

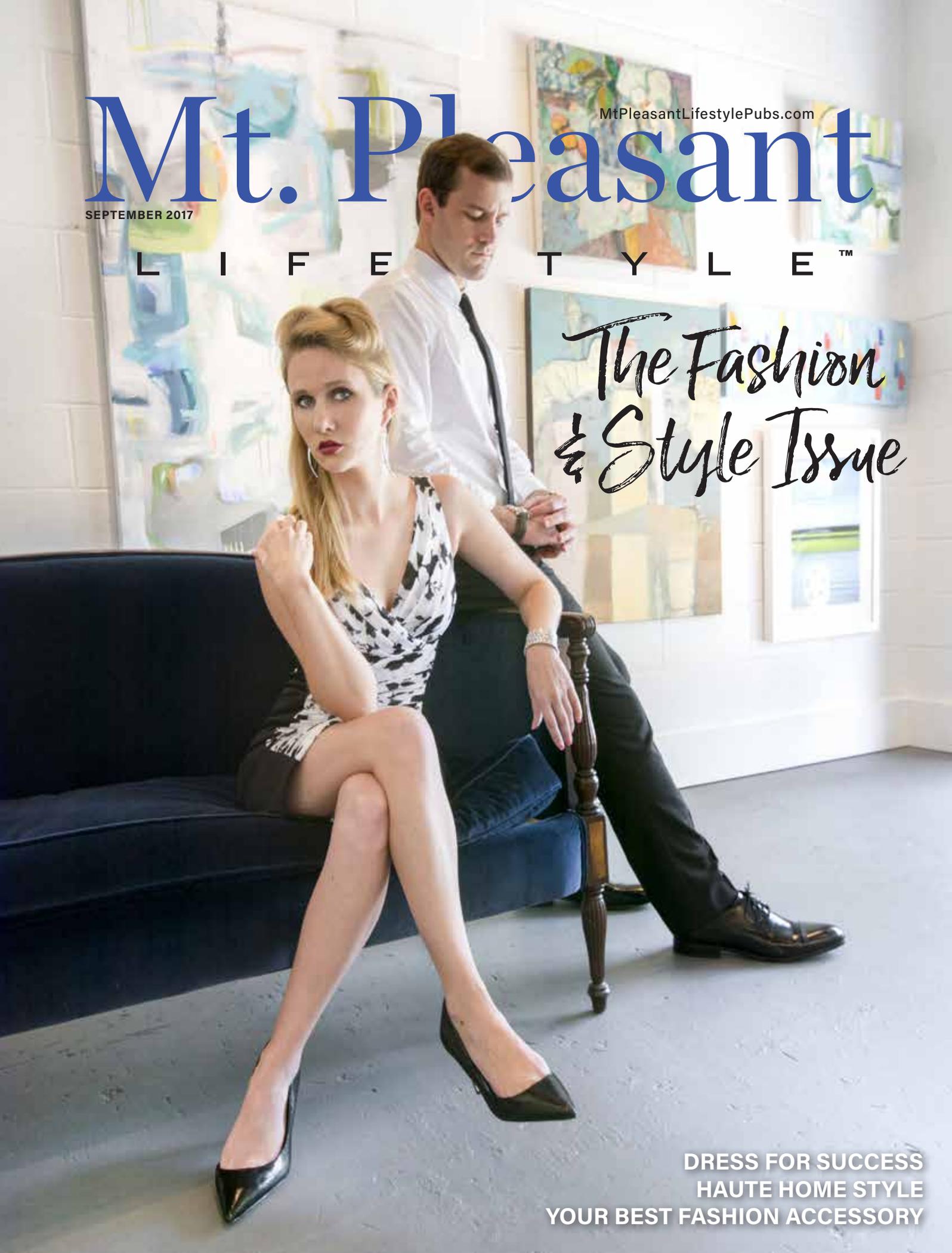
# Mt. Pleasant

MtPleasantLifestylePubs.com

SEPTEMBER 2017

L I F E S T Y L E ™

*The Fashion  
& Style Issue*



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# BOONE HALL FRIGHT NIGHTS



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# THE RETURN IS COMING

SOUTH CAROLINA'S LARGEST  
HAUNTED EVENT IS BACK FOR FALL 2017



*A giant facade forms the entrance to "The Crypt" which is one of four all new attractions at this year's event.*

"The Return Is Coming." For Boone Hall Fright Nights that phrase has double meaning in 2017. The event will feature highly detailed experiences where the "dead" will return from the grave and rise up like never before.

But it also means after taking a year off in 2016, this popular event itself returns with four all new frightful fun attractions to rightfully retake its place again as South Carolina's largest haunted event.

The website is also new and presents the content for this year's event using some interesting wide screen parallax visual effects. View those and other details at [boonehallfrightnights.com](http://boonehallfrightnights.com).

