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<b>843-953-9301</b>	SC Department of Natural Resources
<b>843-719-4210</b>	Berkeley County Animal Control
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<b>843-216-6366</b>	Recreation Department
<b>843-724-7366</b>	Public Service
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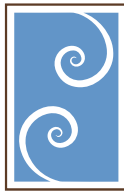
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#### PUBLISHER'S NOTE



## Time for Fresh Starts and New Routines

Is it just me, or did summer fly by in a flash? One minute we were soaking up the 4th of July fun, and now we're talking about school supplies and routines again. Ready or not, August is here—and with it comes that familiar back-to-school buzz around the Island.

Whether you're sending little ones off to class, helping a teen gear up for high school, or just craving a bit more structure after a laid-back summer, this time of year always feels like a fresh start. It's also a great time to try something new—maybe even a workout you've been meaning to check out. (Bar Method has a great back-to-school special happening right now if you need a little extra motivation!) Or even learn to play that game everyone is talking about, Mahjong!

Even though the temps still say summer, the shift into fall mode is definitely starting. We're wishing all of our amazing students, teachers, and parents the very best as a brand-new school year kicks off. May it be full of growth, laughs, and lots of good things ahead.

Thanks for letting us be a part of your community—we love celebrating all the moments, big and small, with you.

**Editor's Note:** In our July issue of *Stroll*, we mistakenly did not give credit where it was due. Our fun *Kids 2 Kids* feature with the Lilly kiddos was a tribute to the amazing work of **Nicole Fehr with Nicole Fehr Photography**. Thank you, Nicole, for capturing the magic!

Until next month,

*Jenny*

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# Health and Wellness

## Power of Carotenoids for Radiant Skin and Lifelong Health

By Dr. Sidney P. Smith, MD  
Board-Certified Dermatologist, Georgia Skin & Cancer Clinic Point Hope

Would you like to slow the aging process, improve your skin, and reduce your risk of chronic disease? The secret is something as simple—and powerful—as color.

Carotenoids are vibrant plant-based pigments found in colorful vegetables like carrots, sweet potatoes, and leafy greens. These natural antioxidants are gaining attention in the fields of dermatology, longevity, and functional medicine for one reason: they work. From protecting your DNA to enhancing your skin's glow, carotenoids are the foundational piece of the wellness puzzle.

Carotenoids such as beta-carotene, lycopene, lutein, and zeaxanthin are converted in the body to vitamin A and other protective compounds. They are essential for skin, eye, and immune health—and they also play a critical role in how we age.

Recent studies, including You Are What You Eat: A Twin Experiment on Netflix, found that plant-based diets high in carotenoids helped increase telomere length—an important marker of longevity and biological youth. In short: people who consume more carotenoids may not only live longer, but live better.

The Catch? Eating Vegetables is not Enough and popular vegetables powders don't get you there.

Despite the popularity of "eating healthy," my research of 600 dermatology patients shows that no one absorbs enough carotenoids from diet alone or vegetable powder supplements to make a measurable difference.

### That's why our clinic takes a proactive approach:

We Measure Your Carotenoid Levels—Quickly and Painlessly

We use a patented, non-invasive scanner called First Vital Sign that instantly measures your carotenoid levels. Through shining a light into your finger I



give you a clear picture of your internal antioxidant status. This scan helps make sure your body is absorbing our nutraceuticals to change every cell in your body and slow your aging.

### Benefits of Carotenoids

As a dermatologist, I'm especially excited about what carotenoids can do for my patients:

- Decrease all-cause mortality
- Reduce Breast Cancer Risk
- Reduce Macular Degeneration Risk
- Reduce Risk of Alzheimer's
- Reduce Hip Fracture Risk
- Reduce Prostate Cancer Risk
- Enhance skin glow by depositing in the outer layer of the skin
- Defend against UV damage and environmental stress
- Reduce inflammation, redness, and oxidative stress
- Support collagen health, helping slow signs of aging

### Our Proven Supplement Solution:

In addition to testing, we offer the best carotenoid supplement sourced from Switzerland, Israel, India, and Japan—regions known for their commitment to purity and efficacy. After using this supplement for one year, I personally experienced measurable changes:

- My biological age is five years younger than my actual age
- My telomere length places me in the top 7% for men my age (measured by TruDiagnostic in collaboration with Harvard researchers)

### A New Approach to Longevity and Dermatology

Whether you're concerned about sun damage, premature aging, or long-term wellness, carotenoids are a safe, science-backed tool that deserves a place in your routine. At Georgia Skin & Cancer Clinic, we are proud to offer the technology, supplements, and expertise to guide you on that journey.

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# Helpful Habits for a Healthy Return to School!

BY SARAH JANE RUDOLPH, DNP, MSN, CPNP-PC, OWNER AND PROVIDER FOR ISLAND PEDIATRICS



As summer winds down, it's the perfect time to ensure your child is ready for a safe and healthy return to the classroom. At Island Pediatrics, we see firsthand how a strong start can set the tone for a successful school year. Here are a few essential tips to help your child head back to school feeling their best:

**Routine Check-Ups**

Be sure your child is up to date on well-child visits and immunizations. These check-ups monitor growth, screen for vision and hearing concerns, and provide an opportunity to address any developmental or health issues that may impact learning.

**Sleep Matters**

Now is the time to ease back into school-year sleep routines. Children need adequate rest—10 to 12 hours for younger kids and 8 to 10 hours for teens—to support mood, attention, and a strong immune system.

**Nutrition & Hydration**

Fuel your child's day with well-balanced meals and snacks. Aim for a mix of fruits, vegetables, whole grains, and lean proteins. Don't forget to pack a water bottle—staying hydrated is key to staying focused and energized.

**Mental Health Check-In**

It's normal for kids to feel anxious about going back to school. Let them know it's okay to talk about their feelings. Watch for signs of stress or behavioral changes, and encourage kindness, both to themselves and others. Maintain consistent family routines, make time for physical activity, and balance screen time with meaningful, real-world engagement.

**Germ Defense**

Teach your child good hand hygiene and discourage sharing food, drinks, or personal items. If your child isn't feeling well, keeping them home to rest helps prevent the spread of illness. When in doubt, don't hesitate to contact your pediatrician.

From all of us at Island Pediatrics, we wish your family a happy, healthy, and successful school year!



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# Squeeze in the Fun

Late-Summer adventures in Berkeley County!



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Old Santee Canal Park



Berkeley County Government

As summer winds down and “Back to School” approaches, don’t forget the incredible adventures still awaiting in Berkeley County! Cool off at the \*NEW splash pad at Cypress Gardens and enjoy special times with your little ones at Old Santee Canal Park’s Time for Tots programs (August topic=Pirates!)

