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THE Seabrooker

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STRATEGIC PLAN LEADS THE WAY TO A SUCCESSFUL 2024



FROM THE CLUB

Lynn Lillibridge
President

2023 was an exciting year for the Seabrook Island Club (SIC) and 2024 is shaping up to be the same way. Our mission continues to strive to enhance the experience of Members, guests of Members and Rental guests and do it in a consistent manner. As many of you know the Club, in 2023, undertook the task of creating a Strategic Plan. With guidance from Global Golf Advisors, our members, (through surveys and focus groups) management and employees we delivered the final product at the 2024 Annual Member Meeting in February. The focus of the plan was “bringing balance to what Member’s value with the cost to providing those services and amenities”.

Through great membership participation in the Strategic Plan three action items rose to the top of the list:

- Preserve our Beach
- Increased collaboration with SIPOA and the Town of Seabrook (TOSI)
- Identify and implement a technology solution that benefits Members and creates efficiencies in operating the Club

First, our beach. As we all can see, our beaches have experienced Mother Nature’s wrath especially in the last several months. Coastal Sciences and Engineering (CSE), who has partnered with Seabrook Island for the past 40 years, is working directly with SIC, SIPOA and TOSI to help protect and preserve our beach. CSE presented a history of Seabrook Island’s beach and discussed some of the options we have to make sure the beach continues to exist as we know it today. Seabrook Island’s three governing bodies agree that our beautiful shores are this island’s greatest asset. We commit to work together to protect our beach and the wildlife that call our sands home. CSE has been invited to present to SIC Members at the upcoming Open Member Meeting in May to help Members learn more about ways to protect this important asset.

Secondly, collaboration with SIPOA and TOSI. In the 2023 Strategic Survey results, 63% of the respondents felt that SIC should actively collaborate with both SIPOA and TOSI. And that is exactly what the SIC Board intends to do. Since January 2024 the leaders of all three entities have met several times to talk about important issues that affect the population of Seabrook Island. In fact, Dave Brown, President of SIPOA, and Bruce Kleinman, Mayor of TOSI joined the 2024 SIC Board of Governors Retreat in March to discuss their strategies for 2024 and talk about synergies that could exist between all three organizations. Continued collaboration between the three entities, their leadership and committee members will be a priority in 2024.

Third, technology. SIC is a different community than it was before the pandemic. We know it sounds like a broken record but.... our population has increased over the last four years with an additional 462 memberships, our demographic is younger and expectations for improved services and amenities have grown exponentially. However, our investment in technology has not kept up. Wouldn’t it be nice to only receive the emails that are relevant to you? How about having access to a website that was more intuitive and would allow you with one click to make a reservation at Pelican’s Nest or the Palmetto Room? Tom Johnson, a Member of SIC and Board Member of SIPOA worked for PricewaterhouseCoopers providing technology expertise to companies like McDonalds, has been actively exploring technologies that are specifically designed for clubs like SIC. The goal is to have Club wide design solution in place by the end of 2024.

Finally, some of the questions that the Club needs to answer: Are our current physical amenities meeting the needs, and providing value, to all our current members and future members to come? Do our physical amenity facilities meet this growing island’s needs and desires? Logically, before we can answer these questions, we need to take a thorough inventory of what currently exists, and how these amenities could continue to benefit us in the years to come. The Club needs to understand the full scope of the land we own, our amenities that are close to or at maximum capacity and how our assets can work for us going forward. Creating a Master Plan will help us answer these questions and lay out a blueprint for any potential future development. This exercise is prudent before the Club considers asking membership’s financial participation in the building of any new amenity.

The Board of Governors (BOG) of SIC are actively incorporating the direction from our Strategic Plan into all SIC Committees goals/action steps. The goal is to make sure the BOG and Club Committees use opportunities highlighted in the Strategic Plan to continue to elevate the experience everyone has here on Seabrook Island. ▲

NO SILOS ON SEABROOK



FROM THE TOWN

Bruce Kleinman
Mayor

Silos. The Town of Seabrook Island, the Seabrook Island Club and the Seabrook Island Property Owners Association often seem to operate in silos. I know: each entity has its own mission, its own needs and its own constituency. The Town Council is committed to finding a new way, a collaborative way to work with Club and SIPOA leadership, and this is set forth in the recently adopted Strategic Priorities of the Town. Likewise, the boards of both the Club and SIPOA have declared that collaboration among the governing entities is a priority for 2024.

Silo, according to the Merriam Webster Dictionary, is defined as “an isolated grouping, department, etc., that functions apart from others especially in a way seen as hindering communication and cooperation.” One management expert wrote that silos are only broken down if leaders have and convey a stronger sense of belonging to a bigger whole. The Town Council and the boards of the Club and SIPOA believe that our respective organizations do belong to a bigger whole: Seabrook Island.

In the accompanying piece in this issue of The Seabrooker, Club President, Lynn Lillibridge wrote that increased collaboration was a top priority in the Club’s Strategic Plan. Our shared vision represents a sea change in the culture of leadership on Seabrook Island.

When organizations work in silos, problem solving often takes a back seat to laying blame. In a climate in which there is a shortage of communication, a weakness of personal relationships between usually exists also. The leadership of the three Seabrook Island entities seek to change this climate; that

was a primary objective for the recent “get to know you” event held by the Club for the leaders of the three entities. We are going to create and continue to evolve in an environment where the leadership of the three entities regularly interact and problem solve together.

How are we doing this and how do we expect to evolve? Talk is cheap, right? Well, already we have taken several large steps on our collaboration agendas. Lynn and I have already written about the regular meetings that Lynn, Dave and I have had and that Dave and I addressed the Club board at their retreat. In addition to those cooperative endeavors, representatives of the leadership of the three entities are already serving on committees of the other entities. For example, Lynn served on the TOSI Special Committee on ARPA Expenditures, and SIPOA and Club representatives are expected to participate in the Town’s Environment and Wildlife Committee’s effort to create the Town’s first ever Marsh Management Plan. Looking ahead, the three entities are working together on a joint Master Plan for the Island. The idea was originally a Club initiative, and the Town and SIPOA were invited to participate. After the writing of this column, but by the time this issue reaches you, representatives of the Club’s Long Range Planning Committee will have attended a Town Council meeting to deliver a presentation for the Master Plan and, hopefully, the Council will have voted to participate. A commitment to embark on a Master Plan together would mark a decided change in our culture and would constitute a significant commitment for how our Island embarks into the future.

We may need to have three separate entities on Seabrook Island, but we should not lose sight of the fact that many of us are part of each entity. As I said last month, we can all be stronger together.▲

Seabrook Island Real Estate Welcomes New General Manager & Broker in Charge, BEN SCHUYLER



Seabrook Island Real Estate is excited to announce the appointment of Ben Schuyler as the new General Manager and Broker in Charge, adding a dynamic leader with over twenty years of experience to our established team of accomplished Sales Executives. Ben’s arrival signifies a new chapter in the legacy of Seabrook Island Real Estate, promising a future guided by innovation and excellence.

Born and raised in Columbus, Ohio, Ben’s professional journey to Seabrook Island feels like destiny fulfilled. Educated at Columbus Academy and Granville High School, he pursued his passion for business, earning a Bachelor of Business Administration in Finance & Management from Ohio University. In his formative years, he laid the groundwork for his strategic nature and problem-solving skills, defining his professional career.

continued page 2

SEABROOK ISLAND CLUB
Open Member Meeting
Friday, May 17 • 4 PM
Atlantic Ballroom
Dear Members,
We look forward to engaging with you at the upcoming Open Member Meeting. We will have a special guest, **Patrick Barrineau** from Coastal Science and Engineering, joining us for a brief presentation about Seabrook Island’s beach.
Join us in Bohicket Lounge for Happy Hour after the Meeting!

Basketmaker sews other cultures into sweetgrass tradition

REPRINT - CHARLESTON CITY PAPER
by Herb Frazier

East Cooper sweetgrass basketmaker Nakia Wigfall recently completed a unique rice fanner basket that blends West African and Lowcountry artistry.

The fanner is among four dozen coiled baskets that basketmakers in Rogbonko, Sierra Leone, started in 2019 during Wigfall's visit to the village. Wigfall recently finished them at her home in the Six Mile community north of Mount Pleasant.

Wigfall's nimble fingers have crafted thousands of baskets that have generated praise for her skills passed down from her mother, Ethel "Catherine" Wigfall, who once operated the family's now closed basket stand along U.S. 17.

The baskets that the Africans touched, however, evoked a new level of pride that "is not about a unique design or how beautiful it looks," Wigfall told the Charleston City Paper. "It's more about creating pieces with my Sierra Leonean family in the land where I should have grown up."

