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the team

WHAT TREND HAVE YOU EMBRACED?

"I am trying to make more plant-based meals for my husband and myself." **- LORI**



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"Streaming. My garage is like a mini sports bar on weekends with multiple games going on at the same time." **- LANCE**



EDITOR-IN-CHIEF
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"Electric. My lawn tools are amazing. Riding an electric motorcycle is pure joy. Next, I'd like to take the Cybertruck for a spin." **- JEREMY**



ART DIRECTOR / DESIGNER
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"Virtual reality. Gaming, travel, art — I was not prepared for the total immersion that this experience provides." **- CHARLES**



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"Convenient, at-home workouts with an app. I got a new cycling bike and I'm addicted." **- ASHLAN**



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"Finding balance and taking the time to incorporate healthy habits into my everyday routine." **- MELISSA**



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"Make it simple but significant. The appreciation of downsizing and less is more." **- LISA**



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"Babyboomerism!" **- BRUCE**



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"Brussel sprouts and Bluetooth headphones." **- LEAH**



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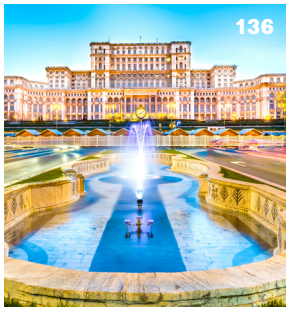


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J O S E P H O R R



Joseph Orr | *Long Flight Home* | 30” x 40” Acrylic

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The Lowcountry is trending up

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TREND SITTER Publisher Lori Goodridge-Cribb is spearheading a comfy sweater trend until temperatures return to the mid-70s.

If you haven't noticed, a renaissance has been happening across Beaufort County. Luxurious renovations, new construction, beautiful parks and state-of-the-art schools are popping up all over. Property values are on the rise. Our airports are setting passenger records. National media outlets are ranking our towns among the best in the United States. So many new businesses are opening, it's hard to keep track.

The Lowcountry is sizzling hot, and not just in the summer months.

There is no reason to believe the good times won't continue as we exit a decade of remarkable local progress and roar into the 2020s. This special issue is all about what's trending in our lives as we enter this exciting new year.

We reached out to many local experts who share the hottest trends in technology, finance, beauty, cocktails, art, travel and more. You will meet three locals who are trending on social media and the two men behind the local microgreens trend. On the home front, learn what's trending in architecture, interior design, flooring, storage and gardening.

Our colorful fashion shoot incorporates the 2020 Pantone Colors of the Year, which were inspired by the sea. Blues take center stage, complimented by driftwood browns, sand-like whites and cool green hues. Our style team mixed and matched the ocean-inspired colors from local shops to create cute and trendy outfits that should be hanging in your closet.

Get a behind-the-scenes look at the super trendy HGTV 2020 Dream Home at Windmill Harbour. We landed an exclusive interview with HGTV host Tamara Day and spoke with many of the locals who helped create it.

We also spotlight the top local projects that are scheduled to be completed this year, including Lowcountry Celebration Park on Hilton Head Island, Buckwalter Place in Bluffton and Whitehall Park in Beaufort. Our ITK (in the know) series returns with a look at the ambitious plan for 317 acres on the south end of Port Royal. The sleepy, historic fishing village is often overlooked, but could soon take a seat at the table with Hilton Head, Bluffton and Beaufort.

We hope you enjoy reading this issue as much as we had putting it together. Make sure you get LOCAL Life in your inbox and sign up for our weekly newsletter. Happy New Year!

"What the new year brings to you will depend a great deal on what you bring to the new year."
- VERN MCLELLAN



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HEALTHY BOWL MOVEMENT

If you're one of those people who goes out to lunch every day because you don't think you have the time to pack your own, you need to rethink that strategy. Here is the quick, healthy and trendy bowl recipe I'm in love with at the moment.

Cool beans

INGREDIENTS

*1 can **black beans***
Fresh lettuce
1 teaspoon cumin
1 teaspoon smoked paprika
2 dollops guacamole
1 dollop sour cream



DIRECTIONS [1] Wash lettuce and place in your favorite bowl. **[2]** Mix black beans, cumin and paprika and warm on the stove. **[3]** Once it cools slightly, place the bean mixture on the lettuce and top with guacamole and sour cream. Enjoy!



GREAT COMMUNICATORS Have you seen the LOCAL Life Jeep around town? This month we rolled up next to ***Michael Cole*** and ***Erica Pepper*** at Hargray. Be sure to follow @LocalLifeSC on Instagram to see all of the ***#LocalswithaJeep*** photos.


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MEET OUR WRITERS + PHOTOGRAPHERS + PEOPLE BEHIND THE SCENES



Samantha Curran

Makeup artist

OTHER CREDS: I've worked for MAC since 2004. I also have run a professional freelance makeup company for over 15 years. Clients range from young ladies going to prom or getting married to high fashion editorial and celebrities. **FOR THIS ISSUE:** Makeup artist for fashion shoot. **HOMETOWN:** Cincinnati **CURRENT HOME:** Bluffton **LOCAL SINCE:** 2018 **HOBBIES:** I consider myself an amateur paleontologist. I love searching for fossils and now sharks teeth. I also love music. I'll listen to mostly anything. If you show passion for what you're doing, I'm supporting it. **WHAT TREND HAVE YOU EMBRACED?** High-waisted pants. I used to joke about them until I realized how flattering they can be! I have more of an hourglass figure. They hug on the right spots. **WHAT TREND SHOULD STOP?** The "Halo Instagram Eyebrow." It's an overly concealed eyebrow that looks painted on. I LOVE a good structured brow. But, there comes a point when a softer approach just looks better. I feel it's already out of style. I'm ready for the next phase! **NEW YEAR'S TRADITION:** As a child it was running outside at midnight banging pots and pans. For the last 9 years I was able to carry on that tradition when I started having children of my own.

Chase Sanders

Student

OTHER CREDS: Graphic Communications senior at Clemson University, aspiring outdoor photographer. **FOR THIS ISSUE:** Wildlife photography. **HOMETOWN:** Hilton Head Island **CURRENT HOME:** Clemson **LOCAL SINCE:** Birth (1998) **HOBBIES:** Watching Clemson football, taking pictures, boating, fishing, surfing, and sailing at home on Hilton Head, and running, biking, and swimming on the Clemson Triathlon team. **WHAT TREND HAVE YOU EMBRACED?** I'm not a very trendy guy. Maybe avocado toast? **WHAT TREND SHOULD STOP?** Celery juice. Have you tried avocado toast? **NEW YEAR'S TRADITION:** Oyster roasts and watching college football. **FAVORITE YEAR:** I can't say that I have a favorite year, but 2019 was pretty great. I had an awesome internship with the Kiawah Conservancy earlier this past spring. Over the summer I studied abroad in London and went on a road trip around Iceland before coming home to run kayak tours with Outside Hilton Head. Then it was another great fall semester at Clemson to wrap up the year.





David Gignilliat *Contributing writer*

OTHER CREDS: Amazon/Ebay re-seller, bartender **FOR THIS ISSUE:** Covering the interesting food trends of 2020 with some of the Island's top year-round and visiting culinary luminaries **HOMETOWN:** Woodbridge, Va., a DC-area suburb, known for its single-A Washington Nationals affiliate, its super-sized shopping mall, occasionally strident politicians, and the once-home of John and Lorena Bobbitt. **CURRENT HOME:** Charles Town, WV. Weekends in DC. Freelance everywhere, and from parts unknown. **HOBBIES:** Making up words, reading (biographies, classics, sports), fantasy sports, romance languages, cooking. Wait, is this my Tinder profile? **WHAT TREND SHOULD STOP?** Abbreviating everything. It is not "totes adorbs." ***Skinny jeans***. Poor cell phone etiquette out in the world. **NEW YEAR'S TRADITION:** I am usually behind a bar, so my New Year's evenings are helping others bring in the new year. I do like to take a reflective moment at some point (after the ball drops) while listening to Sinatra's "My Way." **NEW YEAR'S RESOLUTION:** To act more responsibly younger. Explain. Hmm. I'd like to be young at heart, ecstatic, but pick my spots better. With age comes wisdom, and wrinkles. Lose 10 pounds. Finish my novel. Start a business. Maybe, gulp, move back to Savannah or Hilton Head. Be a good family member. Yep, that too. **WHAT DO YOU LOVE MOST ABOUT JANUARY?** Writing a new year on one of three checks I might write each year.







AFTER BATTLING CANCER, CHRISTY FOUND BALANCE.

Christy thought she was too young for cervical cancer until she found out she had it. Yet, she remained calm and never panicked because of her confidence in the expertise at the Lewis Cancer & Research Pavilion. Dr. Richards, an expert in gynecological cancer treatment, performed minimally invasive da Vinci robotic assisted surgery to remove the cancer – reducing Christy's recovery time and minimizing complications. The results? Well, based on her yoga form, we'd say her balance and outlook on life is pretty spot on.



Nancy N. and J.C. Lewis Cancer & Research Pavilion
at St. Joseph's/Candler

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Edward Richards, MD Gynecologic Oncologist



Hair and Makeup by Abigail Wilson of Salon Karma

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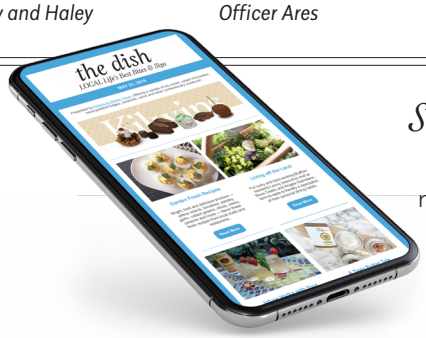
Five tips for long distance house hunting

Searching for a house locally comes with its own frustrations. Trying to find a house hundreds or thousands of miles away can be even more troublesome. Whether you are relocating for professional or personal reasons, there are things you can do to help you find what you want and make the experience more pleasant. Find five tips from the HHIMLS online.

What was trending in 2019

Searches that shaped 2019, from Google Trends.

Searches: Disney Plus
News: Hurricane Dorian
Athletes: Antonio Brown
Diets: Intermittent fasting
Babies: Baby Yoda
Songs: Old Town Road
Home style: Farmhouse
Trip to: Maldives
Recipes: Shepherd's pie
Outfit ideas: EGirl outfit



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

About the Cover

Welcome to the future of home cooking. The cover features a ***Bluestar 48" Platinum Series Range*** in Signal Blue with brass trim. Blue is the Pantone Color of the Year and LOCAL Life readers love beautiful kitchens, so this cover is a perfect way to open the 2020 Trends issue. This Bluestar beauty has dual zone cooking with up to 40,000 BTUs of heat on four unique surfaces, and with the optional Salamander Broiler, you can broil meats like the finest steak houses. Bet you're already planning your next dinner party. It's available at **Billy Wood Appliance**.



World Affairs Council of Hilton Head

Deglobalization: Disruptions and Opportunities.

2019-2020 FRIDAY SPEAKER SERIES

Our Friday Speakers Series will focus on the disruptions deglobalization can cause to established economic, military and political relationships and alliances that have existed since the end of World War II. The series will also explore any opportunities that may arise as a result of these new relationships that may foster a different but new world order beyond that given by the Bretton-Woods Agreement.

For a complete listing of speakers and their biographies, go to www.wachh.org.

January 10, 2020



Cecil Haney
Retired US Navy admiral, previously served as Commander, United States Strategic Command
Title: China's Doctrines on Space, Cyber-warfare and Its Nuclear Weapons Program

February 21, 2020



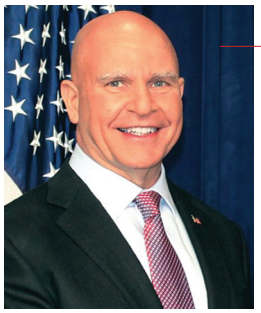
Joby Warrick
National security reporter for the Washington Post
Title: Black Flags and Red Lines: Forever Wars in a Time of Fraying Alliances

March 6, 2020



Sheila Smith
Senior fellow for Japan studies at the Council on Foreign Relations (CFR)
Title: Japan Rearmed: The Politics of Military Power

April 24, 2020



Lieutenant General H.R. McMaster
Visiting Fellow at Freeman Spogli Institute for International Studies at Stanford University
TITLE: Battlegrounds: The Fights to Defend the Free World

May 1, 2020



Richard MacGregor
Senior Fellow for east Asia at the Lowy Institute
Title: Australia and China: The West's Tipping Point

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©HILTON HEAD ISLAND-BLUFFTON CHAMBER OF COMMERCE

Lowcountry Celebration Park will include a large lawn and stage to accommodate festivals, concerts and other gatherings; walking trails and boardwalks; exercise stations and more.

Coming in 2020

NEW PARKS, BUILDINGS AND OTHER PROJECTS TO LOOK FORWARD TO OVER THE NEXT 12 MONTHS.

It's a new decade, Lowcountry, and with that comes plenty of exciting and game-changing things to look forward to. The new year begets a new chapter in Beaufort County as projects that have been months, years and even decades in the making are coming to fruition. Here's a look at the top developments coming online in the Lowcountry in 2020.



The new Sandbox Children's Center will increase its programming from age 8 to age 12.

Hilton Head Island

LOWCOUNTRY CELEBRATION PARK

If you've driven in the Coligny area lately, you've noticed the drastically different landscape that will become the Lowcountry Celebration Park in 2020. The park – located between the Circle Center shopping plaza and the Coligny Beach parking lot – will include a host of amenities including walking trails and boardwalks, exercise stations, and a large lawn and stage to accommodate festivals, concerts and other large gatherings. The Sandbox Children's Center will move its flagship location to the park, and the playground will feature a boat inspired by William Hilton's "Adventure" ship that brought him to the Port Royal Sound in 1663. The project also includes over 120 new parking spaces and better access to beach parking. The Lowcountry Celebration Park is a part of the Coligny Area Redevelopment Initiative that also included road projects on Nassau Street, Lagoon Road, South Forest Beach, and other area streets. The town hosted a groundbreaking ceremony in June and expects the park to be completed by the summer or fall of 2020.

Other notable HHI projects

- ***Shelter Cove Waterwalk Apartments*** is finishing phase II apartments in Shelter Cove Towne Centre, behind the sheriff's office.
- ***Marriott at Heritage Plaza*** will open a new hotel and rooftop bar on the south end of the island, behind New York City Pizza.
- ***The old Fire Station 2*** in Sea Pines adjacent to Sea Pines Center will be redeveloped.
- A ***Harris Teeter Fuel Center*** will open in Park Plaza, at the former car wash site.
- ***Goodwill*** will open a new location at the former Golf Headquarters store, near the south end of the island.
- ***Arbor Nature*** will relocate its tree-grinding business from Leg O'Mutton Road to a site in the Summit Drive area.
- ***Slapfish Restaurant*** will open in the former Circle K gas station location on the corners of Arrow Road and U.S. 278.
- This fall, the South Carolina Department of Transportation will unveil its recommendation for ***replacing and widening the bridges*** between Moss Creek Drive and Spanish Wells Road. SCDOT presented six options for the project in late 2019.

Bluffton

BUCKWALTER PLACE

Buckwalter Place continues its growth and long-anticipated projects will come online throughout the year. The Don Ryan Center for Innovation's HUB will open its doors this spring. The 3,000-square-foot space will accommodate the center's incubation program, SCORE and DRCI mentor space, and a high-tech shared working space. DRCI is the Town of Bluffton's economic development arm and entrepreneur incubator. Adjacent to the HUB will be the Culinary Institute of the South at the Technical College of the Lowcountry, scheduled to open in the fall of 2020. Not only will the 26,000-square-foot space accommodate 300 students in six classrooms, it also will have two teaching kitchens and two baking labs, a lecture theater and a "teaching" restaurant. An interactive museum in the building will tell the story of Southern cuisine. The program will offer associate degrees in the culinary field. Also underway in Buckwalter Place are the St. Joseph's/Candler Oncology Center, and Frankie Bones and Chicken Salad Chick restaurants.



