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LIVING LIFE IN A COVID-19 WORLD

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Bill and Cynthia Maguire walked their dog Eli around Smythe Lake on Monday evening.

SUZANNE DETAR



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DANIEL ISLAND PARK

Local groceries and takeout options assure dinner is on the table

ELIZABETH BUSH

beth@thedanielislandnews.com

On a typical weekday morning, Blondies Bagels and Café is bustling with activity. The dining room is full and chatter among customers fills the air. But the setting in this popular local hot spot and many other restaurants on Daniel Island is different now, as the coronavirus outbreak and new hygiene protocols have changed day to day operations.

“That’s been the biggest challenge,” noted Anne Turner, co-owner of Blondies. “Our dining room is such a buzzing place all the time – people meeting up, conversations, the students congregating to study, prayer groups, so to not see that is so bizarre ... Our physical environment has changed so much.”

But even though there is a new order of business due to COVID-19, earlier this week the coffee was still percolating at Blondies and the bagels were still baking – as the restaurant shifted into “to go” mode.

Daniel Island resident Jay Tronco is one of Blondies’ many thankful customers. He was driving down Seven Farms Drive on Monday and decided to pull in to place an order.

“I saw the door open,” said Tronco. “... I figure if they’re open, I’m gonna support them!”



PROVIDED

Dockery’s staff member Nadia Wilds is ready to serve from the restaurant’s food truck, which is offering family-style meals to go for customers.

But just a few hours later, Turner announced Blondies would be temporarily closing effective March 26.

“Our commitment remains to our staff and our community and we are 100% confident that

both will be safer and healthier at home for the time being,” she posted on social media. “We can’t thank you all enough for your loyalty both before these unforeseen circumstances and during them as well. We will be back in no time... without a doubt!!!”

The café did not have any difficulties getting in supplies while open, added Turner.

Mpishi restaurant in the Publix shopping center remained open as of March 24 — offering delivery, take-out and curbside pickup. According to co-owner Allison Clay, they also have not had any issues stocking up.

“We have not had any problems getting what we need,” she said via email. “The only exception to this was that the restaurant supplier very briefly ran short of to-go boxes, but it was only for a day or two until they were restocked. There are no food shortages that we’ve seen.”

Clay did say they have seen an increase in take-out orders for dinners, but daytime volume has been low – something she hopes will increase once people go through food stockpiled at home. Dockery’s is also doing only pickups and delivery at the restaurant, in addition to offering family-style meals via their food truck. And all to go orders include a handwritten thank you card and a roll of toilet paper (as supplies

last), said General Manager Chuck Isenberg.

“It’s uncharted waters for all of us, so we’re just trying to do the best we can,” he added. “I think the most important thing, if we can get through this, is making sure the community knows we’re here for them. That’s what we do in this business – is serve.”

Dockery’s has ramped up deliveries, he added, and parked their food truck down at the waterfront at the end of River Landing Drive during the day to offer lunch fare and even dog treats. So far, supplies have been plentiful.

“We’re keeping a close eye on the ‘to go’ supplies,” said Isenberg. “We haven’t had any issues yet, but because that’s all everybody is doing, I feel at some point that might be an issue, but to this point we’ve been able to secure everything.”

At Publix grocery stores on Daniel Island and Point Hope Parkway, increased demand for certain items (paper products, meats, eggs, etc.) is temporarily reducing supplies. But according to Maria Brous, the chain’s communications director, all locations are diligently focused on restocking shelves, conducting preventative cleaning measures and taking care of associates,

See **FOOD SUPPLY** on **PAGE 9**

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False positive COVID-19 test alarms DI community

Student's positive result is later deemed a false scare

SUZANNE DETAR

sdetar@thedanielislandnews.com

On the evening of Saturday, March 21, at 8:33 p.m., parents of students at Daniel Island Academy received notice via email that a child who attends the school tested positive for COVID-19 and had the virus. Two days and much anxiety later — some of which was expressed on social media platforms — the school sent a second email notifying parents that the original test was deemed a false positive.

This was the first public announcement of a case on Daniel Island. It was also the first public announcement of a false positive on the island.

Daniel Island Academy, located

at 300 Seven Farms Drive, is a preschool for children between the ages of 12 months and 4 years old.

In the first email, which The Daniel Island News received from several parents with children at the school, parents were notified of the situation, provided with a history of the student's infection, and informed about the school's plan going forward.

The first email also notes that the school consulted with Dr. Scott Curry, Infectious Disease Specialist and Lead Disaster Operations for COVID-19 at MUSC Health, who was instrumental in setting up a plan for the future.

On Monday morning, the second email advising of the false positive spurred many expressions of relief and thankfulness on social media.

In the second email obtained from a Daniel Island Academy parent, the school noted, "Dr. Curry followed up on the test

and he informed me that the test was falsely positive, meaning the child does not have COVID-19. He stated that there are many labs running the test, some more accurate than others. He has notified DHEC with this update."

The school shared in the second email that Dr. Curry noted to "only seek testing if you have the following symptoms: 'flu-like' with cough, fever, shortness of breath."

In both emails, children, teachers, and parents were advised to social distance and told that if they or their child developed typical "flu like symptoms" or an upper respiratory infection, they should visit MUSC health virtual urgent care, and not their primary care provider, for screening and medical advice from a trained MUSC health care provider. This service is free to all South Carolina residents using the promo code COVID19.

Photographer to capture local porch portraits

Daniel Island resident and photographer Peter Finger wants to help his neighbors look on the bright side of daily life during the COVID-19 pandemic.

Finger is starting a photography project he is calling "Pandemic Porch Portraits" and wants local residents to join in.

"My plan is to take creative, fun, upbeat portraits of families, individuals, pets stepping out on their porches, front yards or steps in order to show the community and the world that although we all take this virus seriously, we have not lost our sense of humor or optimism for the future," he said.

Across the Lowcountry, photographers are finding ways to join the momentum nationwide of #TheFrontStepsProject.

Finger planned to kick off the portraits this week on Wednesday, March 25. Those who are interested in having their photos taken can text him at 843-801-2552 with their name, address and email, and he will schedule an appropriate time, noting it will only take about 5 minutes.

Finger will use a telephoto lens and will be maintaining a safe social distancing protocol.

Following the photo shoots, free digital downloads of the images will be available on his Facebook page, facebook.com/peter.finger.56.

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The Daniel Island News

Independently owned
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General Information:
office 843.856-1999
225 Seven Farms Drive, Suite 108
Daniel Island, SC 29492

Publisher:
Suzanne M. Detar

Editor:
Boots Gifford
843.856.1999
boots@thedanielislandnews.com

Ad Director:
Ronda Schilling
843.330.1981
ronda@thedanielislandnews.com

Art Director:
Jan Marvin
843.856.1999
jan@thedanielislandnews.com

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Letters to the editor are welcomed and encouraged. Please write in about any topic that stirs your fancy or raises your ire. All letters and submissions are subject to being edited for libel, space and good taste. All submissions must include the author's name, address and phone number for verification purposes.

DELIVERY CONCERNS?

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We will deliver the news



from the
publisher

SUZANNE DETAR

COVID-19 has changed all of our daily lives. One thing that hasn't changed is our commitment to bringing news and features to you each week. Our writers, designers and sales people are working from home and our carriers are taking safety precautions as we continue to provide this content to you.

As a reader of the paper, you may have noticed that we often convey a theme throughout the paper. We set the weekly themes in November of the previous year and assign them to writ-

ers, sometimes weeks in advance. Sometimes those planned themes are bumped as important news or different ideas come to mind.

Last week we focused on spring home and garden ideas. This week, several of our articles focus on seniors. Always, our mission is to spotlight hyper-local stories to keep our readers informed, entertained, and connected with what is happening in the community.

We plan to carry on as usual through these uncertain times – to cover the people, places and events that spike interest, educate, and remind us of why we call Daniel Island and the Cain-hoy area home.

Due to a drop in advertising revenue, our print copy may be smaller than usual. So in addition to our print copy, we plan to provide up-

to-date COVID-19 coverage both in the weekly edition of the paper and in a daily e-newsletter. These newsletters also will include the type of quality features about people and businesses that you have come to expect from The Daniel Island News.

Finally, we are increasing our social media presence to promote our stories, our local businesses and advertisers, and to provide helpful information and fun interaction with our readers and followers.

The federal government and states that have already issued stay-at-home orders have exempted newspapers and other media and designated them as essential businesses. Mayor Tecklenburg is expected to ask City Council to issue a similar order after this edition goes to print. Like our counterparts in other states, we expect to continue publication as an essential business.

We will deliver the news.

