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# THE Seabrooker

VOL 24 • ISSUE 10 • OCTOBER 2021

## TOWN OF SEABROOK ISLAND HURRICANE SUMMER OF 2021 EXERCISE



### FROM TOWN HALL

Barry Goldstein

Due to its geography, topography, and location, the Town of Seabrook Island is vulnerable to a number of significant disasters. The Town has recognized these vulnerabilities and has addressed them periodically through policy, ordinance, and public information. In 2009 Town Council decided to expand these previous efforts by compiling a Comprehensive Emergency Plan (CEP) to prepare for, respond to, and recover from a variety of emergency or disaster events.

The CEP addresses the Town's personnel, elected and appointed officials, and services provided to its residents. However, the CEP does not attempt to address the individual responsibilities and preparations required by the Town's residents or other entities, such as the Property Owners' Association (POA), The Club, or Camp St. Christopher. Those individuals and organizations are responsible for their own plans and efforts. The Town encourages all to take hurricane preparedness seriously. The Town will coordinate communications and activities to affect a well-organized response, but other entities are responsible for their own planning and response efforts.

The Town's CEP's objectives are as follows: • To protect human life • To protect property • To minimize the disruption of the Town's services to its residents and • To provide an effective framework for the Town to coordinate response and recovery actions between Town Officials and other agencies and organizations involved in the overall effort.

The Town of Seabrook Island takes its responsibility for pre- and post-hurricane preparedness seriously. Post hurricane, the Town is responsible for ensuring that Seabrook Island Road will be accessible as soon as possible. The Town has contracts in-place with heavy equipment contractors to perform clearing of Seabrook Island Road and has set aside over \$2 million dollars in an emergency fund for this and other emergency work.

Since the Town implemented a Comprehensive Emergency Plan in 2009 it has completed seventeen exercises of this plan since 2010. The most recent hurricane exercise was recently completed and was the second exercise conducted since the COVID-19 pandemic began in 2020, and the first exercise to include a hurricane scenario. The exercise built upon previous exercises as continuous improvement of the CEP for a hurricane scenario.

The scenario was a major hurricane making landfall near Seabrook Island. Although the exercise scenario was fictional, the possibility of a major hurricane impacting Seabrook Island is real. The recent landfall of hurricane Ida in Louisiana, which occurred after the exercise was conducted, is just the type of storm the Town's exercise was based on. A summary of the exercise scenario included:

- Hurricane Skip made landfall on Edisto Beach, SC on August 20th as a Category 4.
- 15 - 20' storm surge inundated all of Seabrook Island and surrounding area.
- Sustained winds of 140 MPH were observed at Johns Island Executive Airport, with wind gusts exceeding 160 MPH.
- Helicopter aerial assessments show extensive damage to Seabrook.
- Approximately 200 people are thought to have remained on island during the storm but search and rescue efforts are delayed.
- SJFD is made its first attempt to reach the island several days after landfall.
- Local utilities have stated it will be weeks before service can be restored in limited areas and capacity, and longer for full restoration.
- No power, water, internet, cell phones.

Again, **although this was a fictional event** developed to test the Towns planning, this type of event is possible.

The exercise session was directed to the members of the Town's Disaster Recovery Council (DRC). The DRC group consists of members defined in the CEP Section III H of Emergency Operations that meets to prepare for, respond to, and recovery from Emergencies and Disasters within the Town. The exercise was based on a hurricane scenario that occurs during a pandemic and was delivered vir-

tually. Again, the Town was trying to make the exercise a real as possible.

The exercise was designed to train, guide, and in some cases, challenge the participants in their level of knowledge and practice of their respective roles and responsibilities.

The following objectives were achieved during this exercise:

1. Town's Hurricane Plan - identify any gaps or clarification required to the plan.
2. Short-term Recovery - discuss the issues and strategies associated with extensive damage to the Town, creating unlivable conditions for weeks, following a major hurricane.
3. Coordination - discuss the coordination of resources and communications between the Town and DRC entities following a major hurricane.
4. Long-term Recovery - discuss the issues and strategies associated with the long-term economic recovery of the Town following a major hurricane.

The exercise session was effective in addressing each of the objectives. A post exercise Improvement Plan was developed and details the issues and gaps identified during the training and exercise sessions, and will help the Town better prepare.

The Town wishes to thank Mr. Scott Cave, CBCP ([scott.cave@verizon.com](mailto:scott.cave@verizon.com)) who is the Town's consultant in emergency planning for his efforts in planning and leading the exercise and his contributions to this article.▲

## THE 2021 ALAN FLEMING TENNIS TOURNAMENT IS ALMOST HERE

The 37th annual Alan Fleming Senior Open Clay Court Championship is just around the corner. And, player registration closes soon. The highly acclaimed tournament will be held at the Seabrook Island Racquet Club October 6-10.

The Fall tournament (for players age 35 and up) is a time when property owners regroup after the summer. While there are many players from Seabrook and Kiawah Islands, as well as the greater Charleston area, the tournament draws players from more than a dozen or more states. Currently, there are players who have registered from as far away as California, Connecticut and Massachusetts.

There are 44 separate events at the tournament and for the 2021 competition there are two registrations. One is for the Level 5 open clay court state championship. The second is for clay mixed doubles.

Players can register at [www.USTA.com](http://www.USTA.com) and the tournament ID is 21-12891. Information is also available at [www.AlanFlemingTournament.net](http://www.AlanFlemingTournament.net)

### COVID PRECAUTIONS PLANNED

The Fleming 2020 tournament was cancelled due to Covid-19. For the 2021 tournament all activities will take place outdoors.

For players and sponsors, the social highlight will be on Saturday night at an outdoor cocktail party at the Pelican's Nest. The popular band The Vistas "The Show Band of the South" will perform.

The tournament has always been open to the public and free of charge and popular with Seabrook Island residents. In this year's tournament there



Stuart Jackson (above-2020)



Todd Hall and Lisa Gnan (right-2020)

will be grilled burgers and franks at the racquet club.

There will be other activities during the tournament including a complimentary beer truck. While there is some seating provided, attendees are encouraged to bring a beach chair. On the final day of the tournament in addition to the beer truck there will be a Bloody Mary and Mimosa bar from noon to 2 pm.

### LOCAL CHARITIES BENEFIT FROM THE FLEMING

In a departure from past practices, not one, but two local charities were selected to be the charitable beneficiaries of tournament.

The Sea Islands Blessing Basket, a Sea Islands Hunger Awareness Foundation (SIHAF), 501 (C) (3) supports charitable food-related missions and provide drinkable well water to those without access to fresh water on Johns and Wadmalaw Islands.

Sea Islands Blessing Basket is an all-volunteer effort and distributes food

to nearly 700 residents on Johns Island and Wadmalaw whose income is below the poverty level. More information on the foundation can be found at [www.FightIslandHunger.org](http://www.FightIslandHunger.org)

The second charitable beneficiary is the AMOR Healing Kitchen. AMOR provides healthy and nourishing meals to people facing critical or chronic health challenges. The meals are actually cooked by teen volunteers who learn culinary, nutrition and leadership skills. More information can be found at [www.AMORHealingKitchen.org](http://www.AMORHealingKitchen.org)

There will be a "Sip and Shop" at J McLaughlin's at Freshfield Village on Wednesday, September 29 from 12-4 and 15% of all proceeds will be donated to AMOR.

### ONLINE AUCTION OCTOBER 1-10 WILL BENEFIT CHARITIES

The online auction will begin on Friday, October 1st. Among the items being offered:

- One night at The Loutrel, Charleston's newest luxury hotel, Island Oak Medical Spa hydra facial treatments, Indigo Health & Wellness therapy sessions, The Medical Spa at Kiawah massage, The Spa at The Sanctuary Hotel gift basket and hydra facial sessions, a bourbon basket valued at \$900, golf at the Osprey Point Golf Course, a five-course dinner for 4 prepared at your home, wine basket and a handmade Quarter Barrel Tray.

A link to the online auction will be released soon but the auction can be accessed through the [www.alanfleming-tournament.net](http://www.alanfleming-tournament.net)▲

Dale and Patti Leibach

THE Seabrooker  
P.O. Box 30427  
Charleston, SC 29417



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





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.

Co-Founders: 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 (ARTICLES & PHOTOS)

Barbara Burgess, Joanne Fagan, Barry Goldstein, Amanda Horn, Bob Leggett, Ed & Aija Konrad, Dale & Patti Leibach, Michael Morris, Sharon Peck, Jerry Reves, MD, Ralph Secoy, Paul Tillman

CONTACTING THE SEABROOKER

Please send correspondence and inquiries regarding editorials to

TheSeabrooker@yahoo.com or call 843.408.3707

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

FOR ADVERTISING OPPORTUNITIES, PLEASE CONTACT Teri B. Lash • 843.747.7767 • TLash@BernsteinLash.com

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



Richard 'Dick' Billings Clarke, 85, of The Brennity, Vero Beach, died on September 12, 2021.

Born in Buenos Aires, Argentina, Dick came to the U.S. to attend prep school at The Gunnery School in Washington, CT.

But work was not what defined Dick. He always devoted his best time and energy to his family and his community.



The family of Mary DuBois invites you to celebrate her life at a memorial mass to be held Saturday, October 23rd at 2:00 PM at Holy Spirit Catholic Church.

The mass will be followed by a Celebration of Life and 80th birthday celebration in Live Oak Hall located in the Seabrook Island Lake House.

Dick and Peg retired initially to Seabrook Island, SC, where Dick coached soccer, tutored local students, wrote for The Seabrooker newspaper.



CAP'N SAM EDISTO

Dear Cap'n Sam,

Thank you to Jeri Finke, for her insightful and thought provoking article about the history of our beloved island in the September Seabrooker.

Her delightful analysis gives those who have not lived through our sordid past of financial turmoil a glimpse into the results of painful "isolationism" policies.

