

SELF

1,007
FREEBIES
FOR YOU
INSIDE!

No Time to Exercise?
**ONE EASY
MOVE TO
SLIM
ALL OVER!**

**7 NEW WAYS TO
WEAR YOUR HAIR**
A Look for Every Day

**SKINNY
SUMMER
COCKTAILS**
97 Calories. Yum!

**YOUR BEST BODY:
GET IT AT ANY AGE!**
Tasty Foods That Fight Fat
and Erase Years, Too!

**WEIGHT
LOSS
THAT
STICKS!**
Tips From
The Biggest
Loser Star
**Alison
Sweeney**

**5 secrets
to more
energy** Starting Now! p.124

AUGUST 2011 \$3.99 US
\$4.99 FOREIGN



As Seen On



Southern Living®

OCTOBER 2010

How to Wow!

OUR BEST IDEAS FOR A MAGICAL FALL

Inside: ALABAMA PEOPLE & PLACES

17 POSTCARD PERFECT GETAWAYS

HEARTY SOUPS, SLOW-COOKER SUPPERS and IRRESISTIBLE DESSERTS

Top 10 Tailgating Essentials

\$4.99US \$6.50CAN



0 92567 10400 0

107

Host a Tailgate!

Here are 10 essentials for outdoor entertaining in style.



Vintage is in! Plan your tailgate using old baskets and timeless accessories. On chilly days, go for tartan throws; ours are from clockman.com.



Provence Solid Melamine dinnerware in Red by Le Cadeaux, \$10.99-\$14.99; touchofeurope.net



Striped ties, \$95 each; bensilver.com



Metal Bistro Chair and 30" Table in Nutmeg, \$98 and \$295; fermobusa.com



Saltwash Canvas Tote in Warm Khaki, \$65 (Large); Ilbean signature.com



King Ranch Flask #203390 in Chaparral Latigo, \$55; kingranchsaddleshop.com

HAVE HIM WEAR YOUR TEAM'S COLORS!

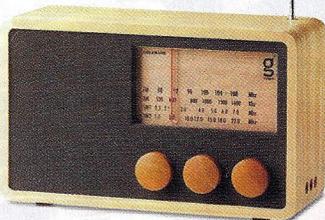


Made in South Carolina

Scales Bloody Mary Mix, \$6.99; scalescocktails.com



Magno Large Radio, \$300; areaware.com



Women's Regular Wool Pea Coat in Spice Brown, \$129.50; landsend.com



Tekla dish towels, 49 cents each; ikea.com



Vintage Coleman Steel-Belted Cooler, \$149; orvis.com *

ALL PRODUCTS EXCEPT PEACOCK AND CANVAS TOTE: RALPH ANDERSON

<http://archives.postandcourier.com/archive/arch10/0410/arc04149728565.shtml>

The Post and Courier

Area couple weigh in with margarita mix

Published on 04/14/10

BY TERESA TAYLOR
The Post and Courier

A year ago, Scott and Stephanie Meadows of Mount Pleasant were enjoying margaritas with friends when one in the group complained about the number of calories in the popular cocktail. "Somebody should come up with a margarita mix with no sugar," she said.

Later that night at home, the couple talked about the feasibility of making a mixer that was low in sugar and carbohydrates. Still, the discussion was in the realm of a pipe dream, until the next day. "We woke up and said, 'Let's do this,'" says Stephanie.

So they blew on the spark. Stephanie, a stay-at-home mom for 13 years, went shopping — she still has the original receipt for lemons and limes from the grocery store. She concocted, and concocted, and concocted some more. Scott and the neighbors served as tasters.

Yet the right taste of the margarita still eluded them. "The taste was really, really good, but we couldn't get that tart bite," she says, so they called on a food chemist.

By August, they had nailed it. The margarita became the flagship in a new line of zero-carb, zero-sugar, low-calorie cocktail mixers to be named "Scales." Sweet-and-sour and strawberry daiquiri mixes were to follow.

Stephanie began knocking on doors in January. The Sea Island Piggly Wiggly became the first taker, buying five cases each of the margarita and sweet-and-sour mixer, which are all bottled in North Carolina. "They knew it was local and how well local was received by the customers," she says.

