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the team

WHAT DO YOU LOVE MOST ABOUT LOWCOUNTRY NATURE?

"I love how nature is all around us in all aspects of our lives, especially the marsh hens in my backyard."
- LORI

"Our wildlife is second to none. You can see gators, dolphins, crabs and ospreys all in the same day."
- LANCE

"The way the frogs in Victoria Bluff Heritage Preserve harmoniously sing me to sleep at night."
- JEREMY

"It begs for food at your back door."
- CHARLES

"All of the bodies of water that surround and run through the Lowcountry."
- ASHLAN

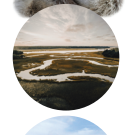
"The fresh air! Breathe that in."
- LISA

"Our waterways, critter and bird diversity, unique landscapes, clean air and sunsets make Lowcountry nature one of a kind in the universe."
- BRUCE

"The variety of the ocean and beach combined with all the greenery and Live Oak trees makes it a very special place."
- LEAH










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Aug features



The Nature Issue

The beautiful wildlife and foliage of the Lowcountry is beloved by local residents. This special summer issue celebrates many aspects of our unique environment and all the cool animals that call it home.

©PHOTO BY MARK BORSATO

EYE OF THE BEHOLDER American alligators, the largest reptiles on the North American continent, are a fact of life here in the Lowcountry. If left alone, they pose little threat to humans.

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Ben Ham Gallery



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It's in our nature

Here in the Lowcountry, we coexist with our natural surroundings



ONE WITH NATURE Publisher Lori Goodridge-Cribb enjoys a glass of adult grape juice on her back deck.

Back in the 1960s, real estate developer Charles Fraser believed he could create the ideal community. His plan was to turn a sparsely populated sea island into a tranquil master planned community — a place with resort-style amenities and luxury homes that blend in with nature rather than overpowering it.

More than 50 years later, communities across the Lowcountry continue to prove Fraser was right. We can (and do) live well while also living in harmony with our beautiful environment.

I am fortunate to live in a home with a marsh view and take great pleasure in seeing and hearing all kinds of wildlife at all times of day from my deck. Marsh hens protecting their nests, the occasional bald eagle, random deer checking out the surroundings and much, much more. I even enjoy watching the little fiddler crabs making their way to the water.

This special issue is a love letter to our natural surroundings — our unique geology and wildlife.

Inside we identify our natural wonders and highlight local nature lovers. We tour the Nature Center at Oldfield, explore the renewed Audubon Newhall Preserve and offer tips for getting the most out of our outdoors.

Are you a camper or a glamper? We've got you covered either way. Want to bring the outside in? We've got some cool nature home accessories that will do the trick.

Of course, this issue is also filled with stunning images of nature from local photographers. We hope you enjoy reading it as much as we enjoyed putting it together. We also hope this issue is yet another reminder of how lucky we are to live in such a special place. **Have a wonderful August!**

"If you truly love nature, you will find beauty everywhere."
- LAURA INGALLS WILDER

LORI GOODRIDGE-CRIBB
PUBLISHER
lori.goodridge@wearelocallife.com



Not-so-silent treatment

"Ca-Ca-Ca-Ca-ca-ca-ca." Locals lucky enough to live near a marsh are familiar with that shrill cackle. It's the sound of a **saltwater marsh hen** protecting its nest. If you just moved into a marsh view home and are worried all those "ca-cas" are going to drive you "cuckoo," just relax. You'll get used to it in a few months. You might even come to miss it when you travel.



BLUES CRUISE Have you seen the LOCAL Life Jeep around town? This month, we rolled up next to ***Loula Land, Robbie Bunting, Tyler St. John and Janelle Shutts*** of Hilton Head Properties Realty and Rentals. Be sure to follow **@LocalLifeSC on Instagram** to see all of the #LocalswithaJeep photos.


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contributors

MEET OUR WRITERS + PHOTOGRAPHERS + PEOPLE BEHIND THE SCENES

Andresa Mueller

Model





OTHER CREDS: Exterior design assistant, Licensed realtor with Realty One Group Inclusion **HOMETOWN:** Guyton, Georgia **CURRENT HOME:** Whitemarsh Island, Georgia **LOCAL SINCE:** My family moved to Guyton in 1993 due to my father being stationed at 165th Air National Guard. Even though I've traveled some and thought about moving away, the charm of Savannah, my family and my friends kept me local. **HOBBIES:** Orangetheory, spending time with my family and friends, interior/exterior design, and recently attempting wake boarding and skiing. **FAVORITE QUOTE:** "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you." — Deuteronomy 31:6 **WHAT DO YOU LOVE MOST ABOUT NATURE?:** I love being close to the ocean and being able to relax and meditate. The majesty of the ocean waves crashing on shore forces me to focus on what really matters in life. I used to take my college study material with me to the beach so I could be by myself and not be distracted. **FAVORITE WILD ANIMAL:** Elephants, because they are loyal and family oriented. They are wise and playful, even being as large as they are **HOW DO YOU REDUCE YOUR CARBON FOOTPRINT?:** My husband and I recently moved to a house that is energy efficient throughout. We try to eat locally, make sure we don't over-buy and consider quality over quantity when we do buy what we need. **WHAT DO YOU LOVE MOST ABOUT AUGUST?:** Soaking up the last days of summer on the beach and boating with my friends and family.

Emily Vairo

Wildlife photographer



OTHER CREDS: Bank teller **FOR THIS ISSUE:** Mornings on the Marsh photo essay **HOMETOWN:** Forest Hills; Queens, New York **CURRENT HOME:** Marsh Island, Sea Pines **LOCAL SINCE:** 2015 **HOBBIES:** Yoga, piano, cycling and cooking. **FAVORITE QUOTE:** "Opportunities are like sunrises. If you wait too long, you miss them." — William Arthur Ward **WHAT DO YOU LOVE MOST ABOUT NATURE?:** It brings me peace, serenity, joy and creativity. **FAVORITE NATURE MEMORY:** The first time I saw the painted bunting take a bath in my backyard this spring. **FAVORITE WILD ANIMAL:** The male painted bunting, because it is so beautiful and always makes me smile. **HOW DO YOU REDUCE YOUR CARBON FOOTPRINT?:** Recycling and always using a reusable water bottle. **WHAT DO YOU LOVE MOST ABOUT AUGUST?:** The sun sets late so I can enjoy a longer day.

Abbey Phillips

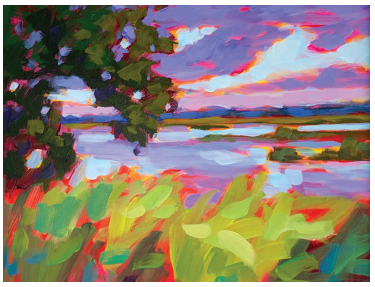
Intern

OTHER CREDS: Recent Ohio University graduate. Go Bobcats! **FOR THIS ISSUE:** Hot tech, designed "The Scene" and "Contributors." **HOMETOWN:** Findlay, Ohio **CURRENT HOME:** I literally live at the office. **LOCAL SINCE:** I am hardly considered a local but if you want to get technical, May 2019. **HOBBIES:** Drinking too much coffee, reading and listening to music. **FAVORITE QUOTE:** "A little consideration, a little thought for others, makes all the difference." — Eeyore, Winnie the Pooh **WHAT DO YOU LOVE MOST ABOUT NATURE?:** I love how you are able to see the history and growth of nature over the course of time. **FAVORITE NATURE MEMORY:** Doing a cross country road trip with my parents last summer. We traveled from Ohio to Colorado where we went to Pikes Peak and Rocky Mountain National Park, then ventured up to South Dakota, where we saw Mount Rushmore and went to Badlands National Park. **FAVORITE WILD ANIMAL:** Polar bears, because they are social, playful and take care of their own. **HOW DO YOU REDUCE YOUR CARBON FOOTPRINT?:** By eliminating unnecessary water usage, turning off lights after leaving a room and using a reusable water bottle. **WHAT DO YOU LOVE MOST ABOUT AUGUST?:** I love how August was always the start of the new school year. Heading back to campus, reuniting with all of your friends you hadn't seen all of summer break, that is what I enjoyed most about this month. Having just graduated, it is kind of bittersweet not being able to head back OU. Instead, I am finishing up my internship and preparing for my first job which gives me a new reason to love August.



SUMMER SMALL WORKS SALE









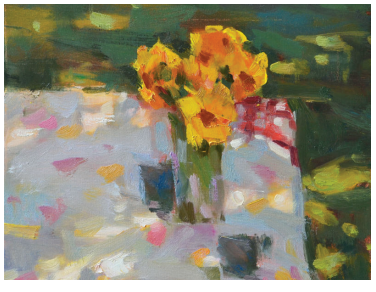














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Expert advice: How to keep away unwanted pests

Should you **paint your porch ceiling blue** to deter wasps? What about **planting garlic** to keep mosquitoes away? Pest management professional Chris Haynes of locally-owned Terminix in Bluffton shares some expert advice for a pest-free rest of your summer.

Online video: Behind the scenes

See the wild side of **Roberto Rodriguez** and other local residents in behind-the-scenes videos of our August photo shoots with LOCAL Life photo editor Lisa Staff.





Photos from around town

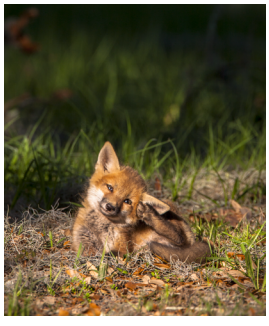
Browse photos of **Outside**'s morning with Camp Leo, **Hilton Head Choral Society**'s costume donation and more online.



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- ***The Dish*** *Best local bites for the weekend*
- ***The Buzz*** *LOCAL Life's latest must-reads*



About the Cover



The cute little fox on the cover was photographed at Oldfield by wildlife photographer **Eric Horan** of Lowcountry Photo Safaris. "They called me out when someone discovered a fox den," Horan said. "They knew that I focused on wildlife and would come running. I set up a chair blind and left it for the fox to get accustomed to. I then went out there repeatedly for a month or so until the parents moved the pups away. This shot was made early one morning while sitting in the photo blind." See more of Horan's stunning work in his coffee table book "**Beholding Nature**" or online at *horanphoto.com.*



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PINCKNEY ISLAND NATIONAL WILDLIFE REFUGE

Pinckney Island National Wildlife Refuge was donated to the Fish and Wildlife Service in 1975 and is comprised of five islands and many ecological islands formed by years of tree growth. Many species of wildlife call the refuge home. As you walk along the trail, you could see white-tailed deer, shorebirds, wading birds, and alligators. Keep an eye out for a siege of herons or a flock of egrets or white ibis.

©ARNO DIMMLING

Natural wonders

THE LOWCOUNTRY IS FILLED WITH BEAUTIFUL NATURE PRESERVES, PARKS AND WILDLIFE REFUGES. HERE ARE THE FIVE BEST.

HUNTING ISLAND STATE PARK

Boasting acres of maritime forest, a saltwater lagoon, and miles of beach, Hunting Island is perhaps the most notable park on our list. Stop by the Visitor Center to learn about the different ecosystems throughout the park and then head over to the Nature Center for additional information on the natural habitats. Hit the trails to take in the sights and sounds of the wildlife. You'll definitely want to climb to the top of the Hunting Island Lighthouse to take in the picturesque views. Want to make it a weekend visit to the park? Rent one of the campsites (two-night minimum) complete with electrical and water hookups.



©JESSIE BAKER



©LLOYD WAINSCOTT

COASTAL DISCOVERY MUSEUM

The Coastal Discovery Museum, located on the historic Honey Horn property, is the perfect place to explore the evolution of the Lowcountry. A map and information on all the property has to offer is available at the Discovery House. This is the best place to begin your visit. Once you step outside, you will find yourself immersed in history as you stroll along the trails past towering live oaks. If you're lucky, you will see the Marsh Tacky horses in the fields. Further your exploration of the Lowcountry with off-site programs that are offered by the Coastal Discovery Museum.



©ARNO DIMMLING

SEA PINES FOREST PRESERVE

For almost five decades, locals and tourists have been enjoying the Sea Pines Forest Preserve. What started with just a few trails has developed over the years into so much more. Today, visitors can enjoy horseback rides, guided boat tours, fishing excursions, and wagon tours. Want to explore the preserve on your own? Grab a map and take in the scenery at your own pace along the bridges, trails, and wetland boardwalks. Visit the 4,000-year-old Sea Pines Shell Ring and Warner W. Plahs Wildflower Field and stroll along the boardwalk at Old Lawton Rice Field and the Vanishing Swamp.

AUDUBON NEWHALL PRESERVE

Located on the south end of Hilton Head, the Audubon Newhall Preserve is fifty acres of walking trails that will make you feel interconnected with nature. Pick up an informational brochure, which includes trail guides, before you set off on your adventure. Along the different trails, you will see many types of plants and trees that include native and non-native flora. A must-see within the preserve is a pocosin, a wetland area that was once a characteristic feature of barrier islands. A boardwalk located at the end of the Newhall Trail will lead you to the pocosin.



©MIKE RITTERBECK

ALSO WORTH A VISIT

Other nearby natural wonders worth checking out:

Spanish Moss Trail (Beaufort)
Victoria Bluff Wildlife Management Area (Bluffton)
James M. Waddell, Jr. Mariculture Research and Development Center (Bluffton)
Jarvis Creek Park (Hilton Head Island) **Palmetto Dunes Lagoon** (Hilton Head Island)
Cypress Wetlands Walking Trail (Port Royal) **Sands Boardwalk** (Port Royal)

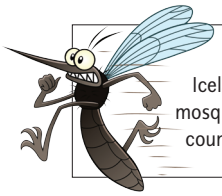


YA MON

Dogs appreciate music. While taste can vary from dog to dog, reggae music is most popular.

Odd nature facts

Strange and little-known facts about the wildlife around us.



BUG OUT!!!

Iceland is the only country without mosquitoes. The pesky insects find the country's water and soil undesirable.

SHOT HEARD ROUND THE WORLD

In 2015, a man in Texas was hit in the face with a bullet from his own gun that ricocheted off an armadillo shell.

FLIGHT AND FIGHT

Crows and owls are natural enemies and will instinctively attack each other.

SNACK ATTACK

You are 10 times more likely to be bitten by a human in New York City than by a shark in the ocean.

SAY MY NAME

Turkeys are called "India" in Turkey, "Peru" in India, "French chickens" in Cambodia and "Dutch chickens" in Malaysia.

REALLY NOT IN THE MOOD

Female dragonflies sometimes fake their own deaths to avoid sexual advances from overly aggressive males.



Spotify

Sounds of Nature

Why not make every day Earth Day? Remind yourself how much you love nature and the environment here in the Lowcountry with these 13 pop, rock, country, rap and folk tunes. Find this and other LOCAL Life playlists by searching for ***locallifetunes*** *on Spotify.*

"Share the Land" — The Guess Who
"Green River" — Creedence Clearwater Revival
"Shadow of the Season" — Screaming Trees
"Sunshine on My Shoulders" — John Denver
"Mother Nature's Son" — The Beatles
"Mr. Blue Sky" — Electric Light Orchestra
"River Deep Mountain High" — Ike & Tina Turner
"Wind on the Water" — Crosby, Stills & Nash
"This Land is Your Land" — Woody Guthrie
"In Bloom" — Nirvana
"Fishin' in the Dark" — Nitty Gritty Dirt Band
"To the Moon & Back" — Savage Garden
"Hip Hop Hooray" — Naughty By Nature



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Adopt this Pet: Del Webb

LOVABILITY METER

THIS GOOD-NATURED FELLOW LOVES THE GREAT OUTDOORS

This handsome dog was named in honor of the legendary real estate entrepreneur, but hopefully, someone will adopt him and change his name. He is far too young for Del Webb. The 6-year-old hound is a great success story. He arrived at the Hilton Head Humane Association so underweight, they couldn't even begin his heartworm treatment. Luckily, he's in much better shape now. His heartworms have been treated and he's back to a healthy weight. If you're looking for the perfect companion to explore the Lowcountry's beautiful nature, this special dog might be exactly what you are looking for. The adoption fee for qualified owners is $100! LL

MORE ABOUT DEL WEBB

Color: Black and tan (and white too)
Age: 6 (around 42 in human years)
Likes: Pickleball, shuffleboard, watching Matlock reruns. "I love the guest appearances on that show the most. Betty White, Jason Bateman, Malcolm Jamal-Warner ... even ALF made an appearance." ***— Del Webb***
Dislikes: People who don't stand to one side on an escalator. "There are rules, despite what you might think. The left side is for walking, the right side is for standing." ***— Del Webb***
Adopt him: Hilton Head Humane Association, hhhumane.org, 843-681-8686

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LOWCOUNTRY IN NATIONAL



WHO'S TALKING: *Travel + Leisure*
DETAILS: For the fourth consecutive year, Hilton Head Island has been named the No. 1 island in the continental U.S. by the readers of Travel + Leisure magazine in its World's Best Awards.
THEIR WORDS: "This verdant island continues to draw a faithful fanbase, thanks to its idyllic shores (think: frolicking dolphins, nesting turtles, near-empty beaches) and air of sophisticated luxury (consider its prize-winning golf courses and lauded restaurants). Add that visitors can move from one to the other within minutes on a bicycle and "everyone is aware of and respectful of cyclists," as one reader observed, and it's easy to understand why Hilton Head is beloved by travelers craving an effortless getaway. "Love this island! Easy access to a wonderful slice of paradise," wrote another fan. "People are extremely friendly, and the food is to die for!"



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WHO'S TALKING: *GolfWeek*
DETAILS: Named all three Sea Pines Resort golf courses, Palmetto Bluff's May River Golf Course and Palmetto Dunes' Robert Trent Jones Oceanfront Golf Course among the best you can play in South Carolina.
THEIR WORDS: "We hope you enjoy pouring over these rankings, and we look forward to hearing your thoughts on this "Best Courses You Can Play" list." The Ocean Course at Kiawah Island took the top spot. Harbour Town was No. 2 followed by May River Golf Course at No. 3."

WHO'S TALKING: *Today Show*
DETAILS: Named Palmetto Dunes Oceanfront Resort among the "19 Best Resorts in the U.S."
THEIR WORDS: "A great multigenerational destination, the resort offers a range of vacation rentals from homes to one-bedroom units each with washer/dryer, full kitchen and separate bedrooms. Accommodations are ideal for giving each person their own space, while activity beckons in the lovely outdoors."

WHO'S TALKING: *Chowhound.com*
DETAILS: Featured "What to Eat and Drink on Hilton Head." The food website highlighted Hudson's Seafood House on the Docks, Coast, Lucky Rooster, Hilton Head Social Bakery, Delishee Yo and Sonesta Resort.
THEIR WORDS: "Hilton Head may not get the same national attention as Myrtle Beach, but don't skimp on the sleepy town that boasts a flourishing food and drink scene that rivals its Savannah and Charleston neighbors. It's here you'll find some of the freshest seafood that the Deep South has to offer, truly lending itself to the concept of an island escape."

WHO'S TALKING: *Country Living*
DETAILS: Named Hilton Head Island among the "23 Most Charming Beach Towns in the U.S. to Add to Your Travel Bucket List."
THEIR WORDS: "Not only can you get your golf or beach fix on the sandy shores of Hilton Head, but you can also soak up the island's storied history and climb up the iconic Harbor Town Lighthouse, or enjoy a sightseeing cruise in nearby Savannah."

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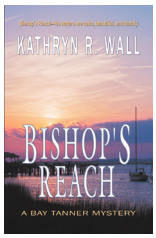
EXECUTE

Get started today!

— John Rush

Great books with local ties

The Lowcountry is full of many beautiful things, one being fantastic literature. Get lost in these stories inspired by the land around us and the people we walk among.



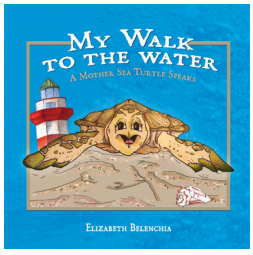
For your inner detective BISHOP'S REACH

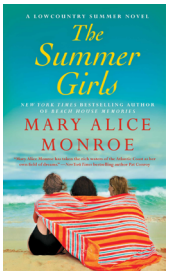
Hilton Head Island local ***Kathryn Wall*** blessed us with a whole mystery series set in the Lowcountry. This book is number six of her Bay Tanner Mystery series. It follows the complicated life of financial consultant and Port Royal resident Bay Tanner. Mystery and drama seem to follow Tanner, who cannot resist solving whatever case falls into her lap. This page turner is full of Southern charm, scandalous socialites and clever conclusions. You'll recognize local spots from Palmetto Bay Marina all the way to Beaufort as Tanner takes you on a treasure hunt throughout our beloved Lowcountry. Kathryn and her husband Norman retired to Hilton Head in 1994. She is a founding member of Island Writers' Network.

For the children

MY WALK TO THE WATER

Sustainability is Spartanburg local ***Elizabeth Belenchia's*** passion. She was inspired to write this story by her time on Hilton Head where she learned about the threatened status of the loggerhead sea turtle. When serving on the turtle patrol, she realized the lack of awareness among tourists about how to share the beach with the turtles. She was determined to give the sea turtles a voice, so she wrote this story about a mother sea turtle born on a Carolina barrier island. The book informs children on how to "Put the Beach to Sleep at Night," so that mother turtles can nest and hatchlings can make their way back to the water. Belenchia is pleased to share sustainable practices that help people incorporate ecology into their lives.





For long days with your toes in the sand

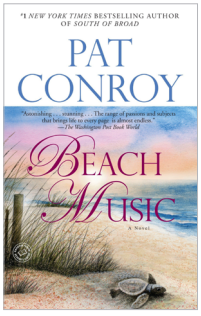
THE SUMMER GIRLS

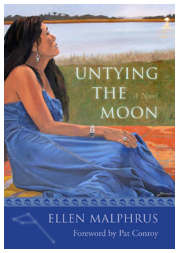
New York Times best-selling author ***Mary Alice Monroe*** wrote this environmental fiction novel set in present-day Sullivan's Island, after moving to coastal South Carolina. This is the first book in the nationally bestselling Lowcountry Summer Series. It tells the story of three half-sisters who have drifted apart. Their grandmother lures them back to their once beloved summer house, the historic Sea Breeze, with tales of family treasure to get them to reunite. Monroe paints vivid images of the Lowcountry with ancient live oaks, palmetto trees, and beautiful beaches.

For those with wanderlust

BEACH MUSIC

Pat Conroy's writing is full of rich emotion and humor. This story is set in both South Carolina and Rome where Jack McCall, a Southerner, is living abroad with his young daughter. He is dealing with the tragedy of his wife's death and seeking solitude. Follow McCall as he searches for answers and revisits some of Europe's dark history. Conroy taught English at Beaufort High School, where he once attended, and later taught underprivileged children in a one-room schoolhouse on Daufuskie Island.





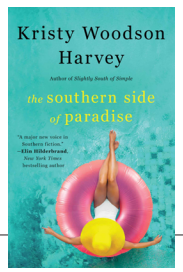
For reading by the river

UNTYING THE MOON

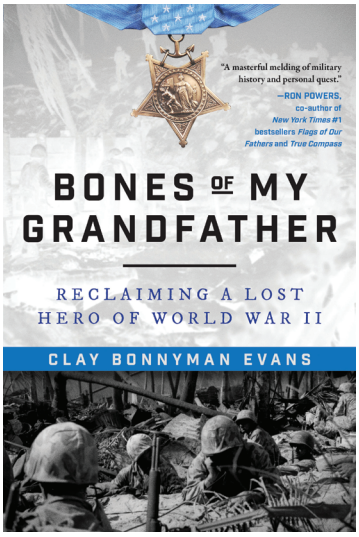
Bluffton local ***Ellen Malphrus*** lives and writes beside the May River. Malphrus explored her love for fiction and poetry at University of South Carolina, where she earned her MFA. She has a strong connection to the land and a passion for coastal conservation. Her debut novel "Untying the Moon" is a story of self-discovery, nature and home. Glistening views and graceful dolphins flood the pages of this enchanting story of a conflicted woman fulfilling a prophecy. The cover is a painting by Anthony Palliser, who taught with Malphrus at the School of Visual Arts in Savannah.

For your book club THE SOUTHERN SIDE OF PARADISE

Charming and witty are two words that describe the new popular voice in Southern fiction, ***Kristy Woodson Harvey***. In the third book in her Peachtree Bluff series, a tucked-away secret threatens the strong bond that three sisters and their mother share. The women also struggle with other relationships, including those with the men in their lives. This juicy story is perfect to gush over with a book club. Harvey graduated from the University of North Carolina at Chapel Hill's school of journalism and obtained her master's in English from East Carolina University.



MUST READ



BONES OF MY GRANDFATHER

Bones of My Grandfather is the full, never-before-told story of Medal of Honor recipient Alexander Bonnyman Jr. before, during and after his death in World War II. It is the remarkable account of the "lost graves of Tarawa" and the recovery of Bonnyman's skeletal remains after they had lain hidden in the sand for nearly seven decades. The book also explores the impact of war not just on those who fight, but also on the families who must live with their sacrifices.



The book was written by ***Clay Bonnyman Evans***, a writer who lives on Hilton Head and spends summers in his hometown of Boulder, Colo. Evans' grandfather was killed in the Battle of Tarawa in November 1943 and posthumously awarded the Medal of Honor, which hung on the wall of Evans' home growing up. Though always fascinated by his grandfather's heroic story, his family was not aware that his remains were still missing on Betio, the tiny islet where he was killed, along with those of hundreds of other U.S. Marines. In 2009, he joined a volunteer group's effort to find his grandfather, and six years later, they did.



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NONPROFIT SPOTLIGHT



Port Royal Sound Foundation

MISSION

To preserve the Port Royal Sound for the environmental, cultural and economic well-being of our area.







FIELD TRIP Local students learn about the complex ecosystems that exist just below the surface of the Port Royal Sound. **KAYAKS** The foundation hosts its Pluff Mudder camp each summer. **STORYTIME** The center hosts story time at 9:30 a.m. every Tuesday through the summer months.

HISTORY In November 2014, the foundation opened the doors of the Maritime Center, a free museum with over 30 exhibits – including live animals – that help educate visitors of all ages about the beautiful Port Royal Sound. The Maritime Center is located in the middle of Beaufort County on the shores of the Chechessee River and is accessible by car and boat.

WHO IT HELPS The Maritime Center is the perfect destination for tourists and locals who are interested in learning about the Lowcountry's extraordinary salt marsh ecosystem. Visitors enjoy a 3,000-gallon aquarium, touch tanks, local artwork, historic artifacts and amazing views of the Chechessee River from the center's docks. Children see fish, crabs and alligators, and learn all about what they can do to protect local wildlife. The center educates thousands of schoolchildren, residents and visitors every year about the importance of the Sound by hosting field trips, special events and guest presentations.

HOW TO HELP Volunteers help keep the Maritime Center open by greeting guests, guiding field trips, cleaning fish tanks and assisting with special projects and events. Contact the center to sign up for an upcoming volunteer training class. The Port Royal Sound Foundation is a 501(c)3 nonprofit and relies on the generosity of donations and grants to keep admission to the Maritime Center free of charge. Donations are greatly appreciated and can be made on the foundation website, by mail, in person or by calling the foundation office. You can also help by attending an event, such as story time Tuesdays (9:30 a.m.), the STEAM Festival (Aug. 24) or Night On the Sound (Oct. 19). *LL*

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36. You walk to your friend's house at ***3 m.p.h.***, stay overnight and walk back at ***4 m.p.h.*** The round trip took ***21 hours***. How far had you walked?

37. A man goes into a hardware store and asks, "How much for one?" The clerk says "$1." "Ok, I'll take 150. Here's $3." What had he bought?

38. Unscramble the 21 letters below to form a four-word idiomatic phrase used by individuals to prove that wealth is no insurance against discontent. **A A B C E E H I M N N N O P P S S T U Y Y**

39. A palindrome is a word, phrase or sentence that reads the same backwards as forwards.

This palindrome tells how a mother gave Edna some meat. **M_ _____ ____ __M**

40. The names of four people are concealed in the lines below. Can you find them?

Although I attempted to be fair, I did issue an order against the length of the sentence.

***[LAST MONTH'S ANSWERS]* 31.** *98765.* **32.** *You don't need a good memory to have good memories.* **33.** *reason, season.* **34.** *trudge, drudge.* **35.** *Mind, Bear, Cape (or Belt is acceptable for the last one).*

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UPDATE: PROJECT SAFE:

LET'S FIX THIS PROBLEM FOR GOOD

STORY BY JEAN HEYDUCK

Jean Heyduck is vice president for marketing and communications for Community Foundation of the Lowcountry.



FINE LINES The Hilton Head Public Sewer District is expected to lay the final sewer lines in the coming months. Project SAFE is raising money to help low-income families connect to those lines. LOCAL Life is challenging businesses to donate $6,700 to the cause, the average fee to connect a family to public sewer.

For the past several years, you've been hearing about Project SAFE (Sewer Access For Everyone), an initiative championed by Community Foundation of the Lowcountry, Hilton Head Public Sewer District (PSD), and the Town of Hilton Head Island. These three entities partnered to provide public sewer access to local families, primarily on Hilton Head Island's north end. For many years these families – many of them Native Islanders – have dealt with the appalling effects of failing septic systems, including waste bubbling up into their sinks and bathtubs, septic system overflows that turn their yards into literal cesspools and their inability to bathe or wash clothes during rain storms.

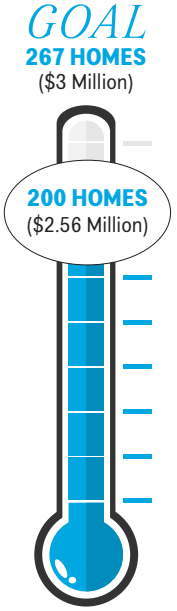
We're excited to report that PSD is expected to lay the final sewer line for this project within the next several months, giving even more families the ability to connect.

But these connections aren't free. The average connection fee costs a family about $6,700. For low-income families, that is simply unattainable.

That's where Community Foundation of the Lowcountry stepped in. In 2017, we launched a $3 million fundraising campaign to provide connection grants to qualified low-income families. Thanks to generous individuals and corporate donors, **we've raised $2.56 million so far**. Those dollars, including dollars raised by PSD customers through their Bucks for a Better Island campaign, have helped 200 families connect to public sewer.

Not all families who are able to connect have done so, however. Some families whose septic systems still function effectively have chosen not to connect at this time. But eventually their systems will fail. Since the Department of Health and Environmental Control (DHEC) has ruled they'll no longer approve repair or replacement of septic systems where public sewer is available, those families eventually will be required by DHEC regulations to connect to the public sewer system. Knowing they have access to the system – and access to grant dollars if they qualify – will ensure the connections occur.

Of course, it's not just the affected families that benefit from Project SAFE. We all do.



THE SAFE WATER FOR EVERYONE CHALLENGE

LOCAL Life employees chipped in $6,700 to help connect one family to public sewer. If just 66 more companies or individuals accept this challenge, the goal of 267 homes will be met. **Your company will be featured in an upcoming issue of LOCAL Life if you pledge $6,700** for one family to be connected before Oct. 1. Together, we can fix this problem for good!

Failing septic systems create wastewater runoff that enters our waterways, harming our fragile ecosystem. It impacts human health as well, and can be particularly harmful to children and the elderly. And if a septic system fails on one property, the problem can migrate to other properties, including yours.

Jim Allhusen, board chair for Community Foundation of the Lowcountry, thinks any of those reasons is enough for someone to support Project SAFE. "If you find these situations worrisome, then you have the power to eliminate them. Because this problem can be solved," he says. "So many generous people and businesses have already made a donation to the Project SAFE Fund because they understand that the entire island is affected and that they can play a key role in improving the situation."

There's still time to for you to help. We are at 85 percent of our goal to help these families and our island. Over the next several months we need the public's help to reach our $3 million goal and we're counting on the support of businesses and people like you who care about our environment, our local economy, social justice and the health and wellbeing of all our citizens.

It's easy to make a donation to Project SAFE. Online donations can be made on the Community Foundation's website (www.cf-lowcountry.org). or call us at 843-681-9100. Let's fix this problem for good. LL



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Offshore drilling

IS IT RIGHT FOR BEAUFORT COUNTY?

STORY BY LISA ALLEN

This isn't the first time Beaufort County has had to weigh the pros and cons of industry in its midst. From the 1900s' logging and phosphate mining (yes) to more recent chemical processing and industrialized food processing (no), local residents and elected officials have had to balance our natural beauty and its related tourism industry against better-paying manufacturing jobs that could infringe upon — and perhaps decimate — the former.