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Dear Cap'n Sam: A MESSAGE TO MEMBERS OF THE SEABROOK ISLAND CLUB FROM THE COMMITTEE OF CONCERNED MEMBERS

Please note: Our small committee is UNRELATED to the group organizing a petition to the Town of Seabrook seeking limits on rental properties.

TO OUR FELLOW MEMBERS OF THE SIC:

This brief update is intended to convey 2 simple messages to our fellow members.

Some issues remain as to whether the Board and management will fully direct Club operations on a not-for-profit, member satisfaction model.

We have communicated specific concerns to the Board and the Board has announced that it will hold another open meeting to discuss them with the membership on October 21, 2021 at 4p.m.

That is the second purpose of this update: we urge members to email the Board members directly to state that

in-person questions and answers are important so that members can truly be heard. You can find their email addresses on the member website under Board of Governors.

COMMITTEE OF CONCERNED MEMBERS: Janet Chesley / Valerie Doane Mark Doane / Denise Kotva / Gary Kotva Joseph Bauer / Gloria Bauer

Dear Cap'n Sam, The Well Aged column in the September Seabrooker states:

"...For example, Nancy Pelosi is pushing 81, as is Dr. Fauci. President Biden is 78. Just those three alone contradict the well held concept that aging means, which is you've gotten fragile and defective and it's time to get out of the way!"

I disagree. Those three contradict the notion that seniors can be vibrant.

It IS past their time to get out of the way!

M. G. Isaac my911@aol.com

Dear Cap'n Sam, Hello, Mr. Morris! I hope you and the Seabrooker are doing well.

I have some news to share with you! Last night, I received news of my acceptance into the Cavalier Daily, our university newspaper.

Thank you! Emily

Well, I'm delighted that you have continued on with what was started here. I loved reading the "Daily Tar Heel" way back when as a student.

I know you'll do a bang up job at the Cavalier Daily. Please keep me posted. I think I may use your kind letter as a Dear Cap'n Sam. I think my readers will also be delighted to hear of your new adventure.

The Proud Editor! Emily is a freshman at the University of Virginia in Charlottesville and the daughter of Seabrookers Amanda and Mark Horn.



COVAR CORNER

JOANNE FAGAN Secretary for COVAR

Real estate sales have been brisk in 2021. In the first six months, 74 villas, cottages, or townhomes, with a value close to \$33 million dollars sold.

With so many new homeowners on Seabrook Island, as well as homeowners who have increased the amount of time staying on the island due to Covid, I have been presented with the opportunity to introduce you to COVAR.

Established in 2001, the original membership of 27 associations and regimes has grown to our current 41 members.

COVAR advocates on issues that pertain to their membership with the two governing bodies on Seabrook Island: the Town of Seabrook Island (TOSI), Seabrook Island Property Owners Association (SIPOA).

Living in an association or regime is the perfect fit for many of us on the island. A spectacular setting and natural beauty, along with first class amenities and recreation complete the picture.

ing, with terms held according to their individual bylaws. The majority are managed by a professional property management company and assigned a personal manager for their association or regime.

The homeowner in an association or regime pays an assessment fee to their management company, which is in addition to the fee that all homeowners pay to SIPOA.

Each homeowner's fee varies, depending on whether your unit is stand alone or detached, has a pool or elevator, and if there are any additional assessments for capital projects.

As you settle into your new home on Seabrook Island, you may decide that you want to change a few things. Maybe a bigger deck, change exterior paint colors, make some basic repairs.

Modifying or repairing your home involves both SIPOA and TOSI. Knowing how and where to start the process can be confusing, which is why COVAR developed a simple checklist to help expedite the process.

To make any changes to the exterior of your property, you should thoroughly review the architectural standards for your association or regime.

Checklist for Obtaining Approval to Perform Exterior Modifications/Improvements

The following checklist has been provided by COVAR should you choose to repair or renovate your property. Be-

fore starting any project, the following steps must be taken. Permission must be received to perform any work, such as exterior painting, wood rot repair, etc.

The list below summarizes what must be done to obtain approval to start work on an exterior modification to your villa, cottage, or townhome.

- 1. Download and print a request form from the SIPOA website: "Exterior Alteration/Improvement Conditional Approval Request" (found under "Forms", "ARC Resources")
- 2. Submit Request to the management company.
- 3. Management company submits the Request to SIPOA ARC for approval.
- 4. After ARC has approved the Request and notified the Town of Seabrook Island of the approval, obtain a Town Zoning Permit.
- 5. Because many of the association/regime homes were constructed before the Town of Seabrook Island was incorporated in 1987, many of the lots are "non-conforming."
- 6. Please note: Submission of required paperwork does not automatically mean that approval has been given nor that permits have been issued.

If you reside in any of the 41 COVAR member communities, each management company webpage has a directory of the communities they manage here on Seabrook Island.

For all our new homeowners on Seabrook Island, "Welcome from COVAR."

COVAR, the Council of Villa Associations and Regimes represents 41 member communities on Seabrook Island, with 1335 units.

CORRECTION NOTICE

The "Invasive Plant Species on Seabrook Island" article in the September Seabrooker was written by Barry Shedrow. His name was at the end of the column but unfortunately another name also appeared and picked up from a previous month's paper. Our apologies.

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# Why Birdwatching?

ARTICLE BY AIJA KONRAD | PHOTOS BY ED KONRAD

Birdwatching...you hear a lot about it, so what's all the fuss about? Major publications feature articles on its benefits to our mental and physical health. TV shows feature spots on the joy of watching birds. Over 45 million people in the US watch birds in some way. Over half a million people around the world use the eBird app to report their bird sightings as citizen scientists. Seabrook Island Birders (SIB) has over 300 members and a calendar full of well attended activities.

So, why should you consider birdwatching? What is it about this pastime that becomes almost addictive for those of us who love it? To find out I asked some SIB members why they birdwatch. Here are their answers:

- Birds are amazing and beautiful. I love watching the detailed behaviors of birds. Looking at the birds at my feeders is intoxicating.
- Birdwatching relaxes me - there are so many species, and every trip is different. It's an activity that can be done anywhere at any time.
- Birding exercises the mind and body, it provides physical fitness and cardio, reducing stress. I love that it gets me outdoors.
- I like the socialization of working with others to identify new birds. It's like a scavenger hunt.
- It keeps me constantly learning new things.
- As a former hunter, the camera lets me use my field skills to get the "shot".
- Birding connects me with nature, and makes me aware of the importance of conservation.
- I didn't expect at my age, to find a new hobby that I absolutely love and keeps my brain and senses sharp.

We all came to birdwatching on different paths. I came via gardening. I was a passionate gardener in Atlanta. Our garden was on garden tours, and I spent all my time digging in the dirt. Then deer arrived and gardening became an exercise in frustration. A neighbor invited me to go on a guided bird walk at Kennesaw Mountain, a famous migration stop north of Atlanta. I had no expectations, my binoculars were terrible, and I could not get good looks at any birds. But when someone offered me their "real" binoculars I was blown away by what I saw. How had I been walking by all these beautiful birds all my life and never noticed them?

I went straight to Wild Birds Unlimited and bought a pair of Vortex 8x42 binoculars for \$350. I was bitten by the bug and the rest is history. That was 14 years ago, and my birding passion has only grown. Ed began to tag along with me with a point-and-shoot camera, and then graduated to a real camera with a 300mm lens that's now a 600! His talents at



Birding is social - Learning Together North Beach 2019



Amazing & beautiful - Reddish Egret, Roseate Spoonbill



Fascinating feeders - Rose-breasted Grosbeak, Baltimore Oriole



Gets me outdoors - WA Mt Baker hike, getting the shot



Anytime - Eastern Bluebird in winter, House Finch in spring



Many species & behaviors - Western Grebe, White-necked Jacobin, Canada Warbler, Osprey/Bald Eagle



Exercises mind/body & connects with nature - Roseate Spoonbill

photography are amazing and it's wonderful that we can do this hobby together. We've traveled and birdwatched all over the world and 49 US states. I was in my 60's when I began, and at 72 I did a Big Year across the US, spotting 577 species for the year! Birding keeps you young!

Birdwatching has been found to be beneficial to mental health. Birding is meditative. It's a skill of fine-tuned observation, so when you're birding it's an escape from all the things that may be weighing you down in daily life. To me, it's the best stress reliever ever! There's even a new word for it, "ornithotherapy" or the therapeutic power of birdwatching. In an article for Birdwatching Magazine, Marta Curti writes "being mindful and fully present in the moment can help us regulate emotions and positively influence our thought patterns in the long term. One of the best ways to care for ourselves, and to practice mindfulness, is focusing on the wonders of the natural world. Birding can uplift the spirit and be beneficial to the mind. It teaches us patience and demands our full attention. Once a bird is in sight, there's so much to hold our attention."

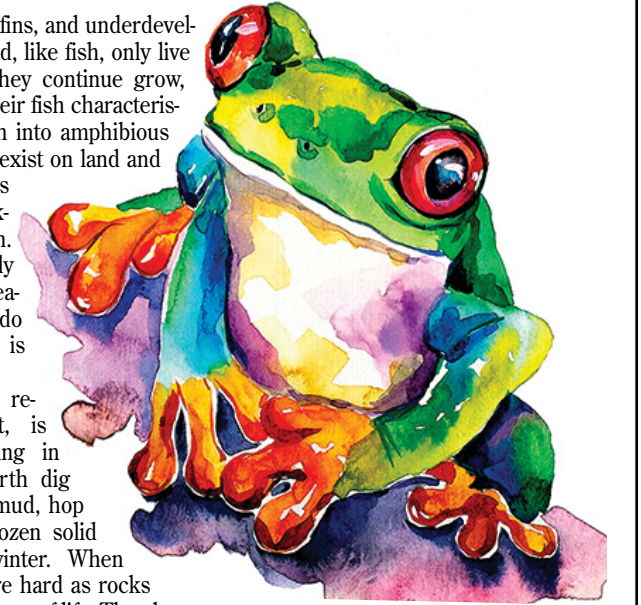
It's a hobby that travels with you. I have been known to bird from the car at 70 mph on an interstate (with Ed driving LOL). I've birded from outdoor restaurants with a glass of wine. I've even taken binoculars to an outdoor family wedding in California! Birds are everywhere no matter where you live, and birdwatching is a hobby that is accessible to anyone at any time. Begin with your backyard, identify the common birds that visit it. Learn their sounds, learn their habits.

