MEDICAL BENEFITS OF CBD
PAIN MANAGEMENT • MENTAL HEALTH • GENERAL HEALTH

CBD Has Targeted Use For:
- Pain Management
- Anxiety
- Depression
- Migrains
- Nausea
- Addiction
- Insomnia
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HEMP OIL PRODUCTS
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- Water Soluble Oil
- Gummies
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- E-Liquids for Vaping
- Topical Creams
- CBD Oil and Treats for Pets

Health without the High.

Cannabidiol, better known as CBD, is a compound found in industrial hemp plants that offer numerous medicinal benefits, without the psychoactive effects or "high" that marijuana is associated with. Some of the known uses for CBD include reducing inflammation, relieving pain, reducing feelings of anxiety and depression, and reducing or eliminating epileptic seizures (in some very rare forms). CBD is often used by patients looking for a natural alternative to pharmaceutical medications for chronic conditions, and its popularity has grown immensely over the past decade due to emerging research and interest from big science brands (such as BAYER).

1702 Highway 17 N • Surfside Beach • 843.712.1003
cbdstorehhs@gmail.com • SurfsideSC@CBDx4u.com

NOTE: CBD is not approved treatment for any of the conditions listed and has not been reviewed by the U.S. Food and Drug Administration. This is intended to be used as an herbal health supplement.

Hopsewee Plantation
article on pages 16 & 17

Hopsewee is the birthplace of Thomas Lynch Jr. signer of the Declaration of Independence. This Circa 1740 Plantation house is open for Attic to Cellar Tours and the award winning tea room is open for lunch. Hopsewee is also available for weddings and other events. (Photo credits & information, www.hopsewee.com)

The Coastal Journal
July 2019
www.TheCoastalJournal.com
Beat the Heat Walking Tour
Walking Tour of Downtown Conway
July 13, 2019

Hillary Howard, Executive Director
Conway Alive

Tour-goers enjoy the Beat the Heat Tour on an early morning in Downtown Conway.

Enjoy a guided walking tour of Downtown Conway on Saturday, July 13 at 8 AM. Depart the Conway Visitor Center at 428 Main Street for a one mile tour of Historic Downtown Conway. During the stroll enjoy tales of notable Conway citizens, facts about our Spanish moss draped Live Oak Trees and the history of our beautiful structures.

The tour is $5 per person and free for Conway Alive Partners. Reserve your spot at conwayalive.com. For more information contact Conway Downtown Alive at 843 248 6260.

ABOUT CONWAY DOWNTOWN ALIVE
Conway Downtown Alive is a non-profit organization that aims to stimulate economic development, encourage historic preservation and promote the vitality of Downtown Conway.
Surf Dreams Foundation is dedicated to helping kids & adults enjoy the sport of surfing. Our goal is to get every kid and adult in the water that has the desire to surf.

**SURF CAMP**

- Full Week (Mon-Thurs): $299  •  Single Day: $80
- All Ages are welcome to participate Monday - Thursday: 9 am - 12 pm
- Surfing is such a great water sport and when you are in the hands of true surf professionals learning to surf is accessible for people of all ages, so never think you’re too old to learn surfing! Learn to paddle, read the waves, ocean safety, proper technique and meet new friends. All camps include water, snacks and a surf camp T-Shirt. Surfboards are provided. Please wear bathing suits and/or board shorts and be ready to get wet! You are welcome to bring a towel, and a dry t-shirt for the end of the day.

**PRIVATE LESSONS**

- Monday - Saturday
- $75 Per Person • 1 1/2 Hours
- Come let our world class and highly trained certified instructors teach you the fundamentals of surfing so you’ll be enjoying the thrill, instead of experiencing the frustration! Get the high quality attention that you deserve and the professional instruction that you expect. All lessons emphasize safety and fun, but we also take the next step in teaching our students to read the ocean and judge waves so they can start to build their own confidence.

