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Jan 2019

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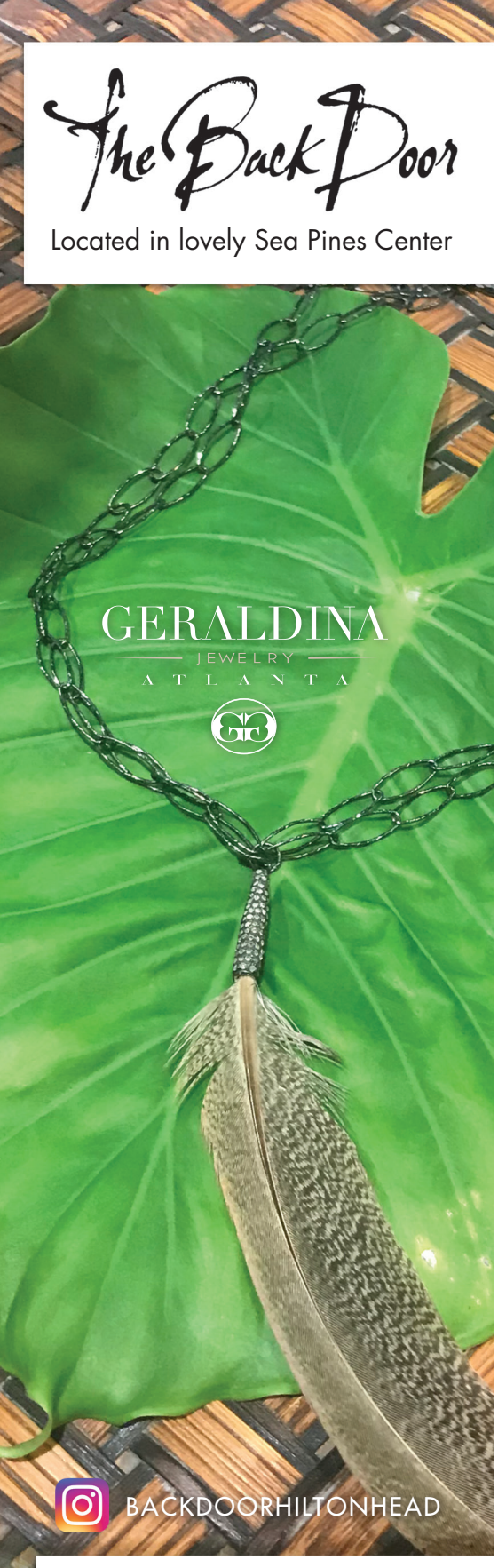


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the team

WHAT PERSON FROM HISTORY WOULD YOU MOST LIKE TO MEET (AND WHY)?

"Lucille Ball. She made me laugh all the time. I can recite many of her lines."
- LORI



PUBLISHER
Lori Goodridge-Cribb *(Local since 1986)*
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843-802-2258, ext. 100

"Richard Pryor. Greatest stand-up of all time and his movies are the best."
- LANCE



EDITOR-IN-CHIEF
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"Hugh Hefner. I have questions... and I'm sure he would have some legendary stories to tell."
- JEREMY



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"Carl Sagan. He brought science to the masses and was a kind skeptic. I have billions upon billions of questions."
- CHARLES



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"Julia Child. My love for cooking began with watching her on TV and grew from there."
- ALLISON



SOCIAL MEDIA
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"Me.... so that I could give myself a stern talking to and know some of the things that I know now."
- LISA



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"Teddy Roosevelt: An admired leader, soldier, naturalist, explorer, historian and President."
- BRUCE



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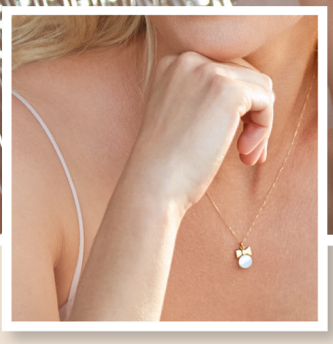
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Jan features



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Get Organized
Every January we find ourselves just plain stuffed. As a result, we feel compelled to do some premature spring cleaning and de-clutter. But how we de-clutter should be up for discussion.

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Ben Ham Gallery



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What will 2019 bring? While last year was great, all of the positive happening in our community could make this new year even better.

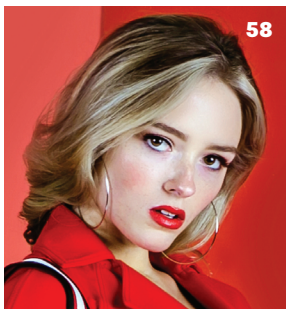
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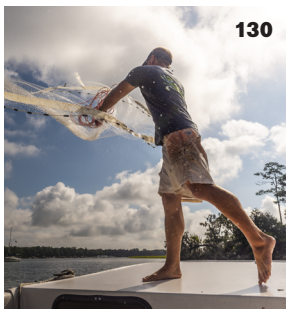


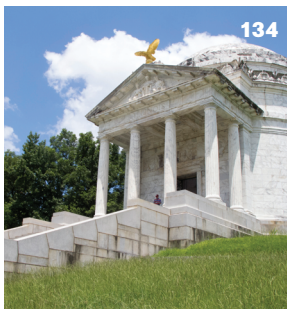
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The new modern
This Lands End condo renovation is redefining what Lowcountry luxury looks – and feels – like.











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New year brings new possibilities

Locals have plenty to be hopeful and confident about in 2019



©PHOTO BY ARNO DIMMLING

DEEP THOUGHTS Publisher Lori Goodridge-Cribb with her new best friend, celebrity chef Vivian Howard, author of "Deep Run Roots."

After the oversized golf ball drops from Harbour Town Lighthouse (the Lowcountry's answer to the Times Square Ball Drop); after you start out strong with "Should auld acquaintance be forgot" and then just end up mumbling for the next solid minute; ask yourself this question: What will 2019 bring? While last year was great, all of the positive happening in our community could make this new year even better.

In thinking about the year ahead for LOCAL Life, we have so much to look forward to. As you read this, we have moved into our new office space at 800 Main St. and will be much easier to find. In 2019, we promise to stick to our mission of celebrating the stories, culture, and people that make the Lowcountry unique. We also have several new features and other surprises in store — such as the Mensa brainteaser on page 31.

This magazine is so fun to produce. LOCAL Life connects us to the community and all the opportunities beyond the Lowcountry. For instance Clayton Rollison, owner of Lucky Rooster Kitchen + Bar, recently hosted two pop-up dinners featuring the stories and recipes of celebrity chef Vivian Howard. I had the opportunity to meet her during one of the dinners, and it was a true honor. I have watched "A Chef's Life" and admired her for years. What I enjoyed most was listening to her describe how much fun her family was having here — the beach, the bike paths, the playgrounds. "People live like this?!?," one of her twins asked. That made me so proud! When you live here, it's easy to take all of the wonderful amenities we have for granted. I resolve to not let that happen in 2019. I also resolve to be more organized, the main topic of this issue.

"Cheers to a new year and another chance for us to get it right."
- OPRAH WINFREY

Inside you will find many clever tools and tricks for making life easier. If you are a disorganized person, don't sweat it. Really organized people are not born that way. They have to cultivate healthy habits to help them stay organized. That's what this issue is all about. You can become an organized person as long as you're willing to learn and practice. Now go write that down! :)

Wishing you a year full of happy (and organized) days!

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

Use a password manager

ORGANIZATIONAL TIP

I used to think that in order to be secure, passwords needed to be incomprehensible strings made of random characters, uppercase letters, numbers and symbols. That's not the case anymore. In fact, you don't even need to remember passwords if you use a password manager such as Keeper. Apps like that generate strong passwords, autofill passwords across your apps and sites and organize passwords on all platforms and devices. Find more organizational apps that will simplify your life on **page 29**.



FEELING BLUE
Have you seen the LOCAL Life Jeep around town? This month, we rolled up next to **Arleen Williams** of Arlene Williams Kitchen Design. Be sure to follow @LocalLifeSC on Instagram to see all of the #LocalswithaJeep photos.

DON'T FORGET

If you would like to continue receiving this magazine in your mailbox, you must fill out the provided subscription card on **Page 96**. If you have already filled one out, all is good!


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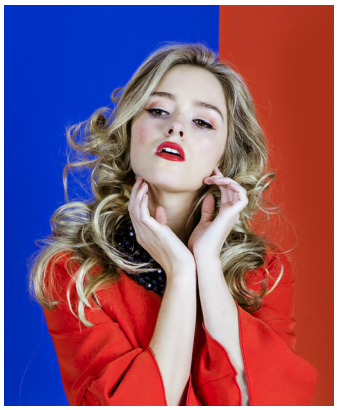
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contributors

MEET OUR WRITERS + PHOTOGRAPHERS + PEOPLE BEHIND THE SCENES



Grace Lawton

Student at College of Charleston

OTHER CREDS: Model

FOR THIS ISSUE: Fashion shoot model

HOME: Pinckney Colony Road, Bluffton

LOCAL SINCE: 2003

HOBBIES: Kayaking, hiking, traveling

WHERE OR HOW ARE YOU MOST ORGANIZED? I am most organized when I get overwhelmed. I keep track of a few things in my head until I get too busy and then I start writing every little detail in my calendar and turn into a record keeper.

WHAT AREA OF YOUR LIFE NEEDS THE MOST ORGANIZATION? Definitely my apartment. I start out clean and uncluttered for a couple days and then every surface slowly disappears under clothes and miscellaneous items over the week.

FAVORITE ORGANIZATIONAL APP: Definitely my Google calendar because it's easy to add events and reminders. I use it all the time.

HOW DO YOU KEEP YOUR SCHEDULE?: I like to have my schedule organized so that I have bursts of activity and then periods of rest. I'll usually schedule things on a few consecutive days and then leave a couple consecutive days with nothing.

ORGANIZATIONAL TIP FOR OUR READERS: Reserve one day every week to just organize. Whether it's your room or your schedule just leave one day dedicated to cleaning/organizing and get it all done at once.

NEW YEAR'S RESOLUTION FOR 2018: Establish a regular workout plan.

DID YOU ACCOMPLISH IT?: Yes!

Amos Hummell

Lowcountry artist

OTHER CREDS: Food & beverage lifer

FOR THIS ISSUE: Created a piece of organized art: That Puzzling Smile

HOMETOWN: Greenville

CURRENT HOME: HHI

LOCAL SINCE: 1981

HOBBIES: Gardening

WHERE OR HOW ARE YOU MOST ORGANIZED? My virtual files.

WHAT AREA OF YOUR LIFE NEEDS THE MOST ORGANIZATION? My physical files.

FAVORITE ORGANIZATIONAL APP: Compo. A lean, clean notepad app. Always with me.

HOW DO YOU KEEP YOUR SCHEDULE? Google Calendar

ORGANIZATIONAL TIP FOR OUR READERS: Clutter kills

NEW YEAR'S RESOLUTION FOR 2018: Career shakeout.

DID YOU ACCOMPLISH IT?: Yes.

NEW YEAR'S RESOLUTION FOR 2019: Embrace the Lowcountry festival scene.





Lisa D'Arienzo

Home space organizer/consultant

FOR THIS ISSUE: Wrote an article on how to organize your home or office.

HOMETOWN: Manteca, Calif.

CURRENT HOME: Port Royal Plantation, Hilton Head Island

LOCAL SINCE: 2017

HOBBIES: SWEAT Bootcamp, Women's Association of Hilton Head Island, Difference Makers volunteer, enjoying time on the beach.

WHERE OR HOW ARE YOU MOST ORGANIZED? I strive to stay organized in all facets of my life — our home, my office, my car, my calendar. I adhere to a minimal clutter approach and regularly take no longer needed items to donation sites. For me, order in my life is essential.

WHAT AREA OF YOUR LIFE NEEDS THE MOST ORGANIZATION? Paper! Even in this electronic age I seem to always have paper piles. Whether it's junk mail, coupons, notes, or brochures, these piles are a constant challenge.

FAVORITE ORGANIZATIONAL APP: My favorite app on my iPhone is the Reminder app. I use it daily to remind me of tasks I need to do, phone calls to return, etc. Today's lifestyle can be overwhelming with information, so a friendly reminder helps.

HOW DO YOU KEEP YOUR SCHEDULE? I still love a hard-copy. I keep a weekly to-do list that I create every Sunday on my desk and I put all appointments, errands, etc., on my iPhone calendar with alerts as reminders.

World Affairs Council of Hilton Head

Global Trends: Threats to Liberal Democracy Speaker Program 2018–2019

With the end of the Cold War and the expansion of NATO and the EU to virtually all Central and Eastern Europe, as well as other countries around the world joining the rules-based global trading system, liberal democracy seemed dominant as never before in history.

However, a backlash to the financial crisis, growing inequality, and increased levels of immigration and migration have exposed many vulnerabilities of liberal democracy and revealed the social and cultural issues that encompass demographic anxiety. Our list of exemplary speakers will provide insights and examples of these troubling trends.

For an up-to-date listing of speakers and their biographies, go to www.wachh.org.

GLOBAL SPEAKERS PROGRAM



January 11, 2019

Josh Michaud,
Associate Director for Global Health Policy at the Kaiser Family Foundation

Title: **Global Health**



February 15, 2019

Chris Alexander,
Canadian politician and diplomat

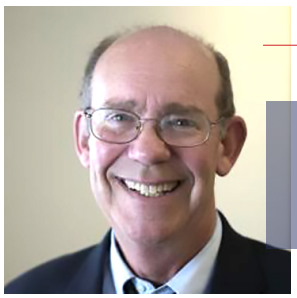
Title: **Canadian and US Relations**



May 3, 2019

Alyssa Ayers,
Senior Fellow for India, Pakistan, and South Asia, Council on Foreign Relations

Title: **India's Rise on the World Stage**



May 17, 2019

Capstone Speaker

David Eisenhower II, J.D.
Director of the Institute for Public Service at the Annenberg School of Communication at the University of Pennsylvania.

Title: **World War II's promise for Liberal Democracy: A Retrospective and Prospective**



April 5, 2019

Ambassador Jerzy Pomianowski,
Career Diplomat and former Deputy Foreign Minister to the Republic of Poland; Executive Director of European Endowment for Democracy

Title: **Supporting Democracy in Eastern Europe in a Time of Uncertainty**

In too many places, democracy is in recession or has suffered serious setbacks. Can we do something about it? The ultimate purpose of democracy is to create the conditions in which free citizens can pursue the most fulfilling lives possible, that they themselves choose. Good governance, freedom of expression, the rule of law and respect for the dignity, rights, hopes and fears of individuals are what make societies truly democratic.

MEMBERSHIP

We encourage you to become a member for Program Year July 2018 - June 2019. Feel free to contact the executive director directly at 843.384.6758 or by e-mail at wachhi@gmail.com. For more information visit www.wachh.org.

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Check it off your list

When was the last time you flipped your mattress or cleaned behind the washer and dryer? Find **printable online checklists** for both indoor and outdoor home maintenance to help simplify your life online at LocalLifeSC.com.

Piano competition finalists announced

The Hilton Head International Piano Competition announced the 20 competitors for the 2019 competition to be held March 11-18. The elite group of international pianists, ages 18-30, was selected from a record number of **237 applicants from 31 countries**. Find more information about the competitors and the event online at LocalLifeSC.com.



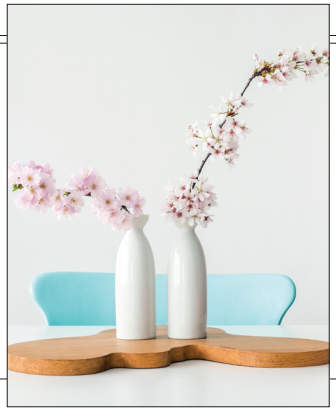


News from around town

Callawassie Island member **Melinda Welker** has been accepted as a member of the National Association of Women Artists, the first professional women's art organization in the United States. In other local news, Palmetto Dunes Oceanfront Resort has introduced a fleet of autonomous golf caddie units. Find more information online.

About the Cover

The "A Natural Order" cover is a photo of two Japanese sake bottles on a wooden Alvar Aalto serving platter. The image was captured by **Maarten Deckers**, a designer who in his spare time takes photos with his trusted Fuji camera. Much of his work is characterized by a fresh and playful style, with great attention to detail and structure. His simple and organized image certainly grabbed our attention. Find more of his work online at maartendeckers.com.



online video

LOCALLIFESC.COM



FESTIVAL PREVIEW

Check out our awesome video preview for the 2019 Hilton Head Island Seafood Festival coming up Feb. 18-24.



IN LIVING COLOR

Watch behind the scenes video of this month's colorful fashion shoot using the Pantone Color Institute's suggested winter shades.



TALK TO THE MANAGER

Read our story on Bluffton town manager Marc Orlando on page 38, then watch video of his photo shoot coming together.



PORCH PARTY

Watch Barbara and John Lawless make smoked trout dip with corn blinis for their porch party at the Kings' house.

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HERITAGE PLAZA A six-story, 115-room Courtyard by Marriott hotel, with a rooftop bar and pool, will be the centerpiece of the Heritage Plaza revitalization project. The hotel hopes to be completed by September. The project includes facade renovations for New York City Pizza, Plantation Café, Bicycle Billy and The Sage Room restaurant.

10 projects to look forward to in 2019

Local residents have seen some monumental changes in the Lowcountry over the past decade. That trend will continue in 2019 as several impactful projects will be completed. **Here are 10 things locals can look forward to in 2019.**





HILTON HEAD ISLAND

ISLAND REC CENTER

An expansion more than doubles the size of this popular recreation area on the north end. The new facility will include a new gymnasium, new pool restrooms, more parking and more storage. The project also relocates three basketball courts and improves the existing gymnasium. It is slated to open in early 2019.

COLIGNY AREA IMPROVEMENTS

Road and pathway improvements include a new traffic signal at the Pope-Lagoon intersection, improved turn lanes, extending Lagoon Road into a new park and adding on-street parking. The project also includes pathway reconstruction along Tanglewood Drive, and a new pathway along the oceanside of South Forest Beach Drive from Coligny Beach Park to Tanglewood Drive. Best of all, the project should be completed before summer.

HILTON HEAD ISLAND (CONTINUED)

SHELTER COVE STARBUCKS

A new Starbucks with a drive through is being completed at Shelter Cove Towne Centre, across from the Kroger Fuel Center. Georgia-based Southeastern is developing the project and hopes to have it completed by March. The coffee shop will share the 4,000-square-foot facility with a restaurant.



SEWER ACCESS

More than 150 homes in north end and mid-island neighborhoods will have access to sewer service by spring, thanks to the Hilton Head Island Master Sewer Plan. The plan started in 2004 and will include nine miles of sewer construction in neighborhoods that previously lacked access.



BLUFFTON

BLUFFTON TOWN HALL

This $4.3 million renovation is expected to be completed by the end of the month. The 30,000-square-foot building will include office space, a new Town Council chambers/municipal court, Calhoun Station and the Ulmer Auditorium that accommodates the May River Theater and other events.



WRIGHT FAMILY PARK

This new park will be located adjacent to Church of the Cross in Old Town Bluffton. The park will offer public access to the May River and will include pathways, gardens, a crabbing dock, swings and an open lawn. Construction will begin in June or early summer.



UNNAMED BLUFFTON PARK

A new park, yet to be named, will be built between Dubois Park and the Heyward House in Old Town Bluffton. Construction is expected to begin in April or late spring.



CALHOUN STREET DOCK

The new dock being built at the end of Calhoun Street was inspired by the Town of Bluffton's public dock at Palmetto Bluff. The old dock was built by Beaufort County in the early 1970s and could accommodate four boats. The new dock will be 12 feet wide and 125 feet long with a 20-by-20 foot pier head. It will accommodate up to 10 boats.



BLUFFTON KROGER

An outdoor mall will surround the 113,000-square-foot Kroger building being completed at Buckwalter Place. The complex is expected to open in June. The Kroger Fuel Center at the site is already open.



Resolve Happiness

Want 2019 to be the best year ever? Here are a few suggestions to help you get there.

Be as fat as you were the very first time you thought you were fat.

Exercise (your right to eat) more (tacos)

Don't give up alcohol. Give up. Alcohol!

Burn 2,000 calories. Leave the brownies in the oven.

Love yourself as much as Kanye loves Kanye.

Be like Buddha (calm-wise, not BMI-wise).

Incorporate the phrase "I don't roll that way" into conversations.

Spend less than $1,925 for coffee this year.

Claim all pets as dependents on your taxes.

Watch less TV ... in standard definition.

Talk with a robot voice all the time.

Pay off a credit card in full with a higher rewards card.

Learn what "fleek" means.

Remember to write 2019, not 2018.

Squeeze a fourth or fifth meal into your day.

Write out everything you did last night and at the beginning add the word "stop."

Actually do what you promised to do in 2018.



GET SORTED

Be more organized in 2019! While getting your act together is nobody's definition of fun, you can make the time pass faster by blasting these 12 tracks during your next tidying task. Try not to sing and dance around your kitchen — we dare you. Find this and other LOCAL Life playlists by searching for **locallifetunes on Spotify.**

"Cleanin' Out My Closet" — Eminem
"Counting Stars" — OneRepublic
"Systems" — Toward the Sun
"Alignment" — Brandon Mitchell
"I Can See Clearly Now" — Johnny Nash
"Let It Go" — Idina Menzel
"Groupie Love" — Lana Del Rey
"The Final Countdown" — Europe
"ABC" — The Jackson 5
"Everything In Its Right Place" — Radiohead
"So Fresh, So Clean" — OutKast
"Organized" — Lil Blood

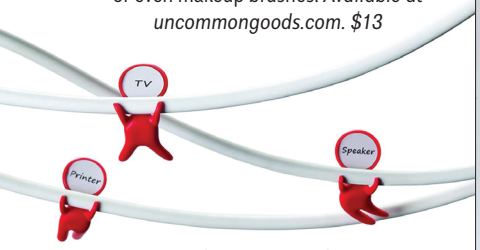
Get organized

These clever products will make your LOCAL Life easier.



PERCY THE PENCIL PORCUPINE

Equal parts adorable woodland creature and trusty tabletop organizer, Percy completes his signature spiked look with the help of your pens, pencils, or even makeup brushes. *Available at uncommongoods.com. $13*



CABLE LABELS

The five Mark Brothers will jump through tangled cables and mark cables to their devices. Equipped with both blank and readymade stickers, they'll cling on any standard cable. *Available at peleg-design.com. $8*



MAGNETIC BOTTLE HANGER

You'll create more space in your fridge for soda and beer with this awesome bottle hanger. Each strip has three super strong magnets to keep your bottles in place. Just stick it on the ceiling of your fridge. *Available at lootroute.com. $19*



TRUNK ORGANIZER

If your trunk is a mess, this organizer from Honey-Can-Do is all you need to get it all straight. Two compartments hold your groceries and other items in place, while exterior pockets provide even more storage. *Available at dormsmart.com. $30*



CLOTHESPIN CARRIER

Keep your laundry pegs within reach and your wash line playful with this cute gondola clothespin carrier. It moves like a cable car and is available in red or white. *Available at animicausa.com. $19*



ACCESSORY ORGANIZER

This rubberized woven elastic object rendition system from Cocoon is great for gadget organization. It's designed to hold items firmly in place and has a pocket for additional storage. *Available at amazon.com. $14*



WOOD MAKEUP ORGANIZER

This beautiful organizer from Krasen Dom has holes for different brushes, pencils, eyeliners, mascaras, lipsticks and everything else you can possibly think of, including a universal docking station for smartphones or tablets. *Available at ahalife.com. $260*

FITNESS TRACKER

The Polar A370 is a sleek and sporty waterproof fitness tracker that helps you stay on the pulse 24/7 with continuous heart rate monitoring, advanced sleep tracking and unique workout features. *Available at bestbuy.com. $144*





EXPANDABLE COLLATOR

This accordion style organizer from Lee expands to hold up to one ream of paper in each of its 18 slots and folds compactly for easy storage. *Available at amazon.com. $70*



REMOTE CONTROL ORGANIZER

The curved, fan-like design of this remote organizer from MyGift keeps four slots arranged so that the remotes you store inside will be easy to see and easy to reach. *Available at amazon.com. $15*

COMMUNITY FOUNDATION OF THE LOWCOUNTRY

THE PUBLIC ART EXHIBITION ON HILTON HEAD ISLAND

OCTOBER 1 - JANUARY 31

Coastal Discovery Museum at Honey Horn

4 MONTHS. 20 SCULPTURES.

FREE ADMISSION

#ARTFORALL







Join Community Foundation of the Lowcountry as it presents the 2018 Public Art Exhibition on Hilton Head Island. This juried exhibition showcases 20 outdoor sculptures from internationally-recognized artists.

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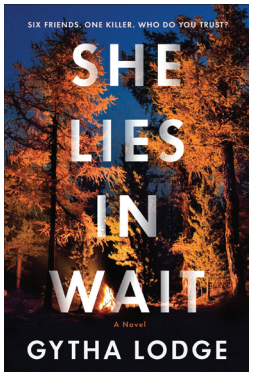
Coastal Discovery Museum
FISH Casual Coastal Seafood
Frey Media
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HHIPUBLICART.ORG

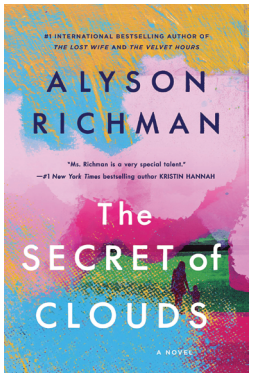
ARTS & CULTURAL COUNCIL OF HILTON HEAD

12 must-reads in 2019

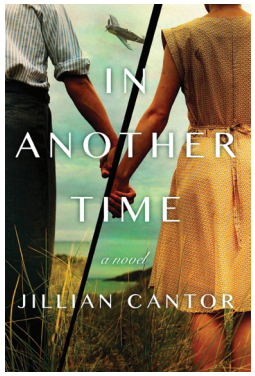
Add these highly anticipated books to your reading list.



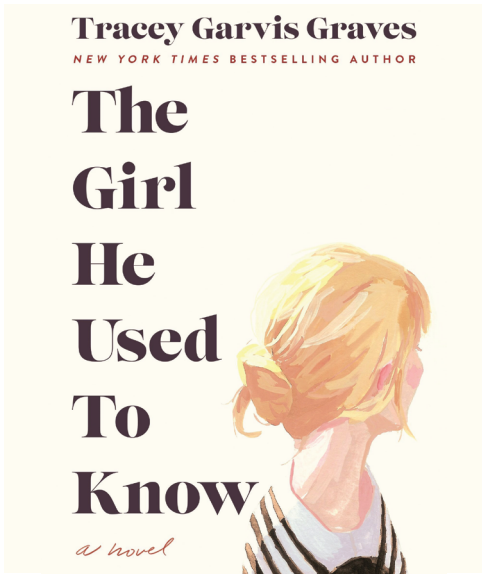
JANUARY 10
She Lies in Wait - Gytha Lodge
Thriller about a teenage girl that goes missing after a night of partying; 30 years later, her body is discovered and reopens a cold case that makes one of her six friends the killer. Whom do you trust?



FEBRUARY 19
The Secret of Clouds - Alyson Richman
The story of a young boy, Yuri, who is isolated from other children and his teacher, Maggie, will make you rethink what it means to live life to the fullest.



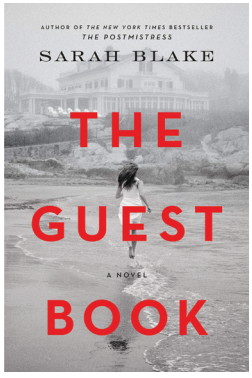
MARCH 5
In Another Time - Jillian Cantor
A historical fiction love story of a couple being torn apart by the war and the secret that may bring them back together.



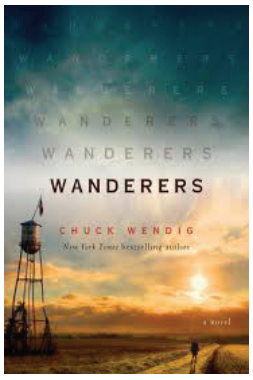
APRIL 2
The Girl He Used to Know - Tracey Gravis Graves
Contemporary romance that begs the question if timing really is everything.



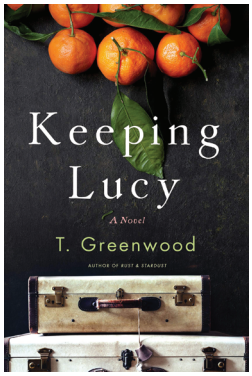
JUNE 18
Girl in the Rearview Mirror - Kelsey Rea Dimberg
Thriller about the young nanny of a prominent family getting drawn into a web of deadly lies.



MAY 7
The Guest Book - Sarah Blake
A book about a privileged American family spanning the 20th century that includes social criticism on racism and power that has existed in the U.S. for generations.



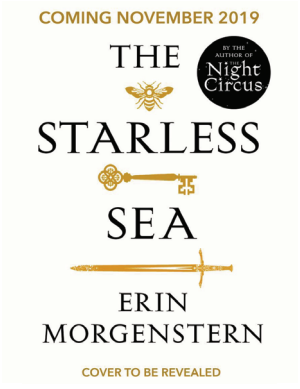
JULY 9
Wanderers - Chuck Wendig
A science fiction story of a girl named Shana who is following her sister and a flock of sleepwalkers across America. Discovering the secret behind this sleepwalking epidemic will either save or tear the nation apart.



AUGUST 6
Keeping Lucy - T Greenwood
Inspired by true events, this is the story of Ginny, whose daughter with Down Syndrome was taken from her at a young age, and now she must test her strength to try to get her back and show how far a mother's love can take her.



SEPTEMBER 15
The Glass Hotel - Emily St. John Mandel
Novel about how the disappearance of a young cook from a container ship off the coast of Mauritania intersects with a Ponzi scheme, dragging countless fortunes down with it.



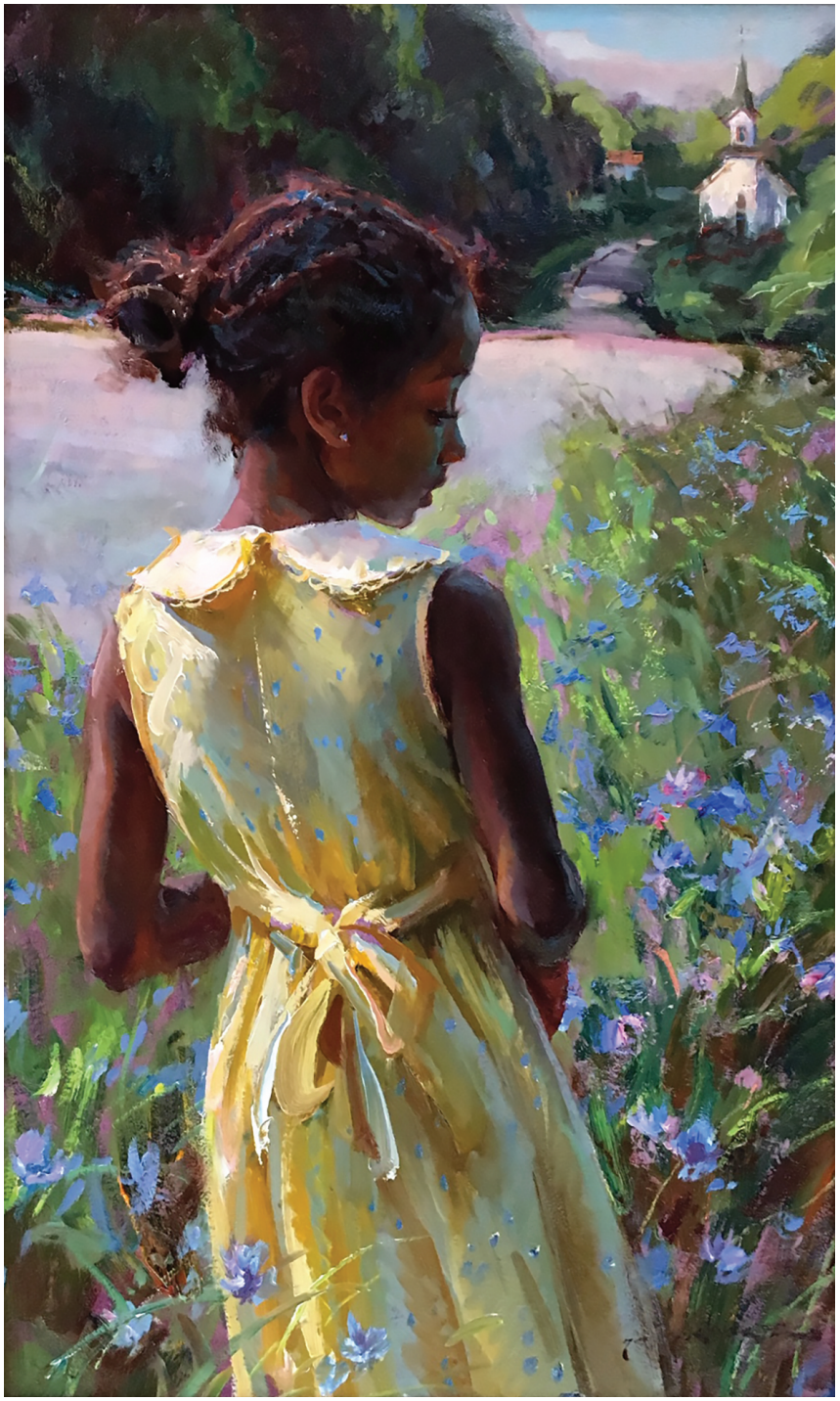
NOVEMBER 5
The Starless Sea - Erin Morgenstern
Zachary Rawlins doesn't know what to expect in this fantasy book as he suddenly joins a secret club hidden below the surface of the earth.



OCTOBER 3
Untitled - Paula Hawkins
While the title, cover and any details about this novel are under wraps, another book by the author of "The Girl on the Train" is always highly anticipated.



DECEMBER 3
Quantum - Patricia Cornwell
International bestseller and award winning author Patricia Cornwell will introduce a new heroine in her latest novel.



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Get Organized: The Write Stuff

In this digital age, writing stuff down with pen and paper can seem outdated. But these planners and organizers are anything but with their stylish and scientific layouts. If you still prefer jotting down to-dos, tasks and more, pick one of these up and start writing.



