

For Immediate Release

For Information

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**Local law firm makes its case for healthy hearts, calls on community
to donate to garage sale benefiting the American Heart Association**

COLUMBIA, S.C., September 30, 2008 - - Old televisions and tools, unworn clothes and little used sports equipment currently cluttering up Midlands homes could lead to healthier hearts. So says Richardson Plowden Attorneys at Law, the law firm is hosting a garage sale in October to benefit the American Heart Association and is urging the community to donate to the cause.

Items can be dropped off at the firm's office, located at 1900 Barnwell Street in Columbia, on Tuesdays and Thursdays, between 2:00 to 4:00 p.m., through October 23. The garage sale will be held Saturday, October 25 from 7:00 a.m. until noon, rain or shine. The public is invited to attend and shop. Free coffee will be provided and hot dogs will be on sale. All proceeds from the garage sale will go to the American Heart Association to support their efforts to promote heart healthy lives.

Cardiovascular disease is the leading cause of death in South Carolina. In 2008, the American Heart Association recognized Richardson Plowden as the "Littlest Company with the Biggest Heart" after the Firm donated more than \$4,250. Richardson Plowden is using the garage sale as a kick off to their 2009 fundraising campaign.

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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