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NEIGHBORS OF THE

# Dunes & Pine Lakes

DECEMBER 2023

The  
**SUPROCKS:**  
*A Great Team*



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Cover Photo by Victor Beloded of One Life Photography

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Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 1st of each month. Go to [www.bestversionmedia.com](http://www.bestversionmedia.com) and click "Submit Content." You may also email your thoughts, ideas and photos to: [hwhitesides@bestversionmedia.com](mailto:hwhitesides@bestversionmedia.com).

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Are you on the association board for your subdivision? Contact us for information on how you can submit articles, updates, reminders, events and more to the residents. We create customized homeowners association sections at no cost to the HOA or the residents.

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Content Due: ..... Edition Date:  
December 1 ..... January  
January 1 ..... February  
February 1 ..... March  
March 1 ..... April  
April 1 ..... May  
May 1 ..... June  
June 1 ..... July  
July 1 ..... August  
August 1 ..... September  
September 1 ..... October  
October 1 ..... November  
November 1 ..... December

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Welcome to *Neighbors of the Dunes & Pine Lakes Magazine!* I love this time of year as it is full of festivities, celebrations, beautiful decorations, and a holiday spirit that I wish quite frankly more people would embrace all through the year! It's important for me to stay grateful during the holiday season. I recognize how blessed I am to have the gift of health and to have family and friends who are incredibly supportive. This is my first holiday season celebrating with all of you, and it means more to me than you can possibly know!

Our December edition features Mark and Sherry Suprock. This couple makes a great team and shares my love of pickleball and everything it offers. Their story is an interesting one, so be sure to check it out. Also, please don't forget to check out the very informative articles by our Expert Contributors. I always learn something new when I read their articles!

Thank you as always to my team for your hard work and dedication in helping me bring this publication to print every month. From my Content Contributor Hilary Ingoldsby Whitesides, to my amazing Photographer Victor Beloded of One Life Photography, to our incredible Designer Sergio Olivares-Rueda, you all are the reason this publication has grown so quickly and has been so successful!

I would be remiss if I didn't thank all of our business Sponsors for bringing this resource to our community! This publication is made possible by the local businesses you see in these pages. Please support them as they are the reason we are able to provide you with this beautiful magazine that arrives in your mailbox every month. We would like to welcome our newest Sponsors **Affordable Awning Systems LLC, Atlantic Nails & Spa, Coastal Hearing Centers** and Sponsor and Expert Contributor **Dick's Pawn Superstore Hwy 544.**



Thank you, as always, for the submissions from the community that make *Neighbors of the Dunes & Pine Lakes* so personal to our readers. It is so much fun to see the magazine continue to grow and evolve with **AMAZING** business sponsors, articles, recipes, and pet pictures from our residents! If you are a business owner and are interested in sponsorship, I would love to connect with you!

*Heather Begley*

Publisher  
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# Calendar of Events

**Nightly, Nov. 20 – Dec. 30**

**The Great Christmas Light Show**  
@NMB Park and Sports Complex  
Over 2 million lights are festively displayed along this 2-mile drive. Visitors can also visit Santa's Village and enjoy holiday treats.  
Time: 5:30-9:30pm  
Cost: \$15-20 per vehicle  
<https://www.nmb.us/433/The-Great-Christmas-Light-Show>

**Thursdays and Sundays, Dec. Holiday Carriage Rides**

@Market Common  
Take a complimentary ride through Market Common, enjoy the holiday decorations, and do some holiday shopping.  
Time: 4-7pm  
Cost: FREE  
<https://www.marketcommonmb.com/events/complimentary-holiday-carriage-rides/>

**Fri – Sun., Dec. 1-17 sounds of the Season**

@Coastal Grand Mall  
Stop by the mall to hear The Phoenix Carolers perform holiday hits while you finish up your Christmas shopping.  
Time: 5-7pm or 2-4pm  
Cost: FREE  
[www.coastalgrand.com/event](http://www.coastalgrand.com/event)

**Thurs., Dec. 7-21**

**Rivertown Christmas Celebration**  
@Downtown Conway  
Conway's annual Christmas celebration features holiday activities and events such as carriage rides, living window displays, and other entertainment every Thursday evening during the holiday season.  
Time: 6-8pm  
Cost: FREE  
[www.conwayalive.com](http://www.conwayalive.com)