The latest offshore debate began in 2015 when oil and gas exploration companies sought permits under President Obama as the administration worked on a five-year federal offshore oil and gas leasing program to run from 2017-2022. The administration decided to continue a moratorium on drilling in the Atlantic that began in 1982.

Energy industry officials argue that there could be a lot more oil off the coast than outdated testing methods were able to detect. Current estimates are there is anywhere from 1.3 billion to 5.58 billion barrels of oil and gas resources beneath the U.S. Atlantic outer continental shelf, just a fraction of what's in the Gulf of Mexico. (South Carolina's contribution would meet only six days of U.S. demand.) Seismic equipment could uncover huge oil reservoirs hidden beneath salt deposits in the depths of the Atlantic, industry proponents argue.

President Trump, who supports domestic oil and coal production, ordered the Department of Interior to draft a new five-year plan to begin in 2019, superseding the current plan. He also ordered the department to expedite pending permit requests.

Wildlife experts say seismic testing, which involves air guns that blast extremely loud sounds down to the seabed to plot the size and location of hydrocarbon deposits, will injure or kill scores of sea creatures including whales, dolphins and sea turtles that depend on sonar inputs to find food. Especially at risk is the critically endangered right whale.

Environmental groups from Oceana to SC Coastal Conservation League, represented by the Southern Environmental Law Center (SELC), sued to stop any testing, followed quickly by the City of Beaufort, Hilton Head, Port Royal and Bluffton and 12 other coastal communities.

"I have not worked on another issue during my 12 years at SELC with such solid opposition in a state," said attorney Catherine Wannamaker. "The SC coast is too special of a place to open to drilling and seismic testing and virtually everyone here recognizes that."

Attorney Amy Armstrong, executive director of South Carolina Environmental Law Project, which is representing the shoreline cities, said research into the issue convinced her that mankind's very existence depends on a healthy ocean.

"I was struck by the reality that marine species depend on sound for every activity essential to their survival: Foraging, mating, navigating, avoiding predators and communicating. That is their primary sense. You can't see in the ocean's depths. Disrupting that sense — hearing — harms everything in the ocean, not just mammals, but everything down to zooplankton. It's the basis of the food chain. Life — our life on dry land — depends on a healthy, hearing ocean."

SC Attorney General Alan Wilson was the first Republican on the East Coast to join the since-consolidated lawsuits. Now more





A Southern right whale mother with her calf.

OIL AND WATER There is some support in South Carolina for testing for oil off our coast, but most of that support comes from the Upstate, hundreds of miles away from the ocean. The issue pits a concern for the environment and South Carolina's multibillion-dollar tourism industry, against potential new revenue and the many jobs offshore drilling would bring.



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than 60 communities and governors from every East Coast state except Connecticut have publicly opposed seismic testing and drilling.

"We didn't say we were going to be an industrial state," Wilson said. "We said we're going to be a tourism state ... and we decided that years ago."

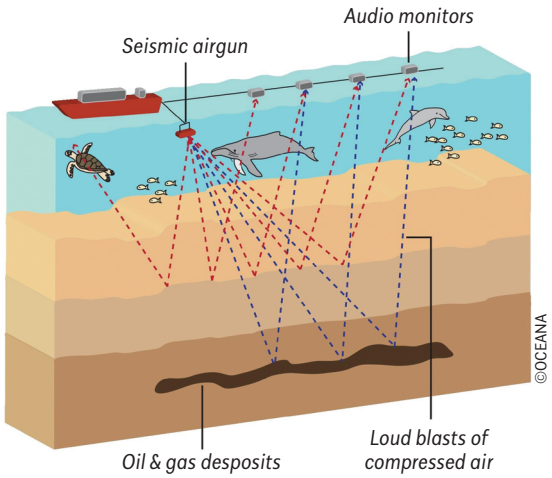
Wilson's brief minced no words in regard to the administration's action. "Here, the two orders in question, that of the President and the Secretary, had no such "reasoned," readily identifiable basis, other than the desire by the President and Secretary to engage in full scale leasing and immediate seismic testing, based upon political philosophy. .... To allow a new administration to come in and essentially "tear up" a previous leasing plan is to invite chaos."

SC Gov. Henry McMaster, a Republican who supports President Trump on most issues, said "South Carolinians can remain confident that we will continue our efforts to protect our pristine coastline and invaluable tourism industry from the destructive threats of seismic testing and offshore drilling."

In Congress, U.S. Rep. Joe Cunningham, who represents Charleston to Hilton Head, spearheaded a successful strategy to choke off any federal funding to consider permits in this year's budget. He also cosponsored the bipartisan Coastal and Marine Economies Protection Act, which would permanently ban testing of drilling off either coast. It was passed by the Natural Resources Committee.

There is some support in the state for testing for oil off our coast, but that support comes from the Upstate, hundreds of miles away from the ocean.

The only person to testify in support of drilling when it was debated at the SC Statehouse was the American Petroleum Institute. Its South Carolina lobbyist argued that the United States will need more oil and gas in the future, and a proposed ban against drilling infrastructure could have unintended consequences for the state. LL





CALLING OUR BLUFF In 1969, BASF proposed a $100 million 1,800-acre petrochemical plant on Victoria Bluff, with docks on the Colleton River (left).

Not Beaufort County's first environmental rodeo

Beaufort County has long recognized that industry is necessary for a healthy American economy, but just not here.

The template to fight — and continue to fight — industrial intrusion goes back 50 years. It was 1969 that BASF, a German chemical company, proposed a $100 million petrochemical plant on Victoria Bluff near Bluffton. The company envisioned a 1,800-acre industrial complex with an investment as high as $400 million, at the time the biggest manufacturing project dangled before the state of South Carolina.

State politicians and many local residents were ecstatic at the nearly instantaneous solution to the area's crippling poverty. The state of South Carolina promised BASF it would build docks on the Colleton River, a 13.5-mile railroad spur to the site, and a road from Beaufort to Bluffton over Callawassie Island. It would allow BASF to suck up to 100 million gallons of water per day, and taxpayers would subsidize the cost of treating up to 2.5 million gallons of effluent pouring into the non-flushing Colleton River.

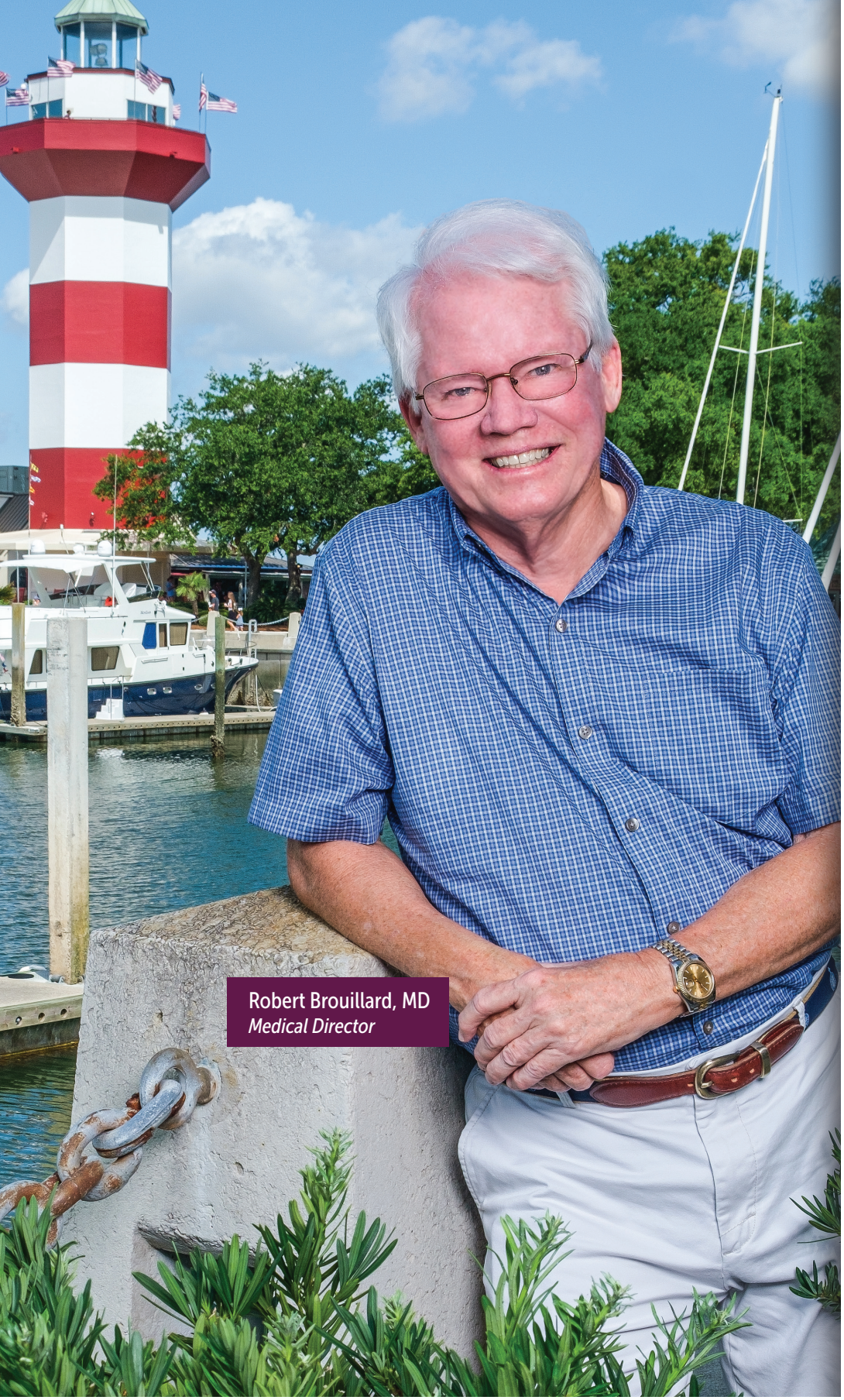
Locally, the opposition was visceral. Many residents had pinned the future of their home to visionary Charles Fraser, who painted an economy premised on tourists flocking to the area to simply be and enjoy the beauty all around us. They would fish, crab, sail, dine on succulent shrimp and laze on the beach. Thus, futures painted by BASF and Fraser's Sea Pines were in direct opposition. While the debate raged, Arnold Palmer had just won the inaugural Heritage golf tournament, making Sea Pines Resort a national media darling.

At the same time, environmental concerns were emerging. Rachel Carson's book "Silent Spring" came out in 1969, outlining the risk we posed to our environment. The Cuyahoga River in Cleveland caught fire. The Environmental Protection Act was gaining support in Washington and would be signed into law the following year by Republican President Nixon.

Residents rallied around Fraser's vision and organized an opposition that culminated in a shrimp boat steaming north to Washington, D.C., to show the federal government an industry that couldn't be relocated to make way for an international corporation that didn't care much about local natural resources, other than abundant water and access to water transportation. BASF defended a few lawsuits opposing the development until it caved to the pressure and abandoned its plans in early 1971.

Today, Victoria Bluff is a central part of Colleton River Plantation and the Waddell Mariculture Center. LL

MORE ONLINE Read Attorney General Alan Wilson's smackdown of the moratorium reversal online at **LocalLifeSC.com**



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LETTER TO THE EDITOR
LOCAL Life asked Mr. Palmetto Bluff ***(aka Jay Walea)*** to share his thoughts on what it means to be local. Walea is the director of the Palmetto Bluff Conservancy, an organization founded in 2003 with a mission of protecting the forests and creeks that define the exclusive resort. LOCAL Life welcomes letters to the editor and comments to our website. **Write to lance.hanlin@wearelocallife.com.**

What makes it local

adjective. lo·cal | lō-kəl

1: *characterized by or relating to position in space: having a definite spatial form or location* ***2:*** *of, relating to, or characteristic of a particular place: not general or widespread: of, relating to, or applicable to part of a whole* ***3:*** *primarily serving the needs of a particular limited district of a public conveyance: making all the stops on a route*

It all begins with the land

1980. That is when my love affair with the Lowcountry took root. I am a Savannah boy, born and raised, but from the age of 10 I have considered myself a "Lowcountry" native. Although I rested my head in Savannah, most of my young life was spent at Palmetto Bluff, which is now an incorporated portion of the town of beautiful Bluffton.

For 31 years my father, Jimmy, was an executive for Union Camp, which was a former owner of Palmetto Bluff. In December 1980, Dad brought me to the annual Father-Son Hunt. That was the day I fell in love with the majesty and diversity of Palmetto Bluff. That was the day the steadfast live oaks laden with Spanish moss, the pine flatwoods covered in bracken fern, and the marsh, that smell — that glorious smell — stole my soul.

It was during those early years coming to Palmetto Bluff that set a lifelong goal of mine to one day become a part of that very special "place." Fast forward to 2019. I have lived my dream for the past 29 years, spending more time in the South Carolina Lowcountry at Palmetto Bluff, than I have spent at my home in Savannah.

"It all begins with the land." That quote is what being a true local, a native of the Lowcountry, means to me.

The forests of the Lowcountry have an alluring effect on a "local." No matter what season, the woodlands and marshes have their own smells and textures that once observed can never be forgotten. Springtime in the Lowcountry brings the smells of dead leaves from the winter and an emergence of new growth that can only be explained as a fresh succulent smell that, woven together in the morning breeze, becomes a magical scent that has to be experienced to both understand and appreciate.

During the summer, the pine flatwoods are covered with the blooms of the Fetterbush plant. These small pink blooms fill the air with the fragrance of honey. Fall in the Lowcountry has the crisp smell of newly fallen pine needles on damp soils. This smell has a calming effect on locals and when witnessed makes one feel as if they were truly home.

The winds of winter on the coastal plain bring the amazing vanilla fragrance of the deer tongue plant. When riding the two rut trails through towering longleaf pine stands the sweet smell of the deer tongue helps usher in the holiday season. These simple pleasures might become sensory overloads to one who doesn't live here, but to a local it comforts them and lets them know they are home. A true Lowcountry local, no matter where they might be at any given stage in their life, dreams of the live oaks, the Spanish moss, the pine flatwoods and the marsh, yes the marsh, that smell of all smells, and when they awake they long to be back in that "place." *LL*

LOCAL SINCE 1980
Jay Walea is the director of the Palmetto Bluff Conservancy. He has worked on the property for more than 29 years.



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Faces of Nature

SEE THE WILD SIDE OF THREE LOCALS.

STORY BY BARRY KAUFMAN
PHOTOGRAPHY BY LISA STAFF

More than most places, the Lowcountry is defined by its nature. When development came to our area, it came with an eye on preservation. Ours was a duty to build alongside nature, in the hopes of keeping the shores, rivers and forests as undisturbed as possible, even as more and more people came to call it home.

The philosophy is reflected in the people who call this place home. To some, nature is a way to connect with the greater forces that shaped it. To some, it's a bounty of inspiration. To some, it's a home for a wide diversity of creatures that holds endless fascination. It's our own uniquely preserved piece of the natural world.

Here are a few people who call it home...



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Roberto Rodriguez

THIS PERSONAL TRAINER HUNTS FOR WOOD INSTEAD OF ANIMALS.

For Roberto Rodriguez, going out into the wild and bringing back its bounty has been a lifelong passion. It's just what he brings back that has changed. Growing up in a family of butchers in his native Argentina, he had long grown used to seeing animals die. Tromping out into the field with a slingshot, he thought nothing of the wildlife he'd mow down. By his own admission, it was a hobby born of ignorance.

"I grew up and started hunting bigger game, going after hogs with dogs," he said. "A few years later, I was having mixed feelings. I saw dogs being killed by hogs and I saw a lot of suffering. I started thinking, 'Why am I doing this?' I discovered I was doing it because I was prideful. So one day I kneeled down and I prayed to God, promising I wouldn't hunt again. That was very much the end of that."

But the end of his hunting days brought a void into his life. He still yearned to head out into the woods, but without game to conquer there was little reason. Until a YouTube video changed his life. "I watched a video of a guy from New Zealand transform a piece of wood into something beautiful. I thought, 'I can do that.'"

Today, his works litter the grounds of his small work shed, tucked away in the woods off of a dirt trail that snakes out to S.C. 46 on the far fringes of Bluffton. There are shelves upon shelves of bowls, their shapes and edges predetermined by the contours of the living wood from which they were carved. A towering sculp-





LOCAL SINCE 1999 Roberto Rodriguez is a certified personal trainer and mushroom hunter. He was born in Argentina, then moved to Uruguay when he was 11 before moving to Hilton Head Island 20 years ago.

ture, flowing with the grain of a felled tree, stands there. The beginnings of what will be a bathtub, hewn from a mighty trunk, is underway. Through his company, Wild Wood Rescue, he sells these works at Palmetto Bluff Provisions and online.

"It's wherever my imagination takes me when I look at a piece of wood," he said. "Ninety percent of the wood I find has potential."

The key there is "find." Rodriguez is ever cognizant of the destructive role man plays in nature, so he prefers to source his wood from felled trees or larger hunks of drift-wood he comes across. Just outside his work shed is a stack of planks destined to be a floor, milled by hand on the far end of his complex and drying out in stacks. They came from a massive red oak, torn down by a heavy storm a few weeks prior.

And it's not just trees he finds in his sojourns. Rodriguez also has become an expert on the edible bounty our forests produce – everything from wild garlic and chickweed to purslane and chanterelle mushrooms are out there growing freely.

"We can walk through the woods for an hour with a basket and we can come back with it full," he said. "Plus, it's free, organic and better for us than what we buy in the store."

If you want to know his secret foraging spots, you need only ask. "To begin with, it's not my spot. God allowed me to find this; I don't mind sharing." *LL*



Find additional images from these photo shoots online at **LocalLifeSC.com**

Michele Roldán-Shaw

NATURE FUELS THIS RAMBLER'S ARTISTIC SPARK.

If there's a single word to describe Michele Roldán-Shaw, it's one that she uses herself: rambler. It might be slightly reductive – after all, this is someone who has established herself as a well-known writer, artist and martial arts instructor. But at the root of all her ventures is the journey, the ramble she has taken through jungles, cliffs and rivers from here to Peru, and ultimately into her own soul.

"The big internal shift happened when I started practicing meditation," she said. "The journey is within, which is a cliché, but it's really where I'm at."

The journey within began when she was just two weeks old, on an international flight from her birthplace in Colombia to California. It continued through her childhood, roaming the cliffs and oceanside forests of Washington State where she grew up. "I would just go out and bushwack, or ride my bike through the woods looking for Sasquatch. I'd go scrambling up cliffs, and I remember just hanging by the pads of my fingers."

Fifteen years ago, her journey brought her to Hilton Head Island, urged on by a call from a second cousin she'd never met. "I bought a one-way ticket and didn't bring a sweater or anything. This was before Google or anything, so I wasn't able to look up much about it before I arrived. I thought it was a tropical island."

While the Lowcountry served as her home base, her young adulthood was defined by a





LOCAL SINCE 2004 Author and artist Michele Roldán-Shaw's hometown is Long Beach, Washington. She now lives in Levy. Hobbies include hiking, kayaking, camping, and studying ancient discourses of the Buddha.

singular wanderlust, disappearing for months on end in her adventures into the wild. There was the trip to Peru where she wound up stranded at some ruins, navigating a cow path to the nearest village as darkness fell. Closer to home, there were trips through the Savannah National Wildlife Refuge, cycling a path through marshland and maritime forest with two scared friends along. "We wound up carrying our bikes through the brush; they were so mad at me," she said with a laugh. "People have learned don't ever go hiking with me."

But throughout her travels, there was one constant. "Nature is the constant, and I just find nature is stripped of artifice. Nature is just observable truth, so I never get tired of that."

These days, she rambles closer to her home in Levy, stretching from Hunting Island to a spit of land called Jake's Island she's claimed as her own. "I don't have that lust for experience I did in my twenties," she said. "I'd rather focus on what I care about, and what I care about right now is the Buddha's teaching, and service, and making sure I have enough stability in my life to focus on what I care about."

The Buddha's teachings inform her on her many projects, including a series of children's books that detail his teachings. Her love of nature, on the other hand, fuels her artistic spark. "Nature has been the number one inspiration for it. A lot of the things that I painted were scenes that I witness in nature. Nature is truth. That's what I try to discover and that's what I try to put out there." *LL*

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Find additional images from these photo shoots online at **LocalLifeSC.com**

Tony Mills

THIS EDUCATOR IS IN LOVE WITH THE LOWCOUNTRY'S BIODIVERSITY.

Bouncing around Spring Island in a pickup truck, Tony Mills can't hold back his excitement at the world around him. With each turn, something draws his attention: A pocket of spoonbills wading in a coastal marsh; a skink clambering up the tabby wall of a plantation house's ruins; a shallow trench along the side of the road, the burrow pit of a seven-foot alligator he was hoping to see on this trip.

He's truly a man in his element among the 1,100 acres of nature preserve on Spring Island.

Trained as a naturalist, he spent 21 years working at the Savannah River Ecology Lab. It was when he started leading educational seminars, highlighting the local wildlife with living props from his herpetology lab that he found his calling. His classes, and the boundless enthusiasm for local wildlife they contained, caught the attention of Chris Marsh, executive director of Spring Island Trust. He asked Mills to come to Spring Island, and the rest is history … or biology.

"When I got here, I just absolutely fell in love with it," he said. "Some people love Beaufort County because of its history or its cultural heritage. Some people love it because it's pretty. I love it because of the biodiversity."

His love of our region's wildlife, and his unique skill at presenting it in an approachable way would not be contained to the classroom for long. A chance meeting with Rob Lewis, long-time videographer for ETV and Beaufort County, sparked a partnership that would take Tony's love of wildlife to the airways.





LOCAL SINCE 2007 Tony Mills is the education director for the Lowcountry Institute on Spring Island and hosts the TV show Coastal Kingdom. He lives in Beaufort with his wife, Kathryn Madden, and enjoys fishing, exercising and reading.

"Three weeks later, we got together and filmed our first episode," said Mills. That show, Coastal Kingdom airs on SCETV on Wednesdays and Thursdays as well as the local Beaufort County Channel. Over the course of 27 episodes, hosted by Mills and produced by Lewis, they've educated thousands on the astounding biodiversity of the Lowcountry, racking up an Emmy along the way.

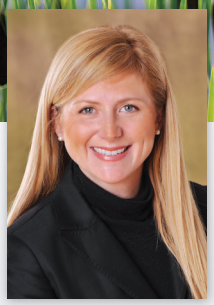
"It's based on the experiences I've had here. Lots of snakes, turtles, alligators, marine invertebrates, fish... This is an amazing part of the world and people here don't know what they have."

Each episode focuses on a different segment of our area's diverse wildlife. One episode might find Mills on top of a fire department cherry picker, returning an injured eagle to its nest. Another might find him up to his neck in the Savannah River, picking water snakes off of tree limbs. Another might find him fishing for longnose gar with a frayed rope, humanely snagging them by their sharp teeth.

"We never know what's going to happen. I'll write a script and I have a pretty good idea of what we'll see, but sometimes something entirely different happens," said Mills. One example, when they were filming fox squirrels, a hawk in a nearby window caught his eye. They filmed it for 20 minutes before it swooped down and picked up a four-foot snake. It makes for exciting television, but more importantly, it serves as a window into the natural world that surrounds us.

"As an educator, I just want people to know what they have here," he said. "Anything I can do to show people what's around them in the Southeast. And it's a little selfish, because this is what I love to do." LL




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Q+A WITH Kenny Cetera

THE CHICAGO EXPERIENCE IS COMING TO HILTON HEAD.

STORY BY DEAN ROWLAND
PHOTOGRAPHY BY RENEE CETERA



BROTHERLY LOVE Kenny Cetera leads his eight piece band with a prominent horn section, authentically recreating the classic hits of Chicago. His older brother is Peter Cetera.



"I have a love for this music, and I think everybody feeds off of that."



Kenny Cetera knows a thing or two about the windy city, Chicago. He was born and raised there, for starters. Then, there was singing in the house with his brothers and sisters while doing chores as a kid, thanks to his mother who played Broadway musical soundtracks for vocal inspiration.

He fiddled with piano, sax, bass guitar and drums, but always sang in the grammar school and church choirs. He bought a drum set as his high school graduation present and sang with cover bands thereafter.

Now, he lives in north Los Angeles County with his wife Renee, with whom he has three daughters and lives with stray dogs and a cat. The couple loves to travel.

And by the way, he's the younger brother of Peter Cetera, co-founder, co-writer and co-lead singer of the band Chicago, which has sold millions of records since the band formed in the late '60s as the Chicago Transit Authority. After he left the band in 1985, Peter went solo and sold millions more records.

These days, Kenny is on the road with his "Kenny Cetera's Chicago Experience" that will be on stage at the Arts Center of Coastal Carolina for three nights Aug. 30-Sept. 1. He's the lead singer of his seven-piece band and also plays the congas and timbales.

He formed his band in 2008/09 and usually has six performances per year. Hilton Head is one of those.

He's never been to Hilton Head before, but he knows, "they love golf and hate hurricanes."



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KENNY CETERA'S CHICAGO EXPERIENCE

When: 8 p.m., Aug. 30-Sept. 1
Where: Arts Center of Coastal Carolina
Details: A tribute to the music of Chicago, the best-selling band of the 1970s led by Kenny Cetera, the younger brother of Chicago lead singer, Peter Cetera. Suited for all ages. Tickets are $51. artshhi.com, 843-842-2787



Chicago from the beginning

- When Kenny Cetera and his seven-piece band take the stage at the Arts Center of Coastal Carolina at summer's end to perform "Kenny Cetera's Chicago Experience," they have a trove of musical treasures amassed by Chicago since 1967 from which to choose.
- Co-founded by his brother, Peter, the rock band with an inimitable horn section has sold more than 100 million records worldwide, earning 23 gold, 18 platinum and eight million multi-platinum albums along the way. They have had five consecutive No. 1 albums on the Billboard 200, along with 20 Top 10 singles on the Billboard Hot 100.
- Of the 36 albums released by the band, "Chicago 17" in 1984 sold more than six million copies and became the band's best-selling vinyl ever. "Hard Habit to Break" and "You're the Inspiration" best captured the album's sound, and Peter sang lead on both songs.
- "Chicago 17" also marked the appearance of Kenny in the studio with his brother as a singer on the high-end of the harmonies.
- Peter also sang lead or co-lead, played bass guitar and co-wrote many of the band's hits during his 1967-1985 tenure. He left the band in the mid-1980s to launch his solo career.
- Chicago was elected to the Rock and Roll Hall of Fame in 2016.

Here are excerpts from the phone interview with LOCAL Life magazine:

[LOCAL life] When did you know you had musical talent? [Kenny Cetera]. Hard to say. Maybe when one of my sister's girlfriends liked the way I sang. It was a long time ago.

[LL] Did your brother Peter give you and your band his blessing? [KC] Oh yeah. He came out to one of the first shows we did. It was a casino called The Cannery in north Los Angeles. You can find it on YouTube. It was great. He didn't tell me he was coming. He had kind of mentioned on his Twitter page that he might drop in. He was telling people to check out my band. He got there about 10 minutes before we started, came backstage and went back into the audience and sat next to my wife. I was pleasantly surprised. For the first portion of the show, she said he couldn't sit still, so then he came up on stage and sang a few numbers. It was his stamp of approval.

[LL] How much of a musical influence was Peter on you? [KC] It was huge. He used to practice prior to getting together with the guys from Chicago. They were a Chicago-area band and would practice in our garage and that was a big thing. It's what I gravitated toward. Being young and them practicing in the garage was a cool thing.

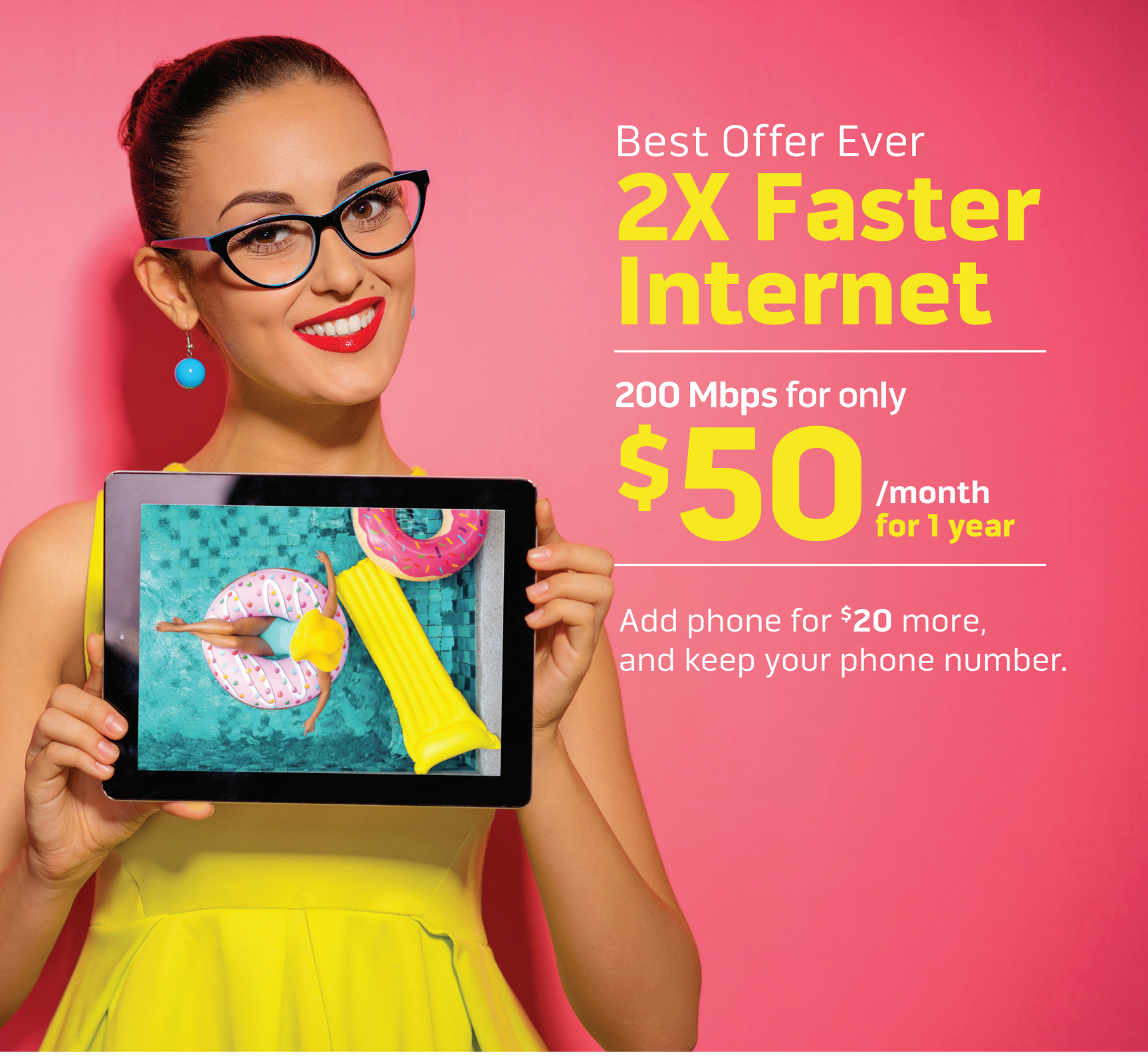
[LL] What do your audiences expect and what do you and your band deliver to them on stage? [KC] It kind of goes back to Chicago in the early days. Great music, a live horn section playing with a rock band. I've got four guys singing in the band; I've got top-flight musicians. I've got a trombone player who played with the Ray Charles band for 12 years; my drummer was with The Doobie Brothers for six years, not to mention several other amazing musicians. We all get along, we have a great time on stage, we move around a lot, and I engage the audience with stories about being on the road with Chicago and growing up.

[LL] Why does the music you play resonate so much with Chicago fans? [KC] It's their hit songs that people remember. We get a lot of 'I've never seen Chicago play live' or 'I saw Chicago and it brought back great memories' and 'thanks for keeping their music alive.' So apparently, we're doing a good job at what we're doing. Everybody's passionate about the music. I have a love for this music, and I think everybody feeds off of that.

[LL] Why is preserving and sustaining Chicago's music important to you? [KC] I've grown up with it. It's my family, my heritage. My brother was integral to the sound of Chicago.

[LL] You sang and played on the band's biggest selling album "Chicago 17" in 1984. Describe that experience. [KC] Awesome. Overwhelming. Humbling to work with (legendary producer) David Foster in the studio. A little bit scary but amazing all wrapped in one.