SUGARPAPER SMALL SPIRAL PLANNER

Keep track of your weekly and monthly goals with this compact version of the 12 month planner that offers plenty of space to keep track of every busy week. *Available at Pretty Papers. $21*





EMILY LEY MONTHLY DRY ERASE

If you don't want the hassle of flipping through pages month after month, invest in a dry erase calendar. Customize each month with different colors, and help keep track of the entire family's activities in one central location. *emilyley.com. $16*

THE TOTAL PERSON

Get a leg up with this planner from Hilton Head Island Performance Group. Incorporate management skills, goal setting and personal development all in one place. *hhiperformancegroup.com. $43*



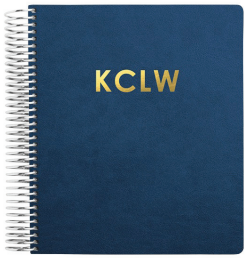


PANDA PLANNER PRO

This 6-month, undated planner takes a scientific approach to productivity. With monthly, weekly and daily spreads, this planner was designed to help people reach their goals. They even include free ebooks to help get users motivated. *pandaplanner.com. $37*

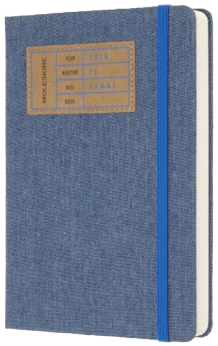
BLOGILATES FIT PLANNER

If you feel like every year your New Year's resolution is to get in shape, but by the end of January you've already gotten off track, this is the planner for you. With gorgeous designs, weekly motivational quotes, and spaces for meal planning, habit tracking and to do lists. *blogilates.com. $36*



ERIN CONDREN LIFE PLANNER

This 18-month calendar has those with a flair for style in mind. The leather-like cover, colorful pages and metallic stickers to help identify major events are gorgeously designed to let you organize your life and look great doing it. *erincondren.com. $46*



MOLESKINE DENIM PLANNER

This 12-month daily planner features useful tools such as international measurements, time zones and an expandable pocket to keep important items in. *us.moleskine.com.$22*

BUCKET LIST JOURNAL

A fun way to keep a list and write about all the things you'd like to do before you kick the bucket. It features an opening two pages with a blank checklist for making your Bucket List. The 100 pages that follow offer a page to write about each of the 100 adventures as they are checked off in a question-answer format to start the writing. *Available at Pyramids. $19.95*



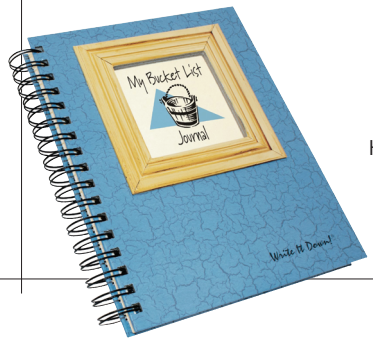
BULLET JOURNAL

Always feel like store bought planners are missing something? Try Bullet Journal and learn about this new, hot way to keep track of everything in your life from tasks to events, as well as anything you deem important. *bulletjournal.com. $25*



PAPER SOURCE DOVE GREY PLANNER

This 18-month planner is compact enough to fit in your purse and travel everywhere with you. With monthly and weekly views, and cool extras such as spaces to write special dates, a list of birth stones and extra notes, it's perfect to plan out your best year yet. *papersource.com. $23*





HASHI WEEKLY PLANNER PAD

Having a weekly calendar in your office is convenient with this horizontal 60-week calendar. It fits perfectly next to your keyboard to help remind you of your deadlines and tasks. *amazon.com. $8*

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More soup for you!

JANUARY IS NATIONAL SOUP MONTH, AND WE'VE GOT RECIPES FROM LOCAL CHEFS FOR LADLING UP GOODNESS ALL MONTH LONG.



HILTON HEAD HEALTH

Minestrone Soup

(Makes 12 servings)

INGREDIENTS

1/4 teaspoon olive oil
1 cup sweet onion, chopped
1/2 cup celery, chopped
1/2 cup carrots, diced
2 cloves garlic, minced
3 cups vegetable broth
1 can stewed tomatoes, not drained
1 can V8 juice
16 ounces cannellini beans, drained, rinsed
1 cup whole wheat pasta, shells or elbows, cooked
1 cup zucchini, washed and chopped
1 tablespoon basil, dried
1 tablespoon oregano, dried
2 teaspoons thyme, dried
1 teaspoon salt
1/4 teaspoon pepper

DIRECTIONS [1] Heat medium to large size soup pot, to medium high heat. **[2]** Add olive oil, make sure to measure it out. **[3]** Add onion, celery, and carrots and sauté until softened. **[4]** Add garlic and continue to sauté for 1 minute, be careful not to burn garlic. Then add in dried herbs and seasoning. **[5]** Add zucchini, tomatoes, stock/broth, V8 juice, and water. **[6]** Bring to a boil over high heat. Reduce heat and simmer for 20 minutes. **[7]** Taste before serving, to make sure the overall flavor is desired. Remember it takes more time for dry herbs and spices to release their maximum flavor, so don't taste too soon after adding.

— From Jill Boyd, SVP of Hospitality



©LISA STAFF PHOTOGRAPHY

COLLETON RIVER CLUB

Red Curry Sweet Potato Soup



(makes 2-3 quarts)

INGREDIENTS (sachet)

Cheesecloth
Butcher twine
*2 ounces **ginger root**, unpeeled, sliced*
2 lemongrass stalks, trimmed, sliced
1 tablespoon coriander seed
1 teaspoon green cardamom pods
1 teaspoon whole Allspice
7 whole cloves

DIRECTIONS Tightly tie all ingredients up in a cheesecloth sachet. Neatly trim away the excess cloth and leave excess twine as a tether.

INGREDIENTS (soup base)

1 large shallot, peeled and thin sliced
6 garlic cloves, smashed
1 ounce ginger root, peeled, minced
48 ounces coconut milk, unsweetened
1 quart chicken stock
2 ounces red curry paste
2 tablespoons oil for sweating
2 teaspoons sugar or honey, to taste
4 tablespoons Thai fish sauce, to taste
1 medium sweet potato, peeled, medium dice
1 medium daikon radish, peeled, medium dice

DIRECTIONS [1] Add all ingredients and bring to a simmer. **[2]** Sweat the garlic, shallots and ginger. Add the curry paste and toast to release the oils. **[3]** Add the coconut milk and half the chicken stock. Reserve remaining stock to adjust soup viscosity as needed. Allow to simmer. **[4]** Add sachet. Simmer, season, add sugar or honey to taste. Add fish sauce to taste. Simmer one hour. Adjust with a touch of stock or corn starch depending on the thickness.

Chef's tip: You are reaching for a subtle combination of slightly salty, sour, sweet and spicy. Don't overthink it. Flavors develop with simmering. It tastes better the next day! Garnish and serve (as important as the base, use as much as you wish): Thin sliced green onion, radish, bean sprouts, cilantro leaves Optional: mint leaves, poached chicken, cooked & chopped shrimp.



CALLAWASSIE ISLAND

Rich Potato Turnip Soup

INGREDIENTS

1 1/4 pound medium turnips, peeled and chopped
1 1/4 pound Russet potatoes, peeled and chopped
1 medium-size yellow onion, chopped
2 garlic cloves, minced
2 ***thyme sprigs***
4 cups good quality chicken stock
1 teaspoon kosher salt
3/4 teaspoon black pepper
1/4 cup heavy cream
6 thick-cut bacon slices
Good quality olive oil or truffle oil

DIRECTIONS [1] Combine stock, turnips, potatoes, onion, garlic, thyme sprigs, salt, and pepper in a large pot. Simmer until vegetables are very soft. Remove and discard thyme sprigs. Add cream, and process soup using an immersion blender until smooth. **[2]** Before serving, cook bacon over medium heat until crisp. Drain bacon on paper towels, reserving drippings in pan. **[3]** Crumble bacon. Serve soup topped with crumbled bacon, olive oil or truffle oil. Cracked black pepper is also a nice addition.

—From Callawassie Island executive chef Jim Spratling

SOUP HACKS

Want a thicker chowder or bean soup? Add a scoop or two of mashed potatoes. You can also strain a cup or two, blend it, then add it back into the pot. Other ways include adding a can of puréed beans, adding cream or simmering for an extended period of time.

Experiment by adding different items from your fridge, such as a dollop of dijon to your chowder, a teaspoon of hoisin sauce to your pho or a spoonful of pesto to your chicken soup. If you find a winner, write it down so you won't forget next time.

Use spices, herbs and alliums such as ginger and lime for Asian soups; garlic and basil for vegetable soups, and orange and coriander for bean stews.

Don't be afraid to keep it simple. A few cans of tomatoes, beans and broth are delicious with a sprinkle of spices. Just taste as you go to make sure you have a good balance of flavors.



Designer: Dean Huntley

"My architect suggested that I might work well with Dean Huntley. I couldn't have done this house without her help. She is so amazing and the house wouldn't be as nice as it is if she hadn't been part of our terrific team!! I so enjoyed working with Dean. I don't have a history working with designers, so Dean is very good at what she does as I didn't scare her off! She was fun to work with and had everything under control. Dean was a godsend to me and she is truly…amazing!"

—Maren Hood

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©PHOTO BY MIKE RITTERBECK

Adopt this Pet: Canella

LOVABILITY METER

START AN EXERCISE ROUTINE WITH THIS PRETTY POOCH

Meet Canella. Like many of us, she had a little too much fun over the holidays and now needs to lose a few pounds. She has already started her 2019 diet and is determined to look and feel her best this year. All she needs is a new owner willing to start a good exercise routine with her. She is temporarily living at the Hilton Head Humane Association until she finds her forever home. Canella is 3 years old. Unfortunately, her owners were no longer able to care for her. Their loss can be your gain. She is very sweet and gentle, and would probably enjoy a quiet home. Dogs that look this good don't last long so go get her before she's gone. *LL*

MORE ABOUT CANELLA

Color: Caramel cake
Age: 3 (about 28 in human years)
Likes: Dad jokes. "Did you hear about the restaurant on the moon? Great food, no atmosphere." — *Canella*
Dislikes: Gloomy weather, turnover Saturdays, going out to eat with those annoying gluten-free people. "It's been discovered that 1 percent of the population is allergic to gluten and 99 percent of the population is sick of hearing about it." — *Canella*
Adopt her: Hilton Head Humane Association, humane.org, 843-681-8686

PlanTastic Apps

WEEK PLAN This weekly planner is more than just your typical lists of events. With different viewing options, it makes setting and reaching goals easier than ever. The best part? It works with other services like online calendars and email to keep everything in one place for you. Free.

GOOGLE CALENDAR No list would be complete without a multifunctional calendar. With options to have multiple calendars for the different aspects of life, being able to sync with family members to keep everyone's schedule in one place, and receive notifications any time you want before an event. Free.

THINGS 3 Apple users will love this user friendly, visually pleasing task-management app. With project documentation, easy input and the option to add due dates, it's great for any sized project. $9.99

FANTASTICAL 2 In your regular Mac calendar doesn't fulfill all your planning needs, get this updated version. It connects over multiple devices, can invite contacts to events, and includes reminders—to make sure you get all your important tasks done. $1.99

CARROT If you struggle to reach your goals and complete your to-do list, meet Carrot, the sassy app with attitude. By completing tasks, you can get upgrades for the app. But slack off, and be prepared to get a kick in the pants! $2.99

PLANNER PLUS This is designed to be the all-in-one planner, with daily, weekly and monthly views as well as unlimited notes each day, great user interface and syncs with existing calendars. Free.

REMEMBER THE MILK If you've ever forgotten to grab something while out running errands, this to-do list is perfect. By turning on your location services, it can remind you to get the milk next time you are by the store, saving you time from running back. Free.

POST-IT PLUS Switching to digital isn't always easy. Some people love physically jotting down their thoughts but want the convenience of just looking at their phone. With this app, just snap a picture of all your sticky notes and it will do the rest by organizing them! Free

AWESOME NOTE This is an all-inclusive organizer that allows you to use voice memos, draw, and organize any way you like. Use it to plan your day and then as a diary and connect weather notes and personal thoughts to it. Set reminders, plan events and jot down tasks all in one place. $2.99



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Emily A. Johnson, CFP, ChFC, CLU, CDFA
Founder/Managing Director

Casey J. Bateman, CPC, MHA
Director

Join us January 10th for a Coffee Talk
"Market Review and Planning Pointers"

POLARIS CAPITAL ADVISORS, LLC

23B Shelter Cove Lane, Suite 401
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polariscapitaladvisors.com

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LOWCOUNTRY IN NATIONAL NEWS



Who's talking: EXPEDIA
Details: Listed Beaufort among its "9 Places for Snowbirds to Escape to This Winter."
Their words: "While much of the state is occasionally subjected to conditions that closely resemble a true winter climate, Beaufort rides out the winter with ease. Wander the streets of the Beaufort Historic District, where antebellum architecture is the main attraction. Escape to nearby Hunting Island State Park and spend the day hiking and bird watching. Another thing snowbirds love to do is visit the Kazoo Museum, where the largest collection of kazoos in the world is held."

Who's talking: CONDÉ NAST TRAVELER
Details: Attended and printed an article on the Hilton Head Island Concours d'Elegance & Motoring Festival.
Their words: "The scale of the show is so well designed and manageable. You feel you can take your time and really absorb all the cars, talk to owners and not feel rushed that you are missing things."

Who's talking: HOUSE METHOD MAGAZINE
Details: Listed Hilton Head Island in its "20 Small Towns Perfect for a Winter Getaway"
Their words: "Hilton Head is the perfect winter destination for those who want to skip the summer tourist rush. Glorious 60-degree winter temperatures mean plenty of opportunity for enjoying the Lowcountry scenery. Put in a workout by paddling the 11-mile lagoon at Palmetto Dunes, hit the links for a round of golf or a lesson at one of the many world-class golf courses on the island, or try something a little different and visit Pinckney Island Wildlife Refuge for a day of birdwatching."

Who's talking: ARCHITECTURAL DIGEST
Details: Named Beaufort "The Prettiest Town in South Carolina."
Their words: "This town in coastal South Carolina—on Port Royal Island—is the second-oldest in the state, with historical buildings and walking tours documenting its 500 years of history."

Who's talking: AFAR MAGAZINE
Details: Ranked Savannah/Hilton Head International Airport No. 3 on its list of "Favorite Small U.S. Airports."
Their words: "This airport is small yet charming with clean restrooms and a small security checkpoint line. The restaurants and bars are above average."



NEIGHBORHOOD OUTREACH CONNECTION

MISSION

To fight poverty by improving the quality of life of people living in poverty, thus empowering them to achieve the "American Dream" — economic independence and personal fulfillment.



From the left: Simmons Cay Learning Center students participating in Friendsgiving Activities during NOC's after school program. The Oaks Learning Center students participating in STEM activities, part of their enrichment program during NOC's after school program. Cordillo Courts Learning Center students receiving tutoring during NOC's after school program.

HISTORY: The Neighborhood Outreach Connection is a community development organization established in 2008. Over the past 10 years, NOC has played an important role in bringing resources, services, and technology into poor neighborhoods through its six learning centers in Beaufort, Bluffton and on Hilton Head Island. The NOC's presence in underserved neighborhoods, combined with its core programs (education, health services, and workforce development), allows NOC to build strong relationships with people who live there and involve them in its outreach programs.

WHO IT HELPS: NOC serves more than 500 children annually in Beaufort County, and students are showing significant progress based on standardized test scores. Many others benefit from NOC's bottom-up approach, which empowers individuals, families, and communities by implementing on-site, sustainable neighborhood projects. NOC plays an important role as a "connector," fostering interactions among people within the community and bringing other service providers into low-income neighborhoods to help people.

HOW TO HELP: Donate money or supplies, volunteer in one of the six learning centers or volunteer at the NOC office. NOC's goal is to raise 60 percent of its funds from private donations and 40 percent through grants. *LL*

FOR MORE INFORMATION ON HILTON HEAD REGIONAL HABITAT FOR HUMANITY
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1. The same five letters can be arranged to complete the sentences below.
Many people do not like snow, but children can have a different ___ ___ ___ ___ ___. Many enjoy the pleasure of making an ___ ___ ___ ___ ___ in the snow.

2. The following colloquial expression describes a person who is not quite up to par intellectually. Start at the correct letter and move one letter at a time in any direction to find the saying. (Hint: Start with an "I.")

R - E - T - R - F - I
C - A - H - I - D - M
A - N - E - D - U - B
E - B - D - S - A - W

3. Sally went shopping for some new accessories. At the first store she spent one-quarter of what she had plus $5. At the next stop, she spent half of what she had plus $5. At the last stop she spent one-third of what she had plus $10, leaving her with $10 for lunch. How much did she start with?

4. The following puzzle consists of one word that can be split into two words:
(a) One word - A cloth. (b) Two words – Plural of pieces of cloth or paper and attempt.

5. What is the five-digit number in which the first digit is twice the second, the third is half the fourth, the fifth is double the second and the sum of all is 21?

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LETTER TO THE EDITOR
Hilton Head Island resident **Susan Fishel** sent us the following letter about what being local means to her. Fishel is the general manager and chief operating officer at Wexford Plantation. LOCAL Life welcomes letters to the editor and comments to our website. **Write to lance.hanlin@wearelocallife.com**

What makes it local

adjective. lo·cal | lō-kəl

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

It's the beauty, the people & the food



LOCAL SINCE 2004 Susan Fishel is the general manager and chief operating officer at Wexford Plantation. Her hobbies include family and work. She also enjoys beach walks, planning and experiencing new cultures, people and scenery. "I plan to take up piano again when I retire," she said.

How does a woman who was raised and married in southern California; then moved to Wilton, Conn., to raise two children for 21 years; and THEN moved to Hilton Head Island become a local? How did a "fruits and nuts" California girl and a New England "proper" woman become a Southerner? To my surprise, it actually has been very easy!

We have lived on many beautiful "coasts," along three cities in California, with rolling hills and the Pacific Ocean. And then we loved the trees, hills and change of seasons in Connecticut. When my husband and I were first considering where to relocate after our last child entered college, we came back to what we knew after vacationing on Hilton Head over many Aprils, Augusts and Thanksgivings. Family is everything to me, and I've been fortunate to have my lovely daughter and granddaughter nearby in Bluffton for many years, and my adored son moved to Charlotte six years ago. We all say y'all now!

Hmmm. What are my foremost thoughts about being local? I would say the beauty, the people and the food of the Lowcountry!

Let's start with the beauty. We've now been on Hilton Head for over 14 years. When we moved here, I would tell our new acquaintances that we had now lived in three beautiful states. As the general manager at Wexford Plantation, I travel across the Cross Island Bridge each morning, and I am reminded that I am surrounded by a stunning landscape. My husband points out that I had come to appreciate the beauty of the Lowcountry long before he did. (I guess that made me local before he became local?)

Maybe it's an acquired taste or smell, but I realized last Saturday as I was walking along Pine Island Beach that I LOVE the smell of pluff mud at low tide. I did not feel the same way 14 years ago! In fact, at first, I was somewhat offended by that sulfurous smell! What changed? I have changed. I have become a local!

Next let's talk about the food. Fourteen years ago I had never experienced that wondrous taste of an oyster. Now every time that I visit a local restaurant (every weekend), I scrounge menus to find fresh oysters. I keep a detailed spreadsheet, track my favorites and analyze the salinity, creaminess and brininess. (To my delight, the best ones are usually the locals from Lady's Island.) In addition, I now seek out the best barbecue and search for the freshest fish brought in locally by our fishermen.

And, then there are the Lowcountry friendly and helpful people. When I walk on the beach, there are no strangers. Everyone says "hello." That's certainly a departure from my New England years! This area gets smaller and smaller each year that I live here. There are fewer and fewer strangers. There are some of us who are more local than others. My beloved 70-year-old nextdoor neighbor Corine was raised on Hilton Head Island, and talks about life here in the 1950s. But, here's the "people" beauty of this area ... if you smile, everyone greets each other as if they've known each other forever.

We recently spent a week in California, attending my husband's class reunion. We visited many of our old haunts: San Francisco, Morro Bay, San Luis Obispo, Santa Barbara, and Newport Beach. We also recently visited New York City and Connecticut, and enjoyed the city and the trees and changing seasons of Connecticut. Amazing places! But after both trips, when we were driving from the Savannah airport across the bridge, I gave a big sigh of contentment, when I realized that I was HOME. It was somewhat of a surprise to me.

What do I love most about home? The sights? Smells? Oak trees? Spanish moss? Alligators? Ocean? Marsh grass? Lagoons? Lightning? Quick summer downpours? Sounds? Birds? Oysters? Pluff mud? I love ALL of it! Somewhat to my surprise, I am definitely a local. *LL*



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Getting the job done

MEET THREE LOCALS ON THE FRONT LINES OF OUR AREA'S GROWTH AND PROSPERITY.

STORY BY BARRY KAUFMAN
PHOTOGRAPHY BY LISA STAFF

There is perhaps no government position that carries more weight than town or city manager. When they're doing their job right, we're hardly aware they exist. When they're not, they suddenly find themselves with a big target on their back.

It can be thankless at times, but it's a testament to the civic pride inherent in the position that our area's city and town managers not only show up every day for more, they show up with zest and enthusiasm. Each beautification project that surges our property values upward, every new utility that makes life easier for us and our neighbors, is the result of their hard work and passion.

This issue, we salute our area's hardest working public servants: our city and town managers.

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Bill Prokop

CITY MANAGER OF BEAUFORT

To residents of Beaufort, there might be something familiar about Keene, New Hampshire. Like Beaufort, it boasts a charming historic district, vibrant cultural scene and a large college presence in the form of Keene State College and Antioch University New England. Like Beaufort, it has a rich history, dating back to its first settlers in 1736.

Another thing it has in common is Bill Prokop, who came to Beaufort in 2013 after serving six years as Keene's assistant city manager.

"Other than Keene having about twice the population, everything was very similar," said Prokop, who is now Beaufort's city manager. "Even though they're thousands of miles apart, they have so much in common it's scary."

That similarity made Prokop the perfect fit for Beaufort when an opportunity arose, hastening a move South he'd been planning for years. He jumped right into the job and got right to work helping urge the city to grow while still maintaining a respect for its roots.

"You have to be able to listen to people who have been here for many years. Many of them don't want to change – they want to keep what we consider the special aura of Beaufort," he said. "At the same time, we have to change."

Spurring that change were statistics that Beaufort was bleeding younger residents, to the tune of a 25-30 per-





LOVE BUZZ Beaufort is home to The Kazoo Museum, one of the largest collections of kazoos in the world. Prokop is a big fan.

cent population drop. Prokop and Beaufort's city government met that challenge with the creation of a digital corridor, one part of a host of programs aimed at creating more diverse employment opportunities in the city. Balancing that forward-thinking approach against the desire for residents to keep Beaufort beautiful forms some of Prokop's biggest challenges.

"The number one thing is to be a good listener and understand what those issues are," he said.

That has helped Prokop and his staff build immense credibility within the community, forged in regular meetings with area neighborhoods and community stakeholders. He describes the early iterations of these meetings as somewhat confrontational in nature, a mood that has greatly shifted as constituents see the work being done on their behalf. That transparency is at the heart of everything Prokop does.

"We try to keep people informed on the good, the bad and the ugly," he said. "You can look at our website, if anyone wants to know anything about any expense in any department ... they can go right to the website and it's right there." *LL*

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Marc Orlando

TOWN MANAGER OF BLUFFTON

It could be said that the only thing that defines Bluffton is the degree to which it is impossible to define. In the past, it was thought of as a funky little arts enclave, a slow-as-molasses Southern river town, and a speed trap for tourists visiting Hilton Head Island. With the exception of the speed trap reputation, it's still all those things, but it is also so much more. If you walk the streets of Old Town, it's a quaint small-town destination revered in national periodicals for its boundless charm. Wander into Palmetto Bluff and it's a globally recognized destination with a guest list of the rich and famous. Over in the Buckwalter area, it's a thriving technological and small business powerhouse, driving the region forward one entrepreneur at a time.

It's all of these things, and as such it defies any tidy definition.

Unless you ask Bluffton's Town Manager Marc Orlando. He'll tell you one thing defines Bluffton: people. As he unwinds with a cup of coffee at Corner Perk, he does so just feet away from where private citizens and Rotarians got together hours earlier to raise $14,000 for improvement to Oscar Frazier Park. "While I was at home with my family last night, they were in here raising money. It's the people," he said.







AHOY THERE Bluffton is the fastest growing municipality in South Carolina, growing 882.7 percent between the 2000 and 2010 census. Orlando has played a major role in that.

"It's the connection of people and the joint venture partnerships and relationships that are, I think, making this work the way it works."

And by this, he means a town that has grown by leaps and bounds during not just his time as town manager, but even before that when he served as growth management director during a period of explosive growth. Under his watchful eye, projects from the Buckwalter Tech Park to the Old Town Master Plan helped temper that growth with an eye on maintaining respect for Bluffton's heritage.

"At the end of the day what's great about it is we're creating someplace great to live, great to raise families and one of the greatest places to retire," he said. "I think we're creating... In our town, that make the whole community a better place to live."

When he views his work with the town of Bluffton, Marc Orlando sees more than roads and zoning and construction. He sees residents.

"It's not just lines on a paper; it's someone's future home," he said. "Details matter. We only have one chance to get a blank canvas right." *LL*



Terry has been in the insurance industry since 1979. He joined the Correll Insurance Group of agencies as the President of Coastal Plains Insurance (CPI) and South East Coastal Underwriters (SECU). Terry is part owner and responsible for the day to day operations.

Prior to joining CPI Terry was owner of an insurance education and consulting firm.

Terry continues to accept national and international speaking engagements. In his spare time Terry is also recognized by Federal and State courts as an expert on insurance coverages and serves as an expert witness.

Terry holds the following professional designations; Certified Insurance Counselor (CIC), Chartered Property and Casualty Underwriter (CPCU) and Construction Risk and Insurance Specialist CRIS).

Terry Tadlock, *President*

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Steve Riley

TOWN MANAGER OF HILTON HEAD ISLAND



At this point, there's probably not much about Steve Riley you don't know. Far beyond just serving as town manager, he became a rallying point for the island after Hurricane Matthew, a shining example of the civil servant going above and beyond. It's the reason they made him grand marshal in the St. Patrick's Day Parade, an honor rarely reserved for town managers. The flipside of his notoriety has come from his reluctant role as a political sticking point, with everything from his relationship with council to his salary being dragged out into the public forum for examination.

It may seem like there isn't much about Steve Riley you don't know, but the man still has a few surprises, starting with his dry sense of humor.

"You probably shouldn't even know who your town manager is, I think," he said with a laugh. When asked about his fame over the last few years. "It's nice but to be an election topic, to have that many people know who you are... there are times that I just get uncomfortable with the fact that I wound up so well known. I joke with friends back home, 'Who's your town manager?' They don't know."

Still, it's not like Steve Riley was an unknown before his Hurricane Matthew heroics. A town employee since 1991 and town manager since 1994, he's served as a steward during some of the most



MOVIN' ON UP Great progress continues on Hilton Head Island under Steve Riley's watch. USCB's island campus is the latest example of the island's renaissance.

historic years in Hilton Head Island's development. His work to create TIF districts and implement the land acquisition program was vital in shaping Hilton Head Island into the vital resort town it is today.

Make no mistake, Hilton Head Island is a resort town, with all the joys and challenges that dual role carries with it. "I think you constantly have to be remaking yourself, you have to constantly be rolling something out," he said. "It's kind of like Disney World, every two years there's a new ride. I'm not building rides, but we need to be freshening the place up on a regular basis."

And just like Disney World, there's more going on behind the scenes than meets the eye.

"Most days we're just trying to fill potholes. We're trying to fill basic services, making sure when you call 911 someone shows up," he said. "There's so much that goes into making sure services are delivered every day."

He might view his day to day as simply keeping the machinery moving, but you have to acknowledge that without his decades of service, Hilton Head Island as we know it would be nowhere near the paradise it is. *LL*





Q+A

Rooted in family and tradition

CELEBRITY CONNECTION:

VIVIAN HOWARD, STAR OF 'A CHEF'S LIFE,' SERVES UP FOOD WITH A STORY.

STORY BY LANCE HANLIN
PHOTOS BY ARNO DIMMLING



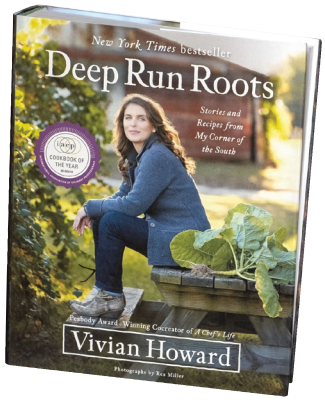


HAIL TO THE CHEFS The queen of Eastern North Carolina cuisine, Vivian Howard, is shown with Clayton Rollison, one of the Lowcountry's most celebrated chefs.



The food of the frugal farmer. That's how Vivian Howard describes the food she loves most — the cuisine of North Carolina's coastal plain.

"No waste. Use every part of the animal," Howard explained. "Lots of preservation, pickling and fruit preserves. Lots of fermentation. Fish only when a farmer goes fishing for the weekend. That kind of thing."



Howard shares more than 200 regional recipes and stories in her narrative cookbook, "Deep Run Roots: Stories and Recipes from My Corner of the South."

She calls it the story of her life, and what a unique story it has been.

Howard grew up in a small community near Kinston, N.C. (pop. 21,667). Her parents were farmers who grew tobacco, cotton, soybeans and corn. She moved to New York City to attend the Institute of Culinary Education and met her husband, Ben Knight, in the city. The two started a soup delivery business out of their apartment in Harlem, an effort that included chilling soup in the bathtub. Despite offers from investors to open a brick and mortar location in New York, the couple agreed to accept Howard's parents' offer to buy a restaurant in Kinston. Howard and Knight moved to North Carolina in 2005 and opened Chef & the Farmer in 2006, an acclaimed fine dining restaurant in a downtown building that had once been a mule stable. More than 60 percent of the ingredients used in the restaurant come from within a 90-mile radius.

Howard's work-life balance was featured for five seasons through the Peabody Award-winning PBS series, "A Chef's Life." Each episode follows her out of the kitchen and into cornfields, strawberry patches and hog farms as she hunts down the ingredients that inspire her seasonal menus.

Howard brought some of her stories and recipes to Hilton Head Island recently for two pop-up dinners with local chef Clayton Rollison at Lucky Rooster Kitchen + Bar.

Between greeting guests, signing copies of her book and running back to the kitchen, she took a few moments to speak with LOCAL Life about family, food and fame.

[Local Life] Was this cookbook something you always wanted to do? **[Vivian Howard]** I got into cooking because I wanted to be a food writer. I wanted to be a storyteller journalist of some kind. In doing that, I just kept cooking and writing on the side. Through doing the show, I got the opportunity to write this book and really made the most of it.

What do you feel makes it unique? **[VH]** There is a lot of good food out there nowadays, and you can Google any recipe you want. I wanted to write something that you couldn't find on Google. When you think about people who write books, that's generally what they do. They're authors. Most chefs don't write their own

EASTERN NORTH CAROLINA TRADITIONS

Here is a recipe from Vivian Howard's narrative cookbook, ***"Deep Run Roots: Stories and Recipes from My Corner of the South."***

Grandma Hill's Hoecakes

INGREDIENTS
(Makes 12 to 16 sand-dollar-size cornbreads)
1 cup cornmeal
1/2 teaspoon salt
1/2 teaspoon granulated sugar
1/2 cup buttermilk
1/4 yellow onion, diced
3/4 cup water, divided
1/4 cup vegetable oil, divided

DIRECTIONS [1] If you plan to serve these within 20 minutes of cooking, preheat your oven to 200 degrees. In a medium bowl, sift together the cornmeal, salt, and sugar. Put the buttermilk and the onion in a blender and puree till it's a homogenous liquid. Pour that plus 1/2 cup of the water into the cornmeal mixture and whisk to combine. **[2]** You're looking for something akin to slightly loose pancake batter-a batter that, when you drop it into the skillet, spreads on its own, bubbles up around the edges, and spatters a little. If you need to add more water to accomplish this, add the remaining water in increments. **[3]** Heat 1 tablespoon of the oil in a 10-inch cast-iron skillet over medium heat. Spoon 2 tablespoons of batter onto the edge of the pan to form 1 corn cake. If the batter sizzles a little, the pan's ready. Continue to drop the batter around the perimeter of the pan, finishing off with one in the middle. Make sure you get as many of them in there as you can without letting them touch. Lower your heat slightly and cook on one side for about 3 minutes. When they're brown on the cast-iron side and little bubbles are shooting up through the center of the batter, flip and cook an additional 3 minutes. Transfer the browned hoecakes to a baking sheet and hold them in the oven till you're ready to eat. Add another tablespoon of oil and continue with the next batch. **[4]** If you, like my grandma, want to make these ahead and serve them a few hours later, warm them in a 375 degree oven for 12 to 15 minutes. Do not use a microwave. The results will disappoint.



cookbooks. There is no reason you should believe that just because somebody can cook, they can write a cookbook. I had never written a book or anything that was published on a large scale before, and this is half story, half recipes, which is also fairly unusual. It's also 600 pages. I would say all of those things.

Which story is your favorite? [VH] Pepsi and peanuts, and how they relate to the tobacco farming culture of eastern North Carolina. Pepsi was born in New Bern, which is about 30 minutes from Kinston. People during the summer would top and sucker tobacco, taking the flower off the plant to get more energy to the leaves. Fresh tobacco is really sticky, so people's hands would be really gooey and awful. They would have a break at 10 a.m., and the farmer would come in with a cold Pepsi bottle and a sleeve of peanuts. People would dump the peanuts into the glass bottle so they could have their snack without having to deal with their dirty hands. It became a popular snack in eastern North Carolina.

Have you been to Hilton Head before? [VH] One other time when I was in high school. I came with a friend for the summer and have this memory of the lighthouse in Harbour Town. I have two young children (twins) now that are 7 years old. We have so enjoyed being able to step out of our condo and ride bikes everywhere. We love having a playground with a bunch of kids at our fingertips. We live in a very rural area. My kids really don't get to experience this kind of stuff very much. It's very exciting for them.

Do your kids realize you are a celebrity? [VH] Yeah, which is one of the reasons why I have reservations about being on TV. I don't mind for my kids to be on television; I don't think the PBS audience is particularly dangerous. But it's not a decision my kids made. It's a decision I made for them that has lasting consequences. I've had to examine that.

How does your husband feel about it? [VH] He too feels the PBS audience is different than if I were on Food Network or something like that. We both understand and appreciate what a heightened profile has done for our businesses, our community and our family.

Your restaurant has made Kinston a destination. You must take pride in that. [VH] I do, but there is a significant amount of responsibility that comes with it. Our town has become like a tourist destination. People are opening businesses and there is a lot of positive thought around what the future could be there. At this point, it all kind of rests on my shoulders — whether or not I continue to be on TV and continue to push this.

How did "A Chef's Life" come about? [VH] I wanted to make a documentary about the dying food traditions of eastern North Carolina. I reached out to a friend of mine who grew up in the Deep Run area who is a filmmaker. Through the process of that, I ended up unintentionally being in the documentary, which evolved into a series. We made a little sizzle reel and sent it to Food Network. They said no. We sent it to UNC-TV, which is our PBS affiliate. They said no. We sent it to South Carolina ETV, and they said, "This is really interesting." They took it to national PBS, who said, "We think we like this, but you need to make 13 of them at 27 minutes apiece, and then we will consider distributing it to all of our programmers." PBS didn't pay for anything and we didn't have any money. For the first season, we had a budget of $1.3 million and made it for about $200,000. Most of the people that did it worked for free. We ran up a lot of debt and just really hoped it would work.



CAROLINA GIRL Many food critics feel the best farm-to-table chefs on the planet are from the Southeastern United States. North Carolina's Vivian Howard is a shining example of that.



Watermelon Tea

INGREDIENTS (Makes 6 cups)
1 quart diced watermelon flesh (seeds are fine)
2 family-style Lipton-style tea bags
1 quart water
1 tablespoon lemon juice, optional

DIRECTIONS [1] In a blender, process the watermelon until completely pulverized. Strain it through a fine-mesh sieve or a larger colander fitted with cheesecloth. Discard the pulp and reserve 2 cups of the juice. **[2]** Place the tea bags in the pitcher you plan to serve it from. Boil the water and pour it over. Let the bags steep for 4 to 5 minutes. Remove the bags and discard the bags. Stir in the reserved watermelon juice and lemon juice, if using. Chill the tea until you're ready to serve. Serve over ice.