Our lakes offer fantastic fishing and kayaking, while various local events and farmers’ markets provide family-friendly fun. Check out the full list of Berkeley County special events and farmers markets at [ExploreBerkeleyCounty.com](http://ExploreBerkeleyCounty.com)



Photography by Scott Lynch

## Berkeley County

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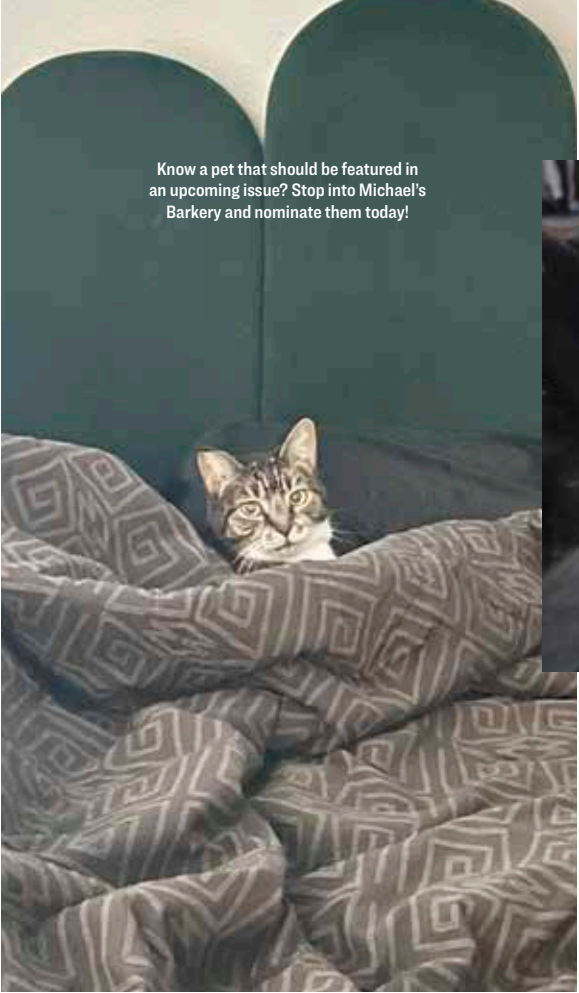
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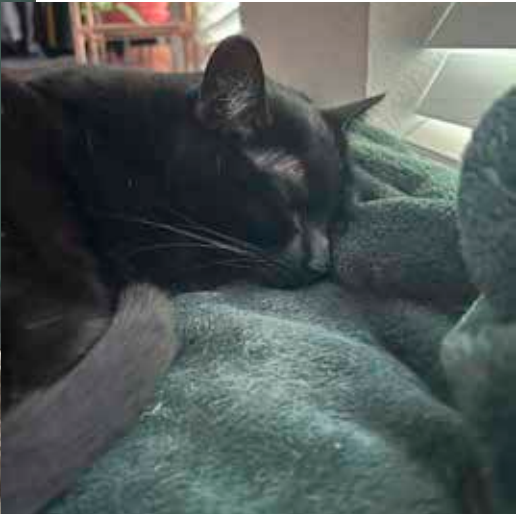
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Know a pet that should be featured in an upcoming issue? Stop into Michael's Barkery and nominate them today!



Where did you get them, and what made you decide to bring them home?

**Tala:** I got her at PetSmart. We used to ask the managers to let us in to play with the cats. She marked me and didn't like anyone else holding her—except me.

**Tamsin:** After I had to put down one of my cats, it took me about nine months

before I could stand looking at his empty bowl. I knew I was ready for another cat. My previous cat let me rub his belly, so I went to the shelter and rubbed as many cat bellies as I could until one let me—Tamsin. She didn't replace him, but she helped ease the pain.

If your cats had theme songs, what would they be?

**Tala:** *Mood of the Century* by Queen Herby (or, for a family-friendly option, *It Is You (I Have Loved)* by Dana Glover—the song Princess Fiona sings to the bird).

**Tamsin:** To the tune of *Shama Lama Ding Dong* by Otis Day and the Knights: “*Tama Lama, in the Lama Lama Ding Dong. Baby! She puts the ‘oh, meow meow,’ uh uh uh oh, back into my smile, child.*”

It is wonderful to meet you and learn all about you Tala and Tamsin!



# Purr-fect Pair

Meet Jenna's Cats, Tala & Tamsin

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What are your cats' names and what breeds are they?

Tala is a Manx, and Tamsin is a black Domestic Shorthair (DSH).

How would you describe each cat's personality in three words?

**Tala:** Pretty, pretty princess (affectionate, demanding, elegant)

**Tamsin:** Adventurous, loyal, stealthy

What's your favorite memory with them?

**Tala:** When I first saw her, I had to hold her. She immediately rubbed her

face against mine, and I knew she was my cat.

**Tamsin:** I was so happy the first time she sat in my lap. For the first two years, I thought she hated me—she only wanted to be around the other cats. Now she's my little shadow, and I know I'm the only person she truly loves.

Do they have a favorite toy, treat, or nap spot?

**Tala:** She tries to sleep at the head of my bed as often as she can.

**Tamsin:** She always looks for the highest place to nap—even if it's on top of the cabinets.

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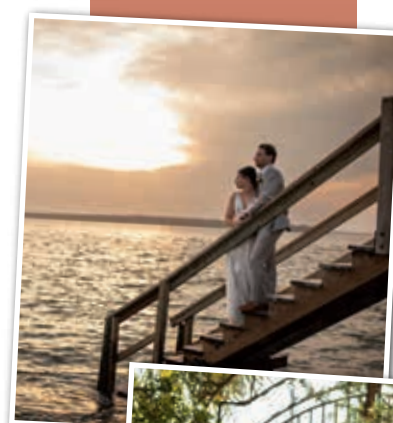


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# Making Anything Possible

Steve Gilroy's mission to empower through inclusion



Daniel Island resident **Steve Gilroy** believes that with a little creativity, compassion, and community support, anything truly is possible. Together with his wife, Sue, Steve launched **“Making Anything Possible”**—an inclusive, heart-driven initiative designed to create opportunities and experiences for individuals with special needs.

The inspiration came after Steve participated in a six-week special needs pickleball clinic in Mount Pleasant. Moved by the impact of the experience, he approached Rob Eppelsheimer at **LTP Daniel Island** with the idea to bring something similar to the island. With Rob's support and the help of Shana Mayer, the program was born.

What started with pickleball has since evolved into a vibrant offering of activities—from music therapy sessions and chartered DI Ferry rides to a visit to the Daniel Island Firehouse, ice skating at Credit One Stadium, and movie nights. The initiative aims to tap into the diverse talents of Daniel Island residents, whether in sports, the arts, or simply sharing time and connection.

Since its founding, *Making Anything Possible* has proudly represented the Lowcountry at the **South Carolina Special Olympics** twice and the **Special Olympics of North America** once. This fall, they'll travel to Hilton Head for their biggest competition yet.

In June, the group hosted its **first-ever Special Olympics-sanctioned pickleball event** at LTP Daniel Island, with 19 athletes, 25 volunteers, and nearly 100 in attendance, including



What started with pickleball has since evolved into a vibrant offering of activities

friends, family, and community supporters. The joy and energy were contagious, as was the overwhelming sense of inclusion and pride.

Steve and Sue continue to grow the program and are always looking for others to get involved. “If you have a particular talent or skill—whether it’s teaching a sport, playing music, crafting, or simply enjoying a game—please reach out,” says Steve. “We’d love to connect and find a way to share it with these incredible young adults.”

To get involved or learn more, please contact **Steve or Sue Gilroy** at **kindr@hotmail.com** or **(201) 788-2936**.



