

MARCH 2015

# DANIEL ISLAND Life

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**DR. BRIAN AND NINA CLASS**

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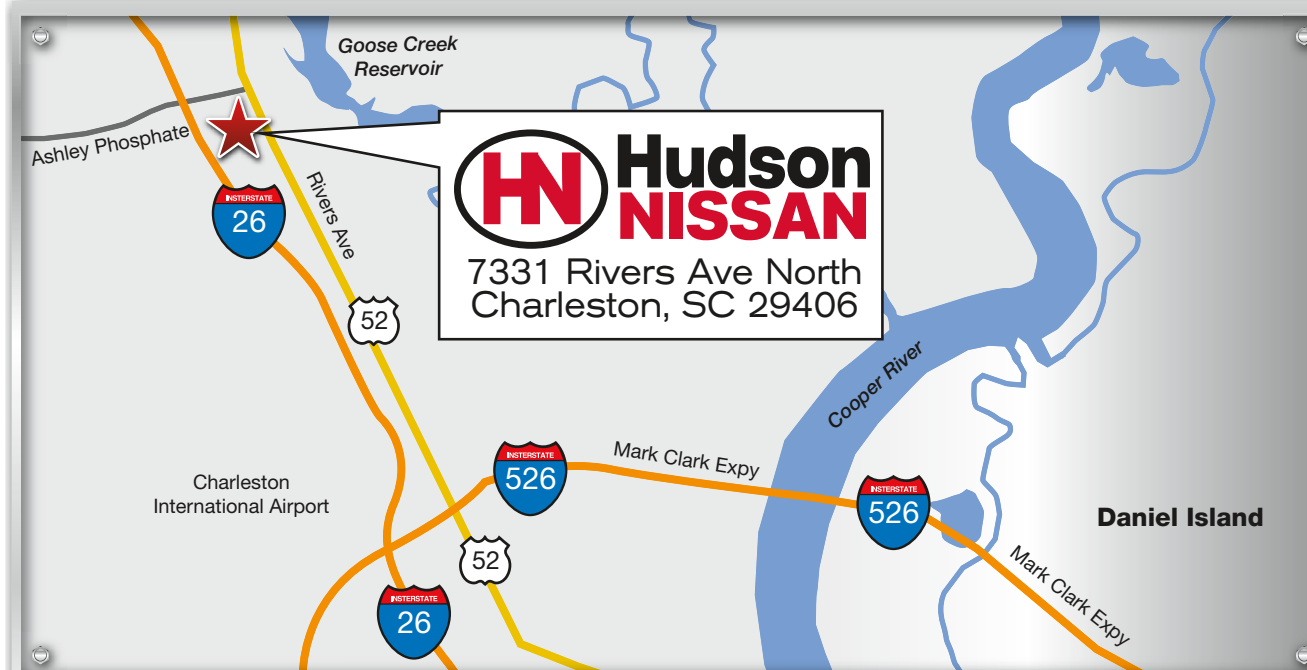
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# Publisher's Note

Happy St. Patty's Day Daniel Island! We hope you enjoy the festivities, and if you want to share your Patty Day memories with the community, please send us your pictures! We would love to feature them in the April issue of *DILife!* Remember, we want to hear from YOU – so if you have a business, family, kids, charity, pet, or anything else YOU would like to feature in the magazine, please email josef.bologna@n2pub.com! And

finally, please join our *Daniel Island Life* online community today! Enjoy gorgeous family photos, stay up to date with events, and take advantage of Daniel Island exclusive discounts! Go to [www.facebook.com/DanielIslandLife](http://www.facebook.com/DanielIslandLife) to like our page!

Best of life,  
*Deanna and Josef Bologna*



## Meet the Team!



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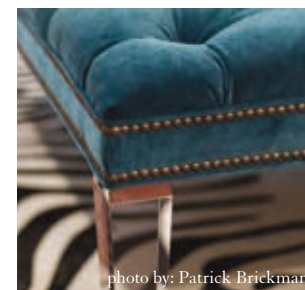


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*Thanks for Coming*  
to the DIBA Block Party at *The Islander* ...  
*And Don't Miss The Next One!*



Chuck Lattif, Sherry Dwelle, David Vail, Bob Welsh and Russ Long



Thanks to everyone who came to The Islander for the DIBA Block Party! As always, The Islander provided an outstanding environment with outstanding service as guests enjoyed an array of beverages, oysters, sushi, and appetizers. A big thank you to Eric Foor of The Islander, and the event sponsors: Clyde Hiers of Daniel Island Financial Group, Rosie Stieby of Daniel Island Real Estate, and Hill Shaw Atlantic Shield Insurance Agency. The next event is Thursday March 19th at Sermets Courtyard from 5-7 p.m. and is open to ALL Daniel Island residents and DIBA members. For more info visit [facebook.com/danielislandlife](https://facebook.com/danielislandlife) or [danielislandbusiness.com](https://danielislandbusiness.com).

*Doing Life and Business Together on Daniel Island.*



**Social Mixer**  
At The Wine Bar

Residents and sponsors from the neighborhood magazines of Daniel Island, Coosaw Creek, Ion, and South of Broad enjoyed an evening of food and drinks at The Wine Bar in Belle Hall Shopping Center, Mt. Pleasant. The social mixers are a great way to connect neighbors and build relationships with those who make their community magazine possible. A huge thank you to Ryan of The Wine Bar, Paula Newsome of Harrison Newsome Jewelers for donating raffle items, and all of the sponsors and residents who made the sold out event such a success! For more information about the wine bar, visit [www.thewinebarmtp.com](http://www.thewinebarmtp.com)!

DISCLAIMER: The business reviewed in this section provided products and/or services free of charge in exchange for this review.



**EAT drink relax & NETWORK**

THE DANIEL ISLAND BUSINESS ASSOCIATION  
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To host or sponsor a Block Party email [Kevin.Brookes@SouthStateBank.com](mailto:Kevin.Brookes@SouthStateBank.com)  
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Eric Foor, Kim Fulp, Pete Harper, Hill Shaw, Rosie Stieby



Sally Castengera and Rick Vale



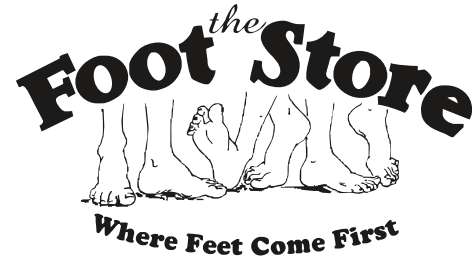
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**INSIDE**  
*The Jewelry Box* **THE JEWELRY OF DOWNTON ABBEY**



By Paula Newsome of Harrison Newsome Jewelers, Graduate Gemologist



Downton Abbey is one of the most popular shows on television, and its authentic costumes and jewelry are part of its charm. Andrew Prince is a designer with an encyclopedic knowledge of jewelry history and impeccable credentials. Prince created tiaras and jewelry for multiple British comedies and is a successful designer of his own collection of period pieces. Working for a show like Downton Abbey is a considerable achievement and Prince is noted saying “It’s wonderful to see my jewelry being worn by this amazing cast, and adding a little more sparkle to the sumptuous costumes and surroundings of Downton Abbey.”

Prince brought an art historian’s eye to his jewelry. Even the stones were fashioned to mirror the cutting styles of the Edwardian and Art Deco eras. Unlike

most costume jewelry used on movie and television sets, Prince’s was made of bronze, brass, sterling silver, palladium, Swarovski crystals, cubic zirconia and synthetic gemstones.

The show has moved through time, from the Belle Époque period (1871 - 1914) to the Art Deco era (1920’s – 1930’s). On the artistic periods that are so much a part of Downton Abbey, Prince has said; “I particularly love the Belle Époque – such refinement and delicacy. Design mattered more than the monetary value of the stone and precious metals used. The beauty of jewelry from that age lay in its construction. It was all so different and opulent.”