Another benefit of birdwatching is that it puts us in touch with our environment. Seabrook Island is an amazing place to birdwatch, one of the best beaches in SC for shorebirds. Plus, the island itself abounds with birds. As we watch the birds, we begin to wonder about their natural habitat...do they have enough to eat, are there predators that threaten them? Seabrook Island Birders have a great shorebird stewardship program. They share knowledge about the birds on our beach, and work to protect the many species that migrate or nest.

Seabrook Island Birders offer many birdwatching activities for both new and experienced birders. SIB's motto is "watching, learning, protecting." It conducts interesting Zoom evening programs led by a variety of expert guest speakers. There's a new fall lineup of guided bird walks, with great opportunities for new birders to learn about the birds. Sign up for a walk at seabrookislandbirders.org. There's nothing better we birders like to do than talk about birds and share our knowledge with those just getting started! Give it a try! ▲

# What's Up with Frogs?

By Paul Tillman



Now and then I wake up and wonder, what's up with frogs? Don't you? No, you don't, me either. I, like you, live in a different world than frogs, and lack a compelling motivation to move me past my indifference. To the real estate minded folks on Seabrook, frog means Finished Room Over Garage and that most certainly doesn't get my curiosity bug going. But now and then, my former life as a science teacher compels me explore the world around me and my curiosity kicks in when I become aware of things in nature I don't understand.

Why choose frogs? My attention was drawn to frogs many times before the call for exploration took hold, but I remember a serenade that started the wheels turning... It was just before an evening rain shower, when distant thunder rumbled and the air was thick and still. It was then that I became aware of the frog's croaking and chirping of their disjointed song.

At first, they croaked individually as if they were tuning up for a full-throated concert, and, as it turns out, they were. The disjointed croaking continued for a while as the storm approached, then, all of a sudden, they coalesced in two large, strong voiced, groups. The groups croaked, back and forth, louder and louder as if to outdo the other (Think of an Ohio State football game where one side of the stadium yells 'OH,' and the other side yells 'IO back') They then, without apparent direction, they melded their croaking voices into one that rose to a full blast cacophony. They croaked their little hearts out, until the storm reached me. Then the frogs became abruptly silent and let the rain and thunder continue the performance.

There are widely varying estimates of species of frogs on earth. The number ranges from four thousand to around nine thousand. In South Carolina, there are about thirty-one species. They live all over the state, but generally near water, and are more prevalent in the damp foliage of the low country.

The fact that they need water nearby, brings up an interesting point. As we all know, frogs are amphibious and live in and out of water. But, in their pollywog stage they start out as fish. At first, they are odd looking fish, with a

fat head, gills, fins, and underdeveloped lungs, and, like fish, only live in water. As they continue grow, they lose all their fish characteristics and morph into amphibious frogs that can exist on land and in water. This is a remarkable transition. I know of only one other creature that can do this and that is the butterfly.

Another remarkable fact, is the frogs living in the frozen north dig a hole in the mud, hop in, and are frozen solid during the winter. When frozen, they are hard as rocks and show no signs of life. They have no heartbeat, or brain waves, but, when spring returns, and the weather warms enough to melt the ice, the warmed-up frogs come back to life and return to a normal life with no ill effects. This process of rebirth has been known for years and studied intensely by scientists to find if the frogs have an ability that can be transferred to humans. As it turns out frozen frogs, though they are solid as a rock, are not completely dead solid frozen. This phenomena is absolutely astounding. It seems that frogs have learned how to take their urine and combine it with glucose to produce antifreeze. The urine/glucose mixture is transferred into the blood stream. There, it provides very low, but still enough, energy, to allow the frogs to keep from being frozen to the point beyond where they can't recover. I know enough about the function of the kidneys in humans to say that this is not possible for us. But the frogs are not human and the ones who live in the north do it every winter.

So, we have entered the world of the frog. What now? Well, as it turns out, there are many aspects of our planet. I should include all the planets, our solar system, and the universe, that we live on but know little or nothing about. Sort of what it must be like to be an ant in the cab of a bulldozer, he's seeing a lot of stuff get done but does not know how the bulldozer works. In the coming months join me in examining the stuff getting done and reminding us all of the beautiful world we pass by. ▲

The poison does not harm humans because holding frogs does not transfer enough toxin to humans to cause harm. However, if I became a frog-freak and just had to handle frogs every day, I'd wear gloves.

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# The Importance of Green Space

**What is green space?** An image of land covered with trees, shrubs, and/or grass immediately springs to mind. Representative examples include community parks and gardens, woodlands, cemeteries, farmland, and residential lawns. Ecosystems such as wetlands, shallow lakes, ponds, estuaries, and beaches also qualify as green space. On Seabrook Island, the dominant forms of green space are undeveloped tracts of maritime forest, wetlands, fairways, and residential lawns.

The acquisition and protection of selected green space tracts on Seabrook Island is the responsibility of two community-based organizations: the Seabrook Island Green Space Conservancy (the Conservancy) and the Seabrook Island Property Owners Association (SIPOA). The Conservancy was incorporated as a 501(c)(3) nonprofit organization in 2000. It is governed by a Board of Directors composed of Seabrook Island (SI) property owners who volunteer to serve for a period of three years. The Conservancy's objective is to preserve SI's natural environment through education of conservation issues. This objective is accomplished by acquiring tracts of undeveloped green space, either through charitable donation by property owners or conventional purchase by the Conservancy.

After title to a tract of green space has been obtained by the Conservancy, the property is deeded over to SIPOA. SIPOA is responsible for maintaining the property in its natural state and enforcing applicable protective covenants. To date, 40 green space tracts (over 30 acres) on SI have been acquired by the Conservancy and subsequently deeded over to SIPOA. These tracts are inspected annually by both the Conservancy and SIPOA's Environmental Committee to ensure against illegal dumping and mitigate any potential safety hazards.

While the cost for maintaining our green spaces on Seabrook Island is minimal, the community and property owner benefits are significant. (According to SIPOA, the average property owner cost since SIGSC inception in 2000 is less than \$7 annually.)



Preserved Property - Horseshoe Creek

### Environmental Benefits

- **Air quality improves** as gaseous pollutants are absorbed by leaves and biodegraded within the plant.
- **Water quality improves** by removing precipitation-borne contaminants, reducing the potential for their transport to surface and ground waters.
- **Controls flooding** by functioning as a sustainable storm water management system.
- **Groundwater recharge** occurs from rainwater infiltrating green space soils and recharging the water table aquifer.
- **Preservation of wildlife habitats** when strategically located green space tracts serve as corridors for wildlife to move easily between multiple habitat areas, improving the potential for biodiversity and self-sustaining population growth.

### Carbon sequestration

- **Carbon sequestration** by reducing atmospheric carbon dioxide (CO2) concentrations and serving as a carbon sink.
- **Climate regulation** occurs by cooling the surrounding environment through shading and evaporative cooling.
- **Noise abatement** as trees and shrubs diminish noise by five to ten decibels for every 30 meters width of vegetation.

### Social Benefits

- **Quality of life** is enhanced by reducing stress, combating depression, and improving mental health.
- **Restorative effect** on humans.
- **Promotes physical health** by presenting opportunities for physical activity (e.g., walking, wildlife watching, bike riding, fishing).

trails that course through relatively undisturbed natural environments (see [www.sinhg.org](http://www.sinhg.org)). The Lake House lawn and adjacent Lake Palmetto are available for sports-related activities, fishing, or quiet contemplation.

### Economic Benefits

- **Property values increase** as the aesthetic quality/appeal of a community is enhanced, thus attracting prospective buyers.
- **Encourages tourism** by enhancing community attractiveness and providing recreational opportunities.

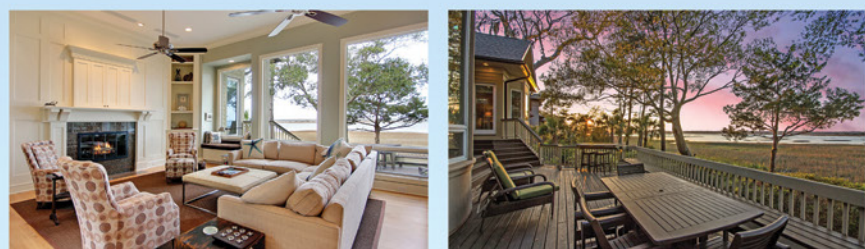
Seabrook Island is rapidly building out. Consequently, the acreage of undeveloped green space on the island is diminishing, as is the opportunity to acquire and protect the subject land. This scenario lends a sense of urgency to the Conservancy's efforts.

The conservation of green space is an excellent way to achieve sustainable development while maintaining our quality of life. You can find more information about the Conservancy on our website [www.sigsc.net](http://www.sigsc.net). If you are interested in donating of land, access the "How to Help" section on the top right of the homepage. Financial contributions can be made by using the Donate Here button at the top of the homepage or by mailing your contribution to:

Seabrook Island  
Green Space Conservancy  
130 Gardeners Circle, PMB 521  
Johns Island, SC 29455

To discuss the donation of land, click on the "How to Help" tab on the top right of the website. Monetary contributions can be made by clicking the button next to Donate Here at the top of the web page. I'm sure you can improve my wording! ▲

Amanda Horn



**247 Saltgrass Court, Kiawah Island**  
4 bed, 4.5 bath, 3300 ft<sup>2</sup> | \$2,200,000

Nestled on Kiawah Island, this turnkey home boasts custom finishes throughout including a gourmet kitchen, spacious outdoor deck and floor to ceiling windows with fabulous Kiawah River views!