On Friday, April 12, Wigfall crossed another cultural boundary when she sang and sewed baskets with artisans in Red Bays on Andros Island, Bahamas. They are the descendants of Florida's Black Seminoles who migrated to the island in the early 1800s.

Wigfall's seven-day Bahamas journey was likely the first time a Lowcountry basketmaker had followed the strands of the coiled basket tradition from West Africa's former rice coast through the Lowcountry to Florida and then to the Caribbean.

She took a few dozen baskets to the Bahamas that she and West African artisans partially completed so the Bahamian basketmakers could finish them. "My dream is to do this with every basketmaker where they grew rice in West Africa," Wigfall said. "I want the people and the material to produce authentic baskets from those areas."

The basket tradition

West Africans brought the basket tradition to coastal South Carolina during the trans-Atlantic slave trade. Some of their descendants later fled to Spanish Florida where they joined with the Seminoles in the Florida wilderness before



Nakia Wigfall, a Mount Pleasant sweetgrass basket artisan, finished a rice fanner basket that a basketmaker started in Sierra Leone. Wigfall will travel April 12 to the Bahamas to collaborate with basketmakers to create baskets with a blend of three cultures, West African, Lowcountry South Carolina and Caribbean. Credit: Herb Frazier

some of them went to the Bahamas and other Caribbean Islands after the American Revolution.

A desire to collaborate with West African basketmakers came to Wigfall during a 2016 trip to Senegal. To make her dream a reality, she has partnered with Sierra Leonean-born Amadu Massally, a retired Dallas accountant.

Massally is the founder of the community organization Fambul Tik, which means family tree. The group connects Sierra Leoneans with Gullah Geechee people, who are descendants of enslaved West Africans.

Massally organized Wigfall's trip in 2019 to the basket-making community in Rogbonko (pronounced ROBONKO) where mostly women sew coiled baskets called "shuku blai or shukublay." Her journey featured in a film, support-

ed by S.C. Humanities, Gullah Roots: How to go to Africa on a Roots Tour, released in October 2020.

Wigfall's travels, Massally said, is a celebration of the "material culture" that came to America from West Africa during the slave trade and continues in both cultures.

The Bahamas connection

In the Bahamas, Wigfall and Massally connected with Red Bays basketmakers through Dr. Grace Turner, chief archaeologist and research officer at the Bahamas Antiquities, Monuments and Museum Corporation in Nassau.

The Red Bays baskets, traditionally called "straw bag," are coiled like the Carolina baskets, Turner said. The more tourist-popular baskets in Nassau, however, feature flat strips of palm

fronds, which are plaited together to form the basket, she explained. Turner said she plans to invite a basketmaker in Nassau to join Wigfall at Red Bays.

The Bahamas, a former British colony, exported baskets beginning in the early 1700s, Turner said. "Originally, they were utilitarian items we used in the households and around the plantations," she said. Baskets in the Bahamas and the Lowcountry have since become decorative art that's mostly sold as souvenirs to tourists.

Turner said Wigfall saw how Red Bays basketmakers "construct their baskets with the ultimate objective" of producing baskets that have materials from throughout the African diaspora.

A threatened tradition

A multicultural basket is "a unique

idea that Nakia has been talking about for years and now she's making that dream come true," said McClellanville resident Dale Rosengarten, co-author of Grass Roots: African Origins of an American Art.

Nevertheless, Rosengarten said, in the midst of Wigfall's accomplishments the basket tradition is at a crossroads due to commercial development that has changed how baskets are sold and diminished the source of sweetgrass.

Generations of basketmakers once sold their wares at wooden road-side stands along U.S. Highway 17 in the Mount Pleasant area. But many of those stands are now skeletons along a wider highway.

"Along that six-lane highway, people are going too fast, and they don't have enough lead time to figure out" how to stop safely at a basket stand, Rosengarten said. "A few basketmakers have circumvented that problem" by placing stands near their homes where there is a driveway or placing stands in shopping areas, she said.

Sweetgrass also is becoming "slim to none," Wagfall said. "The town of Mount Pleasant allows us to use some of the sweetgrass that has been planted in different areas," she said. "However, this grass is ornamental and it is not as strong as the natural sweetgrass, and it is difficult to harvest."

These and other pressures have inflated the price of the baskets. "Just like [the price of] everything else it is going up. Basketmakers are artists," she said. "Just like a painting can sell for thousands of dollars, [a basket] should cost more than it does now."

Basket admirers don't understand, she said, "how we get from the grass to the finished baskets." Wigfall said she has harvested grass only to discover that a poisonous snake was inches from her heels in places where alligators lurk. "It is a dangerous situation," she said. "We are really starting to market the basket the way it should have been marketed."

Massally said attention to the international link among basketmakers can bring a renewed interest in the basket culture.▲

Travel writer recommends this stop in the 843.



It takes 1 to 2 hours to experience the International African American Museum. | Photo by Greg Noire, Sony, courtesy International African American Museum



Andrew Nelson has worked with National Geographic Travel since 2001 | Photo by Andrew Nelson

We call the Holy City home, but it is undoubtedly a popular destination for visitors. Fun fact: A College of Charleston study shows that tourism + hospitality had a record-breaking \$12.8 billion economic impact on the region in 2022.

So, maybe you're planning your trip to the Holy City or looking to play tourist in your home city. National Geographic released "Here Not There: 100 Unexpected Travel Destinations," and Charleston made the list among spots like Quito, Ecuador, and Lecce, Italy.

We had the chance to catch up with travel writer Andrew Nelson — Keep reading to learn what he says you need to experience while in the 843.

Q: There are thousands of cities in the US, when writing about must-see travel destinations across the globe what drew you to Charleston?

A: Charleston as a destination is well known. It's gotten progressively more glossy, the restaurants more delicious, the hotels more luxurious. It's on the verge of becoming the Hamptons but with grits. My book "Here Not There" is about counter-intuitive places. I just coming to Charleston, not just to play — but to think.

Q: Why are you encouraging folks to visit the International African American Museum?

A: It is a vital and affirming place for anyone interested in understanding the real history of one of the country's most popular cities.

Not only is a visit to the museum, an enlightening one — it is moving. The museum is built on the foot of the Gadsden Wharves where ships arrived from Africa filled with human beings brought here against their will. The sculptures and grounds, beautifully planted and positioned, have turned it into a contemplative and emotional place.

Q: Was there anything shocking or exciting that you found while researching Charleston that you didn't expect?

A: What's shocking? The price of real estate. What is delightful? The rise of Park Circle. It seems to be Charleston's Brooklyn.▲



Scree (/skri:/) – When life seems like wandering through a pile of rocks.

By Thad Peterson



In the mountains there are places where a lot of rocks have been pushed together, generally by glaciers millions of years ago. These piles of rocks are called scree. These aren't giant boulders, they're large rocks, one to two feet in diameter, small enough to pick up if a person wanted to make a fire ring. But scree is massive piles of these rocks, completely covering a fairly large space on the side of the mountain. Most trails and roads avoid them, or cut paths through them, but in some places the only option is to step through them, slowly, it can be really easy to twist an ankle stepping through these rocks. And it's uncomfortable, each step needs to be planned, there's no looking up at the scenery when moving, and whether climbing, descending, or crossing, leg muscles and balance are constantly challenged.

The objective of walking across scree is to get someplace where there isn't any. I have never heard of a "scree climbing" contest, or "scree hiking", although I'm sure that some people do that. Mostly it's seen as a difficult, short-term process with the

reward of not having to do it on the other side. If a person is crossing or climbing a large scree field, it can seem endless, but the solace is that there's always an end. Eventually the scree stops, and a mountain trail continues.

There are times in life when it feels like we're trying to get through a field of scree, with or without a mountain trail to hike. Health problems, money issues, difficult children or family issues, can all slow progress, and force a focus on something uncomfortable and difficult instead of affording a grander and more positive view of the world and our time in it. Sometimes getting through the scree seems endless and in fact, with serious illness or other issues, it actually is, it's what we will cope with for the rest of our days. But mostly, a scree field is temporary, and can be gotten through.

The hard part is trusting that when the circumstance requires nearly complete focus on the immediate, difficult and uncomfortable challenge, it's logical to think that there's not much else except the

challenge. But in nearly every case, the problem or problems that are absorbing so much of our emotional and physical effort will diminish, and the easier path will once again emerge.

