

INSIDE



Angel Oak Award -page 5



Birders/Warbles- page 8



Artist of the Month - page 13



Oysters - page 14

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THE Seabrooker

VOL 27 • ISSUE 4 • APRIL 2024



Steve Penkhus, MD

CONGRATULATIONS AND THANK YOU DR. REVES

The mention in last month's issue of the Seabrooker that Dr. Reves has written 300 "Healthy Aging" columns caught my attention. That is very impressive and deserves congratulations and a thank you. It is even more impressive after learning what an amazing and busy career Dr. Reves has had. It is hard to imagine he had the free time, compassion and concern to write those 300 articles. I thought Seabrookers who don't know Dr. Reves would like to know who this man is and how fortunate Seabrookers have been to have had access to his expertise for the last 25 years!

It is hard to comprehend all that the Charlestonian, Dr. Jerry Reves, has accomplished in his career as a clinical anesthesiologist, scientist, researcher, teacher, administrator, author and honoree. The incredible list of his accomplishments, organizations, prestigious positions, honors, and hundreds of publications is overwhelming and takes up dozens of pages of print. He is a graduate of Vanderbilt University where he played varsity tennis. He received his MD degree from the Medical University of South Carolina (MUSC). He is a veteran and was an officer in the Navy in Bethesda, MD during the Viet Nam War. He was an intern, resident and professor of anesthesiology at the University of Alabama Birmingham, professor and chairman of the Department of Anesthesiology at Duke University where

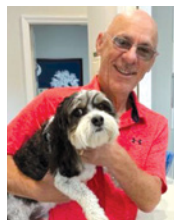
he was the founding Medical Director of the Duke Heart Center. He served as Vice President of Medical Affairs and Dean of the College of Medicine at MUSC, and is currently Dean Emeritus. He is an internationally recognized cardio thoracic anesthesiologist. His modesty became apparent when talking to him and he completely avoided talking about his remarkable accomplishments which are far too numerous to record here but can be reviewed on the internet.

When asked what motivated him to write these columns for 25 years he pointed out that his clinical practice was mostly older patients. When he built his home on Seabrook in 1995 while still living/working in Durham, he realized that most Seabrookers were older. With his interest in preventative medicine and helping people it all made sense to write a monthly column on preventive health for "seniors". His columns began when the Seabrooker began in 1998 with Red Balentine as editor and Fred Bernstein as publisher. His "Healthy Aging" articles are now also being published by the MUSC aging center.

Dr. Reves does have a personal life outside of medicine. He is married to Jenny Cathcart Reves and has three daughters, Christy, Virginia and Betsy. They have five grandchildren - three of whom live in

continued page 3

THE FIRST 100 DAYS



FROM THE TOWN

Bruce Kleinman Mayor

April 10th will mark the 100th day since your Town of Seabrook Island elected officials were sworn into office. Your elected representatives are well-prepared for an evaluation of their first 100 days. I can begin that process by reporting to you on what the TOSI government has been up to.

On our second day in office the Town Council created three new Special Committees and commenced the process of solicitation and appointment of members for each. Seabrookers responded. You volunteered in unprecedented numbers and all three Special Committees were fully populated with highly qualified individuals at Council's regular meeting on January 23rd.

The Special Committee on Short Term Rentals is deep into its study phase. It has already devoted around 12 hours in four public forums in which approximately 85 people delivered comments or presentations and has received approximately 450 written comments. Data of all kinds have been obtained and analyzed by committee members. The decision-making phase is yet to come. Our Community owes all members a deep debt of gratitude for accepting a difficult, intense and time consuming responsibility and handling it with grace. The goal remains: a committee report which balances the interests of owners who rent with those of resident owners. Much remains ahead but the foundation has been laid.

The ARPA Committee has solicited community views through a public portal on the Town's website as to how the Town should utilize the funds received under The Coronavirus State and Local Fiscal Recovery Fund and has commenced the review and ranking of all submissions. The actual decision-making has not yet commenced but like the analysis stage, and like the entire Short Term Rental process, the decision-making stage will be fully transparent.

The Environment and Wildlife Committee has also been very busy. As reported by Committee Chair and Council Member Gordon Weis in the March issue of The Seabrooker, the Committee, partnering with St. Christopher Camp and Conference Center pre-

sented an informational meeting regarding Coyotes on Seabrook Island. This program is the first time any of us can recall a jointly produced project between the Town and the Camp. The Town values its relationship with the Camp and looks forward to more collaborations in the future.

Speaking of collaborations, over our first 100 days, the Town leadership has been having regular discussions with the leadership of both the Club and SIPOA. I believe it is fair to say that all of us intend that collaborations among the three entities on all sorts of matters should be and will become the norm. We can all be stronger together.

In addition to collaborating with our Seabrook partners, we are striving to establish teamwork with off-island neighbors. Council member May represented TOSI in a Town Hall meeting presented by the Town of Kiawah Island on the subject of development along Betsy Kerrison Parkway and Bohicket Road and I have joined the Board of Governors of the Charleston Area Convention & Visitors Bureau. Through all of these new initiatives, Town Hall has been operating without a full complement of staff. In other words, our entire team has had more work, being done by fewer people. Seabrookers, we are lucky to have such a dedicated crew! We now have on board Abby Grooms, our new Communications & Events Manager and Lauren Campasso, our Administrative Assistant/Clerk of Court. Two very welcome and much-needed additions.

Your Town leadership remains committed to innovative transparent process. As described above, we have been working to ensure that all of the Council's (and its committee's) deliberations and debates are fully public and transparent. We recognize that not everything we do will be supported by all of you, but, we strive for agreement that Council sought your views, provided a fair opportunity for the expression of your views, and heard your voice when it was offered. We will continue to stress communication and, with Abby's expertise, develop alternative means for communicating. As I have said before, speaking for the entire Town Council, we are at your service; we are here to represent you; we will be humble and respectful in our service; and we look forward to working together with all Seabrookers and our stakeholders. ▲



On March 16, 2024, COVAR held its annual meeting. 18 villa Associations and Regimes were present via Zoom. The attendees covered a variety of topics.

First, the newly elected board members Debra Lehman, Sue Cameron, Marie Wardell and Justin Title; want to acknowledge the work and due diligence of the departing COVAR president, Joanne Fagan. Joanne and her husband, Doug, moved to the northeast to be closer to family. She will be missed on the island and COVAR wishes her and her family the best of luck in their new home.

The meeting introduced the attendees to the new COVAR website which is up and running. A nod was given to Lynn Baker for helping the board with the birth of this site. The site is informative and worth visiting. Visit covar-si.com and take a look!

The general purpose of the meeting was to gather input from the members so COVAR goals for 2024 can be established. The floor was open to questions, comments and concerns. Among some of the issues were:

- Short Term Rentals (STRs): The lively discussion proved very helpful to many who were confused about at least one issue, namely, a concern that STRs will be banned from the island. The Committee is not considering banning STRs. In fact, a ban on STRs is not included in the "Short-Term Rental Issues"

document that guides the Committee's work and which can be found on the Town's website in the section of the site dealing with the STR Committee.

