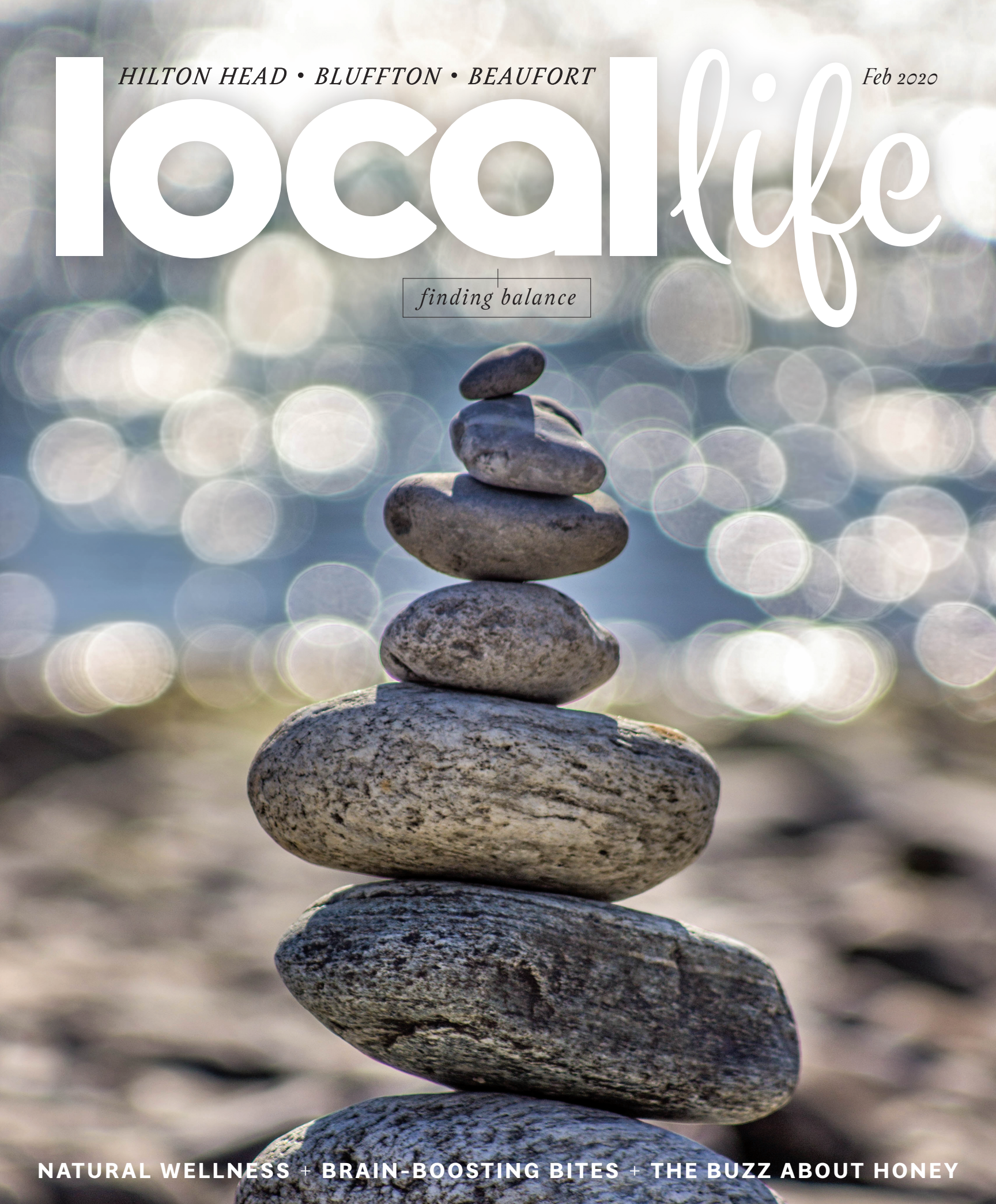
HILTON HEAD • BLUFFTON • BEAUFORT

Feb 2020

local life

finding balance



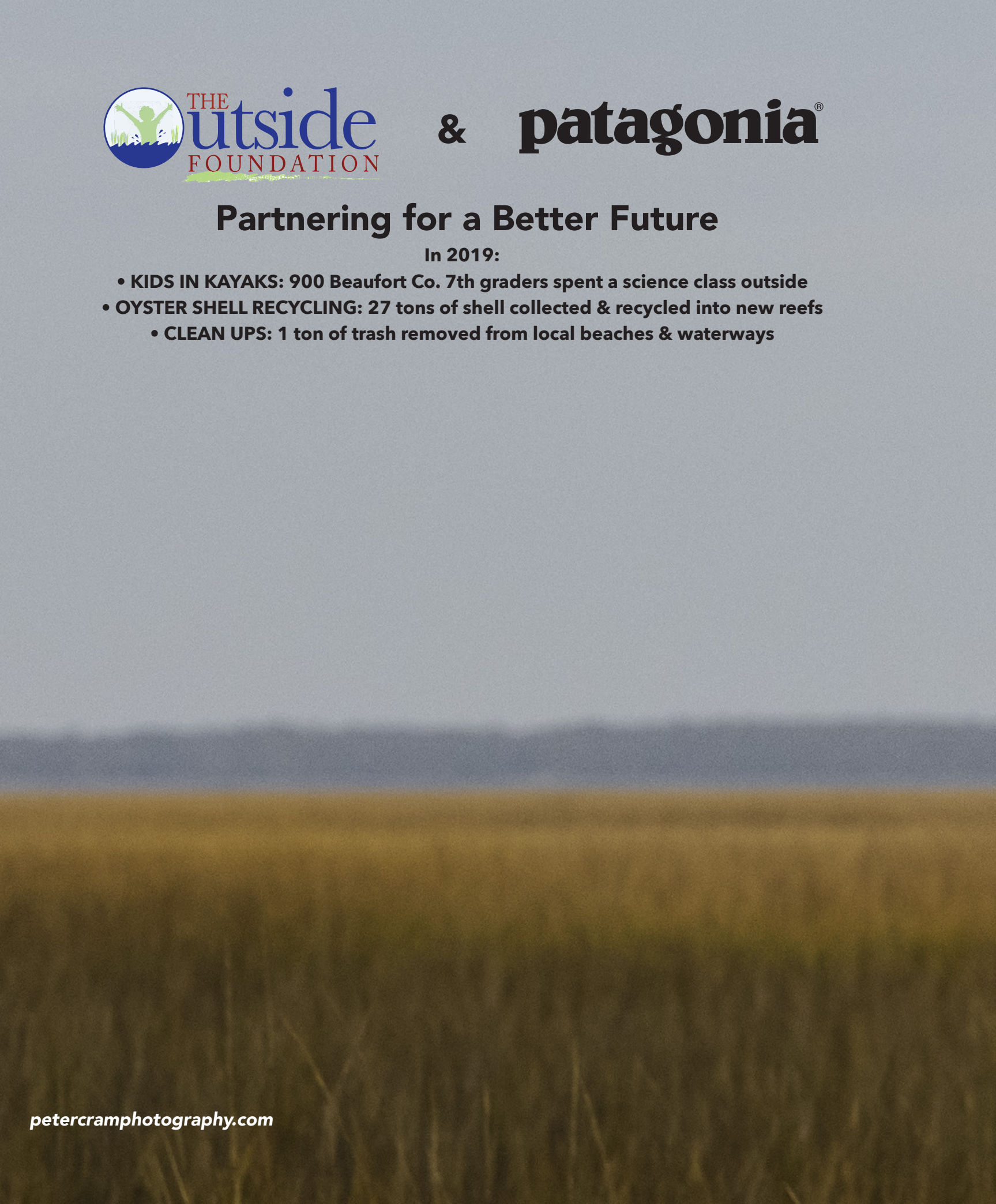
NATURAL WELLNESS + BRAIN-BOOSTING BITES + THE BUZZ ABOUT HONEY

THE outside FOUNDATION & patagonia®

Partnering for a Better Future

In 2019:

- **KIDS IN KAYAKS: 900 Beaufort Co. 7th graders spent a science class outside**
- **OYSTER SHELL RECYCLING: 27 tons of shell collected & recycled into new reefs**
- **CLEAN UPS: 1 ton of trash removed from local beaches & waterways**



petercramphotography.com


JOIN US FOR
The Raymond James
Coastal Wealth Management
PAGE ISLAND OYSTER ROAST
A Benefit for The Kids in Kayaks Scholarship Fund
BOAT CRUISE • LIVE MUSIC • LOCAL FARE
MARCH 1ST, 1-5pm
Tickets Available at outsidefoundation.org

1811
BELFAIR®

Living Our Best Life

in the heart of the Lowcountry

At Belfair, we believe there's no better time than now to create your fullest, most balanced life – and there's no shortage of opportunities to lead you there. With our Reinvented Sports & Lifestyle Campus, there's an abundance of activities the whole family can enjoy. From the social halls and bistro to connect with your neighbors, fitness classes and court sports to keep you active, friends that make it fun to reach your personal fitness goals and various wellness solutions for your mind and body, Belfair is the place to find your peak levels of health, connections, and happiness.









BELFAIR WILL REINVEST $20 MILLION DOLLARS INTO THE COMMUNITY OVER THE NEXT 10 YEARS.

Discovery Package

Includes a two night stay in one of our cottages, two rounds of golf on either of our Championship golf courses, dining at the 1811 Grille, access to our world-class Golf Learning Center and our Sports & Lifestyle Campus. *

Bluffton, SC • 843.757.0700 • Discover@Belfair1811.com

www.LifeAtBelfair.com

**Package subject to availability*

MAY RIVER SUNSETS



30 Minuteman Drive | Bluffton
$1,750,000

Nestled on the high Bluff that gives Bluffton its name, 30 Minuteman Drive is a short walk into Old Town Bluffton. With its own private and newly rebuilt dock, this property exudes what a riverfront lifestyle truly means. A short boat ride to Palmetto Bluff, historic Daufuskie Island, and Hilton Head Island; May River living with private dock access offers a world of exploration and dining experiences from your backyard and is a most coveted lifestyle. The home, built in 1996, has been lovingly maintained and offers an exceptional amount of square footage with river vistas from nearly every room.

There are over 20,000,000* million reasons to call Catherine Donaldson. She has been an agent with Celia Dunn Sotheby's for over a decade and her commitment to the brand is FIERCE. Call her today to discover why.

* total single-side transaction volume that Catherine Donaldson sold/contracted for 2019 (data taken from HHIMLS)



CATHERINE DONALDSON
Catherine.Donaldson@SothebysRealty.com
celiadunnsir.com
843.338.2069

Celia Dunn | Sotheby's INTERNATIONAL REALTY

49 Boundary Street
Bluffton, SC 29910 | 844-836-3900

Each office is independently owned and operated

Pristine 18-Hole Golf Course

Expansive Tennis Complex

Pickleball and Bocce

SEA PINES COUNTRY CLUB

Luxury Fitness Center

Gourmet dining and Events

Exceptional Service



Call (843) 671-2335 to explore our membership options.

www.seapinescountryclub.com



Biological Center for Dentistry

A NATURAL APPROACH

Aesthetic & Integrative Dentistry
Safe Mercury Amalgam Removal Technique
Reconstructive Dentistry & Smile Design
BPA Free Composite Fillings
Biological Implant Alternatives
Laser Dentistry
Biocompatible Materials
Mouth/Body Connection
Gut Health-Nutrition Counseling
Red Light & Ozone Therapy

EXPERIENCE THE DIFFERENCE OF BIOLOGIC DENTISTRY

DR. RICHARD F. PORCELLI

BIOLOGIC RESTORATIVE DENTIST
Founder of Biological Center for Dentistry

BIOLOGICAL CENTER FOR DENTISTRY
29 Plantation Park Drive, Suite 303
Bluffton, South Carolina 29910
843.593.8123
BiologicalCenterforDentistry.com

HILTON HEAD ISLAND | SAVANNAH

REJUVENATION DENTISTRY
New York City & East Hampton, NY
844.735.8863
rejuvdentist.com

NEW YORK CITY | EAST HAMPTON

The Back Door
Located in lovely Sea Pines Center



FRANK LYMAN DESIGN

The Shops at Sea Pines Center
71 Lighthouse Road #215
843.671.3677

Hilton Head's foremost and most fun fashion boutique.

BACKDOORHILTONHEAD

the team

WHAT IS YOUR FAVORITE NATURAL REMEDY?

"Yellow mustard for severe muscle cramps. One teaspoon does the trick." **- LORI**



"Ginger root for an upset stomach and overall health." **- LANCE**



"CBD oil. Enjoying the benefits of better sleep and decreased inflammation." **- JEREMY**



"Vitamin C from all sources à la Linus Pauling." **- CHARLES**



"A nutrient-dense smoothie filled with anything from greens to turmeric." **- ASHLAN**



"Coconut oil. It's one of the best fats for high-heat cooking, a great moisturizer, and the fatty acids can even help increase your metabolism." **- MELISSA**



"Sleep!" **- LISA**



"Arm & Hammer baking soda. Instant anti-acid and keeps teeth and gums clean. Terrific stuff!" **- BRUCE**



"Gargle with salt water for sore throat. Works instantly!" **- LEAH**



PUBLISHER
Lori Goodridge-Cribb *(Local since 1986)*
lori.goodridge@wearelocallife.com

EDITOR-IN-CHIEF
Lance Hanlin *(Local since 2007)*
lance.hanlin@wearelocallife.com

ART DIRECTOR / DESIGNER
Jeremy Swartz *(Local since 2003)*
jeremy.swartz@wearelocallife.com

DESIGNER
Charles Grace *(Local since 1997)*
charles.grace@wearelocallife.com

AUDIENCE & CONTENT DEVELOPMENT
Ashlan Saeger *(Local since 2016)*
ashlan.saeger@wearelocallife.com

ACCOUNT DIRECTOR
Melissa Page *(Local since 2015)*
melissa.page@wearelocallife.com

PHOTO EDITOR
Lisa Staff *(Local since 2003)*
lisa@lisastaffphoto.com

DISTRIBUTION & LIST STRATEGIST
Bruce Wolff *(Local since 2002)*
info@wearelocallife.com

SUBSCRIPTIONS & FINANCE
Leah Ortega (Local in spirit)
leah.ortega@wearelocallife.com

PHOTOGRAPHERS Photography by Anne + Arno Dimmling + Michael Hrizuk + Mike Ritterbeck + Lisa Staff W Photography + Lloyd Wainscott

WRITERS Lisa Allen + Collins Doughtie + Becca Edwards + Denise Friday + David Gignilliat + Eddy Hoyle Emily Johnson + Barry Kaufman + Carolyn Males + Karen Moraghan + Roberto Rodriguez + Michele Roldán-Shaw Dean Rowland + Emily Stine + David Warren

CONTRIBUTORS Roxanne Gilleland + Brooks Golba + Brigitte Haynes Kevin Horton + Rhett Jerrum + Serena Pitt + Jean Meaney Wheatly

locallife
800 Main Street
Hilton Head Island, SC, 29926
843-802-2258 + **LocalLifeSC.com**

VOL. 4, NO. 2

LOCAL Life is published monthly by Momentum Media Group, Inc. All contents are copyrighted by Momentum Media Group, Inc. All rights reserved. Nothing may be reprinted in whole or in part without written permission from the publisher. For back issues or advertising information, call 843-802-2258. Publisher is not responsible for claims and contents of advertisements. Product submissions should be mailed. *LOCAL Life* is not required to use your submission in any manner and whether anything from your submission is included in our magazine is in our sole discretion.

momentum MEDIA GROUP
CRMA PROUD MEMBERS OF THE CITY AND REGIONAL MAGAZINE ASSOCIATION
CIRCULATION VERIFICATION COUNCIL



HILTON HEAD ISLAND
SEAFOOD FESTIVAL

Feb. 24–Mar. 1, 2020

CELEBRATING SOUTHERN HERITAGE
AND CULTURE WITH FOOD + DRINK

HILTONHEADSEAFOODFESTIVAL.COM

OMNI RESORTS hilton head · HILTON HEAD ISLAND South Carolina · SAVANNAH HILTON HEAD INTERNATIONAL · South Carolina Just right.

All proceeds benefit the nonprofit 501(c)(3) David M. Carmines Memorial Foundation

Feb features



Natural wellness

Mind, body and spirit are not separate, but exist as one continuum. This special winter issue examines all aspects of achieving better health, naturally, in harmony with our beautiful surroundings.

THE SUPER BOWL A bowl of fresh fruits can be a refreshing addition to your daily meals. They are full of fiber and antioxidants and supply you the essential micro-nutrients that your body needs. Find many superfood recipes from local restaurants and chefs on ***page 110***.

22
Read all about it
Books to help you be your healthiest, naturally

48
ABCs of CBD
Is the hemp plant derivative snake oil or a legit remedy?

60
All is well
How wellness is affecting all aspects of our lives

62
Energy healing
Re-energize and rejuvenate with the power of Reiki

64
Build a smart gym
Hot technology to get you in the best shape of your life

78
Clean green
Make your own all-natural and eco-friendly products

80
Food for thought
Grow your own avocados and blueberries

110
Super recipes
Superfood dishes from local chefs and restaurants

Ben Ham Gallery



Inspired by Nature

Captured on Film





Ben Ham Galleries

210 Bluffton Road
Old Town Bluffton, SC
843.815.6200

416 King Street
Charleston, SC
843.410.1495

www.benhamimages.com

Feb contents

12
Publisher
While everyone's path to good health is a little different, we can all agree it takes a combination of diet and exercise. Lowcountry residents are blessed in both regards.

14
Contributors
Meet the locals behind this issue

16
Links
Special video and bonus content you can find online at locallifesc.com

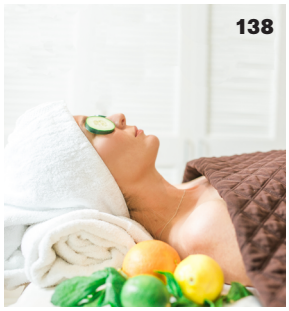


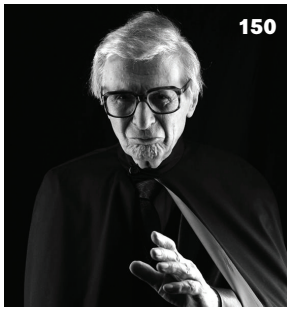
66
May River remix
A local family teamed up with local experts to transform their Mount Pelia Road home into a Lowcountry masterpiece.











18
Blend
Tranquil outdoor trails and fitness pavilions

25
Mensa Quiz
Challenge your brain with a new set of questions

42
Celebrity
Big Brother lovers are enjoying their island life

46
Business
Tips and advice from a proven business leader

52
Wellness
Look and feel better with natural health hacks

82
Style
Outfit ideas that marry wellness and fashion

92
Eats
Best defense for your brain? Your stomach

114
Libations
The story behind the Whiskey Room's signature cocktail

116
Outdoors
Discover a secret spot off the beaten path

126
Sports
Dynamic warm-ups perfect for pickle ball and tennis

134
Culture
Artist creates great images with the phone in his pocket

138
Destinations
Luxurious spas within a day's drive

142
Scene
Photos of parties and events happening around town

148
Happenings
The Amazing Kreskin is coming to the Arts Center

160
Parting shot
Photographer Rebecca Bass shares a stunning photo

STEPHEN SCOTT YOUNG



Stephen Scott Young *Tomato Lady* 29.75” x 22” Watercolor

Celebrating 50 Years of Fine Art in the Lowcountry.

THE RED PIANO ART GALLERY

The Red Piano Art Gallery

40 Calhoun Street • Suite 201 • Old Town Bluffton

843.842.4433 • redpianoartgallery.com

Find good health naturally

People are living healthier and happier than ever here in the Lowcountry. Are you?



© LISA STAFF

CYCLEPATH Publisher Lori Goodridge-Cribb is still having a wheelie good time with her Christmas present.

I grew up the daughter of a cardiologist who believed in a whole body approach to health. He was always active — constantly running, lifting, riding or doing some other form of exercise. It fortunately rubbed off on his kids, and I'm so grateful for it. I eat healthy and enjoy working out regularly (Pilates with Esmeralda and on my fancy new Peloton bike). It makes me feel better; physically and mentally.

While everyone's path to good health is a little different, I think we can all agree it takes a combination of diet and exercise. Lowcountry residents are blessed in both regards. We have access to the freshest organic foods, with regular farmers markets. We also have a great selection of grocery stores and restaurants that serve delicious and nutritious fare.

Thanks to our sub-tropical climate, we can get outside to exercise all months of the year. We also are blessed to have an abundance of workout and wellness options, from yoga studios to medical spas.

Wellness is certainly not an afterthought here, and that's what this February issue is all about: Living happy and healthy in harmony with our beautiful surroundings.

We reached out to several local experts who offer tips and advice to help you achieve your wellness goals.

Learn of natural remedies. Work out at the best outdoor fitness pavilions. Discover the most beautiful hiking and biking trails. Read essential literature to help you be your healthiest.

Create your own chemical-free cleaning products. Grow healthier vegetables in your garden. Cook restaurant-quality meals with healthier ingredients. Re-energize and rejuvenate with the power of Reiki.

"It is health that is real wealth and not pieces of gold and silver."

- MAHATMA GANDHI

Want to get away? Pack your bags for the ultimate wellness road trip. The Southeast Vipassana Center and several over-the-top spas you might not be aware of are just a short drive away!

Another highlight of this issue is a fun Q&A with new Hilton Head Island residents Tyler Crispen and Angela Rummans of Big Brother fame. The article was written by two of our interns, who were big fans of the show before moving here. Actually, one of the interns helped convince the other to move here by saying, "We may end up hanging out with Tyler and Angela at the beach."

Those words were prophetic. Shortly after the interns moved here, the famous couple bought a house on Hilton Head, and the two arranged for an interview (at the beach, of course). Be sure to check it out on page 44, then go to our website to watch their awesome behind-the-scenes video with the famous couple.

Tangela (what youngsters call the couple) both go on and on about how much they love it here, and how much better it is here than in California. Of course, we didn't need them to tell us that. We already knew. Have a wonderful February!

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



Grapefruit Green Smoothie

Thanks to the mild winter, my ***grapefruit tree*** just keeps on giving! This recipe is one of my favorite ways to use them.

INGREDIENTS (serves 2)

1 medium grapefruit, peeled
1 large sweet apple, cored, peeled
2 cups spinach
1 large ripe banana
2-3 ice cubes
1/2 cup unsweetened almond milk
1/2 teaspoon ginger, chopped

DIRECTIONS [1] Add all ingredients to a blender and blend until creamy and smooth. **[2]** Add more liquid if too thick, ice to thicken, and banana or apple to sweeten.



TAKE IT TO THE BANK Have you seen the LOCAL Life Jeep around town? This month, we rolled up next to ***Elizabeth Cutshall*** and ***Gary Bezilla*** of Wells Fargo. Be sure to follow @LocalLifeSC on Instagram to see all of the ***#LocalswithaJeep***


BWA
Quality appliances for every home since 1972
ELEVATE EVERYTHING™
MONOGRAM
Twice the culinary delight
Available at both BWA Showrooms
BILLY WOOD APPLIANCE
1223 May River Road
Bluffton, SC 29910
843.707.2332
Now Two
Convenient
Showroom
Locations
6 Marshland Road
Hilton Head Island, SC 29926
843.681.8441
Showroom Hours: M-F 8AM-5PM. Saturday by Appointment
www.billywoodappliance.com

EXPERIENCE MATTERS.
WE GET RESULTS.



Carmen A. Traywick, MD • Frederick G. Weniger, MD, FACS

As your premier medical spa in the Lowcountry, we make it possible to have and maintain a more youthful appearance with the use of clinical procedures and spa treatments.

BOTOX / DYSPORT
DERMAL FILLERS
COOLSCULPTING
LASER TREATMENTS
SKIN CARE

Join us for Lumen Skin Care Celebration Week!

Our medical grade skin care line Lumen will be **29% off** online and in office from February 2nd until February 8th!

To shop online, please visit lumenskincare.com and use code **Lumen29**.

NOW OPEN!
Shelter Cove Towne Centre

350 FORDING ISLAND ROAD
SUITE 101 | BLUFFTON, SC

24 SHELTER COVE LANE
SUITE 50 | HHI, SC

843.781.6672 | LUXHHI.COM

LUX
A MEDICAL SPA

LUX, LLC is owned by Carmen A. Traywick, MD of May River Dermatology and Frederick G. Weniger, MD, FACS of Weniger Plastic Surgery.

contributors

MEET OUR WRITERS + PHOTOGRAPHERS + PEOPLE BEHIND THE SCENES



Savannah Scott

SERG Events Marketing Manager

FOR THIS ISSUE: Took photos of chef Chris Carge's bronzed salmon over ancient grains dish. **HOMETOWN:** Carthage, Missouri **CURRENT HOME:** Marsh Point, Hilton Head Island **LOCAL SINCE:** 2012 **HOBBIES:** Ballroom dancing, rescuing dogs and photography. **WHAT HEALTHY FOODS DO YOU ENJOY THE MOST?** Tofu noodles, kimchi and avocados. **WHAT HEALTHY FOODS DO YOU ENJOY THE LEAST?** Eggplant **FAVORITE WORKOUT:** Walking my three rescued pit bulls (that's a full time job, LOL). **WHAT DO YOU REALLY WANT FOR VALENTINE'S DAY?:** To spend time with my fiancé, Ramey Underwood, and drink delicious wine. **WHAT DO YOU LOVE MOST ABOUT FEBRUARY?** The weather is perfect and the island is quiet.

Karen Moraghan

Contributing writer
(also known as the PR Czar in her day job)

OTHER CREDS: Owner, Hunter Public Relations • Special Events (boutique, bi-coastal firm since 1990) **FOR THIS ISSUE:** Wrote about luxurious spas within a day's drive. **HOMETOWN:** Perth Amboy, N.J. **CURRENT HOME:** Moss Creek **LOCAL SINCE:** 2005 part time and since 2014, full time **HOBBIES:** Gardening, travel (200 days each year!), reading, decorating **WHAT HEALTHY FOODS DO YOU ENJOY THE MOST?** Pretzels – one of the four food groups. **WHAT HEALTHY FOODS DO YOU ENJOY THE LEAST?** Barbie cabbages (aka Brussels sprouts) **DO YOU WORK OUT?** Six days a week, with one day for recovery. Gym, bike, walk, yoga — all part of the regimen and eternal quest to fend off gravity. **WHAT DO YOU REALLY WANT FOR VALENTINE'S DAY?** You can't print it. **WHAT DO YOU LOVE MOST ABOUT FEBRUARY?** No more shoveling now that I live here.





Rhett Jerrum *Intern*

OTHER CREDS: Recent graduate from Georgia College & State University with a bachelor's degree in Mass Communication. **FOR THIS ISSUE:** Contributing writer and designer **HOMETOWN:** Marietta, Ga. **CURRENT HOME:** Hilton Head Plantation **LOCAL SINCE:** 2020 **HOBBIES:** Not to age myself, but I really enjoy watching makeup tutorials on YouTube. I love to stay up to date with the best products and techniques just for my own personal and very amateur endeavors. **WHAT HEALTHY FOODS DO YOU ENJOY THE MOST?** In the wise words of Popeye the Sailor, "I'm strong to the finish 'cause I eats me spinach." **WHAT HEALTHY FOODS DO YOU ENJOY THE LEAST?** I am not the biggest seafood fan. I probably shouldn't admit to that as I am officially a Hilton Head resident; I will have to broaden my taste-bud horizons now that I live on the coast. **WHAT DO YOU REALLY WANT FOR VALENTINE'S DAY?** A new iPhone. If you're reading this, tell my parents! **WHAT DO YOU LOVE MOST ABOUT FEBRUARY?** At the risk of sounding tacky, my birthday is what I love most about February. Normal people only celebrate on their actual birthday, but I happen to celebrate my "birth-month." And so, the entire 27 days leading up to my birthday is one huge celebration ... in a "party of one" kind of way.





HIGH-TECH HEALTHCARE IS ABOUT TO GET REAL.

Improved Access. Advanced Medical Services. Coming Spring 2020.

When St. Joseph's/Candler's Bluffton Campus at Buckwalter Place opens in a few months, you and other residents of the South Carolina Low Country will have **improved access** to a vast array of high-tech medical services, advanced procedures and space-age technology that previously required travel to multiple facilities and other inconveniences. Additionally, our new campus will feature professional Guest Service Agents to provide an unparalleled level of concierge service.

Phase One of St. Joseph's/Candler's new Bluffton Campus, which will open this spring, will focus on oncology services featuring:

- Radiation Oncology
- Medical Oncology
- Infusion Services
- Pet CT
- Visiting physician specialists
- Dietary /nutritional services
- Social workers
- Patient Navigators
- Financial Navigators

Phase Two will include:

- Primary Care Services
- Imaging Services
- Expansion of specialty clinic services
- Enhancement of other SJ/C services currently located in the Bluffton Community
- Additional new outpatient services in order to continue growing with the Bluffton community

It's just another example of St. Joseph's /Candler's continuing commitment to you and other residents of the Low Country: Smart Medicine—right in your own backyard.

For more information on our new Bluffton Campus, please visit us online at **sjchs.org.**

St. Joseph's/Candler
Bluffton Campus

MAKE YOUR WORLD BEAUTIFUL.



JV

JULIE VOS

Pretty Papers and gifts

THE VILLAGE AT WEXFORD,
HILTON HEAD ISLAND
843.341.5116

WWW.PRETTYPAPERSHHI.COM

links

LOCALLIFESC.COM + BONUS CONTENT + DIGITAL OFFERINGS

Last month's top performers



MOST PINNED *Hinckley Talaria 55 MKII*



MOST LIKED
O Tannenbaum!



MOST POPULAR
Eric Horan

ONLINE EXCLUSIVE

Celebrate our living history

View the latest efforts from artist **Sonja Griffin Evans** and learn the inspiration behind her work online at LocalLifeSC.com. Born and raised in Beaufort, Evans has an uncanny ability to capture the beauty, spirituality and purest representations of Gullah Sea Island and African American culture.





Celebrate all things Gullah during this month's ***24th Gullah Celebration***.
gullahcelebration.com



Sign up for LOCAL Life newsletters

Want more LOCAL Life? Have our three newsletters delivered to your inbox each month.

- ***The Nest*** *Home trends and tips*
- ***The Dish*** *Best local bites for the weekend*
- ***The Buzz*** *LOCAL Life's latest must-reads*

About the Cover

For some, the process of ***stacking stones*** is meditative. Finding the perfect connection to each unaltered stone's center of gravity raises present-moment awareness. Even the act of choosing the stones heightens mindfulness. The stack of stones (aka cairn) on the cover was captured by photographer **Deniz Altindas**. Find more of his work on Instagram, @omeganova.





Cover of the year

Forty seven percent of readers who voted in our online "Cover of the Year" poll selected the February 2018 issue, which featured artist Sonja Griffin Evans' artwork **Da Gullah Rose**.



KPM flooring

STONE ○ TILE ○ AREA RUGS ○ WOOD ○ CARPET

35 MAIN STREET, SUITE 110 ○ HILTON HEAD, SC 29926 ○ (843) 342-4955

WWW.KPMFLOORING.COM

local blend

WORD ON THE STREET + COMMUNITY TIDBITS + FAST FACTS + LOCAL LANDMARKS



Happy trails for you

STAY MENTALLY AND PHYSICALLY FIT IN 2020 BY USING THESE TRANQUIL OUTDOOR TRAILS AND FITNESS PAVILIONS.

If you're looking to enhance your mood, save money and avoid the time and trouble of getting to the gym, look no further than the great outdoors. Take advantage of this mild winter by getting your sweat on with Mother Nature while enjoying the beautiful scenery at one of these parks, trails and fitness pavilions.



Rattle on

DIAMONDBACK RATTLESNAKE TRAIL

This 2.3-mile trail on Hunting Island is a moderately easy hike or a moderate mountain bike ride with a few challenging spots along the way. The trail is a unique mixture of sand, roots and crushed oyster shells. If the Rattlesnake is a little too intense, Hunting Island offers eight other trails of varying length and difficulty. **Get there:** 1775 Sea Island Pkwy., Hunting Island





Buck up

BUCKWALTER PLACE GREENWAY TRAIL

This pedestrian nature trail is 1.35 miles long and surrounds the Buckwalter Place mixed-use development. The first two sections of the trail are designed to be ADA accessible. The trail is located in a well-maintained wetlands buffer. Some of the features that can be seen along the trail include bottomland hardwood forests, wetland streams and a man-made lagoon. **Get there:** 101 Buckwalter Place Blvd, Bluffton



Off the rails

SPANISH MOSS TRAIL

Built on a old railroad track, this 10-mile greenway in northern Beaufort County has become a must-experience activity for active residents and visitors alike. The trail is 12 feet wide and paved, offering spectacular water and marsh views, coastal wildlife viewing and historic points of interest as it meanders through Spanish moss-draped neighborhoods. **Get there:** Clarendon Road/U.S. 21 in Burton; Ribaut Road/U.S. 21 in Port Royal



Creek out **JARVIS CREEK FITNESS TRAIL**

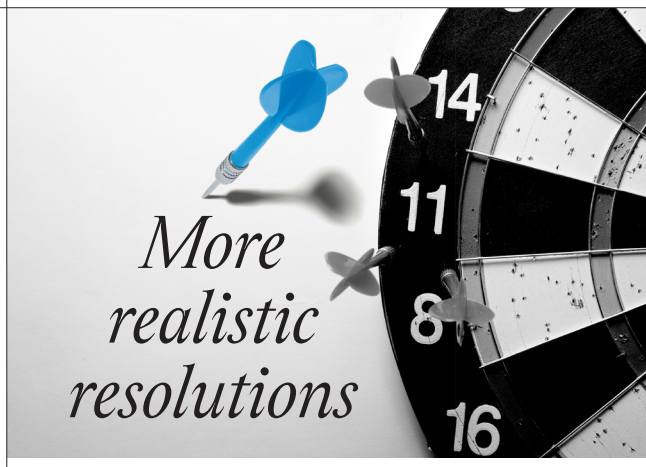
Short of an actual gym, you won't find a better workout spot on Hilton Head Island. Drop your kids off at the playground while you exercise on the 10 pieces of cross training equipment set up at stations along the mile-long looping trail around the picturesque lake. Highlights include a sit-up bench, a pull-up bar and parallel bars. **Get there:** 70 Jarvis Park Road, Hilton Head Island



And the Oscar goes to...

OSCAR FRAZIER FITNESS TRAIL

This is the best free outdoor workout you will find in Bluffton. It offers the same equipment as Jarvis Creek and is free and open to the public during park hours. Both projects were part of the PRO Wellness Project, an initiative of the Hilton Head-Bluffton Chamber of Commerce's 2014 Leadership Class. **Get there:** 10 Recreation Ct., Bluffton



More realistic resolutions

So you already blew your 2020 resolution? *That was quick! Maybe you should lower your expectations a bit with one of these more attainable goals. You can do it!*

STOP DOING THIS...

Taking breaks from your computer to view the same content on your phone.



Using your cat as an excuse for a life partner.



Convincing yourself death is near by Googling your symptoms.

Picking up food at a restaurant on your way home from the grocery store.

Typing "lol" after every sentence. lol.

~~2019~~ 2020

Writing 2019 on everything.

START DOING THIS...



Remembering the directions on boxes of food, so you don't have to dig the box out of the trash later.



Going at least three days without losing your phone.

Being more patient. Accomplish this as fast as possible!

Unloading your car in more than one trip, so you don't have to carry stuff with your teeth.



Actually reading the book you just had to bring along.

hot tech

Cool products and accessories to help enhance your local life.



ICEWATER 3-IN-1 SMART WATER BOTTLE

Drink smart! This water bottle glows every hour to remind you to take a sip, includes a Bluetooth speaker and even has a dancing lights mode. *Available on Amazon. $20.*



ZEPP GOLF 2 KIT

Quit puttering around and get this tool, which helps coach you toward a better golf swing. It comes with a Zepp 2 Sensor, golf mount, USB charger and works with a free mobile app. *Available at Zepp.com. $150.*



THE BARTESIAN PREMIUM COCKTAIL MACHINE

Create cocktails in seconds. Simply insert a capsule, select your cocktail strength and the Bartesian will create your custom cocktail. *Available at Bartesian.com, $350.*



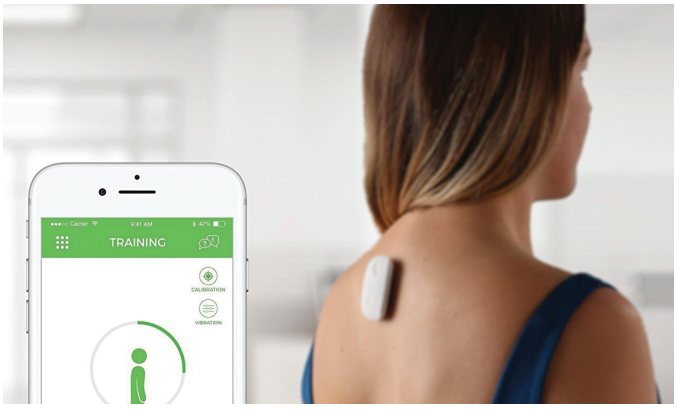
STYLUS TOUCH SCREEN PEN

This 10-piece set includes universal touch screen pens to make using any smart screen simple. *Available at Walmart. $5.19.*



MOTIV RING

Once you put this smart ring on, you'll never want to take it off. Small, strong and waterproof, this smart technology is the perfect addition to your wardrobe. *Available at Best Buy. $200.*



THE UPRIGHT GO POSTURE TRAINER GADGET

Never slouch again. Place the Upright Go on your upper back and either track it on the app or set it in training mode to receive a light buzz when you slouch. *Available at uprightpose.com. $120.*



ZADRO LUXURY TOWEL WARMER

Bring the spa to you. This luxury towel warmer includes four timer settings and an auto shut-off feature to ensure it is safe and effective. *Available at Bed Bath & Beyond. $140.*



THE PIX DIGITAL CUSTOMIZABLE BACKPACK

Get your kid the coolest gift ever. This backpack has a built-in LED screen and is able to display a variety of images with different colors, animations and even games. *Available at Walmart. $259.*



BOSE FRAMES

Pick a classic sunglass frame with a built-in Bose speaker to create an immersive listening experience. *Available at Bose.com. $199.95.*



AIRPODS PRO

First class headphones. The new and improved AirPods with sound cancellation offer customizable fit. *Available at Apple.com. $249.*



Xtreme Gamers

Need Xtreme Internet Speed.

Hargray Internet Plans
starting at
$50.00 MO.
for 1 year

Say goodbye to annoying lags and hello to real speed **- up to 1000 Mbps available** - the fastest in town. Perfect for today's most-advanced TVs, tablets and gaming systems.

Switch today!

Call 843.686.5262 | hargray.com

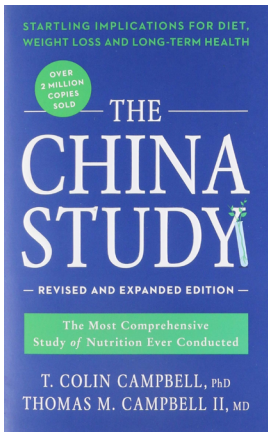
HARGRAY

Limited time offer. Promotion is for new customers only, adding Hargray services for the first time. Promotion of Internet plans starting at $50 per month is good for the first year. Additional Hargray services are allowed for additional monthly cost per service. Promotional offer cannot be combined with any other promotional offers or Hargray Rewards. Advertised price does not include equipment fees, taxes, surcharges or any other regulatory or governmental charges. "Fastest Internet" claim is based on the download and upload speeds of Hargray's 1000 Mbps tier compared to the download and upload speeds of the fastest Internet tier offered by competitors as of December 19, 2019. Broadband speeds may not be available in all areas, are not guaranteed, are subject to a number of factors and are measured via direct connection (not via Wi-Fi). ©2020, Hargray Communications Group, Inc.; logos are registered trademarks and as such, protected property of their respective companies; all rights reserved.

Books that inspire

Stories that will help you be your healthiest, naturally, in the new year

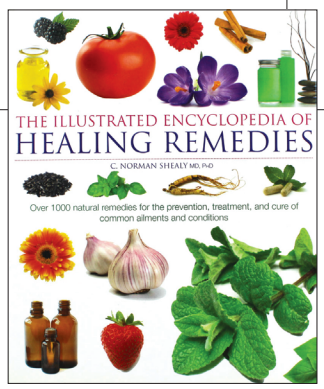
SELECTIONS BY DENISE FRIDAY

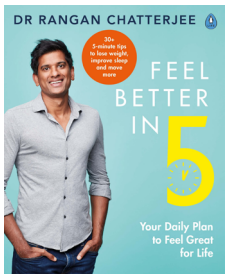


THE CHINA STUDY

BY T. COLIN CAMPBELL PH.D & THOMAS M. CAMPBELL II M.D.

Hailed as the most comprehensive study of nutrition ever conducted, this book is based on years of studies and data that indicate your diet can control your long-term health. Studies were done on typical diets in various countries, and found the U.S. to have alarmingly poor eating habits of processed food, high fat and excessive animal protein, all of which are believed to contribute to heart disease, cancer and diabetes. The China Study advocates eating a whole food, plant-based diet not only for good health, but for reversing chronic illnesses.