[LL] What's your favorite Chicago song? What's your audience's favorite? [KC] Man, there are lots. I really love doing a duet with my keyboard player Matt (Brown) on "Hard Habit to Break." I like them all. "Feelin' Stronger Every Day." *LL*



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Eight tips from a successful businessman

BANKING INDUSTRY EXECUTIVE JOHN WHITE SHARES ADVICE FOR SUCCESS

STORY BY EDDY HOYLE







LOCAL SINCE 2012 John White is shown with his wife, Pam; with his Bernese mountain dogs, Gracie and Murphy; and with his family near Saint John in the Caribbean Sea. His sons are Trevor and Evan.

John White's success in the banking industry spanned four decades. His positions included executive vice president of National City Bank, Cleveland; President/CEO of Union Planters Bank, Memphis; and Regional CEO of Regions Bank, Birmingham. White joked that he and his family moved so often that people thought they were in a federal witness protection program. Originally from Detroit, he graduated from the University of Michigan with a BS, an MS and an MBA. He retired in 2008 after moves to Clemson and Greenville and relocated to Hilton Head in 2012 where his sons attended sports academies.

He and his wife, Pam, have a small real estate investment company. "I had an epiphany," he said. "I hate being retired." White believes that a person never really grows until they move away from what they know, so he has reinvented himself as a real estate agent with Weichert Coastal Properties.

White has shared his knowledge and skills as a coach and by serving on boards of various civic and charitable organizations such as Samaritan's Purse and St. Jude's Hospital. He currently sits on the Hilton Head Board of Zoning Appeals. He has two sons in college and his wife, Pam, is an artist.

JOHN'S KEYS TO SUCCESS

1. Dream huge. "Dream huge and never compromise on your dreams. Believe in yourself and focus daily on your dream, never letting the weight of life force compromise," White said. "Be proud of your uniqueness, your skills, your gifts. Attitude, hard work, and pride are a part of dreaming, but also be humble, kind and grateful and develop positivity."

2. A conditioned reflex. "If you're passionate about something, it's not a job. Refuse to have a bad day. It can become a habit. It's a choice to always give your best effort," White said. "Condition yourself to be passionate and enthusiastic. No matter what you're doing, do it well." When you make a conscious decision every day to do your best, it becomes a conditioned reflex.

3. Stretch yourself. "Don't be afraid of change," White emphasized. "People get set and settled, but you must stretch yourself. Change is an opportunity for growth. You only know what you know, and unless you're willing to take steps to make yourself uncomfortable, you can't grow."

4. Be laser-focused. "Be laser focused on what has to be done," he said. "Prioritize your efforts and don't waste time. Time can be your greatest asset and your greatest enemy. Everything else but time can be replaced," White added. "The most important thing is always the most important thing – it's usually the hardest and most gut-wrenching and easiest to put off, and needs to be at the top of your list."

5. Chain of ownership. "Hire and promote the best people and allow them to own the process and results. Leaders should back off and allow others to manage their projects with a 'curb' mentality, where there are goals set within specific boundaries resulting in a chain of ownership that will take your business to heights never even imagined," he said.

6. Everything is up for debate. "Listen and encourage opinions. You want people to challenge corporate orthodoxy. Create an environment where people are engaged. You want to hear all opinions because it matters," White said.

7. Shared vision. "Leaders should have the ability to share their vision and motivation. Create an environment that everyone yearns to come to work and make a difference," he said. "Shift from a transaction-driven to a relationship-driven mentality."

8. Finally, have fun. "You spend the majority of your waking life working. Make it count. Don't get mired in the mundane, allow yourself to dream huge. If you believe you can, you're half way there." LL

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Co-Chief Investment Officer

Ms. Wang has been promoted to Co-Chief Investment Officer and remains Director of Energy/ Master Limited Partnership (MLP) Strategy and Portfolio Manager. **Ms. Wang** joined DAC in June 2008.

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TIRED OF STARTING AND STOPPING YOUR EXERCISE ROUTINE?

Get your brain on board

STORY BY KRISTIN CASTNER + PHOTOS BY PHOTOGRAPHY BY ANNE



A REAL STRETCH Get more out of your next workout by stretching for 10 minutes before you start. Flexibility helps prevent injury, relieves pain and promotes good posture.

One of the most common requests from people working on improving their health is advice on how to get more consistent exercise. It's fantastic that this comes up so often, because getting movement in our bodies is one of the pillars of good health, along with eating clean food, staying adequately hydrated, getting good sleep and fostering a positive mindset. But the mere fact that it comes up so often illustrates just how hard it is to find that initial motivation, or stick with it once they start.

Let's be honest. The only way to get more exercise in our lives is to commit to and follow through on moving our bodies more. However, there are some practical strategies that can improve our odds of having a positive experience. What happens when we have a positive experience? We seek out that experience again and again.

"We all have 1,000 things going on and a million reasons why we have no time."

Change by nature is hard. Our subconscious brains operate in a way to encourage status quo, because it is familiar and we know we can survive it. Change, on the other hand, is unfamiliar, so it raises questions in our brains as to whether it is survivable. Starting an exercise routine is change, plain and simple, and so it is important to find a way to lessen the negative vibes that come with that. ***Here's how we can do that.***



STICK TO A SCHEDULE When you schedule your workouts, they become much like anything else you do every day, such as brushing your teeth, washing your face or walking your dog. You don't think much about it; it's just something you do every day.

1. Remove the chaos

The first thing that typically comes up when starting a new routine is, "When will I do that?" We all have 1,000 things going on and a million reasons why we have no time. This is the chaos that we live in. So once someone has committed to get exercise into his or her life, it's important to remove the chaos. ***The easiest way to do this is through scheduling.*** If something is important enough not to be missed, we put it on our calendar and set reminders. We identify the right time for the event and we protect that time by getting it into our calendar. This is how to remove the chaos that

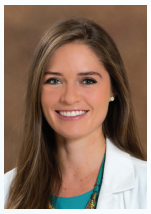
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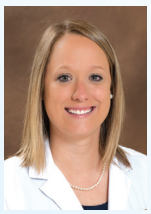
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often comes with starting a new routine of any sort, but particularly when dealing with exercise – something that many of us have a love/hate relationship with. You don't ignore that doctor's appointment on your calendar, or your lunch date with friends because those commitments are real, they are important, and they are your responsibility. Adding your workouts to your calendar will remove the chaos surrounding "how do I fit that in?" and it will signify the commitment you are making to yourself and your health. Adding it to the calendar makes it real, important and your responsibility. This is the first step in building positive vibes around initiating an exercise routine.

2. Address fear of failure

Fear of failure can stop us in our tracks. Nobody wants to fail. It's not a motivating experience. But all too often when we are setting out to try something new, we immediately set ourselves up for failure by biting off more than we can chew. For example, someone just starting an exercise routine will set a goal to be at the gym five days a week. However, because that is such a huge change from their current situation, it is highly likely that they don't make it all five days. And the first time they miss a day, they immediately feel like a failure. They set a goal, and they failed. See? They weren't meant to do this. Maybe you've experienced this before. Here's the thing. Setting a small goal, like going from zero days a week at the gym to one day a week, and accomplishing that goal, is a huge win! It represents success. And with that comes a positive experience that is the foundation for even more change in the future. I like to remind people that small hinges swing big doors. All it takes is a small movement in the right direction to build a foundation for bigger things down the road.

3. Give yourself an out

Have you even been faced with making an important decision, but struggled with it because the decision felt permanent or set in stone? For many of us, deciding to start something new feels like a major commitment, and that's why we procrastinate. Believe it or not, we can get past procrastination and get further down the path to change if we simply negotiate a deal with ourselves about how we are going to approach this new project. ***The deal includes three parts: (1) a trial period, (2) unwavering commitment during the trial period and (3) a judgment-free out.*** Let's say you are going to start a new exercise routine. You determine that you are going to start going to the gym once a week. You pick the day and time that you'll go and you get it on your calendar. Next, you determine your trial period. During this period, you are going to have an unwavering commitment to your weekly workout. The trial period has to be long enough to be meaningful, but not so long that it feels permanent. I suggest at least eight weeks. For those eight weeks, there are no excuses. You get your workout done. If need be, you keep reminding yourself, "I only have to do this for X more weeks."



POWER IN POSITIVITY When something is associated with positive feelings, it becomes second nature.

"Deciding to start something new feels like a major commitment, and that's why we procrastinate."

The judgment-free out is this: if, after the 8-week trial period, you believe it's not right for you, for any reason, you can make a change. Maybe you change the time, the date, the frequency, or what type of workout you are doing. Maybe you even decide that working out is not for you. Whatever you decide after eight weeks, there is no judgment, no putting yourself down. You just pat yourself on the back for trying something new. Maybe this sounds counter to the goal of starting and sticking with an exercise routine, but most times it works in favor of sticking with it. Why? Well, after the trial period, most people see a benefit – physically, mentally or both. They equate the trial period with a positive experience that they want to keep in their lives, and so they keep going.

4. Keep it positive

When starting something new, whether it's an exercise routine or something entirely different, it's important to strategically set up a framework that can create and reinforce positive experiences. Removing the chaos, addressing the fear of failure and giving ourselves an out are all ways we can mentally prepare for starting a new routine. When it comes to exercise, drinking lots of water and getting a buddy are two additional strategies to help keep the experience positive.

These are steps I take people through whenever they want to make change in their lives, because it allows them to create small changes in their behaviors that lead to bigger changes in their health, career, relationships, and life in general. Just remember, when something is associated with positive feelings, it becomes second nature. That is where true change happens and new habits are formed. *LL*



***Kristin Castner** is a certified health and lifestyle coach. She received her certification from Health Coach Institute in June 2018 and works with clients across the United States. Prior to starting her health coaching practice, she spent more than 20 years in the investment business, where she held a variety of executive leadership positions. She began her own health transformation in her late 30s as the burden of career success increasingly put her health and future happiness at stake. That journey eventually led her to leave the corporate life and cold climate of western New York, moving to Hilton Head Island in 2016 with her husband, Steve, and their two King Charles Spaniels, Tiki and Ziggy.*

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Everybody must get stone

The Rolling Stones are still hot. The group has stood the test of time, much like stone has in Lowcountry homes.

Local designers agree that stone is the perfect material for kitchens, baths, floors, outdoor living spaces and throughout the home. Stone is the single factor that can raise a kitchen from handsome to spectacular. Offered in an almost infinite variety of patterns, colors, and price points, stone is now sourced literally from around the world.

Islander John Antunes was one of the first to recognize the universal appeal of stone more than 45 years ago when he founded Distinctive Granite and Marble for fabrication and installation, and later added AGM Imports to supply the stone. Today, his son John Jr. leads the companies as one of the largest stone resources in the southeast.

"We import from Africa, Brazil and around the world," said Antunes."I travel to Italy 5-6 times a year to select raw blocks of marble from quarries to be sure we offer the best stone available, many offered exclusively through AGM."

Antunes also oversees Distinctive Granite and Marble which boasts the most high-tech, state-of-the-art imported stone fabrication equipment in the area.

Today, designers treat stone as artwork for the home, using it to create drama, softness, intensity, originality, luxury and personality. It's a new take on an old classic. *LL*

LOWCOUNTRY VISTA
Gabana Quartzite is used to stunning effect in this Hilton Head Island home.



BLUES BAR Amazonnite Granite makes a colorful statement in this outdoor kitchen.

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TICKLE THIS IVORY Left: This image features an outdoor summer kitchen space with Turkish Ivory Travertine.

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ALL THE MARBLES Right: This island features polished Calacata Gold Marble with a double ogee edge profile for a more formal designed home.

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SEA STAR This elegant kitchen, designed by Sara Boyles with Kelly Caron Designs, ASID, features a polished quartzite called Sea Pearl and has an eased edge profile.

Long live rock

*Much consideration goes into selecting the perfect countertops for your home. Interior designer **Kelly Caron** breaks down a few options and local trends.*



EDGE PROFILES

The shape of an edge profile is just as important to the design as the material. Some popular local styles are Eased, Ogee, Double Ogee and Mitered.



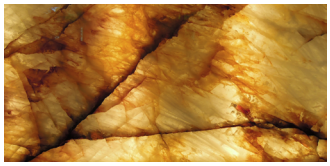
FINISHES

A polished finish used to be the default that all countertops came in. The home owner can now decide if they want polished, honed or leathered. We still see a polished finish in homes, but we are also seeing a rise in honed finishes and leathered finishes for a more casual look.



COUNTERTOP MATERIALS

Selections can vary based on the lifestyle of the homeowner and the desired look. Selections range from Quartz (man-made), Quartzite, Granite, Marble, Travertine, and even Porcelain options.



BIG IMPACT

Waterfall design with a strong pattern flowing down the side of a cabinet is a popular look. Another big impact look with stone is using it as full height backsplash. Adding LED lighting to the underside of a surface can completely change the look when using onyx or semiprecious stones.

Leave no stone unturned

6 TIPS FROM PROFESSIONAL DESIGNER KELLY CARON



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CHOOSE WISELY Countertops are available in a wide variety of styles and budgets, and can single-handedly transform your space. Choosing one must be done with careful consideration and thought. This project was done by Element Construction.

TIP 1: **Hire a professional.** One of my first design tips is to hire a professional to help walk you through the many options that are available to you as the homeowner. A designer or professional in the stone industry can help point you in the right direction before you visit a stone vendor. The options can be overwhelming and a professional can narrow down your options based on your specific needs.

TIP 2: **Know your space.** What is the goal of the project? There is a practical difference between a fabulous Pinterest photo of a stone in a space and a functional everyday material that will wear well with your lifestyle. Every stone is not for everyone. Being realistic about the use of a space and how much wear and tear will happen needs to be discussed. If you want a fine marble in a high cooking and high use space, you will without a doubt have etching and proof of use over time. If you are looking for a more formal appearance and understand the maintenance of marble, go for it! If you are like most of us and want the look of a marble or fine stone, you should look at quartz. Many quartz options mimic real marble. Quartzite and granite are much more durable with high traffic use.

TIP 3: **Protect your investment.** You are spending money on a large surface area that will be used daily in your home. This goes back to understanding your lifestyle. Whether the selection is of a man-made quartz or a natural stone, you still need to understand how the material will interact with normal daily use, heat, knives and acids. The man-made quartz material is one of most desirable materials, but it can damage if you sit a hot pot on top of it. Otherwise, quartz is a wonderful and durable option for any countertop space. Acids (like lemons) will wear just fine on most all quartz, granites and quartzites, but be very aware that acid will etch a marble immediately. Water spotting can also be a nuisance on marbles. Taking care of your stone is an investment, so make wise forward-thinking decisions.

TIP 4: **Stone can go vertical, too.** Stone can be used on more surfaces than just the countertop. There are so many more options and vendors with amazing materials that vary in colors, veining designs, and machines to cut the stones to your design. You can mix multiple stones in a space. You may have a stone with a strong pattern on an island that pairs with a more subtle stone for the perimeter and up the walls, that is used in place of a standard backsplash tile material. Stone can also be used as an artful focal point in a space. With the proper installation, you can use slabs on the walls in showers or other areas in your home.





TIP 5: **Get creative with your edge profiles.** Choosing a built-up edge profile like a laminated edge or mitered edge will give you a completely different feel over the standard edge thickness. A more decorative edge profile like an ogee or double ogee will give a more formal designed look. The eased edge profile is one of my personal favorites since it is more simple and classic for most homes. The goal is to not overdesign any space. A waterfall edge profile is a very cool look when your slab is big enough and your design makes sense to have the anchor of stone around a cabinet base.

TIP 6: **Everyone has a budget.** You need to understand that going into a new construction project or renovation project there are so many more stone options to select from, which means there are more price ranges to understand that will follow suite with the desired look and material you are selecting. Be up front with your designer or builder about your overall wishes so the allowance or budget is realistic. There are plenty of great price points but there are also options that will not be in a realistic budget. A Pinterest photo can be your dream look but it will come with a value and that needs to be discussed to avoid disappointment in options.



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DESIGNS

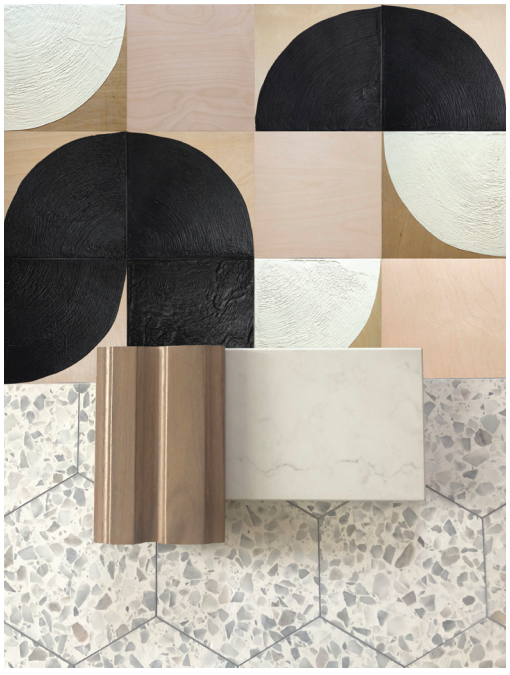
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KellyCaronDesigns.com

Powder room polish

COURT ATKINS GROUP'S 501 SOUTH STUDIO SHARES THEIR JOURNEY TO MAKING A BIG IMPACT IN A SMALL SPACE.

We often regard the powder room as the jewel box of the home. It is a small space, but provides the opportunity to create an impact and make a statement. For this design at the Garden & Gun Artist Cottage in Palmetto Bluff's Moorland Village, 501 South Studio wanted to create a memorable moment in the powder room. ***Here are several different approaches that led to the final design selections:***



CONCEPT 1 The patterned wallcovering mural is a reproduction of an artist's original work, applied to wallpaper. Terrazzo tile is a fun way to incorporate multiple colors in one material. Softer colors often mimic seaglass. Keeping the cabinetry and countertop simple lets the focus go to the other items in the room.



ON THE PROJECT
"For all of these schemes, we started by selecting the focal point of the room, and made selections around that item to help support it as the featured element. Design is easiest when you're creating a scheme around something that you love."

— 501 South Studio



CONCEPT 2 Another way to create a feature on the wall is to use a patterned or textured tile, and this terracotta tile has both. Creating the cabinetry from the same material as the wood flooring would allow the eye a place to rest, since the tile will create such a powerful impact.



CONCEPT 3 The final, winning design scheme, which is what 501 South Studio implemented, was based on tonal textures. The cement tile, with its black and white pattern, create the fun, unexpected feature for the powder room. The feel of a grasscloth was achieved through a vinyl wallcovering which is forgiving in a bathroom, as it is a cleanable material. The soapstone countertop and dark stained cabinetry keep to the dramatic theme.

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Home Hacks

ENJOYING YOUR HOME WHILE PRESERVING NATURE

STORY BY JEREMY PRESS

Jeremy Press (aka the Appliance Whisperer) of Appliances by Design has agreed to provide home appliance tips and advice to LOCAL Life readers. Got a great home appliance tip? Contact him at jeremy@appliancesbydesign.com.

The health of our planet is at the forefront of many conversations these days. The topic has stretched throughout the appliance industry as well. Everywhere, appliance companies are trying to become "green" in an effort to poison our planet a little less. Manufacturing on a large scale requires a ton of energy. Sometimes, companies have been known to use wasteful tactics to keep production up in an effort to make numbers. There are a few remarkable exceptions, however.



Liebherr, one of the largest refrigeration manufacturers in the world, has made a tremendous commitment to keeping a green world. They were the first manufacturer to convert their entire appliance manufacturing with the full restriction of hazardous substances. They also produce every one of their refrigerators under full energy star standards, making them an environmentally safer choice.

While Liebherr has focused on large scale manufacturing, the Whirlpool corporation has brought out a very unique way for families to focus on being less wasteful in their own homes, unveiling a unique in-home compost device at the recent Consumer Electronics Show. Everything from shells to peels can be made into soil, resulting in the best flowers and veggies on the block. This reduction of waste truly helps make a difference, one meal at a time.

With the leaders in the appliance industry taking notice on helping the world and nature in general, it shows progress. These are the first steps from one industry to start to help in a problem we all must work together to fix. The nature around us is what has drawn us to the Lowcountry. Thank you to all who have helped and will continue to strive to keep our area as beautiful as it should be. *LL*



PRO TIP: *Purchase energy efficient appliances*

On average, appliances are responsible for roughly 13 percent of your total household energy use. ***When purchasing an appliance, you should pay attention to two numbers:*** *the initial* ***purchase price*** *and the* ***annual operating cost****. Although energy efficient appliances usually have higher purchase prices, their operating costs are 9 to 25 percent lower than conventional models. When purchasing an energy efficient appliance, you should look for appliances with the Energy Star label, which is a federal guarantee that the appliance will consume less energy during use and when on standby than standard non-energy efficient models.*



WHIRLPOOL NEW ZERA FOOD RECYCLER

This revolutionary kitchen appliance transforms food waste into sustainable homemade fertilizer within 24 hours by using a combination of oxygen, moisture, heat and mixing to expedite the decomposition process. Unlike traditional composting methods, families are able to use the Zera system year-round regardless of the weather and can remotely operate the appliance through the Whirlpool mobile app. *Available at Billy Wood Appliance.*



LIEBHERR FULLY INTEGRATED FREEZER

This 24-inch wide freezer is the perfect combination for any kitchen. Hidden away behind custom cabinetry, it features efficient LED lighting throughout and flexible bottle racks to maximize interior space. The sophisticated, elegant European design fits the need for smaller refrigeration and is perfect for condominium projects, small space homes and galley kitchens. *Available at Appliances by Design.*

RIVERFRONT PARADISE



121 Gascoigne Bluff Road | Bluffton
$2,750,000

Eight acre estate along the banks of the May River in the coveted gated community of Gascoigne Bluff. With only 21 total homesites and shared access to nearly 300 acres of pristine equestrian fields and paddocks, Gascoigne Bluff consistently maintains its status as one of Bluffton's most desirable riverfront gems. 121 Gascoigne Bluff Drive spans eight pristine acres with approximately 5500 sq ft, to include a full apartment above the 3 car garage. The home sits on a peninsula with water on three sides and the custom design was crafted with such architectural precision as to capture the essence of the Lowcountry from nearly every room.



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Idea House
DOORS & DRAWERS

PHOTOS BY RACHEL ACQUAVIVA

Whether building a simple starter home or the ultimate abode, home construction contains many unknowns and can be overwhelming, especially for those unsure where to start or experience a hiccup in the planning process. LOCAL Life is walking readers through each step of the complicated process via an ongoing series in print and online at LocalLifeSC.com. A Hilton Head Island couple built a smart home and agreed to let us document the process. The home was an amalgamation of professionals and inspiration sources: Architect, builder, designers, magazines, Pinterest, Google, Houzz, model homes and HGTV. **We share these inspiration sources and tips that might help with your next renovation or construction project.**



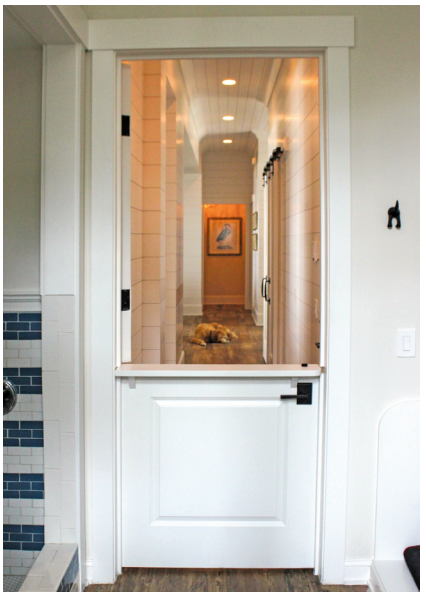
©LISA STAFF

Incorporating different styles of doors into your home

While you might not think about doors as often as other items when planning your design, doors will have an impact on the overall style of your home. There are so many styles from which to choose, but each serves a different purpose. The Idea House homeowners incorporated several different styles of doors in the design.

SLIDING BARN DOOR

If you love the rustic look that's so popular these days, interior barn doors are the perfect complement to that style. The most popular and versatile way to utilize them is by attaching them to gliding hardware that can be installed in almost any entryway. But they also can be painted white for a cleaner look or painted a dark color for a more modern look. Whether you install a single barn door or a double, they are certain to be a conversation point in your home.



DUTCH DOOR TO THE DOG ROOM

Equally as beautiful as other options, Dutch doors are unique for any part of the home. These doors have a top and a bottom that open horizontally and separately from each other. In the Idea House, it's the ideal solution for the pet room to keep their pups contained while keeping an eye on things.



FROSTED GLASS DOOR TO LAUNDRY ROOM

A versatile style that lets additional light in is the interior glass door. If you're looking for a more modern look to your home, try frosted glass for privacy to a bedroom or bathroom.

Get creative with drawer pulls

Just like any aspect of interior design, it's important to consider practicality as well as personal preference and style when it comes to knobs and pulls. Nobody wants to add features to a room that will stick out like a sore thumb. In other words, you want to make sure that the color and style of the knob or pull you choose will suit that particular room. The Idea House homeowners opted for a split finish to get the best of both worlds. Most of the knobs or handles in the home match, but throughout the home, including the bathroom and laundry room, the knobs or pulls are different. *LL*





GOLDFISH These goldfish pulls are the perfect accent in the guest bathroom at the Idea House by adding a fun pop of color and flair.

DOG BONE For a drawer dedicated to your furry friends, why not use a dog bone? Cute and practical.



LAUNDRY Laundry knobs in the laundry room? As long as they go with the overall theme of the room, we give them two thumbs up.





COMPASS KNOBS AND WHALE TAIL TOWEL HOOK Using compass knobs and a whale tail as a towel hook in a nautical-themed bathroom tie all of the details together for a seamless look.

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From plates and napkins to serving trays, you can bring a piece of the Great Outdoors inside for all to enjoy. Check out some of these natural collections from local merchants.





ALL TENTACLES ON DECK Octopus Vessel Sink: Spice up your powder room with this sea inspired creation. One-of-a-kind, handmade item guaranteed to grab you. Available at Pyramids. $787

NESTY NOOK Nesting headboard: You'll never want to leave the nest with this headboard. It is a great natural accent for your bedroom and the perfect piece to pull in the surroundings of the Lowcountry. Available at Plantation Interiors. $1,244.



GREENWARE MadHouse by Michael Aram spoon set: These spoons are a great addition to your leafy table set. Pair it with a green platter and your forest dreams will come true. Available at Gifted. $4.99.

LEAFY GREENS Vietri Reactive Leaves platter: Looking for a green way to serve up some tasty snacks? This platter is a great addition to your platter lineup. The colors are stunning and will be sure to have dinner guests asking where you got it. Available at Le Cookery. $260.



HONEY, I'M HOME Honey bee matteo tray: This tray is the perfect ode to our prized pollinators. Serve up a tasty treat on this fun tray. Available at Buona Terra Woodworks. $30.





WATER FLIGHT Eagle ray wall sculpture: This colorful glass and bronze sculpture becomes the focal point of any room. Available at Nash Gallery. $3,400.

DESERT FLOWER Succulent flower sack napkin: Made of 100 percent cotton, this 30-by-30 towel is all that you could want in a kitchen cloth. Available at Lowcountry Mercantile. $16.99.



HALF SHELL Oyster plate: Shuckin' great addition to your plate cabinet. Available at Scout Southern Market. $39.





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THE GENTLE GARDENER

A Deer John letter: Oh deer, oh deer, oh deer!

Among the many wonderful qualities of the Lowcountry is the endearing abundance of wildlife. For a gardening fanatic, one of the least endearing features of the Lowcountry is, you guessed it, the wildlife. Especially our arch nemesis – the deer. Let's face it, you spend a small fortune and many hours planning and planting your garden only to have it decimated in one night by Bambi.

As adorable and sweet as they look, don't be fooled. Any parent can tell you — the same holds true for toddlers and we all remember the terrible twos too well. I maintain that it is easier to raise rambunctious children than to keep the deer out of my garden. However, there are several steps you can take to mitigate the damage.

You can attempt to **plant plants that deer don't care for** – typically anything with a fuzzy leaf (Mona Lavender, Lantana, Grandiflora Tibouchina, etc.). Beware however, deer have been known to dance the Macarena on plants that do not delight their palate — they pulverized this gardener's Amaryllis after deciding it was not pleasing to their culinary senses.



Deer repellents come in many forms and price points. The easiest and most affordable focus on nasty smells, like ***Liquid Fence***. Easy to apply, these sprays have a horrendous smell, which is guaranteed to repel you and the deer until it rains. Then it's back out to spray and gag, which is great if you convince someone else to apply it.

Then there are **electric shock products** that can be installed by an electrician. They work wonderfully until a squirrel chews through the lines. Available also are pricey pouch products such as ***Deer Off*** that contain dried blood that cause a fright and flight reaction in the deer for about three weeks, which is when they either wizen up or the smell fades.



Some folks swear by Milwaukee-based **Milorganite**, a fertilizer made in conjunction with the city's sewer plant. Despite what you've been told, Milorganite is actually the dead bacteria, not poop (which is the bacteria's food). It works pretty well as both a repellent and fertilizer but beware of nutrient overload. ***Shaved bars of Irish Spring soap*** are also said to work but you'd need a lot of it and I can't find willing labor.



Flashing lights have been said to be extremely effective and so of course I ran right out and had enough lights professionally installed to be visible from the space station (fortunately the FAA took pity on me and waived the fine – who knew?). Based on the results I'm assuming the deer simply wore sunglasses.

However, all is not lost. I have discovered the most amazing flower the deer will not eat – it's made from plastic and fabric. *LL*

Ask & Answer



DEAR GENTLE GARDENER

I had a ***camellia tree*** in my front yard that was just gorgeous. Suddenly a large part of the tree lost its leaves and it looks like it's dying. Can it be saved?

— Saddened in Sea Pines

DEAR SADDENED

The most likely cause of the leaf loss is scale. These sucking insects attach themselves to the underside of leaves and suck the cell juice, which causes a spotted or mottled appearance on the top of the leaf. **Easily kill these little buggers by spraying and soaking the underside of all your camellia leaves and the trunk with either a horticultural or neem oil.** Typically, horticultural oil is used when the temperature remains under 80 degrees, but read the manufacturer's instructions as great strides are made every year. Neem oil will kill any insect on the plant – friend or foe, but it's very effective. Be sure to remove all the infected leaves on the ground and spray on a cloudy day or close to sunset on a sunny day.



Got a question for the Gentle Gardener? Email info@wearelocallife.com

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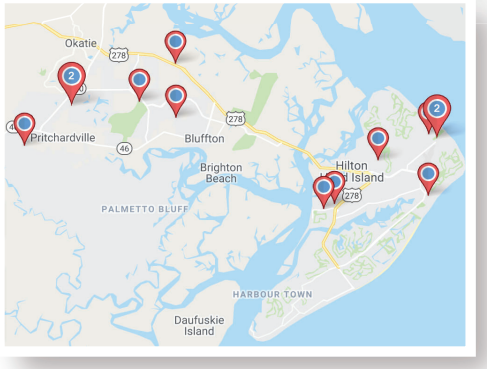
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FEATURED GARDEN:
Marsh Reflections

PHOTOGRAPHY BY MADDIE TERRY



The backyard view facing the marsh.

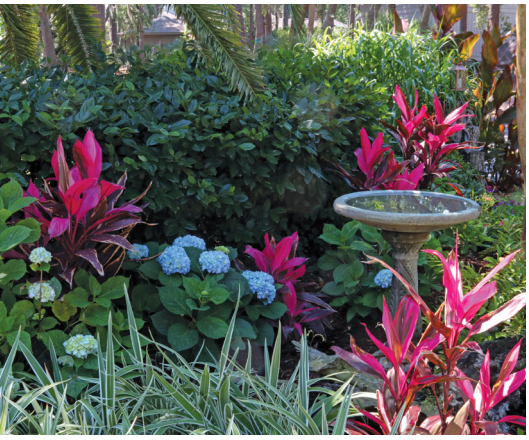
Hyacinth beans climb a palm tree, next to annuals in a Talavera pot. Check out the matching butterfly and dragonfly.

EDITOR'S NOTE: Seven of the top gardens in the Lowcountry were showcased as part of the 2019 All Saints Garden Tour. LOCAL Life is featuring each garden through images captured by photographer Maddie Terry. This month is the garden of **Karen and Dr. Barry Bittman**.