Now that you know something about the creation and selection of jewelry for the characters of Downton Abbey, you might

enjoy another aspect of the show. And you may find that you have a deeper understanding and appreciation of period jewelry – knowledge that’s essential for industry professionals.

For more information on jewelry, appraisals, repairs, custom engagement rings or wedding bands, call me, your neighborhood gemologist and friend, Paula, at 843-388-2345. Or visit the Harrison Newsome Jewelers in Belle Hall shopping center, open Monday through Saturday from 10a.m. – 5 p.m.







*meet your*  
**Neighbors**  
*Nina and Brian Class*

Photos by Mandy Riley of Ellis Avery Photography



**Family member names:** Nina and Brian Class

**Profession(s):** Our private practice is Life Essentials Health Center where Nina is a Holistic Family Therapist and Wellness Coach, and Brian a local Wellness Physician, global doctor to Olympic governing bodies, health radio show host, and national speaker. Life Essentials provides education on the five essentials of healthy living: healthy minds, nutrition, structural correction, detox and fitness. We are passionate about sharing our experience of natural health and healing with the lowcountry. We design customized health plans to enable children and adults to reach their God-given potential. We have the privilege of being a part of life transformations every day.

**Favorites**

**Activities/Hobbies:** We enjoy almost anything outdoors! Paddle boarding, beach, and walks/run. Brian enjoys ultimate frisbee and golf. Nina loves yoga and Pilates.

**Park/Play area/Hang out:** We take regular walks and bike rides around Smythe Park Lake and around the beautiful waterways and bridges on the island.

**Restaurants:** We cook at home the majority of the time, but when we go out on the island, we go to Ali Baba and Laura Alberts to enjoy their healthy options.

**Vacation destination:** We love traveling and are grateful God has given us the opportunity to see the world. Our favorites are Anguilla, Bora Bora and Europe. Paris holds a special place in our hearts as it's where Brian proposed and we celebrated our five year anniversary.

**Sports teams:** University of Miami and the New York Jets

**TV show/Movie:** We have always enjoyed the fun and faith of *Duck Dynasty*. It's hilarious Jack! The movie *Couples Retreat* keeps us quoting lines and laughing for weeks.

**Music:** Christian and Country

**Family dinner:** We love cooking anything local, raw or organic. Grilled grass fed steaks and veggies are a favorite.

**Do you have any family traditions?** Weekly serving and attendance at Seacoast church. Cuban family dinner night with our local relatives. It's always a good time, we are blessed to have family close by. Concert in the Park is our favorite event in Charleston.

**What college/university did you attend?** Palm Beach Atlantic University in Florida

**Where are you originally from?** Nina is from South Florida. Brian was born in New York and moved to Florida at age 6.

**How long have you lived on the Island?** Seven amazing years

**How are you involved in the community?** We serve at the DreamCenter regularly where we operate a farmers market to distribute produce donated by Fields to Families. Nina serves as a counselor at ECCO, and enjoys serving with the special needs children's ministry at Seacoast. Brian donates his time performing health workshops, screenings, and events to businesses, schools, and churches in the community.

**What part of Daniel Island do you live in, and what is your favorite part about living in your neighborhood?** Near Smythe Park. We enjoy our wonderful neighbors, nature trails, and living near the water!

**To contact us:**

www.DrClass.com

LifeEssentialsCharleston@gmail.com

Facebook-Dr Brian Class

If you would like to have your family featured in an upcoming issue of Daniel Island Life, email [josef.bologna@n2pub.com](mailto:josef.bologna@n2pub.com)!





# precious pets

Maicy Ugan

**Family members' names:** John, Deanna, Alexandra, Michael, and Catherine Ugan  
**Neighborhood:** Smythe Park  
**Pet's name:** Maicy  
**Breed:** English Lab  
**Age:** 4

**Where and why did you get Maicy?** We found Maicy from a website called Lighthouse Labradors. We had recently had an English Lab who was an amazing dog. We were looking for a good family dog that could play with the kids. Maicy is a great family dog!

**Is there a story behind her name?** My daughter Alexandra was going to a gymnastics place and there was a little girl that went

**If we had thumbs, they'd be up.**

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to the same class who was named Maicy. I've always thought that was an adorable name for a girl dog. Maicy's name fits her perfectly!

**Anything special of unusual about her?** Maicy is definitely an interesting dog. One of her unusual corks is that she loves her ball. She has it with her everywhere 24/7. There is not a time you will see her without her ball! She also loves to sleep or lay with her head propped up on her toys. Another cute thing about her is that when she gets very excited she will pull her ears back and wag her whole back end! She is so cute!

**Any funny stories?** There are so many funny stories about Maicy but my favorite is one time when we were walking by the water. Maicy was exploring a little farther ahead of us, she was sniffing all of the wonderful smells when all of a sudden she sunk! She sunk all the way to her stomach and couldn't get out. We had to go and pull her out of the pluff mud and throw her outside of the soft spots. She looked so funny covered in all of the mud!

**What else should we know about Maicy, and how has she enriched your family?** An interesting thing about Maicy is that her brother Fynn lives on the island! Maicy will only play with him. She has never liked to play with any other dogs in the neighborhood and she just minds her own business, but when she sees Fynn, she gets so excited! She is more of a people person, she just loves to hang in the house and play with the kids. Maicy has definitely enriched our family, she has completed our family and has brought so much love and enjoyment to us! We wouldn't be a family without her, she is an amazing dog!

We love featuring your pets in the magazine! Whether it's a bird, snake, lizard or turtle, contact [josef.bologna@n2pub.com](mailto:josef.bologna@n2pub.com) to feature yours in an upcoming issue!

## Use Your Green Thumb To Increase Your Home's Value!

By Rick Horger



Some homeowners think the best way to add value to their home is through interior updates – wiring for audio, video and data, upgrading the kitchen cabinets, new carpet, etc. But if you really want to add lasting value to your Daniel Island home, opt for landscaping. If done correctly, the addition of trees, shrubs, plants, paths, lighting, and outdoor living spaces and patios can increase the value of your property by up to 20%.

But how much should you spend to get your desired result of increased home value? According to the American Society of Landscape Architects (ASLA), you should invest 5 to 10% of your home's value on landscaping. While this sounds expensive, it's easy to tackle your landscaping strategy in phases. Remember, you don't have to do it all at once!

First, you need to make a realistic budget. As a rule, you can expect to save half the cost of landscaping if you do the work yourself. But we all don't have a green thumb! If you don't or you can't transport plants and materials correctly, you will likely need to hire a professional or keep the project small and manageable.

Next, look at blogs, books and magazines. Start a file, folder or even a Pinterest board where you can save inspirations that you find for your landscaping – plants, trees, gardens, patios, decks and outdoor living spaces that catch your eye.

Hire a professional, if you can. The first rule for hiring a new vendor or contractor is to interview several potential companies and check their references. Landscaping is a big business in the Lowcountry and there are hundreds of firms and businesses to choose from. You want to make sure you find the right one for you! Also, ask your friends, family and neighbors for their recommendations.

One last thing to consider before you start your landscaping (i.e. "increasing home value") projects. Don't forget your lifestyle. If you don't enjoy working in the yard or garden, make sure your plant selections are low maintenance. Otherwise, you'll need regular maintenance from your landscaping company to make sure everything stays happy and healthy!



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Rick Horger's connection to Daniel Island goes back close to the beginning of the island's development when he first visited in 1998 as a part of the Tom Fazio design team hired to design the Beresford Creek Course. His background in landscape architecture, paired with a degree in real estate finance, made him a perfect fit for the project. "At Fazio, we always talked about how cool it would be to work on the design of a golf course, then be able to stay on to hear about how much folks enjoy it...and to see the course mature and become a part of its place and setting. Coming on board to sell property on the island at Daniel Island Real Estate, I have, in some ways, been able to live that dream!"