FEEL BETTER IN 5: YOUR DAILY PLAN TO FEEL GREAT FOR LIFE

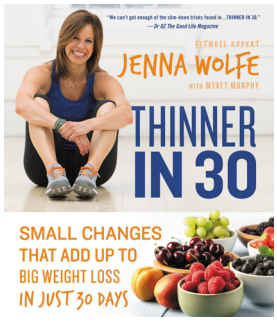
BY RANGAN CHATTERJEE

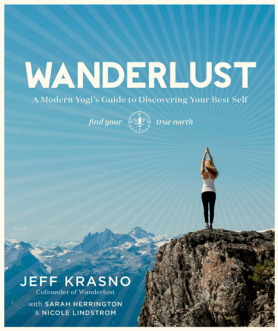
Dr. Chatterjee has over 20 years experience as a general practioner and has combined actions you can do for just five minutes every day to feel better, sleep better and become happier at no cost. His plan includes lifestyle changes that incorporate yoga, strength and breathing exercises, gut healthy snacks and gratitude and forgiveness rituals.

THINNER IN 30: SMALL CHANGES THAT ADD UP TO BIG WEIGHT LOSS IN JUST 30 DAYS

BY JENNA WOLFE AND MYATT MURPHY

Fitness expert Jenna Wolfe gives 30 suggestions almost anyone can do to make permanent changes in your weight and wellness goals. Thirty days is the least amount of time you should take in order for the changes to stick, but when you start with 'drink 20 sips of water as soon as you wake up' you'll see it is not so hard after all. Losing weight isn't about crash dieting, but making permanent healthy changes that stick with you down the road. Small changes, big results.





WANDERLUST: A MODERN YOGI'S GUIDE TO DISCOVERING YOUR BEST SELF

BY JEFF KRASNO, SARAH HERRINGTON AND NICOLE LINDSTROM

This book takes readers on a personal path to find their direction in a mindful lifestyle, using music, art, various yoga practices, food and activities. Experienced teachers offer instruction, recipes, playlists and eco-friendly activities to guide the reader to follow their own wanderlust.

THE ILLUSTRATED ENCYCLOPEDIA OF HEALING REMEDIES

BY C. NORMAN SHEALY M.D., PH.D.

An alphabetical list of remedies by their Latin names along with a description, illustration and recipes for applications. It also describes the difference in uses between Western and Chinese herbalism, folk medicine and Ayurveda. The second part of the book describes treating common ailments, from allergies to migraines to symptoms of menopause, but in no way discourages medical attention when necessary. The final chapter includes resources, further reading and a helpful glossary.



LOCAL SURVIVOR SHARES 'PERKS' OF HAVING CANCER

When ***Diana Bosse***, a second-home owner in Sea Pines, was first diagnosed with lymphoma in April, 2019, she promised herself that she would stay positive throughout the difficult journey ahead.



That journey ultimately ended with a full remission of the cancer as well as her new book, ***The Perks of Having Cancer: An Inspirational, Positive and Humorous View of a Not-So-Inspirational, Positive or Humorous Situation.*** The 231-page book by the Loveland, Ohio, woman is a poignant, witty and laugh-out-loud funny journal of the day-to day discoveries, surprises and indignities of battling cancer.

"Humor has always been Diana's default setting, so laughing her way through lymphoma came naturally," said friend and former Cincinnati Enquirer editor Peter Bronson. His company, Chilidog Press, published Bosse's book. "By sharing her own experiences, she resolved to lift the spirits of others dealing with cancer or helping a loved one fight the disease."

As part of coping with the physical, psychological and emotional challenges of her own cancer, along with her husband's battle with congestive heart failure, the 56-year-old Bosse began a series of posts to her Facebook page. Whether describing her chemotherapy sessions, hair loss or lifestyle changes, she focused on the lighter side of her situation. The overwhelming positive response to her posts from followers prompted the idea for the book, she says.

"Cancer is no laughing matter, but laughter can be the best medicine. I hope this book brightens the day of others faced with a terrifying diagnosis and helps them discover their own perks in daily living."

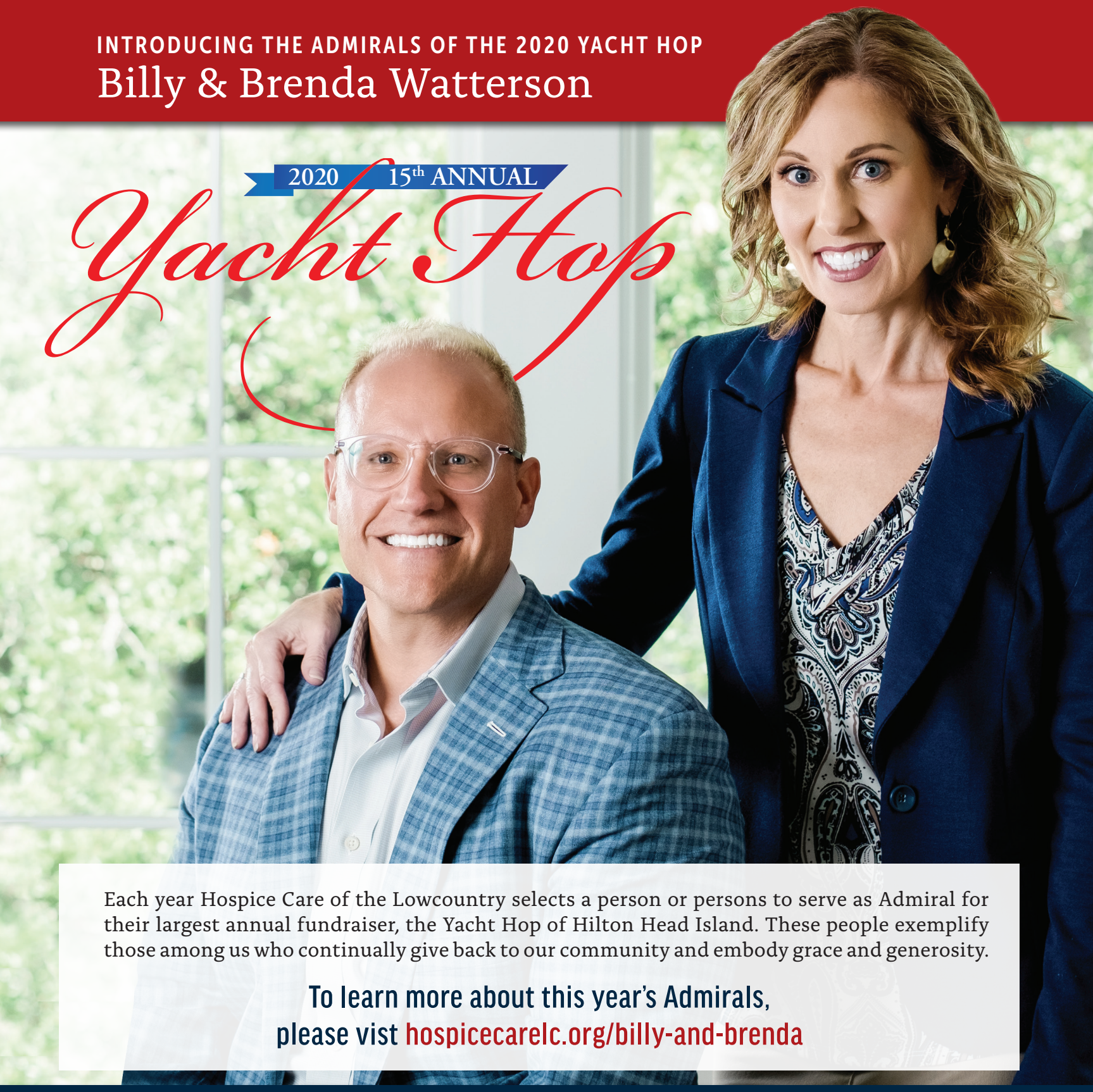
A portion of the book sales will be donated to the Leukemia & Lymphoma Society as well as the Alzheimer's Association of Greater Cincinnati, where she has worked for nearly 11 years as a member of its development team. dianabosse.com.

INTRODUCING THE ADMIRALS OF THE 2020 YACHT HOP

Billy & Brenda Watterson

2020 15th ANNUAL

Yacht Hop



Each year Hospice Care of the Lowcountry selects a person or persons to serve as Admiral for their largest annual fundraiser, the Yacht Hop of Hilton Head Island. These people exemplify those among us who continually give back to our community and embody grace and generosity.

To learn more about this year's Admirals,
please vist hospicecarelc.org/billy-and-brenda

PLEASE JOIN US – SUNDAY, MAY 3, 2020 | 5:30-9PM

Harbour Town Yacht Basin | Hilton Head Island

For tickets visit hospicecarelc.org or call 843.706.2296

Your Non-Profit Hospice
HOSPICE CARE OF THE LOWCOUNTRY

EXPERIENCE THE DIFFERENCE



We seek to simplify complex financial terms and investment options, offer honest advice, and help you navigate life.



INTEGRITY
INDEPENDENCE
TRUST

The resources of a large firm, with the personal attention of a small practice.

At Hilton Head Capital Partners, we approach your financial picture from a wide angle lens and build long-term, trusted relationships while working to pursue your goals. To us, you're not just a number or portfolio. You are our priority and we have built our firm around helping you succeed.

HILTON HEAD
CAPITAL PARTNERS

7 Lafayette Place, Suite B, Hilton Head Island, SC
833.300.4427
hiltonheadcapitalpartners.com



©MIKE RITTERBECK

Adopt this Pet: Barney

Barney is a great name. For Homer Simpson and Fred Flinstone, it's a good friend. For the town of Mayberry, it's the loyal deputy sheriff. And for most kids, the purple blob of a dinosaur named Barney is the coolest. Another great Barney is temporarily living at the Hilton Head Humane Association and is seeking a new home. This Barney is a 5-year-old hound who was found outside of a local veterinarian's office. He's smart, healthy and ready to settle down into your home. This Barney won't sing and dance, but he will give unconditional love to his new family.

MORE ABOUT BARNEY

Color: Tan and white
Age: 5 (around 36 in human years)
Likes: Neil Patrick Harris, The Andy Griffith Show and long walks on the beach.
"Who doesn't like a nice stroll along the beach? My favorite thing to do is take long walks by the ocean and take in all the sights... and smells." ***— Barney***
Dislikes: Cold weather (just a few weeks left!), the epilogue of Deathly Hallows: Part 2 (Ron with a pot belly? Really?), everything that starts with "para." ***— Barney***
Adopt him: Hilton Head Humane Association, hhhumane.org, 843-681-8686

ADOPTION UPDATES

We are happy to report all 12 dogs LOCAL Life featured in 2019 have been adopted. *Canella, Scooter, Peppermint, Crawl, Mitch, Duffie, Congaree, Del Webb, Sweets, Tomas, Lemon and Betty have all found their forever homes and are living their best lives. Let's keep the streak going in 2020! One of the most rewarding experiences you can have is adopting an animal from a shelter. You will be giving a loving and compassionate pet a home that will bring immense joy to your life.*



Official Mensa® Challenge

Answers are available on LocalLifeSC.com/Mensa

1. The first word of a word square is given in the diagram on the right. Fill in the rest, using, in addition to the letters shown, one D, one S, one P, and two of each A, E, and T.

L	I	K	E
I			
K			
E			

2. What three words, formed from different arrangements of the same seven letters, can be used to complete the sentence below?:

"Oh dear," said the young singer. "Although I _____ so high, what I feel now is _____."
She sighed deeply. "I made my debut last night against my rival. Look at the papers. She was _____."

3. How many animals of each kind did Moses take on the Ark?

4. January has 31 days, as do July and August. So do several other months. How many months have 28 days?

5. Willie is older than Donald. Susan is younger than Willie, but older than Jane. Tom is younger than Jane, but older than Donald. Jane is older than Donald, but younger than Susan. Tom is younger than Susan and Willie. Who is the youngest?



[LAST MONTH'S ANSWERS] 1. *mopes, poems* ***2.*** *16 (Two series, the first is 1, 2, 3; the second is the number squared.)* ***3.*** *51¢ (Consonants are worth 7¢; vowels are worth 10¢.)* ***4.*** *NEGATIVISM (The missing letter is "V.")* ***5.*** *CAN (CANDOR, CANCEL, CANDID, CANDLE)*

ARE YOU READY FOR MENSA?

American Mensa is where brilliance belongs – it's where friendships are forged for life, business connections and opportunities are made, and where brilliant minds find the chance to engage with others in an intellectually stimulating environment. **Just for LocalLife readers:** Take the Mensa Practice Test for just $5! Visit americanmensa.org/mht and use offer code: Local20. Quiz © 2018 Dr. Abbie F. Salny

Mensa provides official tests and answers to LOCAL Life as part of an exclusive license agreement. Answers are available on LocalLifeSC.com/Mensa

Best Technology. Best Price.



You won't find better technology — or a better price — in the Lowcountry for cataract surgery than what we offer at Bishop Eye Center. We have the leading expertise to match our advanced technology methods to your individual eye care needs — all framed in an experience you'll be comfortable with.

Before you proceed with cataract surgery, please call Danielle, our cataract care advisor, at 843-689-0300 to review your cataract options and pricing.

BISHOP EYE CENTER

The Leading Center for Cataract Surgery

Hilton Head • Okatie • 843-689-0300 • BishopEye.com/Cataract

EYELAND OPTIQUE

EXAMS

EYEWEAR

SUNWEAR

CONTACTS

Fresh Market Shoppes
890 William Hilton Parkway
843.681.2020

We accept
VSP, EYEMED and MORE!

EyelandOptique.com

Non-Profit Spotlight

Operation R&R

MISSION

Operation R&R is a nonprofit charity dedicated to serving military families and Gold Star families whose members have sacrificed extended time apart from loved ones, been injured, or have given the ultimate sacrifice for our country.







HAPPY FAMILIES September through May, military members who have been previously deployed worldwide without their immediate family can spend a week reconnecting on Hilton Head Island.

HISTORY

Started in 2008 on Hilton Head Island, Operation R&R has brought more than 1,700 deserving military families to spend a free week's stay on Hilton Head Island. The military families almost exclusively come from the Marine Corps Air Station Beaufort, Fort Stewart and Hunter Army Airfield.

WHO IT HELPS

Operation R&R's goals are to provide a stress-free opportunity for families to reconnect and reintegrate back into some sort of normalcy after usually multiple worldwide deployments without their immediate families. In the case of Gold Star families, the charity offers time to reflect and heal as a result of their spouse or child suffering the ultimate sacrifice.

HOW TO HELP

All money raised by Operation R&R comes from personal donations, fundraising activities and local company donations. The various means of helping this local charity are personal donations to its address or on its website, orrus.org. They are always actively looking for owners to donate use of their properties (September through April) for placing military families. Operation R&R pays for cleaning fees. Residents also can offer their time as greeters, which are assigned to meet the military families when they drive to the island and to escort them to their properties, provide the pre-made gift bags each family receives, and to be the contact point for the families with any questions they might have. *LL*

FOR MORE INFORMATION ON OPERATION R&R
Contact Executive Director Dr. Grant Evans at 614-314-6074, or grant@orrus.org or go to orrus.org.



BEVERLY SERRAL
Properties

REAL ESTATE | RENTALS | RENOVATIONS

5 Office Way, Hilton Head Island, SC | 80 Madison Avenue, New York, NY
843.341.3600
www.BeverlySerral.com www.BookaBestNest.com

Resolved: It's 2020 and I want *a house on Hilton Head!*

"Think the terms **non-stress** and **real estate/vacation rental ownership** are mutually exclusive?

We should talk."

– Beverly Serral
Founder | CEO
Broker-In-Charge

Photographed at the **BESTNEST** *at 26 Tupelo Road, Sea Pines*

bestnest
by Beverly Serral
CONSISTENTLY AMAZING VACATION RENTALS

Forbes
Real Estate Council



itk

Palmetto Bay Marina

DAWN OF A BRAND NEW BAY: AN ISLAND ICON IS BEING RESTORED, REINVIGORATED AND MADE READY FOR A BRIGHTER FUTURE.

STORY BY BARRY KAUFMAN
PHOTOS BY LLOYD WAINSCOTT

For many of us who evacuated the island in advance of Hurricane Matthew, it was the first image we saw of home and the first warning of the devastation that awaited us when we returned. Broadcast on The Weather Channel, aerial footage showed the docks at Palmetto Bay Marina shattered to splinters and cast about the shoreline like dead spartina pushed onto the bank by high tide.

Yet as Hilton Head Island rebuilt around it, the docks of Palmetto Bay Marina continued to carry the scars of that fateful storm. The months turned into years, other hurricanes came and went, and still one of the truly iconic sights on the island remained in ruins.

The story of how it continued to sit in disarray has been told before – suffice it to say, promises would be made and broken over the ensuing years, ownership would change hands, and the businesses that call the marina home would soldier on. So when it was announced that yet another company had purchased Palmetto Bay Marina with designs on restoring it to its glory, you can forgive locals for their skepticism.

"With everything Palmetto Bay Marina has been through, people basically said, 'I'll believe it when I see it,'" said ***Kuy Scott***, project manager for Palmetto Bay Marina. "But when they realized Millard Oakley was behind this, they knew you couldn't have a better property owner for this situation."

"The months turned into years, other hurricanes came and went, and still one of the truly iconic sights on the island remained in ruins."

Oakley, who has a track record of success when it comes to maritime investments throughout Beaufort County, might not be a household name, but to those who know the business, he was the best thing that could happen to the marina. "He understands the big picture," said Scott. "Everyone got really excited when they saw the first pilings going in."

The pilings were part of a multi-phase plan to breathe life back into the marina. To at least get it ready for Memorial Day weekend this past spring, Scott says they undertook smaller projects to common areas, including consistent paint schemes between buildings as well as a complete rebuild of the bathrooms.

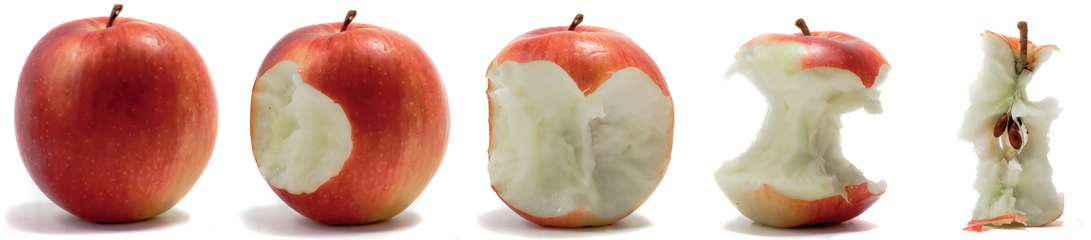
"The previous bathrooms might have been the worst bathrooms on Hilton Head," said Scott with a laugh. In addition to shiny new fixtures and updated appointments, the new bathrooms now lack the showers that the previous bathrooms inexplicably boasted. "We thought those were kind of weird."





TAKEN BY STORM In 2016, the docks of Palmetto Bay Marina were destroyed by Hurricane Matthew, leading to years of financial troubles and instability for the popular marina.

Don't Let Termites Do This To Your Home



Termites can eat your home one bite at a time. We say bite back. We know how termites operate and how to detect and control them. We protect more homes and businesses against termite damage than anyone.

When you compare apples to apples, one pest control company comes out on top. We've earned our spot at the top of the pile one satisfied customer at a time since 1968.

HILTON HEAD EXTERMINATORS

HILTON HEAD: 843-681-2590
BLUFFTON: 843-706-9933
WWW.HILTONHEADEXTERMINATORS.COM



"The docks themselves have been upgraded, with aluminum supports against dense garapa wood for durability and style."

Next on the docket will be exterior flooring, with the 35-year-old tabby getting a fresh coat of stain, followed by updates to the landscaping. "There was a lot of deferred maintenance that just didn't meet the eye well. We put up a lot more lighting and a lot more plants."

As for the marina itself, the first phase will consist of the commercial docks and should be completed later this month. "Right now about 90 percent of the structure is there," said Scott. More than just rebuilding, the new ownership is improving, with top-of-the-line electrical and sewage pumps as well as dual 10,000-gallon fuel tanks. Even the docks themselves have been upgraded, with aluminum supports against dense garapa wood for durability and style.



NEW HOPE Palmetto Bay Marina project manager Kuy Scott is shown near some of the marina's new docks.

"Barrier Island Marine Contractors were the ones who installed our docks, and they have done an incredible job. They deserve a ton of recognition," said Scott.

One improvement will add an entirely new dynamic to the attractions at Palmetto Bay Marina, with a greater selection of slips for pulling up your boat. "There's a big demand for dock and dine," said Scott. "So that people will have another venue where you can bring your boat right to the restaurant, our far exterior pier will have 400 feet of transient dockage at minimum."



GETTING BETTER Along with updating the current facilities, Palmetto Bay Marina is undergoing a massive dock expansion. Local boaters will soon have access to the newest marine fueling system on the island and enough slips for 144 boats.

Moving forward, the next phase will incorporate a larger residential side to the marina on the western flank, which will not only be restored but enlarged by nearly 25 percent. "When that's done, we'll have a very large number of daily and weekly transients. We think there's a demand for that. We really look at our dock space as another parking lot."

Improvements also will be made to the lift well, and when all of the heavy equipment is out of the way they'll get to work on the one major issue that plagued the marina since long before Matthew – the parking lot. "At a minimum, we're going to be laying down fresh asphalt," said Scott.

It might have taken a little bit longer than expected, but with the right people on the job, Palmetto Bay Marina is ready for its return to glory. LL

THE WARMER, MORE WELCOMING ISLAND RETIREMENT.

TidePointe
a Vi Community

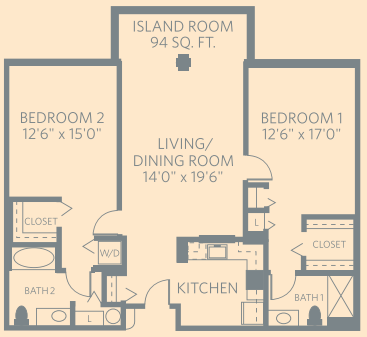
Redefining
SENIOR
LIVING



ON THE ISLAND. BEYOND EXPECTATIONS.

Experience senior living at its most gracious at TidePointe, a Vi Community. Members enjoy the dazzling setting, superb cuisine, and a warmth that makes even newcomers feel like they're among longtime friends. See one of our beautiful homes for yourself. Call for availability.

700 TidePointe Way, Hilton Head Island, SC 29928
888.984.8142 • TidePointe.ViLiving.com



Floor plan and renderings are subject to change.

CAPE HATTERAS VILLA

- 1,253 sq. ft.
- 2 bedroom/2 bath
- Covered parking; climate-controlled walkways connect villas and clubhouse

HHLLM2020 EQUAL HOUSING OPPORTUNITY Community Residential Care Facility #CRC 1036. Skilled Nursing Facility # NCF 0753. Leslie D. Wilmot, Broker-in-Charge.

LETTER TO THE EDITOR
LOCAL Life asked ***Emily Johnson*** to share her thoughts on what it means to be local. Johnson is a financial advisor, and the founder and managing director of Polaris Capital Advisors. LOCAL Life welcomes letters to the editor and comments to our website. **Write to info@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's a shared identity

To me, being local is akin to being both a character in "My Big Fat Greek Wedding" and a small speck on the ever-evolving world map at the same time. We say "it's a small island" so frequently and in so many contexts that the phrase has become both a welcome and a warning.

I walked into Healthy Habit a few days ago and the owner looked at me somewhat assessingly and said, "I think your parents were just in here. And your sister. What's your name again?" And that just about sums it up.



LOCAL SINCE 2006 ***Emily Johnson*** is shown with her family and her daughter, Bella (inset).

I moved to Hilton Head about 14 years ago, having vacationed here since I was in the single digits, so that my unborn daughter and I would be closer to family. And are we ever! We now live across the street from my parents and a few blocks from my sister's family. The FedEx guy delivers my packages to "the other Johnson house" when I'm not home. Guests and contractors show up at the wrong house regularly. I'm referred to as "Dr. Johnson's daughter," "Bella's mom," "Kent's niece," and "Casey and Lindsay's sister" more frequently than "Emily." And we seem to travel in packs. I have a dining room table for 14 for my actual family of two. And we still need the 10 seats in the kitchen for the overflow. Having grown up more of a gypsy, I take great comfort (often laced with an essential dose of humor) in the familiarity that being local in our community allows. It's a sense of safety, as well as a source of identity and responsibility.



But being local also creates a sense of anonymity, as I'm often reminded that Hilton Head is like a metaphorical red dot on a Delta flight map.

People from all over the globe come here, whether to visit or to stay, bringing with them their multitude of varying experiences, perspectives, beliefs, challenges, and successes. On more occasions than I can count, I have had the honor of meeting phenomenally intriguing individuals, who, while on "island time," love to share their experience and wisdom. These are the people who, while I was living in New York and D.C., would not have had the time for a spontaneous conversation over coffee.

"Kevin Bacon's 6 Degrees of Separation" has nothing on Hilton Head. I would wager that we could reach just about anyone in the world with fewer than 2 degrees of separation through only the residents of our beautiful, small Island. And that aspect, to me, is an often unsung benefit of being local – it's being part of something so much bigger, simply because the beauty of Hilton Head called us here for one reason or another. It's a shared identity.

I love watching my daughter ride her bike up to the tennis courts. She is too young to know the value of the island home she has, but I hope that some day she will take the same pride in being local that I do. *LL*



Have the smile you've always wanted!

Dr. Rothwell is an accredited member of the American Academy of Cosmetic Dentistry, and offers you the skill, compassion and dedication to help you have the smile you've always wanted.

AACD American Academy of Cosmetic Dentistry® ACCREDITED

Bonnie J. Rothwell, *DMD, AAACD*



Bonnie J. Rothwell, DMD, AAACD

11 Hospital Center Common, Suite 200
Hilton Head Island, SC
843.342.6900
hiltonheadcosmeticdentist.com
smilesyoulove.com

Call for your complimentary cosmetic consultation.













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

Faces of healthy living

WAS YOUR 2020 RESOLUTION TO GET HEALTHY? THAT MIGHT MEAN MORE THAN YOU THINK.

STORY BY BARRY KAUFMAN
PHOTOGRAPHY BY LISA STAFF

What comes to mind when someone tells you they're getting healthy? Are they simply going to the gym more, maybe adding a few more salads to their diet? Be honest, does that sound like all "healthy" is?

The thing about healthy is, it means so much more than simply getting more active. Sometimes healthy is taking a more discerning look at the foods you eat. Sometimes it's about performance, crafting your body into an elite instrument of victory. Sometimes, it's about simply allowing yourself to breathe.

Here are three locals who redefine what healthy living is all about ...



Carla Golden

AN ADVOCATE FOR PLANT-BASED EATING

Beyond founding the Palmetto Plant Eaters Club and spearheading the annual Lowcountry VegFest, Carla Golden has emerged as the face of plant-based eating in the Lowcountry. Through her own wellness initiatives and relentless evangelism of a vegan lifestyle across the community, she has emerged as one of the loudest voices in the room urging people to eat healthier.

So it may surprise some of you that not too long ago this paragon of vegan virtue's favorite meal was a ribeye steak and a Jack and Coke.

"I thought that I was a health nut because I ate brown bread instead of white bread," she said. Despite her husband Chad's medical knowledge as a dentist, the couple fell into what Carla called "protein prison."

"Since nutrition was not taught in medical school, we were picking up our dietary advice at the gym."

That all changed when their daughter was born and Carla started taking a more critical eye at what the whole family was eating. "I was particular about what I fed her, and I realized I should be that particular about what I feed myself," she said. The change from ribeye steaks to curried cauliflower didn't happen overnight. "It took several years to slowly phase things out and find new things that we enjoy just as much," she said.

The gradual change at home made its way into the wider world after Carla earned a BS in Holistic Health & Healing, became a Certified Holistic Nutrition Practitioner, and started sharing what she had learned with clients at her private massage therapy practice.





LOCAL SINCE 2001
When she's not sharing the benefits of her plant-based diet, Carla Golden enjoys swimming, running, walking the beach, reading and listening to podcasts.

"I realized that working with people one on one worked well for massage but not so much with dietary changes. I don't want people dependent on me to decide what to eat," she said. "Individuals need to be educated and empowered so they can make good decisions wherever they go. That's when I converted my efforts into a group format."

In 2015 that switch became the Palmetto Plant Eaters Club, a group that meets monthly to benefit from guest speakers on various topics, health books and films, local success stories, and favorite recipes. "A collective, social effort is very impactful," said Carla. "People have different tastes, budgets, lifestyles, and access. In a group format where we're able to pool resources and experiences, we can show just about anyone they can do this also."

For this group, eschewing the many temptations that sit on nearly every shelf of the grocery store and in every restaurant is not just about losing weight. It's about reclaiming and protecting their health. "It's a growing movement. There are many people who have been chronically ill and the medical profession has been unable to help them reverse lifestyle diseases. People just want to feel better, and there's enough science to demonstrate you can largely take control of your own health."

And years later, does she miss the ribeye steaks? Ask her and she'll tell you, "Nothing tastes better than feeling good."

Financial Planning is the foundation of what we do.



We help you create a big-picture understanding of your financial life.

Once a plan is created, we offer on-going support to ensure you stay on track and to trouble-shoot new questions as they arise.

Call today! or visit EmilyJohnsonMeeting.com to set up your free consultation.

POLARIS CAPITAL ADVISORS, LLC

23B Shelter Cove Lane, Suite 401
Hilton Head, South Carolina 29928
ph **843.686.2425** *fx* **843.686.2476**
polariscapitaladvisors.com

ONLINE: POLARISCAPITALADVISORS.COM



Emily A. Johnson, CFP, ChFC, CLU, CDFA
Founder/Managing Director
Casey J. Bateman, CPC, MHA
Director

Polaris Capital Advisors, LLC. is a registered investment advisor. Information presented is for educational purposes only and does not intend to make an offer or solicitation for the sale or purchase of any securities. Past performance is not indicative of future results. Investments involve risk and unless otherwise stated, are not guaranteed. Be sure to first consult with a qualified financial adviser and/or tax professional before implementing any strategy discussed here.

Kara Cooke

SHARING HER LOVE FOR FITNESS AND SPORTS

For some, physical fitness is a way to combat the post-winter pounds. For others, it's a way to get out and socialize, whether in a spin class or a CrossFit gym. For Kara Cooke, it was a pathway to victory.

"Lacrosse has always been my passion. I've played since middle school and that was my area of fitness for years. My world revolved around training and preparing," she said.

That's not to say she was a one-trick pony, however. In high school and in college she'd play whatever was in season, but it was on the lacrosse field where she shone the brightest. "A lot of that was my coach (at Penn Wood High School in Lansdowne, Pa.), Kathleen Geiger. She had been on the U.S. Team. She's really passionate about the game and passed that on to her players."

Geiger would be the first hall of famer to instruct Cooke, but not the last. At the University of Virginia, her game improved further under the eye of Jane Miller and then Julie Meyers and Heather Dow. "I'm so thankful for the influence and the guidance that I had."

While her college career would be marked by two trips to national championship games, falling short both times, she flourished after graduation. ("At the time it was a hard pill to swallow," she said. "With time it's easier to be grateful.") Endless perseverance, guidance and natural talent earned her a spot on the United States team, representing her country in two separate World Cups. She earned gold in 2001 and silver in 2005.

"At that point you were constantly



trying out. We didn't have facilities or dedicated places to train, so we used collegiate programs' facilities to train. We'd be on our own and come together for weekends. Most of the players and coaches had jobs. It takes a lot of self-motivation to train on your own."

Cooke would coach for a time at Brown, but motherhood and a career were calling. "Part of me thought I was going to stick to college coaching. But I wanted to find myself in a different way." She became a counselor, a job she loved, and raised two children with her husband Tim, now head of golf instruction at The Sea Pines Resort. "When I stopped playing lacrosse, I was being more that supporting role and letting him attack his career goals. Now the kids are older and we're starting to get back to that balance."

Getting back to that balance means coaching again, where she is developing young players at the high school level. And like herself, those young student-athletes will have the mentorship of a celebrated athlete. In October, Kara joined her former coaches in being enshrined in the National Lacrosse Hall of Fame.

"It was a huge honor. I wasn't expecting it, and it hasn't fully hit me yet," she said.



LOCAL SINCE 2006 When not coaching lacrosse, Kara Cooke enjoys walking with her family and dog, riding bikes and enjoying island life with friends and family. **She encourages local children to sign up for the lacrosse program offered by the Island Rec Center**.

EXPERIENCE THE DIFFERENCE



THE LEADERSHIP TEAM

THE CORRELL WAY

Our Culture is what sets us apart. Four words make a difference. ***We are…***

Independent
As a "Trusted Choice" independent agent we represent over 300 insurance companies. This allows us to provide innovative options for our clients.

Local
Our sales and service teams live in the community with you and are committed to building relationships while serving our local community in a way that matters.

Educated
Being an insurance professional requires a commitment to lifelong learning. We don't just say it; we prove it by having more CISR Elite designations than any other insurance agency in the country.

Connected
Our financial resources stay in your local community. We do not send them to a home office. This allows us to contribute to our community in many ways that affect you and your family.

International reputation with national support locally delivered.

CORRELL INSURANCE GROUP OF HILTON HEAD
formerly Coastal Plains Insurance

Trusted Choice®

Now with two convenient locations to serve you:

15 Bow Circle, Suite 101
Hilton Head Island SC 29928

8 Arley Way, Suite 101
Bluffton SC 29910

1.888.668.8082 www.correllhhi.com

"Insuring the Carolinas since 1931"

Candace Blair

FINDING HEALTH USING ANCIENT TECHNIQUES

Eight years ago, Candace Blair was the picture of the stress-addicted Type A professional. A London-based investment banker, always on the go, she was deputy head of a sales and trading floor, thriving on the chaos of split-second decisions with million-dollar consequences. And while the job was intellectually challenging and financially rewarding, she was paying the price of turning away from her true feminine nature and alignment with her mind, body and soul.

"I was highly driven and super successful, a leader on the sales desk, but all of the sudden I was suffering from crippling, stress-related back pain," she said. After meeting several doctors who struggled to find a cure, she visited an alternative energy healer, Sam Kankanamage, of Sen Wellness London/ Sri Lanka, who boldly pronounced, "There's nothing wrong with you. You just haven't taken a true breath in years." On his recommendation, she attended her first kundalini yoga class and it was truly a profound experience.

"I had never chanted or heard a gong; that was so outside of my realm."

The effects were immediate. The back issues were resolved and an awakening occurred, leading Candace to incorporate yoga and meditation into her daily life.

"It really made me a better broker. I was more calm, more focused. It just opened up a beautiful new world I never knew existed."

Spurred on by this new passion, she began her teacher training at Karam Kriya in England/Portugal, while maintaining 60-70 hour work weeks. Once qualified as an instructor, she led weekend classes hoping to inspire others with her knowledge of these ancient techniques. She learned to play the gong and trained as a Cacaoista.

"I loved learning and sharing the teachings,"





LOCAL SINCE 2017 When she's not practicing kundalini yoga, Candace Blair enjoys travel and exploration, new experiences, music, beach walks and time with family and friends.

she said. "I felt I was having a positive impact on society, and it occurred to me that I simply couldn't read another corporate research report. I couldn't commit my life or my health to a bank. A whole new world had opened to me, and that is where I wanted to dedicate my studies and my energy."

Three years ago, she resigned from her high-powered broker job, left London and made her way home to Hilton Head Island. Her parents retired here nearly 30 years ago and the island had been a constant presence in a life marked by movement. It didn't take her long to find a receptive audience to her teaching.

"When I first arrived, people were relatively unfamiliar with Kundalini yoga, sound healing, and cacao ceremonies, but the community opened up to the work I was doing and the reception has been amazing," she said.

Focused on her passions, she established Soul Fire Social (soulfiresocial.com), and began collaborating with a variety of local studios offering her teachings through retreats, workshops and classes that allow other people who have been holding their breath to finally exhale. In addition to regular classes, Blair will speak at the Memory Matters Brain Health Summit on March 11 on Wellness Awareness. *LL*

VINEYARD

Personalized Living. Assisted Living. Memory Care.



"At Vineyard, we grow purposeful communities that make a positive impact on both people and our planet. This translates into a continuum of personalized care, thoughtful programming, and customized amenities that aim to engage, inspire and elevate life at every stage."

— **Kaylynn Evans**



Kaylynn Evans, *MSM-HC, LTCA, CADDCT*
Executive Director

Opening Early 2020.

Call for more information to see how you can live ***Life, your way.***

25 Cassidy Road Bluffton, SC

VINEYARD BLUFFTON 843.547.9989

VINEYARD

Life, your way.

VINEYARDBLUFFTON.COM

Q+A

CELEBRITY CONNECTION

Once a local, always a local

BIG BROTHER CO-STARS ANGELA RUMMANS AND TYLER CRISPEN ARE ENJOYING THEIR NEW LIFE TOGETHER ON THE ISLAND THEY LOVE.

STORY BY BRIGITTE HAYNES + SERENA PITT



©TYLERCRISPEN2

HAPPY COUPLE Angela and Tyler both have history on Hilton Head Island. Angela is originally from the island and Tyler was a lifeguard on the island for five years. Hilton Head was something that connected the two while filming Big Brother 20.

After a few years away, Big Brother contestants Angela Rummans and Tyler Crispen are officially locals once again. The two reality TV lovebirds grew tired of the high rents and fast-paced lifestyle of California, so they purchased a home on Hilton Head Island.

The two met with LOCAL Life at the beach to discuss their relationship, career moves and their new lives as locals.

[LOCAL Life] What brought you back to Hilton Head? [Tyler Crispen] The gears just started turning once the perfect house popped up. We asked ourselves, "Why are we looking anywhere else other than Hilton Head?" We know this place like the back of our hand. She grew up here. I was a lifeguard here for five years. It just kind of clicked and we found a house.

[LL] How long do you plan on staying? [Angela Rummans] I can definitely see us putting roots down here, but we still have a lot of the world we want to see and a lot of things we want to accomplish before we really dig our roots down. I guess I would see it as more of a home base than it is putting our roots down for now.



BROTHERLY LOVE Angela and Tyler shared both an alliance and a showmance on the popular reality show Big Brother.

[LL] What did you miss most while you were away? **[Angela]** Literally everything. The food, the beach, the people, the Southern hospitality. **[Tyler]** The people here are just amazing and the beaches out here are 10 times better. **[Angela]** Nothing compares to them, honestly. Not to offend the West Coast, but the beaches here are so much better! **[Tyler]** No, I'll offend the West Coast. I guarded these beaches for five years and these are the best beaches in the world!

[LL] What are your favorite date spots on the island? **[Angela]** Oh gosh, we are total foodies, so there's quite a bit. I would say my favorite Japanese would be Hinoki and my favorite ambiance place would be the Boathouse. **[Tyler]** I love Holy Tequila. We could go on all day about the restaurants on Hilton Head. They're world class. We were saying we need to find a new date spot, and we were like, "Well there's so many, why don't we just do a different one every day of the year?" There's no shortage.

[LL] If friends and family come to visit, what places will you take them? **[Tyler]** I'd go to the beach; you have to go to the beach! My favorite thing to do is just hop on bikes and go up and down the beach and do a bar crawl. Do a restaurant crawl; you can get a little appetizer every time. That's always been my favorite thing to do when people come to visit. I love doing that!

[LL] Last time we talked to you both, you mentioned how you wanted to grow a brand together. Tell us a bit about your company, Naut & Chain. **[Angela]** We started Naut & Chain this past June. The vibe is beach- and nautical-themed jewelry. There's our fine stuff and then there's our signature pieces that are a little more affordable, so we have a little bit of everything. **[Tyler]** We



BE LOCAL.

Call or Visit Our Local Locations
5 Bow Circle (Hilton Head Island) 843.341.9900
98 Main Street (Hilton Head Island) 843.689.7800
7 Thurmond Way (Bluffton) 843.837.0100
30 William Pope Drive, Suite 101 (Sun City) 843.705.1200

CSB
COASTAL STATES BANK
coastalstatesbank.com

EQUAL HOUSING LENDER Member FDIC

had this fan base that started following us from Big Brother, and we felt like we were just putting content out there for them to see but to have a brand to attach to your name, it's literally like having a kid. We're able to share this with our followers, and they've been so responsive to it. It's like being able to like express ourselves in a creative way with our following instead of just posting pictures and videos. **[Angela]** It's cool because we have different roles in the business. I do a lot of the handmade tedious stuff and he'll do other things that I literally could not force myself to do, like shipping for example. **[Tyler]** We're a team. That's teamwork!

[LL] Describe a typical fun day you have here. **[Tyler]** We just got these awesome new bikes. **[Angela]** That's what's so cool about this island; there are bike paths that go everywhere. Anywhere you want to go, it's like you either hop on the beach and get there or there's like a thousand little bike paths. **[Tyler]** Hilton Head's so much better than L.A. You feel like you can actually get out and explore and have a little bit of nature, a restaurant to go to, you can do your own thing, relax on the beach. It's a perfect place. Can't say enough good things about it. Big Hilton Head fans here!

