

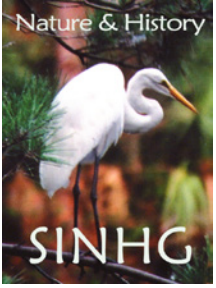
**INSIDE**



**The Happy Kayaker**  
BY RICH BOSS

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# THE Seabrooker

VOL 27 • ISSUE 3 • MARCH 2024

## Seabrook Island Garden Club - See How We've Grown!

Written by Susan McLaughlin | Photos by Susan McLaughlin & Karen Nuttall



(L-R) Victoria Fehr, Richard & Karen Nuttall.



(L-R) Bev Lassiter, Debbie Fink, Katherine Sankovich, Jennifer MacDonald, & Hunter MacDonald



(L-R) Blair Pugh & Carol Price

The Seabrook Island Garden Club hosted its annual Open House on Sunday, February 4 at the Lake House's Live Oak Hall. This year's theme was "Our 35th Anniversary—See how we've grown!" The Open House is a Garden Club tradition and one of the events that make Seabrook a special place to live.

Guests enjoyed a variety of hot and cold hors d'oeuvres, mini cupcakes, and drinks. In honor of the 35th anniversary celebration, Paula Murphy baked a tiered limoncello cake that was decorated with fresh flowers. The evening was topped off with a successful raffle of items secured by raffle chairperson, Diane Cain, and donated by local businesses and Garden Club mem-

bers. Proceeds from the raffle and other Garden Club activities support local community charitable initiatives. With creative direction from member Deb Duerr, Live Oak hall was transformed into a magical woodlands garden. And past president, Karen Nuttall, created and displayed a visual timeline of garden club photos taken through the years.

Over 185 members and guests attended. The raffle raised over \$1000.00 for our philanthropic efforts and hopefully raised awareness of our club.

A much deserved thank you goes to Open House Committee chair, Victoria Fehr, her members, and all of the Garden Club members for helping make this event a success. ▲

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(L-R) Steve Pugh & Bruce Kleinman



### FROM THE TOWN

Gordon Weis  
Town Council

## Barrier Island Coyotes - Seabrook Island



### Coyote Management Perspectives

- 1) South Carolina DNR
- 2) Atlanta Coyote Project

### Applying Management Practices and Perspectives to Seabrook Island

We anticipate the meeting will last approximately 1 hour followed by a question-and-answer session. You may never see a coyote, but please plan on attending the meeting and learning about your new furry neighbors.

Coyotes are now found in every county in SC, and there have been sightings and howls heard on Seabrook Island. The Environment & Wildlife Committee of the Town of Seabrook & staff at Camp Saint Christophers Island are preparing to do an informational public meeting which will provide details & need to know information on coyotes. ▲

The Town of Seabrook Island's Environment & Wildlife Committee together with St. Christopher Camp and Conference Center is planning a public informational meeting for residents regarding Coyotes on Seabrook Island.

Please note, the purpose of the meeting is not to make you fear the Coyotes, but rather to give you information about or regarding their behavior, way of life and how we can safely co-habitate with them. The meeting will be held on **Monday, March 25 at the Lake House in the Live Oak Hall at 7PM.** Jared Crain, who is the "Outdoor Encounters Coordinator and Naturalist" at St. Christopher Camp and Conference Center has become extremely familiar with Coyotes and their presence in our area.

Among the topics to be discussed, "All about Coyotes".

- 1) Their recent presence on our barrier island
- 2) Appearance
- 3) Behavior
  - a) Howling/Vocalizations
  - b) Seasonal Diet
  - c) Coyotes and Native Plants
  - d) Coyotes and Sea Turtles
- 4) Family Pac
- 5) Life cycle

## 2024 Club and Property Owner Boards

### 2024 Seabrook Island Club Board of Directors:

- Lynn Lillibridge – President
- John "JT" Carpenter – Vice President
- Todd Lynch – Treasurer
- Patti Leibach – Secretary
- Barbara Vincentsen
- Rick Grafmeyer
- George Conbeer
- Christine Iaconis
- Missy Whitmore
- Donna Brown
- Ellie Ward

### The 2024 SIPOA

#### Board of Directors:

- Maryanne Connelly – 3-year term
- John Lassiter – 3-year term
- Mark Neath – 3-year term
- Cindy O'Neill – 3-year term

#### Nominating Committee:

- Milum Livesay – 2-year term
- Debbie Ott – 2-year term

#### 2024 Annual Budget:

- For\* – 959
- Against – 412
- Abstain – 101
- TOTAL = 1,472\*

\*The number of proxies required was 906 and 1,472 proxies were received.

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



SEABROOKER ONLINE at :  
www.townofseabrookisland.org



# THE Seabrooker

Please send correspondence to:  
TheSeabrooker@yahoo.com

"Communication is the beginning of understanding."

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

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

Editor: Michael Morris | Publisher: Bernstein Lash Marketing | Advertising & Layout: Teri B. Lash

### THIS MONTH'S SEABROOKER VOLUNTEERS (ARTICLES & PHOTOS)

Joleen Ardajolo	Ed Konrad	Susan McLaughlin	Jerry Reves, MD
Rich Boss	Lori Leary	Karen Nuttall	Gina Sanders
Jared Crain	Bob Leggett	Dean Morr	Gordon Weis
Vivien Johlik	Tina Mayland	Steve Penkhus, MD	Bonnie Whitaker
			Bonnie Younginer

### CONTACTING THE SEABROOKER

Please send correspondence and inquiries regarding editorials to

Mike Morris • TheSeabrooker@yahoo.com • 843.408.3707

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

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

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### DEATH NOTICE



#### Dennis Thomas Wall

Dennis Thomas Wall, 73, peacefully passed away on January 6, 2024. Dennis was born in Camden, New Jersey, to Roseanna and James Wall. As a child, Dennis was known for being a prankster who reveled in making people laugh. His grand and bold personality had a way of making people feel special whenever in his presence. He truly never knew a stranger. As a testament to his character, Dennis valued the friendships he made in his earlier years. These friendships would continue into the later years in his life.

One of the most special friendships made in high school was to his sweetheart, Beverly. Dennis knew on the night of senior prom; he would marry his beautiful date. In 1972, at the young ages of 20 and 21, Beverly and Dennis began their lives together as husband and wife in their home state of New Jersey.

Dennis was an incredibly diligent worker and dedicated to being the best provider for his family. He worked most of his life in the printing industry. Because of his dedication and hard work, Dennis became an Executive with R.R. Donnelley, a Chicago-based printing company.

Dennis and the family took each step together, moving from state to state forging an unbreakable family unit called, The Four Walls. Lifelong friendships were made at each stop along the way. New chapters in life were made, but no matter how busy life was, Dennis always made time for family and friends.

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

Retirement came early for Dennis at age 57. He took this opportunity to live out his dream of living by the beach with his girls, Beverly, and Maggie (his Cairn Terrier). Dennis and Beverly sold their house in Chicago, and moved to Seabrook Island, SC. It was at Seabrook where Dennis began enjoying new hobbies such as gardening, woodworking, and traveling the world with Beverly. His loving companion, Maggie, was always by his side on those sunset walks and afternoon naps on the porch.

Complete retirement was not for Dennis. He wanted to be able to continue to do what he does best, which is to make people laugh, and so he worked part-time at Ace Hardware. He loved to meet people from all walks of life and wouldn't shy away from a good ole' chat up at the hardware store.

Dennis had many roles in his life; a devoted husband, a dad or Baba to his daughters, a dependable friend, but the most precious role Dennis enjoyed is that of being a Pop-Pop to his two grandsons. Dennis was a loving, supportive and caring Pop-Pop who did whatever he could to be there for his grandsons.

All who were fortunate enough to know Dennis will live on with treasured memories of him in their hearts. He would not want those who loved and cared for him to be broken with sadness, but to carry on his love of life with laughter and joy.

Dennis is survived by the love of his life, Beverly, with whom he was devotedly married to for over 51 years; by his two daughters, Lisa and Linda, along with their spouses David and Travis; by his two very loved grandsons Alex and Vincent; and by his brothers and sister, Jake, Stephen and Rosemarie.

Donations to the Charleston Animal Society ([charlestonanimalsociety.org](http://charlestonanimalsociety.org)) are requested in lieu of flowers. A memorial message may be sent to the family by visiting at [www.jhenrystuhr.com](http://www.jhenrystuhr.com).



## CAP'N SAM EDISTO

Dear Cap'n Sam,

I work in public health in our Tri County and across the state of SC, with a focus on diabetes prevention. For this reason, I was pleased to see Dr. Steve Penkhus' discussion of pre diabetes in the February Seabrooker. Type 2 diabetes is a serious and costly disease now at epidemic levels in our country. Even more alarming is that the Centers for Disease Control and Prevention (CDC) reports that 1 in 3 Americans have pre diabetes; higher than normal blood glucose but not yet high enough to be diagnosed as diabetes. People with prediabetes are at high risk for diabetes.

The good news is that type 2 diabetes can be prevented by practicing some basic lifestyle skills. The

CDC's National Diabetes Prevention Program (NDPP) has been studied for 25 years and is proven to prevent or significantly postpone the onset of type 2 diabetes. The program is a partnership of public and private organizations working to prevent or delay type 2 diabetes. The partners work to make it easier for people with prediabetes or at risk for type 2 diabetes to participate in evidence-based, affordable, and high-quality lifestyle change programs to reduce their risk of type 2 diabetes and improve their overall health.