Rep. Mace: We are all in this together



NANCY MACE

I'm not gonna lie. I'm concerned. My kids are nervous. This uncertainty is not something I ever thought I'd see in my lifetime.

History tells us our nation has defeated severe disease and illness, and we will do it again. Before I share what's going on in the South Carolina legislature to beat back coronavirus and stop the spread, it's important that you know, we are all in this together. We are all learning together and banding together – just as we will recover and heal together.

This is a serious time, and we are all inundated with so much information online that I want to make sure you and our neighbors on Daniel Island know what's open, what's closed, and what resources are available to you and your family.

We must set an example for our kids in these uncertain times. Their anxiety is felt. I

see it when they bike past each other on the island. I see it when my daughter is on FaceTime with her friends talking through their math problems. I see it in the grocery store aisles when we stock up (not stockpile) on canned goods and our fair share of wine.

In order to keep normalcy, routine is important for all of us. And in routine, we can maintain what's important: eating right, getting physical activity and communicating with loved ones with honesty and openness.

Eat right by getting creative with your family while stuck at home. Get physical activity by doing laps around Smythe Park, identifying wildlife, going for a bike ride, and trying out new activity games with your kids. Communicate with your loved ones by FaceTiming grandma and grandpa. Be their support and make sure they have the groceries and medicine they need.

Here on Daniel Island, we are blessed to have acres and acres of open parks, outdoor areas, 25 miles of trails, and 23 miles of rivers, ponds and creeks, available to us. Remain

mindful of your health and fitness at this time and prioritize it. Set an example and ask for help when you need it. We are all in this together.

Since our local businesses, restaurants and bars no longer provide dine-in services, I urge you to grab takeout from any of our local restaurants to support our small businesses here on the island. Like many, they too are facing big losses right now. Support them as best you can as they too navigate uncharted territory.

If you are a small business, the SBA is now offering South Carolina disaster assistance loans online at disasterloan.sba.gov/ela. If you've been laid off, lost your job or have reduced hours as a result of COVID-19, you are eligible for unemployment benefits.

Last week, in latex gloves from the balcony of the SC House of Representatives, I voted to pass an Emergency Relief Bill, providing \$45 million to the Department of Health and Environmental Control (DHEC) to combat the spread of the coronavirus and help our hospitals and medical personnel prepare. Two-thirds of the funds will go to additional

See MACE on PAGE 21

letter to the EDITOR

ADVICE TO THOSE NOT PRACTICING SOCIAL DISTANCING

Editor's note: The Daniel Island News has seen a number of comments from concerned residents about people – young and old – still not heeding social distancing advice. This Letter to the Editor from Dr. Charles Geilfuss received

March 19 explains the issue.

Last night, on my way home from work, I stopped at the Publix on DI to pick up a few grocery items. Walking to the front entrance I was greeted by about 15-20 teenagers hanging out at the front. Did their parents not get the message? We are supposed to be maintaining social dis-

tance. It is why their school has been canceled for the foreseeable future. While COVID-19 is little risk to them, the same may not be true when they visit their grandparents.

I would encourage parents to keep children home for the duration of this event. It is fine to play outside but stay in your yard.

Just calling for a little common sense.

Dr. Charles Geilfuss
Daniel Island

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COVID-19 BRIEFS

NEW FACEBOOK GROUP HELPS FIND JOBS

A new Facebook group called Daniel Island Jobs is up and running courtesy of Linnea Wieland.

“It is for employers and jobseekers who live and/or work on DI and along the Clements Ferry corridor,” Wieland said in an email.

Employers can post job listings for free, she said, and jobseekers who have been displaced by COVID-19 closures are encouraged to post their qualifications to the page so employers can consider them first.

WELLMORE TAKES ACTION TO PROTECT RESIDENTS

Retirement community Wellmore of Daniel Island is protecting residents, guests, and team members during the COVID-19 outbreak through preparation, prevention and other safety measures.

They have elevated stock levels of preventative materials, including N95 and surgical masks, eye protection, hand sanitizers, and disinfectants.

“We are doing everything in our control to prevent and prepare for this pandemic,” Jeff Barber, Wellmore of Daniel Island’s executive director, said in an email. “We believe that the additional measures we’ve taken, as well as our established internal policies, regarding communicable diseases, have us best positioned to handle this.”

Daily screenings of all residents are being conducted and employees are screened daily prior to their shift. Wellmore is offering additional paid sick leave to ensure employees aren’t required to come to work.

Visitation is limited to only essential guests, and those visitors are screened prior to entry.



PROVIDED

Wellmore of Daniel Island is a retirement community on the island.

Masks are required while at the community. Other precautions include providing virtual one-on-one activities instead of group events, group dining replaced by takeout and delivery.

To learn more, call 843-566-1000 or visit Well-More.com.

HOME TELECOM OFFERS SUPPORT FOR REMOTE STUDENTS, WORKERS

Home Telecom is offering special programs and relief to help keep students and workers stay virtually connected as COVID-19 restrictions keep them at home.

The communications company is:

- Suspending disconnections for any residential or small business customer due to nonpayment of services for the next 60 days and waiving any late fees incurred as a result of late payments caused by pandemic disruptions.

- Hotspots continue to be open and free to the public.
- Several Internet programs to support remote workers and e-learning for students are available.
- Free Internet with W-iFi will be available to new households in the service area with K-12 or college students during the national emergency. Visit HomeSC.com/Connect for more information and to sign-up.
- Current customers can upgrade their internet speed to the next tier without a price increase for three months by visiting HomeSC.com/Speed-Upgrade and requesting a discounted internet speed upgrade.
- As always, there are no coverage fees or usage caps associated with Home Telecom internet plans.

DI ANIMAL HOSPITAL DONATES MASKS

On its Facebook page, Daniel Island Animal Hospital announced it would be donating masks to MUSC Health and put a call out to others to do the same.

“MUSC Health is facing a shortage of their mask supply, including L1 surgery masks. We have the option of wearing washable reusable masks for the type of work we do with animals and have elected to donate our supply of disposable masks,” the post states.

Contact Regina Fraiya at 630-744-9850 if you are part of a business that may be able to also donate disposable masks.

MEALS ON WHEELS HELPS RECIPIENTS STOCK UP

East Cooper Meals on Wheels suspended its normal daily operations March 25, through April 6, but not before providing a two-week supply of frozen meals to its current recipients.

On March 24, the group delivered 3,000 meals that could be stored in recipients’ freezers



PROVIDED

Connor Manning decorated the bike rack outside Black Tie Music Academy’s Daniel Island location with colorful yarn. The academy has called upon its students to create impromptu art projects to brighten the community during these difficult days facing COVID-19 concerns.

to fill the gap during this time of social distancing.

With 72% of East Cooper Meals on Wheels recipients living alone, the organization will be asking volunteers to check in daily via phone to keep recipients from feeling totally isolated.

During this time, the organization will still be available to provide a one-time delivery of frozen meals to anyone who becomes newly quarantined at home due to testing positive for COVID-19 or being knowingly exposed to it. Email rhamilton@ecmow.org, call 843-881-9350 or go online to ecmow.org/medical-referral-form.

Donations to support East Cooper Meals on Wheels can be made at www.ecmow.org.

Restaurants offer delivery, takeout to service customers

Following the announcement that area restaurants and bars must close in-house dining, The Daniel Island News put together a list of local delivery and takeout options that can be found online

at www.thedanielislandnews.com.

Readers should contact restaurants directly since plans can change rapidly due to unforeseen circumstances surrounding the

COVID-19. For updates or additions to the list, please send to sdetar@thedanielislandnews.com.

Online restaurant reservation services also offer timely

information about the takeout and delivery services in the areas surrounding Daniel Island and Cainhoy. Eater Carolinas (carolinas.eater.com) and Resy (resy.com) provide updated information from restaurants they usually assist with table reservations, with Resy mapping many takeout and delivery options.

Compiled from staff reports.

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Virus changes operations

From FOOD SUPPLY on PAGE 2

customers, communities and each other.

“We continue to make daily deliveries to our stores and work closely with our supplier community to replenish inventory levels,” she said. “Our stores continue to be extremely busy. Our warehousing and distribution centers are working around the clock to receive product from our suppliers and to ship product to our stores. Last week alone, we delivered almost 12,000 truckloads to our stores.”

Brous asked that customers shop as they normally would and not stockpile. They’ve also added special hours for seniors to shop — 7 to 8 a.m. on Tuesdays and Wednesdays.

And while no one knows exactly when things might begin to return to normal for businesses and customers, most weathering these less-than-ideal conditions are displaying genuine feelings of gratitude.

“The one thing I would really love to express to you is the people, especially here on the island, have been so incredibly awesome,” said Isenberg. “Just supportive and making to go orders and tipping the team, they’ve just been fantastic. They say, ‘you know I’m here to support – what can I order?’ It’s been a real good feeling.”

