

MAY 2018 ISSUE | COMPLIMENTARY | VOL 2 NO 5

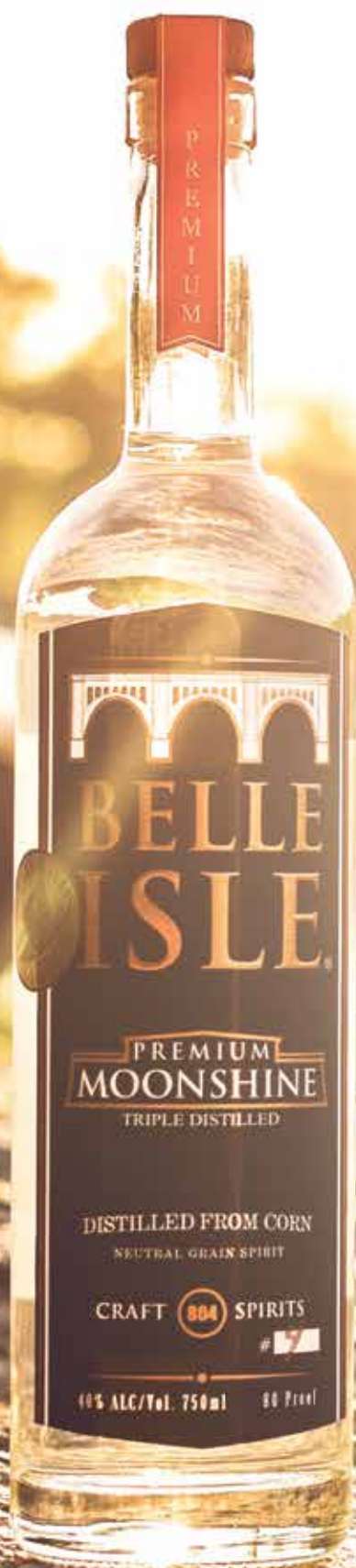
CHARLESTON
DIGEST

**Breakfast
All DAY**
is HOT, HOT, HOT!

Sweet ZUCCHINI
Muffin Recipe

**Memorial Day Trippin' to
Ft. Moultrie**

**Showtime With
SHIPLEY**



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GREETINGS FROM THE EDITOR

Editor-In-Chief | Holly Herrick

May is indeed a merry month. It always makes me think of the poet Robert Herrick (to whom I am distantly related) and his lovely verse Gather Ye Roses While You May. Carpe diem, in a very pretty, decidedly British kind of way. Mother's Day and Memorial Day are all of a sudden here, along with the looming arrival of Spoleto, church tea rooms, long beach days, and lazy afternoons in a hammock with a good book and a cool libation.

In this issue, we catch up with Bob Shipley, a veteran of popular Charleston entertainment venues like Desperados and The Plex, and current general manager at HonkyTonk Saloon in Ladson. He shares his insights on what makes the business a success and reflects on 35 years in the business and celebrating his 60th birthday.

Say hello to talented and new Charleston Hospitality Group Catering Chef Kimberly Brock



Brown and dig into a moist and delicious recipe for seasonal zucchini from Toast!'s Sharon Egri for zucchini muffins. Read all about why breakfast and brunch are becoming so popular in Charleston and around the country and some of our readers' favorite breakfast (not just for morning anymore) treats. Celebrate Memorial Day or any day at beautiful and historic Fort Moultrie in this issue's Day Trippin' column.

Seize the day! 🍷

Holly Herrick
Editor-in-Chief

Holly@CharlestonHospitalityGroup.com



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BOTTOMS UP!

National Mimosa Day Is On The Way
Sunday, May 16



The mimosa is a simple cocktail traditionally consisting of equal parts Champagne (though sparkling wine may be substituted) and chilled orange juice. Served in

“Mimosas are a delicious, fun and healthy way to spend Sunday Funday!”

a tall Champagne flute, it is a staple of the American brunch, and morning weddings. It also frequently appears on First-class service menus for airlines and railways. The prevailing theory is that the Mimosa was invented

sometime around 1925 in the Hôtel Ritz Paris by head bartender Frank Meier.

What's less well known is that mimosas have distinct health benefits. Freshly squeezed orange juice is full of vitamins and minerals including vitamins C and A, to folate, fiber and potassium.

As for Champagne, it contains proteins that improve short-term memory and antioxidants, which diminish bad cholesterol, prevent blood clots, and reduce blood vessel damage.

Moderate consumption can also help prevent dementia and reduce the risk of developing diabetes.

Look for details on our social media about upcoming specials to celebrate National Mimosa Day!