Since then, Scales has grown legs, and sales are taking off. Nine other Piggly Wiggly locations from Kiawah Island to Myrtle Beach have signed on, as well as Wild Wing Cafe and Senor Tequila restaurants. A South Carolina distributor has been engaged. Kroger stores in Georgia recently placed a big order.

Stephanie says she's getting positive reaction, including the inevitable "Why didn't I think of that?" After all, there are light beers, baked chips and hundreds of other items aimed at the diet-conscious shopper. "Every aisle has that to offer. This product fills the niche for mixers," she says.

She also is hoping the name and design of the labels will stand out. The name is a play in part on weight scales, reinforced by catchphrases on each bottle, such as "Scale back the calories, not the taste."

Each product has its own "creature" — alligator, sea turtle or fish so far — on the label, and they all have scales of their own, she points out. "We wanted it to look like nothing else in the store," including bright colors on a black background.

The design was created by Adam Fowler, a graphic design student at Trident Technical College who is now on the new company's payroll.

The Meadows are aware that success may breed imitators and are hoping to get established ahead of the competition. "You can patent your recipe but not the thought or idea. ... As long as we build a household name and our prices remain competitive, there's enough room," she says.

Prices range from \$6.99 to \$7.99 per liter, depending on the store, she says.

Low-sodium Bloody Mary and carb- and sugar-free Mojito mixes are in the works. The Bloody Mary product is expected soon.

Stephanie, 41, says she and her husband, 43, always have been entrepreneurs at heart and wanted to have their own business. The hope is for Scott, who now works in finance, to join her full time in the new venture.

Stephanie thinks she has learned a lot in the past year.

"That I actually know how to do something besides change diapers and be a mom. I learned actually how to run a company."

Teresa Taylor is the food editor. Reach her at food@postandcourier.com.

ON THE WEB For more information, go to www.scalescocktailmixers.com

CURRENTS

New local and state specialty foods on the front burner

By ANN THRASH, editor

MAY 13, 2010 -- In the past few weeks we've gotten word of several new Lowcountry or Palmetto State food products that you might want to check out.



Thrash

We haven't sampled them all -- yet -- but we've been impressed with what we've tried so far. Be on the lookout for these local brands in stores and restaurants near you.

Scales Sugar-Free Cocktail Mixes: A Mount Pleasant couple, Scott and Stephanie Meadows, have developed a line of really delicious cocktail mixes that are low in calories and have no carbs and no sugar. Scales Cocktail Mixer varieties include a margarita mix, sweet-'n'-sour mix, strawberry daiquiri mix and, soon, a Bloody Mary mix. According to the company's [Facebook fan page](#), the Bloody Mary mix will be out in about two weeks and will be co-branded with Texas Pete hot sauce.

The name "Scales" refers both to the scaly sea creatures on the bottles' labels and the fact that you can "Scale Back the Calories, Not the Taste," as the [company's Web site](#) says. After sampling the margarita mix recently, we can vouch for that claim: This is good stuff, and it's great to be able enjoy some of those popular cocktails without the sickly-sweet aftertaste, calories and carbs that come with the sugary versions of the drinks.

The Scales mixes can be found in Lowcountry Piggly Wiggly stores and a growing number of restaurants and other locations. You'll find a full list of retailers at the company Web site.

Into the (Bloody) mix

Local concocters put their spicy spins on the classic cocktail

BY **TERESA TAYLOR**
ttaylor@postandcourier.com

Wednesday, March 2, 2011

Juice of watercress. Barbecue sauce. Rice vinegar. Puree of roasted vegetables. Slim Jims.

Talk about raising the bar for a cocktail whose first pour may have been simply half-tomato juice, half-vodka.



Photo by Alan Hawes

the Bloody Mary at Amen Street Fish & Raw Bar



Charleston may be a little tardy to the party, but one of the country's most popular cocktails quickly has come of age in the area's restaurants and bars. Eating and drinking spots are crafting the classic with inventive ingredients and garnishes. Some are setting out elaborate bars on weekends for patrons to blend their bloodies as they please.