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# Game On!

*Sports, smiles & Saturdays with the Wilkinson siblings*

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because I want to learn more about the sport.

**Seamus-** I'd like to try tennis because it's an individual sport.

**Mack-** I'd like to try cheerleading because it's fun and I could meet new friends.

**What is a favorite memory for you that you have made in sports or here on Daniel Island?**

**Quinlyn-** my favorite memory is when my basketball team and I went to our last practice before the championship game and then we had a pasta party back at my house!

**Seamus-** my favorite memory was battling hard to win the basketball championship game at Daniel Island Rec Center!



**Mack-** my favorite memory was winning all the games in soccer.

**What is a favorite spot for you on Daniel Island?**

**Quinlyn-** my favorite spot is probably the rec center because I love practicing



basketball there with my coach (aka my dad!)

**Seamus-** The basketball courts behind DIS, I'm there most days, and my house!

**Mack-** Spinny park because it has lots of courts and fields and it's right behind my house!

**I like talking with my family at dinner time because I like to tell them jokes and make them laugh.**

—MACK



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**Let's get to know Quinlyn (11), Seamus (10) and Mack (6) Wilkinson!**

**What sports do you play, and what do you love most about being part of a team?**

**Quinlyn-** I play volleyball and basketball. I LOVE being part of a team because I like making new friends and learning new skills.

**Seamus-** I play basketball and lacrosse. I really love being on a team and learning new skills!

**Mack-** I play soccer, pickleball, and I dance at Peace Love Hip Hop. Having good sportsmanship.

**If you could spend a whole Saturday doing your favorite activity on Daniel Island, what would it be and who would you bring along?**

**Quinlyn-** I love boat rides. I would bring my dance friends and my basketball friends!!!

**Seamus-** Playing wiffle ball, basketball and kickball. And I'd have all my friends.

**Mack-** I would like to dance. I would like to bring my friend Belle who lives in Colorado.

**You have such a strong family bond—what's something fun or silly your family does together that always makes you laugh?**

**Quinlyn-** I love family movie nights. We've been doing it since I was little, and we always watch something funny.

**Seamus-** Having dance parties in our kitchen!

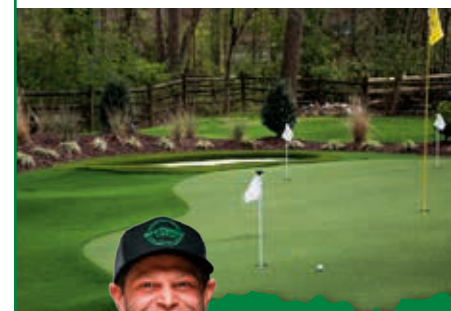
**Mack-** I like talking with my family at dinner time because I like to tell them jokes and make them laugh.

**If you could try any new sport or activity this year, what would it be and why?**  
**Quinlyn-** I would try more competitive volleyball



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# CONGRATULATIONS TO SOPHOMORE SOCCER PLAYER, PEYTON OWENS



**How do you manage to keep a good balance between your athletics and academics?**

I always try to prioritize finishing schoolwork before I step on the field. This allows me to fully focus on the task at hand and perform to my full potential.

**With a lot of seniors graduating, does the team have some new players ready to fill big shoes?**

I believe that our upcoming rising sophomore class will be leaders on and off the field. We will set the standard and represent what it means to be an Iron Horse in everything we do. Most of our players — including some of our incoming freshmen — have been playing together for many years, and we’ve developed strong chemistry. I don’t think we’ll have any trouble stepping up and filling the spots left by the graduating seniors.

**What was your most memorable moment from the 2025 season?**

My most memorable moment from the 2025 season was our semifinal playoff game against Academic Magnet. Seeing the whole Iron Horse community — from parents to students — show up to cheer us on was special for all of us players. The fans motivated us and gave us



I love soccer because every player brings a unique set of skills to the team.

energy during the game. It made me appreciate how lucky we are to have such an amazing community supporting us, win or lose.

**How are you and the team preparing and training for next year in the long offseason?**  
Right now, I’m focused on playing for my club soccer team. As a group, we’re all staying committed to school and working hard to keep our grades up, so when preseason starts in February, everyone will be eligible to play.

**What do you love most about soccer as opposed to other sports?**  
I love soccer because every player brings a unique set of skills to the team. I also enjoy how each team plays a different style, and as a group, you have to adapt and overcome their



strategies and formations. Lastly, I believe soccer is a sport for everyone — regardless of background or size — and that’s what makes it so inclusive.

**Congratulations Peyton!!**





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**Gut Health and Anxiety**

Emerging research shows that an imbalanced gut microbiome may have a significant impact on your mood and stress levels. For example, individuals with irritable bowel syndrome (IBS), a gut-related condition, often experience higher rates of anxiety and depression. Probiotic and prebiotic interventions have shown promise in alleviating these symptoms by restoring a healthier microbial balance.

**Gut Health and Mental Clarity**

If you’ve ever experienced brain fog or trouble concentrating, your gut health could be playing a role. Certain bacteria help reduce inflammation and produce short-chain fatty acids like butyrate, which support the blood-brain barrier and enhance brain function. A diverse diet rich in fiber and fermented foods can bolster these beneficial microbes.

**Fun Fact:** Fermented foods like yogurt, kimchi, and kefir are natural sources of probiotics that support gut-brain health!

**Conclusion**

Prioritizing gut health not only supports digestion but also contributes to emotional balance and sharper thinking. By taking care of your gut, you’re also taking a step toward a clearer, calmer mind.

**Ready to take the next step?**

If you’re ready to explore how your gut health could be impacting your mood and clarity, Turn the Page Health and Wellness is here to guide you. Let’s create a personalized wellness plan that supports your mind, body, and gut—together.

Attend one of our complimentary monthly seminars or call today to schedule a consultation. Visit our website to learn more!

**TIPS FOR A HEALTHY GUT & CLEAR MIND**

Here are a few effective strategies to support a healthy gut and enhance mental clarity:

- Eat a diverse range of high-fiber foods
- Incorporate fermented foods into your diet
- Stay hydrated
- Get regular physical activity
- Minimize processed foods and added sugars
- Manage stress through mindfulness and exercise

**GUT CHECK-IN: HOW'S YOUR GUT FEELING?**

Take a moment to reflect on your lifestyle and how it may be influencing your gut-brain connection. Consider the following:

- Do I regularly experience bloating, constipation, or digestive discomfort?
- How often do I consume fiber-rich or fermented foods?
- Have I felt unusually anxious, stressed, or foggy lately?
- Am I getting enough sleep and staying hydrated?
- How balanced is my diet when it comes to processed versus whole foods?
- Do I take time to relax and manage stress through practices like meditation or exercise?



**Turn the Page Health & Wellness**

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**Gut Health, Anxiety, and Mental Clarity: The Surprising Connection**

Did you know your gut and brain are in constant communication, influencing everything from your mood to your focus?

This fascinating connection, often referred to as the gut-brain axis, plays a critical role in mental well-being. More and more research is revealing that a healthy gut can contribute to reduced anxiety and improved mental clarity.

