

For Immediate Release

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**RICHARDSON PLOWDEN MAKES A CASE FOR HEALTHY HEARTS:
HOSTS GARAGE SALE TO BENEFIT AMERICAN HEART ASSOCIATION**

Donors and Shoppers Encouraged to Participate in November 7 Event

COLUMBIA, S.C., October 23, 2009 - - While that old treadmill in the basement, gently used baby crib in the attic, and black mini skirt and boots tucked away in the back of the closet may not set your heart racing, it just may make a difference in someone else's heart health.

Richardson Plowden Attorneys at Law wants to turn such household "clunkers" into cash for the American Heart Association. The firm is hosting its Second Annual Garage Sale to benefit heart health and is asking the community to donate used clothing, household items, athletic equipment and furniture, as well as to come shop.

The garage sale will be held Saturday, November 7, from 7 a.m. until 1 p.m. at Richardson Plowden, located at 1900 Barnwell Street. Last year's garage sale was a huge success, raising nearly \$2,600 for the American Heart Association. This year's garage sale promises to be even better. Free coffee will be provided for shoppers and Richardson Plowden attorneys and staff will be selling boiled peanuts and "Mack Dogs"—grilled hotdogs with chili and Vidalia onions prepared by attorney Francis Mack.

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Richardson Plowden-Garage Sale
Add-1

There are more than sweet deals to entice bargain hunters and browsers. The "legal eagle" bake shop will feature treasured, home-made treats like Sweet Potato Pound Cake, Dark Chocolate Guinness Cake and breakfast muffins. When paired with a cup of steaming coffee, it's reason enough to get up and head downtown for a Saturday garage sale to benefit the American Heart Association!

"Cardiovascular disease is the leading cause of death in South Carolina so supporting the American Heart Association is near and dear to our hearts," says Nancy McLendon, human resources manager for Richardson Plowden. "We're very passionate about reducing heart disease in our community and the garage sale will kick-off our 2010 American Heart Association fundraising campaign."

To donate items, please contact McLendon at NMcLendon@RichardsonPlowden.com or at 803.576.3728. She will set up a drop-off time and provide donors with a receipt for tax purposes. Unsold items will be donated to local charities.

About Richardson Plowden

Established in 1973, Richardson Plowden, P.A., is among the 15 largest law firms in South Carolina, with more than 30 attorneys in offices in Columbia and Myrtle Beach. A full service law firm, Richardson Plowden has more than 25 practice areas providing legal counsel to local, state and national clients. For more information, visit www.RichardsonPlowden.com.

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