IT TAKES A VILLAGE

GREENSPACE GALA RAISES OVER $66,000
Will Complete the Corner and Corridor

The Seabrook Island community eagerly attended another very successful Conservancy Green Space Gala on March 18. The Seabrook Island Club again generously hosted the annual event at the Island House, and Seabrook Island Real Estate once more helped make the evening possible with its help and donations. Money was raised through live and silent auctions, a “What’s in YOUR bottle?” game, our beloved brad game where the winner took home a ton of awesome electronics, the purchase of vacations in Italy and the “Symposiums Topsy Turvy” progressive cocktail party. The grand total raised exceeded $66,000! This money will enable the Conservancy to purchase property to complete a strategic corner and corridor at Block 1 Lot 4 at Seabrook Island Road and Clear Marsh.

Jeri Faite, the Conservancy president as well as the gala chairperson, welcomed everyone to the meeting followed by an invocation by Dr. Charlie Davis and Fallen Hero Remembrance.

Exchange President Bob Leggett welcomed everyone to the meeting followed by an invocation by Dr. Charlie Davis and Fallen Hero Remembrance.

Two hundred exchange members and guests gathered together to celebrate and pay tribute to Dr. Victor Agusta, Bambo-Seabrook Exchange Club Foundation’s 2017 Angel Oak Award Honoree, Wednesday evening, March 21, 2018 at the Seabrook Island Club.

Dr. Agusta has served as a volunteer primary health care physician at the Barrier Islands free Medical Clinic since it opened its doors in 2008. He has earned the trust and respect of his patients and colleagues at the clinic for his dedication, compassion and caring disposition. He has been instrumental in supporting the growth of the clinic as the number one recruiter of volunteer doctors and nurses.

Exchange President Bob Leggett welcomed everyone to the meeting followed by an invocation by Dr. Charlie Davis and Fallen Hero Remembrance and Pledge of Allegiance by Jim Sammister.

Following dinner Post and Courier columnist and Guest Speaker, Warren Peper was introduced by Larry Blansch. Mr. Peper spoke on “Life’s Curve Balls” and how to deal with them through personal challenges he faced throughout his career.

The highlight of the evening was Alan Armstrong’s Angel Oak Award Presentation to Dr. Victor Agusta-A good friend and outstanding volunteer who has made significant contributions to people in our area.

Dr. Vic accepted this honor with humble thanks while acknowledging the volunteer efforts of other non-profits and charities serving the impoverished population on our islands. He shared the amazing “no cost” medical services provided to BIFMC patients by Roger St. Francis, local physicians and pharmacies and praised his BIFMC volunteer nurse and scribe for putting up with his New York accent and inability to type.

Congratulations, Dr. Victor Agusta—Well Deserved.

Columnist and Guest Speaker, Warren Peper was introduced by Larry Blansch. Mr. Peper spoke on “Life’s Curve Balls” and how to deal with them through personal challenges he faced throughout his career.

The annual Barrier Island Round Robin Benefit Day at the Racquet Club included a separate men’s and women’s tournament followed by a raffle. “This year the Seabrook tennis community raised a record $6,200 for a great local cause—Pat Tallman, Kathy Bruce and all their volunteers put together a fun and highly successful event.

On Friday, March 25, the check representing the BIFMC donations was ready to be picked up. The Medical Clinic responded that it represented a tremendous gift. “Our new facility has just opened. It is beautiful and the space we now have to serve our patients is unbelievable. We have been campaigning for clinical room ‘naming rights’. We will consider the S.I. Tennis Community name on one of the clinical room’s doors.

It would recognize Seabrook Island’s support for our Miracle on Maybank. Thank you, and to those who support us all year long, we offer another thank you.
Mr. Robert Arnold Ferguson of Mt. Pleasant, SC died at the age of 94 on February 26, 2018. He and his wife Carolyn lived on Seabrook Island from 1978 until 2006. Upon his retirement he was very active in the First President of the Seabrook Island Association, playing a leadership role in the formation of The Club. He and Carolyn were also involved with the John J. Dunlop Obituary. Retired and lived in Pittsburgh, PA. He graduated from The University of Pittsburgh before joining the U.S. Navy. He then went to the University of South Carolina and later returned to Pittsburgh. He continued his education at the University of Pittsburgh. He was a Brave and Active Sailor in the US Navy. He was a Brave and Active Sailor in the US Navy. Mr. Robert Arnold Ferguson of Mt. Pleasant, SC died at the age of 94 on February 26, 2018. He and his wife Carolyn lived on Seabrook Island from 1978 until 2006. Upon his retirement he was very active in the First President of the Seabrook Island Association, playing a leadership role in the formation of The Club. He and Carolyn were also involved with the John J. Dunlop Obituary. Retired and lived in Pittsburgh, PA. He graduated from The University of Pittsburgh before joining the U.S. Navy. He then went to the University of South Carolina and later returned to Pittsburgh. He continued his education at the University of Pittsburgh. He was a Brave and Active Sailor in the US Navy. He was a Brave and Active Sailor in the US Navy.
Quarterly Treasurer’s Report: 