Serenity emanates from this ever-evolving tranquil garden retreat on the marsh, which combines the unique colors that only Mother Nature can create. Reflecting from a glistening backyard pool, a colorful marsh collage sets a contemplative tone for this secluded garden that springs to life with splashes of annual and perennial color. Enjoy a variety of flora, designed to enhance the natural beauty of this uplifting Hilton Head Plantation setting.



The front garden with dianella, Ty plants, hydrangeas, dianthus, petunias and ferns.





(Left) A closer look at the front garden. (Right) Anchor and rope wrapping around logs from trees that fell in Hurricane Matthew, next to Cannas.





(Left) Backyard dwarf cannas with petunias. (Right) Lantanas.

UPCOMING GARDENS

September: Native Plants Garden (Waddell Mariculture Center)
October: The Outback Oasis (Lisa and Colin Swatton)
November: A Garden That Brings Home Full Circle (Peggy Parker)
December: Restore and Renew (Mark and Renee Woodruff)
January: A Work in Progress (Tom and Candi Hough)

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Create a wildlife habitat in your backyard

STORY BY GLENDA HARRIS





CERTIFY YOUR HABITAT

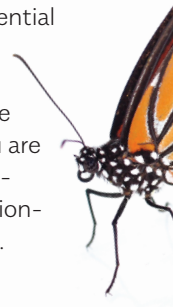
Anyone can create a welcoming haven for local wildlife. Turning your yard, balcony container garden, schoolyard, work landscape, or roadside greenspace into a Certified Wildlife Habitat is fun, easy, and can make a lasting difference for wildlife. Learn more at nwf.org.

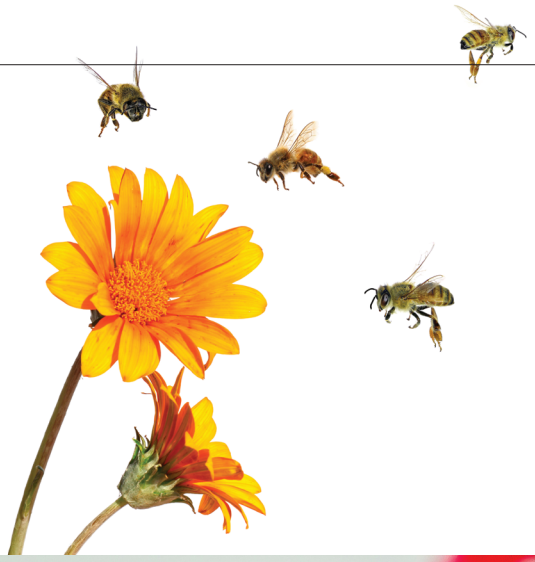


Summer is upon us and the great outdoors beckon even more than usual. Whether it's entertaining, cooking out or enjoying family time in our backyard, nature provides the perfect backdrop. Perhaps not quite as enjoyable (although necessary), we also spend many hours doing lawn and landscape maintenance. What if, while doing our routine yard work every week, we were also optimizing the space as supportive habitat for birds, butterflies, bees and more?

More than simply beautiful to see and entertaining to watch, animals and insects play an important role in the food chain and the more people involved in conservation, the healthier our communities and our planet. About half of endangered or threatened species have the majority of their habitat on private lands, giving landowners an essential role in their conservation.

By creating your own backyard wildlife habitat and having it certified by the National Wildlife Federation (NWF), you are collaborating with Mother Nature. In essence, you become a citizen conservationist, a part of the solution going forward.









©ARNO DIMMLING



THE SIX ELEMENTS

1. FOOD To supplement nature's bounty of food, hang bird feeders. Plant trees that bear fruit, berries, cones and nuts. **[PRO TIPS]** Cardinals love holly berries. Hummingbirds are attracted to red, fuchsia and orange flowers. Native bees like Mexican heather, jasmine and most fragrant flowers. Butterflies are attracted to aster, calendula, cosmos, day lilies, marigold, lavender, zinnia, and Shasta daisy, to name a few. Monarch butterflies are protected and might soon be declared endangered. They desperately need milkweed for sustenance and to complete their lifecycle. You can plant milkweed in the ground or in containers and attract these beautiful creatures.

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FOR THE BIRDS If you attract birds to your yard by having bird friendly bird houses, and adding fresh clean water to the yard, the birds will help out in many ways in your garden.

2. WATER A shallow dish, water feature, bird bath or natural pond are all perfect. Butterflies need mud puddles for minerals and nutrients.

3. COVER Deciduous trees offer summer shelter and shade. Plant perennial bushes and hedges to give animals a year-round escape from weather and predators. Bat houses are easy to make (just Google it) and they help control mosquitoes. Birdhouses at least 6 feet high will give Eastern bluebirds, wrens and other native backyard birds a safe haven from reptiles and birds of prey.

4. NESTING Animals need a safe place to nurture and raise their young. In addition to the aforementioned birdhouse, create natural areas around groups of trees with perennial shrubs and tall grassy plants. The in-between areas of mulch and soft ground are suitable for burrowing. Ground cover provides a low-to-the-ground refuge and choices include juniper, creeping phlox, plumbago and Confederate jasmine.





5. SUSTAINABLE PRACTICES Use locally grown plants or seeds and take care to not use pesticides or herbicides whenever possible. Non-chemical and organic products are readily available. Regularly inspect your trees and plantings and prune, water and fertilize as recommended.

6. GET CERTIFIED Follow the instructions on the NWF website to document your efforts and become certified. Then, share your pride and motivate others with the attractive sign or plaque they offer.

8 Benefits of creating a wildlife habitat

1. **Replenish food supply** in your area and for migratory birds passing through.
2. **Provide shelter** for small animals and birds and a hiding place from predators.
3. Create **nesting space** to raise young.
4. By planting native plants and trees, you **assure sources of pollen and nectar**, critical for the pollinators of our world.
5. Aid in the overall **preservation** of wildlife.
6. Enjoyment of **observing** wildlife.
7. **Increased awareness** and knowledge of beneficial plants, flowers and trees in your yard.
8. **Teachable moments** and the perfect opportunity to pass on your love of nature, wildlife and conservation. This is our home. If we don't take care of it, who will?

WRITER'S NOTE: *As I wrote this in my backyard (yes, a Certified Wildlife Habitat), I was visited by Carolina chickadees, nuthatches, a magnificent screeching red-tailed hawk overhead and one very vocal male cardinal. Apparently energized by the holly berries he had been munching on, he cheerfully serenaded me with his song ... for 15 minutes! This is but one example of the satisfaction and joy to be found when we learn about our natural world and become a mindful partner in supporting wildlife habitats. No matter where you live, there are many small things we can all do that make a difference.*

Cool nature tours



BY PADDLE

Kayak the Chechessee: Explore the Chechessee River from the Port Royal Sound Foundation. Outside just launched a unique kayak tour offering a glimpse into the lesser-seen areas of Beaufort County. The Chechessee is known for its pristine natural environments and fantastic wildlife viewing. This trip embarks from The Port Royal Sound Foundation Maritime Center, which is housed in the renovated former Lemon Island Marina.



BY PEDAL

Bike the island: Outside is offering Pedego Bike Tours out of its store at The Plaza at Shelter Cove. Tours last for two hours and include a new Pedego Electric Bike, bike helmet, souvenir CamelBak water bottle with cold water and a professional guide.



BY BOAT

Skiff local creeks: Drive a two-person catamaran and enjoy over two hours of skiffing calm creeks, spotting a variety of wildlife along the way. The boats used by Island Skiff Adventure Tours sit low in the water and have stick steering. You will follow a local guide boat as you explore the sea islands.





style



↑ Available at **SHOP!** + Available at **OUTSIDE HILTON HEAD** (his and hers) →

NEUTRAL IN NATURE

August — the month that we start to shy away from the bright colors of summer and that holiday red, white and blue. Beach days and backyard barbecues aren't over yet and we aren't quite ready to skip ahead to a fall season wardrobe. However, it's time for some change. Softer colors, neutral tones and the beautiful outdoor country vibe of the **Coastal Discovery Museum at Honey Horn**. This scenic location set the pace and inspired the LOCAL Life style team to go easy, gliding into the change of season. Enjoy all the fashion from local shops and boutiques as you too begin to transition your wardrobe.







← Available at **ISLAND CHILD** (kids) and **PALMETTOES** + Available at **GIGI'S BOUTIQUE** →



Peter Grimm Natural Garden Hat
Available at Currents

Finishing touches

Complete your natural look with these stylish and functional accessories available at local businesses.



Adeline Shopper Tote
Available at Spartina 449

+



Michael Stars Darlene Hat
Available at Gigi's Boutique

+



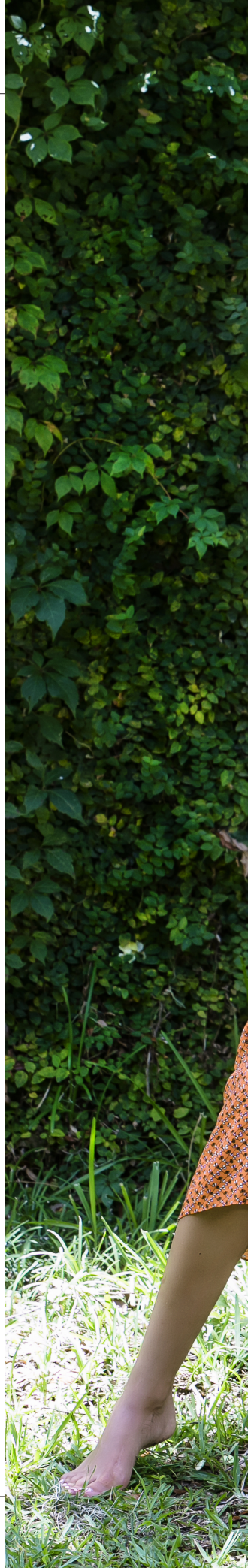
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Outdoor Research Papyrus Brim Hat
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Available at **KNICKERS** (his) and **COCOON** (hers)





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LOCATION
Coastal Discovery Museum at
Honey Horn

← Available at **THE BACK DOOR** + **S.M. BRADFORD CO.** and **CURRENTS** ↑

his

Welcome campers! We've rounded up the best camping essentials for August, so cast a line, strap on your boots, or take a seat at the campfire.





GENTLEMEN'S HARDWARE CAMPFIRE POKER SET

When the sun goes down, go all in with this campfire poker set. Each all-weather playing card is illustrated with a different survival tip or fact. Women like this set just as much!

Available at The Spirited Hand.



JOCASSEE GIN

Named after South Carolina's Lake Jocassee, this American-made gin captures the crisp, clear essence of the mountain waters. You'll taste hints of juniper along with hand-harvested honeysuckle and magnolia blossoms.

Available at Hilton Head Distillery.

MORELLI ITALIAN PASTA TRUFFLE LINGUINE

Eat like a king after your long day of adventure. Pasta is an easy meal to cook on a camping site plus truffle makes everything delicious.

Available at Michael Anthony's Italian Market.





FROGMORE SHRIMP CLEANER

Shrimp lovers rejoice! This revolutionary tool peels, deveins, and butterflies shrimp in one motion.

Available at Coastal Treasures.

BRAZOS™ SASSAFRAS WALKING STICK

Channel your inner mountain dweller when you take on the trails with support from this natural wood hiking stick. Each one is handcrafted by skilled local craftsmen from real sassafras.

Available at Nash Gallery.



SAVANNAH BEE COMPANY HEEL BALM

Treat your rough and tired feet after a long day of hiking. This heel balm is loaded with coconut and castor oils to moisturize, along with beeswax and shea butter to condition and protect.

Available at Pyramids.



SOVARO HARD-SIDED LUXURY COOLER

Load up this beauty with your food and drinks for the weekend and prepare to dine like royalty. It's lined with cork for insulation and an impermeable layer to keep mold away.

Available at Le Cookery

TILLEY MASH-UP AIRFLO

Stay cool, people. This hat is designed with Airflo technology to keep you cool, UPF 50+ sun protection to keep you safe, and a water-repellent finish to keep you dry.

Available at Outside Hilton Head.



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hers

If traditional camping doesn't float your boat, **glamping may be for you.** Use these items to have a picture perfect evening under the stars, even if you do end up in your own bed after.



WHISKEY GIRL WHISKEY

Whiskey isn't just a man's drink. Proudly distilled locally, this authentic American spirit has a smooth finish and a kiss of flavor.

Available at Hilton Head Distillery.



TRADITIONAL TURKISH RUG

This magic carpet will be the foundation for your perfect outdoor set up. The Oushak Collection brings us this authentic hand knotted carpet.

Available at KPM Flooring

CARVED WOOD CANDLESTICK

Set the ambiance under the stars with these beautiful candle sticks. The natural wood adds a subtle yet elegant touch to your glamping set up.

Available at Pyramids.



LAVENDER INSECT GUARD

Buzz off! This all-natural combination of natural essential oils repels insects and smells nice to humans.

Available at Island Lavender.

MONTEREY BLACK STRIPES

Since this trip most likely won't entail trekking up a mountain, skip the hiking backpack and opt for this stylish tote. Handwoven from raffia with leather handles and details.

Available at Lowcountry Mercantile.





PICNIC PLUS HANDMADE BASKET

Glamping means you don't need to sacrifice convenience and comfort. Pack up your flatware, plates and your favorite treats in this beautiful picnic basket.

Available at Le Cookery.



BONGO BUNCHING STOOL

Gather your friends around the campfire on these earth-tone stools. They are a functional and add to the ultimate glamping décor.

Available at Plantation Interiors.









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Cool Camper

THIS LUXURY FIFTH WHEEL IS LOADED WITH STYLE AND ELEGANT FEATURES



HOME ON THE ROAD You won't even know you're in a trailer when you step into this luxury trailer. Nicer than some standing homes, this living area and kitchen are beautifully crafted to feel like home. The trailer features Shaw residential carpeting with stain guard for any bumps along the way, along with vinyl flooring that is durable yet maintains a high-end look.

JAYCO EAGLE HT

Weight: 7,090-8,605 pounds
Length: 29 feet, 5 inches
MSRP: Starting at $50,595
Available at: Camping World RV Sales (Pooler)
Highlights: Bunkhouse floor plan with standard outside kitchen. Huge pass-through storage and universal docking station. Oversized U-dinette converts to sleeping space. Double bunks support up to 600 pounds and fold up for ample storage. Optional LED fireplace and chaise lounge.



Many adventurous locals are choosing to downsize their living situation to RVs so that they can lead a more mobile lifestyle. If you want the ultimate mobile home or are just adding a new toy to your collection, we've identified the perfect luxury camper. The Jayco Eagle HT half ton trailer is comfort on wheels for the adventurous spirit that wants to take life on the road without sacrificing luxury. It was the winner of the "Family Friendly" category at this year's RV Industry Association's RVX. **Take a look around.**





SLEEP SOUNDLY At the end of the day, the most important thing is having a comfortable place to lay your head. This bedroom (top) is the perfect place to recharge before your next adventure. It's cozy, sleek and full of great features. The oversized U-dinette (above) converts to a sleeping space as well.



CLEAN GETAWAY
You don't have to sacrifice style for space with this stunning bathroom. There is a spacious shower, ample counter space and plenty of storage. It features a sky light, porcelain foot-flush toilet, and a beautiful stone and glass tile backsplash.



PARTY IN THE BACK When it's time to cook out turn to this polished outdoor kitchen. The backsplash and gleaming appliances continue outside to uphold the Eagle's décor and style. This kitchen is small but packed with industry-leading features such as a multi-purpose flexible faucet and LED lighting.



SEE THROUGH When you reach your destination, all the action happens on the outside. This trailer features pass through exterior storage equipped with Slam-Latch doors and lighting so you can gear up and go.

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Smoking up a storm
WITH THE RETIRED PIG





STORY BY ROBYN PASSANTE + PHOTOGRAPHY BY LLOYD WAINSCOTT



Michael Riley was retired from the Beaufort County Sheriff's Office for all of a week in 2018 when he was hashing out plans for a whole new career in the restaurant business. He'd never worked in the food and beverage industry, but luckily, he was already a master.

"I've always had the dream of having a location of my own to cook barbecue," says Riley, 51, the mastermind and pit master behind Retired Pig Barbecue, which operates out of Hilton Head Brewing Company, thanks to a partnership with brewery co-owner Juan Brantley.







"Our kitchen here at the brewery is very, very small. But it's plenty big for us, 'cause we do all the cooking outside," says Riley, who now has three part-time helpers and a full-timer he's trained to be an assistant pit master. They smoke just about everything on the menu, from the wings to the mac 'n' cheese, and demand has been so high and customers so steady that within five months of opening, they had to buy a second smoker that's twice as big as the original. Riley and his crew now use both smokers, stuffed daily with locally sourced hardwoods and endless amounts of meats and sides.

True Love

Riley's friends and family had for years been praising his smoked meats, but he was never sure how much of that was due to their love of the food or their love for him. So when Brantley, who's vegan, gave some of Riley's smoked chicken to his mother to try, the feedback he received gave Riley the confidence he needed to follow his dream.

"The way I cook is a passion, I just want to feed people good food."

"The next day (Brantley) called me and said his mother, who's a Southern woman born and raised down here, said it was the best chicken she'd ever eaten in her life," Riley says. "That validated it for me. It's like 'OK, I got something goin' on here.'"

Braving the Elements

Cooking everything outside has its share of challenges — the biggest one being the outside itself.

"There's all kinds of variations (in cooking times) based on the fire, the humidity, the temperature outside, if it's raining, if it's hot. There's a multitude of variations," Riley says. "You've got to be really on top of your game keeping that cooker the way you want it to cook."

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UP IN SMOKE The Retired Pig does all of his cooking outside of Hilton Head Brewing Company, smoking wings, ribs, brisket and even side dishes such as macaroni and cheese.



SIZE MATTERS To keep up with demand, The Retired Pig purchased a second smoker twice as big as his original.

Challenge, Accepted

Riley's favorite type of meat to smoke is the brisket, because it's one of the most difficult to get perfect.

"Brisket comes from the breast of a cow, so it's basically like the cow's pec. And it's a really, really tough meat. It used to be trash meat back in the day. ... So you have to cook it low and slow, and there's a real fine line between overdoing it and underdoing it, getting it not dry, and moist and tender, there's a real fine line to do that. And it's all about temperature and cook time and prepping the meat, trimming it properly, and just hitting that mark."

Smoky Sides?

The decision to smoke his side dishes was, first and foremost, a practical solution to an interesting problem for a budding restaurateur to have.

"I wanted to serve mac 'n' cheese and I don't have an oven, so I just thought 'I'm gonna try it on a smoker,' and It turned out to be one of my top sellers," he says. The dish is homemade and smoked in an aluminum pan, "so just the top layer gets a nice golden smoky color and aroma. So it's not getting oversmoked, but it does give you a little bit of a fragrance that lets you know this was cooked in a real smoker."

Original Recipes

He does make a few sides that are not smoked, like a cucumber dill salad, a black bean salad and a mayo-based coleslaw. With the exception of potato salad, everything from his rubs to his barbecue sauces (he makes a mustard-based one and a toma-to-based style) to his jalapeño cheddar cornbread is made from scratch using his own recipes. "The way I cook is a passion," he says. "I just want to feed people good food."

Remembering His Roots

Riley grew up in Alabama near the Chattahoochee River hunting, fishing and cooking over an open fire. "I've always liked the primitive fire-food type thing," he says.

He landed in the Lowcountry at age 19 when he joined the Marine Corps, then transitioned to law enforcement in Beaufort County when he left the military. "I had over 32 years of service to God, country and county." *LL*





MEAT/BEER PAIRINGS

Hilton Head Brewing Company has a wide selection of locally crafted beers that pair perfectly with the Retired Pig's smoked meats. Here are a few suggestions from popular musician, bartender and beer maker ***Derrick Ludaway****.*

Wings (shown above) = Tropical Lager. Light, bright and spritzy with just enough citrus to highlight the smoky flavor of the wings

½ Chicken = Crab Pilsner. Clean and bold with mild herbal notes to accentuate the rich poultry flavors

Ribs = Session IPA. The bright grassy and citrus notes beautifully highlight the pork's smokiness and rich character.

Pulled Pork = Fool's Gold Maibock. The strong backbone with honey tones works perfectly with the fattiness of the pork to make a heavenly pairing.

Brisket = Folly DIPA. All of the perfumey and divine sweetness of this DIPA bring forth the latent luxuriousness of the brisket itself. Heaven would weep at this pairing.





EPICUREAN EXPERIENCE: Scaloppine



THE CHEFS AT MICHAEL ANTHONY'S SCHOOL BOTH LOCALS AND VISITORS ON THE POPULAR ITALIAN DISH

STORY BY RACHEL ACQUAVIVA + PHOTOS BY W PHOTOGRAPHY







BEST IN CLASS Chefs Trey Place (pictured) and Patrick Neary share their knowledge several days each week in the Tuscan inspired culinary center at Michael Anthony's Cucina Italiana.

Members of the LOCAL Life team recently took a field trip to Michael Anthony's Cucina Italiana for a hands-on cooking class with chefs Trey Place and Patrick Neary.

The theme of the class was scaloppine, a type of Italian dish that consists of thinly sliced meat dredged in flour and sautéed in a variety of redux sauces.

We were shown how to make the dish three ways: Chicken caprese, Scalappine di Maiale con Balsamico (pork scalappine with balsamic reduction) and veal with artichokes.

Setting the table

After the chefs ran through the menu for the day, we washed our hands and got right into things. We all sat in a U-shaped counter with a demonstration stove in the middle. Each of us got a cutting board, knife, towel and program with the recipes and a pen. The pen was very important for me as I was avidly scribbling down tips and trade secrets from Chef Place.

- *When it comes to balsamic vinegar, use a* ***minimum of 6 years old****.*
- *When cooking with wine, use a wine you* ***would drink****.*
- *When making a reduction, always use* ***bay leaves****.*

Any way you slice it

We started by slicing Roma tomatoes, basil leaves and fresh mozzarella. Then we julienned our onions, which is just a fancy style of slicing them. Some members of the class had trouble mastering the onion julienne and opted for a more freestyle chopping method. Luckily, the class was a judgment-free zone, so all was OK. We laughed it off as the chef passed along a bowl and we added the onions that would go into the dish at the end.



Just beat it

Finally, we prepared all of our protein for the day. Each of us received a perfect cut of veal, pork and then chicken along with a meat pounder. We went to town, pounding each piece until they were each about a quarter of an inch thick. This step was a lot of fun. If you were experiencing any stress or anger, you could take it out with the meat pounder. The room got loud as we all got an arm workout and a therapy session at the same time. I'm not going to lie — my arm was a little sore after this step.

Grape expectations

Our first course was a play on caprese. This dish consisted of chicken, fresh mozzarella, basil, house-made chicken stalk and a beurre blanc sauce, which might be the most difficult step to replicate at home due to its volatile nature. We cooked the chicken in grapeseed oil for two reasons — it's neutral (has little flavor) and it has a high smoke temperature, which makes it great for searing.

Patience is a virtue

Chef Place instructed us to lay the chicken, presentation side up, away from us when putting in the pan to avoid splattering it on ourselves. Another great tip Chef Place gave us is once the chicken is in the pan, leave it alone. Just be patient and let it cook. We finished by baking it in the oven and Monter au Beurre, which means to mount the chicken with butter. If you don't like a lot of butter, this dish is probably not for you, but you're missing out!



MICHAEL ANTHONY'S

Chicken Caprese

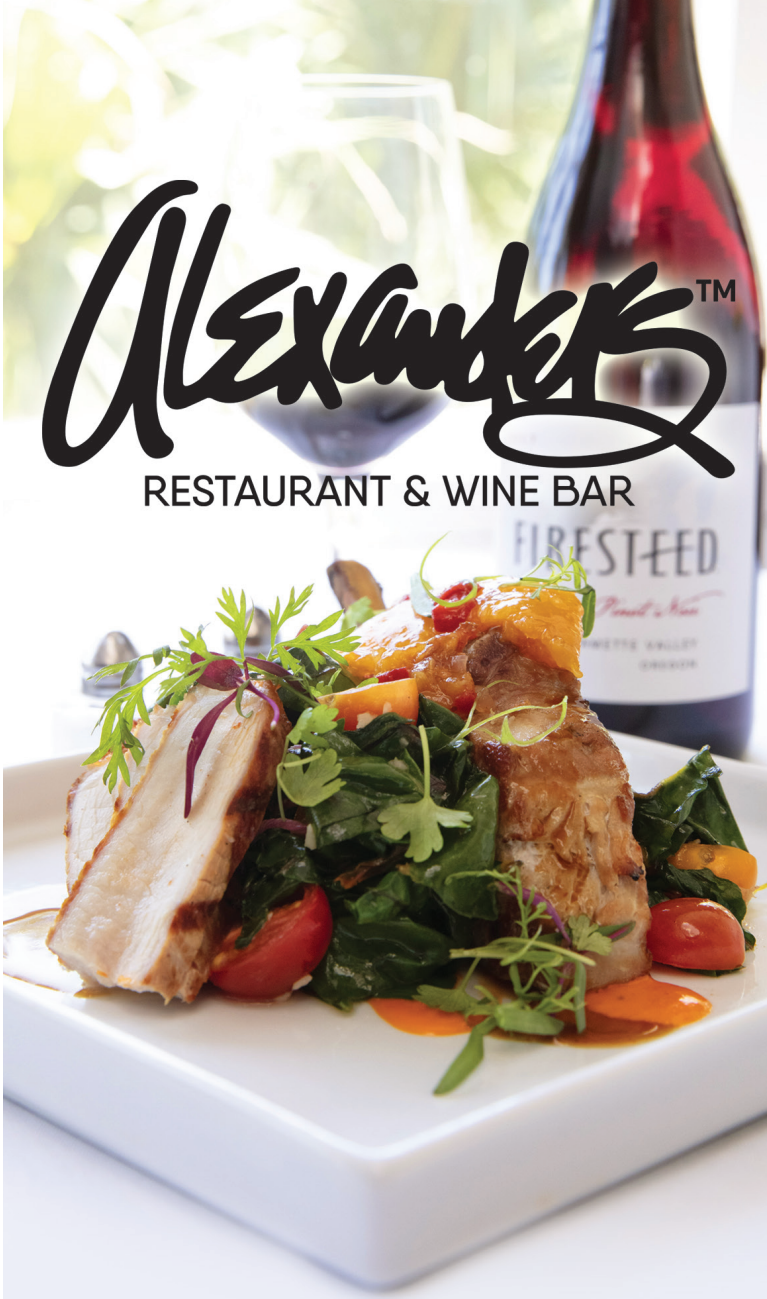
INGREDIENTS

2 (8-10-ounce) boneless, skinless chicken breasts
1/4 cup grapeseed oil
*2 **Roma tomatoes**, sliced*
4 basil leaves
2 balls of fresh mozzarella, cut into slices
1 teaspoon garlic, minced
1 tablespoon parsley, finely chopped
1 cup white wine
1 cup vegetable stock
1 cup beurre blanc
Salt and pepper

DIRECTIONS [1] Place chicken on a cutting board. Using a boning knife, butterfly each breast evenly across to create two smaller equal sized breasts. Using a meat pounder, lightly pound each breast to flatten to about 1/4 inch thick. [2] In a large sauté pan, heat grapeseed oil on high heat. Place chicken in hot oil and sauté approximately 2-3 minute per side. [3] Discard excess oil and season both sides with salt and pepper. [4] Add garlic, white wine and vegetable stock to pan. [5] Top each chicken breast with a few slices of tomato, basil leaves and then the mozzarella. [6] Place the sauté pan in a 400 degree oven and bake for about 8 minutes, or until mozzarella is thoroughly melted and slightly browned. [7] Remove from oven and place chicken on a serving plate. [8] Return sauté pan to the stove on medium-high heat and stir in beurre blanc and parsley. [9] Reduce sauce until thickened. [10] Spoon sauce over chicken and serve



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MICHAEL ANTHONY'S

Veal with Artichokes

INGREDIENTS

8 (2-ounce) veal cutlets
Flour for dusting
1/4 cup olive oil
1 garlic clove, minced
*8 **artichoke hearts** (jar is fine)*
1/3 cup white wine
1 cup veal stock (can substitute beef stock or broth)
2 ounces butter, cubed
2 tablespoons Italian parsley, chopped
Juice of 1/2 lemon
Salt and pepper

DIRECTIONS [1] Put veal cutlets between 2 pieces of plastic wrap and pound well with a meat pounder. **[2]** Pound cutlets until 1/8-inch thick. **[3]** Season the veal with salt and pepper and dust with flour, shaking off the excess. **[4]** Heat the oil in a skillet and sear the veal on both sides. Remove from the pan. **[5]** In same skillet, add the garlic and sauté over medium heat, until lightly golden. **[6]** Deglaze the pan with the white wine, lemon juice, and reduce by half. **[7]** Add the veal stock and simmer to reduce slightly. **[8]** Add the butter cubes and allow the sauce to thicken while it reduces. **[9]** Return the veal and artichokes to the pan at this point and allow to gently braise in the low simmering liquid. **[10]** After simmering the veal for about 3 minutes, place the veal onto each plate. Check the sauce consistency, reducing more in needed and then add the chopped parsley, pepper and salt to taste. Spoon over veal.

***Chef tips:** Michael Anthony's is known for its veal. If you haven't tried it, do so. Chef Place likes the artichokes stems more than the hearts because he thinks they have more flavor. Veal stock makes a great demi-glace. Use fresh lemon juice. Never the plastic lemon that you get at the grocery store.*





BY THE POUND Cooking school students pound cuts of veal, pork and chicken for their scaloppine dishes.

Not worth its salt

The most delicious, but most difficult part of the three-course meal to master was the beurre blanc sauce. Chef Trey likes to use European butter because it has more fat. He recommends keeping the butter as cold as possible until you're ready to cook. We used unsalted butter so we could control the amount of salt added to the whole dish. Also, salt acts as a preservative, so unsalted is fresher.

Kitchen chemistry

Our cooking class doubled as a science lesson as we learned to use heavy cream as a stabilizer, and that since lemons are acidic, they need a white vinegar to act as a stabilizer so that the sauce does not separate. If you want to hear about the rest of the class, I suggest you sign up for a spot and see the magic for yourself. Michael Anthony's offers two types of cooking classes. On Wednesdays and Thursdays, they teach a hands-on class where participants dice, chop and cook. On Fridays they offer a TV demonstration-style class.

What's for dinner

The best part of the class came when we were done cooking. We all sat down family style to enjoy our creations, a glass of wine and great company. This was such an enjoyable way to learn new skills while meeting new people and sharing unexpected conversation with both locals of the Lowcountry and visitors. If you are looking for a great rainy-day activity to do on the island, or just want to expand your culinary horizons, a class at Michael Anthony's cooking school is a perfect way to spend an afternoon. *LL*

MORE ONLINE
LOCAL Life intern Emily Stine created an entertaining and informative video of this special hands-on cooking class. Check it out online at **LocalLifeSC.com**.



GO TO COOKING SCHOOL

***Michael Anthony's offers two types of cooking classes.** On Wednesdays and Thursdays, they teach a hands-on class where participants dice, chop, and cook alongside Chef Pace and Chef Neary. On Fridays they offer a TV demonstration style class. Find more information online at michael-anthonys.com.*



MICHAEL ANTHONY'S

Scaloppine di Maiale con Balsamico

(Pork Scaloppine with Balsamic Reduction)



INGREDIENTS

2 pounds pork loin, trimmed of all fat
Flour for dusting
1/4 cup grapeseed oil
2 tablespoons butter
1 medium onion, thinly slices
*1/2 cup **peppadew peppers**, roughly chopped*
3 garlic cloves, minced
1/2 cup mushrooms, sliced
1/2 cup vegetable stock or chicken stock
1/2 cup balsamic vinegar
1/4 cup white wine
Salt and pepper, to taste

DIRECTIONS [1] Trim all the fat from the pork loin and cut into ½-inch thick slices. **[2]** Using a meat pounder gently pound into ¼-inch thick pieces. **[3]** Heat a large sauté pan on medium high heat with the grapeseed oil for 30-40 seconds. **[4]** Dredge the pork in the flour and shake off all excess. **[5]** Place pork in the pan and sauté each side about a minute. **[6]** Remove the pork from the pan and place on a clean plate. **[7]** Add the onion, mushrooms, peppadews, and garlic and sauté about 2-3 minutes. **[8]** Add salt and pepper. Deglaze the pan with balsamic and white wine and cook for 2-3 minutes. **[9]** Add the vegetable stock and place the pork back into the pan. **[10]** Cook for another 3-4 minutes or until a thick sauce develops. **[11]** Turn off the heat and add the butter. Swirl the pan until all the butter is melted.