“We’ll get back there,” added Turner, reflecting on an anticipated return to normal. “And then we’ll all appreciate it that much more. Nobody is immune. We’re



ELIZABETH BUSH

Last week, supplies of eggs at the Daniel Island Publix were low.

all in this together and I think we just have to keep reminding ourselves of that. All the businesses here on the island – we’re all having the same struggles. We all have the same questions. And we’ll just navigate it together.”

Editor’s note: Information in this story was as of press time for the March 26 issue. For updates on local restaurant offerings or operational status, please visit their websites and social media pages.

REFUEL DEBUTS NEW APP, DELIVERY SERVICE

The Daniel Island Refuel gas station and convenience store just got a whole lot more convenient. In response to social distancing prompted by the coronavirus outbreak, the store has launched a new app for ordering items, as well as a delivery service.

“The app will allow you to create a shopping list of things in the store that are the fastest moving items,” said Refuel President and CEO Mark Jordan.

The app is debuting first on Daniel Island, added Jordan, who owns a total of 36 Refuel locations, to allow him to collect some feedback from friends and customers.

“It’s such a cool store,” said Jordan, of the island location. “... When we notice what sells and what doesn’t, we’re going to

make some adjustments.”

At first, there will be no fee for deliveries ordered through the app as the new service rolls out.

Overall, supplies have been good in the stores, noted Jordan, with a few exceptions. But he believes they will be able to “fully recover” this week. Jordan is also expecting to get a new shipment of 100,000 bottles of hand sanitizer (for the first couple of days of the delivery service, all orders will include a free bottle).

If all goes well with the app, it will be expanded to the other Refuel locations. The company is currently expanding locations into Mississippi and Arkansas.

To download the new app, search “Refuel Market” in your phone’s app store.

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police BLOTTER

ELIZABETH HORTON
news@thedanielislandnews.com

The following incidents were taken from the City of Charleston Police Department reports within the Team 5 area that covers Daniel Island and parts of the Cainhoy peninsula from March 1-15, 2020.

BICYCLE THEFTS

Two child-sized bicycles were reported stolen early in March. The first was taken between March 1 and March 2 from Central

Island Square. The victim said his son placed the bicycle in the rack underneath their apartment and it was not there when they returned a day later. The second theft occurred March 9 at Daniel Island School. The bike was left in the rack on Friday after school and was not present when the family went back to retrieve it. Both bikes were left unsecured.

IDENTITY THEFTS

Officers were called to a residence on Robert Daniel Drive on March 6. The victim claimed an unknown party changed his address and bank account information, and then had stolen six checks from the Social

Security Administration, totaling \$7,383. Upon investigation, it was determined that on May 6, 2019, someone did change the contact information to have the checks illegally forwarded to an address in State College, Pennsylvania. The victim said that he had lived near that address at one time, but did not know who lived there currently. The case is active.

On March 9, a victim reported that an unknown individual opened a new account at a Verizon store in Greenwood, South Carolina, and purchased a cell phone in the amount of \$905 using the victim's information. The victim became aware of the theft when applying for a loan, as failure to pay the Verizon bills impacted his credit score.

THEFT FROM A BUILDING

Officers responded to a call on Robert Daniel Drive on March 12 in reference to a victim stating that her diamond ring was removed from her dresser sometime between March 2 and March 4. The victim added that there were two different maids who entered her room during that time period. A thorough search was conducted in the room but the jewelry was not found. The ring was a 14-karat yellow gold band with diamonds valued at \$4,500. The victim provided the officer with an appraisal listing the ring's

specifications. Team 5 has checked area pawn shops. The case is ongoing.

ASSISTING OTHER AGENCIES

Team 5 responded to a report that a suspicious vehicle with an attached utility trailer was parked in the Benefitfocus parking lot. Officers approached a white male in the car, who stated that he had just had an argument with his girlfriend and was parked to "cool off" from the exchange. While parked, the car ran out of gas. The officer ran the individual's information through the system and found an active warrant for his arrest with the Charleston County Sheriff's Office for disorderly conduct and defrauding a restaurant. He was detained and turned over to a deputy on March 13.

VANDALISM

On Saturday, March 14, near the front gate of the Daniel Island Country Club, an employee found an overturned golf cart in the middle of the fairway. The golf cart did not belong to the club and was a Club Car brought in from another location. An unknown driver was doing "donuts" prior to flipping the cart, resulting in an estimated \$1,000 worth of damages to the golf course. Officers plan to review surveillance and investigate further.

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Let's financially socialize while social distancing



financial news

STEPHANIE MACKARA

We find ourselves in unprecedented times. Many of us are scared; there are so many things beyond our control. During these times I hope you remain safe.

I, too, feel so many things out of my control and find that focusing on those things I can control is keeping me sane. I want to provide you with a few exercises for your family to help you to lean into each other and build a stronger financial and emotional connection while social distancing from others.

Social distancing is a new phrase to most of our lexicons, so I want to add another, financial socialization.

Financial socialization is the process by which young people acquire the standards, values, norms, skills, knowledge and attitudes needed to become functioning consumers in the marketplace. Financial socialization is the way most people learn how to handle their financial affairs — good or bad. Positive financial socialization leads to financial wellness, financial wellness leads

to personal wellness including less stress coupled with greater happiness and contentment.

We all want less stress. Here are four ways to financially socialize with your family:

READ RELEVANT BOOKS

Everyone in your household should read a personal finance book and discuss what they have learned. Here are a few age-based recommendations:

- Adults: "The Soul of Money"
- Teenagers and up: "The Richest Man in Babylon"
- Middle school: "How To Turn \$100 Into \$1,000,000"
- Elementary school: "The Bernstein Bears Trouble with Money"

KNOW YOUR STARTING POINT

Have everyone in your household develop a Personal Balance Sheet — whether it's pennies from a piggy bank for younger children, savings accounts for young adults, or 401k and investment accounts for parents.

To create your personal balance sheet you will list all your assets and all liabilities. Assets are things that you own that have value, while liabilities are debts that you owe. Your assets minus your liabilities equal your net worth. Review how much of your money,

each month, is going toward your assets and how much is going toward your liabilities.

GIVE EVERY DOLLAR A PURPOSE WITH GOAL SETTING

Now that you know your starting point, knowing where you want to go will enable you to ask for direction and remain accountable. After reviewing each of your personal balance sheets, set some goals as to how you would like these to change. Have each member of your household write down savings goals, spending goals, sharing goals and investing goals. Go through each person and ask Why are they saving? What will they save? How will they save? Write each goal down. Give every dollar you have a purpose to either save, spend, share or invest.

For parents and older children, create a mint.com or YNAB.com account in order to track these goals. This is a great opportunity to sit down with high school seniors and college-aged children to discuss their spending habits while at school; review and correct any issues you have seen; and discuss the best ways to track spending and cash flow during the semester.

For young children, you can have fun crafting by creating "Save, Spend and Share buckets" so they can visually see their assets

and give them each a purpose with goal setting. Simply have them revisit their goals and progress each month.

DEVELOP A FAMILY MISSION STATEMENT

Having a family mission statement helps you and your family live and spend with purpose. It clarifies and documents a set of values and beliefs that can help guide your family to make choices that align with those values. Think of it as the lens through which decisions are made. As it comes to financial decisions, a family mission statement helps to guide financial planning decisions, while creating unity and prosperity within a family.

The books I listed are available on Amazon.com, along with my new book "Money Minded Families: How to Raise Financially Well Children," which is available for pre-order on Amazon.com. Other resources such as the Save, Spend and Share banks and the Family Mission Statement instructions can be found online at moneymindedfamilies.org/resources.

I hope you have fun financially socializing! *Stephanie Mackara is a Daniel Island resident and Wealth Advisor at Charleston Investment Advisors. You can reach her at smackara@charlestonia.com.*



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MARIE ROCHA-TYGH
Linda McDonald, 80, boxes with Robert VanNewkirk in an effort to fight the symptoms of Parkinson's disease on March 13 at CrossFit Discovery Daniel Island.

Parkinson's takes a

PUNCH!

Boxing class helps people with Parkinson's fight back against the disease.

MARIE ROCHA-TYGH
marie@thedanielislandnews.com

The Parkinson's Disease Foundation estimates there are more than 1 million people in the United States with the disease. For a group of seniors on Daniel Island, the fight has led them to put on gloves and jump in the ring, so to speak.