I have been dealing with a pile of scree built on physical issues for several months, and now, I'm finally getting to the place where I can actually see the trail on the other side of the rocks. I've known it was there, but it was really hard to see as I carefully watched every step, making tediously slow progress. Even though I can see the end, and even though I have successfully gotten through most of the pile, I'm still looking down at the rocks rather than at the trail ahead. It's time for me to start looking up, to start to think about what I'm going to encounter once I'm through the scree and back on a more satisfactory path. I still need to pay attention to the rocks under my feet but I can relax a little. And maybe smile a bit more.

Mostly, walking through scree is temporary, and its good to remember that.▲

Gadsden Glen

CENTER FOR HEALTH & REHAB



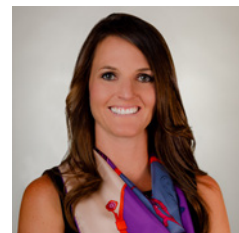
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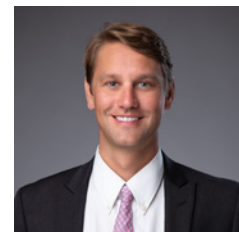
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Just Listed

MARSH VIEWS

2270 Oyster Catcher Court
Seabrook Island
5 BR · 3 BA · 3,243 SF
\$1,899,000

Just Listed

MARSH & RIVER VIEWS

1934 Marsh Oak Lane
Seabrook Island
1 BR · 2 BA · 855 SF
\$599,000

Just Sold

GOLF VIEWS

125 High Hammock Road
Seabrook Island
2 BR · 2 BA · 1,026 SF
\$450,000

Just Sold

GOLF VIEWS

195 High Hammock Road
Seabrook Island
2 BR · 2 BA · 1,036 SF
\$440,000

Just Listed

GOLF VIEWS

171 High Hammock Road
Seabrook Island
1 BR · 2 BA · 1,026 SF
\$399,000

Just Sold

VACANT LOT

3108 Seabrook Village Drive
Seabrook Island
0.14 Acres
\$255,000



Steve Penkhus, MD

A LOOK AT RISK FACTORS FOR DEMENTIA



The older average age of Seabrookers might result in dementia being of more concern for Seabrookers than for those in other communities. A recent very large four year study appeared in JAMA Neurology published by the American Medical Association looked at risk factors in people under 65 who experienced symptoms of dementia (now also defined as mild or major neurocognitive disorder) The study looked 365,000 participants in the UK Biobank. It found 39 risk factors and narrowed those to the 15 most common.

Some of these risks we have little or no control over. Individuals who genetically have two copies of the APOE gene linked to Alzheimer's disease had an increased risk of early dementia. The study found other risk factors that participants seem to have little control over including low social economic status and lower level of education.

The good news is that several of the common risk factors can be altered. These include social isolation and poor hearing. Both are associated with cognitive decline and may often be seen together. This points to the importance of building and maintaining social connections throughout life and correcting hearing loss.

The other risk factors that can be prevented or modified are diabetes, stroke, heart disease, obesity, smoking, alcohol abuse, physical inactivity, vitamin D levels deficiency and poor grip strength. The modifiable lifestyle related risk factors for developing early onset dementia are also associated with poor general health. The study's recommendations for exercising regularly, eating well, managing blood sugar, consuming alcohol in moderation, not smoking, regular strength training, and social interaction not only contribute to improved physical health, well being and longevity but may also safe guard against dementia.

Another recent report in JAMA Neurology found an association between consuming more than 20% ultra

processed foods resulted in a 28% faster rate of cognitive decline compared with those who ate the least amount of overly processed food and more unprocessed foods. Ultra processed foods are defined as formulations of food substances as oils, fats, sugars, starch and protein isolates that contain little or no whole foods.

There is extensive research looking for a cure or better treatment for Alzheimer's disease and dementia, however there is no cure yet. It is important to point out that Alzheimer's disease is only one cause of neurocognitive disorders. However Alzheimer's is reported to be the cause of 60 to 80% of the cases of dementia. It is reported that there 141 potential drugs undergoing some phase of clinical trials to prevent, cure or retard the symptoms of Alzheimer's disease. There is one monoclonal antibody drug recently approved (lecanemab) that is developed to clear amyloid plaques thought to cause Alzheimer's disease. Lecanemab is the only approved drug to attack the cause as opposed to just treating the symptoms. Monoclonal antibodies are immunotherapy drugs used to treat cancer and numerous other diseases. Lecanemab is given intravenously every two weeks and is not a cure but slows the progression by 27% if started early. It is only approved for early disease which is not an easy diagnosis. It currently has a cost of \$26,500 annually for the drug and an estimated total annual cost of \$82,500 if

required testing and monitoring costs are included. There are significant but unusual side effects including brain swelling and hemorrhaging. Long term studies do not exist. Other monoclonal antibody drugs may be approved in the near future. There are a couple of drugs developed to alter genes for muscular dystrophy and hemophilia at the reported cost of approximately 3 million and 1.5 million dollars a dose respectively. None have yet been developed for the Alzheimer's associated APOE gene. It is a possibility in the future since the technology exists. There is technology being developed to help drugs temporarily cross the blood brain barrier which may be of benefit. So there is some reason for optimism but a safe, effective and affordable cure or better treatments might be years if not decades away.

Humans are complex animals with infinite variables that are impossible to statistically control. The results of most human research studies find only associations rather than a direct causation and effect. At this point in time the two mentioned AMA reports looking at associated risk factors which can be altered with the positive lifestyle choices are something to consider until other better options are available. This is especially true since there are so many other associated benefits from following the findings and recommendations of those two above reported JAMA studies.▲

The South is booming, beating out the West as the fastest-growing region in the country again last year



Atlanta mansion with city skyline behind. Jeff Greenberg | Getty Images

The American South is on a roll. Southern states, including Texas, Georgia, and South Carolina, are booming as their population growth accelerates, according to new data released by the US Census Bureau. Counties in the South had a higher average population growth rate than the averages for counties in other regions last year, according to estimates of the population as of July 1. Southern population growth is also driving major economic growth in the region.

The region grew faster, on average, in 2023 than it did in 2022, the Census data also shows. A large majority — around two-thirds — of the South's 1,422 counties saw their populations grow last year. (In 2022, 59% of the region's counties grew.) And the growth the region saw for counties was larger than the previous year. In 2023, the average annual change in population was 0.56%, rising from 0.31% in 2022.

While the West saw its population growth among counties slow in 2023 based on the average percent change, the Midwest and the Northeast saw their rate of growth pick up.

Six of the top 10 fastest-growing counties with populations of at least 20,000 were in Texas, largely outside Dallas and Houston, but also outside San Antonio. Counties outside Atlanta, in southern South Carolina (just north of Savannah, Georgia), and outside Richmond, Virginia, also made the top 10 list.

Booming economies with attractive job opportunities in Southern cities like

Houston, Dallas, and Nashville are a big part of the draw, Business Insider's Jacob Zinkula recently reported. Transplants are also attracted by the South's more affordable housing and lower cost of living than that of many large coastal cities.

This trend isn't new. "The South is the only region to have maintained population growth throughout the COVID-19 pandemic," a Census Bureau press release from December 2023 said.

Almost half of US population growth since 1960 has happened in the South, in part due to the region's high birth rate, according to a Bank of America report published in December 2023. The growth is both the result of a ton of domestic and international migration, and the fact that people who are born in the South tend to stay there.

Metro-level data also shows the booming South. "The population growth in Florida's metro areas underscores a larger trend of widespread population growth across the South, the nation's fastest-growing region and site of all of the top 10 fastest-growing U.S. metro areas from 2022 to 2023," a Census Bureau post from Kristie Wilder and Paul Mackun said. "The growth continued a pattern already clear the previous year when eight of the 10 fastest-growing metro areas were in the South."

The movement doesn't look like it's slowing down. Seven of the top 10 cities Redfin.com users searched were in the South, according to a Redfin report published last year.▲



HEALTHY AGING

Jerry Reves, MD

Cancers of the Head and Neck

Head and neck cancers account for 4% of all cancers in the U.S., are twice as common in men as in women, and the incidence increases over the age of 50. As with all cancer early detection leads to better outcome and early detection involves awareness of symptoms.

Symptoms of Cancers of the Head and Neck

Symptoms depend on the location of the cancer but may include a lump in the neck, painful sore in the mouth or throat, persistent sore throat, difficulty or pain on swallowing, chronic sinusitis, and hoarseness in the voice among others. See Figure 1 for anatomic location of these cancers. These symptoms are usually associated with less serious conditions but if they persist for an unusual length of time, you should be evaluated by your physician or dentist.