Listed By:

Bob Nitkewicz | 843.819.7754 | [bobn@dunesproperties.com](mailto:bobn@dunesproperties.com)



Joy Millar  
843.425.2816



Jane Lowe  
843.709.1027



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404.444.6907



Brendan Magee  
843.224.0606



Sherry Marshall  
843.452.5211



Rosebeth Holliday  
203.448.6999



Bob Nitkewicz  
843.819.7754

The Kiawah Seabrook Group



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My favorite place to buy wine in Charleston is undoubtedly a place named Graft. Located at 700 King Street (conveniently, just steps from my apartment), Graft combines a retail store with a small bar and a few tables to enjoy selections from the shelves or a few wines offered by the glass.

Graft is run by Femi Oyediran, formerly of Charleston Grill, and Miles White, formerly of FIG. Both sommeliers, they have been well known and respected in the Charleston food scene for years and were named "Sommeliers of the Year" by Food and Wine Magazine in 2019.

While you won't be able to find cheap "cocktail party" wines; what you will find is a thoughtful selection of handcrafted, mostly organic wines, from some of the top wineries around the world. From the owners, to the atmosphere, to the wines, you will be surrounded by an aura of unpretentiousness and a passion for wine. While the staff will be more than happy to assist you with finding a wine, it's the type of place that you can grab anything off of the shelf knowing it was selected for quality and not "special pricing" from a distributor.

Their website, [graftchs.com](http://graftchs.com), contains a portion of their selections, but by no means, everything they offer. As always, I highly recommend visiting a wine shop over ordering online. Developing a relationship with a wine shop is important. They get to know you and your tastes, and you develop a trust to let them guide you to things that you might not normally select.

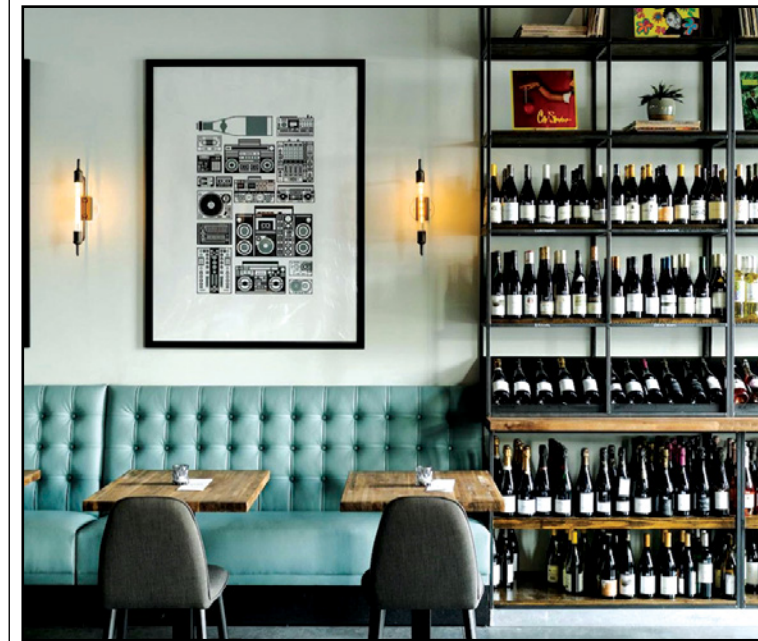
Just from the partial selection online, I was able to find three "value" selections that I can highly recommend:

For a white, I highly recommend the Kopal Furmint from Slovenia (\$21). The region is nestled between Austria to the north, Croatia to the south, and Hungary to the east. While the grape is more famous in neighboring Hungary (for which readers know I hold a slight bias towards), this is a good expression of the late ripening varietal that provides the weight that appeals to the Chardonnay drinker while retaining the acidity that appeals to those that tend to lean towards Sauvignon Blanc.

For a red, Franck Balthazar's Côtes-du-Rhône (\$24), is a perennial favorite of mine. While most Côtes-du-Rhône comes from the Southern Rhône (Châteauneuf-du-Pape territory) and is dominated by Grenache. Grenache produces full bodied wines, that while good, often lack complexity, both in flavor and in aroma. Balthazar, however, is based



**On Wine**  
Michael Morris - Sorghum and Salt



in the Northern Rhône, thus his wine leans heavily on Syrah, which produces a lighter yet far more interesting wine. For me, Syrah's smokey, tarry aromatics and more graceful presence on the palate, have always been a favorite.

Finally, for a sparkling wine, I recommend trying Von Winning's Riesling Sekt Extra Brut (\$27).

Sparkling wine has seen an explosion in popularity in recent years. So much so that a customer is now more likely to ask for a glass of Prosecco over a glass of Champagne. Unfortunately that also means Prosecco has become the sparkling version of Pinot Grigio, made in "factories", pumping out hundreds of thousands of cases of wine with little to no character. Sparkling wines from Austria and Germany have always offered outstanding quality and complexity. While not inexpensive and sometimes difficult to find, they represent an excellent alternative to Champagne at a more budget friendly price.

While Graft does offer shipping, I recommend paying them a visit a few times first. Let them get to know you and your tastes so that when they tell you they have something you need to try, you can take the recommendation without hesitation. ▲



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REFERENCES UPON REQUEST



## PURE THEATRE

### Buyer & Cellar

a comedy by Jonathan Tolins  
Sunday, October 17, 2021  
Turtle Point Clubhouse | 4 p.m.  
Ticket Release: 10/1 | Cost: \$10

Alex More has a story to tell. A struggling actor in L.A., he takes a job working in the Malibu basement of a beloved megastar. One day, the Lady Herself comes downstairs to play. It feels like real bonding in the basement, but will their relationship ever make it upstairs? BUYER & CELLAR is an outrageous comedy about the price of fame, the cost of things, and the oddest of odd jobs.



### Piano Bar

Wednesday October 27: Steve Joy Trio  
The Sandcastle | 5-7 p.m.  
No Tickets Required

Not meant to be concerts, Piano Bars are to enjoy with friends and offer an opportunity to meet neighbors outside your circle for some island socializing. Bring your beverage of choice and a snack to "tide" you over. The Sandcastle will be the happening place at 5 p.m. (island time).



### Zlatomir Fung, Cellist

Tuesday, November 2, 2021  
Church of Our Savior | 7:30 p.m.  
Ticket Release 10/18 | No Charge but Tickets Required

The first American in four decades and the youngest musician ever to win First Prize at the International Tchaikovsky Competition Cello Division, Zlatomir Fung is poised to become one of the preeminent cellists of our time. Astounding audiences with his boundless virtuosity and exquisite sensitivity, the 22-year-old has already proven himself to be a star among the next generation of world-class musicians. A 2020 recipient of an Avery Fisher Career Grant, Fung's impeccable technique demonstrates a mastery of the canon and exceptional insight into the depths of contemporary repertoire. He is presented by Harvard Musical Association, Philadelphia Chamber Music Society, Philharmonic Society of Orange County, and Thomasville Entertainment Foundation before making his Carnegie Hall Weill Recital debut in October 2021 with pianist Mishka Ruschke Momen in a program of Romantic-era classics.



### A Little COVID Humor

Don't let them take the temperature on your forehead as you enter the supermarket, its a government plot to erase your memory. I went for a bottle of milk and a loaf of bread and came home with a case of beer and 12 bottles of wine!







**For Our Runners!**

**OCT 9 - Lowcountry Trail Half Marathon & 5K Johns Island County Park**

Take to the trails of Johns Island County Park during the Lowcountry Trail Half Marathon & 5K. Beautiful fall foliage, moss-draped oaks, and native wildlife provide a scenic backdrop to the perfect trail run. To register, visit: [www.anc.apm.activecommunities.com/charlestoncountyparks/activity](http://www.anc.apm.activecommunities.com/charlestoncountyparks/activity)

**OCT 9 - 12th Annual Avondale 5K Run & Walk Triangle Char & Bar - 828 Savannah Hwy**

Lace up your running shoes because the Avondale 5K Run + Walk for Special Kids is back! This year's race benefits the Charles Webb Center, a non-profit, day care center that serves children from age 6 weeks to 10 years old who have developmental disabilities and special needs. The Center is under the umbrella of the Disabilities Foundation of Charleston County. Avondale 5K runners and walkers will make their way through the lovely streets of the Avondale neighborhood and onto the new bike path in West Ashley. Strollers and dogs are welcome! To register, visit [www.avondale5k.com](http://www.avondale5k.com).

**OCT 16 - 23rd Annual James Island Connector Run Cannon Park - Rutledge Ave**

The Charleston James Island Connector Run benefits the Gavalas Kolanko Foundation, a local charity that awards annual scholarships to students with physical disabilities at in the Lowcountry. To date, the GKF has awarded more than 165 scholarships to students with disabilities. Overlooking the beautiful Ashley River and the historic downtown peninsula of Charleston, this 10K Run and 5K Run/Walk (the 5K course remains an out and back course) goes across the James Island Connector. The post-race festival is held at Cannon Park and includes Refreshments, Music, Beer Garden, and kids zone. To register visit: [www.bikesignup.com/Race/Register/?raceid=77478](http://www.bikesignup.com/Race/Register/?raceid=77478)

**OCT 23 - Run Like the Devil 5K/Fun Run & Fall Festival Kiawah River - 3883 Betsy Kerrison Pkwy**

Join in the Sun Devil fun by participating in the annual 5k or Fun Run or come on out to participate in the fall festival filled with games galore sponsored by Kiawah River. Fall Field Day and Run Like the Devil support Charleston Collegiate School's Annual Fund, which is an important part of the school's annual operating budget. The Annual Fund helps CCS accomplish academic goals by providing essentials like faculty salaries/professional development, technology & supplies, and also provides financial aid to keep the school accessible to local promising students. To register, visit: [www.runsignup.com/Race/SC/JohnsIsland/RunLikeTheDevil5K](http://www.runsignup.com/Race/SC/JohnsIsland/RunLikeTheDevil5K)

**Update on Charleston's \$1.1 Billion Sea Wall Plan**

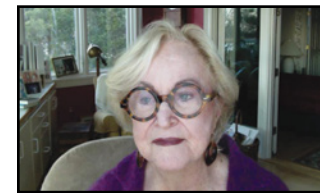
REPRINT CHS TODAY | CITY, NEWS | SEP 20 2021 / TATUM JACARUSO



The US Army Corps of Engineers recently released an update on its Charleston Peninsula Sea Wall proposal — the original plan was released in April 2020. The sea wall would be built around downtown Charleston ~8 feet above the tide flood line to protect against storm surge + sea level rise. The total cost of the project has decreased from \$1.7 billion to \$1.1 billion.