- It was suggested and approved that COVAR will try to use the webpage as a social source of vendors for ongoing projects within the HOAs. For example, soliciting paving and painting bids can be a lengthy task for an HOA board. If there were links to vendors that successfully completed HOA projects, it might make the search easier. The members would like to have that information shared in a location such as the website. COVAR is working on gathering vetted vendor contacts.
- COVAR mentioned the advantage of HOAs having representation by means of a Member at Large. This volunteer will provide additional boots on the ground for the board and receive timely emails that can be shared with the membership. To volunteer, complete the form which is located on the website under <https://covar-si.com/volunteer-form/>.
- There was discussion that the seawalls have been compromised all along the beach. Water has breached and has come into the dune. Some villas have lost some frontage, and the wall is also compromised. The beach at Pelican Watch has narrowed and has suffered dune loss.▲

COVAR 2024 Board
D. Lehman, J. Title,
S. Cameron, and M. Wardell

The Town of Seabrook Island Hires New Communication & Events Manager



The Town of Seabrook Island is excited to announce the hiring of Abby Grooms as our new Communication & Events Manager. In her new role, Abby will serve as the lead communication and event manager for the town. She will be responsible for managing the town's existing communication channels while continuing to seek new and innovative ways to engage and inform residents, visitors and property owners. She will also be responsible for planning and executing a variety of town events, including the Chow

continued page 3

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)

Table listing names of volunteers including Rich Boss, Joe Cronin, Stan Macdonald, Gina Sanders, etc.

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 Sam's 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

KIAWAH VILLAGE DENTISTRY advertisement featuring Dustin Plunkett, D.D.S., and services like implants, veneers, and whitening.

Edward Jones advertisement featuring Katherine C Morosani, ChFC®, CEPA®, Financial Advisor.

DEATH NOTICE section with a candle icon.



Agnes Jean Murphy obituary text: Agnes Jean Murphy, 76, of Seabrook Island, SC, formerly of Hyde Park, NY, passed away on February 15, 2024, surrounded by loving family.

CAP'N SAM EDISTO

Dear Cap'n Sam, While the Town is debating a Short-Term Rental Policy there is another matter of significant importance also being decided upon.

In response to the wishes of our citizens, the town's staff has grown to nine full-time employees along with several part-time employees.

Dear Cap'n Sam, The following letter was sent to the Town: Short Term Rental CAPS - Not a Panacea

Short-term rentals (STRs) are being scapegoated as culprits for changing the quality of life on Seabrook Island.

The facts presented by the Ad Hoc Committee, while undisputed, did not reassure full-time residents who clamor for quieter streets, fewer unfamiliar faces, regulated quiet hours and unlimited access to parking, amenities and beaches.

Given STR licenses are not limited today, new STR owners want guarantees that STR licenses will be available when they are travelling in retirement or during family emergencies.

To the Town's credit, some of the Ad Hoc Committee's recommendations and other long-sought gate changes have been implemented.

Seabrook is a premier coastal community and deserves better than a Town Hall which has been outgrown and temporary pods in the backyard storing maintenance supplies.

Chuck Cross

the factual evidence and over whelming "against" comments they received during 4 open owner forums conducted during the last month.

We hope the TOSI special STR committee will take the time to learn from mistakes and false starts of other SC neighboring islands by considering the merits of the following 3-point plan:

1. Adopt a hybrid Kiawah Cap Model. Kiawah Island instituted a 20% cap on STRs only in certain neighborhoods that desired to control specific STR growth.

(a) Single-family neighborhoods can impose caps on their respective streets/districts by establishing regimes and/or HOAs. This would permit residential neighborhoods to control their own destiny without imposing on other neighborhoods.

2. Finalize the Noise, Parking and Occupancy provisions of the draft 2023-15 Ordinance. This ordinance is pending and appears on the Town's website.

3. Guarantee Full Grandfathering Rights in perpetuity. STR units were purchased under the authority granted under the initial Seabrook Island covenants without constraints upon the transfer of rights during any resale.

Conclusion The pandemic has changed what our permanent and part-time residents expect from this residential resort community.

Mary and Hank Cardello

New Communication & Events Manager

Town Food Truck Rodeos, Disaster Awareness Day and the annual Holiday Extravaganza. Abby joins the Town of Seabrook Island from ABC News 4, where she served for seven years as a news producer.

forms, but also engages our audience. As we continue to grow and expand our communication and engagement efforts, I am confident that the town will benefit from Abby's knowledge and creativity."

Abby has a bachelor's degree in broadcast journalism from the University of South Carolina. She is a native of the Lowcountry and grew up attending Camp St. Christopher on Seabrook Island.

Joseph M. Cronin

Congratulations - Dr. Reves



Dr. Reves - CIRCA 2000

Charleston and often go to Seabrook. In that little free time he had he has been an avid tennis player, boater and walker. After retirement in 2010 he piloted his trawler, Sweetgrass, on the 7,000 mile "Americas Great Loop" circumnavigating Eastern North America.

It is very obvious that Dr. Reves has an interest and compassion for people and for medicine. He understands the importance of preventative medicine. He certainly dedicated many hours for many years in attempt to help

Seabrooker article snippet titled 'Healthy Aging' by Dr. Gerald Reves, MD, discussing aging, health, and community.

Dr. Reves' article in the first edition of The Seabrooker - February, 1998

Seabrookers make healthy lifestyle decisions. The forever unanswered question is how many extra "Healthy Aging" years some Seabrookers have lived because of Dr. Reves' 25 years of expertise, interest and impressive efforts.

When not writing columns for the Seabrooker, Dr. Reves enjoys harvesting clams and oysters out of the creek at Seabrook and hosting old-fashioned lowcountry oyster roasts on steel plate on cement blocks over a roaring fire at their Seabrook home."

Steve Penkhus, MD

MAYBANK STORAGE BOAT & RV advertisement featuring a boat and storage services.

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Each Office is Independently Owned and Operated. Internal data as of December 23, 2023. Meltwater data from Jan. 1, 2023 - Dec. 31, 2023.

Bottom section of Sotheby's advertisement with statistics: 84 COUNTRIES & TERRITORIES, #1 MOST PROFILED LUXURY REAL ESTATE BRAND, 52M VISITS IN 2023 TO SOTHEBYSREALTY.COM, OVER 1M SOCIAL MEDIA FOLLOWERS.



EXCHANGE CLUB OF KIAWAH-SEABROOK NEWS



Dr. Louise Baucom of Kiawah River Estates recognized as the 2023 recipient of the Angel Oak Award

The Angel Oak Award was established by the Exchange Club of Kiawah-Seabrook Foundation in 2012 to recognize a volunteer who has made an outstanding contribution to the people or the quality of life on Johns Island, Wadmalaw Island, Kiawah Island and Seabrook Island. As a part of the award, the Club makes a \$5,000 donation to a local charitable organization or organizations of the recipient's choice.