*Boone Hall Fright Nights is open 22 nights Sept. 29th - Oct. 31st. Order your Scream Pass, or VIP Faster to the Fear tickets online at [www.boonehallfrightnights.com](http://www.boonehallfrightnights.com). Individual attraction tickets can only be purchased at ticket booths at the event.*



## A Sense of Style

I recall playing dress up as a child, stringing my Mom's costume jewelry around my neck, teetering around in her high heels and wearing whatever was on hand that made me feel pretty. My style evolved over the years, but I usually gravitated toward certain colors, lines and elements that made me feel, more *me*.

We each develop a sense of our own unique style from cues—magazine covers, those lists of the best this or that for a body type and at some point, the ease of feeling good in our own skin. Both women and men, whether they be high-fashion couture-types or a jeans and tee-shirt kind of fashionista claim their own personal style. We show ourselves to the world clothed literally and metaphorically in the colors of our true selves—an unconscious decision that reflects the essence of who we are.

Our beautiful fashion and style issue this month is a tribute to that. You'll meet some very talented individuals who'll guide you toward decorating yourself and your spaces—what's in this season, as well as what best suits the you, you are.

A personal stylist and author gives tips on how to suit yourself up for success; a dermatologist combines Western medicine and holistic practices to let us in on how to "dress up" (and take care of) one of the most crucial components of style—the skin. An interior designer who has collaborated with some of the most recognized publications and designers in the country shares her vision of gorgeous home design. A children's clothing designer and busy mom shares her story of how she and her best friend came up with designs for children that—I promise—will make you go, "Aww" when you see the pictures, and an entrepreneur and artist fashions spectacular and stunning décor, jewelry and artwork out of glass.

Special thanks go to many of our neighbors here in Mount Pleasant; Cory Dueger, Executive Director of Discovery Spotlight Models and Talent who provided the talent for our cover. A big thank you to Kylie and Kathy from Belk Men's Store and to Kristen, Kristina and Stephanie from White House Black Market at Towne Centre who dressed them up beautifully; and finally, to Allison Williams, Director of Charleston Artist Collective who donated her crew (thanks so much Kate and Libby!) and her lovely gallery space to shoot our cover photo.

I hope you enjoy this issue as much as we did putting it together. Thanks for reading.

Brigitte Surette, Editor  
Brigitte.Surette@LifestylePubs.com

Ideas? Suggestions? Comments? Email [brigitte.surette@lifestylepubs.com](mailto:brigitte.surette@lifestylepubs.com).

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**MODELS** Amber Early & John Metts--Discovery Spotlight Models & Talent.

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# Mt. Pleasant

L I F E S T Y L E

SEPTEMBER 2017

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Proverbs 3:5-6

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## The Cycle of Fashion

I like nice clothes. I always have. In our current era of casual everything-everywhere I am the one to dress up. I never wear blue jeans to work. Or on a plane. My wife claims I own more shoes than any man she knows. How she know this is a mystery to me.

For decades I wore a suit to work every day. Every day. I'm not talking khakis and a sports coat but a full suit, white long-sleeved shirt, tie and dress shoes. Some days I wore leather suspenders in lieu of a belt. I even had suspender buttons sewn inside the waist band of my pants. There would be no clip-on suspenders for me.

At my first job out of college at the *St. Petersburg (FL) Times* I would come home to my apartment and stay in my dress clothes until it was time to go to bed just because I could. I know. I am weird.

And then they trotted out "Casual Fridays." It all started innocently enough with dress codes for men and women modestly relaxed. Most men did not have a clue what to wear. But everyone seemed to like the relaxed atmosphere and pretty soon every day was casual day which

meant "Casual Friday" devolved into "Dress Like a Bum Day" with blue jeans, t-shirts and sandals becoming commonplace.

Imagine my surprise the first time my commercial bankers showed up to a meeting in my office looking like they just came off the golf course. It made them seem less authoritative and I did not like it.

I have mostly come to terms with casual dress nowadays. Charleston's heat and humidity provide little occasion to dress up. I own several suits I rarely wear. I own a tuxedo I never wear. I still don a long sleeve shirt for work each day though it is rarely all-white and I admit to slipping on a tie more often than not. I like the way it makes me feel. I like that bow ties are a thing here.

Fashion runs in cycles and I am waiting for formal business attire to make a comeback. I think I will be waiting a long time.

But when it happens, I will be ready.

Bill Northrop, Publisher  
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# Groundbreaking Ceremony for the new Mount Pleasant Library

The groundbreaking for the new MP Library, slotted for completion in late 2018, was held in Carolina Park. Mayor Linda Page, city officials, developers, architects, library board members and the media witnessed the event. The 40,000 square foot library will contain a large auditorium, conference rooms, digital media/recording areas and more.