Parkinson's is a neurodegenerative brain disorder that affects movement. Symptoms include tremors, rigidity, and stiffness, slowness of movement, and poor balance. According to the National Center for Complementary and Integrative Health, the symptoms of Parkinson's begin gradually and become worse over time. As the disease progresses, daily tasks can become extremely difficult. Research has found that exercise can improve the quality of life of people battling the disease.

CrossFit Discovery Daniel Island offers an exercise and boxing class tailored to meet the needs of people fighting Parkinson's disease. The Rock Steady Boxing class enables people with Parkinson's to hit back against their disease with a boxing-style fitness program.

The concept for Rock Steady Boxing was developed in 2006 by Scott Newman and Vince Perez in Indiana. Newman was diagnosed with the early stages of Parkinson's at the age of 40. Perez used his experience as a Golden Gloves boxer and designed a program

to help knock out and alleviate some of the symptoms of the disease. Realizing this program could be replicated to help others, they founded Rock Steady Boxing, which now is an international program offered around the world.

Owner and head coach Robert VanNewkirk of CrossFit Discovery Daniel Island brought the program to his gym last summer. He discovered a friend's mother, Linda McDonald, had been diagnosed with Parkinson's four years ago when she was living in St. Louis. VanNewkirk was inspired to do something to help. McDonald became the catalyst for the program on Daniel Island. Originally, McDonald was taking the boxing class at another location.

"My son, Kevin, works out with Robert and started talking to him about my situation. He got Robert interested in the class," explained McDonald.

VanNewkirk took a course and became certified to teach the specialized boxing class.

"Rock Steady Boxing has an educational program to teach coaches and trainers how to work with people with Parkinson's. It's very rigorous. They help you understand the disease," he said.

VanNewkirk says he has been committed to making Daniel Island the "fittest, happiest town in America" since opening the gym in 2009. It's that passion for helping people that fueled his desire to offer Rock Steady



MARIE ROCHA-TYGH
Jane Zalkin does warm up exercises during the boxing class as a way to help manage her Parkinson's disease symptoms.

Boxing classes, which aim to improve the quality of life for those with Parkinson's. "The sooner you start the better. Although it doesn't necessarily slow the progression of the disease, it slows the symptoms," he said.

Since starting in May 2019, the Daniel Island class has grown to 11 students. The boxers are a determined group, all with the common desire to improve their health.

Bob Arnold has been taking the class since its inception and says it helps with managing both the mental and physical aspects of the disease.

"It's made me more cognizant of

what I need to do to stay ahead of Parkinson's," he said. "We are all in this together. We all have a common goal. We know we can't make it go away, but we can learn to deal with it."

McDonald has seen her fellow students improve after only a few classes. "One of the gentlemen in our class was very withdrawn and didn't really speak," she said. "Now he carries on conversations with us, he is really blossoming."

McDonald says the Rock Steady Boxing class is a great way to stay active.

"First of all, you have to move when you have Parkinson's. If you don't move you're going to be literally frozen in place. It's a movement disorder," said the 80 year old, who is highly motivated and agile, putting people half her age to shame with her impressive boxing abilities.

Jane Zalkin was a little intimidated at first by McDonald's boxing skills but soon embraced the class wholeheartedly. Zalkin has seen a dramatic change in her symptoms after starting the class last year.

"I have to say the best that I feel, period, is after I leave here," she said. "For whatever reason, I'm hot and sweaty, but I feel good. I guess the endorphins are working."

Zalkin also enjoys the class camaraderie. "It's a real family atmosphere. We are a like group of souls. Although everyone is at a different place, we all know where we come from. That common denominator is what makes a



MARIE ROCHA-TYGH
Robert VanNewkirk leads the Rock Steady Boxing class for those with Parkinson's on March 13.

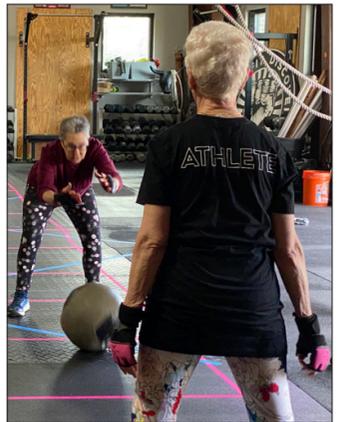
difference for all of us."

Before closing their building last week because of COVID-19, CrossFit Discovery adjusted its safety protocol to make sure everyone remained healthy. The open-air gym was always vigilant, but added extra precautions to avoid spreading the virus. All participants washed their hands and cleaned equipment before starting a workout. They all practiced social distancing, but continued to show support.

"We don't know that the virus is here but we assume that it is, so I've asked everyone to come up with their own non-touching fist bump because we are big on encouragement. If it's a namaste, hang loose, or whatever, it gives people the same encouragement without putting your hands on them," VanNewkirk said.

Last week, to help "flatten the curve," CrossFit Discovery Daniel Island decided to close for a few weeks, like so many gyms in the area and across the country. The gym is offering virtual classes during the closure and is loaning out equipment for members to use at home. VanNewkirk believes a healthy body has a more robust immune system and is better equipped to handle disease.

To find out more about Rock Steady Boxing and other fitness programs offered at CrossFit Discovery Daniel Island, check out their social media pages on Facebook and Instagram or go to crossfitdiscovery.com.



MARIE ROCHA-TYGH
Jane Zalkin rolls a medicine ball to Linda McDonald during a Rock Steady Boxing class on March 13 at CrossFit Discovery on Daniel Island.



MARIE ROCHA-TYGH
Working out with a medicine ball is one of the conditioning exercises tailored to meet the needs of people with Parkinson's disease through the Rock Steady Boxing class.

Alzheimer's caregiver support critical for success

ELIZABETH HORTON
news@thedanielislandnews.com

Chances are, you personally know someone who is impacted by Alzheimer's disease, either as a patient or a caregiver. In 2020, projections show that 95,000 people in the state of South Carolina will suffer from the incurable condition. According to data from the Alzheimer's Association, reported cases of Alzheimer's are expected to increase by 26% between 2020 and 2025.

Sometimes, Alzheimer's patients receive care from skilled nurses in assisted living or medical facilities. Most often, however, care comes from a family member, friend or neighbor. The Alzheimer's Association reported in 2019, "83% of the help provided to older adults in the United States comes from family members, friends, or other unpaid caregivers." This equates to \$244 billion in unpaid care.

In South Carolina, the Alzheimer's Association estimates that over 318,000 people serve as caregivers.

Caregiving is a loving and selfless commitment, but it can take a toll emotionally and physically. It's critical for caregivers



PROVIDED BY ALZHEIMER'S ASSOCIATION

to reach out and acknowledge that the job is too much for one person, said Emilee Padgett, lifestyle advisor of care services at Wellmore of Daniel Island. "Caregivers work 24/7; they have a constant responsibility and they need an opportunity to find a reprieve and recharge."

To address this need, Wellmore, located on Robert Daniel Drive, hosts a free, monthly Alzheimer's Association Caregiver Support Group. The group usually meets in the facility's library on the second Wednesday of each month at 10:30 a.m., though currently gatherings are suspended for COVID-19 concerns.

In partnership with Home Instead Senior Care, Elizabeth McDermott, a trained facilitator through the Alzheimer's As-

sociation, joins the group to help attendees exchange information, share experiences, and learn about resources available in the community. The group offers a comfortable and confidential place for caregivers, family, and friends of persons with Alzheimer's and other forms of dementia, to meet and develop a mutual support system.

It is not a formal counseling session. The peers rely on one another and share information. Wellmore can recommend additional resources for counseling if group members are in need. Padgett said that the growing group is ideal for new parties seeking support because the group is welcoming, flexible, and understands the value of building relationships.

Padgett added that the Alzheimer's Association has grants available to pay for a qualified sitter to be brought into the home so that caregivers can leave to attend meetings and receive support. To request an application for a sitter service, call 800-272-3900 at least two weeks in advance of the meeting date.

To learn more about the support group at Wellmore, contact McDermott at 843-696-6671.

COVID-19: Tips for Dementia Caregivers

Source: Alzheimer's Association

Most likely, dementia does not increase risk for COVID-19, the respiratory illness caused by the new coronavirus, just like dementia does not increase risk for flu, according to the Alzheimer's Association. However, dementia-related behaviors, increased age and common health conditions that often accompany dementia are a concern.

For example, people with Alzheimer's disease and all other dementia may forget to wash their hands or take other recommended precautions to prevent illness. In addition, diseases like COVID-19 and the flu may worsen cognitive impairment due to dementia.

Caregivers of individuals living with Alzheimer's and all other dementia should follow guidelines from the Centers for Disease Control (CDC), and consider the following tips:

For people living with dementia, increased confusion is often the first symptom of any illness. If a person shows rapidly increased confusion, contact your health care provider for advice.