The City of Charleston would contribute 35% + the federal government would contribute the other 65%. For every \$1 invested in the project, there will be an estimated \$10.20 return on investment. The wave attenuating structure, or rock jetty, has been removed from the project and living shorelines such as oyster reefs along the western side of downtown have been added. Wetland

impacts have been decreased from 111 acres to 35 acres. The update also includes \$50 million in aesthetic adjustments to better incorporate the sea wall into historic Charleston. The new plan features modeled storm surge impacts to James Island, West Ashley, Mt. Pleasant, Daniel Island, and North Charleston. ▲



**WellAged**  
SEABROOK ISLAND  
Barbara Burgess

**Who Are You Calling Old?**

I have always felt that if you could change the language of aging, you would change the attitudes towards aging.

I've used words like "more seasoned population" "instead of older; "more experienced" rather than senior.

I need your help in starting a changing dialogue on aging, as I can't do this alone. Words like classic, wisdom, seasoned, experienced, judicious, sage, mature, are the types of words we should be employing in the mosaic of aging.

AARP has done quite a bit of work on this subject and I am liberally copying an article they did on the kinds of words we should be getting out of the way.

"Older" – interesting how that little "er" qualifier makes the adjective "old" sound inoffensive. After all, everyone is older than someone.

"Wise" – Certainly this word doesn't apply to all, but for the right individual, this is a classy way to hint at age while also honoring intellect.

"Mature" – This implies advanced emotional development and is a very acceptable term.

"Perennial"—Describing people as plants is very respectable. It evokes an image of thick leaves and fleshy blossoms. Like many older people, perennials possess the two coveted qualities in plant or animal – they are gorgeous and hard to kill.



"Ageless" – the ageless person perpetually exists in a liminal state where time is irrelevant.

"YOUNG" (used playfully) This is an infantilizing attempt at jocularity by someone actually young. A waiter greets a table of septuagenarians as "How are you young ladies doing today?"

"Please give us a break. There is nothing wrong with not being young, but you are too young to realize it."

"OF A CERTAIN AGE" – Mysterious, spooky. A number so scary it can't be said out loud lest it conjure evil spirits.

"OVER THE HILL." – No one knows what "the hill" is or what side of it any of us are on. Kindly reserve this term to estimate your location when we are a half mile ahead of you on a hike or an intellectual conversation.

Would love to have some conversations with any of you as to your contributions to the language of aging.▲

Source: AARP-aging/stories 2018

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**HEALTHY AGING**

Jerry Reves, MD



**Knee Pain – A Common Problem as We Age**

Aging as everyone knows who reads this column brings with it predictable problems. One of them is joint pain, and the most frequently affected joint is the knee. This is a problem because our knees are crucial to a most important daily function – walking around. Being ambulatory gives us independence and allows us to pretty much do what we want to do when we want to do it. It is essential to one of the few key factors that allows us to live longer – exercise.

**Common Knee Pain Symptomatology**

Pain: it is axiomatic if one has knee pain that it hurts. The pain may be constant dull aching or severe burning/piercing pain on movement or a wide range of painful sensations in between.

Weakness or instability: the knee may give way when we put pressure on it or it may wobble.

Swelling with or without warmth: enlargement of the knee from swelling and sometimes a palpable warmth to the touch may be present.

Unusual noises or feelings: the knee can make audible noise when moving or give you the feeling of a crunching action on movement.

Restricted movement: The knee may not be as flexible as it should be with restricted extension or flexion.

One or more of the above symptoms can occur with movement of the knee. If they do occur, it is a very common problem for people over 55. In fact about 25% of people over 55 will experience knee pain during the year and the incidence increases the older one gets. Thus, it is useful to discuss the causes, risk factors, diagnosis, and treatment for this common problem.

**Causes**

There are a great many causes of knee pain. We will not discuss the traumatic causes such as automobile crashes and acute athletic injuries that result in broken bones, torn ligaments, and damaged cartilage. With an acute knee injury, immediate medical attention should be sought.

Aside from the traumatic causes, knee pain can accompany many chronic diseases.

Arthritis: There are several forms of arthritis that can affect the knee. The most common is osteoarthritis which we will discuss below. Other forms of arthritis are rheumatoid which is the most debilitating and septic arthritis which is an active infection that must be treated immediately.

Osteoarthritis is by far the most common cause of knee pain. It is characterized by destruction of cartilage, bone thickening, and new bone formation. The result is that the knee does not function properly

and is painful when put to use for simple things like changing position or walking. It can be limiting and is the most common reason for knee replacement surgery. Needless to say, osteoarthritis progresses during the process of aging and ultimately can result in the need for surgery after all medical treatments have proven ineffective. The operation is common and usually successful.

Bursitis: Bursitis is the inflammation of the bursa or fluid sacs found in the joint and is generally caused by excessive or repeated use.

Tendinitis: Tendinitis is the inflammation of any of the tendons in the knee and like bursitis is most often caused by excessive or repeated use.

Gout: Gout is a type of arthritis that is caused by the accumulation of uric acid crystals within the joint.

Old Injuries: Old knee injuries that have been treated or were untreated tend to produce pain in the knee later on. This can be from previous injury to any structures in the knee including the bones, ligaments, bursa, and meniscus. With time the old injuries may form scars and/or other structural changes that impair normal knee function.

**Risk Factors**

Age is a major risk factor for most of the common causes of knee pain.

Weight or rather increased weight often leads to knee pain because of the added wear and tear on the knees not designed for the burdensome weight.

Previous knee injury as mentioned above can predispose to chronic or new knee pain.

Reduced muscle flexibility or strength predisposes to knee pain since muscles are required to keep the knees aligned properly.

Activities that cause excessive knee stress or strain such as some sports like jogging, basketball, or tennis or activities like gardening or other tasks done in positions that produce repeated wear and tear on the knees can lead to knee pain.

**Diagnosis**

The good/bad news is that you do not need to see a doctor to make the diagnosis of knee pain. You either feel it or you do not. You may be able to treat the problem you diagnosed with some of the treatment modalities mention below. However, if the pain persists for more than a week or two or gets much worse and has a number of

the associated symptoms listed above, then it is time to see a physician.

The physician makes the diagnosis with a careful history and physical exam, and may require blood tests or imaging like X-ray or magnetic resonance imaging (MRI). Sometimes fluid from the knee is withdrawn for culture and chemical analysis or arthroscopy is performed.

Generally the history and physical exam plus or minus a radiologic study are all that the physician needs to make the proper diagnosis.

**Treatment**

The treatment depends on the underlying cause of the knee pain and for this a physician's guidance is warranted. However, there are number of things that you can do before seeking medical attention. This is what we call symptomatic treatment. For new-onset pain the following steps can be tried.

The mnemonic for the initial treatment of knee pain is PRICE which means: Protection – keep the knee protected from over use or injury; Rest the knee – stay off of it for a week or so; Ice the knee for about 20 minutes three times a day; Compression the knee with an ACE bandage or compression cloth; and Elevate the knee keeping it above the heart if possible, but certainly not dependent or hanging down.

In addition to PRICE, a week's trial with over-the-counter ibuprofen, a non-steroidal anti-inflammatory drug, can be tried. It is important to take ibuprofen after eating to avoid stomach irritation. This conservative treatment is often effective in reducing the knee pain, but about 4% of the population will seek medical attention for knee pain.

The physician may determine that treatment of the disease process requiring medical treatment such as rheumatoid arthritis or an orthopedic problem may necessitate regular physical therapy or surgical intervention. Only about 2% of the 25% of people with knee pain will require a surgical procedure.