[LL] What's the next step for you, personally and professionally? **[Tyler]** We're trying to really mix a little bit of both. Ever since we got off the show, anybody who's coming to Hilton Head is always asking us what do we do on Hilton Head. What are the good spots to go? So now that we're here, we're really trying to ramp up tourism to Hilton Head in a natural way because we know this place like the back of our hand. So now that we have this platform, we're able to share this place with people who might not have seen it before. We love this island so much, so if there's any way we can help the island with our platform, we want to do that. It's kind of a good way to mix personal and professional.







©ANGELARUMMANS

HOWDY PARTNER Tyler was the runner-up and Angela was the fourth-place finisher on Big Brother's 20th season. Since the show ended, the two have spent all of their time together. They recently opened a nautical-themed jewelry business called Naut & Chain.



©ANGELARUMMANS

[LL] Being almost two years out, do people still come up and recognize you both from Big Brother? **[Angela]** Yes. We were at this event the Chamber put on called Taste the Season, and there were a couple of people that recognized us from Big Brother. Everybody who recognized us was so nice! **[Tyler]** I think it goes to show how awesome of a season we had. It's hard to tell when you're in the house if it's a good season but like I said, our cast was just amazing and the fact that people come up is such a blessing. Two years later almost, it's crazy now it's all come full circle that we're back on Hilton Head and everything. **[Angela]** There are some fans that I can tell they still see us as characters on a show and that's the only time I was really bothered by the fans, when they didn't see us as people, but everyone on Hilton Head has just been so nice, so respectful, and so genuine. **[Tyler]** They're like, "You're our hometown heroes," and that's the coolest thing I've ever heard.

[LL] Are there any future plans or projects? **[Tyler]** We have such a deep connection to Hilton Head that we have this series planned called The Staycation Series. We're going to try to show the best of the island; the best hotels, resorts, restaurants and things to do. **[Angela]** If you're a 20-year-old and you want to go out and party, we can give you some suggestions, or if you're a family with kids, we can steer you in the right direction because we know this place so well. We just started a YouTube channel called Tangela Inc., and we just posted our first little vlog about how we just moved and how we're going to do some of our personal touches on our house. We have a lot of plans for Hilton Head and making our home our home. LL

The Path to Pain Free Begins Now.



As we get older, our bodies can wane, leaving us prone to a range of painful degenerative conditions.

Are you suffering from pain in your back or joints?

Is hip, shoulder or knee pain preventing you from living life to the fullest?

Is walking, cycling, gardening, fishing, or exercising no longer possible without pain?

If you said yes to any of these, come learn more about stem cell therapy and how we can provide you with the natural alternative to surgery for your pain.

Presented by Dr. Brad Fraum, DC and Dr. Heather Hinshelwood, MD, FACEP

Register by phone 843.681.7777 or online for one of our COMPLIMENTARY presentations at: www.Fraum.com.

Tuesday	Tuesday	Monday	Monday
February 11th	February 18th	February 24th	March 2nd
12:00pm	12:00pm	6:00pm	6:00pm

Stem cell therapy helps degenerative knee conditions.

FRAUM
CENTER FOR RESTORATIVE HEALTH

Live the life you love!

1403 MAIN STREET VILLAGE, HILTON HEAD ISLAND, SC 29926 • 843.681.7777 • WWW.FRAUM.COM

Five tips from a successful businessman

FORMER RAND WORLDWIDE EXECUTIVE SHARES HIS WISDOM

STORY BY EDDY HOYLE







LOCAL SINCE 2015 Marc Dulude is shown golfing at National Golf Links of America in Southhampton, N.Y.; hiking with his wife, Carol, in North Carolina; and performing an aggressive climb in his Citation CJ3+ jet.

Marc Dulude is French Canadian and hails from Thetford Mines, a small asbestos mining town in the province of Quebec. He grew up in a military family, so relocation was the norm. He earned both his bachelor's and master's degrees in engineering from Carleton University in Canada.

The pinnacle of his career was serving as the CEO and chairman of the board at Rand Worldwide from 2007-2014, a company that helps customers use computer-based technologies to enhance productivity. His broad experience also includes serving as a general partner at Ampersand Capital Partners, a private equity firm; the chairman, president and CEO of Moldflow, the world's leading developer of software solutions for injection molded plastics; and senior vice president of marketing for PTC.

Dulude and his wife, Carol, moved to Boston in 1991 and he became a US citizen in 2001, just before 9/11. "To become a citizen I had to review my trips out of the country and realized that I had been on the road 85 percent of the time period, and 70 percent of that travel was international. My wife kept the home fires burning, so I was able to focus on my work. She said the secret to success is easy: 'Just marry the right person.'"

Dulude took up flying in 2001 to enhance productivity in business and he currently flies a Citation CJ3+. He served as the executive director and chairman of the Citation Jet Pilots Association and is now chairman emeritus.

They chose to retire to Berkeley Hall because the Lowcountry offers great weather, year-round golf, and the chance to be outside most of the time running, cycling and swimming. Dulude serves on the Berkeley Hall Charitable Foundation Board and is finance committee chair of the 2020 USGA Women's Mid-Amateur Championship. They have a daughter in Boston and a son in Canada. **Here are his tips for success.**

Keys to Success

1. Pay it forward! Dulude said that relationships are everything, and that the power and influence of a mentor helps to open up your world. "But you should also have a sense of duty to pay it forward and help others in order to leave a better place than when you arrived," he stated.

2. Be a 'heat seeker'. "It's never been about the money," he said. "It's always been about what interests me. I'm a heat seeker, and solving big, hairy problems gives visibility, and that leads to success."

3. Guard your reputation. "You are your reputation. Guard it jealously. It's how people see you, interact with you and come to respect you. Always deal with people with transparency," Dulude said.

4. Go against the grain. "A willingness to change is important," he said. "Most people don't want to change, but if you're flexible and willing to adapt, you see the world in another way." For example, you might undervalue sales and marketing or think it's not for you, but in business, everyone competes, and everyone sells.

5. Go where YOU want to go! "I never stayed in any position longer than five or six years, but never less than two years. I believe in self-selection and being a self-starter. I have to be interested in what I'm doing." LL

A team of investment professionals aimed at your goals.



C. Troy Shaver Jr.
Chief Executive Officer,
Co-Chief Investment Officer



Ying "Susie" Wang, CFA®,CIC®
Co-Chief Investment Officer



James Haley, CFP®
Sr. Portfolio Manager



Alan E. Johnson, CFP®
Sr. Portfolio Manager



William D. Ford, CFP®
Head of Institutional Sales



Peter G. Gerry III
Portfolio Manager

Our focus has been on building client investment portfolios around companies that are increasing their dividends. Whether you are growing assets for retirement, currently living in retirement or saving for your children's financial future, dividend-paying companies can provide both increasing income and asset growth.

Dividend Assets Capital strives to meticulously develop investment strategies to meet a variety of goals, desires, and investment-time horizons based upon dividend income, growth and total return.

DIVIDEND ASSETS CAPITAL, LLC

INVESTMENT ADVISORS

dacapitalsc.com | 843.645.9700

Clarity • Power • Simplicity

Past performance is not indicative of future results. Investing in securities involves risk of loss that clients should be prepared to bear. All investment programs have certain risks that are born by the investor. The opinions expressed herein are those of Dividend Assets Capital, LLC ("Dividend") and are subject to change without notice. This material is not financial advice. Dividend reserves the right to modify its current investment strategies and techniques based on changing market dynamics or client needs. Dividend is an independent investment adviser registered under the Investment Advisers Act of 1940, as amended. Registration does not imply a certain level of skill or training. More information about Dividend including our investment strategies, fees, and objectives can be found in our ADV Part 2, which is available upon request.

Missguided Gardener

A SMALL CBD OIL COMPANY ON THE OUTSKIRTS OF AIKEN AIMS TO CHANGE THE FACE OF FARMING IN SOUTH CAROLINA

STORY BY BECCA EDWARDS







SOIL TO OIL James Wildasin and Alexandria Edwards-Wildasin are the faces behind Missguided Gardener. All of their products are third party tested and have less than 0.3% THC.

Don't be fooled by the name Missguided Gardener. Its founders and owners, ***James Wildasin*** and his wife, ***Alexandria Edwards-Wildasin***, are not remotely aimless or imprudent. Their impressive and pioneering business venture combines years of research, schooling, hard work, hands-on work, and ingenuity. A seed-to-sale company located in the outskirts of Aiken, Missguided Gardener wants to de-stigmatize CBD (Cannabidiol) and change not only how CBD products are grown, manufactured and consumed, but, quite ambitiously, the face of farming in South Carolina.



"Their impressive and pioneering business venture combines years of research, schooling, hard work, hands-on work, and ingenuity."



Potential pros of CBD

- Reduction of inflammation and pain management and, therefore, less consumption of prescription painkillers.
- Improved sleep for people suffering from insomnia.
- Stress reduction for people suffering from anxiety.
- Improved blood glucose control for diabetes patients.
- Treatment of childhood epilepsy syndromes, such as Dravet syndrome and Lennox-Gastaut syndrome.
- Reduction of symptoms related to cancer and cancer treatment such as nausea.
- Acne prevention.
- The lowering of high blood pressure.
- Decrease in Alzheimer's and dementia symptoms.

Cons of CBD

- Lack of research and regulation.
- Lack of proper reporting of ingredients by many manufacturers.
- The varying individual responses to CBD, making proper dosing regulation difficult.
- Possible interactions with other medications like Coumadin.
- Possible side effects like sleepiness and diarrhea.
- Possible liver damage if consumed in very large quantities.

How will Missguided Gardener change how many view CBD?

It is because of the aforementioned cons — especially the lack of research, regulation, and proper reporting — that CBD used for medicinal or supplemental purposes has been met with resistance by many healthcare providers and policy makers. As for the public, a common misconception is that CBD products like sublingual tinctures, oils, edibles, or vape pens





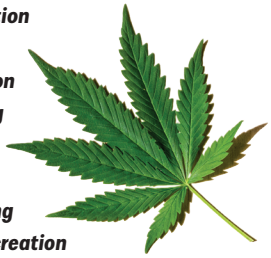


are tantamount to eating or smoking marijuana or "cannabis." However, let's clarify. Cannabis and hemp are, scientifically speaking, the same plant. They share the same genus, Cannabis, and the same species, Sativa. However, the difference comes with breeding, use and composition of various cannabinoids, namely delta-9-tetrahydrocannabinol or THC — a psychotropic chemical compound that produces a "high" effect — and CBD, which does not have a psychotropic effect.

"Marijuana has been bred all these years to have a high concentration of THC, whereas hemp's profile is federally regulated to be less than 0.3 percent THC," said Wildasin, who sells a THC-free product as well as a full spectrum product that is federally compliant. Both products contain a high concentration of pure CBD made from strictly the hemp flower and not the full plant including the stems and leaves like many other producers.

Strategically, Missguided Gardener endeavors to eliminate many of the cons and misconceptions about CBD by providing a multi-faceted, fully enclosed facility for certified medicinal CBD cultivation that, as Wildasin explained, "Is an all-inclusive, soil to oil" process that includes:

- ***Germination***
- ***Cloning***
- ***Vegetation***
- ***Flowering***
- ***Harvest***
- ***Curing***
- ***Processing***
- ***Product creation***
- ***Shipping out of building***





The facility

Touring the facility is, well, trippy. You enter into it via a decontamination room run by a PLC, or programmable logic control, that controls every aspect of the building. "One door shuts and stays shut for one minute," said Wildasin. "During that time, the decontamination room runs through a full air cycle. You put on a sterile uniform, undergo a bleach and alcohol wash and UV light treatment before a green light signals that the doors will open. Our product must be completely clean." From there, things get even more high tech and groovy — and this is only phase one of three of Missguided Gardener's masterplan. **Here are some interesting facts about phase one:**

- Ten-thousand square feet and six self-sustaining rooms with state-of the art technology.
- Digital interfacing with PLC to control humidity, temperature, PPM of CO2, soil moisture, water tank levels, pH/electrical conductivity of water, water flow and pressure, and electrical status.
- Employee "chill room" completely up to code with American disability standards.
- Impressive environmental impact facts such as a water demand of only 4,000 gallons a month (as compared to the several millions used in other farming practices).
- It's the first of its kind in the Southeast.

How will Missguided Gardener change the face of farming in South Carolina?

Wildasin, who graduated from Sewanee University with a degree in forestry and a minor in geology and hydrology, believes hemp farming could provide an economic boost for local farmers and sustainable alternatives to plastics and paper products. For this reason, Wildasin has been very active with the Department of Agriculture in influencing important legislation and policies, and educating growers across the state. Part of phase one includes an education greenhouse separate from the main facility where Wildasin and his staff can work hands on with farmers to teach them all the ins and outs of hemp cultivation both indoors and outdoors.

Missguided products

Also a graduate of Sewanee Univeristy, Edwards-Wildasin earned a degree in environmental science and arts and humanities minor in art. She is the director of the product division of Missguided Gardener, which means she not only decides which types of products they produce but the look and feel of their products. "I take product development very seriously," began Edwards-Wildasin. "I know firsthand the benefits of CBD. I want people to get out of pain, sleep better, feel less stressed and experience all the benefits of CBD." To do this, she has worked extensively with her husband to use only the highest quality hemp, and she has spent months in product design. "I want you to love not just what's in our products but how they are packaged. I want you to want to leave it in its original packaging on your bedside table or bathroom sink."

Right now, Missguided Gardener offers two main product lines: tinctures (1000 mg THC free oil and 1000 mg full spectrum) and a topical (the Gardener's Salve with arnica and cinnamon). "We are looking forward to unveiling our new product lines we have been working on," said Edwards-Wildasin. To learn more, you can visit missguidedgardener.com. *LL*



Let our experienced agents help you find your Lowcountry home.

M A R S H L A N D S









Marshlands
501 Pinckney Street
Lowcountry Real Estate
Edward Dukes
843.812.5000
$2,650,000
501Pinckney.com

Leading REAL ESTATE COMPANIES OF THE WORLD

LUXURY PORTFOLIO INTERNATIONAL

LOWCOUNTRY REAL ESTATE™

The Lowcountry Becomes You™

Office 843.521.4200
Toll Free 877.521.4200

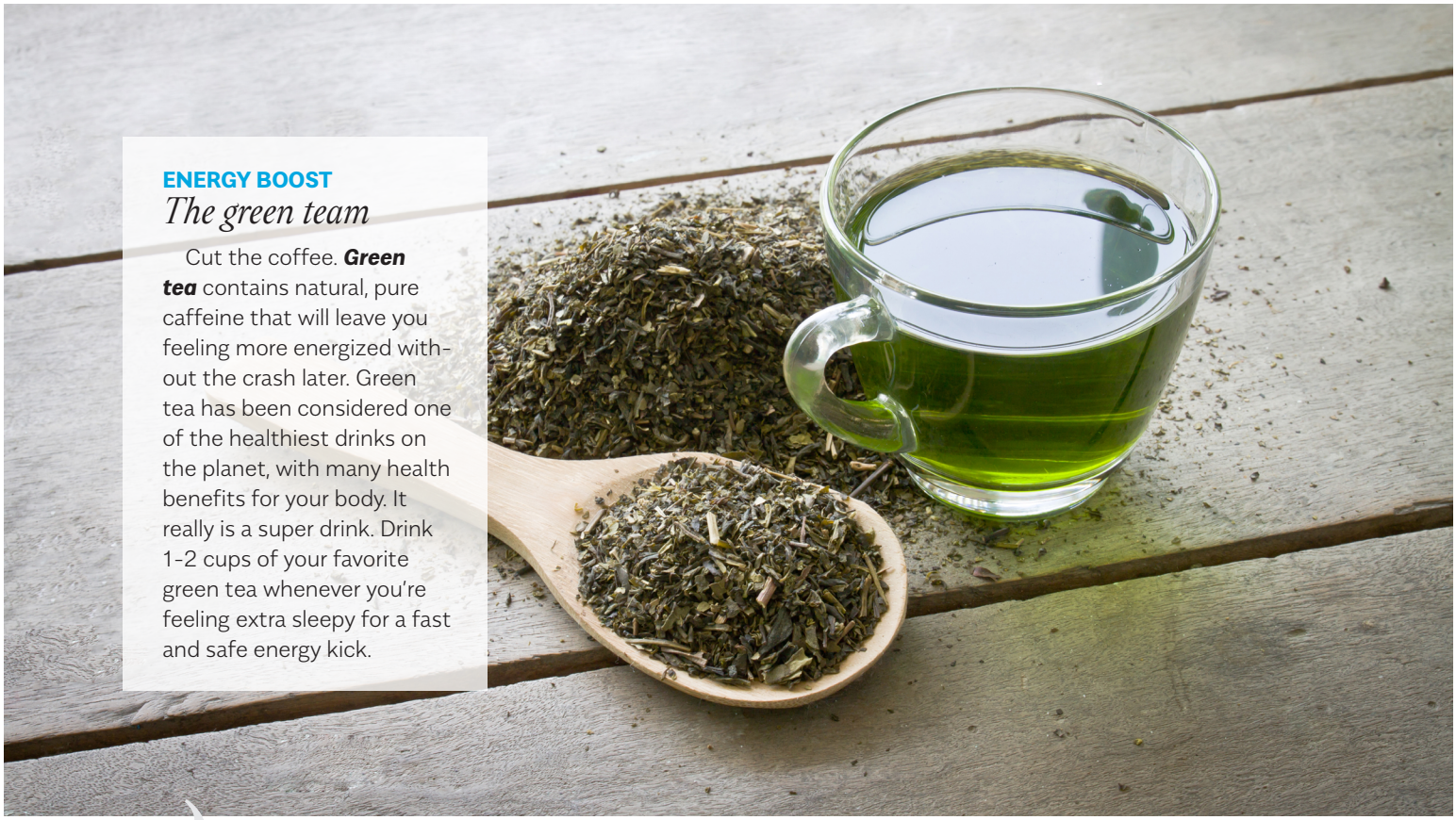
820 Bay Street
Beaufort, SC 29902

View every listing on the MLS at LowcountryRealEstate.com

Natural health hacks

START LOOKING AND FEELING BETTER WITH THESE EASY TRICKS





ENERGY BOOST

The green team

Cut the coffee. ***Green tea*** contains natural, pure caffeine that will leave you feeling more energized without the crash later. Green tea has been considered one of the healthiest drinks on the planet, with many health benefits for your body. It really is a super drink. Drink 1-2 cups of your favorite green tea whenever you're feeling extra sleepy for a fast and safe energy kick.

Get in touch with nature this month and start treating your body better. There are plenty of ways you can improve your health and brighten your appearance, starting right in your own kitchen. This list of nature's top tricks is inexpensive, effective and easy to do. ***From beauty tips to flu remedies, there is a natural product to fit your needs and lifestyle.***



TEETH WHITENING

Pearly whites

Get a whiter, brighter smile. Oil pulling is a great technique to remove bacteria from your mouth but it also can whiten your teeth. Simply swish 1 tablespoon of ***coconut oil*** around your mouth for 15-20 seconds, spit it out, rinse your mouth with warm water and then brush your teeth. The best time to do this is in the morning before your first meal.



HAIR GROWTH

Tame the mane

Get the long, luscious locks you've always wanted. ***Peppermint oil*** contains many healing abilities, such as adding antimicrobial properties and increasing blood circulation. All you need to do is apply the oil to your scalp and massaging it in with your fingers. The cooling sensation of the peppermint will increase blood flow to the scalp and stimulate hair growth. Your hair will look and smell amazing.



LEMON WATER

Easy peasy lemon squeezy

Next time you reach for a glass of water, add in a ***freshly squeezed lemon*** or even some ***natural-grade lemon oil***. The benefits to lemon water are extensive. The main ones include toxin and inflammation reduction, and improved digestion. It provides your body with an overall health boost. If you haven't already been drinking lemon water, it's time to start.



SORE THROAT

Super soother

Sip on this sore throat cure. ***Apple cider vinegar*** is a very popular natural healer, but mix in some ***lemon juice*** and ***honey***, and it becomes an amazing throat soother and immune system booster. Add 1 tablespoon of honey, 2 tablespoons of apple cider vinegar and lemon juice to a cup of hot water to mix up this cold-soothing cocktail. Drink 2-3 times a day and you are sure to feel better in no time.



HANGOVER CURE

Rise and shine

Have a few too many glasses of wine last night? Avoid the morning headaches, nausea and exhaustion with the power of ***vitamin B***. By taking a complex B supplement before and after a night of drinking, you can reduce your hangover symptoms by 50 percent. Wake up feeling fresh and ready to seize the day! *LL*



KREWE

make eyewear your new favorite fashion accessory

optical solutions

THE ISLAND'S FRAME SPECIALIST

Dr. Michael Campbell and Associates

Hilton Head North End
10 Hospital Center Commons, Suite 100 | 843.681.6682

Hilton Head Mid-Island
50 Shelter Cove Lane, Suite G | 843.785.8008

Bluffton
27 Dr. Mellichamp Drive, Suite 100 | 843.706.0607



DRMICHAELCAMPBELL.COM



Take the doctors' advice

LIVE YOUR BEST LIFE WITH THESE NATURAL SOLUTIONS FROM LOCAL EXPERTS



Save your skin

When it comes to wellness, my first priority is always skin care and cancer prevention. Sunscreen is a must, and I prefer the natural ingredients in the physical blocker sunscreens. Pure zinc and titanium are minerals in my favorite sunscreens. The minerals block and reflect light to avoid damage to skin. This is in contrast to chemical sunscreens that produce a chemical reaction with the ultraviolet rays on your skin. Elta MD UV Pure and Colorescience sunscreen powder are a couple of my favorites.

— Dr. Carmen Traywick, LUX: A Medical Spa



Get to the point

Dry needling is a treatment method administered by a physical therapist that involves inserting a fine needle into the skin and muscle. It is an effective treatment for a large array of conditions, including but not exclusive to sports injuries, muscle pain, arthritic pain, fibromyalgia, stiffness, neck pain, back pain, improving scar mobility and more. Traditional massage and stretching are not always effective in addressing scar tissue due to the strength of collagen fibers, which is why dry needling has been proven to be significantly more effective in treating chronic pain syndromes. Dry needling differs from acupuncture by theory of practice. Acupuncture focuses on treatment meridians (energy channels) by addressing the blockage of energy flow through the body. Dry needling involves physical therapists using their examination skills to identify pathological tissue and treat the tissue by inserting a microfilament needle. Dry needling does not involve treating blockage in energy flow, but instead aims to normalize the quality of skeletal soft tissue to relieve pain and improve mobility.

— Sean Neuman, DPT, Hilton Head Physical Therapy

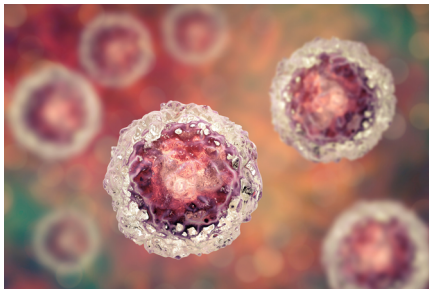


More to blue than meets the eye

Did you know that blue light from our digital devices like cell phones, computers and laptops can negatively impact eye health and cause digital eye strain? Digital screens emit a specific type of high-energy, short-wavelength blue and violet light. Overexposing your eyes to your device's blue light can cause a range of health issues. Wearing blue guard material lenses with anti-reflective coating can protect you against this harmful exposure.

— Dr. Michael Campbell, Optical Solutions

Find your libido



Our society has a very stilted and imbalanced view of sex. Here's the problem: the complex and intimate interaction that is sex cannot be adequately and comprehensively addressed by a pill. But I think many of us are too scared and embarrassed to demand a larger conversation: Where did my libido go? Is my loved one disappointed and unhappy because of this? Can this get better? What does this mean for our relationship?

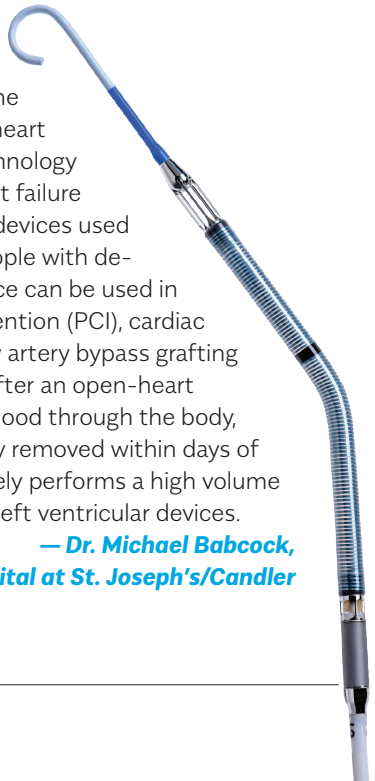
In case you didn't notice, women are largely left out of this conversation. I don't think the women reading this are surprised — we've known this for years — there are no "little blue pills" for women.

Over time, diminishment in sexual drive and sensation is due to worsening blood flow to sexual organs. The same pathologic processes that lead to stroke and heart disease also lead to impotence and poor sensation. In women, vital life events such as childbirth contribute to this, often at a young age. Then there's menopause with not only the diminished production of female hormones but also testosterone. All of these issues combined often lead to a great big pile of no sex and diminished intimacy.

Stem cell therapies have been shown to improve blood flow. Study after study in a variety of disease states have really gained traction in regard to sexual health as a viable and powerful tool to naturally correct the pathology that leads to these issues in men and women. Post-partum women have been seeking platelet-rich plasma and stem cell therapies for years shortly following child birth to remedy this issue quickly. In the Lowcountry, we don't have to travel to Miami or New York to seek this treatment. These therapies are available here locally with a caring and comprehensive approach.

— Dr. Heather Hinshelwood, Fraum Center for Restorative Health

Find it in your heart



Bigger doesn't always mean better. The Impella, known as the world's smallest heart pump, may be tiny, but its powerful technology to keep your heart pumping during heart failure can save your life. Impella is a family of devices used for temporary ventricular support in people with depressed heart function. An Impella device can be used in high-risk percutaneous coronary intervention (PCI), cardiac shock following a heart attack, coronary artery bypass grafting or to help stabilize a patient before or after an open-heart surgery procedure. The device pumps blood through the body, allowing the heart to rest and is typically removed within days of placement. St. Joseph's Hospital routinely performs a high volume of Impella procedures, particularly with left ventricular devices.

— Dr. Michael Babcock,
The Heart Hospital at St. Joseph's/Candler

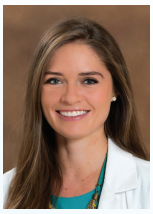
MOHS SURGERY & DERMATOLOGY



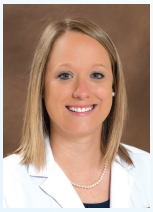
A. Thomas Bundy,
MD, FAAD, FACMS
Board Certified Dermatology
Board Certified Mohs Surgery



Emily Murphy,
MSN, FNP-C
Board Certified



Meghan M. Campbell,
MS, PA-C
Board Certified



Kristen Clark,
MS, PA-C
Board Certified



Lisa Redmond,
Licensed Esthetician
Board Certified



Amy Myers,
Licensed Esthetician
Board Certified

Advanced Fellowship Training Specializing in Skin Cancer

- Mohs Micrographic Surgery
- Acne, Rashes & Psoriasis
- IPL Photorejuvenation & Facials
- Fraxis & RF Micro-needling
- Laser Hair & Wrinkle Reduction
- Tattoo & Vein Removal
- Noninvasive Body Contouring
- Botox® & Fillers

HILTON HEAD DERMATOLOGY
SKIN CANCER CENTER, PA
A. Thomas Bundy, MD, FAAD, FACMS



BLUFFTON-OKATIE
4 Okatie Center Blvd. South • Legacy Center • Suite 202



HILTON HEAD ISLAND
15 Hospital Center Blvd. • Medical Quarters • Suite One

ACMS
American College of Mohs Surgery

843.689.9200
www.hiltonheaddermatology.com

MEDICARE CERTIFIED • STATE LICENSED • AMBULATORY SURGERY CENTER

Introducing...

FARROW & BALL F&B DORSET ENGLAND

Fine Craftsmen
in Paint & Paper



Exclusive Stockist

PLANTATION
INTERIORS
•est.1972•

10 target road, hilton head, sc
843.785.5261 • 912.231.7797
www.plantationinteriors.com



Smile to live longer

Years ago when researching for an article I was writing, I came across a study titled, "Smile Intensity in Photographs Predicts Longevity" (Feb 2010). The study was done by the Mott Center for Human Growth and Development at Wayne State University. This was the first study to link smile intensity to a biological outcome: longevity. The study focused on Major League Baseball players because statistics are available and they represent a homogenous occupational group. Two hundred thirty photographs were taken from the Baseball Register for 1952, and the analysis was limited to players who debuted prior to 1950.

The photographs were rated on a scale of smile intensity. Although the study goes into great detail on methods used to determine smile intensity, the results were simple and significant. Players with no smiles lived to an average of 72.9 years of age, whereas players with the highest intensity of smiles lived to an average of 79.9 years of age. Players with partial smiles fell somewhere in between.

I suspect there may be other factors that influence the outcome of this study. The easiest way to smile is to think happy thoughts. And there is much research linking happiness and optimism to one's well being and longevity.

So if you have the desire to smile big but hold back due to the appearance of your teeth, find a cosmetic dentist. We have the ability and technology to offer solutions to help you smile at the world with intensity. Not only will the world smile with you, you might just live longer!

— Dr. Bonnie Rothwell, Rothwell Cosmetic Dentistry

Make your mouth happy

There are good bacteria and bad bacteria in your mouth. They need to be in balance with one another. When the good guys and the bad guys are in balance, they serve many necessary purposes. However, when bacteria are killed indiscriminately, harmful bacteria and good bacteria are both killed. This delicate balance of bacteria goes awry. I'm sure many of you have heard about the overuse of antibiotics and how it can cause serious problems with your gut, leading to immune deficiencies and medical complications. Today, use of probiotics are necessary to help proliferate good bacteria and encourage a healthy gut microbiome, which will improve the mouth bacteria. What I would like to point out is that the mouth has a similar microbiome, and mouthwash acts just like an antibiotic. Over usage is simply not healthy. When a healthy balance is disturbed, your overall health can be at risk. If you use antimicrobial mouthwash every day, you will destroy this delicate balance of the entire garden of bacteria in your mouth. Ultimately, this could lead to tooth decay, progression of gum disease, and negatively affect your heart and blood pressure. My recommendation if you still choose to use a mouthwash, try Himalayan salt with warm water or a prebiotic toothpaste-like Revitin that can be placed in a pea-size amount in the mouth with water and swish away. Both options are non-chemical and safe enough to swallow.



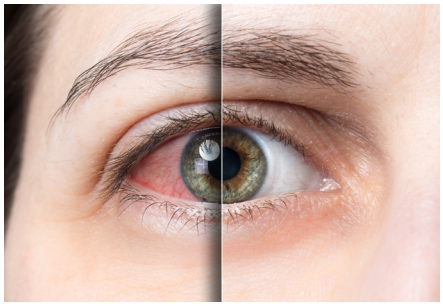
— Dr. Richard F. Porcelli, Biological Center for Dentistry



Get in your hair

A new world of hair science has changed the way we think about hair and its relationship to our overall health. Turns out, it's not just genetics and nutrition. The fact is, many factors contribute to hair health; intrinsic and extrinsic. Nutrafol is a non prescription, surgery free solution for thinning hair in men and women. The once a day vitamin supplement includes more than 20 natural ingredients, designed specifically to improve your hair's health, thickness and its ability to grow.

— Dr. Thomas Bundy, Hilton Head Dermatology & Skin Cancer Center



Not a dry eye in the house

Ever think about wellness in terms of eye health? Dry eyes affect over 5 million adults over the age of 50. A comprehensive wellness exam will determine if you are a candidate for the treatment of dry eyes. We really uncover everything from medical conditions, medication use, lifestyle demands and current product use in addition to our exam findings to determine the best course of action. A complete wellness exam is necessary to diagnose the condition of dry eyes. There are many causes and contributing factors to dry eye disease including side effects from medications to auto-immune conditions to general hygiene habits and product use. Preservative-free lubricating eye drops, natural eye cleansing remedies, heated masks and diet modifications are a few of the treatment options offered. Of course, drinking plenty of water and eating a balanced diet rich in Omega 3 plays an important role in preventing symptoms of dry eye.

— Dr. Robert Allen, Eyeland Optique

Closet Therapy
De-stress While You Dress.



Call for a free in-home design consultation and estimate.

Custom Closets Pantries Laundry Rooms Home Offices Garages Wall Beds

$300 off ***plus Free Installation***

Ask your designer how to save even more!

Terms and Conditions: $300 off any order of $1198 or more. $200 off any order of $998-1198 or $100 off any order of $598-998, on any complete custom project. Not valid with any other offer. Free installation with any complete unit order of $600 or more.



Photo: Holger Obenaus

Closets byDesign

Personalized solutions for any budget.

closetsbydesign.com

843-225-6725 LL

INSURANCE AT THE HIGHEST STANDARDS

FEBRUARY: RESOLUTIONS REVISITED

- Four weeks into the new year: the only things that have gotten slim so far is the crowds at the gym and the line at the salad bar.
- If you quit eating or drinking something that gives you pleasure, remember: no one likes a quitter.
- Motivational posters are not as effective as a sticky note on the fridge that says, "Nothing tastes as good as losing weight feels."
- No one's final wish was to have spent more time at work.

Kinghorn INSURANCE

Claims-Tested Experience You Can Depend On

BLUFFTON: 843.837.3911
HILTON HEAD: 843.686.3911
www.KinghornAgency.com

Hilton Head Physical Therapy

Your road to recovery starts with one-on-one personalized care.

Helping you get back to doing what you want sooner with direct access to treatment with or without a physician referral.

Main Location
1012 William Hilton Parkway, Suite 7
Hilton Head Island, SC

Satellite Location
Breakthrough Fitness Center, 130 Arrow Road
Hilton Head Island, SC

843.715.4060 | hiltonheadphysicaltherapy.com

Hilton Head Physical Therapy accepts all commercial insurances, Medicare, and private-pay for reimbursement of services.
Hilton Head Physical Therapy is a network provider for Medicare, BCBS & United Health.



Eat for eye health

The American Academy of Ophthalmology, recognizing 2020 as "The Year of the Eye," identified 36 vision-healthy foods. It's a diet rich in fruits, vegetables, beans and fish. Key ingredients are those containing:

- **Vitamin A** (important in preventing dry eye) from sources including carrots (of course), sweet potatoes, cantaloupe, and apricots.
- **Vitamin C** (an antioxidant providing protection from harmful free radicals) found in citrus fruits, red bell peppers, and strawberries. This protection plays a role important in preventing or stabilizing macular degeneration and cataracts.
- **Vitamin E** is another important agent which helps keep cells healthy. Vitamin E can be found in avocados, almonds and sunflower seeds.
- **Omega-3 Fatty Acids** from cold-water fish might help reduce the risk of developing dry eye. These fish include salmon, tuna, sardines, halibut and trout.
- **Lutein and Zeaxanthin** are antioxidants found in leafy green vegetables and other brightly colored foods. They are key to protecting the macula, the area of the eye that gives us our central, most detailed vision. Good sources of these are kale, spinach, romaine lettuce, collards, turnip greens, broccoli, peas and eggs.
- **Zinc** helps keep the retina healthy and may protect your eyes from the damaging effects of light. Sources of this mineral include all kinds of beans (legumes), oysters, lean red meat, poultry and fortified cereals.

— Dr. Ken Gleitsmann, Bishop Eye Center



Exercise myths vs. facts

MYTH 1: Exercising only benefits the body.
FACT: Regular physical activity helps you look and feel younger and stay independent longer. It also lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, certain cancers, high blood pressure, and obesity. Exercise is a natural and effective anti-anxiety treatment through the release of endorphins, and the mood enhancing benefits of exercise can be just as great at 70 or 80 as they were at 20 or 30.

MYTH 2: Exercise puts me at risk of falling down.
FACT: Regular exercise, by building strength and stamina, prevents loss of bone mass and therefore improves balance, actually reducing your risk of falling. As you flex and stretch with exercise you will be reversing any natural breakdown of muscles that had occurred previously.

MYTH 3: Too old to exercise. **FACT:** You're never too old to get moving and improve your health! Fitness is important at all stages of life but even more so as we age. In fact, adults who become active later in life often show greater physical and mental improvements than their younger counterparts.

— Mark Piegza, Synergy Home Care

Pump up the volume



Cosmetic procedures are not "all natural," but when the goal is to enhance your natural beauty or restore lost volume, they can lead to an overall healthy, rested and very natural look. Cosmetic filler made of purified hyaluronic acid placed in areas of lost volume restores the body's natural hyaluronic acid lost over time due to aging and the sun. We can accomplish a natural, lifted look with smoothing of lines without putting in anything permanent and without surgery. Restylane Lyft is one of my favorite products to use for this look.

— Dr. Carmen Traywick, LUX: A Medical Spa



Oh my GERD!

Coastal Carolina Hospital is the first in the Lowcountry to offer an incisionless surgery that can benefit those with gastroesophageal reflux (GERD). The procedure is called TIF, or Transoral Incisionless Fundoplication. Over 20 million Americans suffer with daily heartburn or other symptoms of reflux such as regurgitation, chronic cough, hoarseness and dental erosions. Until recently, these people faced either a lifetime of daily medications, and often incomplete resolution of their symptoms, or the risks of invasive surgery. Now, the TIF procedure can help alleviate these symptoms. This procedure is performed through the mouth and helps the body rebuild the valve between the stomach and esophagus. Benefits include no external incision, no scarring, no internal cutting of the natural anatomy and a more rapid recovery.



"This procedure can significantly improve quality of life for those with GERD — a common disease that impacts one in five adults. Many reflux patients are unable to drink alcohol, carbonated beverages, caffeine or eat rich foods or fruit without triggering reflux. They may also have to sleep at an angle to reduce nighttime reflux."

— Dr. Carlos Montenegro, Coastal Carolina Hospital



Bob Risk, Tucker Piegza (woof), Lisa Piegza, Mark Piegza

We're redefining southern hospitality.

We're locals who provide private home care done the Lowcountry way.

Whatever you need, give us a call.

- Companion Care
- Child Care
- Post-Hospital Care
- Alzheimer's/Dementia
- Senior Care
- 24 Hour Care
- Respite Care
- Hospice Care

SYNERGY® HomeCare

Call for your free home care assessment

(843) 310-1078

SYNERGY HomeCare of the Lowcountry
2 Corpus Christi • Suite 101 • Hilton Head
synergylowcountry.com

Wellness trends for 2020

TOUCHING EVERY FACET OF YOUR LIFE

STORY BY KAREN MORAGHAN

Wellness is big business — an economic powerhouse worth $4.2 trillion worldwide. If that doesn't get your attention, consider that wellness now encompasses almost every aspect of our lives, from fitness to athleisure apparel, spas and skin care, to healthy eating to real estate. ***So how is wellness affecting us here at home in the Lowcountry?***



PERSONAL FITNESS

Jogging to Jazzercise, there's always a new fitness craze sweeping the country. Today, our limited time and overly connected lifestyles have brought fitness into our homes, 24/7. Peleton offers a cycling-studio experience at home, while Mirror offers cardio, strength, yoga, boxing, Pilates, and other regimens, with live or on-demand classes, through an immersive display that hangs on your wall.

As Baby Boomers age, they are committed to maintaining physical fitness, with emphasis on flexibility and balance. New facilities like Stretch Zone (with locations in Hilton Head and Bluffton) offer proprietary stretch methodology that improves circulation and creates better resting muscle tone. Integrated programs, like those at Hilton Head's Pulseology, create individualized approaches to optimal health that could include fitness, physical therapy, acupuncture, and massage.

Recovery from workouts is an important wellness trend, says Chad Cannon, health and fitness coach and founder of CannonFit Transformation Center in Bluffton. "Building recovery time into any training program is important because this is the time that the body adapts to the stress of exercise, and the real training effect takes place," he says.

Fitness is everywhere: on vacation, in what you wear, the technology you use (how many steps did you walk today?), and in your home. It's also constantly changing, so there's sure to be something — or many things — right for you.



A HEALTHY PLANET

More consumers than ever are repairing not just their own health but the health of the planet. Throughout the area you can get involved with sea turtle protection, recycling programs, and ocean conservation, to name just a few.



HOW WE SHOP & EAT

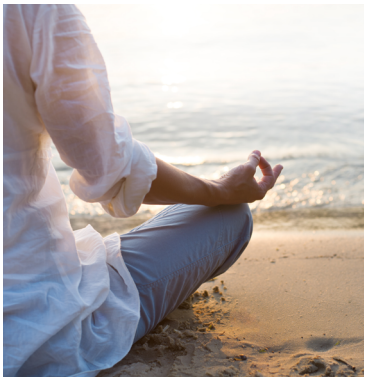
People have been purchasing fresh food from outdoor markets for centuries, long before the term "farm-to-table" turned up in menus and magazines. Demand never has been greater for organic, just-picked fruits and veggies, locally raised meats, and fresh fish at local farmers markets. You can find them in Hilton Head, Bluffton, Port Royal, and Beaufort.