STAFF



NEIGHBORLY NEIGHBORS

Andrew Savage | Contributor

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1114 Morrison Drive
Charleston, SC 29403
843.822.0011

EDITORIAL STAFF

Publisher

Sam Mustafa

Editor-in-Chief

Holly Herrick

holly@charlestonhospitalitygroup.com

Art Director

Vincent J. Tedeschi

vince@teamchg.com

Contributors

Andrew Savage

Maria DiSimone

Staff Photographer

J Michael Walker

michael@teamchg.com

ADVERTISING STAFF

Advertising Director

Alexis Barnes

alexis@teamchg.com

843.303.9137

Community Relations

Timmi-Jo Pashuta

timmijo@charlestonhospitalitygroup.com



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The City of Charleston continues to attract new residents and space is at a premium, particularly in downtown neighborhoods. When quarters are close, relatively minor issues between neighbors can quickly morph into disputes that rival those of the Hatfield-McCoy variety. Residential lighting is one of those hot button issues so let's take a closer look.

Assume your next-door neighbor installs a motion sensor light on the exterior of her home to enhance security. Your home is an open concept design so there are no coverings over the windows. The light, when activated, illuminates part of your property. You are not happy about the light and want it gone. Your neighbor loves the light and it's staying. You want to know what the "rules" are for exterior lights. Under applicable law, does the light, to include its operation and scope of illumination, constitute a nuisance, harassment or some other violation of the law? The answer is likely no.

The City of Charleston Municipal Code defines a nuisance as "a structure or any part ... [that] may endanger the health, safety, life, limb or property, or cause any hurt, harm, inconvenience, discomfort, damage or injury" if it is (1) a danger to community



"This little light of mine, I'm going to let it shine. Let it shine, shine, shine. Let it shine."

Harry Dixon Loes

health and safety; (2) a fire hazard; (3) unsafe; (4) inadequately maintained; or (5) endangers architectural preservation. Specific examples include animal carcasses, accumulated trash or similar materials, stagnant water, noxious vegetation, emission of large quantities of smoke, gas, fumes, or noxious odors. Light pollution is not an enumerated nuisance in the Code. The City of Charleston Design Review Board sheds more light on the subject in a policy that states, in part, "Appropriate lighting levels are necessary as a way of providing environments free of light pollution while at the same time providing for well-lit secure areas. . . . Fixtures are to be appropriate in style and size to the building. The primary use of fixtures should be to safely light and identify building entrances."

So, as long as the fixture complies with City ordinances and policies, it is likely permitted.

Let's assume, for the sake of argument, that the light fixture is not a nuisance, but you believe that its luminosity and constant activation are a form of harassment. Under South Carolina law, harassment is defined as "a

pattern of intentional, substantial, and unreasonable intrusion into the private life of a targeted person that serves no legitimate purpose and causes the person and would cause a reasonable person in his position to suffer mental or emotional distress." Translation: unless the light is similar to the Bat-Signal seen in the sky high above Gotham, neither your neighbor nor her light is guilty of harassment in this case.

Residents of densely populated areas must realize that light and noise pollution come part and parcel with urban life. If you install exterior lights, do your best to minimize the impact on your neighbor. If you are the neighbor, put up curtains, install shutters, or tack a blanket over windows to block out illumination. Then meet each other on the sidewalk and head to the neighborhood block party together. Holding hands is optional. 🍷

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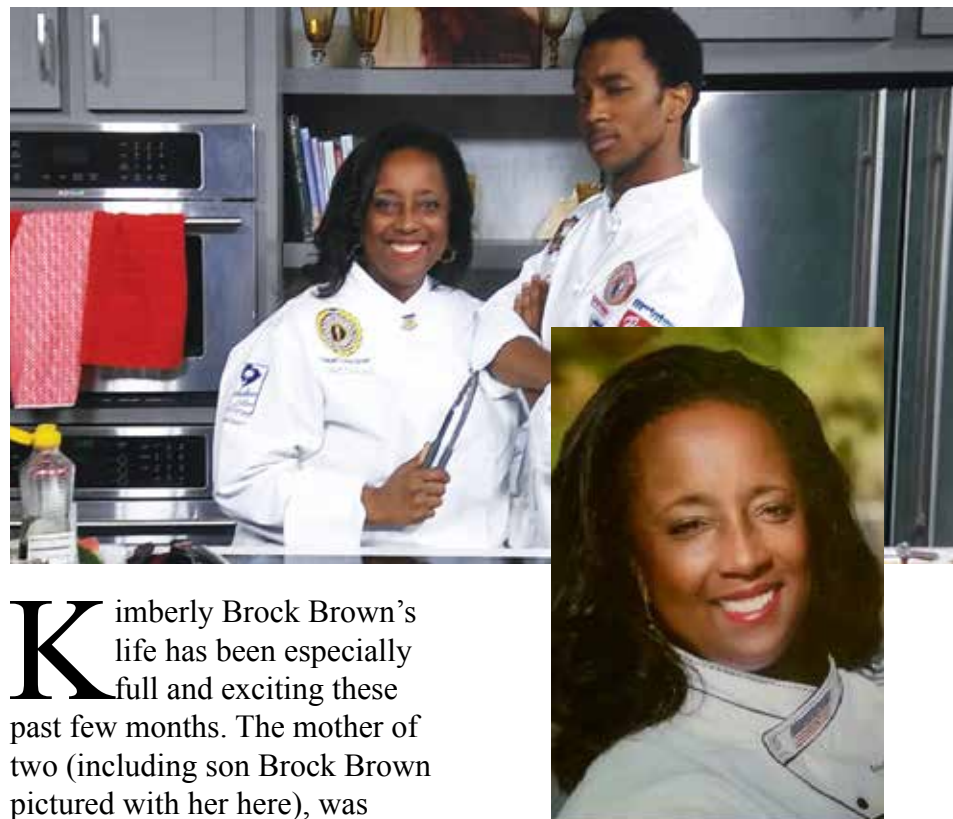
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DO YOU KNOW?