Wright Family Park groundbreaking

©HILTON HEAD ISLAND-BLUFFTON CHAMBER OF COMMERCE

Other notable Bluffton projects

- ***Wright Family Park:*** Adjacent to the Calhoun Street Public Dock and across the street from the Church of the Cross, this space will be a passive park that will provide more public access to the May River. The town also plans to rehabilitate the Squire Pope Carriage House, which was built around 1850 and survived the 1863 "Burning of Bluffton."
- ***New Riverside Park:*** The Town hosted a public open house in November to gather input on what to do with the 44 acres that house the red barn. Located on the southwest side of the SC 170 Roundabout, the space will be transformed into civic event and open space. The town plans to adopt a master plan in 2020.

Beaufort

WHITEHALL PARK

Getting to Whitehall Park on foot or on wheels will become a reality in 2020 as the city plans to complete the walkway bridge from U.S. 21 to the new Whitehall Park on Lady's Island. The bridge will connect Woods Memorial Bridge to the park. In 2018, Beaufort County purchased nearly 10 acres of land and the City of Beaufort agreed to maintain it. The park opened in 2019.



Allison Road Project

Other notable Beaufort projects

- In 2020, the city plans to upgrade ***all four of the city's parks***, including new landscaping and playground equipment.
- Develop a plan to address ***workforce housing needs***, and focus on economic development and attracting new industry to the area.
- Build ***industrial spec buildings*** in Commerce Park.
- Finishing ***stormwater projects*** in Mossy Oaks, and begin the engineering and permitting process to improve drainage in eight other areas prone to flooding.
- Complete the ***Greenlawn Road*** streetscape program and the ***Allison Road*** stormwater/streetscape project.
- Work with ***TCL*** and ***University of South Carolina-Beaufort*** to expand their facilities and educational offerings.



Port Royal

PORTER'S CHAPEL

The town will complete the renovation and moving of the historic Porter's Chapel AME, where the late State Sen. Clementa Pinckney preached from 1996 to 1998. The church came to Old Shell Road in Port Royal in 1901, and the last service was in 2004 when the church consolidated with Jerico AME Church. It was slated for demolition until the town agreed in 2016 to restore the church and move it to public property. The chapel will have a new home in the Naval Heritage Park and will display information of Reconstruction, town history, and Sen. Pinckney's relationship with the chapel. Sen. Pinckney was among those killed at the 2015 Emanuel AME Church shooting in Charleston.



Spanish Moss Trail

Other notable Port Royal projects

- Complete the town's section of the ***Spanish Moss Trail***, ending at the Sands Beach area.
- Improvement to the ***shrimp docks***.
- Additional commercial and residential construction is anticipated in the ***Port of Port Royal redevelopment project***.
- Updating the town's ***Comprehensive Plan***.
- Finalizing the traffic analysis that will guide transportation improvements along ***Ribaut Road***.
- Contemplating improvements to the ***Sands Beach*** area, including designated parking and covered seated areas.



TRENDS THAT NEED TO STOP IN 2020

Items and accessories you should ***no longer wear*** *in public.*

THE SOCKS AND SANDALS COMBO

Nice sock and sandal combination ... said no one ever. Ignore the fact that this look is quite hideous; it simply makes no sense. Sandals are designed to let your feet breath. Insulating your tootsies with socks definitely defeats the purpose.



SEASHELL NECKLACES

You can get by wearing one if you're under 20 or are gripping a surfboard in July. It doesn't look nearly as cool when you're pumping gas in January.



CARGO SHORTS Many people are finally understanding that cargo shorts are not flattering, and are buying fewer of them. They're bulky, they're ugly and they've been out of style for years. Unfortunately, they are loved by many loyal owners who share many of the same qualities.



VISORS

Unless you're an American football coach, a frat boy or are going through a mid-life crisis, just stick with the original hat. You'll look better and won't have to deal with one of those itchy scalp sunburns.



OLD SCHOOL TRANSITION LENSES

If you are trying to look cool in 2020 you will not be achieving that look with old school transition lenses. Everyone looks creepy in them.



VACATION DESTINATION SWEATSHIRTS

Does only one company create all of these, or are they all forced to use the same font because of some type of pact that semi-boring vacation destination have? No one cares that you visited Florida, Susan!

Win a Golden Ticket!

Pick up your free LOCAL Life sticker at 800 Main St. Just be sure to put your sticker in a place where one of our Oompa Loompas can see it. They will be looking for stickers on local surfboards, laptops, coolers, guitar cases, travel mugs, car windows and more. If a sticker is spotted, the owner might be presented with a magical Golden Ticket, which can be redeemed for amazing local prizes. We are going to pick one winner per month, so pick up your free sticker as soon as possible. Win with a sticker, stick with a winner!

hot tech

Cool products and accessories to help enhance your local life.



Virtually Incredible

OCULUS QUEST

This all-in-one gaming system was built for virtual reality. It works with your environment, so you can play standing or sitting in spaces big or small. Stop watching games and step into them. *Available at Walmart, $400.*



Stay Zen

BACKSLASH FIT SMART YOGA MAT

This mat is soft, sustainable, stylish and self-rolling. The best feature is it pairs with Women's Health Yoga on Amazon Alexa to talk you through the flow of the day. *Available at Backslash Fit, $89.99.*

Sharp blade, smooth skin

GILLETTE HEATED RAZOR

Simply use the magnetic charging stand and you'll be hot to go. It activates and delivers instant warmth in less than one second at the push of a button and provides a noticeably more comfortable shave. *Available at Gillette.com, $200.*





Here comes the sun

MY SKIN TRACK UV

Better looking skin starts with healthy skin habits. This battery-free sensor and companion app measures your exposure to various environmental aggressors and provides personalized advice and product recommendations tailored to you. *Available at La Roche-Posey, $59.95.*



Picture perfect

NIXPLAY DIGITAL PHOTO FRAME

Digital photo frames have always sucked, but this one is different. Transfer photos and videos to your frame using your wireless network. No need for memory cards or USB sticks. *Available at Best Buy, $152.99.*



Bye bacteria!

SMARTPHONE UV SANITIZER

You can't wash your phone, but you can sanitize it with the PhoneSoap 3 while it charges. It cleans anything that fits inside: iPods, pens, etc. *Available at Phone Soap, $79.95.*



Cozy up

SUNBEAM ELECTRIC BLANKET

Snuggling up with a cozy blanket and a cup of tea is a soothing escape from chilly weather, but you might need a little extra warmth this month. Melt away your winter blues with this stylish electric blanket. *Available at Target, $59.99.*



Drink your juice

GREENSTAR PRO COLDPRESS JUICER

Juice a wider variety of fruits and vegetables – from carrots and apples, to wheatgrass and pine needles, all without having to stop and change any parts. You also can make baby foods, breadsticks, nut butters, frozen fruit sorbets and more. *Available at Home Depot, $795.*



Be blown away

DYSON SUPERSONIC HAIR DRYER

This smart dryer is engineered to protect hair from extreme heat damage, with fast drying and controlled styling to help increase smoothness and shine while decreasing frizz and flyaways. *Available at Best Buy, $399.99.*



Master Chef

WOLF GOURMET MULTI-COOKER

This electric cooker sears and braises meat, slow-cooks stews and simmers rice perfectly for easy meals any night of the week. The precise temperature probe simplifies sous vide water-bath cooking, producing moist, flaky salmon fillets, delicate eggs and tender rib-eye steaks. *Available at Le Cookery, $600.*



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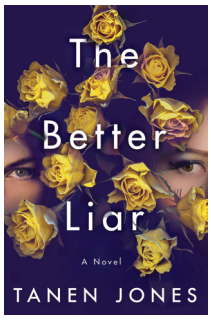
HARGRAY

Limited time offer. Promotion is for new customers only, adding Hargray services for the first time. Promotion of Internet plans starting at $50 per month is good for the first consecutive 12 months. Additional Hargray services are allowed for additional monthly cost per service. Promotional offer cannot be combined with any other promotional offers or Hargray Rewards. Advertised price does not include equipment fees, taxes, surcharges or any other regulatory or governmental charges. "Fastest Internet" claim is based on the download and upload speeds of Hargray's 1000 Mbps tier compared to the download and upload speeds of the fastest Internet tier offered by competitors as of December 19, 2019. Broadband speeds may not be available in all areas, are not guaranteed, are subject to a number of factors and are measured via direct connection (not via Wi-Fi). ©2020, Hargray Communications Group, Inc.; logos are registered trademarks and as such, protected property of their respective companies; all rights reserved.

The most anticipated books of 2020

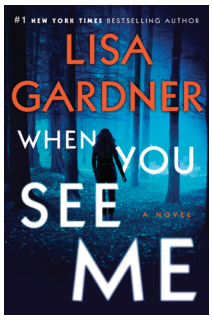
Keep an eye out for these hot new reads in the coming months. These authors are on fire!

SELECTIONS BY DENISE FRIDAY



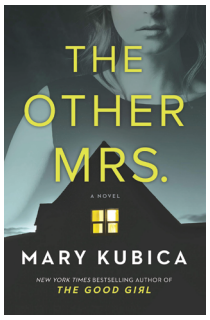
FOR A PROMISING DEBUT

THE BETTER LIAR
Author: Tanen Jones
Plot: When a woman conceals her sister's death to claim their joint inheritance, her deception exposes a web of dangerous secrets.
Release: Jan. 14



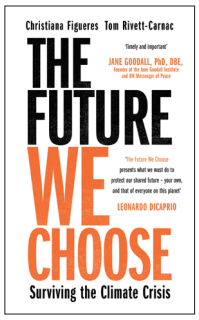
FOR A DETECTIVE MYSTERY SET IN SMALL-TOWN GEORGIA

WHEN YOU SEE ME
Author: Lisa Gardner
Plot: Detective D. D. Warren, Flora Dane, and Kimberly Quincy investigate a mysterious murder from the past, which points to a dangerous and chilling present-day crime.
Available: Jan. 28



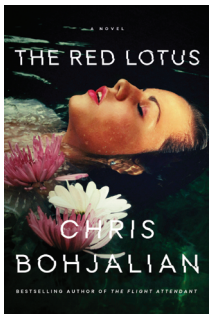
FOR A PSYCHOLOGICAL THRILLER SET IN COASTAL MAINE

THE OTHER MRS.
Author: Mary Kubica
Plot: Sadie and Will Foust have only just moved their family from bustling Chicago to small-town Maine when their neighbor, Morgan Baines, is found dead in her home. The murder rocks their tiny coastal island, but no one is more shaken than Sadie, who is terrified by the thought of a killer in her very own backyard.
Available: Feb. 18



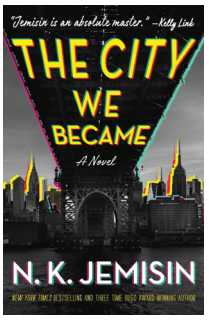
FOR A NON-FICTION ON THE CLIMATE CRISIS

THE FUTURE WE CHOOSE
Authors: Christiana Figueres and Tom Rivett-Carnac
Plot: A cautionary but optimistic book about the world's changing climate and the fate of humanity.
Available: Feb. 25



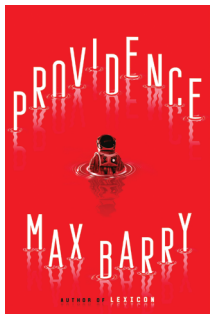
FOR A GLOBAL THRILLER SET IN VIETNAM

THE RED LOTUS
Author: Chris Bohjalian
Plot: An American man vanishes on a rural road in Vietnam, and his girlfriend, an emergency room doctor trained to ask questions, follows a path that leads her home to the very hospital where they met.
Available: March 17



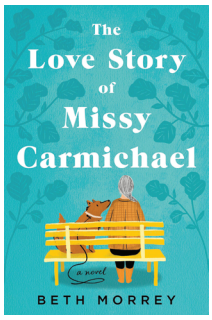
FOR A CONTEMPORARY FANTASY SET IN NEW YORK CITY

THE CITY WE BECAME
Author: N.K. Jemisin
Plot: Five New Yorkers must come together in order to defend their city from an ancient evil.
Available: March 24



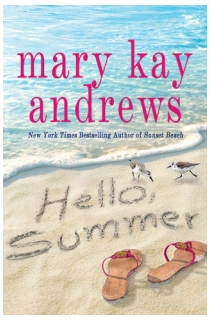
FOR SCIENCE FICTION

PROVIDENCE
Author: Max Barry
Plot: A brilliant work of science fiction that tells the intimate tale of four people facing their most desperate hour — alone, together at the edge of the universe.
Available: April 1



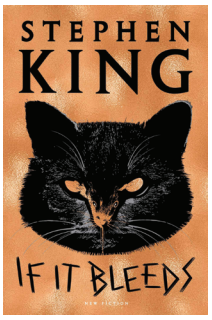
FOR A SWEET STORY WHERE A DOG IS THE HERO

THE LOVE STORY OF MISSY CARMICHAEL
Author: Beth Morrey
Plot: A celebration of how ordinary days are made extraordinary through friendship, family and the power of forgiving yourself – at any age.
Available: April 7



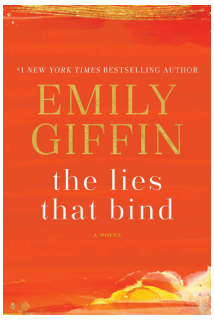
FOR A BEACH-TOWN ROMANCE

HELLO, SUMMER
Author: Mary Kay Andrews
Plot: Conley Hawkins witnesses a car accident that ends in the death of a local politician – a beloved war hero with a secret, shady history whose death may not be exactly what it seems.
Available: May 5



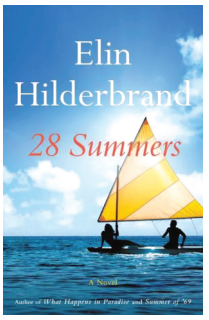
FOR A COLLECTION OF NOVELLAS FROM THE KING HIMSELF

IF IT BLEEDS
Author: Stephen King
Plot: A collection of four new novellas — Mr. Harrigan's Phone, The Life of Chuck, Rat, and the title story If It Bleeds. Each pulls you into intriguing and frightening places.
Available: May 5



FOR A 9/11 RELATIONSHIP MYSTERY

THE LIES THAT BIND
Author: Emily Griffin
Plot: A young woman falls hard for an impossibly perfect man before he disappears without a trace.
Available: June 2



FOR A PERFECT BEACH READ SET ON NANTUCKET

28 SUMMERS
Author: Elin Hilderbrand
Plot: For the last 28 summers, Alice and Tom have met to rekindle the passionate love affair they began all those years ago. Each married to someone else, with busy lives and happy families, they've managed to keep their secret, and to keep their love alive.
Available: June 16



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Come see why so many residents love calling WaterWalk at Shelter Cove home:

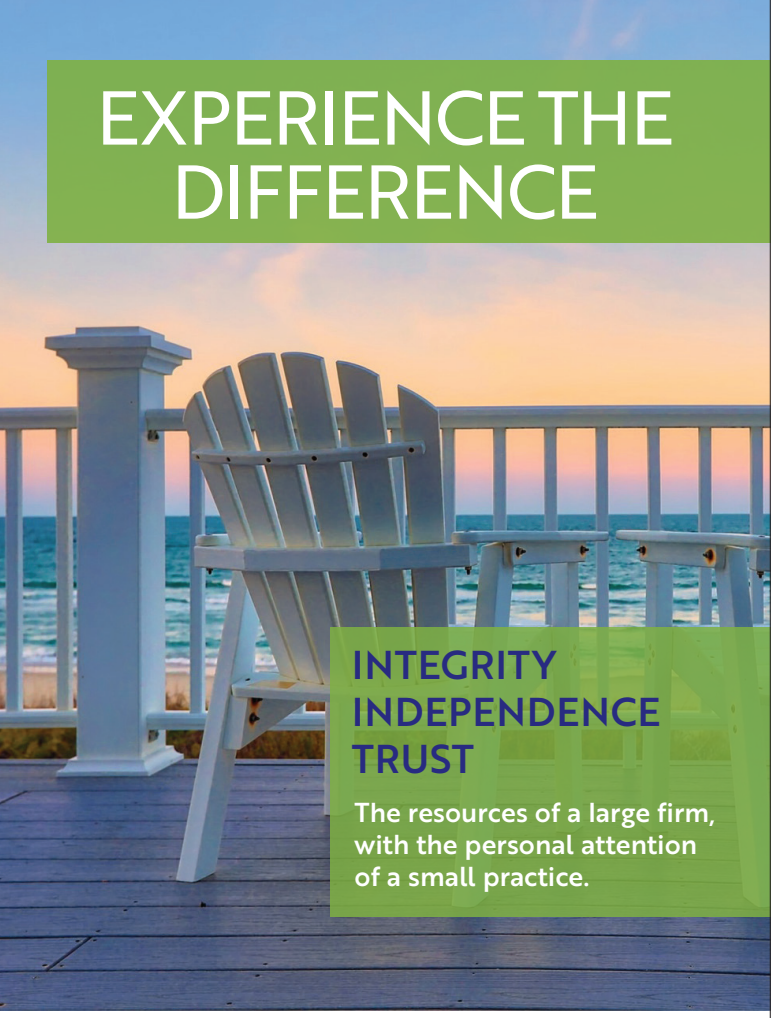
"Honestly I feel as if we have arrived at the place we want to call home for a long time. The staff have a genuine commitment to making WaterWalk as stress-free living as possible, and the joy they demonstrate in providing that is palpable."
-Sonia, Modern Message