# around town

Photos by Alison Kowalski of Alison Kowalski Photography



Shannon & Lily Praete, Tricia Banks, Lindsay Pennell and Meredith Hulen at a Daniel Island Fellowship social event. The non-denominational church holds regular services at Providence from 5-6 p.m. on Sunday



Dessert with Dads at DI



Madison and Molly Mingleddorf with their new baby brother, George.



From left to right Kevin and Sally Lewis, Jeff Liegl, Gillian and Grace Liegl, Travis and Emme Greene going to the Daddy Daughter Dance.

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## resident BUSINESS BIO

*Drew Cawood, Event Partners*

**Your name:** Drew Cawood

**Your position:** Owner

**Company name:** Event Partners Inc.

**Website:** www.epieventsinc.com

**Phone number:** 864-918-1607

**Business address:** 1541 Mitchell Wharf St.

**Industry:** Event Staffing/Consulting

**How many people do you employ?** Over 400

**How long has Event Partners been in business?** We just celebrated our 10-year anniversary.

**What prompted you to start your own business?** I was on a trip to Richmond to work a NASCAR race with 2 of my friends that worked at Littlejohn Coliseum. They were complaining about how bad their parking company was and that's when I said to them, "I can do that!" They gave me the opportunity and I am very grateful for the chance to earn their business.

**Describe what your company does:** We provide ticket takers, parking attendants, ushers and crowd management personnel to colleges, universities, venues and special events across the Southeast

**Anything extraordinary/unique that your company does:** What makes us unique is our people! A lot of my staff have been with me since we started. We have wonderful employees that enjoy what they do.

**Given your business expertise and the nature of what you do, what advice can you offer to the residents of your neighborhood?** Charleston Battery, Daniel Island Property Owners Association and Family Circle Cup are three of our clients here on the island. The advice to offer is if you need anything while at an event on Daniel Island, please feel free reach out to us; team members know and we are more than willing to help.

**How did you decide on this industry?** When I was at USC, I was an intern at the Carolina Coliseum and really caught the event bug. My first job was in Richmond, Virginia and met one of my really good friends that started his own event staff-

ing company. Several years later, I started my company and my friend is still a great resource for me and my team.

**What is the most gratifying part of your work?** Taking care of the client's needs and giving over 400 people part time jobs. Plus I get to be around concerts and college athletics.

**What section of the island do you live in and how long have you lived there?** We live in the Smythe Park area and we have been here since August 2012. We love it here!

**Where did you grow up?** I grew up in Marietta, Georgia outside of Atlanta.

**Tell us about your family:** My wife Clarice and I have been married almost eight years. We have two children, Sloane (5) and Coleman (3). The both attend Holy Cross Island School and are very active kids!

**What are your hobbies/interests?** I enjoy playing golf and enjoy spending time with my family at the many parks and pools on Daniel Island. We also spend a lot of time at Governors Park at our kids sporting events.

**Anything else you would like to include?** If you need any more information about our company, please contact me directly at drew@epieventsinc.com.

If you are a Daniel Island resident business owner and would like to feature your business for free, please contact [josef.bologna@n2pub.com](mailto:josef.bologna@n2pub.com)!



# athlete of the MONTH

## Flynn A. Roof



**Age:** 12

**School:** Daniel Island School

**Sport:** Horseback Riding/English Saddle/Hunter/Jumper

**When did you begin riding?** I began taking horseback riding lessons from Mrs. Jamie Kohler when I was four years old.

**Who is your favorite teacher/mentor?** My favorite teacher is my instructor, Jamie Kohler. Mrs. Jamie has believed in me no matter what and pushes me because she knows I can do anything when I put my mind to it.

**Who do you look up to in this sport?** I would have to say Reed Kessler. Reed is a show jumping competitor who lives in Lexington, Kentucky. When she was just 18 years old (she is 20 now) Reed qualified for the 2012 London Olympics and was the youngest rider in Show Jumping history to compete in the Olympics. Reed has done so many amazing things.

**Where do you practice?** I normally practice at Stardust Farms in Huger, SC. I also volunteer at the therapeutic riding academy, Blissful Dreams. Both are owned and operated by Mrs. Jamie Kohler.

**Are you on a team?** As of right now I am not on a team, however I am preparing to join the Stardust IEA team in July of this year. The team is led by Mrs. Jamie.

**Have you traveled anywhere to ride?** I went to Thunderbay Riding Academy in Waxhaw, North Carolina and have been to a riding camp in Dallas, Texas. The camp in Dallas was western saddle. I have also been horseback riding at several riding farms in our area.

**What events have you participated in?** I have participated in some small shows/events at Stardust Farms and Tuxbury Farm, but nothing major. I hope to be in bigger shows when I join the team.

**What have you learned from riding horses?** I have learned that fear is just another reason to try harder!

**What do you like most about it?** What I like most is doing new things on the horse and the exhilarating moment you do something new, like a new jump!

**What is your favorite moment?** My favorite moment is when I first jumped a bounce with no hands

**Any tips?** Push yourself because you know you can do it!

If you have an athlete of any age in the family and would like to feature his or her activities, please email [josef.bologna@n2pub.com](mailto:josef.bologna@n2pub.com)!



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# Financial FITNESS

Managing Your Taxes In 2015

By Brad Tapscott, Ameriprise Financial



If your employer provides health coverage, you do not have to purchase additional insurance on your own. Those who don't have employer coverage can review options available from the health insurance exchanges. Visit [www.healthcare.gov](http://www.healthcare.gov) for more information.

### Take advantage of tax savings by deferring income

If you typically "max out" your workplace retirement plan contributions, you are able to adjust those deferral amounts to a higher level in 2015. The elective deferral limit for employees has risen to \$18,000, \$500 more than in 2014. Those 50 and older can make an additional \$6,000 in contributions (\$500 more than 2014) to their 401(k), 403(b) or federal government Thrift Savings Plan. Remember that for every dollar of income you defer into your retirement plan on a pre-tax basis, you reduce your current tax liability.

### Pay attention to a new limit on IRA rollovers

IRA contribution limits remain the same for 2015, but there is an important rule change for IRAs. Now, tax laws allow only one rollover from an IRA to a different IRA in a 12-month period. The "one rollover per year" limit applies in circumstances where you withdraw money from an IRA, but then roll it to

another IRA within 60 days to avoid any current tax or penalty consequences. Direct transfers from an IRA with one trustee to an IRA with another can happen as often as you wish. Unless it is absolutely necessary, you want to avoid taking IRA distributions prior to age 59-1/2 to eliminate the risk of incurring a penalty. It's best to talk with a tax professional before doing an indirect rollover to make sure you understand all the rules.

### Account for inflation in tax rates and your income

Tax brackets are adjusted yearly for inflation. In 2015, the income thresholds for each bracket were raised by about 1.5%. The standard deduction amount (used if you don't itemize deductions) and the personal exemption amount are also adjusted for inflation. It is important to be aware of how all of these factors might affect your tax liability. On the other side of the coin, if you receive a salary increase and/or bonus in 2015, it could impact your tax bill. Work with your tax advisor to help determine if the amount of tax withheld from each paycheck is sufficient to avoid an under withholding penalty.

Brad Tapscott, CFP®, ChFC®, CRPC® is a Financial Advisor and CERTIFIED FINANCIAL PLANNER™ Practitioner with Ameriprise Financial Services, Inc. on Daniel Island, SC. He specializes in fee-based financial planning and asset management strategies and has been in practice for 15 years. To contact him, visit [www.ameripriseadvisors.com/brad.a.tapscott](http://www.ameripriseadvisors.com/brad.a.tapscott).