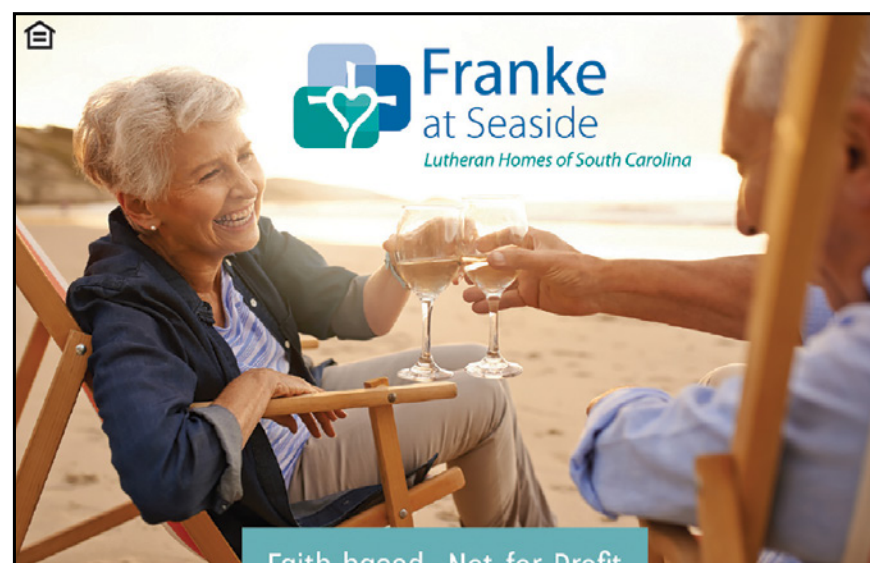
Take the risk test and find out more here: <https://www.cdc.gov/diabetes/prevention/index.html>

More good news: The program is now offered on-line, accessible from anywhere, and fully covered and rec-

ommended by Medicare and Medicare Advantage insurance. In my experience delivering this evidence-based program for 6 years, I have found that people love this program and most reach their target goals, lowering their risk for diabetes and improving their overall health.

Feel free to reach out to me if you would like more information. I can help you determine your your eligibility and to enroll in a local NDPP program that fits your needs.

Margaret Peck, MPH  
Healthy Tri County network  
[Margaret@MyHealthyPlateLiving.com](mailto:Margaret@MyHealthyPlateLiving.com)  
<https://www.myhealthyplateliving.com/national-diabetes-prevention-program>



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We gotta win this game or Taylor is gonna break up with me and write a song about it



I told my daughter to check her attitude and she looks at me and said "For complaints about attitude please contact the manufacturer." Well played, well played!

One way to find out if you are old is to fall down in front of a lot of people. If they laugh, you're still young. If they panic and start running to you, you're old.



Pat Gregory and Beth Kinsella in a tandem kayak just after sunrise.

About 10 years ago I ran into a friend with whom I used to canoe and kayak. But he had undergone a big conversion – he had become a sailor, even building his own wooden boat in his garage (is it not humbling, I struggle to put together simple furniture from Ikea, let alone make something!). I asked him why he was now a sailor. Very simple, he said, that after he left home for college, his mother, the university's doctor, had divorced his father, the dean of admissions, when his father decided that the living room was a great place to build a new canoe. They did not have many common interests, especially not canoeing. My friend's wife did not like canoeing either and had put up with being a "canoe widow" for years, but she loved sailing, so eventually he became a sailor, and they sail together. If she had liked opera, I am sure he would have liked opera too. To stop your crying, I will now mention a few fun recent trips off island.

I joined the Lowcountry Paddlers

for a trip that started at the Riverland Terrace Boat Ramp at slack high tide. We paddled through Elliot's Cut (a manmade water way built centuries ago to connect the Stono River to the Wappoo Cut to transport cotton bales), upriver on the wide Stono River, under a small bridge onto the Wappoo Creek where we paddled by beautiful homes and the old Coburg Dairy, back to the Wappoo Cut where the Folly Road bridge crosses, there were some fierce currents at the finish but a beautiful loop. On the trip, the leader Ralph, noted his biggest recent trip – circumnavigating James Island – it was 36 miles and took 9 hours, only 2 of the 5 who started were able to finish, what a bucket list trip! Lastly, Seabrookers Pat Gregory, Kim Wesson, Beth Kinsella, and Pat's sister got a real early start – 7:00 AM – from Privateer Creek crossing the North Edisto to Ocella Creek, which goes behind Botany Island, it was there that they had several bald eagle sightings, and a passing sailor

noted that several had recently fledged from 2 nests in the area, aren't these amazing animals.

Here are proposed March Show and Go trips, all trips will leave from the Crab Dock, default routing will be to go to the Inlet, then decide by consensus where to go from there. Trips typically last between 90-120 minutes.

- Wednesday March 6 at 1:00 PM
- Wednesday March 13 at 1:00 PM
- Wednesday March 20 at 1:00 PM
- Wednesday March 27 at 1:00 PM

A Show and Go sea kayak group is a friendly informal meet up to go kayaking. All trips are subject to change or cancellation based on conditions. If you would like to join any of the trips, please find my phone number in the Exchange Club directory and contact me the week before the trip. The day before I will send a group text confirming details and participants.

Feel free to call me with ideas or questions or to propose a trip on another day/time. Happy Kayaking!▲

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 March 14 - April 14, 2024

For 77 years Historic Charleston Foundation has celebrated houses, history, and culture through its annual spring festival. Live like a Local through a variety of Tours & Events, with exclusive access to some of the most beautiful private houses and gardens in Charleston, SC. In addition, The Charleston Festival will feature an exclusive site-specific exhibition of original works of art by world-renowned artist, Jill Hooper. Be sure to join us for the opening weekend for Charleston by Design and explore where preservation meets design through lectures, tours and designer vignettes. As Historic Charleston Foundation's largest fundraising and educational event of the year, we hope you'll join us next spring for The Charleston Festival.



**Charleston by Design**  
 A celebration of art, interiors and preservation, Charleston by Design is the dynamic kick-off weekend to the month-long Festival. Charleston x Design will feature Designer Vignettes at the Aiken-Rhett House, the Design in Mind Lecture Series and Designer House Tours, March 14 through 17.



**Jill Hooper Exhibition**  
 Charleston-based Painter and Draftsman, Jill Hooper, will present the exhibition, "Windows into Another World" at the Aiken-Rhett House Museum. To accompany the exhibit, Hooper will host exclusive painting and drafting workshops and studio tours. Exhibition open for the duration of the Festival.



**Tours & Events**  
 For 77 years, the Foundation's spring festival has attracted visitors from near and far to experience and learn about Charleston's historic and unique architecture, gardens, culture and history. The Charleston Festival will continue to offer House & Garden Tours in addition to a robust month-long schedule of events including the Festival Music Series, Lecture Series, social events and workshops. Expect new venues, elevated events and expert speakers in 2024.

**TICKETS NOW ON SALE!**  
[www.thecharlestonfestivalsc.org](http://www.thecharlestonfestivalsc.org)



**SINHG MARCH TRIPS**

SINHG trips are all pre-paid for and already assigned to members who signed up and paid for them during our sign-up period that ended in late January. Trips are only for current members. To join, visit: [www.sinhg.org/membership](http://www.sinhg.org/membership)

**Bird House Workshop Wed., Mar. 6 6:30 pm – 9:00 pm**

Craft & Canvas' owner Stacey will supply all we need to design and paint wood birdhouses. Don't worry about designing your own flourish, as stencils will be provided, although everyone is invited to freehand their design. Once painted, you will have access to beads, flowers, glitter and other embellishments to make your birdhouse one of a kind. This is a fantastic opportunity to spend time with friends while completing a project to keep or gift.  
 Min: 15 | Max: 20 | \$51.00

**Inshore Fishing Trip Thu., Mar. 7 7:45 am – 11:15 am**

Many SINHG members have asked about a deep-sea fishing charter excursion. We have checked into that option and also the least expensive options of inshore and near shore reef fishing. And decided this spring to try Inshore fishing which will take us to creeks and inlets looking for Redfish, trout, flounder, and shark for starters with some seasonal fish mixed in. Fuel, ice, bait, tackle and fishing licenses are included with the charter. You will need to bring food and drink. Sunscreen, sunglasses, and boatsoled shoes are recommended.  
 Min: 6 | Max: 6 | \$170.00

**Brews Cruise Tue., Mar. 12 11:00 am – 5:00 pm**

Charleston is known for its rich history, beautiful beaches, friendly people and now, for its beer! Experience a taste of Charleston's flourishing beer scene with an exclusive tour of the local craft breweries. Our tour, including the Frothy Beard Brewery, Holy City Brewery and Palmetto, a behind the scenes glimpse of the art, science and passion inside of every glass of great beer. We'll learn the aspects of craft beer, the history of beer in Charleston and much more! Plus we'll enjoy generous samples of unique Charleston brews, from pale ales to porters. There is sure to be a beer or ale to suit your taste and you're sure to discover a local favorite. Begin the tour by being picked up the van at the Seabrook Island old Amenity/Real Estate parking lot so that you can sit back and enjoy the ride as well as the beer. You will be able to purchase a lunch at one of our stops.  
 Min. 14 | Max 28 | \$115.00