"This is resort living at its best. We have everything we need in walking distance. We have been living at WaterWalk for a year and a half and looking forward to many many years."
-Judy, Modern Message

"I love to wake up every morning and see Broad Creek. The sunsets and sunrises are beautiful."
-John, Modern Message

"Living at WaterWalk is like being on vacation at a five-star resort. Our apartment is spacious, quiet, and the screened-in porch is a game changer. We and our dog are very happy living here and appreciate it every day."
-Verified Resident, ApartmentRatings

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©MIKE RITTERBECK

Adopt this Pet: McCorry

LOVABILITY METER

GIVE THIS DOG A WONDERFUL LIFE IN 2020

Ask anyone who has adopted a pet and they'll share with you their story of love, fun and companionship. Why? Because shelter pets are amazing! Most pets taken into the care of shelters and rescue groups find themselves homeless through no fault of their own (moving, landlord issues, etc.). Because of this, shelters and rescues are full of loving, spayed or neutered, vaccinated and often trained pets who are eager to please their new owners. This handsome brown lab mix named McCorry is the perfect example. He was brought to the Hilton Head Humane Association with a large infected wound, then lost some hair because he was allergic to the medication. He's all fixed up now and is eager to kick the new decade off in style with a new owner.

MORE ABOUT MCCORRY

Color: Brown
Age: 1 (around 7 human years)
Likes: Immediately touching a plate after the server warns it's hot. "Is it really hot or just McDonald's coffee hot? Only one way to find out!" ***— McCorry***
Dislikes: People who take up both armrests. "Wanting two armrests is totally understandable, since you have two arms, but stealing both of them with strangers on both sides is kind of a jerk move. One is for you, the other is for sharing." ***— McCorry***
Adopt him: Hilton Head Humane Association, hhhumane.org, 843-681-8686

Official Mensa® Challenge

Answers are available on LocalLifeSC.com/Mensa

1. What two words formed from different arrangements of the same five letters can be used to complete the sentence below?

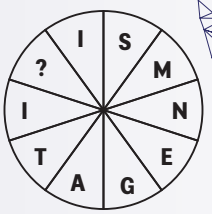
The young writer _____ for years until he is recognized and his _____ are published.

2. Find the number that best completes the sequence below.

2 4 3 9 4 ? 5 25 6 36

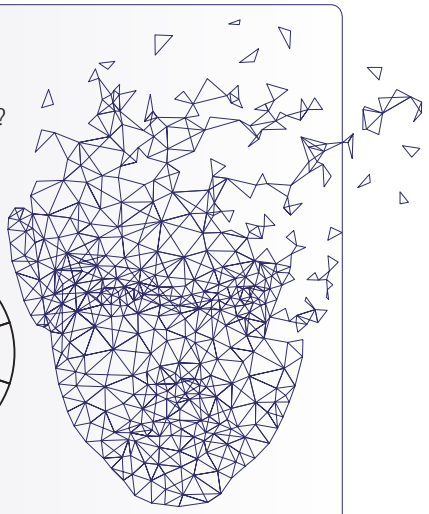
3. Our corner grocery prices its food according to the owner's whim. An apple costs 41¢, squash costs 48¢, and a zucchini costs 65¢. According to this system, how much will a tomato cost?

4. A 10-letter word is hidden in circle on the right. Find the missing letter, then begin with the correct letter and move clockwise or counterclockwise around the circle. (Use each letter only once.)



5. What one three-letter word can be placed in the blanks below to make four different words?

___ DOR ___ CEL ___ DID ___ DLE



[LAST MONTH'S ANSWERS] 56. *21 (64 ÷ 4 = 16; 16 - 12 = 4; 4 x 5 = 20; 20 + 1 = 21)* ***57.*** *One thousand* ***58.*** *BEAST, BLATANT, ROWBOAT, BANTER, COMBAT, BLOATED. PROBATE, BASSINET, OBSTINATE* ***59.*** *Triglycerides* ***60.*** *THIS IS NOT VERY COMPLICATED. (A = Z, B = Y, C = X, etc.)*

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CHARITY SPOTLIGHT

The Children's Center

MISSION

Providing affordable, high quality early education and childcare for working families. Always striving to be the standard of excellence for child development and care in the Lowcountry, ensuring every child is ready to achieve success upon entering kindergarten.







SERVING ALL The Children's Center is unique in that it offers sliding scale tuition, making it more affordable than typical market rate centers. It helps make it possible for workers in our community to remain employed and productive.

HISTORY

The Children's Center was founded when concerned school principal, the Rev. Isaac Wilborn, recognized the need for low-cost, safe, nurturing care for the children of working parents on Hilton Head Island. Since its early development, the nonprofit has grown from serving 15 children to more than 170, with some on a wait list for certain age groups. The center's multicultural, bilingual early childhood education program is provided five days a week, year round, for children aged six weeks to eight years. They offer families a sliding-scale tuition program, based on household income. With this program, parents still pay something and are invested in the care of their children.

WHO IT HELPS

The center serves working families throughout the Lowcountry, many from low-income homes. Affordable early education and childcare is not readily available to many families. Indirectly, the services they provide support the economic vitality of our community by allowing parents to go to work each day. When there is no care for the child, there is no employee for the business.

HOW TO HELP

The Children's Center welcomes community volunteers to work in tandem with teachers in the classrooms. Community members also are welcome to join its board and event committees or donate supplies that can be used in the classrooms. Financial support is gratefully accepted. Approximately 73 percent of expenses are covered by the tuition paid by families and program partners. The remaining 27 percent comes through donations, grants and event support. The Children's Center depends on the generosity of individuals, foundations and community organizations to continue to serve the youngest in our community. LL

FOR MORE INFORMATION ON THE CHILDREN'S CENTER
Visit TheChildrensCenterSC.org or call 843-681-2739 to schedule a visit.

LOWCOUNTRY IN NATIONAL NEWS



WHO'S TALKING: ***Work + Money***
DETAILS: Named the Hilton Head Island-Bluffton-Beaufort area among its "Most Successful Small Cities."
THEIR WORDS: "Most jobs in this beachy metro in the southernmost region of South Carolina are in real estate, retail, health care and tourism. The median household income in Hilton Head Island is around $70,000, with the median home value in a hot market pegged at $437,200."



WHO'S TALKING: ***USA Today***
DETAILS: Named Hilton Head Island on its list of "The best cities in each state for rental property."
THEIR WORDS: "To determine the best place to buy a vacation home in every state, we looked at the top vacation destinations in each state and cross-listed those locations with the median home value and the median rent for each destination." Hilton Head Island was No. 1 in South Carolina.

WHO'S TALKING: ***HGTV***
DETAILS: Featured the Coastal Discovery Museum, Pinckney Island National Wildlife Refuge, Daufuskie Island, Sea Pines and other local destinations in its article "A Day (Not) at the Beach."
THEIR WORDS: "We all know Hilton Head Island has an abundance of amazing beaches. Now let's explore the other fun activities you can dive into on family vacation."



WHO'S TALKING: ***Forbes***
DETAILS: Listed the Omni, Sonesta Resort, Marriott's Barony Beach Club, the Inn and Club at Harbour Town and several luxury homes in its "Where to stay on Hilton Head Island" article.
THEIR WORDS: "Accommodations range from oversized private homes to cozy condos right next to the putting greens. No matter where you stay, you will enjoy the quiet, relaxed feel of this special island."

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Now trending: Port Royal

THE HISTORIC FISHING VILLAGE MAY SOON TAKE ITS PLACE ALONGSIDE HILTON HEAD, BLUFFTON AND BEAUFORT

STORY + PHOTOS BY DEAN ROWLAND

Whit Suber waited many years to acquire the 317 acres on Port Royal's south end. He, another business partner and two other investors purchased the former port on 2.1 miles of waterfront property along Battery Creek and Beaufort River at a state-sponsored auction for $9,000,005 in 2017.

"It was an auction process, and I wanted to add an extra $5 in case somebody else bid $9 million, and in fact they did," said the Columbia native and longtime Lowcountry resident. "I thought this site was incredible."

Suber and company are developing the 56 acres of developable land with a 225-slip deepwater marina to accommodate luxury yachts, a waterfront hotel on the site of the rundown and unused port terminal built in 1958; single-family homes, townhomes, condos and cottages; business and restaurant spaces; and an entertainment/retail district.

The Hilton Head-based Reilley family of Coastal Restaurants and Bars opened its 10th eatery, Fishcamp at 11th Street in Port Royal, in September 2018 on the property owned by Grey Ghost Properties LLC.

Chris Butler, Butler Marine owner and Suber's partner, owns and operates a renovated 240-slip dry stack boat storage on-site, the only such large facility between the Broad River and Charleston. Plans are underway for a microbrewery/restaurant and a rejuvenated shrimp processing facility.

"What Port Royal is today is basically a footnote in the Lowcountry," said Suber, Grey Ghost developer and broker-in-charge. "When people talk about Beaufort County, they talk about Beaufort, Hilton Head and Bluffton. They don't talk about Port Royal. Port Royal will absolutely be taking its place alongside those places."

"It was clear that if we developed the port properly, we would enhance a classic historic town," said Joe DeVito, the newly elected mayor and 33-year resident of Port Royal. "I see it very much as a good thing."

The centerpiece in the company's portfolio of lofty credentials rests with occupying land bordering the deepest natural channel on the Eastern Seaboard at 40 feet. Eventually, the new marina will welcome yachts as long as 325 feet to Port Royal.

"This is the last of its kind in the state of South Carolina," Suber said. "There is no undeveloped coastal town left … These sleepy coastal towns don't exist anymore."

Suber said he expects the bulk of the development to be completed within five to eight years and total buildout within 12 years. The developer's agreement from 15 years ago, a planned urban development document and all permitting are in hand. He projects development costs of the expansive multi-use project at $300 million upon completion.

The first phase of overall development is expected to begin in February with the marina and selling land parcels for single-family homes northwest of Fishcamp.

Five lots on the 20-acre parcel for homes will feature private docks and sell for about $750,000 apiece. Other home sites at the 86-home community will start at about $500,000. All sites are perched on a 34-foot-bluff teaming with live and laurel oaks and magnificent views of the creek and beyond. The community also will have its own private 33-slip marina and three greenspace parks, Suber said.





MAN WITH A PLAN Whit Suber recently acquired the former shipping port in Port Royal from the SC State Ports Authority. It is located on the deepest natural channel on the Eastern Seaboard. Waterfront homes, townhomes, restaurants, hotels, a mega-yacht marina, retail, businesses and more await.



ON THE SHELF Butler Marine in Port Royal is the only large dry stack boat storage site between the Broad River and Charleston.

Suber said he would like to restore Port Royal as a sailing community. The Warrior Sailing Program for veterans plans to relocate its headquarters to the town.

Dozens of representatives from Newport, R.I., Spain, Australia and elsewhere globally have visited Port Royal to glean information from Suber about developing the waterfront. Grey Ghost allies itself with the town of Port Royal in a mutually beneficial partnership, he said.

"The town is one of the greatest things about this project," he said. "The existing village is the bow on the package if you ask me. You have this cool quaint town with a beautiful street grid system with tremendous opportunity for upward mobility.

"The town and I are business partners," he said. "We share detailed information; we have no secrets. They're incredibly supportive to us, and we're incredibly upfront with them."

DeVito agreed. "If we don't work together to get it done, then it may only be half baked. To make it great, it has to be a partnership. It's going to bring more people to experience the charm and the character and the historic fishing village of Port Royal."

But DeVito insists there must be an expanded infrastructure of new "spine" roads off Ribaut Road with a handful of connectors into the older neighborhoods in town. Paris Avenue would remain the main artery through the town without absorbing the influx of traffic.



"My hope is when a visitor comes here 20 years from now, they'll have no idea where we started and the old town left off."

Suber said he carries the "delightful burden" of responsibility of making the right decisions for his company and the community every day at work moving forward. He meets weekly at Madison's restaurant for coffee and conversation with locals of all backgrounds.

"Your imagination goes wild over a piece of property like this," he said. "There is so much opportunity and so much responsibility to do it right. The impact and decisions you make have a tremendous gravity for the community."

Port Royal's Lowcountry authenticity has been untouched since it was incorporated in 1874. The only thing that has changed in the town since it was first explored by French pioneer Jean Ribaut in 1562 and the Spanish, Scots and English over the next 100 years is that more people than ever are calling it home.

Attracted to its Lowcountry charm and natural landscape, genuine Southern hospitality and idyllic waterfront location, 4,000 residents lived there in 2000 and more than 10,000 in 2010. That number will certainly swell in the 2020 census in and beyond.

"My hope is when a visitor comes here 20 years from now, they'll have no idea where we started and the old town left off," Suber said. LL



DEEP WATERS Marina bulkhead and dock accessible depths measure in excess of 25 feet at low tide. No bridge or "no wake" zone impedes your direct access to the open Atlantic.



PICTURE PERFECT The shrimp boats on Port Royal's south end are a popular backdrop for photographs. Most are not working properly and never leave the dock.

SHRIMPING IS A BIG ISSUE

The shrimp boats docked at Battery Creek on Port Royal's south end are inarguably the town's most iconic landmark. Their presence also marks a perplexing dilemma for the town government, which manages the dock and has rental contracts with the boat owners. Most of the wooden hulls of the dozen or so privately-owned boats are in various stages of disrepair and rot. Some are abandoned, and two don't even have engines. One boat leaked diesel fuel in October from a small hole under the water that bubbled to the surface and left a slick sheen. A 60-foot boat sank last summer and spilled fuel into the water.

"One of the reasons we enjoy the view of these boats — and we enjoy it 365 days a year — is because those boats don't shrimp," said Whit Suber, developer/partner for the company that owns 317 acres on the town's south end including the shrimp dock. "They don't move. We have one working boat. It is a signature portion of our property, but you have to be realistic; we have a boat junkyard out there. They are waiting to sink."

Newly elected mayor Joe DeVito, a Port Royal resident since 1986, concedes the issue is problematic.

"It's a very difficult thing," he said. "We are working diligently to find a way to save what's there, but the owners need to maintain their boats."

He added, "We have to work on that. We've got to make sure that the boats that want to be there are there, and boats that are possibly abandoned at that location get removed so we can move on and maybe bring in some more working boats."

As Suber said and DeVito seconded, the irony is if the fleet of boats do shrimp in the future, they would be on the water and away from the dock, out of sight to the people who love to see them in port, take pictures and admire the charming Southern fishing village scene.

"We have what is truly the old-school romantic shrimp boat," Suber said.