People living with dementia may need extra and/or written reminders and support to remember important hygienic practices from one day to the next. Consider placing signs in the bathroom and elsewhere to remind them to wash their hands with soap for 20 seconds, and also demonstrate thorough hand-washing. Use alcohol-based hand sanitizer with at least 60% alcohol if the person can't get to a sink or wash hands easily.

Think ahead: Try filling prescriptions for a greater number of days to reduce trips to the pharmacy; plan for alternate care plans for cancellations of adult daycare; and have arrangements in place in case the primary caregiver becomes ill and must be separated from the patient.

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Iron Horses track and field earns one last run for 2020

PHILIP M. BOWMAN

sports@thedanielislandnews.com

Imagine being a seventh- or eighth-grader and trying to separate fact from fiction concerning the coronavirus, and wrapping your head around the worldwide pandemic.



Coach William Muhn

Now, imagine being the coach for those students.

William Muhn is in that situation. He is the head coach of both the boys' and girls' varsity track and field teams at Philip Simmons. The squad is talented and young, with student-athletes on the roster who aren't even in high school.

Muhn can't meet face-to-face with his team to discuss the season, the possible state championships the athletes have worked for – or the pandemic that could cancel the remainder of the spring season. But he's there for them if needed.

"It's a hard situation," Muhn said. "It's tough and stressful for everybody. The kids know it's serious. The kids realize the school is shut down for a reason. They also know this is bigger than our track team. We have five or six seniors, but the rest will be coming back



FILE

Philip Simmons High's Noah Ward won the gold medal for the 1600-meter dash during last year's Class AA state championship for track and field.

next year."

Everyone sensed the Summerville Azalea/Raising Canes Invitational on March 14 could be the last meet of the season. All-American distance runner Noah Ward swept the competition for three gold medals to showcase the team's might and muscle.

South Carolina Gov. Henry McMaster ordered public schools closed until March 31,

and the deadline was extended to April 13. On March 23, Charleston County School Superintendent Gerrita Postlewait told reporters that students probably won't return to school on April 13.

There was nothing but optimism surrounding both the Iron Horses girls and boys after last year's performance at the state meet. Both teams finished in second place among Class AA

schools.

In the girls' meet, underclassmen Haley Meyers and Najhyrai Watson led the team. Meyers scored gold in the 800-, 1,600- and 3,200-meter runs. Watson turned in a national elite "gold" time of 24.49 to win the 200-meter dash. The 4x400 relay team also picked up a silver medal.

In the boys' state meet, Ward swept the distance events to account for 30 of the Iron Horses boys' 57 points. Kiamani Denmark captured the bronze medal in the 200-meter run.

The expectations were high for 2020 as possible state titles loomed. And then came the doom. The demanding regular-season schedule was put on hold. This included the Bojangles Track and Field Classic, which was scheduled to be held at Spring Valley High School.

"We went two years ago, and there were schools up and down the East Coast competing," Muhn said. "There were kids from Barbados competing. It was such a big meet that there were 24 heats in the 100 (meter dash)."

The schedule also included an appearance in the Coaches Classic, which is a showcase and preview of the state championships, which is slated for May.

"We get caught in our own little bubble," Muhn said. "We want to get back to it. But there are other things to be concerned about. I worry about my parents and my 95-year-old grandparent. It puts things in perspective."

BE's longtime athletic director doubts future of 2020 spring sports

PHILIP M. BOWMAN

sports@thedanielislandnews.com



FILE

Paul Runey is the athletic director at Bishop England High.

Paul Runey is 64 years old, and for 51 of those years he's been affiliated with Bishop England High School in one way or another. He graduated from BE in 1974, and has spent all of his adult life as a coach or athletic director for the Battling Bishops.

On a normal spring day, he would pull up to the school in late afternoon and see a parking lot full of cars. He also would see diamonds, practice fields and a track and field complex full of student-athletes honing their skills in anticipation of state championship titles when the High School League holds its Weekend of Championships in May.

But with the threat of COVID-19, institu-

tions around the world, including Bishop England, closed in an attempt to stop the spread of the virus. Still, there are occasions when Runey needs to go into his office. What he saw the other day was anything but normal.

"I went over there earlier, and I had no contact with anyone," Runey said. "There were a few cars, and I saw, maybe, three people. I hope I am doing it right. But there are times when I have to come in."

Runey is the athletic director at BE, which features some of the best spring teams in the state in sports such as baseball, soccer, boys' tennis, lacrosse, track and field, and golf.

On this day, his focus was on what's best for the school. But he shared his opinion on what is likely to happen next for high school sports teams in the Palmetto State.

South Carolina Gov. Henry McMaster ordered public schools closed until March 31, and the deadline was extended to April 13. On Monday (March 23), Charleston County School Superintendent Gerrita Postlewait told reporters that students probably won't return to school on April 13.

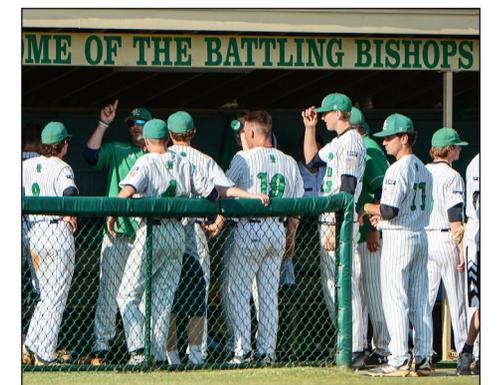
Runey said he doesn't see athletics back on the calendar for the remainder of this academic year.

"The state, the schools will re-evaluate the situation and see if time exists to play sports. But I don't see that happening. I don't see us getting back on the fields," he predicted.

"The big question is how do you do it? It would take athletes about a week to get ready. But I just don't see it happening. That being said, if they open school and have 500-600 students in classrooms, why can't they play sports? Obviously, there aren't going to be 500 people at a softball game."

Runey said Bishop England follows the guidelines that the Charleston County School District has in place when it comes to weather cancellations. But Bishop England isn't forced to follow the school district in other areas involving closings.

"But I can't help but think if it's not good for Charleston County, it won't be good for us," Runey said. "If Charleston County doesn't go back, I don't think we will go back."



FILE

The Battling Bishops' baseball team is just one of the many spring sports that have been impacted by school closings due to the coronavirus. Athletic Director Paul Runey doubts athletics will be back on the calendar for the remainder of the season.

For now, Runey just wants to remind people to be safe and smart.

"I know this isn't going to magically disappear," he said. "It wasn't that long ago when people didn't know about this. Now, we know there's nothing out there to stop this."

Going the social distance on the water



fishing trends

GREG PERALTA

Daniel Island is a great place to live. Is it beautiful? Yes. Does it have wonderful amenities? Yes. Are there good schools for our children? Yes. However, it is people who make Daniel Island a special place.

I was reminded of this last Friday morning when I dropped by Publix to pick up a bag of ice. As I was towing my skiff, I parked on the street in front of Volvo Car Stadium. Walking up to the store entrance, there was a crowd of people waiting for the store to open at 8 a.m. Everyone was practicing social distancing, but all were smiling, friendly and engaging. In the middle of a global pandemic, it was reassuring to be surrounded by such thoughtful and caring people.

The tide was just beginning to fall when I launched the skiff. My plan was to target

trout early then switch to redfish at the bottom of the tide. After a quick run into Beresford Creek, I began casting a Z-Man Finesse TRD to marsh points and oyster bars. The trout were in shallow water and feeding aggressively. Most were in the 12- to 14-inch range, but there were enough big ones to keep it interesting. The bite was steady until the tide went slack. Time to switch to redfish.

It was getting windy, so I decided to target redfish in a small and super shallow creek. My Salt Marsh Skiff floats in 6 inches of water; anything less and I would have been unable to enter the creek. It may have been super shallow, but it was full of redfish chasing finger mullet. Rather than blind casting, I simply waited for the redfish to charge a passing school of mullet. Then, I cast my lure into the mayhem. The hook up was immediate.

As I fought the fish, I thought, "This is my kind of social distancing."

Contact Captain Greg Peralta at captgregp@gmail.com or call (843) 224-0099.



PROVIDED

Greg Peralta finds the redfish and trout are still biting.

Flying Fish adjusts swim program registration

The Daniel Island Flying Fish organizers are adjusting their usual registration process as they prepare for the summer swim season.

The group is moving ahead with a modified registration in hopes the COVID-19 virus situation will ease and the team will be able to compete. "We will continue to prepare for the season until we have a definitive answer," organizers announced.

Registration will begin April 1 for returning swimmers, and April 8 for open registration and will be conducted in two phases. In the first phase, swimmers can sign up, but no fees will be charged at this time. However, those interested need to sign up as age-group size limits will be in place as in the past. In the second phase, once a determination is made about the season, an email will be sent to those who registered so they can pay their fees and complete the sign up process.