**Dolphin Encounter Thu., Mar. 14 12:45 pm – 2:45 pm**

Bottlenose dolphins live worldwide in temperate and tropical waters. With the abundance of food and warm waters found in South Carolina's coastal estuaries, the Atlantic bottlenose dolphins permanently reside in our bays, rivers, and beaches. As our Captain navigates the local waters aboard a custom built eco tour boat we'll search the inlets and tidal creeks of the Lowcountry marshes for our resident groups of inshore bottlenose dolphins. We are hoping to make it over as far as the shipyard and back in our 1.5 hours float.  
 Min. 20 | Max 40 | \$72.00

**Tombstone Tales Tues., Mar. 19 9:00 am – 1:30 pm**

Hidden beneath moss covered branches are the graves of some of Charleston's most intriguing citizens. Strolling through these ancient graveyards you will be introduced to these spirited characters. The tombstones many times will tell you their tales. The tour covers tombstone art and the meanings of it, the history of the graveyards and burials, the stories of some of the people buried in those graveyards. It's not ghosts stories. Moderate walking on uneven sidewalks.  
 Min: 12 | Max: 20 | \$30.00

**Nailed It! Thu., Mar. 21 10:00 am – 3:30 pm**

We had so much fun a couple of years ago that we decided to bring this trip back. Our art guide will help us in a fun do-it-yourself workshop experience, transforming our project materials into one-of-a-kind wood signs and specialized home décor all homemade by you, and in your style. Due to the various sized projects payment will be due the day of the trip. Visit the website [www.naileditdiy.com](http://www.naileditdiy.com) and see the many projects that are available. We will be stopping for lunch at the Five Loaves Café before we start our projects.  
 Min. 5 | Max. 25 | TBD (\$20 -200.00)

**Behind the Scenes Seabrook Island Wed., Mar. 27 9:45 am – 11:45 am** (Rain date - Mar. 28)

Join us for a guided behind-the-scenes look at some of the things that we take for granted while living on Seabrook. Leading our tour is Steve Hirsch (Director of Engineering, SIPOA). Our morning begins at the POA building conference room with an overview of our road network and storm drainage systems, security, and landscaping. We will then board a Seabrook carriage to take a first hand look at some of our island's infrastructure. We will meet the people in charge of the S.I.U.C. water and waste water systems and we'll tour the fire station and talk to the firemen on duty. Since we will be in some industrial areas, closed-toe shoes and appropriate clothing are suggested. Minimal walking. Bug spray is recommended. If you sign up for the trip, please keep both the original and rain dates clear.  
 Tour by Seabrook Carriage  
 Min: 11 | Max: 11 | \$16.00



**Kiawah Art & House Tour ~ April 5, 2024**

This year there are five spectacular homes featured on the Kiawah Art & House Tour, all with beautiful views, unique and interesting architecture and great art work.

The home in the Cassique neighborhood is a tranquil home designed for the owners' empty nest lifestyle. Set alongside woods with a wrap-around lagoon, the home is one level, filled with light from large doors and windows. The large great room centers around a hand applied plaster fireplace. At one end of the house is a dramatic entertainment room which opens to the master bedroom suite. At the other end of the house is the kitchen. Every room opens to the deck which runs the length of the house. There is a pool, outdoor kitchen, dining area and barrel ceiling entertainment area. Above the garage there are a sitting area, two ensuite bedrooms and a bunk room to accommodate guests.

Next to the Kiawah River in the Rhett's Bluff neighborhood is a shingled house in a naturally landscaped setting. The main floor is an open floor plan with a dining area, wood beamed chef's kitchen with a large island and a casual sitting area with a "pub". In the back of the house is a screened porch with kitchen, a pool and spa with four small fountains. In one wing of the house is the master suite and spa like bath. The other wing leads to a bunk room with four queen size beds. A circular tower staircase opens to three bedrooms on the second floor, with a "Sister's Deck" for nature watching. The third floor houses a semi-circular office, a den with a wet bar, a reading room, half bath and two balconies overlooking the Kiawah River.

Another house in Rhett's Bluff is a contemporary home designed to blend with the marsh and offer views from most rooms. The towering glass-enclosed stairwell leading to all three floors features a multistory glass chandelier. Eight foot doors lead to the first floor open plan con-

sisting of living room, dining area, sitting area with wet bar and large chef's kitchen. A large screened porch leads to an outdoor sitting area and infinity pool. The second floor master suite fills one wing and the other wing features two bedrooms, one entered through double barn glass doors.

At the top of the house there is a wet bar/coffee station, an office and additional bedroom. The outdoor sitting area between these two rooms offers a wonderful view of the water

and fishing pier.

In the Preserve is an estate built on three lots, comprised of the main house, a cottage, and a Pavilion and pool area. The main house has many curved surfaces, mirroring Kiawah's shoreline, and beautiful architectural features, art and furniture from Lowcountry artists. Some of the rooms on the first floor are the kitchen, billiards room and an office with an inlaid compass in the floor. The "Tranquility Room" has Pecky Cypress paneling, American

Clay plaster walls and a "Nanawall" which opens completely to a hot tub, infinity pool, large deck and spiral staircase leading to the master suite. The second floor also contains many works of art and has bedrooms with distinct themes from "Marsh", to "Heron" to "Oak". The master suite has plastered groin vaults, a limestone fireplace and a cupola in the curved-wall bath. Connected to the main house by an elevated walkway is "Mimi's Lovely Little Cottage", a fully functioning home with a light

filled interior, compact kitchen, den with fireplace, sitting room and bedroom. On the other side of the main house, via a boardwalk, the outdoor Pavilion provides a "Beach Club" style oasis. There is a 60 foot lap pool, an open-air pavilion with fireplace, wet bar, dining table, club seating, tvs. Adjacent is a standing depth hot tub, a sunken lounge with fire pit, and an elevated sun deck.

Along the marsh in Ocean Park, the fifth house was designed for large gatherings and private retreat areas. The kitchen has a large island which seats 9 and intimate dining nook. The circular dining room has arched doors; a window seat allows for an extra table for entertaining. The wet bar has gloss turquoise cabinetry. Adjacent to the kitchen is a screened porch which leads to an outdoor living area, saltwater pool, hot tub and outdoor kitchen. The impressive master bedroom on the main floor is an octagon with closets, office and bath all branching out from the middle. The tower stairwell contains a fight fixture resembling marsh reeds designed by the owner. The second floor has four ensuite bedrooms, most with marsh views. There is a bunk room over the garage with three beds, a living area and bath.

The tour is from 1-5 on Friday, April 5. Tickets are \$75 and may be purchased online at [www.kiawahartsetc.org](http://www.kiawahartsetc.org).

The tour is presented by Arts, etc. and its Presenting Sponsor First National Bank. All proceeds go to literary, visual and performing art programs which Arts, etc. sponsors for the schoolchildren on Johns and Wadmalaw Islands. Program Partners include Chamber Music Charleston, Charleston Jazz, Charleston Stage Company/City Stage, College of Charleston Children's Opera, The Gaillard Center, Palmetto City Ballet, Pure Theater, and Yo Art Presents. ▲



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**921 Sealoft Villa, Seabrook Island**  
 3 Beds, 2 Baths, 1231 Ft<sup>2</sup>

This Sealoft Villa is light, bright, and enhanced by copious windows, cathedral ceilings, and good elevation. It is a short walk to the beach and just a one minute walk to the community pool. The villa has great rental potential and offers open green space to the rear with peeks of the marsh and lagoon.

Listed By: Joy Millar 843.425.2816



**181 High Hammock Villa, Seabrook Island**  
 1 Bed, 2 Baths, 1042 Ft<sup>2</sup>

Renovated to the studs, this villa is offered turnkey and is just a short walk or bike ride to the beach and island amenities including a clubhouse, beachfront dining, and pool. Enjoy drinks on your upper deck overlooking Ocean Winds golf course surrounded by beautiful live oaks.

Listed By: Sharon Welch 404.444.6907

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Steve Penkhus, MD

### What Is Prehypertension?

Prehypertension, as you might guess, is a precursor to hypertension. Prehypertension is not considered a disease and there are no symptoms. For these reasons is often unrecognized, overlooked, underreported and misunderstood. It deserves much more attention from health care professionals and patients. The Cleveland Clinic reports, patients with prehypertension are two times greater risk of heart failure and a heart attack and two to three times greater risk of a stroke. The Mayo Clinic reported a higher risk of cognitive decline. Several studies have shown prehypertension progresses to hypertension in three to four years. Aggressive treatment can prevent hypertension and it's need for treatment and it's complications such as heart disease, stroke, dementia and renal failure. These rank as the number 1,5,6, and 9 leading causes of death in the US! Prehypertension is a relatively new concept and was not widely considered and described until 2003.