No one wants to abandon the notion that the shrimp boat issue can't be resolved. It will be, because everybody knows it has to be. It's Port Royal's signature attraction. LL



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LETTER TO THE EDITOR
LOCAL Life asked ***Nancy Paris*** to share her thoughts on what it means to be local. Paris co-owns The Chocolate Canopy on Hilton Head Island with her husband, Christopher. LOCAL Life welcomes letters to the editor and comments to our website. **Write to info@wearelocallife.com**

What makes it local



adjective. lo·cal | lō-kəl

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

An island of opportunity

"You're moving where?" Most of our friends were unfamiliar with Hilton Head when we announced our decision to move just over 10 years ago. They questioned our sanity as we left our corporate jobs and an award-winning school district in Basking Ridge, N.J., to start a new path on a 12-mile island off the coast of South Carolina.

Our story is similar to many who have relocated. Tired of the rat race, high taxes, and running back and forth to daycare, we moved to Hilton Head to create a better life for our children. Over the past decade, we have discovered a sea of opportunities for our family on this tiny piece of paradise.

Upon arriving on the island, my husband and I became entrepreneurs. We traded in our 9-to-5 jobs for the opportunity to own our own business, The Chocolate Canopy, and I am happy to confirm that making chocolate is a lot more fun than managing public relations for an investment management firm. While we constantly juggle the demands of family and a growing business, we wouldn't have it any other way.



Chris and Nancy Paris

My 12-year-old son is obsessed with golf and he takes advantage of all the island offers to indulge his passion. He spends sunrise to sunset volunteering at the range during the RBC Heritage. He also has been fortunate to be the standard bearer for Luke Donald, Shane Lowery, PJ Choi and last year's Heritage winner, CT Pan. His collection of autographed golf balls would make any collector envious.

This fall, my daughter, a freshman in high school, attended a presentation on China's Grand Strategy led by Tufts University professor and author Sulmaan Khan. Her class didn't have to travel far — the event took place on Hilton Head and was sponsored by the World Affairs Council.

My parents also have called the island home for over 20 years. My mother, a former teacher, discovered a second career as a docent for the Coastal Discovery Museum. You'll often find her leading groups of tourists and schoolchildren along the beach discussing our famous loggerhead sea turtles. She is also an active board member of The Sandbox Children's Museum and works to establish new and innovative programs for area children. My father has followed my mother's lead in fundraising. Together, they raise funds for community programs like Project SAFE (Sewer Access For Everyone) and the United Way. They also have spent countless hours coaching a Special Olympics Tennis Team and volunteering at the PTR Wheelchair Tennis Championships.

While our island may be small in size, my family has benefited from opportunities that could only be found on Hilton Head. Where else on Earth can you significantly impact your community, learn from world renowned leaders in their field, and rub elbows with PGA Tour Pros all within 12 miles? Only on Hilton Head. *LL*



LOCAL SINCE 2010 ***Nancy Paris*** is shown with Mike and Sulley from Monsters, Inc., along with her family at Disney World.



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#Now trending

THIS ONE WEIRD TRICK KEEPS PEOPLE SCROLLING THROUGH SOCIAL MEDIA FEEDS. READ ON TO FIND OUT!

STORY BY BARRY KAUFMAN

At this point, it's almost not worth pointing out how much social media has impacted our collective consciousness. After all, while there are many of you who will read this story on the printed page, there are countless more at this moment reading these words on the screens of their smart phones, computers or other devices. (Maybe even their refrigerator because the future is kind of strange like that).

Essentially, it's the new form of communication. You can scoff all you want at the millennials who always stare down at their phone, but they're not alone. The instant gratification of scrolling through a feed for all of our daily interaction has ensnared the whole world, and created whole industries in its wake. Here you'll find three locals who have made this new medium their own.

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Lisa Staff

VISION AND CONNECTION

It only makes sense that a photographer would gravitate toward Instagram. The platform was, after all, originally conceived as a means for sharing photos and short videos run through filters to age and hue them to a nostalgic patina. The site has come a long way since then, slowly overtaking parent company Facebook as the king of the social media rock, but visuals are still a major part of its DNA.

And as a visual artist with photography as her medium, Lisa Staff is a perfect fit for Instagram. Even if some of her exquisite shots don't go as viral as some of her other work. "I'll have a shot that I did that I love, one where I think the lighting and the aesthetic and everything is beautiful," she said, "and I'll put it out there and, 'meh.' Then I'll put out a candid shot of myself doing nothing remotely artistic, and I'll get a whole bunch of engagements."

That, however, is just a function of the algorithm and the unpredictable hive mind that is the audience, two of the biggest X factors for anyone looking to promote their business on social media. While Staff does look at her analytics to determine what content draws the most likes and comments, she prefers to post anything that happens to move her in the moment. She's obviously doing something right, with 20,300 followers. And it's paying dividends in more ways than one.





LOCAL SINCE 2003 Lisa Staff is a worldwide photographer and content creator with 20,300 followers on Instagram. She is passionate about photography, adventuring and living life to its fullest. @ lisastaffphoto

"I probably started my Instagram two years ago and people were like, 'It's a waste of time, why are you putting resources into it?' Now, it's one of my biggest sources of inquiries. I get a lot of business from it," she said. "And even if not, it's still a way for me to connect with other people."

Those connections are proving to be even more valuable than the new clients she attracts for her photography business.

"There's business for everyone, and it's all about collaborating and connecting with people more than competition," she said. "We're already in a small community, but through Instagram I've made a lot of connections with people."

Those connections begat speaking engagements and workshops in which Staff guides businesses through the ins and outs of social media, as well as branding and digital. Using her own feed as an example, she shows them how to create the kinds of engagement, brand recognition and ultimately conversation, that her Instagram feed has allowed her.

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Hannah Baggott

THE INFLUENCER

One of the oddest new job titles created by this new digital economy is influencer. Part online ambassador, part digital celebrity, their job is to create inroads among consumers so brands can establish a more direct connection with buyers. And before you write it off as superficial, know that one of the biggest requirements of the job is being genuine. An influencer's audience can smell phony a mile away, and aren't shy about sharing their disdain. Part of cultivating that influence comes from connecting to an audience, something that requires letting them into her life. There's nothing superficial about it.

Oh, and don't think for a second that being an influencer isn't hard work.

"When I first started, I was on the phone for eight hours a day," said Hannah Baggott, whose Lowcountry Blonde Instagram page reaches some 15,700 people. "Just so I could be engaging and talking with people. People don't care about you if you don't care about them."

Once those connections were established and her personal brand of upbeat and fashionable Lowcountry living had found an audience, turning it into a profitable enterprise meant turning to brands seeking partnerships. She found one of her biggest partnerships, Kroger, when she tagged them in a photo she took at the opening of their new store. In some cases, it's a matter of agencies reaching out to her.





LOCAL SINCE 2007 Hannah Baggott is a local influencer. When she's not working her Lowcountry Blonde Instagram page, she enjoys cross fit, playing with her German Shepherd at the beach and traveling. @Lowcountryblonde

Sometimes, she reaches out to them. But it's definitely hard work.

And it comes with a degree of uncertainty that other jobs simply don't face. For Baggott and other influencers, a simple tweak to the algorithm can upend their entire business model.

"Instagram has started talking about taking away likes, where the person who posted would be the only person who can see the number of likes," she said. "It doesn't scare me as much because I have a full-time job."

As director of sales at Hilton Garden Inn, Baggott can keep her role as an influencer as a side hustle, something that not only frees her from the uncertainty of the job but also the pressure to always be on. That's not to say she isn't always on.

"I don't typically ever unplug. But at the end of the day it's fun for me," she said. "It's changed me for the better."

©PHOTOS BY LISA STAFF



INSURING THE AFFLUENT CLIENTELE

The term the insurance industry uses today is "High Net Worth." What this means in insurance terms are those that own a home with a value of $1 million or more.

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Hannah Wicklund

SHADOWBOXES AND PORCELAIN FACES

There are few groups who have made social media their own like musicians. After all, when all of us abandoned MySpace, it was musicians who stepped in and helped the site find a new direction. For the working musician touring from town to town, it's a great way to make connections ahead of the next gig and keep fans interested until the next time the tour brings them back around.

That said, Hannah Wicklund is not like most musicians. The 22-year-old artist cut her teeth on Hilton Head Island, performing with her band The Steppin Stones when she was just 9. All these years later, she's taken her band international, having just wrapped a European tour. But despite her youth, she doesn't fit into the mold of the "typical" millennial.

"I hate social media, that's my platform," she said with a laugh.

She's only slightly kidding. Her Instagram reaches just over 12,000 followers with a mix of candid photos, deep thoughts, concert videos and merchandise promotion, and she is quick to connect with fans through the platform. But it's something that she views as a necessary evil.

"It's something that I have to do that definitely does help me connect to fans, but it does a disservice to an artist. There is something to be said when you're out playing shows and talking to your fans and getting that inspiration and stories people are telling you. That's the stuff that I love," she said. "I really feel like it's better to work on creative stuff when I'm hiding from





LIFETIME LOCAL Hannah Wicklund is a rock star. When she's not melting faces or performing encores, hobbies include art and eating the best food she can find while on tour. @hannahwicklund

social media. But it is the way I let people know about stuff."

And it does allow her, as an artist who thrives on connections with fans, to deepen those connections. "I had a younger girl reach out and ask if I could make a music video showing her how to play, 'Shadowboxes and Porcelain Faces,' which is ironically my anti-social media song," she said. "That's my favorite message on the album."

The anthemic song is anything but subtle when it comes to Wicklund's disdain for social media, with its lyrics, "These shadowboxes and porcelain faces / don't tell me what I want to know / these highlight reels ain't real life / they're just for show."

"Your Facebook or Instagram profile, where you put all the best things, whatever's most exciting is in your shadowbox. Porcelain faces was meant to represent all the filters, all the striving for perfection," she said. "It's about shedding the need to edit ourselves. That song is kind of how I try to think about my platform. I don't want to overshare and I don't want to be fake. I don't know; it's trying to find the right balance." *LL*

©PHOTOS BY HEATHER KOEPP



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Q+A

CELEBRITY CONNECTION:

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2020 DREAM HOME DESIGNER TAMARA DAY DISCOVERS LOWCOUNTRY FOR HERSELF

STORY BY LISA ALLEN



Known for her HGTV show "Bargain Mansions," based in Kansas City, ***Tamara Day*** had never been to the Lowcountry before designing the 2020 Dream Home in Windmill Harbour.

The Kansas native and mother of four grew up on a farm and learned construction skills from her father, a builder of medical centers and other large commercial projects.

She never shied from hoisting a sledgehammer or manhandling a floor sander herself. Along the way, she developed an eye for design that has launched her career on HGTV and her new online design service, Growing Days.

HANDY WOMAN
Tamara Day learned the construction trade growing up on her family's Kansas farm where she helped her father maintain and repair the property's buildings.

[LOCAL Life] What stands out most about the project at Windhill Harbour? [Tamara Day] Getting to work on the Windhill Harbour home felt like a vacation. The atmosphere was so peaceful and the people I was fortunate to work with made it a dream location to be building a beautiful home.

[LL] What did you enjoy doing while here? [TD] I was lucky enough to get to participate in lots of local activities – boating, bike riding, playing golf, just a little bit of everything. But my favorite was just sitting back and enjoying the view. Everything about Hilton Head Island revolves around relaxing at a slower pace and enjoying exactly where you're at. And lucky for me, I got to visit every month for six months and watch the seasons change. I feel like I got a really good taste of what life on Hilton Head Island could be like. I loved being right there on the water and having a lifestyle where everything you do, including golfing, has a water view. That's definitely something I could get used to!

[LL] Had you been here before? [TD] I had never been to the Lowcountry before. Living in Kansas we had always headed out to Colorado for our vacations or California, but now I have a whole new appreciation for the Lowcountry and can't wait to explore even more it has to offer with my family. I'd love to bring them out for a summer vacation. I'm certain they would enjoy it every bit as much as I have.

[LL] What is your favorite area of the country and why? [TD] I don't really have a single favorite spot. I love to travel and experience new places. I suppose if I truly had to pick, I'd choose the warmest spot I can think of because I'm always cold. I'd go to Arizona!

"Everything about Hilton Head Island revolves around relaxing at a slower pace and enjoying exactly where you're at."



THE BIGGER, THE BETTER Day is the host of Bargain Mansions. A native of greater Kansas City, the mother of four specializes in large, neglected houses that would intimidate most.

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DREAM BIG Day visited Hilton Head Island every month for six months while HGTV's Dream Home 2020 was being constructed. She will host the Dream Home 2020 Special on New Year's Day.



STORM PREP The Dream Home marked the first time Day has built a home where hurricanes are possible."That was a steep learning curve for me," she said.

[LL] How can the construction trade attract more women? [TD] I think the construction trade is attracting more women already as I think boundaries are blurring and women are gaining confidence in themselves and their abilities. I think it takes a mindset shift for men and women alike, but the more of us who just get out there and get after it, the more confidence everyone will have.

[LL] What made this design project unique? [TD] In Kansas, I build for the four seasons and all the snow, wind and rain but I've never built for hurricanes. I'm used to basements that are an entire level of a home versus on the island, where houses are built four feet in the air to avoid flooding. That was a steep learning curve for me when I first saw it. And we had two tropical storms hit the area in the middle of the build! I was watching the weather radar like a hawk the entire time.

[LL] What impressions of Hilton Head did you leave with, in terms of strengths and areas of potential? [TD] My impression of Hilton Island is that if you want to relax, you have found the place for it! It's so easy to jump into the laid-back lifestyle that you find on the island and everywhere you are you have a fantastic view. Something that I find both good and bad is the traffic going over the bridge to the island because it definitely slows you down in the mornings. But on the other hand, is it really so bad when you get to look out over the bridge to the breathtaking view? I don't think so. *LL*

2020 Dream Home

The HGTV Dream Home 2020 grand prize winner will receive the fully furnished, three-bedroom, 3-½ bath residence in Windmill Harbour, a new Honda Passport Elite and $250,000, a prize package valued at more than $2 million. Fans can enter up to twice a day at HGTV.com. The 2020 Dream Home will make is television debut at 8 p.m. on Jan. 1 on HGTV. ***Find more information about the home on page 76.***



HGTV Dream Homes

2020: *Hilton Head Island, South Carolina*
2019: Whitefish, Montana
2018: Gig Harbour, Washington
2017: St. Simons Island, Georgia
2016: Merritt Island, Florida
2015: Martha's Vineyard, Massachusetts
2014: Lake Tahoe, California
2013: Charleston, South Carolina
2012: Party City, Utah
2011: Stowe, Vermont
2010: Sandia Park, New Mexico
2009: Sonoma, California
2008: Islamorada, Florida
2007: Winter Park, Colorado
2006: Lake Lure, North Carolina
2005: Tyler, Texas
2004: St. Mary's, Georgia
2003: Mexico Beach, Florida
2002: Sherwood, Maryland
2001: Camden, Maine
2000: Nehalem, Oregon
1999: Rosemary Beach, Florida
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Five tips from a successful businesswoman

FORMER PROCTER & GAMBLE EXECUTIVE SHARES HER TIPS FOR SUCCESS

STORY BY EDDY HOYLE

Ann McBrien joined Procter & Gamble right after college, and her tenure there lasted 20 years. She not only worked her way up in the ranks to become Vice President Sales of Global Health Care, she earned the distinction of becoming the first female Vice President of Sales in the history of the company.

After leaving Procter & Gamble, McBrien acquired OT Over Time from Procter & Gamble and served as co-founder and CEO for the next five years.

In 2007 McBrien founded her own company, AM Marketing & Sales Concepts which helps businesses build capabilities in the areas of sales, marketing and business strategies and specializes in personal and business coaching.

She has served on the boards of Marriott International, NXT Nutritionals and Michelle's Miracle Inc. McBrien originally hails from Champaign, Ill., and is a graduate of the University of Illinois at Urbana-Champaign where she earned a bachelor of science in finance.

Her ties to the Lowcountry started 40 years ago when she took a part-time summer job as a cocktail waitress with Pool Bar Jim at the Hilton Head Inn in 1980. "I was a cocktail waitress on the beach. It doesn't get any better than that," she said. "The island sure has changed since then," she added.