Types of Cancers

Most of these cancers usually begin in the squamous cells that line the mucosal surfaces of the head and neck (those inside the mouth, throat, and larynx or voice box). These cancers, referred to as squamous cell carcinomas, can less frequently begin in the salivary glands, nasal cavity, paranasal sinus, or muscles or nerves. When it spreads, squamous cell carcinoma of the head and neck almost always does so locally and/or to the lymph nodes in the neck. This is why an unusual lump in the neck can be a symptom of cancer.

Risk Factors for Cancers of the Head and Neck

There are a number of risk factors for developing cancers of the head and neck. These include alcohol and tobacco use (including secondhand smoke, chewing tobacco, and snuff) most commonly. The consumption of both alcohol and smoking increases the risk of cancer 40%. Infection with cancer-causing types of human papilloma virus (HPV — especially Type 16) in the tonsils or base of the tongue is another cause. Other risk factors include occupational exposure in construction, metal, textile, and logging industries. Previous radiation

exposure, Epstein-Barr virus infection, and underlying genetic disorders are other causes of these cancers. HPV-vaccination reduces the risk of developing these cancers.

Diagnosing Head and Neck Cancer

Head and neck cancers are sometimes without symptoms and detected by your physician or dentist at a routine examination. Alternatively, you may report symptoms above and your doctor will ask about your history and perform a physical examination with attention to your neck and the inside of your mouth and nose. A suspicious lump can be biopsied with a small needle to withdraw cells from the lump for examination under the microscope. If those cells are malignant, you will undergo a positron emission tomography (PET) scan to find the location of the tumor. A small endoscope with or without local anesthetic is used to examine the structures of the mouth, throat, and nose and remove tissue samples if there are surface lesions. Laryngoscopy is used to look directly or indirectly at the larynx (voice box) to see and biopsy any abnormalities of the vocal cords.

Treatment of Head and Neck Cancer

Head and neck cancer treatment utilizes surgery, radiation therapy, chemotherapy, targeted therapy, immunotherapy, or a combination of treatments. Treatment depends on cell type, extent of spread, location of the cancer, and general physical condition of the patient. Many of the cancers that occur in the mouth, nose, paranasal sinuses around the nose, and neck are very susceptible to radiation and chemotherapy. Those with HPV-positive oropharyngeal tumors have an even better prognosis and higher chance of complete cure. Chemotherapy is often added to the radiation if the cancer has spread to the lymph nodes in the neck. Surgery with extensive dissection is required in some advanced cases. Survival of patients who have these cancers depends on the site,

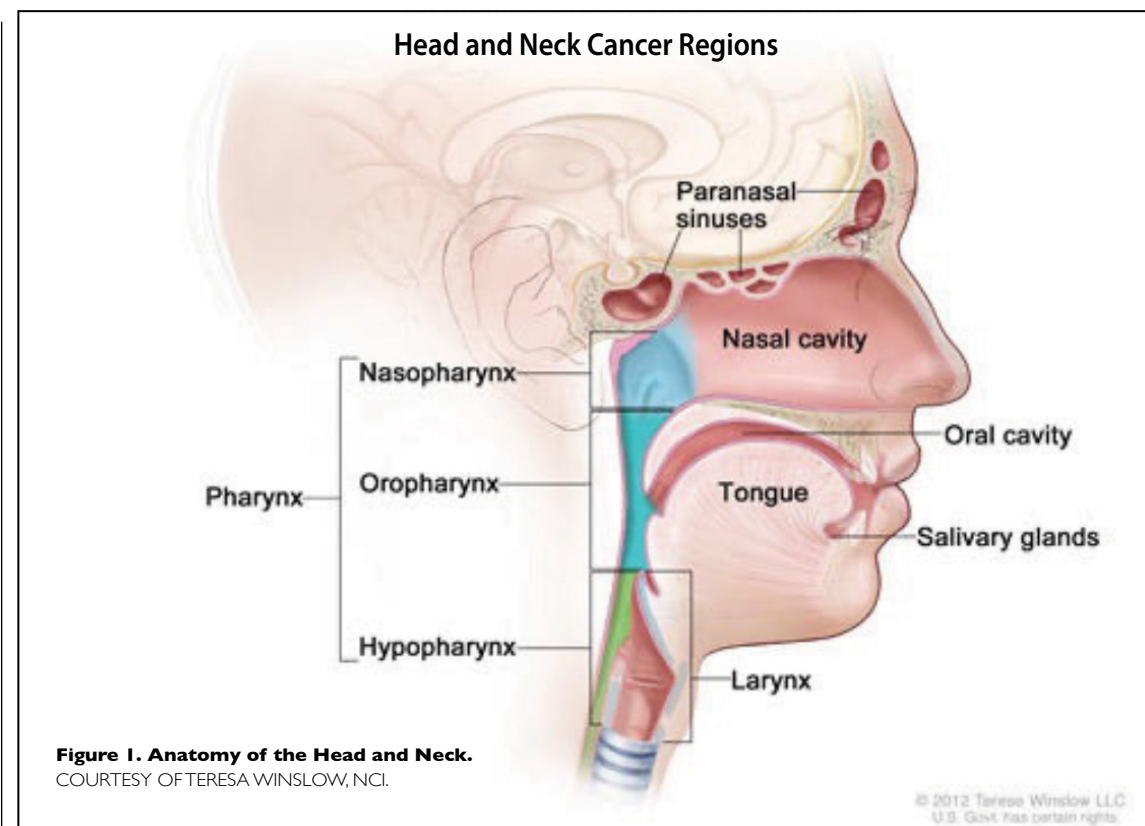


Figure 1. Anatomy of the Head and Neck. COURTESY OF TERESA WINSLOW, NCI.

spread, and specific treatment, but the majority will survive five years; if detected early and in a localized spot the cure rates can be as high as 98%.

Side Effects of Treatment of Head and Neck Cancer

As tumors of the head and neck are sensitive to radiation therapy, a significant number of patients thus treated will have to deal with the side effects of radiation. Side effects may persist for six to eight weeks after completion of the radiation treatments. The side effects predominantly include development of mucocytis (sore or pain in area of treatment) or painful ulcers of the mouth. Other common side effects include redness, irritation, and sores in the mouth; dry mouth and thickened saliva; difficulty and pain with swallowing; and changes in or loss of

taste. By far the most serious of these is the effect on swallowing. Some patients usually meet regularly with a dietician to discuss soft foods and high-calorie, high-protein liquid nourishment such as Ensure and Boost. What many patients have found most effective in soothing the burning sensation in the oral cavity is juice made from the aloe plant, the higher concentration of actual juice the better. The jaw may also feel stiff, and patients may not be able to open their mouth as widely as before treatment.

Surgery for head and neck cancers may affect the patient's ability to chew, swallow, or talk. If lymph nodes are removed, patients may develop swelling in the area known as lymphedema from slowing the flow of lymph and collection in the tissues. In most cases, lymph-

edema can be reversed, improved, or reduced if treated promptly. After a laryngectomy (surgery to remove the voice box) or other surgery in the neck, parts of the neck and throat may feel numb because nerves have been cut. Although side effects of surgery and radiation therapy improve slowly in many patients, others will experience long-term effects, including difficulty swallowing, speech impairment, a dry, burning mouth, and skin changes.

The Bottom Line

Head and neck cancer increases as we age. Symptoms are similar to many benign conditions but if a symptom does not go away, then you are your best advocate and should see your physician. Early diagnosis and treatment will produce the best outcome. ▲



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Our Majestic Wading Birds

Article by Gina Sanders

The first time you see one of our beautiful wading birds on Seabrook Island, you can't help but stop and stare. Their size alone catches your eye. Whether resting by a lagoon or feeding in one of our many ponds and marshes around the island, they certainly stand out.

Social media abounds with beautiful photos of egrets, herons, ibises and storks. And if you really want to draw attention, post a photo of a Roseate Spoonbill. These beautiful pink birds are a favorite among Seabrookers, and you can certainly see why.

The mid-sized Snowy Egret is one of the most elegant of the heron family, and easy to identify with their white plumage, black bills and legs, and yellow feet. They are often seen hopping through the water, stirring up fish, frogs, and crustaceans, which make up a staple part of their diet. In breeding season, they develop long wispy feathers on their backs, necks and heads.

Larger than a Snowy, the Great Egret is a dazzling sight in many wetland areas. It hunts in the classic heron fashion, standing still or wading slowly through shallow water, capturing fish with a lightning-fast jab of their bill. Beautiful, tall white birds, they become even more dressed up for the breeding season. A patch of skin on the egret's face becomes neon green, and long plumes, called "aigrettes" grow from its back. These plumes were almost the demise of the egret in the late nineteenth century when they were prized for ladies' hats.