A look at the current blood pressure guidelines will clarify what prehypertension is.  
• Normal blood pressure is now less than 120/80mm Hg  
• Prehypertension is 120-129/less than 80  
• Stage 1 hypertension is greater than 130-139/80-89  
• Stage 2 hypertension is greater than 140/90

#### Some causes of prehypertension include:

- 1. Sedentary lifestyle
- 2. High sodium diet
- 3. Smoking
- 4. High alcohol intake
- 5. Stress
- 6. Poor sleep hygiene

#### Risk factors include:

- 1. Age over 65
- 2. Obesity and overweight
- 3. Diabetes
- 4. Black race
- 5. Family history

Prevention of prehypertension and treatment of hypertension are the same. Pharmaceuticals are not recommended unless there are other underlying conditions. Current recommendations are:

- 1. Diet and weight loss if a patient is over weight or obese lead the list. The DASH (Dietary Approaches to Stop Hypertension) diet is intended to prevent and control hypertension. It is rich in fruits, whole grains, low fat dairy products, limited sugar and fats and limits sodium to 2300 grams per day. The Mediterranean diet is also recommended. It is considered long term the most successful diet and is very similar except there is no agreed upon sodium restriction. Harvard reports a 20 pound weight loss can decrease the systolic blood pressure 5 to 20mm Hg.
- 2. Exercise is next on the list. As recommended in the past, the guideline should be 30 minutes 5 days a week including 20 minutes strength training twice a week if normal weight and if over weight 60 to 90 minutes 5 days a week.
- 3. Limit alcohol to one drink a day for women and two a day for men. The difference between men and women is because of the liver metabolism of alcohol in women increases the risk of breast cancer in women.
- 4. No smoking!
- 5. Limit stress as much as possible.
- 6. Maintain good sleep hygiene.



### HEALTHY AGING

Jerry Reves, MD

### Death and Healthy Living



This is the 300th healthy aging column. Almost all the previous columns have been concerned with ways to stay healthy. However, we all know that life ends. Most readers of this column are in an age group that is increasingly aware of this fact. We face the loss of loved ones, friends, and family. Paradoxically, death is a necessary part of life. The question for the living is how to comfort the one who has just lost beloved spouse, child, sibling, parent, friend, or special person in his or her life.

#### Bereavement

The person who has suffered the loss of a loved one through death is by definition a state of bereavement. It is best to understand the reactions and implications of death for the immediate survivor and for those who want to assist the bereaved.

There are many varied and often frequent reactions that are absolutely normal in a person who is bereaved. Much of the reaction is related to who died and how. For example if a child dies suddenly from an unexpected accident or illness the reaction in part is likely to differ from loss of an aged parent who has had a lingering illness for years. Suicide is a particularly difficult death for the surviving loved ones because different emotions are triggered like guilt.

Death of a spouse, sibling, or friend brings a profound sense of confusion, loss, sadness, denial, yearning, and if unexpected shock, disbelief, perhaps anger. All of these emotions and many others are normal. They wax and wane. They may be strong or weak, but can be felt for months, even years. The most acute feelings are a sense of loneliness, insecurity, and uncertainty. The loss can also mean major adjustments in living conditions, home or financial stability, and a host of related matters. Things will not be the same when the loved one dies.

#### Normal Coping Mechanisms

There is no one set of prescribed ways to cope with the grief occasioned by death. It is normal for one to have 18 to 24 months or longer of a string of variable emotions mentioned above. It takes

time, sometimes a very long time, to adjust to the new life without the loved one. What is most important is that whatever the feeling or emotion – it should be encouraged to find full expression. If it is crying or retelling the events of the last amount of time numerous times – this is a normal way to begin to accept the very real sense of loss and adjust to it. It is not unusual for the mourning person to become isolated and develop disordered sleep, intestinal upset, loss of appetite, energy, and enthusiasm, and many physical problems. These normal responses only become problematic if the mourner develops clinical depression that requires professional diagnosis and treatment. Each person experiences this profound loss differently, but each individual can and does benefit from having a supportive friend.

#### What You Can Do To Help

Family and friends can be an enormous source of comfort and support to the bereaved. In fact, it is healthy for both for this to occur. It benefits the grieving person and gives meaning to the friend's life. There are a number of things to do and a few not to do to assist a friend or family member who has just lost a loved one. Most of us are uncomfortable trying to offer comfort.

The table lists some of the practical and proven contributions one can make to help another at this time. The single most important thing that one can do to help another through the loss is to be present, available, and a patient listener.

There are a good number of things not to do when trying to comfort. First, it is not to minimize the loss or tell the

bereaved things like "you'll feel better in time." Also, resist talking about your experience or that of others. Remember that this is a unique loss for the bereaved and what has happened to you or others is not important because each person must grieve in his or her own way. The well-meaning person of faith who says, "They are in a better place" is not comforting to the person who is still in this now even worse place. Silence is sometimes golden in these times: your presence speaks volumes. It is your presence and not your words that is most important.

#### Religion

Death is an expected and planned event in every major religion. Formal religions have beliefs and ceremonies that deal with death forever. For persons of deep faith the service held to mourn the dead is a meaningful ritual with scripture that brings comfort and consolation. Officials of the religion are trained to bring a message that consoles no matter what the circumstances. If the person is one of faith and expresses it in conversation, honor such beliefs and the comfort people receive from their abiding faith. Rejoice in their devotion that eases their pain.

#### The Bottom Line

We do all we can to encourage healthy aging, but inevitably death awaits us all. When a loved one or friend loses a loved one, we can help people through this very difficult time. In helping them we also help ourselves by offering aid and comfort, one of many of the ways to achieve healthier aging. As we age these opportunities become more numerous.▲

#### Table. Acts of Assistance to Help Someone Mourning Death of Loved One

Be present – ongoing and not just for the funeral
Listen compassionately – encourage mourner to talk
Be patient with mood/emotion changes
Offer to help with things (e.g., meals, chores, errands, etc)
Acknowledge the profound loss
Be cautious with "advice"
Assist with paperwork, etc. that needs to be done
Remember anniversaries, birthdays, holidays, etc.

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### Exchange Club Requests Updated Contact Information

The Kiawah-Seabrook Exchange Club Handbook team is finalizing the content and layout of the 2024-2025 edition of the Handbook. Please review your listing in the 2023/2024 Handbook and if you find additions/changes/deletions that need to be made, please email them today to:

KS-ExchangeNames@outlook.com



- Name is the name you use while you are here on Seabrook Island.
- Contact number is the one you use when you meet someone on the Island. Cell numbers have become the most common entry. Two names and numbers can be listed for each address on separate lines, or one contact number on a single line listing with two names.
- Address is your local address. Include number and street name.

The new edition will be sent to your primary home address on file with SIPOA around Memorial Day. If you did not receive your copy or just want additional copies of the Handbook, they can be picked up at Seabrook Island Town Hall and the SIPOA office.

Thank you for your assistance in ensuring the accuracy of the new Handbook and your use of the information provided ▲



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# Feathered Foodies: Tips for Feeding Our Local Birds

Article by Gina Sanders

Members of Seabrook Island Birders often get questions about bird seed, and what works best to attract birds to our feeders. Several of our members have this down to a fine art, so we decided to share some of their best recommendations, and a recipe or two, to help you attract a wide variety of birds to your yard.

**Bird food blends** - Everyone agrees that a blend of seeds attracts the largest variety of birds. Fortunately, many companies sell blends of mixed seed so you don't have to do the work yourself. Look for these seed ingredients when you're shopping for blends:

- Black Oil Sunflower seeds are enjoyed by most birds and should make up the bulk of ingredients in the blend. You can purchase these in the shell, or "no mess" blends with shells removed and only the kernel of the sunflower seed remaining.
- White Millet - Attracts Painted Buntings, Sparrows, Juncos, Cardinals, American Goldfinches and Cowbirds. Doves will also eat millet that falls to the ground.
- Dried fruit, peanuts, almonds and other nuts can be found in many commercial blends. Fruit and nut blends are attractive to Chickadees, Nuthatches, Thrashers, and Woodpeckers, just to name a few.
- To save money, avoid buying blends with a lot of fillers, seeds that birds don't really eat, such as Milo (Sorghum), Canary Seed, Oats, Wheat, or Flax Seeds.

**Mealworms** - Mealworms are popular with bug-eating birds, such as Eastern Bluebirds, Chickadees, Titmice, Wrens, Nuthatches, Kinglets and Thrushes. They're sold in a live version or a dried version. When nesting birds are feeding hatchlings, mealworms make a great addition to your birdy buffet. Eastern Bluebirds especially will love them!

**Suet** - Suet is one of the most nutritious bird foods you can provide in your yard. Woodpeckers, Warblers, Kinglets, Wrens, Nuthatches and other bug-eating birds will love suet. It's especially helpful in winter as it's high in fat and gives birds the extra calories they need to keep warm. Birds that are feeding babies will also appreciate suet and you'll see the parents making multiple trips from the nest to the feeder. Store-bought varieties are available in no-melt, regular, or hot and spicy to deter squirrels and raccoons.

But on Seabrook Island there's one suet that reigns supreme. We call it "Joleen's Suet", or "Bark Butter Bird Feed", a homemade recipe that the birds can't resist! Everyone who makes and uses this suet says the same thing - the birds can't get enough of it. Here's the recipe if you'd like to try it for yourself!



**Bark Butter Bird Feed - Peanut Butter Blend for Wild Birds**  
(Compliments of Joleen Ardaio)

**Makes:** 1 Dough Loaf  
**Prep Time:** 10 minutes

**Ingredients:**  
- 1 Cup Peanut Butter (See notes below)  
- 1 Cup Lard (made from animal fat, not vegetable shortening)

- 1 Cup All Purpose Flour
- 1 Cup Oats (Old Fashioned, Quick, or Steel Cut)
- 4 Cups Cornmeal
- 1-2 Cups of Mixed Shelled Birdseed (optional)
- Dried Mealworms (optional)
- Dried fruit cut in small pieces (optional)

**Instructions:**

1. Add all ingredients in a large bowl. Blend together with a spoon or knead it in the bowl with your hands \* until the dry ingredients are completely blended into a dough. The amounts might need to be tweaked to get the consistency you need.
2. Store in an airtight container or refrigerator. These are all self-stable ingredients.
3. This can be shaped into balls or logs to use in cage type feeders, or crumbled into a tray feeder for non-clinging birds.