The Angel Oak Award Honoree for 2023 is Dr. Louise Baucom. Frankly, the Award selection committee was blown away by the breadth and depth of her volunteer activities. As her nominator, Shirley Salvo, stated it: "I know personally how essential she is to the Sea Islands Blessing Basket program, but there is no question that she is an extraordinary volunteer that makes a difference in so many areas of need." The committee agreed that Dr. Baucom is a worthy Angel Oak Award recipient due to her numerous volunteer activities that greatly benefit the residents of Johns and Wadmalaw islands.

Louise has been a volunteer for the Sea Islands Blessing Basket for the past six years. The Blessing Basket is a food distribution program that provides healthy food for economically disadvantaged families. Louise is the Volunteer Coordinator and is responsible for the recruiting and scheduling of 60+ volunteers each month that engage in the purchasing, packaging, delivery, and drive-through distribution to 265 families on the second Saturday of every month.

Louise and her husband Barry personally deliver several food packages to shut-ins each month. They also participate in Meals on Wheels by delivering meals to 19 Johns Island residents three times each week.

She has assisted another Angel Oak Award recipient, Allen Reed, in the very successful Angel Oak Elementary School Summer Pro-

gram. She has represented the Church of Our Saviour in connection with the Betty Stringfellow High School Scholarships for Johns Island students.

The Sea Islands Hunger Awareness Foundation includes numerous organizations in its programs. For more information, go to www.fightislandhunger.org. Dr. Baucom is a member of the SIHAF Board of Directors and is currently the Secretary.

Dr. Baucom has thirty-eight years of experience in the fields of elementary and higher education. Her early teaching career involved elementary school teaching in North and South Carolina, as well as six years teaching orthopedically handicapped. She earned a Master's degree in Special Education prior to entering the field of higher education and completing her Ph.D. in 1986. She taught teacher education courses and supervised elementary level student teachers at the University of North Carolina at Charlotte for twenty-seven years.

She moved to Johns Island in 2016 with her husband Barry and has two married children who live in Charlotte with her four grandchildren. Her son, Ryan, works for the non-profit Swim Across America as V.P. of Marketing and her daughter, Blair, is a clinical counselor. Louise enjoys gardening, concerts and traveling abroad.

Louise will be honored at the Angel Oak Award Banquet which will be held at Wingate Place, 3850 River Road, Johns Island on May 15, 2024 at 5:30pm. Ticket prices are \$100, and attendance will be limited to 150 persons. The Angel Oak Award Banquet is one of the most significant fund raisers for the Exchange Club of Kiawah-Seabrook Foundation which distributed Grants totaling \$160,000+ in 2023-24. To register, inquire about sponsorship levels, or make a donation, please visit www.ks-exchangeclub.com. It is anticipated that the event will sell out.▲

Bob Leggett

Sea Islands Camp & Retreat Center



I can't begin to thank The Exchange Club of Kiawah-Seabrook enough for the invitation, kind reception, and wonderful meal I received last week at their club meeting. The success of your Exchange Club is evident through the makeup of your committed members. SC Camps & Retreat Ministries transforms lives by seeking, welcoming, and gathering persons into community through outdoor camping experiences at a place set apart which nurtures persons in Christian living by providing HOPE!

- Hospitality – Reach out to all persons,
- Opportunity – Offer them Christ,
- Purpose – Nurture persons in Christian Living,
- Engagement – Send persons out to live their faith.

All of this happens at a place set apart from one's own creative work, a place of solitude, where creation formation leads to faith formation, building relationships with trust and confidence to more than 5,000 guests annually at Asbury Hills, Camp Providence, and now the new Sea Islands Camp & Retreat Center. This beautiful piece of coastal property was acquired just a few months before the start of the pan-

demic in 2019. The camp property opens up a whole new world for many kids in South Carolina with the coastal life of dolphins, fiddler crabs and more. Thank you for your interest and consideration in the development of this new coastal God-given adventure! There are several ways to get involved and support Sea Islands.

Monetary gifts can be made to: "SC Camps & Retreats", 5 Century Drive, Suite #250, Greenville, South Carolina, 29607 and just put "Sea Islands" in the memo.

Online giving is available at: www.sccarm.org/sea-islands, and click "DONATE" in the top right corner of the page.

Want to volunteer? We never turn down those that want to help further the mission. From camp cleanup days to serving on the board of directors, we welcome you to be a part of what God is doing. Call us at (864)298-0125 for a volunteer project today! And more importantly, your prayers are much appreciated! Feel free to give me a call if you have any further questions! I look forward to journeying together!▲

Respectfully,

Arthur W. Spriggs,
Executive Director

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REFERENCES UPON REQUEST

SPOLETO – FESTIVAL USA

Spoletto Accepting Applications for Open Stage Door Program provides free Festival access to local nonprofits



Spoletto Festival USA, America's premier performing arts festival, is now accepting applications for the 2024 Open Stage Door program. Through this community engagement initiative, Spoleto distributes complimentary tickets to laudable Charleston nonprofit organizations and their constituents. Applications are now open at spoletousa.org.

Community-based organizations, social service agencies, and other nonprofit groups serving the greater Charleston area are invited to request tickets by submitting a brief

application describing their services. In the past 10 years, Spoleto Festival USA has provided more than 5,000 complimentary tickets to a variety of organizations in the greater Charleston area such as the Jenkins Institute for Children, My Sister's House, Charleston Music Teacher Association, and We Are Family.

"By fostering connections with our community, we are inspiring a deeper appreciation for the performing arts," says Mena Mark Hanna, Spoleto Festival USA General Director and CEO. "For the last 48 years,

Spoletto has not only brought incredible performances to Charleston, but has played a role in preserving historic landmarks, initiating educational programs, and providing access for underserved communities in an effort to give back to the Charleston community."

For more information about Open Stage Door and to apply, visit spoletousa.org. This initiative is made possible by the generous support of BMW Group Plant Spartanburg.▲

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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.

Jill Butler
AGENT
JillButler@thomascottingham.com

Matt Butler
PRINCIPAL BROKER
MattButler@thomascottingham.com

Ann Clark
AGENT
AnnClark@thomascottingham.com



Are you tired of trying to interpret medical bills and explanations of benefits? Have you been denied health related services due to your medical insurance? Are you afraid of losing a provider due to being out of network? Did you know that 80% of medical bills contain errors that lead to over-billing? If so, you are not alone! My name is Michelle Riddle and I am the Owner/Founder of Complete Dignity Healthcare Advocacy, and a Board



What is a Patient Advocate?

Lake House | Osprey 2 | Tuesday, May 14th | 4-6pm

Certified Patient Advocate. I witness daily how the healthcare industry in the US is failing the people on multiple levels.

