

JUNE 2017

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# Mt. Pleasant

L I F E S T Y L E ™



## THE MEN'S ISSUE

A CHEF, A COACH, A PASTOR AND  
A PERSONAL TRAINER -- HOW THEY  
CHANGE LIVES & LIVE THEIR OWN

A TALE OF THREE BREWERIES -  
TASTE WHAT'S ON TAP FOR SUMMER

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## Dads and Heroes

I approach every time this year with a bittersweet remembrance. I love the fact that we have a special day to honor fathers, the men in our lives.

My nostalgia runs hot as Father's Day draws near. "Daddy," we called him.

He was a guiding force in our home, sharing it with five females and he didn't complain much about blow dryers left out, makeup jumbled across the sink or any other girl stuff. He was an observer, not a talker and he loved and respected nature, happiest when he was out in it. He was an artist who dabbled in oils on canvas and built stage sets for my high school prom and beautiful toys for children's charities.

He drew and painted a tiger on the high school's gym floor for our basketball team. A farmer at heart, he noticed the little things and the divine in everything. I don't ever remember his hands being anything other than callused. He loved simplicity but could figure out the most complicated things, including algebra (which I abhorred) but he knew I should at least take a crack at it, because "You're smart, Brig," he told me. He knew the way the world worked and he was right about most things including telling me, "He's a good one," about my now husband who is my protector, my hero and also recognizes the divine in all things.

Fathers. Men. Men who lead by example, love with loyalty and provide guidance take their roles seriously. They are strong, patient protectors and when push comes to shove, they are there—with advice, counsel, encouragement and purpose—they know how to solve a problem, offer a hand up, a way through and they do it without pause.

Our June issue celebrates the men in our lives. You'll read about four men in our community who feed our souls, hearts, minds and bodies with enthusiasm, experience and expertise. I hope you'll enjoy getting to know them as much as we did. Check out "A Tale of Three Breweries," just in time for sudsy summer sipping--it's a splendid showcase of our community's craft breweries and they're all within minutes of one another.

Here's to the men in our lives—fathers, husbands, grandfathers, sons, brothers—we are grateful to you, our heroes, leaders, protectors, mentors. And to my Daddy, even though he's not in this life with me now, he is still here telling me, *I'm proud of you.*

Enjoy the start of summer and to all the Dads reading: Happy Father's Day!

*Brigitte Surette*

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**ON THE COVER:** Wando High School Lacrosse  
**PHOTOGRAPHY BY WILLIAM QUARLES**

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JUNE 2017

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## Determination Can Carry You A Long Way

Three days each week my wife and I wake up at 5 AM trudging our way down along the still quiet streets of Mt Pleasant to LTP Tennis and Swimming on Mathis Ferry Rd for 75 minutes of practice with the Palmetto Masters Swim Club.

Masters swimming is competitive swimming for adults and perhaps surprisingly for a sport where 95% of the time is spent face down in water, you develop a pleasant camaraderie in between gasps of air and flip turns. Recently two of my lane mates qualified, ran and completed the Boston Marathon. I could not be more proud of Daina Hill (pronounced "Dana") from Rivertowne Country Club and Siobhan Maize (pronounced "shi-VAWN") from Snee Farm. They both posted remarkable times.

Hill describes herself as competitive and while some swimmers leave practice early, Hill does not. Possessing an aggressive swimming style, Hill digs deep when practice becomes intense. She can also swim butterfly forever. Seriously forever. She does not quit.

An accomplished distance runner she completed the Boston Marathon inside the Top 100 for her age group. Running to inspire her daughters, Caroline and Charlotte, she demonstrates what is

possible. They make the journey with her each year to share in the experience and to see their mom in action.

Maize is your quissential long-distance athlete. A committed tri-athlete her endurance and work ethic is epic. She once completed a double Ironman, an Anvil as it is called, meaning after swimming 4.8 miles, cycling 224 miles she donned running shoes and ran 52 miles. It took her 29 hours. Wow.

And so on an overly warm New England Monday, Hill and Maize gathered in Hopkinton, MA for the long run into Boston. Maize woke up with a migraine and combined with the heat, it made for a tough run which she details on her blog, [www.mileswithmoms.com](http://www.mileswithmoms.com). But for someone who has completed a double Ironman, she would will her way to the finish line. Hill struggled in the final miles amongst the rolling hills leading into Boston. Drawing strength from the cheering crowd and the inspiration of her daughters, she finished just a minute off her best time.

I have never run a marathon, nor do I intend to, but we all have our "endurance races" we must run. Let my friends, Maize and Hill, be inspirational reminders to you, as they are to me, of how much can be accomplished with determination and a "never quit" attitude.