Chef tips: *Grapeseed oil is great for sautéing because of its high smoke temperature. Peppadew peppers are Chef Place's favorite because they add a little spice. The mushrooms we used were from Bluffton. Clean with a brush. Never get mushrooms wet. Use a balsamic vinegar that is at least 6 years old.*





Who says weeknight meals have to be boring?

TRY THESE SOPHISTICATED FIVE-INGREDIENT RECIPES FROM LOCAL CHEFS AND RESTAURANTS

August is a busy time for locals living here in the Lowcountry. Make your hectic week a little less stressful by making these quick and easy five-ingredient recipes from local chefs and restaurants. To get better recipes, we didn't count salt, pepper or olive oil as ingredients.





THE CYPRESS

Hannah's Quick & Easy Chicken Thighs

(Serves 2-4)

INGREDIENTS:

4 chicken thighs
*1 can **garbanzo beans** (or any other beans in your pantry)*
1 can diced tomatoes
1 cup fresh spinach
1 teaspoon fresh rosemary, chopped
Sea salt/fresh cracked pepper
Olive oil

DIRECTIONS [1] Rinse beans, chiffonade spinach and chop fresh rosemary. **[2]** Pat dry chicken thighs. Season the chicken thighs with the salt/pepper and rosemary. **[3]** In a large sauté pan, heat oil. Add chicken, skin side down, for 4 minutes. **[4]** Turn thighs, add beans and tomatoes with juice. Cover, cook for 25 minutes over medium heat. **[5]** Once chicken reaches 165 degrees, remove from pan, add chiffonade spinach and mix ingredients. Pour over chicken and garnish with extra cracked black pepper and chopped rosemary, if desired.

This is a quick recipe to use some items in your pantry. Executive chef Eric Sayers named it after his favorite dog, Hannah. "She would lay down right outside of the kitchen and watch me prepare this," Sayers said.

— From executive chef Eric Sayers





MICHAEL ANTHONY'S CUCINA ITALIANA

Bucatini Cacio e Pepe

INGREDIENTS

1 pound bucatini
3 tablespoons freshly ground black pepper
Salt
6 tablespoons butter
2 cups grated Pecorino Romano

DIRECTIONS [1] Bring 6 quarts of water to a boil and add 2 tablespoons salt. Cook the pasta in the boiling water one minute shy of the package directions for al dente. **[2]** Meanwhile, add the freshly ground black pepper and a pinch of salt to a large sauté pan set over medium heat. Toast the pepper until fragrant, 45 seconds to 1 minute. Add the cold butter and bring to a simmer. **[3]** When the pasta is cooked, drain, reserving about 2 cups of the cooking water. Add the pasta to the pan and toss to combine with the sauce. Remove the pan from the heat, then add the cheese in a steady stream while constantly tossing or vigorously stirring so that the cheese melts evenly into the sauce. Add reserved pasta water if needed to adjust the sauce to the right consistency. Serve immediately with an additional sprinkle of black pepper.



HILTON HEAD HEALTH

Dijon & Pecan Encrusted Salmon



INGREDIENTS

4 ounces salmon
1 tablespoon pecans, chopped
1/2 tablespoon whole grain Dijon mustard
1/2 teaspoon olive oil

DIRECTIONS [1] Bring a sauté pan to medium high heat. Add olive oil. Sear salmon filet on 1 side for 2-3 minutes, or until caramelized. **[2]** Flip salmon filet. **[3]** Top filet with Dijon mustard and pecans. **[4]** Bake at 450 degrees for 3 minutes or until desired doneness.

Details: *Serves: 1, Serving Size: (1) 4 ounce filet, Calories: 240, Fat: 15 grams, Sodium: 200 milligrams, Carbohydrates: 2 grams, Protein: 24 grams, Fiber: 1 gram*

— From executive chef Karla Williams







SPROUT MOMMA

Sweet Curry Corn

INGREDIENTS

4 cobs of corn
2 tablespoons peach chutney (sold at Sprout Momma)
1 tablespoon vegan butter, melted
1 teaspoon curry powder
Cilantro

DIRECTIONS [1] Preheat your grill to medium-high. Peel the husks back from the corn and use a piece of the husk to tie them together. Remove the threads. **[2]** Mix the mango chutney and melted butter together in a small bowl and brush half over the corn. Sprinkle with the curry powder. **[3]** Grill for 10 minutes, turning a few times, until the corn is vibrant yellow and has several grill marks. Serve the corn with a little cilantro sprinkled over top and the remaining chutney butter on the side.



THE G-FREE SPOT

Breakfast Bake

INGREDIENTS (9 servings)

5 eggs
1/2 cup milk (or heavy cream or half and half)
1/2 cup spinach (frozen, thawed and drained or fresh)
2 slices bacon, chopped
1/2 cup mozzarella, shredded
1 cup bread pieces, cubed

DIRECTIONS [1] On stovetop, cook bacon and spinach in a small pat of butter together until soft. **[2]** Scramble eggs and milk. Add bacon and spinach mixture, cheese, and bread to eggs and mix gently until bread is moist. **[3]** Line an 8-by-8 pan with parchment paper and fill with mix. Bake at 350 degrees for 30 minutes until a toothpick comes out clean. **[4]** Cool slightly, cut and serve.

Chef's tip: *This is a perfect make-ahead option for an easy morning breakfast. Simply refrigerate up to two days, reheat in the microwave and serve.*

— From owner Nicole Gardner



WISEGUYS

Pickled Chanterelle Mushrooms

INGREDIENTS

1 pound fresh chanterelles (shitakes and oyster mushrooms work well, too)
1 tablespoon sea salt
3/4 cup white balsamic vinegar
3 cloves garlic, thinly sliced
6-7 sprigs of fresh thyme
1 cup olive oil

DIRECTIONS [1] Clean your mushrooms, getting rid of any forest debris and grit. I use a dry paint brush with semi stiff bristles. Pull apart your mushrooms into relatively even-sized pieces. Place in a non-reactive bowl. I use glass or ceramic. Pour the salt over mushrooms and toss well. Let sit at room temperature for a couple of hours. The salt will start to pull out excess moisture and make room for the mushroom to take on the pickle. **[2]** Pull mushrooms out of salty brine and place into a small sauce pan with your garlic, thyme and vinegar. Bring to a simmer and cook for 10 minutes. Remove from the heat. Let steep for about 20 minutes. **[3]** Strain mushrooms out of vinegar and place into a pint Ball jar. Reserve the seasoned vinegar for salad dressing or for a finishing vinegar. Cover mushrooms with olive oil and press down to submerge below the oil line. Using a new seal and band seal your mushrooms. They will stay good in your fridge for six months to a year if kept under the oil.

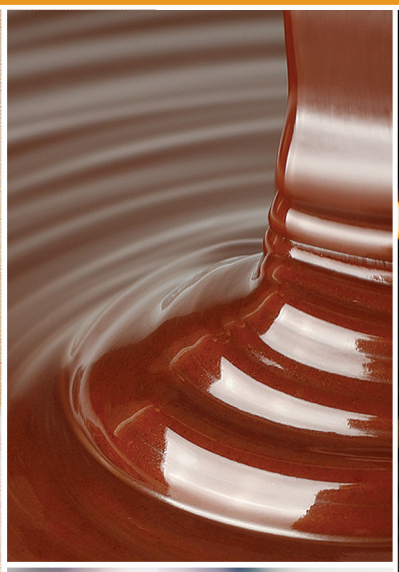
Chef's tip: *Chanterelle mushrooms are great in quesadillas, pizza, pastas, charcuterie-boards or anywhere you need to add a pop of flavor with a wonderful meaty texture.*

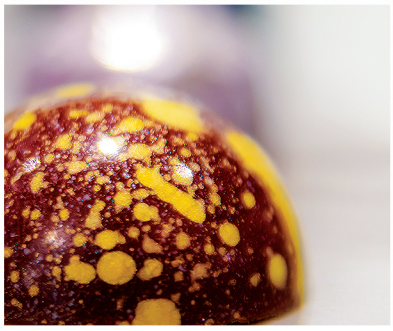
— From executive chef Chaun Bescos



CHEFS OF THE CULINARY SOUTH









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To Chef Tim Nelson, of The Whiskey Room, knowing how to cook is a skill, but knowing how to create the perfect melange of flavors and textures is a passion. UTILIZING AN INGREDIENT TO ENHANCE ANOTHER CAN BRING ABOUT PERFECTIONS AND VARIETIES OF FLAVOR THAT CREATE MEMORABLE DISHES AND DINING EXPERIENCES. Chef Tim's new Whiskey Room menu creations do precisely that. The Whiskey Room's menu features shareable selections that highlight local products as well as creative culinary techniques. From a Wild Mushroom Tart to Manchego Popcorn there is something for everyone... especially dessert! Join us at the Whiskey Room to experience first hand why Chef Tim Nelson is one of the leading Chefs of the Culinary South.

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artisanal bonbons "One of my favorite things to do is work with chocolate. I particularly love using Valhrona Grand Cru chocolate varieties to create handmade bonbons. The bonbons are made in small batches right here our kitchen. The bonbons are hand-shelled and take three full days to create. For the fillings, I use interesting flavor combinations like Strawberry and Basil as well as childhood favorites like PB&J. There are no shortcuts in the process, including hand polishing the chocolate molds and using a variety of decorative techniques to make each piece as creative in appearance as it is in flavor." *Chef Tim Nelson*

WR
WHISKEY ROOM



What's fresh in August? Redfish

STORY BY COLLINS DOUGHTIE

When I began guiding folks in their boats, almost without exception those that wanted to learn how to fish these waters would say, "Can we catch a redfish? Huh, can we?" Whenever this happens, I can't help but flash back to the time when my kids were young and we would be in a store and one of them would run up with something in their hand and say, "Will ya buy this for me? Will ya, huh, huh?" and keep on asking until I would finally give in just so they would stop. Don't get me wrong — redfish (aka red drum, channel bass) are a blast to catch — but having caught thousands in my lifetime, I can only assume the thrill has petered out. Worry not if I ever should guide you, because like the kids, I'll give in. Better now? You are allowed two redfish per angler per day with tail length between 15 and 23 inches. LL



Tips on catching redfish

For inshore redfish, I use light to medium spinning tackle with bait either on the bottom or suspended under a Cajun Thunder rattling cork. When using these corks, a quick snap every few seconds makes a clicking sound that drives reds crazy. For bull reds, the huge ones that school up in the fall and winter, I use heavier tackle with 30-50 pound line so I can get them in and release them before harm is done to these breeding fish. Without a doubt, strips or chunks of fresh mullet are their favorite natural bait. For the bulls I use a whole 6-to-8 inch mullet with a circle hook. Inshore I use 20 pound test fluorocarbon leader, for bulls 40-60 pound fluorocarbon leader. Fishing our creeks, it seems Owner 3/0-5/0 Mutu circle hooks are the ticket. As for weight, I use various size split shot, depending on current, about 6 inches above the hook. Remember this, a redfish's mouth is below their head because they are primarily bottom feeders. Other good natural baits are shrimp, of course, and half of a blue crab with its shell and legs removed. Great artificial baits are GULP! "new penny" colored shrimp, Johnson weedless gold spoons and a DOA imitation shrimp fished under a popping cork.



RED ALERT Redfish (aka red drum, channel bass, puppy drum and spottail bass) are probably the most prolific species of game fish in our area waters.

Mono or braid: When & where?

Because redfish do much of their searching for food around and near oyster rakes or structure, braid is a must. For inshore reds, 30 pound braid, for bull reds go up to 50 pound braid. Fluorocarbon leaders for each need not be more than 2 to 3 feet, tops. Inshore, my favorite tide for redfish is the last hour of the outgoing through low water and the first hour or so of the incoming. Most importantly, they will always be up close to the shoreline. Try to avoid banging around in the boat because if quiet, they will often swim in skinny water where their backs are out the water. Bull reds will feed pretty much any time and any tide. I use fish finder rigs with various size pyramid weights for bull reds.

Cooking redfish

You can't go wrong cooking redfish. After filleting one, use a sharp knife and cut out the blood line (dark strip down middle of fillet). They are great fried, baked or broiled and as usual, my favorite spice is Paul Prudhomme's Redfish Magic on all of the above methods. Grilling is the easiest. Leave skin on (with scales) and lay it skin side down on the grill. Often called "redfish on the half shell," grill it until meat lifts off skin and it's ready. Lastly, don't overcook fish because no matter the species, less is best! *LL*





Wine pairing

King Estate Sauvignon Blanc

A great glass of wine is the perfect compliment to a local seafood dish. Since this month's featured fish is redfish, we reached out to Betsy Trish of Red Fish, a fantastic restaurant with a killer wine shop. She suggests drinking this sauvignon blanc from King Estate, the largest biodynamic vineyard in the United States. It is light bodied with a round, creamy style. Its crisp fruit is perfect for light fresh summer foods. It's really good with salads. Pick up a bottle for $19.99 at Red Fish.



Get the Book!

Find seafood recipes from **local restaurants** and chefs in Local Flavor, a Lowcountry cookbook compiled by LOCAL Life magazine. Pick up a copy at LOCAL Life headquarters or purchase online at **LocalLifeSC.com.**

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RESTAURANT news

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New breakfast and lunch spot opens in Bluffton

*A new breakfast and lunch restaurant has opened along Buckwalter Parkway in Bluffton. **The Omelette Cafe**, located at 8210 Pinellas Drive, is the sixth location for the restaurant. Other locations are in Pooler, Richmond Hill, Rincon, Savannah and Hinesville. The menu features numerous omelettes, sandwiches, burgers and salads.*

New coffee shop opens in Coligny Plaza

*A new coffee shop has opened next to **The Sandbar** restaurant in Coligny Plaza. **Carolina Coffee and Crumbs** serves local coffee from **The Grind Coffee Roasters** in Bluffton, donuts, sandwiches, salads and bagels. Hours are 7 a.m. to 5 p.m., seven days a week.*





Hilton Head chef featured on Food Network

*Hilton Head Island chef **Clayton Rollison**, owner of **Lucky Rooster Kitchen + Bar**, was featured on the Food Network show "Guy's Grocery Games" on July 17. The show is set in a grocery store and hosted by Guy Fieri. The restaurant hosted a viewing party and served dinner specials inspired by Rollison's dishes on the show in addition to its regular menu. Upcoming airings are 8 p.m. on Aug. 11, 3 a.m. on Aug. 12 and 4 p.m. on Aug. 17.*

Haig Point to host culinary event

*This fall, **Haig Point** will be showcasing its inaugural major culinary event, **Daufuskie Island Vibes & Tides.** The boutique culinary event will take place October 18-20 at locations throughout Haig Point, from "Beach Vibes" at the oceanfront Beach Club to a Gullah-inspired "Heaven Blue Dinner" at the well-appointed Haig Point Clubhouse. Vibes & Tides will also showcase the finest culinary talent, wine, craft beer, spirits, artisans, music and more. Find more information online at daufuskieislandvibesandtides.com.*



HOT PRODUCT

Organic Raspberry Balsamic Vinegar

*A truly unique, **organic raspberry balsamic vinegar**, crafted with organic raspberry juice, cooked grape must and wine vinegar. It has a gorgeous ruby color and a deep raspberry flavor that is perfect on spring salads, over grilled radicchio, drizzled over cheeses, or as an enhancement to fruit dishes. Find it in the **Market at Michael Anthony's Cucina Italiana.***





Outside unveils 40th anniversary beer

***Outside** introduced its 40th anniversary **Outside beer** in partnership with **Hilton Head Brewing Company** at its summer party on July 12. **Sailin' Shoes Lager** is light, crisp and clean. Subtle notes of citrus make it a beach beer at its best. It will be the beer of choice for upcoming Outside parties and will also be available at Hilton Head Brewing Company on Cardinal Road.*

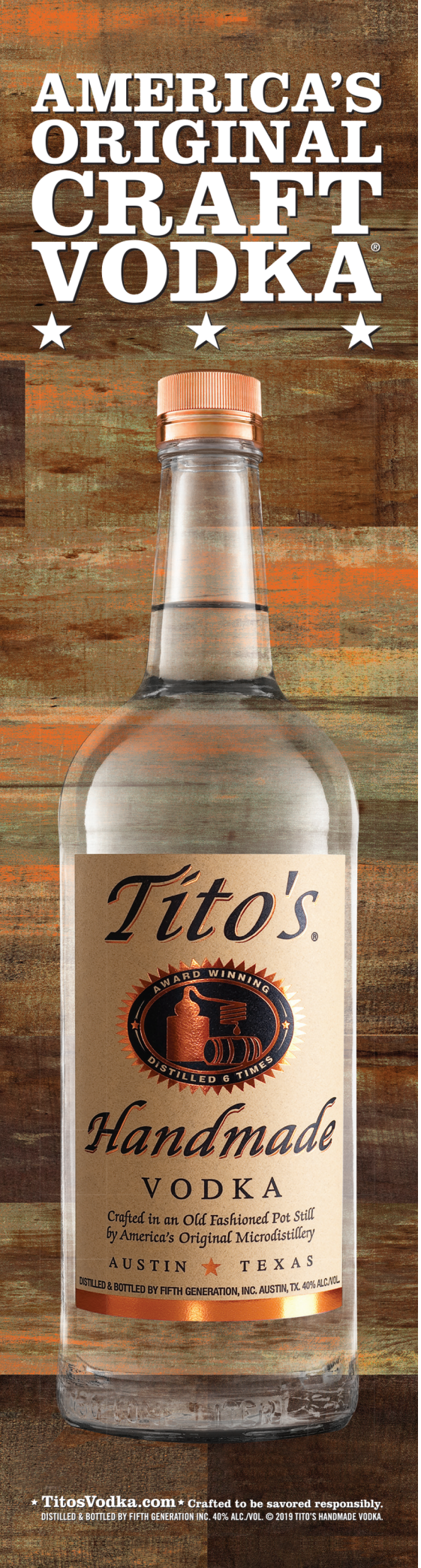
SIP THIS

Aermoor Vodka

*The world's first cloud-sourced vodka is made on Hilton Head Island. The team at **Hilton Head Distillery** uses a fancy atmospheric water generator to pull water vapors out of the island's humid air. Those vapors are then filtered and collected, resulting in one of the purest forms of water you can find on the planet. That pure water is used to proof this 80-proof vodka, which is hand-crafted from a granulated molasses base and distilled 49 times. Find it at most local liquor stores.*







restaurants

LOCAL EATERIES YOU DON'T WANT TO MISS.

HILTON HEAD NORTH END

HEALTHY HABIT
Salad: Farm-fresh chopped salads featuring locally sourced ingredients, including non-GMO produce, grass-fed beef, cage-free raised poultry and small batch dressings made from scratch.
Each salad is chopped to allow its flavors and textures to envelop every bite. $
healthyhabithhi.com
55 Mathews Drive, Suite 116, Hilton Head Island
843-686-5600

HUDSON'S SEAFOOD HOUSE ON THE DOCKS
Seafood: The Carmines family owns a fishing fleet and oyster farm. As a result, much of their seafood originates from local waters. Most tables feature incredible views of Port Royal Sound. This place is an institution. $$
hudsonsonthedocks.com
1 Hudson Road, Hilton Head Island
843-681-2772

RUBY LEE'S
Southern: A hotspot for sports, blues and soul food. Owned by Hilton Head's former high school football coach, Tim Singleton. Great Southern-style food at an affordable price. $$
rubylees.com
46 Old Wild Horse Road, Hilton Head Island
843-681-7829
19 Dunnagans Alley, Hilton Head Island
843-785-7825

SPROUT MOMMA
Bakery: Sprout Momma's flavorful and healthy artisan bread is a farmers market favorite in the Lowcountry. They recently opened a production bakery on Cardinal Road, offering breakfast and lunch items using their artisan breads. Other options include deli-prepared salads, vegan cheeses and soups. $$
sproutmomma.com
21 Cardinal Road, HHI
843-715-2649

SUNDAY BRUNCH AT ALEXANDER'S



Alexander's Restaurant & Wine Bar *is offering a two-course weekly Sunday brunch from 10 a.m. to 2 p.m. through Sept. 1. First course choices include salmon chips, beignets, market salad or crab soup. Entree choices include eggs Benedict, croissant French toast, prime rib pot pie and crab stuffed shrimp. The brunch is $20 for adults and $10 for children 5-12. To make a reservation, call 866-921-6639 or visit alexandersrestaurant.com.*

SKULL CREEK BOATHOUSE
Seafood: Nestled on the banks of Skull Creek, this spot offers amazing views, fresh local seafood and hand rolled sushi. There is waterfront outdoor seating on the patio and at Marker 13 Buoy Bar where the drinks are always flowing. $$
skullcreekboathouse.com
397 Squire Pope Road, HHI
843-681-3663

SKULL CREEK DOCKSIDE
Seafood: Neighboring Skull Creek Boathouse, similar breathtaking views can be enjoyed from this old-style river house-themed spot. Bring the family and venture out under the Spanish moss and onto their newly renovated dock. $$
docksidehhi.com
2 Hudson Rd, HHI
843-785-3625

WISEGUYS
Small Plates, Steaks: A contemporary and sophisticated spot that transports you off the island and into a chic urban eatery. You'll want to step up your island casual dress for a more luxurious meal out. $$$
wiseguyshhi.com
1513 Main Street, HHI
843-842-8866

HILTON HEAD MID ISLAND

ALEXANDER'S
Seafood: One of the island's most beloved restaurants, now operated by Palmetto Dunes Oceanfront Resort. It is an upscale seafood restaurant and wine bar, featuring seasonally-inspired

cuisine, locally caught seafood and many locally sourced ingredients. The menu pays tribute to many Lowcountry classics. The stuffed flounder is fantastic. $$$
alexandersrestaurant.com
76 Queens Folly Road,
Hilton Head Island
843-785-4999

BIG JIM'S
BBQ, Burgers, Pizza: A lively, casual American eatery at the Robert Trent Jones Golf Course in Palmetto Dunes offering pizza, drinks and more. Open seven days a week for breakfast, lunch and dinner serving signature Southern dishes. Enjoy big screen TVs and expanded outdoor seating. $$
palmettodunes.com
7 Trent Jones Lane, HHI
843-785-1165

THE DUNES HOUSE
American: An eatery for Palmetto Dunes resort guests with American fare, live music and a beachfront patio. The Dunes House features an entirely outdoor kitchen offering fresh grilled hamburgers, chicken sandwiches, wraps, fish tacos and other fabulous dishes. $$
palmettodunes.com
14 Dunes House Lane,
Hilton Head Island
888-348-9300

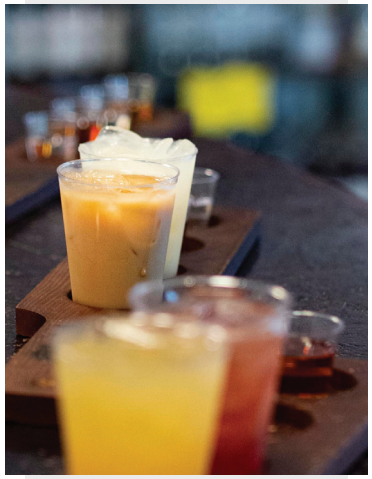
ELA'S ON THE WATER
Seafood: Exceptional water views, fresh catch seafood, prime cut steaks and a sophisticated atmosphere. Family owned and operated. $$$
elasgrille.com
1 Shelter Cove Lane, HHI
843-785-3030

GIUSEPPI'S PIZZA & PASTA
Italian: A family spot for pizza made with hand-tossed dough and zesty homemade secret sauce along with plenty of pasta dishes. If you like to dip your za, make sure to ask for a generous side of their homemade ranch. $
giuseppispizza.com
71 Lighthouse Rd Unit 210, HHI
50 Shelter Cove Ln, HHI
843-785-4144
25 Bluffton Road #601, Bluffton
843-815-9200

OLD OYSTER FACTORY
Seafood: A destination for locals and visitors for more than 25 years. Voted one of the "Top 100 Scenic View Restaurants" by Open Table. $$
oldoysterfactory.com
101 Marshland Road, HHI
843-681-6040

POSEIDON
Seafood: Named after the god of the sea, this casual waterfront destination is known for coastal cuisine and fun. They have an outdoor NautiBar and Rooftop bar that comes alive at night. $$
poseidonhhi.com
38 Shelter Cove Lane, Suite 121
Shelter Cove Towne Center, HHI
843-341-3838

TOUR HILTON HEAD DISTILLERY



If you are looking for a fun and friendly tasting room experience, ***Hilton Head Distillery*** *offers tours every hour from 2-7 p.m., Monday through Saturday. The experience costs $15 and includes a tour of the facility, the tasting and a souvenier shot glass. hiltonheaddistillery.com*



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HILTON HEAD SOUTH END

THE BLACK MARLIN
American: This bayside grille offers fresh local seafood, but if fish is not for you, tackle the Smash Burger and fries if you dare. Check out the Hurricane Bar for ice cold beverages and live entertainment. $$
blackmarlinhhi.com
86 Helmsman Way, HHI
843-785-4950

CHARBAR CO.
Burgers: A great spot for mouthwatering specialty burgers and truffle fries. Make sure to ask about the secret whiskey room when you're inside. $$
charbarhhi.com
33 Office Park Rd #213, HHI
843-785-2427

CHARLIE'S L'ETOILE VERTE
Seafood, American: A family owned and operated restaurant that specializes in fresh seafood, lamb and steak. The menu is written by hand each day. $$$
charliesgreenstar.com
8 New Orleans Road, HHI
843-785-9277

THE G-FREE SPOT
Bakery: A Coligny Plaza gluten-free restaurant specializing in breakfast treats, sandwiches, anytime snacks, desserts, specialty items, coffee and cold drinks. Cupcakes, scones, bread — they make it all without gluten. The New York style cheesecake is a must try. Hours are 9 a.m. to 7 p.m., seven days a week. $$
thegfreespot.com
Coligny Plaza
1 North Forest Beach Dr., HHI
843-802-4411

HOLY TEQUILA
Mexican: Executive chef Jorge Covarrubias was born and raised in Mexico and offers a modern take on authentic Mexican cuisine. The vibrant environment centers around the expansive bar with handcrafted cocktails and over 50 premium tequilas. $$
holytequila.com
33 Office Park Rd, HHI
843-681-8226

THE LODGE
Craft beer, burgers: Kick back and enjoy brews, burgers and barbecue in this hunting lodge-themed casual watering hole. They are newly renovated and stock a large variety of beer. $$
hiltonheadlodge.com
7B Greenwood Drive, HHI
843-842-8966

MARLEYS ISLAND GRILL
Caribbean: Enjoy the great atmosphere and live music while you soak up the island feel. Every day they fire up their mesquite wood-fired grill for seafood and steaks. $$
marleyshhi.com
35 Office Park Rd, HHI
843- 686-5800

MICHAEL ANTHONY'S CUCINA ITALIANA
Italian: An island favorite for over 15 years. An authentic Italian eatery similar to ones found in the Italian neighborhoods around Philadelphia, where the Fazzini family moved from. $$$
michael-anthonys.com
37 New Orleans Road, HHI
843-785-6272

NUNZIO RESTAURANT + BAR
Italian: Nunzio's classic and contemporary Italian dishes perfectly portray the harmony between South Carolina and Italy. By evoking the simplicity of southern Italian food and combining locally sourced ingredients, Nunzio's menu delivers a bouquet of regional flavors. $$$
m.me/NunzioHHI
18 New Orleans Road, HHI
843-715-2172

ONE HOT MAMA'S
Barbecue: Executive chef and Food Network star Orchid Paulmeier serves up some amazing barbecue. Her award-winning brisket and chargrilled baby back ribs are fan favorites. $$
onehotmamas.com
7A-1 Greenwood Drive, HHI
843-682-6262

PALMETTO BAY SUNRISE CAFE
Breakfast, American: Serving the island's most popular breakfast all day long. Benedicts, omelets, quiche and baked dishes are out of this world. Early bird special from 6 to 8 a.m. Great sandwiches for lunch as well. $$
palmettobaysunrisecafe.com
86 Helmsman Way, HHI
843-686-3232

EARLY BIRD EGGS AT SUNRISE CAFE



*The early bird gets eggs all ways at **Palmetto Bay Sunrise Cafe**. From 6 a.m. to 8 a.m., customers can choose two eggs fried, scrambled, sunny up or poached with a choice of bacon, sausage patties, sausage links, hash browns or grits and a choice of toast for $5.99. For more information, call 843-686-3232. Follow the popular restaurant on Facebook to see daily blue plate specials.*

RED FISH

Seafood, American: A blend of housemade spices, tropical fruits and vegetables are combined with Lowcountry specialties at this local favorite. The restaurant uses produce from its own farm. $$$

redfishofhiltonhead.com

8 Archer Road, HHI

843-686-3388

SALTY DOG CAFE

Seafood: Hilton Head's most famous restaurant. Serving seafood, salads and sandwiches at an incredible waterfront location. Eat inside, out on the deck or at the outdoor bar. $$

saltydog.com

232 S. Sea Pines Drive, HHI

843-671-2233

1414 Fording Island Road, Bluffton

843-837-3344

SAVORY CAFE AND PROVISIONS

French: Chef Pascal Vignau offers a variety of old world French cuisine combined with a Lowcountry twist. The warm berry crisp is simply not to be missed. $$

savorycafesc.com

1533 Fording Island Road, Ste. 302, HHI

843-837-3336

BLUFFTON

THE PEARL KITCHEN & BAR

Seafood, Steakhouse: This romantic, boutique-style eatery fits in perfectly with its Old Town surroundings. Everything is bright, fresh and interesting. Seafood is the star here, but the steaks are great, too. $$$

thepearlbluffton.com

55 Calhoun St., Bluffton

843-757-5511





Local Cocktail

STORY BY TERRY CERMAK

Inspired by the enterprising big city bartenders who created iconic New York-centric cocktails (like the classic Manhattan), LOCAL Life Magazine and Rollers Spirits, Wine & Cheese have leaped to the challenge of creating and adapting cocktail recipes to celebrate Hilton Head landmarks, events, and founding fathers. This month's inspiration comes from the Audubon Newhall Preserve, a 50-acre tract of woodlands offering a quiet spot to reflect and relax. Go bird watching in your mind with this gentle, ruby charmer. Maybe you'll spot a cardinal ... or two. *LL*



LOCAL COCKTAIL

The Audubon Newhall Preserve

INGREDIENTS

2 ounces Wolffer Estate Pink Gin
1 ounce Aperol
1/2 ounce Lillet Rose
1/4 ounce Cherry Heering

DIRECTIONS Add all ingredients into a mixing glass filled with ice and stir vigorously for 30 seconds. Strain into a chilled cocktail glass. Garnish with a slice of citrus peel and a sprig of mint.

©MICHAEL HRIZUK

Beat the heat with these watermelon treats

IT'S HOT HERE IN THE LOWCOUNTRY.

You know that "fry an egg on the sidewalk" kind of hot you see in movies? Yeah, well, it's real here in August. We've been trying to stay hydrated and happy, but after we hit upper 90s with high humidity, all bets are off. We start melting. Next time the forecast calls for one of those super duper hot days, chill out with these ***watermelon delights****.*



Watermelon Poptails

Blend up a batch of these watermelon poptails to beat the heat. Just toss everything in a blender, fill up re-sealable popsicle molds and freeze them overnight!

INGREDIENTS

(Makes 12 popsicles)
1 cup Tito's Handmade Vodka
4 cups frozen cubed watermelon
4 mint sprigs
1 pinch lime zest
2 tablespoons agave nectar
3 limes
1 cup ice
Popsicle molds

DIRECTIONS [1] Combine Tito's Handmade Vodka, frozen watermelon, mint leaves, fresh lime juice (use a few limes for juice and others for garnishes), lime zest, agave nectar, and ice in a high-speed blender. **[2]** Serve in copper mugs with lime wedges and mint leaves. Can be enjoyed by spoon or straw. If you want to enjoy it later, fill up re-sealable popsicle molds and freeze.

PRO TIP *If you're in a pinch for time and didn't freeze your watermelon, you can yield similar results by using the same amount of watermelon, simply add additional ice until your drink reaches a frozen sorbet-like consistency.*



Watermelon Cooler

Nothing screams summer quite like a pink cocktail. This boozy treat will cool you off in no time.

INGREDIENTS

1 1/4 ounces Tito's Handmade Vodka
2 ounces fresh watermelon juice
2 ounces ginger beer
1/2 ounce fresh lime juice
1 lime slice, for garnish

DIRECTIONS [1] Add all ingredients (except ginger beer) in a rocks glass with ice. **[2]** Stir and top with ginger beer. Garnish with a lime slice.