**The Gut-Brain Axis**

The gut-brain axis functions as a two-way communication system, allowing your digestive system and brain to influence one another. This connection is maintained through a combination of nerves, hormones, and immune system pathways. Your gut microbiome – the trillions of bacteria residing in your digestive tract – produces neurotransmitters like serotonin and dopamine, which influence mood and cognition.

**Fun Fact:** About 90% of the body’s serotonin – the ‘feel-good’ chemical – is made in the gut!

# Trust Your Gut

*The secret to feeling better inside and out*

WRITTEN BY DONAMARIE OLIGINO, LCSW



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Know someone we should spotlight in our community in an upcoming issue? Submit all ideas and content to [jenny.ladd@n2pub.com](mailto:jenny.ladd@n2pub.com).

## Kicking Off the School Year with Gratitude for Our Front Office Team at DIS

**AS SUMMER WINDS DOWN** and the excitement of a new school year begins, we want to take a moment to celebrate the incredible **front office staff at Daniel Island School**. Their tireless dedication plays a vital role in helping our children ease back into the rhythm of learning with confidence and support.

From the moment we're Greeted at the front door with a warm smile and a quick pause to be buzzed in, we know our kids are in a safe, caring environment. The front office team not only ensures smooth, safe drop-offs and pick-ups, but they also take time to answer questions, guide us through volunteer opportunities, and help coordinate those special lunch visits with our children. Their attention to detail and kind demeanor make every interaction a positive one—for parents and students alike.

Our community is incredibly grateful for the countless ways they support our school, and we are especially thankful to **Cindy Holmes, Sherry Jenkins, and Adalia Porcher** for being the calm, friendly faces at the heart of it all.

As we prepare to kick off another “**Osprey Proud**” school year, we hope each of them had time to rest and recharge this summer. We can't wait to see their smiling faces welcoming students back and setting the tone for a year filled with learning, growth, and joy.

*Thank you, front office team—you truly make DIS feel like home!*



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## In-Home Help for Modern Moms



Summer may be winding down, but that doesn't mean your calm and clarity have to go with it. As school routines return and mental checklists grow longer, many moms are looking for a new way to manage it all. **Mom Me Minute** offers **fractional in-home support** that helps with daily tasks so you can focus on what matters most, like your health, your family, and your own well-being.

Founded by **Liz Donovan**, **Mom Me Minute** is the modern village, reimagined for the way motherhood looks today. Grounded in research and built with heart, the service bridges the gap between what's expected of moms and what's sustainable. Nine in ten moms say they feel responsible for managing the household and more than half say it leaves them little time for themselves (Source: *Motherly State of Motherhood Report, 2024*).

That's where we come in. Whether it's organizing the pantry, folding laundry, resetting a playroom, meal prepping, or simply making your home feel more manageable, we get right to work intuitively. Effectively. With zero judgement.

**We support moms in every stage of motherhood, from postpartum to empty nesting, because each chapter brings meaningful transitions and evolving needs.**

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DANIEL ISLAND SCHOOL NEWS



# High Fives & Big Wins

*The DIS PTA Year in Review*

## SEE WHAT WE ACCOMPLISHED IN 2024-2025!

We're proud to share the incredible impact the Daniel Island School PTA had this school year—thanks to our amazing members, volunteers, and community supporters!

### WHAT WE RAISED:

- **\$86,000+** in **PTA Memberships**
- **\$31,000+** in **Fundraising** from:  
*Paint the Osprey, School Supply Boxes, Grocery/Amazon Spirit Store & Spirit Supply, Shopping Nights*
- **\$121,000+** from the **Fun Run**
- **\$24,500** from the **Daniel Island Community Fund Grant**
- **\$19,000** in **Business & Corporate Grants**

### PTA MEMBERSHIP DRIVE BEGINS THIS AUGUST

Stay tuned for the link to join the PTA and help support another amazing year at DIS!

### WANT TO GET INVOLVED?

Whether you're interested in volunteering or becoming a business partner, we'd love to hear from you! DM us, email [danielislandPTA@gmail.com](mailto:danielislandPTA@gmail.com), or visit [dispta.org](http://dispta.org) to learn more.



**Let's keep the momentum going—together!**



Left to Right: Katie Carlson- Outgoing Co-President/New VP of Communications; Sarah Murray- President; Lauren Barber-Outgoing Co-President/New VP of School Engagement



# YOUR NEIGHBORHOOD EXPERTS



Rachel Knight, Tourism Director

## MEET, STAY, AND PLAY THE BERKELEY COUNTY WAY

As Berkeley County's Tourism Director, I am proud to showcase our diverse and appealing meeting spaces that blend Southern hospitality with natural charm—ideal for corporate events, retreats, and conferences.

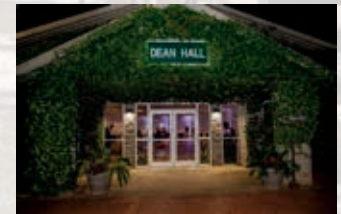
Our hotels and attractions offer responsive staff, flexible packages, and modern amenities to accommodate groups of all sizes. Whether you're planning a board meeting at a hotel or a team retreat at one of our top-attractions, you'll find venues ready to meet your needs. We're happy to connect planners directly with facility managers and help coordinate lodging, catering, and activities.

Several of our full-service hotels, including the Hilton Garden Inn in Summerville, offer flexible meeting rooms with modern amenities, on-site catering, and convenient access to I-26 and Charleston International Airport. These comfortable accommodations allow business travelers to meet, stay, and explore—all in one place.

For a truly unique setting, Cypress Gardens offers meeting spaces surrounded by blooming gardens and scenic blackwater swamps. Attendees can break out with boat tours, stroll through the gardens, and enjoy the sights and sounds of Berkeley County scenic wildlife, or relax in a nature-rich environment that fuels creativity.

Just down the road, Old Santee Canal Park provides 195 acres of marsh landwaterfront and forested boardwalks. The park's indoor event spaces and outdoor shelters are perfect for workshops, networking lunches, and team-building exercises.

Whether you're planning a board meeting, retreat, or corporate celebration, Berkeley County's mix of modern hotels, outdoor gems, and historic parks offers an unforgettable backdrop that turns any gathering into a memorable experience.



## YOUR 2025 EXPERT PANEL



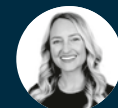
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Stephanie Selby Photography  
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Rachel Knight

Tourism Director  
[berkeleycountysc.gov](http://berkeleycountysc.gov)



# MEET THE DOTSON FAMILY



## Adventure, Community & a Dash of Mahjong

PHOTOGRAPHY BY NICOLE FEHR  
PHOTOGRAPHY

**Can you tell us a little about your family—where you're originally from, how long you've lived on Daniel Island, and what brought you to the community?**

We're originally from the Midwest and Florida, and have had the chance to live all over the world. But for the past three years, we've proudly called Daniel Island home. Before moving here, we lived in northern New Jersey while working in Manhattan. We were immediately drawn to Daniel Island for its warm, welcoming, and family-friendly atmosphere—not to mention the natural beauty all around us. From the moment we arrived, it felt like home, and we've never looked back. It's been an incredible place to raise our family.