Patient Advocacy is a relatively new and growing profession, aimed at helping individuals navigate their unique journey through the healthcare industry. A Patient Advocate is a board-certified profession, assisting patients in many ways. Advocates help with medical bill review, Care Management, Insurance Appeals, and Provide Fee Negotiations, to name a few.

Until the healthcare system, mainly the insurance companies and providers, get on the same page, the confusion for coverage and cost will remain. Unfortunately, many patients are in a state of panic after losing a provider or being denied services, especially when they have ongoing health issues. What a number of those patients do not realize is that under the label "Continuity of Care", their health coverage can continue at the in-network rate due to this clause. Unfortunately, the providers are un-

aware of specific clauses such as this one, and insurance companies fail to educate the public on all the intricacies that reside in the policy. This creates a situation of confusion and chaos for even the most educated and informed.

A Board-Certified Patient Advocate has a specific goal... to take the confusion out of the healthcare arena, and help guide, inform, appeal, and decipher the whole gamut of health services. With the ever-moving pieces in the healthcare jigsaw puzzle, a Patient Advocate can be an important and necessary piece.

Furthermore, if providers and health insurance companies won't fight for you, who will?

I will be speaking more on the complexities of navigating the healthcare arena at the Lake House Osprey 2 on Tuesday, May 14th 4-6p.m., 2024. The topic is Healthcare Exposed, Unveiling the Ugly Truth about Healthcare.

I will also be showing the film "Fix It - American Hospitals -Healing a Broken System". I hope to see you there!▲



Charleston Teen Louise Martin Competed in U.S. Olympic Team Trials

By CDD Staff

Louise Martin, 15, of Charleston, South Carolina sailed to a 13th place finish out of 26 competitors in the ILCA 6 (Formerly Laser Radial) United States Olympic Team Trials. The event consisted of 14 races hosted by the Miami Yacht Club from February 15-24.

Martin, representing the Carolina Yacht Club and Academic Magnet High School Sailing Teams, had three top-10 finishes including a third place. Erika Reineke, 30, of Fort Lauderdale won the event and will represent the United States at this summer's Olympic Games in Paris. Reineke is the current Pan Am Games champion and was runner-up in the previous three Olympic Trials. ▲



Custom home designed by local Architect, Mike Karamus, being built by Hobson Builders on Privateer Creek Rd, Seabrook Island



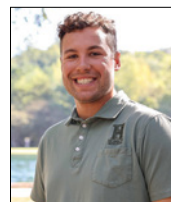
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HEALTHY AGING

Jerry Reves, MD

Primary Prevention of Cardiovascular Disease

Statin: Another Look

Cardiovascular disease is a category of diseases that involves the heart and major arteries in the body. Atherosclerosis is the process that causes the cardiovascular system to improperly function by obstructing the flow of oxygenated blood to vital organs by building up fatty deposits in the arteries. The process is akin to water pipes that become obstructed by minerals that leach out of the water. Lipids and other materials in the blood, formed in the liver, build up along arterial blood vessel interior walls and obstruct normal flow to vital organs like the brain and heart. The result often is a heart attack or stroke. Both are manifestations of ischemic (reduced blood flow) disease caused by the blockage of blood flow to the organs.

Cardiovascular Disease Consequences

Death from heart attack (acute myocardial infarction) or stroke (brain infarction) is the leading cause of death and disability in the U.S. In fact, for many years heart disease (primarily ischemic heart disease) has been the leading cause of death for men and women. Women are protected until menopause (presumably to perpetuate the species) but after that become as vulnerable as men to cardiovascular disease. Stroke is a major cause of death and disability in both genders. As aging continues the risk of cardiovascular disease increases and the likelihood of heart attack and stroke rises until they become the number one cause of death.

What is "Primary Prevention?"

Primary prevention is a medical term used to describe things that can be done to protect against disease. Put another way, it means what can/should be done to prevent the disease. Much of medicine has evolved as a method to treat disease, but obviously, the preferred approach is to prevent disease - not wait to treat it after it develops!

A great deal of research has been done on the primary prevention of cardiovascular disease. Through the years, we have reported on the things that should be done to prevent cardiovascular disease and Table 1 lists ten major initiatives. Each of the ten deserves a full report, but this column will focus on number nine - a medicine commonly prescribed. However, all ten should be part of your strategy to prevent cardiovascular disease. Of interest is that years ago when writing on this topic the evidence supported taking a baby aspirin each day to prevent stroke and heart

attack. That advice has been changed since then as aspirin has been found to do more harm than good for this use. Likewise the blood pressure target has moved around over time as more evidence has been gathered.

Statin for Primary Cardiovascular Disease Prevention

Just as with aspirin there has been an enormous amount of research on the use of statins in the prevention of cardiovascular disease over the past thirty or more years. Statins (atorvastatin [Lipitor], fluvastatin [Lescol XL], lovastatin [Altoprev], pitavastatin [Livalo], pravastatin, rosuvastatin [Crestor], and simvastatin [Zocor]) are a group of drugs approved for the reduction of elevated cholesterol - part of the cause of atherosclerosis. The statins work in the liver to keep the liver from producing as much cholesterol that then enters the blood stream. Specifically, statins are prescribed to reduce elevated low-density lipoprotein cholesterol levels (> 190 mg/dL).

Although it is clear that the statins do lower cholesterol they seem to also have the ability to reduce cardiovascular events not totally related to the reduction in cholesterol. Multiple studies have shown that statins reduce heart attack and stroke by about 25% compared to non-treated patients. The CDC reports that statin use reduces all-cause mortality by 9%, heart attack by 29%, and stroke by 14%. In other words, the evidence is clear that in patients at risk for cardiovascular events who have elevated cholesterol statins are safe and effective. This is why so many people are prescribed these drugs.

Statin Side Effects

If statins are so good at preventing

cardiovascular disease why shouldn't everyone be taking them all the time? First of all, all medicines have risks and there is no reason to treat people with statins who are not at risk for cardiovascular disease. The side effects to statins are rare (< 5%) but in some patients they are intolerable. These include muscle pain, digestive system problems, and central nervous system issues like confusion, "fuzziness," or increased forgetfulness. Rarely they can cause liver damage or severe muscle disease known as rhabdomyolysis. Also, infrequently, statins have been associated with elevated blood glucose. Another problem is that a wide variety of medications can interfere with statins and vice versa.

Managing Side Effects

If statins are necessary, but a patient develops any of the side effects, a number of things can be done. If muscle soreness is the problem, then exercise routines might be changed. Taking a brief break from the medications may be tried. Often switching the dose or changing the statin to another statin drug may prove effective in eliminating side effects. Finally, there are some medicines (Q 10 supplements) that may be indicated in some patients.

