet and digestion also play important roles. The best way to know your Vitamin D level is to have it checked. The optimal level for bone health is 60-80 ng/ml. We do not want it too high or too low. If you need to supplement, make sure your supplement has Vitamin K2 in it as well.

Vitamin K - Vitamin K plays a crucial role in the body in relation to bone health and blood clotting. It comes in different forms: K1 and K2.

Vitamin K2 is involved in the regulation of calcium within the body. It helps to ensure that calcium is properly deposited in bones and teeth, contributing to bone mineralization and strength. Vitamin K2 activates proteins that help regulate calcium in the arteries and soft tissues. We want calcium to go to our skeletal system and away from our arteries, soft tissues and kidneys. Like vitamin D, there are many factors that impact Vitamin K2 including digestion and genetics.

Sources of Vitamin K2 include fermented foods like natto, certain cheeses, and animal products from animals that have been fed a diet rich in vitamin K2 but most people will need to get it from a supplement. Always check with your doctor if you are on a blood thinner. K2 cannot be taken with warfarin but can be used with newer blood thinners.

Magnesium - Magnesium is essential for bone health as it plays several important roles in maintaining bone density and strength.

Magnesium is a vital cofactor for the enzymes involved in bone formation. It works with other minerals like calcium and phosphorus to support the structural development of bones. Magnesium helps in the proper deposition of calcium into the bone matrix. This is crucial for the formation of a strong and mineralized bone. Magnesium aids in the absorption of calcium in the intestines. Adequate magnesium levels can enhance the utilization of dietary calcium for bone health.

Ensuring an adequate intake of magnesium through a balanced diet that includes foods like leafy green vegeta-

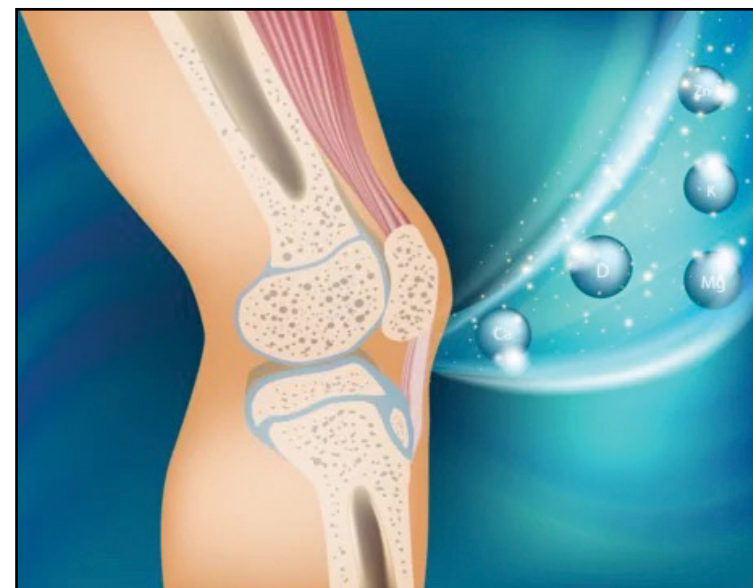
SOURCES OF PROTEIN

A TYPICAL SERVING OF ANIMAL PROTEIN IS ABOUT 3 OUNCES (THE SIZE OF A DECK OF CARDS) AND CONTAINS 21 GRAMS OF PROTEIN. THIS IS THE AMOUNT OF PROTEIN THAT OUR BODY CAN EFFICIENTLY UTILIZE AT ONE TIME.

Animal Protein Sources				
CHICKEN	TURKEY	BEEF	PORK	LAMB
SALMON	TUNA	SHRIMP	CRAB	EGGS
MILK	GREEK YOGURT	CHEESE		

Plant-Based Protein Sources				
LEGUMES & BEANS				
SOYBEANS	LENTILS	WHITE BEANS	PINTO BEANS	BLACK BEANS
KIDNEY BEANS	NAVY BEANS	LIMA BEANS	CHICKPEAS	
GRAINS				
QUINOA	BROWN RICE	MILLET	OATMEAL	BUCKWHEAT
SEEDS & NUTS				
ALMONDS	WALNUTS	PECANS	PUMPKIN SEEDS	FLAX SEEDS

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we cannot control the events in our life that are causing us stress but it is a lifelong process of learning to control how our body reacts to it! Movement, prayer, meditation, and/or breath work all are key!