Charleston Hospitality Group
Catering Chef Kimberly Brock Brown



Kimberly Brock Brown's life has been especially full and exciting these past few months. The mother of two (including son Brock Brown pictured with her here), was recently engaged to be married for "the second and final time" and just started her post as Catering Chef at Charleston Hospitality Group in April. Here duties will evolve as she grows into the role, but for now she's focusing on coordinating and adding to the catering offerings at each CHG restaurant. Her first focus is Eli's Table, where she is creating a more upscale and elegant dessert menu and teaching the kitchen staff there how to prepare them.

The American Culinary Foundation graduate has a long and proud track record working in luxury hotel property kitchens such as Grove Park Inn, Hyatt Regencies and several Omni properties, including Charleston

Place Omni (now Belmond Charleston Place), which is ultimately is what brought her to Charleston in 1994.

A native of Chicago, IL, Brown is adept in all manners of both cuisine and pastry, but she prefers working with pastry. "You can present a very beautiful plate of prime rib, but when you're served an exquisite dessert, it truly makes the entire meal and experience very special and memorable. It's the wow factor," she says. Chef Brown describes herself as a "seasonal person" and is looking forward to using the fruits and berries of the season as much as possible as she creates her dessert menu masterpieces. 🍷



SUNSCREEN

Everything You Ever Wanted to Know About It

Even if our parents didn't nag us about it, most of us know that we're supposed to wear sunscreen. It can help prevent skin cancer by protecting us from the sun's harmful ultraviolet rays, according to the American Academy of Dermatology (AAD). However, if we follow that advice and pick up a few tubes of sunscreen, we can be overwhelmed by all the options. You may be wondering which types of sunscreen are best for you and your family.

Safety First

Let's get one issue out of the way first: safety. The AAD says that the use of sunscreen is not harmful. "Current scientific data does not support claims that sunscreen ingredients are toxic or a hazard to human health," according to the AAD. "Rather, evidence supports the benefits of applying sunscreen to minimize short- and long-term damage to the skin from UV radiation."

However, Dr. Fiona Zwald, a dermatologist in Atlanta, noted there is one ingredient that is best to avoid. That's the preservative PABA, which is no longer contained in most sunscreens. She explained that "physical sunscreens" that contain zinc oxide or titanium oxide could be less likely to cause allergic reactions and are ideal for people with sensitive skin. They reflect light back off of the skin but can offer



only a sun protection factor (SPF) of 50 or less.

Chemical sunscreens are the only ones available in higher SPF numbers. Helioplex is a chemical agent that provides a broad spectrum protection against ultraviolet A and B sun rays, she said. "Not everyone can use chemical sunscreens because they can cause skin irritation" Zwald told Healthline.

What About Kids and Sprays?

Zwald said that physical sunscreens are best for small children but chemical sunscreen and spray sunscreen should be avoided. The AAD recommends avoiding exposing babies younger than 6 months to the sun's rays, even with sunscreen on. Broad spectrum chemical sunscreens can be used on older children although physical sunscreens and those made for infants and toddlers can cause less irritation to their sensitive skin.

Overall, spray sunscreens should be used with caution on children. The Food and Drug Administration (FDA) is currently investigating the risks of accidental inhalation with their use. You should avoid using spray sunscreen near the face or mouth, according to the AAD. When spraying it on children, be aware of the direction of the wind to avoid inhalation. Spraying sunscreen onto your hands and then applying it can help you to avoid the fumes while ensuring adequate cover

Vitamin D and SPF Numbers

The AAD notes that using sunscreen may decrease your skin's production of vitamin D. It says that many people can get enough vitamin D from foods or supplements without increasing their risk of skin cancer. What do the SPF numbers mean?

Once you've determined what type of sunscreen you want to buy, you'll need to choose between

various SPF ratings. SPF 30 blocks 97 percent of the sun's rays. While using a sunscreen with a higher SPF can block slightly more of the sun's rays, no sunscreen can block all of them.