Blind Tiger Pub in downtown Charleston is among those who pride themselves on a single cocktail made in house. Its mix boasts a "secret sauce" combination of eight liquids such as fish, Worcestershire and Japanese hot sauces. Glasses are rimmed with a house blend of 15 herbs and spices.

The Lowcountry also is home to three entrepreneurs who have launched their own bottled mixes within the past year. They are trying to capture a regional following (at least) and chip sales away from popular labels such as Zing Zang.

Scales



Provided

Scales' lower-sodium mix

Scales Bloody Mary Mix is the fourth child in the family of cocktail mixes started by Scott and Stephanie Meadows of Mount Pleasant.

The first three offered slimmed-down versions of margarita, strawberry daiquiri and sweet and sour mixers with 0 carbs and sugar. For Scales Bloody Mary Mix, they cut the sodium.

The Meadows say the Scales version has 70 percent less sodium than other leading brands. Their formula includes Texas Pete Hot Sauce, Lea & Perrins Worcestershire Sauce, sea salt and no MSG.

Scales' sodium content is 200mg per 3 ounces.

Price: \$7 range.

Contact: 614-1098 or scalescocktailmixers.com.

What's in a name?

Was it bartender Ferdinand "Pete" Petiot while working in 1921 at Harry's Bar in Paris or later at New York's St. Regis Hotel?

Or in the 1930s at New York's 21 Club either by bartender Henry Zbikiewicz or the late comedian George Jessel, a regular.

All have been credited with creating the first Bloody Mary. All certainly had a piece of the action, if nothing else, during the Bloody Mary's formative years.

According to the "Oxford Companion

to American Food & Drink," Petiot is unlikely because tomato juice wasn't available commercially until 1929. (It took figuring out how to suspend minute tomato solids in their juice, not have them separate.)

At any rate, the first known recipe was published in 1944 in Lucius Beebe's "Stork Club Bar Book." Beebe was a New York Herald Tribune columnist who gave Jessel the nod in 1939, writing, "George Jessel's newest pick-me-up which is receiving attention from the town's paragraphers is called a Bloody Mary: half tomato juice, half vodka."

Petiot told The New Yorker magazine in July 1964:

"I initiated the Bloody Mary of today. Jessel said he created it, but it was really nothing but vodka and tomato juice when I took it over."

The name, too, has no clear origin. It may evoke Queen Mary I of England, daughter of Henry VIII and Catherine of Aragon, who had religious dissenters burned at the stake while attempting to restore Roman Catholicism to her country. Or it may have been borrowed from the nickname for a waitress named Mary who worked at a Chicago bar called the Bucket of Blood.

The Bloody Mary was known for a short time as the "Red Snapper" at the St. Regis Hotel.

The Post and Courier

New local food products hit market

Published on 12/01/10

BY TERESA TAYLOR
ttaylor@postandcourier.com

Local foodmakers have been busy getting their latest creations to market. Here are four that have come to our attention this autumn:

Carrie's Fiery Pimento Cheese. Callie's Charleston Biscuits, headed by mother-daughter team Callie White and Carrie Morey, has birthed a new line of gourmet products under the "Carrie" name. The first is a spicy pimiento cheese that is handmade in small batches. (Callie's already offers a tamer, traditional style). In the new mix are shredded cheddar cheese, pimientos, green onions, a "secret" blend of spices as well as a "secret" fiery addition, which promises a spread "as hot as a Charleston summer." 577-1198 or via e-mail at carrie@calliesbiscuits.com

Sold in two packs of 15 ounces each for \$19.90 at www.calliesbiscuits.com or at specialty retailers.

Scales Bloody Mary Mix with lower sodium. Scott and Stephanie Meadows of Mount Pleasant wanted to challenge the notion that cocktail mixes had to be loaded with sugar, carbs and salt to taste good, so they launched a line of their own in 2009. The result was Scales 0 carb, 0 sugar Margarita, Strawberry Daiquiri and Sweet & Sour cocktail mixes. Now they've come out with Scales Bloody Mary Mix that boasts 70 percent less sodium than other leading brands. Their formula, which includes Texas Pete Hot Sauce, Lea & Perrins Worcestershire Sauce and sea salt, is so well-spiced that you don't know any salt is lacking, and there's no MSG.