10. Perform weight bearing and strength training exercises - Always check with your doctor before you begin any physical activity program.

Weight bearing exercise like walking keeps bones from breaking down and the resistance of weight training can help activate the bone building "osteoblast" cells. This can include yoga, barre, Pilates and structured weight training.

11. Evaluate your environment - Simply acts like properly washing your fruits and vegetables, avoiding plastics

and filtering our water can make a big difference in our health including bone health. Pesticides, herbicides, plastics, fluorid, heavy metals and more disrupt our endocrine system, deplete minerals and interfere with bone remodeling.

Living a full and active life is what we all strive for! Taking steps every day to keep your body and bones strong will support vitality for years to come! ▲

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body weight. This is an average of about 30 grams per meal. Choose organically grown beans and lentils, free-range chicken and pasture raised chicken and eggs as well as wild-caught fish, Greek yogurt, nuts and nut butters.

3. Include foods high in omega-3 fats. Many people have a diet that is high in omega-6 fats and low in omega-3's. Good sources of omega-3's are wild caught salmon, mackerel,

- Nuts and seeds: Almonds and chia seeds.
- Legumes: Beans and lentils. Including a variety of these foods in your diet can help ensure an adequate intake of calcium for bone health and overall well-being. The goal for most people is 1200-1500mg per day. Your body only absorbs about 500 mg of calcium efficiently at a time. I prefer an algae-based complex bone health calcium supplement to ensure someone

bles, nuts, seeds, and whole grains is important for overall bone health. Many people do need to supplement to meet their bone health needs. The most important take-away is that the supplement should have the right balance of all nutrients. There are so many more nutrients required for bone health including vitamin C, Vitamin A, B-vitamins, Zinc and more.

9. Manage stress! Excessive stress raises inflammation in our body. Often,

HEALTHY AGING

Jerry Reves, MD



Telehealth - A New Way to Stay Healthy

We have recently described the potential uses of artificial intelligence in facilitating healthy aging and AI is well on its way. But something here now and ready for use is telehealth. MUSC has been in the forefront of this area of medicine since the early 2000's. South Carolina is now a national leader among the states in this method of delivering health care to individuals and hospitalized patients in remote regions and those who are homebound.

What is Telehealth/Telemedicine?

Telehealth is a way to communicate with your physician without your actual being present in the office or clinic. This can be accomplished over a telephone, a smartphone using applications such as Facetime or WhatsApp and the WiFi, or on a computer using meeting programs such as Zoom and the built-in camera/microphone technology. You and your physician or the designated physician's designated assistant can converse privately and securely to review symptoms, medications, progress, or relapse. Everything short of a physical examination can be accomplished virtually and in real time with telehealth. Other Means of Communication

Text messages can be exchanged and vital signs can be sent to your physician using certain applications with compatible measurement devices, like a blood pressure cuff, pulse oximeter, or thermometer. Sending your physiologic data to your doctor remotely is a way for your physician to monitor your condition without your leaving home.

Show Me More!

There are a plethora of sites on the internet that can educate you about telehealth, but one of the simplest to understand is the one prepared by Health and Human Sources (HHS). Watch the YouTube videos they produced: <https://telehealth.hhs.gov/patients/getting-help/#:don%2F%280%29%2Fhave-internet-access>

Table 1 Uses of telehealth for management of illnesses and health maintenance

Urgent: colds, cough, aches, pains,	Mental health therapy	Lab or imaging results
Chronic: arthritis, cancer, diabetes, hypertension, wound care	Physical therapy	Prescription renewals
Respiratory: asthma, COPD	Infectious: HIV/AIDS COVID, influenza	Remote monitoring with USB devices

Does My Doctor Use It and Does Insurance Cover It?

These are two important questions. The answer to the question about your doctor and telehealth can best be answered by calling the office or scheduler. Most physicians have found that telemedicine is an effective and time-saving method of keeping in close touch with long-time patients who have chronic conditions. Thus, your physician probably offers it. If not and you wish to try it, then ask for a referral to a physician who does care for patients via telehealth.

Medicare and Medicaid in most places now cover these virtual, remote visits, but your physician will know for sure or you can contact your insurance company and ask about it directly.