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There's one thing you can count on as we kick off a new year – changes to the tax code. While there are few major new laws affecting taxpayers in 2015, it is important to understand how any adjustments to tax rules or your income might affect your tax liability. It is a critical aspect of your overall financial plan and can help you avoid any surprises when you file your 2015 tax return next year.

Be aware that new laws can be implemented during the year. Congress has the ability to adjust tax laws and even do so retroactively. The tax code in place at the start of 2015 could be altered before year's end, with those changes being made effective for the whole year.

Here are some important tax considerations for the New Year:

### Get health insurance or pay

The individual mandate under the Affordable Care Act that took effect January 1, 2014 requires most individuals to obtain a qualifying level of health insurance or be subject to a fee. In 2015, the fee has increased to the higher of:

- 2% of your yearly household income (capped at a certain level); or
- \$325 per person (\$162.50 for a child under 18), with a family maximum of \$975.

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-Daniel Island Residents Richard & Corbin Bettencourt

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Vivienne, Jessica, Luke and Sylvie

**Where are you originally from? How long have you lived on Daniel Island?** I am originally from Southbury, Connecticut but have been away from the Northeast since I graduated high school. I attended The Ohio State University, and then lived in the Puget Sound area for eight years for my husband's job at Boeing before coming to South Carolina. We have been on Daniel Island for just over a year.

**What is your profession?** I am a high school Spanish teacher by profession. I am taking a break right now to stay at home with my two young girls but plan to go back to teaching within the next couple of years. Currently I coordinate the local chapter of the moms-group called MOPS (Mothers of Pre Schoolers), which meets in Mount Pleasant.

**When/why did you join DINA?** I joined DINA at the last meeting in 2014 after seeing the signs posted around our neighborhood. As we just purchased a home here, I was hoping DINA would be a good place to engage with our neigh-

**Jessica Swainbank-Cummings, Daniel Island Neighborhood Association**

bors, hear the concerns that exist in our neighborhoods, and to become aware of projects and interesting things happening in our town. Even after just one meeting, I can tell it will be all of these things.

**What is your role in the Association?** My role moving forward with DINA will be Social Media Committee Chair. I will be posting interesting articles, photos, press releases and informative news to do with Daniel Island. My goals are to add significantly to our Facebook presence and activity, and to also keep the DINA website up to date and useable for our residents.

**What is the most gratifying part of being a DINA member?** I am so new to DINA that I hope the best is yet to come! But what I can say so far is that it is certainly gratifying to be working and meeting with other conscientious, caring, helpful people whose goal is to make this island the best it can be for everyone who lives here.

**Tell us about your family. Are they involved as well?** My husband Luke is an aerospace engineer at Boeing. We have two daughters, Vivienne (3 years old) and Sylvie (1 ½ years old). Unfortunately only one of us can attend meetings at this time, as we always need an adult at home with our little ones.

**Anything else you would like to include?** If you are interested in contributing photos or other items of interest to our social media presence, please contact me! I would love to work with you! I am also hopeful that as younger families like ours move to Daniel Island, that they would get involved with DINA. I think residents of all ages have a place within DINA and have significant contributions to make. If you are a younger resident, know that you will not be alone at the meetings. Come, and bring a friend with you. I hope to see you there!

*For more info on DINA, visit [www.dineighborhoodassociation.org](http://www.dineighborhoodassociation.org)*

**Daniel Island Business Association**

*Ask* the  
**EXPERTS**



By: Kevin Brookes, VP/Mortgage Loan Officer, South State Bank

**IT ALL STARTS WITH A CONVERSATION**

It is such a blessing to be a part of this amazing community we have on Daniel Island. My wife, Catherine, and I moved here in 2002 and we have called Daniel Island home since then with our twin boys John and Wilson. We feel like we have so many people to thank for the vision to make Daniel Island one of the most sought after destinations on the east coast. I have no doubt it all started with a conversation and a plan.

This is my 20th year as a mortgage loan officer and I have learned that it is so important to have a conversation about my clients' own personal plan and vision with their home loan. There is one important question I ask my clients that can save them thousands depending on their goals:

Do you see yourself in this home 5, 7, 10 years or longer?

For example, I recently had a conversation with a future homeowner who called shopping for a 30 year fixed rate loan. On that day, I was able to offer a 3.875% for the 30 year fixed rate.

Their plan though was to actually sell the home within 8 years. I discussed with them a 7 year adjustable rate mortgage instead. The 7 year ARM works just like the 30 year as far as how it is calculated but the fixed rate period is fixed for 7 years and on that day it was 3.125%. This mortgage product fit their plan and saved them .75% in interest per year. The payment on the fixed rate was \$2,351 and the payment on the 7 year arm was \$2,141. That saved them \$210.00 per month or \$17,000 for his 7 year plan. There are also other options such as a 5 year, and 10 year adjustable rate too. When it comes to how the ARM rate is calculated, adjusted, set, and capped, it is very important to review the Truth and Lending Disclosure.

Even when considering a refinance, a 5, 7, or 10 year ARM will help you save interest cost versus the more common 30 year fixed rate if you do not see yourself in the home longer than the set timeframe on the ARM program. If you are currently on an ARM that is about to adjust and your plan is to stay in the home longer than 8-10 years, it is the perfect time to go to a fixed rate mortgage as well.

Call me today for free, trusted advice and to have a conversation about your plan and vision for your home and home loan. That conversation could save you thousands.



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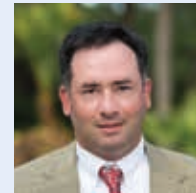
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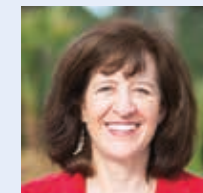
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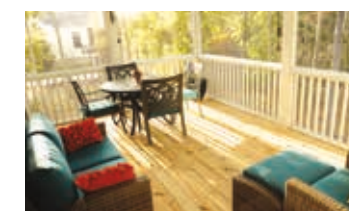


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DIBA promotes a healthy and vibrant business community on Daniel Island. To learn more and to become part of the organization, visit [www.danielislandbusiness.com](http://www.danielislandbusiness.com).





# Home OF THE Month

*Peter Finger, Oak Overhang Street*

Photos by Peter Finger of Peter Finger Photography

Cline Custom Homes built this Oak Overhang Street home in 2014. It sits on a secluded street and offers privacy and marsh views. Features of the house include a media room, custom closets, two piece crown molding throughout, custom glass tiles in bathrooms and kitchen, an elevator, coffered living room ceilings, and built in bookcases surrounding the fireplace in the living room. For more info on Cline Custom homes, visit their website at [cline-homes.com](http://cline-homes.com).

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# Island History With The Daniel Island Historical Society



## “If These Trees Could Talk...”

By Lee Ann Bain, VP, Daniel Island Historical Society ...and Licensed Charleston Tour Guide



Given to the field workers, who exchanged for cash. Note inscription ...“Daniels Island.” (Image courtesy of Michael Dahlman)

When people think of the Charleston area, they think of history and the buildings that represent the past. Here on Daniel Island, we do not have historic buildings, but that doesn't mean we do not have history. Our land is Alive with history, and the guardians of that history are the majestic Live Oaks that grace our trails and line our streets, accent our waterways and shade our parks.

### “If these trees could talk, what stories would they tell?”

The Daniel Island Historical Society has embarked on an ambitious campaign to honor the community's stately Live Oaks and the important history they represent. For example, the Tree House Live Oak, which is located on the bank of the Wando River near the end of Smythe Street, would tell you that this land was the site of Mitchell Pier. The name Mitchell is from the family who owned or worked the land from 1799-1877. In 1905 A.F. Young and Company purchased the surrounding land for \$15,000. They converted the acreage from cattle ranching into truck (vegetable) farming. Though some of the produce was sold in Charleston, the majority of it was shipped to the North. The word “truck” comes from the English word “trukken,” which means to barter or trade without cash. This system was used for hundreds of years, depending on the economic climate of the time.