**What are some of your favorite things to do together as a family around Daniel Island—any go-to parks, restaurants, or hidden gems you love?**

Anything that gets us outside near the water! The kids and Donnie love to fish, and as a family, we enjoy boating, beach days, and bike rides. You'll often find us at Waterfront Park or one of the pools. Our youngest, Izzy, is a big fan of the playgrounds, and with two dogs in tow, we're frequently walking around Smythe Lake.

**With the new school year just around the corner, are the kids (and parents!) excited to head back? What are they most looking forward to?**

The kids are excited for the new school year! Izzy is heading into second grade, and Wyatt will be in fourth. Wyatt plays soccer with Charleston Soccer Club, and Izzy is a swimmer—both are looking forward to starting sports and activities. And of course, they're excited to reconnect with friends. Fall is such a great time of year here—so

many fun activities and Halloween is always a favorite.

**Tell us a fun or surprising fact about each family member—something that makes each of you unique!**

Donnie is the Founder / CEO of *Carry*—a company that helps up-and-coming pro golfers find sponsors. He'll tell you it's the hardest thing he's ever done, and that's saying something. He previously served as an infantry Marine and in the clandestine service as a





Know a couple, individual, pet or family that we should feature in an upcoming issue? Please email [jenny.ladd@n2pub.com](mailto:jenny.ladd@n2pub.com).



CIA-certified human intelligence officer before transitioning to a finance role at Goldman Sachs (part of what took us to northern NJ / NYC area).

Having lived all over the world, we couldn't be happier to have found Daniel Island where we are thrilled to stay put! Izzy and Wyatt each won the Daniel Island Fishing tournament – Wyatt won in 2022 when we moved here and Izzy won the year after in 2023. They are still very proud of that... the DI Inshore Fishing Club and tournament team do such an outstanding job for all the kids every year!

Outside of my full-time job, I am launching a Mahjong lifestyle business this Fall with another Daniel Island resident, Alex Earls. We've had lots of fun playing Mahjong and dreaming up our new business, *Tala*. More to come on that as we get closer to launching!

#### What do you love most about raising a family on Daniel Island?

Daniel Island is more than a neighborhood—it's a true community. We love how connected everything is, from biking and walking trails to great schools and friendly neighbors. It's a place where our kids can roam safely, ride their bikes to the park, and where families come together regularly. The natural beauty, welcoming spirit, and our church family just over the bridge in Mt. Pleasant (Seacoast) make it even more special. It's everything we hoped for—and more—when we chose to plant roots here.

*We love seeing that the Dotson's are ALL IN on the DI Island Life! We are glad you chose this community as your home!*

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DI FUN

## LUNCHBOX WINS

*Easy, healthy, and kid-approved ideas*

**BACK-TO-SCHOOL SEASON** is here, and that means it's time to start thinking about packing lunches that are both healthy and kiddo-approved. Whether you're aiming for balanced bento boxes, build-your-own wraps, or simple snacks with a nutritional punch, a little planning goes a long way. And when you need a quick assist, don't forget to swing by local favorites like **NY Butcher Shoppe** or **Bucks Deli**—perfect for grabbing fresh meats, cheeses, and other essentials that make assembling nutritious lunches a breeze. From protein-packed roll-ups to fun fruit combos and veggie dippers, there are plenty of easy options to keep your child energized and focused throughout the school day. With just a few smart choices (and maybe a treat or two!), you'll be winning lunch in no time.

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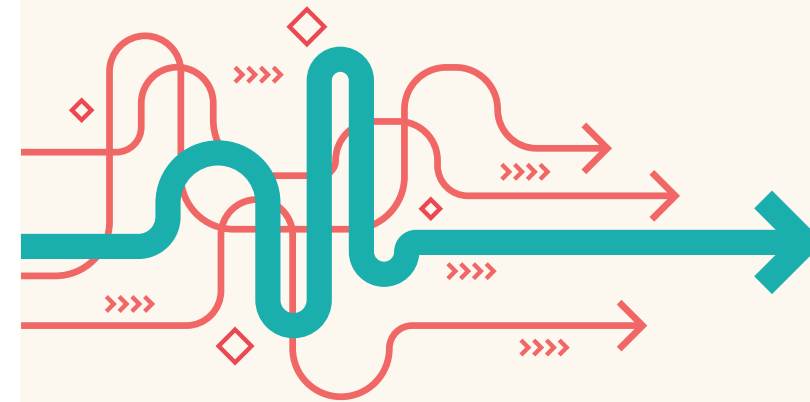
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# Meet Your Pediatric Dentist in Point Hope, Dr. Sarah!

**C**oastal Kids Dental & Braces focuses on providing high-quality, kid-friendly dental care, ensuring your child feels comfortable every step of the way. The practice proudly serves families throughout the Lowcountry—and now, the growing **Point Hope** community of Charleston.

The Point Hope office brings together a warm, experienced team and a thoughtful environment built just for kids. From the colorful décor to the gentle communication style, everything is designed to make patients feel safe and supported during each visit. Services include routine cleanings and exams, fluoride treatments, sealants, digital X-rays, and more—all tailored to meet the unique needs of children and teens.

Leading the team at Point Hope is **Dr. Sarah**, a board-certified pediatric dentist with a passion for helping kids build lifelong confidence in the dental chair.

**Q: Please share with us a little about your background!**

**A:** When I was a kid, I loved working with my hands, and I was always drawn to science classes. This led me to dentistry. I received my bachelor's degree from Augusta University in Augusta, GA, in cell and molecular biology, and then I attended dental school in Augusta at The Dental College of Georgia. I also stayed there for my pediatric dentistry residency.

**Q: What do you enjoy most about pediatric dentistry?**

**A:** The most enjoyable part about being a pediatric dentist is connecting with my patients and watching them grow up with each visit to the office.

**Q: When you're not in the office, what do you like to do for fun?**

**A:** When I'm not in the office, I enjoy playing soccer, walking, cooking, and



traveling. My husband, Brad, who was my dental school sweetheart, and I have nine nieces and nephews, so we love spending time with them whenever we can. We also have a fluffy cat named Oliver who always keeps us entertained!

***"Dr. Sarah and her staff at the Point Hope location are top notch! Everyone there makes my son feel comfortable and goes out of their way to accommodate his needs."***

—MALLORY P.

Whether it's your child's first visit or you're looking for something closer to home, Coastal Kids Dental & Braces is here to help.

**Visit the Point Hope office at:**  
122 Renaissance Ln, Charleston, SC 29492

Learn more at [CoastalKidsDental.com](https://CoastalKidsDental.com) or call 843-594-5240 to schedule an appointment.







# Exploring the World with a Local Touch

## Meet Lori Pittari of Cruise Planners

AS A DANIEL ISLAND RESIDENT and travel expert, **Lori Pittari** turned her lifelong passion for travel into a thriving business by becoming a franchise owner and trusted advisor with **Cruise Planners**. Inspired by a love for exploring new cultures and helping others create unforgettable memories, Lori saw an opportunity to bring stress-free, personalized travel planning to her community—right from her backyard. “*Travel has always been more than a job to me—it’s a way to connect people to the world and to each other,*” Lori shares. By partnering with Cruise Planners, she gained access to cutting-edge tools, exclusive travel deals, and a global network of partners. This allows her to craft custom itineraries—from luxury cruises and European getaways to family vacations and once-in-a-lifetime adventures.