You'll even find healthy options in big supermarkets. Furthermore, home delivery of groceries, make-your-own menus, and organic produce are growing in popularity, as are restaurants and chefs who cater to special diets like keto, vegetarian, paleo, gluten-free. Ask your favorite restaurant how it's satisfying the taste for wellness.

WELLNESS TOURISM

Spas, retreats, and other forms of health-based tourism are among the fastest-growing wellness segments. Spas are now a $118.8 billion market, powering tourism and employment as consumers increasingly choose self-care oases as escapes from work-obsessed lifestyles. Thermal and mineral springs are increasingly popular, particularly among women who enjoy warm water for stress release. Wellness travel continues to grow. Anne Dimon, president of the Wellness Tourism Association (WTA), says, "There is nothing more vital to the continued growth of wellness tourism than for consumers to be clear on what awaits them in their travels."

WTA has specific criteria for any region proclaiming itself a "Wellness Destination," among them a safe, secure, and clean environment; abundant natural assets; in-place sustainability policies and practices; accessibility to wellness professionals and practitioners; restaurants offering healthful cuisine prepared by chefs who are committed to clean eating and partner with local growers; and availability of a range of fitness-based activities and tours. Last but not least, the physical environment must be somewhat removed from the noise that surrounds our daily lives.





REAL ESTATE AND WELLNESS

Developers are incorporating wellness into the design, materials, and building of residential communities. Many properties also offer healthy amenities and programming, bringing wellness home for their residents. Does your community promote a healthy lifestyle? If not, what can you do to promote one?

UNIVERSITY OF SOUTH CAROLINA

HEALTHY CAROLINA WELLNESS

The University of South Carolina has taken the lead in offer a healthier lifestyle by offering students the opportunity to participate in physical, mental, and spiritual wellness programs. There's even a special dorm with an in-building kitchen and gym.



WORKPLACE WELLNESS

Wellness at work still has a long way to go, particularly compared to the productivity lost due to an unhealthy, disengaged workforce. But companies are incorporating employee wellness programs into their business models and insurance offerings.

The public's demand for health and wellness choices is only going to grow. As a new decade begins, consider what will aid your long-lasting well-being. Chances are it's already out there, and if not, it will be soon. *LL*



When you feel informed about heart disease and comforted at the same time

YOUR HEART IS IN THE RIGHT PLACE

Fatigue, breathlessness and noticeable heartbeats are a few of the symptoms that may indicate your heart needs attention. Our cardiologists have helped many men and women restore quality of life with advanced technology and compassionate care. Take a first step and attend a heart healthy seminar or let us connect you with a cardiologist this Heart Month. We put all our hearts into caring for yours.

Hilton Head Regional Healthcare
Coastal Carolina Hospital | Hilton Head Hospital

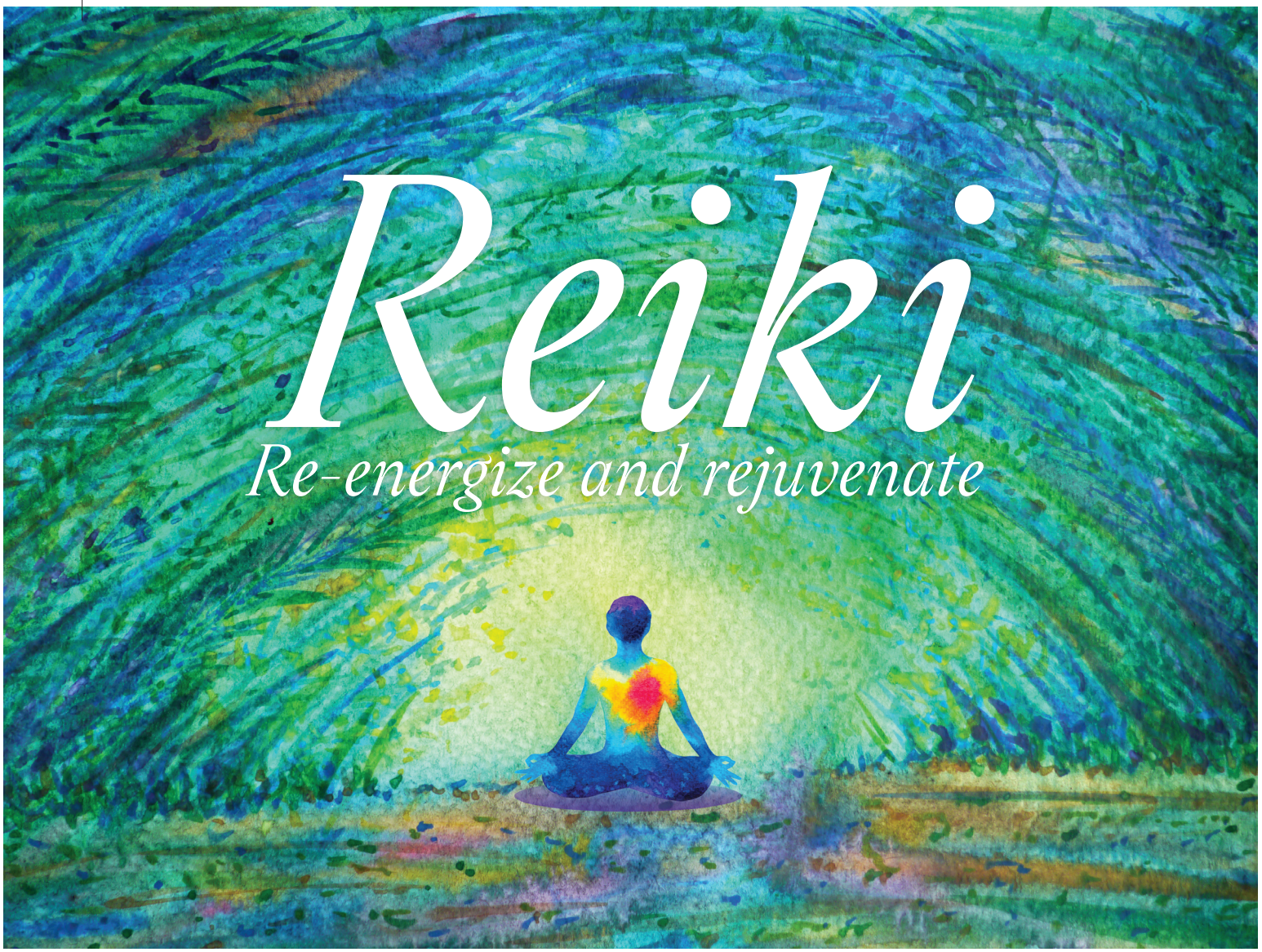
A COMMUNITY BUILT ON CARE

FREE SEMINAR AND COOKING DEMO

Eat Smart. Love Your Heart.

Tuesday, February 25
11:30 am – 1 pm

For more information or to RSVP, call **833-761-6149** or visit **HiltonHeadRegional.com/Heart**



Reiki

Re-energize and rejuvenate

AWAKEN YOUR BODY'S ABILITY TO HEAL NATURALLY WITH THIS TECHNIQUE FOR STRESS REDUCTION & RELAXATION.

STORY BY EDDY HOYLE

Reiki is one of the oldest healing methods known to mankind. It originated centuries ago in Tibet, and in its purest definition, it means universal life energy. It is a form of stress reduction and energy work that positively affects our physical, mental and emotional healing.



Ifetayo White is a Reiki Master Teacher at the Lowcountry School of Reiki in Beaufort and has studied Reiki since 1995. "The body must be relaxed in order to heal and that is the primary benefit of Reiki. The purpose of Reiki is the reduction of stress and physical pain," she said. "I worked with a lot of children in pediatric mental health for 10 years and Reiki reduced the stress of their traumatic experiences." She also specialized in using Reiki during births to help mothers ease the discomfort and pain of their contractions by relaxing the pelvis and thighs and reducing their stress.

White said she shared Reiki daily with her mother as she was dying of cancer. "I was at her bedside for three months and both her anxiety and her pain were very high. Reiki helped greatly to reduce both for her," she said.

She encourages everyone to try Reiki. "It can't harm you and there is nothing to lose," White said. "It is an opportunity to experience total relaxation." Even pets enjoy the benefits of Reiki.

Theda Parks of Sun City began her journey to become a Reiki Master in 1992. "It's interesting how people respond to Reiki. Some may fall asleep, some report lessening of physical discomfort,

some report feeling peaceful after experiencing emotional turmoil... all report feeling better after a session," she said.

"People do not have to undress for Reiki and it can be done anywhere. For those who have been traumatized physically (such as sexual abuse), it is not necessary to have skin contact. Permission is always asked about touching the person prior to a session," she explained.

Parks added, "Reiki is a gentle, non-invasive method of energy work that allows a person to feel safe on many levels. In some cases, the practitioner may have been the only person to have that kind of one-on-one contact with them for a very long time. Reiki also helps with chronic conditions."

She explained that many clients report that they sleep well and that the good feelings stay with them for several days. "Any relief from stress is always a good thing. The quiet, the peace, the caring individuals who do the Reiki can help on many levels. Stress is reduced. Inflammation is reduced. These are things that help the physical/emotional body," Parks said.

Parks emphasized that Reiki practitioners are not doctors, and do not diagnose. In the case of physical issues or even in cases where emotional issues may be on a tipping scale, seeing the proper medical personnel is always advised and encouraged.

"What was once considered woo-woo, has found acceptance is some respectable hospital settings," she said. "There are people who are all pro-Western medicine, and there are people who are all pro-alternative medicine. The point is what is in the best interest of the individual. Perhaps the answer is a partnership of both." *LL*



Reiki goes mainstream in the medical community

A study at Hartford Hospital in Hartford, Conn., showed that Reiki improved patient sleep by 86 percent, reduced pain by 78 percent, reduced nausea by 80 percent, and reduced anxiety during pregnancy by 94 percent.

One high profile advocate of Reiki is Dr. Mehmet Oz, professor and vice chair of surgery at Columbia University in New York City. He has used Reiki and Therapeutic Touch in cardiovascular surgeries for over a decade. As a TV personality and credible physician, he frequently talks about energy medicine to educate the public and healthcare professionals.

At hospitals and clinics across America, Reiki is gaining acceptance as a meaningful and cost-effective way to improve patient care. It reduces stress, decreases the amount of pain medication required, improves sleep and appetite, and accelerates the healing process. It also may reduce many of the unwanted side effects of radiation and drugs, including chemotherapy.

According to the American Hospital Association in 2007, 15 percent or over 800 American hospitals offered Reiki as part of hospital services. The Center for Reiki Research list of hospitals includes Memorial Sloan-Kettering Cancer Center in New York, Brigham and Women's Hospital and Children's Hospital in Boston, the Cleveland Clinic Foundation Center for Integrative Medicine, Dana Farber Cancer Institute in Boston, Columbia University Medical Center Integrative Therapies Program for Children with Cancer in New York, and Duke Integrative Medicine in Durham, NC.

Try Reiki locally

The Zen Den in Port Royal offers a free Reiki clinic the first Saturday of every month from 12 to 3 p.m. 843-929-9449
Lowcountry School of Reiki, 843-271-1923
Omni Hilton Head Oceanfront Resort Spa, 843-271-1923
Live, Light, Healing in Bluffton, 843-505-0804

KNICKERS
843-671-2291
In The Shadow Of The Lighthouse
HARBOUR TOWN



NOTHING COMPLICATED.
NOTHING COSMETIC.
JUST SUPERIOR SKINCARE FOR MEN.

Jack Black®
Authentic and Original

Build a smarter home gym

Get in the best shape of your life with the help of the latest technology.

BOWFLEX REVOLUTION

Plate technology designed for NASA works independent of gravity to provide resistance without inertia. This home gym offers more than 100 exercises with unlimited variations. Get in top shape by working out for 30 minutes, three times a week. *$2,899. bowflex.com*



NORDICTRACK RW900 ROWER

On-demand workouts feature live resistance control, where trainers auto-adjust a rower's digital resistance for a better workout. Coaches include two-time Olympic gold medalist Susan Francia and mind & body guru Alex Silver-Fagan. *$1,699. nordictrack.com*



TONAL

With this upper and lower body strength trainer, you can lift any amount up to 200 pounds without racking and unracking metal weights. The 24-inch touchscreen display allows you to select a program and follow along as Tonal coaches motivate you through workouts. *$2,995. tonal.com*





NEXERSYS N3 PRO

Fight for the body you want by pushing yourself through rounds of cardio, core and striking. The software delivers fast paced and challenging animated training with a dynamic 3D trainer in Mitts mode and a 3D fighter in Sparring mode. *$5,495. nexersys.com*

THERAGUN G3PRO

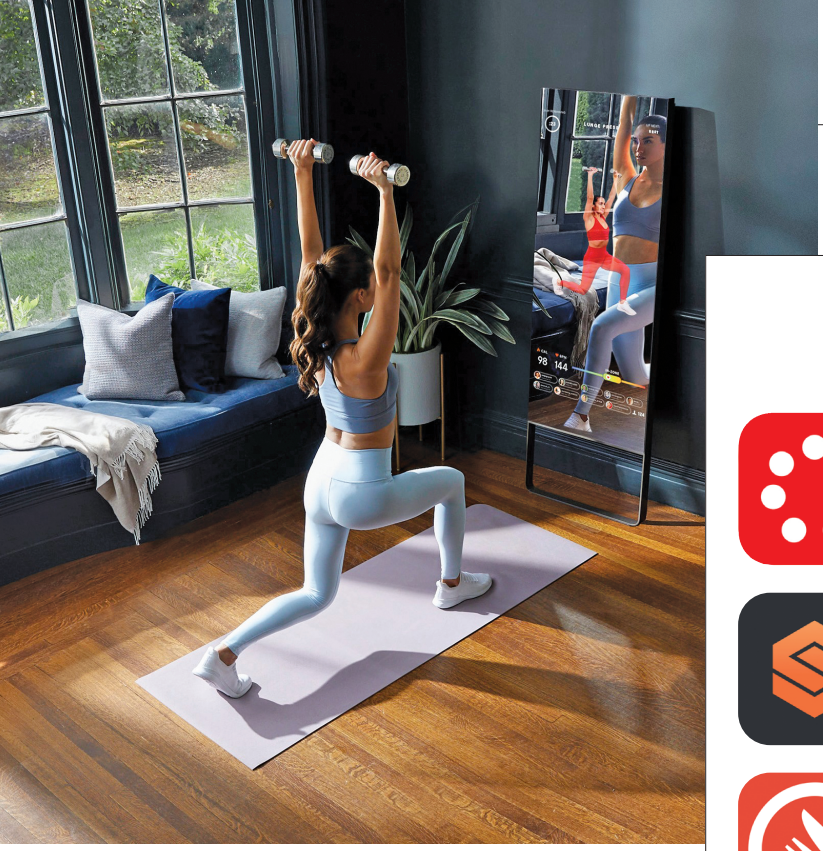
After an intense workout, this professional percussive therapy massager works deep to relieve soreness and speed up recovery. All it takes is 30 seconds per muscle group to improve muscle strength, flexibility, coordination and performance. *$499. dickssportinggoods.com*



PELOTON TREAD

Train with other Peloton members live and on-demand. Send high fives and filter by followers, age or gender. Real-time metrics track your progress from every class, including heart rate, distance, speed and output. *From $4,295. onepeloton.com*





MIRROR

This isn't just a mirror. It's a cardio class, it's a yoga studio, it's a boxing ring, it's your new personal trainer, and it's so much more. Turn less than two feet of wall space into a personal fitness studio. *$1,495. mirror.co*

TOP FITNESS APPS FOR 2020

SHORT WORKOUTS
J&J Official 7 Minute Workout: A fast, simple, science-based way to make every minute count.

ON-DEMAND WORKOUTS
Shred: With thousands of workouts across a range of styles and durations, you will always find the perfect training session for your day.

NUTRITION TRACKING
MyPlate: A daily snapshot of protein, carbs and fat grams and percentages allows you to monitor your intake and manage your desired ratio.

ACTIVITY TRACKING
Map My Fitness: Track gym workouts and runs. Know your distance, pace, calorie burn, elevation and more.

WORKOUT MUSIC
RockMyRun: Body-driven music technology automatically adjusts music to sync with your steps or heart rate. Manipulate music to match your ideal BPM.

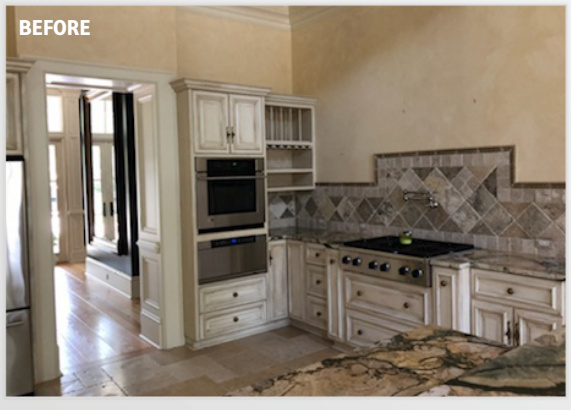
OUTDOOR CARDIO
Nike+ Run Club: Offers GPS run tracking, audio guided runs, custom distance challenges and more.





Go online for more amazing before & after images from this renovation. **LocalLifeSC.com**

May River remix



BROUGHT TO LIGHT The previous outdated kitchen needed love and light. It was completely opened up, allowing for installation of a majestic center island set in Everest Pearl Quartzite.

A MIAMI FAMILY TEAMED UP WITH LOCAL EXPERTS TO TRANSFORM THEIR MOUNT PELIA ROAD HOME INTO A LOWCOUNTRY MASTERPIECE.

STORY BY CLAIRE ANTHONY + PHOTOGRAPHY BY ANNE

From the moment she stepped inside the foyer of the sprawling May River retreat, Martha Fernandez realized, "if we don't act now, these spectacular marsh views won't ever be ours to enjoy." Thankfully her husband, Eloy Padron, shared her conviction and within months, the couple was immersed in a full-blown home renovation. They had previously purchased a home site across the street in the prestigious Palmetto Bluff neighborhood; however, it wasn't destined to become their new address.

Fernandez and Padron did an about face. "We decided to rethink the floorplan of 83 Mount Pelia and transform it to fit our dreams, a home where time stands still and we can unwind with family and friends," they explained. The couple has two children, Christian, 24, and Natalie, 18. "Entertaining is our way of life, so the great room and dining areas became our priorities once we purchased the home."

The couple enlisted the guidance of luxury builder Element Construction Partners and interior designer Kelly Caron. "Our role was to creatively reconfigure the space," explained Element Construction Partner Andrea Eldred. "For instance, what was once one of two walk-in closets in the master suite became a much-needed back kitchen, which now allows additional storage and prep space for our favorite perpetual host and hostess."

Eldred and team performed other structural feats, removing walls and moving doorways to open the floorplan and enhance lifestyle flow throughout the first level. Element Construction Partner Brandon Edwards said, "it's always a pleasure to collaborate with clients who know exactly what they want. For Martha and Eloy, if that meant creating a wine cellar in the space originally designated for a front hall closet, we found a way to do that and then took it a step further by adding a companion wet bar just steps away," he added.



NO DETAIL LEFT UNNOTICED Through architectural intrigue, elegantly intricate stonework and a cleaner color palette, this home realizes that vision and creates something both familiar and all-new in the process. The raw pine flooring was given a new, darker finish to contrast with the overall lighter palette of the house, a move which also accents the wood's rich texture.





While the Element team masterfully redirected the home's focal point to the breathtaking rear views, interior designer Kelly Caron infused its Lowcountry vibe with a luminous, luxurious palette, including ultra-custom fabrics and finishes.

"Our first encounter with this home left us feeling a bit conflicted," said Caron. "There was no doubt it had magnificent features, but they seemed mismatched." Caron pointed out the darker, honey-colored palette and rustic details in the great room which was predominantly formal. "We brightened the color scheme with whites and ivories and deepened the raw pine floors to create a sophisticated contrast," she said.

"Entertaining is our way of life, so the great room and dining areas became our priorities once we purchased the home."



Full-length draperies were added to frame the French doors with sheer ivory fabric bedazzled with waves of metallic thread. Lighting became the centerpiece in the remixed space with the strategic installation of large brass sconces and sculpted wire chandeliers, reminiscent of Parisian decor.

In addition to selecting lighting, palette, finishes and fabric for the renovation, Caron was charged with steering all furniture installations. One of her favorite recollections for the project was equipping the dining room with a remarkably large rectangular dining room table surrounded by custom overstuffed chairs, intended to endure hours of dining and dialogue.

Meanwhile in the adjacent kitchen, the homeowner's request for an extreme upgrade unveiled repurposed counter and island landscapes plus the addition of a stunning Francois & Co. cast stone range hood illuminated by thoughtfully reconfigured recessed and pendent cone lights.

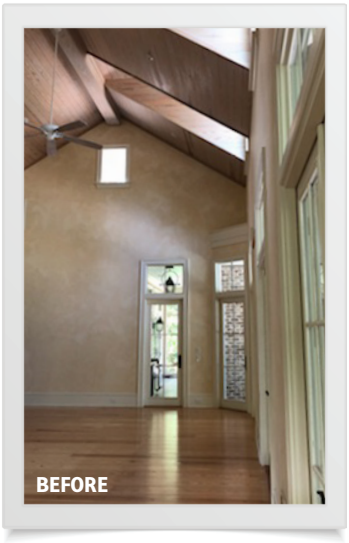
Caron elaborated on details of the kitchen island, now a brilliant show piece for dozens of guests who frequently surround it for year-round celebrations hosted by Fernandez and Padron. "We selected a quartzite countertop with laminated ogee edging," she pointed out. "It looks similar to a top-grade marble but in reality, it's more durable, a real benefit for families who entertain as often and Martha and Padron do."

The secret to the ongoing success of Caron's interior design business is her ability to listen to clients. In Fernandez's own words, "Kelly not only listens, she actually hears you. She spent a lot of quality time with us, getting to know our wishes and guiding us through decision after decision," Fernandez said. "She's not pushy yet she offered many suggestions that were often exactly what we had in mind."

Fernandez recalls her introduction by Caron to the local Ben Ham Gallery. Caron recommended Ham's fine art photography for the home's entry and now a half-dozen of his signature black and white images fill the entry, hallways and wine cellar. "The themes of Mr. Ham's work deeply touched us. We found familiar milestones and memories through his lens," Fernandez added. "He's now a trusted friend."

A luxury resort developer based in Miami, Fernandez was relentlessly committed to spectacular first impressions at her new Palmetto Bluff address. Hence the majestic front entry also received a face-lift with pearl-white paint, impeccably intricate molding and an





ELEGANT TOUCHES A vibrant palette and spectacular lighting replaced the former lodgy vibe of the great room (left). Show-stopping style and modern custom cabinetry elevated the media room (below). Brilliantly transformed, the new entry hall is all about elegance (bottom).



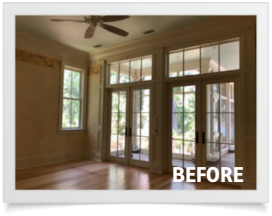














REVITALIZED RETREAT
From grand stairway to master bedroom and en suite, enhanced flooring, finishes and fabrics revitalized the May River retreat.



exquisite antique brass Visual Comfort chandelier to offset the regally winding staircase that climbs to two-stories to the Ben Ham gallery. The combination of ascending grace and grandeur is simply breathtaking, as planned by Caron.

Reoccurring themes of brilliant white, mixed metals and ethereal fabrics reach a crescendo in the master bedroom and en suite. "This intimate retreat quickly draws you in with its marsh views, vaulted ceiling, fireplace and canopy bed," said Caron. "We further elevated the old-country European vibe with an ornate crystal chandelier, Italian linens and layering of fabulous finishes."

The decadent drama flows into the en suite where a custom-fit mosaic glass tiled shower and heirloom polished nickel soaking tub rise above the marble tile floor and beneath a crystal drop chandelier. Not to be upstaged in the context of so much elegance, the vanity counters are Calcutta gold premium and Italian marble. "It's easy to forget this bathroom was once all about green, yellow and travertine," Fernandez notes.

Both Fernandez and Padron believe they've fully accomplished their mission to reimagine and reconfigure their new Mount Pelia address. Among their countless renovation triumphs, several continue to especially awe guests, including daughter Natalie's deluxe second level bedroom suite, a dreamy escape featuring vogue vintage pieces and a palette of ivory and cotton-candy pink.

Also not to be missed, Padron's media room, where a large custom entertainment center by Litchfield Cabinetry accommodates an 8-foot TV screen and elaborate sound system. "The Element team suggested a sleek sliding barn door to permit better views of the marsh," Padron said.

Panoramic marsh views are the centerpiece of the massive back porch which spans the rear of the home and offers multiple gathering vignettes. A swimming pool and marsh side terraces complete the Mount Pelia backdrop. "This is where we spend most of our time. It's the main reason we're here," Fernandez reminded us. She sees her family growing and building new traditions in Palmetto Bluff. "When we're in this home, it feels magical. The warm welcome from the neighborhood is the icing on our cake." *LL*

The home team

Interior Design & Furnishings: Kelly Caron Designs, ASID **Furnishings: Builder:** Element Construction
Countertops: AGM Imports **Countertop Fabricator:** Distinctive Granite and Marble
Cabinetry: Litchfield Custom Cabinetry **Appliances:** Billy Wood Appliances **Tile:** Savannah Surfaces
Cabinets: Bird Decorative Hardware **Wood Floors:** Ziel's Antique Flooring **Lighting:** Capital Electric
Millwork: Grayco **Custom Kitchen Hood and Master Fireplace:** Francois & Co.
Landscaping: Hilton Head Landscape **Custom Iron Wine Door:** Saltmarsh Metal



KITCHEN COUNTER STOOLS
Eat your bacon and eggs in style by pulling this beauty up to your kitchen counter. wesleyhall.com

Get the look of this featured home

*Designer **Kelly Caron** offered a few home accessory suggestions to help achieve the look of this beautiful Palmetto Bluff home.*

BEDROOM LAMPS
This Saxon Large Table Lamp from Kate Spade New York is the perfect accent to a bedroom, living room or dining room. circalighting.com





GRAND FOYER MIRROR
This Keyhole Mirror beveled center mirror is surrounded by various-shaped beveled mirrors in a classic wood frame. johnrichard.com



LIVING ROOM COCKTAIL TABLE
This Campania Cocktail Table has a fancy face top of flat cut and quartered white oak veneers, one shelf and adjustable glides. bernhardt.com

Five ideas for your home

MINOR ENHANCEMENTS & UPGRADES THAT MAKE A MAJOR DIFFERENCE.

Secrets to steal from our featured home...

1. TAKE IT OUTSIDE
A full renovation doesn't just transform this inside. A fresh coat of paint outside took an oddly dark exterior and made it the neutral-toned introduction to the color schemes that await within.

2. GET IN ON THE GROUND FLOOR
Create a unique atmosphere with patterned flooring. This black and white design is great for traditional and contemporary room settings. Other trendy color combos include soft greys and taupes and variations of traditional deep blue colors.

3. USE ART TO CREATE UNITY
The massive Ben Ham print above the foyer is joined by a series of Ben Ham prints down the front hallway, creating a subconscious sense of unity between spaces as you enter the home. By placing thematically tied works of art at key places in your home, you can join spaces and set the mood.

4. DON'T LEAVE ANYTHING OUT
The laundry room might not be on the top of your renovation priorities, but just look at the effect a new set of open shelves, black absolute leather finish granite counters and farmhouse flair had in this house.

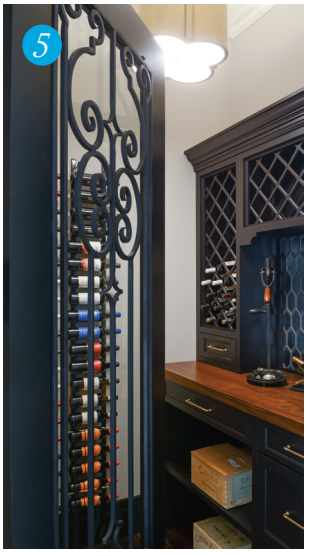
5. GO FULL MARIE KONDO IN EVERY ROOM
If you're not familiar with the organization guru, her driving question for everything is "Does this spark joy?" Does your coat closet not spark joy? Well, maybe a wine cellar will.











Constructing Elements of Inspiration.







Elements, large and small, create each unique project.
Find the *elements* that inspire you.

element
CONSTRUCTION

ELEMENTCP.COM | 843.837.9300
29 PLANTATION PARK DR, SUITE 404 | BLUFFTON, SC 29910

Light, airy & blissfully beautiful

BRING SOUTHERN COASTAL STYLE INTO YOUR HOME WITH THESE SUGGESTIONS FROM KELLY CARON DESIGNS.

©PHOTOGRAPHY BY ANNE + INTERIOR DESIGN AND FURNISHINGS BY KELLY CARON DESIGNS, ASID





Paint colors
Sherwin Williams Agreeable Gray 7029 is the buttboard and trim material paint finish. We added white paint to sheet rock and added a softer gray color to the trim. We switched it up over the typical white trim and paint color on the walls.

Blessing beads
Adding great coffee table books is easy, but adding a sculptural accent to drape across the coffee table books or embellish the space adds a nice touch. These blessing beads are also a great gift. You can use them anywhere.





Made Goods tray
I love adding a special accent on a cocktail table that is a conversation piece. By layering in a stylish tray, you can add coasters, fresh florals, magazines and small decorative objects for interest. We used a fabulous mother of pearl tray to add a coastal vibe and a piece we know your guests will ask about.

Accent colors and patterns
This Bohemian vibe crewel embroidery (Zimmer-Rohde fabric by Hodsoll McKenzie of London) is the perfect pattern for sofa pillows and carries layers of blues for our accent color in the living room. The luxurious handmade quality of the fabric adds a custom touch but is still comfortable and not overwhelming in the room.



Century cocktail table and end tables
This two-toned painted cocktail table keeps the space feeling fresher and less heavy over a dark wood option.



Tall lamps
Add lamps to a space that are scaled properly. Lamps add functional value and can be the final touch in the room. There are so many gorgeous options so there is no reason to skimp here. Taller spaces need bigger lamps.

Southern Living COASTAL LIVING DESIGN ALLIANCE

houzz

Winner of the Home Builder's Association
Lighthouse Award for "Best Interior Design"





Your
lifestyle,
perfectly
tailored.



KELLY CARON
DESIGNS

5 Promenade Street Suite 1302 Bluffton, SC 843.540.9759

KellyCaronDesigns.com









NICE AND EASY Located on the second floor, the spacious multipurpose room and upstairs porch are two spaces where you can relax, watch TV, or just enjoy all the beauty of the surrounding Lowcountry.

The untold story behind the Dream

HOW THE HGTV 2020 DREAM HOME CAME TO WINDMILL HARBOUR

STORY BY DAVID WARREN + PHOTOS COURTESY OF HGTV

When you drive up to the HGTV 2020 Dream Home in Windmill Harbour, it looks picture-perfect. It is located on a beautiful, expansive lot where the house fits perfectly to get the best vantage point of the spectacular marsh views. The landscaping is tasteful and matches the home design flawlessly. As you walk through the front door, you are aware of the fact that the coastal design of the interiors is ideally suited for the Lowcountry location and the marsh views beyond. This home, however, did not spring up from the ground like some native plant. It took a dedicated team of professionals working in unison to bring the idea to completion. ***This is their story...***

Local connections

In a way, this all started in 2018 when Shoreline Construction of Bluffton built the HGTV Smart Home in Palmetto Bluff. HGTV came back to Shoreline Construction to ask them if they would create the 2020 Dream Home. After reviewing several local communities, Johnny Ussery of Charter One Realty was asked by Shoreline to identify some potential homesites that would be appropriate for the Dream Home.

Finding the right lot was somewhat complicated by the fact that HGTV had many sponsors, including a pool company and an outdoor furniture company. The lot needed to be able to accommodate not only the house but the planned outdoor living space for the Dream Home.

Johnny identified several homesites in various communities on Hilton Head. At this point Court Atkins, an architectural firm from Bluffton, was engaged by Shoreline Construction. Together with the HGTV team, the group identified a large waterfront lot in Windmill Harbour. Johnny contacted Rob Reichel of Sea Pines Real Estate about purchasing the lot, which Rob had listed. This lot looked like it would have all that HGTV needed in terms of space and view.



With input from HGTV, Court Atkins then designed the house for the Dream Home project. The challenge for everyone was to design, build and decorate the home in six months. This construction process typically would take 10 to 12 months. Windmill Harbour Property Owners' Association and its Marketing Committee were excited about the potential positive publicity and became actively involved in facilitating all architectural review and assisting in providing construction access in the construction process.

Building the dream

With no time to waste, construction began by clearing the site and making preparations for building. The neighbors on Sail Stock Point were extremely accommodating as the compressed construction time made for a construction-truck nightmare. In six months, however, the house was finished, on schedule, within budget, and ready for interior design and landscaping.

Carolyn's Landscaping of Hilton Head was brought in and developed a Lowcountry picturesque landscape design befitting the house design and construction. While the building was in process, the HGTV sales team worked with their sponsors to determine the various elements of the home, including furniture, decor, flooring, paint, outdoor hardscapes,



cabinetry, faucets and fixtures, outdoor decorating and more.

Brian Patrick Flynn, who has been responsible for many of the interior designs on previous Dream Homes, was called on again to decorate the Windmill Harbour home. In October, he spent two weeks in the home placing furniture he had purchased and accessorizing. Brian and his team brought the house to life by making the house a home entirely ready to live in.

Worth 1,000 words

The next several weeks were consumed with photographing the home for advertising, promotional shots for the website, and video to be used on HGTV television. Teams of photographers and videographers descended on the neighborhood with equipment and drones to capture the home as only a world-class production television and magazine company could do.

As the process nears its final phase and goes into the sweepstakes phase, Chesney Anderson of HGTV summarizes the project by saying, "The home has privacy and a floorplan fit for entertaining and overlooking the outdoor spaces and sunsets. We think viewers will definitely fall in love with the home."

Although the credit for the Dream House usually goes to HGTV, it is clear that this is a team effort of local, regional, and national talent coming together. Their collective efforts came together in a short time to produce what is aptly called a Dream Home. And like most things in life, dreams take vision and hard work.

Enter to win

All eligible persons looking to win the home can enter twice a day at hgtv.com/HGTVdreamhome. The contest will end on Wednesday, Feb. 19. At that point, the winner will be "ambushed," and their excitement and surprise will be captured on film for the 30-minute give-away special that airs on HGTV in May. After that, the winner is brought to the home and given the keys to the house, the car, and the check for $250,000 — all this in front of HGTV sponsors. The production company then films the winner's reaction seeing all the spaces of the home with Brian, the interior designer. All this footage then goes on the HGTV giveaway special.

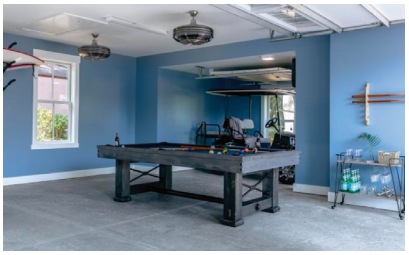








RHAPSODY IN BLUE The bright and modern color collection by Sherwin-Williams keeps the focus on the home's coastal connection.



MAKE YOUR HOME A DREAM HOME

You don't have to win the HGTV Dream Home to enjoy its design features. Each month, we will share a Dream Home idea we love with tips and tricks so you can bring the inspiration to life in your own home.

It's all fun and games! This is good news for anyone who is tired of spending time with friends and family and their iPhones. Board games are back and expected to get even more popular. The global board games market is worth over $3.2 billion and is set to rise to $8.12 billion by 2021, according to board games market value data on Statistica. The HGTV Dream Home designers must have known this trend when they incorporated so many playful features into the home.

BREAK IN THE GARAGE No room in the house for a billiard table? Fear not! The HGTV Dream Home has a sweet setup in the garage. Just make sure you have AC and manage the humidity in the warm weather.



DUELLING TVS Gamecock and Tiger fans don't need go to separate rooms anymore. Watch both games in the same room with two sets, kind of like a sports bar right in your own home.



SPEAKING OF SPORTS BARS... Foosball is always a winner, albeit a bit noisy. If you want to bring a bit of the north to your Southern home, try a table hockey game.



BORED? GAMES! Set up a board game on a table. No need to pack it up; a chess or checkers game looks especially good when left mid-game. Looks like the tiles in the tray in this Scrabble game spell a winner!

Make technology disappear



Authorized
Leon and Media Décor
Design Center

Turn your TV into a work of art–and preserve your design aesthetic–with lift and display solutions from Custom Audio Video. As an authorized Leon and Media Décor Design Center, we have the resources and expertise to make TVs and more blend into the environment, so you can fully enjoy the beauty of your home.

Learn how to unite technology and aesthetics at Custom Audio Video.

For a **FREE** review of your home automation options,

Call. Click.
Or Come In.

843.815. 5130

www.custom-audio-video.com

CUSTOM AUDIO VIDEO
Expert Team - Smart Solutions

48 Pennington Dr., Suite B
Bluffton, SC

HOME HACKS

Everything old is new again

Doesn't it seem like the cleaning-product aisle in the grocery store is getting longer and fuller? And don't you sometimes feel like you need a science degree to decipher the labels on products?

Meanwhile, scientists and researchers are finding new ways to create and market more what our grandmother already knows — natural ingredients and techniques to clean our homes. No labels are required on grandma's vinegar mixture to clean windows. Here are our favorite home-cleaning hacks that are truly all-natural and eco-friendly.

(SOURCE: ORGANIZED-HOME.COM)





Mildew-y grout

Basil is a natural antiseptic with anti-fungal properties. Dilute a few drops of basil oil with water for use on tiles and grout (after checking the manufacturer's cleaning instructions). The bonus is the kitchen will smell great after!

Microwave

Place a bowl of water in the microwave, set to high to three minutes and leave the door closed for a few minutes afterward to let the steam work its magic. When you open the door, it should be easy to wipe off cooked-on splatters.





Dishwasher

Give your dishwasher a monthly maintenance clean by pouring two cups of vinegar onto the bottom of the empty machine and running a sanitize or hot cycle.

All-purpose cleaner

Clean an empty standard spray nozzle bottle, like an old Windex bottle you would otherwise throw out. Fill it with a few tablespoons of Castile soap, 10 drops or so of tea tree oil, and enough water to top it off. You can use it for everything from wiping down counters and sinks to cleaning up spills.





Red wine stains on carpet:

There's always the old "white wine takes out red wine" trick, or pour salt on the wet red wine stain then leave it overnight to vacuum up the next day.





SOAP-ISTICATED SUDS

Castile soap is an amazingly versatile vegetable-based soap that's made free of animal fats and synthetic ingredients. This natural, nontoxic, biodegradable soap is available in bar or liquid form. Castile soap was made in the Mediterranean area before its use spread to Europe. Locally, check out Fresh Market for ***Dr. Bronner's***.



A1 Auto Detailing and Car Storage

IT'S ALL ABOUT THE DETAILS

AUTO **DETAILING** | **PAINT CORRECTION** AND **RESTORATION** | CERAMIC **COATING** | **HEADLIGHT** RESTORATION | PAINTLESS **DENT REPAIR** | CAR **STORAGE**







WE'LL LOVE YOUR CAR LIKE IT'S OUR OWN

The professionals at **A-1 AUTO DETAILING & CAR STORAGE** take pride in your vehicle.
We are Hilton Head and Bluffton's premier automotive reconditioning specialists.
At A-1 Auto Detailing & Car Storage your unique needs and requests are our #1 priority.

DETAILING

- Certified detail specialists
- Window tint & paint-protection film
- Paint & headlight restoration
- Different levels of care available, including Basic, Fanatic and New Car Detail

STORAGE

- 18,000 sq. ft. clean, climate-controlled facility
- 24-hour security
- Monthly storage fee includes movement, battery maintenance, weekly engine start-up

AND MORE!

A1AutoDetailingHH.com
info@a1autodetailinghh.com

843.**689.2221**
MON-FRI 8:30AM-5PM, SAT BY APPOINTMENT
33 Hunter Road, Hilton Head Island, SC

THE GENTLE GARDENER

Food for thought:

GROW YOUR OWN AVOCADOS AND BLUEBERRIES



Today's Dietician surveyed 1,342 registered dietitian nutritionists to determine the ***Top 10 superfood groups in 2020***. The results were appalling. Heart-warming and satisfying staples such as chocolate and vodka did not make the list. Here is what did:

1. *Fermented foods (alcohol is a food group)*
2. *Avocado (OK, who doesn't love a good guac?)*
3. *Seeds*
4. *Ancient grains (first used 20,000 years ago to make beer)*
5. *Exotic fruit, like acai, golden berries (especially covered in chocolate)*
6. *Blueberries*
7. *Beets*
8. *Nuts*
9. *Coconut products*
10. *Non-dairy milks (with a nice shot of Baileys)*

Fortunately for us gardeners, most of the growable items can be grown here easily in the Lowcountry (and almost all of them can be used to make alcohol) but for now, let's focus on two of the easiest to grow — avocados and blueberries.