The Charleston operation was called “Daniel Island Truck Farms,” and its first crop was produced in 1908. The primary crops were asparagus, cabbage, cucumbers, potatoes and beans. Corn and sweet potatoes were grown for livestock feed. At a time when it was difficult to find employment, this industry was the salvation for the locals - not only on Daniel Island but for those who lived as far away as Huger and McClellanville. At

harvest time, workers were paid per barrel, bag or crate of the vegetable that was picked. Tokens were given to the field laborers, and at the end of the week, they would exchange the tokens for cash.

A pier and two packing houses were built near the Tree House area. A set of railroad tracks ran through the warehouses (where produce was sorted by size and quality) to the pier, where a daily barge would pick up the produce. Two additional piers were built along the Wando River to help expedite the shipping process. Acme Pier was located to the east of the present-day Family Circle Tennis Center, and Pole Grove Pier was located near the present-day Daniel Island Sales Center at the end of River Landing Drive.

In 1921 American Fruit Growers acquired the property. The Mitchell Pier area was expanded to include: a general store, a post office, a school and houses for the manager of the store and the captain of the American Fruit Growers passenger boat, the Blue Goose. Truck farming continued on Daniel Island until 1945.

### March 21st event “Live Oak Lights”...Illuminating Daniel Island's History

If these trees could talk, what stories would they tell? Help the Daniel Island Historical Society spotlight the island's beautiful Live Oaks and the history they represent. On Saturday, March 21, DIHS and the Daniel Island Garden Club will present “Live Oak Lights” - an inaugural tour of the island's Grand Live Oaks, lit up against the evening sky for all to enjoy. Residents with Live Oak trees in their yards are encouraged to illuminate their trees for this special Daniel Island signature event. Local businesses and other private entities are also invited to take part in showcasing the Live Oaks on their properties. Spotlights, tiny holiday lights, and other displays are all encouraged. Prizes will be awarded for best tree light displays. Residents and visitors are welcome to enjoy the lights while strolling through neigh-



The home of the “Blue Goose” barge Captain during the truck farming era. The home was occupied by others until the 1990s and was removed in 1999.



The Blue Goose label was the trademark of American Fruit Growers and was the name of the company's barge.

borhoods on foot, on bike, on golf cart (LSV), or via personal vehicles. Several island restaurants will be offering special discounts on the evening of the Tour.

There are also two ticketed events. DIHS will host a celebratory “Live Oak Lights” Reception and a History-themed bus Tour that evening. For ticket information and the latest updates on the “Live Oak



This wonderful Live Oak, with a circumference of nine feet, has been inducted into the national Live Oak Society. Though it was toppled many years ago, it is an excellent example of the resiliency of the Live Oak. Lying on its side, with its root system exposed, it has managed to send out “suckers”... bending and reaching toward the sun ... still green, still growing.

Lights” program, please visit the DIHS website at [www.dihistoricalociety.com](http://www.dihistoricalociety.com). For additional information on the Daniel Island Historical Society or our Live Oak Campaign, please visit [www.dihistoricalociety.com](http://www.dihistoricalociety.com)



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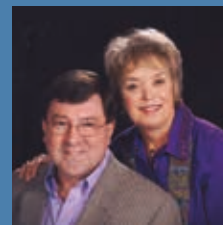
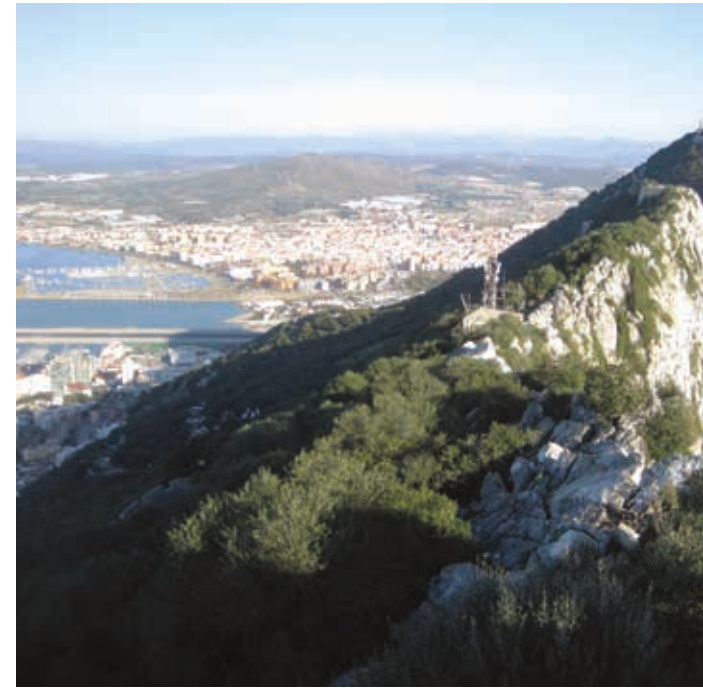
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# Travels with Bob & Carol

By Bob & Carol Wood, Daniel Island Resident Reporters

## Gibraltar: "The Rock" or Europa Point Where Europe Ends

We awoke to an overwhelming piece of rock that loomed majestically outside our balcony door! We had just caught our first glimpse of the Rock of Gibraltar - more commonly known as "The Rock." (No, we did not have a sudden urge to buy Prudential Insurance.) Gibraltar encompasses only 2 square miles but supports a population of 30,000. Measuring only 3 miles in length, 1/2 mile in width and 1500 feet in height, its relative smallness belies its strategic location at the intersection of the Atlantic and the Mediterranean. Born of a cataclysmic event when two tectonic plates moved, it is now the fifth most congested place in the world! It is so small that there is no space for agriculture!

The Romans could not have cared less about Gibraltar since they controlled both sides of the Strait of Gibraltar. The Arabs

conquered "The Rock" in 711 and ruled it for over 700 years. The Spanish ousted the Moors in 1462 and held it until the English captured the land in 1704 during the War of the Spanish Succession. Gibraltar remains part of the British Commonwealth, although Spain would dearly love to have this very small piece of vital land back in its possession. In 1967 the locals voted to remain a part of Great Britain despite the fact that Spain had cut off land communications, but that has since been lifted.

Gibraltar is famous for its Barbary Apes (in reality, macaques) brought here by the British for food. They are most mischievous creatures jumping on the shoulders of people, somersaulting to the ground and snatching purses looking for goodies to eat! (They adored Bob who adored them back!) They are tail-less and number about 60 today.

The highlight of our trip to Gibraltar was visiting the Great Siege Tunnels. They consist of 33 miles of road inside "The Rock," more than outside! The Tunnels were built between 1779-83 when Spain and France laid siege to "The Rock" - this being one of the epic sieges in history. Without benefit of modern tools the British tunneled into "The Rock" in order to cut holes facing both land and sea to bombard the Spanish and French. At the height of the siege more than 40,000 heavy cannon rounds were fired by both sides daily. The tunnels were dug even deeper during World War II as protection against Hitler. Eisenhower and Churchill met in the safety of "The Rock" to plan the invasion of North Africa. "The Rock" was

never attacked and served as a key air and naval base against the U-boats. From one World War II tunnel it is possible to see from one end of the country to the other!

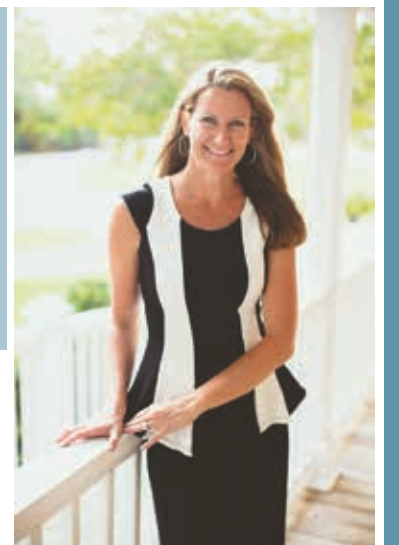
Gibraltar boasts a most unique airport! Serving six to eight commercial flights daily, plus military airplanes, the runway begins at the water and ends at the water on the other side. To make matters more unusual cars have to cross the runway! Hope those drivers are on high alert! We sailed away through the 36 miles of the Straits of Gibraltar with Africa just 8 miles away and on into the Atlantic Ocean.