The Library Owl



Andy Brack, Chairman of the library board



Natalie Hauff, PR Manager, CCPL



Walter Smalls, Chief Deputy County Administrator of General Services of Mt. Pleasant



Contractors from Carolina Park Development pick up the gold shovels



L-R: Mayor Linda Page, Nicole Davies, CCPL Exec Director; Andy Brack, Library Board Member; Herb Sass, Councilman; David Burt, architect



Janet Segal, Former Chairman of the library board and architect David Burt



Mayor Linda Page and Owl show off the new library rendering



City officials and library executives break ground.



Haley Cuzzell, Community Sales Mgr, Carolina Park



Francis Richardson (and Library Owl), PR, Main Library



Herb Sass, Mt Pleasant councilman



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# SMOCKING BIRD



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FOR MOMS & THEIR KIDS



## CLASSIC CHILDREN'S CLOTHING AT AFFORDABLE PRICES

What started as an idea turned quickly into reality for moms and sisters-in-laws, Anna Shuford and Parmelee Miller.

Miller originally had the idea of creating a children's smocked clothing line in 2012 while living in Panama with her husband and two children.

With people constantly complimenting her son's clothes, she realized Panama had a need for her particular line of clothing, but before her idea could take off, the family relocated to the States.

Miller expressed her frustration to Shuford on not being able to follow through, then the two realized they could still make it happen and it did, in 2013. At the beginning of 2014, the sales came in.

Smockingbird was born.

The goal was to offer smocked clothing at an approximate \$30 price point. The traditional, bishop dress incorporates a specific type of sewing—a pleated plate or insert. The friends knew they could make that pricing work if they operated online versus a traditional brick-and-mortar store.

Neither had a background in clothing or design, but they both shared the desire to dress their children in cute clothes—without spending a fortune doing so.

Shuford, a Mount Pleasant mom lives with her husband, David and two daughters; four-year-old Rebecca and two-year-old Jane, with a mystery baby on the way. Her background in Occupational Therapy and working with a children's hospital in Atlanta, prepared her for handling the communications with Smockingbird's manufacturers. Her keen eye for children's clothing design is a natural talent and a bonus for the business.

Miller, who was in the finance industry in New York prior to her time in Panama, now oversees the office and warehouse in Cartersville, Georgia, where she lives with husband, Cade and their son, Hampton and two-year-old daughter, Robinson. She handles the shipping, day-to-day operations and the financial side of the business.

"There's something great about the working mom and the at-home mom balance. Owing our own business, we have weeks where we put in overtime and then weeks where we have flexibility," Shuford says.

For a lot of clothes, it's about what the trends are and what's "in," but for Smockingbird, the clothing is very classic.

"It doesn't necessarily have to be in at the moment because when you're shopping for your kids, as long as you think it's cute, you don't care about what other people are wearing," Shuford says.

CONTINUED >



**"THERE'S SOMETHING GREAT ABOUT THE WORKING MOM AND THE AT-HOME MOM BALANCE. OWNING OUR OWN BUSINESS, WE HAVE WEEKS WHERE WE PUT IN OVERTIME AND THEN WEEKS WHERE WE HAVE FLEXIBILITY."**



*L-R, Anna Shuford and her two girls; Parmelee Miller and her boy and girl*

Each year, they offer a Christmas, Summer, Spring and Easter collection. "There are similar themes each year: crabs, beach balls, bunnies, Santas. We come up with new color schemes and things that appeal to us," Shuford says.

"Anna is great at seeing the style and tweaking it to make it work for a \$30 outfit," Miller praises.

Their customer base is broad and nationwide, with Georgia and Texas making up the majority; but they supply customers in Canada, the U.K., Australia and some Norwegian areas as well.

"We've definitely had an incredible growth rate. In the beginning, we worked 80 hours a week for no money. A year and a half ago we

didn't even have an office or employees," Miller says. "Today, we have a warehouse and a team of six women."

Both women grew up with community service playing a role in their lives. They continue that tradition by choosing an organization in the Atlanta or Charleston area each month, child or women-related, and donate a portion of the money made.

"It's great camaraderie being made up of entirely women. It's neat having women helping women, moms helping moms," Miller says.

*For more information visit [smockingbirdkids.com](http://smockingbirdkids.com).*

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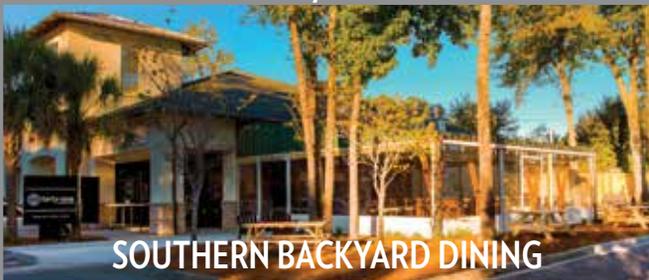
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ARTICLE BRIGITTE SURETTE | PHOTOGRAPHY ADAM COLLINS



Ruched Floral Dress, \$170. Ella Exotic D'Orsay Pumps in black, \$130. Curved Stick Earrings in Silver, \$30. Wide Stretch Bracelet in Silver, \$50.

