ISLAND HISTORY See page 4

Baniel Island News FREE

INSIDE

this issue

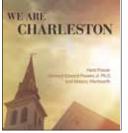
Your weekly paper - Promoting the power of community • Independently owned and operated since 2003

December 8 - December 14, 2016



A banner year of giving for DICF





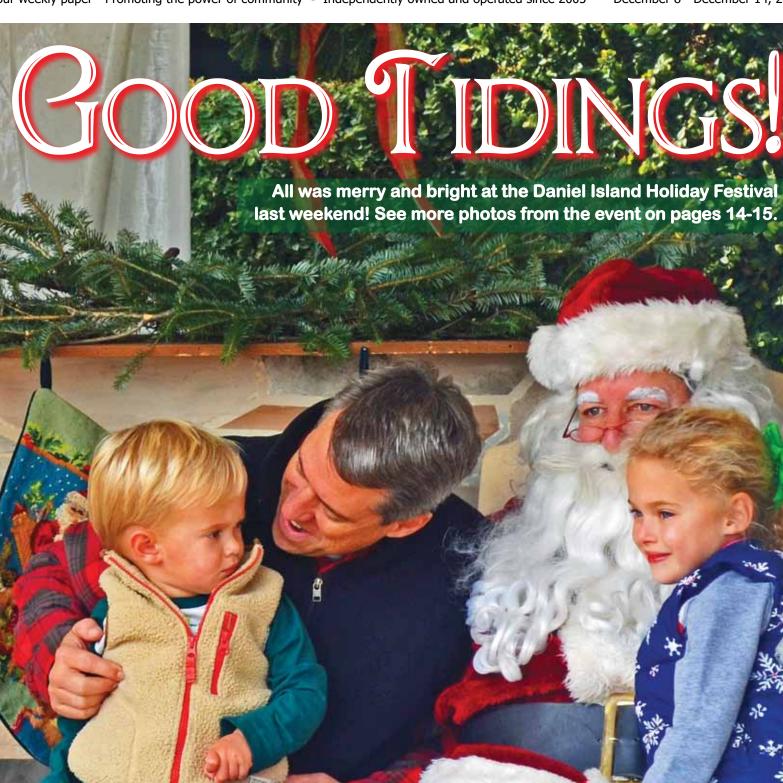
"We Are Charleston" authors address DIHS





Change for Haiti!

21



DANIELLE HERMANN







\$1,200,000







The Island of Altruism

With \$777,000 distributed to 29 non-profits, Daniel Island Community Fund wraps up banner year of giving

CHARLIE MORRISON

If rising property values are any indication, there are some who may define Daniel Island by its wealth. But for island residents and others in the know, the area's most distinguishing characteristic is not its affluence, but what the community does with it.

Daniel Island is at its core a body of people who in appreciation for their relative good fortune often turn outwards to the concerns of others, giving both money and time to charitable causes. At the center of that body, its very beating heart in fact, is the non-profit of non-profits, Daniel Island's charity hub, and a fund every island property owner pays into - the Daniel Island Community Fund (DICF). And for that fund, it's been a banner year.

Daniel Island buzzes with the activity of altruists, givers, and philanthropists, and the DICF and its sister entity, the Daniel Island Community Foundation, have served as the hive around which the island's charitable busy bees circulate. And if Daniel Island's altruists are bees with a hive, the queen of the colony is most certainly Daniel Island Property Owners' Association (DIPOA) Vice President of Community Services Jane Baker, who heads up both the Fund and the Foundation.

According to Baker, she would never have even stepped into her position with the DIPOA were it not for the fact that Daniel Island Company President Matt Sloan allowed the former staffer at the City of Charleston the opportunity to take the reins.

When Sloan told Baker she'd have an opportunity to manage all of the community's philanthropy, she knew it was the right fit for her.

"That was a big hook for me," Baker said. "...Daniel Islanders are altruistic. They are passionate about their schools, passionate about their parks and playgrounds, and they are passionate about things like breast cancer awareness. These are unique people



FILE PHOTO

Reading Partners is one of 29 beneficiaries that received funding from the Daniel Island Community Fund in 2016. Pictured here is Reading Partners volunteer Christine Messick, who is reading with Kendrick, a student at Cainhoy Elementary School (FILE/NOVEMBER 2015).

we have out here and people that all seem to really catch on to why it's a good thing, not only because philanthropy is just good and right, but it's good for the community to be seen as giving back as well." The Daniel Island Community Fund had a record-breaking year in 2016, reported Baker at the meeting of the Daniel Island Community Association last month. By

See FUND on PAGE 12

CALLING ENTREPRENEURS! Looking for mentors and funding? Want to pitch?

What's the **BIG IDEA?**

What's the big idea? Pitch Event to be held March, 2017

Eight Week Pitch University Intensive begins January 11, 2017

To schedule an interview, email Dianne Shaver at entrepreneurmindmag@gmail.com.You can also apply online at http://www.entrepreneurmindworld.com/whats-the-big-idea.html. The deadline to apply for Pitch U and What's the Big Idea? is Dec. 20.

To be involved as an event sponsor, contact Sue Detar at sdetar@thedanielislandnews.com.

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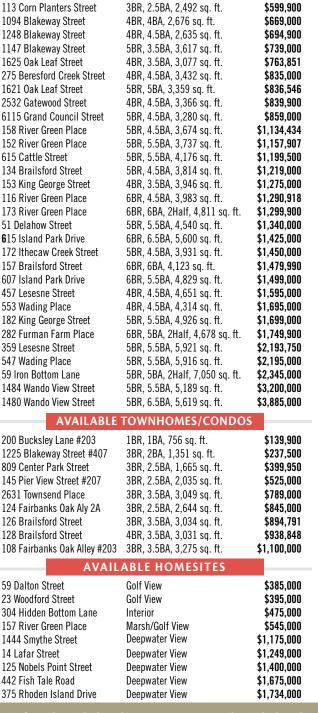


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Daniel Island News

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letter to the EDITOR

It's not easy to open a discussion about teens and addiction. Yet it's a discussion that needs to happen and it did at a Teens and Substance Abuse Forum at Bishop England High School on Tuesday evening, November 29. The panelists for the program, which was sponsored by The Daniel Island News, brought current and compelling information to this community.

There's a need to destigmatize addiction, which is a disease of the brain no different than diabetes or hypertension. The panelists emphasized that it's not a character flaw. Some people are predisposed to addiction more than others because of familial heredity. If they drink or take drugs at parties, even just once, if they have the genes they may become addicted. I was glad to see a group of 8th and 9th graders in the audience listening attentively. Jason Sandoval, DEA, pointed out that in our society we face an "existential threat fueled by a false narrative." Movies portray beautiful actors who use drugs without losing their looks. Alcohol is glamorized in ads. The narrative needs to change.

Remember the cigarette ads, showing healthy looking cowboys smoking Marlboro? The Surgeon General put a label on those products for a reason because they cause cancer. Today, 60 years after the Framingham study that linked smoking to cancer, many fewer people smoke. Dr. C. Wayne Weart from MUSC provided statistics at the forum showing that while cigarette and alcohol use has decreased, drug-induced deaths have increased. "The US makes up five percent of the world population but consumes 95 percent of hydrocodone, most of which comes from our medicine

cabinets," he said. Presenters all said that some pain is not something to be afraid of. Dr. Viktoriya Magid entertained us saying when she lived in Russia she had a tooth pulled with no anesthesia at all. Panelists agreed: most pain responds well to Advil and Tylenol, which are not addictive.

Among the presentations that caused people's eyes to tear was Mrs. Trudy Hicks' recount as the mom of an addicted son. She suffered as only a mother does when her child isn't well. As her tears poured out, her son Rowe sitting next to her encouraged her to "keep it together, mom." This mom turned around when she, herself, realized that her emotional stability could not depend on her son's sobriety. My "aha" moment was when Mrs. Hicks encouraged people to talk about recovery instead of just horror stories. Kudos for opening up the discussion. I hope

it will continue as a series of steps for addressing problems, a key factor for building community on Daniel Island. Recovery is possible and we need to talk about it more openly in our community. Parents may think they alone have a troubled teen but it's not so, and there's a supportive community here, ready to help. Mrs. Hicks said: "Call me." The audience gave her a standing ovation for her candor and courage to share.

Outside the auditorium there were several therapeutic programs lining the hallway, offering information about wilderness therapy and other options for adolescents who fail to move constructively into adulthood. Thank you Daniel Island News for organizing this forum and opening the discussion.

C. Claire Law, M.S. Daniel Island

Ten and Five Years Ago in **THE DANIEL ISLAND NEWS** TEN YEARS AGO Parkside Condominium affordable housing initiative moves forward Ten and Five Years Ago in FIVE YEARS AGO Bishop England football team wins first state championship title

In the December 7, 2006 edition of the paper the top news story was the holding of the first "drawing" for the Parkside Condominium project, an affordable housing initiative on Blakeway Street. A total of 17 units were spoken for after the drawing, which allowed qualified applicants to list their top preferences among the 48 units released. Parkside Condominiums, located behind the Daniel Island School, were part of a privately led initiative between the Daniel Island Company, the Charleston Bank Consortium, and Trammel Crow Residential to offer first-time home

buyers, and others who meet income requirements, an opportunity to own a home on Daniel Island, where escalating real estate prices had been cost-prohibitive for some.