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# kids<sup>2</sup>kids



## The Leigls

By Sarah-Jane Kurzenberger, Daniel Island Junior Resident Reporter  
Photos by Mandy Riley of Ellis Avery Photography

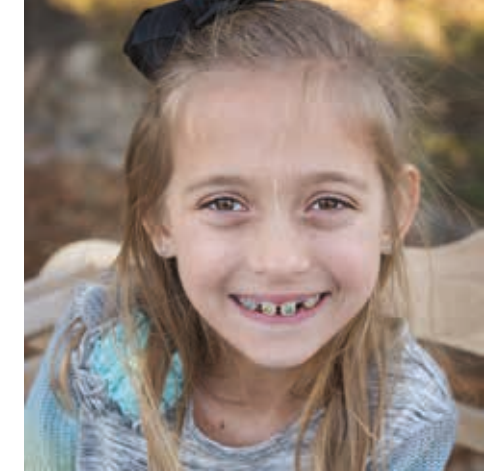
**Grant Liegl, 8**  
**Grade:** Second grade, Trinity Montessori  
**Sports I play:** Basketball, baseball and soccer  
**Something unique about me:** I weighed 2 lbs. 12 oz. when I was born  
**When I grow up I want to be:** Air force Pilot  
**If you could have one super power, what would it be?**  
 To be invisible  
**What would you do if you were King?** Be rich

**Favorites**  
**Activities/Hobbies:** Playing games on the iPad  
**Animal:** Giraffe  
**Dessert:** My Dad's salted caramel  
**Movie:** *Big Hero 6*  
**Place to play:** My friend's house  
**Sports teams:** Ohio State  
**Subject in school:** Math  
**TV Show:** *Pokémon*  
**Vacation:** Disney World  
**Daniel Island park:** Spinney Park  
**Superhero:** Optimus Prime  
**Who inspires you?** My Dad  
**Place to eat?** Daniel Island Grille  
**Place to shop?** Target



**Gillian Liegl, 5**  
**Grade:** 4-year preschool, Trinity Montessori  
**Sports I play:** Soccer  
**Something unique about me:** I am pretty  
**When I grow up I want to be:** A singer  
**If you could have one super power, what would it be?** To be able to make jackets really fast whenever I would like  
**What would you do if you were Queen?** Buy a big queen throne!

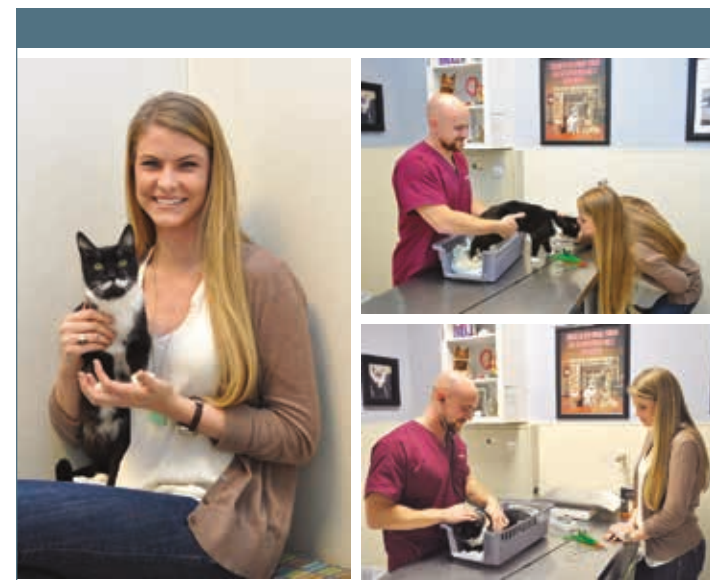
**Favorites**  
**Activities/Hobbies:** Art  
**Animal:** Cat  
**Dessert:** S'mores  
**Movie:** *Big Hero 6*



**Place to play:** Disney World  
**Sports teams:** Alabama  
**Subject in school:** Snack time  
**TV Show:** *Paw Patrol*  
**Vacation:** Disney World  
**Daniel Island park:** Spinney Park  
**Disney princess:** Elsa  
**Who inspires you?** My sister Grace  
**Place to eat?** Japanese Steak House  
**Breakfast food?** Cinnamon Rolls  
**Place to shop?** The Disney Store



If you would like to make your kids the talk of the town by having them featured in an upcoming kids2kids section, please email [josef.bologna@n2pub.com](mailto:josef.bologna@n2pub.com)!



Aubrey "Catford" Crawford made sure her family scheduled Mittens' 6 month wellness visit while she was home from Clemson. As a future nurse, Aubrey keeps a close eye on her kitty's health, especially now that Mittens is almost 17!



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**Grace Liegl, 8**  
**Grade:** Second grade, Trinity Montessori  
**Sports I play:** Basketball  
**Something unique about me:** I was born premature and I am a twin  
**When I grow up I want to be:** A Chef  
**If you could have one super power, what would it be?** To talk to animals  
**What would you do if you were Queen?** Adopt a dog and a cat

**Favorites**  
**Activities/Hobbies:** Art  
**Animal:** Dog  
**Dessert:** Salted caramels  
**Movie:** *Big Hero 6*  
**Place to play:** Disney World  
**Sports teams:** Ohio State  
**Subject in school:** Art  
**TV Show:** *Master Chef*  
**Vacation:** Disney World  
**Daniel Island park:** Governor's Park  
**Disney character:** Pluto  
**Who inspires you?** My Dad  
**Place to eat?** Taco Boy  
**Place to shop?** The Disney Store



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# Resident spotlight

## The Massoglia Family And One Hive Honey

The Massoglia family

**Names:** Dino & Lola Massoglia, Cosmo (9) and Luciana (6)

**Company name:** One Hive Honey

**Facebook page:** One Hive Honey

**Email:** onehivehoney@gmail.com

**What section of the island do you live in and how long have you lived there?** We live in Smythe Park and have been here for 3 ½ years.

**Tell us about your family:** Dino is a Neuroradiologist at the Ralph Johnson VA Hospital. Lola is a registered nurse but currently is a domestic engineer. She enjoys cooking, gardening and volunteering. Cosmo is in fourth grade at Christ Our King Stella Maris (COK-SM). He enjoys anything outdoors, anything related to animals, and is a high-brown belt in karate and amateur coder. Luciana is a kindergartener at COK-SM. She loves Beanie Boos, gymnastics and helping in the kitchen.

**How did you all decide to start making honey?** The honey business started as a by-product of trying to get our vegetable garden to grow better. We had a few cycles of sparse growing fruits and vegetables and came to realize that we had a pollination problem. We decide to get a bee box to help with this issue. We were told not to expect any honey for the first year. Within three months, we had our first harvest of 2 ½ gallons of honey. The bees found Smythe Park a beautiful place to live (and work!). We ended up with a bountiful garden, with honey to boot!