**The Bottom Line**

About a quarter of us will have knee pain. It is the product of living longer and all the years of mileage we have put on our two knees. Many of the causes of pain are inflammation from over or unusual use and will be improve with symptomatic treatment. Osteoarthritis may persist to the point that surgery is required in a small percentage of us.▲

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## Charleston County Parks hosting special events in October

Charleston County Parks announced a series of special events throughout the month of October. The events are taking place at parks throughout the county and include both free and paid events. If you're looking to get outside and enjoy Charleston's fall weather, check out the following events:

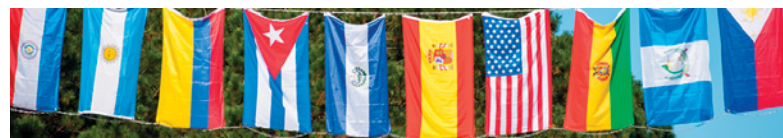
**Lowcountry Trial Half Marathon and 5K Run** – Johns Island County Park  
October 9, 8:00 a.m.  
Ages: 10+  
Fee: \$35-\$45



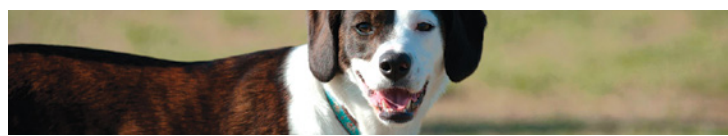
**Poetry at McLeod** – McLeod Plantation Historic Site  
October 9, 11:00 a.m. to 1:00 p.m.  
All ages - Join poet Grace C. Ocasio as she reclaims the plantation landscape with a poetry reading of her own works. A two-time Pushcart Prize nominee, Ocasio was a finalist in the 2016 Aesthetica Creative Writing Award in Poetry and was a recipient of the 2014 North Carolina Arts Council Regional Artist Project Grant.  
Fee: First 50 guests free, park admission fee for everyone



**Latin American Festival** – Wannamaker County Park  
October 10, 12:00 p.m. to 5:00 p.m.  
All Ages  
Fee: \$10



**Yappy Hour** – James Island County Park  
October 14, 5:00 p.m. to 7:00 p.m.  
All ages  
Fee: Free



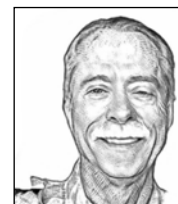
**Starlight Yoga** – Wannamaker County Park  
October 14, 6:30 p.m. to 7:30 p.m.  
Ages: 12+  
Fee: \$8



**Cast Off Fishing Tournament** – Mount Pleasant Pier  
October 23, 7:00 a.m. to 2:00 p.m.  
All ages  
Fee: Youth (3-12) – \$8 / 13 and up – \$10  
Seniors (60+) – \$8 / Military – \$9  
Fishing Pass Members – \$5



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**GLASS HALF FULL Perspectives**  
BOB LEGGETT

## WHISTLING PAST THE GRAVEYARD



Halloween is approaching, so let's imagine we are walking past a cemetery on a damp, dark evening. Suddenly you hear a strange sound and feel a chill run up your spine. Is it two tree branches rubbing together? Perhaps it's an owl hooting or a raccoon rustling through the leaves? Or, maybe, it's a warning of something horrific out there in the dark...

One way to diminish those menacing sounds is to create a little noise of our own by whistling a merry tune. This is known as "Whistling Past the Graveyard" – an attempt to ignore the looming hazards of a potentially dire situation. Will that help us maintain a Glass Half Full outlook?

There is currently no shortage of lurking ghosties and ghoulies for investors: Is the September stock market pullback a harbinger of worse declines to come? With COVID Delta slowing, will another mutation revive the Pandemic this winter? Are peak GDP and earnings growth rates in the rearview mirror? Will job growth reaccelerate? Is inflation transitory or persistent? Will supply chain issues be resolved favorably? Will China's crackdown on technology and real estate companies impact global growth? How will US midcycle electioneering impact 2022? When will the Fed taper its bond purchases and begin raising interest rates? Each of these frights feed into concerns about whether above-average stock market valuations can be maintained.

The latter factor has many observers worried, but I would note that high valuations rarely cause Bear Markets. High valuations may impact longer

term expected returns, but that is a subject for another column. With regard to earnings (EPS), the growth rate peaked in Q2 2021, but consensus expectations are still rising. These positive revisions to estimates are a plus for the stock market outlook. Given the continuation of extremely low interest rates, the current 20.5x price/earnings ratio does not look outlandish to me. Driver (3) **EPS growth remains in place.**

The primary concern I have is the Federal Reserve. Speaking of the Fed, please bear with me while I relate a personal story. The Fed's annual Jackson Hole (Wyoming) Symposium was scheduled for August 26-28 this year and guess what? I planned to be there, staying at the Lodge at Jackson Hole resort, right next to the conference center on those dates! I figured I would be in a prime location for sighting some central bankers or financial media celebs. Maybe I could even sit in on a public event? But no, despite their self-confidence with regard to controlling inflation, employment and the US economy, the Fedsters didn't have the nerve to simply wear masks and hold the Symposium in person. I had visited Mt Rushmore the week before and I will note that there are no Fed Chairs memorialized there!

At any rate, the Fed delivered a reasonably clear message at its September meeting that a taper announcement in November is all but certain. Most economists expect a gradual taper of \$10 - 15 billion from the current \$120B pace. The Fed seems justifiably concerned about inflation and their "dot plots" now indicate rate increases may begin sometime in 2022. Driver (4) **monetary stimulus remains in place for now**, but the long-overdue process of reducing monetary stimulus is about to begin.

Seasonal worries notwithstanding, it looks to me like the Glass remains Half Full. I may not be whistling a merry tune, but I think we can sneak past the Bull Market graveyard for a while longer!▲

**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.

## Retirement Cities



After putting in decades of hard work, we naturally expect to have financial security in our golden years. But not all Americans can look forward to a relaxing retirement. According to the Employee Benefit Research Institute's 2021 Retirement Confidence Survey, 7 in 10 workers reported feeling at least somewhat confident that they will have enough money to retire comfortably, but only 3 in 10 said they were "very confident."

However, retirement isn't necessarily all about the money. Retirees want to live in a place where they enjoy safety and access to good healthcare, especially in the wake of the COVID-19 pandemic. The ideal city will also have lots of ways to spend leisure time, along with good weather.

To help Americans plan an affordable retirement while maintaining the best quality of life, WalletHub compared the retiree-friendliness of more than 180 U.S. cities across 48 key metrics. Our data set ranges from the cost of living to retired taxpayer-friendliness to the state's health infrastructure. ▲

SOURCE: www.wallethub.com/edu/best-places-to-retire/6165

Overall Rank	City	Total Score	Affordability	Activities	Quality of Life	Health Care
1	Orlando, FL	62.14	13	9	70	68
2	Charleston, SC	61.97	30	15	68	31
3	Scottsdale, AZ	60.58	20	32	2	81
4	Tampa, FL	60.38	38	8	69	88
5	Minneapolis, MN	59.98	135	2	50	11
6	Denver, CO	59.45	77	7	49	101
7	Cincinnati, OH	58.70	103	3	85	76
8	Fort Lauderdale, FL	58.37	76	26	59	35
9	Miami, FL	58.05	72	12	105	55
10	Atlanta, GA	58.04	47	6	125	139
11	Columbia, SC	57.68	6	63	94	70
12	San Francisco, CA	57.10	159	4	40	26
13	Casper, WY	57.00	7	76	56	67
14	Tempe, AZ	56.67	20	103	27	98
15	St. Petersburg, FL	56.59	38	43	31	72

## Bishop Gadsden in your Home

Enhancing your life is Bishop Gadsden's highest priority. Whether you are recovering from illness or need assistance with day-to-day errands, Bishop Gadsden at Home can help you address your personal needs by providing knowledgeable, reliable, caregivers in your *own home*.

Let Bishop Gadsden's experienced and reputable staff make Bishop Gadsden at Home your source for positive living.

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A thriving life plan community located on James Island

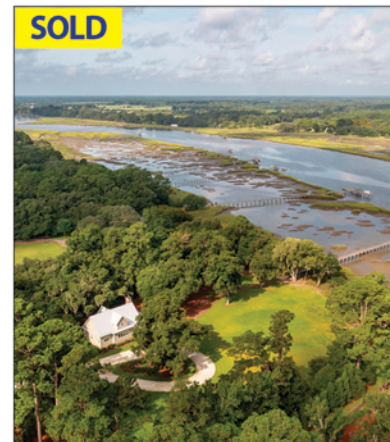


Proud Gold Sponsors of The Point's 1st Annual Charity Golf Tournament

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**SOLD**  
**3512 Bohicket Road**  
Johns Island  
2,450 SF | 3 BR, 3.5 BA  
\$3,900,000



**SOLD**  
**2935 Baywood Drive**  
Seabrook Island  
2,603 SF | 4 BR, 3.5 BA  
\$920,000  
*Sold in 1 Day!*



**SOLD**  
**1355 Pelican Watch Villa**  
Seabrook Island  
1,812 SF | 3 BR, 4 BA  
\$800,000



**UNDER CONTRACT**  
**738 Spinnaker Beachhouse**  
Seabrook Island  
1,244 SF | 2 BR, 2 BA  
\$579,000  
*Under Contract in 1 Day!*



**UNDER CONTRACT**  
**158 High Hammock Villa**  
Seabrook Island  
1,042 SF | 2 BR, 2 BA  
\$349,000  
*Under Contract in 8 Days!*



**NEW**  
**2951 Seabrook Island Road**  
Seabrook Island  
0.36 Acre Lot | Lagoon View  
\$225,000



# Sweetgrass Basket History in Charleston, SC

REPRINT CHS TODAY | SEPTEMBER 23, 2021

Charleston + Mt. Pleasant are home to a longtime Gullah tradition that has become a staple of the South: sweetgrass baskets. Anyone who visits the Lowcountry can experience the authenticity of this craft, as basket makers use a special coiled weaving technique to create intricate designs with their own set styles — *no 2 baskets are the same*.

The art of weaving sweetgrass baskets — SC's official state handcraft — was first introduced to the Lowcountry in the seventeenth century by enslaved African people. First constructed using bulrush — a tough type of marsh grass — these baskets are now made of a softer sweetgrass that requires minimal care. Recognized as some of the nation's most treasured cultural traditions, sweetgrass baskets have evolved from agricultural + household items to timeless works of art.

As one of the oldest surviving African art forms in the US, basket making has been passed down from generation to generation. This process requires skill and patience — it can often take weeks or months to complete the detailed designs. This one-of-a-kind art work has become part of a tradition that is a fundamental piece of SC's history.