Nora Fleming Serveware

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AUGUST beach day



Looking for the perfect weekend beach and golf getaway? Look no further than ***Kiawah Island.*** *Located about two hours north of Hilton Head, Kiawah is home to seven award-winning golf courses designed by notable golf pros such as Jack Nicklaus and Gary Player.*

Warm

TYPICAL DAYS

Your trip to Kiawah Island likely will be warm with average highs in the upper 80s and lows in the mid 70s. August is typically a clearer month with only 48 percent of days being overcast. Just make sure to check the forecast before you head out for your perfect August beach day.



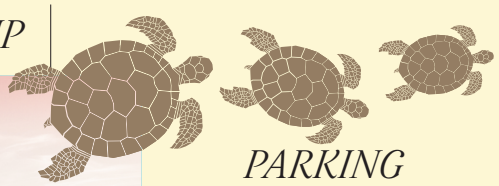
WORTH THE TRIP



©CHASE SANDERS

KIAWAH ISLAND

FUN FACTS: Kiawah Island is named after the Kiawah indians who inhabited the island before the English came in 1670. The island has nearly 30 miles of bike paths. Kiawah Island's population is 1,626. Alternative spellings include "Kiawa", "Kittiwar" (in DuBose Heyward's novel Porgy), and "Kittiwah" (in George Gershwin's opera Porgy and Bess).



PARKING

Beachwalker Park is the only public beach access on Kiawah Island. With limited parking, it is suggested to arrive early and carpool. The price for a standard vehicle is $10 Monday-Friday and $15 on Saturday and Sunday.

ACCESSIBILITY

On Kiawah Island, there is **one public beach access which is accessible to people with physical disabilities**. You are able to rent a beach-going wheelchair and the beach access has handicap accessible public restrooms as well.

THE RULES

Dogs are allowed on the beach at all times during the year except for in critical habitat areas. Dogs must be leashed from March 16- October 31 from 7 a.m. to 7 p.m.





What to bring.

Sunglasses Maui Jims Even Keel (available at Optical Solutions) **Bag** Packable Tote and Wristlet, $104 (available at Spartina 449) **Shade** Holiday Beach Umbrella, $99 (available at Outside Hilton Head) **Sandals** Palm Beach Classic Sandal, $125 (available at Currents) **Beverage** Corkcicle, 12oz. Metallic Stemless Wine Cup, $24.95, available at Le Cookery) **Sunscreen** Jack Black Sun Guard Sunscreen, $21 (available on Amazon) **Book** "Breaking and Holding" by Judy Fogarty (set in Kiawah), $7.58 (available at Barnes and Noble)

Kiawah River Bridge Tide Chart

THURS, AUG 1
L 02:52 am
H 08:57 am
L 02:57 pm
H 09:25 pm

FRIDAY, AUG 2
L 03:43 am
H 09:53 am
L 03:51 pm
H 10:17 pm

SAT, AUG 3
L 04:33 am
H 10:49 am
L 04:46 pm
H 11:10 pm

SUN, AUG 4
L 5:23 am
H 11:46 am
L 5:42 pm

MON, AUG 5
H 12:02 am
L 06:14 am
H 12:44 pm
L 06:40 pm

TUE, AUG 6
H 12:55 am
L 07:06 am
H 01:43 pm
L 07:40 pm

WED, AUG 7
H 01:50 am
L 08:00 am
H 02:42 pm
L 08:41 pm

THURS, AUG 8
H 02:46 am
L 08:56 am
H 03:41 pm
L 09:43 pm

FRI, AUG 9
H 03:43 am
L 09:53 am
H 04:38 pm
L 10:43 pm

SAT, AUG 10
H 04:39 am
L 10:49 am
H 05:34 pm
L 11:40 pm

SUN AUG 11
H 05:34 am
L 11:43 am
H 06:25 pm

MON, AUG 12
L 12:32 am
H 06:26 am
L 12:33 pm
H 07:13 pm

TUE, AUG 13
L 01:20 am
H 07:15 am
L 01:20 pm
H 07:58 pm

WED, AUG 14
L 02:04 am
H 08:01 am
L 02:04 pm
H 08:39 pm

THURS, AUG 15
L 02:45 am
H 08:44 am
L 02:45 pm
H 09:18 pm

FRI, AUG 16
L 03:23 am
H 09:24 am
L 03:25 pm
H 09:56 pm

SAT, AUG 17
L 04:00 am
H 10:04 am
L 4:02 pm
H 10:31 pm

SUN, AUG 18
L 04:35 am
H 10:41 am
L 04:40 pm
H 11:05 pm

MON, AUG 19
L 05:09 am
H 11:18 am
L 05:18 pm
H 11:39 pm

TUE, AUG 20
L 05:44 am
H 11:55 am
L 5:59 pm

WED, AUG 21
H 12:14 am
L 06:21 am
H 12:36 pm
L 06:44 pm

THURS, AUG 22
H 12:54 am
L 07:03 am
H 01:22 pm
L 07:37 pm

FRI, AUG 23
H 01:41 am
L 07:51 am
H 02:14 pm
L 08:36 pm

SAT, AUG 24
H 02:36 am
L 08:46 am
H 03:13 pm
L 09:40 pm

SUN, AUG 25
H 03:37 am
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MON, AUG 26
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L 10:49 am
H 05:18 pm
L 11:46 pm

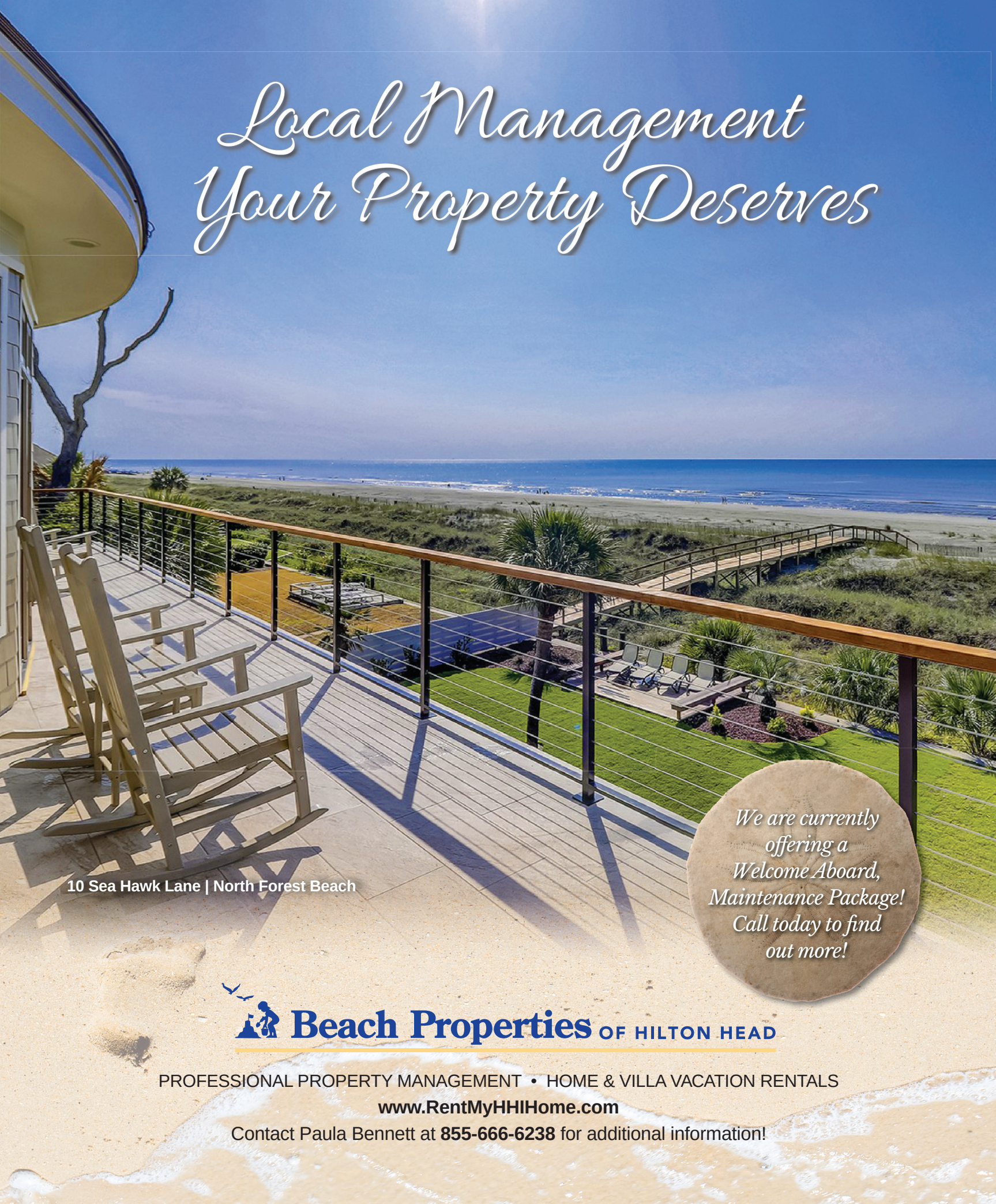
TUES, AUG 27
H 05:43 am
L 11:50 am
H 6:19 pm

WED, AUG 28
L 12:43 am
H 06:44 am
L 12:49 pm
H 7:17 pm

THURS, AUG 29
L 01:37 am
H 07:42 am
L 01:46 pm
H 08:12 pm

FRI, AUG 30
L 02:28 am
H 08:39 am
L 02:41 pm
H 09:05 pm

SAT, AUG 31
L 03:18 am
H 09:34 am
L 03:36 pm
H 09:57 pm


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KNOW YOUR NATURE

Water moccasin

(Agkistrodon Piscivorus)

STORY + ILLUSTRATION BY MICHELE ROLDÁN-SHAW

The water moccasin, or cottonmouth, is the most dreaded snake in the South. Lurking in coils around swamps or gliding silently through blackwater, these pit vipers with their thick bodies, dark color, blocky triangular heads and slitted cat-eyes have an undeniably sinister look. But that is just our primal heritage warning us to steer clear. Deadlier than copperheads, though not as deadly as rattlesnakes, moccasins are capable of delivering a potent, tissue-destroying venom that will send you to the ER.

Yet almost nobody will die from them. Let's be real: you have a much greater chance of getting killed in a car wreck or falling down dead in your house from a heart attack. According to statistics from the University of Florida, your chances of dying from snakebite in the U.S. (where antivenoms are readily available) are about one in 50 million, nine times less likely than getting struck by lightning. The poison this creature carries is meant for the frogs, fish, birds, lizards, small turtles and baby alligators it likes to eat. Moccasins will even cannibalize each other, but they don't have a taste for you.

HOW THE MOCCASIN GOT ITS (OTHER) NAME

The name cottonmouth comes from a gaping display these snakes do when threatened, which exposes the arrestingly bright white lining of their mouths. They also might flatten out their bodies to appear bigger, or eject a pungent odor from their anal glands. They try their best to make you go away without a fight. With their heavy bodies, they can't flee as readily as faster snakes and are therefore more likely to stand their ground; but contrary to popular belief, they are not aggressive and won't strike unless cornered, stepped on or picked up.

The scientific name translates roughly from the Greek as "hook-toothed fish-eater." This is the world's only semiaquatic viper, found in nearly all freshwater habitats of the South, especially cypress swamps, blackwater rivers and floodplain forests. They are not at home in swift, cold or salt water, and they don't stray much more than a mile or two onto dry ground. Ranging from the Great Dismal Swamp of Virginia, south down the length of Florida, through all the Dixie states and as far west as Texas, even north into the Ohio River Valley, the moccasin is very present here in the Lowcountry (although you won't typically see them in salt marshes.) Often confused with nonvenomous water snakes that have similar drab coloring and indistinct patterns, cottonmouths can be identified by their triangular heads, which give way to thin necks before widening out into massive bodies, then suddenly becoming small again at the tail. By contrast, water snakes are uniformly slender and don't have a distinct neck. An even more foolproof way to distinguish the two is that pit vipers have elliptical pupils, whereas harmless snakes have round ones, but who wants to get that close.



#SNAKESLIFE

Hot weather is the moccasin's time. They are most active at night but can be found sunning and slithering throughout the day. In droughts, they congregate around shrinking pools to feed on frogs and fish that get trapped there. Despite stories of them dropping from trees, they are not big climbers and tend to stay at ground level; it's mostly the harmless water snakes that hang from higher branches. Moccasins are strong swimmers and have even been spotted in the ocean—although they are not true sea snakes—a trait that has allowed them to colonize barrier islands off the

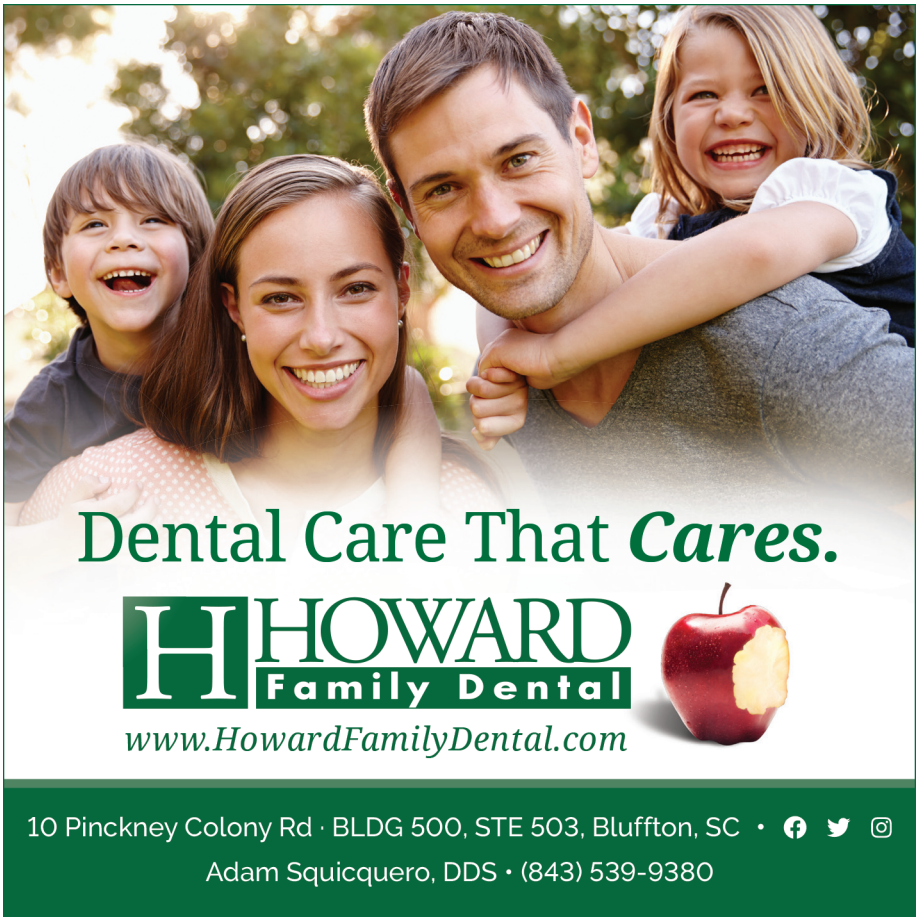
Atlantic and Gulf coasts. Unlike other water snakes that swim with only their heads poking up, moccasins are very buoyant and will travel along with most of their bodies above the surface. They can attack underwater.

Interestingly, baby cottonmouths don't hatch from eggs but are born live and up to a foot long. The mother abandons them immediately, but they don't really need her because in addition to being big, they are already well equipped to catch their own prey, with bright yellow tail tips that are wriggled as lures. Baby cottonmouths have fancier colors and more distinct banding patterns that tend to fade as they age into the drab brownish-grayish-black of adults.

As with all wild creatures, particularly the dangerous ones, the best policy is to leave moccasins alone. Admire them from a distance; or if you don't admire them, at least don't try to kill them. More people get bit attempting to destroy poisonous snakes in the belief it will keep their surroundings safe, which is especially sad when they misidentify and kill the harmless ones. Snakes just want to be happy in their own snakey way — they don't want trouble and if given the chance, will usually just slip off never to be seen again. Goodbye and good luck, Mr. Snake! *LL*



FEAR FACTOR The aggressiveness of the water moccasin has been greatly exaggerated. When threatened, it might respond by coiling its body and displaying its fangs, but usually it will bite only if you try to pick it up.



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STORY + PHOTOGRAPHY BY EMILY VAIRO

Mornings on the marsh

About a year ago, I moved to a home on the marsh in Sea Pines. I was looking forward to the sunset views but never realized just how incredible each day would be, how much wildlife I would encounter. The marsh sparked such a photographic interest in me that I spent a good chunk of my savings to invest in a decent camera and lens. **Here are some of the outcomes of my mornings spent on the marsh.**

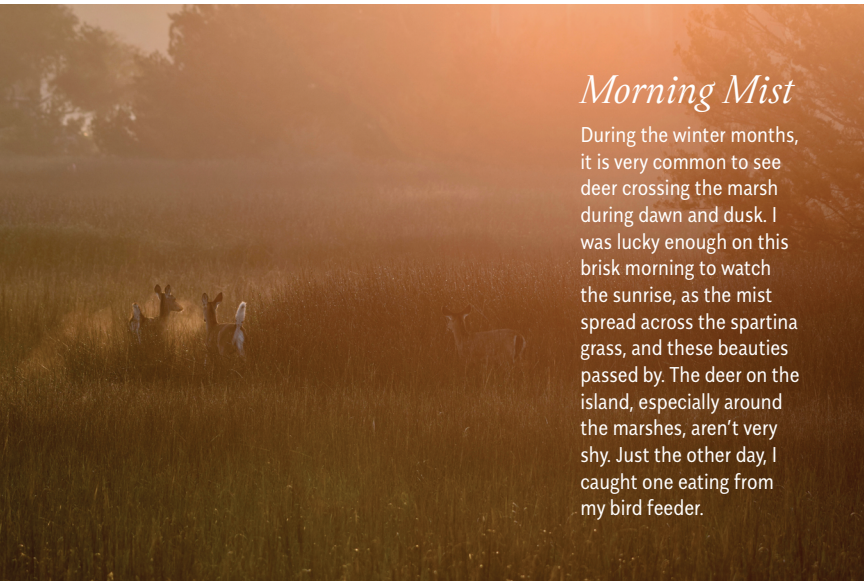
Deer in Spotlight

Hilton Head white-tailed deer (odocoileus virginianus hiltonensis) are a subspecies of white-tailed deer indigenous to Hilton Head Island. The deer live in a mainly suburban environment and have developed home range areas on the island. They are gorgeous animals that look majestic and proud as they roam the marsh munching on spartina grass.

Bath Time for the Bunting

Pictured here is a **male painted bunting**. Throughout the spring and summer months, if you are lucky, you can see these beautiful birds around the island. Their bright and vibrant colors are simply magnificent. Their counterpart, the female, is much more muted in her appearance, fully covered in a light green color, but much more social and less skittish than the male, frequently visiting feeders and bird baths.





Morning Mist

During the winter months, it is very common to see deer crossing the marsh during dawn and dusk. I was lucky enough on this brisk morning to watch the sunrise, as the mist spread across the spartina grass, and these beauties passed by. The deer on the island, especially around the marshes, aren't very shy. Just the other day, I caught one eating from my bird feeder.



In Plain Sight

Here is a rare sighting of a male painted bunting out in the open on a branch. Usually these birds can be seen hiding in shrubbery or trees and are very tricky to spot. This guy made it easy for me to capture a portrait of him when he came out of hiding.

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Lizard Out of Luck

Here is a **Carolina wren** found with his prey, a lizard. Such is the circle of life. The Carolina wren is the state bird of South Carolina. Its normal diet consists of insects, but they also eat berries, some fruits and seeds as well. They have beautiful and loud songs and are a joy to watch and listen to.

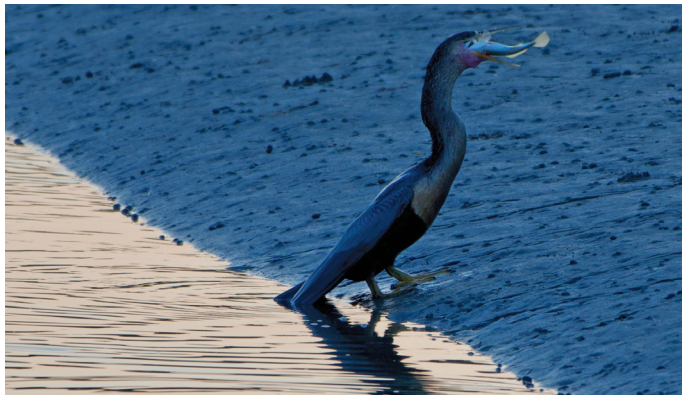


Sweet Tooth

This **lizard** was just begging for a taste of the sweet sugar water that is meant for hummingbirds. He kept going back for more and more. I think he got a little tipsy. When lizards aren't drinking sugar water, they are very helpful in removing palmetto bugs from the backyard.

Down the Hatch

Here is an **anhinga** enjoying his catch of the day. These birds are unique and interesting to watch. Anhingas swim with their bodies partly or mostly submerged and their long, snakelike neck held partially out of the water. They use their beak to spear their fish before gulping it down. Oftentimes after swimming, they can be seen spreading out their wings and tail to dry off in the sun.





Where's Waldo?

Here is a **yellow bellied slider** found covered in duckweed at the Whooping Crane Conservancy. They are aquatic turtles. They spend most of their time in the water but unlike amphibians, they need to be able to get out of the water to dry off and breathe. They are the most common turtle that you would see on Hilton Head Island.



Fresh Catch of the Day

This is a **yellow crowned night heron** seen getting ready to eat a ghost crab. Night herons are more active during the nighttime as their name would imply. However, if you live on the marsh, you can see these guys hanging around during the summer and fall season pretty much at any time of the day. They spend a lot of time wading through the marsh fishing for crabs and also can be seen hanging out in trees. They aren't very shy birds, and are therefore quite a nice photographic subject.



Just a Nibble

Here is a portrait of an adorable **marsh rabbit**. These little rabbits are too cute for words. They have distinguishing features that separate them from cottontail rabbits, such as shorter ears, legs, and tails. They love to munch on grass, seeds, and the most beautiful flowers in your garden. But they are so precious, you just might not get mad at them for it.

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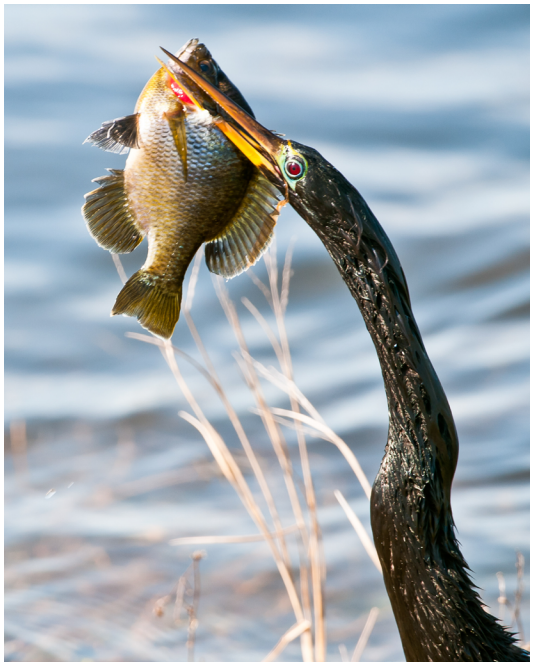


Our natural beauty

STORY + PHOTOGRAPHY BY ARNO DIMMLING

Residents and visitors alike are so fortunate to be surrounded by an abundance of beauty and wildlife here in the Lowcountry. At any point in time we are likely to encounter an interesting scene involving some form of wildlife — be it birds, dolphins, deer, insects, reptiles or other critters. One only needs to point his or her camera, cell phone or other device in their direction to capture truly beautiful images and fond memories to bring home.

BIG BIRD
The great blue heron is the largest heron in North America, with a wingspan up to 79 inches.







BORN TO BE WILD An anhinga has a snack, a fawn rests and a killdeer scurries along the shoreline.

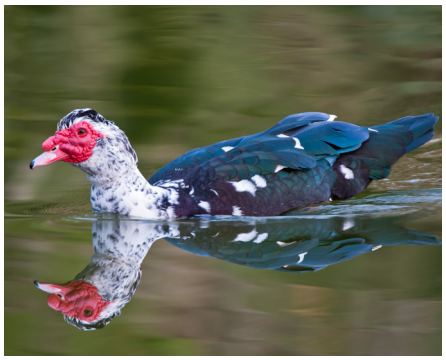




WATER THE CHANCES
A grebe chick gets some shut-eye, an alligator eyes a photographer dinner, a muscovy duck goes for a swim and a great blue heron enjoys a bullfrog delight.

















TIME FLIES A wood stork flexes for the camera, a snowy egret searches for food and a cedar waxwing strikes a pose.



A peek inside Oldfield's Outfitters Center

Oldfield is one of just eight communities in the United States to be named a certified sustainable community through Audubon International, a nonprofit environmental organization with a mission to provide programs and advice to golf courses and communities about how to reduce their impact on nature through education, technical assistance, certification and recognition. The private club's location on the banks of the sweeping Okatie River and in the heart of the Lowcountry puts nature at the epicenter of life within the community, and it provides for unique experiences and discoveries daily. Here are a few amenities, certifications and team members that help make Oldfield such a natural paradise.



OUTFITTERS CENTER

The Outfitters Center is part lodge, part educational center, part social hub for Oldfield members, and 100 percent Lowcountry in its aesthetics. It sits on the banks of the Okatie River and complements the natural beauty of the salt marsh and maritime forest that surround it. It was designed to be historically accurate for a river house that might have been built in this area in the early half of the 1900s. In the back is a large open-air pavilion with a grand fireplace, perfect for relaxing and taking in the river views after a day on the water. There is also an oyster roast area overlooking the river for private and community functions.

There are two full-time fishing guides at the Outfitters Center — Capt. Jeremy Webb and Capt. Jason Dubose. Guides present their party a variety of fishing options. Once they've come up with the best gameplan, guides decide where the group is going to fish, based on the weather conditions and tides. Guides also ensure their tackle and boat are in top-notch shape, and provide coaching and tips that help their party's angling skills. Each year, Dubose hosts a fishing excursion for Oldfield members and their guests to the famed El Pescador Lodge on Ambergris Caye, Belize.



Jason Dubose

Outfitters Center director/river pro

On his duties: "The river portion of my job involves all aspects of helping Oldfield's membership get enjoyment from, and an understanding of, our local waters. This includes everything from running inshore, nearshore, and offshore fishing charters, to teaching a child how to throw a cast net to catch shrimp off the dock, to conducting nature- and history-based boat excursions to help our members gain an understanding and appreciation of this unique region."



NATURE CENTER

The Nature Center within the Outfitters Center offers an opportunity for a truly hands-on nature experience. Complete with saltwater and freshwater aquariums, visitors can interact, hold and feed some of the center's residents, including a variety of snakes and turtles. Throughout the year, the Nature Center offers nature knowledge classes for children. Class topics range from reptiles and amphibians to insects. The biggest draws for the children and grandchildren of Oldfield residents are the outfitters summer camps, with dolphin cruises, kayaking, marksmanship and fishing. For adults and families, the center offers sunrise and sunset guided paddles, nature walks, off-site field trips, nature lectures and eco-river cruises. Staff naturalist Jill Kombrink also takes a group to Costa Rica every other year.

Jill Kombrink ***Staff naturalist***

On her duties: "Running the Nature Center is a primary part of my job, whether it's showing people around or doing critter care and tank maintenance. As the naturalist, I am available to our residents as a resource for wildlife questions and also provide programs for educating them on our local flora and fauna. Another fun part of my job is the guided kayak trips, paddle boarding and off-site trips around the Lowcountry. More behind the scenes roles that I play are the upkeep of several pollinator gardens across the community and the staff point of contact for the community garden and bee hives. Overseeing the stormwater ponds and managing our best management practices for landscaping and grounds and maintaining our Audubon certifications is also an important behind-the-scenes role."



With our setting on the Okatie River, the private golf community of Oldfield is rich with details that define the Lowcountry and call out to you. That is why so much of our lifestyle and amenities are designed to get our members outside and enjoy the land. Golf. Tennis. Equestrian. Outfitters. Kayaks. Trails. Swimming. And more! If you cherish your time out of doors and you connect with the Lowcountry landscape, we invite you to embrace your nature at Oldfield.

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Preserving the preserve

HILTON HEAD'S HIDDEN GEM IS BACK TO BEAUTIFUL FOLLOWING HURRICANE MATTHEW THANKS TO A DEDICATED TEAM OF LOCALS

STORY BY DAVID WARREN + PHOTOGRAPHY BY MIKE RITTERBECK







WOODLAND WONDER
Rita Kernan, vice chairman of the Audubon Newhall Preserve, is shown with one of the many informational signs found on the property.

The year was 1965, and Sea Pines had been in full development mode for over a decade. Even though an environmentally sensitive development plan was being executed, one island resident saw that no matter how carefully you build roads, golf courses, and marinas, you still might disrupt the native wildlife and plants in the area.

Caroline "Beany" Newhall was a small woman with a big heart, and that heart was for the natural beauty of Hilton Head Island. She also had another asset, and that was the ear of Sea Pines developer, Charles Fraser. Together, they realized that the beauty of Hilton Head should take precedence throughout the development process. Charles originally wanted Beany to help develop the Sea Pines Forest Preserve, but she felt this would be too big



QUEEN BEA Caroline "Beany" Newhall was a small woman with a big heart. She created Hilton Head's Audubon Newhall Preserve.

a project for her. Instead, Charles gave Beany 50 acres to create a "woodland area" that captured and would preserve the Sea Islands' environment as it had been for thousands of years. Thus began the life of the Audubon Newhall Preserve.

In 1976 Beany deeded the Preserve to the Hilton Head Audubon Society, together with an endowment for ongoing maintenance. Newhall Preserve today looks precisely like what Charles and Beany imagined - three miles of trails surrounded by a pond with a variety of plants, animals and bird life that captures the Lowcountry as it was before any bulldozers moved the first yard of dirt.

This woodland sanctuary is not only the result of Beany's vision and Charles' generosity, but it also reflects thousands of hours of work from some of Hilton Head's most dedicated volunteers. With the contribution of local companies, organizations and Beany and Charles, the Audubon Newhall Preserve is genuinely an island treasure. Located off Palmetto Bay Road between the Sea Pines Circle and the Cross Island Expressway, the Preserve is a beautiful walk in the woods, complete with wide paths and hundreds of small signs describing plants and animals that make this a relaxing and educational experience. Benches scattered throughout allow for a quiet sit to let the natural beauty come to you. "It's simply a jewel in the southern part of Hilton Head," said Rita Kernan, vice chairman of the Audubon Newhall Preserve.

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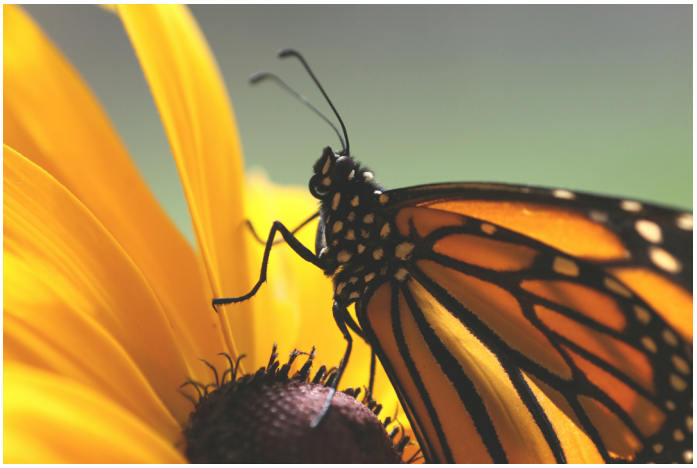
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IN A FLUTTER Many local and migrating butterflies are drawn to the plants growing in the Audubon Newhall Preserve.





GONE BUT NOT FORGOTTEN Matt Mattoon, Tom Hennessey, Rita Kernan and Bob Clemens are shown next to the new Jack Greenshields gate. Greenshields was chairman of the Audubon Newhall Preserve.



What you will see:

Once inside the Preserve, you will find trail maps that outline several routes you can take to enjoy the sanctuary.