**Sat., Dec. 9**

**Surfside Christmas Parade**  
@Ocean Blvd.  
Come to Surfside to kick off the holiday season with this family-friendly holiday parade.  
Time: 2pm  
Cost: FREE  
[www.surfsidebeach.org/Calendar](http://www.surfsidebeach.org/Calendar)

**Sat., Dec. 9**

**MarshWalk's Annual Santa Crawl**  
@MarshWalk, Murrells Inlet  
Dress in your best holiday attire and enjoy drink and dinner specials on the Marshwalk. Secret Santas will also be strolling the MarshWalk looking for the best holiday outfits and winners will be announced at 9:30 p.m.  
Time: 5-10pm  
Cost: FREE  
[www.marshwalk.com/calendar](http://www.marshwalk.com/calendar)

**Sun., Dec. 10**

**Christmas Golf Cart Parade**  
@Barefoot Landing  
Decorate your golf cart for the holidays or come as a spectator and enjoy this fun holiday event.  
Time: 3pm  
Cost: FREE  
[www.bflanding.com/calendar](http://www.bflanding.com/calendar)

**Thurs., Dec. 14**

**Festival of Lights Open House**  
@901 Portside Dr.  
Come enjoy holiday music and refreshments as you tour the decorated holiday trees throughout Portside.  
Time: 3-6:30pm  
Cost: FREE  
RSVP to Abigail Ganous, Move-In Coordinator, 843-999-2494

**Thurs., Dec. 14**

**Twinkling Two miler**  
@Plyer Park  
Run or walk along this 2-mile route at the Winter Wonderland at the Beach and enjoy the light display along the boardwalk. This event is untimed  
Time: 6pm  
Cost: \$25  
[runsignup.com/Race/SC/MyrtleBeach/TheTwinklingTwoMiler](https://runsignup.com/Race/SC/MyrtleBeach/TheTwinklingTwoMiler)

**Sun., Dec. 31**

**Strauss on the Strand**  
@First Presbyterian Church of Myrtle Beach  
Celebrate the new year with this classic Viennese music tradition full of well-known polkas and waltzes presented by the Long Bay Symphony.  
Time: 2:30pm  
Cost: \$30  
[www.longbaysymphony.com/event/strauss-on-the-strand-6](http://www.longbaysymphony.com/event/strauss-on-the-strand-6)



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# THE PET CORNER

Submitted by Sherry and Mark Suprock

Special thanks to East Coast Pet Services for sponsoring our Pet Corner.



We have two Goldendoodle dogs. Lexi is 5 and Holly, our "tripawd" (a three-legged dog), is 4. They are like family to us!

- Sherry and Mark Suprock

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*- Vickie Hibdon*

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*- Meg Macdonald & Doug Conaway*

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# THE SURPRISING HEALTH BENEFITS OF HOLIDAY SPICES

By Rachel Godwin, The Power of Elderberries

At The POWER of Elderberries®, we aim to help families stay active, healthy, and connected by providing premium elderberry syrup supplements for improved health and vitality. This month, we focus on the health benefits of cinnamon and cloves, two nostalgic holiday spices you'll find in our Signature Elderberry Syrup which gives it a distinct "Christmas taste." Apart from their delicious flavor, these spices offer a range of medicinal benefits that can improve overall health and complement the health benefits of the European black elderberry. Incredible testimonials from our customers support the following health benefits of Cinnamon and Cloves that are received from a daily dose of our elderberry syrup products.

Studies have found that the compounds in cloves may have several health benefits, including supporting liver health, bone health, and oral health, and helping to stabilize blood sugar levels. Additionally, cloves are high in antioxidants, which may help prevent liver disease due to their ability to help decrease oxidative stress. Cloves provide an impressive 30% of the DV of Manganese in just 1 teaspoon of ground cloves an essential mineral for bone health. Cloves are found to stop the growth of bacteria that contribute to gum disease and have the potential as a functional food ingredient for preventing type 2 diabetes. Pair cloves with cinnamon for delicious health benefits. Cinnamon contains polyphenols which protect the body's tissues against oxidative stress and associated pathologies such as cancers, coronary heart disease, and inflammation. It is a strong antioxidant, anti-inflammatory, antidiabetic, and antimicrobial, and

research suggests it has anticancer effects. According to one review, supplementing with at least 1.5 grams, or about 3/4 of a teaspoon, of cinnamon per day, was able to reduce levels of triglycerides, total cholesterol, LDL (bad) cholesterol, and blood sugar in people with metabolic disease. And that's not all, cinnamon has been shown to reduce blood pressure when consumed consistently for at least 8 weeks.