The construction of Highway 17 + the Cooper River Bridge allowed basketmakers to bring their business to roadsides. This increased the popularity of this art form, as they became directly available to tourists, museums, gift shop owners, and collectors. With over 50 sweetgrass vendors in the Charleston City Market, it's easy to see why this Gullah tradition is so cherished. Basket makers, such as Mt. Pleasant local Mary Jackson, have received national + global recognition for this craft. First selling her baskets in a stall at the City Market in 1980, Mary's work has been featured in National Geographic and can be found in the White House + Smithsonian American Art Museum. Describing her art as "a gesture of respect to the work of her predecessors," Jackson's devotion to



Sweetgrass baskets at the Sweetgrass Festival in Mt. Pleasant | PHOTO VIA @NEWGIRLONTHEISLAND

basket making has earned her the title of MacArthur Fellow — also known as "the genius grant."

Today, the Gullah tradition of weaving sweetgrass baskets is a prominent piece of Lowcountry history. This intricate coiled technique is a legacy inherited by generations of Charleston families who aim to keep this tradition alive. Support local sweetgrass basket makers such as Andrea Cayetano-Jefferson, Tonya Aiken, Corey Alston + Beverly Grant at the Charleston City Market, as well as artists found along Mt. Pleasant's Highway 17, like Mazie Brown + married couple Daryl and Angela.



Sweetgrass basket making | PHOTO VIA @BOONEHALLPLANTATION

Mary Jackson at work in her Charleston studio. | PHOTO - GARDEN & GUN



## It's spooky season yet again!

Boone Hall Fright Nights are back for another spooky season. Fright Night offers the creepiest attractions including: Fallen Oaks Motel, Tiny's Toy Factory Anarchy, and Sinister Cinema Haunted Hayride. **Open throughout the month of October** Every Friday and Saturday and selected Sundays and Thursdays. Online tickets are available now for purchase for the haunted season. Online tickets will be limited yet again this season and due to its popularity on select evenings, many nights are expected to sell out. Guests are encouraged to purchase tickets in advance.

### Ticket prices are as follows:

- Scream Pass: \$35/each (includes one admission to each of the three attractions)
- VIP Faster to the Fear Pass: \$55/each (includes one admission to all three attractions utilizing special expedited access lines which reduce the wait time to enter each attraction)
- Individual tickets: \$18/each attraction

For more information on Fright Nights and to purchase tickets online at [www.boonehallfrightnights.com](http://www.boonehallfrightnights.com)

# The Many Colors & Faces of Freshfields Farmer's Market







### Seabrook Island Garden Club Announces October 8th Meeting

"Curb Appeal by Design" How many times have you thought or heard, "HELP! How do I fix this yard?" Well, the Seabrook Island Garden Club is here to help, and we have a very special "can't miss this" kick off with our October meeting!

Our Friday, October 8th meeting is with Ryan Watkins, Lead Landscape Consultant, and General Manager at Brownswood Nursery & Landscape. Ryan is a 3rd Generation Grower, South Carolina Certified Nursery Professional with 15 years of horticultural experience and 3 years of experience as a Horticulture Instructor for the City of Charleston. Ryan's Landscape Design and Installation work has been featured on HGTV, DIY Network, WCSC Channel 5, and WCBD Channel 2. Topics to be covered include are customized specifically for Seabrook Island: replace/enhance/embellish plants & trees, dealing with salt & salinity in your soil,

deer, the 4 fundamentals of landscape design, specific plants, grasses, palms for these and thriving in sun vs. shade. And here's a very special kicker: for garden club members only, send us a front yard photo by end of day Saturday, October 2nd for a chance to be selected for a "live redo" of your front yard and a gift certificate to Brownswood.

Send your photo to [seabrookislandgardenclub@gmail.com](mailto:seabrookislandgardenclub@gmail.com). Brownswood will also bring additional plants for a raffle pick at the end of Ryan's presentation.

So please arrive around 9:30. There will be a short business meeting at 9:45am and Ryan will begin at 10 AM. The '21-22 Seabrook Island Garden Club focuses on those who have an active interest in horticulture and artistic design, community beautification, ecology and philanthropy.

"The 2020-21 Seabrook Island Garden Club: Let's talk some dirt". ▲

### Romare Bearden: Abstraction

October 15, 2021 - January 9, 2022

the Gibbes museum of art



With some 55 paintings, works on paper and collages, *Romare Bearden: Abstraction* is the first exhibition to fully examine and contextualize the artist's significant body of abstract work. Recognized as one of the most creative and original visual artists of the 20th century, Romare Bearden's prolific and distinguished career spanned nearly 50 years.

these, the figurative collages for which he is most well-known). Bearden, born in Charlotte, N.C., is recognized as one of the most creative and original artists of the 20th century. The exhibition emphasizes the importance of abstraction in the artist's oeuvre, its significant contribution to the overall Bearden narrative and marks the artist's place within the New York avant-garde of the 1950s-60s.

This exhibition, which debuts at the Gibbes before traveling to venues across the country, also includes pieces created before and after his most direct engagement with abstraction (among

The traveling exhibition is organized by the American Federation of Arts (AFA) and the Neuberger Museum of Art of Purchase College, SUNY. ▲

**PONY UP** FOR CATR **MOVIE NIGHT**  
 30th Anniversary Celebration  
 • FEATURING THE FILM • **Dreamer**  
 A Fall Fundraiser to Support our Therapy Horses  
 Saturday, October 16th | 4:30-8:30p.m.

All ages will enjoy kid-friendly games, a photo booth, our 3rd Annual Pony Up Stick Horse Derby and a few special surprises to celebrate CATR's 30 years! Sit back and relax, enjoy dinner from Roti Rolls, indulge in sweet treats from King of Pops and watch our feature film, *Dreamer*, on a 40-foot movie screen under the roof!  
<https://catr.ejoimne.org/ponyuptickets>

*cocktails for a cause*  
 Join us for the **CSOL Fall Member Event**  
 Tuesday, October 12 6:00-8:00 pm  
 At the Harbour Club  
 22 Westedge Street, Suite 700  
 Convenient Indoor Parking at Publix

THE CSO BRASS • CHS ADVENTURE  
 RAFFLE DRAWING • SHOP SCORE

Bring a friend!  
 \$20 per person. \$10 contributed to the CSOL  
 Cash bar; passed appetizers

Go to [csolinc.org](http://csolinc.org) to buy  
 Cocktails for a Cause or Raffle tickets

**7th Annual Sea Island Spirit Writers Short Story Contest**

*Writers, Far and Wide* - Here's a chance to get paid for writing! Sea Island Spirit Writers' critique group is again sponsoring a short story contest open to all writers 18 years old and up. The phrase "a sign" must appear in your story of 750 words or less. Your story could net you \$100 for first place, \$50 for second place, or \$25 for third, and publication in *Lowcountry Weekly*.

THE RULES ARE SIMPLE:

- Entry fee is \$10 per story. Only one entry per person please.
- All entries must include your name, address, email address and phone number.
- Entries must be received by Friday, October 8, 2021.
- Entries cannot have been previously published. We want new, fresh fiction.
- Digital entries only please. Submit to [editor@lcweekly.com](mailto:editor@lcweekly.com) by email with "Short Story Contest" in the subject line.
- Payment may be made either by check or credit card. To pay by credit card, call *Lowcountry Weekly* at 843-522-0418. To pay by check, make checks out to "Lowcountry Weekly", with "Short Story Contest" in the memo line. Mail to *Lowcountry Weekly*, 106 West Street Extension, Beaufort SC 29902.
- Winners will be published in the October 27th issue of *Lowcountry Weekly*.

**Grounded in Flight Holiday Benefit**  
 MONDAY, NOVEMBER 22 • 3 PM - 9 PM

Join us at the Boone Hall Cotton Dock for a holiday benefit for Quail Forever on November 22 from 3 p.m. until 9 p.m. With hospitality galore, Quail Forever, with support from the Charleston Mercury, will host a signing of a new book of photography from Cacky Rivers, *Grounded in Flight*.

More than a dozen local artisans will also be in attendance for this grand event, kicking off the most wonderful time of the year. Lowcountry refreshments and good company warmed by a roaring fire will make this a holiday event not to miss. *Grounded in Flight* is Cacky's first collection of photography and will include more than three dozen species that nest in and migrate to and from the Lowcountry. The book is bound in leather with gold leaf line art from Lese Corrigan and featuring hand-drawn maps from Travis Folk.

RSVP to [mercurypartyrsvp@gmail.com](mailto:mercurypartyrsvp@gmail.com) or on Facebook.



*Excerpt from Grounded in Flight:*  
*What I am doing with my bird photography not only brings people joy but also gives them the knowledge of birds they may not have had previously. One of my favorite sayings is "knowledge is power." My photographs connect people with this knowledge — which is interesting because I shoot birds mostly alone. Out of this solitary pursuit, I have made the most incredible connections with people I never would have known.*

### Seabrooker Joseph (Joe) Bauer's New Book Has Been Released: The Patriot's Angels



Readers of *The Accidental Patriot* will find this second book in the series even better. But you can read them in any order! Each is a complete story that stands on its own. *The Patriot's Angels* is now available by asking for it at your favorite bookstore, or buy it online in hard cover, soft cover, or ebook (Kindle, etc.) on Amazon.com, Barnes and Noble.com, Abe books, or any other online bookseller. If you enjoy spy stories, dogs, or political/military intrigue, you will find *The Patriot's Angels* rewarding. All royalties paid to the author will be donated to Seabrook and Kiawah charities, including the efforts of the Sea Islands Hunger Awareness Foundation, Backpack Buddies, and the Kiawah-Seabrook Exchange Club Foundation. ▲

Published by Archway from Simon & Schuster



### All Single Tickets for Charleston Stage's 2021-22 Season Are Now On Sale!

Five Charleston premieres, Tony/Olivier/Grammy Award-winners, as well as the return of past run-away hits and audience favorites!