The cover and centerfold featured the birds of Daniel Island. Ten years ago, surveys by the Cape Romain Bird Observatory and Audubon South Carolina identified 173 kinds of birds that visit here throughout the year. Encroaching development will likely reduce these numbers in future years, noted Ann Shahid, Important Bird Area Program Coordinator for Audubon South Carolina.

> Heather and John Kline, worked with real estate agent Renee Reinert to complete their paperwork before the "first release" drawing.

state champic In the December 8, 2011 edition of the paper we reported that the Rotary Club of Daniel Island and the Daniel Island Community Fund raised \$10,000 for the purchase and donation of a rescue golf cart for the Daniel Island fire

station. In other news, Republican Presidential candidate Rick Perry was unable to make a campaign stop on Daniel Island, so the then current Governor of Texas sent the next best thing – his wife,

Anita Perry.

In sports, it was a historic occasion for the Battling Bishops' football team as they captured their first state championship title in football, Division II-AA. The title was also the 100th state athletic title for the school.

> In 2011, DeAngelo Stephenson intercepted a Central pass in the fourth quarter in the end zone. BE had 4 interceptions enroute to a 10-0 shut-out.



Cart 101 was the newest addition to the fleet of fire and rescue vehicles at the City of Charleston Fire Department on Daniel Island five years ago.



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Saniel Island News

What do you like to do to relax?

Compiled and photographed by Søren Spina

I like to watch How To' videos on YouTube and watch TV. Sam Age 6



I like to read any good book. Aidan Age 13



Sometimes I like to go to the movies to sit back and relax. Makena Age 9



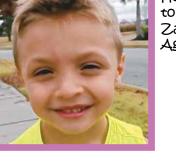
I like to watch Henry Danger on TV to relax. Zak



Step 1: Get on couch. Step 2: Unlock iPad. Step 3: Watch Netflix. Jack Age 11



I like to have the fan on and sleep. Quinn Age 8



Age 6





this Holiday Season







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WOMEN OF FAITH

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required.

TOASTMASTERS

Friday Happy Hour Runs at DI restaurants. Email

Daniel Island ladies of all denominations gather

Wed. mornings at 9 am for an hour of prayer and

sharing. Call Joan Vitalo, 843-884-1484, or Kay

WOMEN'S ISLAND NETWORK (WIN)

Join professional women for a networking

luncheon, which is held the last Wednesday of

each month at The Islander, from 11:45 am - 1

pm. Contact Sheila Underwood - 843-654-6289 or

email Sheila.underwood@suntrust.com. RSVP is

Toastmasters of Daniel Island meet on the first

and third Friday of every month, from 12 to 1 pm

at Summit Place, 320 Seven Farms Dr. For more

information please contact claire@eduave.com or

Daily M-F 8 am, Tue. 7 pm, Fri 7 pm at Providence

Baptist Church, 294 Seven Farms Dr.; Sat. 8 pm

at Holy Cross Church, 299 Seven Farms Dr.

For the month of December, the Daniel Island

Exchange Club will not meet as usual on the

second and fourth Tuesdays, but will instead hold

a Holiday Social event at 5:30 p.m. on Tues. Dec.

13 at the Daniel's Landing Clubhouse, 130 River

Landing Drive. Everyone is invited to attend and

bring a covered dish to add to a potluck supper.

There is no cost to attend. A young lady from

Contact info@diexchangeclub.org.

MOM'S PLAYDATE

us know you're coming.

MEN'S FITNESS GROUP

the community will share information about her

Join local Moms and kids for playdates twice a

month. We meet at the Center Park (train side)

at 10:30am. Please contact Erica Elmenhurst

F3, a free men's workout group, meets every

Saturday morning starting at 6:20 am at Gover-

nors Park and at 5:30 am on Wednesdays. www.

f3nation.com or email F3Charleston@gmail.com.

playground on the 1st and 3rd Friday of the month

(ericaelmenhurst@gmail.com) and/or Marie Corbin

(mariefw@gmail.com) for more information or let

project to provide care packages for service dogs.

DANIEL ISLAND EXCHANGE CLUB

Brian Richards (843) 884-5987.

AA MEETINGS ON DI

2016 december

KEITH SCHOOL MUSEUM HOLIDAY BAZAAR Stop by the Keith School Museum on Saturday, Dec. 10, from 10 to 3, to enjoy a Holiday Bazaar that will include arts and crafts, baked goods, sweetgrass items, novelty gifts and more! Booth/ table space is available for vendors for \$30. Donations are accepted. Proceeds to benefit the Keith School Museum, located at 1509 Clements Ferry Road, in Wando. Contacts: MaeRe Skinner – 843.709.0744, Jametta Vanderhorst – 843.697.3363, and Yvonne Lincoln, link4951@ bellsouth.net or 843.814.4076.

'SANTA PAWS' HOLIDAY PHOTOS

All animal lovers are invited to bring their furry friends to the Greystar Daniel Island Village Clubhouse (455 Seven Farms Drive, Daniel Island) on Sat., Dec. 10, 10 - 3, to get a picture taken with Santa Claus in front of a beautiful holiday tree. Proceeds from the event will benefit Valiant Animal Rescue & Relief. With a \$20 donation, pets will have their holiday photo taken by Lynn Cobb Photography. Contact Clyde Rush at ClydeBRush@ comcast.net.

DI HOLIDAY DECORATING CONTEST

The Daniel Island Garden Club will once again be judging holiday displays in residential neighborhoods on Daniel Island this season. Be sure to have your displays up and illuminated between 6 and 9 pm on Sunday, Dec. 11 and Monday, Dec. 12. Properties will be evaluated in three areas: unique design and creative use of lights and decorations; display and placement of decorations, animated objects, etc.; and overall presentation. Winners will be announced in an upcoming issue of The Daniel Island News.

WORLD AFFAIRS COUNCIL OF CHARLESTON Join the World Affairs Council of Charleston for a discussion on "Washington and the World: The Global Challenges facing the Trump Administration," on Dec. 14, at 5:15 pm at The Citadel's Mark Clark Hall. Serving as guest speaker for the program will be Ambassador Jerry Lanier, an advisor to the government in Washington, DC with Foreign Service assignments in the Far East, the Middle East, and Africa. A social hour begins at 5:15 pm followed by the lecture at 6 pm and a question and answer session. Attendance is by membership, which can be obtained online at waccharleston.org or at the meeting. CHRISTMAS CAROLING AND COOKIE

EXTRAVAGANZA

Join in a fun evening of Christmas caroling around Daniel Island on Sun. Dec. 18. We will meet at 6 pm at Providence Baptist Church (294 Seven Farms Drive), disperse to various nearby locations within walking distance on Daniel Island, and return to the church to enjoy some delicious Christmas cookies, coffee, and hot chocolate. Please bring your favorite Christmas cookies to share with everyone. Also, you may want to bring a small flashlight to improve your "night vision" while Christmas caroling around DI. Questions? Call Providence Baptist Church at 843-971-5275. **SECRET SANTA FOR SENIORS**

The DI Library, 2301 Daniel Island Dr. is a drop-off location for the Trident Area Agency on Aging "Secret Santa for Seniors" program. Donate a gift from the following list: socks, slippers, blankets, and kitchen and bath towels. Lina Naert of the TAAA at 843-554-2275.

PEACE AFTER DIVORCE PROGRAM

Healing from divorce is possible! Join this friendly supportive Christ-centered group. You don't have to deal with this alone. Workshop begins, Monday, Jan. 9, 2017 through Feb. 27 for 8 consecutive weeks, 6:30-8:30 pm, at Holy Cross Daniel Island, 299 Seven Farms Drive. To register and for more information go to www.HolyCross.net/PAD or call 912-399-1878.

DANIEL ISLAND INSHORE FISHING CLUB

The DI Inshore Fishing Club offers the opportunity to meet other Daniel Islanders interested in fishing, from beginners to more advanced anglers, and serves as a focal point to participate in various aspects of fishing and related educational, conservation, and social activities. Meets on the third Tue. of each month at 7 pm at Providence Baptist Church. All welcome. Bill Lark at lark848@ gmail.com.

DANIEL ISLAND CHANUKAH CELEBRATION

The 5th annual celebration of the Jewish Holiday of Chanukah on DI will take place on Sat., Dec. 24, 4:30-5:30 pm at the entrance gate of the Family Circle Tennis Center. Traditional Chanukah food and beverage will be served at the event along with traditional Jewish games and music. The Menorah lighting ceremony will take place at approximately 5:15 pm. Free. Open to the public. Persons of all faiths are welcome to attend. Rain or shine. Volunteers are needed. Fred Danziger, Chairman at 516-524-2208, email fred.danziger13@gmail.com.

YOUNG LIFE

Every Mon., high school students gather for a night of crazy fun and fellowship at Anna Kate Gardner's house from 7:47-9 pm (851 Dunham Street). Contact Tracey Lengyel Thomas (tlengyel91@gmail.com) or charleston.younglife.org. WYLDLIFE

Every Monday middle school students gather from 7-8 pm for an amazing night of fun and fellowship at the home of Kevin and Catherine Brookes (1712 Doldridge Street) Contact Tracey Lengyel Thomas: (412).852.2123 or tlengyel91@gmail. com or charleston.younglife.org.