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# Charleston Race Week

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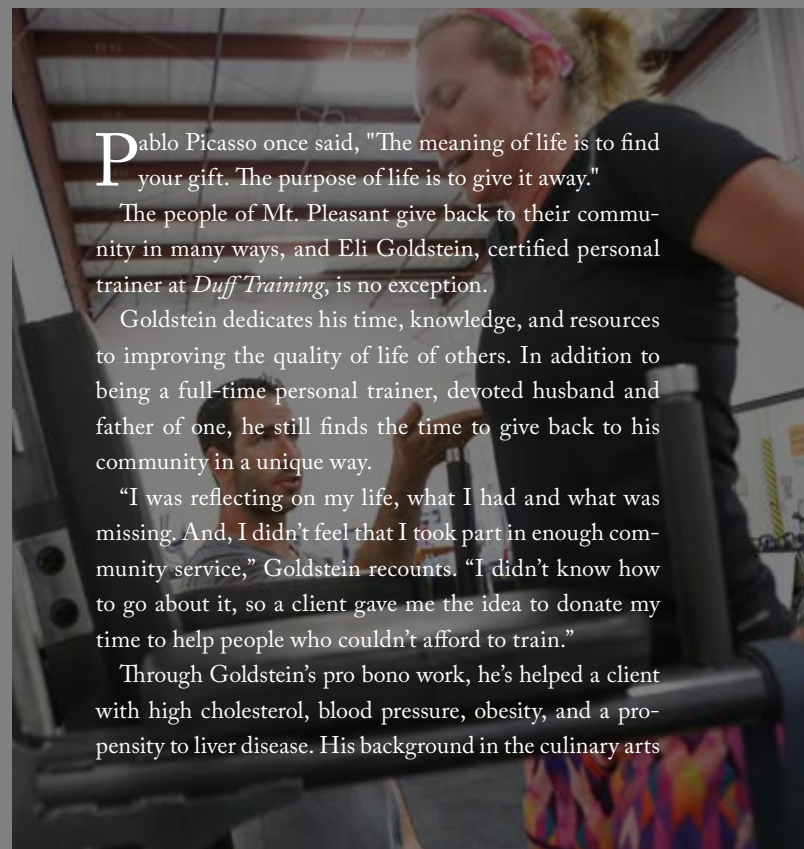
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“You must keep giving back to gain personal growth. It’s not something that I can do once and stop, it’s something that I must do continuously.”

# ELI GOLDSTEIN

## Consistent Commitment

ARTICLE DEBORAH SLEDZIONA | PHOTOGRAPHY LINDSAY FAIR



Pablo Picasso once said, “The meaning of life is to find your gift. The purpose of life is to give it away.”

The people of Mt. Pleasant give back to their community in many ways, and Eli Goldstein, certified personal trainer at *Duff Training*, is no exception.

Goldstein dedicates his time, knowledge, and resources to improving the quality of life of others. In addition to being a full-time personal trainer, devoted husband and father of one, he still finds the time to give back to his community in a unique way.

“I was reflecting on my life, what I had and what was missing. And, I didn’t feel that I took part in enough community service,” Goldstein recounts. “I didn’t know how to go about it, so a client gave me the idea to donate my time to help people who couldn’t afford to train.”

Through Goldstein’s pro bono work, he’s helped a client with high cholesterol, blood pressure, obesity, and a propensity to liver disease. His background in the culinary arts

Goldstein will be searching for his next pro bono client soon! Visit [www.facebook.com/eli.goldstein.39](https://www.facebook.com/eli.goldstein.39) for more information and get-fit tips.

### DUFF TRAINING

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“The transition into the training world was slow,” he recalls. “But I was so happy with what I was doing and what I was learning.”

Reflecting on his own personal experience and the experiences of his clients, Goldstein reveals the number one trait that his most successful clients have in common.

“Consistency. Stick with it. It’s the most important thing for anybody at any stage. You can’t just stop once you reach your goal,” he says. “Consistency is so important. If you take a process to get there, you need to keep that process to stay. Pick something that you can stick with forever.”

Goldstein’s principle of consistency ties directly to his commitment to serving his community.

“You must keep giving back to gain personal growth. It’s not something that I can do once and stop, it’s something that I *must* do—continuously.”

and restaurant industry in combination with an *Athletics & Fitness Association of America* (AFAA) certification enables him to give clients invaluable knowledge—vital when making a commitment to a happier and healthier life.

Goldstein was always involved in sports and exercise, but becoming a personal trainer wasn’t his original plan. After high school, his passion for food guided him into culinary school, and thereafter, undergraduate studies in hospitality and restaurant management. His transition into personal training came about for personal reasons.

“After being in the restaurant industry for about eight years, I was really unhealthy.”

He made a commitment to a healthier life, and when a trainer at his local gym noticed his routine and dedication, she approached him with an opportunity.

“She asked if I had considered becoming a personal trainer,” Goldstein recounts. Shortly after, he began teaching classes.



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# CHEF BRANNON FLORIE

Serving up Super Seasonal Fare

ARTICLE SYDNEY HERWIG | PHOTOGRAPHY ADAM COLLINS

Local restaurateur Brannon Florie's career started with humble beginnings.

He broke into the business by washing dishes with the dream of owning his own restaurant.

Twenty-five years later, with long hours and focused dedication, he's now chef and owner of three; The Granary, On Forty-One and Pier 41. Interestingly, becoming a chef was never his goal.