Visit swimDI.com for more information about the program and how to register.

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Local fitness providers adapt workout plans to COVID-19 realities



profiles in
health & fitness

SUZANNE DETAR

Getting enough exercise during this unprecedented period of social distancing is important to both your physical and mental health.

The Centers for Disease Control (CDC) suggests these fitness guidelines: “Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals; exercise regularly; get plenty of sleep; and avoid alcohol and drugs.”

The good news on the exercise front is threefold: most of the gyms are offering online options and classes; Daniel Island and the surrounding communities have plenty of open spaces for running, walking, cycling, and you can do bodyweight exercises at home or in the yard or garage. And now, not having time is no longer an excuse.

Here are some ways local fitness-related businesses on Daniel Island and in the Cainhoy area are helping people stay active while staying at home:

Barre Method Daniel Island: Offering free online classes to members and non-members at barremethod.com/bar-online. Studios across the



country are putting out live streamed classes throughout the day, every day.

CrossFit Charleston: Providing members with daily workouts they can do at home without equipment. Members stay connected through their Facebook group and by scheduling virtual meetings with trainers. Contact info@crossfitcharleston.fitness for more information.

CrossFit Discovery Daniel Island: Offering at-home workouts, accountability check-ins via text message, individual coaching calls, and equipment rental to members. Contact owner Robert at info@crossfitdiscovery.com for details.

Fit Culture: Providing on average five live workouts every day, including workouts for adults and kids. The gym also provides nutritional guidance and mindset advice. For more information on how to get involved, email info@fitculture.org or call 843-377-8865.

Gaia Fit: Offering virtual training packages or Transformation Counseling via Zoom. The



SUZANNE DETAR

Leslie Iaria and her son Drew rode their bikes in front of Daniel Island School on Monday afternoon. Daniel Island offers many miles of sidewalks and trails for biking, running and walking — perfect areas for exercising and practicing social distancing at the same time.

local fitness center is donating a box of food or items of need to one of Charleston Hopes COVID-19 response drop-off locations with every training package purchased.

Japan Karate Institute: Offers a free “Earn Your Yellow Belt Video Series” through their

Facebook page, with plans to roll out daily classes for members to do their training at their own home or in the yard.

Health Yourself by JP: The local wellness program offers online membership, which includes a meal plan and online cooking, fitness and health coaching videos; Health Yourself for College, which includes strategies for college kids to stay healthy and fit; and Health Yourself online nutrition courses.

Next Level Fitness: Using Zoom to provide live virtual classes with clients and small groups where the trainer can see clients and personally cue them on the spot and still customize the workout and tailor it to the individual. For boot camp, the gym provides a daily Facebook live session for members.

O2Fitness: Offering online classes via Facebook live.

Peace Love Hip Hop: Subscription to classes is available online at peacelovehiphop-shop.com.

Revive Yoga: Live streaming select yoga classes daily taught by Revive Yoga teachers using Zoom. Sign up online through the Revive Yoga schedule at reviveyogadanielisland.com.

In addition to these options, most of the listed businesses offer inspirational postings and encouragement on their social media pages.



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-Tricia & Holly

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Notes from the home front

PAMELA BROWNSTEIN
pam@thedanielislandnews.com

In the blink of an eye, our life as a family of four has gone from on the move to on hold. Between work, school, hockey, soccer, gymnastics, tennis, Girl Scouts, birthday parties, book club, working out, volunteering, traveling — our weekly schedule was action-packed.

Like millions of parents nationwide, we are grappling with the impact of the coronavirus as each day brings more restrictions and worrying realities. I have to remind myself that our situation is not as dire as many, and feel fortunate to live on a nice street in a nice part of the country with nice neighbors.

But challenges still exist now that I'm holed up in my untidy home with my husband, two kids — ages 8 and 6 — and two geriatric cats (that seem less concerned about the global pandemic and more focused on disregarding proper litter box usage).

(This thought is interrupted by my 6-year-old flinging off her pajamas and running upstairs to get dressed while singing the same lines from the Star Spangled Banner at the top of her lungs: "AND THE HOME OF THE BRAAAAVE!" It's only 11:30 and I'm still drinking coffee. I find her patriotic exuberance inspiring, and her energy level exhausting.)

I consider myself a creative person, so between my ideas (and Pinterest) we have found ways keep our kids entertained, including painting, playing games, building LEGOS, doing puzzles. As first and second graders, I



PAMELA BROWNSTEIN
The kids proudly display the 300-piece puzzle they completed in one day.

discovered my kids are at a perfect age for MAD LIBS, and we've had a lot of fun doing those as a family.

We also embarked on a neat project together where I walked around our neighborhood and my daughter helped me take pictures of various items such as signs, plants or funky yard decor.

Then my son helped me edit the photos (something I didn't even know he could do, but he was very good at it), and I designed a page with the photos so it's like a scavenger hunt where you try to identify the items. Then we made copies and put the game in our neighbors' mailboxes so they could walk around and look for the pictures when they have the chance. It turned out well, and it felt good that other families could enjoy what we created.

(This thought is interrupted by the sound of a 6-year-old playing the recorder. Dear God, why do we still have that instrument?)

As a parent, uncovering glimmers of hope and goodness seems essential in this climate of change and uncertainty. I found an especially uplifting message



PAMELA BROWNSTEIN
Selah, 6, holds a copy of the scavenger hunt game we created with photos of items in our neighborhood so other families can get out and play together.

buried at the bottom of an email last week from The Green Heart Project — a local organization that promotes education through hands-on gardening and is active with the community gardens behind Daniel Island School. It read, "We're following the example of our gardens, who continue to grow and flourish despite the impact COVID-19 is having across the world. We are optimistic that our community will grow closer as we support each other through this challenge, and will show its resilience when we make it to the other side of this pandemic."

I love the image of plants and flowers continuing to grow regardless of what's going on around them — it's an inspiring metaphor that feels worthy of sharing and believing, now more than ever.

How are readers handling social distancing locally?



ALICIA V. HUGHES
The Hughes kids — from left, fifth-grader Haven, 2-year-old Poppy, and seventh-grader Rentz — are e-learning. Their mother, Alicia, asks, "Can't you just see the joy and excitement in their eyes?"



BROOKE BREWER
Sisters Charlotte, 2, and Caroline, 8, spend time social distancing by playing with the water hose at their house and having way too much fun!



ALISON KOWALSKI
Lilah Kowalski and Lilah May take a social distancing nature walk.



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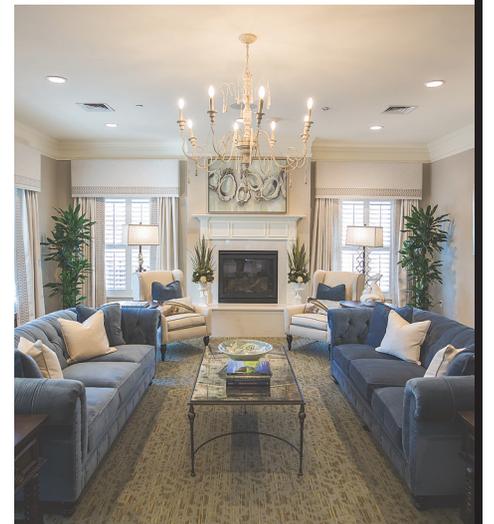
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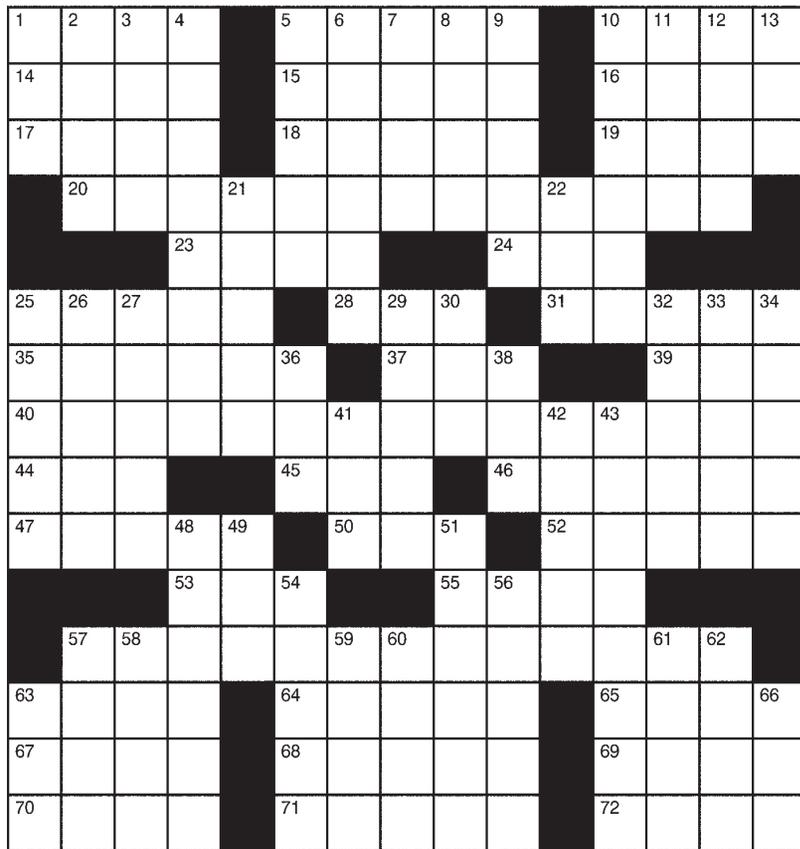
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CREATORS NEWS SERVICE