The Bottom Line

The old saying, "an ounce of prevention..." applies to cardiovascular disease. It is far better to prevent the disease or delay its onset compared to waiting to do all the many things that can now be done to treat cardiovascular disease. There are ten areas in which everyone can promote a healthier cardiovascular system. One of the ten, when indicated, taking a statin as prescribed by ones physician is a proven and effective treatment in the prevention of stroke and heart attack. The risk is low and reward high.▲

Table 1: AHA Recommendations for Primary Prevention of Cardiovascular Disease

AHA = American Heart Association.

1.	Have a healthy lifestyle throughout life (avoid all the bad health choice)
2.	Promote constructive social interactions (friends, family, marriage)
3.	After age 40 periodically have physician perform a cardiovascular disease risk assessment
4.	Healthy diet high in fiber, fruits, nuts, whole grains, vegetables, lean animal meat
5.	Exercise at least 150 minutes a week - 75 minutes "vigorous"
6.	With type 2 diabetes - follow physician orders of diet, exercise, and possible medication
7.	Do not smoke or drink alcohol excessively
8.	Aspirin no longer indicated in most people
9.	Statin drug therapy with elevated low-density lipoprotein cholesterol or at high risk
10.	Control of blood pressure (aim for less than 130/80) with non-drug therapy or medication



Putting the FUN in FUNd...

There is little doubt that on the list of the elements that make Seabrook Island a magical place, our employees are right at the top. They make the difficult drive to work everyday to assist us, encourage us, serve us, and make the club experience top-notch. And those are just the employees we see, have come to know, and interact with on a daily or weekly basis. But those employees are just the tip of the iceberg, or the sand castle, more appropriately. Seabrook Island Club employs more than 200 employees, many who work behind the scenes doing very hard work that makes our club beautiful, functional, and fun. We don't see them or know them, but we all enjoy the fruits of their labor.

As you likely know, last year a group of members with encouragement from Mitchell and other club leaders, formed a new charitable organization to benefit

club employees. The Seabrook Island Employee Assistance Fund (the Fund) was born.

The premise of the Fund is simple: funds are raised through donations and fundraising events. Eligible employees in need can apply for funds to cover unexpected shortfalls. Since the application process opened late last year, seven applications have been received. Six applicants met the criteria for funding and were granted money to cover various serious and unforeseen financial emergencies.

One long time employee who was assisted wrote to say: "The grant helped me tremendously! Getting that type of support was a big sigh of relief (whew!). When your job has your back, it's awesome!"

A heartfelt thank you to the many generous members who have donated to the Fund directly and through our various

fundraising efforts, including the Alan Fleming Tennis Tournament.

And since fun is a way of life on Seabrook, the next chance to put the FUN in FUNd is coming soon. On May 5, there will be a concert on the driving range (indoors in case of inclement weather). GOOD SHOT JUDY, a dynamic and extremely popular 12 piece modern swing band will travel all the way from Virginia for your listening and dancing pleasure. Don't miss it! This event will sell out. For tickets and more information please visit TheFundatSL.org/events.▲

Meg Carter

The Seabrook Island Employee Assistance Fund raises funds to provide financial assistance to the valued employees of Seabrook Island. The Fund exists to alleviate barriers and inspire success. The Fund is a 501(c)(3) organization and is governed separately from Seabrook Island Club by a volunteer board and committee volunteers.



Spring is around the corner! Call the Top Team and Agents on Seabrook Island to get ready.



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Magnolia Warbler. Photo - Bob Mercer



Black and White Warbler. Found on Seabrook Island year-round, with the exception of June and July. Photo - Alan Fink



Black-throated Green Warbler. File photo, Seabrook Island Birders



American Redstart, another member of the Warbler family and frequently seen around Seabrook Island in spring and fall. Photo - Ed Kanrad



Yellow-throated Warbler. Found on Seabrook Island year-round, but most abundant from March through May. Photo - Gina Sanders

Watching for Warblers

Article by Gina Sanders

Spring is here! Warmer temperatures, beautiful blooming trees and flowers, the buzz of pollinators, and a bird watcher's favorite time of the year - migration!

On Seabrook Island we'll say farewell to our winter birds, to include many of our duck species, including our favorite Hooded Mergansers, the grebes, and a few gulls. Several sparrow species, and the familiar Ruby-crowned Kinglets, Palm Warblers and Yellow-rumped Warblers will also head north for their breeding season.

But that's okay because we'll welcome several spring and summer birds, giving us new visitors to our backyards and feeders. Literally overnight, birds will be everywhere! Some will spend all summer with us, others will stay just a few days or weeks, long enough to rest and refuel before continuing north.

One of the stars of migration is the warbler species. These colorful birds are considered the "jewels" of the woods and are a favorite among birders. Since some are just passing through, we only have a short time to look for and appreciate them. Here are some tips from "Cornell Lab All About Birds" to help you spot them.

1. Use your ears - the frequency of singing and the level of intensity increases in spring. Listen for new bird songs, sounds you don't hear every day. You don't have to be an expert to notice a new tune!
2. Look for bright, colorful birds. Their breeding plumage helps them stand out and makes them easier to identify. Many warbler species have a shade of yellow in their plumage, from a subtle olive to bright cheery yellow.
3. Watch the weather. Warblers migrate with winds blowing from the south, pushing them north toward their breeding grounds. But spring storms and shifts in wind direction can temporarily bring them out of the air and down to the trees to seek shelter. The morning after a storm is a great time to spot birds taking refuge in your yard.
4. Look up! Don't just watch your feeders, look in the trees and bushes for warblers and other migrating birds. Many of our songbirds never visit feeders, instead they eat insects, so look for them darting around on trunks and tree limbs.
5. If you use Cornell's Merlin app on your phone, check the bar charts for a good indication of when your favorites will most likely be in our area. On Seabrook Island our peak spring migration is April and May, so now is the time!
6. Attend a walk or activity with Seabrook Island Birders. This is a sure-fire method to locate warblers and any other migrating birds. Our golf course events are very popular as they cover a variety of habitats, not to mention the convenience of riding around in golf carts! All of our walks and activities are fun and educational, from backyard birding to hotspots of the island. You never know what you'll see, and you'll be in the company of experienced birders who will point them out and pass along their knowledge. Whether it's your first time attending a walk, or you're a regular, we all continue to learn together.