**Tell us how the process works:** It's rewarding to watch the entire process happen. Bees are fascinating creatures. Each member of the hive has a job to do and it is done perfectly. Over 99% of the bees are girls, and they are all half-sisters. They do the entirety of the work in the hive. There are foragers, guards, nurse-

maids, janitors, engineers and so on. The worker bees collect the nectar and bring it back to the hive along with the pollen. They then transfer it to the house bees who then put it in the honeycomb. The nectar is dehydrated by having another set of bees who then fan it until the moisture is taken out. The honey is then sealed and stored for the hive to use in the winter. Every day, the queen lays another 500-100 eggs, and another equal number is born, and an equal number dies. The colony stays around 60,000 in number with only about 200 drones (males). Watching the foragers come home on the landing zone in front of the hive every sunset is one of the most enjoyable activities of the day. The most gratifying part of the honey business is having the kids being a part of it; from learning about the bees, how honey is made to selling it—a lot of life lessons being learned.



opened. They get to see and be part of the process from harvesting to bottling to selling at the farmer's market. Not only do they learn that every creature on earth, no matter how small has a purpose on this planet. They learn the skills of the trade---being prepared, working swiftly, respecting the bees, preparing a quality product and good business skills. If you were lucky enough to run into the kids helping out at the farmer's market, then you know they are good salesmen. If you didn't see them out last year, come see them this year. They love to talk about the queen bee, the drones, the workers, the honeycomb and how the various types of flowers create a different color and flavor of honey.

We have had a wonderful first year of beekeeping. The bees love it so much here, that within six months of living here, they swarmed twice, meaning that the environment was so hospitable that there were too many bees in the hive so they split and formed a new hive. This is very important since the bee population has been on the decline. This is a huge benefit not only to the island but also to our immediate neighbors who have vegetable gardens also.

**Where can we purchase One Hive Honey?** The next harvest will take place in mid-spring, most likely. After that we will be selling it at the farmers market – while supplies last! Folks who are interested can email us at onehivehoney@gmail.com to let us know how much honey they would like and we will put it aside for them.

**Anything else you would like to include?** Taking care of the bees is really a family endeavor (and sometimes a neighbor's kid get a job!)—everyone has a job to do when the bee box is

If someone you know is doing something extraordinary or unique in the community and would like him or her to be featured in Daniel Island Life, please email [josef.bologna@n2pub.com](mailto:josef.bologna@n2pub.com)!

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Cole Sweeney, Joe Danhower (DI Wyldlife Leader), Kobe, Zach Dunn (Mt. Pleasant Wyldlife Leader)

# Making a DIFFERENCE

Tracey Lengyel, Wyldlife

**What is the name of your organization?** Charleston Young Life - Specific to Daniel Island, we are DI WyldLife for middle school students. However, we are starting DI Young Life for high school students this spring!



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**How long have you been a part of Wyldlife/Young Life?** Young Life is a non-profit organization that has been around for over 75 years! Young Life on Daniel Island was started six years ago by a group of adults who loved the students of this island and began DI WyldLife for middle school students. I have been volunteering with Charleston Young Life as a volunteer DI WyldLife leader for the past 4 years and this August came on staff with the organization as the Director of WyldLife.

**What does the organization do?** Young Life is a local non-profit that works with middle school and high school students. In DI WyldLife, we have leaders from College of Charleston and older who build deep and lasting relationships with the middle students on Daniel Island in hopes of sharing with them about a God who loves them unconditionally.

**What types of events/projects does the organization host?** Each Monday night during the school year, we host a WyldLife Club, where 40-60 middle school students gather in Catherine and Kevin Brookes' garage for a night of silly games, crazy skits, fun songs, and a short message about who God is and what He has in store for each of us. We also take kids to camp each February and July!

**Who do the events benefit?** Our events simply benefit the students of Daniel Island. Again, our goal is to build lasting relationships and help middle schoolers navigate such a crazy time in life. We also hold fundraisers (Flocking, coffee sales, babysitting nights, etc.) with all the proceeds going to help sending DI students to camp!

**How can others get involved with this organization?** We are always looking for people who care about the kids of Daniel Island. There are opportunities to get involved in our committee, leadership team, and to help financially support WyldLife. WyldLife Committee is a group of adults on the Island that meets once a month and supports our mission. We also have leaders who help lead club, camp, and build relationships with our middle school and high school friends. If interested in being involved in any capacity, I am always available via email at tlengyel91@gmail.com

**Why did you choose this particular project?** I chose WyldLife because I love middle schoolers. I think it's such an interesting time of life and all too often we dismiss their age group. Middle school students are smart, and goofy and passionate, and quite honestly, they are one day going to change this world.

**What is the most gratifying aspect of Wyldlife?** The most gratifying part of the organization is simply getting to be with kids. It's getting to help them navigate the crazy middle school years and being there for the good and the bad moments. In WyldLife we get to dream for kids; we get to show them that there is so much more to life than what the world is offering them.

**How long have you lived on DI? What is your favorite part of living in the community?** I have lived on Daniel Island for less than a year. Before that, I lived in North Charleston, but traveled to DI at least once a day for WyldLife. Most of our WyldLife leaders commute from downtown, but are committed to being on the island as much as possible! My favorite part of Daniel Island is the community feel. I love being able to ride my bike to the grocery store or to grab breakfast and getting to see families, friends and middle schoolers along the way.

**Who are the members of your family? Are they involved in the charity as well?** I am single and most of my family lives in Pennsylvania. They support our mission from afar through financial contributions and prayer! There are several families on Daniel Island who have joined together to be our WyldLife Committee and support our mission in any way they can. I am also supported by my fellow WyldLife leaders and Young Life staff.

**Any other information you would like to include?** WyldLife has been so lucky to have such great support from Daniel Island these past years. We are thankful for the way this community has opened its arms to our ministry and given us the ability to love kids well.



Kaki Cobb and Tracey Lengyel



Madi Kois (DI Wyldlife Leader), and Liza Allen

If you have started or volunteer for an organization that you would like to recognize in our Making a Difference section, please contact [josef.bologna@n2pub.com](mailto:josef.bologna@n2pub.com)!

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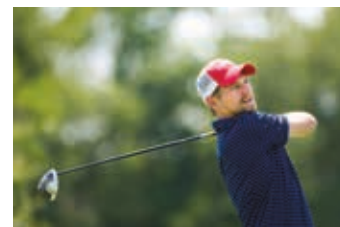
For the third year, Charleston-based Grammy Award-nominated rock 'n' roll band NEEDTOBREATHE and Commonwealth Cares Foundation will host the annual NEEDTOBREATHE Classic, bringing together musicians, professional athletes and other celebrities for a day of golf and an evening of music. The



NEEDTOBREATHE and fellow musicians perform at the NEEDTOBREATHE Classic after-party concert last year.



Professional golfer Kevin Streelman at the 2014 NEEDTOBREATHE Classic



Bear Rinehart of NEEDTOBREATHE

NEEDTOBREATHE Classic is set for Monday, March 23, at the Daniel Island Club. Proceeds from the event benefit Charleston area nonprofit Palmetto Medical Initiative in its efforts to bring quality health care to countries around the world.

The 2014 tournament raised \$140,000 for PMI, which funded about half the cost of a second medical clinic PMI is building in Uganda. PMI currently has projects in Uganda, Nicaragua and Burundi, where its self-sustaining model improves access to quality health care in developing countries. PMI has begun the planning process for its next clinic located in Sébaco, Nicaragua. In 2014, PMI launched its 20 by 20 campaign – a plan to have 20 medical centers by 2020. Most of those will be in Uganda and Nicaragua with the goal of blanketing a particular area and elevating care for an entire region. The money raised at the 2015 NEEDTOBREATHE Classic will benefit PMI's 20 by 20 campaign.

NEEDTOBREATHE – Bear Rinehart, Bo Rinehart, Seth Bolt and Josh Lovelace– are long-time supporters of PMI. In December, Bear Rinehart and Bolt went to Uganda as part of a PMI mission trip. Rinehart also previously went to Uganda with PMI in December 2011. PMI is the official nonprofit partner of NEEDTOBREATHE, who is currently touring in support of their fifth studio album, "Rivers In the Wasteland," which was released in April 2014, debuting at No. 3 on the *Billboard* Top 200 Chart.