Types of Telehealth Appointments

The types of appointments best suited to telehealth are follow-up visits or those for maintenance of chronic conditions. Consultations regarding reactions to medications are also suitable, especially when you are able to show a rash via photo or video, as are receiving the results of routine tests. If the tests are for diagnosis of a new condition it is best to talk to your physician in person since a full explanation of the implications is important. It is not sufficient to know if the test result is normal or abnormal without a thorough explanation of the meaning and limitations of the test. Which Diseases Can be Managed with Telehealth?

Table 1 lists a number of common illnesses that lend themselves to treatment via telehealth and also how telehealth may be used for routine disease management. One of the good things to come from COVID was the discovery that patients with a variety of illnesses in a variety of settings could be well cared for without having the doctor and patient in the same room. COVID necessitated less person-to-person contact and enabled both doctors and patients to learn that their care could be conducted remotely. Emergencies and new and different symptoms require physical examination as does trauma. Telehealth has limits and they must be strictly enforced for optimal care.

The Bottom Line

Medicine continues to advance in innovative ways. It is not necessary now to see a physician in person every time you need to have an appointment. It is possible, perhaps even preferable, in some situations to communicate face-to-face using cameras and telehealth instead of physical presence. This gives different meaning to meaning to face-to-face visits, but the evidence is in, thanks to COVID, that good health can be maintained with virtual visits with your doctor. However, there is no substitute to a real face-to-face visit that should occur at least annually.▲

Join us for our Winter Fundraiser

MORE MAH JONGG

Thursday, Feb. 29th
10:00am - 3:30pm
Seabrook Island Club

Seabrook Island Village
Neighbors Helping Neighbors

SIV Mah Jongg
"Leap Year" Fundraiser
Thursday, Feb. 29th | 10AM to 3:30PM
Registration deadline - Monday, Feb. 12th

Seabrook Island Village - Neighbors Helping Neighbors welcomes all maven to our winter MJ tournament at The Seabrook Island Club.

Whether you are an experienced player or new to the game, join us in the Atlantic Room from 10AM to 3:30PM. Enjoy a continental breakfast, play three rounds of this popular game of tiles, feast on snacks and a lovely luncheon buffet—All while forging new friendships with fellow MJ Lovers in a casual, relaxed setting.

Door prizes, gifts and awards for 1st, 2nd and 3rd place finishers included!

What better way to spend your "Extra Day" is 2024 Supporting Seabrook Island Village - Our Community Asset for Health & Wellness.

Complete your entry form which can be picked up at The Lake House.

MJ Tournament Details:

- \$80 Registration fee includes breakfast pastries, beverages, lunch buffet, snacks and \$40 SIV DONATION
- 3 rounds will be played; new partners each round
- Your score, based on games won, will be counted after each round
- No money exchanged
- Seabrook Island Club-Atlantic Room-1st floor
- Entry forms are available at The Lake House

More information needed? Call Sue Coomer, SIV Events Chair, at 843-901-0447.

Seabrook Island Village
Neighbors Helping Neighbors

May Each Day of the New Year Bring You Joy, Happiness and Prosperity.
Happy 2024 from Our Family to Yours!

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Birds of Prey

Article by Gina Sanders

Majestic. Powerful. Silent. These are words we think of when we think of birds of prey. Eagles and owls have a commanding presence, with their large wingspans and piercing eyes. Their talons and beaks are strong enough to tear through flesh. And many species have silent flight, allowing them to sneak up on unsuspecting prey.

Familiar and symbolic, you don't have to be a birder to recognize eagles or owls, we grow up with that knowledge, learned in school and popular culture. And if you're fortunate to live on Seabrook Island, then chances are you've seen them in person.

One thing's for sure, photos of Bald Eagles, Great Horned Owls, or Barred Owls on our Seabrook Island Birders social media pages get a lot of likes. The mere mention of a nest draws residents from all over the island to get a glimpse. We share a fascination for these raptors, but they're not the only birds of prey we have on the island.

Ospreys are a very familiar sight and sound over our oceans, lagoons, and ponds. We see them plunge into



Turkey Vulture - PHOTO BY MAUREEN HEALY

the water, come up with a fish in their talons, and fly off to the nearest tree to eat. They're so accomplished at fishing that eagles are seen taking advantage of this at times, harrassing the Osprey to the point that they let go of their fish, rewarding the eagle with a free meal.

Hawks are another resident bird of prey on Seabrook Island. Red-shouldered, Coopers, Red-tailed and Sharp-shinned Hawks are most common. Their piercing shrieks send songbirds scattering when they come around our backyard feeders.