We compared Scales' sodium content — 200 mg per 3 ounces — with three other brands and the same quantity: Zing Zang counts 610 mg, Tabasco Extra Spicy has 723 mg and Charleston Mix, 390 mg.

Scales Bloody Mary Mix is priced in the \$7 range and can be found at retailers including Piggly Wiggly stores, Boone Hall Farms, Newton Farms and soon at Harris Teeter. Visit scalescocktailmixers.com or call 614-1098.

Dale's Lowcountry Cuisine. Yes, there is a real Dale, and she has been making homemade stuff for appreciative family and friends for 30-some years. Now her cooking has gone public in the form of Fish Stew, Shrimp Creole and Lowcountry Sauce.

Lance and Dale Nilsen of Awendaw made the leap about two years ago when the economy began tanking and Lance's contracting work began to dry up. So they decided to see if Dale's cooking was as good as everyone told them it was. "Things got really slow so we decided to put these products on the market and see if they would get rolling," Lance says.

The products come in two sizes, 16- and 32-ounce. The Shrimp Creole and the Lowcountry Sauce are either mild or spicy; the Fish Stew is spicy only. The idea with the sauce is that you may add fresh fish, seafood or sausage to your liking — it's the same sauce as the creole minus the shrimp.

Also, the vegetables are from South Carolina, the shrimp from McClellanville and the catfish from Lake Moultrie. All the products are made a gallon at a time for consistency.

Prices range from \$6 to \$14, depending on the product and amount. Dale's Lowcountry Cuisine may be found at select Wiggly stores, Boone Hall Farms, Newton Farms and SeeWee Outpost in Awendaw. Also visit www.daleslowcountrycuisine.com.

Salted Caramel Crepe Cake. The Charleston Crepe Company is offering this new treat as a limited edition. Company owners Jack and Rachel Byrne have stacked 25 layers of crepe and interspersed them with vanilla pastry cream and homemade caramel. Their crowning touch is a bruleed top finished with a sprinkling of French sea salt. The 10-inch cakes serve 12, are packaged in retro tins and will ship. Each costs \$50. For more information or to order, call 573-3458 or e-mail info@charlestoncrepecompany.com. Local pickup is available by arrangement.

Teresa Taylor is the food editor. Reach her at 937-4886.

SCALES is mixing it up



PHOTO PROVIDED

Stephanie Meadows tips the “Scales “with her new cocktail mix on shelves now.

As a contentious consumer Stephanie Meadows was tired of opting for the same no frills, ill tasting mixers when drinking socially. As a result, she is the co-owner of Scales, a hot new cocktail mixer, which boasts 0 carbs, 0 sugar, low-sodium.

“In this fat-free, low-calorie world we live in, one indulgence seemed to be missing - a smart mixer. I love cocktails, I really do, that’s why my husband, Scott and I set out to develop a full flavor, mixer that allows drinkers to enjoy the flavor of their favorite cocktail without all the guilt and calories of a regular mixed drink,” she said.

The average Margarita mixer contains 140 calories, 35 grams of sugar, 37 carbohydrates and 40 mgs of sodium, per serving. Compare that to Scales Margarita Mix, with only 5 calories, 0 grams of sugar, 0 carbohydrates and only 15mgs of sodium, per serving and it’s not hard to see the savings are substantial.

While some sugar free mixers have a laxative effect or leave you with an after taste, Scales mixers are sweetened with sucralose. It tastes like sugar

because it's made from sugar. Moreover, Scales, is a Charleston Original and it's popping up on local grocery store shelves including the Piggly Wiggly on the Isle of Palms Connector and at Sea Island Shopping Center, Gisseppi's Pizza, Senior' Tequila and various liquor stores.

Growing up on the coast of South Carolina, Meadows has fond memories of her parents hosting cocktail parties while she and her friends ran around on the sandy beach. Little did she know this very experience would define her future and her passion as a true southern entertainer. Visit www.scalescocktailmixers.com and see for yourself.