By Charles Preston

ACROSS

- 1 Woolly one
- 5 2:1, e.g.
- 10 Fuddy-duddy
- 14 Petri dish gelatin
- 15 Tell weapon
- 16 Verbal
- 17 Long ago
- 18 Chatter
- 19 Nothing more than
- 20 Mayor Giuliani's home
- 23 Root beer brand
- 24 Nearest star
- 25 Steamers
- 28 Type of truck
- 31 Diving ____
- 35 Channel surfer's need
- 37 Buddy
- 39 Life story, for short
- 40 Czar Nicholas II's home
- 44 Chess pieces
- 45 Musical talent
- 46 Whacks
- 47 Cycle
- 50 Disfigure
- 52 Lifeless
- 53 Formerly named

- 55 The first a in aka
- 57 Queen Elizabeth II's home
- 63 List of options
- 64 Zeno, e.g.
- 65 Kennel comment
- 67 Seal hunter
- 68 Observe Yom Kippur
- 69 College entrance exam
- 70 Corn attachment
- 71 Oxen harnesses
- 72 1852 eruptor

DOWN

- 1 Place, as a bet
- 2 Excited
- 3 1965 PGA champ Dave
- 4 Pumpnickel's place
- 5 Swift
- 6 Take into custody
- 7 Cable car
- 8 Whit
- 9 Star of the 1936 Olympics
- 10 Game piece
- 11 Lunchbox dessert
- 12 Rats!
- 13 Bravo!
- 21 Bellini's ____ diva

- 22 Benchwarmer
- 25 Marathoner's complaint
- 26 Appomattox man
- 27 Correct
- 29 Met performance
- 30 Tolstoy topic
- 32 Die down
- 33 Kitchen gadget
- 34 "Take heed what thou ____": Acts 22:26
- 36 Hurricane hdg.
- 38 Precursor of CDs
- 41 Water holder
- 42 Off the mark
- 43 Printing device
- 48 Yearbook
- 49 Spearheaded
- 51 Lake Michigan city
- 54 Test format
- 56 Football feature
- 57 Existed
- 58 Ancient Andean
- 59 *Beetle Bailey* dog
- 60 Swindle
- 61 In case
- 62 Flourish
- 63 May honoree
- 66 *Harper Valley* ____

MYSTERY ? PHOTO ? CONTEST

CONGRATS TO ALL THE WINNERS FROM LAST WEEK!

A big shout out to all the readers who correctly identified the Mystery Photo Contest as the large banner that hangs outside Volvo Car Stadium promoting the now-cancelled tennis tournament with a photo of last year's champion, Madison Keys.

The winners are Charlotte Good, Charlie Maraziti, Kathryn Whirrett, Vriti Batra, and Vivek Batra. Thank you so much for sending your responses, and we can't wait to hear from all our observant readers with the answer to next week's mystery photo!

CAN YOU GUESS THIS WEEK'S PHOTO? ENTER AND WIN!



This week's mystery photo.

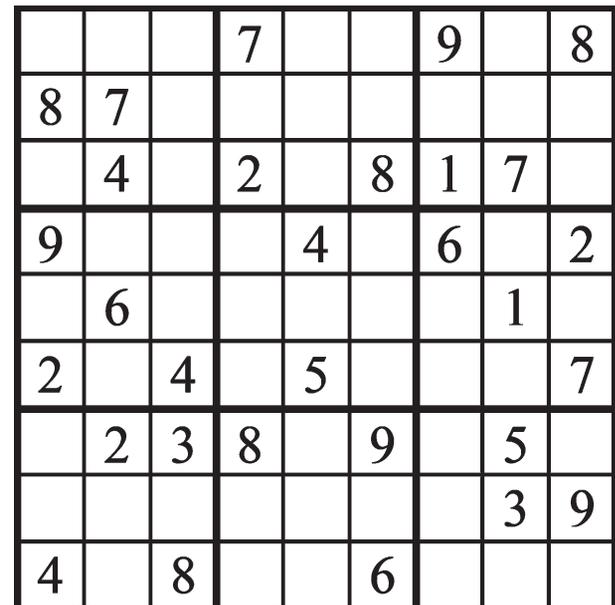
Send your answer, along with your phone number, to mysterypic@thedanielislandnews.com by noon on Saturday, March 28. The names of the winners with the correct response will run in next week's paper. Our prizes are temporarily on hold while our office is closed due to the coronavirus outbreak. We appreciate your understanding and hope the contest continues to keep our readers engaged and entertained.



THANK YOU TO OUR MYSTERY PHOTO CONTEST SPONSORS!



Let's Have some FUN



Rep. Mace advises all to be safe

From MACE on PAGE 6

staffing in the Department of Health to aid in testing and stopping the spread along with providing needed equipment like masks, gloves, and other medical equipment. The remainder will go toward transportation and quarantine-related services.

At this time, our medical facilities are providing services seven days a week. Free screenings are being provided statewide by MUSC virtual/telemedicine — no appointment, no wait, accessible 24/7 — at musc.care. Roper St. Francis is doing the same at rsfh.com/virtualcare. Additionally, for more information and support, the DHEC Care Line is reachable from 8 a.m. to 6 p.m., seven days a week, at 1-855-472-3432.

I urge you to use telemedicine before going to a hospital or clinic to protect yourself and others, unless it is a medical

emergency. The governor is lifting regulations for our medical providers so this service is more accessible to everyone. This will help decrease the opportunity for our medical providers to be overwhelmed at our hospitals and reduces the opportunity to spread infection.

I ask each of us to do our part to flatten the curve and stop the spread of infection.

We are strong. We are resilient. And we will get through this together. Today, I ask that we set aside our political differences and support each other. Please stay informed, be prudent and be safe. I am here to help and reachable at nmace@nancymace.org or 843-580-6223.

Nancy Mace is a Republican lawmaker who serves District 99 for the SC House of Representatives. She is running for South Carolina's 1st Congressional District.

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Fifteen, Ten, and Five Years Ago in THE DANIEL ISLAND NEWS

FIFTEEN YEARS AGO



In the March 24, 2005, edition of the paper, the cover featured summer camps on Daniel Island.

the Spring Red Balloon Yard Sale, the Girl Scouts, and swim team organizers Lorraine Johnston, Debbie Geilfuss and Linda Hughes.

In business news, construction was underway as the lot for Church of the Holy Cross was being cleared at the corner of Seven Farms and Daniel Island drives.

In the March 24, 2005, edition of the paper, the cover and centerfold featured summer camps on Daniel Island. Fifteen years ago, the island was less populated and camp offerings in the area were limited. Available on the island were camps at the Charleston Battery, Family Circle Cup, De La Danse, Japan Karate Institute, Bishop England and Providence Baptist Church.

Island Life photos included shots from

TEN YEARS AGO



The cover of the March 25, 2010, edition of the paper featured an article about Daniel Island based Plug-In Carolina and its announcement that the nonprofit received \$480,000 to install 60 charging stations in the state for electric vehicles.

In the March 25, 2010, edition, the cover featured two top stories. Local resident Jim Poch, executive director of Daniel Island-based Plug-In Carolina, announced the nonprofit received \$480,000 to install 60 charging stations in the state for electric vehicles. And seniors interested in renting space in the proposed Seven Farms Village, Daniel Island's then newest affordable housing complex, were encouraged to submit applications.

In business news, Daniel Island Real Estate released lots in Mitchell Wharf, a collection of highly-desirable deepwater homesites in Smythe Park, some with docks that could accommodate larger powerboats and sailboats.

Island Life photos included Daniel Islanders participating in the Walk for Water event to benefit Water Missions International.