**Notes:**

What types of peanut butter are safe for birds?

When choosing peanut butter for birds, go for the unsalted and no added sugar varieties. It's crucial to avoid peanut butter with Xylitol, which is toxic to birds and other animals. Natural, pure peanut butter is the best choice for your feathered friends. Creamy or crunchy works too!

**Ideas on kneading the mixture:**

When mixing by hand, you may want to put on gloves. Some people microwave the peanut butter and lard to soften. You can also use a mixer on low speed.

**Cornmeal:**

Some find that Yellow Cornmeal works best. Be sure it's not a mix, but pure cornmeal.

**Hummingbird Nectar** - Spring and summer are when we see the most hummingbirds. The Ruby-throated Hummingbird is most commonly seen in our area, but other species of migrating hummingbirds may stop off for a day or two to refuel before heading further north or west. We also have hummingbirds that winter with us on Seabrook Island! Here's a simple recipe we recommend for your hummingbird feeders.



Ruby-throated Hummingbird - Photo by Dean Marr

**Hummingbird Nectar**

**Ingredients:**

- 4 Cups of Water
- 1 Cup Granulated Sugar - NOT ORGANIC

**Instructions:**

1. Add sugar to boiling water. Allow to cool before filling feeder.
2. Unused nectar can be stored in the refrigerator for 10 days.
3. Replace nectar every 2 or 3 days during hot weather.
4. Replace weekly during winter months.

**Note:** Do NOT add red dye to your mix.

Both of these recipes can be found on our website. Click on **All About Birds**, then **Bird Food Recipes**. **Bird Feeders**



Carolina Chickadee - Photo by Dean Marr



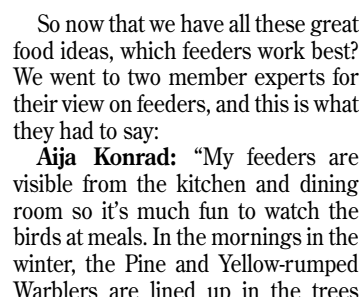
Chipping Sparrows enjoying white millet - Photo by Dean Marr



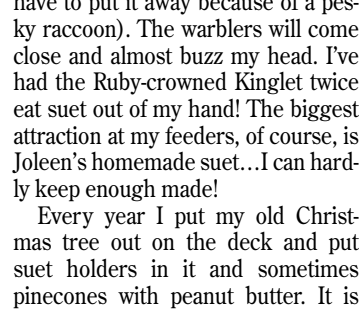
Pine Warbler - Photo by Dean Marr



Tufted Titmouse and Pine Warbler - Photo by Dean Marr



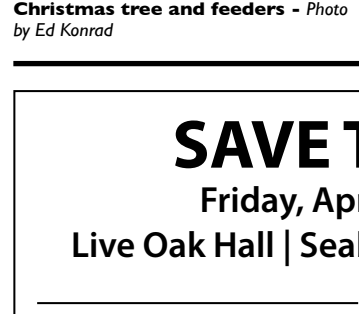
Eastern Bluebird on Christmas tree feeder - Photo by Ed Konrad



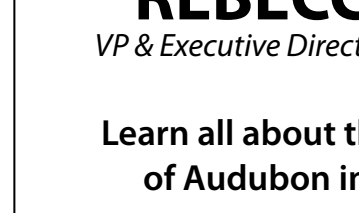
Orange-crowned Warbler on Christmas tree feeder - Photo by Ed Konrad



Red-headed Woodpecker - Photo by Ed Konrad



Pine Warbler on Christmas tree feeder - Photo by Ed Konrad



Aija Konrad's back deck with Christmas tree and feeders - Photo by Ed Konrad

particularly attractive to the small birds, the kinglets and warblers, who like to nestle in it to hide and eat. The "suet" tree is particularly attractive to the birds that cannot crack seed... the bluebirds, mockingbirds, warblers, and thrashers. These birds are unable to crack open sunflower seed, so they either need shelled seed or suet.

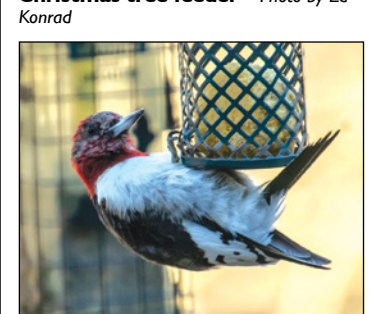
Highlights at the feeder this winter have been an immature Red-headed Woodpecker, whose head we have watched turn from brown to deep red. Another highlight is an Orange-crowned Warbler who comes regularly every day to the suet."



Eastern Bluebird on Christmas tree feeder - Photo by Ed Konrad



Orange-crowned Warbler on Christmas tree feeder - Photo by Ed Konrad



Red-headed Woodpecker - Photo by Ed Konrad



Pine Warbler on Christmas tree feeder - Photo by Ed Konrad

**Joleen Ardaio** may win the prize for the best collection of bird feeders in her yard. She even has one with a built-in video camera, sending her clips of various birds as they visit the feeder throughout the day. Here are some photos of her actual feeders and how she has them arranged in her backyard.



Joleen's backyard feeder setup - Photo by Joleen Ardaio



Joleen's backyard feeder - Photo by Joleen Ardaio



Joleen's backyard feeder - Photo by Joleen Ardaio

Hopefully these ideas and tips will inspire you to create a haven in your backyard for our feathered friends. If you do, please be sure and share your photos with us on social media. ▲

Seabrook Island Village

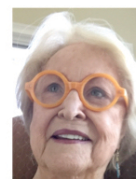


Seabrook Island Village paid tribute to four board members for launching and promoting health and wellness in our community at a gathering in January at the home of Rob and Anne Bavier. Founded in 2020, our "Village" provides volunteer services to residents so they can remain independent in their homes and engage in community activities. Due to the initiatives and enthusiasm of these honorees, our non-profit continues to grow and broaden the scope of opportunities for members, volunteers and residents. "Congratulations and Gratitude" to the following SIV Board members:



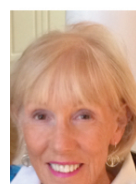
**Sally Kimball**

Sally's heart and skillful leadership made Seabrook Island Village a reality. As founder and president, she encouraged individuals to step up with their talents and skills and join the organization. Sally demonstrated respect for everyone and led by example soliciting funds and providing volunteer & member services. She supported new ideas and gave credit where credit was due. And...there's more... she continues to embrace our education/service mission in 2024 by leading our new "Stronger Memory" Classes for SIV members.



**Barbara Burgess**

Barbara has been a source of support, strength, and inspiration for Seabrook Island Village. Her unwavering efforts as a founder led to the success of SIV today. Her wisdom and expertise led to the development of many leaders in the organization. Her superb skills in journalism inform others about SIV and developed effective marketing strategies and materials to improve our visibility as an organization. All were done with grace, style and focus to advance our mission.



**Kathy Maher**

Kathy co-chaired SIV's Member Support Services Committee and served as its Vice President. The multitude of responsibilities that would be overwhelming for most, for Kathy, were executed seamlessly due to her logic, systematic approach and endless compassion. Together, with Gail Kahl, her co-chair, the quality and quantity of services provided to members have been immeasurable. SIV was delighted to learn after a well-deserved break, Kathy plans to return in March as a volunteer on the Member Support Services Committee.



**Susan Coomer**

Susan's remarkable devotion and energy to raise funds vital to SIV through creative and fun experiences has been non-stop. She has turned her passion for games-particularly Cornhole and Mah Jongg-into community events that sponsors relish and have become part of the social fabric of Seabrook Island. Susan is the "Energizer Bunny" of the group and will continue to serve as Special Events Chair for 2024.

~Seabrook Island Village looks forward to an exciting year building on the accomplishments of these fine leaders.



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Seabrook Island Art Guild Presents  
**March Artist of the Month**  
**Patty Gould Rosenberg**  
 Reception Tuesday, March 5th  
 4:30-6:00pm | The Lake House



**ART GUILD**  
 SEABROOK ISLAND  
 To learn more about  
 the Seabrook Island  
 Art Guild go to  
[seabrookislandartistguild.com](http://seabrookislandartistguild.com)



Seabrook Island Art Guild Presents  
**Demo & Workshop Artist**  
**Christopher Leeper**  
 Reception Tuesday, March 21st  
 1:30pm | Live Oak Room



Patty Rosenberg majored in Art History from Mary Washington College in Fredericksburg, VA. In 2019, Patty took an art trip to France and stayed at Chateau Marouatte for a week of painting with Helen Beacham. As a member of the Seabrook Island Art Guild, Patty has taken a number of workshops and has attended plein air outings. Currently, she is arranging flowers weekly for St James Episcopal Church. She enjoys gardening, reading and walking her GSP. From 2004 to 2007 she was owner of Angelwing Stationers at Freshfields.▲

