



A GREAT SUMMER DESTINATION

KIAWAH ISLAND IS THE PLACE TO BE

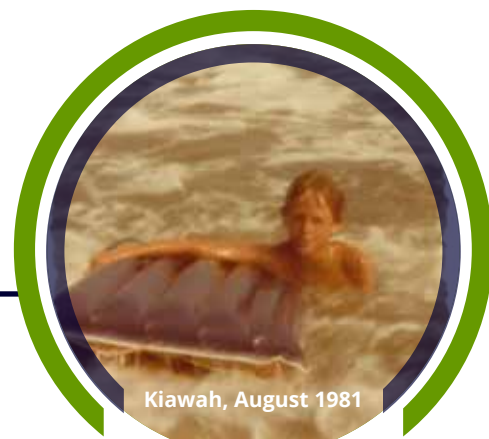
August is known as the harvest month in many cultures. For me, it's the last chance to go on an adventure with the whole family. As the kids grow up, it can be tough to gather everyone together, so we really try to make the most of our vacations. If there is one place I recommend everyone visit, it's Kiawah Island in South Carolina. It's perfect for the whole family!

For the past 10 years or so, Kiawah has been our family spot. But my history with the island goes back to the early 1980s, when my parents and another couple rented a villa there. Back then, about one-third of the island was developed. The rest was basically a jungle with a few logging roads cut through it. Coincidentally, my dad (an elementary school principal) knew a teacher whose parents had retired to Kiawah. The teacher's father had behind-the-scenes access to the remote parts of Kiawah. One day, he took us on a tour.

So, I had the benefit of seeing, as a child, what the island looked like before it was developed. One distinct memory I have is the man showing us what he described as "a millionaire's house" that had just been constructed on the water. The owner just happened to be out working on his boardwalk to the beach, so we got to meet him. Wow! I'd never met a millionaire! So much has changed. That millionaire's house is no longer there. It was replaced years ago with one of the many \$10 million-plus megamansions that now line that area of the beach.

I have so many fond memories there, and we keep building on them every year thanks to the countless activities the island provides for families. The island is perfect for kids to jump on bikes and explore, but most of our time together is spent on the beach. Kiawah's beach, in my opinion, is the best beach on the East Coast. It has 10 miles of wide open beach with hard sand perfect for biking. To top it off, the water is amazing.

Although Kiawah is well known for its beach, what really put the island on the map is its collection of amazing golf courses. I haven't played a lot over the last 10 years, but this year, I've started to get back into golf. The shift is mainly due to my son starting to take an interest in it with some of his friends at USC. This year, Andrew and I played a round at Kiawah's Cougar Point course. The course chewed us up and spit us out, but we had a blast. Kiawah hosts five main courses built



Kiawah, August 1981

by some of the most prominent architects of their time, including Pete Dye, Jack Nicklaus, and Clyde Johnston. The courses have hosted many events like the Ryder Cup, the PGA Championship, and more. The Ocean Course is the newest and most well known. It will be the host of the 2021 PGA Championship. The interesting thing about this course is that it provides players with an amazing view of Kiawah's stunning coastline. The view comes with a price, though, as it leaves golfers exposed to the Atlantic's unpredictable breezes.

As we wind down the summer, I hope you've had a chance to find a great adventure for the whole family. If you're in the area, Kiawah Island has something for everyone. With the impeccable biking opportunities, the amazing beach, and the unprecedented quality of golf courses the area has to offer, it makes every trip something to remember for years to come. Do you have a family vacation destination you love taking the kids to? If you have any fun summer stories to share, I'd love to hear them the next time you visit the office. Have a wonderful August, everyone!

-Kevin W. Mottley



Kiawah, July 2019

THE INCREDIBLE RISE OF PICKLEBALL

A SPORT FOR ALL AGES BECOMES A CRAZE AMONG OLDER ADULTS

You've probably heard of pickleball, especially given its rising popularity in the United States and Canada, but you may be wondering what the big deal is about this relatively new fad. Pickleball is an awesome, low-impact sport that people of all ages can enjoy. It's great exercise and great fun, and it's the perfect game for family get-togethers.

Pickleball originated on Bainbridge Island, Washington, in 1965. It was the creation of three fathers — Joel Pritchard, Bill Bell, and Barney McCallum — who needed to come up with something to keep the little ones entertained and out of their hair. Soon, however, it became popular among the adults, and they ended up spending more time on the court than their children. "Frankly," McCallum says, "the kids got pushed out."

Since its early days, pickleball has transformed from an ad-hoc game to a full-fledged sport, complete with official rules, equipment, and leagues. Despite the more formal structure in place today, pickleball is incredibly easy to pick up and play. Investing in some paddles and balls won't cost more than \$100, and you can easily convert a tennis or badminton court for pickleball.

One of the appeals of pickleball for older adults is that it is not excessively strenuous. It also doesn't have the steep learning curve and high barrier to entry that sports like tennis or golf do. Due to the nature of a pickleball, which contains strategically placed holes similar to those of a whiffle ball, the game is much more about finesse than pure power or athleticism. While you can definitely hone your skills with practice, you'll start having fun from day one.

In addition to being a fun form of exercise, pickleball also offers older adults the chance to socialize with their peers. Leagues often lead to long-term friendships. Courts are small, and each game consists of only four players, making it easy to engage in some casual conversation or playful, competitive banter between points.

If you've never picked up a paddle, consider joining a league or buying a set for your next family outing. You can introduce your grandkids to a fun new sport — and then school them for the bulk of an afternoon.