WELCOME.

Club XV



Sysco

GREY GOOSE
World's Best Tasting Vodka



2010 VERIZON HERITAGE



GREY GOOSE
World's Best Tasting Vodka

Grey Goose Specialty Cocktails

GREY GOOSE BACK NINE

GREY GOOSE VODKA, ICED TEA AND LEMONADE. \$6

PEAR PERFECTION

GREY GOOSE LA FLORE VODKA, PEAR NECTAR,
SOUP MIX & SODA, THE HOLE-IN-ONE OF COCKTAILS. \$6



CALIBOGUE LEMONADE

GREY GOOSE VODKA, LEMONADE AND
A SPLASH OF POMEGRANATE. \$6

CAROLINA SUNSET

GREY GOOSE L'ORANGE VODKA, MONIN BLOOD ORANGE,
TRIPLE SEC, LIME JUICE AND A SPLASH OF CRAN. \$6

GREY GOOSE BLOODY MARY

GREY GOOSE VODKA & BLOODY MARY MIX
WITH CELERY & LIME. \$6

HARBOURNERO SPICY BLOODY

GREY GOOSE VODKA, BLOODY MARY MIX
AND MONIN HABEÑERO LIME. \$6

ADD \$1.00 TO ANY DRINK FOR A
GREY GOOSE HERITAGE SOUVENIR GLASS



BACARDI

Bacardi Specialty Cocktails

HERITAGE HEAT MOJITO

BACARDI LIMÓN RUM, MONIN MOJITO MIX,
MONIN HABEÑERO LIME & LIME JUICE. \$6

SKINNY MOJITO

BACARDI LIMÓN, FRESH LIME JUICE & SIMPLE SYRUP,
LESS THAN 90 CALORIES, 5 CARBS & SUGAR FREE! \$6



SKINNY MARGARITA

CAZADOREZ TEQUILA
& SCALES SKINNY MARGARITA MIX,
SHAKEN TOGETHER PERFECTLY. \$6

MAKE IT AN UPTOWN WITH GRAND MARNIER. \$7

WILD WING MARGARITAS

CAZADOREZ TEQUILA & OUR SIGNATURE MARGARITA MIX,
CHOOSE TRADITIONAL OR POMEGRANATE. \$6

MAKE EITHER AN UPTOWN WITH GRAND MARNIER. \$7

WWC *Signature* WEEKEND WARRIOR

BACARDI SELECT RUM, BACARDI SUPERIOR RUM
AND OUR SIGNATURE RUM RUNNER MIX OVER ICE. \$6

ADD \$1.00 TO ANY DRINK FOR A
GREY GOOSE HERITAGE SOUVENIR GLASS



when the sun goes down on
the heritage,
the night
lights up at the wing!

Hilton Head Live Music Line-Up

Thursday Night - The Design

Friday Night - Retro Vertigo

Saturday Night - Silicone Sister

Bluffton Line-Up

Thursday Night - Cornhole Tourney

Friday Night - B-Town Playaz

Saturday Night - Hot Sauce

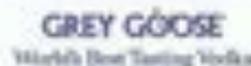


HILTON HEAD
POPE AVENUE

BLUFFTON
US 278

WELCOME.

Club XV



2010 VERIZON HERITAGE



Charleston Financial Strategies



Connecticut State



Ice Box Bartending Services



Jennifer Backman Cupcakes 843.275.4971



cru café ON MARKET STREET



charleston regill



CRAVE

Catering

Gift Cards:

Trattoria De Luca

The Pot Men

First Landing

Wild Olive

The Mustard Seed

Savory

Red's Ice House

Palmetto Carriage

Hulk Chop House

Zio Pizzeria

Rivertowne

Wild Dunes

ASCEND Foundation

Arnie Scandalios Cancer Ends Now Directive
Nine years since its start, The ASCEND Foundation is continuing to push forward with our overall mission of making Cancer awareness a national priority. Currently, focusing on the newest initiative, The Cancer Companion Program, ASCEND believes that Cancer awareness, education, and prevention are three ways to fight Cancer before it affects someone's life.



