Sister M. Clare, formerly Kate Cowen, was born in Philadelphia, PA, on November 2, 1874. She was the daughter of John and Catherine E. McCormick Cowen, both of Philadelphia. Kate and her sister Mary entered the OLM Community on May 25, 1906. At their Reception Ceremony, December 29, 1906, Kate became Sister M. Clare, and, Mary, Sister M. Angela. Community members referred to them as “Mame and Kate.”

Sister M. Dolores, formerly Anna Lawly, was born in Hollidaysburg, PA, in July 1871. She entered the Community on August 23, 1906 at age 35 and received the name, Sister M. Dolores, at her Reception on April 1, 1907. The OLM Motherhouse was then located at 51 Meeting Street, Charleston, now known as the Russell House. Sisters M. Dolores and M. Clare completed their Novitiate there under the direction of Sister M. Celestine Quale, Novice Mistress. Sister M. Clare was professed on December 29, 1908. Four months later, on April 12, 1909, Sister M. Dolores was professed at the last
Reception and Profession ceremony held in the Russell House. At that time the new Motherhouse was being built at 68 Legare Street, Charleston, and was not ready for occupancy until December 1909. In the interim the sisters lived in other Community houses. Sister M. Clare was assigned to St. Angela Academy, Aiken, SC, and, Sister M. Dolores to the Academy of Our Lady of Mercy which was then located on Calhoun Street, Charleston.

During their long years of service both Sisters taught in the diocesan parochial schools and the OLM Academies.

From 1913 through 1916 Sisters M. Clare and M. Dolores were assigned to St. Joseph’s Parochial School, Charleston. They also taught together at Our Lady of Mercy School attached to the Neighborhood House in the early 1920s. Over the years each taught at St. Patrick’s School, Charleston, St. William’s School in Mine Creek, SC., and St. Angela Academy, Aiken, SC.

Sister M. Dolores also taught at St. Mary’s, Greenville from 1936 into the 1940s. In addition, both served in the Diocesan Vacation Camps. In 1931 Sister M. Clare was assigned to Camp St. Mary’s, Bluffton, SC. The following year, 1932, Sister M. Dolores served in Camp St. Anne, Cedar Mountain, SC.

At intervals, each Sister lived and served at the City Orphan Asylum, Queen Street, Charleston. From 1929 to 1934 Sister M. Dolores served as infirmarian and Assistant to the OLM Superior at the Orphanage.
In 1932 Sister M. Clare was appointed Sacristan at the Cathedral of St. John the Baptist, Charleston, and served in that capacity for many years. Apparently Sister M. Dolores had some training in the health care ministry. The Council Minutes note that she accompanied Sister M. Bernardine to Columbia University in 1910 to study Infirmary Management. In 1914 she was appointed Infirmarian at the Motherhouse. Also, the obituary notice which appeared in the Bulletin of the Catholic Laymen’s Association stated that “for many years Sister Dolores was a nurse at St. Francis Xavier Hospital.” However, Community records do not mention Sister Dolores studying for or receiving a degree in nursing. Nonetheless, she may have lived at the Sisters’ residence at St. Francis and visited the hospital patients during her latter years.

Sister M. Clare and Sister M. Dolores died at St. Francis Xavier Hospital, Charleston, two days apart. Sister M. Clare died on July 18, 1951, and, Sister M. Dolores on July 20, 1951. Both are buried in Saint Lawrence Cemetery, Charleston.
The 1918 influenza pandemic was the most severe pandemic in recent history. It was caused by an H1N1 virus with genes of avian origin. Although there is not universal consensus regarding where the virus originated, it spread worldwide during 1918-1919. In the United States, it was first identified in military personnel in spring 1918. It is estimated that about 500 million people or one-third of the world’s population became infected with this virus. The number of deaths was estimated to be at least 50 million worldwide with about 675,000 occurring in the United States. Sisters experienced the virus as well and some letters were found in the diary of Mother Stanislaus Hanley.