There is no scientific evidence that sunscreen with a higher SPF than 50 can protect you any better than one with an SPF of 50, according to the AAD. It recommends that everyone use water-resistant sunscreen with an SPF of 30 or higher that provides broad spectrum protection against UVA rays, which can prematurely age your skin, and UVB rays, which are the primary cause of sunburn.

Overall, people with paler skin will burn quicker when wearing lower number SPF sunscreens. "The numbers are loose," said Zwald. For example, she has pale skin type and lives in Atlanta. If she uses a sunscreen with an SPF of 15, she'll burn in 45 minutes. "It's not strong enough for me," she said. However, an SPF of 45 will give her around an hour and a half in the sun.

Using a higher number SPF sunscreen does not allow you to spend more time outdoors without reapplying sunscreen. All sunscreens should be reapplied after approximately two hours and after swimming and sweating. 🌞

(modified from <https://www.healthline.com/health-news/everything-to-know-about-sunscreen#1>, by Lori Roniger)

BREAKFAST ALL DAY & BRUNCH IS **HOT, HOT, HOT!**

The National Trend Includes Charleston



It's not uncommon to see lines of people wrapping around popular breakfast and brunch destinations in Charleston and around the country. This is true not only on weekends, as we saw more in the past, but during the week, as well.

Several factors are driving the trend, going back to 2008 and The Great Recession. During that time, people were seeking a better value when dining out. Lunch, and especially breakfast served all day, fit the bill. Changes in traditional 9 to 5 hour workforce and a burgeoning millennial and senior citizen clientele are especially drawn to the menu format. The ability to linger and savor a more diverse breakfast menu for longer periods of time also increased the

appeal of indulging in a mimosa or a Bloody Mary and other less conventional "breakfast or brunch" cocktails.

A recent report from statista.com reveals exactly what folks are looking for when they're eating breakfast or brunch at a restaurant forecast by professional chefs for 2018. Leading the list are ethnic-inspired breakfasts. In the survey, 63% of respondents are interested in "ethnic inspired" breakfast items that might include Asian-flavored syrups, Chorizo scrambled eggs and coconut milk pancakes. Forty five percent cited avocado toast, 39% cited traditional ethnic breakfast, 36% cited overnight oats, and 29% cited breakfast hash as likely breakfast



trends this year.

But the hottest of all is perhaps one of the oldest favorites on the breakfast books, the humble potato. Side Delights reported potatoes as a favorite growing brunch trend as consumers continue to embrace brunch beyond the weekend. According to Side Delights, "Brunch is a top food trend in 2018 for restaurant goers and home cooks, with the four top breakfast components being eggs, potatoes, bacon and bread."

We conducted a survey with 5,000 of our Facebook followers (almost all based in greater Charleston) asking them what they look for in brunch or breakfast when dining out. Here are some of

their responses:

Dewey Kirkland: "Bacon and booze. Rich Hollandaise over cured meats and crunchy, buttery, toasted bread. What's not to love?"

Stephanie Philips: "I love brunch! I mainly eat it on the weekends, but would eat it any day. I don't know a girl who doesn't love a mimosa or any variation on it. I agree on bacon and am also a big fan of country ham."

Kimberl Drake: "Brunch is awesome, but breakfast for dinner is the absolute best. As a southern girl, bacon makes breakfast."

Stephen Ulak: "Something on the light side and different. Maybe avocado toast, an open-faced egg sandwich, something with an egg on top and the yolk runs all over,

cornmeal pancakes, breakfast sandwiches with a variety of bread choice and vegetable based rather than bacon, sausage or ham, and bowls with fruits, nuts and yogurt.”

Genny Smoak: “Shrimp and grits for both brunch and for dinner. Mimosas with brunch.”

Judy Bernstein: “I’m not a huge brunch person per se, but there are times when breakfast food is just what you need. After a long day of travel, I want a warm, gooey omelet. When I’m sick, cinnamon toast is my comfort food. When I need something light, it’s scrambled eggs. For these reasons, I love places that serve breakfast all day.”

Melanie Neichin: “I find it romantic to dine with someone after sleeping in and going out for yummy food. Eggs Benedict, bread basket with strawberry butter, omelets with potatoes and great coffee and I am in.”

Judith C. Johnson: “I think that brunch as an all day affair should include veggies. I love omelets with lots of greens and cheese, too. Here in the South, be prepared to be served buttery grits or even cheesy grits.”

Shelley Mahon Wood: “My favorite brunch item is eggs Benedict. A gourmet omelet bar is nice as well. If I were to have a cocktail, it would probably be a good Bloody Mary.”