A Program of the ASCEND Foundation

ASCEND Foundation Office:
P.O. Box 80925 Charleston, SC 29416

843.275.4055
info@ascendfoundation.org
WWW.ASCENDFoundation.org

ASCEND Foundation GOLF CLASSIC



KIAWAH ISLAND CLUB'S
CASSIQUE
MONDAY, SEPTEMBER 13, 2010

IMAGINE

A World Without Cancer.
with the ASCEND Foundation

DINNER SPONSORS

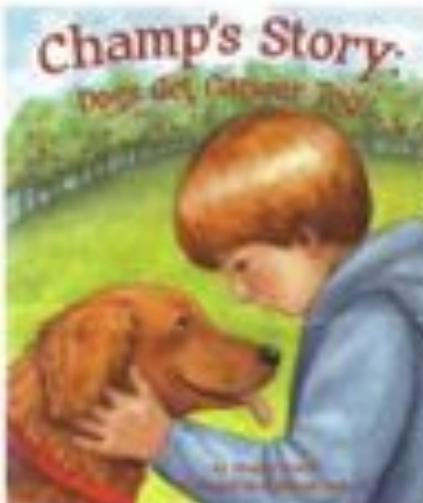
Grave Catering is a full-service catering business offering an extensive menu of foods from world cuisines. **eRaVE Catering** is on the cutting edge of private culinary services through its personal chef services to large scale corporate functions, weddings, and private events. **eRaVE Catering** is directed by Executive Chef Michael Petrillo.

Steno Catering located on Maybank highway in Charleston is run by Chef Barry Waldrop. Noted for putting together amazing special events, Barry does it all from food to decor. **Steno Cafe** is a place that serves up an American Cuisine with an emphasis on pasta, seafood, and steaks, and local favorites such as lobster macaroni and cheese and She Crab Soup.

CRU Cafe and Catering in Charleston's home is some of the best and most consistent food in the low-country. **Cru Cafe** is run by renowned **Le Cordon Bleu** Chef John Zucker. Opened in 2002 in response to overwhelming demand, **Cru Cafe** is a hidden gem in the extensive and impressive Charleston restaurant scene. Concurrently located in downtown Charleston, **Cru Cafe** and its award winning Catering division are consistently ranked as top eateries by locals and tourists.

Sylvan Dell Publishing, a small, independent publisher in Mount Pleasant, S.C., publishes *Champ's Story*. In the book, a young boy learns that his dog, Champ, has cancer. While Champ undergoes the same types of treatments and many of the same reactions as a human under similar circumstances, his young owner becomes a loving caretaker. Sherry North turns this serious subject into an empathetic story that young children can understand.

A former medical producer for CNN Headline News, North has written and produced a number of award-winning medical documentaries for public television, and she currently contributes to WebMD. In the children's book realm, she has written *Because You Are My Baby* (Winner of a 2008 NAPPA Gold Award), *Because I Am Your Daddy*, *Sailing Days*, and *The School that Sank*.



Champ's Story and an accompanying stuffed animal golden retriever are an educational and awareness initiative of

the ASCEND Foundation, a volunteer 501(c)(3) registered non-profit with a track record of initiatives designed to make measurable differences in the battle against cancer. It is ASCEND's vision to introduce the cancer book with cancer-related teaching activities for children into school systems and child oncology centers across the country. The ASCEND Foundation will kick off this education and awareness campaign September 13 on National Childhood Cancer Awareness Day. ASCEND Foundation officials are available to discuss the goals of their foundation.

MEDIA SPONSORS

Count on News 2
WCBD TV :: CHARLESTON SC



94.3
Clear Channel

To promote Cancer Awareness, Education, and Prevention, ASCEND will make the Cancer Companion Program available to the Charleston elementary/middle schools, as well as MUSC children hospitals, and Camp Happy Days.