HISTORY OF WESTERN CIVILIZATION

This college-level humanities course continues at the Daniel Island branch of the Berkeley County Library System. The free course will be taught on Wednesdays at 10:30 am. Participants can attend at any time, as each of the sessions stands on its own.

BENG

"Business Executive Networking Group" meets the first Tuesday of every month. The session scheduled for December 6 will be held at Wasabi Restaurant, located at 194 Seven Farms Drive on Daniel Island, from 5-6:30 pm. BENG (www. thebeng.org) is a multidiscipline group for mid- to senior-level executive professionals who are seeking a new career. Cathey Petkash, cpetkash@ frannet.com. Register at http://bengcharleston. eventbrite.com.

WILLINGWAY CONTINUING CARE MEETINGS

Every Monday 6:30-7:30 pm at The Church of the Holy Cross, 299 Seven Farms Dr. Provides a community for addicts, their family and friends to talk about their experiences and find ways to connect with 12-step recovery. Free. Contact Rhett Crull 843-323-7111.

TAI CHI

Free classes. Tuesdays and Fridays, 9-10 am at Daniel Island Library (new location). Call Gwen at 843-718-5454 for information.

RUN CLUB

Gaia Fit Run Club meets on Fridays 5:30 am and Sundays 7:30 am for group runs as well as First

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DI Families: Meet the Lyndrups/Karens

KATE MAAS

This week, we sat down with Daniel Island resident, Carrie Lyndrup of Center Park, her husband, Jay Karen, daughter Marley, a fifth grader at the Daniel Island School and son Jonah, a second grader at the Daniel Island School.

The family graciously invited us into their beautiful Pierce Street home and enthusiastically answered our questions about life on Daniel Island - despite having just returned from a memorable trip to San Francisco and California's Napa Valley. Jay and Carrie quickly wave aside any concerns about jet lag; this is a family that travels often, for work as well as for fun.

As CEO of the National Golf Course Owners Association, Jay often travels to cities around the globe to talk about the business. Carrie also travels for work. As an independent college counselor and managing partner of Carnahan Lyndrup, a New Orleans-based college counseling firm, Carrie meets with her high school-aged clients across the nation, as well as taking every opportunity to



Meet Daniel island resident Carrie Lyndrup of Center Park, her husband, Jay Karen, daughter Marley, a fifth grader at the Daniel Island School and son Jonah, a second grader at the Daniel Island School.

visit college campuses.

Thankfully, this ultra-busy family will stay Daniel Island-side for the next few weeks so that Marley's homemade chocolate chip cookie and cocoa stand can open for business. Watch for Marley, her brother Jonah and dad, Jay on Daniel Island Drive at Center Park during the coming weekend afternoons. And don't forget to buy a cookie - not only are they the best chocolate chip cookies around (we promise!) - your quarters go to an important cause!

Where are you from originally?

Jay Karen (JK): I'm from Oyster Bay, NY. My family, including my three brothers, moved to a suburb of Atlanta, GA, when I was in second grade. I lived there until college.

Carrie Lyndrup (CL): I grew up in Harrisonburg, VA. My family moved here to Mt. Pleasant right before I went to high school. Jay and I met at Winthrop University when I was a freshman and Jay was a senior. We started dating when Jay was out of college and I was a junior.

JK: Then we got engaged when she was a senior. I was already working at the National Golf Course Owners Association, from 1997 through 2007. The Association headquarters was originally located on Ben Sawyer Blvd,

but around 2002, we moved to Daniel Island, erecting one of the first buildings on Seven Farms Drive. You probably know the building we're in - on the top floor. We lease space on the ground level to Daniel Island Animal Hospital and to a dentist. Dr. Bannister.

In 2007, I decided I was ready for the next step. Carrie, Marley (then 18 months old) and I moved to Haddon Heights, NJ, where I ran the trade association for the Bed & Breakfast industry. We were there for four and one-half years. Carrie, who had previously held a position as the Director of Freshman Admissions for the College of Charleston, landed a job at Princeton reviewing college applications. Jonah came along, too, while we were in New Jersey.

In 2011, I decided to move the B&B Association headquarters from New Jersey to Daniel Island.

I recalled that Daniel Island had a small town feel much like Haddon Heights and other small New Jersey towns and how much I liked the island when I worked at NG-

See FAMILY on PAGE 11



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Daniel Island has a small town feel

COA. However, soon after we moved back to Daniel Island, I took a new position at a company called Select Registry, essentially a marketing company dedicated to promoting about 350 high-end B&Bs across the country. Then, in the spring of 2015, I got a call to consider coming back to NGCOA as the CEO. And as of October 1, 2015, it's been a full circle. I couldn't be happier.

What do you like to do in your free time? Where do you like to hang out - on and off Daniel Island?

CL: We do a lot of travelling as a result of both of our jobs. For example, the speaking engagement Jay had in Amsterdam last year. Often Marley will come with me to New Orleans, where my home office is located. And, of course, the trip to California we just got back from. We got to see cousins, visit an artists' colony -- and even get close to some of Neil Young's cows! We try to take the kids with us as much as possible and use the time to take in new experiences, see new things that aren't a part of life here in Charleston. Last year, we were in Paris, right after the attacks. There were a lot of police with guns at the ready. I guess it could have been scary, but we really felt safe with so much security around. It's just a part of reality of the world

From FAMILY on PAGE 10

right now. I think Marley and Jonah understand that.

When we're here on Daniel Island, we like to spend time with friends, ride bikes, or go to the parks.

Marley Karen (MK): I like Spinny Park. Jonah Karen: I like Center Park.

CL: They also like to play golf at the club with their Dad. Marley was about three years old when she started spending time with Jay out on the course. Now she's the youngest member of the Daniel Island School Golf Team. Of course, Jonah learned golf early too; he was about five when he started learning the game.

Jonah: I also like playing with Legos... and eating cereal!

MK: I like to play with my hamster, Jingles. And I like to cook sometimes, too

CL: Marley likes working in the kitchen. She's a great baker. She's actually planning a cookie and hot cocoa stand this coming weekend. She gives most of the money she earns to March of Dimes.

MK: March of Dimes uses the money to help newborn babies with birth defects.

CL: We had friends with newborn twins that had serious medical issues. Marley did a walk with us to raise money for the organization one year and has been selling cookies to raise additional money ever since. Daniel Island resident Ben Tonon is one of Marley's most loyal customers. In turn, we use his business, Daniel Island Shuttle, as often as possible.

Of all the places you've visited, what's your favorite?

MK: I really like going to the top of Eiffel Tower!

Jonah: I liked the Van Gogh Museum in Amsterdam!

CL: For me, it was the free samples of Belgian chocolate in Brussels!

Do you take any day trips or short overnight trips?

JK: Kiawah. Sometimes I take "Daddy and me" trips with just Marley or Jonah to Myrtle Beach.

CL: Another favorite place for a short trip is Asheville, NC.

JK: And we are planning an overnight trip to Pawley's Island with three other DI families for New Year's weekend.

What are some of your favorite restaurants - on or off Daniel Island?

MK: I like the Steak and Shake (near Tanger Outlet in North Charleston).

CL: Jay is a pretty much a regular at Honeycomb. He'll often take work to do there. And we go to Orlando's a lot; Marley goes there a lot with her friends. We also go to Sermet's when we can. We also love Edmund's Oast and The Tattooed Moose downtown.

Do you prefer to eat out - or cook meals at home?

JK: We tend to eat out a lot since we travel so much.

When you do get a chance to make a meal at home, what kinds of things do you like to make?

CL: Today, Marley is going to make pancakes and bacon for brunch. For dinner, I'm going to make my special fried chicken - we've nicknamed it "Jicken" for Jay's Chicken - along with asparagus or broccoli -

and tater tots.

What sort of family traditions do you have?

CL: We try to have Family Movie Night every Friday and brunch with my parents just about every Sunday. We also like to dance in the kitchen to favorite music like Stevie Wonder songs.

What's been your favorite movie so far?

Jonah: The new Ghostbusters movie! What words would you use to describe your life on Daniel Island?

Jonah: Fun CL: Pleasant MK: Quiet

JK: Quaint



Daniel Island buzzes with the activity of altruists

From FUND on PAGE 12

the end of the year, the DICF will have awarded over \$577,000 in grant requests, along with an additional \$200,000 in community initiative funding. A total of 29 organizations received funding from the DICF in 2016 (see side box), to the tune of \$777,000. That figure represents a nine percent increase over 2015.

Since it was established in 2000, the DICF has distributed \$3.3 million in direct grants checks written and handed to nonprofits. Add in the community initiatives portion of their operations and the number exceeds \$4 million. The Community Fund continues to get all its funding from a halfpercent enhancement fee paid by the buyer of any property on Daniel Island, but the key for the DIPOA, according to Baker, is the efficiency with which they operate.

Master planned communities like Daniel Island or Kiawah Island typically operate a fund such as the DICF. What is atypical is for a community fund to utilize such a large the community at large. percentage of their funds for charitable giving. Whereas typical master planned communities allocate as much as 70 percent nity Fund and Foundation are," she said. of their respective funds' monies to capital projects and reserves, Daniel Island has

excellent relationships with the municipal and county governments on the island who fill many of those community needs, said Baker.

Thus, for the DICF the ratio is reversed: they give somewhere between two-thirds and three-quarters of their funds to charities operating on Daniel Island, Wando, Cainhoy, and Huger.