Enjoy Noel Coward's ghostly comic relief **Blithe Spirit**, the suspenseful and thrilling Agatha Christie's **Murder On the Orient Express**, the magical holiday return of **Elf The Musical**, the riveting and moving play **Black Pearl Sings!**, and the triple award-winning musical **Kinky Boots!** Plus, two great Family Series productions, **Junie B. Jones** and **Is Not a Crook and Charlotte's Web!**

To explore season ticket packages, visit: [charlestonstage.com](http://charlestonstage.com)

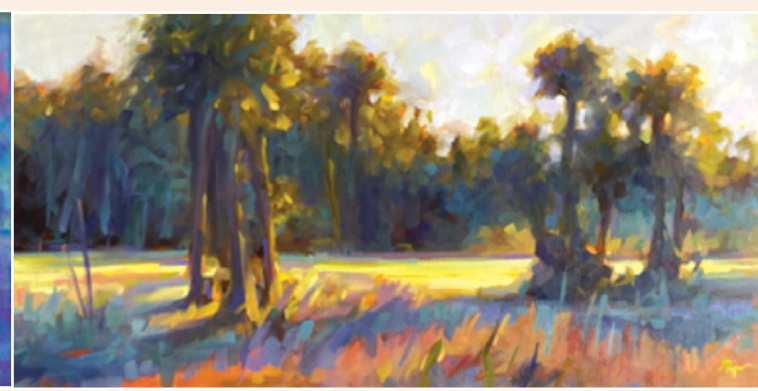


For more information on the Seabrook Island Artists Guild, its membership, classes, events and workshops, please visit our website at [www.seabrookislandartistsguild.com](http://www.seabrookislandartistsguild.com)



### Seabrook Island Artist Guild Welcomes Tammy Papa

Tuesday, October 19th | 1:30 PM  
The Lake House | Seabrook Island



Tammy Papa will be the guest demo artist for the October Seabrook Island Artist Guild.

With a painterly and impressionistic style, Tammy Papa captures the evocativeness of beautiful Lowcountry scenes, from the marshes and beaches near her Isle of Palms home, to architecture, still life and figure. Attuned to the play of light, she uses a warm and sophisticated palette to imbue her oils and pastels with signature radiance. Emotion flows from Papa's work — the peacefulness of the landscape, the drama of the sky, the warmth of the sun on a flower all become palpable. As one of her many collectors once commented, "your paintings make me feel the way I feel when I read poetry."

A long-time South Carolina resident who studied music before majoring in

studio art at the University of South Carolina, Tammy has always been drawn to creative endeavors. She won numerous Addy Awards in her former career as an art director for David Rawle and Associates in Charleston and Lee Helmer Design, where she created distinguished designs for clients such as Spoleto Festival USA, The Gibbes Museum of Art, and the Charleston Place Hotel.

In 1996, Tammy devoted herself to painting full-time, specializing in oils and pastels. She has studied in Taos, New Mexico, and San Miguel de Allende, Mexico, and exhibited in numerous regional and national shows. Her paintings are held in corporate and private collections, including those in Canada, Austria and Germany. A highlight of each year is participating in the Piccolo

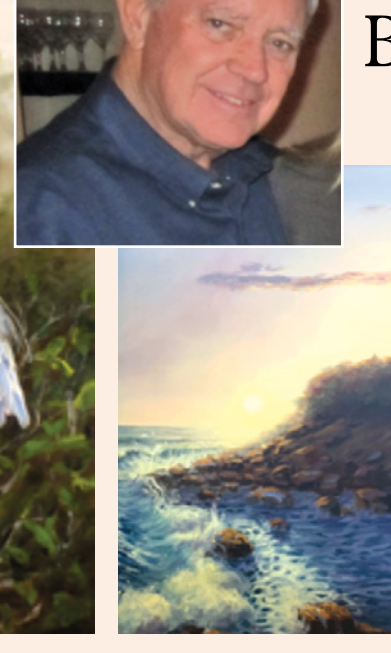
Spoleto Outdoor Art Exhibition, where her work received first and second place honors in 2005, 2006 and 2015. She enjoys sharing her talents through teaching drawing, oil and pastel workshops.

"I am drawn into the beauty before me," says Tammy. "I consider myself an expressive colorist, drawn to color and dramatic light. I see paintings everywhere I look, all day long. My easel, my art, is a refuge from the hectic pace of life. I can totally immerse myself in my painting, and have the good fortune of being able to do what I love to do in such a beautiful and inspiring place."

For more information on the Guild events, workshops, and membership, please visit: [www.seabrookislandartistsguild.com](http://www.seabrookislandartistsguild.com) ▲



### September's Artist of the Month Bob Le Lefevre



Bob started taking private art lessons at the age of nine under the encouragement of his ninth-grade teachers. He was enrolled into what now has become a famous teaching atelier in Ridgewood, NJ. Here, at this very early age, he was trained in the "academic" way that built his drawing and perceptual skills, by drawing an endless array of plaster busts in charcoal. This was followed by the introduction to oils, painting still life subjects monochromatically and eventually in color (sounds like lots of fun for a kid approaching puberty!!) He stayed interested and focused because

he loved the art of creation. Bob has always had a true love for the water always living or vacationing near the ocean. At the age of 18 he took a painting lesson from a retired sea captain on Cape Cod, Mass. where he painted a large clipper ship. It was at this time that his love for, and desire to paint marine art started.

After 33 years as a business man with Procter and Gamble, PepsiCo and as owner of The United States Playing Card Co., Bob retired at the age of 55 to pursue his true passion...painting! He immediately enrolled in the Art Acad-

emy of Cincinnati taking life drawing classes for over 8 years while at the same time teaching art to a talented group of young teenagers.

He continues to hold weekly oil painting classes at his home on Seabrook Island and regularly offers drawing and oil painting demonstrations through the Seabrook Island Artists Guild. He exhibits at the Seabrook Lake House.

To see many more of Bob's work go to his on-line gallery at: [www.lefevrepaintings.com](http://www.lefevrepaintings.com) ▲

### Seabrook Island Veteran's Day Charitable Golf Event



The Seabrook Island Club and the Kiawah-Seabrook Exchange Club will be sponsoring its Tenth Annual Veteran's Day charitable golf outing on **Monday, November 8, 2021** to honor veterans who have served the country and raise money to support the Ralph Johnson Veteran's Hospital and the Friends of Fisher House.

The event will be the biggest event yet with the addition of Seabrook Island Real Estate as a major contributor and both courses will be used. The event will be a captain's choice scramble format beginning with a 9:30 A.M. shotgun start. Teams will be flighted for awards based on total team handicap. There will be pizza and drinks in the club house after play is completed. **All Low Country residents are invited to participate.** Team and individual registrations are welcomed. Wounded Warriors from Iraq and Afghanistan will be participating as guests.

If you cannot play in the event but would like to make a contribution, you can send a check to Alan Armstrong, 2427 Golf Oak Park, Seabrook Island SC 29455. Checks should be made payable to the Friends of Fisher House or the Ralph H. Johnson Veteran's Hospital.

If you have any questions, please call Alan Armstrong at 410-274-7545 or email him at [alan9631@comcast.net](mailto:alan9631@comcast.net) ▲

The entry fee for Seabrook Island Club members is \$70 plus cart fee. For non-club members, the fee is \$120. \$50 of the entry fee will be set aside as a charitable contribution to the Ralph Johnson Veteran's Hospital and Fisher House. You may register for the event by clicking [sic2021veteransdaygolfouting.gollegenius.com](http://sic2021veteransdaygolfouting.gollegenius.com), calling the Seabrook Island Golf Shop at 843-768-2529, or sending an email to [golf@discoverseabrook.com](mailto:golf@discoverseabrook.com).

### The 17th Annual Respite Care Charleston Golf Tournament

...is less than two months away, and space is filling up fast! Please help us continue to provide support and services to families living with Alzheimer's disease and other forms of dementia by signing up to play, sponsoring or spreading the word!



Presented by Bishop Gadsden  
10:00am Registration | 11:30am Putting Contest  
12:30pm Shotgun Start  
Captain's Choice Format | Rain or Shine

Support services for local families living with Alzheimer's and dementia while hitting the links at Seabrook Island's exclusive Crooked Oaks Golf Course. Designed by Robert Trent Jones, Sr., Crooked Oaks is 6,780-yard, par 72 course that winds through marsh, maritime forests and moss-hung, century-old live oaks. After the tournament, players, volunteers and guests will enjoy dinner and awards at The Seabrook Island Club's Atlantic Ballroom. (Dinner-only tickets are available for \$40 / person.)

Tournament Entry: \$200 / player  
Includes greens fees, cart, lunch, beverage cart & awards.

Register online:  
[www.eventbrite.com/e/2021-golf-tournament-for-alzheimers-dementia-tickets-159193123919](http://www.eventbrite.com/e/2021-golf-tournament-for-alzheimers-dementia-tickets-159193123919)  
or by mail

Sea Island **Habitat for Humanity**

*Raise the Roof*  
**AUCTION & DINNER**

SUNDAY, NOVEMBER 14, 2021  
 SEABROOK ISLAND CLUB





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2447 The Bent Twig - \$1,930,000  
Golf/Lagoon view | 4 BR | 4.5 BA



2541 High Hammock Rd - \$1,850,000  
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3012 Marsh Haven - \$1,311,000  
Marshfront | 5 BR | 3.5 BA



3057 Seabrook Village Dr - \$1,162,490  
Proposed construction | MHA Construction | 4 BR | 3.5 BA



2881 Hidden Oak Dr - \$829,000  
Hidden Oaks | Lagoon view | 4 BR | 3 BA



739 Spinnaker Beachhouse - \$695,000  
Near beach access | 2 BR | 2 BA



2766 Old Oak Walk - \$649,000  
Lagoon view | 3 BR | 2 BA



2718 Seabrook Island Rd - \$259,000  
L7 B9 | Golf view | 0.58-acre homesite



2510 Cat Tail Pond Rd - \$229,900  
L1 B31 | Golf view | 0.44-acre homesite



2404 Golf Oak Park - \$160,000  
L42 B32 | Golf view | 0.44-acre homesite

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