In an age where online booking platforms dominate, Lori explains why working with a local, experienced advisor is a true game-changer. “I offer insight, peace of mind, and

personalization you won’t get from a search engine,” she says. Her clients benefit from:

- **Insider Knowledge** of destinations, hidden gems, and the best times to travel.
- **Time Savings** by taking over research, bookings, and logistics.
- **Custom Planning** based on preferences like activity level, cuisine, and budget.
- **Real-Time Support** when unexpected travel issues arise.
- **Exclusive Perks** like upgrades, onboard credits, and VIP experiences.
- **Exceptional Value** through smart planning and industry partnerships.

With a hands-on approach and a heart for service, Lori helps families plan trips that are not only memorable but meaningful. One of her most treasured destinations? Italy. “Visiting Italy was deeply personal for me. It helped me reconnect with my heritage, explore rich traditions, and walk through the same streets as my ancestors. It wasn’t just a

trip—it was an experience that gave me a stronger sense of identity,” she says.

Lori’s dedication extends beyond planning perfect itineraries—she’s also committed to being a trusted resource for Daniel Island neighbors, offering flexible consultation times and tailored services right here in the community.

Ready to plan your next escape? Lori would love to help you get started. Whether you’re dreaming of a tropical beach, a European river cruise, or a guided family adventure, she’s here to make the process simple and stress-free.

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# DANIEL ISLAND WOMEN IN BUSINESS



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Founded by Tricia Peterson, Island House Real Estate is a boutique residential and commercial real estate firm recognized in the top 2% of Charleston Realtors. Known for her empathetic approach, creative solutions and tireless, tenacious effort, Tricia is a trusted resource and advocate for her clients to buy and sell their homes and invest in real estate. She has curated an unparalleled team with over 26 years experience and over \$350 million in sales, and a collaboration of partners across interior design, construction, legal, finance, and more - giving signature service far past closings to connect you with the full spectrum of support you need to feel confident and empowered. Tricia's background includes a Doctorate in Physical Therapy - although these two ventures may seem worlds apart, for her the common denominator is helping others make smart, informed decisions that will significantly impact their quality of life.

[www.islandhouse realestate.com](http://www.islandhouse realestate.com)  
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**Stephanie Donovan MSN, NP-C**  
Hello Daniel Island Neighbors! I'm Stephanie Donovan, a board-certified Adult Primary Care Nurse Practitioner specializing in hormone/endocrine disorders and aesthetic medicine. My dedication to enhancing quality of life led me to establish Charleston Hormone Services (CHS) to support both men and women on their wellness journeys. My passion for hormone replacement therapy and holistic care is rooted in personal experience. Dealing with fatigue, brain fog, fluctuating libido, mood swings, weight changes, and infertility in my 30s, I found transformative relief through hormone balancing. At CHS, we offer personalized treatments, including anti-aging therapies, testosterone replacement, hormone balancing, thyroid management, weight loss solutions, nutritional guidance, and cosmetic injectables. With a concierge-style approach, we prioritize appointment-only services, flexible scheduling, advanced diagnostics, and ample time for achieving wellness objectives. Patients can choose from me, Megan Sharpe MSN, AGNP-BC, or Soay Aggrey DNP, FNP-C for tailored care. Join us at CHS, where compassionate expertise meets unwavering dedication on our journey toward lifelong wellness.

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**Meet Donamarie**  
**Writing New Beginnings**  
I'm Donamarie Oligino, a Licensed Clinical Social Worker with over 20 years of experience dedicated to helping individuals like you achieve lasting wellness. My approach to therapy is deeply rooted in the belief that true healing encompasses the entire person—mind, body, and spirit. By combining proven therapeutic techniques with functional medicine, I offer a holistic, integrative path to emotional and physical well-being. Whether you are navigating anxiety, insomnia, depression, weight gain, inflammation, nutritional concerns, trauma, grief, or relationship challenges, I am here to support you. My unique approach blends therapeutic counseling and functional medicine to address both your emotional and physical health, empowering you to heal and thrive. You have the strength and resilience to overcome any obstacles you face. Together, we'll create a personalized, strengths-based plan that fosters balance, vitality, and a deeper sense of fulfillment. If you're ready to take the first step toward a healthier, more vibrant life, my team and I are here to guide you every step of the way. Let's begin this transformative journey together and unlock the best version of you! Schedule a free discovery call and/or reserve your spot at one of our free monthly seminars to learn more.

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Daniel Island

# DANIEL ISLAND WOMEN IN BUSINESS





# POLLINATORS

BY MARTA RING, OWNER OF MLR DESIGN

Pollinators might be small, but they play a big role in every healthy garden. From bees and butterflies to hummingbirds and other helpful visitors, these garden friends need the right plants and a safe place to land. They are responsible for bringing us one out of every three bites of food. They also sustain our ecosystems and produce our natural resources by helping plants reproduce.

Pollinators travel from plant to plant carrying pollen on their bodies in a vital interaction that allows the transfer of genetic material critical to the reproductive system of most flowering plants.

## What attracts Pollinators to plants?

Plants have certain traits that entice pollinators, such as flower color, shape and scent.

- **Bees** prefer purple, blue, orange, or yellow flowers with short tubes or no tubes that are easily accessible.
- **Butterflies** favor white, pink, red, yellow, or purple flowers with a place to perch while they sip on nectar.
- **Hummingbirds** love flowers in vivid shades of red, yellow, and purple with a tubular shape that they can access with their long narrow beaks.

## Plant for Pollinators

- Habitat opportunities abound on every landscape – from window boxes, patio planters, to flower beds– every site can be a habitat.
- Utilize plants native to your area (or at the least, non-invasive for your area).
- Plant in clusters to create a “target” for pollinators to find.
- Plant for continuous bloom throughout the growing season from spring to fall.
- Select a site that is removed from wind, has at least partial sun, and can provide water.

*Happy gardening!*

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With school back in session and schedules shifting, it's the perfect time for all you amazing mamas to carve out a little time for yourself! This month's Shop Local spotlight shines on **The Bar Method Daniel Island**—a boutique fitness studio focused on empowering women through strength, movement, and community.

Their *Barre* classes are an ideal way to reconnect with your body, reduce stress, and build long, lean muscle in a supportive, uplifting environment. Whether you're new to barre or a seasoned pro, their certified instructors will guide you through low-impact, high-result workouts designed just for you.

So while the kiddos are hitting the books, treat yourself to something just as rewarding—your own time to feel strong, centered, and confident. **Stay tuned for a fun community class coming your way in early September!**

Click on the **QR code** or go to **www.barmethod.com/locations/charleston-daniel-island/buy** to learn more about their **new client specials** and book your first class!



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## Three-Peat Victory for the DI Flying Fish!