"I think we are able to do that because the POA was managed so well before me," said Baker. "I inherited a great deal. It's nothing I've been doing...And because we have a relationship with the City of Charleston and Berkeley County, it's a much different animal."

For all the success she's had with the 501(c)(3) Daniel Island Community Foundation, a voluntary non-profit organization, and the sister 501(c)(4) Daniel Island Community Fund, her challenge since taking on the job has been getting the message out to

"It has basically been a secret how philanthropic the Daniel Island Commu-"I just don't think we've tooted our own horn enough. We have not done a good job

promoting this amazing giving vehicle that we have...Other philanthropy organizations on Daniel Island know us very well, but it's the average Joe that may have just moved here and may not be engaged yet with philanthropy who is probably in the dark about the good work this does."

With the 2016 giving year soon to be wrapped up, Baker is focused on not just 2017, but the long-term future of the DICF and Community Foundation. The brainchild of the late Dr. George Brumley, a man Baker called a "fabulous, quiet philanthropist," and one of the original partners in the Daniel Island Company (and the brother of partner Frank Brumley), the Fund's and Foundation's futures will ultimately rest in the hands of Daniel Island's people.

Baker accepts that a future resident board in charge of the DIPOA could change the original vision for the Fund and Foundation. For her part however, she doesn't ever want to see that happen.

"It is my absolute hope and desire that this giving carries on in perpetuity," added Baker. "I really hope that the community has embraced the concept of the Community Fund and Foundation enough to want to keep it going forever, because I think it's a big part of what makes Daniel Island special."

DANIEL ISLAND COMMUNITY FUND 2016 BENEFICIARIES

East Cooper Community Outreach **Operation Home Rotary Club of Daniel Island Daniel Island Swim Team** Windwood Farms **Berkeley County Library Daniel Island School** Susan G. Komen Foundation **Golfers for Education** Lowcountry Food Bank Young Life **Reading Partners Philip Simmons Middle School** Shotgun Fairies **Holy Cross Church East Cooper Meals on Wheels DI Historical Society Palmetto Project Daniel Island Animal Hospital American Red Cross** Cainhoy School **Children's Museum** Junior Achievement Charleston Promise Neighborhood Humanities Foundation **Engaging Creative Minds Mission Collective** The Music Battery



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Road work ahead Local projects old and new move forward

ELIZABETH BUSH

CLEMENTS FERRY ROAD WIDENING

If there were a road sign erected to describe progress on the widening of Clements Ferry Road, it would be anything but "Easy Street."

The project, which began in 2009, is still in the utility relocation phase, according to Craig Winn, the SCDOT program manager on the venture. But actual construction is expected to get started within the first few months of 2017.

"It will be early next year before (residents in the area) see major work happening," said Winn.

This week, utility workers will be on site moving materials and equipment. As per the widening contract, they are permitted to do work off to the side during

the day that will not impact the traveling public, added Winn. Any lane closures, if needed, will have to occur after 9 p.m. For Berkeley County Councilman Josh Whitley, who took office in early 2015, the delays on the project have been frustrating.

"I'm mostly frustrated for the residents who are suffering," said Whitley, who attended a meeting with SCDOT officials, the contractor, and utility representatives last week. . "...I can't fix the past delays, but hopefully I can work to prevent future ones."

The SCDOT is managing the first phase of the project, which encompasses the stretch of the roadway between the I-526 interchange on Clements Ferry Road and Jack Primus Road. The second phase, from Jack Primus to Highway 41, will be handled by Berkeley County government. While delays are often a normal part of the process for projects such as this, Whitley hopes things will progress more efficiently now that phase one is underway.

"I can push on the things that I can control," he said. "One of the things we don't control is the environmental permitting from the Army Corps of Engineers and the federal government with regards to Phase 2. Hopefully the new administration will look at the red tape and help us move things along."

Whitley also is hopeful for a seamless start on Phase 2 as soon as Phase 1 is complete. When it comes to the roadway's increasing traffic issues, he urged residents to be patient.

"People want to shut down development and all of that, but that's just not an option," he said. "...People have the right to develop a property as it is zoned...The solution is we need major infrastructure planning, more bridges and ways to alleviate traffic congestion on I-526."

Phase 1 is expected to be completed by the fall of 2019.

thedanielislandnews.com ISLAND NEWS 13

REPAIRS UNDERWAY ON WANDO BRIDGE

The westbound lanes on I-526 at the Wando River near Daniel Island have shifted. The move was necessitated by SCDOT repair work on a damaged cable beneath the Wando River Bridge. According to an SCDOT press release, the shifting of lanes started on Monday, December 5.

The shifts are required, stated the release, to provide safe access for workers, materials, and equipment. Two westbound lanes will remain open. The damaged cable was detected during a routine inspection.

"The cables used in this bridge design are located beneath the deck," said SCDOT Deputy Secretary of Engineering Leland Colvin. "A single damaged cable does not compromise the integrity of the bridge and it remains safe for travel."

The project is expected to be completed in March of 2017, weather permitting. The lane shift will remain in place until the work is finished. The SCDOT is urging motorists to use caution when approaching, moving through and leaving the work zone.



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Holiday Festival on Daniel Island



KATIE CONLEY PHOTOGRAPHY



KATIE CONLEY PHOTOGRAPHY McKenzie, Jenna, and Nanya



KATIE CONLEY PHOTOGRAPH Liam, Cyprium and Kasey



KATIE CONLEY PHOTOGRAPHY



PETER FINGER PHOTOGRAPHY



The Charleston Community Band



continued from pa. 14





SUZANNE DETAR



More than 10,000 luminaries light up DI!

The 5th Annual Island of Lights on Sunday, December 4, was provided by The Daniel Island Community Fund and illuminated the holiday season - and a good cause. Money raised through the initiative will benefit the Daniel Island School PTA. According to Krysten Coulter, who coordinated the effort, 533 households took part in the event, lighting up 7730 luminaries across the island. Another 3,000 luminaries were displayed in parks and commons areas for a whopping total of over 10,000 bags. The title sponsor of the event was Hudson Nissan and Gold Sponsor support



MARY WESSNER PHOTOGRAPHY

Scout Boats.

Other business supporters include Daniel Island Real Estate, Lowcountry Mulch, Publix, Coastal Vascular and Vein Center, Mathnasium, Tropical Smoothie Cafe, JKI Daniel Island, Wild Blue Ropes, Daniel Island Shuttle, Charleston Express and Jackson Built Homes. Preliminary estimates place the total raised at over \$15,000, said Coulter.



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business **BRIFFS**

DR. RANDY'S OFFICE COLLECTS OVER 1000 POUNDS OF CANDY FOR U.S. TROOPS

Pediatric Dentist Dr. Randy Pagenkopf and his staff collected 1060 pounds of Halloween candy to help give U.S. soldiers a sweet surprise over the holidays.

For the seventh year in a row, Dr. Randy has hosted a Halloween Candy Buyback, buying children's candy for a dollar per pound. The candy is shipped to Operation Gratitude, a charity that uses the candy in care packages for U.S. troops in combat zones around the world.

"Each year I look forward to seeing how excited the kids are to not only sell their candy, but help give our troops a little taste of home,' said Dr. Randy. "Plus, their parents are happy that there isn't as much temptation around the house. Everyone wins."

Additionally, many children chose to donate their earnings to Water Mission International's "Change for Haiti" program in exchange for a free meal from Cracker Barrel Olde Country Store.

At the candy buyback festivities, the children enjoyed a jump castle, live music, a selfie station, crafts and wrote letters to the soldiers that will be shipped with the candy. Special thanks go out to Dr. Randy's shipping sponsor, South State Bank.



Dr. Randy Pagenkopf poses with patients Chip and Adele Gay at his practice's Annual

Dental decay is the leading cause of absences from school in the United States. Dr. Randy recommends letting your child pick their favorite candy to keep and then bring the rest to his buyback event, usually the Saturday following Halloween each year.

Halloween Candy Buyback event.



Daniel Island resident Mikki Ramey of Healthy Realty recently attended the Zillow Premier Agent Forum in Las Vegas.

DI RESIDENT/REALTOR SELECTED TO ATTEND ZILLOW PREMIER AGENT FORUM

Daniel Island resident Mikki Ramey of Healthy Realty was one of only four South Carolina agents invited to attend the recent Zillow Premier Agent Forum in Las Vegas, an event that attracts over 1400 realtors from all over the country.

According to Ramey, she and her real estate team are in the top one percent of agents for

sales in Charleston. Ramey was also recognized earlier this year as "the best real estate agent," receiving the Mom's Choice Award from Lowcountry Parent Magazine. Additionally, she is ranked as one of Charleston's most highly recommended realtors by Zillow with 190 recommendations and counting. The team consists of Mikki, Team Leader and Listings Manager; Abby Suarez, Lead Buyer's Agent; Shannon Jones, Closing Coordinator; and Sara Duggan, Marketing Director.

During the Zillow session, premier agents interacted with Zillow Group executives, fellow agents and various other company leaders. Ramey said Zillow CEO Spencer Rascoff attended the meeting and discussed current real estate trends, as well as how agents can use recent technology to help their clients sell their homes more quickly and for top dollar.

"This is the second year I have attended this meeting and each year I am blown away with the new technology that Zillow creates to empower agents to effectively market homes," added Ramey. "Many consumers don't realize that zillow.com has more unique visitors viewing their site to look for homes than any other real estate website. My amazing real estate team and I plan to implement all the new technology to help our clients sell their homes for top dollar and in a timely manner."