Special Thanks To Our Committee

Russ Pritchard
Jessica Travis
Dawn Thomas
Matt Postins
Gregg Kennedy

Jeri St Germain, Robbie Crawford, Ryan Stroup, and the Staff of Cassique Golf Club

GOODS AND SERVICES HAVE
BEEN GENEROUSLY PROVIDED
BY THE FOLLOWING
ORGANIZATIONS



Connected Lifestyle

with us here

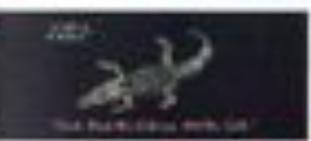


RED TAG LEATHER OF

MR. PETE PETERS



BUILDING CONSTRUCTION, INC.



Charleston BREAST CENTER

The Charleston Breast Center (CBC) is a non-profit, community-based center at which women receive individualized, comprehensive breast care from highly trained specialists. Our services include digital screening, diagnostic mammograms, breast ultrasonography, breast biopsy, genetic clinical assessment and breast-spared M.D. We believe in using state-of-the-art imaging equipment in a comfortable, relaxing and compassionate environment. These services are provided without cost to you.

Board of Trustees

May Lee Butler
Bill Budge
Lynn Harris
Paul Harris
John Harris
Marka Delfino
Karin Flann
Holly George
Betsy Gresh
Tud Logan
Sunday Longman
Ann Merrill
Tara Youngblood

Medical Staff

Roger Anderson
Paul Baker
Ty Burt
John Butler
Ed Wolfe
Janae Brouce
Frank Brown
Betsy Cochran
Linda Cochran
Chia Flier
Mark Grier
Mark Kelle
Janae Krenny
Tud Logan
Paul Moore
Mark Shaw
Vince Walker
Tud Wolfe

Charleston Breast Center

1100 Charleston Hall Blvd.
Charleston, SC 29404
Phone: 843-756-0111
Fax: 843-556-2644

www.charlestonbreastcenter.com
char@charbreast.com



HOSE SPONSORS

Mary Lee and John Butler	Rennie Conrad	The Beach Co.
Dixon Hughes	Cancer Specialist of OHS	BB&T
HBM Construction	In Honor of Double D	Erika Hayes
Gamble Home Services	John Tankony-JIT Associates	MoonsPrint
The Center for Natural Breast Reconstruction	Chuck and Linda Rutherford	Parlatone Club
Bank of South Carolina	Southern Lumber	Newton Farms
Low Country Water Center	John Paul—Anderson Inc.	Hendrick BMW
Heddliger Electrical	Brown Malheur Construction	Dave Wallace
Aqua Blue Pools	Ferguson	Domestic Corp.
	Perry and Kirk Gregg	The Bolens

Charleston BREAST CENTER GOLF CLASSIC

"A Tribute to Pete Radding"



KIAWAH ISLAND CLUB'S

CASSIQUE

MONDAY, JUNE 7, 2010

2010

TOURNAMENT
SPONSORS

Charleston BREAST CENTER DINING SPONSORS



Crave Catering is a full-service catering business offering an extensive menu of foods from world cuisines. Crave Catering is on the cutting edge of private culinary services through its personal chef services to large scale corporate functions, wedding and private events.

Crave Catering is directed by Executive Chef Michael Petrillo. For over 22 years, Chef Michael Petrillo has explored the varieties of European and American cuisine as well as exquisite Szechuan and Asian cuisine.

For over 22 years, Chef Michael Petrillo has been cooking up a storm. From European to American cuisine as well as exquisite Szechuan, Chef Petrillo has always delivered.

After receiving his degree from the Cordon Bleu American Program, Chef Petrillo made his mark with some of Europe's most renowned chefs.



Crave Catering
1122 St. Pauls Parish Lane
Aiken Island, SC 29405
Phone: 843.864.2774

cravecharleston.com



DONNIE BULLIARD-THE CAJUN KITCHEN
Donnie Bulliard spent his childhood de-boning chicken, pickin' ligs, and swimmin' in pickle vats in St. Martinville, La. His family's got a crawfish peeling plant and a kitchen that looks

like a grocery store, and they've been bottling hot sauce for over 100 years. Now, Bulliard is bringing his seasoned expertise to Charleston in the form of Cajun Kitchen. Located within Charleston Signature Kitchens in West Ashley, Bulliard may have left the Bayou, but the Cajun way of life will never leave him. As Donnie demonstrates how to make his authentic family recipes, he regales his audience with story after story about life on the Bayou — a place filled with loud people and even louder food.