**GROUP LESSONS**

- Monday - Saturday
- $65 Per Person (Minimum 4 People)
- Beginner group surfing lessons with our team is a great introduction to the sport of surfing. If you have always wanted to give surfing a try and experience the ocean in a new way, our group surfing lessons are for you. Perfect for vacationers, our popular 2-hour learn-to-surf clinic will get you stoked while keeping you safe. Learn about positioning, paddling, safety, etiquette, and how to stand up and fall properly. Bring your friends and family to watch, laugh, and take pictures of your memorable adventure.

**SURF CAMP**

- Full Week (Mon-Thurs): $299  •  Single Day: $80
- All Ages are welcome to participate
- Monday - Thursday: 9 am - 12 pm

Surfing is such a great water sport and when you are in the hands of true surf professionals learning to surf is accessible for people of all ages, so never think you’re too old to learn surfing! Learn to paddle, read the waves, ocean safety, proper technique and meet new friends. All camps include water, snacks and a surf camp T-Shirt. Surfboards are provided. Please wear bathing suits and/or board shorts and be ready to get wet! You are welcome to bring a towel, and a dry t-shirt for the end of the day.

**ADVANCED CAMP**

This camp is for our intermediate to advanced surfers looking to improve their surfing skills. The advanced surfing program will teach you to surf better, surf fitness, training, heat strategy, board knowledge and ocean safety. Surfers must be able to catch waves on their own and have a surfboard.

Surf Dreams Foundation
7960 Spruce Ln., Murrells Inlet, SC 29576
843.455.2705
email: surfdreamsfoundation@gmail.com
www.surfdreamsfoundation.org
Broadway At The Beach Teams With Blue Star Mothers In Great American Summer Nights Celebration

Jay Rodriguez, LHWH Advertising & PR

Face Painting, Fire Dancing, Musical Entertainment, Fireworks And More Are A Part Of This Summer’s Festivities

Broadway at the Beach, South Carolina’s most visited attraction, is proud to announce the official kick off of summer and its partnership with Blue Star Mothers of America as part of the Great American Summer Nights celebration.

Broadway at the Beach and Blue Star Mothers are partnering this summer to give back to our military in the form of heartfelt words of encouragement and monetary donations.

Blue Star Mothers of America are mothers, stepmothers, grandmothers, foster mothers and female legal guardians who have children serving in the military, guard or reserves, or children who are veterans. These mothers support each other and their children while promoting patriotism. The organization focuses on their mission every single day and vow to never forsake the country’s troops, its veterans or the families of its fallen heroes. Currently, there are more than 6,000 members from more than 200 chapters throughout the nation.

"Blue Star Mothers of America is an amazing organization that we know we wanted to partner with to help those who serve our country," said Melissa Armstrong, director of marketing for Burroughs & Chapin, parent company of Broadway at the Beach. "We know having a family member serving in the military can be trying for any family, so we wanted a way for our guests to show those servicemen and women that we’re thinking of them, and we appreciate the sacrifices they and their families make for us."

Guests of Broadway at the Beach are encouraged to write a note of thanks to our troops serving in the military – both domestic and abroad – at the Mail For Our Military corner in the Guest Services Center. Letters, cards and pictures drawn by children will be collected throughout the summer and given to the Blue Star Mothers for inclusion in care packages to the troops.

During the month of July, Broadway at the Beach will team up with the U.S. Marine Corps Reserves to host a Toys for Tots toy drive. Guests of Broadway at the Beach are encouraged to bring a new, unwrapped toy to the Guest Services Center throughout the month.

"Blue Star Mothers of America is proud to announce the official kick off of summer and its partnership with Broadway at the Beach. We know we wanted to partner with to help those who serve our country," said Melissa Armstrong, director of marketing for Burroughs & Chapin, parent company of Broadway at the Beach. "We know having a family member serving in the military can be trying for any family, so we wanted a way for our guests to show those servicemen and women that we’re thinking of them, and we appreciate the sacrifices they and their families make for us."

More than 80 of Broadway at the Beach’s merchants offer military discounts. The list of those merchants can be found here: http://www.broadwayatthebeach.com/page/broadway-at-the-beach-salutes-our-military-or-at-Guest Services.

