

You Ain't Seen Nothin' Like This

BY MEGAN ABIGAIL CHANDLER

Charleston's style scene is about to take a drastic change for the better. For the more professional. For the more recognizable. If you've never heard of Fashion Group International, well stay tuned. You're about to hear all about them as their pre-scene in the Holy City grows. And while they've been an active and vital organization since the start of 2011, they are bringing an event to Charleston in September the likes of which the style community has never seen.

The *Charleston Mercury* is proud to be the first to announce FGI's Turn Back Time event on Monday, September 26, 6:00 - 9:00 p.m.

This evening will include

expert advice on skin care, nutrition, the latest in anti-aging products, skin cancer prevention, healthy food and makeovers.

Should you choose to participate and be a guest of this event, you will have a chance to meet the expert panel. This panel includes Peter Lichtenhal, president of Bumble & Bumble; Howard Kaminsky, co-founder of B. Kamis Laboratories; Ann Kulze, author, doctor, wellness expert and television/radio personality; and McLean Sheperd, doctor and founder of McLean Sheperd Integrative Dermatology. Last but not least, we are excited to announce that the moderator of the event is Jane Larkworthy, beauty director of *W Magazine*. This is the first trip to Charleston for some of the experts, and we couldn't be more excited the Fashion Group International



has enticed these substantial personalities in the world of beauty and wellness to our city.

Guests will not walk away empty handed, as a special gift bag will be presented to them full of information from the presentation, products, recipes and more.

For more information on the event visit www.charleston.fgi.org, call regional director Rosanna

Krekel at (843) 696-2688 or e-mail charleston@fgi.org.

This is a true opportunity for those interested in the style community to learn what Charleston has to offer and how Rosanna and FGI are helping to grow the awareness of what our city can offer to the areas of fashion, beauty, design, style and publishing to the international spectrum. Don't miss it!

Third Annual Sale Soiree

BY MEGAN ABIGAIL CHANDLER

Where: Memminger Auditorium;
56 Beaufain Street

When: July 28; 7 p.m. to 10 p.m.

Who: Finicky Filly, Haute Hanger, House of Sage, Candy Shop Vintage, Sally Bettes Resort Shop, Monkee's of Daniel Island, Thera M., K. Moragan, Sam's Closet, Worn, V2V, Style Girl Collection, Cinderollies, Teal, Smolder, Stella & Dot, Maslo Jewelry, Stella Nova, Cose Belle and Beach Bright Smile

What: Charleston's fashion community gathers to raise awareness for PAR (People Against Rape) while slashing prices on the hottest trends.

How: Tickets are \$10 in advance and \$15 at the door and can be purchased at www.peopleagainstrape.org or at any participating retailer.

Dorchester Free School Board Continues to Assist

BY CHARLESTON MERCURY STAFF

The Dorchester Free School Board has approved Alicia Brooke Davol to receive the third annual installment of the Daisy Richardson Doar Scholarship as she enters her junior year at Presbyterian College next fall. The unanimous approval of the board was given at its annual meeting in Summerville, Board President Stephen F. Hutchinson announced recently.

Alicia represents the qualities the board seeks in its

scholarship recipients," Hutchinson said. "She is a serious scholar who maintains excellent grades while participating in a variety of college activities." The scholarship is named in memory of Daisy Richardson Doar, an elementary school teacher who was a founder of the Timrod Library and Literary Association in 1897.

Miss Davol, a 2009 graduate of Summerville High School, is a daughter of Thomas and Lisa Davol of Summerville. She is a sophomore at Presbyterian College, majoring in biology and psychology, and plans to enter pharmacy school after

she completes her undergraduate studies. On campus she is involved in the Presbyterian Student Association, sings alto in the PC Choir and the Chamber Choir and plays violin in the Chamber Orchestra. She also participates in intramural basketball.

As *Mercury* readers may recall from a previous article, the Dorchester Free School Board is believed to be the oldest operating school board in the country and traces its roots to 1724, when the Colonial Legislature passed an Act of Assembly creating a free school in the Puritan town of Dorchester on the Ashley River. Its original pur-

pose was to offer educational opportunities for the children of the town, and the board's first accomplishment was to build a school house and a residence for the school master. Burned by the British in 1781, the school buildings were rebuilt in 1797 and remained in operation until 1817, when decisions were made to relocate the Dorchester Free School Board to the town of Summerville.

The board lost its funds during the War Between the States as a result of having invested in Confederate securities. In 1901 the town of Summerville and individual citizens contributed money

to build a brick school on Laurel Street, which opened in 1906 and served the children of the town for nearly half a century.

Presently the Dorchester Free School Board offers two named scholarships and one general scholarship to college-bound students. The Daisy Richardson Doar Scholarship is given in memory of a beloved citizen, teacher and scholar who was instrumental in founding the Timrod Library and Literary Association in Summerville in 1897. The Tommy Cuthbert Scholarship is awarded in memory of one of Summerville's gifted golfers who was director of golf at

Kiawah Island for 30 years. The third scholarship is awarded to a student who is pursuing a career in the field of medicine.

Each scholarship is worth \$8,000, payable over four years and is based on academic promise with consideration given to financial need.