The letters show that the Sisters, while concerned about the virus, continued in their ministries at Saint Angela and in Sumter.

Pray for us that we may be protected from the dreaded influenza. I had to refuse a lady boarder as we must use the room for the girls. I expect a lady next week from Washington, D.C. .......her daughter will be in the boarding school. Love Sister M. Benedicta
Kindly have the prayers continued for St. Angela. We have a second case. Letter to Mother Stanislaus from Sister Benedicta Hummel.
Nov. 11/19

Dear Mother Stanlens,

The Sisters

of St. Angela's all wish you

a happy holy day and

enclose their offering.

May God shower His blessing

upon you.

Thank God the sick child

is progressing nicely and

we think in time again that

there was no panic among

the children upon the

announcement to the school

this morning of the ship

that was on fire.

Can't anyone come

now have remained away because of it.
The Sisters of Saint Angela’s all wish you a happy feast Day and enclose their offering. May God shower his blessings upon you.

Thank God the sick child is progressing nicely and we thank Him again that there was no panic among the children upon the announcement to the school this morning of this case among us. So far none have remained away because of it.

The little girl ate her dinner today some potato and broth - and some supper and ice cream this afternoon. Doctor Hall gave antitoxine again today. Sister Michael is attending to the sick children in the dormitories. God grant it is over. Sr. M. Benedicta
Dr. Hall has been kind and thoughtful of us beyond belief. He told me yesterday that the board of health had to be informed of the case but he explained the situation of the cottage where the little patient and nurse are and that the entrance to it was from the back gate. He instructed me when they would come to put up the card of quarantine to tell them that he said it was to be put on the back gate—They have not come yet and we are hoping they may forget it. Several of the children were ailing this morning but the Doctor says they are all right and I presume they will be up tomorrow or the next day—God grant it—Ask the Sisters to continue their prayers for our children and Sisters. Most sincerely, Sister M. Benedicta
Letter from Sister Cecelia Lynch, Directress of St. Joseph’s Academy in Sumter, SC to Mother Stanislaus during the second wave of the virus in early 1920.

Feb 6, 1920

Dear Mother -

Please excuse pencil written note as I have been quite sick in bed for a week. Dr. Chua attended each day, he will not let me get up although I feel better - but I am very disturbed, we have five innumerable cases of flu this morning. Sis. Cecelia was brought into my room as sick as she could be. I think she has it. The infirmary was made into a ward. Sis. Gabriella took it and she is the only one who is making a noise. Praying has it, first child she is so quiet and walks steadily now. She is there. Sis. Isidore is un Faithful
Nurse— I will be glad to have her go with Sister Gerald. When they get better, Sr. China ordered the sick to be placed in the infirmary, I think he is trying to save the school. I am so afraid we will be ordered to close—three of the boarders were sent home sick with the Flu. Please ask the Sisters to pray for our Mother. You will be delighted to know than we have the Chapel—grandly supplied.

What a blessing—All shirts are thrown off. When the Treat is over—Mr. Griffith sent me word yesterday that we could have the dates 23rd and 24th of Feb. God grant that all duties will be passed away. The cases of Flu are mild. Very high temperature—fat not much coughing. I am happy to know you are tidy. Sr. Fr. Noliv is around. Seems very happy. Our feel that her dear Father has gone to God. Sometimes pray for me. Yours in the Sacred Heart.