A year ago, McBrien and her husband, Ed, built a permanent home in Sea Pines after being part-time residents for 20 years. "We always intended to end up here," she said. She now has the time to enjoy tennis and golf, and she enjoys spending time with her two children who live in Atlanta. Her son, Matt, is getting his master's degree at Georgia Tech, and her daughter, Katie, works for Coca-Cola United. **Here are her tips for success.**











LOCAL SINCE 1980 Ann McBrien is shown with her children Katie and Matt after the Turkey Trot, with her husband Ed at Wimbledon last summer and with Matt at the ACC Cross Country Championships at Virginia Tech.

Keys to Success

1. Love it or leave it. "Love what you do, and if you don't, do something else," McBrien said. "It's your life, and work is a big part of it. You should be happy doing whatever you do."

2. Remember what's important. "Remember what is important today in your life," she stated. "Take time to step back and regroup. Be aware and acknowledge what's really important – whether in life or in business. What are your real priorities?"

3. Listen (it's harder than you think). Successful people know how important it is to surround themselves with great people, McBrien explained. "But really listening to the great people you surround yourself with is what's important," she said. "This is hard. It's hard to really listen – and hear – so you can understand intent and feedback."

4. Laugh out loud. "We need to be able to laugh at ourselves," McBrien said. We all make mistakes and humor is a way to acknowledge that, she explained. "It's important to stay focused, but we should allow ourselves to laugh, too," she said.

5. Love it or leave it. "Start and finish with that!" McBrien emphasized. LL

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The future of finance

LOCAL EXPERTS WEIGH IN ON 2020 TRENDS, STRATEGIES AND PREDICTIONS

STORY BY EDDY HOYLE

Whether the word "money" causes you angst or glee, it is an inevitable force in our lives. So how can we do better in either case? 2020 is the start of a new decade, not just a new year. As we make those New Year resolutions, perhaps the most important one should be to get some good financial advice from an expert.

Many local experts agree a good financial plan for changing circumstances — which we all face — is a strategy that will benefit you in good times and in bad. Today's society is ripe with challenges.

Millennials are moving back home, Baby Boomers are staying in the workforce longer, and the sandwich generation is helping to pay college debt on one end, assisted living costs on the other end, and retirement planning in the middle.

Some women also might lose part of the Social Security benefits of their deceased spouses and are hit hard because they didn't really get involved in finances and took it for granted. Most experts agree, financial education needs to start in school at an early age.



Millennials (now 23-38 years old) are the largest generation in the workforce. Between student loans and the high cost of living, they're not saving or buying homes at the rates previous generations did. Banks and financial advisors need to look for new ways to serve younger customers' needs, which are markedly different from older generations. Helping millennials finance their goals will yield dividends in customer loyalty and increased revenue.

What's FinTech got to do with it?

The accelerating pace of technological change is a creative force in the financial services industry. ***2020 and the new decade will mark rapid changes in financial technology – or FinTech.*** As digital technology continues to grow, it will force traditional banks, credit unions and other financial institutions to get on board and abandon outdated business models. Automation and technology aimed at improving financial services has garnered a lot of attention lately. From crowdfunding to mobile payments and money transfer services, FinTech has the potential to revolutionize how consumers and businesses handle financial transactions. For example, Flyhomes tweaks the mortgage lending process to allow ordinary buyers to make all-cash offers. Divvy lets home buyers rent to own, and Goodly enables employers to contribute to their employees' student loans.

"Traditional financial institutions will have to become more customer-centric to compete."

Decades ago, financial institutions built "e-business" to keep up with e-commerce. Eventually, this became the new normal. Internet development and large investments in technology created waves of unprecedented advances in efficiency. Today's growing "digital" wave will demand resources to advance a digital agenda that will enhance customer experience, operational efficiency, risk management, online trading platforms, and the use of data and analytics. Customer intelligence will be the most important predictor of revenue growth and profitability, according to industry analysts.

2020 will be the year of customer-centricity in banking. FinTech start-ups already challenge traditional financial institutions by providing greater options with fewer costs by eliminating banking fees and service charges, offering greater flexibility in real time, and appealing to the tech savvy among us. Internet-based banking, loans, money transfers and bill payment are only the beginning.



Traditional financial institutions will have to become more customer-centric to compete. Now more than ever, it's important to understand what customers really want. To keep a competitive advantage, they will have to set new standards in mobile payment, real-time payment, customer on-boarding and asset management and to

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"The US is currently estimated to have a cashless ratio of 50 percent along with Canada and Britain, but that is expected to rise dramatically."

make investments in advanced technologies. Institutions that embrace Artificial Intelligence (AI) as a way to streamline the customer application experience and partially automate simple underwriting decisions will be able to free loan officers to spend more time on personal customer service. AI is a powerful tool in analytics to analyze customer data better and to prevent cybercrime and identity theft.

Financial institutions and their IT operations must be prepared for a world where change is constant — and where digital comes first. Existing operating models probably look quite antiquated and should be updated to get ready for a "new normal."



The other important trend in 2020 to consider is that the word "cashless" has become a buzzword in financial circles. ***"Cashless" means monetary transactions using non-cash tools such as credit cards, debit cards, electronic money, and a wide variety of payment services such as QR code payments.*** The US is currently estimated to have a cashless ratio of 50 percent along with Canada and Britain, but that is expected to rise dramatically.

What financial institutions offer customers is certain to change. Yet banking and financing was (and still is) a trust business: many people would rather pay more for the services of a company with a good reputation and personal relationships. LL

WHAT LOCAL EXPERTS SEE

With recent cuts in interest rates and lower bond and U.S. treasury yields, people are looking to replace lower or even lost income. Investors today want increasing income and they will continue to want it in future years. Historically, that comes from high-quality, rising dividend growth stocks. Yields from high-quality, rising dividend stocks can be more attractive than interest-bearing accounts and can provide rising income and inflation protection, regardless of the economy. Many investors are tempted to buy low-quality, higher-yielding investments, which we believe can't withstand an economic downturn and generally deliver unfavorable results. Going into 2020 and subsequent years, we believe owning high-quality dividend stocks are essential.

— Troy Shaver, Dividend Assets Capital

I've noticed a **significant increase in requests for comprehensive financial plans versus investment management**, which is interesting since FinTech has been such a huge focus in the media. To me, that says that the pendulum is swinging back towards a desire for personal contact with an advisor who can incorporate the very real elements of emotion, family dynamics, and other intangibles into a personalized plan. Also, because we've had such strong market performance for the past 8+ years, investors have become somewhat complacent. I anticipate that in 2020, larger swings in the market will lead investors to reassess their risk tolerance and investment mix.

— Emily Johnson, Polaris Capital Advisors

The market is like the weather — constantly changing. Trying to saddle it is like trying to evaluate beauty on the beach. So in 2020, here are my thoughts after 42 years: **Buy what you know and like.** Don't fight the tape/market and if it is going up, get on the train. Don't look at the short term. Keep it simple and don't let the day-to-day "noise" influence your long-term strategies. Dividends pay bills, not the value of stocks. Develop multiple strategies for flexibility. Lastly, trust your experienced advisor. He or she is always good to blame. I believe the market will perform well and make new highs during the year. Presidential election years are exciting! And always remember, "A man who is a bear on the United States will die penniless."

— Bruce Wood, Hilton Head Capital Partners

The return of volatility in the financial markets is the main theme we feel investors are likely to see as we head into 2020. Two key issues, trade with China and Federal Reserve monetary policy, will likely compete for headlines. Adding to the volatility will be the typical "noise" we hear during presidential election years. That said, volatility is a normal, albeit uncomfortable, feature of investing. The key is how investors respond – or more to the point, how they don't respond. Your long term plan shouldn't change based upon today's headlines. If you have a carefully constructed investment portfolio designed to meet your long term needs, it is best to ignore the noise, rebalance your portfolio periodically, and continue to focus on your long-term goals.

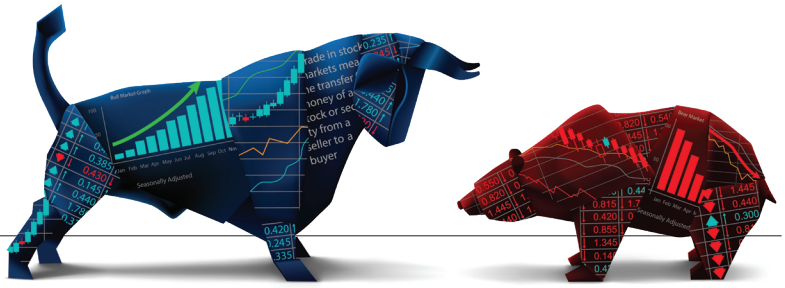
— John Chiacchiero, Oak Advisors

The stock market is at an all-time high. It is expected that there will be an inevitable market correction, but no one has a crystal ball to say exactly when it will happen. A normal correction would be roughly 10 percent, and that will seem like a big fall. Dollar cost averaging is still a good strategy, so when the market is low, buy more shares to reap the benefits later. Good advisors will always put clients first. Stop allowing headlines to dictate investments. You need a balanced account with a good mixture and consistency.

— Elizabeth Loda, Women's Financial Network

Slowly, steadily invest to build wealth. It's not a race. Be in it for the long haul, there's no need to panic. There will be ebbs and flows, so when it's low, put in more. Our lifestyles and needs are constantly evolving. We should look to the future to meet the needs of longevity.

— Gigi Maxfield, Women's Financial Network





"FinTech has the potential to revolutionize how consumers and businesses handle financial transactions."

The World's Top 10 FinTech Companies

(According to Investopedia, in no particular order)

Oscar – a new kind of health insurance company that uses technology to make insurance simple, intuitive and human to make the healthcare system more efficient and effective for customers. (U.S.)

Klarna – its focus is to make online shopping easy and hassle-free to facilitate buying and selling. (Sweden)

ZhongAn – offers e-commerce, mobile payment and financing guarantees for internet businesses and users. (Shanghai)

Avant – online lending platform that lowers costs and barriers of borrowing for consumers; dedicated to creating innovative and practical financial products. (U.S.)

Lufax – peer-to-peer lending and financing company. (Shanghai)

SoFi – non-traditional approach to lending and wealth management; student loan refinancing, mortgage loans, personal loans, life insurance. (U.S.)

Xero – develops easy to use online accounting software for business. Recognized by Forbes as the World's Most Innovative Growth Company in 2014 and 2015. (New Zealand)

Quidan – student micro-lending, installment payment and investment management platform. (China)

Adyen – provides businesses with a single platform to accept payments through all sales channels: mobile, online or instore. (Netherlands)

Ant Financial – wealth management, credit reporting payments and cloud computing. (China)



Think small

THE HOT WEST COAST TREND OF MICROGREENS TAKES ROOT ON HILTON HEAD ISLAND.

STORY BY BARRY KAUFMAN + PHOTOS BY W PHOTOGRAPHY









MICRO MANAGERS Neal Bitner and Eddie Borzacchini are the local faces behind Sproutz of the Lowcountry, a new microgreens operation on Cardinal Road.

Stepping into the growing operation of Sproutz of the Lowcountry and meeting the two entrepreneurs behind it is almost like stepping into a decidedly more wholesome version of the TV show "Breaking Bad."

Start with the company's two principals, Neal Bitner and Eddie Borzacchini. Bitner is clearly the Walter White of the operation – methodical, exacting and possessed of a wealth of knowledge regarding his art and his science. Borzacchini, likewise, is a pitch-perfect Jessie Pinkman with his exuberant personality, charm and willingness to get out on the streets and hustle to move some product.

Here the similarities end. While Walter White used his scientific knowledge to perfect the art of making illicit drugs, Bitner is using his horticultural knowledge to create fresh, nutritious

"This is concentrated nutrition, there's anywhere from 25-40 times the nutritional value in this than there is in the mature plant."





MARKET FRESH Since their 1980s debut in California restaurants, microgreens have culled a big following. Sproutz of the Lowcountry sells its microgreens on Thursdays at Bluffton Farmer's Market and Saturdays at Port Royal Farmer's Market.

microgreens. Think of it more as "Growing Good" than "Breaking Bad."

"This is concentrated nutrition," said Bitner, holding up a tiny sprig of a broccoli sprout. "There's anywhere from 25-40 times the nutritional value in this than there is in the mature plant."

Bitner had been planning his microgreen operation for some time before he ever sowed the first seed. It was a natural fit – he had extensive knowledge of cultivation techniques through his work in horticulture, and extra space for growing racks in the warehouse of his landscaping firm, Lifescapes.

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He just needed a partner to help him sell it. Enter Borzacchini, a longtime restaurateur who recently relocated to the island from his native Philadelphia. Bitner floated the idea of a microgreens operation by him and, quote, "He was not on board."

Hearing this, Borzacchini laughed. "I just didn't know anything about it. I'm a northeastern guy – I knew Philly cheesteaks and pretzels, but not much about sprouts."

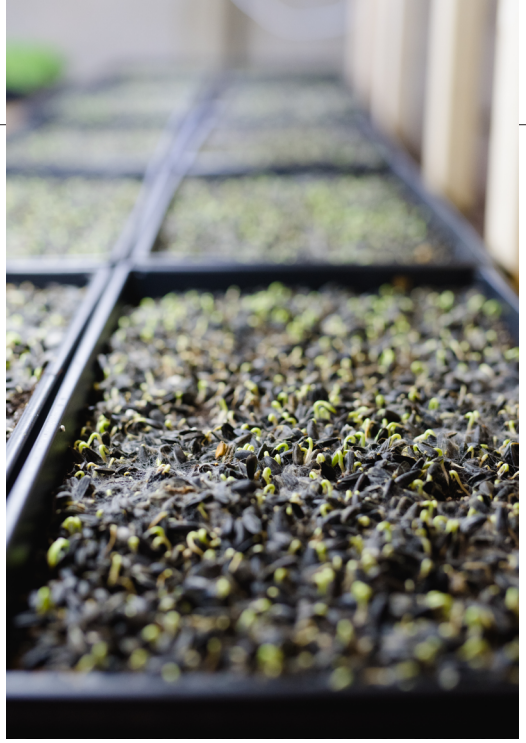
Eventually Borzacchini came around and the pair began honing their techniques, starting where most of us start a new learning adventure: YouTube. "It turns out all the information on YouTube is garbage," said Bitner. Undaunted, the pair began running their own experiments to hone their technique.

This part of the process is clearly Bitner's territory. To him, the rows upon rows of plants in their Cardinal Road workshop, situated on shelves and under lights the guys custom-built themselves, represent more than just a side business. More than just a hot new trend. It's a chance to experiment toward perfection, varying everything from light and soil to temperature and ambient wind in pursuit of a superior sprout.

What they've already managed to consistently grow is delicious, with offerings ranging from radishes and broccoli to peas and sunflower, but Bitner is single-minded in making everything just a little bit better. From there, it's Borzacchini's job to spread the gospel, selling the crop one container at a time at farmer's markets in Bluffton and Port Royal.

"People are going to be buying these in an hour and a half," he said, hoisting a tray of radish sprouts over to Bitner for harvesting. "You can't get more fresh than that."