And it did. [VH] Yeah, it did.

Your restaurant was at the forefront of the farm-to-table movement. What food trends do you anticipate in the future?
[VH] It's a really interesting time. As a culture, we're more interested in multi-cultural food than ever. For a long time, the only ethic food in the States was Chinese, Italian-American and Taco Bell. Now we're seeing multicultural foods influence chefs like myself and Clayton. I think we'll see an increasing blend of cultures and flavors, and that's exciting for me.

We are very proud of South Carolina Lowcountry cuisine, and you are obviously proud of the food of North Carolina's coastal plain. Do you have any other favorite regional cuisines? [VH] For a long time, I felt like to go to the best restaurants and have the most exciting dining experience, I needed to go to New York. Now, I really think New York is so cost prohibitive to do business in, it stifles a lot of the creativity that young chefs have. It limits their freedom to do neat stuff because the stakes are so high. I find that traveling to mid-sized cities like Charleston or Austin, or cities with large ethnic populations, you find more exciting, quality, affordable restaurants.

This is your first cookbook. Do you have plans for others? [VH] I signed a two-book deal, so yes. The second book is called, "Hungry and Never Full." This is a narrative cookbook about my region and my personal journey cooking. The narrative portion of the second book is about ambition, mother guilt, body image, self esteem and the imposter syndrome. It's all the things we as professionals, and in a lot of cases, we as women, deal with. The recipes are health oriented but not diet recipes.

Sounds wonderful. When can we look for it? [VH] As soon as I finish writing it (Howard said with a smile before she was whisked back into the kitchen). *LL*

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Five tips from a successful businessman

OLD SCHOOL GE EXECUTIVE GEORGE KRALL OFFERS ADVICE FOR SUCCESS

STORY BY EDDY HOYLE









LOCAL SINCE 1990 George Krall is shown with a CFM56 jet engine in 1982, his wife Marianne Krall and a musician during a recent trip to New Orleans. The Kralls live at The Cypress of Hilton Head.

W. George Krall spent a 34-year career at GE and retired as corporate vice president and general manager of the Aircraft Engine Manufacturing division. He oversaw nine manufacturing plants and 21,000 employees.

Krall earned his bachelor's degree at Dartmouth College as well a master's in science in mechanical engineering. While at Dartmouth, he worked for one year on a research project in the Office of Naval Research studying combustion characteristics of small droplets of fuel, which, he explained, is very important to aircraft. Krall added it was total coincidence that he ended up in GE's Aircraft Engine Division.

Krall started his career at GE in a three-year training program followed by work in the radio receiver division, the large steam turbine division, and finally in the aircraft division. He describes himself as an "old school guy" who believes in making sure "you're tied to a good organization that has longevity, but it's perseverance and hard work that will get you up the corporate ladder."

Krall discovered Hilton Head in 1974 when he bought his first property, a condo for long weekends and vacations. He became a full-time resident in 1990 after retiring. He and his wife, Marianne, are active members of the island community. **Here are his tips for success:**

Keys to Success

1. Stop complaining. "I never had a job or assignment where I didn't learn something. Do the best you can in every job or assignment. Complaining about your job doesn't do anything," Krall said. "There is always something you can learn and there is no such thing as a bad assignment. Bosses don't like those who constantly complain or need hand-holding." Know what your responsibilities are and get the job done.

2. Give it all you have. Krall said you have to apply yourself and give maximum effort. "I stayed late and rarely took vacations. To be successful you have to set objectives and goals for yourself and really work at them." He believes in dedication to the job and that leaders inspire and teach by example: be the first one in, and the last one to leave. "Never go home on time," he said.

3. Hire competent people. Recognize that you can't do everything yourself, so hire competent people and groom them for success. "I didn't have a mentor myself, and I learned that the world can sometimes be crueler than you'd think. So I set broad goals and let those under me decide how to get the job done. If they couldn't get it done, then they were the wrong people."

4. Hands-on management, not micromanagement. Krall said that in very large organizations, you need hands-on management, but you don't have the time, inclination or need to micromanage. With hands-on management, you ask your staff how they're doing, if there are any problems, what they need, and you get involved in the problems.

5. Don't waste time. "I'm a great guy for small, short meetings and I feel that long meetings are a disaster. They are counterproductive and a waste of time," Krall said. "Know what you need to accomplish and understand that with a chain of command everyone knows their role, so communicate goals, objectives and expectations with absolute clarity." LL



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Organize your small business

PRACTICAL TIPS AND ADVICE FROM LOCAL EXPERTS



©ROMAN BOZHKO

An organized business is a productive business. You may not consider yourself blessed with natural organizational skills, but now is the perfect time to get your business and work space organized. **Here are some tips to help you do that and get on track in 2019.**



PURGE YOUR OFFICE

Too much clutter can add to daily stress and chaos. Toss out whatever is outdated, no longer relevant or a duplicate. Searching through junk or moving piles around takes valuable time.

ORGANIZE YOUR PAPER FILES

Go through your filing cabinets and shred anything that's out of date or no longer relevant to your business. One study found that the average person wastes over four hours per week searching for papers.

DITCH PAPER RECEIPTS

There is no reason for you to continue hanging on to all those tiny paper slips you get from restaurants and office supply stores. The IRS accepts electronic copies of receipts.

USE THE CLOUD

By housing files in the cloud, you can help clean up your personal storage, as well as save valuable time spent emailing documents back and forth when collaborating with others.

CONTROL YOUR INBOX

Manage your email inbox so you only see the messages you still need to deal with. Everything else should be neatly archived for safe keeping.

TAKE NOTES

A key to staying organized as a small business owner is having the right solution for jotting down any tasks or inspirations when they strike. Go old school with paper and pen or use an app like Evernote. Use whatever works for you.

PRO TIPS

Follow sound financial principles

Save 10 percent of your income:
Build your savings and investments.

Control your expenses:
Set and stick to a budget.

Earn interest and dividends:
Grow your savings and investments.

Follow wise counsel:
Seek financial advice from experts such as CFPs, CFAs and CPAs.

Pay your mortgage:
Build equity in your home.

Purchase insurance:
Protect your family and your assets.

Make a will and keep your estate plan current.
Your family will appreciate your foresight.

— Jim Haley, Dividend Assets Capital



BUSINESS PLAN
An organized business is a productive business. You may not consider yourself blessed with natural organizational skills, but now is the perfect time to get your business and work space organized.

STAY ON TOP OF SOCIAL MEDIA

Take stock of where your business has a social presence and drop any accounts that are no longer in use. There's no point in having profiles you don't post on or monitor.

GET A TAXMAN (OR WOMAN)

Make an appointment with a CPA or tax advisor early in the year. Don't wait until it's time to file your returns to start thinking about taxes.

TIE UP LOOSE ENDS

Did you file a DBA for your business name? Did you get a Tax ID number? Are all your licenses and local permits in order? Did you make any changes to your corporation and LLC and still need to file an Articles of Amendment to record those changes with the state? The new year is the perfect time to tie up any legal loose ends.

TAKE OVER YOUR BOOKS

If you haven't updated your business process lately (invoicing, processing payments, recording expenses, tracking projects, etc.), chances are there's an app out there to make your life easier. LL

PRO TIPS

File it away

Back in my days as a television news reporter, I learned some very good systems that work in any business or in the home.

Futures files:
Monthly files, January – December

Daily files: 1-31

This file drawer system works well for daily and future business. The obvious is to keep the current month in front of the 1-31 folders. When making appointments, simply put the paperwork in the day of the appointment. If a client orders something on an annual or semi-annual basis, this file system works as you can call and remind them it is time to reorder.

If a prospect asks you to call them back, you can't miss with this system.

I also use this system for billing purposes. You can put your invoice in the day it is expected for payment.

I am also a big **"color coder."** Color coding files according to the alphabet makes filing and finding much easier. I keep my warranties in a multiple alphabetical file. It keeps them handy and in order for when I need to reference them.

— Barbara K. Clark, Ad-Vise Inc.

PRO TIPS

Create a financial organizer

Getting organized is the first step in building an effective, long term financial plan. We recommend clients create a **"financial organizer," which can take the form of an accordion file, notebook, Excel spreadsheet, or even a shoebox, whatever works.** Use tabs for each of the following headings: Checking/Savings; Investments; Retirement Plans; Benefit Plans; Insurance; Will/Trust/POAs; and Liabilities. Within each header, keep a copy of your most recent statement or document, including title, account number, and contact information for each account. From here, the basis of a financial plan takes shape.

— Emily Johnson, Polaris Capital Advisors

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A Special Heart



LILLY COCHRAN PREPARES FOR HER MOMENT IN THE SPOTLIGHT AT THIS YEAR'S HEART BALL.

STORY BY BARRY KAUFMAN | PHOTOGRAPHY BY STEPHINE WILLIAMS



Lilly Cochran's mom, Kayla, describes her daughter with one word: energetic. It's not an unusual term to describe a precocious girl of 5 years. Lilly loves nothing more than riding her bike, playing with her friends and taking trips to the park. If not that, then she's content to play dress-up, exercise her imagination with her Barbie dolls, or help her mom in the kitchen, baking cookies.

Born with two heart murmurs, Lilly Cochran is a shining example of how children can overcome adversity through the simple act of being children.

"She gets tired a little more easily than other kids, but she loves to play and have fun," said Kayla. "If you didn't know anything was wrong with her, you wouldn't know."

Lilly had just been born when doctors noticed irregularities in her heartbeat during a routine checkup. Kayla knew right away something was off. "The doctors were listening to her heart, and their faces didn't hide it very well," she said. Specialists were brought in to examine the newborn and an echocardiogram quickly revealed that the child had not one but two murmurs, excessive sounds in the heartbeat caused by defects in the valves.

Heart murmurs are not uncommon in children, but they can serve as warning signs of congenital heart defects. In Lilly's case, they presaged a series of harrowing medical incidents. When she was 2, a backflow of deoxygenated blood turned her skin blue and led to an ambulance ride to the hospital. The first murmur closed when Lilly was 3, but the other one turned out to be a ventricular septal defect, essentially a hole in her heart. It led to atrial valve leakage and an obstruction in her aorta due to the backflow of blood.

These incidents continue to this day, despite Lilly's energy and constantly bright outlook. "She gets tired and she gets chest pains sometime because she gets arrhythmia. She'll tell you, 'My chest hurts; I need to rest.' She knows," said Kayla.



HEART WARMING Lilly Cochran will serve as honored guest of the 2019 Southern Coast Heart Ball on Feb. 2 at The Westin Hilton Head Island Resort & Spa.

"The majority of the time as long as she's breathing OK we try not to panic. It happens once, maybe twice a month, but we probably only go to the hospital once or twice a year."

Because Lilly's heart makes it easy for this energetic young girl to overdo it, Kayla makes sure all of her teachers are CPR certified and are well versed in what to do should an incident occur. Apart from the occasional visit due to an event, Lilly goes in for an echocardiogram every six months to monitor her heart's progress. Her cardiologist's main concern now is the valve leakage, something that tends to increase in patients around her age. "Once that happens, they'll have to do surgery to correct it," said Kayla. "We're not looking forward to that."

What she does have to look forward is this year's Southern Coast Heart Ball, where Lilly will serve as an honored guest. "She doesn't really understand yet," said Kayla, "but she has enjoyed everything that's had to do with Heart Association so far. She loved meeting Maggie (Maine, 2018 honoree). She has pictures of her that she takes out and says, 'That's my friend Maggie.'"

Between now and then, young Lilly will celebrate her sixth birthday with a Barbie-themed bash and a very special trip to Disney. It's a very special way to celebrate a very special young girl.

"She doesn't necessarily see herself as different from other kids," said Kayla. "I don't see her comparing herself to other children... however, she knows. We call it her special heart. She knows that she has a special heart and has to see special doctors." *LL*

OPEN YOUR HEART

You can meet Lilly and hear her inspiring story during this year's Southern Coast Heart Ball, from 6-10 p.m. Feb. 2 at The Westin Hilton Head Island Resort & Spa. For more information, visit southerncoastheartball.org.

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Organize a walking club

FOLLOW THESE THREE SIMPLE STEPS, AND YOU'LL BE ON YOUR WAY TO PLOTTING A COURSE TO BETTER HEALTH

STORY BY KATY HENDERSON

Tired of walking alone? Looking for a new way to motivate yourself and others to get moving? Starting a walking club is a good way to expand your workout group – and help many people improve their heart health. Plus, it gives you another good reason to get outside and enjoy the beauty of the Lowcountry. **Here are three easy ways to get your club started.**

STEP 1:
PICK YOUR TARGET AUDIENCE

Each walking club should consist of five to 15 members. But what type of walker do you want to enlist? Maybe all are welcome, no matter their age or fitness level. Or maybe you want to recruit people with shared interests and other similarities. **Consider these target groups:**

- *Beginners*
- *Racewalkers, powerwalkers or Nordic (pole) walkers*
- *Mall walkers*
- *Seniors*
- *Singles or couples*
- *Parents with children in strollers*
- *Dog owners*
- *Co-workers*
- *Neighborhood newcomers*
- *People with certain conditions, such as heart disease or diabetes*





STEP 2:
SET A TIME

Pick a time that's convenient for your walking club members and you'll get a better turnout at the starting line.

- **Time of day.** Some people prefer to get their morning jolt from a sunrise walk instead of a cup of coffee. For others, a tempting snooze button may sabotage good intentions for an early morning jaunt. Whether walks are scheduled for morning, afternoon or evening, choose a time of day that walking club members are most likely to stick with. Also consider the time of year. Walks during summer months may need a start time before noon or after 3 p.m. to avoid the steamiest part of the day.
- **How often to meet.** Make sure your walking club meets at least once or twice a week for close to a total of 75 minutes or more of moderate-intensity walking.
- **Weekdays or weekends.** It may be easier for on-the-go parents or people who work full-time to fit in weekend walks. Retirees, on the other hand, may prefer to spend weekdays with a walking club.
- **Work around daily commitments.** For a workplace walking club, schedule outings at a time when there are no recurring meetings. And for parents with afternoon nappers, mid-day may be booked.
- **Plan around a regular event.** Start or end the walk just in time for an existing event, such as a local farmers market or children's storytime at the library.
- **Don't forget about yourself.** Make sure it's a time you can commit to as the walking club leader.



STEP 3:
SELECT A ROUTE

Whether it's a park, a strip of beach or the streets outside your front door, finding a great place to walk will keep walking club members coming back for more. Just keep a few criteria in mind.

- **Identify a path that's free and safe.** Use a park or area that is managed and regularly maintained. A walk may not go smoothly if there are more than a few bumps along the way. Some other must-haves: lights, water fountains and restrooms.
- **Stay close to where people live and work.** Choose a route near home or the office. Walking club members are more likely to pop over for a walk that's nearby or make a stop that's conveniently on their way home from work or school.
- **Take the scenic route.** Give members a walk with a view. Look for hiking trails, waterfront walkways or neighborhoods with historic homes.
- **Do a test walk.** Size up the route at the time of day you plan to walk. A peaceful test walk in the evening may turn out to be a hazardous endeavor for a walk scheduled at rush hour. This is also a good time to pinpoint the meeting spot and where people can park or catch public transportation. *LL*

Source: The American Heart Association

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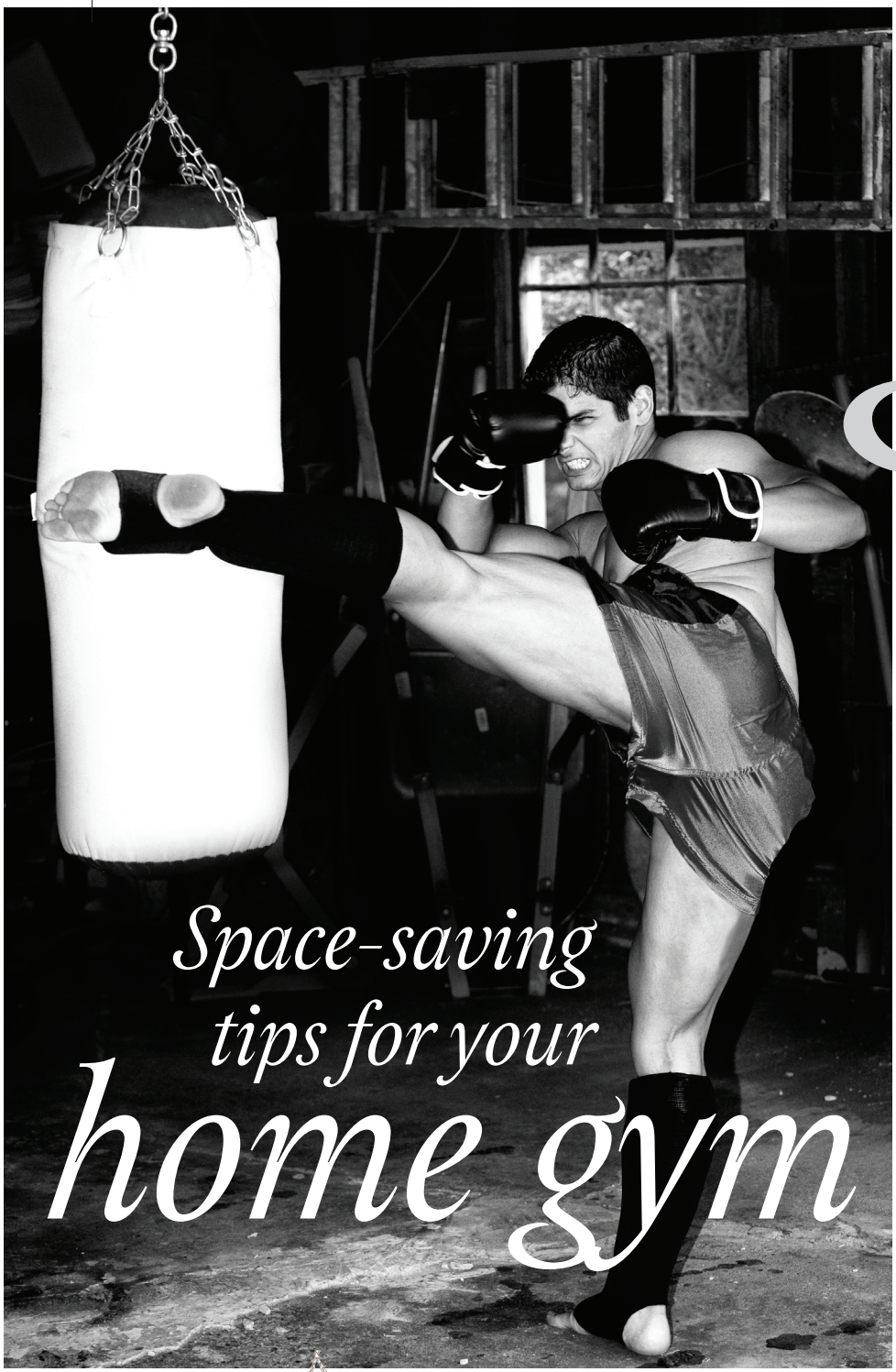
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Space-saving tips for your home gym

MAXIMIZE YOUR SPACE WITH THE RIGHT EQUIPMENT.

Gyms are not for everyone. If crowds of people make you nervous or if your toddler makes it difficult to leave the house fear not, it's completely possible to workout at home and get results. Sure it's unconventional and requires a good bit of self motivation, but with the right equipment and a little space it can be done. **Here are a few things to consider when setting up your own personal torture chamber.**

3 things to consider

GET A ROOM. Choose your space. This may involve your spouse telling you where the space will be. Most people don't have an empty warehouse at their disposal. So whether you plan on occupying a bonus room or a section of the garage don't clutter up your area anymore than you have to.

No matter what dark corner you end up in, make it your own. Bright lighting will energize you and mirrors will create an illusion that your space is larger than it is.



FUNCTIONALITY. Keep it simple. Avoid big, bulky machines that isolate movements and offer little variety. There is no need for a pec deck in your arsenal. Instead stick to equipment that is compact and offers a wide range of exercises like TRX suspension cables. They take up virtually no space and are capable of delivering a full-body workout.



Tools for the ultimate space-saving home gym.

TRX suspension trainers Extremely versatile, user friendly and allow for a wide range of difficulty. **Heavy bag** You can legally beat the hell out of this thing... need I say more. (Bonus tip: It can be mounted from the TRX mount) **Boxing gloves** If you're gonna punch something, put these on first. Your knuckles & wrists will thank you. **Bowflex SelectTech Dumbbells** Perform an incredible variety of exercises and save some space while you're at it. **Adjustable bench** Use in combination with the dumbbells and the possibilities are nearly endless. **Adjustable kettlebell** You can expand up to 50 lbs which is plenty to get you started and will save you a ton of floor space. **Rubber tiles** Save your floor and your equipment.





Another space-saving wonder is the adjustable dumbbell. Replace an entire rack of dumbbells with a single set that can range from 5-55 lbs or even 5-90 lbs if you need more. Combine this with a multi-position bench and the possibilities are endless!

A heavy bag is a great addition to any home gym. Nothing eliminates stress like a series of wildly thrown haymakers to a helpless leather sack. There are a number of heavy bag workouts that translate into a full-body workout using your arms, legs and even your core. **Bonus tip:** Use the ceiling mount from the TRX cables to hang the bag when in use.

STEP OUTSIDE. Save space in your workout area by taking your walks and runs outdoors. Treadmills and ellipticals require a good bit of space and they weigh a ton. We have miles and miles of bike paths and walking trails at our disposal. Also, we happen to live in one of the most beautiful places in the world so take your cardio outside.

Keep these things in mind when considering a home gym and you'll be surprised at how much you can do in such a small space. *LL*

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Losing weight is all about you

MANY FITNESS EXPERTS AND NUTRITIONISTS SAY IF YOU TRULY WANT TO LOSE WEIGHT AND SUCCESSFULLY KEEP IT OFF, YOU MUST MAKE A PERMANENT LIFESTYLE CHANGE.

BY CECILIA HALSETH



Cecilia Halseth is a motivational fitness speaker living on Hilton Head Island with her husband and their three sons. She is the author of "Walking is for Wimps," a guide on how to successfully lose weight and keep it off permanently.

I have never liked the word "permanent" — it sounds so overwhelming and restrictive. The phrase "new lifestyle approach" fits better. Regardless, this new "approach" will take a lot of work to succeed.

Many overweight women are already successful in various ways. They have worked hard and made sacrifices, especially with their time. Some are great businesswomen or great mothers. Others are top-notch students. Many of them have also worked hard to be loyal and reliable friends and co-workers. All of these require hard work.

When we work this hard, it is not a temporary thing. No one says, "I'd like to be a great employee for six months or an excellent student for one semester." That is ridiculous. We all make continuous commitments to make sure our family, friends, and employers know they can count on us. Working hard to acquire a healthy, attractive body you'll feel happy with is no different.

Every day you think about your children, parents, husband or partner, co-workers, etc. You think about what you can do for them, what they might need, and how you can help. You need to take this type of commitment for others and apply it to yourself. It is your turn. Think about you every day. Every morning, or even the night before, think about what you need to do that day to achieve or maintain your "happy weight."



"It is about making good choices of what and how much to eat and compensating when you overeat by cardio exercising."

Start thinking about and planning what you will eat every day. It may sound obsessive, but it isn't. Every person who is in shape does the same. You need to realize that thinking and planning about what, when, and how much to eat is normal. It's a part of everyday life. The more you think about and plan your food intake every day, the more natural it will become.

This new attitude is what I call your "new lifestyle approach." This new "approach" is not restrictive or intimidating. It doesn't mean that you will rarely be able to eat delicious food or that you must work out 4 to 5 times a week.

It is simply the realization that you need a new way of thinking and a new approach toward food and exercise. It is about making good choices of what and how much to eat and compensating when you overeat by cardio exercising. That's it!

Achieving a happy weight and keeping it forever is a type of success you deserve for yourself. I guarantee it will be one of your most rewarding personal successes because it will provide you with feelings of self confidence and self content, not to mention a healthier body.



ORGANIZE YOUR WORKOUT ROUTINE

At the beginning of each New Year, one of the resolutions that many of us make is to exercise more so we can become healthier and fitter. But like everything else at which you want to be successful, you must plan it. Don't leave exercising to chance. **Write it down and do it. No excuses!**

CHOOSE YOUR DAYS

I always start my workouts on Mondays. For me, parties and dinner gatherings are usually on the weekends so that is when I mostly indulge in eating high caloric food. I'm always ready to work out on Mondays because I need to burn off some of the weekend calories.

FLEX YOUR SCHEDULE

I exercise every other day during the week, but I always start on Monday. If I'm busy Monday, then I'll do it Tuesday. The same with Wednesday and Friday. If I can't work out on those days, I will do it the following day. Let me add that when I talk about exercise, I'm referring to cardiovascular exercise.

MARK YOUR CALENDAR

A good tip to organize yourself better about when to exercise is by doing what a good friend of mine does. She actually writes the days and times she plans to work out for the week in her calendar. Then, she will not plan anything else at those specific times. Having it written in her calendar makes it real, something to which she has committed.

BE EFFECIENT

Also, it is not necessary to work out for a whole hour. Try to cardio exercise efficiently, meaning work out for a shorter time (20-45 minutes) but with a little intensity — sweat a little throughout your workout. That is more effective than doing low to moderate-intensity workouts for an hour, and it is easier to fit into your schedule. *LL*

Everyone has a dream place.



H&D TIP

When buying a home, come up with a realistic wish list of what you can afford in terms of house size, neighborhood and amenities.



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Inspired to say the least.

Pantone 2019 Colors of the Year are more than just inspiring. They are lively, happy, optimistic and empowering. What a perfect word for 2019. Empowering. The executive director of Pantone said that from a psychological perspective, the hotter the colors are, the more empowerment they encourage. That's a word that has got some play that is really going to show itself in the spring collections. Confident, uplifting, joyful hues, but the undercurrent is empowerment to all of them.

You will find the forecasts dominated by lively hues that are a mix of bright reds and oranges but also consist of mellow tones. Fiesta, Jester Red, Turmeric, Living Coral and Pink Peacock are on the bolder side of the spectrum, where as Pepper Stem, Aspen Gold, Toffee, Sweet Lilac, Sweet Corn and Brown Granite are on the softer side. Enjoy shopping in 2019.

— Roxanne Madere Gilleland

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PHOTOGRAPHY Lisa Staff **STYLIST** Roxanne Gilleland **MODELS** Cameron Kriscunas, Jeff Saltarelli, Grace Lawton, Dylan Carter Moore
MAKEUP MariaNoel **FEATURED PRODUCT** Elaina Badro brushes and Dior Contour, Brow and Lip Palates



← Available at **SHOP!** Available at **THE BACK DOOR** (left) and **COCOON** ↑





↑ Available at (from left) **HASKINS & CO., COPPER PENNY, GIGI'S BOUTIQUE** Available at **OUTSIDE HILTON HEAD** →


Pepper Stem
PANTONE 17-0542





↑ Available at **PALMETTOES** (left) and **ISLAND CHILD** Available at **S.M. BRADFORD CO.** →

Jester Red
PANTONE 19-1862

Brighten up your winter

After finding your perfect Pantone color, complete the look with one of these stylish accessories available at local boutiques.

Orchid Hush
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Botkier Cobble Hill Crossbody, available at SHOP!

Living Coral
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Lilly Pulitzer Planner available at S.M. Bradford Co.

Princess Blue
PANTONE 18-4048



Kat Maconie Kailani, available at SHOP!



Available at **BIRDIE JAMES** (left) and **KNICKERS**

his

Streamline the chaos, once and for all, with these smart, sophisticated and stylish accessories from local shops and businesses.



JACK MASON RACING CHRONOGRAPH 40 MM WATCH

The reinvented Racing Collection blends old with new, combining the original collection's signature details with bold, sport inspired features. Drawing from both interior and exterior elements of mid-century sports cars, each detail is intended to honor both time and speed.

Available at Knickers



FIELD NOTES SIGNATURE

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PRIDE MOUNTAIN VIOGNIER

The intense aromas of nectarine, jasmine, lemon curd and lavender are all classically viognier. The palate is unctuous and luscious, but retains a lightness that comes from maintaining the grape's acidity through prevention of malolactic fermentation.

Available at Rollers Wine & Spirits

ROYALL VETIVER NOIR EAU DE TOILETTE

Royall's Vetiver Noir Eau de Toilette is a charming aromatic blend infused with botanical accords, effusing refreshing notes of citrus, amber, oakmoss, and wood. The citrus start is brisk and revitalizing, while the background of oakmoss and wood is potent, whetting your focus and leaving you calm.

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SMATHERS & BRANSON NEEDLEPOINT BELTS

These made to order works of art from Smathers & Branson are the perfect accessory for the new you in the new year. Each belt is elegantly packaged in a handmade wooden gift box.

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RIDGE RIDER ELECTRIC MOUNTAIN BIKE

The Ridge Rider is ready for adventure. It gives you the freedom to venture off the beaten path and enjoy the great outdoors.

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hers

Accessorize your life with the **hottest shades of 2019**. Since you probably didn't get what you really wanted for Christmas, treat yourself.



PRIDE MOUNTAIN SYRAH 2016

Dark, mysterious and exotically beautiful, this wine is a wonder, with flavors of blackberry coulis, sandalwood, jasmine oil, crushed peppercorns, cardamom and bacon fat. The palate is equally decadent, defined by an unctuous roundness, lush flavors and a long-lasting finish.

Available at Rollers Wine & Spirits

SWIG FRILLY LILLY MUG

The fun and festive Frilly Lilly mug will keep your drinks hot or cold while you're on the go thanks to its double-walled construction.

Available at Gifted





NATURAL SEA SPONGE GOAT'S MILK SOAP

This goat's milk soap will leave you feeling refreshed, clean, moisturized and smelling amazing. The ultimate bathing experience. Contains vitamins A, B6, B12 and E. Goat's milk is easily absorbed into the skin and allows for quick hydration of dry skin.

Available at Lowcountry Mercantile

INTERCEPTOR ELECTRIC CRUISER BIKE IN SEAFOAM

The Pedego Interceptor is America's best selling electric bike. It combines beach cruiser comfort and style with breathtaking performance and user-friendly features.

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DAVID YURMAN CHATELAINE DROP EARRINGS WITH PRASIOLITE AND PYRITE

These stunning Chatelaine Drop Earrings with Prasiolite and Pyrite will add the perfect sparkly finishing touch to any outfit.

Available at Forsythe Jewelers

THE RUSTIC HOUSE CANDLES

The Rustic House candles 8 oz wax candle has a burn time of 50 hours. The soy wax is housed in a white container to match any decor and a wide variety of scents to match any mood, season, or holiday. The sturdy glass container is also great for repurposing, so feel free to get creative.

Available at Haskins & Co.





BUTTER LONDON LIVING CORAL PATENT SHINE 10X NAIL LACQUER

Butter LONDON's Living Coral Nail Lacquer is 2019's hottest shade of orange with golden undertones. Give your nails a color pop with this opaque coral nail polish.

Available at Gigi's Boutique



RONALDO BRACELETS

Angelina The name Angelina means little angel. This beautifully etched sterling silver bracelet is for the little angel in your life!

Green Jade with Pearl Over many centuries, varieties of semi-precious gemstones have been used in the making of jewelry. It may be possible that Jade can produce calm by quieting one's mind.

Sands of Time Hourglass shapes flow around this bracelet to remind us to take advantage of every second we have. Part of the proceeds benefit the American Cancer Society.

Let It Shine For anyone who may be going through a difficult time in their life, this is a reminder to be strong and to know that whatever is going on now will soon pass.

Available at Gifted

Nora Fleming Serveware

Different looks, one platter with the switch of a mini!
Simplify your life and entertain with style!



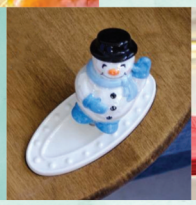






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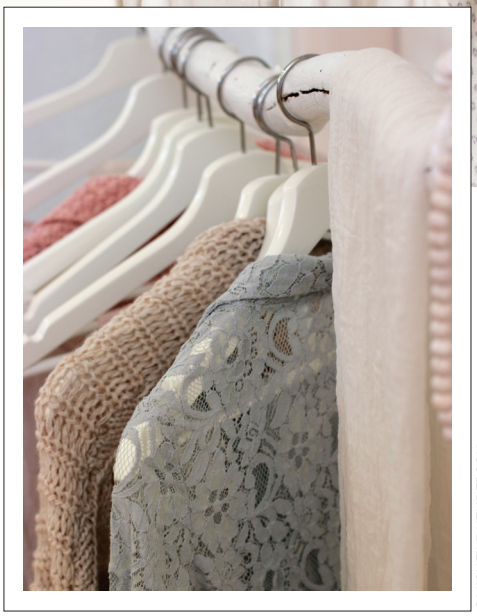


THIS YEAR, CLOSET, LET'S GO BACK TO BASICS

STORY BY ROBYN PASSANTE



©PRISCILLA DU PREEZ



©MICHEILE HENDERSON

HANG STRATEGICALLY The easiest way to end up with a disorganized closet is by hanging up clothes without even thinking about it.

My closet is a mix of impulsive thrift store finds, items that were previously trendy, hopelessly outdated duds with strong sentimental value, and a few choice favorites.

I have a hard time putting together a decent outfit, is what I'm saying.

In recent years I've tried to KonMari my closet, keeping only those items that "bring me joy." But I never get far before realizing that would leave me with one pair of faded jeans, two sweatshirts and my running shoes.

Wardrobe woes plague many a woman, but LOCAL Life stylist Roxanne Gilleland says the trick is to go back to



©ANNIE SPRATT

LET IT GO It's likely that clothing that you haven't worn in six months is clothing you will not wear again.

basics: We're talking wardrobe essentials. You know, the **little black dress**, the smart blazer, the ballet flat.

I've never had any of these, I guess because I never really considered how essential they are — essential for easy outfit building. Essential for always looking on-trend, in a classic sort of way. Essential for bringing me joy when I look in the closet, and then when I look in the mirror.

"With some savvy styling, there is no need to ever say, 'I've got nothing to wear!'" Gilleland says. "When you finally find that perfect little black dress, the softest white T-shirt, that one sharp blazer, you never have to worry again. That's why the concept of a wardrobe staple is so enduring: A closet built on a streamlined selection of items makes day-to-day dressing infinitely easier."

Not convinced? Gilleland breaks down this year's Top 10 Wardrobe Essentials, and what makes each of them so ... essential.



KENDRA SCOTT



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ROXANNE'S TOP 10 ESSENTIALS FOR 2019





Dark Wash Denim

If you're shopping for fresh denim, make it a dark wash pair. Not only do they work for a wide range of scenarios including the office, but they also don't stain easily.

White Button-Down Shirt

Consider a white shirt your wardrobe's pinch hitter. There are endless options for how to wear it: Pair it with a simple skirt or pants for a classic look, or layer it under a sweater or dress to give an outfit dimension.

Elegant Blazer

A great blazer is a true workhorse in any wardrobe. Need an extra something to pull together an office look? Look to a blazer. It's also a great outerwear substitute when it's not quite cold enough for a heavy coat.

Sleek Pump

A confidence-boosting pair of heels is a solid footwear staple to keep in your rotation — even if they mostly live under your desk, reserved for important meetings or an after-work appointment.

Black Trouser

Whether you wear them to work or wear them to brunch, a solid pair of black pants that make you feel great is a true Monday-through-Sunday staple.

Little Black Dress

No item is more of a blank slate for accessorizing and styling, yet completely stunning on its own, than the LBD. It's gotten us through some tough times, and serves as a touchstone for any wardrobe.