Ready to add cloves and cinnamon to your shopping list? Here are some tips. Choose whole organic cloves and cinnamon sticks to receive the full benefit of these delicious spices. Look for large cloves that you can clearly make out the head and stems. If they are reddish-brown, then it means they are fine. Cloves and cinnamon are wonderful for flavoring meat, sauces, and rice dishes. Dress up sweet dishes like stewed apples and pears, pumpkin pie, and gingerbread. Of course, they are also popular for flavoring hot drinks, like mulled wine, Masala chai tea, and hot apple cider. Alternatively, you can enjoy the medicinal benefits of these spices by taking our Signature Elderberry Syrup products.

The next time you enjoy a warm cup of mulled apple cider or another holiday dish with these spices, take a moment to appreciate its potential health benefits. It's like a delicious experience for you and a gift of health for your body! Visit [www.thepowerofelderberries.com](http://www.thepowerofelderberries.com) and enjoy the nostalgic taste of the holidays for your health and happiness.

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# The SUPROCKS: *A Great Team*

By Hilary Ingoldsby Whitesides

Photos by Victor Beloded of One Life Photography



Pickleball is everywhere. Courts continue to pop up in communities around the country and more and more people seem to get hooked every day. In fact, according to the Sports and Fitness Industry Association, Pickleball is the fastest-growing sport in the United States. And as far as Sherry and Mark Suprock are concerned, it's with good reason.

"We love to play Pickleball as much as possible, Sherry says.

They love the game, the community, how it keeps their brains and bodies active, and the teamwork. Speaking of teamwork, the couple, who have been playing Pickleball regularly for seven years have proven themselves to be a great team – on AND off the court – for over 40 years.

## *Building a Life*

What started out as a shared interest in health science has now turned into a lifetime of memories. Mark and Sherry met in 1980 in Erie, PA where Sherry worked at a hospital and Mark was completing his family practice medical residency. "We both loved the health sciences and loved helping those in need," Sherry said. The couple married two years later and set out on their joint journey – one that started in Pennsylvania and then took them to Oklahoma where Mark was stationed during his time in the U.S. Air Force, back to Pennsylvania where Mark completed two residencies and worked as an orthopedic surgeon, and then on to Charlotte, NC where Mark had a successful orthopedic practice.

"I love orthopedics because I enjoy helping people with complex problems live a fulfilling life," Mark says. "Regardless of your age, you're never too old to live a long, healthy life."

Sherry's career opportunities were also successful and diverse during this time. After working as an Assistant Manager for an Assisted Living residence, Sherry changed gears and entered the event planning

space where not only did she plan corporate and private events, but she also often created the floral arrangements used for the events. Sherry has also found success as an Executive Representative for the skincare company Rodan and Fields.

Together the couple also raised their two children, Adam and Laura. Adam attended culinary school and currently works for an international food company in Charlotte, and Laura, having finished a master's degree in Analytical Intelligence, works for a major bank in Tampa, FL.

## *Enriching Hobbies and Seeing the World*

Their individual and collective lives have also been enriched by diverse interests and hobbies. Both Sherry and Mark consider themselves "foodies" and never shy away from a new recipe – Mark on the grill or smoker and Sherry in the kitchen with a variety of fresh foods and spices. Mark loves to golf and Sherry loves all types of art and food preparation from pottery and making wreaths to decorating cookies and creating charcuterie boards. Sherry also believes in using her talents to bless others and has volunteered with adults with special needs and helped them make pieces from pottery.

"I love that with pottery there are many different avenues between wheel throwing and hand building and working with different textures and designs with different color clay and paint choices," Sherry says.

Sherry also enjoys volunteering at her church and both Mark and Sherry, regardless of the weather, love the beach and boating. After all, "a rainy day at the beach is better than none at all," Sherry says.

And perhaps most of all, the couple has loved seeing the world together. From Yellowstone to Hawaii and parts of Asia to Aruba, and many places and cruises in between, Mark and Sherry feel fortunate to have enjoyed so much of what this world has to offer

### *Making Myrtle Beach Home*

When the opportunity arose for Mark to work at Novant Health Medical Center in the Orthopedic and Sports Medicine department in Brunswick, NC, the Suprocks knew this was their chance to live near one of their favorite places on earth – the beach.

“We have always loved the beach and enjoy sunrises and sunsets and Myrtle Beach has everything that we could have wished for,” Sherry says, “We love the warmer weather and love the outdoors.”