The Treasurer’s report shows that all associations’ reports for the COVAR annual dinner are being collected for 2018. All donations should be made payable to COVAR and sent to the attention of the Treasurer.

Rear in the rough edge of the month, The Seabrook Island Ranger continues to report on the successes of its mission. The Board of Directors of COVAR, the monthly newspaper, has been conducting regular meetings for the year. They have discussed and debated important issues such as COVAR’s mission, the rules and regulations governing the association, and the financial status of the organization. The meetings have been well attended by members of the association, who have actively participated in the discussions.

Recognition of Alan Reamer and the Dick Foster Award: 

The Dick Foster Award is a recognition given to individuals who have made significant contributions to the community. Alan Reamer is one such individual who has been recognized for his dedication and hard work. The award was presented to him at the recent meeting of the COVAR Board of Directors.

Meeting Adjournment and Next Meeting: 

The meeting was adjourned with a vote of thanks to all those who attended and participated.

DOUGLAS HAMILTON, COVAR President

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Seabrook Island Island has joined several other communities in the South Carolina coastal area in speaking out against offshore drilling off the coast of South Carolina. The town’s Planning Commission has recommended a resolution opposing offshore drilling, and the council is scheduled to consider the matter at its next meeting.

The Planning Commission’s action comes in response to a request from the State Coastal Resources Management Council (SCRMC) for the town to consider the issue of offshore drilling. The SCRMC has been holding a series of meetings statewide to gather input from local communities on the issue.

Councilwoman Finney called for a vote to approve the resolution. Councilman Wells seconded the motion and the resolution passed unanimously.

Humpherys: Mayor Humpherys seconded the motion to open the outer continental shelf to oil and gas exploration and drilling as allowed. The Town registered its opposition to the SCRMC’s proposal to open the outer continental shelf to oil and gas exploration and drilling. The Town has been carefully considering the issue and has determined that it is not in the best interest of the town.

In other business, the Town Council approved a resolution to adopt the 2018 budget. The budget includes a number of initiatives, including the adoption of a 2018-2019 Capital Improvement Fund and the continued use of the COVAR By-Laws and By-Rules to guide decision-making.

The Town Council also approved a resolution to authorize the town manager to enter into contracts with Island Beach Services for the year.

The meeting closed with the approval of the 2018 budget and the adoption of a number of resolutions.

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The Seabrook Island Island Council is a civic organization that represents the interests of the town’s residents. It is made up of elected officials who work to ensure that the town’s needs are met and that the community is well represented.

The Island Council is made up of a president, vice president, and secretary-treasurer, who are elected by the residents of the town. The council is responsible for making decisions about the town’s budget, infrastructure, and other matters.

The council meets regularly to discuss important issues and to make decisions that affect the town. It is an open and accessible organization, and residents are encouraged to participate in the decision-making process.

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Fresh Produce Giveaway in Memory of Ed Rinehimer

On Saturday, March 3rd, Sea Islands Hunger Awareness Foundation will honor Ed Rinehimer, a long-time volunteer for the Sea Islands Hunger Awareness Foundation who lived on Seabrook Island.

Mr. Rinehimer asked this: “His wish to end hunger, especially on the islands and was made available on a first come basis. Approximately 20 volunteers, including staff from the Church, participated in loading up a truck and driving out to the clients. Volunteers also helped prepare and serve lunch to everyone.

The distribution was in memory of Ed Rinehimer, who lived on Seabrook Island and was a long-time volunteer with Meals on Wheels and the Blessing Basket. Lois Baucom was a long-time volunteer with Meals on Wheels and the Blessing Basket.

The distribution was his gift to the residents of these neighboring islands. It was inspired by the outpouring of support that many people showed that day. Memorial gifts made to Sea Islands Hunger Awareness Foundation will continue to help other families on Johns and Wadmalaw Islands and was made available on a first come basis. Approximately 20 volunteers, including staff from the Church, participated in loading up a truck and driving out to the clients. Volunteers also helped prepare and serve lunch to everyone.