Larger still is the Great Blue Heron, reaching heights of nearly 5'4". With its size and blue-gray plumage, this heron is easy to spot in ponds and lagoons. Thanks to a high percentage of rod-type photoreceptors, the Great Blue Heron can also hunt day and night.

Many other herons and egrets call Seabrook Island home. Green, Tri-colored, and Little Blue Herons, as well as Black-crowned and Yellow-crowned Night Herons are common sights around our lagoons and ponds. Did you know Green Herons are one of the few birds in the world to use tools? In this case, they drop insects and feathers on the surface of the water to entice small fish to come closer. Pretty smart.

White Ibises are another popular wading bird on Seabrook Island, frequently seen in shallow waters around Jenkins Point and Marsh Haven. White Ibises are white with black wingtips, a red curved bill and red legs. Juvenile White Ibises are brown and white, which can be confusing to the first-time observer.

Glossy Ibises share the same basic body shape and downward curved bill as White Ibises, but Glossy Ibises look dark from a distance. Put them in good light and they are stunning – a beautiful blend of deep maroon, emerald, bronze and violet.

Last, but not least, are two wading birds that look like they stepped right out of the pages of a Dr. Seuss book. The Wood Stork is not quite as tall as the Great Blue Heron and has a distinctive, prehistoric appearance. With white bodies and black flight feathers and tail, they are excellent fliers, often seen soaring on thermals with their neck and legs outstretched. Their bald heads are distinctive and lend credence to the saying "beauty is in the eye of the beholder".

And finally, the flamboyant pink bird we all love, the Roseate Spoonbill. The only spoonbill found in North America, Roseate Spoonbills easily capture our hearts with their looks and mannerisms. Using their spoon-shaped bill they swing their heads side to side, sifting through water, feeling for prey. Juvenile spoonbills have white feathers on their head, while adults lose their head feathers and become bald as they get older. Their pink coloration comes from the foods they eat, namely crustaceans and other aquatic invertebrates containing carotenoids.

Many of these wading birds nest on Seabrook Island, and if you've played golf on Ocean Winds lately, you've no doubt seen the egret rookery. With more nests than you can count, nearly every tree branch or palm frond is home to either a Snowy Egret, Great Egret, Anhinga, or Wood Stork nest. Fuzzy headed chicks can be seen peeking over the top of the nests, and adults fly in and out throughout the day, feeding and caring for the chicks.

The question everyone wants to know is whether Roseate Spoonbills will one day nest on Seabrook Island. Currently they nest as far north as Northern Florida and Georgia, so fingers crossed they will soon treat us to the sight of adorable, light pink fluffy chicks.

We are fortunate to share our backyard with these beautiful birds. They are a joy to watch, a lesson in nature, and beautiful subjects for our resident artists. They give us one more reason to proudly call the lowcountry, and Seabrook Island, our home. ▲



Adult Roseate Spoonbill - Photo by Glen Cox



Glossy Ibis - Photo by Susan Soden



Great Blue Heron - Photo by Gina Sanders



Great Egrets nesting at Rookery - Photo by Gina Sanders



White Ibis - Photo by Glen Cox



Snowy Egret - Photo by Gina Sanders



Tri-colored Heron - Photo by Susan Soden



Green Heron - Photo by Maureen Healy



Wood Stork and Snowy Egret - Photo by Maureen Healy



Wood Stork at Rookery - Photo by Gina Sanders



Andrea Daley

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Mindful Moments: Navigating Life's Journey with Presence and Grace

In today's fast-paced world, it's all too easy to get caught up in the hustle and bustle, constantly chasing what's next without ever pausing to appreciate what's now. I've embarked on a journey of mindfulness, a practice that has transformed not just moments, but my entire approach to life, urging me to pause, breathe, and immerse myself in the present.

Anchoring in the Present

The cornerstone of my mindfulness journey has been learning to anchor myself in the immediacy of the present. This moment, right here and now, is the only true reality we have. I've learned to become a keen observer of my immediate surroundings, tuning into the myriad of textures, colors, and sounds that make up the tapestry of life as it unfolds around me. The sensation of the air on my skin, the play of light through the leaves, the distant hum of the world going by – all these elements serve to root me firmly in the now, reminding me of the intricate beauty that life offers in each fleeting moment.

Embracing Emotional Depth

Life is an emotional journey, with each feeling painting a stroke on the vast canvas of our existence. I've learned to see my heart as a grand hall, where every emotion is a guest, contributing to the richness of life's experience. Welcoming these emotions without judgment allows me to navigate life's highs and lows with empathy and grace, connecting more deeply with both my inner self and the world around me.

Letting Go of Judgment

A pivotal moment in my mindfulness

journey has been the act of releasing judgments. Imagining these critical thoughts as tiny boats setting sail on the vast ocean has become a meaningful practice for me, especially with the backdrop of the sea. Watching them drift into the horizon, I'm reminded of the power of letting go of negativity. This act, akin to sending off vessels of judgment on the waves, cultivates an atmosphere of acceptance and kindness within me, laying the foundation for a tranquil inner state.

Beyond the Basics

Mindfulness is more than a practice; it's a philosophy that imbues each moment with significance. From creating a mindful environment that reflects tranquility to weaving mindfulness into relationships and daily routines, it's about making every aspect of life a part of this enriching journey.

Mindful Living Spaces

The spaces we inhabit play a crucial role in our ability to stay present. I've found that simplifying my surroundings and incorporating elements of nature significantly enhances my mindfulness practice. Creating a dedicated space for quiet reflection has become a cornerstone of my daily routine.

Transforming Relationships through Mindfulness

Mindfulness has revolutionized the way I interact with others. Being fully present in conversations, practicing active listening, and approaching interactions without preconceived notions has deepened my relationships in ways I never imagined possible.

Harmonizing Body and Mind

Recognizing the intrinsic connection between body and mind, I've integrated practices like yoga and mindful walking into my life. This holistic approach not only nurtures my physical well-being but also reinforces my mental and emotional balance.

The Art of Mindful Eating

I've adopted a more mindful approach to eating, focusing on the experience of nourishment. This method has enhanced my mealtime enjoyment and deepened my gratitude for the food on my plate, acknowledging its origins and the journey it has taken to reach me.

A Lifelong Journey

Mindfulness, for me, is not a destination but a continuous journey of growth and discovery. It's an invitation to savor life's journey, finding joy in the simplicity of being and the richness of each present moment.

As we reach the end of this reflection, I extend a heartfelt invitation to you to join me on this path of mindfulness. Whether it's through a pause to take a deep breath, a quiet moment of contemplation, or a commitment to more present living, the gateway to mindfulness is open to all who seek it.

Consider, how do you stay grounded in the present? What practices help you maintain that connection to the 'now'?

Here's to our collective journey into mindfulness, may it be a voyage filled with revelations, peace, and a profound appreciation for the beauty of the present moment. ▲

Energetically,
Andrea



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SIHAF's Shirley Salvo Receives the Jefferson Award

Shirley Salvo has received the coveted Jefferson Award for her work with the Sea Islands Hunger Awareness Foundation which she founded in 2014 and serves as President. On February 28th, 2024, Channel 4 News sponsored an awards banquet where Shirley, along with ten other charity leaders and founders, were recognized for their efforts to help low country residents in need and "multiplying good". The Jefferson Awards Foundation was created in 1972 by the American Institute for Public Services and the awards are given at both local and national levels.

In her interview with 4 News' Tessa Spencer, Shirley shared how her dream about Hunger Awareness only two months prior to Hunger Awareness Month has been blessed with divine intervention ever since. When she needs something or someone, they appear! She started contacting food pantries and learned they needed funding and Shirley immediately set a goal of \$10,000 and started thinking about a fundraiser called "Men Can Cook", which when pitched to her collection of volunteers, much to Shirley's surprise, came out "Let's have a Gullah Celebration"! The Gullah Celebration was the culmination of The Sea Islands Hunger Awareness Foun-



Salvo and Tessa Spencer from Channel 4 News

...dation and its now eleven partners and three programs whose mission is fighting island hunger with healthy food and clean water one meal at a time. In 2020 the foundation focused on a new fundraising effort, The Hunger Awareness Challenge, to support its partners and programs.

Shirley's coordination of the partners and programs is a stellar example of Multiplying Good as they work together and support

each other, plainly seen in what they do and who they are! The partners are food pantries and programs who prepare/serve/provide food to families, school children, the elderly, and even special meals, prepared by teen chefs in training, for those undergoing cancer treatment and other illnesses. They are gardens and farms who provide thousands of pounds of fresh produce to the other partners and two of the programs. The programs are the Sea Islands Blessing Basket which supplies groceries to approximately 300 families monthly, Crock-Pot Cooking Classes for students and adults, and Water Wellness Mission which has provided wells and clean water to nearly 300 families who had none. And for those that qualify, the foundation has also provided 160 can openers to date, 140 microwave ovens to date, 486 Crock-Pots in 6 years, and several ranges and refrigerators each year!