Congratulations to the Daniel Island Flying Fish for taking **First Place at City Meet**—for the **third year in a row!** This incredible accomplishment is a testament to the hard work, dedication, and team spirit of our amazing swimmers, coaches, and supportive families. From early morning practices to thrilling race-day finishes, the Flying Fish continue to represent Daniel Island with pride and heart. Huge shoutout to the coaches for their leadership, the swimmers for their grit, and the parents who make it all possible. We are so proud of you all—**GO FLYING FISH!**

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Why strength training matters:

- **Preserves lean muscle** during a calorie deficit
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- Enhances **insulin sensitivity**, bone density, and long-term health

3. Macros Matter: Not Just How Much, But What

A calorie deficit creates fat loss — but macronutrient balance determines how well your body performs and recovers during that process.

- **Protein:** Essential for muscle retention and satiety—you can't build muscle without it.
- **Carbs:** Power your workouts and aid recovery.
- **Fats:** Support hormones, brain function, and help keep you full.

4. Daily Tracking: Awareness is Power

You can't manage what you don't measure. Tracking daily habits—food, workouts, body metrics, even sleep—creates accountability and awareness. Tools I recommend using to help monitor progress and support accountability:

- **MyFitnessPal**
- **Body measurements**
- **Workout logs**

5. Setting Realistic, Measurable Goals

Saying “I want to get in shape” isn't enough. I help clients create SMART goals:

Specific, Measurable, Achievable, Relevant, and Time-bound.

Final Thoughts: Build, Don't Just Burn

At JD Fitness, I use these five key ingredients to help clients achieve **long-term body recomposition**—losing fat, building or maintaining muscle, and living stronger. It's not a quick fix—it's a proven system. And it works.

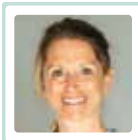


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# LIFT, TRACK, REPEAT

How JD Fitness builds better and stronger bodies

BY JENNIFER DAVIS, OWNER OF JD FITNESS



As a personal trainer, I've worked with clients across all fitness levels. While their goals may vary—from getting beach-ready to improving long-term health—one thing remains constant: they want to lose fat and gain muscle. Understanding how fat loss actually works and how muscle is built—not the myths floating around online—is key to long-term success.

At JD Fitness, I offer more than just workout classes. I provide private and small group programs built around science-backed principles: strength training, calorie deficits,

macro management, daily tracking, and realistic goal setting.

1. The Science of Fat Loss: It's All About the Deficit

Let's be clear: **fat loss happens when you burn more calories than you consume**, also known as a calorie deficit. This isn't a trend or a trick—it's basic human physiology.

- Fat loss = consistent calorie deficit over time
- Faster isn't always better—set a sustainable pace and realistic goals

2. Strength Training: The Ultimate Fat-Loss Accelerator

If you're not lifting weights while trying to lose fat, you're doing it wrong.

“My goal was never just about the number on the scale—it was about my overall health. With JD's guidance, I committed to strength training, tracked my food, and made simple, intentional changes to my diet. In just two months, I lost 10 pounds, but more importantly, I saw a 7% drop in my BMI. That shift was the real win. JD's program gave me the tools, accountability, and support to create real, lasting change.”

—E.S., JD FITNESS CLIENT

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# A Senior Portrait Experience As Extraordinary As They Are

BY STEPHANIE SELBY, OWNER OF STEPHANIE SELBY PHOTOGRAPHY



As summer fades and the scent of sharpened pencils and fresh notebooks fills the air, a quiet realization dawns on many parents: senior year is here. It's a year of "lasts"—the last first day of school, the last homecoming, the last walk through familiar hallways—and it all goes by in the blink of an eye.

At Stephanie Selby Photography, we believe these fleeting moments deserve more than a quick snapshot. They deserve to be celebrated, preserved, and transformed into something tangible—a work of art your family will cherish for generations.

## MORE THAN A PHOTO SHOOT—AN EXPERIENCE

Our senior portrait experience is unlike anything else in the Lowcountry. It's thoughtfully designed to give each senior their own moment in the spotlight, while giving parents the peace of mind that they've chosen a studio known for excellence, style, and an elevated full-service approach.

From the very first phone call, our team guides you every step of the way—beginning with a style and concept consultation to map out the perfect wardrobe, locations, and aesthetic. Whether your senior dreams of something editorial and fashion-forward or soft and natural among Charleston's mossy oaks, we craft a session that's as unique as they are.

Our sessions include professional hair and makeup, optional multiple locations, and expert posing direction to help even the most camera-shy teens feel confident and seen. We handle all the details so you can simply enjoy the moment.

## THE ART OF LEGACY

Once the portraits are captured, the magic truly begins. During your private ordering appointment, we'll guide you through creating custom heirloom albums, wall art, and fine prints that turn these memories into timeless treasures. These aren't just photographs—they're legacy pieces.

Many families also take this opportunity to update their family portrait by adding a short family session to the end of their senior's shoot. There's something powerful about capturing the entire family during this season of change—one last portrait before your baby takes flight.

## AN INVITATION TO CELEBRATE

This fall, we'll once again open a limited number of senior sessions for the Class of 2026. These sessions are highly sought-after and tend to book months in advance. If your family values quality, artistry, and a luxury experience from start to finish, we invite you to schedule a consultation and begin the journey.

Because this moment is once-in-a-lifetime. Let's capture it beautifully.

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# DRIVEN BY PASSION

*The story behind Murray Mobile Wash and Detail*



**FOR NEARLY TWO DECADES**, Nathan Murray worked a demanding schedule in the steel industry. As his children grew, he knew it was time to prioritize family over the long and irregular hours. After careful thought and planning, Nathan and his wife decided to take a leap and start a business rooted in something he had loved since childhood: caring for cars.

Nathan's passion for vehicles started young. "We were a family that cared deeply about our cars," he shares. One standout memory was maintaining his mom's 1982 Dodge Challenger for 30 years. They kept it in near showroom condition until it was sold in 2012. That early experience shaped his lifelong respect for car care and attention to detail, which he now brings to every client through **Murray Mobile Car Wash & Detail**.

Today, Murray Mobile Car Wash & Detail offers professional mobile services for cars, SUVs, boats, RVs, commercial fleets, and even airplanes. While seasonal services like RVs and boats pick up in spring and summer, Nathan says cars and SUVs are the top

request among Daniel Island clients—especially those who enroll in the monthly maintenance program to keep their vehicles in peak condition year-round.

The booking process is designed to be seamless. Clients can view services and book directly through the website, or contact Nathan by phone, text, or email. Communication is prompt, and each appointment includes reminders, arrival notifications, and even photos upon completion. "We pride ourselves on responsiveness and professionalism," Nathan says. "It's part of what makes our motto, *Details Matter*, so important—both in service and customer care."

That same attention to detail extends to community outreach. One of Nathan's favorite projects has been detailing vehicles for teachers and staff at **Daniel Island School** during appreciation weeks. "Seeing the excitement from teachers who've never had their car professionally detailed is the most rewarding part," he says. The team also



participated in the school's Summer Kick-Off event—using their water tank and foam cannon to power a slip-and-slide for students.

Whether it's a luxury sedan, a family SUV, or a boat getting ready for a weekend getaway, Nathan and his team bring pride and precision to every job. At its core, Murray Mobile Car Wash & Detail is about more than clean vehicles—it's about family, community, and craftsmanship you can trust.