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Daniel Island Residents

Three traits of 'pay it forward' leaders



management moment

Doug Dickerson

No act of kindness, no matter how small, is ever wasted. – Aesop

A mother wanted to teach her daughter a moral lesson. She gave the little girl a quarter and a dollar for church. "Put whichever one you want in the collection plate and keep the other for yourself," she told the girl. When they were coming out of church, the mother asked her daughter which amount she had given. "Well," said the little girl, "I was going to give the dollar, but just before the collection the man in the pulpit said that we should all be cheerful givers. I knew I'd be a lot more cheerful if I gave the quarter, so I did."

One of the many great lessons of leadership I have learned over the years comes from Rick Warren. It's the opening line of his best-selling book, The Purpose Driven Life. It's a succinct and powerful sentence. It reads, "It's not about you." It speaks volumes about finding your purpose and it speaks volumes about your leadership style.

Pay it forward. We hear it a lot and conceptually we embrace it. It makes us feel good, especially at this time of the year. But as leaders, how are we doing it?

My intent here is not to generate a checklist of "to do's" like opening doors, and saying hello. Not that those things aren't worthwhile; but I'd rather explore the mindset of a "pay it forward" leader.

Here are three traits. **A LEADER'S HEART**

Paying it forward begins in the heart. Before any encouraging word flows from your lips and before anything flows from your wallet in a monetary contributionit passes through the heart. Leaders who pay it forward are those with a giving mindset and understand that value given is value added.

A LEADER'S HAND

Tangible acts of paying it forward: volunteering, mentoring, etc. are extensions of a pay it forward mindset. Another name for it is servant leadership. John Maxwell said it best," People don't care how much you know until they know how much you care." The hands and heart of a leader are a powerful force for good when it flows out of a heart of compassion.

A LEADER'S HABIT

Pay it forward leadership on the surface may come across as "random acts of kindness" to some, but for the pay it forward leader it's more about a habit developed over time. Over time it's become a lifestyle not an isolated event.

As I look back over my 30 plus years in leadership, I see a common thread among the successful leaders I know and have met: they are generous, they have big hearts, and they always pay it forward.

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Doug Dickerson is an internationally recognized leadership speaker, columnist, and author. A Lowcountry resident, Doug is available for leadership training for your organization. To learn more visit Dougdickerson.wordpress.com or email him at managementmoment@ gmail.com.

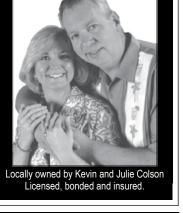
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Tragedy and Triumph at Mother Emanuel

WE ARE CHARLESTON

Herb Frazier Bernard Edward Powers Jr. Ph.D. and Marjory Wentworth

"We Are Charleston" was published in the summer of 2016, near the one year anniversary of the tragic shooting of nine parishioners at Mother Emanuel Church in Charleston.



from Mother Er

Authors of 'We Are Cha

ELIZABETH BUSH beth@thedanielislandnews.com

n June of 2015, a shooting rampage by a lone white gunman left nine dead at Mother Emanuel AME Church in Charleston - and a community consumed with despair and disbelief.

How can healing begin after such an unspeakable act of violence? What can tragedy teach us about ourselves? What role does history play in helping us understand the lessons of the past? The authors of the book "We Are Charleston: Tragedy and Triumph at Mother Emanuel" attempted to answer those questions, while capturing the true spirit of the city in the days, weeks and months after that fateful day.

Journalist, writer and editor Herb Frazier; College of Charleston professor and historian Dr. Bernard Powers, Jr.; and South Carolina Poet Laureate Marjory Wentworth worked tirelessly to tell one of Charleston's most important narratives.

"Using the tools of the investigative reporter to find the central stories, the historian's grasp of the past as context, and the poet's ability to plumb the depths of the human condition, we began this new project together," wrote the authors, in the book's introduction.

On November 15, Dr. Powers and Ms. Wentworth shared the story behind their 220 page account at a special program hosted by the Daniel Island Historical Society at Church of the Holy Cross on Daniel Island.

Wentworth, who was first to address the audience, spoke about how the idea for the book was born. The day after the shooting, she received a call from a reporter at the Post and Courier, who asked if she could write a poem that would pay tribute to the M worth couldn't l the request. The Sunday edition to complete it.

"I think the h write that poem about what we r we needed a pra

Wentworth be Rev. Clemente I members who le "Only love can began to flow.

"Let us gathe stones glittering eyes, emptied of

answers. Let us be stra circles wherever and sing hymns fallen.

And speak the Tywanza, Ethel, and DePayne.

They are not a across the woun eyes and listen thearts, holding like sisters, becc is love, there is

The British B recorded Wentw broadcast it all o before publisher a friend suggest about the traged a former member



"Let us gather and be silent together like stones glittering in sunlight, so bright it hurts our eyes, emptied of tears, and searching the sky for answers.

Let us be strangers together as we gather in circles wherever we need to stand, hand-in-hand, and sing hymns to the heavens and pray to the fallen.

And speak their names: Clementa, Cynthia, Tywanza, Ethel, Sharonda, Daniel, Myra, Suzie, and DePayne.

They are not alone. As bells in the spires calls across the wounded Charleston sky, we close our eyes and listen to the same stillness ringing in our hearts, holding on to one another, like brothers, like sisters, because we know that wherever there is love, there is God."

nanuel AME Church

rleston' address DIHS audience

other Emanuel victims. Wentnelp but feel the heavy weight of poem was to run in the paper's and she had just a little over a day

ardest thing I ever had to do was "said Wentworth. "...I thought needed, on a Sunday, and I thought yer."

egan to reflect on a quote from the Pinckney, one of the nine church ost their lives in the shooting conquer hate" - and the words

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rir names: Clementa, Cynthia, Sharonda, Daniel, Myra, Suzie,

alone. As bells in the spires calls ded Charleston sky, we close our o the same stillness ringing in our on to one another, like brothers, use we know that wherever there God. "

roadcasting Company (BBC) forth reading the poem and over the world. It wasn't long rs and agents came calling. Soon, ed she consider writing a book y. Wentworth contacted Frazier, er of Mother Emanuel Church, and he agreed to help with the project. Frazier then reached out to Powers, who is well versed on the history of the AME Church both locally and nationally. They had a tight timeline to complete the book - get it to the publisher by December of 2015 and have it released by the anniversary of the shooting six months later.

"There were many times and points during the project where things could have gone awry," said Powers. "But we really came together, and we set our egos at the door...Now we are even closer as personal friends than we were at the outset."

They divided the project into thirds and each wrote different chapters - sharing insights and constructive criticism with each other along the way.

"I think that made it better - and stronger," said Powers.

Wentworth and Frazier conducted most of the interviews, talking with victims' family members and others close to the church.

"Part of our goal was to bring these people to life," said Wentworth. "Some of the details were amazing...We also felt very humbled by the responsibility, and wanted to honor these people in the best possible way. But it was just an enormous responsibility."

In his chapters, Powers focused on the AME church's long and storied past.

"History is the spine that holds the book together," he added. "...While history is important, we don't just present a linear history, we integrate the present with the past to create a livelier story... Our lives in the present intersect with the past."

One of the themes that defines the Mother Emanuel tragedy is not necessarily the heinous act of violence that took place in a Bible study that warm summer evening, but what happened af-

terwards. As the nation and the world watched, Charleston came together, led by the example of forgiveness expressed by several of the victims' family members at the bond hearing for gunman Dylann Roof. It was an unexpected turn of events - and it had a significant impact.

"It came out of nowhere and I think it astonished everyone," said Wentworth. "...Forgiveness is not absolution. But it takes power away from that person."

A member of the audience asked Wentworth how the family members were able to forgive.

"It starts with the people in the room that night," she responded. "They were at a Bible study because they were strengthening their relationship with God. Their faith permeated their lives."

All in all, the authors knew they didn't want the book to be about Roof.

"This is not his story," said Wentworth. "Once we started telling the stories of the people, he didn't belong in the book any more. So that was a conscious decision."

Forgiveness, she added, was "the biggest piece" of the story.

"In Charleston, we've shown a different way to handle things," said Wentworth. "It's a different, transformative period. The families have been extraordinary...If you can forgive in those circumstances, I think you have freedom in your soul."

"Look at the way they have responded," added Powers, of the Mother Emanuel Church and its members. "It is a triumphant story. We hope the congregation will continue to rise."

For more information about the book, visit www.wearecharleston.net.



Authors of the book "We Are Charleston" - Dr. Bernard Powers, Marjory Wentworth, and Herb Frazier.



Dr. Bernard Powers, a professor of history at the College of Charleston, and Marjory Wentworth, South Carolina Poet Laureate, discuss their book "We Are Charleston: Tragedy and Triumph at Mother Emanuel" at the November 15 meeting of the Daniel Island Historical Society.

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ELIZABETH BUSH

Donated gifts spilled out from under the HALOS holiday tree at the Daniel Island Property Owners Association by the end of the day Monday, December 5. All "angels" on the tree were adopted.