Another service of medical screenings was also made available to the attendees. Wellness checks for blood pressure, diabetes and breathing issues were provided by a team from the Charleston Street Wellness Patrol who had a portable advanced EMT program set up in the fellowship hall of the church. Food Giveaway of the year at the Seabrook Island Presbyterian Church located on Bohicket Road.

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Soothing the Beast
Written by Kathryn Hazel Day

The pain illustrating drugs and/or pain-relieving drugs used by patients seek relief from their pain. However, drugs can only mask the pain, they do not remove the underlying cause. The pain persisting in the brain is not just about physical pain, but also psychological pain. The brain is a complex organ that responds to various stimuli, including pain. When pain is chronic, the brain can become sensitized to it, leading to a condition called central sensitization. This can cause the brain to respond excessively to pain even when the stimulus is not present. People with chronic pain may experience a range of symptoms, including depression, anxiety, and sleep disturbances.

Many hospitals now offer music therapy to help patients cope with pain. Music therapy is a form of therapy that uses music to improve a patient’s mental, physical, and emotional health. Music therapists use a variety of techniques, including listening to music, singing, playing instruments, and composing music. They work with patients to help them find the music that best suits their needs and to use it as a tool to reduce pain.

One December I witnessed music’s calming power when I was in the emergency room of a hospital. I was a nurse, and I had been caring for a patient who was experiencing a severe pain crisis. The patient was in great pain, and no amount of medications seemed to be helping. I asked the patient if they wanted to listen to some music. The patient agreed, and I found a CD of soothing music and began to play it. The patient began to calm down, and their pain seemed to decrease.

Music has been shown to have a positive effect on patients in a variety of ways. For example, music can help reduce stress, lower blood pressure, and improve sleep. Music therapy can also help patients cope with pain, as well as improve their mood and overall quality of life.

In conclusion, music therapy is a valuable tool in the treatment of pain and other conditions. It can help patients feel better, and it can improve their quality of life. As a nurse, I see the positive impact that music therapy can have on patients, and I encourage others to explore this form of therapy for themselves and their loved ones.
**HEALTHY AGING**

**Jerry Reves, MD**

**HEALTHY AGING TRAVEL TIPS**

One of the many things that being older can afford is the time to travel sometimes, sometimes travel big deals and go for unplanned times. For example, your spouse and you may want to avoid the same tourist areas you usually visit. Traveling together with another couple, a group of friends, or even on your own can make for a different journey. It can also be a great way to stay active, as well as to enjoy some of the quiet spots that are often too crowded or busy for those who want to get away from it all.

### Allergies

Boast the challenges you have to medications, but this should not be a deterrent to you being active and being able to enjoy your trip to the fullest. You may also have to carry your medications in a manner that does not make you feel self-conscious, and you may have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you. You may also have to carry around your medications with you.

### Precautionary Medicine

Prevention is the best medicine. Don't travel if you don't feel it's safe to do so. In some cases, your physician may advise you not to travel due to safety concerns. However, there are several things you can do to help ensure your safety.

### Eating and Drinking

One of the most common things that people do during travel is to eat and drink. Eating can also be a factor in your health, and drinking can affect the way your body functions. It is important to be aware of the local foods and beverages available to you. Be sure to drink plenty of water, especially if you are traveling in a hot climate. This can help you stay hydrated and prevent dehydration.

### Jet Lag

Jet lag is a common problem that many people experience when traveling across time zones. Jet lag can be caused by a variety of factors, such as long flights, time zone changes, and the stress of traveling. Jet lag can be alleviated by taking steps to adjust to the new time zone as quickly as possible. You can also try to get enough sleep, eat a healthy diet, and stay active to help reduce your jet lag symptoms.

### Illnesses

It is important to take precautions to protect yourself from illness while traveling. This includes taking steps to prevent infections, such as handwashing and using hand sanitizers, and getting vaccinated before traveling. You should also be aware of the current health conditions and travel advisories for the countries you are visiting.

### Combating the Epidemic of Obesity

American adults have been increasing their physical activity, but the rate of decrease in obesity has not been as great. Combining exercise with other healthy behaviors, such as eating a healthy diet and getting enough sleep, can help prevent obesity and related health problems.

### Summary

By following these tips, you can help ensure a safe and healthy trip. Enjoy your travels and make the most of your experiences!
The stormwater outfall excavation spaces and have purchased 2 handi -
mates. See the President’s Report and I attended the Audubon Inter -

On March 15th Julie McCulloch complete our annual audit.