SUMMER SAFETY

UNIQUE WAYS TO KEEP COOL

The heat peaks during the last months of summer, and it's important to protect yourself. While staying hydrated is the main recommendation, here are some other fun and unique ways to keep cool during triple-digit weather.

KEEP A COOL HEAD.

If you're outside during the long summer days having fun with your family or enjoying a quick pick-up game with friends, slicking your hair back with water is a great way to cool off. Your head is very sensitive to temperature, so this will help keep you cool for hours. If you have long hair, keep it up in a bun or ponytail to hold it back.

WET YOUR SLEEVES.

Wetting your sleeves is a great way to keep cool if there is a breeze or fan available. This is a great solution for work, as it's a quick and efficient way to keep cool without appearing to be drenched.

IMPLEMENT THE EGYPTIAN METHOD.

Is the heat preventing you from getting enough sleep? Ancient Egyptians used to drench their blankets right before going to bed to keep themselves cool. While sleeping in a puddle doesn't sound pleasant, there is a modern method to this approach. If you soak a shirt, run it through the spin cycle of your washer, and wear it to bed, you should feel much cooler and get a better night's sleep.

FOLLOW THE 8 BY 8 WATER RULE.

While drinking water is the best way to beat the summer heat, it's important to know the minimum amount of water you need throughout the day. Most health experts recommend eight glasses of water in 8-ounce increments, also called the "8 by 8 rule". There are several factors that affect how much you should be drinking daily, but this rule of thumb is a good starting point to ensure you stay hydrated.

These are just a few ways you can keep cool as we head into the hottest months of the summer season. I encourage you to find more fun tips and tricks. While I thought these were great, you won't believe some of the other unique techniques you will find!

NEW LAWS

Every July 1, hundreds of new laws passed by the Virginia General Assembly and signed by the governor take effect. Here are four you should know about in 2019.

1. CELL PHONES IN WORK ZONES

Virginia has long prohibited motorists from sending or reading text messages and emails while driving. Beginning July 1, however, it is now illegal for drivers to hold a cell phone in their hands at all while driving through a work zone. Violators will face a \$250 fine.

2. TOBACCO PURCHASING AGE INCREASE

Tobacco is a major industry in Virginia. Nevertheless, with industry support, the General Assembly has increased the purchasing age for tobacco — and vapor products and e-cigarettes — from 18 to 21. The new law contains an exception for those with a valid military ID.

3. HAPPY HOUR ADVERTISING

For years, Virginia law has prohibited bars and restaurants from advertising happy hour specials. Although a 2014 law allowed restaurants to advertise that they ran such specials, they were not allowed to share prices or other specifics. That is no longer the case. Restaurants are now free to advertise their happy hour specials, provided their advertising doesn't "tend to induce overconsumption or consumption by minors."

4. LICENSE SUSPENSIONS RESTRICTED

Until recently, Virginia law allowed the suspension of driver's licenses as a punishment for those with unpaid fines and court costs. Beginning July 1, that practice is prohibited. Your license can still be suspended for various reasons — including traffic violations and unpaid child support — but it can no longer be suspended just because you owe a court money.



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4	5	6	2	8	9	7	3	1
3	1	5	6	9	4	8	2	7
9	2	4	7	1	8	5	6	3
6	8	7	3	5	2	1	9	4



SENEGALESE LAMB SHEWERS

INGREDIENTS:

For the lamb:

- 2 lbs trimmed leg of lamb, cut into 1-inch cubes
- 1 tbsp peanut oil, plus more for grilling
- Salt and black pepper, to taste

For the onions:

- 1/2 cup distilled white vinegar
- 1/2 cup Dijon mustard
- 1/2 tbsp agave nectar
- 1 yellow onion, thinly sliced
- Salt and white pepper, to taste

EQUIPMENT

- Bamboo skewers

DIRECTIONS:

1. In a bowl, coat lamb with 1 tbsp oil and generously season with salt and pepper.
2. In a mixing bowl, whisk together vinegar, mustard, and agave nectar. Toss in onions and season with salt and pepper.
3. Heat a grill or grill pan to medium and oil the grates.
4. Thread lamb on skewers and grill for 6–8 minutes.
5. Serve alongside onions.



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STORING YOUR SUMMER GEAR

PREPARING FOR NEXT YEAR

Although winter seems like a distant prospect, it will be here before you know it. While many people are sad to see their summer clothes and gadgets get stored away until next season, it's a good idea to start planning now. Taking the time to properly pack away summer gear is beneficial and can save you from unneeded worry next year.

WHY IT'S IMPORTANT TO STORE SUMMER GEAR

Properly organizing and storing your summer clothes will help them last longer and prevent you from aimlessly rummaging when searching for that perfect fall sweater or blouse. Likewise, when you cover your patio furniture and tuck your bicycle and tools away, they are less likely to be damaged by animals or any harsh winter weather.

STORING SUMMER ATTIRE

Consider purchasing plastic storage tubs or boxes to put your clothes in. If you're

storing dresses, skirts, or any fancy clothing, plastic or nylon garment bags will help prevent them from getting dirty and wrinkly.

Before you start piling your clothes in, be sure to wash and completely dry them. This helps prevent mold or mildew and keeps your clothes looking new when it's time to take them out again. Also, it can be a good idea to place cedar sachets in with your clothes and around the neck of your hangers; the wood will keep away pesky insects without leaving bad smells behind.



STORING YOUR SUMMER GADGETS

Outdoor items are more likely to get damaged as they endure the elements. When you're storing rakes, shovels, or any other garden tools, make sure they're washed, dried, and sharpened before putting them into your shed or garage. Patios should be cleaned off and given a fresh coat of wax, and outdoor furniture should be dusted, cleaned, and covered to keep the frost, snow, and rain off.