Although the Suprocks are still fairly new to Myrtle Beach, the Waterside Edge neighborhood has already made a great impression.

“We love our neighborhood. It feels like a military community where everyone is watching out and helping each other. We believe in neighbors helping neighbors,” Sherry says. “And there is so much to do in our neighborhood, so we plan on taking advantage of that in the near future. Living in a 55 and older community gives you the ability to enjoy what the area has to offer since they maintain the yards etc. It is also a great place to make new friends.”

Although the couple still plans to enjoy traveling the world, they can now arrange their plans a little differently.

“We plan on traveling less to the beach since we are blessed to live in Myrtle Beach,” Sherry says. “It is a perfect fit to live the next chapter of our life enjoying Myrtle Beach.”



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# NEIGHBORHOOD WATCH UPDATE

By Cynthia Valasin, Ph.D.

Yes, friends and neighbors, it's that time. Maybe you have been thinking about it. Perhaps you have postponed it. Worse, maybe you have set it aside and it's hiding somewhere in the back-page list in your mind. But it's finally here, and there is no time to waste!

## NEW YEAR'S RESOLUTIONS!

Now, we might not be first, but somewhere close to the top of your list should be THE NEIGHBORHOOD WATCH MEETINGS. As you know, the Grande Dunes Neighborhood Watch meets on the third Thursday every other month, and January 19, 2024, will be the year's first meeting.

Meetings will continue at Portside at Grande Dunes. Registration begins at 12:15 p.m., followed by the Meet and Greet, a casual gathering accompanied by Alan Goldstein's informative and entertaining PowerPoint presentation. Light fare and beverages are served compliments of Portside. The meeting begins at 1:00 p.m., and after preliminary remarks by Alan Goldstein, the Neighborhood Watch Coordinator, Stephanie James, Police Officer First Class of the Myrtle Beach Police Department, discusses issues of safety and security in the Grande Dunes' communities and the City of Myrtle Beach at large. Next to speak is Jonathan Evans, Deputy Fire Marshall for the City of Myrtle Beach. Jonathan speaks about fire prevention in the home, life-saving measures everyone should know, and emergency evacuation preparedness. Information on these subjects is available on the literature table at the back of the room. Other speakers may also be invited to give presentations.

At approximately 2:00 p.m., the Grande Dunes Resident Planned Unit Development (GDRP) meeting begins, now with a new format. The goal of the GDRP is to identify issues that concern all residents of the seventeen Grande Dunes' communities, prioritize this list, organize small management teams to develop a first-step process to tackle these issues, and proceed with workable approaches to improve the quality of life for everyone. The residents of the GDRP will write the program, and management teams will follow through by developing an agenda and following through with a plan of action. Examples of such issues: Connectivity, Tract 20.

The first meeting of the New Year will be held January 19, 2024, at Portside at Grande Dunes. Registration begins at 12:15 p.m. Reserve your seat now! **VIP SEATING FILLS UP QUICKLY. REGISTER NOW**, by emailing YES(1), for one person, and YES(2) for two people to: GDhelp911@aol.com.



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# Apple Pie Filling

Submitted by Vanessa D.

- 4 to 5 big apples (recommend a firm apple so they don't get too mushy) cut in slices.
- 1 cup apple cider. Use the bottom dregs of the cider container (pour top clearer part out first). You can put it back in the bottle after you use the dregs
- 1/4 cup sugar Use less for a tarter pie
- 1/2 teaspoon ground cinnamon
- 2 tablespoons instant tapioca
- Dash nutmeg -1/4 teaspoon or so

*Combine all ingredients in saucepan and simmer until apples are still just a little hard. Pour into piecrust.*





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## Dog Potty Training Tricks

By Sarita Blackshear, Owner Always Faithful Dog Training

Potty training tends to be a real stinker...in a literal sense! Going to the bathroom properly is important for everyone. But how do you get that 150lb Great Dane to pee outside and not create a small river inside the house? Or how do you teach that Teacup Yorkie, with a bladder the size of a pea, to wait a few hours before going?

Dogs use their scent to mark on or over things, meaning if your dog smells another dog's scent on that mailbox next door, they will normally use their scent to mark over it. Marking can be a dominant behavior so part of the solution will be to establish leadership. Leadership will come through a good walking routine, allowing the dog to mark appropriate places; the dog's ability to mark every single tree, mailbox, and bush will be reduced with each walk. You will still allow your dog time to go the bathroom, but now you are in command.