Ballet Flats

There's a reason everyone from Audrey Hepburn to Alexa Chung loves a good pair of ballet flats. They're equal parts chic and comfortable. Use them to dress up your jeans and button-down combination, then seamlessly transition that same pair to a cocktail dress for a night out. Your outfits (and feet) will thank you.



©WILL LI



©PETER SJO



Jean or Leather Jacket

A jean jacket and or a lightweight leather jacket is a great layering piece that can be worn season after season. A classic deep- to medium-denim wash is the most versatile option. And one can never go wrong with black or brown leather; it's just a step up from denim.

A Plain White Tee

Is there anything more versatile than a nicely fitted plain white T-shirt? Whether you style that perfect T-shirt with a pair of jeans, a fancy skirt or a slip dress, no closet is complete without one or two — or more!

Pattern Scarf/Detail Belt

Instead of a necklace, try a soft loop of bright, silk fabric to perk up a mundane outfit instantly. And you know what a good belt gives you? A waist. Imagine that! *LL*







STYLE TIPS FOR MEN

- Sell, donate or give away anything you haven't worn in **over a year**.
- **Get everything adjusted:** pants, shirts, jackets, etc. Some good local tailors are Kim Custom Tailors, Lam's Tailors & Expert Alterations and Julius Alterations.
- Spend more money on less pieces of clothing. **Quality** will save you money over time, plus you will look much better.
- Consider **more shoe colors** than brown and black. Be more patriotic by wearing reds, whites and blues!
- Your **pant legs** should stop right at the top of your shoes. There should be no gap, unless you're trying to look like Steve Urkel.
- Shop for a **suit** in person.
- Always wear a **pocket square** with a jacket.
- Either a **belt or suspenders**. Never both at the same time.
- Match the color of your **socks** to your pants.
- Wear shoes that are **NOT** the same color as your pants.
- Do not wear **light blue denim**, unless you work in construction or are herding cattle.
- Don't wear **button-down collars** with suits.
- Don't wear **T-shirts with graphics** on them in public.
- Have at least two nice **white dress shirts** ironed and ready to wear at all times.
- Start a **belt** collection.
- For accessories, go **all gold** or **all silver**. Don't mix and match.
- **Dress for the season.** Dark colors, grays and blues in cold weather; colorful items when it's warm.
- Buy a pair of colored **canvas sneakers**.
- Only **unbutton your jacket** when you sit. The bottom jacket button always stays undone.
- **Shirt cuffs** should be visible at the end of your jacket sleeves.
- Your **necktie** should touch the top of your belt.
- Ask yourself, **"Would my Dad wear this?"** If the answer is yes, don't wear it.





Create a Healthy Habit

POPULAR RESTAURANT OFFERS TIPS AND ADVICE FOR EATING BETTER IN 2019

STORY BY ROBYN PASSANTE + PHOTOGRAPHY BY KARIN CURTIS





SALAD DAYS For many health conscious Lowcountry residents, lunch doesn't get much better than the chopped salads at Healthy Habit.

A sign on the wall inside Healthy Habit restaurant defines for diners half of the eatery's name: "Habit: noun. An acquired mode of behavior that has become nearly or completely involuntary."

It also describes what the owners think is an essential ingredient of a proper diet.

"I think so much of what we do is about instant gratification. We send a text, we want a text back right away. We've conditioned ourselves to be like 'I went to the gym,

so I deserve this treat,' or 'I went to the gym, how come I'm not seeing results right away?'" says Hope Yeung, who owns Healthy Habit with her husband, Kevin Yeung, and their partners Andrea Roberts and Nick Bergelt of HHI Hospitality. "Getting away from that is important, realizing there is no instant gratification in the health realm."

On the contrary, being healthy is a series of decisions one makes over and over until they become habits – a lifestyle you no longer think much about.

As a nod to the new year and all the health-related resolutions wrapped up in it, we asked Hope for some habits we can make — and break — for a healthier 2019.

Eat Local

"We really believe in seasonally locally sourced food," she says. "It's been fun because you can visit these farms and see the pesticides they're using or not using, you can see the water source they're using." Locally sourced, in-season foods have



HEALTHY HABIT

Arcadia Salad

Healthy Habit's Arcadia Salad is one of their best sellers. "Adding lentils and quinoa is a great way to increase your protein and fiber intake," says Hope. "We love it with our freshly made Cilantro Lime Chili Dressing."

INGREDIENTS (salad)

Mixed greens
arugula
tomatoes
edamame
lentils
quinoa
tofu
avocado



INGREDIENTS (dressing)

3 jalapeños
Large handful cilantro
2 cloves garlic
1/2 cup fresh lime juice
Oil of your choice
Salt and pepper

DIRECTIONS Blend jalapeños, cilantro, garlic and lime juice. Add oil until emulsified; season with salt and pepper to taste.



Blueberry Nice Cream Toast



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SEEING GREEN Healthy Habit serves up farm-fresh chopped salads featuring locally sourced ingredients, including non-GMO produce, grass-fed beef, cage-free raised poultry and small batch dressings made from scratch.

the quickest trip from the ground to the plate and, therefore, the most nutrients.

"It's amazing when people come in and it's winter and they're asking for strawberries. So we're trying to teach people you don't want to eat that strawberry in December, that's the wrong thing to eat."

No Mo' GMO

Genetically Modified Organisms are not the way to go when selecting food, so Hope suggests careful label-reading of the things you buy. "A chicken breast should not be bigger than my husband's hand," says Hope.

As parents to a 1-year-old son, the couple has become even more careful about the food they buy and serve.

"Everything you do with children and being parents is very much looking at how to keep your children away from toxins. And everything these big farms are doing with massive amounts of pesticides are scary. You can't eat Cheerios now because they carry pesticides. That's just so scary for us. So we try to keep the focus on non-toxic, non-chemical, pesticide-free ingredients."

Make It More Often

Making your food rather than buying it prepackaged (and loaded with preservatives) is a good way to ensure you end up eating healthier. "I've pulled



ON A MISSION Ready to put years of unhealthy living behind them, Healthy Habit owners Kevin and Hope Yeung have set out to create something that will not only encourage themselves to lead a healthier lifestyle, but inspire our community to do the same.

Warm up this winter

Chef Kevin Yeung, who grew up in New York City's Chinatown and went to school at the Culinary Institute in Hyde Park, is debuting some menu changes this month that promise to warm customers from the inside out. One hot rice bowl features Korean Gochujang pepper. "It's more what my husband likes to do, complex flavors but not high calorie," Hope says. "He gets to express his creativity a little bit more and it just changes it up for everybody."

Also look for the Harvest Bowl, a plant-based bowl filled with roasted broccoli, mushrooms, and butternut squash or sweet potato when it's in season.

people behind my counter and showed people how to make a dressing. May I lose someone's business if I show him how to make our Cilantro Lime Chile Dressing instead of buy it from us? I might. But I'd rather show him how to do it because then his children are eating that rather than ranch dressing from a bottle. It teaches children you make what you eat."

Juicy Secret

Kick-start your day with a glass of freshly made juice, which Hope admits takes just the right balance of flavors.

"When people try to juice on their own, they're not successful because of the earthiness. They say 'It tastes like the ground,'" she says. The trick is to use lemon to counteract that slightly bitter bite. "You have to learn the balance of earthiness to the lemon. The lemon will take earthiness right out of something."

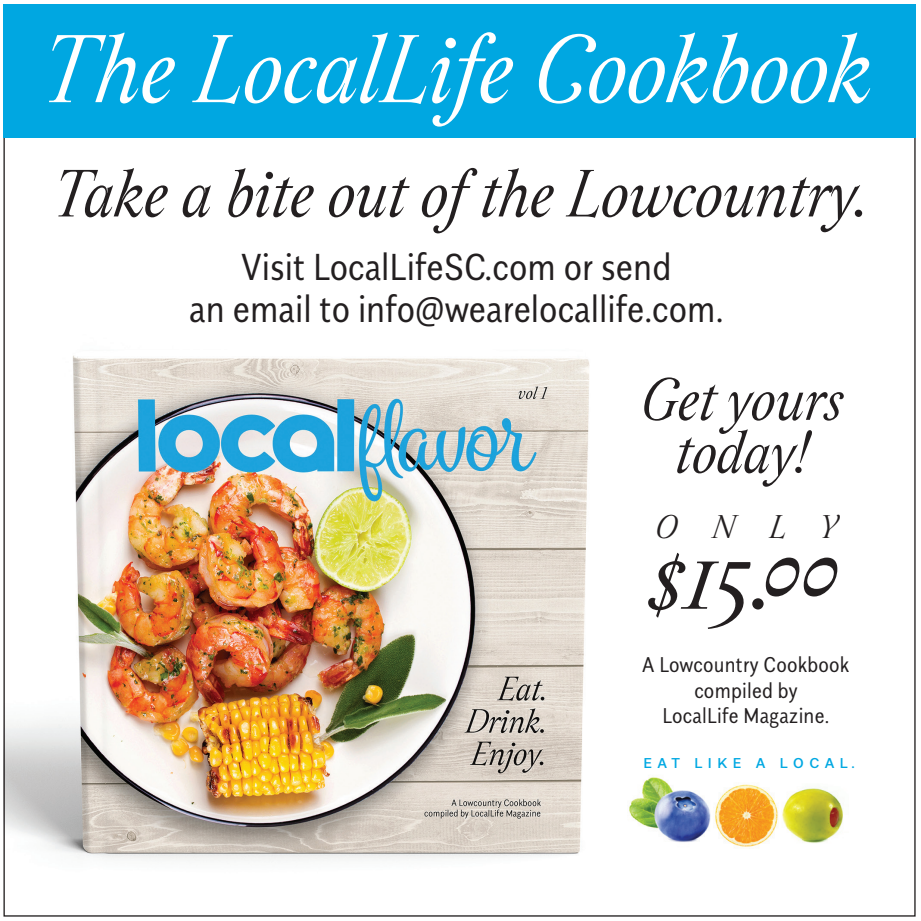
Start by juicing a head of celery using a good quality juicer, then add about 1 inch of ginger root and two lemons. Add more lemon or more ginger, depending on your taste and what your body needs.

"You might need an apple — or an extra apple — for more sweetness," she says. "The more you drink it and your taste buds acclimate to a healthier thing, you don't need the added sugar." *LL*



Granola Avocado Toast





Breaking bread



LOCAL BAKERS SHARE THEIR LOVE FOR AND ADVICE ABOUT MAKING HEALTHIER BREADS

STORY BY EDDY HOYLE
PHOTOGRAPHY BY LISA STAFF



RIGHT AS GRAIN Kim Tavino (aka Sprout Momma) has a simple rule when it comes to eating: If you can't pronounce it, don't put it in your mouth.



There is nothing better than the scent of fresh-baked bread wafting through the air. Hot, fresh-baked bread may trigger childhood memories, warm our souls, and spark our desire for a hearty meal. Throughout history bread has been a staple of nearly every culture – from ancient Mesopotamia to modern Italy, bread calls people together to share a meal. It is also a metaphor for the basic necessities, and is sometimes referred to as the "staff of life." Wheat is the quintessential food in nearly every culture throughout history.

In today's hectic world, however, we too often settle for mass-produced bread in plastic bags. Convenience over quality dictates our choices. At Sprout Momma, Kim Tavino and her son, Ryan Fennessey, have returned to the basics to create artisan breads that are more nutritious and healthy.

A health coach and baker, Tavino said, "We should eat what God put on earth, not what comes in a bag or a box. That means a whole food, plant-based diet. If you can't pronounce it, don't put it in your mouth."

The ingredients that go into a loaf of homemade bread are simple — flour, yeast, liquid, and salt. Then you can use your imagination to create wonderful flavors, textures, and shapes. Combinations can be simple or complex, and the nature of the ingredients, their proportion, and the way they are combined makes a difference in the final product.

The mission of Sprout Momma is to nourish the body and please the palate. Inspired by Old World sensibilities, they have mastered the art of creative, healthy breadmaking. From bold ryes to French baguettes, Sprout Momma offers handcrafted artisan breads with varied flavors such as cheddar jalapeno, garlic rosemary, cinnamon cranberry and buttermilk molasses.









RISE & SHINE
Sprout Momma bread grew in popularity through local farmers markets. To keep up with demand, they've opened a small bakery on Cardinal Road that serves breakfast and lunch sandwiches, using their artisan breads.



"Making bread is a noble calling," said Fennessey, a chef and baker. "Bread is of one the oldest foods, and every culture has its own variations and traditions. It's important to honor this process. I love the history of breadmaking."

"My father was a great chef. Dad taught me to do things the real way. There's a lost art involved with food. Today it's all about convenience," Fennessey explained. His father, Geoff Fennessey, was a culinary master who operated two restaurants.

Now he works with his mother, Kim Tavino, and his sister, Abby Fennessey, at Sprout Momma, a production bakery in Hilton Head that opened in 2017. Originally Tavino started baking bread at home as gifts. "I wanted a better, healthier bread to support well-being and healing." People kept telling her that she should open a bakery, and she now enjoys working with her children at Sprout Momma.

They specialize in custom, artisan bread that combines King Arthur flour, sprouted ancient grain, sprouted whole wheat, vegetables and fruits — all organic when possible, and they source ingredients from local markets and farmers. Tavino said that sprouted wheat ups the nutritional value of bread, and it's easier to digest because the body recognizes it as a vegetable. So what is sprouted wheat? Tavino said you take hard, red, wheat berry grain, soak it overnight, and then keep it moist until sprouts appear. Once that happens it's ground into flour, sprouts and all.

Whole, unrefined grains are beneficial to your health, while refined grains, such as white rice, white bread and white pasta are devoid of most nutrients and fiber due to the refining process. These processed grains behave like sugar in the body resulting in blood sugar imbalances, sugar cravings, mood swings and weight gain. Whole grains are the way to go to improve health.

Fennessey explained that making great bread requires the freshest and highest quality ingredients. After that, you need patience, he said. "Each step is important and all the steps take so long. Don't rush it, or it will come back to bite you."

This high-energy, creative family constantly challenge themselves with new ideas, new products and improved processes, and the result is a constantly growing business.

Tavino and the Fennessey siblings have figured out how to work together as a family team.

Tavino manages Sprout Momma; Ryan is the chef and bread maker and is responsible for the research and development of new products; and the "baby sister," Abby, develops the website, handles the marketing and serves as the "resident grunt" doing anything and everything that is asked of her. "I get bossed around, but I wouldn't change it for the world," she said. Her degree is in public health, but said she has found her true calling in the family niche.

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SELF-LOAVING The team at Spout Momma includes, from left, Kim Tavino, Caitlin Anderson, Abby Fennessey and Ryan Fennessey.



The art of baking bread

All ingredients should be near room temperature, about 75 degrees. To activate the yeast, liquids need to be 100-115 degrees for active dry yeast or 120-130 degrees for quick-rise yeast. On a cold day, warm the mixing bowl in a warm oven to speed rising time. Commercial yeast is reliable if it is used before the marked expiration date. The use of quick-rise yeast allows all ingredients to be added together if the water is warm enough to activate the quick-rise yeast.

Once the flour is added, the dough is kneaded. The dough can be kneaded by hand, with a mixer and dough hook, a food processor, or in a bread machine. Kneading develops gluten, the protein found mainly in wheat flour, which gives bread its structure. The more you knead the dough (up to a point), the finer the texture will be. The kneading breaks up pockets of air being incorporated into the dough. These air pockets between the strands of gluten fill up with carbon dioxide produced by the yeast. The smaller the air pockets, the finer the bread's texture. Well-kneaded dough is smooth and satiny and has a soft, pliable body to it. Be careful because dough can be over-kneaded using a mixer.

KNEAD TO KNOW

Here are some interesting facts about bread:

- A rolled up piece of white bread was used to **erase graphite** before rubber erasers were invented.
- Within five years of the invention of machine for making **sliced bread**, 80 percent of bread sold in the USA was sliced.
- Pre-sliced bread was **banned in United States** for a short time in 1943 as a wartime conservation effort.
- The **Great Fire of London** started at the bakery.
- Bread became a staple food during the **Neolithic**, around 10,000 years ago.
- The sandwich is named after John Montagu (1718-1792), the 4th **Earl of Sandwich**, who started a fashion of eating beef between two pieces of bread.
- Bread is usually baked but in some cuisines breads can be **steamed**, **fried** or **boiled**.
- On average, ach American consumes **53 pounds** of bread per year.
- Old wives tales tell that eating the **bread crust** makes a person's hair curlier.
- **Germany** has the largest consumption of bread per capita worldwide, followed by Chile.
- The automatic popup **bread toaster** was patented before the bread slicing machine.

Source: The History of Bread



Sprout Momma serves up more than just artisan breads. They also specialize in healthier items such as deli prepared salads, vegan cheeses and soups. Here are two great recipes from the Sprout Momma squad.

Almond Vegan Cheese

INGREDIENTS

1 cup almonds, soaked overnight in filtered water
3/4 cup water
2 tablespoons olive oil
3 tablespoons lemon juice
1 clove garlic
Salt to taste

DIRECTIONS [1] After your almonds are soaked, the skins should just pop off. Put skinned almonds in a Vita Mix or blender and pulse. Add each ingredient one at a time to give it time to blend. This will take patience — scrape the sides of your blender and incorporate it all into a creamy consistency. **[2]** Now you have three choices in what to do next: 1). Leave it and enjoy as a spread, 2). Spoon it into a cheese cloth and refrigerate over night to allow all moisture to come out, or 3). If you have a dehydrator, pop it in a mold and dehydrate for 6 hours on 115 degrees, then it will have a rind.



Sweet Corn and Black-Eyed Pea Dip

INGREDIENTS

1 red pepper
1 small tomato
3 cups cooked black-eyed peas
1 cup corn kernels
1/2 cup sliced green onions
2 cloves garlic, chopped
1 jalapeño, chopped
2 tablespoons olive oil
2 tablespoons lime juice
2 tablespoons apple cider vinegar
1/4 teaspoon cumin
1/4 teaspoon turmeric
1/4 teaspoon salt
1/4 teaspoon pepper

DIRECTIONS [1] Chop red pepper and tomato into bite size pieces. **[2]** In a separate bowl place peas and smash them just a bit. You want them semi-creamy but enough whole for texture. **[3]** Add all the ingredients to the peas ... easy and healthy! Season to your taste. **[4]** Serve with toasted Sprout Momma baguettes or over greens — yummy!





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Jorge Covarrubias
Executive Chef






Holy Tequila represents a new breed of "Mexican" food that incorporates new American flavors, nontraditional gourmet ingredients, and pairs them with authentic preparation methods centered around a wood burning grill.

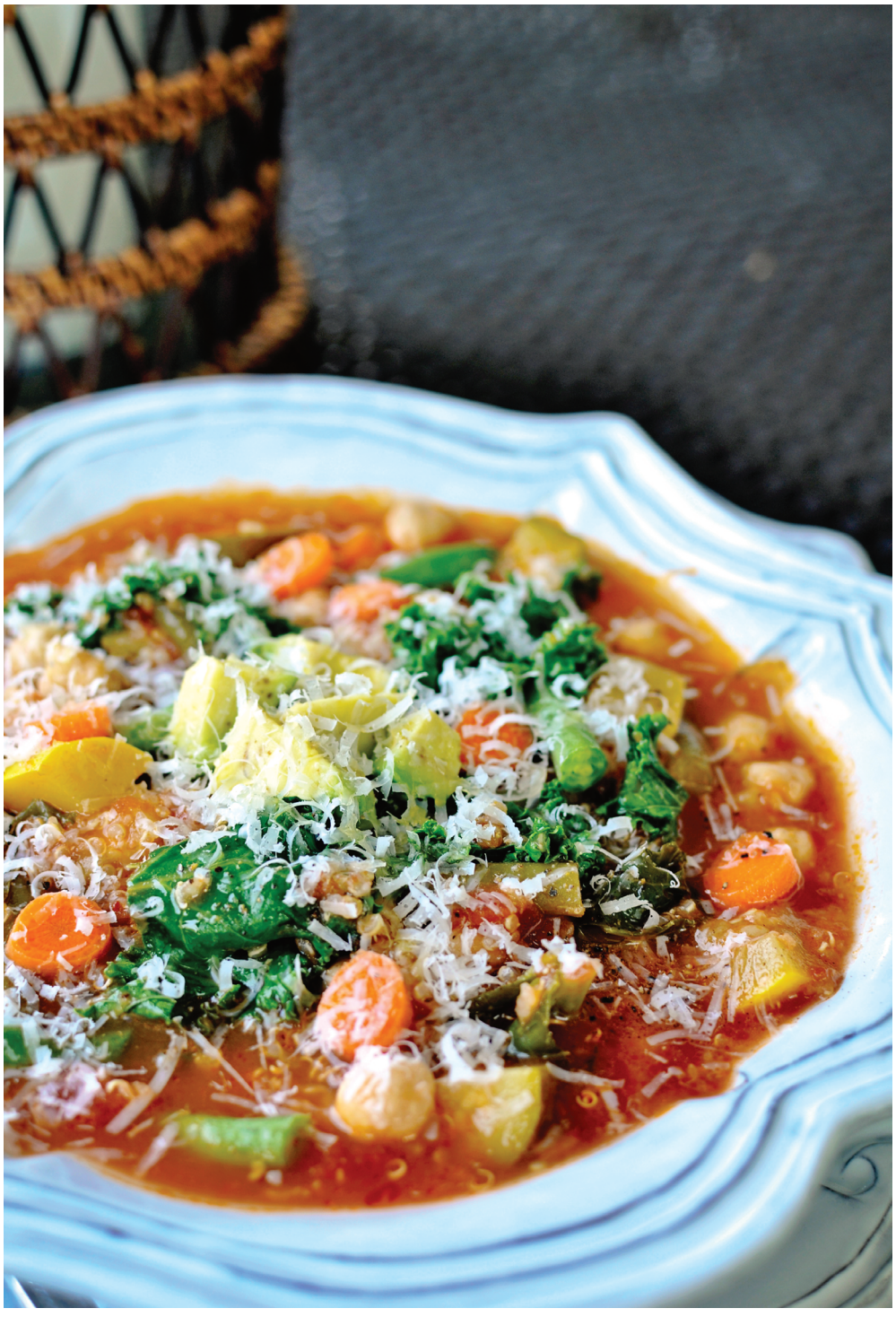
By using higher-quality, locally-sourced products, Holy Tequila is redefining the standard for a Mexican food experience. The menu features a variety of gourmet tacos, tortas, quesadillas, salads and signature plates.

Additionally, the bar offering features Mexican-inspired, hand-crafted cocktails, Mexican & craft beer, a curated list of Spanish wines, and over 50 premium tequilas ranging from blancos to añejos, reposados and mezcals.



Hale and Hearty

SOUP AND SALAD RECIPES FROM LOCAL CHEFS & RESTAURANTS



GIGI WILSON

Healthy Kale Minestrone



INGREDIENTS (serves 4-6)

1/4 cup extra virgin olive oil
1 medium yellow onion, chopped
2 carrots, sliced in 1/4 inch rounds
1 stalk celery, diced
1 teaspoon dried oregano
2 cloves garlic, minced
1/2 teaspoon red pepper flakes
2 medium zucchini, 1 inch dice
1 medium yellow squash, 1 inch dice
2 cups French green beans, 1 inch chop
2 cups crushed tomatoes (canned San Marzano)
4 cups water
*1 cup **garbanzo beans**, strained and thoroughly rinsed*
1/2 cup red quinoa
1 cup kale leaves, chopped horizontally into 1 inch strips
1 teaspoon each kosher salt and fresh ground pepper, or to taste
1-2 avocados, sliced
1/2 cup Parmigiano Reggiano cheese, freshly grated
1/4 cup flat leaf parsley, finely chopped

DIRECTIONS [1] Place olive oil in a 3-quart dutch oven or stock pot (I like to use my Le Creuset 3-quart oval dutch oven) and heat over medium heat. Add onion, carrot, celery and oregano and cook 3-5 minutes until the vegetables begin to soften. Stir in garlic and red pepper and cook no longer than 1 minute. **[2]** Add zucchini, squash, green beans and stir to combine. Pour in tomatoes and water and season with kosher salt and pepper. Bring to a boil. **[3]** Reduce heat to medium low and simmer soup for 20-30 minutes, stirring occasionally. Add garbanzos and quinoa and cover until quinoa is cooked, 10-15 minutes. **[4]** Remove cover and stir in kale, simmer 3-5 minutes longer, until kale is tender, but still vibrantly green. Ladle soup into individual serving bowls and top each with a few slices of avocado. Finish with grated Parmigiano Reggiano cheese, flat leaf parsley for a dash of fresh, and a drizzle of **extra virgin olive oil**.







HILTON HEAD HEALTH

Broccoli Soup

INGREDIENTS

2 tablespoons olive oil
2 onions, peeled and chopped
3 celery stalks, chopped
6 cups potatoes, chopped
1 gallon water or vegetable broth
2 bay leaves
2 quarts broccoli florets and stems, chopped
1 tablespoon salt
1 teaspoon white pepper

DIRECTIONS

[1] In a large soup pot, heat olive oil on medium heat. **[2]** Add onions and celery and cook until they start to soften. **[3]** Add potatoes, broccoli, bay leaves and water and bring to a boil. **[4]** Reduce heat and simmer about 20 minutes until potatoes are very soft. **[5]** Puree and cool.

— From Jill Boyd, SVP of Hospitality



LOCAL LIFE TEST KITCHEN

Roquefort Pear Salad

INGREDIENTS

1 head leaf lettuce, torn into bite-size pieces
3 pears; peeled, cored and chopped
5 ounces Roquefort cheese, crumbled
1 avocado; peeled, pitted, and diced
1/2 cup green onions, sliced
1/4 cup white sugar
*1/2 cup **pecans***
1/3 cup olive oil
3 tablespoons red wine vinegar
1 1/2 teaspoons white sugar
1 1/2 teaspoons mustard
1 clove garlic, chopped
1/2 teaspoon salt
Fresh ground black pepper to taste



DIRECTIONS [1] In a skillet over medium heat, stir 1/4 cup of sugar together with the pecans. Continue stirring gently until sugar has melted and caramelized the pecans. Carefully transfer nuts onto waxed paper. Allow to cool, and break into pieces. **[2]** For the dressing, blend oil, vinegar, 1 1/2 teaspoons sugar, mustard, chopped garlic, salt, and pepper. **[3]** In a large serving bowl, layer lettuce, pears, blue cheese, avocado, and green onions. Pour dressing over salad, sprinkle with pecans, and serve.





SAVORY CAFE AND PROVISIONS

Roasted beet salad

INGREDIENTS (serves 4)

2 pounds of red and yellow beets, stem off
3 pinches kosher salt
1/4 cup olive oil
3 ounces finely sliced bread and butter pickles
8 ounces of fresh goat cheese
2 ounces milk or dairy product
1 small bag of baby Arugula (can be purchased at the local grocery store)
1 small bag baby kale

DIRECTIONS [1] Scrub the beets under water to remove any dirt. Cut below the stem to make an even surface, and place cut side down on a sheet pan or baking pan. Pour some olive oil on each of the beets; sprinkle with salt and place in preheated oven at 375 degrees. Cook for about 90 minutes. Based on size it may take longer. Using a pointy knife puncture the beets to see if they are cooked. **[2]** Remove and cool. Using a small knife, peel off the outer layer of skin. Cut the beet into segments. Keep the beets separate so they do not bleed. **[3]** Soften the goat cheese. Add some warm milk to create a creamy consistency. **[4]** Mix both greens and season with olive oil and sherry vinegar. Spread the goat cheese on the rim of the plate. Place alternating yellow and red beet wedges on the goat cheese topped with pickles and place the field greens next to it. Season the beets with a sprinkle of vinegar, olive oil and sea salt.

MOSS CREEK

Vegetable Minestrone

INGREDIENTS

1/3 cup olive oil
3 cups medium diced onions
2 cups chopped celery
2 cups chopped bell peppers (any colors)
2 cups medium diced carrots
1 teaspoon crushed red pepper
About 1 teaspoon, black pepper from mill
3 tablespoons minced garlic
6 cups green beans, cut bite size or smaller
7 cups chopped cabbage, about 3/4 inch cut
5 cups medium diced zucchini, minimal seeds
5 cups medium diced yellow squash, minimal seeds
106 ounces or 2 boxes "Pomi" strained tomatoes
1 gallon water
10 ounces fresh baby spinach, chopped
24 medium basil leaves, rough chop
2 tablespoons course-chopped parsley
1 jar or 8 ounces "Better Than Bullion" chicken base or chicken bouillon equivalent
4 tablespoons chopped fresh oregano
4 cups cooked kidney beans
1 teaspoon garlic powder
1/2 cup cornstarch
1/2 cup water slurry (1/2 water, 1/2 cornstarch)

DIRECTIONS [1] Heat oil in pan, add onions, celery, peppers, carrots. Sauté over medium heat, add crushed and ground pepper. Add garlic and simmer 5 minutes. **[2]** Add green beans, stir. Add cabbage, stir. Add squash, zucchini and sauté 5-10 minutes more until softened and translucent. **[3]** Add water, tomatoes, and chicken base and bring to simmer for 30 minutes. **[4]** Stir in kidney beans and bring back to simmer. Add spinach and herbs. Make and add slurry, stirring as you add, simmer 15 more minutes. **[5]** Place in quart containers and freeze. Add cooked pasta when serving.

— From Moss Creek executive chef Lenny Giarratano

HEALTHY HABIT

Vegan Lentil Soup

INGREDIENTS (Serves 4)



1/4 cup extra virgin olive oil
1 medium yellow or white onion, chopped
2 carrots, peeled and chopped
4 garlic cloves, pressed or minced
2 teaspoons ground cumin
*1 teaspoon **curry powder***
1/2 teaspoon dried thyme
1 large can (28 ounces) diced tomatoes, drained
1 cup brown or green lentils, picked over and rinsed
4 cups vegetable broth
2 cups water
1 teaspoon salt, more to taste
Pinch red pepper flakes
Freshly ground black pepper
1 cup chopped fresh collard greens or kale, tough ribs removed
Juice of 1/2 to 1 medium lemon, to taste

DIRECTIONS [1] Warm the olive oil in a large Dutch oven or pot over medium heat. One-fourth cup olive oil may seem like a lot, but it adds a lovely richness and heartiness to this nutritious soup. **[2]** Once the oil is shimmering, add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes. Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavor. **[3]** Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer. Cook for 30 minutes, or until the lentils are tender but still hold their shape. **[4]** Transfer 2 cups of the soup to a blender. Securely fasten the lid, protect your hand from steam with a tea towel placed over the lid, and purée the soup until smooth. Pour the puréed soup back into the pot. (Or, use an immersion blender to blend a portion of the soup.) **[5]** Add the chopped greens and cook for 5 more minutes, or until the greens have softened to your liking. Remove the pot from the heat and stir in the juice of half of a lemon. Taste and season with more salt, pepper and/or lemon juice until the flavors really sing. Serve immediately.





CALLAWASSIE ISLAND

Chickpea Coconut Curry

INGREDIENTS

1 tablespoon coconut oil
1 large red onion, thinly sliced
3 cloves garlic, minced
1 inch fresh ginger, peeled and minced
1 tablespoon garam masala
1/4 teaspoon ground turmeric
1/4 teaspoon ground black pepper
1/4 teaspoon cayenne pepper
1/4 teaspoon salt
1 1/2 cups diced tomatoes
1 1/2 cups full-fat coconut milk
1 3/4 cups cooked chickpeas
2 tablespoons freshly-squeezed lime juice
Chopped fresh cilantro for serving

DIRECTIONS [1] In a large pan, heat the coconut oil over medium-high heat. Add the red onion with a pinch of salt. Cook, stirring frequently, until the onion is softened and starting to brown. **[2]** Reduce the heat to medium. Add the garlic and ginger; stir and cook for 60 seconds or until fragrant. Stir in the garam masala, turmeric, black pepper, cayenne pepper, and salt. Cook for 30 seconds more to toast the spices. **[3]** Add the tomatoes to the pan and stir well. Continue to cook, stirring occasionally, for about 3-5 minutes or until the tomatoes are starting to break down and dry up a little bit. Stir in the coconut milk and chickpeas. Bring the mixture to a boil, then reduce the heat to medium-low. **[4]** Simmer the coconut chickpea curry for about 10 minutes or until reduced slightly. Stir in the fresh lime juice. Season to taste with additional salt (I used about another 1/2 teaspoon at this point). Serve hot, over rice or other accompaniments of choice, and garnish with chopped fresh cilantro.

—From Callawassie Island executive chef Jim Spratling

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Hilton Head Island
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8 NEW ORLEANS ROAD • HILTON HEAD, SC
CharliesGreenStar.com



FARM BLUFFTON

Fried oyster gumbo

INGREDIENTS

1/2 pound butter
1 cup flour
1 pound andouille sausage, cut into 1/4-inch dice
2 ribs celery, small diced
1 small yellow onion, small diced
1 small red bell pepper, stemmed, seeded, and small diced
6 cloves garlic, finely chopped
1 tablespoon hot smoked paprika
2 cups puréed tomatoes
1 bay leaf
4 cups chicken stock
2 teaspoons fresh thyme, chopped
2 teaspoons fresh oregano, chopped
Salt and pepper, to taste
2 teaspoons homemade file powder
Texas Pete hot sauce, to taste
Cooked Charleston gold rice, for serving
36 oysters, shucked
1 egg white, beaten
4 cups fish breading (preferably Canewater Farm, available on their website)
1 quart canola oil
1/2 cup green onions, sliced

DIRECTIONS [1] Heat the butter over medium high heat in an 8-quart dutch oven. **[2]** Once the butter is hot, whisk in the flour. Continuously whisk over medium high heat until the roux turns brick red in color. **[3]** Stir the andouille, celery, onion, peppers and garlic into the pot and cook for about 1 minute. **[4]** Add the paprika, tomato, bay leaf and chicken stock. Stir to combine and cook for about 20 minutes to allow the flavor to develop. **[5]** Add the file powder, thyme and oregano. Season to taste with the salt and pepper and hot sauce. **[6]** Heat the oil in a 4-quart pot over medium heat until a candy thermometer reads 350 degrees. **[7]** Mix the oysters with the egg whites. **[8]** Lift the oysters out of the egg whites and dredge them in the breading. Fry in batches for about 1 minute or until they become golden brown and crunchy. Drain on paper towels and reserve in a warm place. **[9]** To serve divide the gumbo between 6 bowls, add a scoop of rice, top with 6 oysters and garnish with green onions.

— From chef Brandon Carter



NOT-SO-SECRET INGREDIENT

Got big fish to fry? Many local chefs swear by this batter made by Canewater Farm. Buy it for $7 at canewaterfarm.com.



POSEIDON

Carrot & Apple Bisque with Curry

INGREDIENTS (serves 6)

1/2 medium onion, sliced
*1 small **fennel bulb**, corded and chopped*
2 tablespoons butter
Kosher salt & pepper to taste
1 pound of carrots, peeled and chopped
3 each of your favorite tart apples, cored, peeled and chopped; reserve one peeled and small diced apple for garnish
1 tablespoon curry powder
2 cloves of garlic
1 tablespoon of chopped ginger
1 quart veggie stock
1 tablespoon of apple cider vinegar

GARNISH

1 cup toasted macadamia nuts, chopped
1/4 cup cilantro leaves
1 apple, peeled, cored, small diced



DIRECTIONS [1] In a large saucepot, melt the butter. Add onions, fennel salt and pepper. Cook over medium heat until it starts to brown about 10 minutes. **[2]** Add carrots, apples, curry, garlic and ginger. Cook until carrots are soft about another 10 minutes. **[3]** Add stock and simmer for about 30 minutes. **[4]** Purée soup in small batches in the blender while adding vinegar. Be careful not putting too much of the soup in the blender at one time. Small batches are key at low speed. Ladle into bowls and garnish with chopped nuts, fresh cilantro leaves and diced apples.