Holy guacamole!

Steps for growing awesome avocados.

GIVE THEM SOME SPACE. Avocado trees prefer full sun, shelter from strong winds and plenty of space, so don't plant them near other trees or a wall. The best soil for these trees is sandy loam, though they will tolerate a wide range of soil types as long as there is a low saline content and good drainage.

IT TAKES TWO. For the most fruit, two avocado trees are required, preferably a type A and a type B (which refers to their flowers, which are receptive to pollination at different times of day). If both trees are growing in the same garden, the overall yield should be higher than that from two trees growing alone. However, some cultivars naturally bear fruit only every other year.

IT'S A WAITING GAME. Young trees require fertilizer six times per year, roughly once every two months, and trees that are 4 years old and older should be fertilized four times per year. Trees that are sold commercially are grafted from mature avocado varieties and produce fruit after three or four years. If you grow your tree from an avocado pit, it won't bear fruit until it's at least 10 years or possibly 15 years old.





Do your berry best

Advice for great blueberry bushes.

PEAT MOSS IS BOSS. Blueberry bushes are easy to grow and can live up to 25 years. They require a sunny location (with a little afternoon shade) and a well-drained, acidic soil. A fail-safe way to grow blueberries in almost any soil is to incorporate peat moss into the planting medium. It's best to locate your blueberry plants in an area where irrigation is readily available to keep the root zone moist throughout the growing season. A covering of 2-4 inches of mulch over the roots to conserve moisture will pay off in spades but do not use bagged mulch from cedar or redwood trees, which has tannins and may be harmful to young plants. Nowadays, most blueberry plants are self-pollinating, but you'll get more berries with cross-pollination, which means you should plant at least two different varieties.

CUT YOUR LOSSES. One of the biggest mistakes home gardeners make with their blueberries is lack of pruning. Failure to prune results in over-fruiting which produces smaller fruit. You shouldn't need to prune for the first three years. In year four you need

to prune while the plants are dormant – that means now – this month! Simply remove dead, damaged, or diseased branches, along with stems that crisscross in the center of the plant (to improve airflow) and any that are less than 6 inches long or over 2 inches in diameter. The biggest berries form on new stems, but you want plants to have a mix of stems of different ages. Continue pruning until you have removed 1/3 to 1/2 of the wood out of your plants each year.



COFFEE TIME. Blueberries like acidic fertilizers such as azalea formulations. I like to use old ***coffee grinds*** and pickle juice. Take care when fertilizing, since blueberries are very sensitive to over-fertilization. Typically, you want to fertilize your plants in early spring as the buds are just beginning to break, then 6 weeks later and then again right after harvest. *LL*



Ask & Answer

DEAR GENTLE GARDENER,

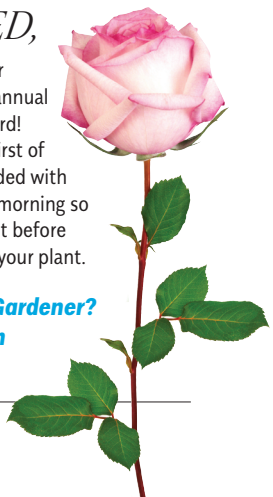
My roses were looking lovely this summer but are now looking rather spindly. What am I doing wrong?

— Bewildered in Rose Hill



DEAR BEWILDERED,

In all fairness to your roses, it is winter time. However, Valentine's Day is my annual reminder to prune back my roses – hard! Be sure to then apply a fertilizer the first of each month and you should be rewarded with beautiful blooms. Only irrigate in the morning so the sun can dry the water off the plant before afternoon heat to prevent mildew on your plant.



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



ARLENE WILLIAMS
KITCHEN DESIGN
843.308.1282 | arlenewilliamskitchendesign.com
65 ARROW ROAD | HILTON HEAD ISLAND SC 29928



Budget Blinds of Hilton Head Island
880 Fording Island Rd #8
Bluffton, SC 29910
Locally owned & operated

BUDGET BLINDS
Style and service for every budget.®

Call now for your FREE in-home consultation!
843-837-4060
BudgetBlinds.com
Blinds • Shutters • Shades • Home Automation • Rugs

©2019 Budget Blinds, LLC. All Rights Reserved. Budget Blinds is a trademark of Budget Blinds, LLC and a Home Franchise Concepts Brand. Each franchise independently owned and operated.

style



Available at **OUTSIDE HILTON HEAD**

GETWELLSOON

After a successful Spa Month at The Westin Hilton Head Island Resort & Spa, we thought what better way to celebrate our wellness issue than at the resort? *A world class resort, The Westin caters to health and wellness with its food, fitness center and the tranquility that comes with white sand beaches and swaying palm trees. The resort can even put a Peloton bike in your room! Our stylist, Roxanne Gillieland, married wellness and fashion effortlessly with soft and comfortable resort wear. Many thanks to The Westin for making our vision of healthy living come to life.*



Available at **KNICKERS** + Available at **ISLAND CHILD** + Available at **COCOON**


Available at **SHOP!**


Available at
THE BACK DOOR





DINNER IS SERVED

Chef Mark Emerson is shown with dishes featured on The Westin Hilton Head Island Resort & Spa's new wellness menu. Find his recipe for ***roasted organic salmon with red quinoa*** *on page 110.*

Available at **GIGI'S BOUTIQUE**

Finishing touches

Complete your look with these stylish accessories, inspired by the Daufuskie Island landscape.



Spartina Mermaid Toggle Bracelet
Available at Spartina 449. $42



Enamel Keychain Mermaid Believe
Available at Spartina 449. $22



Gypsea Mermaid Clear Tote
Available at Spartina 449. $108



Naia Chunky Necklace Semi Precious
Available at Spartina 449. $76



Available at **PALMETTOES**

Credits

PHOTOGRAPHY Lisa Staff + **STYLIST** Roxanne Gilleland + **MODELS** Cameron Kriscunas, Amara Moskowitz, Trevor White
HAIR & **MAKEUP** Samantha Curran, Makeup Madame Artistry, representing Hilton Head Hair and Makeup
LOCATION The Westin Hilton Head Island Resort & Spa

TOGETHER WE CAN
MAKE A LASTING DIFFERENCE



Roger and Cheryl Comes, of Beaufort, care about our children and our environment.

That's why, when they were looking for the most straightforward and flexible way to support children's and environmental organizations, they chose to establish a donor advised fund with Community Foundation of the Lowcountry.

In addition to the simplicity of setting up the fund and recommending grants, "we wanted to work with an organization that is connected and familiar with the local community," Cheryl says. "And we know a donor advised fund will still be here when we're not," Roger adds. That means future generations can carry on their family's tradition of philanthropy.

You can set up a donor advised fund with an initial investment of only $2,500. The funds offer tax benefits, too.

Let us help you support the causes that are important to you. Give us a call to learn how easy it is to set up a donor advised fund.

> **"WE CARE ABOUT CHILDREN AND OUR ENVIRONMENT.**
>
> *- Roger and Cheryl Comes Beaufort*

843.681.9100 • cf-lowcountry.org

COMMUNITY FOUNDATION OF THE LOWCOUNTRY
25 YEARS 1994-2019

Make a statement



Add a pop of color and glamor to your wardrobe with these bold and exquisite treasures by **David Yurman**. Discover his Albion, Novella and Renaissance collections at Forsythe Jewelers, along with pieces from other top designers such as John Hardy, Roberto Coin, Lagos and Michele Watch. *forsythejewelers.info*



SPARTINA449.COM

ACCESSORIES • APPAREL
HANDBAGS • JEWELRY
RESORT & TRAVEL • GIFTS

visit us in store
SHELTER COVE TOWNE CENTRE
HILTON HEAD, SC

spartina 449
DAUFUSKIE ISLAND

Local Love

Local love is in the air. Spend this Valentine's Day with the people you care about and these products we love. Here are a few of the items available at local businesses that gave us heart eyes this month.



PEARLS PLEASE

Who said diamonds are a girl's only best friend? These silicone bracelets from Jane's Pearl World are the perfect accessory for any occasion.

Available at Gifted.



FIRENZE FRENZY

Handbags speak louder than words. Make a statement with this red leather Firenze bag.

Available at Coastal Treasures.



JE T'AIME

Don't be shy, open up! There's no better way to tell someone you love them than with this designer oyster shell.

Available at Lowcountry Mercantile.



LIFE IS LIKE

For your special Valentine, a box of John Kelly Dark Chocolates with French Grey Sea Salt.

Available at Pretty Papers.

RED ROVER

Cruise around Hilton Head and beyond with the Pedego Boomerang Electric Bike. Adventure awaits!

Available at Outside Hilton Head.





WRAPPED IN RED

Scarves are the best way to stay warm and stylish all winter long.

Available at The Spirited Hand.

TURTLE CROSSING

Enjoy your morning coffee with this vibrant turtle mug. No straw necessary!

Available at Coastal Provisions.



PRETTY IN PINK

Brighten up your room with this Nikki Chu velvet throw pillow. It's the perfect addition to any couch or chair.

Available at Plantation Interiors.





RUGS WITH RADIANCE

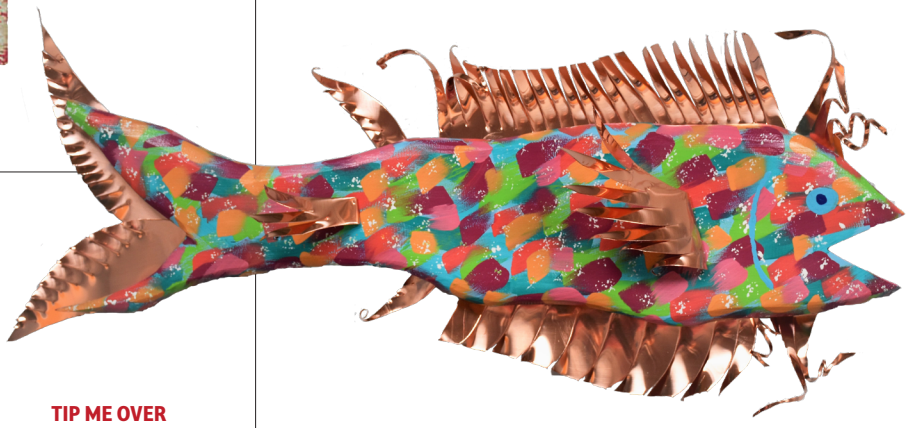
Pink and red and orange, oh my! This rug is sure to stand out in your home.

Available at KPM Flooring.

CATCH OF THE DAY

Need a pop of color in your life? This beautifully handcrafted copper rainbow fish is a total catch.

Available at Signore Coastal Art.





TIP ME OVER

Pour out your heart or your tea with the Nambe Meridian Tea Kettle. Caution! This item is hot.

Available at Le Cookery.

CHARLESTON GIRL

Love smells like Charleston Girl. This perfume is smart, sexy and sophisticated.

Available at Coastal Treasures.



Brain food

BEST DEFENSE FOR YOUR BRAIN? YOUR STOMACH.

STORY BY LISA ALLEN + PHOTOS BY LISA STAFF







CHANGE YOUR MIND Chef Kim Baretta is a keynote speaker for the Memory Matters Brain Health Summit 3 on March 11 at Hilton Head Beach & Tennis Resort.

The old joke goes "if I had known I was going to live this long, I would have taken better care of myself."

That's especially true in the United States, a Western culture that is late to the table when it comes to eating in a manner that improves health. We're overweight, sedentary, and we love, love, LOVE fast and processed food. Because of these habits, we often suffer in old age, paying the price in the form of high blood pressure, diabetes, obesity and poor mobility. (Fortunately, Hilton Head is one of the healthiest places in the state.)

So, it makes sense that eating well can help our overall health and enable us to enjoy much of our old age. Researchers also are starting to think that diet might ward off dementia. Hands down, scientists point to the Mediterranean diet as the best way to eat for overall health. It is characterized by high consumption of fruit, vegetables,



"Research has found that one way to increase BDNF is to follow that Mediterranean diet, thereby cutting out saturated fats and refined sugar."



beans, and whole grains with olive oil as the primary fat source. It includes moderate consumption of fish, low to moderate intake of dairy products and wine (with meals), and very little red meat and poultry.

It's not a fad diet or a prescription of what specifically to eat, but how to eat. Eat these types of things; don't eat those types of things. But what's challenging for Americans is what we shouldn't eat is what we've been eating all of our lives: processed foods (bacon, ham, food in boxes, to-go bags and cans), red meat, fat and sugar.

What are Blue Zones?

The power of how we eat was illustrated dramatically in Blue Zones, communities that had an unusual percentage of people over age 100 who were in great health. Researcher Dan Buettner coined Blue Zones after studying the Italian island of Sardinia; Okinawa, Japan; Loma Linda, Calif.; Costa Rica's Nicoya Peninsula; and Ikaria, an isolated Greek island. Buettner noted four things those communities had in common: Connection with others, eating wisely, the right outlook and moving.

The Brain Summit hosted by Memory Matters on March 11 at the Hilton Head Beach & Tennis Resort will focus on similar areas: exercise, the Mediterranean lifestyle, lifelong learning, socializing and restfulness.

The Mediterranean lifestyle segment is where chef ***Kim Baretta*** of Sea Pines comes in.

"I didn't start out using food for health," Baretta said. "In 2001, I went to culinary school in London where we were living at the time. I was a caterer and I cooked anything you asked me to cook," she said.

In fact, nutrition consumed only one day of her schooling at Leiths School of Food and Wine.

When she and her husband returned to Cincinnati, she started studying Blue Zones and taught her two children about healthy eating. (Her husband is still a work in progress.)

What does food have to do with the brain?

Intuitively, we know if we eat well, our bodies will function better. But science goes steps further. Researchers discovered that a protein found in the brain-derived neurotrophic factor or BDNF — helps brain functions such as keeping brain cells alive, growing new neurons and aiding cognitive function. Low levels of BDNF have been linked to Alzheimer's,

CHOCOLATE CANOPY



Hilton Head's
Finest Confections Since 1982



55 New Orleans Road, Hilton Head
843.842.4567
Order online at ChocolateCanopy.com
Don't forget we ship nationwide!

LET'S GET IT STARTED

This is a great gluten-free, dairy-free hors d'oeuvre using beans, a key Mediterranean ingredient. All three elements of the dish can be prepared the day before. The ratatouille recipe makes more than what you need. Toss the leftovers into a pasta for a lunchtime meal.

Cucumber cups with hummus and ratatouille

INGREDIENTS (hummus)

*2 cups **chickpeas**, drained and rinsed*
1 1/2 teaspoons kosher salt
2 garlic cloves, minced
1/3 cup tahini (sesame paste)
6 tablespoons freshly squeezed lemon juice (2 lemons)
A few dashes Tabasco
Cumin to taste, about 2 tablespoons
Salt and pepper, to taste



INGREDIENTS (ratatouille)

1 clove garlic
1 tablespoon extra virgin olive oil
1/2 red onion, diced small
1/2 eggplant, diced small
1/2 red pepper, diced small
1 small zucchini, unpeeled, diced small
1 tomato, cored, seeded and diced small
1 English cucumber (for cups)

DIRECTIONS [1] Cut cucumber into about 20 3/4-inch thick slices. Cut each slice with a round pastry cutter to remove skin and make uniform in size. Using a melon baller, scoop out soft center to make a cup, leaving a 1/4-inch layer as the base. **[2]** Puree all hummus ingredients in food processor. Season with salt and pepper Place in piping bag with a star nozzle. **[3]** Saute ratatouille ingredients in sauté pan until soft. Season with salt and pepper. **[4]** Pipe hummus into cucumber rounds. Sprinkle with ratatouille. (Makes 20 pieces)



accelerated aging, poor neural development, neurotransmitter dysfunction, obesity, depression, and even schizophrenia.

Research has found that one way to increase BDNF is to follow that Mediterranean diet, thereby cutting out saturated fats and refined sugar.

The Mayo Clinic cites research that suggests a Mediterranean diet may slow cognitive decline in older adults, reduce the risk of mild cognitive impairment (MCI) — a transitional stage between the cognitive decline of normal aging and the more serious memory problems caused by dementia or Alzheimer's disease, and reduce the risk of MCI progressing into Alzheimer's disease.

The link between what we eat and our overall health is a topic that is gaining traction in the United States, and is finally becoming part of medical training. Doctors realized telling patients just to eat better wasn't working. A new focus, culinary medicine, teaches doctors specifically what to eat and how to cook it so they can educate their patients.

Dr. Rani Polak, a physician, chef and research associate at Harvard Medical School, says obese, chronically ill patients know the basics: Healthy food is good, junk food is bad; weight loss can improve health. Yet some patients struggle to translate that knowledge to specifics around mealtime, and doctors don't have the tools to teach them.

"Most of the discussion about nutrition is in science language," Polak said in a recent interview with U.S. News. "Clinicians usually talk with patients about vitamins, minerals, saturated fat and cholesterol. You do not buy this stuff in the grocery store. You buy food, you buy vegetables, you buy grains, you buy fish. That's the way we think to communicate with patients."

"It's nice to know that they know they need to consume quinoa," he says. "But unless they know how to cook it, they probably will not consume it."

That's the gap Baretta is trying to fill. Baretta's mother-in-law suffered from dementia and benefited from Memory Matters. But Baretta noted the lunches they served could have been healthier.

Baretta, now a board member and volunteer chef-in-residence, helped Memory Matters develop a plant-focused meal plan. "It's not all vegetarian or vegan, but emphasizes plants, beans and olive oil." She uses whole-grain breads and pasta and incorporates faro, bulgar wheat and barley to give foods texture as well as nutrients.

Getting the word out

In addition to speaking at the Brain Summit, Baretta speaks to community groups about healthy eating, be it at home or out. She noted that the SERG restaurant group is adding more Mediterranean dishes to their menus.

"We tend to think when we eat out, you can't eat well," Baretta said. "It's a matter of asking. Ask your server, 'does that dish include butter? Can the chef use olive oil instead?' Chances are, the answer will be yes."

How to tell if you're doing it right

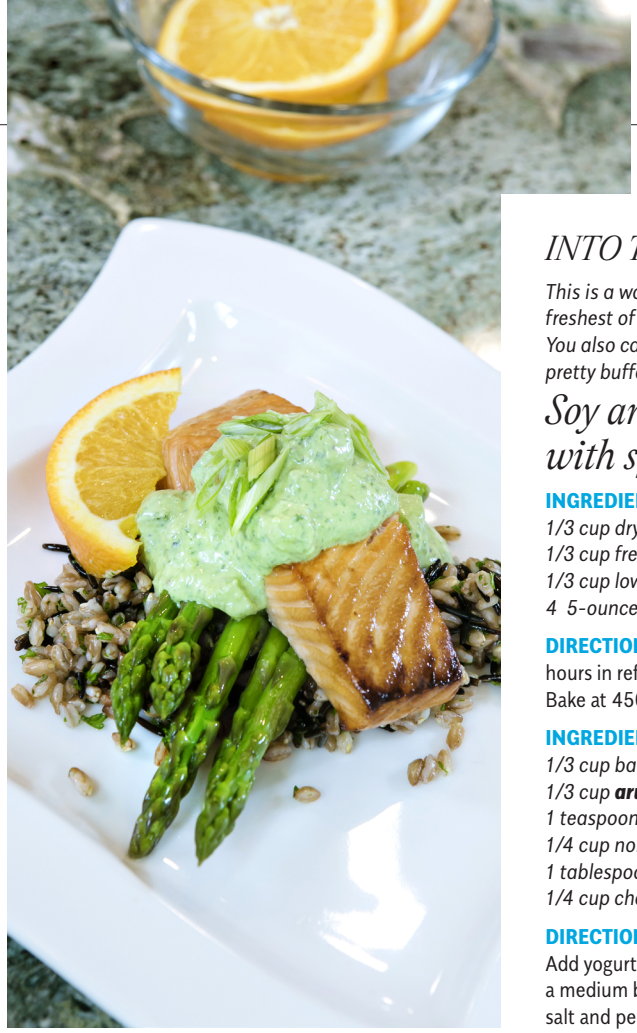
If you're eating a Mediterranean diet, your plate will be very colorful because of it.

"Think of the meat as the garnish instead of the vegetables as the garnish," Baretta said. "Turn it upside down. Plus, you don't have to do this all at once. It's a process."

Some evolutionary changes:

- *Darker green is better than light greens on salads. And don't buy dressings in a bottle. It's all sugar and sodium, Baretta said. Use flavored olive oil and balsamic vinegar because there is no sugar added.*
- *Add beans to soups and casseroles. Update recipes by doubling the veggies and cutting in half the amount of beef. That makes a great bolognese sauce.*
- *Use whole grains in chili. Add bulgar for texture, which will give a similar mouth feel as meat.*
- *Put flavored olive oil or lemon on vegetables rather than butter. "After a while you don't miss it."*
- *Transition to whole grain pasta. Use half and half to start.*
- *Avoid the words 'never' and 'always.'*

Remember, you don't have to make all of these changes at once, Baretta said. You'll get there, one dish at a time. *LL*



INTO THE WILD

This is a wonderful dish to serve to a crowd. Be sure to buy the freshest of salmon, preferably wild. It really makes a difference. You also can marinate and cook a whole side of salmon for a pretty buffet presentation.

Soy and orange marinated salmon with spinach and cucumber sauce

INGREDIENTS (salmon)

1/3 cup dry white wine
1/3 cup fresh squeezed orange juice
1/3 cup low sodium soy sauce
4 5-ounce salmon fillets with the skin on

DIRECTIONS [1] Mix liquid ingredients. Marinate salmon for 2 hours in refrigerator. **[2]** Transfer to a baking sheet, skin side down. Bake at 450 degrees for 14 minutes with the skin side down.

INGREDIENTS (sauce)

1/3 cup baby spinach leaves
*1/3 cup **arugula leaves***
1 teaspoon minced shallot
1/4 cup non fat plain Greek yogurt
1 tablespoon whole grain Dijon mustard
1/4 cup chopped, seeded, peeled cucumber



DIRECTIONS [1] Chop spinach and shallots in food processor. Add yogurt and mustard. Pulse until just blended. **[2]** Transfer to a medium bowl. Add cucumbers just before serving. Season with salt and pepper. (Serves 4)



Pitmaster 101

CONSIDER THIS STORY YOUR ONLY PREREQUISITE COURSE TO ENROLLING.

STORY BY BARRY KAUFMAN + PHOTOGRAPHY BY MICHAEL HRIZUK/HILTON HEAD ISLAND SEAFOOD FESTIVAL











There is a certain reverence around the art of barbecue, and rightfully so. Sure, it takes talent to make quiche, for example, but it lacks a certain mystique. With barbecue, doing it right means setting aside time to let smoke and heat work their gradual magic, teasing the juiciest flavors from meat in a process that demands you take your sweet time.

It takes years to learn how to do it right, and even seasoned pitmasters will tell you that they're still learning new techniques. But for those seeking their first introduction to this world, the Hilton Head Island Seafood Festival is now accepting new students in Pitmaster 101.



PITMASTER 101

When: *4:30-6 p.m., Feb. 27*
Where: *Waddell Mariculture Center, Bluffton*
Details: *Join pitmasters Bryan Furman of B's Cracklin' BBQ and Robert Owens of Grand Champion BBQ as they prepare for the wildly popular Pig Pickin' & Oyster Roast event. You will learn techniques on fire, seasonings, protein practices, smoking temperatures and more. Taste a preview of what's to come with special samples and cocktail. $49. hiltonheadseafoodfestival.com*



GRILL SERGEANTS Robert Owens (left) and Gregory Vivier are the men behind Grand Champion BBQ, which has six locations across Georgia. Zagat named their restaurant "One of the Top 13 BBQ joints in the nation."

This special event will be held Feb. 27 at Waddell Mariculture Center, inviting freshman-level BBQers to get an intro course into the art and science of perfectly prepared Q.

Nice to meat you

Your professors for this class represent some of the most esteemed names in Lowcountry barbecue. Bryan Furman of B's Cracklin' BBQ is the genius behind two award-winning locations, one in Atlanta and one in Savannah. And Robert Owens of Grand Champion BBQ has been recognized in outlets from Southern Living to Zagat for his delectable barbecue.

Each professor brings something different to the table, both literally and figuratively.

Professor Furman will be serving up Heritage Pork Shoulders, part of his mission to shake things up. "I always try to do something different," he said. Last year I did smoked jerk duck.

Try Waterfront Living
12 MONTHS AT A TIME.







Experience all that WaterWalk has to offer:

- Luxury one, two and three bedroom floor plans ranging from 1,054 to 2,121 sf
- Sweeping waterfront views
- Maintenance-free living
- Resort-style amenities
- Premium concierge services
- Walking distance to shopping, dining and entertainment

TOUR OUR MODEL HOME TODAY

WATERWALK
at Shelter Cove Towne Centre

WaterWalkHHI.com | 843-258-4436
47 Shelter Cove Ln, Hilton Head Island, SC 29928

Chew the fat

The pork shoulder is a unique cut of meat, and one well served for an intro-level barbecue course, because of its high fat content. Students who are expecting the typical low and slow preparation will be pleasantly surprised to learn that there's more to barbecue than that.

"I like to stay around 250 or 275 degrees," he said. "If you try to cook something fatty at 225, the fat isn't going to render. You cook at a higher temperature, you burn the fat off the meat and you're going to have that cracklin' crust."

Into the woods

Professor Furman's portion of the lesson will cover the basics of seasoning and preparation, as well as the differences between various woods.







"In Savannah I get a lot of cherry and oak. But in Atlanta … I use a lot of pecan," he said. "I try to stay away from really strong wood. It overpowers the meat. I want to cook everything on one smoker and not worry about overhelming the meat. When you're cooking ribs, chicken, pork and brisket on one smoker, you want your wood mild."

But the main takeway for Professor Furman's lesson is that knowing the meat is as essential as knowing the heat.

Three pounds per person

Professor Owens' portion of the lesson will deliver the more straightforward barbecue experience, with a pair of 125-pound pigs cooked low and slow at 225 over post oak and a little hickory. "We want to make sure everybody gets fed," laughed Owens. "Your general rule of thumb is one pound a person, but I think with that portion it's probably going to be three."

So, you know, come hungry.

Owens will guide students through the basics of trimming, injecting, rubs, different woods and their temperatures, and times. For him, that last lesson is the most important one. "The joy of it is that it takes a long time, and while it cooks, you're sitting around socializing," he said. "It's really the experience of enjoying the fruits of your labor."

Watch and learn

Barbecue being such a long and involved process, both professors are prepping early, letting students see both ends of the several-hour wait. At the start of class, they'll be preparing the meat to go into the smoker so students can get a feel for seasonings and flavor injections. At the end of the class, finished barbecue started hours earlier should be ready to come off the smoker for tasting.

"We want people to get closer to it and understand the process," said Furman. "I mean, this is a 48-72 hour process from start to finish.... Even







PIT BOSS Bryan Furman left his day job as a welder to pursue cooking his signature-style pit smoked barbecue, chicken and ribs. He has been featured in Garden & Gun, Southern Living and other national publications.



a quick 101 behind the scenes class will let people get a feel for the amount of love that goes into it."

Naturally, both professors will be keeping office hours after class, since the barbecue prepared at the start of class will still have about 17 hours before it's ready. "As long as people want to hang out, we'll be there."

Save the Dates: Feb. 24-March 1

The Hilton Head Island Seafood Festival is a family friendly, week-long culinary and cultural tourism event, where top chefs, mixologists, sommeliers, local seafood, artisans, live music and wildlife come together.

FEB 24-28 *Lowcountry Seafood Experience on the Water*
FEB 26 *At Table Seaside: Culinary Discussion + Chef Experience*
FEB 27 *Pitmaster 101 with Bryan Furman and Robert Owens*
FEB 27 *Friends of James Beard Southern Supper*
FEB 28 *Celebrity Chef Master Classes with chefs William Dissen, Brian Hart Hoffman and Barton Seaver*
FEB 28 *Pig Pickin' + Oyster Roast*
FEB 29 *Saturday Seafood Festival*
FEB 29 *Official Seafood Festival After Party*
MARCH 1 *Seafood & Champagne Sunday Brunch*

Details: hiltonheadseafoodfestival.com

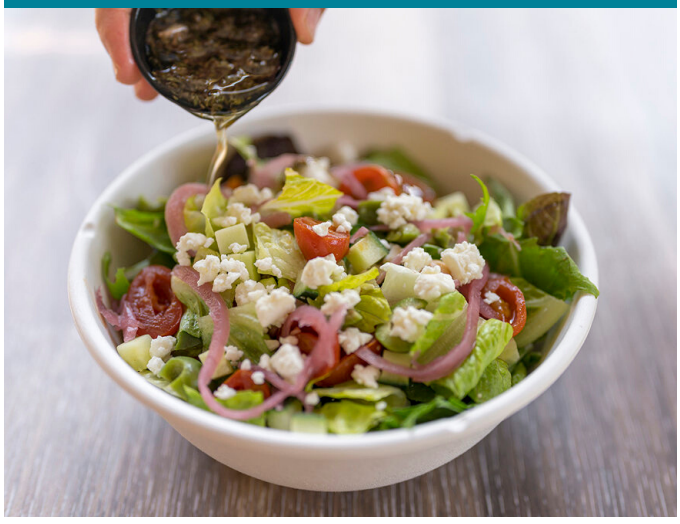


KITCHEN + BAR AMERICAN BISTRO
WITH SOUTHERN SOUL
OPEN MON - SUN 5:00PM

LUCKY ROOSTER

TWO HOT SPOTS ONE LUCKY NAME
LUCKYROOSTERHHI.COM

MARKET STREET IN COLIGNY PLAZA
INTERNATIONAL STREET FOOD FARE
OPEN MON-SUN | 11:00 AM



The 'Earl of Shelter Cove' talks restaurant trends

STORY BY DAVID GIGNILLIAT + PHOTOS BY W PHOTOGRAPHY





OFF THE HOOK
Yellowfin tuna is less fatty and offers eight more grams of protein than wild salmon. The yellowfin tuna at ELA'S On the Water (above) is served rare over Asian slaw with peanut ginger dressing. It is finished with a seaweed salad, a soy ginger sauce and wasabi aioli.



Earl Nightingale is the type of restaurateur that every culinary scene needs.

Highly trained, thanks to 30 years in corporate hospitality. A successful business owner, with three successful Lowcountry dining venues and a hospitality consulting firm. A family man and Island dining ambassador, Nightingale, as his avian surname might suggest, has a unique perch from which to observe Hilton Head Island's evolving food and drink culture.

Nightingale worked for nearly 30 years for Hyatt Hotels as a general manager. He also worked for Omni Hotels, converting the Hilton Head Oceanfront Resort to a Class A resort by reconcepting all of the restaurants and resort amenities. He is the owner of ELA'S On The Water, a popular fresh fish hotspot that boasts some of the most sublime waterfront views in all of the Island.

"We are a fresh fish restaurant, the freshest on the Island. We call in an order at 10 p.m. every night and have it delivered the next morning."

"Hilton Head Island is different from D.C., Jacksonville, Atlanta and Chicago. Dining tends toward more of a resort-casual experience here," said Nightingale. "We just finished our best year ever. We've been on an upward climb year after year."

In a recent conversation with LOCAL Life, Nightingale spoke about the Island's changing restaurant scene, highlighting some of the Lowcountry food and drink trends that he sees in 2020 and beyond.

An emphasis on clean: Fresh and healthy food

Though there also will be room on the proverbial table for a Lowcountry boil or a shrimp and grits, Nightingale sees a trend toward more healthy eating and awareness.

"We are a fresh fish restaurant, the freshest on the Island. We call in an order at 10 p.m. every night and have it delivered the next morning," said Nightingale, who lists ELA'S blackened tuna among its more popular and health-friendly offerings.

With a clientele that is more educated than in the past about what they are eating, restaurants have had to step up their health-conscious game.

"People are looking for cleaner, healthier foods. So many more diners now come to us with allergies, medical restrictions, vegan and vegetarian [preferences] and celiac-related issues," admits Nightingale. "From a restaurant perspective, we almost have to become nutritionists."









Building the perfect drink: More craft cocktails and mixology focus

Hilton Head Island boasts a variety of bars, and like their food counterparts, Nightingale sees a boost in a more upscale and showman-like bar and cocktail experience.

"We do intend to add some more mixology elements to our bar experiences, and you see that more at some of the best bars on the Island, building a made-to-order cocktail in front of the customer," says Nightingale, who earned a bachelor's degree in hotel and restaurant management at the University of Wisconsin. "The days of pouring a shot of bourbon and walking away are over. Guests now want more of that bartender interaction and experience. That's something we're going to focus even more on in 2020."



SOME LIKE IT HOT ELA'S On the Water is upping its cocktail game in 2020 with more creative offerings, such as their Jalapeño Splash.



A CUT ABOVE ELA'S On the Water chef Ellen Jones fillets a whole red snapper. The restaurant has fresh fish and vegetables delivered each morning.

Breaking the Chain(e): Building an evolving food and wine professional sophistication

Nightingale, and some like-minded and forward-thinking hospitality professionals, intend to form a Hilton Head chapter of Chaine (short for Chaine des Rotisseurs), the oldest food and wine society in the world. Initially formed in 1248 as a guild for goose roasters, the gastronomic organization was revived again in 1950 in Paris, and now has nearly 130 chapters in the United States. It's a global community whose focus is conviviality, friendship, camaraderie and sharing a passion for the culinary arts.

"I see us shifting back again toward a more [refined] dining experience," said Nightingale, who also owns The Pearl Kitchen & Bar in Bluffton and Roadhouse Ribs near Beaufort through his company H2R2 Solutions, which also provides hospitality-focused consulting services.

The organization's many activities include quarterly wine dinners, featuring a higher-end gourmet dining experience, and synchronized service.

"We didn't have a professional dining [guild] here on the Island, so a group of us thought, 'Why don't we form this organization, get our people [organized] and put on these fabulous dinners once a quarter," said Nightingale, who hopes to have the group certified early next year.





A gourmet meal: Moving toward a more epicurean experience

"We have seen an upswing in [guests] looking for a more gourmet dining experience. No, that doesn't mean we're all going to white tablecloths and eight different pieces of silverware on the table," Nightingale muses. "But there is definitely a move toward having a choice for a different type of experience, and we are trying to embrace that."

Nightingale recalls fondly the days of a suit or blazer being required at Harbourmaster, a long-time Shelter Cove institution.

"I see us shifting back again. Restaurant trends often circle back to things from the past. We see that people are looking for that higher level of experience once more." *LL*





WHAT'S FRESH IN FEBRUARY?

Black sea bass

STORY + PHOTOS BY COLLINS DOUGHTIE

Being a Southern boy, I have found that winter is and always has been my nemesis. As much as I try to conquer this lifelong issue, nothing short of traveling way south to warmer climes can put a smile on my face. I just have to have sunshine along with warmth to put me in my usual happy-go-lucky style. Another downside is many of my usual fish species have bolted south, or seasons are closed until around May, so what is there to do? After pondering this for a bit, one fish came to mind, the black sea bass. Yeah, I know, black sea bass, are you kidding? Absolutely not, because winter time is when the biggest black sea bass congregate. You don't have to go far to catch them, they will eat just about anything you drop in front of them, and as table fare, they are hard to beat.



BUMP ON THE HEAD You can identify the dominant male black sea bass by the blue bump that that develops on their foreheads.

Let's hear it for the boys!

During the rest of the year you might catch one or two big sea bass per trip, but right about now, the "bump heads" or large males are out there en masse. If you wonder why there isn't a large commercial fishery for black sea bass, it is because the meat yield is low due to their large stomach pocket, which is cut away when cleaning them and tossed aside. Only now do I see the large males with a distinctive bump on their head, and these boys triple the meat yield you'll usually get. Talk about firm, pearly white delicate meat. These big ones make a trip offshore well worth the effort. They can be in as close as the Beaufort 45 reef, the Betsy Ross and a bit further out, on the Hump and Snapper Banks, schools can literally cover your sonar screen.

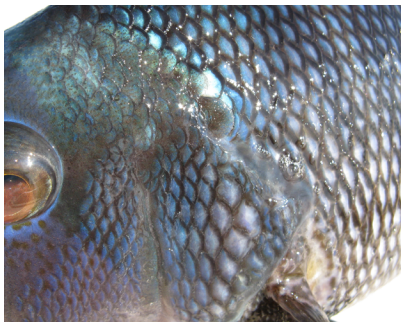
Tips on catching black sea bass



ONE AND ONLY The spiny and soft ray portions of the dorsal fin are continuous, so there is only one long fin instead of two short separate ones.

Catching black sea bass is about as easy as it gets. Put a piece of bait on a hook, drop it to the bottom and you're going to hook up within seconds. Cut pieces of squid, fish or GULP! artificials all work. I usually use a two-hook rig with the hooks about 10' inches apart on 30-40lb. test mono, 4/0 Mutu Light Wire hooks and at the bottom of the rig, 8-10-ounce bank sinkers. Current regulations say they must be 13" tail length, and anglers are allowed 7 per person. Normally, I wouldn't run offshore just for black sea bass, but February is the exception. The fish are way bigger than you'll catch any other time of the year. Another plus with these large males is they are stunning with beautiful blues, turquoise, reds and other hues that shimmer as the light hits them.

Cooking black sea bass



ALL ABOUT THAT BASS Black sea bass is firm and lean, with a mild, delicate flavor.

I swear that just about any recipe works with these fish. Sashimi, fried, broiled, or baked, the meat is to die for. As you may know by now, my favorite fish seasoning is Chef Paul Prudhomme's Redfish Magic, which I use on just about every way I prepare fish. One recipe that couldn't be simpler is broiled sea bass. I set the broiler on low, baste the fillets with melted butter and Redfish Magic and just before the fish is done, baste them on top with a mixture of Hellmann's mayo, lemon juice and Dijon mustard. It really is delicious. As for frying, try remoulade sauce instead of tartar sauce. That little bit of kick makes all the difference. LL



LOCAL LIFE TEST KITCHEN

Grilled black sea bass

INGREDIENTS

2 pounds black sea bass
3 tablespoons butter
2 garlic cloves, chopped
1 1/2 teaspoons extra virgin olive oil
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon paprika
Lemon pepper, to taste
Salt, to taste

DIRECTIONS [1] Preheat grill for high heat. Stir together the garlic powder, onion powder, paprika, lemon pepper and sea salt in a bowl. Sprinkle the mixture on the fish. **[2]** Bring a saucepan to medium heat. Add butter, garlic and parsley. Remove from heat once the butter has melted and set aside. **[3]** Oil the grill grate. Grill fish for 7 minutes, then turn and drizzle with butter. Continue cooking for 7 minutes, or until easily flaked with a fork. Drizzle with olive oil before serving.



Wine pairing

BANFI LA PETTEGOLA VERMENTINO

Betsy Trish at Red Fish recommends paring sea bass with this white from Toscana, Italy. Pale yellow in color, the wine is delightfully fresh with an intense fruit forward bouquet of exotic fruit and spices typical of the Mediterranean coast. On the palate, it is fresh and crisp with well-balanced acidity and a clean finish. *Pick up a bottle for $19.99 at the Red Fish wine shop.*



MAKE IT? WE'LL TAKE IT!
Recreate this recipe and send a photo to **info@wearelocallife.com**. We'll pick a winner and share the winner.





RESTAURANT news

FRESH FOOD + AWARDS + NOW OPEN



CharBar adds a sushi bar

CharBar isn't just for burgers, sandwiches or salads anymore. ***The award-winning restaurant is entering the world of rice, adding a sushi bar to its menu.*** *The inspiration comes from managing partner and executive chef Tim Nelson, and his worldwide travels and love of music. Each roll is cleverly named after artists, records and songs that have inspired him throughout his culinary career. Highlights include the "Strawberry Fields" roll, composed of escolar, strawberry, jalapeño, toasted almonds and eel sauce; and the "Coco Cabana" roll, made with coconut tempura shrimp, cucumber, ahi tuna, avocado and spicy mayonnaise. Traditional rolls also will be available. "We are fortunate enough to be in the SERG family and have some other great restaurants that have amazing sushi programs," Nelson said. "The parallel leads us to usher in collaborations with SERG's lead sushi chef from Poseidon. She has trained with the very talented team at Poseidon, and now spearheads our program here. ... We saw that on the South End, there weren't many options for family friendly sushi. What better way to liven it up than to offer two drastically different concepts all in the same place? This creative menu is inspired to provide a range of options for you. Think about it. Mom and dad want sushi and sake, but the kids want a great burger and fries. Come to CharBar, we have it all!" The restaurant hopes to have the new sushi bar open around the middle of the month. charbarhhi.com*



Renowned spirits author Robert Simonson coming to Lucky Rooster

As part of the Hilton Head Island Seafood Festival, renowned spirits author Robert Simonson will be at Lucky Rooster Kitchen + Bar from 5 to 9 p.m. Feb. 25 for a special dinner. *The event will feature creative drinks, a book signing and a drawing for the winning raffle ticket of the rare Buffalo Trace Six Millionth Bourbon bottle. Enjoy a three-course dinner with three choices for each course, along with suggested cocktail and wine options. The cost is $65 per person. Reservations can be made through Lucky Rooster's OpenTable or by calling the restaurant. Be sure to purchase your raffle tickets at Lucky Rooster Kitchen + Bar or at LOCAL Life for $10 for your chance to win the rare bottle.*



Chamber Restaurant Week: Feb. 3-9

Dig into Foodie February with the 12th annual Chamber Restaurant Week. *More than 70 local restaurants will offer specially priced or prix-fixe menus. This is a great opportunity to experience new restaurants, or try a place that has been on your list. Some of the restaurants already signed up include Skull Creek Boathouse, Skull Creek Dockside, ELA's On the Water, Salty Dog Cafe, Nunzio Restaurant and Bar, Charlie's L'Etoile Verte, Michael Anthony's Cucina Italiana and Frankie Bones. Menus for participating restaurants are frequently being added to the website, so make sure to check hiltonheadisland.org/restaurantweek for more information.*









Elegant Occasions.
Memorable Events.