While Shirley most deservedly received the honor of the Jefferson Award, she knows it takes a community to accomplish so much. She happily shares that honor with her Dedicated Board of Directors, Awesome Volunteers and Wonderful Giving Community, and she thanks them all for helping her Multiply Good on the sea islands.▲

Marissa Bannister

Nature Drives Everything – Naturally



At Kiawah River, nature isn't just a backdrop; it's the heartbeat of the community. The commitment to preserving and enhancing the natural world is a hallmark of the community.

Led by Jeff Snyder, Chief Environmental Officer, every aspect of development embraces sustainability, wildlife preservation, and wellness. Residents are like-minded stewards deeply connected to nature and one another. With their shared passion, they engage in eco-initiatives inviting both nature's splendor and guests into the thriving ecosystem.



A resident volunteer group, The Bluebird Crew, has built 74 bird boxes, strategically constructed and placed throughout the community, creating ideal nesting havens for the community's bluebirds. The Crew monitors and maintains the boxes, ensuring they remain safe, clean, and effective for the community's bluebirds.

The results have been awe-inspiring, with an estimated 159 fledglings fostered into the world in 2023 thanks to the collective benevolence of the Kiawah River community!



Bluebirds serve as guardians at Kiawah River Farm, playing a critical role in managing pesky insect populations that threaten crops, and protecting the chicken coop from avian predators.

In essence, each meticulously crafted birdhouse is an emblem of the community's welcoming hospitality—and a beacon of appreciation and belonging to beckon the bluebirds to join us in Kiawah River's opulence of spirit and setting. Come home to the beauty of nature, and discover a community unlike any other.

Life along the river

www.kiawahriver.com

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Just Released ~ New Book by Local Author

Bonnie Hughes Younginer

"Time to Put in the Minnow Traps"

"Time to Put in the Minnow Traps"



Bonnie Hughes Younginer

Seabrook Island resident Bonnie Younginer has released her newest book titled, "Time to Put in the Minnow Traps". Bonnie, a native South Carolinian, tells stories based on lived experience and observations. Written in free verse poetry and prose she captivates the reader with tails of regional and Low Country living. Bonnie states, "this entire book is grounded in actual events I have witnessed and inanimate objects I personally actually exist".

The author offers readers an easy-to-read book filled with thoughtful,

humorous, tongue in cheek, and at times, serious subjects. In one writing, she gives a voice to the lovely deer living among us; in another, she speaks to the life of a veteran she met on a walk. Free verse poems reflect on the beauty of our region and acknowledges the gift given by Mother Nature.

There is something for every reader in "Time to Put in the Minnow Traps", the title being an actual quote from the author's grandfather.

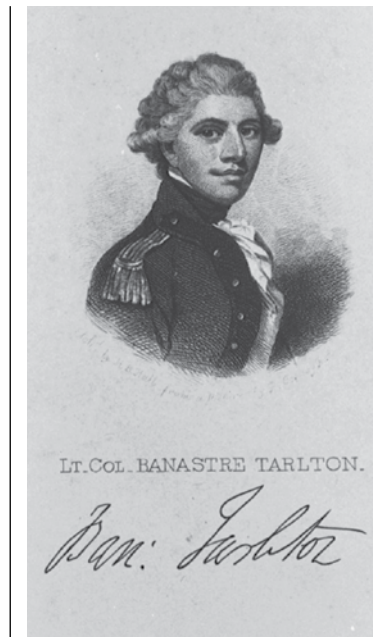
"Time to Put in the Minnow Traps" is available at Indigo Books on Johns Island, located in Freshfields Village.▲

CHARLESTON HISTORY

April, 1780: A British Victory at Monck's Corner Cuts off Charleston

POSTED IN: THIS MONTH IN SC HISTORY

In the winter of 1779, the British decided to expand their presence in the South with a third attempt to take Charleston. General Sir Henry Clinton was in command of the British forces and sent approximately 10,000 troops to reclaim the city. They arrived by ship in February 1780, and landed 30 miles south of Charleston. By the end of March, the British encircled the city. On April 12, Clinton ordered Lt. Colonel Banastre Tarleton and Lt. Colonel James Webster to head inland to defend the British and cut Charleston off from lines of reinforcements, supplies, and communication. The Continentals had successfully sent reinforcements to Charleston on April 8 and more Patriot troops were approaching.



Lt. Col. BANASTRE TARLETON.

PORTRAIT OF BANASTRE TARLETON, COURTESY OF THE SOUTH CAROLINA HISTORICAL SOCIETY

The Patriot commander of the Southern Department was Major General Benjamin Lincoln. On April 12, he sent General Isaac Huger to keep access to the Cooper River, and thereby Charleston, open to the Continentals. Huger had about 500 ill-equipped men with him in Monck's Corner, a small village 32 miles to the north of Charleston. Many of the patriots were without guns or ammunition. Some of Huger's militiamen were stationed at Biggin Bridge, which ran over a creek just to the north of Monck's Corner.

On the evening of April 13th, un-

der Tarleton's command, about 1,400 British and Loyalist soldiers quietly approached Monck's Corner. On the way, they intercepted a letter addressed to General Lincoln that described the position of the Patriots. With this advantage, they traveled 12 miles in near-silence. At 3:00 am on

April 14th, Tarleton's men charged into the main Patriot camp. The surprised men fled into the surrounding swamps, leaving their horses as they tried to escape capture. A second British charge attacked the militia at Biggin Bridge, also dispersing the Patriots into the swamp. The encounter was a thorough victory for the British, who lost only 3 men. In contrast, 33 Patriots were killed and another 63 were captured. Even more importantly, the British captured 185 horses and 30 wagons loaded with ammunition, arms, and clothing. Tarleton was able to provide mounts for his entire cavalry with the captured horses.

The victory at Monck's Corner, also known as the Battle of Biggin Bridge, gave the British control of the west branch of the Cooper River, which allowed them to seal off Charleston from the mainland. The encounter was Banastre Tarleton's first success in the Southern Theater and illustrated his willingness to charge the enemy. Following the battle, the British occupied the plantation of Sir John Colleton's widow, where several southern women were seeking shelter. Tarleton's men abused the women and, although the soldiers were reprimanded by Loyalist Major Patrick Ferguson, the incident added to Tarleton's image as a fearful leader.▲

SOUTH CAROLINA HISTORY

Andrew Jackson's parrot was kicked out of his funeral for swearing.

POSTED IN: THIS MONTH IN SC HISTORY

Before cats and dogs became the go-to, a number of U.S. Presidents had unusual pets. Thomas Jefferson had bear cubs, Calvin Coolidge kept a raccoon in the White House, and Theodore Roosevelt counted guinea pigs, a bear, and a hyena among his dozens of animals. That makes the fact that Andrew Jackson had an African grey parrot named Poll less odd, but what is strange is that the bird was kicked out of Jackson's funeral for swearing. This knowledge comes to us courtesy of Samuel G. Heiskell's book *Andrew Jackson and Early Tennessee History*, which quotes Reverend William Menefee Norment as observing: "Before the sermon and while the crowd was



gathering, a wicked parrot that was a household pet got excited and commenced swearing so loud and long as to disturb the people and had to be carried from the house."

Sadly, the good reverend didn't detail the specifics of Poll's outburst beyond saying that it was "excited by the multitude and... let loose perfect gusts of 'cuss words,'" causing some to be "horrified and awed at the bird's lack of reverence." What became of Poll following the funeral is unknown, but it isn't uncommon for African greys to outlive their owners — they've been known to live up to 60 years in captivity.

Andrew Jackson was born on March 15, 1767, in the Waxhaw settlement, a community of Scotch-Irish immigrants along the border between North and South Carolina. Though his birthplace is in dispute, he considered himself a South Carolina native.▲



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GLASS HALF FULL Perspectives BOB LEGGETT

Bitcoin – Better Than Gold?