"I kind of learned things the backwards way... the business first and then the cooking," Florie says.

Growing up, Florie's family always had a garden. His grandmother was a chef and his mother's relatives were farmers. His interest in the food business was inevitable.

 "I kind of learned things the backwards way... the business first and then the cooking."



At age 20, he got a cooking job at Disney and was introduced to the food side of things from chefs all over the world. He refers to this as his “culinary college.”

The next decade was spent doing corporate work and honing his skills by working alongside bar cooks, who Florie notes would never call themselves chefs. After a back injury while in Dallas, he returned to Mount Pleasant and assisted in opening several restaurants including Rarebit, Big John’s and King St. Public House. He met his wife, Renee, while doing so and decided to focus on his own projects. His efforts yielded incredible results—three very popular restaurants. **CONTINUED >**



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Florie thinks the term “farm to table” is overused. “I’ve honestly never liked that term. I feel like that’s how all food should be, right?”

When asked to describe his style, Florie believes “super-seasonal” is a better description, referring to his food as regional instead of local.

“A lot of people misconstrue what local means. For us, regional means we get our products from as close as we can get them, whether it’s Boone Hall or Georgetown,” he says.

With 100-hour work weeks being the norm for the past 12 years, Florie recently decided to step back, turn over a new leaf and focus on family.

“The goal is for restaurants to run the way we want them to without us being there. One of my mentor chefs once said, “If it can’t run without you then you’re not a good chef,” so I’ve always strived for that,” he says.

Florie decided to focus more on the managerial side of things, rather than the day-to-day operations, giving him more time with his wife and three children—two girls, five and two and his four-month-old son.

“We just bought a golf-cart, so we’ve been enjoying that. It’s nice to be able to hang out with friends in the neighborhood and drink a beer in the front yard without always being at work,” Florie laughs.

Florie also plans to use some of his new-found time to focus more on his catering company, Florie’s Events, as well



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# A TALE OF THREE BREWERIES

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ARTICLE DEBORAH SLEDZIONA  
PHOTOGRAPHY WILLIAM QUARLES

According to the American Brewer's Association, "An American craft brewer is small, independent and traditional."

The craft beer scene in America has exploded over the years and it's booming in the Lowcountry. With over forty craft breweries spread across the state of South Carolina, we've pinpointed three that you can find right around the corner. From seasonal beers to extra hoppy IPAs, these breweries offer some of the tastiest beers in Mount Pleasant. With each within about a mile of one another, this small corner of our community is a destination for beer lovers, locals and tourists alike.



*The Two Blokes, from L-R, Geddis & Symons*



## TWO BLOKES

Matty Symons, Sean Geddis, Brittany Ballinger, and Evelyn Kofler founded Two Blokes Brewery in the summer of 2016. Symon, originally from Australia, describes a bloke as "solid, unpretentious and approachable." That's exactly the kind of beer Two Blokes creates.

From newbies to craft-beer enthusiasts, Two Blokes offers an approachable menu and welcoming atmosphere that promises something for everyone to enjoy—the Half Pints Kids Corner keeps children and babies happily occupied and pooches on a leash are welcomed as well.

Two Blokes offers up several popular drinks, but Ballinger says their "Bush Fire" is—by far—the cult favorite.

"People who love this beer don't want to drink anything else. Something about the smoky flavor and the malt just sticks with them."

If you want to learn more about beer-making, this is a great place to start. The crew invites all, "Take a tour,



Ghost Monkey Staff from L-R, Jim Leonard, John Kosky & Josh Parker



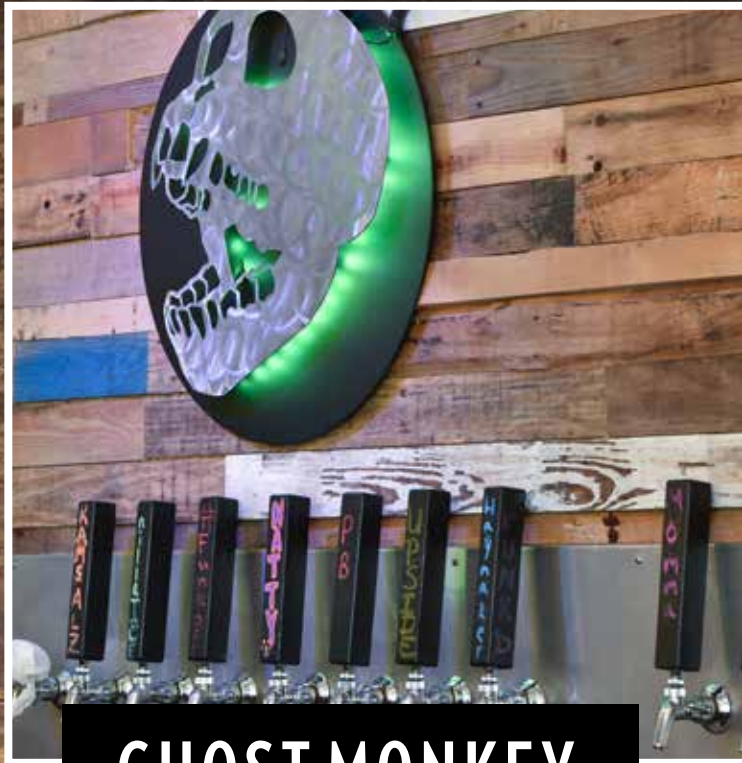
try a tasting, grab a pint of your favorite, and spend some time with Two Blokes.”