But what about pottying in the house or in places you don't want? Controlling house freedom/ environment, a good feeding routine, understanding your dog's potty behavior, and creating a stress-free opportunity for your dog to relieve himself.

### Some Do's of potty training...

- Do begin a consistent feeding routine: this will create consistency on WHEN the dog needs to go to the bathroom
- Do control the walks: this will control the dog's ability to mark
- Do control the environment: this means don't allow your dog to roam without supervision UNTIL they are potty trained

### Some Don'ts of potty training...

- Don't open/ free feed: terrible for leadership and terrible for potty training as it makes the dogs potty time inconsistent.
- Don't allow your dog freedom in the house: wait until they have earned it by not having ANY accidents for at least 2 weeks
- DON'T forget: Potty training is "environmental and situational". You want your dog potty trained IN YOUR ENVIRONMENT.

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# THE IMPORTANCE OF TAX-EFFICIENT INVESTMENT STRATEGIES

By Eric Bitetto, MA, MPH



Tax-efficient investment strategies are crucial for individuals and business owners. Here's a quick look at strategies professional financial investment firms can assist you with:

**1. Assessment of Financial Goals and Risk Tolerance:** First, we begin by understanding your financial goals, risk tolerance, and investment time horizon. This information helps us design a tax-efficient investment strategy tailored to your unique circumstances.

**2. Asset Allocation:** We can determine the optimal asset allocation for your portfolio based on your financial goals and risk profile. This includes considering the tax implications of various asset classes and adjusting allocations accordingly.

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At Semper Fortis Financial, LLC, we can play a crucial role in helping individuals and business owners implement tax-efficient investment strategies by providing expert guidance, a personalized approach, and ongoing support. Our clients, who consist of individuals and business owners, can benefit from a comprehensive and well-informed approach to tax-efficient investing. Proper guidance and planning help minimize tax liabilities and maximize the potential for long-term wealth accumulation and financial security. We can provide customized solutions tailored to your financial objectives and tax planning needs. Reach out to find out how we can help.

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# Why Meditation?

By Elise Angell



“Have you tried meditation?”

“Yeah, a couple of times, but I’m not good at it.”

This is most often how the conversation begins. Meditation may seem to have more questions than answers. How does just sitting there do anything? Nothing is happening. Day after day, you sit and wait for something to come. How do you trust in “something” that has no tangible evidence? Nothing to buy. To trust the process and ultimately trust yourself?

Meditation is about getting to know yourself more intimately. Your thoughts, patterns, behaviors, and feelings. It’s about witnessing and observing without judgment and criticism-like stepping outside of yourself and watching the doer. It’s about being more conscious of your unconscious self, which is 95%. Most of what we do is automatic, like walking or breathing, which are beneficial. This is about looking at the unconscious automatic patterns and behaviors that may not be so good for us. Like living in frequent anger, fear, anxiety, sadness.....

It’s not about not thinking or absence, but about presence. The mind thinks. We have a thought every three seconds. So we watch and become aware of the thoughts.

Wherever you put your attention, your thoughts and your awareness become your reality. You are the creator. Think of yourself as a gardener planting the seeds that will grow in your mind. Which seeds will you sprout? Seeds of love, compassion, and, peacefulness, or frustration, anxiety, and sadness?

The practice is awareness of thought. In that awareness, witness and observe without criticism or judgment. You cannot change something without awareness of its existence. It is through awareness that we have the choice to change.

If you carry pain within your past or are worrying about your future, through meditation you look at it in this present moment and begin to understand and transform it, so it affects you less. A lot of what we are projecting will never happen. What we do right now, the thoughts we have, will generate what we will think about next. What you think about, is what you will think about. One thought builds on to the next.

You can think of it as a redirection-like going down a different street and seeing new scenery. Over time, you will make a new pathway in your brain and begin thinking a new way.

## Where do you start?

Establish a routine. The best time to meditate is first thing in the morning or in the evening. Find a space that is mostly quiet and private. You can sit on the floor, a cushion, or a chair. Close the eyes and observe the breath. If your mind starts to wander, come back to this observation of your breath. Start with five minutes, then move to 10 minutes. Keep a routine, same time, same space.

Take a moment in consciousness and see how it can transform your life.

Elise is the owner of Living Yoga and Wellness, Certified Life/Health Coach, Yoga/Meditation Instructor, and Sound Bowl Facilitator.



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