Spring is definitely here. As we spend more time outdoors enjoying the warm breezes and the new growth this season brings, take a moment to look around. Open your eyes and ears to the sounds and movement and enjoy the gifts nature has given us in these spring jewels. ▲



Black-throated Blue Warbler. Found in nearly any wooded or shrubby habitat during migration. File photo, Seabrook Island Birders



Hooded Warbler. Males have this distinctive black hood with yellow face. Photo - Ed Kanrad



Kentucky Warbler, usually found close to the ground. File photo, Seabrook Island Birders



Prothonotary Warbler, most often spotted here in spring and fall. Photo - Jackie Brooks



Yellow Warbler. Look for this bird in bushes and shrubs low to the ground, spring and fall. Photo - Gina Sanders

Seabrook Island Birders Presents **Audubon SOUTH CAROLINA**

A presentation on the future vision of this important SIB Partner

Friday, April 26, 2024 - 7:00 PM
Live Oak Hall, Seabrook Island Lake House

Presented by **Rebecca Haynes**
Executive Director
Audubon, South Carolina

Register for this program at seabrookislandbirders.org or scan QR

Questions, email us at seabrookislandbirders@gmail.com

Seabrook Island Birders

Watching Learning Protecting

email: seabrookislandbirders@gmail.com
website & blog: seabrookislandbirders.org

WHO SHOULD JOIN:
Anyone interested in the birds of Seabrook Island

OUR MISSION:

1. **WATCHING** - to enlighten residents and others about the richness and diversity of Seabrook Island's bird life
2. **LEARNING** - to foster an appreciation for the unique habitats our island provides for these varied species
3. **PROTECTING** - to emphasize the importance of protecting our wildlife and these natural habitats that are essential for the survival of our native birds as well as the migratory birds we host

SEABROOK ISLAND BIRDERS SPONSOR:

1. A variety of online and social media based educational activities
2. Various interactive activities including bird walks, local and national bird counts, the monitoring of Eastern Bluebird boxes, participation in special Island events such as Earth Day, SJ July Fourth Parade, etc.
3. SIB members' involvement with other Seabrook Island environmental organizations' committees and activities



STUMPHOUSE TUNNEL

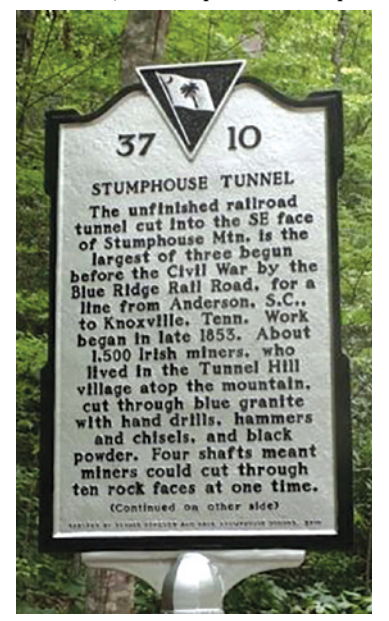


steam engines, the blacksmith forges and the powder mill."

Houghy goes on to explain that "practically all the dwellings were flimsy wooden frame structures that provided little shelter from the elements. While miners with families lived in primitive cabins, unmarried miners often lodged in boarding shanties provided by other railroad workers and their families."

In a letter to Bishop Lynch, the Rev. J. J. O'Connell, a priest sent to minister to the miners, described the austerity of the community: "I have just returned from the up-country mission where I have had a pretty rugged time. The cold was excessive and I suffer from chills all the time."

By 1859, over one million dollars had been spent on the construction of the tunnel and South Carolina's legislature refused to fund the project any further. Of the proposed 5,863 total feet only 1,617 were excavated. The Civil War and the collapse of the state's economy ensured the tunnel would not be completed. Plans to revitalize the project in 1875, 1900, and 1940 failed. A 365-foot portion of the tunnel, known as the Middle Tunnel, was completed but has par-



tially collapsed and was sealed off in the mid-1900s. It can still be accessed but is notorious for flooding.

Clemson University bought the tunnel in 1951 and used it to cure their famous Clemson blue cheese for many years. Later the cheesemaking lab was moved to the Clemson campus, with the conditions of the Stumphouse Tunnel replicated to allow the cheese to retain its distinguished flavor.

A developer attempted to purchase the property in 2007 but Naturaland Trust, a conservation agency created by C. Thomas Wyche, who was largely responsible for the revitalization of downtown Greenville, pledged nearly \$2 million to protect the property. The 40-acre site consists of the tunnels, camping areas, picnic shelters, and a museum of railroad history. It is frequented by day-trippers from across South Carolina and the surrounding areas. If you are able to visit the tunnel, make sure to also see the legendary Issaqueena Falls.

The Stumphouse Tunnel is listed on the National Register. The Stumphouse Tunnel Complex is comprised of forty acres of land, two acres of water, and includes Stumphouse Mountain Tunnel, Middle Tunnel, and the 385-foot original railroad bed connecting them, picnic and camping areas, and a museum of railroad



Stumphouse Tunnel, located near the Oconee County community of Wadhalla, was designed in the early 1830s with the goal of connecting rail lines in Charleston to Knoxville, Tennessee, and eventually Cincinnati, Ohio. South Carolina governor Robert Hayne wanted an alternate route for the Blue Ridge Railroad because, at that time, the route bypassed the mountains of South Carolina, extending instead to northern Georgia and on to Tennessee.

It took two decades for the tunnel to begin to take shape, being built primarily by Irish immigrants in the 1850s. From 1853 to 1859, a temporary town formed around the largest section for

workers and their families. Known as Tunnel Hill, it was home to roughly 1,500 inhabitants. Tunnel Hill consisted of a schoolhouse, a Catholic church, a post office, and several saloons.

The town is said to have been a violent one, and mining-related deaths were common. Life there is described in detail by Jim Houghy in The Proceedings of the South Carolina Historical Association, 2004. He notes, for example, that "living conditions were, at best, primitive. Contemporary observers mentioned the constant noise of drilling and blasting around the clock. Air quality was impaired by the plumes of smoke and dust circulated by the wood-burning

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The Festival of Houses & Gardens is now The Charleston Festival Now - April 14, 2024

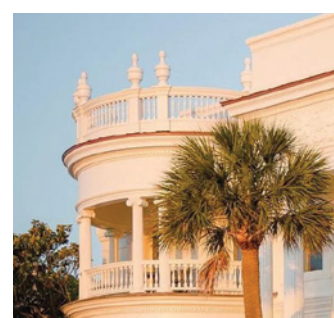
For 77 years Historic Charleston Foundation has celebrated houses, history, and culture through its annual spring festival.



Charleston by Design A celebration of art, interiors and preservation, Charleston by Design is the dynamic kick-off weekend to the month-long festival.



Jill Hooper Exhibition Charleston-based Painter and Draftsman, Jill Hooper, will present the exhibition, "Windows into Another World" at the Aiken-Rhett House Museum.



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.

FOR TICKETS, VISIT: www.thecharlestonfestivalsc.org



Rate Cut Fever

In December, Fed Chair Jay Powell indicated that the Fed was thinking about three rate cuts in 2024. Investors immediately priced in SIX rate cuts and the 10 year US Treasury Bond (10UST) yield plunged from 5% to 3.5% in a matter of weeks.

In my humble opinion, rate cuts would indicate (a) the Fed is very confident inflation is subsiding toward 2% or (b) they fear the economy is slipping into Recession.

Overall, JPOW's statements in recent months have created a situation where businesses, investors and consumers will be disappointed if the Fed does not cut rates by this summer.