Responses to similar questions from Toast! General Manager Andrew Abernathy reflect the opinions and preferences of those queried here and general national trends. At Toast, which serves breakfast all day (along with Toast of West Ashley and Toast of Summerville), Abernathy says mimosa’s and Bloody Mary’s are the most popular beverage and Eggs Benedict, Eggs Meeting Street (an indulgent stack of fried green tomato, a crab cake, poached egg and remoulade sauce), and the garden omelet are the most popular breakfast choices for his guests. Stuffed French toast and surf and turf are also very popular with the Toast crowd, which he describes as “customers of all different ages and from a variety of countries.” Every day peak hours are from 9 a.m. until 3 p.m. Nearby Eli’s Table also serves elegant breakfast options seven days a week and it is served until 3 p.m. 🍷

For more information, visit



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Let Us Cater Your Next Event



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Joe To Go!

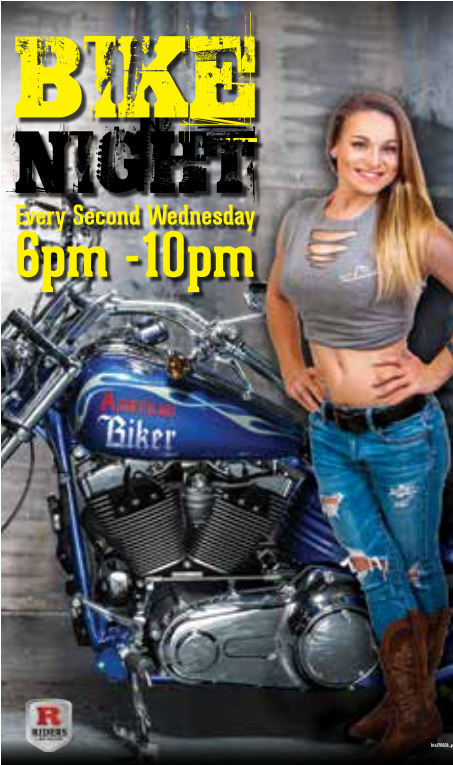


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SHOWTIME WITH SHIPLEY

Celebrating 35 Years in Food & Beverage, 60th Birthday, and Entertaining Millions with HonkyTonk Saloon's General Manager Bob Shipley

Bob Shipley went off to University of South Carolina to study law, following in the footsteps of his father, who worked as both a lawyer and a judge. A year and a half in, however, the Goose Creek native changed course and started studying at MUSC. He worked nights to make extra money at a club. Thus began what would become a 35 year stint in the food and beverage industry, with a nod towards entertainment.

"I've had over 2,500 people work for me over the years and in fifteen years at Desperados and another seven years at The Plex (2001 to 2008) we entertained over four million people," says Shipley. "At Desperados, we entertained anywhere from 1,500 to 1,800 per night. Country was hot, really at its peak. At HonkyTonk Saloon (recently named Best Country Saloon in City Paper's Best of 2018 issue), we average 500 to 700 on weekend nights. It's one of the top country nightclubs in the southeast and one of the biggest attended venues in the area," he added.

Despite his tremendous success, Bob Shipley is a humble man who happens to love his work and takes tremendous joy in keeping his clientele happy, safe and entertained. "We strive for great service and a great product. People need an escape. We strive to provide a safe atmosphere,



especially for the ladies, that's paramount. It is satisfying to see people have fun and appealing to see people have a quality dining and entertainment event."

Reflecting upon his 35 years in the business, Shipley waxes sentimental. "I'm so blessed to have so many people work with me, literally thousands." In addition to his work, Shipley takes exceptional pride in his children, Ryan and Lauren, both of whom are committed to spreading goodwill and giving back to the world. Ryan is in law enforcement and Lauren is a mental health technician about to take her sixth trip to Africa to assist orphanages and an artisan program for the underprivileged. "She's a special person, they both are. God blessed them with the ability to make the world a better place."

Shipley is so committed to Lauren's cause, he is donating proceeds from the \$10 spaghetti dinner and raffles at his birthday party and anniversary to Artisan Global, the charity Lauren works with.

At HonkyTonk Saloon since 2016, Shipley was President of the Greater Charleston Restaurant Association for two years, Vice President for four years, and on the board for fifteen years. "It's astounding how much the culinary industry has grown in leaps and bounds over the years. People always want to share a story with me about how great our area is. I love to do my best to give back to the community." 🍷



HonkyTonk Saloon
192 College Park Road
Ladson, SC.

For more information,
call 843.569.6000 or visit
honkytonksaloon.com



DAY TRIPPIN'

Fort Moultrie

Officially part of Fort Sumter National Monument, Fort Moultrie has ties to The Revolutionary War, The Civil War, World War I, and World War II and dates all the way back to 1776. It is an exceptionally patriotic place, and for that reason alone, it makes it the perfect destination to celebrate Memorial Day (May 28) or any warm, beautiful summer or spring day.

Located on Sullivan's Island, it is an easy trek from any greater Charleston locale, but the sheer beauty of the place, easy parking, and almost illegally inexpensive day passes, make it well worth spending a good chunk of the day

here. History buffs will revel in the clear and well-written information boards strategically placed along the walking path to show what events took place, where, when, and why.