White House Black Market at Towne Centre, Mt Pleasant or [whitehouseblackmarket.com](http://whitehouseblackmarket.com).



Kenneth Cole Reaction Techni-Cole Suit; Coat, \$250. Pants \$100. Madison Modern Slim Fit white shirt, \$52.50. Calvin Klein Luxe Solid Tie in Black, \$65. (On cover not shown here: Saddlebred Black Leather Belt, \$32. Johnston & Murphy Dress Bradford Cap Toe Leather Shoes, \$130). Fossil Grant Chronograph Brown Leather Watch, \$135.

Belk Men's Store at Towne Centre, Mt Pleasant or [belk.com](http://belk.com).



Sleeveless Black Ponte Fit-and-Flare Dress, \$98. Suede Skinny Belt in Cabernet, \$44. Curved Stick Earrings in Silver, \$30. Double Hinge Cuff Bracelet with Swarovski Crystal in Silver, \$40.

White House Black Market at Towne Centre, Mt Pleasant or [whitehouseblackmarket.com](http://whitehouseblackmarket.com).

# HIS + HERS



Polo Ralph Lauren V-Neck Tees, 3 pack. \$39.50 [macys.com](http://macys.com)



Jet Set Large Saffiano Leather Crossbody Purse in Orange. \$148. [Michaelkors.com](http://Michaelkors.com)

Skinny Jeans in Classic Rinse. J.Crew. \$89.99. [jcrew.com](http://jcrew.com)



Vintage Infinity scarf. \$60. [anchalproject.org](http://anchalproject.org)



## Fall Fashion Finds



A.P.C. Dark dark blue cotton dress 'Petit Standard' jeans. [Farfetch.com](http://Farfetch.com) \$133

Turquoise/Red Dot Earrings. \$36. [Elucook.com](http://Elucook.com)



Duke Cannon After-Shave Balm. \$20. Portion of proceeds benefits veterans. [Dukecannon.com](http://Dukecannon.com)



Skinceuticals Physical Fusion UV Defense SPF 50 tinted sunscreen. \$34. [Skinceuticals.com](http://Skinceuticals.com)



Spitfire Blue Argyle Sock, \$12. [UnsimplyStitched.com](http://UnsimplyStitched.com)



"The Judge," in Tortoise, Prive Revaux Eyewear. \$29.95. [priverevaux.com](http://priverevaux.com)



Timberland Lost History Cap Toe Oxford in Burnished Black Leather. \$189.90. [Nordstrom.com](http://Nordstrom.com)

Red Dolce Vita Boots. \$190. [Shoppop.com](http://Shoppop.com)





# Put Your Best Face Forward

ARTICLE DEBORAH SLEDZIONA  
PHOTOGRAPHY WILLIAM QUARLES

● Dr. McClean Sheperd Explains How to Take Care of Your Best Fashion Accessory

**Y**our greatest fashion accessory isn't what you think.

Your skin stays with you throughout your life, long after all clothing, accessories and makeup. Establishing a healthy skin care regime is worth the investment. To help our readers put their best face forward, we reached out to Dr. McClean Sheperd of Sheperd Integrative Dermatology in Mount Pleasant to get the scoop on achieving glowing, radiant skin at any age.

Sheperd is a board-certified dermatologist who advocates a whole-body approach to skin wellness. Above all, she prescribes honoring the mind, body and spirit to be truly healthy.

"Skin health is the foundation of beautiful skin, and anything that you put on after that is going to look better. It projects outwards and confidence radiates," Sheperd says.

No two skin types are alike and Sheperd believes a customized skin care regimen is best. Her general recommendations are a guide to healthy skin throughout the decades.

For more info visit [mcleansheperdmd.com](http://mcleansheperdmd.com).

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## 20s-30s

Everyone should invest in a high-quality mineral based sunscreen. It's one of the best anti-aging creams and the sooner you start, the better.

Sheperd also recommends a quality hydroxy acid product to combat acne that may be prevalent in the mid-twenties. Hydroxy acid products help the skin breath, exfoliate more rapidly, and unclog pores for fresher feeling skin.

**RECOMMENDATION: EPIONCE LYTIC GEL CLEANSER AND LYTIC TX LOTION**

## 30s-40s

Visible signs of aging and fine lines appear. Antioxidants accelerate the body's natural ability to repair. Invest in top-notch products. In addition, start a retinol in your 40s to speed up the skin's renewal process. This helps mitigate against skin cancer and aids in combating the aging process. Retinol is a pure form of vitamin A that helps skin renew itself and stay strong.