With his experience in the restaurant business, Borzacchini shares the culinary possibilities these sprouts present with genuine enthusiasm. Just a few hours after

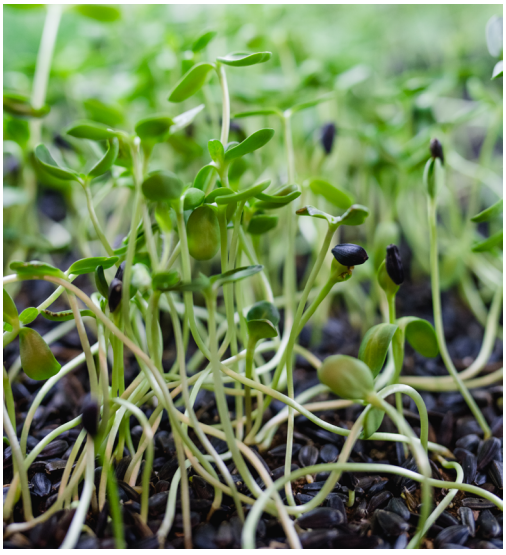


MICROGREENS 101

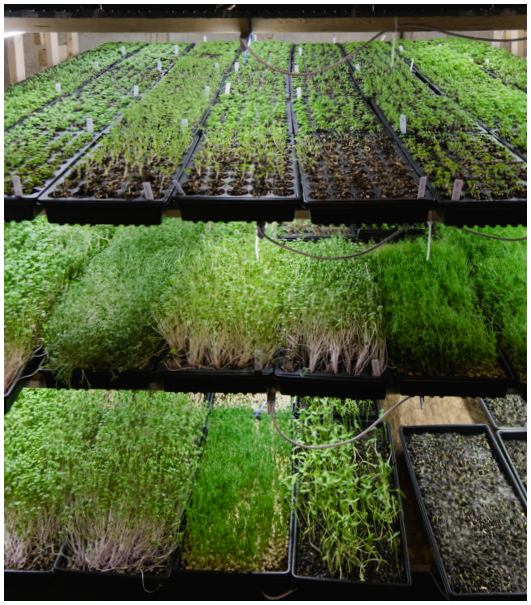
What they are: Vegetable and herb greens harvested just after the cotyledon leaves have developed. Essentially, they are the seedlings of edible vegetables and herbs. The average crop-time for most microgreens is 10–14 days from seeding to harvest.

How they're used: Chefs use colorful microgreens to enhance the attractiveness and taste of their dishes with distinct delicate textures and unique flavors, such as sweet and spicy. Among upscale grocers, they are now considered a specialty genre of greens, good for garnishing salads, soups, sandwiches and plates.

Health benefits: Nutritional studies have shown microgreens contain considerably higher levels of vitamins and carotenoids — about five times greater — than their mature plant counterparts. When choosing a microgreen, look for the most intensely colored ones, which will be the most nutritious.



SEED TO FEED Microgreens are grown quickly from seeds in good light with adequate moisture.



INSIDE JOB Because microgreens require so little space, it is practical to grow them year-round indoors in controlled conditions.

harvest on the day we spoke, he was posted at his stand on Calhoun Street evangelizing about the way these tiny sprouts can be a game changer for your cooking.

"I like to take a boneless chicken breast and stuff it with a bunch of broccoli sprouts and some sharp chedder," he told one visitor to the Sproutz of the Lowcountry booth. To another, he extolled the merits of radish sprouts as an enhancer for grilled cheese with brie. To another, how their Lowcountry salad mix can completely change the flavor profile of a salad while blasting it with nutrients.

Beyond the gourmet possibilities, there are the health benefits to consider. Part of Borzacchini's pitch is to point out how he's lost 44 pounds since June of this year, something he attributes to his new love of microgreens. "I'm not saying that's all because of the microgreens, but the sunflowers definitely helped out as a healthier late-night snack," he said. "It's just a better lifestyle than feeding your face with a lot of junk."

Sproutz of the Lowcountry currently sell their microgreens at the Bluffton Farmer's Market and Port Royal Farmer's Market, but hope to find their way into area stores and onto restaurant menus soon. In the meantime, follow them on Instagram @sproutzofthelowcountry. *LL*





2020 beauty trends





LOCAL COSMETIC AND PLASTIC SURGERY EXPERTS SHARE WHAT'S POPULAR AND FORECAST EMERGING TREATMENTS AND TECHNOLOGIES.

STORY BY DEAN ROWLAND

The cosmetic and plastic surgery industry remains steadfast in the American culture with its ever-advancing treatments, procedures and technologies as it enters the 2020s.

Nationally, 17.7 million cosmetic and reconstructive plastic surgery procedures were performed in 2019, a 2 percent increase from the year before, reports the American Society of Plastic Surgeons. Additionally, 1.8 million cosmetic surgical procedures were performed, 15.9 million cosmetic minimally invasive; and 5.8 million reconstructive.

Breast augmentation topped the list of cosmetic surgeries. Botulinum Toxin Type A (Botox for temporarily reducing or eliminating facial fine lines and wrinkles) ranked first in cosmetic non-invasive procedures, and the leader in reconstruction surgeries was tumor removal.

Overall, Americans spent more than $16.5 billion on cosmetic plastic surgery in 2018. Females far outnumber males undergoing cosmetic procedures (by 9-to-1), with 40 to 54-year-old women doing the most.

Local plastic surgeons benefit from the popularity of digital photography, self-monitoring apps, increased affordability for patients, lowered risk factors, faster recovery times and enhanced self-esteem.

Among the procedures that remain popular and others that are emerging in the industry in 2020 are:



Restylane fillers. This temporary hyaluronic acid-based product helps to refresh, restore and enhance the skin. It's injected into the skin to fill wrinkles or add volume, shape the face or lips, or rejuvenate skin. Juvederm, another dermal filler has a smooth consistency gel. *(Cost: $275 and $700 per treatment, per American Society of Plastic Surgeons.)*

CoolSculpting. An applicator freezes and kills fat cells for the treatment of visible fat bulges. Target areas include under the chin and jawline, thigh, abdomen and flank, bra fat, back fat, underneath the buttocks and upper arm. *(Cost: $2,000-$4,000 for a personalized treatment plan.)*





Rhinoplasty. This nose job procedure requires plastic surgery to change its shape or appearance or improve its function. *(Cost: average is $5,350.)*

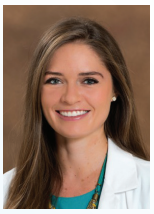
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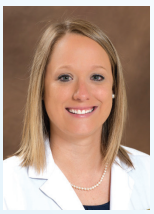
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"17.7 million cosmetic and reconstructive plastic surgery procedures were performed in 2018."

Liposuction. This surgical procedure uses a suction technique to remove fat from specific body areas such as the abdomen, hips, thighs, buttocks, arms, chin or neck. *(Cost: $2,000-$8,000.)*

Labiaplasty. This surgical procedure reduces the length of the labia minora to achieve vaginal rejuvenation. *(Cost: average is $2,924.)*

Botulinum Toxin Type A (Botox). This cosmetic injectable temporarily reduces or eliminates facial fine lines and wrinkles. Common areas of treatment are frown lines, forehead creases, crow's feet near the eyes, thick bands in the neck, thick jaw muscles, lip lines and gummy smiles. *(Cost: average is $397.)*

Radio-frequency energy. This aesthetic technique heats tissue and stimulates subdermal collagen production in order to reduce the appearance of fine lines and loose skin. The technique includes tissue remodeling and treats sagging skin and jowls, stretch marks, cellulite and acne scars. *(Cost: $750 to $7,500.)*

Magnetic energy. This noninvasive muscle stimulation procedure sends electromagnetic energy into muscles, causing them to contract. Muscle fibers grow stronger, firmer and more toned. *(Cost: Varies)*

Gynecomastia. This condition is an enlargement of the glandular tissue of the male breast. Medications and surgical treatments can be used to treat the problem. *(Cost: average is $3,978.)*

Breast augmentation. This invasive surgery uses breast implants or fat transfer to increase the size of breasts. It also can restore breast volume lost after weight reduction or pregnancy, achieve a more rounded breast shape and improve natural breast size asymmetry. *(Cost: average is $3,824.)*

Breast reduction. This outpatient surgery (mammaplasty) removes extra fat, tissue and skin through cuts on the undersides of both breasts. Breast proportion and alleviation of discomfort are achieved. *(Cost: average for aesthetic only is $5,680.)*

TRENDS LOCAL EXPERTS SEE

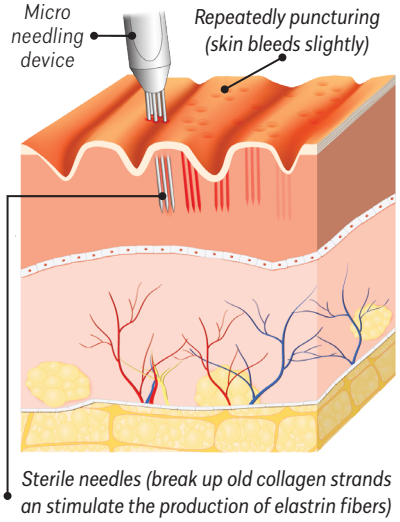


"For trends in aesthetic surgery, I have to say that there are two fronts in the war (battle) against aging, or at least its appearance. The first is the 'tried and true' front of surgical aesthetic improvement, and the other front is non-surgical or non-invasive options to improve appearance. Breast reduction and augmentation, rhinoplasty, and facial and eyelid wrinkle reduction. Periodic enhancements have occurred over the years and have added options, reduced operative time, bruising and downtime. Injections to reduce wrinkles, place fillers in deeper folds, CoolSculpting, radio-frequency stimulation of collagen production, and NOW magnetic energy to tone muscles."

— Dr. David Reid, Hilton Head Plastic Surgery and MedSpa

Collagen induction therapy

Patients that have had this procedure report amazing textural improvement even after the first treatment.



Sterile needles (break up old collagen strands an stimulate the production of elastrin fibers)

"The use of radio-frequency energy microneedling that penetrates the skin. The stimulated collagen produces firmer skin and is safe for all skin types."

— Dr. Thomas Bundy, Hilton Head Dermatology

"Growing trends are hair regrowth such as neografting for the head and eyebrows; microblading for the eyebrows; non-surgical nose job aka "Liquid Rhinoplasty" using hyaluronic acid fillers; conservative lip filler with more natural, plump results; chin and jawline contouring with filler; Botox and Dysport for the prevention of fine lines and wrinkles is trending in the 20-40 year old age groups, where as previously it was being used in the 50-plus group for correction, younger patients are seeking out prevention, recognizing it as key to maintaining a youthful appearance longer; use of platelet-rich plasma for hair thinning treatments; natural skin rejuvenation from the body's own natural resources; and laser treatment by Sciton that provides resurfacing, brightening and collagen stimulation with ablative and nonablative wavelengths."

— Karen Bouchard, PA-C, Lux: A Medical Spa

"As we age, our bodies change, and those changes impact our confidence in ourselves. Today's consumers find themselves confronted with an array of options to fight the signs of aging including conventional and newly developed treatments. Although used worldwide for over 20 years, stem cell therapy continues to remain a strong anti-aging treatment choice for millions of patients because of its natural, minimally invasive procedure providing long-lasting results. Stem cell treatment replenishes the body with a natural dose of concentrated stem cells that will replace, regrow, repair and rejuvenate on a cellular level resolving age-related damage to cells. The process can increase blood flow and collagen production while reducing fine lines and wrinkles, giving you a refreshed and youthful appearance. Regenerative stem cell therapy provides a natural alternative treatment option to traditional cosmetic surgery and artificial agents."

— Dr. Brad Fraum, Fraum Center for Restorative Health



"Your face is a piece of art it deserves a beautiful frame!"

Happy New Year!

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NOW WE'RE COOKING

These cabinets were refaced and customized to fit the lifestyle of the owner, who is an avid baker. Custom cabinets are highly coveted because they are built to fit your lifestyle, design preferences, cooking habits, storage inclinations, and uniquely shaped kitchens. The cabinet on the left houses an appliance lift platform for a mixer.



Organized is the new black

FIND INSPIRATION IN THESE SPACE-SAVING PROJECTS COMPLETED BY SIGNATURE CLOSETS OF THE LOW COUNTRY

There are buzzwords and trends that pop up in home design and are just as quickly relegated to the dustbin of history within a season. Deep shag carpet once ruled the world, but now wall-to-wall shag and berber carpet is history. Cabinetry to house 40-inch deep TVs evaporated once the flat-screen was invented. And ask you grandparents about floral ceiling designs to match the draperies. Yes, that was once a thing.

But as trends come and go, there is one constant in the world of home design that has not only endured but is enjoying renewed popularity. It's organization. A place for every-thing and everything in its place is still relevant. We spend too much time looking for things. Home organization specialists like Marie Konda have made organization hot again.

"Homeowners need flexible ways to add space without requiring any major construction," said Nancy Schmitz of Signature Closets of the Low Country. "You can check off boxes on your wish list and be surprised by how much can fit in spaces when they are creatively designed."

"Homeowners need flexible ways to add space without requiring any major construction."

Utilize mixed use spaces

Open floor plans still reign supreme. Families want to utilize these mixed use spaces to compliment their entertaining styles and hobbies. People want to work from home and still keep things organized. Schmitz see specialized zones within these rooms, allowing a variety of tasks to be performed while keeping clutter to a minimum.











WHERE'S MY PHONE? This multi-purpose storage system features a charging drawer for all of your devices.



CLUTTER-FREE An organized pantry saves time. It's that simple. Never lose your favorite spice blend behind your boxes of cereal again.

Storage is always in style

Think butler pantries to keep kitchen counters clear, hide small appliances and keep dirty dishes out of site. Beverage centers keep the drinks flowing during a party without causing congestions around food preparation. Counter or bar space is great to check emails, do homework or hang with friends while cooking.

"So much is happening in these shared spaces," said Schmitz. As such, keeping them squared away is crucial.

Let's be honest. Beautiful and functional storage will never go out of style. Good design encourages personalization and makes your space work for you. Everyone is looking for something to showcase their personal style and add some punch to utilitarian tasks.

Open shelving is a new design element that blends well with existing cabinetry while saying, "look at me." Floating shelves feel lighter while displaying favorite collections.

Furthermore, mudrooms are seeing their day in the sun. They are an important catch-all for things like keys, coats, shoes and tennis rackets.

The possibilities are endless — wine storage, extra pantry space, a shower for a dog, laundry. and cubbies for each member of your family. "Mom, where is my ..."

Customize your closets

When it comes to the beauty of organization, few rooms in the house hold a candle to

the custom closet. This is, after all, the one room whose entire raison d'etre is organization. Previously a purely utilitarian space, it has emerged as a hotspot for the chic side of tidiness.

"Closets are exploding," Schmitz said. "They're no longer a rod and wire rack; homeowners expect upscale storage options." Her husband, Frank, was on the leading edge of the great 1980s wave of customized closets that began in California, working among industry pioneers as they changed the way we think about storage.

With bedroom trends calling for calm, a place to relax and restore without the reminders of the day's troubles, finding space in closets for drawers to eliminate the need for bulky dressers is setting the mood. Space for jewelry, sunglasses, purses and seasonal storage is key. Cubbies, glass doors, valet bars, laundry hampers and shoe displays add function and style while keeping everything at your fingertips.

Cut out the middle men

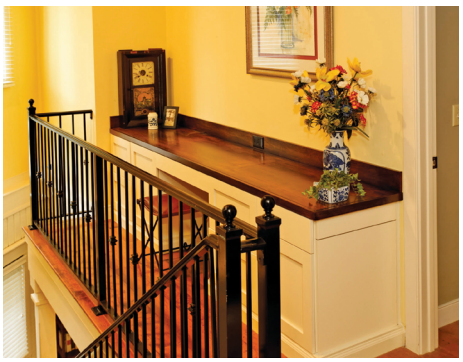
"At Signature Closets of the Low Country, because we manufacture locally, we can offer truly personalized storage solutions that are not defined by certain metrics or modular sizes that companies who order from middle men are limited to," Schmitz said. "And because we don't incur additional mark-ups and shipping costs, we can offer wholesale pricing to everyone. We offer any wood species, stain, Pantone color, glaze or veneer. Anything you can imagine, we can create."

More is more, it's that simple. *LL*



FLOAT ON Cantilever shelves give this room a sleek and contemporary look.







THINK SMALL Get creative with small space storage, such as a dresser in a closet or a desk on a stair gallery.

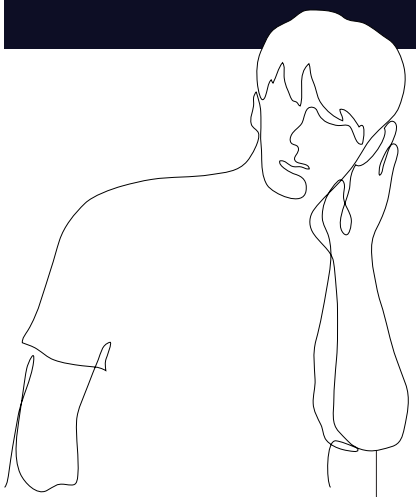


BRINGING IT HOME Custom shelving is great way to display keepsakes from your travels.