All of this is in addition to the annual summer entertainment schedule at Broadway at the Beach, which includes:

MONDAYS
7-9 p.m. Dance Party with Mr. Nigel in Center Court
7-9 p.m. Stiltwalkers on The Avenue
8-10 p.m. Fire Dancers on The Avenue

TUESDAYS
7-9 p.m. Dance Party with Mr. Nigel in Center Court
7-10 p.m. Next Level Vocal Showcase in Heroes Harbor
7-9 p.m. Ripley’s Ruckus Drum Line strolling throughout Broadway
8-10 p.m. Stiltwalkers on The Avenue
8-10 p.m. Fire Dancers on The Avenue
10 p.m. Fireworks over Lake Broadway

WEDNESDAYS
7-9 p.m. Dance Party with Mr. Nigel in Center Court
7-9 p.m. Stiltwalkers on The Avenue
8-10 p.m. Fire Dancers on The Avenue
7-10 p.m. Next Level Vocal Showcase in Heroes Harbor

THURSDAYS
5-8 p.m. Live DJ on The Avenue
7-9 p.m. Stiltwalkers on The Avenue
7-10 p.m. Next Level Vocal Showcase in Heroes Harbor
8-10 p.m. Dance Party with Mr. Nigel in Center Court
9-11 p.m. LED Dancers strolling throughout Broadway

FRIDAYS
7-9 p.m. Dance Party with Mr. Nigel in Center Court
7-9 p.m. Ripley’s Ruckus Drum Line throughout Broadway
7-10 p.m. Next Level Vocal Showcase in Heroes Harbor
8-10 p.m. Stiltwalkers on The Avenue
9-11 p.m. LED Dancers strolling throughout Broadway
10 p.m. Fireworks over Lake Broadway (Through August 16)

SATURDAYS
7-9 p.m. Stiltwalkers on The Avenue
7-9 p.m. Face Painters in Center Court
7-10 p.m. Next Level Vocal Showcase in Heroes Harbor
7-10 p.m. Costumed characters in Center Court
9-11 p.m. LED Dancers strolling throughout Broadway

SUNDAYS
7-9 p.m. Stiltwalkers on The Avenue
7-9 p.m. Face Painters in Center Court
7-10 p.m. Costumed characters in Center Court
9-11 p.m. LED Dancers strolling throughout Broadway

ABOUT BROADWAY AT THE BEACH

Broadway at the Beach is South Carolina’s number one tourist, shopping, dining, and entertainment destination attracting millions of visitors annually. Broadway is set on 350 acres in the heart of Myrtle Beach and features world-class shopping, dining and entertainment in a series of magical, interconnected villages, surrounding the 23-acre Lake Broadway. Broadway’s distinguished tenant mix has something for the whole family: popular attractions, outstanding restaurants and salons, extraordinary specialty shops with national and local brands, and first-rate hotels. A past recipient of the South Carolina Governor’s Cup, it was deemed the state’s best travel destination by the South Carolina Department of Parks, Recreation & Tourism.

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For Events, Go To
www.facebook.com/pg/thewhiskeyfish843/events/
3415 Hwy. 17 Bus. • Murrells Inlet, SC 29576 • 843.947.0505
Hobcaw Barony has a rich and varied history. This 17,500-acre (7,080-hectare) tract of land started out as a collection of rice plantations, like much of this part of South Carolina, in the 18th and 19th centuries.

Wall Street millionaire and presidential adviser Bernard M. Baruch bought the property in 1905 as a winter retreat. He hunted ducks, turkey and deer here. Hobcaw House hosted Baruch’s rich and famous friends, including President Franklin D. Roosevelt and British Prime Minister Winston Churchill. Baruch’s daughter later bought the property. When she died, a foundation was established to ensure the land would be used for education and research.