**RECOMMENDATION: SKINCEUTICALS PHLORETIN CF OR CE FERULIC; RETINOL: SKINCEUTICALS RETINOL CREAM**

## 50s PLUS

Hyaluronic acid products help slow down deflation that starts to take place in the skin. These products combat deflation and sagging by allowing the skin to create and hold on to hyaluronic acid in the epidermis and dermis.

**RECOMMENDATION: SKINMEDICA HA5**

CONTINUED >



## ALL AGES—DIET & EXERCISE

A healthy lifestyle involves both exercise and nutritious foods.

“Your skin reflects your health and beauty,” Sheperd says. “They are part of the same spectrum.”

When you are healthy, you will be more radiant and exude more confidence, and that involves choices we make every day.

“I don’t advocate a certain diet for all people, I believe there are many pathways to good health. However, for optimum skin health, you should opt for fresh and unprocessed food with minimal or no added sugar.”

Overdoing it (exercise) can do more harm than good for the skin. Sheperd recommends finding a balance in a workout routine, with plenty of breathing exercises.

“Lactic acid [a compound produced in the body through strenuous exercise] does not necessarily add to your health,” Sheperd states.

Whether it's yoga, Pilates, or even a nice brisk walk, find an exercise practice that makes you smile.

“Five rhythms dance is one of my personal favorites.”

\*\*\*

Sheperd was an artist while learning dermatology. The concept of creativity and healing being interrelated was her driving force when she started her business in 1999.

“[By combining art and medicine], people walk in the door and feel a sense of ‘dropping into your spirit’, a sense of peace and beauty that allows the body to relax,” she says.

This practice opens multiple avenues for healing to take place versus a traditional medical model.

“Painting is a part of my life and leisure time; part of what has inspired me to engage in creative cosmetic dermatology. The ability to create beauty on a canvas helps me see the way that lights and shadows are on the face.”



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# DRESS FOR SUCCESSES



ARTICLE DEBORAH SLEDZIONA

# Lee Heyward

“I INSPIRE PEOPLE FROM THE INSIDE OUT,” LEE HEYWARD SAYS.

Heyward is a local image strategist, personal stylist, author, wife and mother of two. She’s lived in Mount Pleasant for over 12 years and her forte and passion is helping entrepreneurs and CEOs discover how to increase their bottom line by merchandising themselves.

When it comes to achieving goals, dressing your best is very advantageous, in every aspect of one’s life. Your image is your brand.

Whether working toward a promotion, a more bountiful love life, or a desire to feel more confident, Heyward reveals tips for looking one’s best.

## DRESS YOUR SHAPE

“I have clients of all sizes, and it is non-negotiable that they feel great in what they wear,” she says. The majority of people come to me wearing clothing that is too big.”

Feeling great in your clothes is not dictated by size, and a good fit is the key to style.

“Learn your body and learn to dress your body. Whether we need to look a million places [for the perfect fit] or even alter it, never settle. When clothing fits well, you’ll feel amazing.”

## BUY WITH THE PRESENT IN MIND

That clothing that’s been occupying a space in your closet for months—tags still attached? Put an end to the vicious cycle of buying what you won’t wear.

“You really have to ask yourself why you are buying these items,” Heyward says. “One of my favorite quotes is that ‘if you are holding onto things, it is because you are holding onto the past or you are afraid of the future.’”

If there’s a very special event or important date in your future, or if you’ve reached a

milestone such as weight loss, you won’t reach for that dress or suit that’s been in your closet for months. More than likely, you’ll want to celebrate the occasion with a new addition to your wardrobe.

## BE TRUE TO YOUR PERSONAL STYLE

Heyward has learned from working with clients that many purchase items that they believe they *should* have, rather than clothing that truly serves them. Be true to yourself when revamping a wardrobe.

“That’s huge,” Heyward emphasizes. “On every list of items that you *should* have in your closet, you’ll see a white button-down shirt. However, perhaps that isn’t true for you. Maybe it’s just a white t-shirt or a black one.”

## DRESS WITH YOUR GOALS IN MIND

Our lifestyles change and evolve. A personal wardrobe needs to be in tune and in touch with those changes.

Heyward recommends, “Ask yourself, to be the best version of myself, how do I want to feel?” Come up with three words that you identify with. You may say *I want to feel confident, edgy, and powerful*. If you put something on and don’t feel confident, edgy, and powerful, then it’s time for a change.”

Use the words you choose as a personal wardrobe guide—this method is powerful tool.

## HAVE FUN WITH TRENDS

The general trend philosophy is that “trend” is a dirty word when it comes to fashion; implying it’s fleeting and won’t be in style the next season. However, Heyward sees trends as an opportunity to refresh a wardrobe.