HOME TECH

#Safety&Privacy

There is a reason you have seen so many of Apple's iPhone commercials focus on privacy — a recent study by Consumers International and The Internet Society found that 73 percent of people using connected devices are worried about eavesdropping. And that doesn't include concerns about data theft, or the unwanted sharing and use of your private information by third parties. ***Start 2020 off with peace of mind and check out these tips that can help you secure your home and data.***



"73% of people using connected devices are worried about eavesdropping."

1. Make a secure connection mission critical

Your home likely has more connected devices than you realize, starting with our frenemy, Alexa. Any device that connects to another via the internet can be classified as a connected device. That includes many thermostats, appliances, gaming devices, personal devices, televisions, home automation systems and even your new Apple watch. The first step to protecting your home is to secure your wireless router and connection. If you are not sure that it is secure, check with your service provider. Hargray recommends these security measures you can use on your wireless router to help protect your home network:

- *Change your **administration password** as the manufacturer's default password can be well-known.*
- *Change the **SSID (that is what you name your network).** Hargray experts recommend that you do not use your family name or address as that can appear on passers-bys list of available wifi networks.*

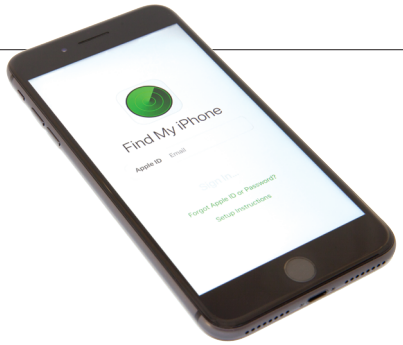
KEEP AN EYE ON THINGS



BONUS TIP FOR ADDED SECURITY

While you are securing your data, make sure you **secure your home with a monitored home security system**. Experts at Custom Audio Video recommend that your security system is integrated to your home automation system so you have complete visibility and control. Professional installation is recommended for even the simplest systems, like Nest, Ring or Simply Safe, so that the technician can secure your privacy settings during installation.





2. Protect your mobile phone's privacy

If you think about just how much information you have stored in your phone, you might become a little paranoid (if you are not already). Obviously, start by making sure your mobile device has a PIN, fingerprint or face ID to open it. That is still not enough to protect the information on your device, so make sure you also do these extra steps:

- *Know how to use your* ***"find my device"*** *and* ***"lost phone"*** *features, like remote wiping of your data.*
- ***Use different passwords on the various sites and apps you use****. To help remember and protect those passwords, CNet recommends apps Last Pass and 1Password.*



3. Make sure you are cautious with whom you share your information

If you are like many people, you don't think twice about giving out personal information, like your cell, email and birthday to a variety of loyalty programs. Even your gated community has a wealth of information about you, including your license plate, address and cell phone and more, so make sure their data and privacy policies are current. *LL*

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THROUGH THE MUD Mudrooms can be a beautiful and functional control center to the home instead of a dismal pass-thru space next to the garage.



Home Trends: 2020 Vision

WHAT'S HOT IN THE COMING YEAR FOR YOUR HOME? WE ASKED AREA EXPERTS FOR THE LOOK AHEAD.

The new year is upon us, and as long as calendars have been flipping over to a fresh set of months, there have been those looking to predict what the year will bring. And even in something as simple as home design and décor, reading the tea leaves can often bring mixed results. Just ask J.P. Morgan's father, who saw his son's mansion being wired for electricity by a young inventor named Thomas Edison and declared that in-home electricity was just a fad.

But sometimes, having a vision for the future simply means looking to the past and following trends to their logical conclusions. Doing so requires a wealth of knowledge in your field and thumb placed firmly on



DESIGN BY KELLEY S. MCRORIE INTERIOR DESIGN | PHOTO BY J. SAVAGE GIBSON

the pulse of what's hot and what's happening. As such, we chose to let our area's experts take the crystal ball and run with it, showing us where the home is headed in 2020.

ARCHITECTURE

The rise of the owner's entrance

Once decried as simply "the mud room," the owner's entrance has become a bigger and more important aspect of architecture, and will continue to do so in the coming year.

William Court, principal of Court Atkins Group, has been on the leading edge of Lowcountry architecture for years, and has seen how owner's entrances have become a perfect way to add utility to a home's layout without sacrificing style.

"The way I present that to a client is that 98 percent of the time, this is how you are arriving into the home so let's make it special. You never use the front door, you're coming in from the garage – so what does that experience feel like? What do you throw down, where does all the stuff go? Cell phone chargers, mail, all that stuff," he said.

What he's seeing now is an expanded owner's entrance that marries the usual "landing zone" for stuff with a space for the washer and dryer, dog grooming station and craft area.



IN THE KITCHEN:

Color and texture

Just as the whites and maples of the 80s and 90s gave way to the darker woods and granite of the new millennium, kitchen trends are continuously evolving. The dichotomy of crisp whites and more industrial farmhouse looks that have dominated the stylebook over the last decade are beginning to bleed into one another, opening up a slew of possibilities.

Arlene Williams of Arlene Williams Kitchen Design has highlighted a few trends that will gain traction in 2020. Firstly, she sees the uniform themes of the past few years giving way to a two-toned look, with a darker finish on the base cabinets contrasting against a lighter finish on the wall cabinets. "A couple of our favorite combinations is dark navy, such as Anchors Aweigh

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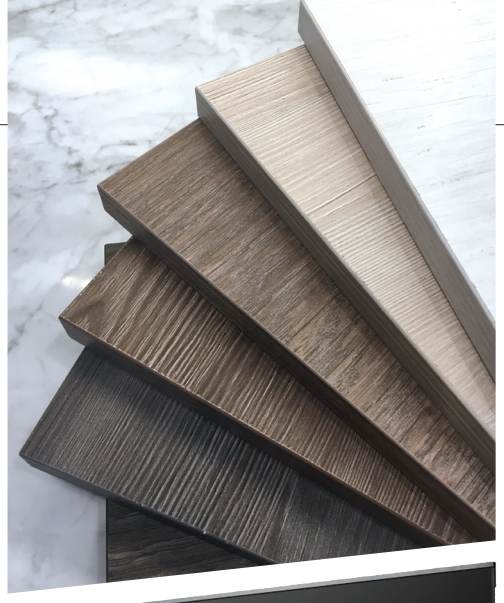


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paired with a fresh white such as Chantilly Lace, and dark walnut or stained oak cabinetry paired with a softer white," she said. "These combinations bring contrast to your space and allow you to incorporate more of your favorite colors into your design."

She also sees textured woods and metal accents as trends that will continue, albeit as more subtle pops of industrial vintage materials against standby design elements. And the trend toward decluttering countertops will continue with undercabinet LED lighting systems that integrate GFCI and USB outlets.



HOME ENTERTAINMENT

The Foldable TV

Asking Sandy Benson of Custom Audio Video to look ahead to 2020 actually requires a little bit of looking back. Considering the speed at which home entertainment technology moves, she's usually looking ahead much farther than the coming year, to the technological advancements that will be heading into homes 5-10 years down the road.

She did, however, share one exciting piece of technology that – ahem – rolled out at the Consumer Electronics Show 2020. "This magical, rollable 65-inch OLED TV has the style and picture performance to really impress – even if the lack of a firm release date is killing us," she said.

Combining OLED picture performance with a 2nd generation Alpha A9 processor and WebOS 4.5 Alexa compatibility, the ***LG Signature Series OLED TV R TV*** can be folded and unfolded as needed, good for up to 50,000 unfurlings. For now, Benson cautions, it may not be highly likely that you'll be able to purchase one of these in 2020, but it's a cool glimpse into where the technology is headed.



SMART HOMES

More than just automation

The rise of the smart home has been well documented, and is by no means new. What was once mind-blowing voice-activated technology has now become commonplace, with Google dropping the price of their home mini to $20 (if not outright giving them away to Spotify subscribers).

But what's truly exciting in the field of smart homes is where the technology goes next. Trent Williamson with Hargray sees smart homes becoming even smarter thanks to new advancements surrounding the actual device. To begin with, he sees smart security systems coming to the forefront, doing far more than simply raising the alarm during a break-in.







©PHOTOS PROVIDED BY PLANTATION INTERIORS

"The best function of smart security is that you can control your systems remotely," he said. "This means you can access sensors for carbon monoxide, fire, flood, temperature, and air quality while you are away from home. So, if you forgot to turn down the air conditioning before going out of town, you can access your thermostat from your phone and avoid an unnecessarily high bill. Smart security is trending because it allows homeowners total control over their systems, giving them peace of mind that their home is safe and secure."

He also sees the infrastructure behind smart homes pushing these advancements with Fiber to the Premises (FTTP) delivering blazing-fast broadband to more and more homes and Wall to Wall Wi-Fi ensuring seamless coverage to all the devices found throughout the home.







INTERIOR DESIGN

Think sculptural and tribal

The team at Plantation Interiors has identified three design trends heading into the new decade.

1. Sculptural: Look for cocktail tables that take on sculptural forms, such as hourglass, twists and geodes. Hot furniture pieces feature the use of cast bronze, carved stone and inlayed woods in geometric patters and shapes.

2. Unexpected materials: Cool new combinations combine authentic materials such as end-grained wood or live-edge wood with glass, steel and upholstery.

3. Tribal: Tribal influences such as spear points, perforations, jutes, graphic patterns and neutral colors are trending in home furnishings.



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HOME ACCESSORIES
Mix it up

For Ann Higgins Interiors at Scout Southern Market, a hot trend in 2020 is honoring the past. "I see a return to layered rooms that include a mix of unique pieces," she said. "Whether they include an antique buffet, vintage rug or hand-crafted pottery, the choices reveal the story of who inhabits the home."





FLOORING
Go realistic or bright

Keeping your home up to date starts from the bottom up. Here are two trends from our local experts.

1. LVT is even better than the real thing: The team at Floors To Go reports huge demand for COREtec luxury vinyl flooring in 2019 and doesn't see that trend slowing in the new year. The waterproof, kidproof and petproof flooring realistically mimics the appearance of natural materials like stone or wood and comes in a wide range of styles and finishes.

2. Make a statement with vibrant colors: Unique patterns, prints and bright colors are in style, according to the team at KPM Flooring. Imagine if you replaced the bland carpet in your home or office with a classic blue and white leopard print. Now that's trendy!



Trendy home decor

Give your home a 2020 look with these accessories from local businesses.



Setting the table

NATURAL ARRANGEMENT

Is decorating not your thing? Plantation Interiors makes it easy with this beautiful table arrangement with natural palmetto leaves, hydrangeas and more in a sleek chrome vase. *Available at Plantation Interiors.*



Pump up the volume

ENTE FOR SONOS AMP

This Sonos system combines artwork with sound and is the perfect piece of trendy audio décor. *Available at Custom Audio Video. $4,500*



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FAUX FUR SABLE PILLOW

Stay warm this month with this luxurious pillow. *Available at Scout Southern Market.*



Please be seated

SIMPLY COASTAL SOFA

Give your sitting area touches of coastal flair with this Simply Coastal Sofa, West Coast Cocktail Table, textured woven neutral rug and driftwood accent pieces. *Available at Plantation Interiors.*



Dinner is served

A FLAVOR OF COLOR TABLE

Add a pop of color to your dining room presentation with this stunning multi-colored table. *Available at Lowcountry Pick. $2,500*



Wet your plants

ANEMONE FROSTED VASE

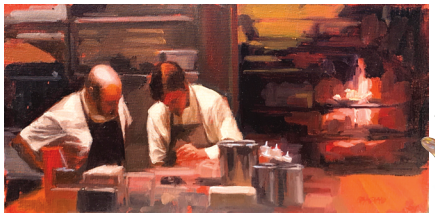
Showstopper alert! This gorgeous anemone frosted vase is a must-have this winter. The gold trim will start 2020 off with a sparkle. *Available at Pyramids. $263*



Up your bowl game

MACKENZIE-CHILDS BLOOMING TRIFLE BOWL

Presentation is key. Use this blooming Trifle Bowl from MacKenzie-Childs to elevate the look of your New Year's trifle. *Available at Forsythe Jewelers. $175*



Chew on this

KITCHEN COLLABORATION PAINTING

Be inspired to try something new in the kitchen this year with this warm 10x20 oil painting by Dan Graziano. *Available at The Red Piano Art Gallery. $2,000*



Be blown away

HUNTER ART GLASS

Decorate your home with this colorful blown glass art by trendy California artist Rick Hunter. *Available at The Spirited Hand. $65-$125*

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"Many of us watch various programs on the HGTV network and realize how important show homes are to the general public. They really can affect how residential design is pushed forward in style and function, so having a small part on a terrific global team was very gratifying."

- PROJECT ARCHITECT PRESTON BUSSARD, COURT ATKINS GROUP

Living the dream

©ALL PHOTOS BY HGTV

THE 2020 DREAM HOME ON HILTON HEAD ISLAND JUST MIGHT BE HGTV'S BEST ONE YET.



A new residence that "honors Hilton Head Island" soon will be viewed by hundreds of millions of viewers of HGTV – America's third most watched non-news cable channel. Located on the eastern edge of Windmill Harbour overlooking an expanse of verdant salt marsh and the distant Calibogue Sound, the HGTV 2020 Dream Home debuts this month. Already it is being called by People Magazine perhaps "the best one yet."







Winner take all

WIN THE HOUSE, A NEW CAR AND CASH

The official entry period for the Dream Home Sweepstakes begins at 9 a.m. Dec. 30 and lasts through 5 p.m Feb. 19. Eligible fans can enter twice per day on HGTV.com for a chance to win the home, all the furnishings, $250,000 and a brand new Honda Passport Elite.





ISLAND ESCAPE The most "island" room in the home, this guest bedroom offers an enticing space for sleeping, watching TV or just enjoying views of the surrounding Lowcountry landscape.

"I love that the house honors Hilton Head Island, but it's definitely unique and not very similar to anything most locals have seen before," said Brian Patrick Flynn, interior design guru for HGTV who traveled far and wide to select ideal furnishings and decorative wall hangings to bring the outside indoors – like natural driftwood pieces in a guest bedroom and a vintage full-sized canoe from the Great Lakes mounted above the entry door.

The 3,514-square-foot, three bedroom, two-level home clothed in sapphire blue, was built by Shoreline Construction, the same firm that built the HGTV Smart Home a year ago in Palmetto Bluff.

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TRENDING COLOR

COOL AND RELAXING BLUES

Accents throughout the home bring an element of water into the design, from artwork depicting beaches and estuaries to cool colors that pop against neutral sand tones.



***Carolina blue** is a thoughtful nod to the local tradition of painting porch ceilings blue to keep evil spirits away.*



*The **deep blue tone of the sofa** adds a masculine depth to this bright and airy living space.*



*A **garden stool with a unique blue finish** creates a perfect side table while bringing an outdoor element into the indoor living space.*



*This guest bathroom uses a contrast of colors and **coastal-inspired design details** to give the space depth and personality.*



*This seating area **features natural tones** and **coastal blues**.*





SCREENED SOLUTION Screening in the porch means there's no problem opening the French doors that lead into the bedroom to maximize outdoor living both inside and on the porch year-round.

Court Atkins, local architect, capitalized on the panoramic outdoor marsh views and sunsets from virtually every living space.

The Windmill Harbour homesite was perfectly suited to make the most of the Southern summer breezes and vista. The interior features an open-concept great room floor plan with a gourmet kitchen, dining foyer and master bedroom — all with large windows looking toward the sunset.

Additionally, there is a porch with a retractable screen that runs along the entire length of the home. Upstairs includes a second large and smartly appointed gathering space that leads out to a full covered deck porch that overlooks the grounds and a glamorous, glistening black-bottom pool. Black bottom pools keep the pool water warmer, which helps the outdoor swimming season start sooner and last longer.

"Hilton Head Island is a perfect location for the HGTV Dream Home," said Tamara Day, host of HGTV's Dream Home Special 2020. "The island has become known around the world for its dream-like sunsets and overall beauty."