**To learn more or book your next detail, visit [www.murraymobiledetail.com](http://www.murraymobiledetail.com).**



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# From One Parent to Another

## 10 Financial and Legal Essentials Before Your Child Heads to College

STEPHANIE MACKARA, WEALTH ADVISOR



The day is almost here. My own son is heading off to college next month, and like so many parents, I’m standing at that emotional edge—proud, excited, and slightly undone by the thought of letting go. Whether your child is off to college, a gap year, or another adventure, this season of transition is big—for both of you.

Amidst the shopping lists, dorm checklists, and emotional goodbyes, it’s easy to overlook a few important financial planning steps that can truly matter. Here are 10 key things to consider, both as a wealth advisor and as a mom deep in this moment with you.

### 1. Legal Documents: Power of Attorney, Health Care Proxy, and FERPA Release

Once your child turns 18, you no longer have automatic authority to make medical or financial decisions on their behalf—even if you’re footing the tuition bill.

- Durable Power of Attorney allows you to step in for financial matters.
- Health Care Proxy enables you to make medical decisions if your child is incapacitated.

- FERPA Release Form (Family Educational Rights and Privacy Act) gives you access to academic and billing information. Without it, colleges cannot legally share grades or tuition status—even with parents.

Get these documents signed before they leave. It’s a small step that can prevent major complications later.

### 2. Create a Budget—and Set Expectations

Talk openly about who’s covering what. Will you pay for school supplies, meals, and books? What about concerts or off-campus outings? Setting clear expectations now helps your child develop responsibility and confidence—and encourages them to save from any summer job earnings.

### 3. Discuss Debit vs. Credit Cards

Help your child understand the difference, and set clear guidelines:

- Debit cards are useful for everyday spending and easier to manage when learning to budget.
- Credit cards (with a low limit and co-signer) can help build credit and are often safer for online purchases such as flights or emergencies.

Teach the importance of paying credit balances off in full, avoiding late fees, and recognizing that interest adds up fast. Also, warn them about the barrage of credit card offers they’ll soon receive—and the power of saying no to those free T-shirts.

### 4. Open a Roth IRA (If They’re Working)

If your student has earned income from a job, consider opening a Roth IRA and investing in a diversified index fund. Contributions grow tax-free and can be withdrawn in retirement—or even earlier for qualified expenses. It’s a brilliant head start on long-term wealth building, even with small amounts.

### 5. Educate Them About Scams and Digital Safety

College students are prime targets for fraud. Go over how to spot phishing emails, fake job offers, and suspicious links. Encourage them to set strong passwords, enable two-factor authentication, and monitor accounts regularly.

### 6. Review or Add Renter’s Insurance

If your child will live in a dorm or apartment, make sure their belongings are protected. Your existing homeowner’s policy may extend coverage—but it’s worth confirming. If not, renter’s insurance is typically inexpensive and worthwhile.

### 7. Clarify Student Loan Responsibilities

If your family is taking on student loans, be transparent about:

- How much is being borrowed
  - Who’s responsible for repayment
  - When payments begin and how much they will be
- Understanding the long-term impact of debt now can help your student make smarter choices later.

### 8. Set Up Online Banking Access

Make sure your student has full access to online/mobile banking—and that they know how to monitor balances,

avoid overdraft fees, and use digital tools to track spending. Depending on your dynamic, you might consider having view-only access to help them stay accountable without hovering.

### 9. Establish an Emergency Fund

Even a modest emergency fund in a high-yield savings account can be a lifesaver—for unexpected travel, repairs, or technology issues. This teaches the habit of saving for life’s inevitable surprises.

### 10. Talk About Financial Values, Not Just Dollars

This might be the most important item of all. What does money mean in your family? What does it support—freedom, generosity, security, and independence? Share your stories. Listen to theirs. These conversations plant seeds that go far beyond any budget or bank balance.

### Final Thought:

Your child is stepping into a new world—and so are you. These financial and legal steps create structure, but what I believe they really offer is something deeper: peace of mind, empowerment, and a way to stay connected as they take flight.

*Important Disclosure: Stephanie Mackara is a Partner, Managing Director at Beacon Pointe Advisors, LLC. The information contained in this article is for general informational purposes only. Opinions referenced are as of the publication date and may be modified due to changes in the market or economic conditions and may not necessarily come to pass. Forward-looking statements cannot be guaranteed. Past performance is not a guarantee of future results. Beacon Pointe has exercised all reasonable professional care in preparing this information. The information has been obtained from sources we believe to be reliable; however, Beacon Pointe has not independently verified or attested to the accuracy or authenticity of the information. The discussions, outlook, and viewpoints featured are not intended to be investment or legal advice and do not consider specific investment objectives or risk tolerance you may have. All investments involve risks, including the loss of principal. Consult your financial professional for guidance specific to your circumstances.*



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# Pantry Postcards

*Forget the trinkets — the most memorable mementos are the ones you can eat.*

BY SHAUNA OSBORNE, NATIONAL EDITOR

Summer travel isn't just about the scenery; it's about the flavors that linger long after the bags are unpacked. From syrup and jam to hot sauce and hard cider, regional food finds make delicious keepsakes. Whether picked up at a roadside stand or tucked into your carry-on from a local market, these edible souvenirs are a satisfying way to bring your travels back to the table.

## SWEET THINGS

The Northeast delivers when it comes to seasonal sweetness, offering pantry staples like wild blueberry jam and amber-rich maple syrup. In apple-growing regions across New York and New England, cider doughnuts and spiced butters are reason enough to return yearly. Also worth stashing in the suitcase: blocks of maple sugar and locally crafted candies like maple creams or molasses chews, old-fashioned indulgences with staying power.

## SAVORY STAPLES

The Midwest and South shine with simple, hearty flavors that travel well. Stone-ground grits and coarse cornmeal bring a taste of the Carolinas to weekend breakfasts or cool-weather cooking. In Georgia and South Carolina, pecan groves yield more than pie filling; whole or candied, these buttery nuts offer a satisfying snack or baking addition long after the trip ends.

## SPICE & HEAT

Across Texas, Louisiana and the Southwest, smoky rubs and dry chili blends pack bold, regional flavor into every dash. In Appalachian towns and Rust Belt cities, preserved and fermented goods like pickled vegetables, krauts and relishes lend a different intensity — sharp, briny and deeply gratifying. Many are made with local produce, reflecting the richness of the land as much as the recipe.

## PRODUCE THAT TRAVELS

Fresh fruit doesn't always make it far, but some harvests hold up well. Apples from New England and Great Lakes orchards, peaches from late-summer groves in Georgia and the Carolinas, and sweet potatoes from Southern fields all fare well in cool cars or checked bags, a simple way to savor the season without rushing the meal.

## SAUCES & SPREADS

A good spread goes a long way. From small-batch preserves and berry compotes in the Pacific Northwest to tangy pepper jelly in the South, spreads often say more about a region than its postcards. In Midwestern kitchens, mustard and tomato jam offer rich, local flavor in every jar. Look for labels with just a few ingredients, a sign of care and craftsmanship that travels well from road trip to kitchen counter.



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# resident business guide

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