“Really look at the hot colors,” she recommends.

Bold reds and bright oranges are hot this season—for both men and women.

“For men, it’s a bright red with a more traditional lining of the jacket and statement socks. People shy away from certain colors because they believe they look better in one color,” Heyward says. “You can always participate in a color trend with an accessory—a red shoe or a statement necklace.”

CONTINUED >



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LIC 110

# Lauren Messina

## A Designer Shares Her Story and Trends For the Future

ARTICLE SYDNEY HERWIG



“I knew I wanted to be an interior designer when I was eight years old,” says Lauren Messina, of Lauren Messina Interior Design.

After years of watching her family make custom rugs through her cousin's company, New River Artisans, and seeing her mom work with high end designers all over the U.S., Messina realized she wanted to be in the design business, too.

“I got to meet designers with my mom and I just fell in love with everything design. I found myself wanting to know more and more,” Messina says.

When she was 14, she got her first job with an interior designer, filing fabrics in their resource library after school. This laid the foundation for her understanding of design. After high school, she attended the University of Arkansas and graduated with a degree in Interior Design in 2005.

“I moved to Little Rock after graduating and started working with a big-time designer. He did a lot of renovations and new build projects and was so talented,” Messina says.



## ON TREND

Shiplap

Tan and Gray kitchen cabinets

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Honed and leathered finish for stone vs high gloss

Color: Reds



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Bedroom paint color: Benjamin Moore Healing Aloe

Fabric: Schumacher

Furniture: Hickory Chair Furniture Co.

Custom Rugs: New River Artisans

Wallpaper: Anna French by Thibaut

For more information visit: [laurenmessinadesign.com](http://laurenmessinadesign.com)

CONTINUED >



## Renovate & Refine (CONTINUED)

Messina fell in love with this aspect of design especially.

“Now, any time I get a new build or renovation in Charleston I just eat it up. The décor part is great, too, of course. But that [renovation] part is so cool and exciting to me,” she says.

Messina also worked as a senior designer with award-winning designer Tobi Fairley, assisting her and doing a lot of high-end residential projects—the Walton family and the Tyson Chicken family. She also played a heavy hand in projects that made the cover of *House Beautiful* and some that were in *Traditional Home Magazine*.

After a few years, Messina created Lauren Messina Interior Design and acquired her NCIDQ certification (the globally recognized hallmark of interior design). The business took an impromptu turn when she moved to Charleston five years ago to be with her husband, essentially rebuilding her business when she did and it grew—exponentially. Her Mount Pleasant-based company includes design assistant, Carley and office manager and mom, Carmen Martina.

Today, 50% of Messina’s projects are out of town, from New Orleans to Chicago to New York.

One of her recent projects was designing the dressing room of Jeannie Mae for the day time talk show, “The Real” in Los Angeles. Her services range from new build and renovations to space planning and décor. Currently, she’s gearing up for a new build project in Houston.

“Social media has played a big part in securing clients. I’ve gotten clients off Instagram, off a hashtag. My pictures are there and people find them and they call. I feel really blessed,” Messina says.

With a vast clientele and over 14 years of experience, Messina has been exposed to different types of styles—from uber contemporary to traditional Tudors—some of which aren’t found in the Charleston area. When asked to explain her design style she carefully chooses three words: Southern, European and Traditional.

Her favorite projects? New builds and kitchen and bathroom renovations.

“That’s where you see so much change—it’s a dramatic difference. I love to get in there and totally transform the space,” she says.

When it comes to trends, Messina predicts a lot of trends based on the clothing she sees in Milan.

“My husband is from Italy and one of the reasons I love visiting is because they’re a few years ahead of the game in fashion and fashion always goes to the home,” she says.

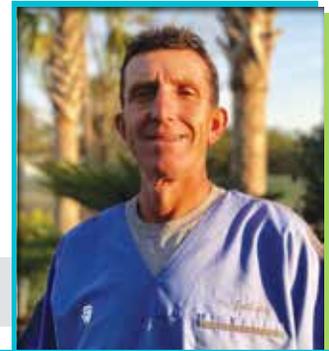
Messina notes that gratitude and grace are the most important parts of her business and that she ends up being friends with many of her clients after the projects.

“I always knew this was what I wanted to do. I’m so blessed that I get to do this every day,” she adds.