Donnie will share with you the unique, colorful and historical secrets of the Cajun Culture and prepare authentic, classic dishes such as Bouillabaisse, Court-bouillon, Gumbo and Jambalaya. "Come on in and laissez les bon temps rouler!"



The Cajun Kitchen TV | Phone: 843.204.9999 | Email: donnie@thecajunkitchen.com



Growing up on the coast of South Carolina, Stephanie has fond memories of her parents hosting cocktail parties while she and her friends ran around on the beach. Little did she know the very experience would define her future and her passion as a true southern entrepreneur!

Fast forward a few years, and just as her parents before her, she and husband Scott, love to entertain their friends and family on their beloved coast of Charleston, SC.

A social gathering at the Woodrow House was not complete without Stephanie's signature Margaritas and Scott's wild and wonderful Whiskey Bours. While they were quite tasty, they contained high sugar, high sodium and loads of calories. So Stephanie and Scott set out to create delicious full-flavored cocktails for the coast without alcohol, and also Scott was born!

Finally, cocktail lovers can enjoy their favorite cocktail without guilt.



Jasmine Fench

The walls of authentic Charleston brick, oak-plank floors, and the backdrop of the spectacular Atlantic Ocean create the ideal setting for this updated lowcountry style cuisine. With a menu that highlights the abundance of Charleston's seafood, along with certified organic local produce, Jasmine Fench will delight food lovers with its unique and refreshing approach.

Dedicated to sharing with guests the extraordinary culinary depth of the lowcountry Chef Ryley McGillis and the Jasmine Fench team work closely with local farmers to cultivate produce that is specifically featured on seasonal menus.

www.kisawahresort.com

Angharad Jones-Fench and Beverage Director



The entrepreneurial spirit and passion for pizza shared by founders Dave Christopher and Paul "Groggy" Farrell was a catalyst for bringing New Moon to the Charleston area.

New Moon pizza is made with fresh dough, hand-tossed and combined with the best ingredients, then cooked to perfection in the pizzeria's signature ovens. New Moon's team members are dedicated to exceeding customer expectations and serving the perfect pizza in a friendly environment. In addition to New Moon authentic pizzas, customers can choose from a variety of salads, appetizers, wings, and signature sandwiches. For busy working families, home delivery is available. Take-out, and online ordering is also an option. The Johns Island location provides a variety of beer and a unique but affordable wine list.

WWW.NEWMOONPIZZA.COM 803.746.8886 NEWMOONPIZZA.COM



The Flowers From Fench offers made to order centerpieces, a full salad bar, and other pre-made dishes, such as chicken, terns, and shrimp salads, hand rolled sushi, and a variety of soups. All of the dishes are made in-house by the talented Flowers From Fench chefs.

Flowers From Fench Catering team consists of highly skilled chefs that bring fresh, quality ingredients and creativity to every dish, making sure each event exceeds expectations. Their menus are fully customizable and have been created to satisfy a wide range of tastes, preferences and budgets. Whether you're planning a small family gathering, corporate event, or wedding, Flowers From Fench has you covered! Flowers From Fench Catering serves Kiawah Island, Seaside, Johns Island and Charleston, SC. www.flowersfromfench.com JEFF HARBEL, OPERATOR

SPECIAL THANKS TO OUR COMMITTEE

DEBRA BRADY COVE	DEBRA HAYES	JEFF HARBEL
JEFF KUTNER	LOU KIRKWOOD	BOB KATZMAN
PAUL MARCH	DEBRA REEDMAN	DAVE STARR
LOU WOODWARD	DAVE WOODARD	YVONNE ZIGLER
NORMA AND COLLEEN KIRBY - AUNT YVONNE DEWY - SANDY HORNBY - BOB WOODARD, BOB KIRKWOOD, BOB WOODARD AND THE STAFF OF CHARLEY COFFEE LOUNGE		