Geist Ussery

WEDDINGS • EVENT PLANNING • CORPORATE CATERING

Whether it's your daughter's fairytale wedding, a company retreat or your family reunion, we strive to set the standard for innovative cuisine with unparalleled service, style and class. Signature Catering & Events by SERG delivers over 30 years of culinary excellence creating events that are once in a lifetime experiences. From concept to completion, our diverse culinary team and event design experts led by Geist Ussery, Andy Borgmeier and Molly Kennedy, can transform your vision into a spectacular event.

SIGNATURE
catering & events
by SERG

signaturecateringhhi.com

843.682.3663 (FOOD)

Perfect
for the
one you
love!



Kilwins®

Kilwins Shelter Cove Town Center
28 Shelter Cove Lane unit 112-B
Hilton Head Island
843-785-2727



Good bacon at Red Fish

The Gotham Burger Social Club recently raved about the bacon served at Red Fish. *In response, the popular Hilton Head Island restaurant shared a little insight on its process. "We cure our bacon in a brown sugar and salt mixture for about five days. After it's cured, it's rinsed, and hung to dry until ready to smoke. We smoke our bacon over 100 percent hardwood, a combination of mesquite and hickory. The finished product is looking great right out of the smoker!"*

The G-Free Spot featured in Southern Flavor magazine

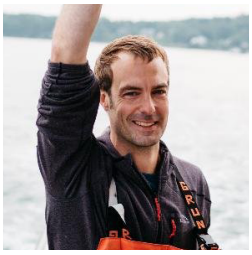
The Pumpkin Roll sold at The G-Free Spot was recently featured in Southern Flavor, a magazine *and website created by Charleston foodies. An article stated, "For those who think gluten-free desserts equal sacrificing texture and flavor, I suggest you immediately visit The G-Free Spot. Their seasonal pièce de résistance, the pumpkin roll, creates quite the local buzz. It's a traditional roll with one remarkable twist — it's 100 percent gluten-free. This decadent dessert is cut into slices, revealing layers of sponge cake and scrumptious cream cheese filling, then finished off with a sprinkle of confectioners sugar. Based on an employee's favorite recipe, the pumpkin roll was expertly modified to be gluten-free. The folks at The G-Free Spot have mastered their technique, now considering it their seasonal pride and joy." thegfreespot.com*



Elevate your next event with Sprout Momma's mobile wood-fired oven

If you're looking to really impress the guests of your next gathering, ***consider asking the team at Sprout Momma to bring its awesome mobile wood-fired oven.*** *Think of made-to-order homemade pizza (made with Sprout Momma dough), oysters, wings, steaks and more. sproutmomma.com.*







Learn from the masters

Whether you live for cooking or just do it to get by, you have your own style when it comes to getting food ready. You might as well learn a few tips and tricks from the best. As part of the Hilton Head Island Seafood Festival, three big names in the culinary world are putting on ***Celebrity Chef Master Classes from 10 a.m. to 12:30 p.m. Feb. 28 at Lucky Rooster Kitchen + Bar****. Tickets are $49 for each session or $120 for all three. hiltonheadseafoodfestival.com.*

William Dissen *From his upbringings in the hills and mountains of Appalachia, Dissen has a focus on fresh, healthy and sustainable food. He has restaurants across North Carolina.*

Barton Seaver *One of the world's leading sustainable seafood experts and educators. Before leaving the restaurant industry to pursue his interests in sustainable food systems, he was an award-winning chef leading top seafood restaurants in Washington, D.C.*

Brian Hart Hoffman *Editor-in-chief of Bake from Scratch magazine and the author of six cookbooks, including The Coupe and The Cookie Collection.*



Savor this:

Dark Cashew Turtles

Copper-kettle caramel, select cashews and irresistible Kilwins dark chocolate. $15.99 for 8 ounces. Available at ***Kilwins Hilton Head-Shelter Cove****.*



Eat this:

Ravioli del Giorno

House made ravioli of the day. Market Price. Available at ***Nunzio Restaurant + Bar****.*



Sip this:

Two Traditions Dark 23 Rum

This special rum from ***Hilton Head Distillery*** *is a marriage between Caribbean rum and Appalachian whiskey. It is made with a custom molasses blend that is rested in port wine barrels — its version of the Solera method. It has the smooth rum flavor you look for, a hint of smoke, and a perfectly spiced finish. Tasting Notes: Aromas of oak and light smoke with hints of spice and sweetness. hiltonheaddistillery.com.*

THE FINEST ITALIAN CUISINE



RESTAURANT

Acknowledged by food and wine enthusiasts and critics alike, the restaurant presents a fine-dining experience combining an award-winning wine list, exquisite food, and attentive service.



COOKING SCHOOL

Classes are held several days each week in our Tuscan inspired state-of-the-art culinary center designed to provide the environment for learning skills and techniques for both novice cooks and culinary enthusiasts.



THE MARKET

In addition to our Pomodoro Sauce and Bolognese Sauce, our shelves are stocked with over 25 different olive oils, 18 balsamic vinegars, 45 varieties of dried pastas in all shapes and flavors.

Michael Anthony's
CUCINA ITALIANA

Orleans Plaza | 37 New Orleans Road | Suite L
Hilton Head Island
843.785.6272 | michael-anthonys.com



Superfood recipes from local chefs

BOOST YOUR HEALTH FROM THE INSIDE OUT WITH THESE TASTY DISHES



©LISA STAFF

EAT GOOD, LOOK GOOD, FEEL GOOD

Chef ***Mark Emerson*** shares a healthy recipe from the Westin Hilton Head Island Resort & Spa wellness menu.

THE WESTIN

Roasted organic salmon with red quinoa

INGREDIENTS

6 ounces salmon
3/4 ounce of red quinoa
1 1/2 ounces peas
1/2 ounce radish shavings
3/4 ounce walnuts
1/2 ounce dijon mustard
2 tablespoons mint pesto (recipe below)
3/4 ounce of butter
A few leaves of affilla cress (garnish)

DIRECTIONS [1] Marinate the salmon with salt, pepper, lemon juice, and dijon mustard. **[2]** Sear skin side down to achieve crispy skin; finish in the oven. **[3]** Cook the red quinoa in boiling water until tender. Add the peas, radish shavings and lemon juice. Mix with mint pesto (save some for garnish). **[4]** Place the quinoa mixture in the center of the plate. Add the salmon on top of it. **[5]** Garnish with the affilla cress and toasted walnuts. Drizzle some mint pesto around the plate.

INGREDIENTS (mint pesto)

1 1/2 ounces mint pesto
3/4 ounce pine nuts
3 ounces olive oil
1 ounce of parmesan

DIRECTIONS [1] Add all ingredients in a blender except for Olive oil. **[2]** Start blending and slowly add olive oil until it is a smooth puree. Reserve in a refrigerator until use.

SALAD FROM "CHOPPED" JUDGE MARC MURPHY

New York City-based chef and restaurateur ***Marc Murphy*** has been cooking for over 30 years. Murphy is a judge on Food Network's top-rated shows, "Chopped" and "Chopped Junior," and has appeared on "Guy's Grocery Games," "Beat Bobby Flay" and the "Rachael Ray" show among others. He is in town for the Chamber Ball on Feb. 1 and was kind enough to share this awesome kale salad recipe.



MARC MURPHY

Kale salad

INGREDIENTS (Serves 4)

*1/4 cup **slivered almonds***
2 bunches Tuscan kale (also called lacinato, cavolo nero, or dinosaur kale)
1/2 cup Castelvetrano olives, pitted and chopped
1 shallot, minced
Juice of 1/2 lemon, plus more as needed
Kosher salt
Freshly ground black pepper
Extra-virgin olive oil
4 tablespoons (4 ounces) fresh goat cheese, crumbled

DIRECTIONS [1] In a small, dry skillet, toast the almonds over low heat, shaking the pan occasionally, until golden brown and fragrant, 5 to 6 minutes. Transfer the almonds to a small plate. **[2]** Trim the bottom 2 inches off the kale stems and discard. Cut the kale, including the ribs, into 3/4-inch-wide ribbons (you should have 8 to 10 cups) and place in a large bowl. **[3]** Add the toasted almonds, olives, shallot, lemon juice, and salt and pepper to taste, and drizzle lightly with olive oil. Toss everything to combine. Taste and adjust the seasonings, adding more lemon juice if desired. **[4]** Divide the salad among four bowls, top each portion with 1 tablespoon of the goat cheese, and serve.

Season with Authority

*Find more recipes from celebrity chef Mark Murphy in his first cookbook, **"Season with Authority: Confident Home Cooking."** Learn how to make comfort foods such as Spaghetti alla Carbonara, Smoked Mozzarella and Ricotta Fritters, and Pain Perdu, along with best-ever versions of familiar dishes like the "Everything Bagel" Cured Salmon with Dill Slaw, Deviled Eggs with Fried Oysters and his award-winning Big Marc Burger. marc-murphy.com.*

Alexanders™
RESTAURANT & WINE BAR



A LOWCOUNTRY SUPPER
WEDNESDAY, FEBRUARY 26, 6:30 P.M.
FEATURING A FIVE-COURSE PRIX FIXE
DURING HHI SEAFOOD FESTIVAL WEEK

Open 7 nights a week
Early Dining 5:00 - 5:45 p.m. • Dinner 5:45 - 9:00 p.m.
Reservations recommended, call 844.627.1665
after noon daily or visit: AlexandersRestaurant.com

Located in Palmetto Dunes
76 Queens Folly Rd • Hilton Head Island



SALMON THAT'S UP TO PAR

Wild-caught salmon is one of the healthiest foods in the world, and when prepared correctly, it's one of the tastiest fish in the sea. ***Chris Carge***, the executive chef at Poseidon, shared his method for salmon over ancient grains, using par-cooked vegetables. The par-cooked term is used in the restaurant industry to describe partially cooked foods that are finished later. The technique allows foods to be quickly heated prior to serving. Since the second reheat finishes the cooking process, foods come out perfect — not overcooked like reheated leftovers.

POSEIDON

Bronzed salmon over ancient grains

INGREDIENTS

1 cup of grain blend (our ancient grains include brown rice, wheat berries, faro, spelt and pearled barley)
Kosher salt
2 pieces of your favorite salmon
1/2 cup blackened spices
1/4 cup light brown sugar
1/2 cup olive oil
Par-cooked broccoli
Par-cooked squash
Roasted kale
Par-cooked cauliflower
2 ounces jumbo lump crab

DIRECTIONS [1] Mix the blackened spices with the brown sugar and heat the oven to 400 degrees. **[2]** In a heavy bottom saucepot, add 1 cup of grains, 2 cups of water, a pinch of salt and set over high heat. Bring to a boil and reduce to a simmer. **[3]** Cover with lid and cook until all liquid is absorbed and grains are tender. Remove from heat and let stand for 10 minutes. **[4]** Heat two sauté pans on medium heat. Add 4 tablespoons of olive oil to each. In one, add all the par-cooked vegetables with a pinch of kosher salt. Sauté for 3 minutes. **[5]** Take your salmon and dreg one side of it in the sugar spice mix. In the other sauté pan, add the salmon filets. Sauté for 2 minutes then put pan in the oven for 2 minutes to finish cooking. **[6]** While salmon is finishing in the oven, toss the grains with the sautéed vegetables and put onto the center of the plate. **[7]** Remove the salmon from the oven. Keep the crust side up and place on top of the grain and vegetable mixture. Place 1 ounce of the crabmeat on top of fish. Drizzle the rest of the olive oil around the plates. Serve and enjoy!

HOW TO PAR COOK YOUR VEGGIES [1] Add salt to a pot of boiling water. **[2]** Fill a large bowl with ice water. **[3]** Boil vegetables until soft. **[4]** Strain, then drop into the ice water to stop the cooking process. **[5]** Once the vegetables have cooled, strain and use as needed.



SMOOTH MOVE

If you don't have time for breakfast, this smoothie recipe shared by Tide-Pointe executive chef Jim McLain is a quick, easy and healthy way to start your day. People trying to lose weight often skip breakfast but end up snacking between meals. The maca powder, flax seed and banana in this concoction offer many nutritional benefits, and can help you feel full until the lunch bell rings.

TIDEPOINTE

Morning Thunder Smoothie

INGREDIENTS

1 tablespoon maca powder
1 tablespoon flax seed
1 banana
1/2 teaspoon turmeric powder
1/2 tablespoon ginger powder
6 ounces oat milk
1 dash ground cinnamon (topping)

DIRECTIONS Blend all ingredients (except cinnamon) and pour into your favorite mug or travel cup. Finish with a dash of ground cinnamon.

Orange you glad?

Tumeric *has been used for thousands of years as a spice and medicinal herb in India. It has been used to treat inflammatory conditions, skin diseases, wounds, digestive ailments, liver conditions and depression.*



NO GRAIN, NO GAIN

As the name implies, ancient grains date back thousands of years. They fell out of fashion over the years, making way for higher yield (and higher profit) crops such as wheat and corn. Thankfully, they're making a comeback in kitchens across the country. Chef Pascal Vignau at Vineyard Bluffton offered this sophisticated ancient grain risotto with charred avocado and red beet straws.

VINEYARD BLUFFTON

Ancient grain risotto, charred avocado & arugula salad

INGREDIENTS (Serves 4)

3 ounces farro
3 ounces green lentils
3 ounces Sea Island peas
3 ounces quinoa
2 tablespoons shallots, chopped
1/2 cup heavy cream
1 large avocado, charred
1 arugula, small bag
1 red beet, small
1 tablespoon lemon juice
1 tablespoon olive oil
4 tablespoons feta cheese, crumbled
Fresh arugula

DIRECTIONS [1] Cook all grains separately in salted boiling water until soft or to your taste. Remove and strain all in the same strainer. **[2]** In a sauté pan, place shallots and cream, add all grains and warm up slowly. Add salt and pepper to taste. Cook until creamy consistency. Add more cream if necessary.

Charred avocado: Cut avocado in four equal segments. Place on a metal sheet pan or stainless-steel sheet. Using a blow torch, apply flame to the fruit until charred black to your liking. Cut into big chunks. **Red beet straw:** Remove the green top from the beet. Rinse under running water to remove any dirt. Leave skin on. Set your Mandoline to flat cut. Slice the beet to the thinnest slice possible. Stack the slices and Julienne cut the stack to ultra-thin. Place in cold water to keep crisp. **Arugula salad:** Place arugula in a small bowl with red beet straw. Add olive oil and lemon juice. Mix well. Salt and pepper to your taste.

ASSEMBLY Scoop the risotto in a serving bowl. Top with seasoned arugula, beet straw, avocado, feta and serve.





HAVE A SOUP-ERB DAY!

Feeling the cold? Put on your coziest PJs and fuzzy slippers, grab your favorite blanket and boost your immune system with a big bowl of this delicious and nutritious soup from the team at Michael Anthony's Cucina Italiana.

MICHAEL ANTHONY'S CUCINA ITALIANA

Ginger, carrot & sweet potato soup

INGREDIENTS

4 tablespoons coconut oil
1 small onion, diced
1 medium garlic clove, minced
2 teaspoons ginger, freshly grated
2 medium sweet potatoes, peeled and diced
2 medium carrots, peeled and diced
1 teaspoon cumin
1 teaspoon coriander
1 teaspoon sea salt
1/2 teaspoon black pepper
1/2 teaspoon red pepper flakes
5 cups chicken broth
1 cup coconut milk
1 medium lime, juiced
1/2 cup chopped parsley

DIRECTIONS [1] Heat the coconut oil in a Dutch oven or saucepan. Add the onions, garlic and ginger and cook until fragrant, about 2 minutes. **[2]** Add the sweet potatoes, carrots and seasonings; stir until coated and add the broth. Bring to a boil and reduce to a simmer. Simmer until vegetables are tender, about 15 minutes.**[3]** Transfer the soup to a blender and blend until smooth, pureeing in batches if necessary. Pour soup back into the pot and add the coconut milk and lime juice. Simmer until heated and serve garnished with the chopped parsley.



The power of ginger

Ginger *is a common folk treatment for upset stomach and nausea. Certain chemical compounds in fresh ginger also help your body ward off germs and helps keep viruses at bay. Ginger's antibacterial power may also brighten your smile by keeping oral bacteria from growing.*

Sprout Momma Breads



CATERING
BREAKFAST
LUNCH
VEGATARIAN
GRAB AND GO

21 Cardinal Road
Hilton Head Island, SC
Sproutmomma.com
843.715.2649
843.683.0827

feed your soul!

An experience to savor tempting soul food with full bar service, premium sports, and musical entertainment featuring local and regional artists.

FEATURING IN FEBRUARY

Smooth & Groove | The Headliners | Whitley Deputy Band | Target the Band
Gwen Yvette & TC Soul | Soulful Sounds of Kevin Jeter

DINNER SERVED 5PM UNTIL 10PM





SUNDAY TICKET

RUBY LEE'S

SOUTH
19 Dunnagans Alley
Hilton Head
843.785.7825
rubyleessouth.com

TIMBUCK 2
HILTON HEAD
Cigar Lounge
19F Dunnagans Alley
843.785.7825

Signature cocktail



Each month, LOCAL Life is featuring a must-try signature cocktail from a local establishment. This month, we highlight the ***Southern Bees Knees***, created by bartender ***Monica Collins for the Whiskey Room***. Once you enter this Prohibition-style cocktail bar, you are transported to a simpler time. With a nod to the 1920s era speakeasy, the relaxing space features a tin ceiling and rustic brick walls that help frame a mega display of liquor with 120 hand-selected varieties of whiskeys and bourbons. They also serve up gin, tequila, rum, vodka, small-batch spirits, organic spirits, organic small vineyard wines and craft beer.

For this special cocktail, Collins reaches for a bottle of locally made gin, fresh lemon juice and a house-infused honey made with ginger and fresh thyme.

"When I began this venture of Whiskey Room, I wanted to make sure that we stuck to the basics of prohibition cocktails, and the Bees Knees was one of the staples during Prohibition time," Collins said. "I absolutely love ginger and thyme and thought it would be amazing to infuse into honey, making it something different and more sustainable to mix with a cocktail. It turned out delicious and refreshing! It definitely is one of our best non-bourbon cocktails on the menu. I also wanted to feature one of our local spirits, and being a true gin lover at heart, Bulrush seemed to be the natural choice. The barrel-aged finish adds a little bit smoother ending to the cocktail as well as keeping with the theme of all things Whiskey Room." LL





SIGNATURE COCKTAIL

Southern Bees Knees

Establishment: Whiskey Room

Bartender/mixologist: Monica Collins

INGREDIENTS

Locally made Bulrush Gin
House-infused honey with ginger and ***fresh thyme***
Fresh lemon juice

METHOD

Shaken, served up in a coupe glass with a sprig of thyme.

Better-for-you cocktails

Many health-conscious Lowcountry residents enjoy cocktails that combine their favorite spirits with herbs, fruit, botanicals and produce that have beneficial properties. Toast to your health with these concoctions with local connections.

FIND YOUR PASSION

Passionflower grows wild on the beach on Hilton Head and is known to ease anxiety, quiet the mind and promote restful sleep. This recipe from the team at **Hilton Head Distillery** features the medicinal vine, along with several other healthy ingredients. Kombucha aids in digestion and decreases inflammation. Blueberries and ginger are great for their superfood/digestive properties. Mint also aids in digestion and improves brain function. It is safe to say this cocktail is full of self-care, even if the main ingredient is tasty platinum rum.





HILTON HEAD DISTILLERY

Passionflower Kombucha Rum

INGREDIENTS

*1 1/2 ounces **Hilton Head Distillery Platinum Rum***
3 ounces GT's Gingerberry Kombucha
Handful of mint leaves
1 lime, sliced
*1 dropper of **passionflower** bitters or*
*1 tablespoon of elderberry syrup**

DIRECTIONS Muddle the lime and mint in a cocktail shaker. Add ice, rum, and either passionflower extract or elderberry syrup and shake. Strain rum into glass and top with GT's Gingerberry Kombucha. Garnish with mint and lime wedge.

** While **passionflower** is not available locally in bitters form, you can purchase dried passionflower from The Herb Room on Hilton Head Island and make your own. Out of the Weeds in Charleston makes a great passionflower syrup. You can also substitute the passionflower bitters with 1 tablespoon of elderberry syrup, which is great for immune support. Many people use it to prevent the flu.*



GIN IS IN

Locals should be proud of the small batch, hand-crafted gin that is being produced by Tony Bagnulo at **Bulrush Gin**. It is made with **13 different botanicals**, using a unique process of both maceration and vapor infusion. This gimlet recipe really showcases its hints of juniper, citrus and lavender.

BULRUSH GIN

Bulrush Rosemary Gimlet

INGREDIENTS

*1 1/4 ounces **Bulrush Gin***
3/4 ounce fresh lime juice
*3/4 ounce **rosemary** simple syrup*

DIRECTIONS Add all ingredients to a shaker, with ice. Shake and strain into martini glass or coupe. Garnish with sprig of rosemary.

THE SMARTER CHOICE



Vitamix A3500 Ascent Series

Vitamix

- 5 program settings (smoothies, hot soups, dips & spreads, frozen desserts, and self-clean) for walk-away convenience.
- Touch screen controls easily wipe clean.
- Variable speed control & pulse feature.
- Built-in wireless connectivity.

Le Cookery
Serving Your Kitchen and Tableware Needs

1000 William Hilton Parkway, Suite-B3
Hilton Head Island, SC 29928
843.785.7171 · LeCookery@Hargray.com · LeCookeryUSA.com

Secret spot off the beaten path







Harris Neck

STORY + PHOTOGRAPHY BY MICHELE ROLDÁN-SHAW



RECLAIMED BY NATURE This fountain and two decorative pools are all that remain of the 19th century plantation that existed at Harris Neck National Wildlife Refuge.



The secret history of Harris Neck is that it once belonged to a thriving community of Geechee folk descended from freed slaves until the government, passing over thousands of uninhabited acres, seized the Neck to build an Army airfield. Residents were given a pittance and two weeks to clear out before their homes got torched. Later the base was abandoned but the dispossessed weren't allowed back — instead, they turned it into a wildlife refuge.

Today there is a movement to reclaim Harris Neck that would allow black families to resume living on their historic homeland in an ecologically sustainable way, keeping the better part open to the public. But that's not what this article is about. It's about a lovely day spent exploring the Neck by bike. With 15 miles of old roadbeds and runways sprouting weeds through the cracks, the refuge is a great place to ride. Remote, little visited, on the fringes of the continent, these coastal Georgia hinterlands are silent. Armadillos populate the forests; turkeys bob over the meadows; egrets stalk the creek banks and wood storks colonize the ponds; redwing blackbirds sing from former rice fields; sand roads are printed with deer tracks.

And there are surprises amidst the landscape, too. A graveyard with headstones dates back to the 1800s and a little black angel statue keeps vigil. The remains of a decorative tank now overgrown and sunk into the forest floor, once part of a romantic garden. An old stone fountain, weathered and lichen-stained, sitting in a pool filmed with soft green scum, against a backdrop of Spanish moss and vines like a dripping watercolor. Haunting scenes of grandeur come to ruin.

At a public pier and boat ramp facing out over endless marsh, a man

"Remote, little visited, on the fringes of the continent, these coastal Georgia hinterlands are silent."







How to get there

Location: McIntosh County, Georgia
Mode of transport: Bicycle
Directions: Head south on I-95, take exit 67 and follow signs to Harris Neck National Wildlife Refuge. Park at the entrance and bike or walk in. You can also tour the refuge via a one-way wildlife drive.
If you go: Don't miss the Smallest Church in America at the head of Harris Neck Road.

was doing maintenance on his oyster boat while his wife, wearing rubber boots, looked on. We struck up a conversation. They asked where I was from and I said somewhere like this but too grown up, that the peace of this place was refreshing. "Nobody out here but the homefolks," I commented.

"Mhmm you right!" he said proudly. "We ain't got no stores, nuthin'."

Suddenly the refuge came alive. Families rolled up with their fishing rods and two preteens sat on the dock with elders who'd clearly dragged them out. "I ain't brangin' you two fisin' no mo'," the old man chided playfully. "Ya'll bad luck." The kids just shook their heads and said "You wrong for that," then went back to singing gospel and Christian rap that was playing on a cell phone. It struck me that these dull times were something to miss later. Whomever the future of Harris Neck belongs to — families, or the U.S. Fish and Wildlife Service, or maybe just to critters — I hope I can still ride here. *LL*

WELLS FARGO ADVISORS



Front Row: Gary T. Bezilla, Alan D. Kinney
Back Row: Elizabeth S. Cutshall, Jim C. Cuppia, Joan M. Hayes, Katie C. Phifer

Depth & Experience

is what we believe distinguishes us from other financial advisors. Our Credentials, Accolades, Planning Based Approach and Fiduciary Responsibility are what makes us an exceptional choice for those interested in responsible investment planning.

Contact us for a comprehensive second opinion review of your retirement and investment strategy.

www.bezillakinneywmg.com

BEZILLA KINNEY
WEALTH MANAGEMENT GROUP
of Wells Fargo Advisors

Wells Fargo Advisors is a trade name used by Wells Fargo Clearing Services, LLC, Member SIPC.

SAVANNAH	HILTON HEAD ISLAND	BEAUFORT
912.921.3422	843.681.1400	843.982.1506

Forbes BEST-IN-STATE WEALTH ADVISORS 2019 SHOOK RESEARCH

INVESTMENT AND INSURANCE PRODUCTS:

NOT FDIC INSURED	NO BANK GUARANTEE	MAY LOSE VALUE

The Forbes Best in State Wealth Advisors ranking algorithm is based on industry experience, interviews, compliance records, assets under management, revenue and other criteria by SHOOK Research, LLC, which does not receive compensation from the advisors or their firms in exchange for placement on a ranking. Investment performance is not a criterion. CAR-0719-01448









The buzz on local bee keeping

KEEP YOUR FLORA AND FAUNA LIVELY WITH SOME OF OUR FAVORITE POLLINATORS

STORY AND PHOTOS BY EMILY STINE

The honey bees' struggle has become a more striking issue in recent years. As more people gain awareness of the perils that these bees face, backyard beekeeping is becoming all the more common. We chatted with local bee expert David Arnal on the best way to start up your very own backyard hive and how to support bees in the Lowcountry.





Keep on (bee) keeping on

Beekeeping isn't an easy feat. With stories of hives flying off, never to return again, it is no surprise that the Beaufort-Jasper Beekeepers Association puts such a strong emphasis on the importance of education. David Arnal suggests attending meetings at your local beekeeper's association before getting hives, "Our best beginning beekeepers attended our Beaufort- Jasper County Beekeeper Association meetings for two years before they ever got honeybees," Arnal said. "They knew exactly what to expect and they didn't just dive in."

Arnal also said that one of the most important things to do when you're thinking about beekeeping is to check your neighborhood covenants. There are no local or state laws that prohibit the housing of bee hives however, some homeowners' associations covenants do not permit livestock and, according to the USDA, honeybees are considered livestock.

Finally, if you have gone to your local beekeepers' associations and feel that you are comfortable starting up a hive, make sure you get two hives. This will give you a basis to measure the health of your hives.

To bee or not to bee

Whether you are ready for your very own hives or not, there are plenty of ways to make your yard more hospitable to honeybees and bumblebees. "By increasing the number of non-treated annuals and perennials in your garden, you provide a healthy source of pollen for the bees to feed on," Arnal said. He mentioned that many of the big box stores systemically treat their plants with pesticides. This means that you should pay attention to the source of your plants.

H&D HERMAN AND DAVIS PROPERTIES

Faces You Know. Results You Trust.



BECKY HERMAN
843.301.3355
Becky@BeckyHerman.com

MONICA DAVIS
843.384.4473
Monica@MonicaDavis.com

MILLION DOLLAR MARKETING IN ALL PRICE RANGES

Consistent producers for over 20 years, Becky and Monica have provided professional customized service and expert advice to countless buyers and sellers in the Hilton Head/Bluffton market.

CHARTERONE REALTY

WHO'S WHO IN LUXURY REAL ESTATE

www.HermanAndDavisProperties.com









A great place to help on your search for bee friendly foliage is the Xerces Society (xerces.org). This website has foliage that is conducive to a healthy environment for pollinators in all areas of the United States. By clicking on their southeast region, you can find a list of herbs, shrubs and trees that promote a healthy honey crop right here in the Lowcountry.

September is typically a slow time for pollinators in the Lowcountry. Finding a plant that blooms in August is a huge help to the bees. Try planting wrinkle-leaf goldenrods or a narrowleaf sunflower for a pop of color that you and the bees both can enjoy.

Oh honey

With the different types of flora found in the Lowcountry, it's no surprise that the type of honey varies based on the place your hive calls home. From the south end of Hilton Head to the Jasper County line, honeyflows vary from light to dark, sweet to rich and all levels in between.

"The most unusual honey that I get is honey from the south end of Sea Pines along the beach where there are a lot of yellow asters in the fall," Amal said. "The honey that the bees produce tastes almost like cane syrup. It's a very unusual honey that I don't get often but, when I do, it's a neat treat". Arnal's favorite honey of the year is the blackberry honeyflow which tastes, "lusciously delicious."

The palmetto crop in the Lowcountry is the most popular amongst beekeepers and this honeyflow creates an influx of 20,000 hives during peak bloom (that's over 500 million bees in the Lowcountry).

With all the different types of honey to try in the Lowcountry, you'll be sure to keep your sweet tooth satisfied.

Feeling the sting?

If there is one thing that David Arnal wants to make clear, it is that bees are less dangerous than we think. "The number one question that I used to receive during educational talks prior to 2006 [when colony collapse disorder showed up] was do you get stung." The answer? Yes. But Arnal says, "I get stung mainly by mosquitoes, not by honeybees."

His advice to avoid getting stung? Stop swatting at them, hold your breath and walk away slowly. Bees aren't looking to sting you, but if you pose a threat, they might. With an influx of hives in the Lowcountry during various blooming seasons, this advice might just save you from the wrath of a defensive bee. (S)warm wishes on a happy and healthy hive and buzz on! *LL*



Fun facts

- Have a swimming pool? Pools offer a great source of water for bees and they love the chlorine. Plant some flowers around the pool from the Xerces Society to help out our bees even more.



- We have up to 20,000 hives in the Lowcountry when the coveted palmetto crop is blooming (that is over 500 million bees in the Lowcountry). The number goes down to only 5,000 hives once the crop is finished blooming.

  (U.S. beekeepers lost over 40 percent of their hives just last year.)



- Honey is a $2 million crop in South Carolina





OAK ADVISORS MMV LLC

John Chiacchiero & Michelle Myhre, CFP®

Advisor:
"Have you saved enough for retirement?"

Client:
"Yes, I'm certain...well, pretty sure...maybe..."

843.757.9339
www.OakAdvisors.net

Post Office Box 7318
Hilton Head Island, SC 29938

At Oak Advisors, we believe that a second opinion can stop second thoughts. In these uncertain times, it is essential that your retirement plan isn't wishful thinking.

Oak Advisors, LLC is a federally registered investment advisor.



Robert Stevens, Partner

Clark & Stevens
ATTORNEYS AT LAW

COMPLEX MATRIMONIAL & FAMILY COURT MATTERS

Since the firm's founding in 2001, **Robert Stevens** has established a reputation for handling the most complex matrimonial and family court matters with the utmost discretion. He has been practicing in the family courts for nearly 40 years and understands the sensitive nature of arduous family law matters; and remains dedicated to maintaining the privacy of his clientele.

As a seasoned divorce attorney, Bob delivers exceptional services in all facets of divorce issues, including marital property distributions, spousal and child support, child custody cases and prenuptial and marital settlement agreements.

Bob is a Fellow of the American Academy of Matrimonial Lawyers and is the immediate past-president of the South Carolina Chapter (2016-2018) of the AAML.

ADDITIONAL CREDENTIALS INCLUDE:

- Certified AAML Matrimonial Law Arbitrator (American Academy of Matrimonial Attorneys)
- Fellow, American Academy of Matrimonial Lawyers

Proven & Compassionate Lowcountry Attorneys

AV PREEMINENT Super Lawyers AAML

ClarkandStevens.com

843.842.3500

60 Arrow Road, PO Box 7788
Hilton Head Island, SC 29938







Wild lettuce: Often used as a natural remedy for stress and chronic pain. **Walnut:** Nuts are more rubbery than ones you find at the grocery store. **Elderberry:** Cooked ripe elderberries are perfectly edible and are good for pies, jams and juice.

Eat the Lowcountry weeds

NUTRITIOUS, ORGANIC AND FRESH EDIBLES ARE ALL AROUND US

Lowcountry back yards are full of food. Many of our so-called "weeds" are actually edible, and surprisingly, many are quite tasty. Bluffton personal trainer Roberto Rodriguez has been fascinated with food and nutrition since he came to the United States in 1999.

"I started getting local organic greens, catching fish and hunting my own meat; then I dove into edible and medicinal mushrooms and foraging wild edibles," he said. "Just knowing that I have the ability to go for a walk in nature, have a great spiritual experience and come back with a basket full of nutritious, organic and fresh edibles, most of them far better that any store bought ones, is very humbling and rewarding."

Got weeds? Then you have dinner!

Some of the wild edibles we can expect to find in the Lowcountry are:



Purslane: Soft, succulent purslane leaves have more omega-3 fatty acids than in some of the fish oils.



Dandelion: Everything from the flower all the way down to the roots is edible.



Chickweed: Eat the stems, leaves, flowers and seed pods.



Plantain: Its leaves are rich in iron and vitamins A and C.

HAPPY VALENTINE'S DAY



RANGES FROM $50 TO $125

MENTION THIS ADVERTISEMENT AND RECEIVE 10%OFF

JANIS SAVITT



JEWELRY, FINE GIFTS, TREASURES

F E A T U R I N G

Mariposa · Caspari · Le Cadeaux

John Medeiros · Crislu · Meghan Browne

2019 Best of Hilton Head Awards in the category of Gift Shop

Coastal Treasures

Elegant Living ~ Thoughtful Giving

HARBOUR TOWN | 149 LIGHTHOUSE ROAD

843.671.3643

Bespoke.

HAPPY FISH & FURNITURE







14 Promenade Street, #304
Bluffton, SC

843.310.1690

Located in Old Town Bluffton in the Promenade

Signore Coastal Art

SCA

Bluffton, South Carolina

signorecoastalart.com



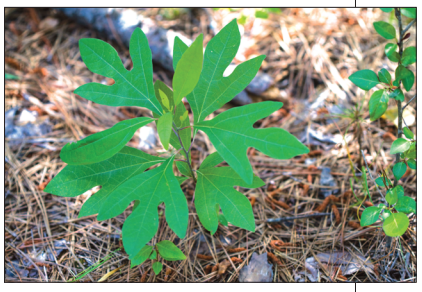
Wild garlic: Eat all parts of it before the flowers are fully out.



Glasswort: Young stems are edible and have a salty taste. Use them as a garnish in fresh salads.



Blackberry: Why buy them at the store when you can pick them outside?



Sassafras: Its twigs and leaves are both edible, and can be eaten raw or added to soups for flavor.



Sea purslane: The leaves are thick and moist with a crunchy texture and a natural saltiness.



Mulberry: They're a good source of iron, vitamin C and taste great, too.



Wild blueberries: Smaller wild blueberries tend to have a sweeter, tangier, more intensely "blueberry" taste.

"Start exploring this great place called nature. We don't have to go there; we are already in it. A world of wonderful discoveries and experiences await us."

— Roberto Rodriguez



Get the book!

Find inspiration for cooking your "weeds" 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.**



LOCAL LIFE TEST KITCHEN

Sassafras tea

INGREDIENTS

1 handful sassafras roots, washed in cold water
1/2 cinnamon stick
1 slice fresh ginger
Maple syrup or honey, for serving
Sparkling water

DIRECTIONS

[1] Chop up the sassafras roots until you can smell their spicy scent.
[2] Place the roots in a saucepan with the cinnamon and 6 cups of water. Bring to a boil.
[3] Decrease the heat and simmer for 20 minutes, partially covered. Add the ginger and simmer for an additional 2 minutes.
[4] Line a fine-mesh strainer with a coffee filter and set over a bowl. Pour the tea through.
[5] Sweeten with maple syrup or honey, to taste. Drink hot, or serve cold over ice and topped off with sparkling water.





Lowcountry Mercantile by Lowcountry Linens

435 William Hilton Parkway • Suite K • Hilton Head, SC

843.785.2425

A few doors down from Home Goods!







Dynamic warm-ups perfect for pickle ball, tennis and other sports

STORY BY ADRIENNE BALLINGALL + PHOTOGRAPHY BY MIKE RITTERBECK

How often do you see players jump out of their cars right onto the pickleball court or tennis court and begin hitting balls? Perhaps you do it as well. A dynamic warm-up is so important for injury prevention, flexibility and match warm-up, especially in these colder winter months. A dynamic warm-up gradually elevates your heart rate and allows your muscles to warm up while moving them through a functional range of motion – it also simulates moves you might make during play. Static stretching as we knew it in the past (stretch and hold) should be reserved for when play is done. Ten minutes would be a good time allowance for pre-match preparation – you will be ready to compete and get that early momentum. Talk with your doctor or athletic trainer if you have any concerns on what might be best for you and for the correct form. All warm-ups can be scaled based on age and fitness level.

Here are 12 great dynamic moves for pickleball and tennis:

1. Light jog *around the courts – perhaps add some back peddling but do so slowly as not to fall back. 2 laps around 2 courts would be great.*

2. Side shuffles*, as these sports utilize a lot of side-to-side motion. Move across and back 1 court, 2 times.*

3. Karaoke *moving in both directions. Karaoke is also known as a grapevine. One foot alternates, crossing in front of and then behind the other foot as you side shuffle across 1 court, 2 times. Gradually increase your pace in the above exercises.*







COURT AUTHORITY Adrienne Ballingall is the director of court sports at Belfair.











4. High knees *in place or across the court. Alternately, raise one knee then the other as high and fast as you can. This can be done in place or as you move across the court. Get each knee up, 10 times.*

5. Lunges *across the court. Add trunk rotation, if able. Take a step forward, allowing the knee and hip to bend slowly. Keep the knee over the ankle, not over the foot. Alternate legs, 5 times for each leg. If able, you may rotate your trunk in between steps.*

6. Butt kicks *in place or across the court. Kick your feet back as far and fast as you can. This can be done in place or as you move across the court. Kick each foot, 10 times.*

7. Jumping jacks. *You know the drill. Jump to a position with the legs spread wide and the hands touching overhead.*

8. Hip circles. *Think open and close the door. Stand on one leg, using the net for support if needed, and gently swing the opposite leg in circles out to the side. The leg can be swung out or in – 10 circles in each direction. Switch legs. This can also be done walking across the court alternating legs.*

9. Heeling walking. *Walk on your heels across the court, 1 time.*

10. Toe walking. *Return across the court on your toes, 1 time.*

11. Arm windmills. *With your arms to the side and palms down, make small circles forward and increase to larger circles – both forward and backwards – 20 seconds each way.*

12. Arm swings *across your body. Swing your arms in unison across your body in both directions, 5 times each.*

There are many other exercises from which to choose but a little time warming up before you play will help prevent injuries and improve your performance. It's time well spent. LL



Sports & Lifestyle Campus

The professionally staffed Sports & Lifestyle Campus at Belfair caters to its members with a complete selection of fitness equipment and free weights. A variety of fitness programs are offered, including personal training, personal stretch sessions, aquatic training, custom golf exercise programs and deep tissue and relaxation massages. Campus highlights include:

- *Fitness center*
- *Locker rooms*
- *Steam rooms*
- *Message rooms*
- *6 Har-Tru tennis courts*
- *1 grass tennis court*
- *2 pickleball courts*
- *2 bocce courts*
- *2 shuffleboard courts*
- *Indoor lap pool*
- *Outdoor pool*

WORLD-CLASS GOLF

Belfair is also home to two Tom Fazio-designed golf courses and a state-of-the-art Golf Learning Center, staffed by PGA certified instructors.

pyramids

Home Refresh

Now that the Holidays are over and your decorations are gone...

*Does your home look like it's lost it's "**sparkle**"?*

Now is the time to Refresh

***Paint an accent wall**
***Add a new rug or accent pillows**
***Rearrange your furniture**
***Update your accessories**

Pyramids can work together with you and achieve the look you desire.