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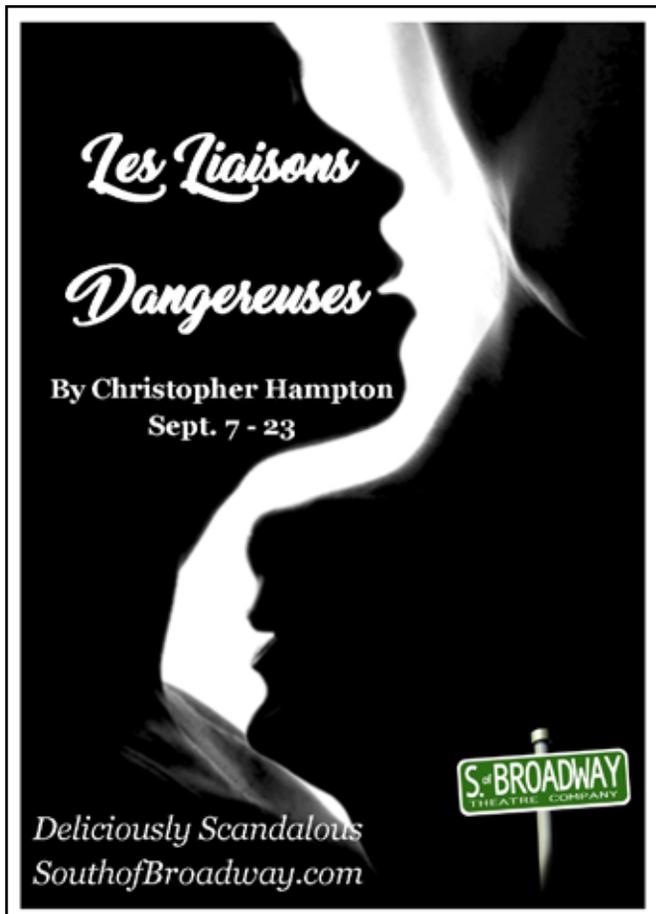
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*emily cook*

A D R E A M I N G L A S S

ARTICLE MARIE MARTIN | PHOTOGRAPHY LINDSAY FAIR



*pops of color*

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Artist Emily L. U. Cook, who lives and works in the Belle Hall Plantation community, creates décor, jewelry, art and custom pieces with fused glass as her medium. She says she loves the preciseness and variety that glass offers.

“It’s beautiful, yet challenging.”

It all started with a year-long apprenticeship after high school with a glass artist and family friend in Maryland where Cook grew up. Cook majored in printmaking, earning a fine arts degree at the University of Delaware in 2003. But, her love of working with glass never left her.

Cook and her husband, Dave, then an undersea medical officer, were living in Mount Pleasant in 2004 and she started her

*Cook at work in her studio*

CONTINUED >

## Locally Owned (CONTINUED)

design business, eluCook Designs. Her husband was assigned to Delaware in 2008, but the two knew they'd return to the Lowcountry. They did so in 2011 with their newborn son, Graham. Two years later, their daughter Gracie was born. As a mother of two, blending motherhood with a successful business can be challenging.

"It is definitely tough juggling being a mom," she says. "But I love it and wouldn't have it any other way."

Cook exhibits her work in four local shows a year, one of them being the Mount Pleasant Holiday Farmers' Market and Craft Show in December.

"That one is my favorite," she says. "I love that it kicks off the holidays."

Her designs are on display at the Sandpiper Gallery on Sullivan's Island, downtown at the Gibbes Museum and Art Gift Shop and Simply J Boutique on King Street.

Cook creates custom gifts and jewelry year-round for clients. Many commission her to create unique pieces for their homes. Having recently moved into a new home, she's tried out her designs there to get a sense of how each piece works within a particular space.

"My new home was kind of my guinea pig," she admits, laughing. "The problem is I get attached to the pieces and I don't want to sell them."



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She finds that jewelry gives her a kind of practice before creating them into a larger scale pieces for the home.

"It's nice [creating jewelry] because there's not as much risk if I make a mistake," she says.

Often her favorite jewelry stems from failed larger pieces. Customizing jewelry and artwork for clients is her specialty and creating one-of-a-kind pieces satisfies her clientele as well as her artistic vision.

"I once worked in wholesale and just made the same piece over and over. I will never do that again," she says.

Cook works with designers and architects and most of her customers come from word-of-mouth and social media. Several local races have commissioned Cook to create keepsakes for the finishers, including She Tris and the Kiawah Marathon and triathlon.

"Creating race pieces kind of fell into place, but I enjoy it," she says.

Angela Tick, Director of She Tris was thrilled with Cook's designs.

"I love the colors and uniqueness Emily creates with each piece. Emily's work was exactly what I wanted to represent our event."

Cook recalls telling her elementary school teacher that she wanted to be an artist and feels as if she's made that childhood dream a reality.

"I truly love what I do and I enjoy making others happy," she says.



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# September

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The Mount Pleasant Farmers Market is where our community meets to share in a vibrant array of locally grown and SC Certified produce. Stroll through the market to find a bounty of just-picked vegetables, fruits, and fragrant flowers along with local seafood, fresh-cooked meals, baked and canned goods, and locally produced snacks. Free parking.