With its birds-eye views of Ft. Sumter (actually so close it feels like you can touch the ancient fortress), this patriotic perch also affords sweeping views of the entire harbor, the edge of the Atlantic, and a doll's house sized distance view of tiny steeples and columned mansions of the Charleston peninsula. If you are lucky, you will catch views of dolphins frolicking in the shimmering waters and a salty, soul-reviving sea breeze.



Parking is exclusively for monument visitors (not the general beach crowd), so it is easy to access and included in your entrance fee. There is a designated picnic area and dogs are welcome to walk the grounds – though no food or dogs

are welcome inside the visitor's center.

Fort Moultrie is located at 1214 Middle Street, Sullivan's Island, SC 29482. For more information, call 843.883.3123, ext. 220 or visit www.nps.gov/fosu. 🍍



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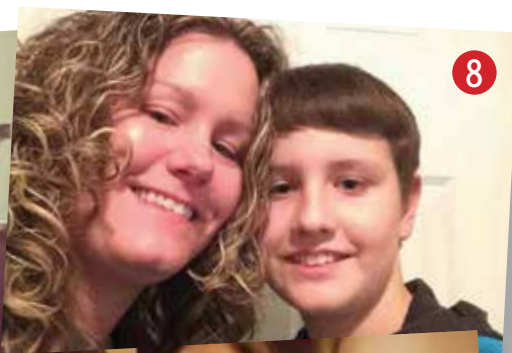
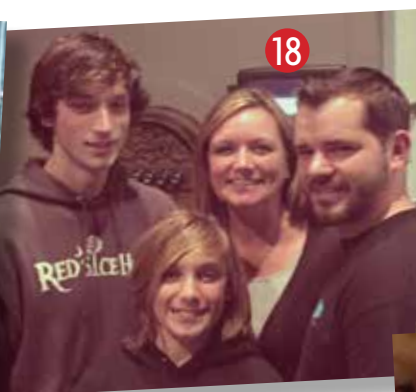
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Dear Mom, I love you!

1. Sharon Egri 2. Stacey Kauffman 3. Jenny Colvin

4. Christina Tsang 5. Timmi-Jo Pashuta

6. Brooke Dunsil 7. Christy Heaton

8. Melissa Gardner 9. Makenna Hills 10. Lisa Nickel

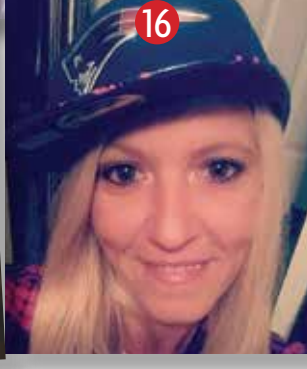
11. Donna Jordan 12. Billie Littles 13. Sarah Taylor

14. Kimberly Brock 15. Mahagony Gregory

16. April Adams 17. India Fowler 18. Shelley Shattuck

19. Alexis Barnes 20. Holly Herrick

and to all our CHG moms who run the super
duty of parent and employee. Your hard work
does not go unappreciated, thank you for all that
you do for your families and for us.





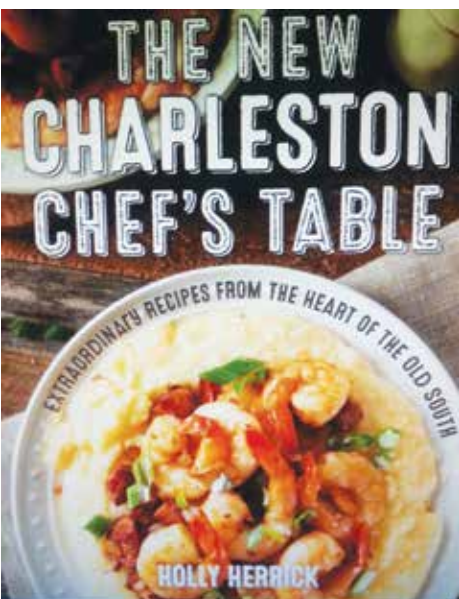
Innovative Dishes

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Hot Off the Presses



from our Editor-in-Chief
Holly Herrick

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ZUCCHINI BREAD

A Family Tradition



Sleek and so fresh they practically squeak zucchini are flowing from farmers market baskets and local fields this time of year. Wonderful grilled, sautéed or roasted and finished with a bit of fresh basil or lemon is a delicious way to enjoy this seasonal vegetable. But muffins work, too,

preferably warm from the oven and slathered with a bit of butter.