We aren't sure which guy is Bloke #1 or Bloke #2, (and neither are Symons or Geddis, who argue the point frequently). Visit and decide for yourself.

Stop by Monday-Friday, from 4-9 pm; Saturday from Noon-9 PM; and Sunday, noon to 6 PM. In addition to taproom hours, Two Blokes can be found at several hotspots and restaurants across the lowcountry. Growlers are available to take home your favorites.

Small snacks like pretzels, jerky and chocolate are readily available, and food truck visits are frequent. Find what's on tap, upcoming events, and more by checking their website or calling 843.654.4564.

**twoblokesbrewing.com**  
547 Long Point Rd Ste 101  
Mount Pleasant, SC 29464  
(843) 654-4564



## GHOST MONKEY

John Kosky, Jim Leonard, and Josh Parker opened Ghost Monkey Brewery in July 2016, based on friendship and a mutual love for craft beer. According to the trio, the name comes from the true story of Kosky's personal experience of robbery by "a ghost-like monkey with quick speed."

This warehouse-style nano brewery offers a casual setting, filled with couples, families, and people of all ages enjoying beer the way that it is meant to be, with the people you love. Leashed dogs are welcome as well.

Some of Ghost Monkey's most popular drinks include "Ice Ice Baby" (a cream soda ale with strong vanilla and coconut undertones) and their "Lemon Basil IPA" (not overly bitter or hoppy, this IPA offers a strong basil flavor forward with lemon citrus on the back end).

In addition to their enormous contributions to the craft beer scene, Ghost Monkey does its part in giving back to the community. Earlier this year, Ghost Monkey launched a special edition beer to raise funds for Alzheimer's research.

Taproom hours are Thursday 4-9 PM; Friday 4-10 PM; Saturday 11 AM -10 PM and Sunday, noon-6 PM. Growlers and crows are available to go.

Ghost Monkey invites all readers to be a part of their one year anniversary celebration. The festivities will begin the weekend of July 7, 2017.

Want to see what's on tap? For a calendar of events, live music, food trucks and more, visit their website or call 843.352.3462

**ghostmonkeybrewery.com**  
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CONTINUED >



*Edward Westbrook*



# WESTBROOK

In 2010, Edward and his wife, Morgan opened Mount Pleasant's first brewery, Westbrook Brewing.

Westbrook began dabbling in the art of craft beer making during his junior year as a computer science major at Furman University. Little did he know that Westbrook Brewing would grow to become Mount Pleasant's largest micro-brewery.

Westbrook beer is currently distributed throughout South Carolina, North Carolina, Georgia, Alabama, New York and Europe. There's a multitude of brews to choose from, but "One Claw" is currently the brewery's most requested beer and it's available year-round. One Claw, a rye pale ale, is created with an abundance of malted rye and scoops of Edward's favorite hop varieties.

Current seasonal releases include the Key Lime Pie version of their Gose (their interpretation of a traditional German-style sour wheat beer), and their special Mexican Cake Stout,



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which runs through the summer season. Both are available in retail and on tap for a limited time.

Westbrook invites readers, “If you don’t know anything about beer, then we can help you find what you like.”

The taproom serves a large variety of their own beers, as well as occasional guest taps. Stop by for small batches and special editions that aren’t available in retail.

Tours and tastings are Tuesday-Friday 4-7 PM and Saturday from noon-6 PM.

For brewery news, tasting room announcements and event updates, visit their website or call 843.654.9114.