Get your sparkle back - Refresh!



AVAILABLE SERVICES

** PERMANENT FLORAL DESIGNS **
** SPECIAL EVENT DESIGNS * COLOR CONSULTATION **
** ACCESSORIZING WITH OURS AND YOURS **
*REARRANGING FURNITURE * WINDOW TREATMENTS*

FULL ARCHITECTURAL AND INTERIOR DESIGN SERVICES AVAILABLE FROM OUR PARTNER, GROUP3 DESIGNS

Call to speak with our consultant

Sandy Jordan

1600 Main Street | Hilton Head Island | SC 29936
843.689.9060 Ext 229
sandy@group3designs.net

pyramids
gifts • accessories • furnishings
WWW.PYRAMIDSHILTONHEAD.COM

Teeing up the future

THE DARIUS RUCKER INTERCOLLEGIATE BRINGS THE WORLD'S TOP UP-AND-COMING FEMALE GOLFERS TO LONG COVE CLUB.

STORY BY BARRY KAUFMAN



FLORIDA STATE OF MIND The Seminoles became the first team to finish with under par scores as Florida State set team and individual records in last year's Darius Rucker Intercollegiate.

Sure, when most people think of "that golf tournament on Hilton Head," they think of the RBC Heritage. But over the last few years, our "other" big golf tournament has seen its profile rise in the golf world to enjoy a place of prominence as one of the top stops in the country.

Now in its ninth year, the Darius Rucker Intercollegiate has become the place to see the next generation of female golfers. Boasting a lineup of the top 17 collegiate teams from around the country, it's fair to say that when Long Cove Club Director of Golf Bob Patton refers to this as "one of the nation's premiere women's intercollegiate golf tournaments," they have the field to back that up.

"We started nine years ago with just 15 teams and 70 volunteers," said Tournament Chair Rob Ryan. "Today, we have 17 teams representing 30 countries and over 100 volunteers."

And these players are not just the best in the collegiate sphere. They are the next generation, with several of the women who have played Long Cove going on to greatness in the LPGA. "It makes you feel like you were a part of their success," said Ryan. "Some return to see their teams in action, and it is fun to hear their stories and see how much credit they give this competition."

Beyond the competition, the tournament allows proud South Carolinian Darius Rucker a chance to give back. The Grammy-winning country artist and on-again-off-again frontman for '90s icon group Hootie and the Blowfish always kicks off the tournament with a private concert at the Arts Center of Coastal Carolina. With an invite-only list of players, coaches, sponsors and Long Cove Club residents, this represents an exclusive opportunity for the tournament to hear a great artist perform live.

"I'm such a fan of golf myself, so I love meeting all the players and watching them compete," Rucker told Local Life in advance of last year's tournament. "And then the fans are the reason we get to do what we love for a living, so I always appreciate meeting them. Their excitement is contagious."

Hosting such talented young players as well as a bona fide musical celebrity is a huge feather in the cap for Long Cove Club as well.

"The members look forward to this event as much as the teams do," said Ryan. "We have been told this is their favorite and they help us to showcase our famous course and energetic membership. Attendance has increased every year and it gives us pleasure to host such a premier tournament." LL

BE A SPECTATOR

Tee times for the ***Darius Rucker Intercollegiate*** begin at 8:30 a.m. Friday, March 6, and Saturday, March 7, and 8 a.m. Sunday, March 8. Spectators are welcome during the day of play. For more information, visit longcoveclub.com.

Darius Rucker Intercollegiate Alumni on the LPGA Tour

This annual tournament has drawn the ***top talent from women's college golf***, serving as a springboard toward the LPGA. There are currently 28 alumni on the tour:

1. *Marina Alex – Vanderbilt*
2. *Brittany Altomare – Virginia*
3. *Laetitia Beck – Duke*
4. *Celine Boutier – Duke*
5. *Katie Burnett – South Carolina*
6. *Jacqui Concolino – Vanderbilt*
7. *Lauren Coughlin – Virginia*
8. *Katelyn Dambaugh – South Carolina*
9. *Mari Fassi – Arkansas*
10. *Kristen Gillman – Alabama*
11. *Jiwon Jeon – Alabama*
12. *Cheyenne Knight – Alabama*
13. *Jennifer Kupcho – Wake Forest*
14. *Bronte Law – UCLA*
15. *Alison Lee – UCLA*
16. *Yu Liu – Duke*
17. *Gaby Lopez – Arkansas*
18. *Ally McDonald – Mississippi State*
19. *Stephanie Meadow – Alabama*
20. *Madelene Sagstrom – LSU*
21. *Mia Schecter – North Carolina*
22. *Sarah Schmelzel – South Carolina*
23. *Maria Stackhouse – Standford*
24. *Lauren Stephenson – Alabama*
25. *Emma Talley – Alabama*
26. *Anne-Catherine Tanguay – Oklahoma*
27. *Emily Tubert – Arkansas*
28. *Alana Uriell – Arkansas*



Long Cove Club

DARIUS RUCKER

INTERCOLLEGIATE

MARCH 6-8, 2020



HOST TEAM, UNIVERSITY OF SOUTH CAROLINA WELCOMES

University of Alabama • University of Arkansas • Auburn University • Baylor University
Duke University • Florida State University • Furman University • University of Georgia • Louisiana State University
University of North Carolina • Northwestern University • University of Texas
University of California, Los Angeles • Vanderbilt University • University of Virginia • Wake Forest University

PRESENTED BY Kroger PXG PARSONS XTREME GOLF

TEE TIMES START AT 8:30AM • SPECTATORS ARE WELCOME AT NO CHARGE

LongCoveClub.com

2020 Golfweek's BEST

"#19 Top 100 Residential Golf Courses in the U.S."
by Golfweek Magazine



©MELISSA HOPKINS

Making great strides

PALMETTO RUNNING COMPANY IS PUTTING ITS INDUSTRY ON NOTICE WITH ITS NEW ECO-INITIATIVE.

STORY BY BARRY KAUFMAN



BEST OF THE BEST
Palmetto Running Company team members recently attended The Running Event, the biggest conference in the nation for running stores and brands, in Austin, Texas. They won the first ever Big Pitch Grant to help fund the PRC Eco-Initiative.

When you look at the big picture of the world's entire commercial sphere, the apparel and footwear industries are but a tiny sliver amid massive industries across the globe. Yet despite their diminutive size, they punch above their weight when it comes to one dubious distinction: pollution. All told, the two industries represent 8 percent of the world's greenhouse gas emissions. That's a staggering 4 metric gigatons for shoes and clothing.





New women's running event coming to Hilton Head

The first ever running event for females is coming to Hilton Head Island on March

WMNRUN Hilton Head is a collaboration between Alfred Olivetti, owner of the Hilton Head Running Company, and Another Mother Runner, a national tribe of female runners and walkers. It will feature a half marathon, a quarter marathon and a 5K. All races will be on the beach. A party will follow in front of the Tiki Hut. gotrievents.com.

It's something that already had been bothering Christian Fyfe and Keri Straughn, the brother-sister combo that runs Palmetto Running Company. When the two were invited to speak at The Running Event, the largest trade show for running specialty retailers, they knew their opportunity had come to make a statement.

They were among three finalists for The Big Pitch, a competition to find ways to attract young people to running stores. On that stage they officially unveiled the PRC Eco-Initiative, which aims far higher than simply widening market share. Through an emphasis on recycled materials and sustainable practices, Palmetto Running Company wants to put the industry on notice.



NAMED ONE OF · THE · BEST RUNNING STORES IN AMERICA



Palmetto Running Company is the Lowcountry's only specialty running and active lifestyle boutique. Locally owned and family-operated since 2011, we dedicate ourselves to giving you the unrivaled personal attention you deserve. Stop by our stores in Hilton Head Island and Bluffton, SC for more than running gear—get everything you need to achieve your running goals, at every level.

PALMETTO RUNNING COMPANY

843.815.1718 | palmettorunningcompany.com

"We got amazing feedback," said Fyfe. "After our presentation, we had major shoe brands coming up, asking if this is what we see as the future of the business. It's inspiring to know that things are changing."

The tenets laid out during the big pitch were a crystallization of a vision they had been pursuing at their dual locations in Bluffton and Hilton Head, offering clothing from brands like Vuori and Recover, which use everything from plastic bottles and discarded scrap threads to algae in their duds.

"I think when people think of recycled fibers, they think it's itchy," said Straughn, fingering the sleeve of a long-sleeved Vuori tee. "But these are so soft and comfortable. A lot of the trend now is using recycled water bottles to make fabric. We actually got to see this process at The Running Event."

Finding sustainable options has long been a mission for the siblings, but with the launch of the PRC Eco-Initiative, that mission statement becomes central. "Most of the clothing we have in-store includes recycled fibers," said Fyfe. "Going forward, there's going to be more and more that are 100 percent recycled."

That includes their own branded apparel, offered by Recover. Beyond items for sale, the Eco-Initiative encompasses a few



RUNNING STRONG Named one of the "Best Running Stores in America," Palmetto Running Company is the Lowcountry's only specialty running and active lifestyle boutique.



©MELISSA HOPKINS

COLD PLAY When running in cold weather, the rule of thumb is to dress as if it is 10 to 20 degrees warmer. You should be slightly cool when you start. The more you run outdoors, the more you'll learn your own preferences.

Born to Run

Ready to put a few miles on your sneakers in the coming months? Check out some of the races headed your way, then visit palmettorunningcompany.com to find all the links where you can register.

Hilton Head Half Marathon, 8 a.m. Feb. 8 *Start at Jarvis Creek Park and wind through two different parks on a winding, scenic course that will take your breath away.*

Palmetto Bluff Marathon, Half Marathon & 10K, 8 a.m. March 8 *If you've ever wanted a chance to explore the tidal creeks and maritime forests of Palmetto Bluff, now is your chance.*

Red Cedar Foxes Trot 5K, 8:30 a.m. March 14 *Support the students of Red Cedar Elementary with a fun race around Bluffton organized by the 4th and 5th graders.*

Sandalwood Run for Hunger 5K+10K, 8:30 a.m. March 28 *Palmetto Running Company partners with Sandalwood Community Food Pantry for an annual run starting at Fish Haul Park to fight hunger.*

Trail to Ale 5K, 6 p.m. April 23 *The Don Ryan Center for Innovation hosts a unique 5k happy hour event for runners and professionals alike.*

Earth Day 5K, 8 a.m. April 26 *The crowning event in PRC's Eco-Initiative, the Earth Day 5K at Palmetto Bluff will be 100 percent sustainable and will benefit the Palmetto Bluff Conservancy.*

different endeavors that are geared toward a cleaner planet. For one, they are collecting corks from customers and local restaurants to be recycled into sandals. "We have managers from some of the restaurants around our Shelter Cove Location bringing us just these giant bags filled with corks," said Straughn. Rather than ending up in a landfill, these corks provide the sole of an elegant and comfortable sandal.

They're also collecting used shoes for Sneakers4Funds, which are then either cleaned up and given to those in need or recycled for use as rubber mulch. Sneakers4Funds gives PRC a contribution for every pair of shoes donated, which they match and put toward a scholarship for a young athlete.

But the biggest beneficiaries of all this are our own local waterways. Palmetto Running Company partnered with local credit card processor Proudly to send a piece of every sale to South Carolina Coastal Conservation League, helping with its mission to keep area waters clean. "They were a big part of the plastic bag ban," said Fyfe. "We wanted to help them out in any way we could."

And that's ultimately what it's all about. "Our main goal in this is to find more ways to give back, whether to our community or to the Earth," said Straughn. "It's something we were already doing because it's something we're passionate about. LL

"Through an emphasis on recycled materials and sustainable practices, Palmetto Running Company wants to put the industry on notice."

THE PRC ECO INITIATIVE



BRYCE LANKARD: Looking beyond the ordinary





CREATING GREAT IMAGES WITH THE PHONE IN HIS POCKET

BY CAROLYN MALES

You might expect fine art photographer **Bryce Lankard** to show up with a Hasselblad or a Nikon in hand. After all, this is a man whose work has appeared in publications like Rolling Stone, The New York Times, Newsweek, and Forbes, as well as in coffee table books and gallery shows.

Over the years, the North Carolina-based documentary artist has aimed his camera lens at the South, capturing all its strange beauty and eccentricities: Elvis impersonators, old motel signs, rustic barns, amusement parks, people at play, and any other subject that struck his imagination. Critics have lauded the "muscular boldness" of his work as he's covered the topsy-turvy world of New Orleans post-Katrina and ventured north to New York City where he shot a rouge gallery of local characters and moody cityscapes.

But today he's here pulling up a chair across from me on the porch of a Bluffton eatery, looking like a bluesman in his fedora and geometric-patterned shirt. In one hand his fingers curl around a cup of coffee. In the other, they clasp one of his favorite pieces of shooting equipment — an iPhone. Yes, that same ubiquitous enabler of selfies, funny cat and dog pix, not to mention endless streams of Instagram posts stuffed with meals we've eaten.

Lankard, needless to say, is not adding to the chattering sensory cloud overload. Instead he is shooting deliberately with purpose and a critical eye. What's more he's challenging all of us to stop and really look at what we're seeing before we click on that "camera we're all carrying around in our pockets."

Now as the two of us lean in and scroll through screens of his mesmerizing images, I make a mental vow to put a leash on my itchy trigger finger and to edit out those so-so shots that clog my camera roll.

Lankard, a veteran instructor at the Center for Documentary Studies at Duke University, has come to the Lowcountry to share a few tips on cell phone photography before he teaches a half-day workshop at the Art League of Hilton Head Academy next month.

But before we get to "the how to," it's only fitting, since Lankard is a pictorial storyteller, to start with the tale about how he came to embrace smart phone technology.

Photography: The Omnipresent Camera, An iPhone workshop taught by Bryce Lankard. March 21 at the Art League Academy. artleaguehhi.org, 843.842.5738

He tilts back his hat and begins, "I was brought up with the philosophy of street photography, so I was constantly seeing and shooting." That meant that no matter where he went, his carried his big cameras and lenses ready to catch any person, place, or thing that grabbed his interest.

But all that changed when he moved to the Big Easy in late 1980s. "I was in New Orleans at a time when the crime rate was through the roof," he begins. "And who was the favorite street crime target? A tourist."



In response, he began limiting where he carted his cameras, bringing them to planned photo shoots but leaving them home as he roamed into iffy territory. But his frustration quickly mounted as he came across colorful personalities, offbeat situations, intriguing shadows and patterns – all those missed opportunities.

Then in 2007, the iPhone with its built-in camera came out and voilà! Lankard's in-the-moment street shoots were back in business.

Now, Lankard turns his screen toward me and shows me a photo he'd taken minutes before we'd met. He had wandered over to a nearby building with an empty storefront where two dilapidated stools sat in front of its weathered red façade. Most of us would not have given the scene a second glance, let alone lifted our phone to immortalize it.

However, he'd crouched down to get a better look and discovered a spider web lit by a ray of sunlight. Click. Now he had a picture that told of lost dreams. He'd seen the faded beauty of the "everyday" and wed it with layers of emotion and memory.

"Having a camera changes how you walk through the world." As he stands to leave, he offers a final thought, "If you learn to master looking beyond the ordinary, your images will stand out from the crowd."

Secrets of a master: Tips for making extraordinary photos with a smart phone

No matter what your level of photography — casual shooter, artist, experienced photographer, Lankard encourages you to stop and look at the world in a different way.

1. It's all about seeing. Take your time and really study what you're shooting.
2. Think about what draws your eye to wander around a scene.
3. Ask what story you want the image to tell. What do you like to shoot? If you like flowers, shoot them. Portraits? Ditto.
4. Look for patterns: shapes, shadows, lines, grids, swirls — even the way pollen is dispersed on the ground.
5. Don't be afraid to go wild. Explore and experiment.
6. Look for odd angles.
7. Move your body. "What happens if you crouch down, take two steps to the left or right, stand on a chair?"
8. Do something funky, like pointing your lens at the sun.
9. Try out all the tools in your camera's tool box. Shoot the same scene with different settings, different filters, exposures, etc.
10. Play around with different camera apps.
11. Edit. Edit. Edit. Edit out all the uninteresting images, the stuff that doesn't work.

CLYDE WILLIAMS



Bluffton Shuckers "Boiling Pot" 24" x 36" Oil on Canvas



Bluffton Shuckers "O Happy Day" 22" x 28" Oil on Canvas

South Carolina's Premier Art Gallery

RED PIANO TOO ART GALLERY

870 Sea Island Parkway
St. Helena Island, SC

843.838.2241

redpianotoo.com

Healing art

It's no secret that art can help transform your space. Studies have shown it can also have a positive impact on your mental health, reducing stress and anxiety levels. You don't need to be a creative person in order to benefit from the relaxing properties — art can also help you relax just by looking at it. With that in mind, we collected these mood-boosting works from local galleries.

Find additional works of art online at **LocalLifeSC.com**



Skipping on the Sound by Mary Inabinett Mack (Red Piano Too)



Lowcountry by Ben Ham (Ben Ham Gallery)



Swimming Stars by Laurie McIntosh (Camellia Art)



Peeled Orange by Gordon Russell (Red Piano)



Velvet Embrace by Dottie Leatherwood (Camellia Art)



Horizon by Jane DeDecker (Red Piano)

Local Inspiration

Marsha Olderr's mother has lived in Bluffton for 30 years. Her mother recently moved to an assisted living facility and had her mail forwarded to Marsha in Mississippi. Marsha has been reading her mother's copy of LOCAL Life each month and was inspired by November's pet-friendly issue, particularly the article on **Opha May**. The English Bulldog is the first female mascot in the history of Marine Corps Recruit Depot Parris Island.



Opha May by Marsha Olderr

"I am an artist who paints dogs, among other things," Marsha said. "I used to sell advertising for the company who did the Parris Island military directory, so it was kind of fun to do something related to a place I always thought of fondly."

Find more of Olderr's work online at molderrartistry.com.



Untitled by Stella Lee Anderson

Into the Night

The building shades the blinding sun but I keep my sunglasses on.
Gritty particles fill the air.
What are you so beautiful?
As if you don't want me to be.
Days filter through like little fish between my fingers but a lifetime is still a long time.
The sky is deeper and the fire pit spells out the question:
How can I blame you when I am indigo drunk?
Crossing the dark bridges over the inter-coastal — I turn the headlights off
Nobody sees my untied hair gone wild.

— Miho Kinnas

Make it? We'll take it!

If **LOCAL Life** has inspired you to create something (art, recipes, home decor, etc.), we would love to share it! Send a photo and details to info@wearelocallife.com.







Wellness within reach

LUXURIOUS SPAS WITHIN A DAY'S DRIVE

BY KAREN MORAGHAN

PHOTO BY GREG POWERS

The Spa at The Ritz-Carlton

Regardless of your personal goals or wellness intentions for 2020, taking a spa trip to help kick-start the process might be a smart way to go. While spas are typically associated with pampering, many facilities offer therapeutic, healing therapies that will get your mind and body ready for a healthy new year.

With water so vital to the sense of wellbeing here in Lowcountry, it's no surprise that it's a common denominator at many of these spas located within a day's drive (which we've identified as about five hours from Hilton Head). It's also no surprise that many of the best spas in our region are affiliated with top resorts. Here are a few to try.





THE SPA AT SEA ISLAND RESORT *(SEA ISLAND, GA.)*

The refined seaside setting, Georgian southern comfort, and gentle trickle of water set the tone at this Forbes Five-Star spa. An experienced staff, world-caliber fitness offerings, labyrinth walk, and customized therapies round out the total package.

This spa has embraced innovative technologies like HydraFacial MD, a hydra-dermabrasion treatment that uses a patented Vortex Fusion system loaded with peptides and hyaluronic acid to cleanse, exfoliate, extract, and hydrate all at once while delivering instantaneous results. Optional enhancements include LED light therapy, lymphatic drainage, or DermaBuilder in 30-, 60-, or 90-minute treatments.

While not inexpensive, the experience is first-class and set up to accommodate all audiences—women, men, couples, pre-natal, even kids and teenagers—through its menu of treatments and other offerings.





SAND & SEA SPA AT WILD DUNES RESORT *(ISLE OF PALMS, S.C.)*

Located on The Village Plaza in the heart of Wild Dunes Resort on the Isle of Palms near Charleston, Sand & Sea Spa offers a relaxed island ambiance that leaves guests feeling balanced and calm.

Among the more interesting treatments on the menu are the Warm Seashell Massage (smooth, warmed seashells used during a therapeutic massage), CBD Renew & Relax (an anti-inflammatory CBD compound promotes relaxation and pain relief), and the Dilo Rescue Wrap (body treatment featuring oils from the tropical dilo tree, believed to aid in skin cell regeneration and help skin issues like eczema and sunburn).

Or, try the Oxygen Infusion Facial which uses oxygen under hyperbaric pressure to infuse a serum of modified hyaluronic acid, essential vitamins, botanicals, antioxidants and amino peptides into the skin.





THE SPA AT OMNI GROVE PARK INN *(ASHEVILLE, N.C.)*

It's the subterranean setting that makes The Spa at Omni Grove Park Inn so memorable — 20 underground water features, including numerous mineral-based pools, set amid cavernous rock walls, arches, tunnels, and two therapeutic waterfall pools. There's even a lap pool lit by 6,500 fiber-optic stars on the bottom and playing underwater music. After enjoying the inhalation rooms, saunas, and eucalyptus-infused steam rooms, grab a warm blanket, snack, and hot organic tea and settle fireside in a cozy, oversized chair.

The Spa's signature treatment is a blissful 80 minutes called Fire, Rock, Water and Light, which includes a rejuvenating full body exfoliation, softening soak, healing body masque, and Vichy waterfall massage.





THE SPA AT THE RITZ-CARLTON, REYNOLDS LAKE OCONEE *(GREENSBORO, GA.)*

While modest in size, the intimacy of The Ritz-Carlton Spa makes the experience something special. Adjacent to the hotel and 19,000-acre Lake Oconee, this state-of-the-art sanctuary offers more than 90 health and wellness treatments, many of them utilizing ingredients indigenous to the area such as rosemary, pine, fir, and geranium, along with extracts gleaned from gemstones such as smithsonite and malachite.

The 24-hour fitness center is fully equipped with Peloton Bikes, Technogym Strength Stations, Precor Cardio Units with televisions, as well as a 700-square-foot movement studio (classes include golf conditioning, body sculpt, aqua fitness, and yoga), plus an indoor lap pool.



ROAD TRIP

Hilton Head Island to Southeast Vipassana Center

Duration: 111 miles (2 hours, 17 minutes)

Southeast Vipassana Center

FINDING HAPPINESS IN SILENT MEDITATION

STORY + PHOTOS BY MICHELE ROLDÁN-SHAW

The quest for happiness is common to all human beings. And yes it is absolutely a quest, because none of us, not even the unblemished child, are automatically happy all the time. We are constantly in search of things to make us happy, or perhaps merely provide a crude approximation of happiness in the form of passing pleasures. Too often we look in all the wrong places. That deep, unfailing wellspring of inner joy remains elusive, perhaps even inconceivable.

As someone who's been around the world a few times looking for answers — both physically and in the pages of books — I never dreamed they'd turn up in my own backyard, on a tract of scraggly woods outside Jesup, Ga. You couldn't pick a more unlikely place to find enlightenment. All I knew about the Southeast Vipassana Center was learned in a chance encounter with a stranger on the train who explained that the retreats were free including room and board, that the technique was nonsectarian and open to all, that you took a vow of silence and meditated 10 hours a day, completely cut off from the outside world. Then he said the words I'll always remember: "Basically this technique teaches you how to be happy all the time."









How can I describe a 10-day Vipassana retreat, which I have since done many times?

Quiet: From the moment you step on property, a tangible peace descends.
Chaotic: The void created by lack of external stimuli is quickly filled by the endless agitations of your own mind.
Easy: Meals are served to you, the volunteer staff is kind, and you won't pay a single bill.
Brutal: With no outside distractions to save you from yourself, you face untold self-created trials.
Simple: Your only two jobs are to perform basic maintenance of your body (eat, sleep, shower etc.) and attend to the object of meditation.
Unfathomably deep: That same object of meditation, which is nothing but the actual truth of phenomena taking place in the framework of your own mind and body, will carry you all the way to enlightenment.

Yet all this has no meaning if it's just an isolated experience, a 10-day escape, another check on your bucket list in a culture of endless lust for new things. I don't live my life cross-legged in a quiet darkened hall. I live in the nitty-gritty of the world, and there would be no point leaving it for 10 days if I didn't come back a better person.

Details: The Southeast Vipassana Center is located in southeastern Georgia in Wayne County, 10 miles south of the small town of Jesup. Set in a secluded rural area and surrounded by 40 acres of beautiful pine, oak, and mixed hardwood forests, the Center provides an ideal meditation environment for Vipassana students in the Southeast.

After nearly a decade of practice, this is what I can say: Vipassana has softened me, made me more patient and gentle-hearted. It has given me moments of grace in the eye of raging life storms. It has made my mind sharper, more able to see piercingly into things, which is very helpful in dealing with situations; the world is a tricky place, and sound judgment is not praised as much as it should be. I'm still dead serious about whatever I happen to be working on, but I don't it take so hard when the desired result doesn't come. I know the peace of surrender. I judge less, help more. I was never a very sweet person in the past, but now sometimes I am. Problems still abound in my life, and sometimes they even threaten to sink me; but just below the surface of this overwhelming stream of ordinary existence, there now lies an unshakeable confidence in something deeper, something that gives meaning and context to life. And not merely because I have faith, but because I have a way, a method, a practice that shows real results.



Vipassana is a technique of mental purification, meaning it helps rid our minds of negative states like anger, fear, anxiety, depression, greed and egotism. With careful examination, one realizes that it is these unwholesome mind-states, not the outside events that trigger them, that actually cause us to suffer. The less we give rise to them, the happier we become. I am prepared to work on this my entire life — and many more should such be the case — because what choice do I really have? There is no day off from the pursuit of happiness. And if any of this rings true to you, consider a 10-day retreat. dhamma.org

CANELA GOES HOME



Canela

EVERY DAY
we provide safe haven for the abandoned cats and dogs of the Lowcountry.

EVERY DAY
a wonderful and healthy animal is ready to enrich your life as a beautiful new family member.

Come see who's waiting for you.

HILTON HEAD HUMANE ASSOCIATION

10 Humane Way
Hilton Head Island, SC | 843.681.8686

10 Pritcher Point Road
Okatie, SC | 843.645.8400

www.hhhumane.org

The Scene

SOAR PARTY



Cocktails on Broad Creek





What: SOAR Undisclosed Location Party
When it took place: Nov. 16
Where: 32 Widewater, a home for sale in Spanish Wells
Photographer: Lisa Staff
Highlights: SOAR Special Recreation hosted its annual Undisclosed Location Party. Guests picked up their tickets at a location en route to the party where they received a map to find the party location. This year, 100 guests were surprised and delighted that Ed and Susan Forbes shared this stunning Spanish Wells residence with donors and Special Olympic athletes. Red Fish generously provided the bar and catering service, and Pam White did a live art demonstration that ended in an auction of a painting.











Southern comfort foods

Partygoers had plenty of good food to fill up on, including this seafood chowder provided by Red Fish.







A Hilton Head Christmas Carol

What: Pam White's Christmas party
When it took place: Dec. 21
Where: Sea Pines
Highlights: Festive partygoers enjoyed an evening of caroling by the pool and fire. Best International Artist nominee Candace Woodson broke the silence of the night with holiday songs while guests ate, drank and were very merry.



How sweet it was

What: Coffee and Chocolate Festival
When it took place: Dec. 14
Where: Old Town Bluffton
Highlights: More than 2,500 people sampled gourmet coffees and scrumptious desserts from throughout the region at the second annual festival, organized by The Cottage Cafe and Bakery. The event helped raise money for the Boys & Girls Club of Bluffton.





Dark chocolate is easy to love

Multiple scientific studies agree consuming chocolate may lead to a reduced risk of cardiovascular disease by lowering blood pressure and promoting healthy cholesterol levels. To be heart smart, indulge in chocolate with at least 70 percent cacao (or cocoa, which is cacao in its roasted, ground form). The Chocolate Canopy features an 85% cacao blend, which is made on-site. And, of course, all things in moderation. A few squares a day can make a difference.

— Nancy Paris, The Chocolate Canopy



Nora Fleming Serveware

Choose your base, choose your mini... simplify your life!







Voted Best Gift Shop 9 Years in a Row!

Outstanding Gifts at Unbelievable Prices



GIFTED
HILTON HEAD
SUITE J2, VILLAGE AT WEXFORD
MONDAY-SATURDAY 10AM-6PM
843.842.8787









Record-setting effort

What: Pledge the Pink
When it took place: Oct. 12
Where: Fripp Island Resort
Photographer: Fripp Island Resort and Pledge the Pink
Highlights: On Oct. 12, Fripp Island Resort and Pledge the Pink broke the Guinness World Record for the Longest Line of Garden Flamingos with a total number of 3,753 flamingos. The record was attempted in conjunction with Pledge the Pink: a three-day, three-island, 30-mile breast cancer walk that comes to the area every year. Each flamingo in the attempt represented funds raised for 1 mammogram and the 2019 walk raised over $400,000 for breast cancer. The record was confirmed in January.

In the pink

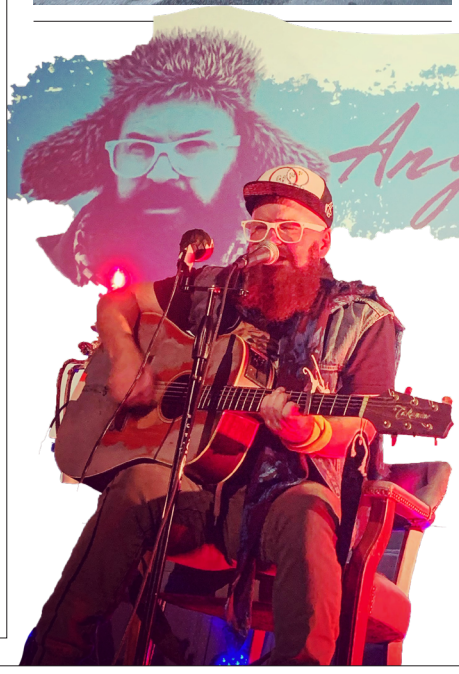
Pledge the Pink, originally called LoCo Motion, was started in 2011 by Laura Morgan as a small local event aimed at fighting cancer and getting people off the couch. To date, this event has grown to draw 1,500 participants annually from all over the world, raising over half a million dollars for breast cancer charities in the process.





The American classic

Next time you are looking for something interesting to listen to on Spotify, check out Aparo's acclaimed 2000 album, "The American," produced by Matt Serletic (Matchbox Twenty, Collective Soul, Cher). You probably already know the words to his original song "Cry," made popular by Faith Hill (Angie's version is better, in our opinion). Tim McGraw fans will recognize the song "Free Man," another Aparo original on this ambitious 12-track effort. The real star of the show here though is the infectious second track, "Spaceship," Aparo's radio hit.





An evening with Angie

What: Angie Aparo performance
When it took place: Dec. 28
Where: Coligny Theatre
Photographer: Lindsay Cranford
Highlights: Grammy Award-winning songwriter Angie Aparo put on a special show over the holidays at one of Hilton Head's most intimate music venues. Aparo has a long list of accomplishments as a professional musician, writing hit songs and working with some of the biggest names in the music business.





Temple of groom

What: Safari's Palmetto Groom Grooming Competition & Trade Show
When it took place: Jan. 10-12
Where: The Westin Hilton Head Island Resort & Spa
Photographer: Lisa Staff
Highlights: Pooches from all over came to Hilton Head Island for three days of competitions and a trade show featuring pet salons, pet care businesses and plenty of pet toys and treats. Alyssa Kassiba took first place in the creative class with a stylish jellyfish design. Best in show was Grazia Adriani. Lis DeSouza was the best all around groomer. The show took place the same time as our fashion shoot (page 82).



(All products used on this animal were natural and not chemical-based.)





FEBRUARY calendar

February may be the shortest month of the year but it's full of romance and food.

There are plenty of festivals and other events to keep us busy until the warmer weather arrives. Here are our top picks, along with other days of national and international interest.

Cut this page out and stick it on your fridge!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THINGS TO DO NEARBY				**ONGOING**		
Savannah Travis Tritt (Feb. 1) The Fab Four Beatles Tribute (Feb. 9) Willie Nelson & Family (Feb. 11) Savannah Blues Festival (Feb. 15) Chris Tucker (Feb. 22) Scott McCreery (Feb. 27)	**Charleston** Charleston Coffee Fest (Feb. 9) Illuminate Festival (Feb. 9) Kansas (Feb. 14) Bill Maher (Feb. 16) Tesla (Feb. 17) Morgan Wallen (Feb. 20) ABBA (Feb. 21) Lowcountry Irish Fest (Feb. 23)	**Columbia** KISS (Feb. 11) Joe Bonamassa (Feb. 15) Post Malone (Feb. 29) **Jacksonville** Kansas (Feb. 1) Jason Aldean (Feb. 1)	The Wailers (Feb. 9) ABBA (Feb. 12) Masters of Illusion (Feb. 16) Bell Biv Devoe with Color Me Badd (Feb. 17) Jay and Silent Bob with Kevin Smith (Feb. 21) John Fogerty (Feb. 23) Dancing with the Stars (Feb. 26)	Gullah Celebration (Feb. 1-29) Chamber Restaurant Week (Feb. 3-9) Hilton Head Island Seafood Festival (Feb. 24-March 1) Jesse Eddy Basketball Camp (Feb. 3-7) Seahawk Volleyball Camp (Feb. 3-6)	Beaufort International Film Festival (Feb. 18-23) Arts Center: Rumors (Feb. 4-23) Hilton Head Hospital: All Saints Garden Tour Art Show (Feb. 1-March 1) Coligny Theater: Lowcountry Jewish Film Festival (Feb. 9-18)	1 **Chamber Ball** HHSO Youth Concerto Competition Gullah Festival Be Well Hilton Head International Vegan Film Festival
2 **Groundhog Day** Super Bowl Sunday 5K Run/Walk Be Well Hilton Head	3 **Feed the Birds Day** The Day the Music Died	4 **Arts Center: *Rumors*** Gullah Festival: *Family and Friends Day* Citizen's Police Academy	5 **Weatherman's Day**	6 **Beaufort: *Women's Association Brunch***	7 **WAHHI: *Dr. Bhavya Lal*** **Gullah Festival: *Heritage Music Series*** Mountainfilm on Tour Hilton Head Jazz Corner: *Eric Jones Trio* Lowcountry Ladies Luncheon Rooftop Bar: *La Bodega*	8 **Gullah Festival: *Taste of Gullah*** Valentine's Day Heart Hunt Jazz Corner: *Eric Jones Trio*
9 **Oscar Night** HHSO: *Superheroes, Action and Adventure*	10 **HHSO: *Superheroes, Action and Adventure*** Umbrella Day	11 **Lowcountry Speaker Series: *Sanjay Gupta*** Coligny Theater: *Lowcountry Jewish Film Festival*	**Jude Frances Trunk Show** Bluffton Business Expo	13 **Get A Different Name Day**	14 **Valentine's Day** Jazz Corner: *Quentin Baxter Quintet* **Rooftop Bar: *The Chiggers***	15 **Live Music at Ruby Lee's South** Jazz Corner: *Quintin Baxter Quintet* Hilton Head Shore Notes
16 **Do a Grouch a Favor Day**	17 **President's Day** **Arts Center: *The Amazing Kreskin***	18 **SoundWaves: *Alex Kershaw*** Drink Wine Day Battery Day	19 **SC Yacht Club: *Author's Chat*** Seafood Festival: *Chef Experience*	20 **Beaufort International Film Festival** Cherry Pie Day	21 **Jazz Corner: *Peter & Will Anderson Trio*** WAHHI: *Joby Warrick*	22 **South Beach Marina Oyster Roast** Celebration of Justice Gala Jazz Corner: *Peter & Will Anderson Trio*
23 **Dog Biscuit Appreciation Day** **Hilton Head Symphony Orchestra**	24 **FISH: Battles & Brews** Hilton Head Symphony Orchestra Seafood Festival: *Seafood Experience on the Water*	25 **Mardi Gras / Fat Tuesday** Pistol Patent Day	26 Ash Wednesday **Carnival Day** Pistachio Day	27 **Seafood Festival: *Pitmaster 101*** Seafood Festival: *Southern Supper*	28 Seafood Festival: *Celebrity Chef Master Classes* **Seafood Festival: *Pig Pickin' and Oyster Roast*** Jazz Corner: *Gypsy Jazz* Rooftop Bar: *Deas Guyz*	29 **Seafood Festival: *Saturday Festival*** Jazz Corner: *Gypsy Jazz*

IMPRESS YOUR FRIENDS BY STAYING INFORMED. KEEP THIS HANDY FOR QUICK REFERENCE.

PRESENTED BY THE
HILTON HEAD SYMPHONY ORCHESTRA

SOUNDWAVES

7 LAGOON ROAD, HILTON HEAD ISLAND

SOUNDWAVES Cabaret Series

SoundWaves Cabaret Series showcases evenings of stylistically unique musical acts. The series presents exciting entrainment carefully cultivated to provide some of the best possible performances available on the Island!



Lowcountry Originals: Singer-Soungwriters Series. Hosted by acclaimed pianist and songwriter, Kenny Munshaw, features local musicians for each event. These performances provide the opportunity to listen to great Lowcountry artists and hear firsthand about songwriting, performing, and the music business.



Jazz Series. This series curated and hosted by local jazz favorite, Martin Lesch, features some of the best jazz artists the LowCountry has to offer! As an in-demand pianist, composer, and arranger, Martin Lesch is a fixture in the LowCountry music scene!

These events at SoundWaves are set in the popular cabaret seating allowing audience members to experience the music in the most familiar of settings.
A cash bar is available for beer, wine, and soft drink purchases, and as SoundWaves is in Coligny, there are an abundance of local restaurants where you can grab a bite before the show. Parking is available at the venue and across the street in Coligny Plaza.

Information and tickets available at hhso.org or call the office at 843-842-2055

2020
HILTON HEAD INTERNATIONAL PIANO COMPETITION

20 Pianists from 7 countries compete for $21,000 in cash prizes and performance opportunities.

ROUND I • MARCH 9 & 10
1:30 PM - 4:35 PM & 7:00 PM - 9:05 PM
$10 TICKETS • CENTRAL CHURCH

ROUND II • MARCH 11 & 12
9:30 AM - 12:30 PM & 1:30 PM - 4:30 PM
$10 TICKETS • CENTRAL CHURCH

MASTER CLASSES AND LECTURE/RECITAL
MARCH 13
MASTER CLASSES
9:00 AM - 12:10 PM
LECTURE/RECITAL
BY DOUGLAS HUMPHERYS, JURY CHAIR
12:20 PM - 1:20 PM
$10 TICKETS • ALL SAINTS EPISCOPAL CHURCH

FINALS • SATURDAY MARCH 14
5 FINALISTS EACH PLAY WITH THE HILTON HEAD SYMPHONY ORCHESTRA
7:00 PM
$25, $50 & $60 TICKETS
FIRST PRESBYTERIAN CHURCH OF HILTON HEAD

TICKETS AVAILABLE FOR PURCHASE AT HHIPC.ORG OR BY CALLING THE BOX OFFICE AT 843.842.2055

2020 WINNER TOP TWENTY EVENTS SOUTHEAST TOURISM SOCIETY

STEINWAY & SONS
Official Competition Piano

SONESTA RESORT
HILTON HEAD ISLAND

FEBRUARY happenings

Meetings & gatherings

SEE HIM LIVE

WORLD AFFAIRS COUNCIL EVENING SPEAKER SERIES

Who: New York Times bestselling author Alex Kershaw to talk about D-Day
When: 5 p.m., Tuesday, Feb. 18
Where: SoundWaves, 7 Lagoon Road, Hilton Head Island
Tickets: Call 843-384-6758 or go to wachh.org



Author captures the beautiful stories amid the misery of WWII

STORY BY LISA ALLEN

World War II was personal to Alex Kershaw. It happened in his country, and to his family. Both of his grandfathers fought for England, one of them paying with his life. But Alex didn't know it would become his life's work.

Having grown up in York, he graduated from University College, Oxford, then worked as a journalist for several British newspapers, including The Guardian. He met and married a woman from Minnesota and in 1994 moved to the United States.

That's when he wrote his first book about Jack London, then a second book about photographer Robert Capa.

You might know the rest. He became a New York Times best-selling author of books about World War II, including The Bedford Boys, The Longest Winter, The Few, Escape from the Deep, The Liberator, and Avenue of Spies.

His latest book is The First Wave, published in May to mark the 75th anniversary of D-Day. He lives in Savannah and leads battlefield tours and lectures on WWII. His 2012 book, The Liberator, is being made into a drama series to be aired by Netflix later this year.

[LOCAL Life] What drove you to write that first book? [Alex Kershaw] "When I first moved to the States, I didn't have a work permit, so I couldn't get a job. But I could write a book and I was always a fan of Jack London."