That seems to be what stock market investors want to hear, and the attached table from Stansberry Research indicates why they are bullish.

The fact that all periods saw positive returns for the 1984, 1987, 1989, 1995 and 2019 cycles, but were very negative for 2001 and 2007 are tied to

whether a nasty Recession was averted or not. The 2001 cycle losses were exacerbated by the extreme overvaluation of stocks as we entered the Recession.

One similarity to today as we approach the first rate cut is that stock market valuations are once again at well above-average levels.

That pretty much leaves us with the rationale for investor optimism. The Fed can ease because inflation has dropped to levels where real (inflation-adjusted) interest rates are negative.

The Fed met on March 20 and decided to hold the Fed Funds rate at 5.25% to 5.50%. JPOW said his outlook had not changed substantially in recent weeks although somewhat firmer inflation numbers were reported.

Table with 4 columns: First Rate Cut, Six Months Later, One Year Later, Two Years Later. Rows include Oct. 1984, Oct. 1987, June 1989, July 1995, Jan. 2001, Sept. 2007, July 2019.

www.stansberryresearch.com

in December, but this was interpreted very positively by investors as stocks rallied sharply. In fact, it was the first day that the Dow Jones Industrials, S&P 500 and Nasdaq Composite all closed at All-Time Highs since November 2021.

JPOW did note that inflation was somewhat stickier than expected, but said "We're not going to overreact...to these two months of data, nor are we going to ignore them."

So here we are. The Bond market is not convinced rate cuts will take place, but stock market investors seem certain of it. Many economists are still worried that inflation has not been defeated and that Fed easing (along with election year Federal Government spending) could re-ignite inflation.

Somehow, it seems most likely that a rate cut will be announced this summer. It may detonate a stock market melt-up, and while melt-ups don't end well, they are exciting while they last!

IMPORTANT DISCLOSURES The opinions voiced in this commentary on current economics and markets are my own and not the opinions or positions of any entities or organizations with which I may be affiliated or associated.

Kayaking for Health



Rich Boss - Kayak Capn Sams Inlet - with Kim Wesson

Health comes up a lot in discussions on Seabrook and none of us takes our health for granted. Who had rotator cuff surgery, or knee surgery; or was advised by their doctor to eat more prunes; or who is suffering more each day from CRS (Can't Remember Stuff).

interests and friendships, the better we feel. We have had some great days to kayak - one day even in high winds we made it to the inlet and through the wide pool behind the beach and inched up the creek behind Ocean Forest and saw a bald eagle in flight before shallow waters made us turn-around, another day we ventured up the Kiawah River and took a side creek behind Cassique hole #15 and their kayak launch (closed for the winter?).

- Wed, April 3 - 2PM
Fri, April 5 - 2PM
Wed, April 10 - 2PM
Tue, April 16 - 2PM
Fri, April 19 - 2PM
Wed, April 24 - 12Noon (due to tides)

RACKING UP THE MAH JONG TILES



It was LEAP YEAR and on February 29th Seabrook Island Village - Neighbors Helping Neighbors (SIV) - celebrated the day by holding its third annual Mah Jong Event at the Seabrook Island Club.

to Bonnie Bohme, second place Deborah Guthrie, and third place Heidi Lantin.

There were many beginning players this year. Debbie Scott was awarded a prize for high score as a beginner. SIV is planning the next MAH JONG DAY in the late fall.

Susan Coomer SIV Special Events Chair



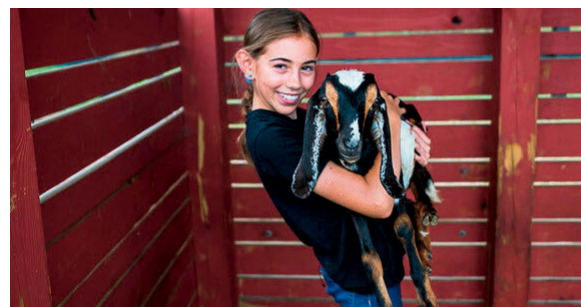
Cultivating Community at Kiawah River

Farm-to-table living thrives in a collaborative environment centered around the expansive 100+ acre Kiawah River Farm.



WHAT'S NEW AT THE FARM?

Step into the enchanting world of The Goatery, where 45 adorable baby goats have already made their debut this season.



Immerse yourself in The Creamery at the Goatery, a testament to our cooperative ethos. Discover an array of new products crafted in collaboration with fellow Kiawah River Farm farmers.



Exciting news awaits as Rosebank Farmstand prepares to reopen at its new location, welcoming visitors at the entrance to Kiawah River.

www.kiawahriver.com tel. 843-920-2275

NOT NEW, BUT THRIVING

The Goatery remains a hub of activity, continuing to offer captivating experiences such as goat yoga, farm tours, and private events.

Generations of agrarian history flourish across 100 acres with esteemed growers such as Freeman Farms and Rosebank Farms, who contribute to the holistic farming philosophy at Kiawah River.

Experience genuine farm-to-table with Three Gates Cattle, proudly offering all-natural, organic beef since 1982.



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TENNIS ON SEABROOK



The Men's National Tennis Association held their tournament at the Seabrook Island Racquet Club on March 16 and 17. (L-R) Mark Lichenstein, Fred Bailey and Seabrookers Rich Goheen and Ken Steen.



GOLF!
The Adult Version Of An Easter Egg Hunt!

Last year I joined a support group for antisocial people. We haven't met yet.



Seabrook Island Village
Neighbors Helping Neighbors

Don't Go Overboard on April 20th!

Don't toss your bean bag "over-board" on April 20th! Seabrook Island Village hopes all players master their flat bags and perfect shots while playing in our 5th Annual "Cornhole Clash" Fundraiser

Saturday, April 20th • at the Lake House

CORNHOLE CLASH FORMAT

Single Elimination

Team Brackets: Men, Women, Mixed, Youth

Entry Fee: \$80 Adult Team / \$30 Youth Team (12 & under)

SCHEDULE

12:15pm - Registration & Lunch (Boxed lunches, beer, wine, water, soft drinks & more)

1:00pm - Start of Play / Lake House Front Lawn

Register online at www.seabrookislandvillage.org. Pick up an entry form at the Lake House or call Sue Coomer, SIV Special Events Chair, for form (843-901-0447).

Help us celebrate our 5th Annual Spring Fundraiser

Support our volunteer services and programs for members and educational events for all island residents.