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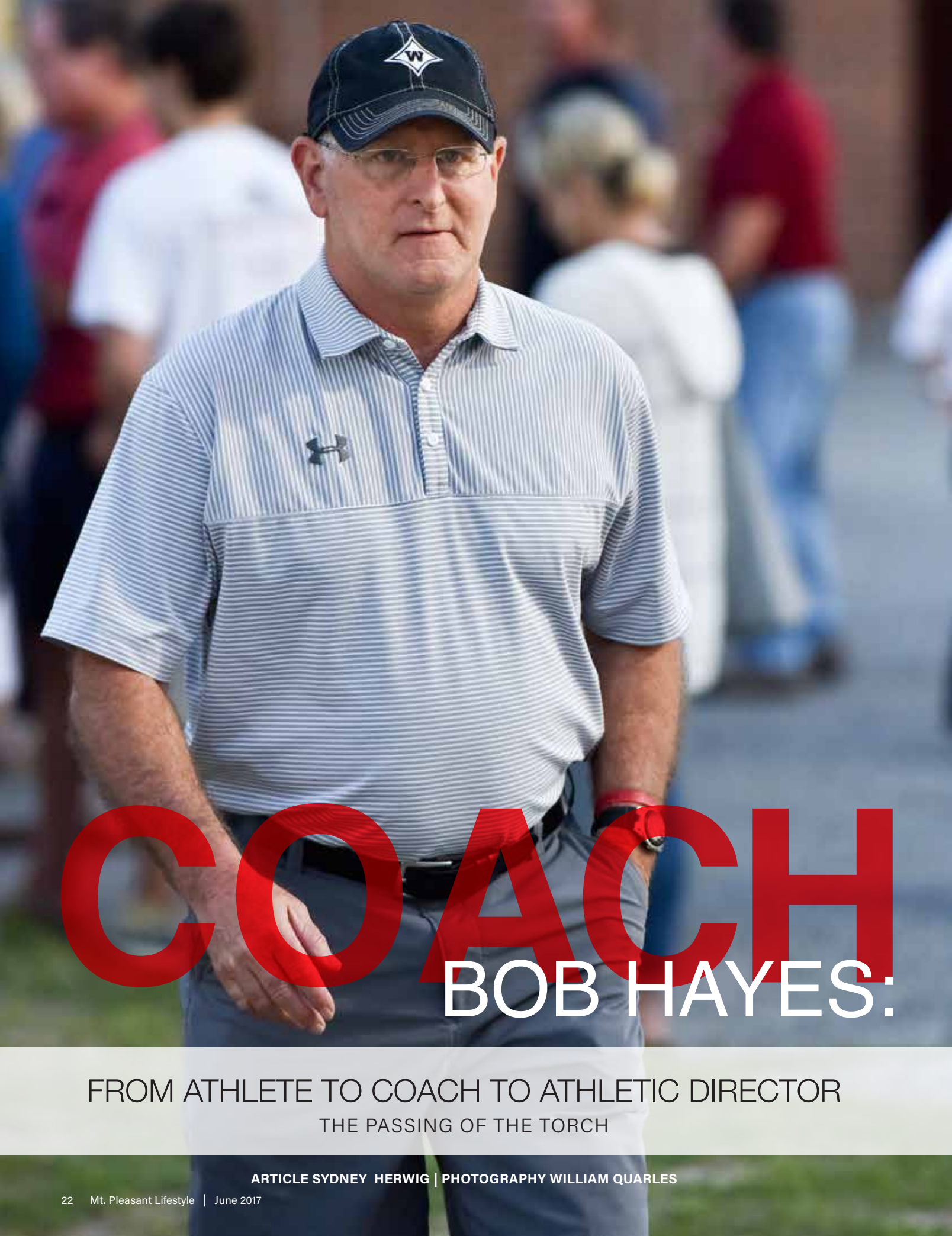
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Each brewery offers tremendous cultural and economic contributions to the Mount Pleasant community. With summer quickly approaching, there couldn’t be a better time to grab a cold beverage and support your local breweries. No matter which one you choose to call your home brewery, the staff and owners at Two Blokes, Ghost Monkey, and Westbrook agree, (and as Geddis puts it):

“It’s important for the community to know and understand who the small, independent and local breweries are, and support them. All boats rise with the tide. Drink local, independently owned.”

---

Drink locally. Drink responsibly.  
Wishing you many happy summer days,  
Your neighbors at Mt. Pleasant Lifestyle Magazine



# COACH

BOB HAYES:

FROM ATHLETE TO COACH TO ATHLETIC DIRECTOR  
THE PASSING OF THE TORCH

ARTICLE SYDNEY HERWIG | PHOTOGRAPHY WILLIAM QUARLES



Daniel Grant



Cameron Fishburne



“IT’S ONE OF THOSE JOBS WHERE YOU CAN HAVE A PLAN, A NICE TO-DO LIST, BUT YOU QUICKLY LEARN TO STRAY FROM THE PLANS AS YOU DEAL WITH FIRES THAT POP UP. . . THIS IS THE GREATEST CAREER IN THE WORLD.”

He’s been in education for 34 years, the last 17 at Wando, and he’s been coaching for practically just as long, but Athletic Director Bob Hayes has no plans to stop anytime soon.

“This is the greatest career in the world,” Hayes says of his job—something not many can say after three decades.

Hayes spent the first 17 years of his career as a physical education teacher, then moved into the Head Football Coach/Athletic Director role for nine years before he became Athletic Director full-time.

“It’s one of those jobs where you can have a plan, a nice to-do list, but you quickly learn to stray from the plans as you deal with fires that pop up, mostly due to weather since we’re completely dependent on that,” Hayes says.

Hayes oversees the schedules and travel for the 36 teams, 22 varsity sports and 1,000 student athletes at Wando. He’s in charge of these major details down to the smaller ones such as making sure ticket-takers are present.

“Sometimes I miss the interactions with the kids, but instead of coaching the kids, it’s more like I’m coaching the coaches now. We

CONTINUED >



Jonathan Togami



Josh Munoz

have a great group here...about 70 of them. It's kind of like a passing of the torch," Hayes says.