Falcons, kites and vultures are

also in the category of birds of prey. And yes, we have all of those around Seabrook Island at various times of the year. But how much do we really know about these birds we see soaring through our skies? And how often do we get the opportunity to see one up close, to learn about its unique

skill and hunting technique? And how exciting it is to see one in flight, especially swooping right over our heads. Fortunately for us, we have the Center for Birds of Prey nearby, and we can go there anytime to witness these dramatic demonstrations. But even better is when they come to Seabrook, as they're doing again in January, and bringing these beautiful creatures for us to experience first-hand. In fact, they'll bring a variety of birds, some we don't normally see here, giving us insight into a broader range of raptors. This presentation gives us the chance to learn about their natural behavior, and the opportunity to learn how we can help the birds, whether through volunteering, making a donation, or simply adjusting our human habits to better preserve the needs of these spectacular creatures.

This event is open to members of Seabrook Island Birders, so now is the time to start the new year with knowledge and a fresh appreciation of these apex predators. Won't you join us? Register at Seabrookislandbirders.org, or by scanning the QR code on the invitation on this page.▲



Bald Eagle - PHOTO BY LINDA ROGOFF



Bald Eagle - PHOTO BY JEFFREY J. DAVIS



Barred Owl - PHOTO BY GLEN COX



Red-Tailed Hawk - PHOTO BY GLEN COX

Seabrook Island Birders Presents

Live Presentation of Birds of Prey

Date: Tuesday, January 23, 2024, 7:00 PM
Live Oak Hall Seabrook Island Lake House

Presented by
The Avian Conservation Center
Stephen Schabel, VP, Director the Center for Birds of Prey

Donations to Avian Conservation Center can be made at this Event either with check made out to SIB or Cash
Questions, Email us at seabrookislandbirders@gmail.com

Also Register at seabrookislandbirders.org
Registration is limited to 2024 SIB Members Only

Scan to Register Members Only

Seabrook Island Shorebird Stewards Present

South Carolina's Critical Role in the Survival of Arctic Nesting Shorebirds with a focus on Red Knots

Save the Date: Thursday February 22, 2024
7:00 PM

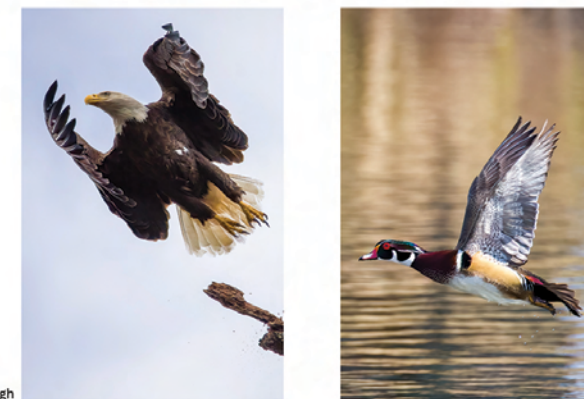
Live Oak Hall Seabrook Island Lake House

Presented by
Felicia Sanders
SCDNR Coastal Bird Program Coordinator
Questions, Email us at seabrookislandbirders@gmail.com



REDISCOVERING YOUR PASSION FOR PHOTOGRAPHY

JENNY HOUGH
JAN 18
6:30- 8:00PM
LAKE HOUSE



Refreshments at 6:30.
Presentation at 7:00 pm



Images by Jenny Hough

Award-winning Nature Photographer shares her journey: "Rediscovering Your Passion for Photography"

Kick off the new year with a fascinating talk by Jenny Hough, a nature photographer based in Mt. Pleasant. In her talk, she will share her journey of rediscovering her passion for photography and how she incorporates it into her busy schedule.

Jenny will delve into her creative approach and highlight ways to find photographic inspiration. She will discuss how a lifelong love of animals and a passion for conservation fostered her desire to become a wildlife photographer since childhood. An avid lover of the outdoors, Jenny will also share her enthusiasm for spending time outside.

Jenny Hough, a South Georgia native, lived in San Diego for nine years before discovering that the Lowcountry of South Carolina, was home all along (where she has called home for the past 22 years). She balances her roles as a wife, mom, small pack of dogs leader, bird (and squirrel) feeder, and a person who laughs at the most inopportune times.

Join us and discover how Jenny Hough's artistic journey can inspire the creative spark in you.

This meeting is free to Seabrook Island Photo Club members. For guests and non-members we request a \$10 donation. Learn more at seabrookphotographyclub.com.