ELIZABETH BUSH beth@thedanielislandnews.com

Daniel Island residents and community members have once again displayed their giving spirit – this time in response to a call from the Daniel Island Property Owners Association (POA) to support the Charleston-based HALOS program this holiday season. All 100 "angels" on the HALOS tree at the POA office were adopted, according to Dani Hermann, recreation coordinator. The deadline to drop off gifts for the POA program was Monday, December 5.

HALOS, a non-profit organization, offers support and advocacy for abused and neglected children and kinship caregivers. Through their holiday initiative, they will deliver gifts to more than 2,000 children in the tri-county area this season.

"HALOS has coordinated this holiday campaign in partnership with Berkeley, Dorchester and Charleston County Departments of Social Services for 19 years," said Kim Clifton, HALOS executive director. "We are thankful for the sponsors, community partners, and volunteers who continue to make the holiday season brighter for abused and neglected children in our community."

For those who missed the deadline to take part in the POA's HALOS tree program on Daniel Island, there is still time to join the campaign, according to Travis Tester, HALOS director of development. Anyone who would like to contribute gifts for a child can deliver them unwrapped to the Charleston County Department of Social Services Annex at 3366 Rivers Avenue in North Charleston. They are in need of generic toys for all ages and genders, added Tester, as well as sporting equipment and gift cards to department stores, Game Stop or fast food establishments.

Gift givers are asked to deliver items by 2:00 p.m. on Friday, December 9. For more information on the HALOS holiday campaign as well as other initiatives led by the charity, visit www.charlestonhalos. org.

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Mission accomplished

Daniel Island-based "Change for Haiti" charity group raises \$20,000 for non-profit Water Mission

CHARLIE MORRISON

"What are they trying to do?"

Water Mission volunteer tour guide K.C. Lombard posed this question to a group of children, chaperones, and parents from Daniel Island's St. Clare of Assisi during a tour the group took of the organization's operations facility in North Charleston last Friday.

"Well, they're just trying to stay alive," he continued. "And what are we trying to do? We're trying to...?"

"Help!" shouted the half-dozen youngsters in attendance. And help they did.

The group from St. Clare of Assisi wasn't there just to tour the facility after all. They were also there to present a \$20,000 check to the non-profit organization, money they'd raised as part of the group's "Change for Haiti" program on Daniel Island. The group started Change for Haiti in the wake of Hurricane Matthew, which carved a swath of destruction across the southern and western portions of the impoverished, island nation.

The program was simple enough. Representatives from the group placed large, empty water jugs at participating Daniel Island businesses and simply asked island residents to drop their spare change in one of the containers when they could. The group had an ambitious goal of supplying non-profit partner Water Mission, which has redoubled its efforts in Haiti after Matthew, with a single water treatment unit.

The machine costs approximately \$20,000 but can supply up to 4,000 people with clean, safe drinking water for two decades. Last Friday, when they showed up at the non-profit's North Charleston operations center to hand over their check, they were beaming, as they'd raised (with help from the Daniel Island Rotary and the Daniel Island Community Foundation) exactly that amount.

"We are so excited to have achieved our \$10,000 goal resulting in a total \$20,000 donation," said Carina Buckman, a volunteer with St. Clare of Assisi and with her friend and service project partner Amy Dietrich, the force behind Change for Haiti. "It's been a true community effort."

For evidence of that fact, look no further than how the group got to their goal: money flowed in from all over Daniel Island. The group took in \$3,600 in check donations, (including \$2,500 from the Daniel Island Community Foundation Employee Fund), \$2,122 in paper money, \$1,768 in coins, and \$196 in online donations. To make up the rest, the Daniel Island Rotary contributed the remaining \$2,313.26 needed to get the number up



to \$10,000, which was then matched by the Daniel Island Community Foundation.

"I am so grateful that Amy Dietrich and Jane Baker (of the Daniel Island Property Owners' Association) were so encouraging and supportive of the initial idea, that Daniel Island businesses, churches and schools were so willing to assist, and that our community showed up with their pennies and so much more," continued the British-born Buckman, glowing of her adopted home town.

And Baker, for her own part, was glowing right back at Buckman, in comments she offered up to The Daniel Island News in an interview.

"Carina Buckman and the other residents that she works with are passionate residents who have a true mind and spirit for philanthropy, locally and globally and this was a no-brainer for us," said Baker. "There are so many relief organizations within the United States, within the southeast, but Water Mission CHARLIE MORRISON Change for Haiti volunteers (from left) Carina Buckman, Amy Dietrich, and (far right) Sarah Viancourt, pose with kids from St. Clare of Assisi's service project program and Water Mission Special Events Coordinator Kyle Whitcroft, who created a giant-sized check to commemorate their \$20,000 donation to the organization.

has such a specific mission that is so critical to sustaining life...They are a class act of an organization."

"It's great to see what they do," added Buckman, after her group finished up their tour.

For Water Mission, the cost of the assessment, manufacturing, transportation, set-up, and support of a new filtration system is about \$20,000. With the newly donated "Change for Haiti" funds, Daniel Island has enabled the organization to help 4,000 people get fresh water for up to two decades.

And of all the reasons Carina Buckman and Amy Dietrich had to smile last Friday afternoon, that was perhaps the driving reason that Daniel Island's efforts were going to have a tangible, positive change on people who need help.

help. "We're proud of Daniel Island," said Buckman succinctly before shuttling her children, Cat and Olivia, off to martial arts class. "They did a great job."

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Transform your island life through meditation

DEBORAH BAILEY

There are only about 17 days until Christmas. If that thought sounds a bit overwhelming, never fear. As Daniel Island yoga and meditation instructor Muni Natarajan explains, there are ways to calm your restless spirit in the midst of the holiday chaos.

"We're halfway through the holiday season and everything seems to be moving lightning fast," said Muni. "Is it possible to keep up?" said Muni.

"Maybe, in the midst of madness, we find a way to slow down," he continued. "Slow down to remember where you are, what you're doing and what matters. Slow down to re-evaluate. Slow down to appreciate."

Island life is sometimes equated with a state of relaxation and a laid back way of being. Living in Charleston, we are fortunate not to have many of the big city stresses like endless traffic or freezing Northern winter work, such as shoveling snow or scraping windshields. However, sunshine and friendly folks do not make us immune to the stresses of this time of year. Taking time to meditate can be an antidote to the craziness of the holiday season.

Merriam-Webster defines meditation as "the act or process of spending time in quiet thought." But how do we quiet our busy minds and what are the benefits of doing so? To answer those questions, we turn to Muni and others in the meditation realm. **MEDITATE FOR GOOD HEALTH**

As many scientific studies have found, the effects of chronic, prolonged stress can contribute to high blood pressure, heart disease, stomach ulcers, autoimmune diseases, anxiety, cancer, insomnia, chronic fatigue, obesity, depression, and accelerated aging.

During meditation, the body can quiet chronic stress and reverse the effects of the fightor-flight response, a reaction we all have to either run from danger or battle it. This ancient instinct causes our body to speed up one's heart rate, increase blood sugar, suppress one's immune system, reduce insulin production, pump stress hormones such as adrenaline and cortisol into the blood, and reduce the blood supply to our digestive organs. All of these reactions happen so that our body can focus on survival in a threatening situation. Few of us face constant daily physical threats to our existence anymore, however, many of us still live in fight-or-flight. For example, stress responses like road rage, defensiveness to perceived criticism from bosses or spouses, or arguments with family or friends.

MEDITATE TO INCREASE PEACE AND PRODUCTIVITY

"The answers you seek never come when the mind is busy," according to Muni. "They come when the mind is still."

A regular meditation practice can help dissolve this accumulated chronic stress. There is a misperception that meditation will make us tired or interrupt our productivity; however, studies have found the opposite is true.

"Meditation actually cultivates a state of restful alertness," notes best-selling author and mindfulness guru, Deepak Chopra. "There are many compelling studies showing the power of meditation to relieve stress and promote inner calm. For example, a 2011 study published in the Evidence-Based Complementary and Alternative Medicine Journal found that fulltime workers who spent a few hours each week practicing mindfulness meditation reported a significant decrease in job stress, anxiety, and depressed mood."

The Chopra Center advocates meditation as one of the best tools human beings can use to break cycles of negativity in the brain, release stress, foster positivity, and enjoy the peace of being in the present moment. In his writings, Chopra asserts that a large body of research has established that having a regular meditation practice produces tangible benefits for mental and physical health, including:

- -Decreased blood pressure and hypertension -Lowered cholesterol levels
- -Reduced production of "stress hormones," including cortisol and adrenaline

-More efficient oxygen use by the body -Increased production of the anti-aging

hormone DHEA -Improved immune function

-Decreased anxiety, depression, and insom-

nia MEDITATION IN RELATIONSHIPS

Meditation can help foster more balanced, loving and harmonious relationships.

"When you're feeling balanced and centered, it's much easier to respond with awareness rather than react in a knee-jerk way or say something that creates toxicity in your relationships," writes Chopra. "Meditation cultivates equanimity and compassion, allowing you to be present with a loved one, client or co-worker and really listen to what they are saying and what they may need."

Meditating on a regular basis helps develop what is known as "witnessing awareness"—the ability to calmly and objectively observe a situation, pause, notice any negative response

See MEDITATION on PAGE 23



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Effects of prolonged stress can contribute to health problems

From MEDITATION on PAGE 22

you may have, then deliberately choose your response. The ability to be present and aware is extremely valuable in every relationship. **HOW DO I BEGIN?**

What does it mean to meditate and how do we do it? Meditation is not necessarily mystical or complicated. It can easily be seen as a simple way to gather one's thoughts, take a break, gather perspective and refocus.