Hayes attributes much of his success to the coaches he had in his life growing up. In fact, they are one of the reasons he became a teacher and coach himself.

"I learned from them, respected and wanted to be like them. For me, the greatest compliment I can get is when I hear that one of my former players is getting into coaching or teaching," Hayes says.

Perhaps the best coach of all for Hayes was Lucy Beckham, late principal of Wando.

"It was because of her that I applied at Wando," Hayes says as he points to a picture on his desk of himself and Beckham posing in front of the school. "She was my true mentor and everything I do in this job is because of her. She always put the kids first. I always try to think about what Lucy would do and I do that."

In addition to enhancing the high school experience, Hayes feels that being involved in sports, and extracurriculars in general, gives the students practice for real life situations.



Ziaire Coker



Devin Cox

Jaelen Edwards



## ALMA MATER

SOUTHERN SUN AND SKY BLUE WATERS  
SMILE UPON YOU, ALMA MATER.  
HERE WE STAND, YOUR DAUGHTERS AND SONS  
JOIN TOGETHER NOW AS ONE.  
KNOWLEDGE, PRIDE, AND HONOR TOO,  
ALL THESE THINGS WE DRAW FROM YOU.  
WANDO HIGH SCHOOL, STAND FOREVER  
ONE WITH US IN HEART AND MIND.

"They get to learn commitment, hard work, goal setting. But I think the most important thing is they learn what it means to be a good teammate. A very small percentage of high school students go on to play sports, but each one of them will go on to be part of some type of team," Hayes says.

For Hayes, the most important team he's a part of is with his wife, Tracy, and their children, Alex and Sam, who are in college after graduating from Wando.

Like the great coaches before him, Hayes continues to pass on their lessons and he, in turn, has become a great coach, educator and mentor himself.





Anderson Infante



Ashton Goldberg



Zion Coker



Eddie Scott



Hampton Walker

- More than 500 million fans attend high school athletic events each year
  - There are nearly 8 million high school sports participants
  - High School student athletes are 4 times more likely to attend college than their peers
  - High School student athletes are 8 times more likely to be active later in life than non student-athletes
  - 95% of Fortune 500 CEOs participated in High School athletics
  - High School athletics are inherently educational – students learn teamwork, sportsmanship, self-discipline, rewards of hard work and develop greater confidence
- Source: Wando High School Athletics, "The Passion of Wando Athletics"



Azim Da'Mes



The Sanctuary



Brown talks to one of the church's members.

The Sanctuary



Brown preparing for the day in his office.



East Cooper Baptist Church  
361 Egypt Rd, Mt Pleasant, SC 29464  
843.856.3222  
eastcooperbaptist.com

# Pastor

## BUSTER BROWN

SERVING HIS FAITH AND HIS COMMUNITY

ARTICLE SYDNEY HERWIG | PHOTOGRAPHY JESS WOOD

For Senior Pastor Buster Brown, East Cooper Baptist Church has been his home since 1982, just eight years after the church was formed.

At Brown's start, the congregation was comprised of 128 people with one service. Since then, it's grown exponentially, with over 2,000 members and four separate services each Sunday—two traditional and two contemporary.

Brown, originally from North Carolina, made the move to Mount Pleasant with his wife, Sara, and two children. The couple met while in Singapore where Brown was coaching basketball and doing youth work.

"From the beginning, the church family always accepted and embraced us. The people here are just so gracious," Brown says.

Although the church is home to a large congregation, Brown makes it a priority to get to know each member—through leading new member classes to smaller separate weekly classes and keeping in touch via email, ensuring to remember birthdays and saying a prayer for each member on their day. No small feat but one Brown takes on with grace and gratitude.

Brown's reach goes well beyond the church's walls. East Cooper Baptist has a large presence in community programs—the Lowcountry Pregnancy Center, Prison Ministry at Lieber Correctional Institute and their "Hot Dog Ministry," where members travel downtown each Tuesday to share prayer and food with

**"WHETHER WE PUT DOWN FLOORING, TAKE MEALS, PAINT, WE WANT THE PEOPLE TO KNOW THAT WE'RE NEIGHBORS AND WE CARE ABOUT THEM."**

the homeless population. The church also brings 20-30 homeless veterans in weekly for services and meals.

Every quarter, the church's "Love on Charleston," seeks out people in need.

"Whether we put down flooring, take meals, paint, we want the people to know that we're neighbors and we care about them," Brown says.

When Brown isn't busy with community activities, he spends his days studying, preparing sermons, counseling and "trying to keep his wife happy," he adds with a smile.

Eddie Schroder, Director of Communications, believes that it's Brown's passion for history and his ability to integrate historical facts and quotes with Biblical applications that make his sermons enjoyable and relatable to his congregation. Brown adds his love for movies and sports appeals to his members as well.

While many churches have moved into offering two types of services—contemporary and traditional—East Cooper also has two separate worship spaces, the Sanctuary and the Worship Center, for the different styles.

"People like choices as long as worship is biblically strong is what I've learned," Brown says.

Brown aims to keep the services Biblically oriented, as well as culturally relevant in a time which he feels is sometimes moving away from this type of practice.