Seabrook Island Birders

Join the 2024 Shorebird Stewards

Training Date:
Sat. Feb. 24th • 10am – 12noon
Oyster Catcher Community Center

Scan to Register

Why
Seabrook Island is a critical junction for shorebirds! Many species of shorebirds do a migratory stop over here to put on weight for migration.

Volunteer's Commitment
No special bird skills are needed! Just an interest to greet/interact with people on the beach discussing these shorebirds and how we can protect them. From March 1 through May volunteers do 2-hour beach shifts, convenient to their schedules.

Purpose
Our Stewards perform a significant service as many people don't understand how important our sanctuary is. Volunteers educate people on the significance of our tiny piece of the world for shorebirds. It's not about enforcement, but about education!

Training
Our team, along with Audubon SC, will provide training to learn about the birds and positive ways to interact with beach walkers. You'll have materials and equipment to use on the beach. Training begins Feb. 24. We'll pair you with an experienced Steward to start.

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GLASS HALF FULL Perspectives
 BOB LEGGETT

Looking Into 2024 – Counting On Fundamentals Or FOMO?

Stocks, bonds, crypto, gold – you name the asset, it has rallied strongly since October. The question that I will attempt to answer as I look into 2024 is whether this so-called “Everything Rally” is being driven by improving Fundamentals (inflation, interest rates, economic growth and earnings), or by FOMO (Fear of Missing Out)?

This is an important strategic question for investors in stocks and bonds, which is my primary focus. I will note that I maintain a significant allocation to gold and gold stocks as a diversification strategy. Also, I admit I have no idea how to create a strategy for crypto speculation, so I will avoid that topic entirely.

Let’s start with a quick review of this rally. The DJIA reached a new All-Time-High (ATH) in December. Broader indexes such as the S&P 500 and the Nasdaq Composite are not far from ATHs and both indexes reached new highs for 2023 as they surged 15%+ from October lows.

It’s a similar story for bonds. After touching 5.0% in October, the 10 Year US Treasury Bond (10UST) yield declined to less than 4% as I write this and has traded close to 3.8% in recent days. That is an astounding 1.2% drop in the 10UST yield in 2 months.

I think most observers would agree that the key to these rallies has been increased investor optimism about the Fed’s policy plans. This optimism seemed to be confirmed in December when Fed Chair J Powell revealed the Fed is now contemplating three rate cuts in 2024, instead of two cuts, but Futures markets suggest investors are now pricing in SIX cuts next year.

Do the economic fundamentals support this confidence? If you agree, you should be very bullish on the bond market, but why would that be good news for the stock market? Rate cuts at that pace would signal a very weak economy. Recent Fed-Speak suggests the Fed may indeed be pivoting to lower rates ahead of schedule. Their recent statements seem to support the notion that real rates are now normalized and will do the trick of slowing the economy.

There is logic to this argument. As I have written in the past, I have used a back-of-the-envelope calculation for “normal” rates for many years. If one adds 2% to the trend of inflation (the CPI), the result is an approximate fair value for the 10UST yield.

I didn’t find the 10UST attractive for most of this century because the yield provided little (if any) premium over CPI. I was aggressively bearish on bonds when inflation accelerated post-pandemic and the Fed’s Zero Interest Rate Policy and Quantitative Easing suppressed the 10UST yield. “Real” inflation adjusted yields had become very negative.

So, where do we stand now? November CPI decreased to +3.1% year-over-year and the Fed’s preferred indicator, the core Personal Consumption Expenditures Price Index (PCE) was +3.2%. I have seen many projections of 2% CPI and PCE for 2025. If you agree with those forecasts and apply my formula, the 10UST should be yielding roughly 4% - and that’s where it is. To be truly bullish on bonds, you must believe the Fed will hold rates low in coming years as CPI fluctuates around 1% to 2% over the longer term.

What about the other Fundamentals that drive the stock market over time: economic growth and earnings (EPS) growth? A year ago, nearly everyone was predicting a Recession in 2023, supported by the warning sign of an inverse yield curve and negative trends in the Conference Board’s Leading Economic Indicator index (the LEI). Instead, Q3 GDP was very solid at +4.9% (although it is widely expected to decline substantially in Q4). Also, although the yield curve remains negative and LEIs have now declined for 20 consecutive months, the argument has shifted from Recession/No Recession, to Soft Landing/No Landing – GDP growth through 2025 without a hitch.