Additional celebrity players will be announced in the coming weeks. Watch [www.commonwealthcares.org](http://www.commonwealthcares.org) and its social media networks for announcements.

Registration begins at 9 a.m. the day of the tournament with a shotgun start at 11 a.m. Doors open at 6 p.m. for an after party concert with NEEDTOBREATHE and friends plus a live and silent auction. This intimate concert at the Daniel Island Club is limited to sponsors and players.

A variety of sponsorship packages are available. Single player registration is \$625 and includes a standard gift bag and two VIP badges to the after party. Team registration is \$2,500 and includes a foursome in the tournament, four standard gift bags and eight VIP badges to the after party.

### About Commonwealth Cares Foundation

Founded in 2007, Commonwealth Cares Foundation is the charitable arm of Commonwealth Financial Group, a Daniel Island-based comprehensive financial services firm with a division focused on providing financial planning services to physicians and the medical community. Commonwealth also has offices in Orangeburg, S.C., and Raleigh, N.C. The firm brings a values-based philosophy, offering clients independent advice through a consultative, team-oriented approach. For more information, call 888-858-5213 or visit [www.commonwealthfg.com](http://www.commonwealthfg.com).

### About NEEDTOBREATHE

NEEDTOBREATHE is a Grammy Award-nominated American rock 'n' roll band from South Carolina, effortlessly woven from the musical traditions and faith of their upbringing in the Deep South of the United States. Made up of brothers Bear Rinehart (vocals, guitar) and Bo Rinehart (guitar, vocals), Seth Bolt (bass, vocals) and Josh Lovelace (keys, vocals), the band hit their big break in 2005 when they signed to Atlantic/Lava/Word Records. The career to follow would include four full studio albums, chart-topping cross-genre success, multiple headlining tours and media coverage on *CONAN*, *The Ellen Degeneres Show*, *The Tonight Show with Jay Leno*, *Late Night with Jimmy Fallon*, *Late Show with David Letterman*, CBS, MTV, FOX and much more. The band's critically acclaimed fifth studio album, "Rivers In the Wasteland," was released on April 15, 2014, and debuted at No. 3 on the Billboard Top 200 Chart.

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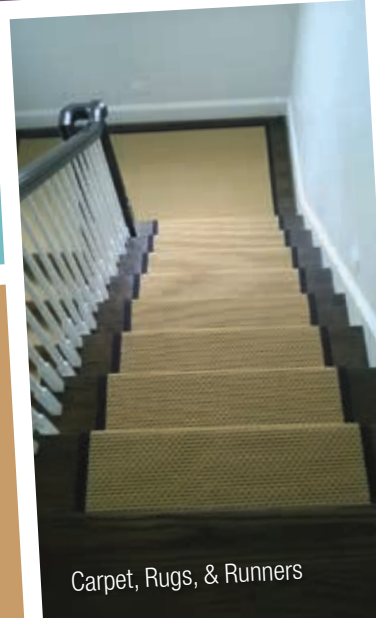
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# Spring Into Action!

By  
Holly  
Artigues



## Resident RECIPE

### Mushroom Ragu Over Spaghetti Squash

Recipe by Melissa Ohlson, MS, RD, LD Eatwellcharleston.com

#### Ingredients – Serves 4

- 1 oz dried porcini mushrooms (I used MycoLogical)
- 2 cups water
- 2 Tbsp. extra virgin olive oil
- 1 large yellow onion, chopped
- 2 large or 3 small cloves garlic, minced
- 2 8-ounce containers baby bella mushrooms, cleaned and chopped
- ¼ cup red wine
- 2 cups of the reserved porcini liquid (see below)
- 1/3 cup 2% organic milk
- 1/2 cup grated grana padano or parmesan cheese, more if desired
- ¼ cup fresh parsley, chopped
- 2 pinches dried rosemary
- ½ pinch dried thyme
- salt and pepper, to taste
- \*Optional: Spaghetti squash, fresh spinach

#### Instructions:

Bring 2 cups water to boil in small saucepan. Once you reach a boil turn off the heat, add the dried porcini, and let sit, covered, about 30 minutes. After 30 minutes, carefully strain the mushrooms in a colander OVER A BOWL so that you do not lose any of the porcini liquid. This is liquid gold! You'll use it in the recipe. Give mushrooms a rough chop and set aside. While porcini are soaking, prepare spaghetti squash: preheat oven to

400 degrees F. Cut squash in half lengthwise and spoon out seeds. Fill a roasting pan with ¼ to ½ inch of water at bottom. Place squash halves cut side down and pierce the skin a few times with the tip of a knife. Place pan in oven and roast until a fork can easily be pierced through skin of squash, about 20 minutes. Take out of oven and once slightly cooled (enough to handle squash) take the tines of fork and “scoop” out the squash by scraping the squash from top to bottom – the squash will appear like thin spaghetti noodles. You should be able to scrape all the way to the skin, with very little pulp left near the skin at all. Place in a bowl and drizzle a bit of olive oil over. Set aside.

\*If you choose not to serve ragu over squash then just prepare noodles as directed. While you are waiting for the squash, heat a medium cast iron or nonstick skillet. Once heated, add olive oil and sauté onions and garlic until translucent. Mix in bella mushrooms and season with salt and pepper, sautéing about 7-8 minutes. Add in porcini mushrooms and wine and sauté until most of the liquid is absorbed. Then add 2 cups of the porcini cooking liquid and let simmer for about 30 minutes, until half of the liquid is evaporated. After 30 minutes, add the milk and cheese and stir. Mix in the herbs and simmer for another minute. Turn off heat. To assemble onto plate: place about 1 cup of spaghetti squash on the plate and top with 3/4-1 cup of ragu, topping this with additional parmesan or grana padano cheese. Serve immediately with a side of sautéed spinach. Enjoy!



Spring is the perfect time to “clean house”. The days are getting longer and warmer and we begin to use this time to take inventory of what our house looks like inside and out. We deep clean, paint, re-screen, plant, and so on... This is an ideal time to clean and repair our “other” house as well – the body we live in! Let's put a little more focus on what we are putting in our bodies for fuel and what we are doing with our bodies for exercise.

**Food first** – We all know that we need to eat more whole food and less packaged food. We know that we should pack in the fresh veggies and lean protein...filling in the cracks with clean carb sources. What about metabolism? Adding certain foods to your diet can boost your metabolism. Here are a few examples: Grapefruit, Celery, Apples, Green Tea, Cinnamon, Chili Pepper, and Lentils. Try adding these in to your weekly food plan. Don't forget your water. It is a great metabolism booster too!

**Exercise** – Get outside and do your favorite thing: Run, Walk, Bike, Sports. Your body needs to move! Make sure you are incorporating some type of strength (weight bearing) training as well, at least 2 days per week. This will help you keep lean muscle mass and strong bones. The more muscle you have on that body, the less fat you will have...so MOVE IT!



For more information on nutrition, fitness and healthy meal delivery right to your door, call your neighbor Holly at (843) 296-1273. [www.dishithehealthy.com](http://www.dishithehealthy.com) [www.mylowcountryfit.com](http://www.mylowcountryfit.com)

Here is a quick breakfast to help you get your day started on the right foot:

#### Strawberry Quinoa Breakfast Bowl – Serves 1

- ½ cup plain Greek yogurt
- ½ cup cooked quinoa
- ½ cup fresh sliced strawberries
- ¼ cup sliced raw almonds
- ¼ cup raw sunflower seeds
- Shredded fresh mint leaves (to suit your taste)
- Drizzle of honey
- ~ Fill your bowl with 1-7 above and Enjoy!

If you are looking for a program to help get your “house” into shape – take a look at my Kick Start 4 week program at Lowcountry Fit. We will provide you with 3 healthy meals Monday through Friday, 2 strength training sessions per week, and your cardio programming: [www.mylowcountryfit.com](http://www.mylowcountryfit.com)

*Enjoy!*







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