Bitcoin is once again in the headlines, for three reasons: (1) the January introduction of Bitcoin ETFs (Exchange Traded Funds), (2) a surge to new all-time price highs in March, and (3) the historical track record of Bitcoin price gains following the "halving" of the award earned by Bitcoin miners. I wrote two columns about cryptocurrencies generally and Bitcoin specifically in the summer of 2021. As a refresher, here is a paragraph from the first article: "As you know, the original Crypto is Bitcoin (BTC) and the key to the Bitcoin process is the group called "Bitcoin miners". They employ thousands of computers all around the world to mine (or mint) new BTC. Their task is to validate and aggregate new Bitcoin transactions and propose them for settlement by competing with one another to solve a cryptographic algorithm (mathematical) puzzle. When a miner posts a solution (known as proof-of-work) and block of transactions, other members of the network immediately and easily check the work. If correct, the miner is awarded the new Bitcoin."

ly risen over this period. So, for this brief period, both are better than the Dollar. Interestingly, they show little correlation with one another, as the charts demonstrate they often move inversely. If we overlaid the CPI annual rate of change, we would see that inflation exploded from zero to a +9% rate between mid-2020 and mid-2022. While both BTC and Gold moved sharply higher early in the inflation surge, both topped out well before inflation peaked. Both have been volatile since then, but have outperformed the CPI Index overall for the past 5 years in total. However, if the price of Bitcoin is adjusted for inflation since its most recent record highs in 2021, the "real" return to the 2024 highs would be negative. Gold, on the other hand, consolidated its sharp 2019-2020 rally for 3+ years and then broke out to the current new record high levels. I have maintained exposure to Gold for many years. It is a proven diversifier versus equities and bonds, and thus reduces portfolio volatility. Frankly, it has also reduced portfolio returns until recently!



years due to the "halving" of the rate of Bitcoin awards every four years. The award rate was originally set at 50 BTC. In April, the award rate was reduced (halved) from 6.25 BTC to 3.125, which obviously shrinks the financial reward to miners and slows the pace of Bitcoin creation. Looking at the chart, we see the last halving took place in 2020 – which coincides with the low price of the past 5 years. That history was surely a part of the reason for the surge to new price highs this year. I think the primary reason for the price gain is the introduction of ETFs that directly hold Bitcoin which allow investors to invest or speculate in BTC just like any other asset (stocks, bonds, commodities, gold). The first Bitcoin "strategy" ETFs were approved in October 2023. While those ETFs cannot hold Bitcoin directly, they attempt to track the BTC price through Bitcoin futures or investing in Bitcoin miners. The introduction of these BTC strategy ETFs and growing confidence the SEC would allow another class of ETFs to direct

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Seabrook Island Art Guild Presents A Demonstration and 2-Day Workshop with Artist Betsy Jones McDonald. Tuesday, May 7th & Wednesday, May 8th. Oyster Catcher Community Center | 9am – 3:00pm. Includes images of her artwork and a photo of the artist.

Seabrook Island Art Guild Presents May Artist of the Month Lee Fritz. Reception Tuesday, May 7th 4:30-6:00pm | The Lake House. Includes a photo of Lee Fritz and images of her artwork featuring cats and dogs.



Song Dogs by Paul Tillman



We know little or nothing about coyotes, or "song dogs," as they are sometimes called. What little we do know comes from an incontrovertible source – children's cartoons. I admit I laughed when the roadrunner would go "beep, beep" then zip aside as Wiley Coyote leapt for him, missed, then sailed off a cliff to the desert below. Like our childhood, those days are gone, but the coyotes are here and still are unexamined. There is a broad pathway of learning ahead, and since coyotes are among us, we should know more about them and how to get along together. Coyotes have been around for about 3.5 million years. Originally, they were plains dwellers in North America. When wolves migrated across land bridges from Europe to North America, they displaced much of the coyote population out of the plains and into the farmlands and woods to the east. The word "coyote" is Spanish and originates from the Aztec word "coyotl" which means trickster. Coyotes are sly and sneaky. The word coyote is a perfect word for them. When the word of the coyote's tendency to howl at sunset got back to Spain, the Latin scholars called coyotes, "canis latrans," or barking dogs, which, over time, morphed to singing dogs. Comparing coyote howling to singing may be stretch. However, anyone who has heard both howling coyotes and modern songs will agree there are similarities. Okay, so what about coyotes? Coyotes are a member of the canid family. They have genetic ties to wolves, foxes, and jackals. Coyotes generally resemble wolves but are not directly linked to them. The canid family broke into several different species early in the genetic progression, each with their own genetic history. The animals are genetically similar and infrequently, wolves mate with dogs and coyotes to produce hybrid pups called coywolves. Coyotes are similar to wolves in

appearance and are often confused with each other. However, when you see them together the differences are readily apparent. Coyotes are smaller, about 3' tall and 4' long, weighing about 35 pounds. They have bushy tails that they carry lower than their spine. Wolves are on average 3' tall and 6' long with bigger heads and wide set ears and bushier tails. Wolves weigh up to 85 pounds. Just as important in understanding them is the fact that wolves are more aggressive and the coyotes are slier and sneakier. Coyotes and wolves compete for game. Wolves hunt much bigger animals than coyotes. They hunt in packs and take down moose, elk, deer, and bison. Coyotes eat smaller animals like rabbits, mice, squirrels, voles, snakes and birds. The tales of wolves and coyotes decimating herds of sheep, cattle, and flocks of chickens are, for the most part, hyped for six o'clock news and aired by the media for the morbid drama they thrive on. Hype is not necessarily representative of overall fact. Fact is, about fifty percent of the diet of both wolves and coyotes consist of mice and rabbits. These are the very critters we could do with less of. Imagine what our world would be like if wolves and coyotes didn't hunt them. Face it, we need predators. Human intervention has, unknowingly helped coyotes survive. In attempting to eradicate wolves, drastic measures were taken. From 1887 to 1919 a bounty was offered in Montana and Wyoming, which resulted in over 100,000 wolves killed. The removal of the wolves allowed the coyotes to slowly repopulate. In spite of the slaughter, the coyote population, nationwide is roughly 3,000,000. Each year hunters kill about 50,000 coyotes. The numbers of coyotes remain relatively stable because the coyotes have modified their breeding to increase their number to adjust to the efforts to kill them off. Scientists have learned coyotes are the ultimate survivor and are impossible to eradicate by ordinary means. The size of a pack of coyotes are, on average, six or eight adults with one alpha-pair that mates. They produce about 6 pups per year. If they are threatened or the alpha-pair is killed, the younger coyotes pair off and produce more pups to fill the gaps. Biologists have predicted that if 75% of the coyotes were killed each year, for 50 years, the coyotes would still survive. Unbelievable but true. There are many questions regarding the threat coyotes may pose to humans. Coyotes can be dangerous but not as much as you might think. They, like all wild animals, can carry rabies but rabid coyotes are rare. The attacks occur mostly in urban areas in Texas and California or where coyotes and humans are in close contact. The attacks arise partly from careless human behavior and can be reduced by taking precautions. Don't feed them outside. Don't let cats and other pets out at night. When walking pets in areas where coyotes are known



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to be, carry a loud air-horn. Coyotes hate loud noises. Think about it this way, if you were walking in the jungle, where tigers were known to be, would you wear a dead chicken hung from your belt? No, you wouldn't. It's the same as living with coyotes. Be smart, be aware of your situation so that your actions don't create situations that attract coyotes. Learn how to exist with coyotes because they are here with us and are not going away. ▲

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Real estate listings: 2135 LANDFALL WAY (JUST LISTED), 1346/48 PELICAN WATCH VILLAS, 2140 ROYAL PINE DRIVE (NOW BUILDING), 2747 OLD OAK WALK (NEWLY BUILT).

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The Ocean Course at Kiawah Island will host 2031 PGA Championship



It's official. The Ocean Course at Kiawah Island Golf Resort in Kiawah Island, South Carolina, will host the 2031 PGA Championship. Additionally, the 2029 Girls and Boys Junior PGA Championships will be contested at The Ocean Course and the resort's Turtle Point Golf Course.

The Ocean Course previously hosted the 2012 PGA Championship, won by Rory McIlroy and the 2021 PGA Championship, won by Phil Mickelson. It will join elite company as just the 9th course to host three or more PGA Championships.

The Ocean Course also hosted the 1991 Ryder Cup, Captained by Dave Stockton.

Events of this caliber are momentous for the entire Charleston region, and we are sincerely grateful for the PGA's trust in our community's capacity to host world-class championships catering to players, patrons, and other stakeholders.

Drawing from past experiences with prestigious events like the 1991 Ryder Cup, the 2019 U.S. Women's Open, and the 2012 and 2021 PGA Championships, we understand the

transformative power of these tournaments. They not only spotlight the resort, island, region, and state on a global scale, but also yield substantial economic benefits.

Despite pandemic-induced limitations on attendance, the 2021 PGA Championship generated nearly \$60 million in economic impact, bolstering state and local economies with over \$8 million in tax revenues. The event's international broadcast reached over half a billion households, garnering over \$160 million in media exposure for Kiawah and the surrounding area.▲

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4:30 - 8:00 P.M.
Union Station

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Casting agents seeking Charleston extras for 'The Righteous Gemstones' season 4

Story by Tim Renaud

Popular HBO series "The Righteous Gemstone" is gearing up to begin filming its fourth season, and you have an opportunity to be part of the show.