Actually, the economy does look okay to me. The key is Consumer spending which has been a positive surprise to economists. Consumer sentiment has been weak but has improved recently. Mortgage rates

have come down and housing seems to be recovering. With low unemployment and plenty of jobs available, the consumer outlook is good. For businesses, infrastructure and capital spending (especially on new technology including Artificial Intelligence) look solid.

There will always be economic cycles that end with Recessions, but I don’t see signs of Recession risk at this time.

The final Fundamental to discuss is earnings. Inflation has moderated and despite disruptions to global supply chains and costs of re-shoring operations, corporate profit margins are solid. We experienced an earnings recession earlier in 2023 as was foreshadowed by the 20%+ Bear Market decline experienced in 2022. It now appears EPS growth has returned and analysts expect S&P 500 EPS to increase 11% to \$244 for 2024. The magnitude may be wrong (it’s usually too optimistic), but the direction makes sense in light of my expectation of flatish inflation rates, a sidelined Fed and modest economic growth.

So, is it FOMO or will Fundamental growth be sufficient to keep the Bulls in charge?

The application of Fundamentals to stock prices is Valuation. With the S&P currently at 4750 and forward EPS estimates of \$244, the price/earnings ratio is 19.5x. That is well above average, so a durable move higher requires one of two things: surprisingly strong EPS or a surge in valuations. I think it is hard to make the case for either of those in coming months. Later in 2024 if we can envisage 10%+ EPS growth in 2025 with a friendly Fed, 5300+ would be reasonable for the S&P.

I think Fundamentals can support current stock and bond prices, but it will require a FOMO speculative surge to realize significant gains from here.

Happy New Year and Good Luck Investing in 2024!▲

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.



When older people say, "Enjoy them while they are young." They are talking about your knees and hips not your kids.

A priest, a pastor and a rabbit entered a clinic to donate blood. The nurse asked the rabbit: "what's your blood type?" "I'm probably a type O", said the rabbit.



The World’s Biggest Bird

by Paul Tillman



On the beach, pelicans fly silently past us in formation. They dive from great heights, with their bills piercing the water and bobbing up with their catch. Their way of fishing seems simple, but there’s a lot more to it than meets the eye. It seems that in their thirty-six million years of evolution they have adapted in effective ways.

Pelicans are not beautiful. They appear to be made from a pile of spare bird parts which ends up as an ungainly compilation of: long bills, short bodies, long, pterodactylus-like wings and beady eyes. Crazy to look at, but highly adaptive to their environment.

There are eight species of pelicans worldwide. On Seabrook we see Brown Pelicans, the smallest of the pelicanades. Since we see only one of the eight species, we think the way we see pelicans is how they all are. But this is not the case. The pelicans found in Asia and Africa are much bigger than the ones around Seabrook. The Great White Pelican, found primarily in Africa, is the biggest bird in the world. It has a giant wing span of twelve feet. This is a longer wing span than the Andean Condor which has a wingspan of eleven feet. Only the albatross has a wingspan matching the Great White pelican.

Brown and Peruvian pelicans are relatively small, with a wing span of only seven feet, and are the only pelicans that dive for fish. The others live near lakes and shallow bays and catch fish by forming half circles around schools and herd them towards the shore. They pluck them from the shallow water with a snap of their long bills. All pelicans have a hook, or nail as it is called, at the tip of their bill. The pelican’s foot, unlike those of ducks and geese, has four toes

with three webs for improved paddling capability.

Pelicans are unique in other ways that are not obvious. When capturing fish, the lower mandible of a pelican’s pouch, called a gular pouch, can stretch a foot wide allowing their pouch to act like a net. Their mandible is highly flexible and snaps wide open when under the water and draws in up to three gallons of water and any fish swimming in it. Air sacs in the underside of the body fill with air and keep the pelican bobbing like a cork as it raises its bill squeezing out water before swallowing fish.

Pelicans who dive for fish are unique in several other ways. First, they have excellent eye sight and can dive from as high as sixty feet on a fish, with 85% percent accuracy. When they dive, they hit the water at about forty miles per hour. Pelicans have a throat and blood vessels located on the right side of their neck. When they dive, they twist to the left to protect themselves from the effects of impact.

An old wives’ tale said that pelicans, over time, become blinded by the force their eyes take when hitting the water. Supposedly this impairs their vision and they then die of starvation. Not true. Their eyes are protected by a third eye lid, called a nictitating membrane which closes over their eyes immediately prior to impact. Pelicans are surface feeders and only dive as far as their bills can reach.