— From executive chef Chris Carge



THE CYPRESS

Butternut Squash and Pear Bisque



INGREDIENTS

2 tablespoon butter
*2 pounds **butternut squash**; peeled, seeded and chopped*
1 onion, chopped
4 pears, peeled and chopped (d'anjou preferred)
1 cup apple juice
3 cups vegetable stock
1 tablespoon cinnamon
2 teaspoons nutmeg (fresh ground is the best)
1/4 cup brown sugar
1 teaspoon cayenne pepper
Salt and pepper to taste

DIRECTIONS [1] Sweat the onion in butter for 3 minutes then add the squash and pear. Add the apple juice and reduce by half. **[2]** Add the remaining ingredients and cook for at least an hour for flavors to blend. **[3]** Purée and adjust consistency with stock. Adjust seasoning. Garnishes: My favorite is homemade marshmallow, brûléed. Other ideas: cinnamon croutons, cinnamon whipped cream, toasted butternut squash seeds, pepitas and pumpkin oil.

— From executive chef Eric Sayers

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Organize your kitchen

PRACTICAL TIPS AND ADVICE FROM LOCAL EXPERTS

If you've struggled to keep your kitchen organized, join the club. For many of us, the struggle is all too real. The good news is, there is hope. The team of designers at Arlene Williams Kitchen Design offer these practical ideas to help with your biggest and smallest problem areas.

CLEAR OUT THE CLUTTER

Eliminate items that you never use or have duplicates of to help declutter and make room for the things you need.

STORE ACCORDING TO FREQUENCY OF USE

Arrange your kitchenware by frequency of use, with everyday dishes on an easy-to-reach lower shelf and special-occasion pieces up above. If you use it often, it should be readily accessible.

USE DOUBLE-DUTY CONTAINERS

Glass casserole pans and even jars make great serving pieces. The casual presentation helps a party feel friendly and laid-back, and any leftovers can be stored right in the serving container.

CONSIDER ALL-WHITE DISHES

Instead of bowls and platters in lots of different patterns, buy everything in white. If you are having a casual get together, compliment the white china with rustic baskets or to dress things up, add candlelight.

GROUP SIMILAR ITEMS

Group objects by purpose and assign them to specific cabinets..



PRO TIP

Don't drop your drawers

Recently I did a little kitchen re-organization. My kitchen was in pretty good shape, but there's always room for improvement. A few little changes can save a ton of time. One thing in particular was adding drawers to the inside of my base cabinets. Now rather than sitting on the floor to try to dig in the back of a cabinet to find something, I simply pull out the drawer and I can see everything that's there and easily retrieve what I am looking for. This is especially helpful with heavy items, like my Kitchen Aide stand mixer. I also added drawers to my pantry shelves, making it super easy to find things, especially on the lower shelves.

— GiGi Wilson, chef and author

KEEP LIKE ITEMS TOGETHER

Keep plastic bags, plastic wrap, and storage containers in a drawer near the refrigerator to make quick work of storing away leftovers.

STORE TOOLS EFFICIENTLY

Store essential tools together within easy reach of your cooking area for efficient food prep. And take advantage of drawer dividers that keep each tool in its own space and will keep you from having to rummage around to find what you need.

ORGANIZE YOUR FOOD

Organize your pantry shelves as you would a library, with food items grouped by category. If you buy ingredients in bulk, transfer things from floppy bags and large boxes to more manageable, smaller containers. It's easier to keep the containers right at hand, and they are less likely to spill. Label them with the date of purchase and put taller containers in the back with shorter ones in the front. That way you'll be able to see everything at once without having to move things around.

KITCHEN TIPS FROM 3 WISE MEN

Advice from the culinary team at Hilton Head Hospitality (Holy Tequila's Jorge Covarrubias, Healthy Habit's Kevin Yeung and Charbar's Brandon Burke).

Consider using zip top freezer bags to portion out sauces and stocks. Store straight up like file folders. That maximizes space and allows for easy identification and access.

Always store short items in the front and taller to the rear so you always have an eye on your product and makes sure you are rotating.

Consider buying dry goods in bulk and divide in plastic bins and jars to make use of space as well as a money-saving effort and portion control.

Keep your pots and pans stored and stacked neatly in a space close to your stove for easy access.

Avoid overcrowding frequently used areas such as produce bins, meat and cheese bins. Your products will hold better and rotate more easily.

Leave items such as garlic bulbs, potatoes, onions and non-delicate fruits in decorative bowls on counter tops to utilize your refrigeration more effectively.

Keep sauce in squeeze bottles.

Turn old towels into reusable rags.

Create a safe space to store your knives to prevent damage.

Trade soggy sponges for durable green scrubbies used in restaurants.

Have at least two cutting boards and reserve one for sweet recipes.

Avoid storing food in places that get hot (like above the stove).

The space next to your stove is for wooden spoons, spatulas, and anything else you need for actual cooking.



ORGANIZE YOUR KITCHEN INTO WORK ZONES

Consider the types of tasks performed in your kitchen such as prepping, cooking, dishware storage and food storage and store items according to their related zone. For example, create a cooking zone around the stove, storing pots and pans as close to the range as possible. And if you have someone who helps you prep, consider creating a second prep zone so you each have your own space in which to work. Equip that zone with whichever tools are most useful such as cutting boards and knives. This makes the prep efficient and keeps your prep help out of your main cooking area.

CUSTOMIZE YOUR CABINET STORAGE OPTIONS

Incorporate innovative storage products to optimize space and provide increased visibility of your kitchen items. It can be as simple as storing your spices on a lazy Susan which not only maximizes space but also keeps everything visible with just a quick spin, or adding roll outs to your base cabinets so the things you use every day are readily accessible. LL



PRO TIP

Alphabetize your spices

I am one of those who put their spices in the cabinet in alphabetical order. It makes finding the right spice quick and easy. In the refrigerator, drinks go on one shelf, dairy on another and condiments on the door.

— Barbara K. Clark, Ad-Vise Inc.



PRO TIP

Make it organ-easy

I love a well-organized kitchen so much that I developed a word ... organ-easy. When it is organized, it is easy! Here are some simple tips for the home cook to make their kitchen a little more organ-easy:

[1] Use a flatware organizer to store the long skinny kitchen tools in a drawer; spatulas, whisks, micro planes, etc. This is the drawer that always gets out of control and those favorite tools become "eaten" by the drawer.

[2] To save on space; store dry products such as flour, sugar, cocoa powder, panko bread crumbs, etc. in storage containers, preferably stackable containers. Doing so will avoid the flour from seeping out of that paper bag and the containers will stack nicely, making every item easy to find and accessible.

[3] Store your salt and pepper grinder in cupcake wrappers, unused, of course. The cupcake wrapper will catch the unclaimed ground pepper stuck at the bottom of the grinder rather than wreaking havoc on your spice cabinet.

— Jill Boyd, Hilton Head Health



RESTAURANT news

HOT PRODUCTS + AWARDS + NOW OPEN



©MICHAEL HRIZUK

Local chef featured in New York Times

***Clayton Rollison**, owner and chef of **Lucky Rooster Kitchen + Bar**, was featured in a New York Times cooking article on Amari, an Italian herbal liqueur that is commonly consumed as an after-dinner digestif. It usually has a bitter-sweet flavor, sometimes syrupy, and has an alcohol content between 16 and 40 percent. Rollison makes a variation of the Brooklyn cocktail with bourbon, Amari, maraschino liqueur, dry vermouth, blood orange liqueur and bitters. "Amari add structure and backbone to cocktails," Rollison said.*



©ROB KAUFMAN

Cooking classes at Michael Anthony's

*Improve your culinary skills in 2019 by enrolling in a cooking class at **Michael Anthony's Cucina Italiana**. Classes are held several days each week in the restaurant's Tuscan inspired state-of-the-art culinary center. They are set up to benefit both novice cooks and culinary enthusiasts. Demonstration classes are presented classroom style where you watch the chef prepare the menu, providing step-by-step procedures and helpful hints for each dish. The class includes a glass of Prosecco, a sampling of all the dishes prepared, a glass of wine and a recipe booklet to take home. The Hands-On classes give you the opportunity to prepare three to four recipes from start to finish by working closely with the chef and a small group of classmates (limited to 10 students). After class, you'll sit down for a family-style lunch with your classmates and a glass of wine to enjoy the dishes you personally prepared.*



Find Blanton's bourbon at Alexander's

*Bourbon whiskey fans can find Blanton's at **Alexander's Restaurant** on Hilton Head Island. "After two years, we finally collected the entire set of horses," the restaurant posted on its Facebook page. Blanton's is a hard-to-find bourbon distilled in Frankfort, Ky., at the Buffalo Trace Distillery. There are multiple different expressions of Blanton's, each being a different proof. However, only the 93 proof expression is available in the United States with the others being exported.*



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Grab a copy at LOCAL Life headquarters (800 Main St., Hilton Head, or buy online at LocalLifeSC.com. Only $15 ($11 if purchasing 10 or more).



Happy hour specials at Big Jim's

Big Jim's *in Palmetto Dunes is offering themed happy hour specials from 4-7 p.m., including Mule Monday with $6 house mule cocktails, Taco Tuesday with $3 tacos and $3 Coronas, Whiskey Wednesday with $2 off select whiskey, BOGO Thursday with buy one get one rib appetizers and Nacho Friday with nachos and a pitcher of beer for $20. Weekend all day specials include the Chef's Special on Saturday and Bloody Sunday with $6 house bloody Marys with BOGO wings. For more information, call 843-785-1165.*

TripAdvior names Savannah restaurant one of America's best



Popular travel site TripAdvisor listed Savannah's ***Crystal Beer Parlor*** *among its top 25 restaurants in the United States for everyday dining. Award winners were determined using an algorithm that took into account the quantity and quality of reviews for restaurants around the world, gathered over a 12-month period, according to TripAdvisor. The restaurant is located on the corner of Jones and Jefferson streets in Savannah and specializes in burgers and craft beers. Several Charleston restaurants were listed on TripAdvisor's list of top 25 restaurants in the country for fine dining. The list included* ***Circa 1886***, ***Halls Chophouse***, *the* ***Charleston Grill***, ***Peninsula Grill*** *and* ***Grill 225***. ***Gabriel Kreuther*** *in New York City earned the top spot.*



Order Charlie's famous caramel cake to go

Locals know when it comes to cake, it's hard to beat the caramel cake at ***Charlie's L'etoile Verte*** *on Hilton Head Island. The popular French restaurant is now offering its special dessert to go. To order, call Charlie's at least 24 hours in advance at 843-785-9277. Celebrity chef Vivian Howard enjoyed hers.*



SELECT restaurants

LOCAL EATERIES YOU DON'T WANT TO MISS.

HILTON HEAD NORTH END

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

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

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

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

Sprout Momma Breads
LET SPROUT MOMMA CATER YOUR NEXT PARTY



*Let the bakers at **Sprout Momma Breads** take the stress out of planning your next get together. No party is too big or too small for their professional catering team to handle. To create a personalized menu, call 843-715-2649 or 843-683-0827. Find more information online at Sproutmomma.com.*

HILTON HEAD MID ISLAND

ALEXANDER'S
Seafood One of the island's most beloved restaurants, now operated by Palmetto Dunes Oceanfront Resort. Fresh local seafood and a great early bird special. $$$
alexandersrestaurant.com
76 Queens Folly Road,
Hilton Head Island
843-785-4999

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

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

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

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

HILTON HEAD SOUTH END

CAPTAIN WOODY'S
Seafood A neighborhood bar and grill specializing in shrimp, clams, oysters and signature fish sandwiches. $$
captainwoodys.com
6 Target Road,
Hilton Head Island
843-785-2400
17 State of Mind St., Bluffton
843-757-6222

CHARBAR CO.
Burgers Award-winning gourmet burgers. Additionally, it features specialty craft beers and music memorabilia spanning the decades. $$
charbar.com
33 Office Park Road,
Suite 213, Hilton Head Island
843-785-2427

CHARLIE'S L'ETOILE VERTE
Seafood, American A family owned and operated restaurant that specializes in fresh seafood, lamb and steak. The menu is

written by hand each day. $$$
charliesgreenstar.com
8 New Orleans Road,
Hilton Head Island
843-785-9277

HOLY TEQUILA

Mexican Gourmet tacos, salads, quesadillas, burritos and small plates all around $10, with a full bar offering mixologist-inspired cocktails and over 50 kinds of tequilas. Be sure to order the Street Corn before your main course and the churros after. $$
holytequila.com
33 Office Park Road, Park Plaza
843-681-8226

MICHAEL ANTHONY'S CUCINA ITALIANA

Italian An island favorite for over 15 years. An authentic Italian eatery similar to ones found in the Italian neighborhoods around Philadelphia, where the Fazzini family moved from. $$$
michael-anthonys.com
37 New Orleans Road, Hilton Head Island
843-785-6272

PALMETTO BAY SUNRISE CAFE

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

RED FISH

Seafood, American A blend of housemade spices, tropical fruits and vegetables are combined with Lowcountry specialties at this local favorite. The restaurant uses produce from its own farm. $$$
redfishofhiltonhead.com
8 Archer Road, Hilton Head Island
843-686-3388

SALTY DOG CAFE

Seafood Hilton Head's most famous restaurant. Serving seafood, salads and sandwiches at an incredible waterfront location. Eat inside, out on the deck or at the expansive outdoor bar. $
saltydog.com
232 S. Sea Pines Drive, Hilton Head Island
843-671-2233
1414 Fording Island Road, Bluffton
843-837-3344

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Got a tasty tidbit on a new restaurant or any other food-related news? Throw us a bone! Send your information to **lance.hanlin@wearelocallife.com.**

TRY 'SIPS AND BITES' AT MICHAEL ANTHONY'S



Michael Anthony's Cucina Italiana *has a special promotion running from 5-6 p.m. Tuesday through Saturday for patrons sitting at their bar. For $21, you get a tasting of three small plates paired with three premium wines. The menu changes every Tuesday so check their website each week to view the current menu. Reservations are strongly recommended and must be made by calling the restaurant directly at 843-785-6272.*

ORGANIZATIONAL TIP

Chris Carge's Fab Four

There are four things I like to have in my kitchen:

[1] A good quality 10-inch chef knife.

[2] A thick wood cutting board to work on.

[3] Spoons for tasting and sautéing.

[4] Kosher salt. It's a great utility salt. Get away from the iodized salt.

Chris's Cooking Tips

There are three (maybe four) elements for dishes to master in the kitchen: fat, acid, salt (and maybe crunch).

[1] Fat is flavor. There are many types (oils, butter, pork fat, duck fat, I could go on and on).

[2] Acid gives the dish a nice pop, brightness and sharpness (ex: citrus, vinegars, tartaric acids).

[3] Salt (kosher) balances and rounds out the dish.

[4] Crunch being my own craving as I get older. I love the texture.

— Poseidon executive chef Chris Carge

ORGANIZATIONAL TIP

Jill Boyd's Basic Cooking Tools



Whether living or cooking solo for the first time or in need of a kitchen revamp, here is a list of the very basics of kitchen equipment you will need.

Chef's Knife: Don't be afraid of a sharp knife. The sharper the safer. Plus, having a great chef's knife will make chopping vegetables simple and quick.

Scoops: Not ice cream scoops, **portioning scoops**. Scoops are excellent when counting your calories. Use a scoop when portioning out your rice for dinner or mashed potatoes. Scoops are available in many sizes. I recommend 1 ounce, 1/4 cup, and 1/2 cup.

Plastic or Glass Storage Containers: Plastic storage containers are your ticket to a healthy weekly meal plan. Use your day off to whip up your entire week of dinners. Portion out each meal in a plastic container and freeze what you will not use that week. Eventually your freezer will be stocked full of good healthy meal options.

Meat Thermometer: A meat thermometer is a must. Unfortunately, too often we overcook our meat. Using a meat thermometer will avoid overcooked, dry meat.

Slow Cooker: It's practically your own personal chef. Plug your slow cooker in while you are busy all day and come home to a home cooked meal. Does it get any better than that?

Micro-plane: Micro-planes are the perfect gadget for zesting citrus fruit; limes, oranges, grapefruits or lemons. Citrus zest is an excellent healthy ingredient to add a zip of fresh flavor to any dish.

— Hilton Head Health chef Jill Boyd

Rethink your home bar

IT'S NOT JUST A LIQUOR CABINET, BUT A SYMBOL OF HOSPITALITY

BY TERRY CERMAK + PHOTO BY MARC BABIN

Terry Cermak is a spirit specialist at Rollers Wine & Spirits and Wine & Cheese, If You Please? He is also an online contributor, writer-at-large and creator of LOCAL Life's local cocktails series.



CLASS IT UP Elevate your home bar with wine decanters, liquor carafes and crystal bottles. The main reason to use a decanter is for appearance and style. It's the same reason baristas bring your milk in a tiny little pitcher instead of sitting the carton on the table.

Once you get past the winter holidays, you'll find it's a great time to rethink your home bar. Odds are your liquor is depleted, your bar tools are broken (or missing), and you no longer have any glasses that match. Here are a few tips for a bar reset:

1. Your liquors

Take a look at your bar space. If it's cluttered, you can't find anything, and you have plenty of near-empty bottles, it's really time to whittle down your excess inventory. Save some of the dregs for cooking (you can store them in space-saving jars in the cupboard) and share the rest with friends (anyone for an impromptu bar-cleaning happy hour?).

2. Vermouth, port, and sherry

ICYMI: vermouth does not last forever. Yes, it's a fortified wine but it still generally does not have enough alcohol to preserve it indefinitely (the cutoff point is about 18%). Once opened, it can be kept refrigerated for about three months before it starts to seriously decline. At six months it belongs down the sink. Port and sherry are higher in alcohol and can hold up quite a bit longer. Port in particular looks lovely in a cut glass decanter on a side table outside your actual bar (a two-fer: free bar space and enhanced décor!).



3. Mixers

Most commercial mixers will last quite a while since they are loaded with sugar and preservatives. They also don't taste very good. Take this opportunity to toss out the old stuff and start exploring higher quality craft mixers and fresh juice. You may be pleasantly surprised.

4. Bar tools

Serious cocktail aficionados love bar toys (myself included), but take a minute to think about what you actually use and need. Opt for plastic mini measuring cups (more precise than jiggers). Certainly a mixing glass and/or shaker. If you have a shaker with an ice strainer you can live without a Hawthorne strainer (although you'll have to take my julep strainer from my cold, dead hands). Essential items include a small sharp knife for slicing fruits, a good quality hand citrus squeezer, a citrus peeler/zester and a mixing spoon. BTW, I love the long, twisted elegance of my barspoon, but you can really stir with any utensil that's long and slender, like an ice tea spoon or table knife (British scientists actually proved that wooden spoons chill drinks faster than metal spoons, since metal is a good conductor of heat). If you do use your bar spoon, you're probably doing it wrong: stir with the spoon bowl side up, above the glass. The mini-muddler on the other end is sized better for quick stirring at the bottom of the glass.

5. Glassware

Everyone loves beautiful glasses, but if space is critical, all you really need are a few simple rocks glasses, one style of cocktail glass (a coup or Nick & Nora), and a tall tumbler for a Collins glass. And remember, wine glasses make perfectly acceptable cocktail glasses.

Well after all that, I need a drink! May I offer:

The Clean Martini

Contralto's soft complexity blends perfectly with Oxley's crisp, bright, clean botanicals.

INGREDIENTS

2 1/2 ounces Oxley Gin
1/4 ounce Contralto Dry Vermouth
1 large slice of lemon peel
2 drops of angostura bitters

DIRECTIONS Add all ingredients into a mixing glass filled with ice. Stir vigorously for 30 seconds and strain into a chilled cocktail glass.



Bring in the New Year

with Hilton Head's very own, Josh Peeples, Owner of Elyse Winery in Napa California



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January 17th • 7:30-10:00pm • $125 per person

Purchase tickets via: Eventbrite.com | Facebook | In-Store

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SOUTHERN CHEF SPOTLIGHT:

Anthony Lamas

FROM GROWING UP ON A FARM TO COOKING IN KITCHENS ACROSS THE COUNTRY, CHEF ANTHONY LAMAS BRINGS AN UNCOMMON VOICE TO LOUISVILLE'S CULINARY LANDSCAPE.



CELEBRITY CHEF
Meet Anthony Lamas at the James Beard Foundation's Celebrity Chef Tour on Feb. 21 at The Omni. The events is part of the Hilton Head Isalnd Seafood Festival.

Looking back at chef Anthony Lamas' childhood, the man was destined to be an artist using food as his medium. As a child in southern California, his mother's heirloom recipes sparked his interest in the cuisine of his Mexican and Puerto Rican heritage. His passion for food developed further as a teenager working in his family's Spanish restaurant. By helping to prepare meals on the family farm and participating in Future Farmers of America, Lamas was practicing the "farm to table" philosophy long before it was a national movement. To him, it was just a way of life.

Finding his point of view

Unsure of where to take his agricultural and culinary background after high school, Lamas applied for several jobs as a cook. What he found ended up being a pivotal point in his career. Lamas trained with the San Diego Culinary Apprenticeship Program and worked with Jeff Tunks at the Loews Coronado Bay Resort. Under Tunks' tutelage, Lamas explored West Coast flavors while developing Pacific Rim recipes, and he credits the acclaimed chef as his mentor. It was in this environment of mixing traditional recipes with local flavors where Chef Lamas had his aha moment: "I could do this with my mama's food!"

Enjoy a unique take on the classic Shrimp Chaufa or Peruvian Fried Rice dish from the team at Seviche. This recipe is sure to ignite your taste buds so make sure to keep a drink handy to cool down with. Tell Chef Lamas what you think about this recipe when he is here for the Hilton Head Island Seafood Festival.

SEVICHE

Peruvian Shrimp Chaufa

INGREDIENTS (serves 4)

1 pound 16/20 shrimp, peeled & deveined
*2 ounces **chopped garlic***
4 ounces chopped ginger
2 ounces sesame oil
2 ounces aji rocoto or sambal chili
2 ounces canola or peanut oil
2 eggs
1 carrot, thinly sliced
1 celery stalk, sliced
1/2 onion, sliced
1 yellow bell pepper, sliced
2 jalapeños, sliced
1 cup sliced cabbage
1 cup fresh peas (cooked)
2 ounces toasted sesame seeds
1/4 cup soy sauce
3 to 4 cups cooked rice
1/4 cup sliced green onion for garnish
Cilantro for garnish



DIRECTIONS [1] Rub shrimp with garlic, ginger, sesame oil and chili. Let marinate for two hours. **[2]** In a hot skillet or wok, add canola oil to medium heat. Cook shrimp for three minutes. **[3]** Add eggs and cook for one minute. **[4]** Add all the liquid from the marinade and the remaining ingredients except the green onion and cilantro. Cook another two minutes. **[5]** Add hot rice. Mix together. Plate the mixture, adding three to five shrimp per person. Top with green onion and cilantro.



Finding his home

In 1992, Lamas discovered Louisville, Ky., as an emerging culinary destination. Always inspired by his Latin heritage, Lamas began crafting innovative recipes with locally sourced Southern ingredients. His style of cooking was unique to the area, and in 2005 he opened Seviche to rave reviews. Since then, Lamas continues to garner significant national attention for the restaurant. He has cooked at the James Beard House five times, and he was honored as a semifinalist for the James Beard Foundation's Best Chef: Southeast award in 2010, 2011 and 2012. Still, Chef Lamas remains hungry and curious. Today, Seviche is the chef's pride and joy, but also his playground.

Meet him at the Seafood Festival

Lamas is one of three award-winning chefs offering the ultimate culinary tour de force at the Hilton Head Island Seafood Festival's James Beard Foundation Celebrity Chef Tour. The event is set for 6 p.m., Thursday, Feb. 21, at the Omni's Shorehouse. This one-night-only, multi-course, line-to-table dinner with wine pairings also includes Barton Seaver of Portland and Elliott Moss of Asheville. Find more information and purchase tickets at hiltonheadseafoodfestival.com. *LL*



ORGANIZATIONAL TIP

Put everything in its place

I always recommend to people that keeping your kitchen organized and doing **mise en place** (prep) ahead of time makes for a stress-free dinner. Chop and dice ahead of time and put them into plastic baggies and then into one container in the fridge. Also, if cooking for a large amount of people, grill or sear meats, proteins, etc. and then put on sheet trays and finish cooking in the oven rather than trying to cook all the way through individually.

— Chef Anthony Lamas, Seviche restaurant



Something's Brewing



KING BEAN COFFEE ROASTERS SERVING UP COLD BREW

Enlarged to show texture.

STORY BY ROBYN PASSANTE + PHOTOS BY ABBY MURPHY





POT O' COLD King Bean Coffee Roasters is betting big on cold brew coffee, especially in hot climates such as the Lowcountry.

For almost 25 years, King Bean Coffee Roasters has been providing local businesses with the specially roasted coffee beans and brewing equipment needed to serve some of the best coffee in the Lowcountry. Now King Bean's owners, Kurt and Katie Weinberger, are jumping into a new lane of the caffeinated beverage game by offering a brand-new wholesale product: Cold brew coffee.

"Cold brew is one thing we have talked about doing for several years, but it's been trendy, so we wanted to make sure it wasn't going away," Katie says. "So we didn't rush out to do cold brew. We waited, did our research, and we know it's here to stay – especially in hot climates like Hilton Head."

Unlike iced coffee, which is regularly brewed hot coffee that's quickly chilled using ice cubes, the cold brew process includes brewing the coffee cold, at around 40 degrees, in a special vat over a period of 12-18 hours. Then it's filtered and put into kegs.

"We're selling kegs of it to our customers, so they have it on tap," Kurt says.

It's a big step in a business that started small nearly 25 years ago, when Kurt returned home to Hilton Head from Seattle, where he had been stationed with the Navy. Intrigued by the burgeoning coffee scene in the Pacific Northwest, the young entrepreneur purchased an Italian espresso machine in Seattle, drove it across the country and set up shop in his parents' Hilton Head garage to make a go of a specialty coffee business here.

Now King Bean's home base is Charleston, where the couple roasts their own beans and sells them, both wholesale and retail. Locally, you can sip King Bean's coffee at the SERG Restaurant Group's restaurants and on Palmetto Bluff, and their beans are available at The French Bakery in Shelter Cove.

Think Globally

After nearly 25 years of sourcing coffee beans from countless countries, Kurt says he can identify the origin of a coffee bean based on its size and shape. "We source our beans from all over the world. Coffee, much like wine, is





BEAN COUNTERS The Weinbergers obtain beans from all over the world. They say it's a constant challenge because bean crops and sources are ever-changing.





constantly changing with each new crop. We buy on taste," Katie says. "That being said, there are regions that are our favorite coffees year after year. Ethiopia grows exquisite coffee. And we always have coffee from Central and South American countries."

Straight to the Source

As the specialty coffee business has grown into a sizable industry, opportunities for coffee farmers have grown — and with it, the number of flavor profiles we coffee drinkers get to enjoy. "Before, single farmers didn't get a lot of attention, they would put their coffee into one big bulk for their country," Katie explains. "But now single farmers, or even little micro lots — one piece of their farm — you can go and get that coffee now. Coffee's a lot like wine in that the growing conditions affect it so much, so experiencing coffee from different farmers and different regions is a different experience."

Better Blends

The duo says their experience in the coffee business is what sets their coffee apart. "To roast beans and develop profiles that people love takes time and training. Coffee buying, cupping, roasting, blending—there is a background of work that goes into getting the



LOCAL FLAVOR
King Bean creates custom blends and roasts for restaurants and businesses around the Lowcountry, including Coastal Provisions, Hampton Lake and RT's Market in Palmetto Bluff.





COFFEE TALK The Weinbergers met in 2005 at Java Joe's, one of the more popular coffee shops in Hilton Head history.

flavor profile just right," Katie says. Their bestseller is a blend they didn't intend to be a long-lasting favorite. "Our 20 Strong was created for our 20th anniversary. We created it as a one-time coffee, but people loved it so much we decided to keep it around. It's a dark-roasted, full-bodied coffee. It's a good everyday coffee."

Cuppa Romance

While Katie has become an integral part of the business, coffee also brought them together in 2005 when Kurt came into Java Joe's to repair a coffee grinder. Katie happened to be working there that day, covering a shift for her sister. "I knew enough about coffee then to warrant me having a job in a coffee shop, but what I soon found out is that coffee is like the rabbit's hole in Alice in Wonderland — you keep going and it gets deeper and deeper, you just keep on learning."

Is 'Coffee' a Flavor?

"A 'roasty' coffee has been roasted a little longer and you have that distinct roasty taste. Usually that's the 'coffee flavor,'" Katie says. "A lot of people think of coffee as one flavor and what they're thinking of is that roast on it." A specialty coffee, on the other hand, showcases different flavor notes of things like chocolate, berries and nuts. The Weinbergers say the best way to experience all of that flavor is with a pour-over.

"With a pour-over you can be very, very precise. There's an exact amount of weight grams to an exact amount of grams and weight of water, so you have a very controlled environment to brew just one or two cups with," Kurt says. "So if you want to enjoy a real special coffee, you brew it that way so you have total control over it."

While Kurt opts for espresso (with a bit of sugar if he's feeling indulgent), Katie enjoys a pour-over every morning. "You can get the water temperature just right that brings out the special compounds and nuances of that coffee." *LL*



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Local Cocktail

GO AHEAD AND GET LOST.

BY TERRY CERMAK

New Yorkers love their alcohol, so much so that many cocktails have been named in their honor (The Manhattan, Long Island Iced Tea, The Brooklyn, to mention a few). Many Lowcountry residents love a great cocktail as well. With that in mind, the team of mixologists at Rollers Beer, Wine & Spirits have created a series of cocktails that celebrate local landmarks, events and founding fathers. This month's featured libation is **The Barmuda Triangle**, named in honor of the legendary late night establishments of Reilley's Plaza and the shenanigans that go on there.

The Barmuda Triangle

INGREDIENTS

1 ounce Bermuda rum (like Goslings)
1 ounce Silver tequila (like Casa Noble)
1 ounce Patron Citronge Pineapple Liqueur

DIRECTIONS Line up three shot glasses. Rim the glasses with spicy seasoned salts. From left to right, pour the rum, tequila and liqueur into each glass. Shoot in whatever order strikes your fancy.



©PHOTO BY LLOYD WAINSCOTT

Mix it up



Tips & tricks from Tito's Handmade Vodka

Here is a New Year's resolution you might actually keep:
Resolve to elevate your drinking game in 2019. The good folks at Tito's Handmade Vodka offer these tips and tricks to help get you there.

Shake vs. Stir

To shake or to stir? That is the question that most vodka drinkers face when crafting a cocktail at home. It's pretty simple, actually. When mixing with citrus or juice, the rule of thumb is to shake it up, but when you're crafting a cocktail that's more liquor forward, just pour over ice and give it a stir.

How to shake

When crafting a cocktail with citrus or fresh juice, give it a shake or two. Build your cocktail in a shaker with ice and shake it a few times to fuse the flavors together. Just don't shake for too long, or the ice will water down your masterpiece.



Make an infusion

All you'll need to create your own custom blend is a bottle of vodka, fresh ingredients of your choice, and a sealable container. The team at Tito's recommends infusing directly in the bottle (just take a sip first to make some room), or in their fancy **Infusion Jar** ($29.50).

Recommended infusion times

1 TO 2 HOURS: Hot peppers. Test it often as different peppers infuse faster than others and the spirit can easily become burned and unpalatable.

3 TO 4 DAYS: Intense flavors such as basil, cinnamon, cucumber (3 days, skinless), dill, garlic, grapefruit, lemon, lime, mild peppers, mint, orange, oregano, tarragon, thyme, and vanilla bean.

1 WEEK: Moderate flavors such as apple, blackberry, blueberry, cantaloupe and other melons, cherry, lavender, mango, peach, raspberry, rosemary, and strawberry.

2 WEEKS: Mild flavors such as pineapple, ginger, and lemongrass.



Free pour

If you don't have a measuring cup or jigger handy, that's OK. Skip the extra step of measuring and count the servings with your fingers on the side of the shot glass. One finger is a single, and two fingers is a double.

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De-clutter your life

STORY BY BECCA EDWARDS



Every January there is this grand gravitational pull to realigning our stars with proclamations and resolutions. We think that by shedding pounds and/or problems this new year will be a clean slate. Also, every January we find ourselves just plain stuffed — whether it is an abundance of holiday loot (ahem, overly generous grandparents) or the inevitable epiphany that if we didn't eat, drink and or be merry for a skinny minute, it truly would be a gift.

As a result, we feel compelled to do some premature spring cleaning and de-clutter. But how we de-clutter should be up for discussion. De-cluttering does not necessarily mean cleaning out your bedroom closet. Sometimes it means cleaning up your inner closet. Nonetheless, **here are some tips** to tidying up both.

Recalibrate

Now that everyone is tired of partying, this is a great month to cook nutrient-rich food at home and opt for clean living. For this reason, every January my family "recalibrates" and goes strictly whole foods and no booze. And this is not just an effort to reset our gut health and give our livers a break, but to get our sanity back. Did you know roughly 25 percent of the population suffers from low-grade to full-blown depression post holiday season? Besides seasonal depression, a psychiatric condition identified by the Mayo Clinic as SAD, or seasonal affective disorder, there are other factors that generate the general malaise most people feel come January. Foods high in sugar and fat, as well as more than two servings of alcohol a day, can have a negative impact on hormones and neurotransmitters, making it difficult to actually feel happy.



Recalculate

Look at your bank and credit card statements. Is there a reoccurring charge like a gym membership you are no longer taking advantage of or a channel subscription you never use? Has your cable or phone bill sneaked up to a higher rate? Weed out what I call "money suckers" and close out unneeded accounts and renegotiate with your providers.



Redesign

Look at your home, office, your car or any space you spend time in. How can you simplify it? How much natural light comes in? Do you have any real plants? Could it be better organized? Feng shui is for real. And though feng shui is a complex system of theories that are used to promote good energy, try an acronym my first writing professor often shouted—K.I.S.S., or keep it simple silly. Start by simply cleaning out that miscellaneous drawer or glove compartment and then attack bigger tasks like tackling the arrangement of your furniture.

Reassess

A frazzled mind is a cluttered mind. Sit down with a pen and paper, not a device. Studies have found pen and paper note-taking boosts memory and the ability to retain and understand concepts. Write down your short and long term goals, devise a plan to achieving them, and then commit to the plan. *LL*

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INBOX ZERO
Myth or Reality?

Do you remember the day when getting an email was exciting? When that dial-fuzz-ding sound was the precursor to the friendly greeting "You've Got Mail"? That was before your inbox was overflowing with (mostly useless) emails and the thought of an empty inbox is now an elusive dream. **Inbox Zero is not only possible, it can be quite easy with these tips:**



Unsubscribe.

Unsubscribe from newsletters, shopping sites and email lists you subscribed to years ago. Every email from a list should have a link at the bottom called "Unsubscribe" or "Change Preferences". **Power tool:** Try Unroll.me which stops unwanted email and makes unsubscribing a snap.

Set email times.