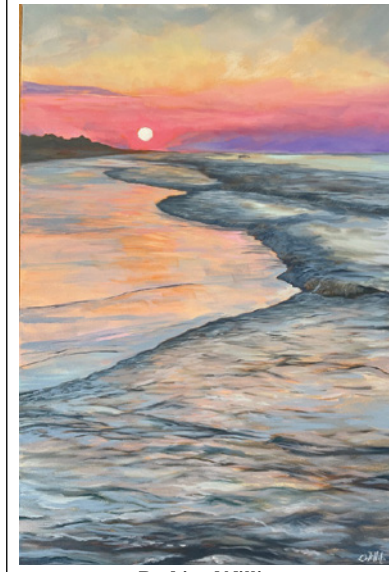
Award-winning artist Christopher Leeper will be featured at the upcoming Seabrook Island Artist Guild meeting Thursday, March 21 at the Lake House. Guild members and guests are welcome to view his live water color demonstration at 1:30 in the Live Oak Room. On Friday, March 22 and Saturday, March 23, Chris will lead an oil & acrylic workshop from 9:00-4:00 at the Oyster Catcher facility. The cost is \$200 for Guild members, and non-members are welcome at \$250. Contact Tina Mayland at [tinamayland@mindspring.com](mailto:tinamayland@mindspring.com) to register. Chris Leeper's award-winning work has been shown in solo and juried exhibitions

throughout the country. In 2021, he was a finalist in the Plein Air Magazine Salon and was featured in the Aug./Sept. 2021 issue of the magazine. Chris is past president of the Ohio Watercolor Society and is a signature member of the National Oil and Acrylic Painters' Society. He has illustrated four children's books and has written and illustrated the book Realism in Watermedia. His work has also been featured in The Artist's Magazine, Plein Air Magazine, Watercolor Magic and Ohio Magazine and in the book Splash 14. Chris is a graduate of Youngstown State University with a BFA degree in graphic design.▲



By Tina Mayland

Nine Artists display their work Saturday, March 30 under the Big Tent on the Green at Seabrook Island Realty!



By Lisa Willits



By Kellie Jacobs

Some of the area's leading artists will be participating in the Sea Islands Chamber of Commerce's 14th Annual Art Show on the green at Seabrook Island Realty (just outside the gate to Seabrook Island). This year's line-up of juried artists includes Kellie Jacobs, Jennifer Black, Sandra Roper, Lisa Willits, Bob LeFevre, Tina Mayland, Colleen Wiessmann, Jen Stackler, and Betsy Jones McDonald. Each of the featured artists is well known throughout the region, and looks forward to the chance to see each other, as well as the followers of their work. The show, which is always held the day before Easter, is open to the public from 10:00am to 6:00pm.

Each artist will be displaying original work, and all pieces are for sale. You'll see oils, pastels and watercolors; Styles vary from representational to impressionistic to abstract. Some of the artists will also be painting live, so it's a great opportunity to meet them and see their creative process in action. Mark your calendars for March 30, the day before Easter. There's no better way to spend a Saturday than looking at amazing art in a Lowcountry setting. You can find more about this year's Art Show on the Sea Islands Chamber of Commerce website, [seaislandschamber.org/Art\\_Walk.html](http://seaislandschamber.org/Art_Walk.html).▲

Tina Mayland



**SPRING IS IN THE AIR**

Spring is coming + we're gearing up to celebrate the season with exciting events around town. From arts + music to food, here are 8 events to attend.



**The Charleston Festival** | Thursday, Mar. 14-Sunday, April 14 | Charleston Historic District | Prices vary | This annual festival is underway featuring tours and special events. [www.historiccharleston.org](http://www.historiccharleston.org)



**Lowcountry Cajun Festival** | Saturday, April 13 | James Island County Park, 871 Riverland Dr. | \$35 | Enjoy Zydeco music, Cajun and Creole foods, and kids activities. [www.ccprc.com](http://www.ccprc.com)



**Charleston Cocktail Week** | Monday, April 22-Sunday, April 28 | Locations vary | \$15 pass | Sip on discounted cocktails at participating bars and restaurants and attend ticketed signature events. [www.charlestoncocktailweek.us](http://www.charlestoncocktailweek.us)



**Lowcountry Strawberry Festival** | Friday, April 5-Sunday, April 14 | Boone Hall Plantation & Gardens, 1235 Long Point Rd., Mount Pleasant | \$15-\$25 | Attend the second weekend of this event for Midway Madness Night. [www.boonehallplantation.com](http://www.boonehallplantation.com)



**Charleston Jazz Festival** | Thursday, April 18-Sunday, April 21 | Locations vary | Prices vary | This celebration of jazz heritage features performances by international headliners like Dianne Reeves. [www.charlestonjazz.com](http://www.charlestonjazz.com)



**Blessing of the Fleet & Seafood Festival** | Sunday, April 28 | Memorial Waterfront Park, 99 Harry M. Hallman Jr. Blvd., Mount Pleasant | Free | Celebrate the local shrimping + fishing industry with a boat parade, live music, and craft show. [www.experiencemountpleasant.com](http://www.experiencemountpleasant.com)



**Cooper River Bridge Run** | Saturday, April 6 | Simmons + Coleman Blvd., Mt. Pleasant | \$45-\$150 | Feel accomplished with this 10K race over the Cooper River Bridge. [www.bridgerun.com](http://www.bridgerun.com)



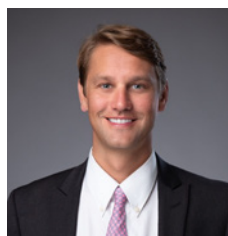
**Art Charleston** | Wednesday, April 24-Sunday, April 28 | The Gibbes Museum of Art, 135 Meeting St. | Prices vary | Look forward to a culinary street fair, cocktail event, panel discussion, and art fair. [www.gibbesmuseum.org](http://www.gibbesmuseum.org)



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<p><b>Under Contract</b></p> <p>PEEK'S OF THE OCEAN</p> <p>722 Spinnaker Beachhouses                  Seabrook Island                  3 BR · 2 BA · 1,664 SF  <b>\$950,000</b></p>	<p><b>Just Listed</b></p> <p>GOLF VIEWS</p> <p>125 High Hammock Villa                  Seabrook Island                  2 BR · 2 BA · 1,026 SF  <b>\$475,000</b></p>	<p><b>Just Listed</b></p> <p>GOLF VIEWS</p> <p>102 High Hammock Villa                  Seabrook Island                  1 BR · 2 BA · 928 SF  <b>\$310,000</b></p>

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REFERENCES UPON REQUEST





# Seabrook Island Garden Club - See How We've Grown!

Written by Susan McLaughlin | Photos by Susan McLaughlin & Karen Nuttall



Lynn Maney McIntosh and Julie Moore



## Seabrook Island Garden Club

35<sup>th</sup> Anniversary - see how we've grown, and supported our community!!

Since 1988, we donated \$14,000 to scholarships in the Horticulture Department at Trident Technical College.

We supported a STEM-based learning program focused on educating and empowering youth to grow food, preserving the rich agricultural history of Johns Island.

## Philanthropy Projects

Building a home environment and surroundings is important part of creating a community. Our funds supported the landscaping efforts for new homes by Sea Island MHF.

We supported Sweetgrass Gardens on Johns Island. Here are founders and farmers showing Magikukul raised beds. They are dedicated to teaching about sustainable methods, farming, composting and distributing food to people in need on Johns Island.

We delivered a donation to St. John's Fire District (SFD). Seabrook Island Fire Station. Through Staff-A-Truck families in need are provided toys and necessary supplies through the help of generous donations and community members of Johns and Wadmalaw Islands.

Our Lady of Mercy Community Outreach opened new public playground with our support.

The Seabrook Island Garden Club hosted its annual Open House on Sunday, February 4 at the Lake House's Live Oak Hall. This year's theme was "Our 35th Anniversary—See how we've grown!" The Open House is a Garden Club tradition and one of the events that make Seabrook a special place to live.

Guests enjoyed a variety of hot and cold hors d'oeuvres, mini cupcakes, and drinks. In honor of the 35th anniversary celebration, Paula Murphy baked a tiered limoncello cake that was decorated with fresh flowers. The evening was topped off with a successful raffle of items secured by raffle chairperson, Dianne Cain, and donated by local businesses and Garden Club members. Proceeds from the

raffle and other Garden Club activities support local community charitable initiatives. With creative direction from member Deb Duerr, Live Oak hall was transformed into a magical woodlands garden. And past president, Karen Nuttall, created and displayed a visual timeline of garden club photos taken through the years.

Over 185 members and guests attended. The raffle raised over \$1000.00 for our philanthropic efforts and hopefully raised awareness of our club.

A much deserved thank you goes to Open House Committee chair, Victoria Fehr, her members, and all of the Garden Club members for helping make this event a success. ▲



Laurel Healy and Lynn Miner



(L-R) Tom & Debbie Daskaloff with Patricia Schaefer



(L-R) Lee Johnson, Dianne Thompson Cain & Melissa Andrews



(L-R) Dianne Thompson Cain & Carol Price



(L-R) Linwood & Lea Mets



(L-R) aura Hall and Sherry McGovern & Jennifer Macdonald



(L-R) Les Riley & Julie Minch



(L-R) Mayor Bruce Kleinman & wife Ava



(L-R) Doug Boudinot and Ray Cicero



(L-R) Dub Ward & Richard Nuttall



(L-R) Pat Gregory & Beth Wright

# Native Gardening for Wildlife on Seabrook

Written by Susan McLaughlin | Photos by Vivien Joklik and Susan McLaughlin



(L-R) Guest Kate Tuomala & Melissa Andrews



Charlene Johnson



(L-R) Lynn Miner, Margaret Grimalda & Karen Sewell



(L-R) Pat Gregory and Sailor

At the Seabrook Island Garden Club's February meeting, members heard a presentation on Native Gardening for Wildlife by Sharleen Johnson. Sharleen has been involved in gardening her entire life, starting when she worked in her mother's backyard organic vegetable garden as a young child. She holds a master's degree in Marine Biology and worked for many years as a marine ecologist for the South Carolina Department of Natural Resources. She is a trained Master Urban Gardener and has thirteen years experience gardening with native plants in the Charleston area. In 2022 Sharleen launched her native plant nursery and habitat garden consulting business—Native Plants to the People, LLC. Her business involves growing plants in her backyard nursery on James Island and selling them on weekends at various community events. She also delivers talks and consults with communities on setting up demonstration native plant gardens.