Introductory Tours of Hobcaw Barony

This two-hour bus tour travels down ten miles of rustic dirt roads, requires little walking, and includes highlights of Hobcaw Barony’s 18,000 acres of history and ecology. A privately owned research reserve, the property represents every environment and century in the Lowcountry. Naval stores, indigo, and rice production ended by 1905 when the land was purchased by Bernard Baruch. A native South Carolinian and Wall Street financier, he and other millionaires hunted ducks, deer and wild turkeys on this winter retreat. The bus stops for a tour inside his 1930 home that played host to politicians, generals and newspapermen as well as Winston Churchill and President Franklin Roosevelt.

In addition to Hobcaw House, tours include a drive by Bellefield Plantation and stables, the home of Belle Baruch who owned the property by 1956, and a drive through Friendfield Village, the last 19th century slave village on the Waccamaw Neck. We share information on coastal ecosystems, native wildlife and endangered species. Limited by 14 seats, the Introductory Tours are most appropriate for people over 8 years old.

$20 per person, reservations required. Access/Entry to the property is only by guided tour or programs.
PROGRAM SCHEDULE:

North Inlet Paddle
July 10 & 25 • 8:30 am - 12:30 pm
August 8 & 26 • 8:30 am - 12:30 pm
Reserve and Surf the Earth lead a naturalist-guided tour through of North Inlet estuary. Includes all equipment and instruction in basic kayaking, a natural history overview, and educational and research highlights of the North Inlet ecosystem. Wear sturdy shoes, bring water, snack, and camera/binoculars (if desired). $60/person; weather permitting; limited to 10 participants; Registration REQUIRED.

Fishes of North Inlet
July 13 • 10:00 am - 1:00 pm
You will be able to assist Reserve scientists as they take measurements and pull a seine. The catch is carried back to a seawater laboratory where everyone helps sort, identify and measure the collection of fishes, shrimps and crabs. Old clothes and sneakers or boots are recommended. FREE – limited to 10 people ages 10 and up.

Life in a Pond
July 13 • 10:00 am - 12:00 pm
Microscopes will be used to discover what life will be found at the pond! You may bring a picnic lunch to enjoy at our pond shelter. FREE

Storytime
August 7 • 1:30 pm - 2:30 pm
Discover a world of imagination while we read books written by children's author Kevin Kurtz. FREE – recommended for children 7 and under.

Feeding Frenzy
August 10 • 12:00 pm - 1:00 pm
Watch the reserve staff feed the native animals in the discovery center and learn about their unique characteristics. FREE

Shell ID and Craft
August 21 • 1:30 pm - 2:30 pm
The beaches are vibrant with an ever-changing collection of shells. Join us to learn how to identify common shells found on South Carolina's coast. FREE

ABOUT NORTH INLET-WINYAH BAY
The North Inlet-Winyah Bay Reserve encompasses about 18,916 acres of tidal marshes and wetlands. North Inlet is an ocean-dominated estuary, featuring high water quality and extensive salt marshes surrounded by a small, forested watershed that is currently in a relatively undeveloped state. Freshwater input into North Inlet drains from the lands of Hobcaw Barony to the east, and DeBordieu residential community to the north. Winyah Bay, in contrast, is a brackish water estuary dominated by input from four major rivers flowing into it. These rivers – the Waccamaw, Sampit, Black, and Pee Dee Rivers – drain the third largest watershed (approximately 18,000 square miles) on the east coast of the US, a watershed that is impacted by agricultural, municipal and industrial development.

The 12,000 acres of the Reserve are a part of the greater 17,500-acre Hobcaw Barony, a tract of protected land on the Waccamaw Neck. Hobcaw Barony is overseen by the Baruch Foundation, and consists of wetlands, former rice fields, upland hardwood and pine forests, and barrier islands, all of which provide excellent research opportunities.

RESEARCH
A comprehensive, interdisciplinary, and coordinated approach to research in the NERR system addresses scientific and technical aspects of coastal management issues. Research and monitoring programs, including the development of baseline information, used in combination with education and outreach programs, help ensure the availability of scientific information that has long-term, system-wide consistency and utility for managers and members of the public to use in protecting or improving natural resources in their estuaries.