It is actually more efficient to NOT constantly check emails. Many productivity experts recommend checking before you start your day, at lunch, at the end of the day and before bed (depending on your priorities and profession). **Power tool:** Block 15-minute time segments each day as a recurring meeting in your calendar.

Make emails disappear.

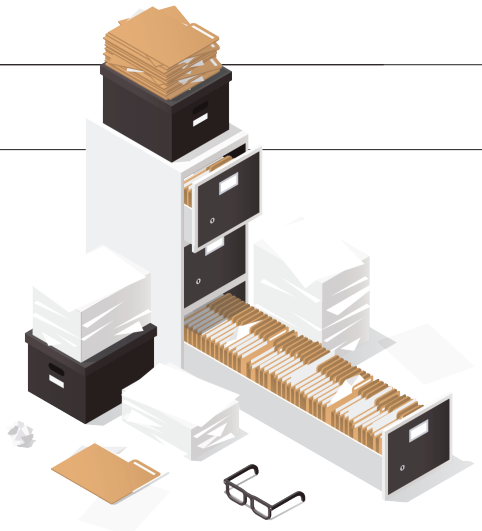
Use folders and apps to move your emails out of your inbox. You can set up folders like "Receipts", "House Stuff", "Kids", "Travel"...whatever common email themes you need to keep. Drag emails right into the folders so they are out of your inbox but available should you need them. **Power tool:** Try Mixmax or Boomerang (Gmail extensions) to reschedule emails. Simply click the 'Remind me' button and choose when you want the email to reappear in your inbox.

TRAF. This is a professional organizing principle that applies to email management. When you set your timeblock to manage emails, use these principles:

TRASH – immediately delete any emails that you don't need.
READ – read emails quickly and if you can delete them, do so or file them in a folder or reschedule it (see Make emails disappear)
ACTION – if you can deal with an email quickly, do it. That includes responding, forwarding it to the right person or reschedule it to appear at a time you can action it (see Make emails disappear)
FILE – Don't print emails and put them in folders. You can create folders in your email service or you can file the attachments in folders cloud storage. **Power tool:** Cloud services like Dropbox or Google Drive have FREE versions that usually suffice for simple documents.

Reduce the number of emails you get.

Stop subscribing to newsletters or checking the box Yes, send me more information or promotions. If you don't need to respond, don't. The simplest response, such as "Talk to You Later" can elicit a response such as "Sure, when?" LL



THE 25 DOCUMENTS YOU NEED BEFORE YOU DIE

There are 25 key documents that you need to leave your family in case of emergency or death.

The Essentials

Will
Letter with funeral instructions
Trust documents

Bank Accounts

List of bank accounts
List of usernames and passwords
Safe deposit box information

Life Insuranace & Retirement

Life insurance policies
IRA accounts
401(k) accounts
Pension documents
Annuity contracts

Ownership

Real estate deeds/documents
Cemetery plot information
Proof of loans made and amounts owed to you
Vehicle titles
Stock certificates, bank and brokerage accounts
Business, partnership, corporate records
Tax returns

Health Care

Medical history
Durable power of attorney
Authorization to release health care information
Living Will
Do-Not-Resuscitate Order

Marriage & Divorce

Marriage license
Divorce judgment

LORENZO GOES HOME



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Errand Day

HOW TO GET MORE DONE IN A WEEK



ACCORDING TO A TIMEX SURVEY, AMERICANS WAIT

21 minutes for a significant other to get ready to go out.

13 hours annually waiting on hold for a customer service representative.

38 hours each year waiting in traffic

10 years of their life waiting in line.
Source: brainboost.com



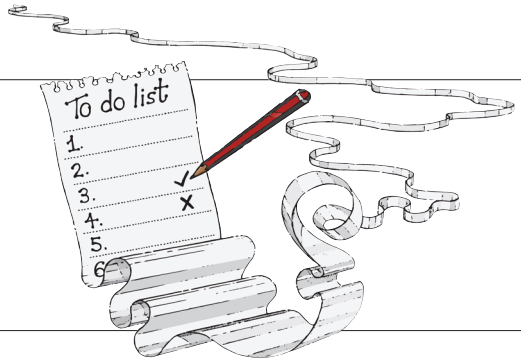
Errand Day is one day each week to focus your time and energy to 'knock off' things that could take longer to do at other times. The concept is to block off half a day to do the recurring 'chores' that need to be done but often distract you or take too much time on busier days. This is an example of an 'Errand Day' that one person uses every Saturday morning. That day and time are chosen because there is less traffic and fewer line ups to contend with. And, chores are gotten out of the way in the morning to free up a nice weekend. **Now, let's get started!**

7:30 – Throw in a load of laundry, toss rotten food from the fridge, put out trash and recycle.

8:00 – Hit the grocery store, with a list. **Bonus:** this is the time the store bakers pull the warm bread out of the oven!

9:00 – Unpack the groceries, put the laundry in dryer and do the next load

9:30 – Prep some food for the week, for example: cut up veggies, make sandwiches, bake egg cups for breakfast (see right). Do those food things that you dread doing or don't have time to do in the evenings.



PRO TIPS

What to do before you do something

1. Keep a Running To-Do and Shopping list. Paper still works but if you prefer to go digital, try our native Reminder app on iOS or a third party app like Todoist.

2. Add an Errand Basket. When you have items to return or drop somewhere, put them in the basket, then take the basket on Errand Day.

3. Cozi App. This is a great family planning app, available in the app store or Cozi.com. It keeps everyone's schedules, calendars, shopping and to do lists in one place. Set reminders, store recipes, track birthdays and much more.

10:00 – Plan your clothes for the week! Yes, just like you did for your kids when they were little. Check the weather for the week, then on one hanger, place the pants or skirt, top and necklace for one outfit for each day. Place the 4-5 hangers on a hook on the back of a closet door. This is life-changing! No more time staring at your closet with blurry eyes and a foggy head wondering what to wear for the day.

10:30 – FINAL ERRANDS:

· Dry cleaner, post office, repair shop. Pick up and drop off when lines are shorter (Lunch hours and after work on weekdays can be brutal!)

· Fill up the car, even if you have half a tank. You probably won't have to stop during the week, and it seems tanks run dry at the most inopportune times!

· Car wash. Even if you don't think you need it, you probably do. And you will be so happy when people you may have to drive during the week comment on your clean car.

11:30 – Confirm appointments for the week. Review your calendar and text or email all your appointments, including dog walker, cleaning lady, sitters, dentist and handyman.

12:00 – You are done and ready for lunch and a great weekend. *LL*



LOCAL LIFE TEST KITCHEN

Grab & Go Egg Bites

Make breakfast easy all week by having these prepared and ready to heat up in 30 seconds. The cheese and bacon can be swapped – try Spinach and feta!

INGREDIENTS

7 large eggs
1/2 teaspoon kosher salt
1/4 cup milk
1 1/2 cups shredded monterey jack & cheddar cheese, divided
3/4 cup real cooked bacon bits

DIRECTIONS [1] Preheat oven to 350°F. Spray a 24-cup mini muffin pan with non-stick cooking spray and set aside. **[2]** In a large bowl, whisk together the eggs until smooth. Add the salt, milk, 1 cup cheese and bacon bits and mix until well combined. **[3]** Spoon the mixture into the mini muffin cups, filling each one 2/3 full. Sprinkle remaining ½ cup cheese evenly over filled muffin cups. **[4]** Bake for 23-25 minutes or until the tops and edges start to turn golden. Let set in pan 5 minutes before gently lifting each one out with a table knife.

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Straight talk

ORGANIZATIONAL ADVICE FROM LOCALS



PRO TIP

A positive outlook

One of the best things I was ever exposed to was the Franklin Covey planner. Years ago it taught me how to prioritize and manage my time in order to get things done. Of course, now everything is digital so I've converted the techniques I learned to a cloud-based calendar that syncs my laptop with my phone. I use Outlook to manage my notes, tasks, contacts, email and calendar. I use it to update my daily things to do list and I use it to capture ideas and tasks for the future. Everything is organized in categories within folders so I can (usually) find what I need pretty quickly.

— Patricia Owen, FACES DaySpa



PRO TIP

Organize your mail

When you get your mail, open it in the same spot. See that spot has three baskets for filing and a trashcan nearby. Every piece you open (or not open), goes either:

[1] Straight into the trash.

[2] "To File" basket. Nothing else needs to be done.

[3] "To Read" basket. This you want to look at, read or just browse a bit closer.

[4] "To Do" basket. This is your action basket you wish to look at a few times a week and DO IT.

— Susan Ochsner, Sea Pines Real Estate at the Beach Club

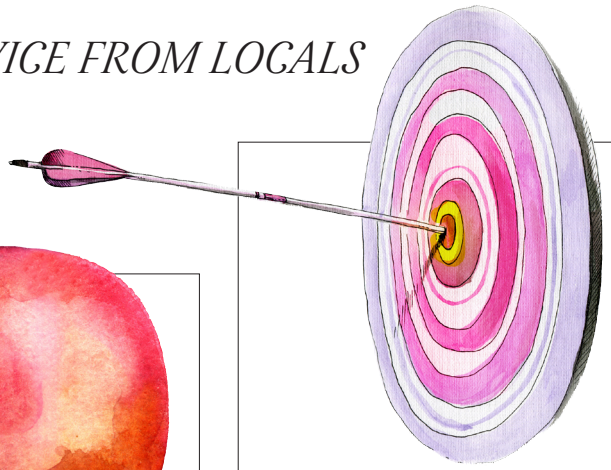


PRO TIP

Keep your health records

In the future, your health information will be available on a chip to carry with you at all times in your purse or wallet. Until then, you are the best repository of your own information. Do not count on your physician's office to quickly and accurately forward your records in an emergency or when referred for specialty care. Always ask for copies of laboratory tests and procedural results including MRIs, CT scans, scopes, and x-rays. If you require surgery, ask for a copy of the operation report. Keep all recent records (last five years) in a file you can easily locate along with a complete, updated list of medications. Remember to take your records when you travel. If you are aiming for a more healthful 2019, schedule an annual physical with an immunization review as well as a vision and dental checkup. Ask what screenings you need based on your age and gender. Know and keep track of your numbers — weight, blood pressure, blood sugar, body mass index (BMI) and cholesterol. Be aware of your values and have them checked regularly, at a minimum once a year. Discuss any changes with your physician, nurse practitioner, or physician's assistant.

— Susan Williams, USCB professor



PRO TIP

Code your wardrobe

I color code my closet! It makes it so much easier to put an outfit together rather than spending time looking for what might match.

This works well in your sock drawer, also. Shoes are in boxes, marked with color and style. I even separate them in the closet according to season.

— Barbara K. Clark, Ad-Vise Inc.



PRO TIP

Promise little, deliver a lot

1. Touch a piece of paper once. When opening mail, email, etc., deal with it then. Respond or delegate.

2. Set goals: Set annual, monthly, weekly, daily goals. Make them realistic and achievable.

3. Do more than you promise. Promise little, deliver a lot. If you think it will take you two days, promise something in a week.

— Mike Overton, Outside Brands



PRO TIP

Make three piles

Separate your "stuff" into piles — keep, donate or throw out. This can be applied to a garage, clothes, food, storage units and the workplace. Labeling and stacking also comes in handy.

— Michelle Spadafora, Buona Terra Woodworks



PRO TIP

Reduce your risk for loss

At this time of the year we all begin thinking of plans for 2019 and what we can do bigger and better. As a business owner, I look at sales and service goals, but as a homeowner I also need to have "My House in Order." Here are a few things that you may want to consider that will reduce the likelihood of a loss as well as prepare for a loss if it should occur.

1. Make sure all HVAC filters are cleaned and/or replaced at least twice a year. I am a big fan of having a maintenance agreement with a local HVAC company that will schedule these automatically for you.

2. Clean all gutters on a regular basis. We recommend at least three times a year if you live in an area that has pine trees. During the rainy season that pesky pine straw clogs gutters and causes water to back up. This pressure can lead to water damage claims to the interior of your home if left unattended.

3. Clean the filters on your clothes dryer. This is one of the leading causes for house fires. This should be done at least three times a year. Make sure the ventilation is working properly.

4. Make sure all Christmas decorations are properly connected and unplugged when you are not at home. It is safer to unplug rather than just turn them off. Every year we read about tragedies due to overloads of electrical outlets.

5. Be aware that thefts increase around the holidays. Make sure you keep windows and doors locked. Make sure if you are leaving town to have a friendly neighbor check on your home. And yes, make your Facebook posts when you return. Thieves will monitor Facebook to determine when people are out of town, making them an easy victim.

— Terry Tadlock, Coastal Plains Insurance

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The new Lowcountry modern

THIS LANDS END CONDO RENOVATION IS REDEFINING WHAT LOWCOUNTRY LUXURY LOOKS – AND FEELS – LIKE.

STORY BY BARRY KAUFMAN
PHOTOGRAPHY BY DOUG SMITH

There's a movement afoot in Lowcountry décor, one that is subtly transforming what a Lowcountry home feels like. The rustic textures of the Lowcountry – think barn-aged metals and woods, shell-encrusted tabby and a sense of age – are slowly being brought into the modern age with clean lines and simple, contemporary color schemes. The result is an entirely new kind of Lowcountry modern, one where the home mirrors the blissfully bucolic Lowcountry while still oozing contemporary sophistication.

It's an emerging ethos that finds its most stunning expression in this Land's End condominium, which recently emerged from a complete gutting and rebuild under the watchful eye of J Banks Design.

"Once I was in a position to decorate my own home, I realized that a contemporary approach was my first choice to express this part of my personality," said homeowner Nancy Witowski. "However, Hannah (Toney of J Banks Design) was the one who took the lead to help me realize the other aspect of this home—some Lowcountry elements. She was able to incorporate just the right amount to achieve the optimum balance. Her work with our architect, William Court, was critical to achieving so many elements into technical design."













IN THE DETAILS
Serving to truly drive home this Lowcountry modern motif is a carefully curated collection of furnishings and accessories from J Banks Design.







INSIDE AND OUT In bedrooms and baths, colors and patterns were used to marvelously subtle effect to mirror the natural beauty outside.

That balance is on exquisite display in the main living space, where a clean contemporary look is tempered with subtle hints of Lowcountry décor from the seagrass incorporated into a table top to the lush tabby accent wall surrounding the fireplace. It frames a jaw-dropping view of Braddock's Cove as it snakes away toward the Harbour Town Lighthouse on the horizon. Creating this view took a work of architectural brilliance, as a screened-in porch was brought into the main living space through a series of structural support beams, now invisible behind the finished ceiling.

"Since my husband and I intended to winter in this home, we wanted to maximize the functional day-to day living space," said Witowski. "Although a difficult decision to eliminate the screened-in porch, we opted to maximize the functional day-to-day living space."

Another huge structural change was the movement of a staircase, whose shift allowed for a larger bathroom in the master suite as well as a pantry in the kitchen. This brilliant stroke added greater functionality to a kitchen defined by materials and textures that carry the "New Lowcountry" motif beautifully. It also allowed for even greater luxury in the master suite.

Here we see again how contemporary style and Lowcountry rusticism can go hand-in-hand. A clean look thanks to white walls and rich gray trimwork pairs with natural textures like the accent wall in the master bath whose lines emulate the look of the ocean. And like the main living space, the entirety of the master suite was built to capitalize on the mesmerizing scenery.

This artfully realized renovation not only breathed new life into an elegant Lands End condominium, it added to a growing movement which is pushing the boundaries of what Lowcountry luxury can be. *LL*

The home team

Designer: Hannah Fulton Toney, J. Banks Design Group **Architect:** Court Atkins **Flooring:** KPM Flooring
Builder: Gaal Custom Homes **Photographer:** Doug Smith, Smith + Friel

GET THE LOOK OF THIS FEATURED HOME



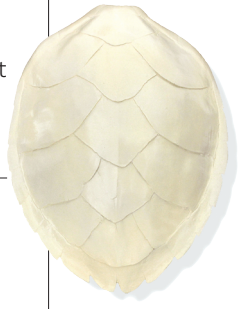
ATLANTIC DISTRESSED SILVER BOWL VASE This hammered stainless steel fruit or bread bowl with its elegant design and solid, heavy feel will bring elegance to your table. Available at Wayfair. $35



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EDISTO COASTAL HAWKSBILL TURTLE SHELL The shell of an ivory hawksbill turtle is recreated perfectly with this unique piece of wall art. It is a distinct piece of organic style art in any space. Available at kathykuohome.com. $930

Five ideas for your home

MINOR ENHANCEMENTS & UPGRADES THAT MAKE A MAJOR DIFFERENCE.

SECRETS TO STEAL FROM OUR FEATURED HOME

WALLPAPER IS BACK
An accent wall in the newly created staircase lends five-star resort flair thanks to the textures and patterns of a sea grass-infused wallpaper.

CREATE UNITY THROUGH MATERIALS
It's a subtle touch, but the thick plank slats of the closet doors emulate the look of the plantation shutters in each room, creating a sense of linearity and completeness.

REMAIN TRUE TO THE VIEW
"Remember what your focal point is," said Toney. Every line and element in the main living space and master suite were carefully designed to draw your eye toward the view of the cove.

INCORPORATE NATURAL ELEMENTS IN SUBTLE WAYS
The light fixture in the main stairwell resembles rain drops, an accent wall in the master suite evokes the sea and the dining table brings in eye-catching patterns and colors of sea grass. The result is a nod to nature that never overwhelms.

TEXTURE IS THE NEW COLOR
One of the most eye-catching aspects of the open kitchen is the leather texture on the granite of the center island. "People go crazy with color, but you can get a lot of impact with texture," said designer Hannah Toney.












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Ultimate pantry organization

CONQUER THE CLUTTER WITH THESE CLEVER AND CREATIVE IDEAS



©JASON LEUNG



Stylish pantries are sweeping the internet and dominating design-inspiration sites like Houzz and Pinterest. According to a Houzz editor Victoria Harrison in the Daily Mail, "Kitchens and storage are both huge search terms on Houzz, and when you combine the two, you get the biggest kitchen trend of the moment — pantry cupboards." The trend is being fueled by cooking buffs posting photos of their swoon-worthy pantries and their tips for storage and design. Whether it is converting a cupboard into a pantry, renovating to include a dedicated room or modifying an armoire, DIYers and designers have made pantries one of the top searches.

How to prepare and maintain the space so that you can fulfill all your baking potential.

Get on the right level

Organize heavy items such as mixers on a shelf that's just the right height for use so you don't have to stretch up or bend down to access them. Lightweight grocery items like sugar and flour could be kept up high, and items you don't use often (or food you want the kids to be able to grab themselves) can be kept lower down.

Clearly see everything

Floor to ceiling open shelving is popular as it's a practical way to store lots of items whilst also being an easy way to take stock of all supplies. The shallower the shelves, the less likely you are to lose things toward the back. Pale wood interiors are used in pantries on Houzz as they can help cut down on dark corners.

Group items together

For bakers in a rush, a clever organization tip is to keep all ingredients and decorations together in a single basket to make them easy to grab and store. LL

Source: Victoria Harrison, Editor Houzz (Daily Mail)



PRO TIP

Keep Em Separated

Becky Fazzini of Michael Anthony's Cucina Italiana offers these tips for pantry organization.

USE CANISTERS Inexpensive plastic clear containers are perfect for storage. Keep your flour, sugar, cereals, etc. in them. Not only does it keep them fresher, but you can easily find what you're looking for and know when you are getting low. Be sure you label each container so you don't use the wrong product by mistake.

USE SEPARATE SHELVES Keeping like items on separate shelves will help you find items easier and to take inventory. All of your canned goods on one shelf, baking products on another, etc.

KEEP LIKE ITEMS TOGETHER Put all like items together. For example, on your canned goods shelf, put all your canned beans together, all your canned soups together, etc.

ROTATE When you bring in new groceries, always rotate. Move the older items forward and place the new items in the back. This will help with throwing out expired products before you had the chance to use them.



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Organize your home or office

JANUARY IS THE PERFECT TIME TO CLEAR OUT AND REARRANGE





CLEAN ENERGY
Getting organized has the ability to give you an energy boost, according to WebMD. If you're feeling a slight slump in your day and can't seem to shake it, try organizing the space around you.

©PHOTOS BY HUTOMO ABRIANTO

STORY BY LISA D'ARIENZO

Lisa D'Arienzo is a home organization consultant. She relocated to Hilton Head Island in March from Atlanta and lives in Port Royal Plantation with her husband. She started her home organization consulting business, Your Space Manager, to share her passion and talent for creating clutter-free, functional spaces and interior decorating. For more information, call 678-983-0153, email yourspace.mgr@gmail.com or find her on Facebook at fb.me/yourspace.mgr.

Organizing your home or office can be overwhelming. Many people put off tackling the clutter because they do not know where to start; for others, there is a fear of parting with items they are attached to or with which they feel a sentimental connection. There are strategies to overcome these hurdles and professionals who specialize in helping clients through the process. January is "Get Organized" month and it is the perfect time to reduce the clutter in your home spaces. You will minimize stress and achieve more efficient routines just by clearing out the excess and rearranging items in your spaces.

If you need more guidance, consulting with a Home Organizer may be a better way to help you get control of your chaos and clutter. A Home Organizer is a "coach" who will walk you through the process and transfer organizing skills to you. This is the key to maintaining your newly transformed spaces. Below are a few tips to get you on your way to clutter-free, stress-free spaces.

TIP 1: *Tackle one space at a time*

As with any task, dividing it into smaller steps makes it less daunting. Instead of looking around your kitchen and feeling completely overwhelmed, choose one focus area. For example, the pantry could be your starting point. Often, we keep dry goods well past expiration dates or boxes of almost empty cereal that are stale. The pantry, when organized efficiently, will provide quick access to your daily used items and great storage for those occasionally used ingredients. As you set your attention to this one space, it is important to keep in mind that other spaces may contain items that could be consolidated; that is, if you keep some spices in the pantry and others in a spice rack near your cooking area, you should plan to group the items together and ultimately achieve the most functional location.

TIP 2: *Establish a staging area*

Now that you have a target-space to begin the organization process, choose a staging area. This could be a counter, table, or even the floor. Use three sticky notes and write "Keep," "Gone," and "Relocate" on them. Place the sticky notes evenly spaced in your staging area. Start removing items from the target-space and place each in one of the three categories. Staying with the pantry example, you would put anything with an expired date in the "Gone" pile (you may even want to have a large trash bag handy); spices could go in the "Relocate" grouping; and, flour can stay in the "Keep" section. Repeat until you have touched every item in the target-space. This is a great way to discover duplicates and get random items in a more logical place.

TIP 3: *Declutter*

For many, decluttering is the most stressful step when trying to organize. Consulting with a Home Organizer eases this anxiety and often helps clients identify the source of the stress. If you decide to organize on your own, gather a few large boxes or bins and trash bags. Grab the sticky notes again and write "Donate" and "New Home." The previously designated "Gone" pile should go immediately into a trash bag or the "Donate" box (Note: unopened, non-expired food items could be donated to a local food bank. If you are working in your kitchen drawers, surplus utensils could be donated.) Consider purging some of the "Relocate" grouping – for example, if you have several coffee mugs, remove any with chips or stains and keep only a matching set. Either donate the others or toss if they are damaged. Continue this cycle until every item in your sorting area is now reassigned to the large boxes, trash, or "Keep" area.



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TIP 4: *Group the "Keep" category*

You are well on your way to a more efficient and better functioning space. Time to group similar "Keep" items and put them in the appropriate place. Using the pantry example, you would group all cereals, canned goods, bottled products (oils, vinegars, unopened salad dressings, etc.), and so on. Small clear containers, baskets, or bins are great during this phase to store packets, bags of beans, rice or lentils, protein bars, etc. (An over-the-door shoe holder works well for keeping small items contained and easily accessible!) Arrange your newly grouped items by frequency of use to save time and increase efficiency.

TIP 5: *Label*

The last step in the initial organization is to label. A Home Organizer will bring her label machine to provide a uniform look to the decluttered space. If you do not have one, consider purchasing or buy chalkboard-type stickers or file labels. The label system is essential in making sure everyone in your home knows where to return an item after use.

Pat yourself on the back and admire your accomplishment. You tackled a space and now have an organized functional pantry. Now you are ready to move to the next target area in your kitchen. Remember, you may still have a "Relocate" grouping from the pantry that needs a new home. Chances are these items belong in a cupboard, drawer, or counter.



TIP 6: *Maintenance*

One of the most important advantages to working with a Home Organizer is learning the skills to maintain the newly organized home spaces. She can set up systems specific to your needs. For instance, some clients prefer monthly checklists, while others need only calendar reminders. One strategy is to always use the something old, something new rule. If you bring home a new pair of shoes, donate an old pair. This prevents the clutter accumulation. Or, a calendar reminder every quarter will alert you to check expiration dates on pantry goods. Whatever the method, it is necessary to maintain the organized space in order to reduce clutter and stress while increasing efficiency.

Take advantage of Get Organized month, especially after acquiring more stuff during the holidays. Maybe you set a goal of one space per week or month, or perhaps you feel more comfortable consulting with a Home Organizer to guide you through the process. Either way, you will feel a sense of calm once you have decluttered and will have more free time because your spaces function better. *LL*



©JAMES MCDONALD



HAPPY PLACE
A study conducted from Personality and Social Psychology Bulletin found people with cluttered homes, or homes filled with unfinished projects, were more depressed, fatigued and had higher cortisol levels then their counterparts who described their homes as restful and restorative.

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Bedroom organization ideas

LOST IN THE CLUTTER OF CHAOS THAT IS YOUR BEDROOM? USE THESE EASY TIPS FROM LOCAL EXPERTS TO ORGANIZE AND TIDY UP YOUR SPACE IN NO TIME.



PRO TIP

Get a Murphy bed

Make the most of your space by adding a Murphy bed to your den or guest room. After your guests leave, simply push the bed back into the wall and enjoy your extra space!

— Bart Strong, Closets by Design





PRO TIP

Get a docking drawer

People love the freedom and energy of an organized environment. Storing things properly is about creating a home for your things so that minimal effort is required to find them and put them away. As we are acquiring more devices to reduce the need for piles of paper and to up our game, we need them charged and hidden from sight.

Try a docking drawer in your closet, home office or pantry to keep them charged and concealed. Oh, and the shoes. Incorporate shoe storage in you closets along with shelves and hanging to reduce clutter and make an easy selection to perfect that outfit.

— Nancy Schmitz, Signature Cabinetry and Closets of the Low Country





PRO TIP

3 hot design trends for 2019

[1] Rich jewel tones like **emerald green** and dark teal create drama against white architectural elements.

[2] Boldly patterned backsplashes, whether through the use of daring color or graphic tile, create excitement and functionality.

[3] Sustainable, **handmade pieces** and natural or reclaimed materials create grounding elements in a home.

— Melissa Mitag, J. Banks Design



PRO TIP

Install some built-ins

Built-in cabinets and drawers in closets eliminate the need to buy a dresser or armoire, especially if you have a flat-screen TV that you can mount on the wall in your bedroom. This is such a space-saver. Organize your closet by type and then color. Casual clothing in one area; dresses in another; jackets and coats in a separate area. For accessory storage, pull-out baskets or tilt-out hampers are a great way to keep things hidden. Also, valet rods are fabulous. They can be tucked away and telescope out so you can hang your clothes on them for the next day.

— Dena Brown, Closets by Design



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idea house

PRESENTED BY LOCAL LIFE

It took a village to design and build the LOCAL Life Idea House. It was an amalgamation of professionals and inspiration sources: Architect, builder, designers, magazines, Pinterest, Google, Houzz, model homes and HGTV. We want to share some of the **inspiration sources** and **tech tips** that may help with your next renovation or construction project.

Two Tech Tips

1. Pinterest Pinterest's intuitive search makes it easy to find what you are looking for and to inspire new ideas. Hootsuite confirms this social media platform as a top resource for people looking for ideas, citing the most popular searches as DIY & Craft, Food & Drink and Home Décor. The Idea House homeowner created a private "Board" to easily save pins to reference and share with the team.



2. Google Image Search This may be the Cliff Claven "little known tip" for home décor and design searches. Did you know you can drag and drop an image into the search bar and find similar images on Google? Just click on "Images" to open image search and drag and drop photos right into the search bar.



INSPIRATIONAL IMAGES:

WHEN ONE DOOR OPENS
- A vintage **farmhouse door** is perfectly repurposed for the pantry.
- A sliding bathroom barn door offers both privacy and style.
- Homes with small children or pets should consider a dutch door.

THE LAUNDRY ROOM IS THE NEW "IT" ROOM
- Consider a laundry basket that doubles as a seat.
- Organize your laundry room with **open shelving**.



THE DEVIL IS IN THE DETAILS
- Use an **empty wall** in a small laundry room to dry clothes.
- Install clever electrical outlets for the kitchen.

STEP 7

Inspiration

IT CAN COME FROM ANYWHERE



ON THE SAME PAGE LOCAL LIfe's Oct. 2017 featured home inspired the Idea House.

Ain't nothing like the real thing

VISIT MODEL HOMES: Check out a number of model homes and take photos. This can help to set expectations for the architect and designers in terms of the general style and finishings. **TIP:** Save these photos in a folder on your phone called "Model Home Pics" for easy future reference and share them with your team. Keep taking photos and adding to the folder throughout your project.

TEAR UP MAGAZINES: The LOCAL Life Idea Home was inspired by the featured home in the October 2017 issue of LOCAL Life (above). Additional magazines were used to find reference for "dream rooms," color palettes and furniture ideas. **TIP:** Check out magazines like Verenda, Coastal Living, Southern Living, Charleston and Atlanta Homes for beautiful room photos and retail sources. Don't forget to include LOCAL Life on your list :)



GET OUT OF THE HOUSE: Look around when you are in restaurants, offices, retail stores and friends' houses. Home design ideas are everywhere. For example, the "Coastal Industrial" design trend combines the stone and open pipes and duct work, often seen in offices and restaurants, with the familiar whitewash and blue hues in costal designs. **TIP:** Don't be too shy to ask the proprietor for sources and photos. *LL*

Home Hacks

THINK BIG BY GOING SMALL

STORY BY JEREMY PRESS

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

In an age of bigger TVs, oversized pillows, giant SUVs and just a general feeling of wanting larger items, we have lost some focus on how the small and efficient items actually can help us more in the big picture. This statement is especially true in the appliance world. There are advertisements all the time for the largest capacity washers and dryers, super-sized ovens and gigantic refrigerators. But is bigger truly better? The new year is always a great time to think about being organized and getting off to great start. These smaller kitchen and laundry solutions can help you do just that in a BIG way by giving you more space and flexibility in your home. Hope you have a happy start to this new year and keep organized.

Laundry

It is not uncommon for a Lowcountry home to have two sets of laundry, especially if you have a home designed to entertain guests. But rather than having a laundry room with two huge sets of washers and dryers, try a smaller set in the master bedroom area. A smaller personal set would allow you to keep your articles of clothing from mixing with any guests that might be staying with you. These smaller machines use much less water and still have enough capacity to hold a small comforter. Some can even be installed in cabinetry to keep a master closet organized.



SO FRESH, SO CLEAN

Fisher & Paykel FabricSmart Front Load Washer: This front-load washer offers premium fabric care with 13 different wash cycles including a time saver. A direct drive motor makes it virtually silent during all cycles. Available at Appliances by Design. $1,199



Refrigeration

While some commonly sold refrigerators can reach sizes nearly 30 cubic feet and beyond, the footprint they take up in a kitchen is tremendous. These humongous boxes can be over 6 feet tall and over 3 feet wide and deep, thus cutting down on walking areas in your kitchen, not to mention having to find everything inside of the refrigerator itself. A smaller solution without giving up storage space is undercounter refrigerators and freezers. This fast-growing solution allows you to have door or drawer options that will stay under counter height and not protrude into your walking area. If you have a home with a view this option also allows for more flexibility by not blocking the windows that are adjacent or near your kitchen. These options can be paneled to match your kitchen or you can have them stand out in a number of colors and finishes. The smaller compartments also are good for organization and ease of finding exactly what you need quickly.

SMALL WONDER

U-Line 24" 1000 Series: This small wonder holds up to 61 12-ounce bottles or 114 12-ounce cans. Available at Billy Wood Appliance. $2,319





NEED FOR SPEED

Monogram Built-In Oven 120V: Multiple cooking options create four ovens in one — speed cook, True European Convection, sensor microwave and warming ovens — to bake, broil, brown, roast and warm and proof foods. Available at Billy Wood Appliance. $2,900

Cooking

While having an oven large enough to fit a turkey or large roast is important, having an oven large enough to fit two or three turkeys might be a little over the top. A trend that has been around for a while now in cooking is steam and speed ovens. Both steam and speed ovens offer unique ways of preparing food more efficiently and in some cases healthier. Steam cooking has been a health trend for over a decade now and these smaller, more efficient ovens can prepare countless recipes from vegetables to seafood, to poultry in just minutes, allowing you to prepare healthy choices with very little effort. Speed ovens combine convection cooking and microwave technology, allowing you to prepare your meals in a fraction of the time it would take a large oven to even get up to temperature. Both options give you and your family more flexibility on time and since they are smaller ovens, there is less wasted energy in preparing meals.



STEAMED UP

Fisher and Paykel Built-in Combination Steam Oven 24": This smart oven allows you to cook food in its own juices to retain nutrients and flavor. With nine oven modes, it doesn't just steam, but also has broil and fan functions. Available at Appliances by Design. $2.999

Smart storage ideas

Get more organized with these **home accessories**.



TEA STAND

This 100-bag tea stand from YouCopia includes 12 clear, removable bins for easy viewing and selection. It fits in standard kitchen cabinets, removing tea box clutter while saving space. *Available at amazon.com. $24*



INDUSTRIAL SHELF

Blend this rugged organizer from Claudel into any home space. Removable metal bins make storing items an effortless experience while the rivet detail enhances its bold design. *Available at wayfair.com. $329*



EYEGLASS CASE

The Bey-Berk Eyeglass Case keeps your eyeglasses and sunglasses stored away in style. It can hold up to seven pairs of glasses, which are cradled in a soft velour lining. Whether they're for sight or style, your glasses always will be within reach in this elegant case. *Available at Pyramids. $202*

PAN ORGANIZER

Save counter space with this must-have item from Deco Brothers. It is great for organizing pans and lids either vertically, horizontally or free standing with the included mounting screws. *Available at amazon.com. $17*



MINI SECRETARY

Inspired by '50s and '60s furniture designs, this mini secretary's smaller, solid wood frame adds big, vintage-inspired style to your space. A flip down door opens to reveal storage space and a place to perch your laptop. *Available at westelm.com. $400.*



SPICE RACK

This magnetic spice rack from Gneiss Spice is a great solution for small kitchens, RVs and boats. Jars conveniently stick to your fridge, saving space. With spices in sight, you can easily grab what you need — dishing up fabulous flavorful food. *Available at etsy.com. $70*





WINE RACK
This wine storage system by Alsace allows you to create a custom hanging collection display. Each panel holds up to 25 bottles and can be combined to create a seamless, sleek wine experience. *Available at wineenthusiast.com. $179*



LAUNDRY SORTER
Effortlessly sort and manage your laundry with this durable sorter from Seville Classics. It features three heavy-duty, washable canvas bags with steel handles and an extendable hanging bar that doubles as a drying rack. *Available at walmart.com. $60*



BOOKSTAND
This bookstand's six open shelves keep reading material organized and easily accessible. It helps reduce clutter and holds enough newspapers, magazines and books to sate even the most voracious reader. *Available at hammacher.com. $200*



SHOE RACK
Store around 16 shoes in style with this wooden rack from Abelino. There are four compartments, making it a good option for families. *Available at fortytwo.sg. $100*



BATHROOM ORGANIZER
Check out this porcelain submarine to keep your bathroom essentials. It is divided into four modules with a toothbrush holder, a gel dispenser, a large box for cotton buds and a small box for hair bands. Internal magnets keep the modules in line. *Available at wayfair.com. $90*

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NETMINDER Chris Shoemaker is a Bluffton native who grew up fishing, shrimping and crabbing along the May River.