The new ABDI gate software sys -

Thank you for your help in maintaining the cleanliness and quality of The Lake House Fit -

Many women shy away from strength training because they assume it’s too much work, and they think it will not give them the results they desire. But the truth is, with the right training and nutrition, you can achieve incredible results and improve your overall health. 

**Why You Should Be Strength Training**

**Cardiovascular Health:** Strength training helps to improve cardiovascular health by increasing the heart’s efficiency and reducing the risk of heart disease.

**Mental Health:** Strength training can improve mental health by reducing stress and anxiety levels and increasing self-confidence.

**Bone Health:** Strength training helps to build strong bones and prevent osteoporosis.

**Muscle Strength:** Strength training improves muscle strength, which is essential for daily activities and preventing falls.

**Fat Loss:** Strength training can help to burn fat and promote muscle growth.

**Improved Metabolism:** Strength training increases your metabolic rate, which helps you burn more calories throughout the day.

**Improved Balance:** Strength training helps to improve balance, which is important for preventing falls and injuries.

**Improved Mood:** Strength training can improve mood and reduce feelings of depression and anxiety.

**Improved Quality of Life:** Strength training can enhance your quality of life by improving your energy levels and overall sense of well-being.

**Conclusion:**

Strength training is a powerful way to improve your health, fitness, and mood. It is a safe and effective way to improve your quality of life, and it can be a fun and rewarding way to stay healthy. So, if you’re ready to try strength training, there are plenty of resources available to help you get started. Whether you’re a beginner or an experienced trainer, there’s something for everyone. So, let’s get started and make strength training a part of our lives. 

*Source: [Sport & Health](https://www.sportandhealth.com/*

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**Note:** This content is generated based on the provided text and does not include the images or tables present in the original document.
Congratulations

Seabrook Island Real Estate Sales Executives, for their outstanding 1st quarter performance!

Seabrook Island Real Estate Sales Executives are not ordinary real estate agents. They don’t sell properties - they welcome new neighbors.

Nobody knows Seabrook like they do! Our Sales Executives are trained to use their own experiences from years of living and dreaming in our community to connect the feeling of being a Seabrooker with the needs and wants of their prospects and clients. They then become your new neighbors and friends.

Year after year, Seabrook Island Real Estate, by results and reputation, far exceeded all others as the foremost provider of real estate services on Seabrook Island.

We are the only real estate company with a full-time marketing staff and program focusing only on Seabrook Island and our unique lifestyle. As a subsidiary of the Seabrook Island Club, revenue from our company stays at home and is put back into the Island.

Patsy Zanetti
Stuart Rumph
Chip Olsen
Tom Peck
Pat Polychron
Mary Ann Lloyd
Kathy Rigtrup
Stuart Spisak
Emery MacPherson
Trish & John
Ernstrom
Molly Burkart
Marc Chafe
Bill Britton
Candice Haynie
Natasha Stevens
Kathleen McCormack
Miriam Burich

2018 Listings

2656 Persimmon Pond Ct Under Contract in 4 Days!

HOMES

1184 Oyster Catcher Ct
2455 The Haul Over
2249 Catesbys Bluff
2958 Baywood Dr
2981 Deer Point Dr
2667 Foxhall Ct
2941 Baywood Dr
1813 Landfall Way
2405 Cat Tail Pond
1021 Crooked Oak Ln
2590 The Best Twig
3026 Fairway One
1021 Marsh Pointe
1940 Bohicket Marina
2439 Charlestonne Place
2994 Atrium
2011 Salt Marsh
721 Spooner
1313 Pelican Watch
1227 Creek Watch
542 Tarpon Pond
950 Sealoff
508 Tarpon Pond
3019 Ocean Winds
522 Tarpon Pond
535 Tarpon Pond
1352 Pelican Watch
1105 Summerwind
1913 Bohicket Marina
1342 Pelican Watch
621 Shadowwood
1644 Courtside
602 Shadowwood

LOTS

2272 Seascapes Ct
2811 Old Drake Dr
2837 Cap’n Sams Rd
2490 Cat Tail Pond
3262 Seabrook Island Rd
3260 Seabrook Island Rd
3056 Seabrook Village Dr

VILLAS

2254 North Beach
1017 Marsh Pointe
2062 Salt Marsh
1942 Bohicket Marina
3036 Fairway One

2656 Persimmon Pond Ct
3162 Blue Heron Dr
3076 Marshgate Dr
2685 Gnarled Pine
917 Sealoff
1189 Seabrook Village Dr

Seabrook Island Real Estate • 1002 Landfall Way • 843.768.2560 • www.seabrookislandrealestate.com