Plants and Trees: Because of our geographic location and weather patterns, the Lowcountry has a remarkable assortment of plants and trees. Hundreds of native area plants are found with small descriptive signs explaining their importance. Many of the plants you see have been transplanted from Sea Pines as development grew. Because the Preserve has several topographies, from wetlands to pine forests, there is a remarkable variety of plant life and trees.

Animals: Like any pristine environment, this has become a home for many of the local animals. Deer, squirrels, alligators and a whole assortment of creatures live inside the preserve. If you sit quietly, animal life will be more active as you rest and observe.

Birds: Beaufort County has become a birder's delight as the east coast is the migrational highway for millions of birds as they travel south for the winter and return in spring. The Audubon Newhall Preserve acts as a unique location to see a wide variety of birdlife as they rest and refresh on their journeys. In addition, herons, egrets, owls, songbirds, hawks and much more, live in and or visit the Audubon Newhall Preserve.

The Butterfly Garden: Special plants have been added to attract a wide variety of local and migrating butterflies. Each season, an astonishing array of some of the most beautiful creatures on earth stop at the butterfly garden for a visit.



NOW OPEN The Hilton Head Island Audubon Society owns and operates the Audubon Newhall Preserve located on Palmetto Bay Road on Hilton Head Island. It is open to the public at no charge from dawn to dusk, daily.

Preserving the Preserve

One of the most devastating events to the Preserve was in October 2016 when Hurricane Matthew destroyed countless trees and blocked paths throughout the area. After an exhaustive cleanup, plus the help of some generous donations, the Audubon Newhall Preserve has replanted hundreds of longleaf pine saplings. "Because of commercial use and development, less than 2 percent of the East Coast's original longleaf pine forests remain," said Glen McCaskey, a local environmental expert. "This replenishment project is really a wonderful step in the right direction, and the type of conservation that both Charles and Beany would have wanted." Mike Jukofski donated his tractor and topsoil for the project.

When to visit

There is no charge for visiting the Audubon Newhall Preserve. It is open from sunrise to sunset all year long. Come by and see how an idea that was hatched 45 years ago has worked to protect and preserve some of the precious wildlife and the original natural splendor of Hilton Head. *LL*



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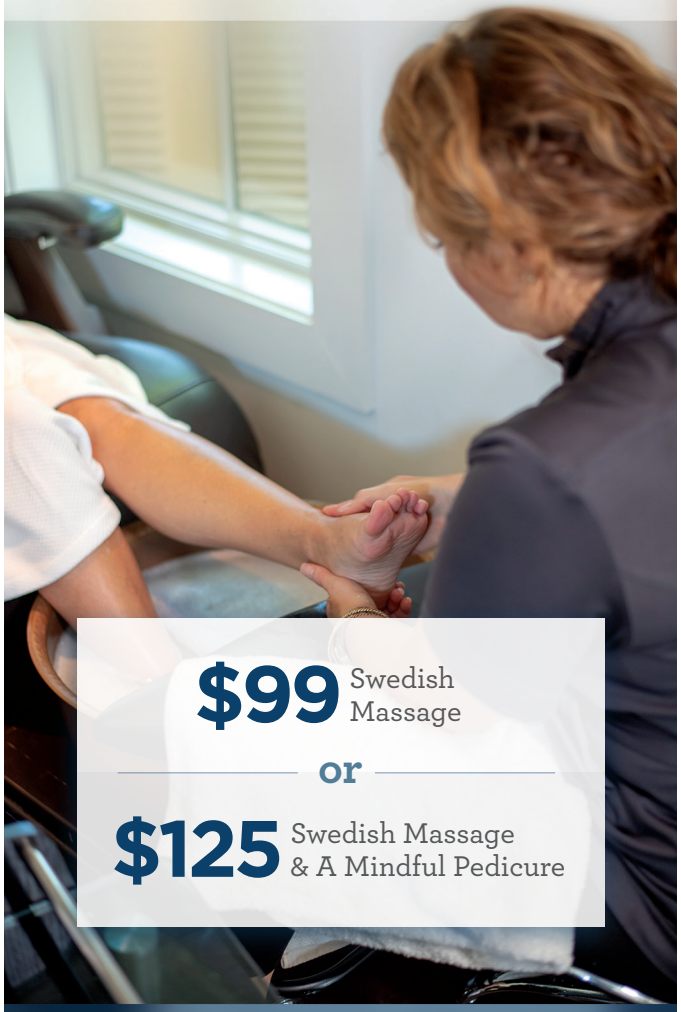
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Let's explore!

MAXIMIZING THE HILTON HEAD OUTDOOR EXPERIENCE

STORY BY KERRY PERESTA

Batting their way through hordes of blood-sucking mosquitoes, no-see-ums, sand gnats and flies during warm weather months, Hilton Head Islanders acknowledge that living in paradise has its challenges. In the spirit of optimism and helpful outreach, we would like to offer a few little-known secrets that will enhance enjoyment of the natural beauty of the Island.

Armed with these insights (and plenty of activity-appropriate repellant), we wish everyone a happy, healthy Island exploration.



©OLDFIELD

Maximizing the Kayak Experience

Exploring the Island waterways by kayak is a quiet, peaceful undertaking with the added benefit of upper body strength training. Gliding peacefully through the marshes via the inland waterways, one may see an amazing array of wildlife. The splish-splash of the paddle soothes. The marsh grasses gently part as the kayak noses through. All is right with the world until a knobby, rectangular piece of wood surfaces. And it has eyes. At this point, in-the-know visitors or residents-in-the-making understand that a kayak paddle doubles as an effective 'gator repellant when used appropriately. If the 'gator gets aggressive or too close, just relax and paddle on. They're more afraid of you than vice versa. Do not, under any circumstances, jump out of the kayak into the water.



Maximizing the Bike Ride

Cyclists abound on the Island, and one must be prepared for zig-zagging of angry drivers who don't feel they should share the road and pedestrians that simply don't CARE that the cyclist needs room to go around them on streets or the Island's ubiquitous biking trails. Be vigilant. Wear overly bright clothing that screams "avoid me." If only pedestrian and vehicular repellant were such a thing.



Maximizing Beach Exploration

Late spring and early summer visitors or residents-in-the-making might scratch their heads over the hundreds of dead jellyfish that show up on the typically pristine Island beaches. Walking through a minefield of dead jellies can be daunting. We suggest keeping on the flip-flops and holding the nose. The temporary jellyfish bloom (a group of jellies and isn't "bloom" the loveliest metaphor?) is almost entirely composed of cannonball jellies, which are harmless. The jellies soon disappear, scooped up by the waves and plunged to their eternal, watery graves. On the sand, hungry seagulls and crows often dive bomb unsuspecting beach explorers, especially if they expect food and find what has been extended is a single, lonely, bright orange Cheeto. This frustrates them, and they may grow more aggressive. In rare instances, pelicans have been known to assist. We suggest a sturdy straw or leather hat to ward off concussion. And lest we forget, the biting sand fleas, no-see-ums, and all manner of microscopic insidious biting insects flourish on the beach in warmer months. Bug spray ensures a bite-free beach romp.





Maximizing the Nature Trail Experience

Oh, the grand, historic live oaks sheathed in Spanish moss! The jutting, hundred-year-old pines! The myriad varieties of palm trees, saw palmettoes and all manner of tropical plants! It is truly wondrous to hike the trails of Hilton Head or Pinckney, Daufuskie, and beyond; to observe families of deer, shorebirds of every variety, eagles, hawks, and the like. It is a lovely thing until the "Beaufort slap" comes into play, the local tongue-in-cheek reference to what happens when one forgets the bug spray. We recommend keeping this stuff everywhere — in the car, the pockets, the purse. The backpack, the beach bag, the kids' beach bags. Tie a small canister to the family dog. Put one in the fanny pack (do people even wear these anymore?). At any rate, bug spray in the Lowcountry is required. During spring and summer, many local women refuse to wear perfume and instead, opt for bug spray (commonly referred to as 'Eau de Bug'). Why doesn't someone invent a feminine-scented bug spray line cleverly disguised as perfume? Beaufort County alone could support it.



Maximizing the Golf Experience

Marshlands and lovely lagoons abound within the Island's 24 championship golf courses. Though beautiful, be aware that entire families of alligators lurk there. Alligator etiquette on area courses is a well-kept secret that sets the unsuspecting tourist apart from an in-the-know resident. And now, valued reader, you are privy to the secret. When an alligator creeps cautiously out of a lagoon or marsh, locals pause the game immediately, cast their clubs aside, break out a cold drink and focus on the gator's journey. If the gator is over 12 feet long, a reverential silence is in order, perhaps the removal of hats and slight dipping of the head. Simply observe and wait until the gator is entrenched in its intended destination. Play then resumes. On a side note, the swarms of coyotes that are gaining ground on Island courses have not earned the same respect. Play through in spite of sightings. The coyotes will slink off into the pines. Do not be alarmed at the occasional prolonged coyote wail, which adds a charming, primal nuance to the game.

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ON THE FLY Trey Bishop is an ophthalmologist at Bishop Eye Center by day and a kiteboarder whenever the time, wind and weather allow.

NO BOAT REQUIRED
Kiteboarding combines many athletic disciplines from kite flying, wakeboarding, surfing and even parachute jumping. Imagine being able to pull off all your favorite wakeboard moves all with one large kite and no boat.



WANT TO LEARN HOW TO KITEBOARD?

LOCAL ENTHUSIAST TREY BISHOP SHARES ADVICE FOR GETTING STARTED

Let's go fly a kite!

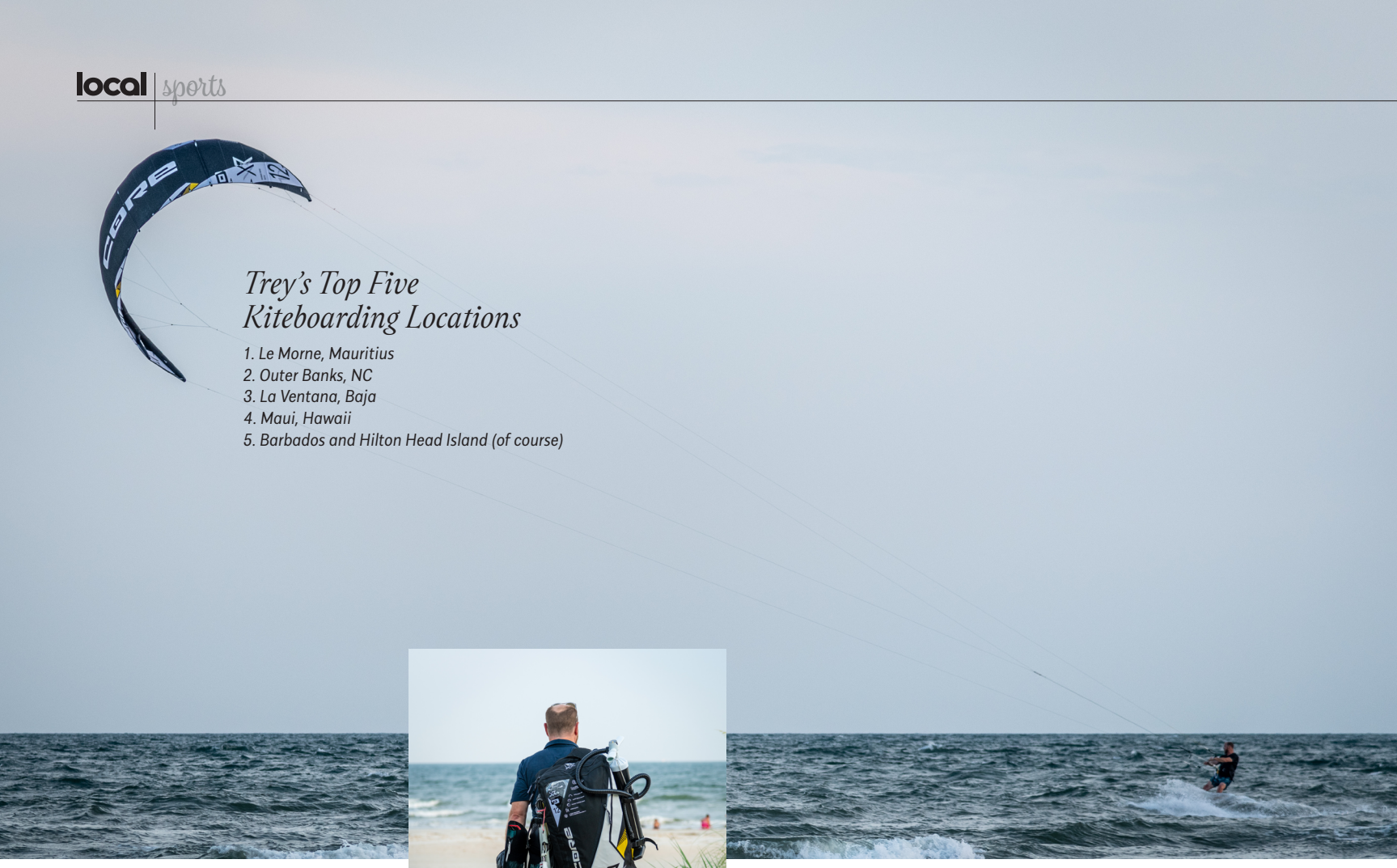
STORY BY DAVID WARREN + PHOTOS BY MIKE RITTERBECK

There's no doubt about it; kiteboarding is cool. The equipment is cool, the people who do it are cool, the best kiteboarding locations in the world are cool, and the sport itself is way cool. Kiteboarding, at its core, is a simple idea. Get a big kite and a small surfboard and let the wind pull you across the water. Sounds simple. Not quite. The kiteboarding world takes it a huge step further by allowing the kite to lift you off the water as high as 60 feet in the air. While up in the air, you can twist, flip, and do tricks with names like Dum Dum and Flavor Flip. Yes, there is a learning curve to flying a kite and staying on the board. However, when you have learned, it's an extraordinary experience.

Hilton Head has several kiteboarding enthusiasts. One of the most notable and outspoken in the sport is Trey Bishop, an ophthalmologist by day and a kiteboarder whenever the time, wind, and weather allow. Trey began kiteboarding in 2003 on a trip to the Outer Banks with his wife. It did not take him long to become wholly committed

CASAFINA BAKEWARE





Trey's Top Five Kiteboarding Locations

1. Le Morne, Mauritius
2. Outer Banks, NC
3. La Ventana, Baja
4. Maui, Hawaii
5. Barbados and Hilton Head Island (of course)

by purchasing gear, taking more lessons, and practicing off the Hilton Head beaches. "I find it very relaxing and very refreshing to be just me, the water, and the wind," Trey said. "Although it is a personal sport, it's a very social sport and there is a dedicated group of kiteboarders on Hilton Head who have traveled together to some of the world's best kiteboarding destinations."

Kiteboarding is a fairly recent sport and was first developed in France by brothers Bruno and Dominique Legaignoux in the 1970s.

Today it has become the world's fastest-growing water sport. Although it can't be done everywhere because the kites depend on the strength and the direction of the wind plus the height of the waves, Hilton Head is a good spot for kiteboarding because of its steady breezes and wide beaches.





HOW TO GET STARTED

Trey has helped many people launch into kiteboarding with a few simple steps.

1. Get a training kite. This is a smaller kite you can use on the land and get a feel for flying and directing the kite. This is a key step because if you love flying the kite, you will most likely love the eventual kiteboarding.

2. Develop a feel for your board. Skills can be developed by surfing, wakeboarding, snowboarding, or even skateboarding. Any of these can help because it will be important that you feel comfortable on the boards to be relaxed with your balance and changing of directions.

3. Learn about the wind. It is essential that a kiteboarder knows how to tell if the wind is in an acceptable direction and speed.

4. Take lessons. Kiteboarding is a sport where you need proper training. There are many excellent facilities in Charleston (Force Kite and Wake) and the Outer Banks (REAL Watersports). An excellent instructor is also central to enhancing your ability to be safe and enjoy the sport.

All this might sound a bit challenging, but Trey stresses that half the fun is learning to kiteboard. "Kiteboarding is a sport you will never fully master. You always will have something new on



EQUIPMENT YOU NEED TO START KITEBOARDING

Training kite: This allows you to practice flying before you get in the water.
Kiteboarding kite: The kites come in various sizes shapes and colors. A professional kiteboarding shop will help you pick out the right kite for you.
Kiteboard: A kiteboard is shaped differently than a wake board or a surfboard, and it is best that beginners start with a larger board.
Harness: The harness is what attaches you to the kite. It must be fit properly and be comfortable.
Quality instruction: Take lessons (see #4).
Desire for a new adventure: Because YOLO.



which to work. These learning challenges are what makes kiteboarding so much fun, and it doesn't have to be just for you." Trey has introduced kiteboarding to his whole family, and they take extensive trips to some of the world's most exotic places to test their skills in new and different locales.

Kiteboarding is genuinely a beautiful sport that can be enjoyed by the whole family. If you go out to the beach and see several kiteboarders skimming over the waves and almost magically being lifted off the water only to float back down and continue on, stop and enjoy the spectacle. You just might be watching Trey, his family, and friends enjoying the love of kiteboarding. *LL*





Coach with Conviction



NOTRE DAME WOMEN'S BASKETBALL COACH MUFFET MCGRAW TOUCHES DOWN ON HILTON HEAD, IGNITING A SPARK AND INSPIRING LOCAL FEMALE ATHLETES.

STORY BY PAULA MAGRINI + PHOTOGRAPHY BY ANNE CAUFMANN



A VOICE FOR WOMEN Notre Dame women's basketball coach Muffet McGraw uses her platform to bring her message of female empowerment to a wider audience.

Two-time championship winning head coach of women's basketball at Notre Dame, Muffet McGraw, told the audience at a sold-out alumni club event that she has a long way to go with spreading the word. "Female athletes in leadership roles should be the norm, not a novelty." Previously, she didn't see herself as a spark for change until legendary Tennessee women's basketball coach Pat Summitt died. "Once she was gone, I thought it was time for me to stand up and speak out more," she explained.

On the verge of leading the Irish to back-to-back championships at the 2019 NCAA Final Four, Coach McGraw went viral following her comments in support of equality for female athletes and leaders around the world. She was asked how seriously she takes being a voice in the women's game, especially after the passing of Summitt, who was a longtime advocate for women. McGraw responded with passion. "Wouldn't it be great if we could show the millions of young female athletes in this country how to lead? There aren't enough female role models for them. Men have all the power," she added.

McGraw noted that only 10 percent of Division I athletic directors are women. Thirty-eight states still need to agree that discrimination based on sex is unconstitutional. The Equal Rights Amendment of 1967 still hasn't been passed in this country. "Parents tell their daughters you can be whatever you want to be but when they look up, all they see is men so they don't believe it," she said.

The affable longtime coach was invited to be the keynote speaker at the local alumni club's Universal Notre Dame Celebration last month at the Country Club of Hilton Head. She mingled with the audience during a meet-and-greet session before stepping up to the podium. McGraw met hometown star athlete, Sara Manesiotis, who now coaches the women's JV basketball at Hilton Head High School. Manesiotis has had her share of notable achievements both on the soccer field and in high school cross country competition, the latter earning her a scholarship to Clemson.

"People like Coach McGraw definitely help pave the way for us to get our foot in the door," Manesiotis said. She hopes to keep in touch with the Notre Dame legend as she hones her coaching skills around the Lowcountry.

Coach McGraw just capped her 32nd season (834-233) with the Fighting Irish, and 37th overall (922-274) as a head coach. She holds all-time 7th place among Division I coaches. McGraw also is just one of four basketball coaches, men's or women's, in NCAA Division I history with over 900 wins, nine Final Fours, and multiple national championships. The prestigious list includes Pat Summitt, Tennessee; Geno Auriemma, UConn; and Mike Krzyzewski, Duke.

Coach McGraw's visit was a tribute to the local Notre Dame Alumni Club for its work in community service, education, and furthering the university's ideals. The Hilton Head Club recently was voted "Club of the Year" among alumni clubs with less than 100 members whose efforts are outstanding. *LL*



MEET AND GREET McGraw is shown with Mike and Sara Manesiotis at the Universal Notre Dame Celebration on June 11 at the Country Club of Hilton Head.

MORE ON MISS MUFFET

Name: Muffet McGraw
Title: Women's basketball coach
School: Notre Dame
Playing career: Saint Joseph's University (1974-1977), WBL's California Dreams (1979-1980)
Coaching career: Archbishop Carroll High School, Pennsylvania (1977-1979), Saint Joseph's University (1980-1982), Lehigh University (1982-1987), Notre Dame (1987-present)
Head coaching record: 923-274 (.771)
Top accomplishments: NCAA Tournament championships (2001, 2008), Associated Press Coach of the Year (2001, 2013, 2014, 2018), Naismith Coach of the Year (2001, 2013, 2014), WSBWA Coach of the Year (2001, 2013, 2014), WBCA Coach of the Year (2001, 2013, 2014), John Wooden Legends of Coaching Award (2017)



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"We're all thrilled to be a part of such an elite group of stores," said Co-Owner Rob Fyfe.

Winning stores were selected using scoring criteria including online ratings provided by consumers, a questionnaire completed by nominated stores, and sponsoring vendor feedback. Contest judges also executed a "secret shop" which analyzed the store's greeting, fitting process, sales associate knowledge, store appearance, store operations, purchase details, and the overall experience.



Palmetto Running Company's Rob and Christian Fyfe accepting the Best Running Stores in America Award in Tuscon, Arizona - May, 2019.

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Indigo Blue and Silver Dew artists of Daufuskie



©PAM TAYLOR



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©CAROLYN MALES



©CAROLYN MALES

DAUFUSKIE FINE ARTISTS CRAFT ISLAND HISTORY AND HERITAGE INTO EACH UNIQUE PIECE.

STORY BY CAROLYN MALES

Rhonda Davis holds out her hands. They are blue. Indigo blue, in fact. "This isn't as bad as usual," she says with a laugh.

Even if I hadn't been visiting the former Mary Fields School to write about its storied past, the name "Daufuskie Blues" painted on a sign out front of the old schoolhouse would have lured me in. Now stepping into the old classroom with its dye pots, cutting tools, and design implements, I find the dark blue-and-white scarves, shawls, and tees hanging along the blackboards and walls plus the napkins and tea towels imprinted with sand dollars, turtles, and other designs even more seductive.

Davis's blue palms, of course, are a product of the dying process. As she talks, she bends over a plastic tub, stirring a dyed piece of cotton with a wooden stick. Lifting it out, she holds up a bright green piece, not the expected blue. As it hits the air, however, it soon oxidizes into the awaited deep indigo.







©PAM TAYLOR

FEELING BLUE Top: Indigo chips used in the dying process at Daufuskie Blues. Above: A chunk of processed indigo representative of those used at indigo plantations in the past.

Later when the fabric dries, Davis and her business partner Leanne Coulter, will pull out the stitching used to crimp and bind the fabric to create the distinctive patterns. When they do, like magic, white sections emerge against dark.

As they work, the women explain the color's historic and spiritual connection to the island. They tell of Eliza Lucas Pinckney and other 18th-century planters who grew indigo along the South Carolina coast. And they talk of the enslaved West Indians who worked the big outdoor vats where they fermented batches of plants, beat them with oars, extracted, boiled, filtered, and then dried the organic mass, cutting them into cakes for the dying process. But the American Revolution would disrupt trade and in the aftermath Great Britain turned to India for its blue fix.

Planters would go on to replace indigo with cotton and other crops here but traces of its long ago "residence" remain. Today, the two fabric artists, who are part of the "slow fiber movement," use traditional processes and harvest the wild plants from all over the island to handcraft their dyes.



©MICHAEL NICASTRE

The deep hue, they explain, is associated with ritual and intuition. Looking down at her stained hands and up at their beautiful creations, Davis smiles. "It's a gift of the gods," she declares.





Silver Dew Pottery

When you buy a bowl, plate, pitcher or cup at the Silver Dew Pottery, you buy a piece of Daufuskie history. Potter Lancy Burn, who grew up on the island, comes from a family rooted in Daufuskie soil. Grandfather Papy Burn moved to the island in 1913 and served as keeper at the Bloody Point Lighthouse. Then in the mid-1950s, he opened the Silver Dew Winery. Both of Lancy's parents would have multi-hyphenated careers on the island. For starters, his father Lance served as US mail courier-game warden-roadwork supervisor and his mother Billie as postmaster-school bus driver-author.

Here Lancy grew up combing the beach for centuries-old Indian shards, along with colonial and civil war artifacts. He and his wife Emily opened the studio (named in honor of Papy's winery) in 1997 and today they incorporate those ancient designs, along with a sprinkle of black Daufuskie sand, into each unique hand-crafted piece.





©CAROLYN MALES

WHEEL MAN Potter Lancy Burn at the wheel in the Silver Dew studio. Right: A distinctive marking from an old shard that Burn found on Daufuskie will be used in crafting the piece.





©CAROLYN MALES



HAND CRAFTED Top left: A Native American shard inspires a design. Right: Pressing a pattern into a bowl. Left: Shaping the rim.





©CAROLYN MALES

ONE OF A KIND Each Silver Dew piece reflects the island's history and contains a sprinkle of Daufuskie beach sand.

On my visit today, I find Lancy sitting at his solar-powered potter's wheel, hands coated in clay, working on a bowl with a wavy-patterned rim. When asked about the pattern, he shows me a shard, which he estimates to be anywhere from 500 to 1,500 years old, that he's using for inspiration. Then he picks up a short stemmed cylindrical piece with what looks like a sailboat carved into an end that he presses it into to the wet clay, adding that distinctive mark to the design.

On the bottom of each piece, the Burns etch a motif—starfish, palmetto tree, lighthouse, crab, or whatever symbol they're using for each limited run. Their pottery, all lead-free, is then dated, numbered, and signed by both Burns. And, as a bonus, you might get to hear one of their fascinating Daufuskie stories in the deal. *LL*

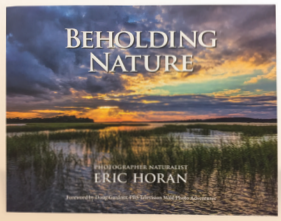


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Art inspired by nature

Artists often draw their inspiration from nature. Vincent Van Gogh saw nature and art as inseparably linked. In nature, he found inspiration, peace and solace.

"If I felt no love for nature and my work, then I would be unhappy," he said.

We reached out to local galleries and artists, asking for their best artwork inspired by nature. **Here are a few of our favorites.**



Spring Is Here by Morten Solberg (Red Piano Art Gallery)











Be Bright Be Happy Be You by Wendy McArthur (Camellia Art)
Moose and Egret I by Heather Lancaster (Camellia Art)
Prince Charming III and First Born by Louanne LaRoche (Camellia Art)



Marsh At Midnight by Sarah Mandell



Mooreland Village Landing by Sarah Mandell



Dunes And Seagrass by Sarah Mandell



Bluffton Afternoon by Sarah Mandell

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A day on the water

What: Long Cove Yacht Club's Boys & Girls Club outing
When it took place: June 17
Where: Long Cove Marina
Photographer: Vic Feigenbaum
Highlights: Members of the Long Cove Yacht Club treated the children from the Boys and Girls Club of Hilton Head to a boat outing and lunch on Daufuskie Island. The group departed from the Long Cove Marina on boats owned and captained by Long Cove Yacht Club members for a day of fun on the water. This year's boat outing was headed up by Debbe Steele, a longtime Long Cove Club resident. A good time was had by all!









Just add water

What: Beaufort Water Festival
When it took place: July 12-21
Where: Beaufort
Photographer: SK Signs & Designs
Highlights: The 64th annual event went off without a hitch, a tribute to the all-volunteer staff. From pre-festival sporting and leisure events to 10 days of national and local recording artists, the festival was enjoyed by thousands of patrons.







Nature at play

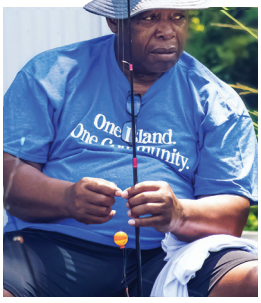
What: Wildlife images from Diana Jaffe
When it took place: July 6
Where: Hilton Head Island
Photographer: Diana Jaffe
Highlights: Local resident Diana Jaffe shared a few images she captured from a recent boating trip. She captured dolphins playing in Broad Creek and a wood stork just chilling in a secret spot Captain Jim from Island Explorer showed the group. "Always amazing in the Lowcountry," she said.



Community picnic

What: One Island. One Community. One Hilton Head.
When it took place: July 4
Where: Gumtree Road
Photographer: Picture This Photography
Highlights: Wet bounce houses, family fun, musical acts, food and fellowship made for another successful community picnic. The annual event was created by citizens of Hilton Head Island, determined to pull the community together as one. The free picnic was hosted by Central Oak Grove Missionary Baptist Church and Grace Community Church.







Tennis anyone?

What: Breakfast at Wimbledon
When it took place: June 29
Where: Belfair's Formal Garden
Photographer: Karen Robertson
Highlights: Tennis enthusiasts got a taste of Wimbledon at Belfair's Formal Garden, the site of the only grass courts in the Lowcountry. The 10th annual event included an a la carte breakfast featuring traditional Wimbledon fare and a complimentary tennis exhibition with local pros.





AUGUST calendar

August is the hottest time of the year so celebrate these hot dates with family and friends. Here are our top picks, along with days of national and international interest.

Cut this page out and stick it on your fridge!