In our culture of over-scheduling and constant movement, it is not likely that someone will invite you to relax and take a breather. Meditation requires self-motivation and recognition of the importance of self-care. Guided meditation or workshops are great ways to begin an individual practice.

A simple Google search yields thousands of results to guide you through dealing with stress, insomnia, grief, illness or almost any malady. However, many students find it easier and more effective to learn with a group or an instructor in a live, interactive setting. To that end, Muni has developed a practice of teaching techniques to break some of the punishing cycles we've created for ourselves in our daily lives in a clean, quiet setting he calls the "Zen Den."

Muni has dedicated his life to the study and practice of meditation. He spent years of study with renowned yoga and meditation teachers and developed his own practice during 37 years as a monk in a monastery in Hawaii. During regular workshops, private or group classes, he teaches approaches which have been used for centuries in the East in the form of breath work, mantra, affirmation, and concentration techniques.

In his workshops, Muni shows his students how to create calm and deepen their lives

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Life Planning

Muni's next workshop is meant for anyone with the intention of seeking a calm, controlled state of being. "Transform Your Life Through Meditation," will be held on December 10, 2016 from 9:00 am to noon at 1404 Elfe Street on Daniel Island. The cost is \$65.00 per person. Space is limited, so pre-registration is recommended by visiting www.yogawithmuni. com.





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The first adjustment (post cold front) is to fish in deeper water. Look for Trout to be holding near channel ledges in 10 to 20 feet, where the barometric pressure and temperature are more stable.

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passes. A short snap of the rod followed by a long pause will usually illicit a strike from cold water Trout. The strike often occurs during the long pause. Remember, fishing slowly is a big part of the second adjustment. For the past several weeks, I have been experimenting with the Ned Rig, a small lure that is very popular with Midwest (where it is really cold) bass anglers. Results have been extremely positive (Trout love it). The Ned Rig will be one of my primary lures this winter. It is created by matching a Z-Man TRD (a small 2.5inch lure) with a light mushroom head jig. My go to colors are California Craw and PB&J.

When fishing smaller lures, it helps a whole lot to down-size your tackle. Lighter tackle is essential for casting small lures and feeling the subtle wintertime strike (a very light tap). It is also a lot of fun to battle big Trout on light gear. I use a St. Croix Pan Fish rod (which is made for catching Bream) and a small 1000 frame reel (spooled with 8-10 pound PowerPro braid with a short 12-pound fluorocarbon leader).

Cold weather is here. However, with a few adjustments, the fishing is still pretty hot.

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Hot fishing in cooler temps

The Daniel Island News December 8 - December 14, 2016

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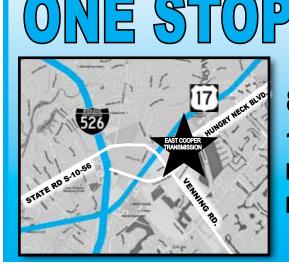






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FOOTBALL thedanielislandnews.com 26



Anita Koszyk wins the challenge! Play this week to win a gift card to Laura Albert's

Enter this week by noon on Friday at https://www.surveymonkey.com/r/CXRWWF7

This week's winner of the Pigskin Challenge is Anita Koszyk. Anita and Robert Veronee both went 10-2, and Anita won in the tiebreaker game. Anita beat sponsors Drs. Jackson and Basha of Daniel Island Dental Group and won a \$50 gift card.

Anita said, "I retired from teaching and moved to DI from Chicago with my husband in 2015. He says I'm going for the World Record for most Charleston activities and I'm making great progress!"

A regular Pick 'Em participant, Anita added, "Playing the

DI News Pick 'Em game together with my husband is great because it guarantees that we speak to each other at least weekly during football season!"

Each week from now until the Super Bowl, readers will be given the opportunity to "Beat the Sponsor" and to win great prizes. We will email a link to the survey each Monday via a Daniel Island News eblast and we will also put the URL link on our Facebook page and here in the paper. To be eligible to win, you must select your entries online by noon on Friday. There is no cost to enter. If you'd like to be added to our eblast, please send your email address to sdetar@thedanielislandnews.com.

To enter, go to https://www.surveymonkey.com/r/CXR-WWF7 and fill out your ballot.

Each week, we will also include a running win-loss record for each of our sponsors and the paper will donate \$500 to the charity of choice of the sponsor who has the best overall win-loss record at the end of the season. In the sponsor competition, Rosie Stieby's lead diminished this week but she still holds on to first place with a 2 game lead over Jeff Burton & Steve Meyer of Millennium Private Wealth

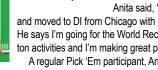
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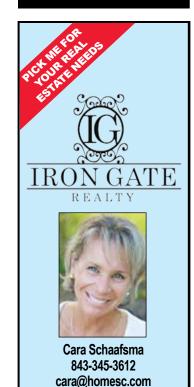
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A substantive discussion

Daniel Island News hosts well-attended, well-received community forum on teen substance use and abuse

CHARLIE MORRISON

The night was October 24, 2014. It was a Friday, and the Bishop England High School (BE) football team was in the locker room suiting up for a contest against North Charleston. On any other night, any normal football Friday, Daniel Island parents H.R. and Trudy Hicks would be getting ready to go to the game, as their daughter Bridgett was a cheerleader for the Bishops. But this was far from a typical evening.

The Hicks' other child, 2012 Bishop England graduate Rowe Hicks, a self-admitted addict of drugs and alcohol, had spent the previous night in jail and was being released. The family was at a crossroads. Rowe's arrest had been only the latest in a series of transgressions, and the situation had become toxic for the family.

Unbeknownst to them at the time, it would become a pivotal moment. At the urging of his grandparents, Rowe agreed to go that night with his father and a family friend to a rehabilitation center in Statesboro, Georgia, where he would begin his recovery. Back on Daniel Island, the Hicks family began a recovery of their own.

The Hicks' story was one of many highlighted at an often emotional panel discussion sponsored by The Daniel Island News on November 29 at Bishop England. A total of seven panelists took part in the program, entitled "Teens and Substance Abuse: A Community Forum on Addiction and Recovery." Beth Bush, an editor and writer for The Daniel Island News, served as the moderator for the event. The panel featured members of the medical, therapy, and law enforcement communities, and the community at large, namely the Hicks' and Stevie Sullivan, another Bishop England graduate who is now a decade into her recovery from addiction.

Before and after the 90-minute presentation and question-and-answer period, attendees had the opportunity to peruse an information fair featuring representatives from several organizations serving the needs of those affected by substance abuse. Participants included Wake-up Charleston, Solstice East, the SUWS Carolina Wilderness Program, Montford Hall, the Charleston Center, Alcoholic Anonymous, the





CHARLIE MORRISON

The seven-member panel touched on several aspects of addiction and recovery during the forum.

College of Charleston's Collegiate Recovery Program, and Educational Avenues.

Bush began the evening by explaining why the newspaper had chosen to hold the forum. The paper had run a series on the issue of teen substance abuse back in September, following the tragic death of former Daniel Island resident and Wando High School graduate Creighton Shipman. The 19-year-old Shipman, a college freshman, died of a heroin overdose just days after leaving a Georgia rehab facility.

"We spoke with law enforcement officers, psychologists, therapists and others, and it truly sparked a conversation that we wanted to continue," Bush told the audience. "We felt like we

for the Holidays!

had some momentum and the subject was worth exploring further."

She then asked those gathered in the Bishop England Performing Arts Center to direct their attention to 129 plate-sized, red hearts displayed on the walls on either side of the audience.

"Each of those hearts represents a life lost each day to a drug overdose," continued Bush. "...We're here tonight for each of those people, including young men like Creighton Shipman. High school is not too young to be talking about this."

It was Drug Enforcement Administration

See DISCUSSION on PAGE 29

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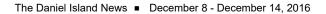
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Addiction is a chronic disease that affects the brain

From DISCUSSION on PAGE 28

(DEA) Agent Jason Sandoval who kicked off the panel presentation. Sandoval's decorated, 18-year career in law enforcement has taken him literally across the globe in the fight against drugs. On Tuesday, he kept his focus much closer to home.

Sandoval, Charleston DEA Resident Agent in Charge, is also a founding member of "Wake Up Charleston," a community movement to raise awareness about the misuse of prescription drugs, which serve as a gateway to traditional illicit drugs of abuse.

"Standing up in front of you is unlike anything I've done before," he said. "The DEA typically operates in the shadows, but the problem we're facing in our society today is not being driven by drug dealers out on the streets. It's being driven by what sits in our medicine cabinets."

We can't wait for a "big solution" to come from the pharmaceutical industry, Sandoval continued, urging community members to start the discussion about the dangers of prescription medicines at home. He also told the crowd that Charleston County's rate for deaths to opiates and heroin overdose is 40 percent higher than the national average.

"I'm not just speaking as the jack-booted, thug DEA guy who's wanting to kick down your door and steal your weed," he said. "I'm

speaking as someone who's seen the numbers. When is enough, enough? When have enough kids died from something that's controllable by us?...The Creighton Shipman story breaks my heart every time I consider it. There's no reason a family should ever have to lose a loved one like that."