Sister M. Cecilia
Dear Mother,

Please excuse pencil written note as I have been quite sick in bed for a week. Dr. China attending each day, he will not let me get up although I feel better—but I am very distressed. We have five pronounced cases of Flu—this morning Sister Gerald was brought into my room as sick as she could be. I think she has it—The infirmary was made into a ward—Sister Ancilla has it—and she is the only one who is making a noise. Dorothy has it, poor child she is so quiet we would scarcely know she is there. Sister Isidore is the faithful nurse—I will be glad to have her go with Sister Gerald when they get better. Dr. China ordered the sick to be placed in the infirmary. I think he is trying to save the school. I am so afraid we will be ordered to close—three of the boarders were send home sick with the Flu. Please ask the Sisters to pray for us. Mother you will be delighted to know that we have the chapel grandly heated. What a blessing. All shawls are thrown off when the heat is on—Mr. Griffith send me word yesterday that we could have the dates 23rd and 24th of Feb.

God grant that all sickness will have passed away—The cases of Flu are wild. Very high temperature but not much coughing. I am happy to know you are better. Sister Xavier is around, seems very happy—She feels that her dear Father has gone to God. Sometimes pray for me—Yours in the Sacred Heart, Sister M. Cecilia.

2 PM

Mother, Dr. China just left—said the sick are doing very nicely. Sr. Ancilla is very sick—Sr. Gerald has the “Flu”. They are taking the same medicine. Dr. thinks it would be well to have a trained nurse help Sr. Isidore—but we cannot get one in Sumter—The teaching Sisters are not allowed around the sick. I have hired an old servant to wait on Sr. Isidore.

Yours Sister M. Cecilia
You may have never even heard of oyster shell recycling. But here in South Carolina it’s a thing. A big thing. In fact, South Carolina’s DNR – Department of Natural Resources – is counting on you to do so. If you’ve spent much time here, you probably know how much the Lowcountry loves its oysters. They are a huge part of our local culture and a centerpiece of the classic South Carolina coastal party, the oyster roast.

Oysters are also a crucial part of the coastal ecosystem. Check out these fascinating ways oysters help local waters:

- **Estuarine Filters:** Adult oysters filter up to 2.5 gallons of water per hour or up to 50 gallons per day.
- **Habitat:** Oysters build reefs which provide habitat for fish, shrimp, crabs, and other animals. They are an integral part of the marine ecosystem. There are nearly 120 different species that frequent oyster reefs, including; Red Drum, Blue Crabs, Flounder, and Shrimp.
- **Erosion Control:** Oyster reefs are natural breakwaters that absorb wave energy and protect marsh shorelines from erosion. (Source: SCDNR)

South Carolina used to have a huge oyster industry. Back in the 1930’s, 16 different canneries lined the coast harvesting, shucking, then shipping oysters to large cities like New York, Chicago, and beyond. The folks doing the harvesting understood the natural process. Oysters need a cultch, or base, on which to attach and regrow. It takes about three months for the baby oysters, called spats, to attach. It then takes two to three years for an oyster to grow to three inches, ready for harvest. The canneries understood the process. They knew to return the shells back to the water, so everything came full circle. The last South Carolina cannery closed in 1986 as a result of businesses in Asia flooding the market with cheaper, inferior canned oysters. The SC oyster market switched to a more local one. Whole cluster oysters pretty much stayed here and were consumed and appreciated, in individual back yards and at benefit parties. The problem was, most of the shells just ended up in the landfill instead of back in the saltwater and tidal creeks where they belong. Soon it became apparent that oyster beds were disappearing.

So in the 1980’s, the DNR started an oyster bed seeding program. Then, in 2000, they started an oyster shell recycling program. Both have grown steadily, just like the oyster beds they are meant to nurture. The SCDNR collects oyster shells from participating restaurants, large-scale oyster roast events, and public oyster shell recycling bins. There are now many drop-off sites for oyster shells in coastal South Carolina counties and beyond. The DNR recycling team then cures the shells for six months, essentially putting them in quarantine. This is to make sure the shells are free of disease and any invasive species before putting them back into local waterways. The team then plants recycled oyster shells along the shoreline, effectively rebuilding the oyster reefs. New young oysters will attach and grow to them. The reefs themselves filter water, provide habitat for many species of fish, and nurture the next crop of delicious oysters.