Pelicans don’t make much noise. They remain quiet except when in breeding colonies where they hiss, and clack their bills to warn off other birds trying to steal their eggs. But for the most part stay quiet.

Brown pelicans were almost driven to extinction by humans trying to rid the earth of malaria causing mosquitos and

fleas and lice that transmit typhus. The compound, dichlorodiphenyltrichloroethane, aka DDT, was developed during WW-2 to combat malaria and typhus. It was successful and later used indiscriminately as an agricultural insecticide. The eventual result was nearly catastrophic for the pelicans and other birds like the American Eagle.

In a process called biomagnification DDT washed off the land into the water where it was absorbed and remained in the tissue of micro-organisms. The small organisms were eaten by larger animals which infected even larger animals up the food chain. DDT was not flushed out of the prey’s system but was accumulating in greater amounts in their tissues.

DDT did not kill the pelicans, but the increased amounts of DDT in their tissues caused the egg shells to weaken to the point where the nesting birds crushed the eggs as they brooded over them. After years of DDT ingestion, the birds produced less and less young until they reached near extinction. The government finally banned DDT and the birds began to make a slow comeback.

No discussion of pelicans can be made without inclusion of the rhyme I’ve sung since I was a boy fishing on San Diego bay. *The silly ole bird is the pelican. Its bill can hold more than its belly can. It can hold in its beak enough food for a week. But I don’t see how in the hell it can.*

Now we see them everywhere especially here at Seabrook and most specifically at the bar at the Pelican’s Nest. We are fortunate to have them so close where we can enjoy their company and appreciate the uniqueness of a beautifully adapted bird.▲

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<p>Featured Listing</p> POOL, GOLF VIEWS 3079 Baywood Drive Seabrook Island 4 BR · 4.5 BA · 3,925 SF \$2,399,000	<p>Just Listed</p> GOLF & LAGOON VIEWS 814 Treeloft Trace Seabrook Island 3 BR · 2 BA · 1,222 SF \$769,000	<p>Just Sold</p> MARSH VIEWS 1003 Embassy Row Way Seabrook Island 3 BR · 3 BA · 2,001 SF \$750,000
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SEABROOK ISLAND *Real Estate*



3067 MARSHGATE DRIVE
\$6,700,000

Ocean/River/Marsh View | 6 BR | 4.5 BA | 6,633 SF



2480 CAT TAIL POND RD.
\$2,695,000

Golf View | 5 BR | 4.5 BA | 4,757 SF



3210 PRIVATEER CREEK RD.
\$2,495,000

Golf/Lagoon View | 4 BR | 4.5 BA | 3,708 SF



2350 CAT TAIL POND
\$1,499,000

Golf View | 4 BR | 2.5 BA | 2,526 SF



4056 BRIDLE TRAIL DR.
\$1,195,000

Equestrian View | 3 BR | 2.5 BA | 2,030 SF



768 SPINNAKER COURT
\$699,000

Beach Access | 2 BR | 2 BA | 1,215 SF



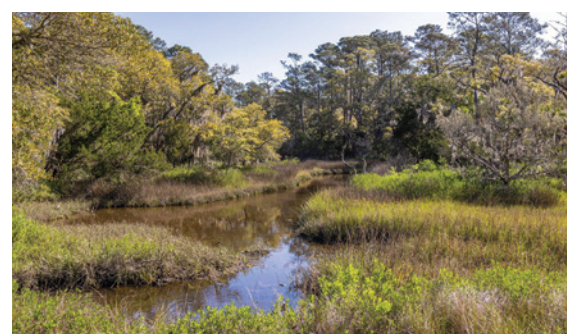
8 DUNECREST TRACE
\$595,000

Golf View | 2 BR | 2 BA | 909 SF



195 HIGH HAMMOCK RD.
\$499,000

Golf View | 2 BR | 2 BA | 1,036 SF



2465 SEABROOK ISLAND RD.
\$425,000

Marsh View | Block 4, Lot 29 | 0.41 Acres

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Seated: Pat Polychron, Chip Olsen, Stuart Rumph, Kathleen McCormack, Marc Chafe

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*Seabrook Island Club membership is required for ownership. Club amenity use is for Members and guests.
Lake House use is for Members, property owners, and their guests.*