These moist, tender muffins come from the kitchen of Sharon Egri, Toast! Brand Ambassador and a veteran employee of Charleston Hospitality Group. She's considered by many within the organization as a mother figure. 🍌

ZUCCHINI BREAD RECIPE



"This recipe was handed down from family members and it is an awesome recipe that everyone should make. I have a special loaf pan that I bought from Target and I make mini breads from the batter," says Sharon. This recipe calls for muffin tins to make muffins, which takes less baking time and thus yields an even more tender bread. The trick to keeping quick breads tender is to avoid over-mixing the batter, which leads to tough muffins. Blend the dry ingredient just enough to combine once you've whisked together the wet ingredients.

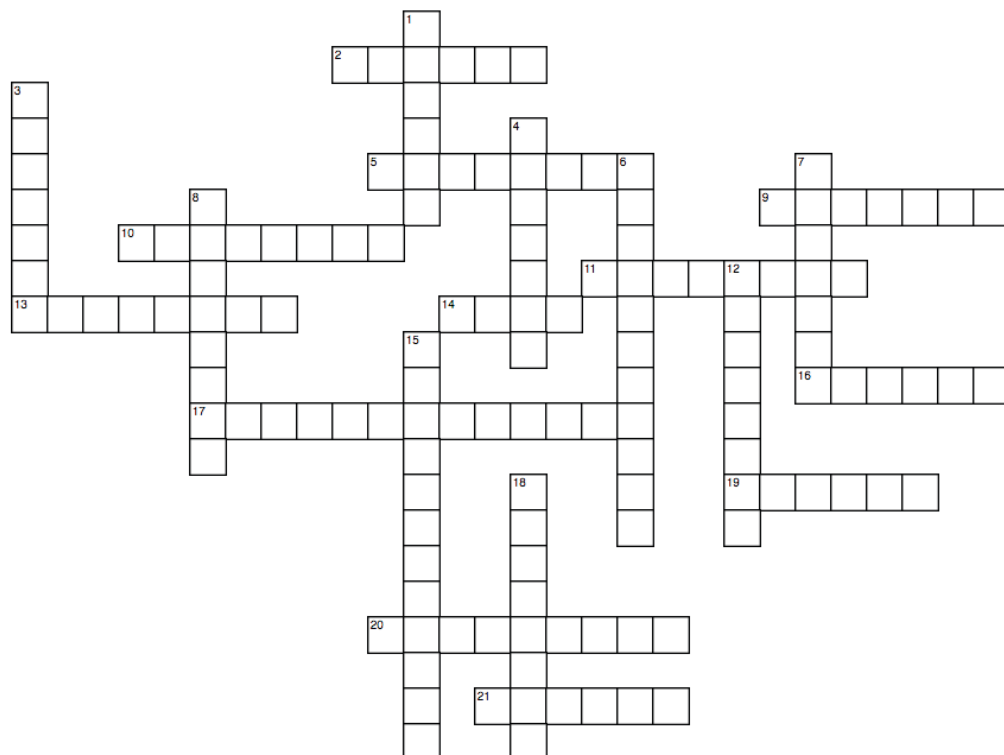
- 6 large eggs
- 3 1/2 cups granulated sugar
- 2 cups vegetable oil
- 4 cups all-purpose baking flour
- 1/2 teaspoon baking powder
- 4 teaspoons baking soda
- 4 teaspoons ground cinnamon
- 2 teaspoons salt
- 4 teaspoons vanilla extract
- 4 cups grated, raw zucchini

Preheat oven to 350F. In a large bowl, thoroughly whisk eggs, sugar and oil together. Add flour, baking powder, baking soda, cinnamon, salt, and vanilla extract. Mix together gently until just combined. Fold in the zucchini, distributing evenly throughout the batter. Pour into well-greased muffin pans and bake for 15 minutes or until a toothpick inserted in the center comes out clean. Let rest for 10 minutes. Remove from the pan gently.



PUZZLE & HOROSCOPE

WORD PUZZLE



ACROSS

- 2 Top food trend in 2018
- 5 Muffin recipe featured in the Charleston DIGEST issue
- 9 Charleston Arts Festival from May 25th - June 10th
- 10 Magnetic high school ranked #11 in the nation and #1 in SC
- 11 Sunscreen may reduce the skins production of _____
- 13 Famous tv personality whose sweaters were knitted by his own mother
- 14 The side of a ship that's sheltered from the wind
- 16 "Holy City" musician Kevin _____ single rerelease on May 24th
- 17 New interchange in Berkeley Country on I26
- 19 Most popular month for births
- 20 Meeting Street restaurant named after CHG CEO's son.
- 21 Toast worthy holiday on May 16th National _____ Day