The reserve system has identified five priority research areas: habitat and ecosystem processes, anthropogenic influences on estuaries, habitat conservation and restoration, species management, and social science and economics. The NI-WB Reserve’s research and monitoring activities are structured to address local- to regional-scale coastal priority issues, within the broader context of addressing nationally significant coastal research and resource management needs. A key priority for the Research and Monitoring Sector is to improve the accessibility and use of the Reserve’s data, synthesize products and expertise in education, coastal training, and stewardship programs within the Reserve.
Hopsewee Plantation

Built circa 1740, some 40 years before the American Revolutionary War, Hopsewee Plantation was one of the South’s major rice plantations and the birthplace of Thomas Lynch, Jr., one of the signers of the Declaration of Independence.

Now a private residence, this National Historic Landmark near Myrtle Beach and Charleston in the heart of South Carolina’s Lowcountry, is open Tuesday through Saturday, with tours on the hour 10:00 am until 3:00 pm and beginning at 11:00 on Saturdays. Dining is available Tuesday through Saturday from 11:00 am to 3:00 pm.

Step back into a serene spot in history. The golden vista of the North Santee River, set off by the cool green of ages-old trees and soft grays of the Spanish moss adorning them, set the stage for quiet reflection. Trails along the banks of the Santee are a nature lover’s delight.

This historic southern plantation home is solidly built on a brick foundation covered by scored tabby, the house has stood the test of time since its construction some 40 years before the Revolutionary War. Typical of Lowcountry rice plantations of the early 18th century, the house features rooms opening into wide center halls on each floor as well as a full brick cellar, attic rooms, hand-carved molding and random-width heart-pine floors.

Guided Hopsewee Plantation Tours
Explore the home from top to bottom, room to room, including the two original slave cabins that still stand on the grounds. Learn about the rich history of Hopsewee, its previous families as well as its current owners, Frank and Raejean Beattie, and the slaves who lived and worked on the plantation. During your visit, make sure to enjoy the mossy oaks and river vista. Afterward, and enjoy lunch or tea at River Oak Cottage, ranked as one of the state’s top tea rooms.

Sweetgrass Basketweaving Workshops
Sweetgrass baskets are a Lowcountry tradition dating back to the 1700’s, when they were brought to the United States by West African slaves. Handmade of tightly coiled strands of bundled grass, these strong yet supple baskets played an important role on southern rice plantations and today are treasured for their artistry and cultural significance.

Discover more about sweetgrass baskets and learn this unique craft in a hands-on class with instructor Vera Manigault. An eighth-generation weaver and Gullah descendant, Manigault is from Mount Pleasant, SC, the only area where baskets are still made, and has been featured in national magazines and television shows.

Hopsewee Heritage: Modern History
In 1945, the Hopsewee home and property were sold to International Paper Company, and were then later sold to Colonel Reading Wilkinson and his wife, who added modern amenities such as plumbing, heat and electricity. Their son, Phillip Wilkinson, recalls there was an elderly black woman living in one of the cabins near the house when he moved there as a young boy. Three slave cabins were still standing; one was occupied by an old man who farmed the corn field with an ox-pulled plow. Along with the addition of modern amenities, two upstairs bathrooms were added and cabinets were made for the kitchen with wood from the attic.

In 1969, after being widowed and her children grown, Mrs. Wilkinson moved to Meeting Street in Georgetown, swapping residences with Jim and Helen Maynard and their two daughters, Cassie and Betts.

The Maynards obtained National Historic Landmark status for Hopsewee Plantation in 1972, opening their home to the public with the house as a museum. They also purchased land original to the plantation, bringing the property to a total of 70 acres. Many developers approached the Maynards with plans for their prime riverfront site, but the Maynards were keen to protect the home and property they’d loved and cherished for 30 years from commercial interests. In 2000, under the impression that Hopsewee had been sold, Frank Beattie visited Hopsewee to wish the Maynards well. When the Maynards told him they had not, in fact, sold to developers and informed him of their desire to see the property continue on in the same respectful stewardship as it had for some 260 years, Mr. Beattie was pleased to take on the responsibility of caring for Hopsewee.