A pair of physicians followed up Sandoval's impassioned, hard-hitting presentation by illuminating what contemporary experts in the treatment and recovery community have to say on the issue. MUSC Professor Emeritus Dr. C. Wayne Weart, PharmD, was the first of three medical professionals to speak at the event. But before he could even touch on the clinical issues at play, Dr. Weart offered up a story from his own recent experience with a drug-related death. Two weeks ago, he received word that the 22 year-old son of a close friend in Mount Pleasant had passed away.

"He was Senior at Clemson, a pre-med major, a Wando graduate, and straight A's on the President's List," said Weart, as his voice choked with emotion. "He was not a drug user, but he experimented with alcohol and Alprazolam, Xanax, a benzodiazepine. He didn't survive it. One time - that's all it took...This was a good kid. And he's not with us anymore."

"Basically, it is a chronic disease that affects the brain," continued Weart. "There are indi-



CHARLIE MORRISON **Charleston DEA Resident Agent in Charge** Jason Sandoval addresses the audience.

vidual things we have to do, family things we have to do, school things we have to do, and as a community. We have to all work together."

Psychologist Dr. Patrick Duffy, Jr. PhD picked up where Weart left off, taking on the topic from the perspective of his expertise as a clinical psychologist who has worked extensively with children and families on issues related to addiction. The first place to start, he explained, is to know your child's friends.

"It used to be okay to just assess a child's friends by whether they came in and made eye contact and shook your hand," said Duffy. "Those are social skills, but it doesn't tell you anything about what this child is doing when



he leaves the house. Remember Eddie Haskell? What I encourage you to have in mind is that in 2016, soon-to-be 2017, there's a high likelihood that Eddie Haskell has oxycontin in his pocket."

Stevie Sullivan was next to address the room. offering the first of two brave perspectives on the issues of addiction, alcoholism, and teen use of illicit substances. Sullivan's story began an important period in the evening during which the audience got a look behind the veil of substance abuse - at how it affects individuals and families.

"I didn't think that there was any sort of issue, much less an addiction," said Sullivan. who holds a Master's Degree from Georgia Southern University. "Everyone in my life knew I needed to be sober, including my family and my friends, but I did not know I needed to be sober."

But Sullivan, now self-employed as a licensed therapist working with kids with similar problems, wasn't on hand at BE to simply talk about what life looks like through the eyes of an addict. She wanted the room to understand that there was no boogeyman to blame for the disease.

"I had a wonderful childhood," she said. "My parents have been married for over 40 years. I have an older brother and a younger brother. There was no trauma or abuse ... anything in my childhood. I've always been very outgoing, very personable, so I'm not really sure what would cause me to become addicted, as

See DISCUSSION on PAGE 30



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Recovery is possible

From DISCUSSION on PAGE 29

opposed to my friends, except for of course the genetics."

Rowe and Trudy Hicks' story put an exclamation point on the conversation started by the courageous Sullivan. Rowe Hicks was up first, and he told the hundreds in attendance his story, from straight A's at Bishop England and a scholarship to Clemson, to "drinking really bad, and using every drug under the sun."

"My mom would ask me 'what are you doing with your life?' and I would tell her ' I'm going to be fine,' and would turn around and 100 percent believe it," said Rowe, who is now working in the recovery field as a nurse aid at Willingway Hospital. "And then that day came when I didn't believe it anymore."

And, like Sullivan, Rowe was determined to dispel the myth that this happens only to children with dysfunction at home.

"The point of me doing this (forum) was for me to explain to you all that I was a good kid, I didn't grow up and say 'I want to be an alcoholic,' that's not what happened," he said. "One day I just woke up and said 'where did my life go.' It happens just that fast."

Rowe went on to credit his faith as having the greatest impact on his recovery.

"I am going to go on record and say that I do believe in God, and I think He is a big part of

STRUGGLING WITH ADDICTION?

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WILLINGWAY CONTINUING CARE MEETINGS -- Every Monday 6:30 to 7:30 pm at the Church of the Holv Cross on Daniel Island. Contact Rhett Crull at (843) 323-7111. ALCOHOLICS ANONYMOUS – Meets six days a week on Daniel Island. Monday-Friday 8 a.m., Tuesday at 7 p.m. and Friday at 7 p.m. at Providence Baptist Church. Saturday at 8 p.m. at Church of the Holy Cross.

MUSC CENTER FOR DRUG AND ALCOHOL PROGRAMS - http://www.alcoholanddrugabuse.org.

CHARLESTON CENTER - http://www.charlestoncounty.org/departments/charlestoncenter/

what we're doing here tonight," he said, drawing applause from the crowd. "He's a big part of what I'm trying to do in my life today, and I just don't think we should leave Him out."

Rowe's mother brought the room's look behind the curtain into the "hurricane" of life lived with an addict full circle. She spoke of the impossible place a parent is in when a child is tearing a family apart through his or her use and abuse of substances. She also spoke of the "why" behind the situation - why it had been her son who turned to drinking and drugs with such dependence.

"Everyone always wants to know what happened to him," said Trudy. "Nothing happened to him. There was no trauma, we were a good family...And even though I knew something was going on, there was no way in hell that was going to happen to my family, there just wasn't. So, I know in addiction there's denial for the addict or alcoholic. For me it was the same thing. I just didn't want to believe."

"It brought me to my knees literally and figuratively," she continued, as tears began to stream down her face.

Hicks then turned the conversation towards hope, and her tone got a pitch higher, reflecting the new tenor in her own family and with Rowe, who is now two years sober.

"I know we hear these statistics...but I'm telling you there is hope. One kid at a time there is hope. There is hope for families to recover. We had to get well and stay well. My happiness cannot be dependent on Rowe's sobriety."

In response, the audience gave her a standing ovation.

It was the affable Dr. Viktoriya Magid, PhD who closed the presentation portion of the

evening with a few laughs, some honest commentary about the way illicit substances affect the brain, and one major revelation about the solution to the problem. First, however, she turned her attention to the stories shared by Rowe and Trudy.

"And now you get to see why I love what I do," said Dr. Magid, an assistant professor at the Center for Drug and Alcohol Programs at MUSC. "This is why I love my job, it's because of stories like this. This is how we combat addiction, with conversations like this one we're having right now."

As the evening came to a close, with meeting attendees milling about the information fair, speaking with representatives from the many support organizations who'd set up in the BE hallway, and conversing with their fellow meeting-goers, there was a tangible feeling of positivity in the air.

"It was absolutely fantastic and the panel was marvelously balanced," said Kevin Downs, a licensed addiction counselor who'd come to the event to hear from the panel and gleam some new information for his own work. "It was tremendous to have a family talk about the collateral damage that having an addict or an alcoholic child does to the family unit. Ms. Sullivan's story was marvelous and Special Agent Jason Sandoval is an agent beyond description, for him to be here talking articulately about the problem was great."

Thank you to our Envy clients for 9 years on Daniel Island



L to R: Dale Job, Jessica Taylor, Ashley Wilk, Dina Bione, Amy Porter. Missing from the photo, Wendy Timmons.



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Research Participants Needed for Hearing Study

The MUSC Hearing Research Program is seeking participants for a research study investigating the connection between hearing and the brain. We are recruiting healthy adults age 60 and older with either normal hearing or mild hearing loss.

Payment for participation is available for study participants and scheduling time for research visits is flexible. This study takes between 8-9 hours to complete over the course of 3 visits.

If you would like to make a screening appointment or learn more about our study, please call (843) 792-5916 or email maxwelam@musc.edu.

The Art Guild of DI carves out creative fun

The Art Guild of Daniel Island, at its November meeting, was treated to a fascinating demonstration by master wood carver and artist, John Geraci of Summerville. John is an award winning artist who has been carving for over ten years. He creates models of whales, fish, whimsical houses, and cartoonlike characters. John's favorite piece to create, however, is the "fan bird." Art guild members were captivated by John's skill as they watched him create a fan bird through manipulation of dampened cotton wood using a variety of carving tools.

The Art Guild meets the third Monday of the month, September through May, at the Daniel's Landing clubhouse. For information about upcoming meetings or becoming an AGDI member please contact Karol Skelly at k skelly@bellsouth.net.



PROVIDED BY GINNY PATERNITE Daniel Island Art Guild members watch as John Geraci whittles his magical pieces.



PROVIDED BY GINNY PATERNITE One of John's whimsical house creations.







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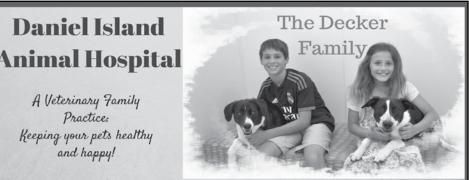
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I'm a 2 year old small male Domestic Shorthair/Mix.



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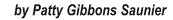
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Pick the Pronouns

Grammar

Choose the correct pronouns in these sentences.

- 1. Don't ask Tanya and (I, me) any more questions.
- 2. The Smiths hired Dave and (he, him) to cut their lawn.
- 3. The wedding present is from my husband and (me, I).
- 4. Paul and (him, she) missed the bus this morning.

3. me (1 he wedding present is from me.) 4. she (She missed the bus this morning.) 1. me (Don't ask me any more questions.) 2. him (The Smiths hired him to cut their lawn.) uəiseə yonu

sentence, imagine that the name isn't there. Choosing the correct pronoun will become Answers: Whenever you have to choose a pronoun that is paired with another name in the

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