"I aim to be consistent, relevant and gracious when presenting the scripture," Brown says.

It's easy to see why so many view him as not just a learned pastor, but a trusted friend. Members of the community as well as East Cooper Baptist's congregation and staff most certainly do.



# Your NEIGHBORHOODS

## FOCUS ON DUNES WEST

**D**unes West has been referred to as “The Pinnacle of Graceful Southern Living.” With a championship golf course, country club, massive oak trees, waterfront views, marshes, creeks and miles of walking trails, residents enjoy Lowcountry lushness and serene, upscale living. With beautifully appointed spaces—from townhomes to expansive estates—the community is known for its elegant and welcoming vibe with a focus on family and laid-back luxury. Minutes from the beaches, Towne Centre and downtown, Dunes West is convenient yet feels miles away from the busy pace of Mount Pleasant.

### FAST FACTS ABOUT DUNES WEST

- In the 1600s, Sewee Indians lived along the Wando River, not far from what is now the Dunes West Golf Club.
- In the 1700s, a large portion of land that makes up Dunes West was once referred to as Four Men’s Ramble, a large plantation, producing bricks, rice and cotton.
- Famous historical figures who once resided in Dunes West are the Vanderhorsts, Thomas Lynch and A.S. Willington (the first editor of the Charleston News and Courier).
- In 1930, one of the wealthiest women in the nation, Henrietta Hartford, developed a large estate that included a mansion, pool, tennis courts, golf course and gardens, some of which remain today in Dunes West.
- In 1991, an 18-hole Arthur Hill golf course was completed along Dunes West’s marshes and creeks and is known as one of the Top Ten Resort Courses & America’s 50 Best Courses.
- In 2005, the Weiland family acquired the golf club and residential acreage in Dunes West.
- Dunes West amenities include a private, gated community, 6,000 square foot clubhouse, tennis, athletic club, adult-only swimming, children’s water park and play area, as well as miles of walking/nature trails and sidewalks.
- Pinckney Elementary and Cario Middle school are within walking distance. High school students may attend Wando High, ranked as one of the top schools in SC.
- Owner/Developer: John Wieland Homes
- Landscape Architect: Seamon, Whiteside & Associates, Inc.
- Dunes West includes: Brickfall Estates, Cypress Pointe, Darts Pointe, Ellington Woods, Heritage, the Gates, Deer Walk, Downing Place, Dunes Mill, The Harbor, Hartford Village, Marsh Cove, Marsh Landing, Osprey Cove, Palmetto Hall, Richmond Cove, Wagner Point, Whispering Marsh and Woodlands.\*
- Units built as of December 2015 – 1677; Total units approved – 2511\*
- Price range: \$200K plus to \$3M

Website: [dunes-west.com](http://dunes-west.com)

\*Town of Mount Pleasant 2016 Demographics Report

ARTICLE AND PHOTOGRAPHY BRIGITTE SURETTE

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I LOVE My Family and  
I LOVE Dentistry

~Steve Crossland

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visit my website to see more of my work [jesswoodphotography.com](http://jesswoodphotography.com)

# June

## THROUGH JUNE 11TH

SPOLETO FESTIVAL USA

VARIOUS LOCATIONS THROUGHOUT DOWNTOWN

CHARLESTON



ANNUAL SPOLETO FESTIVAL NOW THROUGH JUNE 11TH!

Explore South Carolina's historic theaters, churches, and outdoor spaces with performances by renowned artists as well as emerging performers in opera; theater; dance; and chamber, symphonic, choral, and jazz music. Now approaching its 41st season, Spoleto Festival USA is internationally recognized as America's premier performing arts festival. Photo courtesy of Julia Lynn Photography



fresh-cooked meals, baked and canned goods, and locally produced snacks. Mingle with neighbors and visitors alike while enjoying live music and family-friendly activities. Free parking.

## EVERY TUESDAY IN JUNE

PARTY IN THE PARK

MEMORIAL WATERFRONT PARK IN MT. PLEASANT

Every Tuesday in June for one of the Lowcountry's favorite summer events! Free admission and free (but LIMITED) onsite parking! For more info, visit WEZL 103.5 FM.

## JUNE 6

AN INTRODUCTION TO YOGA AND MEDITATION

MT. PLEASANT REGIONAL LIBRARY

Tuesday, June 6 from 6:30-8 p.m.

Enjoy an hour of Vinyasa yoga to increase flexibility, improve balance and promote health, followed by a relaxing 30-minute guided meditation presented by Healing Tree Holistic Health and Yoga. Participants are encouraged to bring water and their own mat; all skill levels welcome.



## JUNE 2

SUMMER SPLASH BASH

PARK WEST COMPLEX IN MOUNT PLEASANT

2-6 PM. Time to celebrate the summer vacation!

The pool is open! Fun & FREE activities for summer!

Exhibitors: InTown, Palmetto Martial Arts, Fear No Easel, Town of Mount Pleasant Recreation Department, College of Charleston, & Art Buzz Kids.