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**CHARLESTON RESTAURANT WEEK**  
**VARIOUS RESTAURANTS IN CHARLESTON**

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## SEPTEMBER 9

**SECOND SATURDAY WRITING CRITIQUE GROUP (ADULTS)**  
**MT. PLEASANT REGIONAL LIBRARY**

Saturday, September 9 from 3:30-5:30 p.m.

A monthly critique group for committed writers. Call 843.849.6161 ext. 2 for more information.

## THURSDAY 9/14 THROUGH SUNDAY SEPTEMBER 17, VARIOUS TIMES

**CHARLESTON SCOTTISH GAMES**  
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## SEPTEMBER 16

**HOPE WALK**

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Sat, September 16, 2017, 8:00 AM - 11:00 AM

Second Annual Hope walk/run in support of Project Unity, against crime and domestic violence. Race will begin at the Charleston side of Ravenel bridge and end in Mount Pleasant.

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## SEPTEMBER 28

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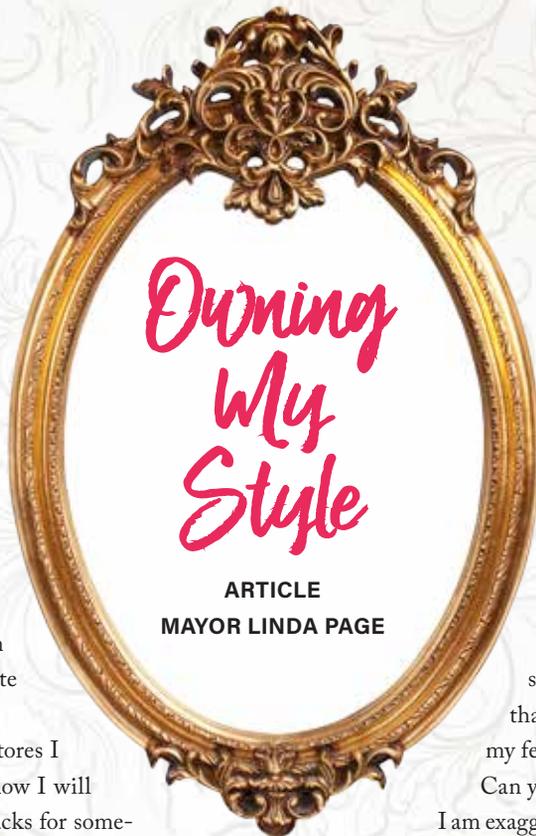
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**M**irror mirror on the wall...which of these dresses are the prettiest of all?

I don't have a magic mirror at home but many high end retail shops now feature them in their dressing rooms. You can now change the lighting in the fitting room, request a different size, browse through other items in the store, or interact with a sales associate through the mirror.

There isn't one of these in any of the stores I frequent here in Mount Pleasant so for now I will continue to struggle with scanning the racks for something I like, hoping they offer it in my size and then hope it fits, and I do mean struggle. I have toyed with the concept of creating a capsule wardrobe which is identified as a wardrobe with 33 or less items, including shoes, jewelry and accessories. I really like this idea but am long resigned to running out before an event so I can have something new to wear.

Are there other options?

I was out of town recently and decided to run to the local department store to see what they may offer that I couldn't find at home. I was pleasantly surprised to see that one of my favorite designers now offers a line called "The System."

It's basically eight different pieces of clothing all in a different shape which when combined are supposed to allow you multiple looks with just eight pieces. It's called a downsized capsule, but all the colors were black, white or grey. I think I'd get depressed if I had to look into

my closet each day and select from such a monochromatic color scheme.

I'm not sure about you but I like to wear bright colors, especially on a day that I may not be feeling my best. Then there's the shoes. I'm blessed with large feet. I have had them for a very long time.

When I was in 6th grade I wore a size 10 shoe. Now, they're even larger. This means that when I find a shoe that I like—that fits my feet—I usually buy them in several colors.

Can you see a pattern?

I am exaggerating a bit but I do find my closet expanding into the spare bedroom closet, and I usually have to store out of season items so my drawers will close, all the while exclaiming that I never have anything to wear. I have had even more challenges since I was elected Mayor because I often attend events that require a different wardrobe than what is acceptable at Page's Thieves Market.

My everyday attire is jeans or shorts and a tee shirt, usually with the equally utilitarian pony tail. My constant accessory is a pair of reading glasses that are perched on top of my head. I keep them there so I can see and they serve double duty as a headband to control my unruly natural curly hair. I am a fashion mess.

I usually have a change of clothes in my car and have been known to use my car as a dressing room. Through all of these challenges, I feel as if I've created my own style, which is what fashion is really all about.

We should each strive to be ourselves, love what we look like. Live life to the fullest, because it's important to not just live... but to create a life.



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