Casting agents are looking for extras to appear in the Charleston-filmed show featuring Danny McBride, John Goodman, Adam Devine and Edi Patterson.

Tona B. Dahlquist Casting said interested parties should submit the

following information to be considered:

- 2 current photos – one up close and one full length
- Name, cellphone number, age, city/state where you reside
- Height, weight, complete clothing sizes, shoe size
- Description of visible tattoos and piercings
- Color, make, model, year of vehicle you drive in case it can be used

in a scene as well (\$25 additional). "Even though filming will not begin for a month or so, we would like to have everyone submitted in the inbox ready to be booked," the agency said.

Submissions should be sent to TRG4extras@gmail.com and include your age, ethnicity, gender, and where you reside in the submission heading.▲

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Singers & Stanzas

Saturday, May 4th @ 2:00pm
Dock Street Theatre
\$5-\$25

MAY EVENTS

MUSIC on the GREEN

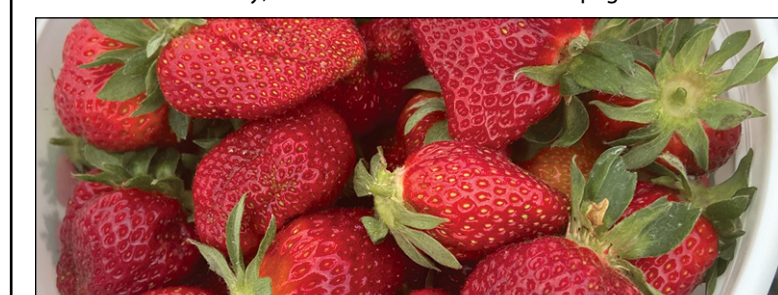
Memorial Day Weekend
May 24th and 25th | 6-9PM

Full schedules and details online:
freshfieldsvillage.com/events

PICKIN' AROUND CHARLESTON

Spring has sprung, and we are officially in season for strawberries. According to the South Carolina Department of Agriculture, April through June is strawberry picking time in the Palmetto state.

Here are a six places around Charleston to pick strawberries. Pro tip: Hours sometimes vary; double check on social media pages.



- 1- Westbury Farms Strawberries at Marymeade Market**, 1005 N. Gum St., Summerville | Visit Summerville Wednesday-Sunday, 10 a.m.-5 p.m. to pick fresh strawberries.
- 2- Boone Hall Farms**, 2434 N. Hwy. 17, Mount Pleasant | Boone Hall is known for its local produce; try a day of strawberry picking Monday-Saturday, 10 a.m.-5 p.m.
- 3- Bugby Plantation**, Bugby Plantation Road, Wadmalaw Island | Rain or shine, you can pick strawberries Monday-Saturday, 9 a.m.-5 p.m., at this farm located between Wadmalaw and Johns Island, not far from the Angel Oak tree.
- 4- Hickory Bluff Berry Farm**, 245 Hickory Bluff Ln., Holly Hill | You can pick strawberries, but also blueberries and blackberries. Hours vary.
- 5- Charpia Farms**, 126 Reed St., Summerville | This family-owned farm is known for its strawberries in spring. Give it a try Saturday + Sunday, 9 a.m.-5 p.m.
- 6- Ambrose Family Farm**, 2349 Black Pond Ln., Wadmalaw Island | Pick your organically grown strawberries at this 200-acre farm, Tuesday-Sunday, 10:30 a.m.-5 p.m.



May 16, 2024 Meeting

Colin Hocking – "Snap Shot to Pro Shot: Steps to Raise Your Wildlife Photography Game!"

Join professional wildlife photographer and photo tour leader Colin Hocking as he shares the steps, settings, and techniques it takes to capture those "once in a lifetime" moments that we might otherwise miss!



Colin is a Licentiate of the UK Royal Photographic Society, a Coastal Master Naturalist, and a member of the Professional Photographers of America and the Carolinas Nature Photography Association. He has been a freelance photographer for over 20 years and leads successful photo tours all over the Lowcountry. His combination of technical photography skills and his naturalist training allows him to approach nature photography with a hybrid of artistic and scientific perspectives.

He'll teach us the exact methods he uses when he shoots. These tools will help us stand a good chance of capturing those "lifers." Colin will also share tips and tricks he's learned from over 40 years of practice in the field. Colin will show us how to avoid getting photos that are too bright, dark, or blurred, and he'll also help us understand some of the key elements to incorporate into our imagery to make those photos stand out from the rest!

There will be valuable takeaways to help photographers of all levels improve their craft. All are welcome.

Date / Location: Thursday, May 16, 2024
Lake House, 2319 Seabrook Island Rd, Seabrook Island, SC 29455
Time: 6:30 – 8:30 PM, Refreshments 6:30, Announcements 6:45, Presentation 7:00
Cost: Free for SIPC Members, Guests \$10 Donation
Access: Non-residents, please email seabrookislandphotographyclub22@gmail.com to arrange a gate pass



BECOME GREEK FOR THE WEEKEND

53rd ANNUAL CHARLESTON GREEK FESTIVAL

FRIDAY-SUNDAY • MAY 10th-12th
GREEK ORTHODOX CHURCH • 30 RACE ST (DOWNTOWN)

GREEK FOOD • GREEK PASTRIES
GREEK DANCING • CHURCH TOURS • CULTURAL EVENT

Fri 5pm-10pm • Sat 11am-10pm • Sun 12:00noon-6pm
Remember, Sunday (Mothers Day) Moms get in FREE!

There will be **FREE PARKING** and **SHUTTLE SERVICE** at the Citadel parking lot: 517 Fishburne St. Shuttles run every 10 minutes to and from the Festival. Limited handicap parking at the Holy Trinity Church: 30 Race St. No dogs permitted unless they are service dogs.

Happy New Year

We have many years of professional experience representing individuals and corporate clients on Seabrook and Kiawah Islands, Mt Pleasant, downtown Charleston, and the surrounding areas. We hope we can help you buy or sell your home in 2024.

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Charleston International Airport Receives Funding for Expansion Projects

Charleston International Airport will roll out expansion projects in several phases.

\$23 million in federal funding will help CHS start projects that accommodate growth. Rendering provided by Charleston International Airport

Airport officials say the airport will soon begin the construction of an additional concourse and overnight parking for aircraft.

"This investment will allow the Charleston Airport to expand its mission of economic development while allowing our residents and guests to benefit with more direct flights to more cities than ever before," said Elliott Summey, executive director and CEO.

Charleston County Aviation Authority shared its long-term plan to expand Charleston International Airport.

Phase one This phase is expected to take three to five years to complete.

- Extension of the ticketing hall and TSA checkpoint
- Additional concourse
- Retail spaces
- Additional parking
- Five overnight spaces for aircraft

Phase two

To begin after the completion of the first phase.

- Tentatively includes Concourse C
- Additional baggage claim areas
- 23 additional overnight spaces for aircraft
- Retail spaces
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Ocean View | 4 BR | 4.5 BA | 4,628 SF



1151 OCEAN FOREST LANE
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Marsh/Ocean View | 5 BR | 5F & 2H BA | 5,058 SF



1136 OCEAN FOREST LANE
\$4,200,000
Marsh/Ocean View | 4 BR | 4 BA | 4,016 SF



2812 OLD DRAKE DRIVE
\$2,300,000
Lake View | 4 BR | 4.5 BA | 4,086 SF



5 SILVER MOSS CIRCLE
\$2,250,000
Kiawah Island | 5 BR | 4 BA | 2,444 SF



2590 JENKINS POINT ROAD
\$2,700,000
Marsh/River View | 3 BR | 3 BA | 3,497 SF



336 SEABROOK ISLAND RD.
\$1,900,000
Ocean View | 3 BR | 3 BA | 2,100 SF



2264 SEASCAPE COURT
\$1,799,000
Beach Access | 4 BR | 4 BA | 2,817 SF



2658 HIGH HAMMOCK ROAD
\$1,225,000
Golf View | 3 BR | 2.5 BA | 2,575 SF



762 SPINNAKER BEACHHOUSE
\$799,000
Beach Access | 2 BR | 2 BA | 1,297 SF



191 HIGH HAMMOCK ROAD
\$329,000
Golf View | 2 BR | 2 BA | 1,026 SF



2865 SEABROOK ISLAND RD.
\$315,000
Lagoon View | Block 40, Lot 33 | 0.24 Acres

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