THINGS TO DO NEARBY

Savannah
The Westin: Savannah's Gourmet Seafood and Spirits Festival (Aug. 1)
Coastal Empire Beer Co: Hops for Habitat (Aug. 24)
Savannah Civic Center: Georgia Bridal Show (Aug.18)

Charleston
North Charleston Coliseum: Kiss (Aug. 8)

Meminger Auditorium: Charleston Summer Wine Festival (Aug. 17)
Charleston Gaillard Center: Lowcountry Jazz Festival (Aug. 30-Sept. 1)
Omar Shrine Temple: Seafood Festival of Charleston (Aug. 10)

Columbia
Township Auditorium: Summer Groove Fest (Aug. 24)

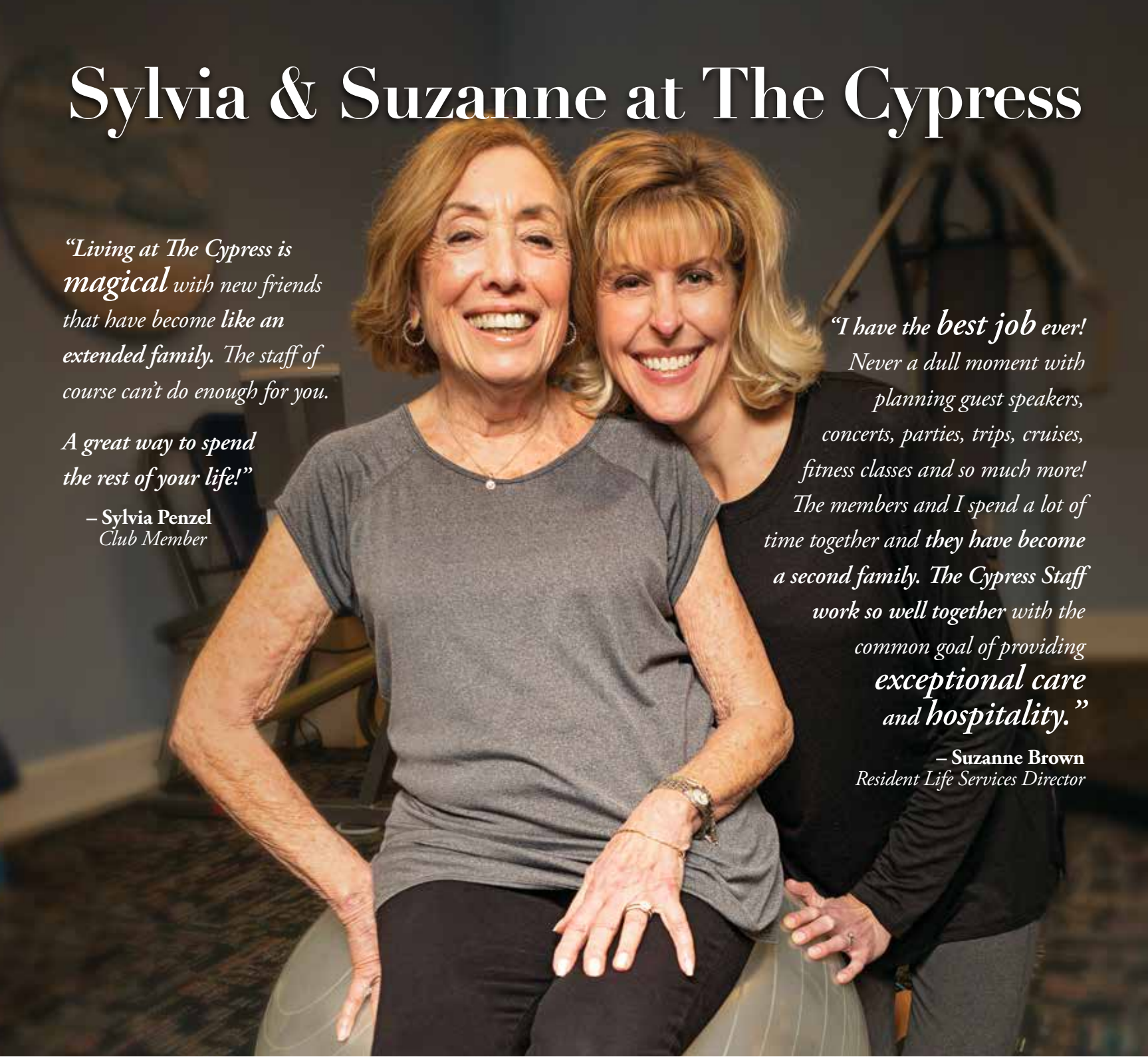
The Vista: Second Annual Taco Crawl (Aug. 24)
Riverbanks Zoo and Gardens: Brew at the Zoo (Aug. 2)

Jacksonville
Metropolitan Park: Jacksonville Caribbean Carnival (Aug. 10)
Sheraton Jacksonville: Bacon Fest (Aug. 9)
Daily's Place: Brad Paisley (Aug. 16)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 **The Roasting Room: *Spencer Elliott*** HHIJGA Par 3 Shootout **India Pale Ale Beer Day**	2 **Skull Creek Boathouse: *Brian Bazemore*** International Beer Day **Take a Penny, Leave a Penny Day**	3 **The Crazy Crab: *Hope Griffin*** Watermelon Day Sandcastle Day The Roasting Room: *The Currys*
4 **Marley's: *Taylor Kent*** Sister's Day **Chocolate Day**	5 **Poseidon: *Dueling Pianos & Ladies Night*** Psychic Day **Oyster Day**	6 Skull Creek Boathouse: *Souls Harbor* **Root Beer Float Day** Fresh Breath Day	7 **Lighthouse Day** Professional Speakers Day Marley's: *Dean St. Hillaire*	8 **Shelter Cove Movie Night in the Park: *Monsters Inc.*** International Cat Day The Roasting Room: *Sarah Shook and the Disarmers*	9 **Salty Dog Cafe: *DJ Crush Dance Party*** International Day of the World's Indigenous Peoples Poseidon: *The Spazmatics*	10 Middle Child Day Smores Day **Coastal Discovery Museum: *Sweetgrass Basket Class*** **Hip Hop Day**
11 **Presidential Joke Day** **Hip Hop Day** Skull Creek Boathouse: *Erica Franklin*	12 **World Elephant Day** The Jazz Corner: *The Martin Lesch Band* **International Youth Day**	13 **Comedy Magic Cabaret: *Harry-Kerry Show*** International Left Handers Day **Hilton Head Public Service District: *Master Gardener Training***	14 **The Jazz Corner: *Earl Williams*** The Roasting Room: *Tyrone Wells* **International Rose Day**	15 **Shelter Cove Movie Night in the Park: *Indiana Jones Raiders of the Lost Ark*** Arts Center of Coastal Carolina: *Rebel Rebel: A Tribute To David Bowie* National Best Friends Day	16 **Arts Center of Coastal Carolina: *Rebel Rebel: A Tribute To David Bowie*** Hilton Head Island Beach and Tennis Resort: '70s Dance Party featuring Deas Guys	17 **The Roasting Room: *Truett*** Thrift Shop Day **World Honeybee Day**
18 **Bad Poetry Day** Fajita Day USCB: *Hilton Head Cars and Coffee*	19 **Aviation Day** Ft. Mitchell: *Ft. Mitchell Civil War History Tour*	20 **Cupcake Day** National Radio Day National Lemonade Day	21 **Zion Chapel of Ease: *Haunted History Tales*** The Roasting Room: *Bobby Lee Magyarosi featuring Yannie Reynecke*	22 **Shelter Cove: *Carolina Dreamers Car Club Cruise-In*** National Eat a Peach Day National Be an Angel Day	23 **Captain Woody's: *La Bodega*** Buttered Corn Day Hug Your Sweetheart Day	24 **Tiki Hut: *OCD*** Can Opener Day **National Waffle Day**
25 **Jamaica Joes: *The Nice Guys*** National Banana Split Day National Whiskey Sour Day	26 **National Cherry Popsicle Day** **National Dog Day**	27 **Tarzan Day** Just Because Day **National Banana Lovers Day**	28 **Red Wine Day** Art League of Hilton Head Academy: *Quarterly Craft Night* **National Bow Tie Day**	29 **Chop Suey Day** The Roasting Room: *Malcolm Holcombe* Lemon Juice Day	30 **Freeport Marina *(Daufuskie)*: *Biscuit Miller and the Mix*** The Roasting Room: *The Contenders*	31 **Arts Center of Coastal Carolina: *Kenny Cetera's Chicago Experience*** Bluffton Oyster Factory Park: *Reggae Pon de River*

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Sylvia & Suzanne at The Cypress



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– Sylvia Penzel
Club Member

"I have the ***best job*** *ever! Never a dull moment with planning guest speakers, concerts, parties, trips, cruises, fitness classes and so much more! The members and I spend a lot of time together and* ***they have become a second family. The Cypress Staff work so well together*** *with the common goal of providing* ***exceptional care*** *and* ***hospitality.***"

– Suzanne Brown
Resident Life Services Director

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AUGUST happenings

Art showings, plays & performances









Come Fly with Me:
Photography by Melinda Welker

This special exhibit showcases the Lowcountry's majestic birds captured beautifully frozen in poses the average onlooker doesn't normally see. "Birds are beautiful, graceful and, sometimes, just down right funny," says photographer Melinda Welker, who studied at the Savannah College of Art and Design and whose work has been exhibited nationally. Meet the artist from 3 to 5 p.m. on Aug. 11. The event is free and open to the public.

COME FLY WITH ME
When: Opening reception 3-5 p.m. Aug. 11, exhibit runs Aug. 5-Sept. 1
Where: The Society of Bluffton Artists gallery
Details: sobagallery.com



Rebel, Rebel: A Tribute to David Bowie

Journey through the extraordinary life and electrifying music of David Bowie. This theatrical concert brings to life some of the greatest rock and roll songs ever written including "Changes," "Heroes," "Space Oddity," "Starman," and "Fame." Travel through space and time with the Starman!

DAVID BOWIE TRIBUTE
When: 8 p.m. Aug. 15-16
Details: www.artshhi.com or 843-842-ARTS



RUDOLPH BOSTIC'S CARDBOARD CHRONICLES

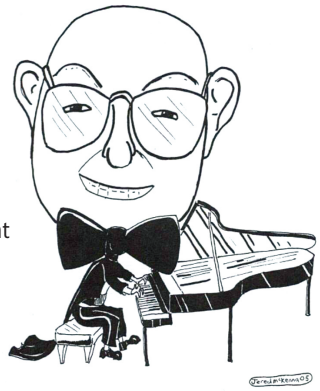
Savannah native Rudolph Bostic was recycling cardboard for his artwork long before it was a trend. His biblical works can now be found in the Smithsonian in Washington D.C., the American Folk Museum in New York, and the High Museum of Art in Atlanta. View them on exhibit at St. Luke's Gallery of Sacred Art until mid-December.

Summer Festival
at SoundWaves



Sunday Evenings: Through Sept. 1
HILTON HEAD LIVE!
SOUNDWAVES MUSICAL REVUE
Let the historic Savannah Theatre guys and gals entertain you with their high energy variety show specially customized for SoundWaves! Hit musical program varies each week. Family-friendly!
$35/person for table of two or four
$25 per ticket general theatre seating
Doors open 7:00 PM • Show at 7:30 PM

Tuesday Evenings: Through Aug. 27
REQUESTS ROULETTE! Pianist Michael Braz will take you through a romp of movie themes, jazz tunes, show tunes, and popular favorites. His musical frivolity will delight audiences of all ages. He may even choose your request for performance. Enjoy this night of good old-fashioned family-friendly-fun!
$20/person for table of two or four
$15/person for general theatre seating
Doors open 7:00 PM • Show at 7:30 PM





Wednesday Evenings: Through Aug. 28
ODD LOT The most fun you will have all summer! "Who's Line" meets Hilton Head Resort Life... Join this zany cast for a hysterical night of improv comedy - games built on outlandish topics - YOU choose! Family-friendly! Voted Savannah's best comedy show, 5–years running. $20/person for tables of two or four
$15 per ticket general seating
Doors open 7:00 PM • Show at 7:30 PM

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TUESDAY, OCT 1 & WEDNESDAY, OCT 2 AT 6PM

The first woman inducted into the Rock & Roll Hall of Fame, Aretha Franklin was an artist of passion, sophistication and command, whose recordings remain anthems that define soul.

Reserved Table Seating: $50/person (10 seats per table, only 20 tables will be sold each night!)
Lawn Seating: $25/person (bring your own chairs, blankets, and food for a great evening). Food trucks will be available for purchasing food and drink. This event will not be tented! All seating is Under the Stars.

For tickets go online at hhso.org or call 843-842-2055

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Art showings, plays & performances

Weekends at The Jazz Corner

Celebrating 20 years of jazz and acclaimed as one of the "Top 100 Jazz Rooms" in the world by Downbeat Magazine, the Jazz Room hosts the hottest acts in the area at The Village at Wexford.

WHO'S PLAYING

Doors open at 6 p.m. Concerts begin at 7:30 p.m.

1. The Billy Thornton Quartet
Aug. 2-3

+

2. Terry "Doc" Handy and Northside Jazz Ensemble, exploring Coltrane, Miles and Dizzy from a Latin Perspective
Aug. 9-10

+

3. The Ron Brendle Quartet Presents: A Tribute to The Great Bassists of Jazz
Aug. 16-17

+

4. The Eric Jones Trio featuring Cynthia Utterbach, Lady Legends
Aug.23-24

+

5. The John Brackett Quartet
Aug. 30-31

Details: www.thejazzcorner.com or 843-842-8620













Jerry Seinfeld

The Johnny Mercer Theater in Savannah hosts Jerry Seinfeld for a night of laughs. America's premier comic has been hailed for his ability to joke about the little things in life that audiences everywhere can relate to.

JERRY SEINFELD COMEDY
When: Sept. 5
Where: Johnny Mercer Theater, Savannah
Details: johnnymercer.theatresavannah.org



COMEDY MAGIC CABARET

Spend the evening in a cozy, candle-lit cabaret-style theater where "Funny, not Filthy" is the promise. Stand-up comedy, magic, variety shows and the Las Vegas game show "Bonk," earned the Comedy Magic Cabaret 5 star ratings and the title of "Number One for Nightlife" on Tripadvisor. Resident headliner Kerry Pollock shares the stage with national touring guest performers at this upscale comedy venue.
Details: comedymagiccabaret.com or 843-681-7757

KENNY CETERA'S CHICAGO EXPERIENCE

The premiere tribute to the music of Chicago, led by ***Kenny Cetera***, the younger brother of Chicago lead singer, Peter Cetera. A contributing vocalist on the album "Chicago 17," Kenny has an undying passion for songs such as "You're The Inspiration," "Stay The Night," and the other hits that made Chicago famous.

CHICAGO EXPERIENCE
When: 8 p.m., Aug. 30-Sept. 1
Details: www.artshhi.com or 843-842-ARTS





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CAPPY THE CLOWN
Now to Labor Day Weekend:
Monday - Friday, 6:00 - 9:00 p.m.
Face painting, sand art, glitter tattoos, balloon animals and more!

Other Tuesday Activities
Bouncy houses & train rides

Parrot Paloza SUNSET CELEBRATION

Featuring "Shannon Tanner & the Oyster Reefers" for a Jimmy Buffett Tribute Show

Thursdays: August 1, 8, 15 & 22. Plus two shows on Labor Day Weekend: Saturday, August 31 & Sunday, September 1



HARBOURFEST™

LOCATED MID-ISLAND, MILE MARKER 8, ACROSS THE ENTRANCE TO PALMETTO DUNES. *All events subject to change without notice. Weather permitting.

Summer programs at SoundWaves

Doors open at 7 p.m. Show at 7:30 p.m.





Requests Roulette!

Pianist Michael Braz will take you through a romp of movie themes, jazz tunes, show tunes and popular favorites. His musical frivolity will delight audiences of all ages. He may even choose your request for performance. Enjoy this night of good old-fashioned family friendly fun.
When: Tuesdays through Aug. 27
Details: hhso.org or 843-842-2055



Hilton Head Live! SoundWaves Musical Revue

Let the historic Savannah Theatre guys and gals entertain you with their high energy variety show specially customized for SoundWaves. The hit musical program varies each week and is family friendly.
When: Sundays through Sept. 1
Details: hhso.org or 843-842-2055



MUSIC FACTORY (no hard hats required!)

Through fun musical games and activities, children will learn how to recognize fundamental pitch sequences and patterns of rhythm. Using these simple building blocks, they will create their own musical compositions in a natural way that will tap their own individual creative genius. Under the tutelage of children's chorus master Guillermo Brazon, they also will explore their own sense of discovery and creativity with this new empowerment of musical expression. Dress comfortably, and bring your excitement for music. If you have your own musical instrument, feel free to bring it. The Music Factory will provide small instruments for participants.

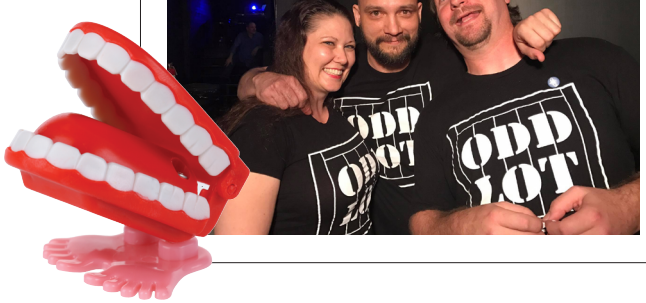
MONDAY: Scales. ABC. 123.
Use of colors and days of the week to experiment with order and sequence of musical notes. Describe or draw a literal visual image of the music you hear.

TUESDAY: Rhythm.
Parts and relativity. Left-Right-Left-March. Four quarters equal one dollar. A watermelon split down the middle is two halves. What about four quarter notes?

WEDNESDAY: Harmony, Polyrhythm.
Putting elements together. What happens when you have note scales and rhythms working together?

THURSDAY: Presentation.
Show your parents your new musical creation!

When: 10-11:30 a.m. through Aug. 29
Notes: Recommended ages 7-12, $50 per child for the week ($15 a day if not participating for the week)
Details: Call SoundWaves at 843-842-2055



Odd Lot

The most fun you will have all summer! "Who's Line" meets Hilton Head Resort Life. Join this zany cast for a hysterical night of improv comedy and games built on outlandish topics. Family friendly. Voted Savannah's best comedy show by Connect Savannah magazine for five years running.
When: Wednesdays through Aug. 28
Details: hhso.org or 843-842-2055

More summer fun

STARS Activities

STARS is an independent program in cooperation with Beaufort County Parks and Recreation. Staffed entirely by volunteers with established relationships with SOAR, the organization in Bluffton and Hilton Head that fosters the Special Olympics and other activities.



Basketball with coach John Glover and coach Greg Hogan
2-3:30 p.m. Aug. 7

Djembe drumming with Sam Jones
2-3:30 p.m. Aug. 21

Movie with popcorn. Bring a pillow and blanket to lay on floor.
2-3:30 p.m. Aug. 25

Details: starsbeaufortsc.com or 912-224-6970

Arts Center Theatre Camp

Campers will experience a mini-production and will not only be the cast, but will also be the production crew, learn how to understand and develop characters, create sets and props, and design costumes, then will perform for family and friends on Friday afternoon.

THEATRE CAMP

When: 9:30 a.m. - 3:30 p.m. Aug. 5-9
Notes: Tuition: $210 Ages 9-14
Details: www.artshhi.com

Fundraisers

Par Fore Kids Bluffton Golf Classic

Join the community and the Boys & Girls Club of Bluffton in support of local youth and after-school programs. Each year the tournament draws local golfers that spend a day of play that helps fund a safe place for young people. The tournament, one of the club's largest fundraising events, will begin at noon with a shamble format. The top three winning teams will also receive prizes. Bid on golf packages from local and national golf courses.

BLUFFTON KIDS GOLF CLASSIC

When: 12 p.m. Sept. 9
Where: May River Course at Palmetto Bluff
Details: bgcbluffton.org/golf or 843-757-2845





Share the Bounty for Second Helpings

Fight hunger locally by joining Second Helpings for their annual Share the Bounty event, a night of fine dining and fun with a chance to bid on silent auction items. Entertainment by The Jazz Corner Trio. This event sells out. Buy your tickets early.

SECOND HELPINGS

When: 6-9 p.m. Sept 26
Where: Champions Ballroom, Harbour Town Golf Links
Details: www.secondhelpingslc.org or 843-689-3689






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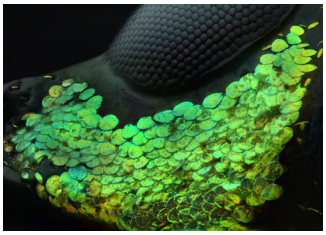
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Coastal Discovery Museum

Family Fun Day

Experience hands-on, educational programs and activities. Explore a replica shell ring, visit Hawk and Comet in the horse barn, meet all the local critters, delve into science, history, and much more. Museum volunteers and representatives from many other historical, cultural, and environmental groups will be on-site to share the wonders of the Lowcountry. No charge for admission. Proceeds from sales benefit Coastal Discovery Museum educational programs.
When: 10 a.m.-1 p.m., Aug. 13
Details: coastaldiscovery.org





Nikon Small World exhibits

The breath-taking winners of the annual competition unveil the microscopic beauty hidden from the naked eye. Now in its 44th year, Small World is widely regarded as the leading forum for recognizing the art, proficiency and photographic excellence involved in photomicrography. The submissions are evaluated on originality, informational content, technical proficiency, and visual impact.
When: Through Sept. 13
Details: coastaldiscovery.org

Art & Environment After Hours

When: 5-7 p.m. Thursdays
Notes: $15 per person, additional materials fee may apply, depending on the program
Details: coastaldiscovery.org



SEA TURTLE TIME *Aug. 1*
Sea turtles live an extraordinary life. Explore the amazing journey of Loggerhead Sea Turtles from egg to adulthood. Discover just how easy it is to help protect these fascinating sea creatures. You will not see live sea turtles but this is a hands-on, eye-opening, experience filled with unique educational materials to see, touch, and interact with. To decorate a wooden sea turtle cutout and make something beautiful out of materials that would otherwise be thrown away.

A DAY AT THE BEACH *Aug. 8*
Explore the beach, without actually going to the beach. Discover the wide variety of fascinating critters that you can find on the beach. Learn about what lives in those beautiful shells you find. Investigate the lives of beach visitors like sea turtles and horseshoe crabs. Discuss the importance of the beach habitat and how you can protect our local beaches. All participants will receive a picture frame to decorate with your own beach treasures. Bring your own beach treasures to use. Other decorating supplies will be provided by the Museum.

SHIBORI & INDIGO WORKSHOP *Aug. 15*
Learn some basic Shibori: Binding, blocking, and stitching techniques on fabric. A local artist and instructor, Stella Lee Anderson, will show you a few techniques and some examples of finished Shibori with indigo. Choose whatever method you like and then, dye your fabric in indigo. Participants may bring their own fabric or use some provided for you (tea towels, pillow cases, various fabric). Learn about the history of indigo and see it up close at the museum's Discovery Lab. $25 materials fee.

PLANTS AND PIGMENTS *Aug. 22*
Take a short walk around the beautiful Honey Horn property and find out about some interesting, dangerous, edible, and important plants that are native to the Lowcountry. Collect a few leaves and flowers and learn how to use them to dye fabric. Each participant will use plants to dye two tea towels to take home.

August happenings at Outside

Full Moon Kayak Tour

Aug. 15

See Hilton Head's natural waterways from a perspective that few get to experience – by the light of the full moon. The tour includes a professional guide, kayaking instruction, kayak, paddle and lifejacket rental. outsidehiltonhead.com



Fishing excursions

Join in for family fishing, shark fishing or a more serious fishing charter. Trips depart daily and include everything you'll need. In August, look to catch Spanish Mackarel, kings, sharks and cobia. outsidehiltonhead.com



Ultimate Lowcountry Day

A full day or half day completely custom designed for you. Choose from a diverse menu of fun options including but not limited to kayaking, private island exploration, dolphin watching, stand up paddleboarding, tubing, castnetting, fishing, crabbing, birding, beachcombing and historic tours. outsidehiltonhead.com



Keep the Broad Creek Clean Festival

Aug. 8

Free and open to the public. Great festival exhibitors and raffle prizes. Schedule: 3-5 p.m. Kayak Based Clean Up; 4-7 p.m. Festival at Neptune Statue showcasing interactive exhibits, eco-crafts and family fun; 4-5 p.m., live music by Jevon Daly; 7-9 p.m., live music by Shannon Tanner.





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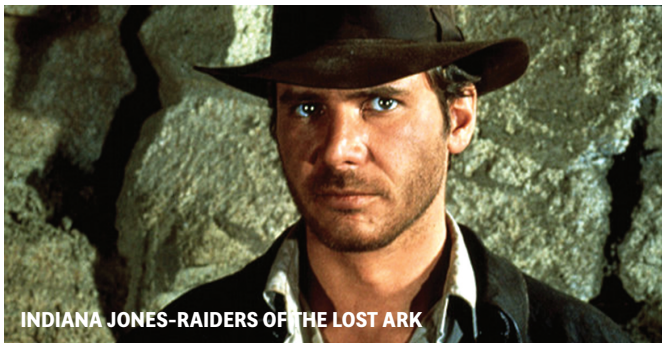
A few doors down from Home Goods!





VISIT LOWCOUNTRYLINENS.COM

Festivals and Fun



Shelter Cove Town Centre Movie Nights

Unfortunately there is no drive-in movie theater here on Hilton Head Island. These movie nights at Shelter Cove Community Park are the next best thing though. Bring lawn chairs, blankets and pillows and sit back and enjoy the movie. Free and open to the public. Family entertainment, pets welcome.

MOVIE NIGHTS

AUG. 1: The Parent Trap **AUG. 8:** Monsters, Inc.
AUG. 15: Indiana Jones-Raiders of the Lost Ark
When/Where: 9 p.m. at Shelter Cove Community Park (rain or shine)
Details: www.sheltercovetownecentre.com



Gregg Russell summer concerts

Over the years, Gregg Russell has become a Sea Pines classic. You'll find him under the famed Liberty Oak in Harbour Town entertaining adults and children alike. His concerts are not to be missed. Free.

When: 8-9:30 p.m., every Monday, Tuesday, Wednesday, Thursday and Friday through Aug. 23



Sunset Celebration Summer Concert Series

Those cool summer concerts at Shelter Cove Community Park are back. Free and open to the public. Pets welcome. Bring lawn chairs or blankets and enjoy the music and the breeze off Broad Creek.

SUMMER CONCERT SERIES

When/Where: 7-10 p.m., Fridays at Shelter Cove Park
Details: www.sheltercovetownecentre.com

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Harbourfest

Named a "Top 20 Event" by the Southeastern Tourism Society and a "Best of Southern Fests" by The South magazine, HarbourFest returns with music from the beloved Shannon Tanner, weekly Tuesday night fireworks and family friendly entertainment with Cappy the Clown.

Where: Shelter Cove Harbour & Marina
Details: sheltercoveharbourfest.com or Facebook

Looking forward

LOWCOUNTRY BOIL SUP RACE

Show your SUP skills at the First Annual Lowcountry Boil SUP Race at Hudson's Seafood House on the Dock. Proceeds benefit the Outside Foundation and the David M. Carmine Foundation.

When: 8 a.m. Sept. 7
Where: Hudson's Seafood House on the Dock
Details: facebook.com/Lowcountry-Boil-Paddle-Battle



A Celebration of Life Gala

Hosted by the Pregnancy Center & Clinic. The theme is"And the Beat Goes On," so put on your 60's-70's attire and join in an evening of dinner, dancing, silent and live auctions, raffle drawings and pictures in the photo booth.

When: 5:30 p.m., Sept. 7
Where: Moss Creek Country Club
Details: 843-689-2222

Portrait Connection event

Bluffton artists are creating enduring messages of compassion for families of children with serious medical conditions in the form of smiling portraits of the children they are working so hard to protect. On September 12th the families and artists will come together to present all of the portraits at a beautiful reveal event. The public is welcome to come out and support the local families and artists.

When: Sept. 12
Where: Belfair in Bluffton
Details: portraitconnection.org

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Come see who's waiting for you.

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www.hhhumane.org



1 in 5 Wellness Festival

Did you know 1 in 5 people can develop a mental illness in their lifetime? Celebrate wellness and create a healthier and more balanced lifestyle. Live music, food, raffles, activities and games for adults and kids, a "Bust the Stigma" Balloon Pop, yoga, and locally-based wellness resources.

WELLNESS FESTIVAL

When: 10 a.m.-2 p.m., Sept.14
Where: Shelter Cove Community Park
Details and More: namilowcountry.org

Marjory Wentworth, Poet Laureate

BO ART, the collaborative makers' space and gallery in the island's south end arts district, will host a reception for Marjory Wentworth, followed by a reading and talk. The Poet Laureate and environmentalist will have her books available for purchase and signing. A limited number of tickets will be available to join Wentworth for a dinner discussion at Trattoria Divina after the program.

When: 5 p.m., Oct.11
Where: Bo Art
Details: www.boarthhi.com or 843-256-8248



TURN TRASH INTO CASH WITH HOSPICE CARE OF THE LOWCOUNTRY

Thrift Store Flip is back! Support Hospice Care of the Lowcountry and have a blast unleashing your creativity on the thrift store item of your choosing. Then donate your creation to the silent auction and come to the party. A panel of judges will pick their favorite items and award cash prizes. Dance to music by Malcolm Horn and nosh provided by Calibogue Catering. All proceeds benefit programs of care offered by Hospice of the Lowcountry.

TRASH INTO CASH

When: 5:30-8 p.m., Nov. 7
Where: LOCAL Life offices in Main Street Village
Details: hospicecarelc.org

More online

The Palmetto Plant Eaters Club (Aug. 7)
Unsubscribe from Anxiety (Aug. 8)
Lowcountry Ladies Luncheon (Aug. 9)
Town of Bluffton Job Fair (Aug. 9)
Andrew Branning Gallery opening (Sept. 1)
Women's Association of Hilton Head Island luncheon (Sept. 24)
Lowcountry Speaker Series 2020 (Jan. 11-April 7)

REAL ESTATE marketplace

Looking to live in luxury? LOCAL Life is offering readers an exclusive passport to the most exquisite and unique real estate listings available in the Lowcountry. Here are four homes you are sure to love.

We feel these luxury properties — located in North Forest Beach, Sea Pines, Broad Pointe and Port Royal Plantation — are the epitome of opulence. We're calling this section the Real Estate Marketplace.

If you are looking to purchase an amazing Lowcountry home, these four properties should be at the top of your list.

Million dollar dream homes



46 Wilers Creek Way, Hilton Head Island
Weichert Realtors | Coastal Properties
Karen Ryan, *Agent*
843.422.1101
$1,475,000

Real Estate Marketplace



52 Hearthwood Drive, Sea Pines

Truly open concept with fantastic living, dining & kitchen space flowing to the screened porch overlooking a beautiful lagoon & private backyard oasis with large pool & spa. 1st floor master suite, all guest bedrooms with en suite bathrooms, the 5th bedroom is extra large bonus space. All upgraded finishes including lovely wood & stone flooring, granite counters, stainless appliances, sound system, a wall of built ins & wet bar flank the fireplace. Step inside & feel the peaceful nature of this special home. $1,499,000

Linda Frank 843.422.6230
www.wesellseapines.com

Sea Pines Real Estate SOUTH BEACH | CLARK, CRAMER & FRANK



4 Lark Street, Hilton Head Island

This 4 bedroom, 4 bath home has a private pool, and open floor plan. Large open kitchen with lots of storage opens to living room and dining room. Tray ceilings in dining room and vaulted ceilings in living room bring lots of light. Master bedroom on the first floor and additional guest room downstairs. Two more bedrooms upstairs all have private bathrooms. 4th row on a beautiful private street in North Forest beach. Beautiful free form private pool and numerous decks. $1,195,000

Karen Ryan 843.422.1101
www.WeichertCP.com

Weichert REALTORS | Coastal Properties | LUXURY PORTFOLIO INTERNATIONAL



46 Wilers Creek Way, Hilton Head Island

Fully furnished 5 bedroom, 5 bath, 5062 square foot home in the private community of Broad Pointe. 2-story soaring ceilings at entry and living room with beautiful grand staircase. Chef's kitchen opens to family room and incredible informal dining area with views to the water in every room. Living room has 2-story tray ceilings, gorgeous built-in cabinets, and a gas fireplace. Huge Master bedroom and 1 guest bedroom on the 1st floor. Enjoy your outdoor fireplace while overlooking the pool and fire pit. $1,475,000

Karen Ryan 843.422.1101
www.WeichertCP.com

Weichert REALTORS | Coastal Properties | LUXURY PORTFOLIO INTERNATIONAL



2nd Row Ocean, 6 Planters Row, Port Royal Plantation

Completely renovated & expanded in 2017, with all new plumbing, electric, HVAC, windows, appliances, fixtures, trim, paint, flooring, baths, cabinetry, roofing, hard coat stucco, enlarged composite back deck. 4 bedrooms+ den/office/flex room(5th BR), 5 full baths, all en suite, plus powder room. 3 Master Suites. Excellent location with direct beach path. Art Deco Square Top Double Entry Front Doors. Great room style architecture w/kitchen open to dining areas, family room, & living room. $1,555,000

David Carroll 843.384.8111
www.HiltonHeadHomeSource.com

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GREEN PARTY
Pictured, from left: Larry McFall, Patty Griffith, Ken Goss, Karen Beall, Gretchen Goss, Melissa Faught, Margaret Richardson, Leslie Richardson, Mark Griffith, Bob Hodde, Betsy Griffith, Scott Richardson and Forest Richardson.



MORE ONLINE
Find more photos from this porch party and more great **recipe ideas** online at LocalLifeSC.com.

Love is evergreen

Mark and Patty Griffith hosted a special green-themed porch party at their beautiful North Calibogue Cay home in Sea Pines. The color was selected to honor emerald, the birthstone of May. A spouse in each of the invited couples celebrates a May birthday. Everyone brought a dish to share for dinner, which was followed by birthday cake, of course.

"Our favorite thing about Hilton Head is definitely the people we have met and become friends with," Patty said.

Friends invited to this particular party included Price and Karen Beall, Melissa and Bob Faught, Ken and Gretchen Goss, Betsy and John Griffith, Hester and Bob Hodde, Bill and Cindy Lewis, Sara and Larry McFall, Leslie and JR Richardson, Margaret and Scott Richardson, and Forest Richardson.

Guests nibbled on bread and pickles, picked at an impressive charcuterie board and noshed on deviled eggs and more while sipping on special birthday cocktails created by Price Beall.

"Our porch has been used for many gatherings," Patty said. "We especially enjoy using it to watch sunsets."

The Griffiths, both from the Midwest, always knew they wanted to retire on Hilton Head Island. They spent 12 years in South Florida, moved to Atlanta and lived overseas in London for a couple of years. They purchased their first Hilton Head home in 2006, then their current North Calibogue Cay home in 2010. Two years of renovations included building their stunning porch, which features a beautiful fireplace and picturesque views of Broad Creek.

We close this special nature issue with the recipe for the tasty green cocktails that were served at the colorful porch party. Mix up a few and enjoy the view — one of the best you'll find on God's green Earth. *LL*

Price Beall's Birthday Happiness

INGREDIENTS

4 cucumber slices, 1/4" thick
*1 **mint sprig***
1/2 ounce elderflower cordial
1 1/2 ounces vodka
Sparkling water



DIRECTIONS

Muddle cucumber slices. Add mint, elderflower cordial and vodka. Top with sparkling water.



★ Waterfront Dining Overlooking Broad Creek ★

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