FIVE YEARS AGO



In the March 26, 2015, edition of the paper, the cover depicted concerns for DI traffic safety issues, including accident numbers and speeding tickets.

In the March 26, 2015, issue, the cover and centerfold addressed concerns over local traffic safety issues, including accident numbers and speeding tickets. A group of community and city leaders gathered at the library to hear more about a report from City of Charleston Police and discuss solutions to a number of problem areas.

"We have to do a better job at communicating the facts and progress towards issue resolution so that rumors and half-truths do not become people's reality," DINA president Glenn Williman said at the time. "If we do that, I believe we can move forward as an informed community and keep Daniel Island safe and traffic moving as efficiently as possible."

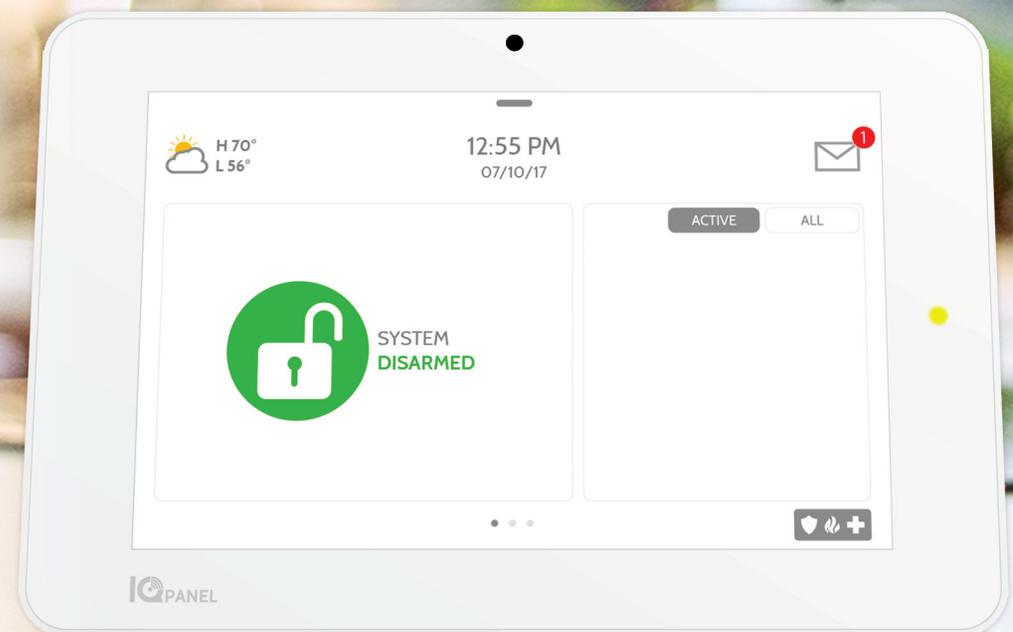
Also in the news, families with young children were invited to participate in a bike rodeo put on by Safe Kids Trident Area and SC Safe Routes to encourage bicycle safety. The event provided bikes, helmets and a skills course to help young riders learn and practice safe biking.

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Iron Horses track and field earns one last run for 2020

PHILIP M. BOWMAN

sports@thedanielislandnews.com

Imagine being a seventh- or eighth-grader and trying to separate fact from fiction concerning the coronavirus, and wrapping your head around the worldwide pandemic.



Coach William Muhn

Now, imagine being the coach for those students.

William Muhn is in that situation. He is the head coach of both the boys' and girls' varsity track and field teams at Philip Simmons. The squad is talented and young, with student-athletes on the roster who aren't even in high school.

Muhn can't meet face-to-face with his team to discuss the season, the possible state championships the athletes have worked for – or the pandemic that could cancel the remainder of the spring season. But he's there for them if needed.

"It's a hard situation," Muhn said. "It's tough and stressful for everybody. The kids know it's serious. The kids realize the school is shut down for a reason. They also know this is bigger than our track team. We have five or six seniors, but the rest will be coming back next



FILE

Philip Simmons High's Noah Ward won the gold medal for the 1600-meter dash during last year's Class AA state championship for track and field.

year."

Everyone sensed the Summerville Azalea/Raising Canes Invitational on March 14 could be the last meet of the season. All-American distance runner Noah Ward swept the competition for three gold medals to showcase the team's might and muscle.

South Carolina Gov. Henry McMaster ordered public schools closed until March 31,

and the deadline was extended to April 13. On March 23, Charleston County School Superintendent Gerrita Postlewait told reporters that students probably won't return to school on April 13.

There was nothing but optimism surrounding both the Iron Horses girls and boys after last year's performance at the state meet. Both teams finished in second place among Class AA

schools.

In the girls' meet, underclassmen Haley Meyers and Najhyrai Watson led the team. Meyers scored gold in the 800-, 1,600- and 3,200-meter runs. Watson turned in a national elite "gold" time of 24.49 to win the 200-meter dash. The 4x400 relay team also picked up a silver medal.

In the boys' state meet, Ward swept the distance events to account for 30 of the Iron Horses boys' 57 points. Kiamani Denmark captured the bronze medal in the 200-meter run.

The expectations were high for 2020 as possible state titles loomed. And then came the doom. The demanding regular-season schedule was put on hold. This included the Bojangles Track and Field Classic, which was scheduled to be held at Spring Valley High School.

"We went two years ago, and there were schools up and down the East Coast competing," Muhn said. "There were kids from Barbados competing. It was such a big meet that there were 24 heats in the 100 (meter dash)."

The schedule also included an appearance in the Coaches Classic, which is a showcase and preview of the state championships, which is slated for May.

"We get caught in our own little bubble," Muhn said. "We want to get back to it. But there are other things to be concerned about. I worry about my parents and my 95-year-old grandparent. It puts things in perspective."

BE's longtime athletic director doubts future of 2020 spring sports

PHILIP M. BOWMAN

sports@thedanielislandnews.com



FILE

Paul Runey is the athletic director at Bishop England High.

Paul Runey is 64 years old, and for 51 of those years he's been affiliated with Bishop England High School in one way or another. He graduated from BE in 1974, and has spent all of his adult life as a coach or athletic director for the Battling Bishops. On a normal spring day, he would pull up to the school in late afternoon and see a parking lot full of cars. He also would see diamonds, practice fields and a track and field complex full of student-athletes honing their skills in anticipation of state championship titles when the High School League holds its Weekend of Championships in May.

But with the threat of COVID-19, institu-

tions around the world, including Bishop England, closed in an attempt to stop the spread of the virus. Still, there are occasions when Runey needs to go into his office. What he saw the other day was anything but normal.

"I went over there earlier, and I had no contact with anyone," Runey said. "There were a few cars, and I saw, maybe, three people. I hope I am doing it right. But there are times when I have to come in."

Runey is the athletic director at BE, which features some of the best spring teams in the state in sports such as baseball, soccer, boys' tennis, lacrosse, track and field, and golf.

On this day, his focus was on what's best for the school. But he shared his opinion on what is likely to happen next for high school sports teams in the Palmetto State.

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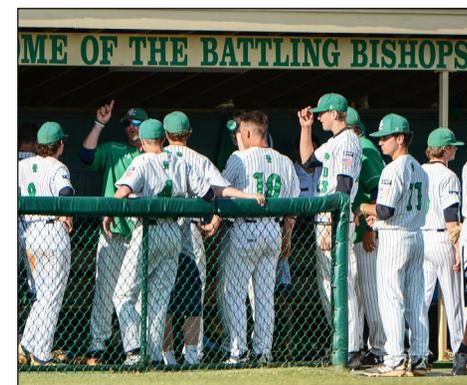
Runey said he doesn't see athletics back on the calendar for the remainder of this academic year.

"The state, the schools will re-evaluate the situation and see if time exists to play sports. But I don't see that happening. I don't see us getting back on the fields," he predicted.

"The big question is how do you do it? It would take athletes about a week to get ready. But I just don't see it happening. That being said, if they open school and have 500-600 students in classrooms, why can't they play sports? Obviously, there aren't going to be 500 people at a softball game."

Runey said Bishop England follows the guidelines that the Charleston County School District has in place when it comes to weather cancellations. But Bishop England isn't forced to follow the school district in other areas involving closings.

"But I can't help but think if it's not good for Charleston County, it won't be good for us," Runey said. "If Charleston County doesn't go back, I don't think we will go back."



FILE

The Battling Bishops' baseball team is just one of the many spring sports that have been impacted by school closings due to the coronavirus. Athletic Director Paul Runey doubts athletics will be back on the calendar for the remainder of the season.

For now, Runey just wants to remind people to be safe and smart.

"I know this isn't going to magically disappear," he said. "It wasn't that long ago when people didn't know about this. Now, we know there's nothing out there to stop this."