Food: Gidget Gourmet; Kona Ice Charleston SC "Lowcountry Kona"; Tasty Thai & Pure Fluff Co!

## JUNE 3

FLOPPIN FLOUNDER 5K

SULLIVAN'S ISLAND

Race begins at 8:00 a.m. at Sullivan's Island Fish Shack on 2050 Middle Street. CASH AWARDS given to the top 3 Male and Female Overall. Hosted by the Charleston Running Club. Half of the proceeds benefit the Sullivan's Island Fire And Rescue Dept. Visit [runsignup.com/Race/SC/SullivansIsland/FloppinFlounder5K](http://runsignup.com/Race/SC/SullivansIsland/FloppinFlounder5K) for more info.

## EVERY TUESDAY THROUGHOUT THE SEASON

FARMERS' MARKET

MT. PLEASANT

3:30 to 7 PM. Stroll through the market to find a bounty of just-picked vegetables, fruits, and fragrant flowers along with local seafood,

## EVERY SECOND SUNDAY THROUGHOUT THE SEASON; FROM 1 PM TO 5 PM

SECOND SUNDAY ON KING STREET

DOWNTOWN CHARLESTON

Venture downtown for the Second Sunday on King Street. Street is closed to vehicular traffic from Queen Street North to Calhoun. Fun, shopping, food, music and more. FROM 1 TO 5 PM.

MORE INFO: 843.303.1113

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 onfortyone.com



**SOUTHERN BACKYARD DINING**

ARCHITECTURE



COMMERCIAL INTERIORS



**william quarles**  
 PHOTOGRAPHY



info@williamquarles.photography  
 843.324.7602

## JUNE 21

**SALUTE THE SOLSTICE: CHARLESTON YOGA FEST**

### **CHARLESTON HAMPTON PARK**

5-8 PM. Practice with teachers from Charleston's vast and eclectic yoga studios. You'll experience meditation, 108 Sun Salutations, safe hands on adjustments, live music and the sweetness of moving in nature. Tickets: \$10 early bird before 5/21 or \$15 after (admission includes yoga class + swag bag). Children under 12: free.



## JUNE 24

**CAPEX - SOUTH CAROLINA STATE GUARD MOUNT PLEASANT NATIONAL GUARD ARMORY**

From 8 AM to 4 PM join the SCSG to view their CAPEX -- Capability Exercises and learn what they do for our community! Displays and demonstrations throughout the day. Free and open to the public.

## JUNE 24

**LOWCOUNTRY CREATIVE WRITING FORUM MOUNT PLEASANT LIBRARY**

Saturday, June 24 from 10 a.m.-1 p.m.

Write and network with other writers at the Mount Pleasant Regional Library.



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# THE LOWCOUNTRY MALE

WHAT WE LOVE ABOUT THESE GUYS

ARTICLE MAYOR LINDA PAGE

When I envision the typical man in the Lowcountry, I think of someone who is proficient in fishing, loves to spend time in the boat, probably owns more than one firearm and carries a pocket knife. I don't mean to sound stereotypical with this Linda Page vision of a lowcountry male, but that's what I see.

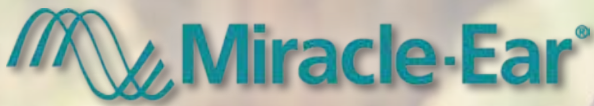
We are so blessed to live in an area that has such natural beauty, mild climate and access to the outdoors year round. The man who I envision most in the outdoors is my son Andy. He was practically born at the beach and prefers water to land. As a matter of fact since he broke his back several years ago, he actually functions better in water than on land in some cases. He had his first boat at five years old and was always good at catching his supper. He started shooting shotguns at three when he won his round at the local turkey shoot. I think there could be no better place to live if you love the outdoors than Mount Pleasant, South Carolina.

Men who live here have many outdoor opportunities, and most I know take advantage of them. Some of these activities have changed a bit since I grew up, such as stand up paddle boarding and yoga at the beach, which are as likely to be enjoyed by men as women. When I was a lot younger and spent summer days on the Isle of Palms, the women mostly laid by the shore and watched the men surf. Today there are many topnotch women surfers and just as many men enjoying the more relaxed vibe of watching.

I know for many of you the vision of outdoorsy may include a forest, a stream and perhaps a rustic cabin where the men wear flannel and chop wood to fuel smokey fires; but for this woman of Mount Pleasant, I see a guy with flip-flops and Costas, maybe wearing a Columbia fishing shirt, with Croakies stamped with the Hadrell's Point logo. Of course there's the guy at the Goldbug Island Turkey Shoot wearing camo gear and sporting a choked down goose gun.

But, the cool thing about these outdoorsy men are they're also likely to be there with their grandfathers, dads and their tow-headed sons or daughters because the best thing about Lowcountry men in the outdoors is the fact that it's not just a life it's a LIFESTYLE.





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From left to right: Lauryn, Patricia, Candice, Minna, Meg, Victoria, Alexis, Penne, Brianna, Rachel, Margaret Anne, Dawn F. and Dawn M.



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