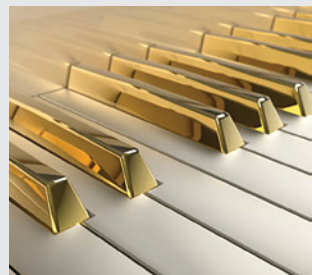
CHARLESTON STAGE

Beautiful - The Carole King Story
April 10-28

Dock Street Theatre
Tickets now on sale at: <https://charlestonstage.com/shows-and-tickets/beautiful-the-carole-king-musical>



TOWN OF KIAWAH Arts & CULTURAL EVENTS



Piano Bar with Glenn Brown
Wednesday, April 3
5:00pm - 7:00pm
The Sandcastle
No Tickets Required



College of Charleston Young Artist: Clara Camacho, Pianist
Sunday, April 7
4:00pm
Church of Our Savior
No Charge, but Tickets Required



Art Film Series
Friday, April 12
3:00pm - 5:00pm
The Sandcastle
No Tickets Required



18th Annual Blues by the Sea
Sunday, April 14
3:00pm - 7:00pm
Freshfields
No Tickets Required



Piano Bar with Chris Dodson
Wednesday, April 24
5:00pm - 7:00pm
The Sandcastle
No Tickets Required



Conrad Tao and Caleb Teicher: "Counterpoint"
Tuesday, April 30
7:30pm
The Seabrook Island Club
Cost: \$25

Visit: www.kiawahisland.org/events/ for full details of above



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

Seabrook Island Art Guild Presents
April Artist of the Month

Rob Bavier

Reception Tuesday, April 2nd
4:30-6:00pm | The Lake House



Rob Bavier grew up on the water and comes from a family of sailors. Both his father and grandfather participated in the America's Cup with his father being skipper of the Constellation in the 1964 successful Cup defense.

With that background, with this background it is not surprising his earliest memories are of racing on Long Island Sound and cruising the ever-changing coast of Maine. The changing moods of the sea always fascinated him and the different moods are reflected in his art.

Glassey calms with a few cat's paws interrupting the still surface, or Nor'easters with spindrift blowing off the wave tops, the isolation of a sunrise in a secluded cove in Maine, or the frenzy of a 100-boat start at Larchmont Race Week all provide inspiration for his art.

Bob no longer races, but now, he has retired to Seabrook Island where leads plain air outings. There the ocean and tidal marshes fill his daily routines. He returns every summer to sail the coast of Maine.

Trained as an architect, Rob started painting watercolor renderings of his designs and then branched out with watercolors as an art form. Since then, he has added oils and pastels to his palette and enjoys moving back and forth between the different mediums as the mood and subject dictate.

Rob has received awards from the American Society of Marine Artists and the Oil Painters of America. Participating in juried exhibits, he has received "Best in Show" and "Best Watercolor" awards. Rob was invited by the Marlborough Arts Center to present an eight-week one man show titled "Sea Change" featuring his work.

Most recently his work has been accepted for the ASMA, 2021 North Regional Exhibition at Krasl Art Center and OPA's Salon Show at the Quilan Visual Arts Center.

Seabrook Island Artist Guild will host a reception for Rob on Tuesday, April 2nd 4:30-6:00 at The Lake House. Come talk with Rob and see his beautiful art.▲

Veterans' History Project

Seventeen Seabrook & Kiawah Island veterans were recently interviewed at the Lake House for the Veterans' History Project, which is sponsored by the Library of Congress.

Many thanks to these vets for their service to their country and for sharing their military experiences: Alan Armstrong, Allan Woods, John Abbattista, Vic Augusta, Glenn Brown, Bob Montague, John Smock, Charley Moore, Frank Zaubi, Dick Barnola, Walt Czander, Jim Sporn, Nat Malcolm, Ed Maher, Harry Polychron, Mike Long, and Jim Condon. We hope more veterans will consider participating.

The purpose of the Veterans' History Project is to collect, preserve and makes accessible the firsthand recollections of U.S. military veterans. Why? So future generations can hear directly from veterans and better understand what they saw, felt, and did during their service.

All of these thousands of interviews weave a tapestry of insight and experience. They are stored at the Library of Congress and available for viewing via their website. Imagine your great-great grandchildren being able to "meet" you and learn about your life and experiences... or young people considering service learning from you... or researchers better understanding their topic based on your observations.

The process is simple. We will set a date and time to film a series of interviews, each typically lasting 30-45 minutes. Veterans interested in being interviewed should contact Tina Mayland at tinamayland@mindspring.com or by phone at 843-822-3646. All veterans are encouraged to participate, whether you were in combat or not. Our next set of interviews will be this summer. Also, we are looking for volunteers who are interested in being trained to interview veterans. If you are willing to dedicate a day or two a



Nat Malcolm - US Navy

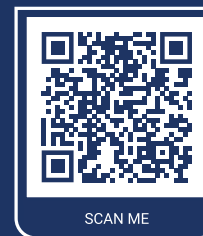
month to the Veterans History Project, please contact Tina Mayland at tinamayland@mindspring.com or by phone at 843-822-3646.

The Seabrooker is looking forward to the personal stories of these veterans starting with the May or June editions.▲

Tina Mayland

Considering selling or buying real estate?

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Braves Road Trip

The Braves Country Road Trip is back and making its way across Braves Country with a "Pose at the Plate" experience where fans can step into a replica of Truist Park and pose for their very own customizable baseball card! Fans will receive a print out of their card on-site and will receive it digitally to share with family and friends. Fans can also enjoy some exciting free giveaways like hats, stickers and koozies to rep the Braves all season long! Additionally, the Atlanta

Braves will engage in community service projects at select spots throughout Braves Country.

The "Braves Country Road Trip" will make a stop at the Cooper River Bridge Run Finish Festival on Saturday, April 6 and will visit the Summerville Family YMCA Flowertown Festival on April 7th. Players will hand out team merchandise like hats, stickers, and koozies, to participants.▲



SATURDAY, MAY 4, 2024

4:30 - 8:00 P.M.

Union Station

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SEABROOK ISLAND *Real Estate*



3135 MARSHGATE DRIVE
\$4,995,000

Ocean/River/Marsh View | 4 BR | 4.5 BA | 4,290 SF



5 SILVER MOSS CIRCLE
\$2,375,000

Kiawah Island | 5 BR | 4 BA | 2,444 SF



2465 GNARLED PINE
\$1,295,000

Wooded View | 3 BR | 3 BA | 2,671 SF



2658 HIGH HAMMOCK
\$1,225,000

Golf View | 3 BR | 2.5 BA | 2,575 SF



738 SPINNAKER
\$865,000

Beach Access | 2 BR | 2 BA | 1,244 SF



2776 HIDDEN OAK DR.
\$698,000

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



528 COBBY CREEK LN.
\$724,000

Wooded View | 3 BR | 3 BA | 1,272 SF



191 HIGH HAMMOCK
\$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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Standing: Tom Peck, John Halter, Amanda Benepe, Ryan Straup, Patsy Zanetti, Ingrid Phillips, Mary Ann Lloyd, Stuart Spisak, Joy Dellapina, Michelle Almeyda-Wiedemuth
Seated: Pat Polychron, Chip Olsen, Stuart Rumph, Kathleen McCormack, Marc Chafe

seabrookisland.com | 843.768.2560

1002 Landfall Way, Seabrook Island, SC 29455 | realestate@seabrookisland.com

*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.*