Sharleen began her presentation with a discussion of why native plants are important. Native plants include large canopy trees, understory trees, shrubs, perennials, vines, and grasses that are indigenous to a particular geographic region. Native plants are important for three main reasons: they are an essential part of the ecosystem; they have been growing in a particular region for thousands of years; and they have evolved alongside native wildlife, resulting in symbiotic relationships with insects, pollinators, birds, and mammals.

Unfortunately, our landscapes today often contain plants collected from all around the world. Our native insects and caterpillars have not evolved quickly enough to be able to adapt to the new, foreign vegetation. Incorporating so many ornamental, non-native plants into our landscapes has resulted in sharp declines in insect abundance and diversity, including pollinators. This, coupled with the use of insecticides, impacts all wildlife. One statistic cited during the presentation was that, over the past 30 years, there has been a 30 percent reduction of all native North Ameri-

can birds. Native plants are needed to support songbirds by supplying food for the insects and caterpillars that most baby birds require. As a result of the lack of food, cover, and places to rear their young, many wildlife species decline or become extinct.

To help reverse this trend, more native plants need to be incorporated into landscapes, including a variety of plants with different bloom times, flower colors, and shapes to create pollinator-friendly habitats. Local nurseries sometimes stock native plants but also have many non-native species, so it is important to find a reputable local source for plants. Because native plants are well adapted to the climate and soil of a particular region, once they are established, they need little watering and generally grow without the use of fertilizers and pesticides.

Sharleen also cautioned against the use of non-native, invasive plants in landscaping. Invasive species of plants can quickly overwhelm areas and destroy entire ecosystems. Because these plants did not evolve alongside native wildlife, most cannot be eaten by insects, caterpillars, and other wildlife and thus contribute to pushing out native plants. Removal of non-native, invasive plants should be a priority of every gardener.

The remainder of Sharleen's presentation focused on discussing specific native plants that grow well in our coastal environment. She also identified some of the invasive plants that are commonly used in landscaping in this area. She suggested integrating native plants in perennial borders, naturalizing larger areas with plants such as sunflowers and black-eyed Susans, creating butterfly gardens, and establishing rain gardens in wet areas. According to Sharleen, every gardener's mantra should be, "Right plant, right place."

Sharleen Johnson can be reached through her website: [www.nativeplantsttp.com](http://www.nativeplantsttp.com). She encourages people to sign up for her newsletter. In addition to providing information about native plants, the newsletter informs followers about upcoming plant sales and Sharleen's speaking engagements. ▲

# The Top Industries and Employers in the Charleston Metro Area

Photo by @donniewhitaker



More than 400,000 people (and thousands of businesses) contribute to the Charleston region's ~\$45+ billion gross regional product. But have you ever wondered about the Holy City's heaviest hitters?

Consider this Charleston Business 101 — your guide to five of our region's key industries and major employers.

*Note: When we say Charleston that refers to the Tricounty (Charleston, Berkeley, and Dorchester counties).*

South Carolina's ports provide the state with a unique economic advantage. *Photo provided by SC Ports*

## THE KEY INDUSTRIES

Five key industries represent ~76% of the Charleston region's economy, based on data from the Charleston Regional Data Center. We've listed them in order of employment numbers.

**Trade, Transportation, & Utilities**  
66,000+ employees

This industry cluster includes the transportation of people, the movement of goods, and water and power services. The Port of Charleston, for example, offers the deepest harbor in the South Atlantic and provides global access to 150+ countries.

**Government**  
62,000+ employees

The military, public schools, and public hospitals make up a large portion of the regional workforce. Charleston has a significant military presence in particular with a \$12.7 billion economic impact.

**Professional + Business Services**  
51,000+ employees

Around 15% of the labor force in Charleston, Berkeley, and Dorchester counties are made up of professional services. These include legal, accounting, architecture, engineering, management, and office administration.

**Leisure + Hospitality**  
46,000+ employees

With 7.43 million visitors annually, the Charleston region is known for its historic architecture, gardens, food, golf, arts + culture, and miles of beaches. Most international visitors arrive from the UK, Germany, and Canada.

**Education + Health Services**  
40,000+ employees

Educational institutions in Charleston improve the quality of life, raise average salaries, and contribute to global economic competitiveness. The region also has several nationally recognized hospital systems and medical centers.

**THE MAJOR PLAYERS**

Now that we've established the major industries, we bet you're curious about specific names. Here are five major employers — all that employ more than 5,000 workers.

**Joint Base Charleston**  
20,000+ employees | Military

Joint Base Charleston spans three seaports, two civilian-military airfields, 39 miles of rail, and 22 miles of coastline. The mission includes installation support, airlift, and airport operations, and training naval nuclear operators.

**Medical University of SC**  
15,000+ employees | Health care

MUSC is the oldest medical school in the South and is SC's only integrated academic health sciences center serving the state through education, research, and patient care. Patient care is provided at over a dozen hospitals with ~2,500 beds and more than 350 telehealth sites.

**Boeing**  
7,500+ employees | Aerospace

Boeing is a leading global aerospace company and a top US exporter. The company develops, manufactures, and services commercial airplanes, defense products, and space systems for customers in more than 150 countries.

**Charleston County School District**  
7,000+ | Government

The Charleston County School District is the second-largest school system in SC with schools spanning 1,300 square miles along the coast. This nationally accredited school district serves ~49,000 students in 80+ schools and specialized programs.

**Roper St. Francis Healthcare**  
6,000+ employees | Health Care

Roper St. Francis Healthcare is the area's only private not-for-profit healthcare system with four flagship hospitals and six emergency rooms. Roper is one of the largest private employers in the Lowcountry with nearly 1,000 doctors representing almost every medical specialty.

This information is derived from the most recent data published by the Charleston Regional Data Center and provided by the Charleston Metro Chamber of Commerce. ▲

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# Barrier Island Earth Day 5K and Festival

On Saturday, April 20, 2024, the Barrier Island Environmental Education Program at St. Christopher Camp and Conference Center is hosting an Earth Day 5K Fun Run and Festival. The fundraiser will raise money for the education program's scholarship and outreach, creating opportunities for South Carolina schools and students in need of financial aid to visit and experience the environmental programming of Barrier Island and become generational stewards of nature.

Whether you are looking for a fitness challenge, a fun exploration, or a pleasant Saturday morning stroll, the Earth Day 5K will guide participants through a network of beautiful maritime ecosystems and coastal scenery. Runners and walkers will experience five environments in five kilometers: maritime forest, salt marsh, dunes, estuary, and beach.

A festival with a silent auction, food trucks, games, activities, education tents, live music, and live animals will



immediately follow the Fun Run at St. Christopher Camp and Conference Center.

The 5K will begin at 8:30am and festival events will begin at 10:00am. You may register ahead of time for both the 5K Fun Run and the Festival, or just the Festival. We also welcome

volunteers, donations, and race sponsors.

Register now through the St. Christopher Camp and Conference Center Website under the Barrier Island - 2024 Earth Day 5K section.▲

Jared Crain

# 2024 Symphony Designer Showhouse



6 Montagu - Original Watercolor by Mary Whyte 14" x 10.5"

## 6 Montagu | March 13 - April 13

The CSOL is thrilled to showcase the restoration and reimagination of circa 1803 John Rudolph Switzer House featuring the work of 14 interior designers, home tours, special events and SCORE, the CSOL's curated pop-up shop.

### PROCEEDS BENEFIT THE CHARLESTON SYMPHONY AND CSOL MUSIC SCHOLARSHIPS

The CSOL's financial support to the Symphony allows the CSO to offer free or low-cost educational opportunities, with a special emphasis on reaching Title I schools and underserved areas.



In 1803 John Rudolph Switzer, a King Street saddler, constructed a plantation style home at 6 Montagu, in the new Harleston Village suburb. Two centuries later, the house has undergone a historic restoration and current addition, all to be further enriched by sixteen leading Lowcountry designers, who will transform the house for the CSOL Designer Showhouse.

The 44th edition of the Designer Showhouse from March 13 to April 13 promises to be bigger and better than ever: a historic architectural treasure, restored and enhanced with modern design elements, to make the house a home - to celebrate life, Charleston style. The Showhouse event also offers an enticing list of special events as well. All proceeds benefit the Charleston Symphony and CSOL Music Scholarships.

6 Montagu is considered a legacy project by the homeowner, Mr. Claron Robertson (aka Rob), who has renovated a number of homes in the neighborhood. This circa 1803 structure is being converted from its most recent configuration of 6 apartments to a reimagined single-family home. The vision combines an extensive historic renovation of the front of the original house with an artistically designed 3-story addition in the back. The renovation includes newly landscaped front and rear gardens including a pool.