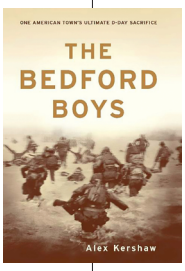
[LL] Why Savannah? [AK] "We moved here 18 months ago because our son went to SCAD. We couldn't find a prettier place. I really like the East Coast and it's warm. It's more than living up to expectations. Savannah's an elegant city. And it was designed by an Englishman."

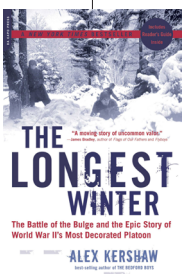
[LL] What prompted you to start writing about WWII? [AK] "A third of the biography of Robert Capa is about World War II and then I came across the story of Bedford, Virginia. It lost 3,000 of its residents on D-Day, the highest per capita loss of anywhere else." (The resulting book, The Bedford Boys, in 2003 became a New York Times best-seller.)

[LL] Have Americans romanticized World War II? [AK] "Americans tend to romanticize any war because they haven't experienced it in their country, other than the Civil War and no one is

alive who remembers that. But there are reasons to romanticize World War II. It was the last 'good' war that America clearly won. They contributed to a spectacular achievement in the European theater, defeating the Nazis and liberating Europe. It's a beautiful story. That's not to say there weren't terrible things that happened."

[LL] Is there a reason you continue to focus on World War II? **[AK]** "There are so many fantastic stories. The more I research, the more stories I find. Like in journalism, it sort of became my beat. Certainly as a journalist, one tends to stay with a particular focus. Now, it's sort of like 'stay on the horse as long as you can.'" *LL*





Alex Kershaw's Greatest Hits

THE BEDFORD BOYS
June 6, 1944: Nineteen boys from Bedford, Virginia — population just 3,000 in 1944 — died in the first bloody minutes of D-Day. Later in the campaign, three more boys from this small Virginia town died of gunshot wounds. Twenty-two sons of Bedford lost.

THE LONGEST WINTER
On the morning of December 16, 1944, eighteen men of the Intelligence and Reconnaissance platoon attached to the 99th Infantry Division found themselves directly in the path of the main thrust of Hitler's massive Ardennes offensive.





©GUSTAVO RATTIA PHOTOGRAPHY

Hilton Head Prep presents Beauty and the Beast

BEAUTY AND THE BEAST
When: 7 p.m., Feb. 19-22; 2 p.m., Feb. 23
Where: Hilton Head Preparatory School Main Street Theatre
Tickets and information: hhprep.org or call 843-671-2286. Tickets also will be available for purchase at the door.

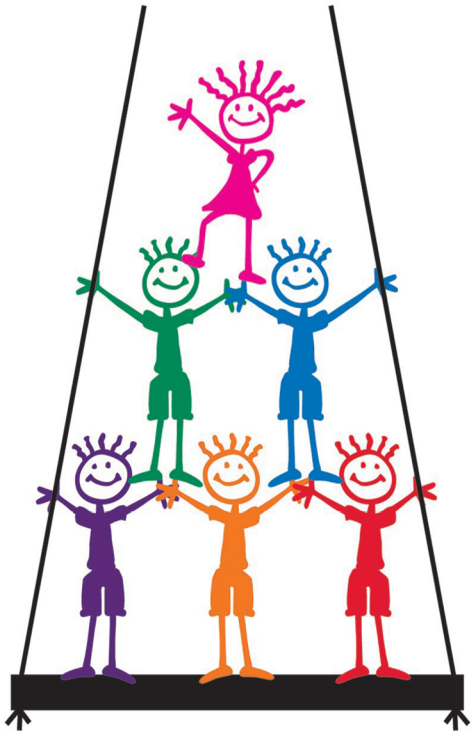
Hilton Head Preparatory School's new artistic director, Patti Maurer, is following up her sold-out smash first show fall spectacular with the iconic Disney production Beauty and the Beast at Prep's own Main Street Theatre on Feb. 19-23. Step into the enchanted world of Broadway's modern classic, Disney's "Beauty and the Beast," an international sensation that played a remarkable 13-year run on Broadway and has been produced in 37 countries worldwide. Based on the Academy Award-winning animated feature, the stage version includes all of the wonderful songs written by Alan Menken and the late Howard Ashman, along with new songs by Mr. Menken and Tim Rice. Everyone knows this story and people of all ages love it.

The production value of "Beauty and the Beast" is apparent in the magnificent costumes. Maurer reached out to costume designer, Travis Halsey, in Chicago, who designs and builds costumes of the highest quality. Maurer also invited actor, voice artist and director David de Vries to Hilton Head Prep to teach a specialized Master Class to the entire cast about working with the underscoring of "Beauty and the Beast". He plans to help these young actors understand the musical template of the show as the subtext of their characters.

Fine Apparel & Accessories
For Fun-Loving Men & Women

PALMETTOES

Winter Clearance is in Full Swing



50% OFF

The Shops at Sea Pines Center
71 Lighthouse Road, Ste 414
Hilton Head Island, SC 29928 • 843.363.6800

Gate fee cheerfully refunded with purchase.

Follow us on Instagram
@palmettoeshhi

Art showings, plays & performances

Upcoming Hilton Head Symphony Orchestra performances



FEBRUARY 9-10

Superheroes, Action and Adventure

The evening will include the scores of many favorite popular movies, including Raiders of the Lost Ark, Batman, X-Men, Superman and Pirates of the Caribbean. Superheroes have their roots in the heroes of myth and legend. Comic strips of the early 20th century provided the perfect visual medium for the development for these larger-than-life characters. Musical scores were written by great composers such as John Williams (Raiders of the Lost Ark, Star Wars) for the movie versions. The symphony offers an evening of these movie themes.

Details: hhso.org, 843-842-2055



Upcoming SoundWaves events

FEB. 1: Youth Concerto Competition finals
FEB. 13: SoundWaves Cabaret Series: Sip, Savor and Song
FEB. 14: IPC Recital Series, Junior Jazz Foundation
FEB. 15: Lowcountry Originals Presents Taylor Kent
FEB. 16: SoundWaves Presents Hilton Head Live!
FEB. 29: SoundBites Presents Sara Burns
Details: hhso.org/soundwaves



FEBRUARY 23-24

Grieg & Vaughan Williams and Elgar's Enigma Variations

Sir Edward William Elgar (1857–1934) composed some of England's most beloved musical works, including Enigma Variations and the Pomp and Circumstances Marches. Enigma Variations, one of the greatest pieces of the 19th century, begins with a haunting theme and continues with 14 variations on that theme. Each of the 14 variations has a cryptic subtitle that relates to a particular person (or animal) in Elgar's life, including his wife, his publisher, and various friends and students. The concert also highlights the symphony's own Reid Messich playing the Vaughan Williams Oboe Concerto. Messich is the principal oboist of the Hilton Head Symphony Orchestra as well as the Memphis IRIS Orchestra and has performed with many of the world's greatest musical artists.

Details: hhso.org, 843-842-2055

Michael Reibel Fine Art opening party

Michael Reibel describes his work as a pursuit in visual poetry to capture the rich patina and beauty of the Southern landscape. In addition, he has created an extremely popular series of still-life bourbon paintings from his native state of Kentucky. Reibel walked away from his corporate day job and relocated to the Lowcountry from Kentucky in 2016 to pursue his fine art career. Reibel is hosting a grand opening of his new Beaufort studio in conjunction with Beaufort's First Friday event.

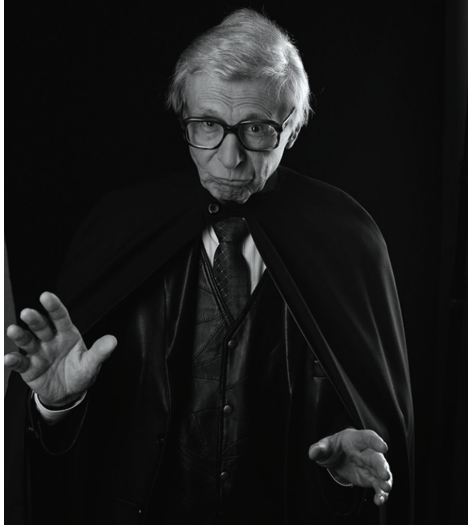
MICHAEL REIBEL FINE ART GRAND OPENING
When: 5-8 p.m., Feb. 7
Where: Atelier on Bay, Beaufort
Details: mreibelpaintings.com or 843-592-8512



The Amazing Kreskin

This mind-reading mentalist with a showman's flair will leave even the most skeptical audiences in awe. While his impressive career affirms his otherworldly talent, you cannot grasp just how "amazing" he is, until you see him.

KRESKIN THE MENTALIST
When: Feb. 17
Where: Arts Center of Coastal Carolina
Details: artshhi.com or 843-842-ARTS(2787)



Lowcountry Jewish Film Festival, Part II

Sponsored by Congregation Beth Yam, the Lowcountry Jewish Film Festival will have its Part II showings throughout the month. "Heading Home" is an uplifting documentary about the Israeli baseball team. A quiet rebellion in the Warsaw ghetto is depicted in the documentary "Who Will Write Our History." The third offering is "Shoelaces," set in Israel, about an aging father who is forced to reconnect with his special-needs son. Stay after the shows for a Q&A.

LOWCOUNTRY JEWISH FILM FESTIVAL
When: 4 p.m., Feb. 9 "Heading Home"; 4 p.m., Feb. 16 "Who Will Write Our History"; 7 p.m., Feb. 18 "Shoelaces"
Where: Coligny Theater **Details:** bethyam.org








THE ERIC JONES TRIO

WEEKENDS AT THE JAZZ CORNER

Celebrating 21 years of jazz, and acclaimed as one of the top "Great Jazz Rooms" in the world by Downbeat Magazine, The Jazz Corner's intimate, elegant atmosphere is the perfect setting to enjoy an evening of world-class entertainment and a great meal. Doors open at 6 and concerts begin at 7:30 p.m., nightly.

JAN. 31, FEB. 1: The Ben Rosenblum Trio
FEB. 7: The Eric Jones Trio featuring Cynthia Utterbach of Lady Legends
FEB. 8: Eight-time Grammy nominated jazz vocalist Tierney Sutton and trumpeter/vocalist Joe Gransden with The Eric Jones Trio
FEB. 14-15: Grammy nominated musician/producer Quentin E. Baxter presents The Quentin Baxter Quintet
FEB. 21-22: The Peter & Will Anderson Trio
FEB. 28-29: The Hot Club of France "Gypsy Jazz" featuring French Accordionist Frederic Gomes
Details: thejazzcorner.com, 843-842-8620



Les Bonnes Artistes presents Contrasts & Colour

Delicate watercolors, dynamic collages, luscious oil paintings and innovative printmaking are among the mediums you will see at this year's exhibit from Les Bonnes Artistes. According to Joyce Nagel, "The title, Contrasts & Colour, brings to you their interpretations and inspirations of these exciting visual candies of their art visions."

CONTRASTS & COLOUR
When: Exhibit runs through Feb. 21
Where: The Coastal Discovery Museum
Details: coastaldiscovery.org or 843-689-6767



2020 All Saints Garden Tour Art Show

Hilton Head Regional Hospital hosts the All Saints Garden Tour Art Show, a contest for local artists. Up to 70 artworks in various media including oil, watercolor, acrylic, pastels, mixed media, photography and colored pencil are accepted in the competition. The public is invited to visit the exhibit in the main corridor of the hospital and cast their vote for the People's Choice award. During a reception for the artists in the hospital lobby on March 1, the contest winner will be announced. The work of the winning artist will appear on the 2020 poster, which will be displayed in businesses throughout Beaufort and Jasper counties and on the cover of the ticket booklet. All of the works are for sale and part of the proceeds will be contributed to the Garden Tour.
When: Exhibit runs Feb. 1- March 1
Where: Hilton Head Regional Hospital
Details: allsaintsgardentour.com



Society of Bluffton Artists' 26th annual judged call for entries

Lowcountry artists are invited to submit their works of art for The Society of Bluffton Artists' 26th Annual Judged Show. Winners will be awarded first, second and third place cash awards in the following categories: acrylic, mixed media, oil, pastel, photography, watercolor or 3D.
Details: sobagallery.com







Richard Grant presents 'Good Vibrations'

Local artist Richard Grant's February featured artist exhibit will pay homage to surfing and travel posters from the 1960s and 1970s. Grant imagines sun, sand and surf using clean lines and negative space. He reduces a beach, a wave or a tree to seemingly simple images that lead to revelations of complexity. Grant's work is displayed at the Thomas Masters Gallery in Chicago, The Art League of Hilton Head Island gallery and several local businesses. Grant's installations can be found at Ceres' Table, Juno and Alinea restaurants in Chicago.

GOOD VIBRATIONS
When: Exhibit runs Feb. 5-29, meet the artist opening reception 5-7 p.m., Feb. 5
Where: The Society of Bluffton Artists Gallery in Old Town Bluffton
Notes: These events are free and open to the public.
Details: sobagallery.com



Neil Simon's 'Rumors'

Four couples arrive at the 10th-anniversary celebration party for New York's deputy mayor and his wife, only to find the mayor with a gunshot wound and the wife missing. The madcap antics are set in Palisades at a dinner party that goes topsy-turvy from beginning to end. Broadway World declared, "Neil Simon's Rumors is a rollicking good time!"

NEIL SIMON'S RUMORS
When: Feb. 4-23
Where: Arts Center of Coastal Carolina
Details: www.artshhi.com or 843-842-ARTS(2787)

Festivals and Fun



©ARNO DIMMLING

HILTON HEAD ISLAND GULLAH CELEBRATION

Now in its 24th year, the Hilton Head Island Gullah Celebration is an African-American history and culture festival that captures the spirit and significance of Gullah culture. Recognized as one of the Top 20 Events in the Southeast by the Southeast Tourism Society, this event attracts local, regional and international visitors. Experience the food, art, music, dance, history and messages of the native island culture.

GULLAH CELEBRATION
When: Jan.29-Feb. 28
Details: gullahcelebration.com

Ol' Fashioned Gullah Breakfast
8 a.m.-12 p.m., Feb. 1, Cherry Hill School

Freedom Day
11 a.m.-1 p.m., Feb. 1, Historic Mitchelville Freedom Park

Family and Friends Day
7-8:30 p.m., Feb. 4, Historic First African Baptist Church

Gullah Heritage Music Series Featuring Male Quartets
7-8:30 p.m., Feb. 7, Historic First African Baptist Church

Taste of Gullah
12-3 p.m., Feb. 8, Art Center of Coastal Carolina

Hilton Head Island Back in the Day: Through the Eyes of Gullah Elders
7-8:30 p.m., Feb. 1 and 6, Coligny Theater

Paint and Sip
6-8 p.m., Feb. 13, Art League Academy

Gullah Heritage Music Series Featuring Gospel Classics
7-8:30 p.m., Feb. 14, Central Oak Grove Missionary Baptist Church

Gullah Institute Presents: How to Preserve Gullah Culture, Heritage and Family Heirlooms
9-11 a.m., Feb. 15, Mary Ann Peeples Pavilion at Honey Horn

Native Island Golf Classic
9 a.m., Feb. 15, Bear Creek Golf Club in Hilton Head Island Plantation

The Gullah Market and Block Party: An Arts, Crafts, and Food Expo
11 a.m.-5 p.m., Honey Horn

Fundraising events

Shooting clays for a good cause

POCKETS FULL OF SUNSHINE'S SPORTING CLAYS SHOOT RETURNS TO FOREST CITY GUN CLUB.

What do you get when you cross a Palmetto Moon and a Sunshine?

Pockets Full of Sunshine is a local nonprofit that enhances the lives of special needs adults through the involvement and engagement in community activities. Dreams are born at night, when our universe is on full display, each star representing people in our lives, or perhaps wishes, goals and hope. During the day, the sun turns seeds into flowers, shines brightly on us highlighting opportunities, and provides energy, vitality and goodness.

It is no accident that an unwanted, discarded section of a car part label, the center of which looks like a sunshine, has become the powerfully emblematic symbol, guiding beacon, and logo for PFS. Every project, event and activity that PFS is engaged in will have the "Sunshine" on full display, whether it is on a custom-printed shirt order (PFS micro business), holiday cards and crafts made from recycled materials, gnomes made from hurricane wood, tree ornaments from oyster shells, or key chains, etc. Whenever you see people out in the community displaying the recognizable Sunshine logo, you will know they have made a meaningful impact on PFS and are part of the message of spreading the sun. A beautiful thing!

Pride, enjoyment, a sense of worth and accomplishment and camaraderie are all cornerstones of the mission "turning seeds into flowers." One event included baking cookies with USCB culinary students alongside Jim Furyk and sharing them with Darius Rucker. It was featured on NBC's golf broadcast and the group later was recognized nationally as the 2019 PGA Tour Charity of the Year finalist.

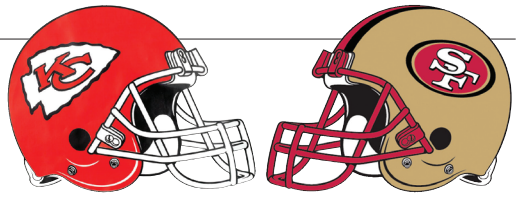
As 2019 came to a close, the "Rays" (a moniker PFS gives to its participants) have worked harder, participated more and have been included more fully than ever before. The community support has been incredible from youth groups, businesses, churches, community events, farmers markets, foundations, and individual gifts from generous members of the community, both young and old. It has been a true testament and validation of the PFS mission. You are the stars in the galaxy, proudly shining bright!



PFS SPORTING CLAYS SHOOT
When: 10 a.m.-5 p.m., March 6
Where: Forest City Gun Club, Savannah
Details: Proceeds benefit Pockets Full of Sunshine, a nonprofit providing social and vocational opportunities for adults with disabilities of the Lowcountry. Register online at pocketsfullofsun.org or contact Carol Bartholomew at 843-384-1315.

Everything is a teachable moment and opportunity for PFS. It does not receive any government funding, relying solely on community contributions, selling homemade products and wares at festivals, and fundraising events. March 6 marks the annual PFS Sporting Clays Shoot at the famed Forest City Gun Club in Savannah. The event is open to the public and early signup is encouraged. Participants, sponsors, and volunteers are treated to a one-of-a-kind experience with a full day of food, exhibition, shooting awards and reception. The day also includes an auction highlighting handcrafted items made by the Rays, as well as a selection of donated treasures.

The event is open to shooters of all abilities (a beginners clinic is offered). Participants can create their own 4-person team or sign up individually and get paired up. Sponsorship opportunities are available and greatly appreciated.



13TH ANNUAL SUPER BOWL SUNDAY 5K RUN/WALK TO FIGHT PEDIATRIC CANCER

Decorate your golf cart and join this annual fundraiser. Beer, water, soda and chili available after the race. Proceeds benefit THON, the Penn State IFC/Panhellenic Dance Marathon to help conquer Pediatric Cancer.

SUPER BOWL SUNDAY 5K
When: 10 a.m.-12 p.m., Feb. 2
Where: Okatie Ale House, Bluffton
Details: 843-706-2537, alumni.psu.edu





Long Cove Fund accepting 2020 grant applications

The Long Cove Fund will be accepting applications through March 31 for grants that will be made this year to nonprofit organizations in Beaufort and Jasper counties. To be considered, organizations should have plans for a project to improve health, housing, hunger or educational issues. Those who received Long Cove grants in 2019, interim reports should be submitted prior to March 1 in order to be considered for a grant in 2020.

LONG COVE FUND
When: Deadline for new applications is March 31
Details: longcoveclub.com or 843-686-1070



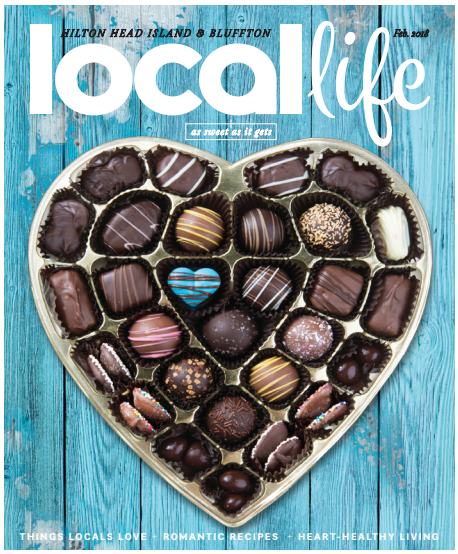
Hilton Head Preparatory School
2020 Niche Rankings!
#1 College Prep Private High School in South Carolina
#2 K-12 Private School in South Carolina
#1 Boarding School in South Carolina
#1 K-12 Private School in Beaufort County
Top 13% of all K-12 Private Schools in America
OPEN HOUSE February 7 9:00am All Grades
HILTON HEAD PREPARATORY Est. 1965
Hilton Head Preparatory School | *Inspiring Students to Be Exceptional*
Please Call for a Personal Tour | www.HHPrep.org
8 Fox Grape Road | Hilton Head Island, SC 29928
Mrs. Bobbie Somerville, Director of Admissions
bsomerville@hhprep.org | 843-671-2286
A private, independent school serving students in preschool through twelfth grade
TUITION ASSISTANCE AVAILABLE
Ratings by NICHE
2020 BEST SCHOOLS NICHE

WELL AREN'T YOU SWEET?

GIVE THE GIFT OF THE LOWCOUNTRY!

Family and friends, too, can live like a Local.

Visit **LocalLifeSC.com** and subscribe.



local life
MAGAZINE

LOCALLIFESC.COM

Won't they be surprised?



Page Island Oyster Roast
This is a fundraiser for the Kids in Kayaks Scholarship Fund, an initiative of The Outside Foundation. This family friendly event offers attendees a true Lowcountry experience, including a round-trip boat cruise from Harbour Town to the private, remote and pristine Page Island; an oyster roast and other local fare prepared on-site in authentic Lowcountry fashion; live music by a local band; silent and live auctions of goods and services donated by local businesses; and games and activities for kids. 1-5 p.m., March 1. Page Island

Savannah National Wildlife Refuge excursion
The Savannah National Wildlife Refuge is a gem of the Southeast, and the lifeblood of the refuge is the Savannah River. This three-hour boat tour provides views of the Savannah Riverfront and an in-depth tour of the Georgia Ports Authority. It's a naturalist's dream come true. The tour, led by a naturalist captain, ventures upriver from Savannah and navigates through portions of the 29,000-acre refuge's tidal creeks and marshes. Boat through what were plantation rice fields in the 18th century. Now, they are home to hundreds of bird species, diverse wildlife, and a remarkable ecosystem. Learn about Savannah's history, see the local wildlife thriving in the refuge, and explore.

The Outback excursion
The Outback begins with a guided dolphin eco cruise to a private chain of islands, Page Island. This remote location is Outside's adventure outpost – complete with flushing toilets, picnic tables, extensive boardwalks, docks, a pier and hammocks. Once on the island, your guide will review the basics of kayaking and then put you out in your kayak from Outside's custom launch. Once the group is floating, your guide will lead you through the undisturbed marshes on the back side of Daufuskie Island. This over-the-top trip is offered from Hilton Head, Palmetto Bluff and Savannah Harbour.

Informative & entertaining



History & High Tea author's chat

The beauty, mystery and inherent sense of place in the Lowcountry have inspired many writers. Meet some of our local authors who tell their story while also telling ours. They'll join the group for tea, share about their books, and be available for book signings. Brought to you by the Heritage Library.

AUTHOR'S CHAT
When: 1:30 - 3:30 p.m. Feb. 19
Where: South Carolina Yacht Club **Details:** heritagelib.org

History & happy hour

Much of history was celebrated with the lifting of a pint or two. This new program from the Heritage Library combines a local history lesson, followed by a beer tasting. February's topic is The Battle of Honey Hill.

BATTLES AND BREWS
When: 5 -7 p.m., Feb. 24
Where: FISH Casual Coastal Seafood
Details: heritagelib.org





Rosa Parks, a Building Bridges presentation

Award winning lecturer Dr. Patricia Felton-Montgomery will offer a presentation on the courageous and iconic moment when Rosa Parks inspired change in America. Reservations requested.

ROSA PARKS
When: 10-11:30 a.m., Feb. 8 **Where:** St. Andrew-By-The-Sea UMC, Bluffton Campus
Details: hhiumc.com or 843-705-3918

Coastal Discovery Museum

Details at coastaldiscovery.org or 843-689-6767



Camellias – History and Romantic Stories of our 'Winter Rose'

Master Gardeners and garden founders Donna and Fred Manske will share legends of the camellia and tips on growing your own in the Lowcountry. The Coastal Discovery Museum's Camellia Garden has 131 varieties that represent all the shapes and sizes that these winter-blooming plants exhibit. After an indoor presentation, proceed to the garden with the Manskes for a guided tour and hear more about their vision and dedication, which helped build and maintain this special part of Historic Honey Horn.

10 AM • FEB. 4

Cost is $10 per person and reservations are required



HL Hunley Program

Historian Steve Quick presents the story of the HL Hunley. Not named until after the tragic death on board of its benefactor, the HL Hunley went on to be the first successful submarine attack in history. Its first was unfortunately also its last. Lost until it was discovered off South Carolina coast in 1996, it has been under the microscope since it was raised. It has stubbornly clung to many of its secrets for 18 years. Part history, part technology, part mystery, there is something in this compelling story for everyone.

2 PM • FEB. 5

Cost is $7 per person and reservations are required

Tracking Bird Migrations: Past and Present

Since John James Audubon tied a silver thread around a jay's foot in 1808 and verified its return the following year, researchers have been refining methodologies to track the movements of birds. Join professional naturalist and environmental educator Bob Speare to learn about Tracking Bird Migrations. Bob will highlight a variety of ways that birds are being tracked both locally and on a global scale, and some of the amazing things we're learning about them.

2 PM • FEB. 3

Cost is $7 per person and reservations are required

A Feathered Who's Who in the Lowcountry

Join in for this program presented by Diana Churchill, author of "Birder's Eye View" in the Savannah Morning News, and the book, "Birder's Eye View: Savannah and the Low Country." This participatory program will give you an entertaining introduction to some of our Lowcountry bird celebrities. We are blessed to host a diverse assortment of birds in our forests, marshes, lagoons, tidal creeks, and on our sandy beaches. Bring your eyes, ears and thinking caps.

FEB. 10

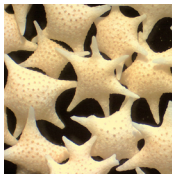
The cost is $7 per person and reservations are required

Sweetgrass Basket-Making Classes

Offered as part of Discovery Night at the Museum, learn about the history of the Sweetgrass basket, one of the Lowcountry's best known art forms, from a local Gullah basket maker. Then, try your hand at starting a basket of your own using locally found natural materials.

5-7 PM • FEB. 13

The cost is $65 adult and reservations are required



Hidden Beauty of Sand

Join Capt. Tom Anderson and explore the beauty and the complexity of sand. Examine samples of red, yellow, pink, black, green and even purple sand from the lecturer's private collection; explore the microscopic beauty of individual grains; inspect round, egg-shaped, and star-shaped sand grains to discover clues to their origin; watch sand dunes march along the beach and across vast deserts; observe individual sand grains bouncing in the wind; learn about the structure of various sand dunes; listen to recordings of "singing" and "barking sand;" meet some of the many ocean and land animals that make their home in the sand; and browse through an eclectic gallery of sand sculptures.

2 PM • FEB. 19

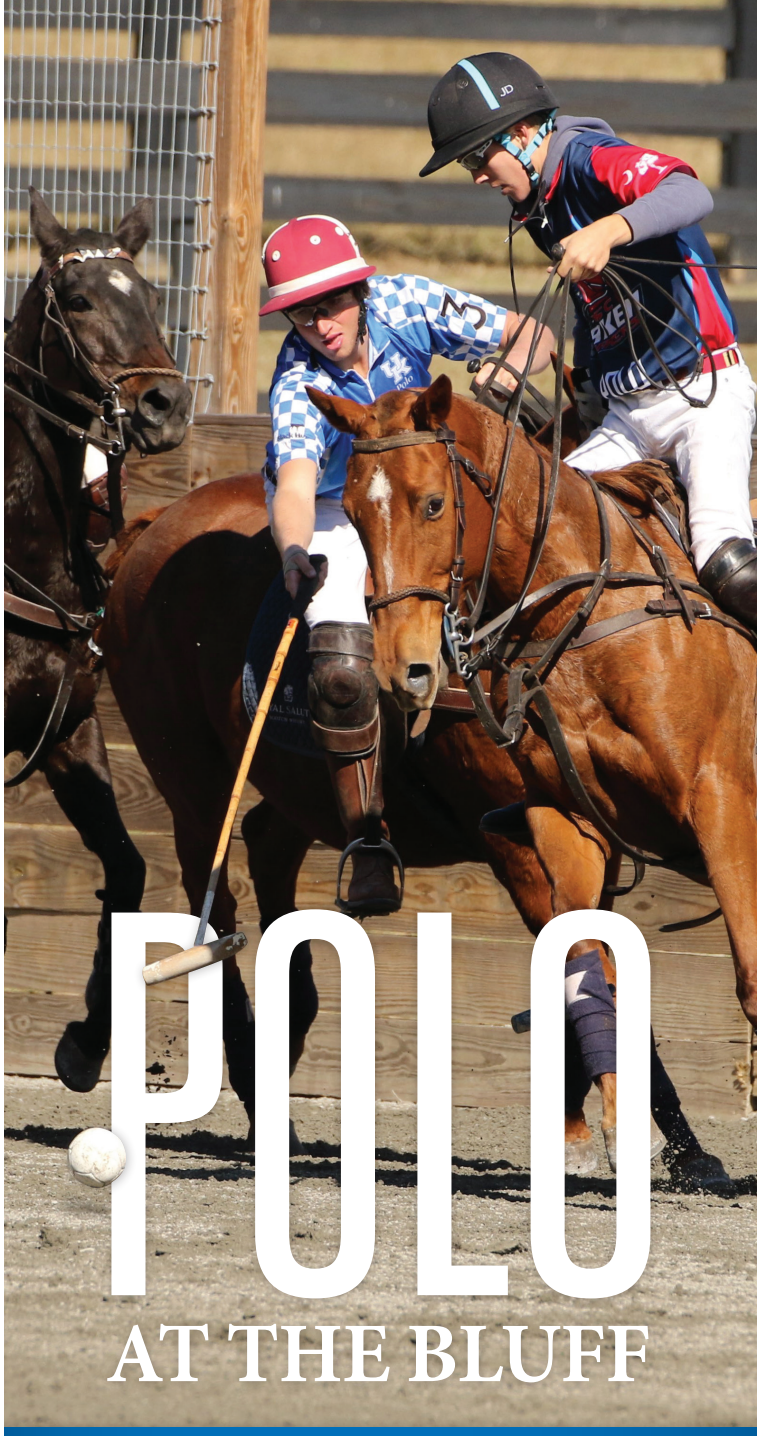
Cost of the program is $7 per person and reservations are required

Community Oyster Shell Recycling and Bed Restoration

Jean Fruh will discuss how The Outside Foundation, a small, local, nonprofit received funding from an environmental giant, Patagonia to establish a community- based oyster shell recycling and bed restoration project here on Hilton Head Island. Jean is the Executive Director of TOF. Its mission is to get kids outside and to protect and preserve our local environment.

2 PM • FEB. 24

Cost of the program is $7 per person and reservations are required



Make-A-Wish® South Carolina is proud to partner with Palmetto Bluff to present Polo at the Bluff. This one-of-a-kind polo event is where the community comes together to enjoy an exhibition-style arena polo match and help raise funds to grant life-changing wishes for local children with critical illnesses.

Sunday, March 29th, 2020

Doors open at 1PM • Match begins at 2PM

Longfield Stables, Montage Palmetto Bluff

Tickets: www.poloatthebluff.org

VIP: $125 • Kids VIP: $20

IN SUPPORT OF MAKE-A-WISH SOUTH CAROLINA

Make-A-Wish SOUTH CAROLINA

A local life EXPERIENCE

Looking forward

Want to protect your older brain? Start when it's young

BRAIN HEALTH SUMMIT ENCOURAGES ALL AGES TO ATTEND

STORY BY LISA ALLEN

Most of us realize, hopefully in time, that it doesn't work to try to cram a lifetime of healthy living into the last quarter of our lives. That's why the staff at Memory Matters is emphatic that all ages attend the third Brain Health Summit that will be held from 9:30 a.m. to 3 p.m. March 11 at Hilton Head Beach & Tennis Resort.

"This event is for designed for everyone in our community. It can help any age because it is about being proactive," said Debbie Anderson, community education director at Memory Matters, the Hilton Head-based nonprofit that teaches the community about brain health. The summit sold out last year and had a long waiting list. She expects that to happen even sooner this year. Why such strong interest?

"Because people are living longer and there is a large population of Baby Boomers," Anderson said. "They want to age healthily. People have learned about the toll life choices have made on them. Plus, our understanding of neurology has significantly evolved."

In short, we know more about how the brain operates and how to protect it from inside and out.

There is room for 475 attendees, but Memory Matters doesn't want it to get any bigger.

"We want to keep the audience size small enough that it can be interactive. We want people engaged."

And they will be.

Topics include Energize Your Brain With Exercise with Wendy Suzuki, a neuroscientist, author, Tedx speaker and professor at NYU; a "Chopped"-style culinary competition led by Chef Kim Baretta, who trained at the Leiths School of Food and Wine in London; learning about brainy food choices with Holly Mlodzinski of Hilton Head Regional Healthcare; how art helps our brain with Ashton Sullivan; and wellness awareness with Candace Blair of Soul Fire Social.

Jimi Gibson, an award-winning speaker and magician, will demonstrate the impact of playfulness on memory retention in his address, "You Have Magic Power. Use it for Good." The summit will focus on five things: eating, socializing, learning, relaxing and exercise. But pace yourself.

"It's important that we work to change one thing for the better. It doesn't have to be an overhaul; small steps are the best way to get started" she said.

Diet is a great place to start. New research at Weill Cornell Medicine showed that a Western-style diet triggers changes in the brain that might predispose patients to Alzheimer's disease decades before they show any sign of cognitive decline. Those who ate a Mediterranean-style diet rich in fruits, vegetables, whole grains and lean protein exhibited fewer Alzheimer's-related changes to their brains than those who ate a Western-style diet, characterized by high intake of red meat, saturated fats and refined sugar and low intake of fiber. Anderson also suggests people get a free baseline memory screening. Memory Matters can conduct them and provide them to your doctor, by request.

BRAIN HEALTH SUMMIT 3
When: 9:30 a.m.-3 p.m., March 11
Where: Hilton Head Beach & Tennis Resort
Details: Spend the day with national, regional, and local subject-matter experts who will demonstrate ways to care for your brain health and overall well-being.
Tickets and information: 843-842-6688, mymemorymatters.org



Lean Ensemble presents 'Cry it Out'

Cooped up on maternity leave and starved for conversation, corporate lawyer Jessie strikes up a fast friendship with community-college dropout Lina. They don't have much in common, but marooned at home with infants, they build a sleep-deprived bond. When a nearby stay-at-home dad, Mitchell, offers to join them, it complicates the neighborly camaraderie, not least because he's clearly upset that his wife is putting her career first. A candid comedy that takes an honest look at the absurdities of being home with a baby and the dilemma of returning to work.

CRY IT OUT
When: March 19-29
Where: HHPS Main Street Theatre, Hilton Head
Details: leanensemble.org, 843-715-6676

'Making Waves' at TEDxHiltonHead

This year's TEDxHiltonHead event will celebrate those "making waves" to create change and feature their "Ideas Worth Spreading" that have made a true difference in the lives of others. Two-time All Pro NFL player, environmental advocate and eco athlete Ovie Mughelli, Janet Porter, Ph.D., and Dr. Chloe Carmichael will be among more than a dozen speakers gathering to address and celebrate the topic of "Making Waves."

TEDXHILTON HEAD
When: 8:45 a.m. - 2:30 p.m., March 14
Where: Arts Center of Coastal Carolina
Details: tedxhiltonhead.com



Polo at the Bluff

This one-of-a-kind polo event is where the community comes together to enjoy an exhibition polo match and open their hearts to help raise funds to grant life-changing wishes for children with critical illnesses.

POLO AT THE BLUFF
When: Doors open at 1 p.m., match at 2 p.m., March 29
Where: Longfield Stables, Palmetto Bluff
Details: $40-$125. poloatthebluff.org

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 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 properties should be at the top of your list.

Million dollar dream homes



39 Governors Lane | Hilton Head Island
Sea Pines Real Estate - The Cottage Group
Carolyn Adams, Agent
843.384.3636
$949,900

Real Estate Marketplace



77 Fort Walker, Hilton Head Island

3/4-acre homesite with open space on 3 sides. Seven-minute walk to beach. Close to tennis courts and backs up to the marshes of Fish Haul Creek. Very private big back yard with saltwater pool, jacuzzi, covered porch. 3 car side entry garage. Heart pine floors throughout great room and kitchen. Great room features authentic reclaimed rustic hand-hewn beams accenting tongue-in-groove wood ceiling, gas fireplace. 4 bedrooms, plus den/library w/wood burning fireplace. $1,175,000

David Carroll 843.384.8111
www.HiltonHeadHomeSource.com

CHARTERONE REALTY LUXURY



51 Lighthouse Lane, 1087 Lighthouse I Villas, Sea Pines

You won't want to miss this opportunity to own a world class top floor penthouse featuring jaw-dropping views of the Calibogue Sound and Harbour Town's 18th green. This custom-built, immaculately designed 3 bed / 3 bath villa is THE gem of Harbour Town and comes fully furnished. A true quiet & private masterpiece where fine dining, yachting, world-class golf, beaches, jet skiing, kayaking, tennis, bars, bike trails & more are just an elevator ride away! Turn-key and move in ready! $1,180,000

Ryan Leach 843.301.4172
www.MayerSutphinGroup.evusa.com

ENGEL&VÖLKERS®
MAYER SUTPHIN GROUP



503 Washington Street, Historic Beaufort

Located in the highly sought after Point neighborhood, Petit Point sits on a very private half-acre lot overlooking the Beaufort River and tidal marshes. The tranquil location offers grounds encased by a pierced brick fence, with intricate boxwood gardens and extensive landscaping. The house has been fully restored and offers four bedrooms and four and one half baths. Private dock, tidal creek. $2,250,000.

Edward Dukes 843.812.5000
www.LowcountryRealEstate.com

LOWCOUNTRY REAL ESTATE™
The Lowcountry Becomes You™



9 Catboat, Hilton Head Island

Gorgeous Palmetto Dunes oceanfront home with quality appointments and oceanfront views. This home comes furnished and has five bedrooms plus a large office/den, five full baths and three half baths. Features include expansive decking, upstairs and downstairs living areas, an elevator, spectacular kitchen with Viking range, a private walkway to the ocean, as well as a private heated pool and spa. Excellent opportunity for a primary home, second home or rental property. $4,399,000

The Reed Team 843.816.4466
www.explorehhi.com

THE REED TEAM
CHARTER ONE REALTY
CHARTERONE REALTY



Beautifully Mature Gardens

sea pines sanctuary for sale

4 BD | 3.5 BA | 2 CAR GARAGE | RECENTLY UPDATED

WELCOME TO 39 GOVERNORS LANE!

This home sits on one of the nicest corner lots in Sea Pines, with a 270 degree view of lagoons, golf, and wildlife. Situated at the end of a private, dead end street in Club Course, this sanctuary has beautifully mature gardens throughout its backyard. One level living includes 3 bedrooms and 2.5 baths, as well as formal living and dining, an updated eat in kitchen, a great room, and a Carolina Room. Over the garage is a bonus room with a full bath, perfect for an office or a fourth bedroom. The rear deck runs the entire length of the house to enjoy the many views this home offers. Conveniently located near the Sea Pines Country Club and main gate for easy in and out access. Short term rental projections available.



Carolina Room



Recently Updated Kitchen



270 Degree View

SeaPines RealEstate
HARBOUR TOWN COTTAGE

CAROLYN ADAMS

CallCarolyn.com

843.384.3636



Lowcountry Zen



Beaufort's Old Point

"An out-of-town guest and I took one of the horse-drawn carriage rides around historic Beaufort. I saw this scene as we rounded a corner and asked the driver to stop so I could capture the moment. I love the leading lines, and to me this scene is quintessential Lowcountry."

- REBECCA BASS, BEAUFORT

HIT US WITH YOUR BEST SHOT Are you an amateur photographer with a great local photo? *Send your high-res image to info@wearelocallife.com or upload it at locallifesc.com/partingshot.*



red fish
HILTON HEAD

THE *freshest* CUISINE AND THE ISLAND'S *best wine* SELECTION!

(OVER 1300 WINES)

843-686-3388

REDFISHOFHILTONHEAD.COM
8 ARCHER RD, HILTON HEAD ISLAND



Jude Frances Trunk Show
Wednesday, February 12 | 10 a.m. - 7 p.m.

RSVP to 843.671.7070
or Andrea@ForsytheJewelers.biz
Gate pass cheerfully refunded!

FORSYTHE
JEWELERS • SINCE 1927

The Shops at Sea Pines Center
71 Lighthouse Road | Hilton Head Island
843.671.7070 | ForsytheHHI.com