OH SNAP
The blue crab's scientific name is Callinectes sapidus, which translates to "savory beautiful swimmer."

STORY BY EDDY HOYLE
PHOTOGRAPHY BY MICHAEL HRIZUK

Imagine growing up on the May River fishing, crabbing, watching dolphins, learning about the tides and the perils of pluff mud. Captain Chris Shoemaker and his brother, Matthew, spent their childhood in this idyllic place on the river skiing and spending time out on the sandbar. He said he grew up on a shrimp boat, and as a kid, he didn't have to do all the hard work, so it was amazing fun. He reminisced about his longest trip on his father's shrimp boat when he was about 5 or 6 years old. It was seven days on the sea, and he loved every minute of it. When he was 11, his Dad sold his boat to become a ferry boat captain, and all told, his father earned his living on the water for 45 years. Shoemaker said his "sailor Mom" never went out on the water.

The Shoemaker brothers learned early on how to put great seafood on the table, and eight years ago, Chris started his own business, May River Excursions. "I love going out every day," he said. "We offer guided river tours, fishing, shrimping and crabbing trips, Daufuskie eco-tours and history tours, and river taxis to Palmetto Bluff, Daufuskie and Hilton Head."



THROW A CAST NET It's not about how hard you throw, it is about how you throw. You need to move in a fluid motion, and remember, you're not trying to open the net as you throw it. The net opens itself. Twist your upper body and lean into the throw. Lead the net with your dominant arm and follow the throw all the way through. Practice before you get on the boat.

The Shoemakers are cousins with the Carmines family of Hudson's Restaurant, and have teamed up with them to help raise money for charity through the David M. Carmines Memorial Foundation as part of the Hilton Head Island Seafood Festival. Shoemaker said, "Andrew Carmines came up with the idea and it's a perfect partnership."

They offer a two-hour excursion on Calibogue Sound to demonstrate how to pull crab traps, cast nets, shuck oysters and how commercial fishermen catch shrimp, crab and fish. "It's a way to give people the opportunity to get out on the water, enjoy the day and get all their questions answered. It's a first-class event and includes lunch. We bring our catch back to Hudson's where it's cooked up and served." His favorite dish is fried shrimp.





BIG BLUES Shoemaker shows off a few blue crabs caught in local water. Learn how he catches them during the Lowcountry Seafood Experience on the Water event, part of the 2019 Hilton Head Island Seafood Festival.



Now in its sixth year, this excursion will be offered over five days (Feb. 18-22) with multiple outings each day. "It's really popular," Shoemaker said. "Last year we had to turn away 120 people."

Get up to speed to "put food on the table"

If your goal is to be successful at fishing, clamming, oystering, shrimping, or casting a net, get organized. Shoemaker said that most of his clients are here on vacation or have recently relocated to the Lowcountry. "Most of them are 'super green' and don't understand the rules," he said.

Shoemaker emphasized the importance of getting all your ducks in a row before getting out on the water. "You have to know the rules. For example, you just can't go out to pick up oysters. You just don't go out without a license. Whether you use a net, cages, or traps, you need to understand the rules. That's why tours are educational."

You must also pay attention to the seasons, he said. Sometimes oysters and shrimp are off limits because the season is closed due to weather, especially hurricanes. And the legal season changes every year.

Other factors are limits to your catch, the permitted sizes of crab and fish you can keep, and whether you need a freshwater license, a saltwater license, or both. Organization and education should be your first priority. Then, Shoemaker said, "It's simply trial and error. The more you do it, the more consistent you get." *LL*





LONG IN THE TOOTH A megladon tooth is shown with other fossils. The ancient teeth have been found in the May River.



CRAZY FOR SEAFOOD

The **12th annual Hilton Head Island Seafood Festival** is a family friendly, week-long culinary and cultural tourism event that includes Celebrity Chef Dinners; Fishing Excursions; a Pig Pickin' and Oyster Roast; a Seafood, Champagne and Gullah Brunch; cooking demos, wine tastings, and of course, the festival. Held at Honey Horn Plantation, the headlining event on Saturday, Feb. 23, features area restaurants and chefs serving up seafood specialties, artisans and much more. For information and tickets go to **www.hiltonheadseafoodfestival.com**.

The Hilton Head Island Seafood Festival is hosted by the David M. Carmines Memorial Foundation, a nonprofit organization that raises money for other nonprofit organizations including the Coastal Discovery Museum, Island Recreation Scholarship Fund, Waddell Mariculture Center, Port Royal Sound Foundation, Gullah Heritage Museum and Medical University of South Carolina.



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



ROAD TRIP

Deep South Road Trip: Part IV



Mississippi River towns: Natchez & Vicksburg

BY CAROLYN MALES

Years ago a local townswoman escorted me on a tour of Natchez's historic mansions. The houses were grand but at the time some that sat on the town's 200-foot bluff looked perilously close to tumbling into the Mississippi below.

Then, in a splash of culture shock, she dropped me into a riverfront saloon at Natchez-Under-The-Hill, a former 19th century strip of brothels, gaming houses, and bars where rivermen, pirates, and prostitutes had drunk, caroused, and brawled. The scalawags might have been long gone but on that particular spring afternoon, she left me at a hatch cover table with two boat captains who were celebrating. A lot. Their vessel had just passed inspection and their boisterous mood was buoyed by the amount of beer flowing from the taps. As they lifted their mugs, they one-upped each other with tall tales, lies, and river lore, resulting in a chorus of "friendly" insults from the men who sat among thick cigarette smoke at the bar.

Meanwhile the jukebox started cranking out "Proud Mary" and in a surreal moment everyone, even the guys deep in their cups, got up and started gyrating, shaking the floor boards and doing Tina Turner proud. If Jerry Lee Lewis had rolled his Caddie over the Natchez bridge and walked in, arms windmilling, no one would have raised an eyebrow.

As it was, the genteel woman stepped back across the threshold and whisked me off to "The Confederate Pageant," a staple of the town's annual Spring Pilgrimage where ladies in ball gowns and gentlemen in uniforms reenacted a series of living tableaux of antebellum glory–Jefferson Davis's wedding, maypole dancing, a farewell ball for soldiers heading into battle. In a town





built on the cotton trade there wasn't a whisper of African-American history or slavery.

So when my husband and I arrived in Natchez on this latest trip, I asked a local about that particular event. "It's now the Natchez Historic Tableaux and it's more inclusive. Back then..." She shook her head. "...that was a different time..."

And so it was—not only a different time but a different season. Unlike that long ago spring when the air was lush and honeyed with jasmine, we were here now during the dog days of summer when the sky is blanketed with gray and clothes turn soppy in the humidity. It was also the Fourth of July weekend so the town was quiet but there was the promise of fireworks exploding across night skies over the river.







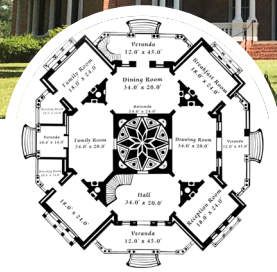
William Johnson House



Looking up to the dome

Longwood





Longwood's radial floorplan

Double Arch Bridge at Natchez Trace Parkway



"Driving along this quiet, leafy National Scenic Byway is almost a Zen-like experience."

Antebellum Homes

During the Civil War Natchez was spared much of the damage that more strategically located Southern towns suffered. As a result, the riverfront town boasts more than 600 antebellum structures, several of which are open to the public. Some highlights:

WILLIAM JOHNSON HOUSE A small museum and home run by the National Park Service tells the story of Johnson, a successful entrepreneur born into slavery in 1809 and emancipated at age 11. As his business holdings expanded to include barbershops, a bathhouse, and farms, he bought 16 slaves to work his fields and run his household. A prolific diarist, his writings cover both his daily life and thoughts on being a slave owner from 1835 until 1851 when he was murdered in a boundary dispute with a neighbor.

LONGWOOD Walking up the tree-canopied drive to this tiered, octagonal mansion with its red cupola is like coming upon an oriental fantasy. But in 1861 distant gunfire shattered this dream of wealthy cotton planters Haller and Julia Nutt and construction on the 30,000 square-foot Moorish Revival home was halted. "Nutt's Folly," as it came to be known, remains uncompleted. Today visitors can tour the elegantly furnished basement rooms where the family lived and were cared for by their 32 enslaved workers while waiting out the Civil War. However, the most fascinating part of the tour is the unfinished upstairs where you can peer up through the ribs of the upper floors to the onion-shaped dome.

THE NATCHEZ TRACE Driving along this quiet, leafy National Scenic Byway is almost a Zen-like experience. Spanning 444 miles from Natchez to Nashville, the parkway was once an old buffalo and Indian trail where Natchez, Chickasaw, and Choctaw tribes built communities. In 1809 explorer Meriwether Lewis died at age 35 along the road to Nashville from two bullet wounds. Murder or suicide? No one knows.

Later the trace would become a major return route for Ohio Valley traders or Kaintucks who floated their goods on flatboats down to markets in Natchez and New Orleans. There they'd sell their boats for recycling into lumber and head home on foot or on horseback along the trail. Overlooks, memorials, historic sites, exhibits, and trails abound. The Mount Locust Inn at Milepost 15.5 is worth a stop for a glimpse at early life along the route. As traffic increased in the late 1700s, a plantation family turned this rustic home into a simple inn where weary travelers could share beds and get a meal of corn mush for the equivalent of a quarter.



The Camp

Eat and Sleep

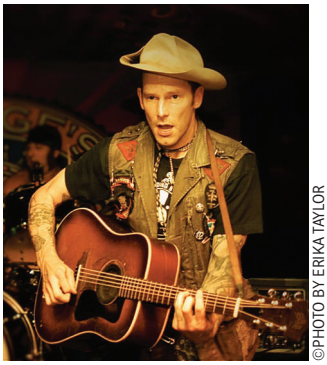
THE CAMP Head down Under-the-Hill for this popular eatery, offering craft beers, burgers, sliders, sandwiches, salads, and creative takes on tacos and quesadillas. Afterwards, stroll to the pier where you might just see a paddle wheeler docked.

WILKINS TOWN HOUSE This 1835 B&B with two well-appointed suites offers a quiet downtown retreat complete with a small patio. Host Jean Moffett cooks up a grand breakfast spread spiced with Southern hospitality.



Wilkins Town House

Playlist: Music



©PHOTO BY ERIKA TAYLOR

GOOD TIMES:

"MISSISSIPPI MUD"
Hank Williams III sings of fishing in the bayou, drinking, and raising hell.

"MISSISSIPPI GIRL"
Faith Hill, who hit Number One on Billboard's Hot Country Songs charts with this recording, glories in her Mississippi roots.

"DOWN IN MISSISSIPPI UP TO NO GOOD"
Sugarland's infectious song about escaping everyday life and heading downriver to let the good times roll.

"PROUD MARY"
Credence Clearwater Revival first recorded it in 1969 then Tina and Ike Turner won a Grammy for it in 1972. The quintessential riverboat song!



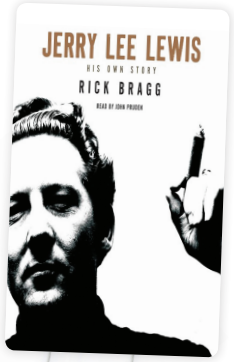
AND THOSE OTHER TIMES:

"MISSISSIPPI"
In her rendition, Sheryl Crow rocks this story of weariness and longing but Dylan's gravely voice gives his a haunted edge.

"MISS THE MISSISSIPPI AND YOU"
Country Legend Jimmie Rodgers recorded this heartbreaker in 1932. Lewis's 2011 version wrings homesickness and weariness from every note of his piano.

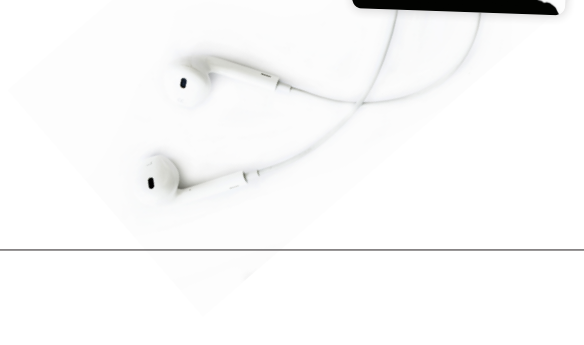
"MISSISSIPPI GODDAM"
Nina Simone. Simone's 1964 civil rights anthem encompasses all the pain of the era—picket lines, segregation, children in jail.

Playlist: Audio Books



JERRY LEE LEWIS: HIS OWN STORY
BY RICK BRAGG, READ BY JOHN PRUDEN

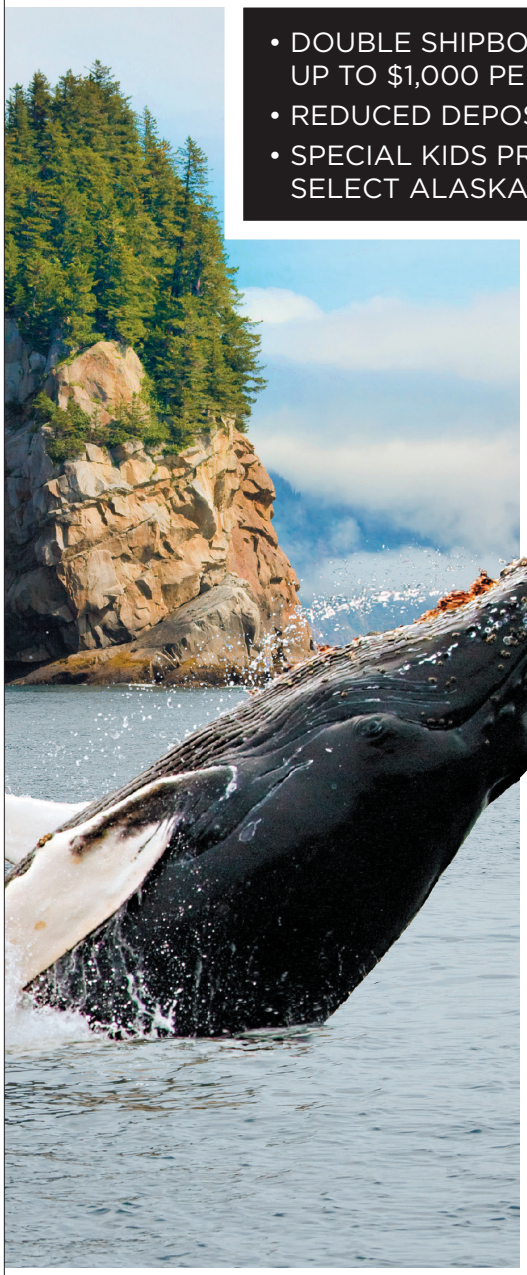
Jerry Lee Lewis was the original madman at the piano — howling, pounding the keys, jumping around, and blazing across the stage. Bragg writes that when Lewis's father gave him a piano "the world tilted." And so did rock and roll. The Louisiana-born bad boy rocker had the Mississippi in his blood and old time religion in his soul — and the resulting mix made for a freewheeling yet conflicted life.



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Minnesota Memorial



Shirley "White House"



The Cairo



Flatboat Diorama

too beautiful to burn

Vicksburg

Leaving the Natchez Trace at Port Gibson, which Ulysses S. Grant declared "too beautiful to burn," we headed to Vicksburg, a town that his Union troops and the US Navy pummeled during a 47-day siege against Lt. Gen. John Pemberton's Confederate forces.

It was a war the town hadn't wanted. Before Secession, Vicksburg's elders, fearing that war would ruin the town's economy as a major transport hub for cotton, had been largely Unionist, as was the large African-American community of free and enslaved people. But when Mississippi joined the Confederate cause, citizens here too signed on and vigilante committees arose to tamp down any residual anti-secessionists.

Meanwhile Gen. Winfield Scott had proposed a strategy dubbed the "Anaconda Plan" to strangle Southern commerce by blockading its ports and grabbing control of the Mississippi River. Lincoln, addressing government and military leaders, had pointed to the town on a map and proclaimed "Vicksburg is the key. The war can never be brought to a close until that key is in our pocket."

Vicksburg, in turn, had mounted cannons on its high bluffs aimed toward the river. And when Union soldiers and Naval forces began their offensive on May 18, 1863, families packed up furniture, kitchenware, and clothing and fled to dug-out caves as the war raged and almost 20,000 soldiers died around them. Vicksburg would surrender on July 4, one day after Gettysburg.

VICKSBURG NATIONAL MILITARY PARK A 16-mile driving route runs through the hilly battleground past memorials, remnants of fortifications and trenches, and historic markers detailing battle offensives and strategies. Among the monuments stands a lone white house where Adelaide Shirley along with her teenaged son and servants hid for three days amid artillery fire. When she hung a white sheet on a broom handle on a second floor porch, Union troops whisked them away from battle lines to the safety of a cave.

USS CAIRO GUNBOAT AND MUSEUM On Dec. 12, 1862, the Union ironclad Cairo had been watching over a mine-clearing operation when a Confederate electronically detonated "torpedo" sent it to the bottom of the Yazoo River in less than 12 minutes. The 175 men, nearly half foreign-born, were all rescued. In 1964 the 175-foot vessel was raised and today its skeleton sits beneath an outdoor canopy, most of its armor peeled away, exposing its capstan, paddlewheel, guns, and boilers.

JESSE BRENT LOWER MISSISSIPPI RIVER MUSEUM Learn about floods, their destructive impact and the Army Corps of Engineers' efforts to manage the largest river system in North America, stretching 2,300 miles from Minnesota to the Gulf of Mexico. Dioramas, photographs, charts, and interactive displays tell the story of river development and strategies like diversions and levees—some that worked and others that didn't. Then board the diesel-powered towboat MV Mississippi IV which moved equipment and supplies and served as an inspection vessel until its decommissioning in 1993.

Eat and Sleep

THE TOMATO PLACE Tucked into a produce stand, this quirky roadside eatery features homey fare in a small café displaying offbeat art. Step up to the counter to order smoothies, po'boys, soups and sandwiches, salads, burgers, cobblers and bread pudding. Needless to say, tomatoes are a main attraction.

THE CORNERS MANSION INN Situated on a bluff with far views of the Mississippi and Yazoo Rivers, this brick 1873 Greek Revival mansion and inn offers 16 elegant guest rooms. Each morning, proprietor Macy Whitney keeps the conversation lively as guests dine on sumptuous breakfasts cooked by her husband Joe Trahan, and served on a table landscape of fine china and pewter goblets worthy of an Old Masters still life. Afterwards take a house tour and learn more about Vicksburg history.



The Tomato Place


The Corners Mansion Inn

Mississippi Miscellany

- Those cuddly teddy bears have a Mississippi back story. On a 1902 hunting trip a discouraged President **Theodore Roosevelt** lamented he hadn't spotted a single bear. His guides remedied that by taking him to a tree where they'd tied up an old injured bear they'd captured. Appalled, Roosevelt refused to shoot. Newspapers and cartoonists quickly picked up the story. However, the tale would morph into Roosevelt sparing a shivering "cub." That, in turn led a clever Brooklyn candy store owner to place stuffed bears his wife had sewn in his shop window. He called them "Teddy Bears" and the legend took off.
- The exterior of Longwood in Vicksburg was the set for the home of Vampire King of Mississippi Russell Edgington in HBO's **True Blood**.
- Prior to the Civil War, the US War Department used camels as pack animals in the Southwest. Eventually, the Confederates recruited one of these ships-of-the-desert, "**Old Douglas**," to carry regimental instruments. When Union sharpshooters killed him during the Siege of Vicksburg, the Rebs avenged his death by knocking off the perp. Old Douglas's grave marker, adorned with a camel etching, sits in the City of Vicksburg Cemetery.

VICKSBURG MISSISSIPPI

ROAD TRIP

Upcoming Deep South Road Trips:

PART V

From Civil War To Civil Rights
(February)

BRING THE BEAUTY OF NATURE INTO YOUR HOME

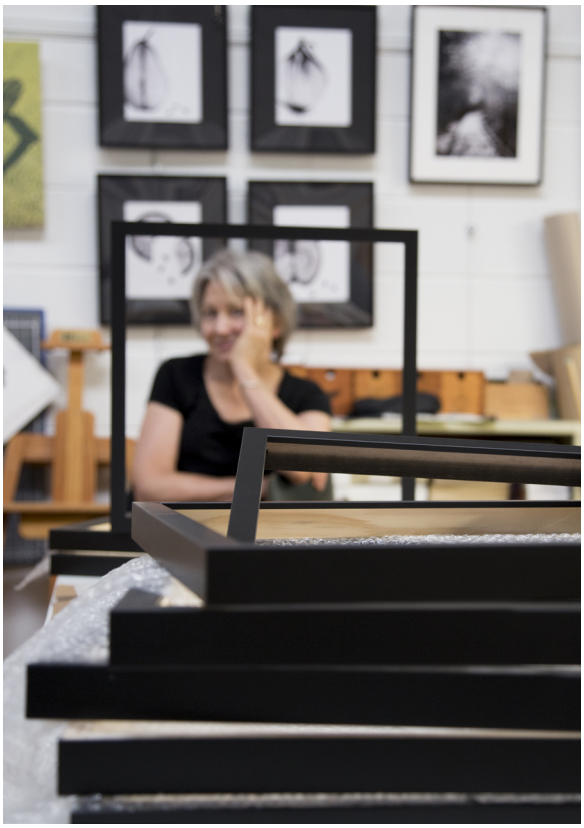


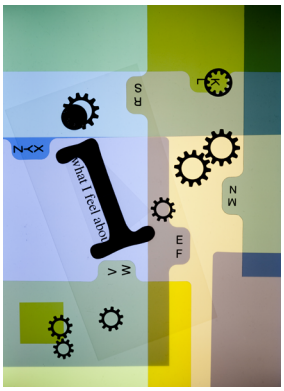


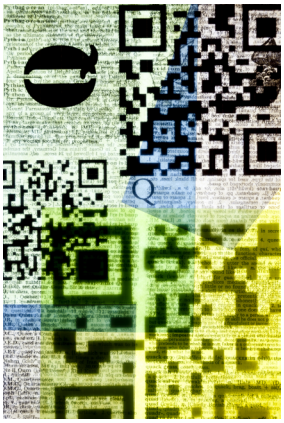
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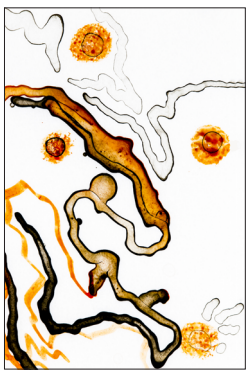




Donna Varner's abstraction organization

SPAGHETTI... JUST HOLD THAT WORD IN MIND FOR A MOMENT WHILE WE LOOK AT DONNA VARNER'S MESMERIZING ABSTRACT PHOTOGRAPHY.

STORY BY CAROLYN MALES



Caffeinated



Point of Fact

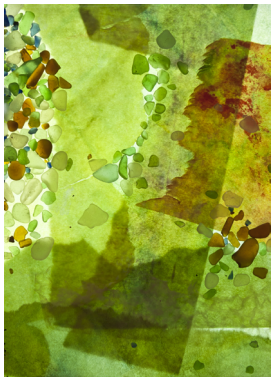
Varner layers torn hand-painted papers, sea glass, gears, coins, mirrors, inks splats, plastic file folders, dictionary pages, and yes, even ephemeral objects like water drops and smoke on a light pad. Moving materials around, she designs her compositions. Then picking up her camera, she shoots single or multi-exposures, sometimes adding or subtracting elements, adjusting exposures with each shot. The result? Luminous images that delight and invite viewers to walk their imaginations through depths of color, texture, and pattern.

You're an organized person yet your work sends your brain, and ours, off in different directions.
[Donna Varner] An organized person? In thought and action, I live in an organized manner. In the midst of my creative process, however, this "organized" framework is suspended and I proceed more like navigating spaghetti. My brain flips the switch and I'm thinking in analogies and free associating. Look at the chaotic nature of my studio in a creative time. Perhaps I am organized in my disorganization.

Your previous career was in business. **[DV]** In my former lives I was an Organization Person first in corporate culture then in academia. In fact, for my Ph.D. I studied the behavior of people in organizations. People do and don't follow structures they are given; they behave very differently within those organizational schemes, some successfully some not so much. Watch human behavior and it's much like spaghetti too.

So in terms of spaghetti and organization… I think of Jackson Pollock and his looping strands of paint across canvas. At first glance his strokes look random but he intuitively diluted and layered paint to get different effects. And so it seems in your work. **[DV]** In my artwork here, we see watches and gears, letters and imaginary writing. These can be construed as metaphors for organization. (Machinery and communication don't function randomly, but rather work together in a coherent system.) Still the artwork is not literally organized; it is abstract enough to allow the viewer to make meaning of it within their own framework of viewing the world. *LL*







Light Collages 1, 2, and 4









Exclamation, An Enigmatic Moment, Lost and Found, and Illinois Winter Time



PHOTO BY CHANDLER HUMMELL PHOTOGRAPHY

LEADING LADY
Lisa Gherardini's tricky smile and timeless allure have inspired academic study and artistic emulation for more than five centuries.

Organized Artwork

Being organized is certainly an art form, but how does an artist portray organization in an intriguing way? To inspire our readers, LOCAL Life commissioned eclectic Bluffton artist Amos Humell to answer that very question. And we are delighted with his creative answer.

THAT PUZZLING SMILE



I couldn't find my smile today.
Did I toss the thing away?

For days I sifted through my stuff. Can there really be this much?

Under boxes, inside cans, on the floor, my nightstand.

Cluttered cubbies, files galore, piles of papers on the floor!

In magazines, under chairs, ephemera scattered everywhere.

Time sadly passed me by.
My smile I never did find.

Then along came moving day.
Movers hauled the stuff away.

And there upon an empty floor my dusty smile did lay.

— Amos Hummell

Find more of Hummell's work online at hummellstudios.com.

LEAN ENSEMBLE THEATER

A Doll's House, Part 2

by: Lucas Hnath
directed by: Blake White



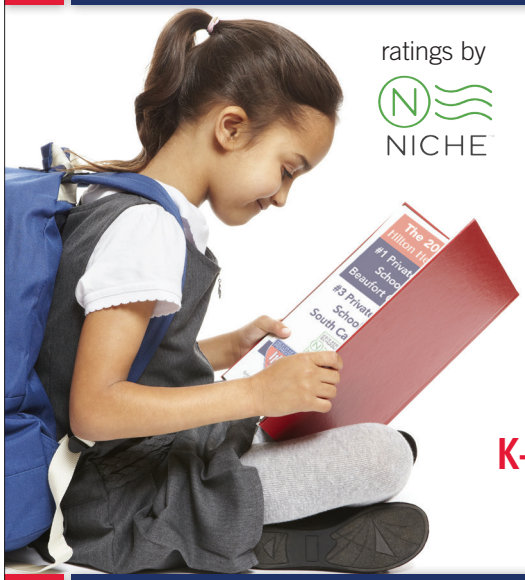
HHPS MAIN STREET THEATRE
3000 main street, hilton head island

January 24-26 & 31
February 1-2 · 7:30 pm
Jan 27 & Feb 3 · 2 pm

evenings & matinees $40
students & active military $15
group & discount rates available

843.715.6676 LEANENSEMBLE.ORG

The 2019 Rankings are in:



ratings by NICHE

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HILTON HEAD PREPARATORY HHP Est. 1965

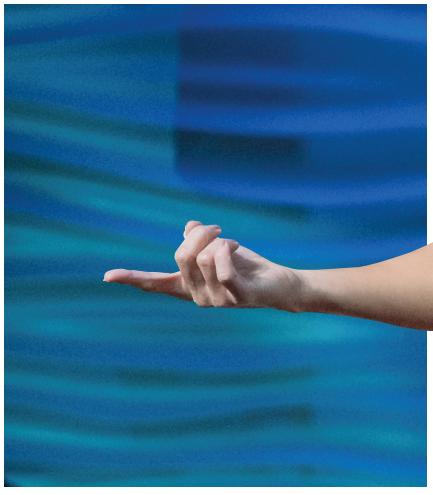
A private, independent school serving students in preschool through twelfth grade
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Ideas Worth Spreading

What: TEDx Hilton Head Island event
When it took place: Dec. 1
Where: Poseidon Rooftop Bar
Photographer: Arno Dimmling
Highlights: The day-long event featured many local speakers talking about issues important to women. Speakers included life coach Aja Moon, educator Amanda O'Nan, fitness and nutrition expert Christy Baroni, master of ceremonies Debi Lynes, architect Elaine Gallagher Adams, cognitive neuroscientist Heather Collins, teacher Jennifer Hogue, volunteer Jodie Randisi, stylist Kathryn Mademann, editor Laura Hill, technology specialist Lisa Berry, activist Lisette Cifaldi, entrepreneur Ree Williams and business owner Susannah Winters.



















Giving Thanks

What: Annual Community Thanksgiving Dinner
When it took place: Nov. 22
Where: Hudson's Seafood House on the Docks
Photographer: Thomas Love
Highlights: Many locals shared turkey, dressing and all the trimmings at this annual family-style dinner, with over 400 volunteers serving more than 1,600 guests. The meal was prepared by Hudson's Seafood House on the Docks, with volunteers from the community to help serve the food. There was lots of good fellowship and entertainment for a festive atmosphere.





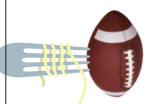
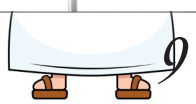
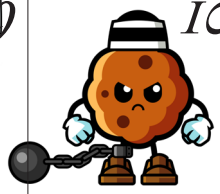
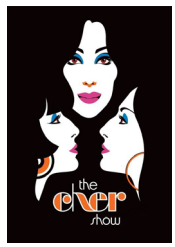


JANUARY calendar

So long 2018. Hello, 2019!

January is a slower time around the Lowcountry, but there are a few festivals and other events worth checking out. 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 **Savannah Area** Three Dog Night (Jan. 10) Swan Lake (Jan. 11) Diana Ross (Jan. 13) Enmarket Hockey Classic (Jan. 18-19) **Charleston Area** Willie Nelson (Jan. 9) Travis Tritt (Jan. 10) Bela Fleck and Abigail Washburn (Jan. 13)	Gregory Alan Isakov (Jan. 15) Badfish (Jan. 18) Greensky Bluegrass (Jan. 23) Postmodern Jukebox (Jan. 25) Ladysmith Black Mambazo (Jan. 26) Bobby McFerrin (Jan. 26) August Burns Red (Jan. 27) Neko Case (Jan. 30)	1  **New Year's Day** Sugar Bowl: *Texas vs. Georgia* SOBA: *It's Hip To Be Square*	2  **Run up the Flagpole and See if Anyone Salutes Day**	3  **Bluffton Farmers Market** Fruitcake Toss Day **Festival of Sleep Day**	4 Jazz Corner: *Kevin Bales Quartet* **Spaghetti Day** Trivia Day	5  **NFL Wild Card Round** Jazz Corner: *Kevin Bales Quartet* Stan Smith Weekend Workout
6  NFL Wild Card Round **Bean Day** Feast of Epiphany	7  College Football National Championship **Old Rock Day**	8  **Hilton Head Island Farmers Market** Bubble Bath Day Male Watcher's Day	9  **Play God Day** Take the Stairs Day	10  Bluffton Farmers Market Shag Dancing & Beach Music **Bittersweet Chocolate Day**	11  Jazz Corner: *Joe Gransden Quartet* **Rooftop Bar: *OCD*** Roasting Room: *Parker Gispert*	12  **Chowder Challenge** NFL Divisional Round HHSO Soundwaves: *Haydn & Dvořák* Jazz Corner: *Joe Gransden Quartet* Roasting Room: *Peter Karp Band*
13  NFL Divisional Round **HHSO Soundwaves:** ***Haydn & Dvořák*** Skeptics Day	14  HHSO Soundwaves: *Haydn & Dvořák* **Dress Up Your Pet Day**	15  **Hat Day** Hilton Head Island Farmers Market	16 **Appreciate a Dragon Day** Nothing Day National Fig Newton Day	17 **Ditch New Years Resolutions Day** Bluffton Farmers Market	18  **Arts Center:** ***Ballet Memphis*** Jazz Corner: *Kris Tokarski Trio* Rooftop Bar: *Deas-Guyz* Roasting Room: *Salt & Pine*	19  Arts Center: *Ballet Memphis* Jazz Corner: *Kris Tokarski Trio* Roasting Room: *10 String Symphony* **Daufuskie Island Marathon**
20  NFL Conference Championships Buttercrunch Day **Cheese Lover Day**	21  **Martin Luther King Jr. Birthday** Arts Center: No School Art Day Hugging Day	22  Hilton Head Island Farmers Market **Blonde Brownie Day**	23  **Pie Day** Handwriting Day Measure Your Feet Day	24  **Lean Ensemble Theater:** ***A Doll's House, Part 2*** Bluffton Farmers Market Roasting Room: *Melodime*	25  Jazz Corner: *Peter & Will Anderson Trio* Roasting Room: *Matthew Mayes* **Opposite Day**	26  **Hilton Head Snow Day** Jazz Corner: *Peter & Will Anderson Trio* Spouse's Day
27  **NFL Pro Bowl** Hilton Head Symphony Orchestra: *Tchaikovsky Symphony No. 6* Chocolate Cake Day	28  Hilton Head Symphony Orchestra: *Tchaikovsky Symphony No. 6* **Kazoo Day**	29  Hilton Head Island Farmers Market **Puzzle Day** **Cornchip Day**	30  **Inane Answering Message Day**	31  **Backward Day** Bluffton Farmers Market Inspire Your Heart with Art Day	**THINGS TO DO NEARBY** **Columbia Area** Toni Braxton (Jan. 19) Cherub (Jan. 22) Morgan Wallen (Jan. 24) Kane Brown (Jan. 25) **Jacksonville Area** Winter Jam: Tour 360 (Jan. 11) Mike Epps & Friends (Jan. 18) Tosca: The Opera (Jan. 18) Cher (Jan. 23) The Cashore Marionettes (Jan. 27)	

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Mary B. McDowell (bottom left)
Juanita Jones (bottom right)
Ann Harrison (top center)

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– Mary B. McDowell,
Cypress Members since 1996.

"To work at the Cypress is to discover the fountain of priceless work ethic and integrity."

– Juanita Jones,
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– Ann Harrison,
Director of Home Health Care Services since 1998.

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JANUARY happenings

ART SHOWINGS, PLAYS AND PERFORMANCES



Haydn and Dvořák at SoundWaves

Violinist Rachel Barton Pine will appear at the Hilton Head Symphony Orchestra's opening concert at their new venue at SoundWaves. She will play a violin concerto by the black composer, Joseph de Bologne, the Chevalier de Saint-Georges, a son of a slave who rose to the top of French society through his mastery of fencing and his genius for classical music! An International concert violinist, Pine is heralded as a leading interpreter of the great classical masterworks and thrills audiences with her dazzling technique, lustrous tone and emotional honesty. With an infectious joy in music-making and a passion for connecting historical research to performance, Pine transforms audiences' experiences of classical music.