#### Unique series of events at the Designer Showhouse

The Showhouse will be open to the public on Wednesdays - Saturdays from 10 - 4. Sundays, Mondays and Tuesdays are reserved for engagements, featuring esteemed musicians and local artists, culinary leaders and interior designers. Many of these intimate events will also include doctored tours of the Showhouse. The CSOL's popular SCORE Boutique will be open throughout the tour with a distinctive curated selection of gifts, wearables, and household items. Music during house tours will be provided by Symphony and local professional musicians and also student musicians.

#### The following events are scheduled at the house:

- March 12: IMAGINE! Opening Night Party
- March 15: Chansons et Champagne featuring Charleston Opera Theater
- March 17: St. Patrick's Day Garden Party
- March 26: A Taste of Gullah Culture Brunch
- April 7 & 9: Historic Charleston Supper Club

#### Participating Designers

The designers each bring their own modern vision to a different sector of the distinguished house and garden:

- Sandy Ericksen - Sandra Ericksen Design
- Linda Burnside - LGB Interiors
- Michael Mitchell and Stephen Shutts - Mitchel Hill Design
- Maria Schendzelos - Morton James
- Heidi Huddleston, CKD - Delicious Kitchens and Interiors LLC
- Patti Wilbourne - PWD Studio
- Linda Frederick - Linda Frederick Interiors
- Molly Basile, Lindsey Junger and Mary Anna Fricks - Molly Basile Interiors
- Terry Stephenson of Juxtaposition Charleston
- Aldous Bertram - Aldous Bertram LLC
- Brittany Tammearu - Brittany Tammearu Interiors
- Wendy Thrower, Wiggie Bitter of Everything Home Charleston with Sandy Ericksen

#### CSOL - A Brief History

Since 1983, the Charleston Symphony Orchestra League has played its part to support live music in the Lowcountry: the largest institutional donor to Charleston's Symphony, the CSOL also provides musical scholarships to talented youth. Since its founding, the CSOL, an all-volunteer organization, has grown to become a diverse membership of over 325. Over the years, League members have shared their talents and expertise by contributing thousands of hours in pursuit of a cause that they cherish, making symphonic music and musical training accessible to all.▲

## Tavern at Rainbow Row

The oldest liquor store in the country is a model of resilience and mischief.



IN THE MIDST OF RAINBOW Row—an endearing lineup of historic, pastel-painted Georgian homes, and perhaps the city's most recognizable attraction—sits an unassuming liquor store whose history provides a counterweight to Charleston's "Holy City" image. Indeed, the oldest liquor store in the United States couldn't have earned that distinction without at least a little mischief.

Historic letters and maps hand-drawn by a Scottish seafarer indicate that the exact location of today's Tavern at Rainbow Row liquor store was a "Seafarer's Tavern" as far back as 1686. It's changed names and forms in the 300+ years since then, but never stopped distributing booze (even during Prohibition), making the nation's longest-operating liquor store the oldest commercial building in Charleston as well.

Early years were none too glamorous. Two blocks from a bustling port, this pocket of Charleston was once a den of vice and playground for pirates. Figures like Edward "Blackbeard" Teach and Stede "The Gentleman Pirate" Bonnet were known to prowling the banks of the Cooper River. The city wasn't spared from damage during the Revolutionary or Civil Wars, either, not to mention historic fires and earthquakes that brought down hundreds of Charleston's buildings. Through it all, the Tavern kept tipping.

Understandably, emerging from a stretch of lawlessness and violence, the shop retained some edge, fronting as a barber shop through Prohibition to sell liquor from a backroom. To this day, a latch door in the back of the shop leads to an underground network of tunnels that once moved moonshine to speakeasies—then called "blind tigers" about town.

While the current owners have honored the shop's legacy by restoring the interior, they're happy to now operate by the book. The shop still features its original hardwood flooring and brick walls, and all furnishings are—if not pre-Revolutionary era—certainly antique.

The Tavern specializes in local or rare (or both) spirits, like a five-grain bourbon made with a Carolina



rice variety once thought extinct; a black tea liqueur made from the only large-scale tea plantation in the U.S.; and a vodka made from a rye grain only grown on SC's Edisto Island, to name a few. To acquaint you with the unfamiliar, the shop also offers weekly tastings. Come on in and raise a glass to three more centuries of the hard stuff.▲

## SOUTH CAROLINA HISTORY

### February, 1783:

Enslaved Revolutionary War spy freed along with his wife and child



a reward for his services as a spy. Hagar and the child were owned by Loyalist John Smyth whose property was confiscated at the close of the Revolution. On March 12, 1783, Hagar and the child were "forever delivered from the yoke of slavery" by the South Carolina General Assembly. Antigua was praised for his skill in "procuring information of the enemy's movements and designs" and he "always executed the commissions with fidelity.... Hagar, and their child as

The American Revolution presented enslaved people an opportunity to gain their freedom if they joined the British forces or spied for the American side. A handful of primary sources document the actions of a few enslaved spies who served the American cause. One of them was a man named Antigua (alternatively spelled Antego and Antigo) who was enslaved by John Harleston (1755/56 -1781) of St. John's Parish in Berkeley County. Harleston's will made provisions for Antigua's freedom as his "reward for his great attachment to my person and interests, and his ready and faithful discharge of duty to me in every capacity."

gence valuable to the American forces. In September 1781, during the British occupation of Charleston, Rutledge sent letters to merchants who were under British protection but not Loyalists. The letters contained a proposal beneficial to both the merchants and the Patriot cause. Antigua was carrying the letters when he was captured by the British who seized the letters and published them in the Royal Gazette. What happened to Antigua immediately after this incident is unknown.

In February 1783, a committee of the South Carolina House of Representatives heard a petition from then former Governor Rutledge recommending the manumission of Antigua's wife, Hagar, and their child as



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SEABROOK ISLAND CLUB

Join us for an event filled with fun and community! This year's celebration will showcase a silent auction, a wine pull, live music featuring the captivating Gullah singers, *Voices of Deliverance*, and of course, impactful stories of our mission—all dedicated to supporting, serving and uplifting our neighbors.

Your presence will not only make a difference but also guarantee an afternoon of joy, camaraderie, and positive impact.

We are adding new items to the silent auction daily, but here's a sneak peek of some of the exciting offerings.

Take a look at some of the items up for auction!



If you are a business owner or community member with connections and wish to contribute auction items or services for the upcoming celebration, please get in touch with us at 843-559-4109 extension 112. We welcome your support!

For tickets, visit: <https://event.gives/olmloveyourneighbor?bblinkid=276265162&bbemailid=52455374&bbid=1368945650>

## COOPER RIVER BRIDGE RUN

The finishing medal for the Cooper River Bridge Run was officially unveiled Tuesday, February 13. Everyone who finishes the 10k will receive one of the finishing medals. The medal features a pelican holding a pair of tennis shoes in its mouth. The colors predominantly featured are blue, pink, and yellow.

Last week, Harris Teeter was announced as the 2024 Cooper River Bridge Run's sole presenting sponsor.

The cost of registration to participate in the bridge is \$65 starting Feb. 29. You can register at:

<https://bridgerun.com/https-raceroster-com-events-2023-37453-cooper-river-bridge-run/>



### Seabrook Island Community ~ The Lake House

## BLOOD DRIVE!

Thursday, March 7th | 10:30 am ~ 3:30 pm

2319 Seabrook Island Rd, Seabrook Island

Scan QR code or go to [www.redcrossblood.org](http://www.redcrossblood.org), sponsor code: Seabrook. All Donors will receive a \$10 e-gift card to a pet supply merchant of choice, PLUS automatically entered to win a \$3K gift card!

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## Evening Speaker Series

WEDNESDAY, MARCH 6, 2024  
5:15 pm Reception · 6:00 pm Lecture  
Alumni Center · The Citadel

**Global Population Trends: Fact & Fiction**  
Jennifer D. Sciubba

Dr. Sciubba will delve into the world of global population trends, exploring how we arrived at this point and where our trajectory is leading us. She debunks common myths and misconceptions that often cloud our understanding of population dynamics.

As one of the world's foremost experts in demographic trends, her recent book—*8 Billion and Counting: How Sex, Death, and Migration Shape Our World*—advocates for policy-relevant research on fertility, mortality, and migration as the basis for investments we need today to shape the future we want tomorrow.

Formerly a tenured professor in International Studies at Rhodes College, Sciubba served as demographics policy consultant to the U.S. Office of the Secretary of Defense and is a vice-chair of the board of the Population Reference Bureau. She has studied at the Max Planck Institute for Demographic Research in Germany, and received her Ph.D. and M.A. degrees from the University of Maryland and her B.A. from Agnes Scott College. She is currently affiliated with the Wilson Center and the Center for Strategic and International Studies in Washington, DC.

Join us for a drink and a bite before the talk. The event is free for members and students. Nonmembers are welcome for a \$30 guest fee, payable at the event.

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Ocean/Marsh View | 5 BR | 4.5 BA | 5,186 SF



**3278 PRIVATEER CREEK RD.**  
**\$1,839,000**

Golf View | 4 BR | 3F & 2H BA | 2,920 SF



**2600 THE HAULOVER**  
**\$1,800,000**

Golf View | 4 BR | 4 BA | 3,021 SF



**1107 SUMMERWIND LN.**  
**\$739,000**

Golf View | 3 BR | 2 BA | 1,256 SF



**2776 HIDDEN OAK DR.**  
**\$720,000**

Golf View | 2 BR | 2 BA | 1,175 SF



**2114 LANDFALL WAY**  
**\$449,000**

Marsh View | 1 BR | 1 BA | 708 SF



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**2865 SEABROOK ISLAND RD.**  
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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.