DOWN

- 1 Wednesdays lunch special at Tabbuli
- 3 _____ industry brought in an economic impact of \$7.37 billion in 2017 to Charleston
- 4 Bob _____ HonkyTonk Saloon celebrating 35 years in food and bev as well as his 60th birthday
- 6 Box office record holder for fastest to 1 Billion
- 7 Tuesday nights at HonkyTonk Saloon
- 8 Kimberly Brock Brown, American Culinary Foundations graduate is CHG's new _____ chef
- 12 Day to commemorate all men and women who have died in military service for the United States
- 15 Charleston resident, contributed to the civil rights movement by developing + leading the Citizenship School Program
- 18 Fort that has ties to the Revolutionary War, Civil War, World War I & II that dates back to 1776

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**One winner will be notified by email once all answers have been verified.*



April 2018 Horoscope: You Get What You Give

Monthly Horoscope by Maria DeSimone, tarot.com



TAURUS (the bull)
4/20 to 5/20

There's no doubt about it: this month will rock massive changes in your world. There will be a seesaw of conflicting energies at play where, on the one hand, you want to create stability in your life. On the other hand, however, you also know that the only way to do this is by completely wrecking whatever existing stability you have -- or thought you had.

Life will begin to change at a rapid pace on May 15. A New Moon in security-minded Taurus will offer an opportunity for you to pave a fresh coat of cement on what you hope will be steady ground in your life. You want financial security and physical security, and with this lunation you can put a plan into action that will allow you to achieve it.

The major cosmic monkey wrench, however, is Uranus. On the very same day, for the first time in 84 years, this planet of revolution, liberation, instability, and sudden change will move into Taurus. How on Earth can you be expected to create any kind of stability when Uranus is now in Taurus? It might seem like a complete oxymoron, and in some ways it is. The truth of the matter is that during the brief shift of Uranus into Taurus from now through November 6, you will clearly begin to understand what has to fall away in your life in order to ultimately build a brave new world for yourself in terms of all things Taurean: money, values, talents, physical matters. These areas of life will be in a state of flux, combined with the knowledge that a brand-new start is on the horizon.

The best way to handle this unsteady configuration is to take a deep breath, pull off your shoes, and go play in the dirt (connect with nature on the Taurus level) so that you can calm yourself enough to embrace the changes that are about to happen. Garden. Walk in the park. Hike in the woods. Anything that connects you to nature will help you. You need this now.

Mars enters Aquarius on May 16. The planet of motivation and ambition is now focused on higher ideals, humanitarian concerns, and group endeavors. Know that whatever you begin now will come up for a review during Mars Retrograde, which starts next month on June 26. Act accordingly.

Lastly, a Full Moon in Sagittarius on May 29 will help you gain a broader perspective on the big picture. What really matters will become keenly obvious to you now. So will your role in making it happen.

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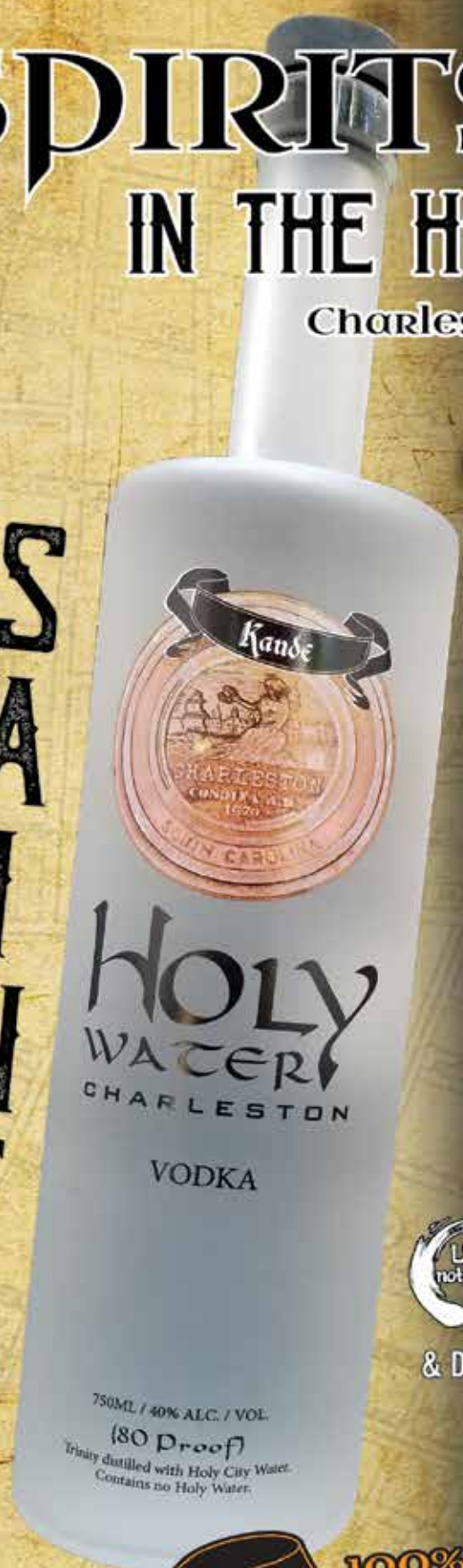
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