HAYDN AND DVOŘÁK
When: Jan. 12, 13 and 14
Where: SoundWaves at Coligny
Details: hhso.org



LEADING LADY Peggy Trecker White stars as Nora in Lean Ensemble Theater's production of A Doll's House, Part 2.

LEAN ENSEMBLE PRESENTS 'A DOLL'S HOUSE, PART 2'

In 1879 playwright Henrik Ibsen set off a minor earthquake in his controversial drama, A Doll's House, when Nora Helmer, defying all societal norms, walks out of her marriage. Lean Ensemble Theater explores what happened in the years following that fateful moment in its new production A Doll's House, Part 2, Lucas Hnath's darkly comic sequel to Ibsen's masterpiece. Nora must not only face her husband but also the maid who sacrificed her own family life to raise Nora's children, as well as her grownup estranged daughter who is about to take her own walk down the aisle. Directed by Lean Ensemble Artistic Director Blake White, the show features Taylor Harvey and J. Richey Nash along with ensemble members Peggy Trecker White and Jenny Zmarzly. Talkbacks following each performance.

'A DOLL'S HOUSE, PART 2'
When: 7:30 p.m. Jan. 24-26 and Jan. 31-Feb. 2.; 2 p.m. Jan 27 and Feb. 3
Where: HHPS Main Street Theater
Details: www.leanensemble.org or 843-715-6676

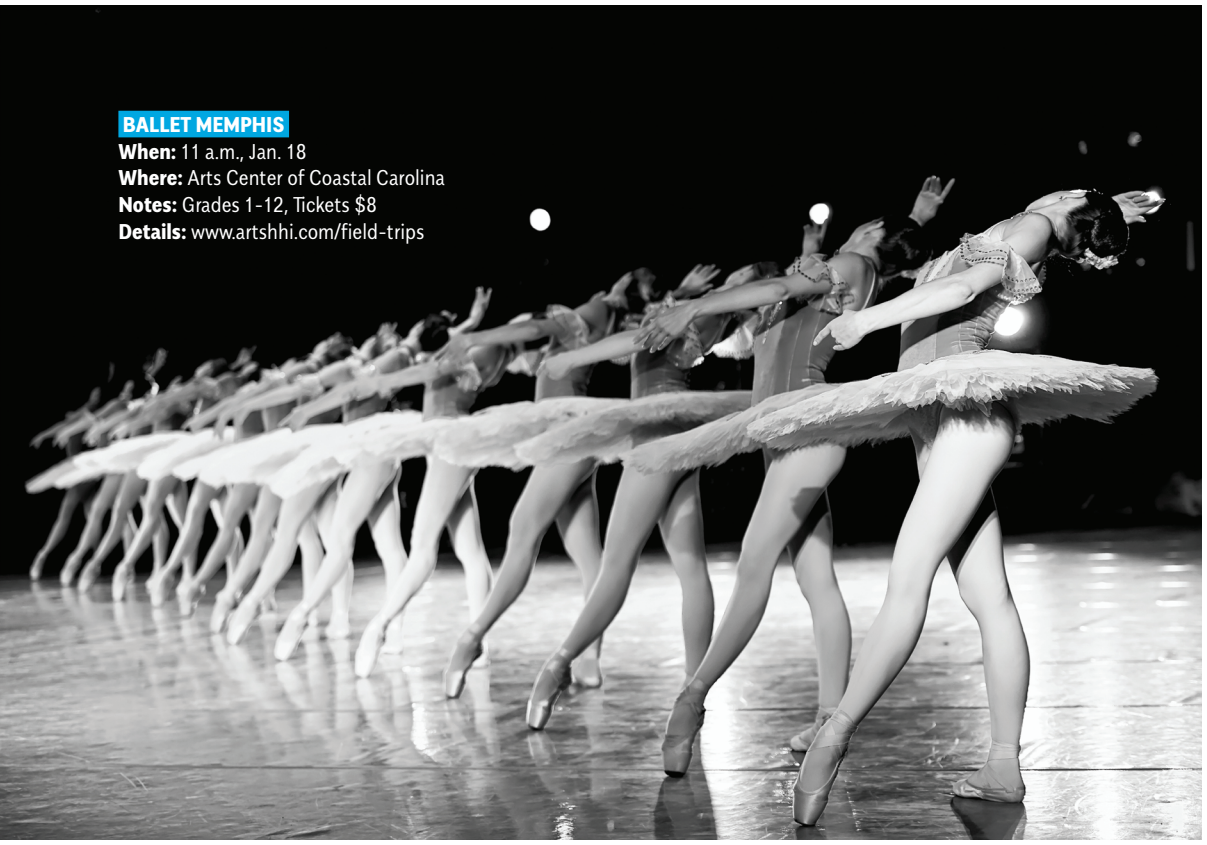
STUDENT ART EXHIBITION AT SOBA GALLERY

Three Bluffton High School art students will display drawings, photography, and paintings at The Society of Bluffton Artists gallery from January 7-February 3. An opening reception is scheduled from 3-5 p.m. Sunday, January 13 at the gallery, located in Old Town Bluffton. This event is free and open to the public. The exhibit will feature drawings by Catherine McClean, photography by Gabriel Morales and paintings by Nathalia Roca.

STUDENT ART EXHIBITION
When: Opening Reception 3-5 p.m. Jan. 13; art exhibition from Jan. 7-Feb. 3
Where: The Society of Bluffton Artists (SoBA) Gallery
Details: www.sobagallery.com







BALLET MEMPHIS
When: 11 a.m., Jan. 18
Where: Arts Center of Coastal Carolina
Notes: Grades 1-12, Tickets $8
Details: www.artshhi.com/field-trips

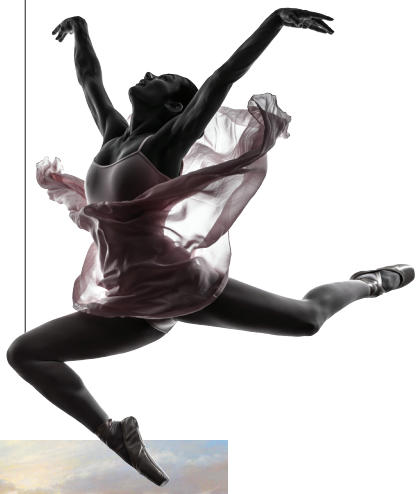
Ballet Memphis coming for special performance

For more than 30 years, Ballet Memphis has created, presented and taught ballet in a way that celebrates the human spirit. It is a company that is reflective of their audience — beautifully diverse in mind, body and soul. Their highly acclaimed, original repertoire speaks of the cultural significance of Memphis, shared with audiences around the globe and at home, including The Joyce Theater in New York City and the John F. Kennedy Center for the Performing Arts. Called "a triumph" by The Commercial Appeal.

Educational Program: Master Dance Class

Enhance your training with the renowned Ballet Memphis during this 90-minute master dance class. Beginner to intermediate dancers are encouraged to attend. At check-out, be sure to complete the check-out questions including the participant's name and age (if under 18).

MASTER DANCE CLASS
When: 10 a.m. Jan 19
Where: Arts Center of Coastal Carolina
Notes: Tuition is $25.
Details: www.artshhi.com/workshops or 843-686-3945, ext. 205









Coastal Discovery Museum presents "Generations"

Discover and enjoy original works created by eight members of the renowned Palmer family of artists. This exhibition will showcase their spectacular works of art, and will also share stories of this area's history and personal reminiscences.

"GENERATIONS"
When: Opening reception 5-7 p.m. Jan. 17; exhibit runs Jan. 5 through Feb. 25
Where: The Coastal Discovery Museum
Details: www.coastaldiscovery.org

JUST FOR FUN



Hilton Head Island Carolina Shag Club hosting annual Winter Classic

This four-day fun event draws Shag dancers from throughout the Southeast United States. The Winter Classic is open to the public and you do not need to know how to "shag." All dancers (Swing, Ballroom, Lindy, Country, Line) and anyone who enjoys "beach music" are encouraged to attend.

WINTER CLASSIC
When: Jan. 10-13
Where: Sonesta Resort, Shipyard Plantation
Details: hiltonheadshagclub.com or 912-414-4383



BE COOL AT HILTON HEAD SNOW DAY

For the kids who have never seen snow, this is the perfect event. Play in the snow, bounce in inflatables and enjoy the entertainment.

SNOW DAY
When: 11 a.m. - 4 p.m. Jan. 26
Where: Shelter Cove Community Park
Notes: $10 ages 2-17, adults free
Details: events.islandreccenter.org





WARM UP AT THE SIXTH ANNUAL CHOWDER CHALLENGE

Vote for the best chowder from your favorite island restaurants while supporting and raising awareness for organ donation. Local favorites, The Headliners, perform live, silent auction and Kidz Zone. Proceeds to benefit The Heather Trew Foundation.

CHOWDER CHALLENGE
When: 12-4 p.m. Jan. 12
Where: Reilly's Plaza
Details: www.theheathertrewfoundation.org or 843-363-2303





MORE ONLINE

Find more details on the following events online at LocalLifeSC.com.

Long Cove Club Charitable Advisory Committee accepting 2019 grant applications (Jan. 15-March 31)

Bluffton Memory Matters hosting open house (Jan. 8)

Helping Parents Heal monthly meeting planned (Jan. 13)

Palmetto Quilt Guild meeting set (Jan. 17)



Mary M. Briggs
President & CEO

Happy New Year from the HHSO!

We welcome the New Year with wonderful and exciting events!

At our first concert in January at SoundWaves, **Haydn and Dvorak**, we welcome violinist Rachel Barton Pine, who will play a violin concerto by the black composer, Joseph de Bologne, the Chevalier de Saint-Georges, who was one of the most remarkable figures of the 18th century.

On January 27 and 28, our concert at First Presbyterian Church, **Tchaikovsky Symphony No. 6**, will feature Drew Petersen on piano. Acclaimed 24-year-old American pianist, Petersen is a sought-after soloist, recitalist, and chamber musician in the United States, Europe, and Asia.

HHSO

Inspiring, enriching and uniting the Lowcountry.

February brings the wonderful **HHSO Youth Concerto Competition**. Held on February 2nd at Soundwaves, this Competition features 10 finalists ages 12-18 from the southeast region who are vying for cash prizes and the opportunity to perform in recital and with the HHSO.

February also brings us two concerts at the First Presbyterian Church, **Beethoven Symphony No. 6**, with guest conductor Rei Hotoda and our own Stephen Primatic playing Higdon's *Percussion Concerto*. This concert will be performed for over 3000 local students on Monday and Tuesday.

The month closes with our pops Concert, **Coastal Traditions** on February 24 highlighting **Ranky Tanky**, a band of native Carolinians who mix the soulful songs of the Gullah culture with large doses of jazz, gospel, funk and R&B. The evening includes HHSO favorites, the **Savannah Children's Choir** and the fabulous dancers of the **Hilton Head Dance Theatre**.

March brings the return of the **HHSO International Piano Competition**, the 11 through the 18th. This elite group of 20 international pianists, ages 18 – 30, was selected from a record number of 237 applicants from 31 countries. April 9 and 10 showcases our ever-popular **Symphony Under the Stars** with the popular group **Reggie Deas & Deas Guyz**.

So mark your calendars and check our website at hhso.org to book your tickets or call 843-842-2055. ***HAPPY 2019!***

Mary M Briggs

37TH SEASON / **2018-2019** / HHSO.ORG

HHSO

Inspiring, enriching and uniting the Lowcountry

SOUNDWAVES



MORRIS RUSSELL



PETERSEN

TCHAIKOVSKY SYMPHONY NO. 6

SUNDAY, JANUARY 27, 2019 • 5 PM
MONDAY, JANUARY 28, 2019 • 8 PM

John Morris Russell, Conductor
Drew Petersen, Piano

Chopin Piano Concerto No. 1
Tchaikovsky Symphony No. 6

Acclaimed 24-year-old American pianist Drew Petersen is a sought-after soloist, recitalist, and chamber musician in the United States, Europe, and Asia.

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2018-19 Season subscriptions & single tickets ($55, $45, $30) are available on our website at www.hhso.org or by calling the office at 843-842-2055. Concert held at First Presbyterian Church on 540 William Hilton Parkway (278), Hilton Head Island.

INFORMATIVE & ENTERTAINING



Boost Your Brain at Brain Boosters 2019

Learn how the brain is built to learn, the healthy brain lifestyle, how to increase neurogenesis and neuroplasticity, relaxation "cooling" techniques, and much more. Offered at two locations by Memory Matters.

BRAIN BOOSTERS 2019
When: 10 a.m. starting Jan. 9 and 15
Where: St. Andrew By-The-Sea UMC and St. Andrew's Parish Hall
Details and More: 843-842-6688



Learn Spanish genealogy from a pro

Instructor Lourdes del Pino, first vice president of the Cuban Geneology Club of Miami and Florida Pioneer Descendant, leads an all-day workshop covering research techniques and sources from pre-1560 era to modern times. Attendees must have previous genealogy research experience.

LEARN SPANISH GENEALOGY
When: 9 a.m.-3 p.m. Jan. 9
Where: Palmetto Electric Community Building
Notes: Pre-registration required
Details: heritagelib.org

Hilton Head Island Bridge Club hosting winter workshops

The club's winter workshops will be held at the Hilton Head Island Bridge Club at Port Royal Plaza. They begin in January and end in March. These workshops are for beginner, beginner plus, and intermediate players and are open to the general public.

WINTER WORKSHOPS
What: Intermediate Classes on Cuebids and Counting
When: Tuesdays from 10 a.m. to noon, beginning Jan. 15
What: Beginner Classes
When: Fridays from 10 to noon, beginning Jan. 11
Notes: All clinics are $15
Details and More: kbwalsh@roadrunner.com



Homeschool Art: Art Appreciation

During this 6-week session students ages 6-12 will learn about famous artists from the 13th-16th centuries such as Giotto, Michelangelo, and Durer while experimenting with a variety of mediums and techniques such as paint, block printing, and relief.

ART APPRECIATION
When: Jan. 11-Feb. 22
Where: Arts Center of Coastal Carolina
Notes: Online Pre-registration Required $90
Details and More: www.artshhi.com



No School Art Days

Looking for a safe, fun place for your 7-12 year old child when school is out? Have the kids join the Arts Center of Coastal Carolina for a fun-filled day of art making! Several projects will be included. A variety of mediums are explored while keeping your child's creative hands busy. Students should bring snacks and a lunch. Register early, these camps fill up!

ART DAYS
When: Jan. 21 and Feb. 18
Where: Arts Center of Coastal Carolina
Notes: Online Pre-registration Required $55
Details and More: www.artshhi.com

MEETINGS & GATHERINGS



WORLD AFFAIRS COUNCIL SPEAKER SERIES CONTINUES

The World Affairs Council Hilton Head strives to keep its members abreast of developments in national interests and international affairs through extensive educational programming and participation in Council-sponsored events. WACHH uses a variety of avenues to accomplish this. Each has a slightly different approach but all focus on world affairs. **Upcoming events include:**

STATE OF TODAY'S MEDIA
Who: Larry Kramer, former president and publisher of USA Today
When: Jan. 8
Where: USCB Hilton Head Island Campus

CAN GLOBAL HEALTH STILL SAVE THE WORLD
Who: Josh Michaud, associate director for global health policy at the Kaiser Family Foundation
When: Jan. 11
Where: First Presbyterian Church

IRAN'S STRATEGY IN THE MIDDLE EAST
Who: Trita Parsi, founder and current president of the National Iranian American Council
When: Jan. 25
Where: First Presbyterian Church

US-CUBAN FOREIGN POLICY: WHAT'S NEXT?
Who: Ambassador Everett Briggs
When: Feb. 12
Where: USCB Hilton Head Island campus

CANADIAN AND U.S. RELATIONS
Who: Chris Alexander, Canadian politician and diplomat
When: Feb. 15
Where: First Presbyterian Church

For an up-to-date listing of speakers and their biographies, go to www.wachh.org.

MEMORY MATTERS

BRAIN HEALTH SUMMIT 2

MARCH 7, 2019
10 AM - 3 PM
Hilton Head Beach & Tennis Resort

EXPERT SPEAKERS



A Solution in Our Lifetime?
VIK KHURANA, MD, PHD
Harvard Stem Cell Institute



Healthy Brains, Healthy Bodies
LARA BOYD, PT, PHD
University of British Columbia, Vancouver



Live Mediterranean Cooking Demo
CHEF KIM BARETTA



The Mystery of Sleep & Brain Health
STEVEN PLENZLER, PHD

Tickets - $50 *(includes lunch)*
Call (843) 842-6688
or register online at
www.mymemorymatters.org

memory matters

COASTAL DISCOVERY MUSEUM EVENTS

Camellias – History and Romantic Stories of our 'Winter Rose'

Learn about the Camellia Garden from Master Gardeners and garden founders, Donna and Fred Manske. The Manskes will share fascinating legends of the camellia and tips on growing your own camellias in the Lowcountry. 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.

DETAILS
When: 10 a.m. Feb.5
Notes: $10 per person and reservations are required
Contact: www.coastaldiscovery.org or 843-689-6767 ext. 223





PLASTIC WASTE IN THE LOWCOUNTRY

Michelle Meissen of Palmetto Ocean Conservancy will discuss the impact of the plastic industry in our oceans and our environment. Several local efforts are underway with the goal to spread awareness and encourage recycling and recovery of plastic. Initiatives such as "Straw-less Summer" and the "Beaufort County Single Use Plastic Ban" will help our local environment. Learn about the impact of plastic waste on our Lowcountry environment and the things you can do to help.

DETAILS
When: 3 p.m. Jan 10
Notes: $7 per person and reservations are required



THE BIOGEOGRAPHY OF THE CAROLINAS

Dr. Chris Marsh will give a bird's eye view of the biogeographical regions of the Carolinas, discussing how unique habitats add to the region's diversity of plants and animals.

DETAILS
When: 3 p.m. Jan. 9
Notes: For an adult audience, $7 and reservations are required.



Fiddlers, Birds and the Saltmarsh Food Web

The Coastal Discovery Museum will present Robert Rommel for this program. If you've walked near the saltmarshes of Hilton Head Island at low tide you may have seen armies of Fiddler Crabs marching across the pluff mud. This talk will examine fiddler crabs and the birds and other animals that feed on fiddlers. Learn about the behavior of these critters and how they fit into the ecology and nutrient cycling of the saltmarsh.

DETAILS
When: 3 p.m. Jan 30
Notes: Cost is $7 per person and reservations are required



'CONVERSATION' WITH A CIVIL WAR SOLDIER

Meet Stephen Quick, Civil War soldier, as he is depicted by his descendant (great-great-great- grandson). Steve Quick reconstructed his family history and has augmented it with extensive source details. He shares his story in the plain-spoken unvarnished narrative of his ancestor for groups of all ages. Step back in time to learn about a soldier's first-hand experience.

DETAILS
When: 3 p.m. Jan. 23
Notes: $7 per person and reservations are required



Lowcountry Dolphins

Gain new insights into the fascinating bottlenose dolphin. Pete Schramm will discuss dolphin anatomy, physiology, cognition, communication and social dynamics of these remarkable marine mammals. Conservation and captivity issues will also be addressed.

DETAILS
When: January 16 at 3 pm.
Notes: $7 per person (for an adult audience of 12 and older) and advance reservations are required

LOOKING FORWARD

Hilton Head International Piano Competition

The 23rd HHIPC returns with some of the most emerging talents in the piano world who will engage in a week long competition that has been designated a Top 20 event by the Southeast Tourist Society. The Finalists compete for $34,000 in cash prizes plus concerts, including a return engagement with the HHSO next season and a performance at Carnegie Hall in the Fall of 2019. The winner is entitled to record a CD which is produced and distributed on the Archiv/ Steinway & Sons label.

INTERNATIONAL PIANO COMPETITION
When: Mar. 11-18
Where: Central Church and First Presbyterian Church
Notes: Presented by the Hilton Head Symphony Orchestra.
Details: www.hhipc.org or 843-842-5880



Memory Matters Brain Health Summit 2

Keeping your memory sharp is Memory Matters' goal at its second-annual Brain Health Summit. The action-packed educational seminar will feature international speakers from Harvard and the University of British Columbia, as well as local experts.

BRAIN HEALTH SUMMIT
When: 10 a.m. to 3 p.m. Mar. 7
Where: Hilton Head Beach & Tennis Resort
Notes: Open to the public, $50 per person, and seating is limited.
Details: mymemorymatters.org or call 843-842-6688



Mountainfilm on Tour visits Hilton Head Island

An afternoon and evening of inspiring and captivating films handpicked from the Mountainfilm festival in Telluride, Colorado. One of America's longest-running film festivals, Mountainfilm is a dynamic organization and festival of films, people, art, stories, and ideas that celebrate indomitable spirit, educates and inspires audiences, and motivates individuals and communities to advance solutions for a livable world.

MOUNTAINFILM ON TOUR
When: Doors open for the matinee at 4:30 p.m. and for the evening gala at 7:15 p.m. Feb. 8
Where: Coligny Theatre
Details: mountainfilmhiltonhead.com

RITA RUDNER AT THE ARTS CENTER



For over 3 decades Rita Rudner has flourished as a comedian, with numerous HBO specials, international acclaim, and shows at Carnegie Hall and the Universal Amphitheater. Hilton Head Island welcomes her to The Arts Center of Coastal Carolina for one night only.

RITA RUDNER
When: 5 and 8 p.m. Feb. 18
Where: The Arts Center of Coastal Carolina
Details: www.artshhi.com

The Hilton Head Island Seafood Festival

Top chefs, mixologists, sommeliers, local seafood, artisans, live music and wildlife come together at this family-friendly, week-long culinary and cultural tourism event. The 11th annual Hilton Head Island Seafood Festival, hosted by the David M. Carmines Memorial Foundation, a 501c3 non-profit organization helps raise money for other non-profit organizations including the Coastal Discovery Museum, Island Recreation Scholarship Fund, Waddell Mariculture Center, Port Royal Sound Foundation, Gullah Heritage Museum and the Medical University of South Carolina.

SEAFOOD FESTIVAL
When: Feb. 18-24
Where: Historic Honey Horn Plantation
Details: hiltonheadisland.org/seafood-festival

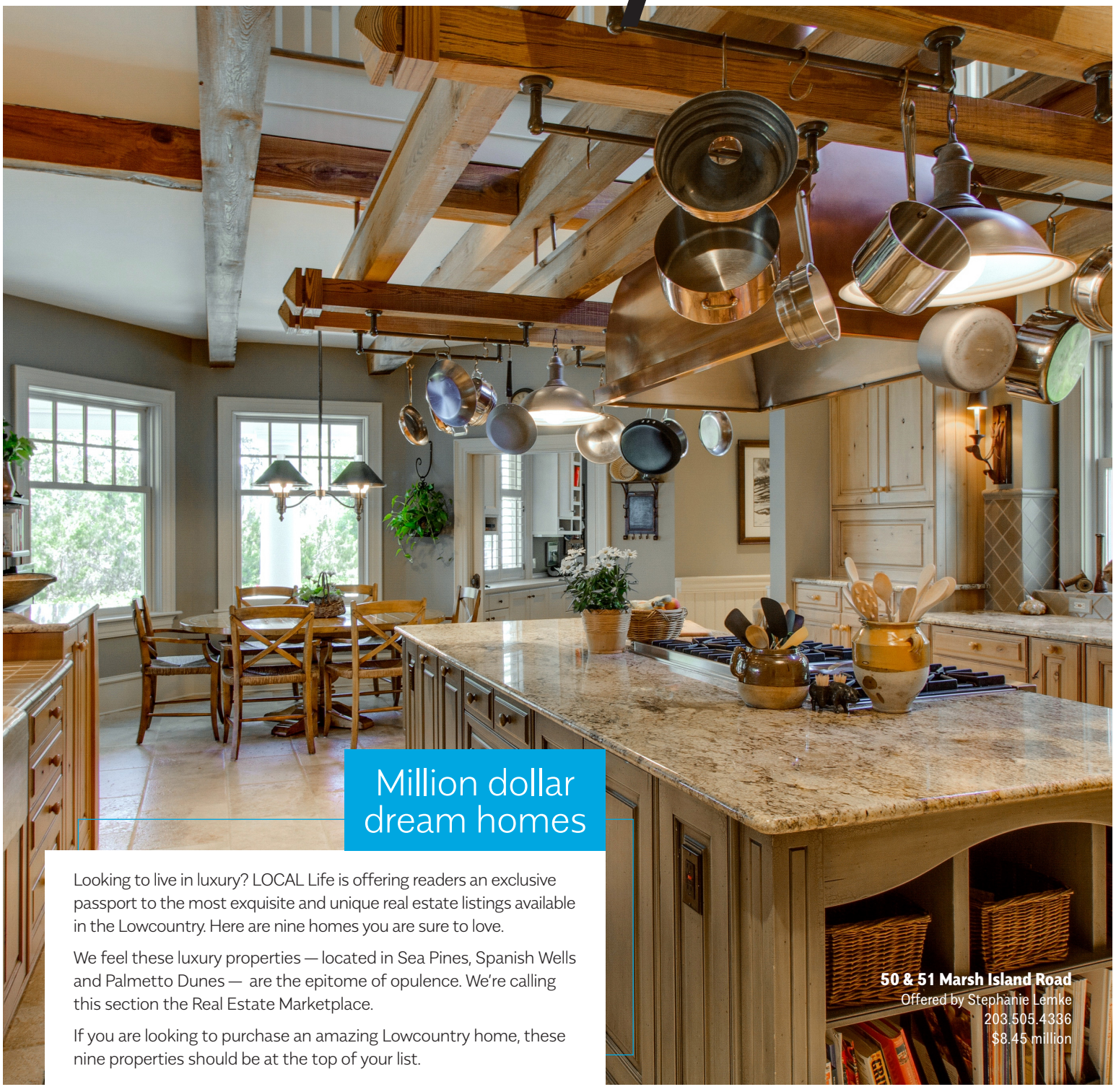


Hilton Head Island Marathon regional championship returns

This year, the Hilton Head Island Marathon has been chosen as the 2019 Road Runners Club of America Marathon Southern Region Championship. Over 1300 runners and walkers are expected to participate in this event which includes Marathon Team Relay, Half Marathon & 8K. Marathon Race Day will also feature a Children's Fun Run, live music, craft beer garden, wine bar, vendors and more.

MARATHON REGIONAL CHAMPIONSHIP
When: 8 a.m. Feb. 9
Where: Starting at Jarvis Creek Park
Details: bearfootsports.com or 843-757-8520

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Million dollar dream homes

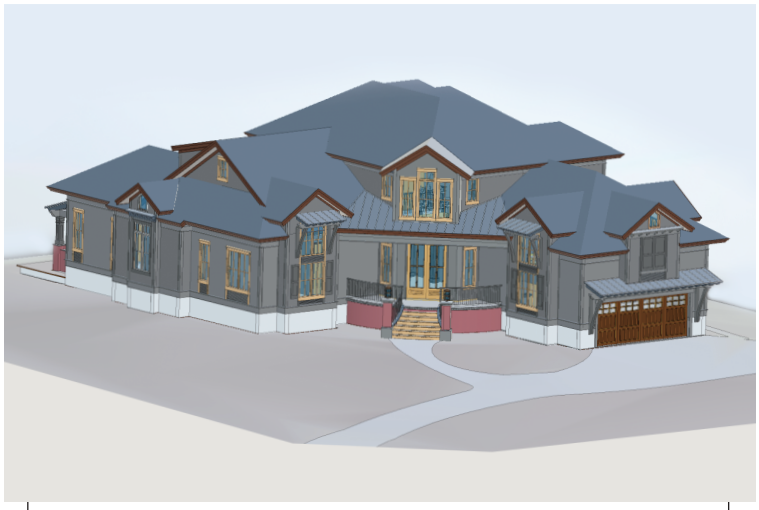
Looking to live in luxury? LOCAL Life is offering readers an exclusive passport to the most exquisite and unique real estate listings available in the Lowcountry. Here are nine homes you are sure to love.

We feel these luxury properties — located in Sea Pines, Spanish Wells and Palmetto Dunes — 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 nine properties should be at the top of your list.

50 & 51 Marsh Island Road
Offered by Stephanie Lemke
203.505.4336
$8.45 million

Real Estate Marketplace



8 Bald Eagle Road, Sea Pines Plantation

Superior craftsmanship on this new home, 2nd generation Hilton Head Island builder, with decades of experience constructing homes in Sea Pines Resort. Pre-completion offering would allow for customization with finishes. 5 BR, plus Bonus w/bath, plus office/study/media room. 3 stop elevator to all floors. 1,000 sq. ft. outdoor environment, pool & spa, bar. 4,400 heated sq ft. Coffered ceilings, grand entrance, 2 story foyer with curved staircase, 2 laundry rooms. 3rd row walkway homesite. $3,295,000

David Carroll 843.384.8111
www.HiltonHeadHomeSource.com

CharterOne Realty · Luxury



80 North Sea Pines Drive, Sea Pines

A unique opportunity to own a beautiful 5th row Sea Pines beach home with beautiful golf views too! This open floor plan features great room with fireplace, dining room, and kitchen/family room opening to a lovely deck with pool, spa, and patio below. 5 bedrooms, 6 full bathrooms, fabulous kitchen with Viking and Dacor appliances, additional media room, gorgeous architectural detail, beautiful cabinetry, wood and stone floors. The perfect permanent residence, vacation home, or rental property. $2,250,000 Furnished.

Jeannie Lawrence 843.816.2275
www.wesellseapines.com

Sea Pines Real Estate SOUTH BEACH · Clark, Cramer & Frank



40 Brams Point

Sound front Spanish Wells home exudes charm with its beautiful Lowcountry/ French Provincial style, stunning interior, and direct water and sunset views. Situated on over an acre, this updated home boasts a chef's kitchen, hardwood, 2 fireplaces, 1st floor gorgeous master, 2 en-suite large guest bedrooms, brand new 3-car garage and spacious 4th BR/ in-law suite, new private dock with boat lift. Perfect for entertaining with large pool deck, lawn area, and gardens galore. $3,200,000

Carol Cramer 843.384.3202
www.wesellseapines.com

Sea Pines Real Estate SOUTH BEACH · Clark, Cramer & Frank



79 Plantation Drive, Sea Pines Plantation

6 BR, 5 BA Harbour Town home. 2-story ceilings in the foyer and the living room with gas fireplace and built-in bar. Carolina room and separate formal dining room. 1st floor master suite has 2 cedar walk-in closets. Potential bonus room from 2nd floor storage space. Large deck, pool and spa all on a great lot. The front porch has views of historic Baynard Ruins while the back of home has panoramic views over 15th green and fairway of Harbour Town Golf Links. OSCREA. $1,349,000

Karen Ryan 843.422.1101
www.WeichertCP.com

Weichert REALTORS® Coastal Properties

Real Estate Marketplace



7 Painted Bunting Road, Sea Pines

Situated on an oversized 3rd row lot. Richly appointed with 4000 livable square feet on 2 levels, this split floor plan boasts 4 large bedrooms, all with ensuite baths to include a 1st floor Master Suite. Gourmet kitchen with a wet bar overlooking the Family Room. The covered deck out to the pool/spa serves as the perfect backdrop for family and friends to gather and showcases the beautiful landscaping and privacy. Wonderful storage with a 2 car garage and 2 additional parking pads. $2,200,000

Becky Herman 843.301.3355 Monica Davis 843.384.4473
www.HermanAndDavisProperties.com

H&D HERMAN AND DAVIS PROPERTIES



8 Brown Pelican, Sea Pines

This beautiful oceanfront house with a fig vine surrounded tabby & brick walkway to the front entrance & cedar shake roof stands out with its architectural beauty. The house offers a living room w/pool & ocean view, paneled den with coffered beamed ceiling, state of the art kitchen with Wolf & Sub Zero appliances, 1st floor master w/ ocean view, updated master bath & 3 large guest suites. New boardwalk to beach from pool with separate bath. Sparingly used, great rental projection. $3,900,000 Furnished

Laura Cramer 843.384.2358
www.wesellseapines.com

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182 Club Course, Sea Pines

A great family home for full time living or a second home with plenty of room for visitors. Beautiful wood floors throughout the living areas of the first floor offer open & spacious luxury. Higher ceilings, extensive mill work, & fine appointments throughout. First floor master suite is an oasis itself & the four additional bedrooms all offer en-suite bathrooms. The extra large bonus space above the 2 car garage offers many possibilities. Spend lazy days on the screened porch enjoying the expansive golf views. $1,179,000

Linda Frank 843.422.6230
www.wesellseapines.com

Sea Pines Real Estate SOUTH BEACH

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41 Ocean Lane, #6201

Unobstructed oceanfront views from this spacious 3 bedroom, 3 bath end location villa in prestigious Hampton Place Villas. 1,971 square feet of open interior space with walls of windows to maximize views. Master & guest suite have spa tubs, walk in closets plus private balconies. Granite in kitchen & baths. Newer HVAC plus new roof. Finest oceanfront living with 2 oceanfront pools, spa, grilling area, lush tropical landscaping & the best beach! Poolside fitness center, garage parking plus storage. $1,250,000 furnished

Mark Mayer 843.816.0693
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MEMORIES PAST, FRIENDSHIPS LAST
Pictured, from left: John and Barbara Lawless, Gerry and Beth Mayo, John Lemacks and Dale Dawson, and Rita and Dudley King. Find more photos and videos from this porch party online at LocalLifeSC.com.

©PHOTOS BY LISA STAFF

"Even more importantly, it's wine, food and art. Incorporating those three enhances the quality of life."
- ROBERT MONDAVI

Friends forever

Perhaps it was some unspoken, shared belief in Robert Mondavi's philosophy that initially brought a group of eight strangers together and then nurtured and cemented a 23-year friendship. This unique troop includes couples Rita and Dudley King, Barbara and John Lawless, Beth and Gerry Mayo and Dale Dawson and John Lemacks.

The four-couple friendship began back in the mid-'90s when they all helped launch the Arts Center, when it was called the Self Family Arts Center. Only Dudley and Rita are still full-time Island residents. Barbara and John now live near their children in Franklin, Tenn.; Dale and John moved to St. Martin; and Beth and Gerry divide their time between Hilton Head and Hendersonville, N.C. Those moves have not gotten in the way of their friendship, though. They continue to gather a couple of times each year to catch up and remember good times with good wines.

The most recent gathering was a four-day celebration at the Kings' Sea Pines home. Following tradition, the group shared and compared wines from each of their cellars and prepared a special meal, with each couple contributing a course. Their itinerary included day trips to Savannah, Honey Horn and other Lowcountry landmarks. Invariably, part of each day of their get-together found them chatting and relaxing by the fire on the back porch — usually with a glass of wine or Champagne in hand.

"In building our home 18 years ago I was focused more on the interior spaces and not really paying that much attention to architect Neil Gordon's plan for the wrap-around back porch," Rita said. "It wasn't until the stone fireplace was almost finished that I began to realize what a special feature the porch with its inviting fireplace might be. It has exceeded all expectations as it has been used and enjoyed constantly, year round – including watching the Harbour Town fireworks on the 4th of July and making s'mores over the fire when our grandchildren get together. Our out-of-town, adult children routinely use the porch as a late-night place to reconnect with each other by the fire. Sometimes the porch is just a nice, quiet place to sit with a book, listening to the birds in the marsh." *LL*

MORE ONLINE
Find a recipe for the **smoked trout dip with corn blinis** served at this porch party online at LocalLifeSC.com.



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