The funding of scholarships comes from several sources, including interest earned on invested assets, gifts from board members, and contributions from individual and corporate donors. In the case of the Tommy Cuthbert Scholarship, proceeds from an annual golf tournament are used to grow the fund.

Notes from the Couch

RICE: A Formula for Marital Longevity

BY RISA MASON

After writing my last column about marital longevity, I feel inspired to delve more deeply into the topic of committed relationships and the many factors that contribute to their success or failure. Since I started thinking along these lines, a funny thing has happened. I am starting to receive more patient referrals for marriage counseling than ever before, and I couldn't be happier. It pains me to see that most insurance plans do not cover marriage counseling. Our personal relationships (or lack thereof) have such a significant impact on our physical, emotional and spiritual well being that it is seems counterintuitive to exclude these kinds of services from mental health care plans.

In my previous column I presented my ICE formula for marital longevity: Investment, Commitment and Evolution = long term marital success. I delineated the first piece of the equation, *investment*, with the



PHOTOGRAPH BY BLAIR HALFORD
Risa Mason

help of a horseracing analogy. If you bet everything you have on the long shot, higher stakes means larger gains (or losses). With increased risk come heightened anxiety and, consequently, a deeper level of emotional investment. When it comes to marriage, a healthy dose of anxiety is not necessarily a bad thing. Anxiety reminds us that we care about the person we are with and the fate of the relationship. What could be bad about that?

Next, I described *commitment* as a legal, financial and/or spiritual promise to walk through life together. I further qualified this idea by stating that it is possible to be

committed in a conventional sense (i.e. legally married) without being emotionally invested, and vice versa. According to my ICE formula for marital longevity, it takes emotional investment and a solid and tangible commitment for a relationship to thrive and prosper. If partners are committed without being emotionally invested, it is easy to walk away emotionally but more difficult to leave physically. Alternatively, if there is an emotional investment but no tangible level of commitment (i.e. marriage), a physical departure can be far less complicated but emotionally devastating.

In many cases people exist within the confines of a committed relationship (i.e. marriage) while one or both partners lack the emotional investment required to sustain the relationship over time. This scenario often plays out in cases of extramarital affairs or when people grow apart and begin to fantasize about a better, more fulfilling life without each other. When couples enter my office for marriage counseling, most often one person is emotionally invested while the other is not. These kinds

of situations can be extraordinarily painful or even tragic.

The third and final piece of my ICE formula for marital longevity is *evolution*. In my last column, I defined evolution as a *gradual process in which something changes into a different and usually more complex or better form*. I suggested that individual evolution on separate tracks should not threaten a marriage; rather, it should enhance it, as long as both partners are invested, committed and inherently oriented towards partnership. Investment and commitment can serve as protective mechanisms in the face of individual evolution. When partners grow apart and develop separate hobbies, goals or interests, investment and commitment can act as the relationship glue that holds them together. This can be a challenging but wonderful time for a marriage. Eventually, when the storm of evolution subsides, the new summation of both partners together will be stronger and better than their individual parts.

Intimate relationships can function like mirrors. Do you remember the distortion mirrors that are typically found

in carnival fun houses, the ones that make you look short and fat and comically disproportioned? If you are in a healthy relationship, the image you see in your lover's eyes will be an accurate reflection of your innermost soul. For the most part, you will feel properly seen, understood and validated although nothing is ever perfect or absolute. Alternatively, if your relationship is unhealthy, toxic or downright abusive, then the reflection you see will be distorted, confusing or, at worst, unrecognizable. A leading expert on the topic of emotional abuse taught me that *confusion* is the hallmark of emotional abuse. If you feel disoriented, fragmented or adrift in your intimate relationship, it can be like wandering through the hall of mirrors in a carnival fun house.

Individual evolution is blocked by distortion and enhanced by truth and authenticity. If you are growing and transforming within your marriage and you feel recognized, valued and cherished as your authentic self, chances are your relationship will survive the test of time. Perhaps I should revise my

ICE formula for marital longevity to be the RICE formula for marital longevity: Reflection, Investment, Commitment and Evolution = Marital Longevity.

There is much to consider when it comes to building a healthy marriage. A patient of mine who is presently struggling within his marriage recently said to me in jest: people should marry for lust, not love. I am not sure where this fits into my RICE formula, but it is definitely something to think about.

Is sexual chemistry important? Is a fulfilling sex life important to the success of a marriage? In honor of my patient, I will explore this question in my next column, so stay tuned!

Risa Mason is a psychologist with a private practice on Daniel Island, SC, and the executive director of the Ruth Rhoden Craven Foundation for Postpartum Depression Awareness. She may be reached for questions or comments at www.risamason.com or risa@livedreamthrive.com. You may also follow her columns at www.charlestonmercury.com.

A Downtown Worship Experience.

SUNDAY

8:00 am Reflective & Quiet, Eucharist Rite I
8:45 am Family Communion, Eucharist Rite III
9:20 am *Tool Time* (Sunday School for all ages)
10:30 am Holy Communion with Full Choir
6:00 pm Contemporary Worship, Eucharist Rite II

MON, TUES, WED, FRIDAY

12:10 pm Midday Prayers

TUESDAY

7:30 am Holy Communion

THURSDAY

12:00 pm Holy Communion and Healing

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