Mr. Beattie and his wife, Raejean Beattie, view their ownership of Hopsewee Plantation as a gift from God as well as a trust to the people of South Carolina and to the United States. The house and grounds remain open to the public and is a must-see destination for locals and visitors to South Carolina coast and beyond.

River Oak Cottage Tea Room
The newest jewel on this gracious property is the River Oak Cottage. Named one of the state’s top tearooms, its English tea service is flavored with Hopsewee’s southern charm along with a delectable assortment of sweet and savory treats.

A full lunch menu includes recipes created by Raejean Beattie, a gourmet cook, to reflect the tastes and traditions of the Lowcountry region. The cottage’s well-appointed interior creates an inviting atmosphere for any dining experience and makes a perfect setting for private events and wedding ceremonies.

Gullah Tour
1/2 Hour Tours
Tuesday, Wednesday & Thursday
11:30 12:30 1:30 2:30
Go back in time . . .

Tours are focused on the enslaved African experiences at Hopsewee. Hear how they contributed to the wealth and influence of Colonial South Carolina and how their knowledge, ingenuity and labor helped to build this nation.

Raised in the Gullah culture of Georgetown, Zenobia Harper is an artist and story teller with a desire to share the story of enslaved Africans that shaped the many rice and indigo plantations along the Carolina coast.

We look forward to your visit!
494 Hopsewee Road
Georgetown, SC 29440
843-546-7891 • www.hopsewee.com
The Moveable Feast
Mostly Fridays • 11 am - 1 pm • $30*

Literary Luncheons With Exciting Authors at Area Restaurants

The Moveable Feast is held at area restaurants throughout the year on Fridays. On occasion, an author’s book tour schedule is accommodated with a mid-week Moveable Feast. For each feast, the chef prepares an exquisite menu, typically unavailable during the restaurant’s public hours. (Food allergies are accommodated with advance notice.) The presentation precedes the meal. Individuals, couples, friends, book clubs and other groups are assigned table seating.

Each literary luncheon is followed by a book signing at Litchfield Books at 2 PM for those unable to participate in the feast. Each Feast is $30 with a $5 rebate when the featured book is purchased at the Moveable Feast, with some exceptions when the book is included.

July 12 • Beatriz Williams
(The Golden Hour) at Kimbel’s, Wachesaw

July 19 • Thomas Mallon
(Landfall) at Pawleys Plantation

*July 26 • Leila Meacham
(Dragonfly) at Debordieu Colony Clubhouse Georgetown ($60, incl. book)

July 30 • Megan Miranda
(The Last House Guest) at Kimbel’s, Wachesaw

August 2 • Fiona Davis
(The Chelsea Girls) at Inlet Affairs

August 9 • Kristan Higgins
(Life and Other Inconveniences) at Pastaria 811

August 16 • Dana Ridenour
(Below the Radar) at Pawleys Plantation

August 23 • Lisa Howorth
(The Summerlings) at Inlet Provision Company

August 30 • Kathryn Smith
(Gertie: Heiress, Hunter, Socialite, Spy) at Kimbel’s, Wachesaw

For reservations, call 843.235.9600 or visit ClassAtPawleys.com

Plantation
Sweet Potato Pone

14 large sweet potatoes, raw, grated
1 fresh lemon rind, grated
12 orange rind, grated
2 eggs, beaten
1/2 cup brown sugar
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
12 teaspoon ground cloves
1/2 cup molasses
1/3 cup milk
1 1/2 cup molasses
23 cup milk
1 1/3 cup Bourbon
1/2 cup butter

Combine the potatoes, lemon rind, and orange rind. Beat eggs, sugar and butter and stir into potato mixture. Add the spices, molasses, milk, and Bourbon. Mix thoroughly and bake in the oven (300 degrees) for an hour in a buttered casserole.