Designing the dream

William Court, Preston Bussard, Derek Morphew and Ashely Huffman of the Court Atkins Group Design Team weigh in on the 2020 Dream Home.

Q: When designing this home, what was a special component you thought the home just had to have and why? **A:** Because the home site is located alongside some of the most breath-taking marsh and water views on Hilton Head, the outdoor living spaces immediately became a top priority for the architectural design team. This evolved into two levels of rear porches with dramatic southwestern sunset views that lead out to a series of marshfront terraces wrapping around the pool.

Q: What are your favorite features? **A:** One of our favorites spots is the garden entrance. Think of this as a welcoming owner's entrance with all of the features of a mud room, laundry, potting shed, craft area, and a spot for the dogs too!

Q: What were the challenges in getting this together? **A:** The team was tasked with fast-tracking a unique design that would take advantage of the natural beauty of the site, fit within the design standards of the community, and showcase some of the newest trends in home construction. The result still needed to feel both Southern and casually elegant.

Q: What do you think separates this place from the average home? **A:** It embraces the Lowcountry lifestyle of Hilton Head. It has a true connection to the outdoors ... fabulous outdoor amenities including swimming pool/hot tub, sweeping terraces, porches, deck and endless vista views, to its abundance of tall windows and transoms which bring the outdoors inside with a brightness that transcends even the gray days on the island. *LL*



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HOME TREND HACKS

Spice up your abode with these creative repurposing ideas

Make your home more functional by repurposing old home items or get creative and dress up your walls with repurposed art. These trash-to-treasure ideas look great, make life easier and keep things out of the landfill. Feel good about yourself as you give your home a new look in an eco-friendly way.





Use an old window as a headboard

Throw a touch of vintage into your bedroom by repurposing an old window to use as a headboard. To create this vintage look, add polyurethane to the windows so that the paint does not chip off the frame. Also, make sure it is securely hung on the wall.





Basket linen closet

Create your own linen closet for your bathroom by simply attaching baskets to the wall. Use these baskets to hold extra towels and washcloths.

Decorate with pennies



Have a penny or maybe 1,000 lying around the house? Decorating with pennies is an easy yet affordable way to decorate your home with a stylish copper finish. Penny tabletops, penny mirrors, penny vases … you name it. These gorgeous little metal coins can be transformed into unique crafts, décor, art and more.



IF YOU MAKE IT, WE'LL TAKE IT

If you end up making any of these repurposed treasures, take a picture and tag us on Facebook or Instagram. We would love to see your creativity in action!



Add mirrors to small spaces

Adding mirrors in your home gives the illusion that your space is bigger than it really is. This is the same trick all-you-can-eat buffets have been using for years. Get creative with ways to give off this illusion by choosing unique mirrors, colorful frames and original placements.



Exposed kitchen cabinets

A trendy new look that more and more people are showcasing in their homes are exposed kitchen cabinets. Luckily this look is extremely easy to pull off. Simply remove your current cabinet doors and voilà. This hack gives you the perfect excuse to always have your dishes in order. *LL*







©PHOTO PROVIDED BY PLANTATION INTERIORS

Living the local lifestyle

BRING THE LOWCOUNTRY INTO YOUR HOME

STORY BY MARY HALL

Nothing says Lowcountry in your home like the timeless colors of sand and surf with the endless light of the sun. Always in style with the inviting warmth of Southern hospitality, the colors of our natural environment speak to your heart and make you feel welcome.

Whether redecorating or starting from scratch, adding touches that speak Lowcountry capture the coastal look, making it feel like summer year-round inside your house.

"The essence of Lowcountry design is creating a welcoming environment that promotes comfort, relaxation



"The essence of Lowcountry design is creating a welcoming environment that promotes comfort, relaxation and a tranquil lifestyle, and brings the outside indoors."

- CHERYL WILSON, DESIGNER AT PLANTATION INTERIORS

WELCOME HOME
Here is a room scene from Plantation Interiors, designed by Cris Taylor.

and a tranquil lifestyle, and brings the outside indoors," said Cheryl Wilson, a designer at Plantation Interiors.

Light and airy is the key and be sure to keep it natural. Use materials found in nature, such as seagrass and sisal area rugs, which are attractive, sustainable, stain-resistant, and easy on the toes; woven baskets to add texture and warmth. Neutral wood floors or vinyl look-alikes are easy to care for and clean, and nearly sand-resistant when coming home from the beach. And bring some sunshine in with whites and beiges, whether in paint, tile backsplashes, woodwork or furniture.

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Furnishings that carry forward the beachy Lowcountry theme are inspired by weathered furniture, with ***shades of gray, sand and white.*** Try layering textures, which introduces natural elements into interiors.

"One of the easiest ways to introduce a coastal feel to the interior is through color, echoing the surrounding blues, grays and greens found in nature," said Melissa Mittag, Director of Brand Management for J Banks Design Group. "Grass cloth, driftwood, bleached woods, washed linens all bring in a coastal feel. Incorporate tabby fireplaces, which are historically accurate and introduce a beautiful artisanal feel to any space."

Use nature for inspiration to bring the outdoors into your home. Accessories and art that add a touch of Lowcountry include distressed wood, Japanese fishing floats, driftwood and local books, as well as artwork, such as seascapes, marshviews, shellfish and Gullah art, said Wilson.

Try adding nautical accents, typically found in traditional coastal homes, but don't overdo. And have some fun with it by adding a touch of the look of seaglass with sparkling blue/green glass jars or vases.

Why not be playful? If you love fishing (no one just "likes" it!) add a colorful fish accessory. Or try a surfboard or fish netting in the entry. But don't be afraid to go a little glam: Old-school glamour is right at home and personalizes the space by adding accents that speak to you and reflect your interests with style and color.





KEEP IT REAL Natural materials such as baskets, wood and area rugs help capture the essence of the Lowcountry.

Do's:

FIVE STEPS TO CAPTURING THE ESSENCE OF THE LOWCOUNTRY

1. *Use pale finishes, with shades of soft blue, aqua, sandy gray, beige and white, evoking the colors of the sun, sand and surf in paint, tile, flooring and fabrics.*
2. *Use natural materials – stone and tile, wood, baskets, linens, area rugs.*
3. *Bring the light indoors – Extend natural light into your space with light and bright design elements such as skylights, glass tile backsplash, glass doors and sinks.*
4. *Give a nod to classic coastal style in a chic way.*
5. *Spice it up with some fun, quirky twists of your own – go beachy & bold.*

Don'ts:

FIVE THINGS TO AVOID A DESIGN DISASTER

(FROM HGTV PERSONALITY DAVID BROMSTAD'S SHOW, BEACH HOUSE FLIPS)

1. *Decorate around a theme – shells, seahorses, seaweed – you get the drift. Too much is too much!*
2. *Buy every nautical accessory you see.*
3. *Default to wicker.*
4. *Install carpet.*
5. *Rule out any design colors.*





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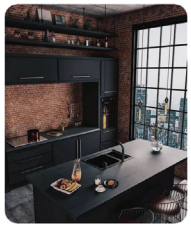
Feeling blue?

Haint blue is a traditional color used in Lowcountry homes. It was thought by the Gullah to ward haints, or ghosts, away from the home. The ceiling of the slave quarters at the Owens-Thomas House in Savannah, built in the early 19th century, was painted haint blue. The pigment was sourced from crushed indigo plants. The tactic was intended to either mimic the appearance of the sky, tricking the ghost into passing through, or to mimic the appearance of water, which ghosts traditionally could not cross. The Gullah would paint not only the porch, but also doors, window frames and shutters. Blue bottle trees in the yard are also thought to keep evil spirits away.

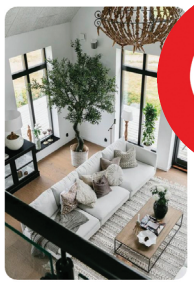


SOURCE: TELFAIR MUSEUM, SAVANNAH

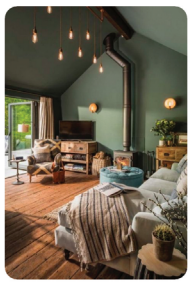












Get inspired!

Go on local house tours for inspiration, or online — think Pinterest and Instagram, then shop local businesses to bring the coastal look into your home and live the local lifestyle. *LL*







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THE GENTLE GARDENER

Baby, it's cold outside!



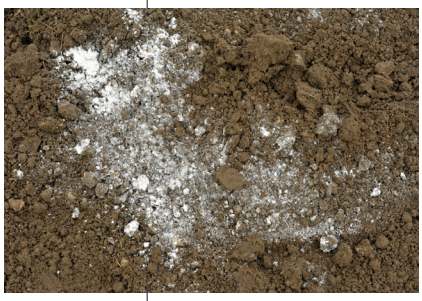
Are you in the mood for some much-deserved rest after the holidays? Better get out of that mood! If you think there's nothing to be done in your garden, guess again. January is the perfect time to plant or transplant trees and shrubs; fertilize specific plants; refurbish your gardening tools; trim injured or diseased limbs (unless there has been a hard frost); and much, much more.

Shovel it down

To plant or transplant your trees or shrubs, dig a large enough hole and place some organic material such as peat or compost on the bottom. Make sure you don't plant them any deeper than the original soil line. It's preferable to leave roughly one inch of the original dirt ball above the soil line to allow for settling. To ensure you don't have any air holes, use your fingers to push the dirt tightly around the roots. Tap dancing around the plant may look like a lot of fun but, other than burning off a few extra calories, it rarely compresses the dirt enough. For all the divas out there, there's a new thing called gloves. Then, make sure that you thoroughly water the plant.



CALL BEFORE YOU DIG Whether you're planning to build a major development or just landscaping your yard, Hargray reminds you to make sure to call Underground Service Alert at 811 at least two working days before excavating.



Lime yours

If you're like me and did not apply lime (as indicated by your soil analysis) to your non-acid loving plants in the fall, now is the time to add it as it can take several months to activate and your magnolias and gerbera daisies will thank you with their prolific blooms. I also apply a light level of fertilizer to all of my roses on the first of each month. The plants thank me with breathtaking flowers and the deer thank me by promptly mowing 'em down. For acid-loving plants (azaleas, gardenias, camelias, blueberries and most iris) be sure to dump your old coffee grounds and pickle juice around the base of your plants (and you thought pickle juice was only good for muscle cramps – silly gardeners).



Stay sharp

January is also the perfect time to oil and sharpen your tools, especially before you perform any trimming. Ace Hardware will perform these tasks for a fee if your partner is too lazy or it's above your pay-grade. It's also a good time to apply a bright yellow or orange to the handles of your tools. Why you might ask? To make them more visible when you drop them. I have lost two expensive pruners in the last month. I'm ready to purchase a metal detector – old squeaky has purchased Stihl stock.



Try to cut back

If there has not been a hard frost by the time this prints (fingers crossed), you can begin trimming injured or diseased limbs with your newly cleaned and sharpened tools which will provide a clean cut. Remove shoots from your crepe myrtles and crossing branches from any of your trees.



Wash it down

My last piece of free advice this month (worth what you paid for it) is to water your plants well the day before a freeze is predicted. Covering your plants may make you feel better and help to protect the leaves but according to the Clemson Extension, it is actually the roots that we need to protect, which is exactly what the water does, even if it's not intuitively obvious. Happy gardening! *LL*

Ask & Answer



DEAR GENTLE GARDENER,

The lemon tree on my back patio is looking a little pathetic. I have it in full sun. Should I bring it inside?

— Hoping for Lemons in Lemmington

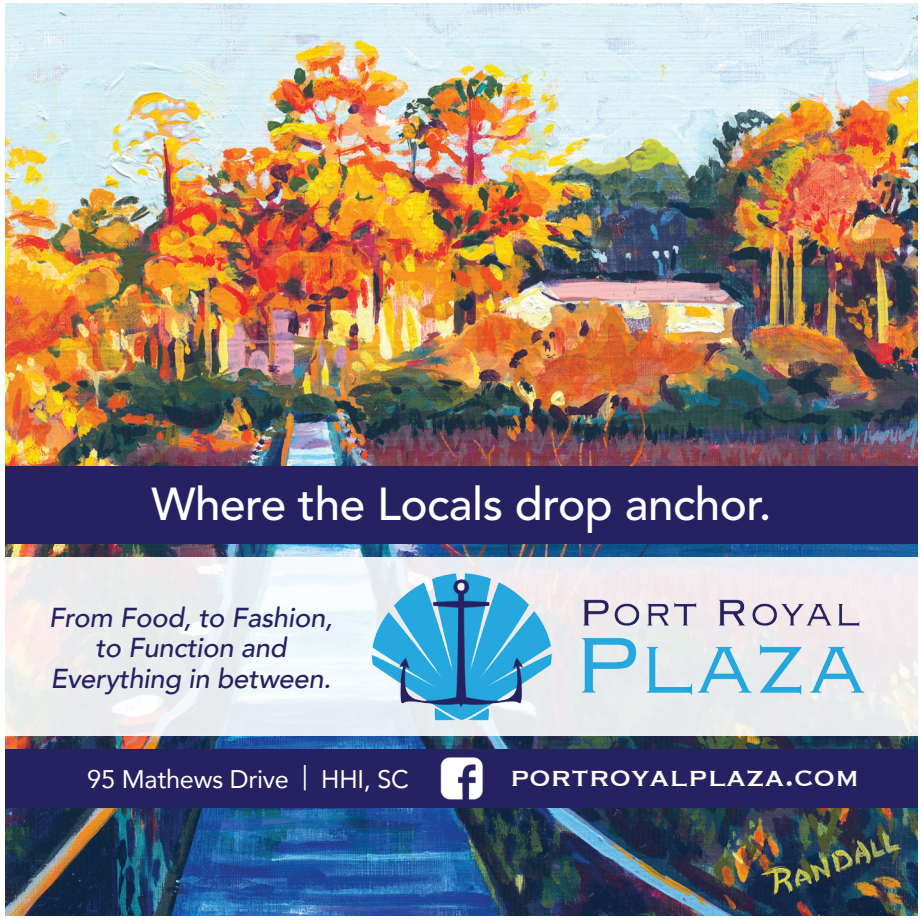


DEAR LEMONS,

Citrus trees thrive in full sun and no wind. So as long as it is out of the wind, you should be fine. While citrus trees require good drainage and do not like soggy soil, they do need water. Most citrus trees that die in the winter are killed by drought, not the cold. Do not mulch around the base of your citrus tree, as this will encourage root rot. Also, make sure that you did not plant your tree too deeply – the root ball should be just above the ground. Going forward, you should fertilize your citrus every month (with citrus fertilizer) beginning in March and continue until September. The leaves will turn yellow if they don't have enough fertilizer. Little saplings also will appreciate a liquid fertilizer between applications of citrus fertilizer during the growing season.

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





Tradition with a twist

The 2020 color palette released by the Pantone Color Institute is more than just familiar. It conveys a sense of ease but allows for unique twists and turns to highlight self-expression and modernity. The executive director of Pantone describes it as "combining our desire for stability and creativity with a colorful youthful update that creates energizing and optimistic pairings." The palette ranges from colorful favorites and seasonal core colors to classic neutrals. LOCAL Life stylist Roxanne Gilleland scoured the racks of local shops and boutiques to find those "in" color hues worth adding to your wardrobe in 2020.



PANTONE 19-4052
Classic Blue

PANTONE 11-4001
Brilliant White

PANTONE 18-1662
Flame Scarlet

PANTONE 19-3923
Navy Blazer

COLORFUL TO CLASSIC style

Available at **COCOON**



Both available at **SHOP!**

Both available at **ISLAND CHILD**





Available at **KNICKERS**



PANTONE 14-1064
Saffron

PANTONE 16-1359
Orange Peel

PANTONE 16-3802
Ash



Both available at
THE BACKDOOR

PANTONE 19-0323
Chive

PANTONE 16-1324
Lark

PANTONE 13-0822
Sunlight

PANTONE 17-4021
Faded Denim



Both available at
GIGI'S BOUTIQUE

Available at **KNICKERS**



PANTONE 13-0822
Sunlight

PANTONE 19-0323
Chive

PANTONE 17-4021
Faded Denim

PANTONE 14-1318
Coral Pink



Both available at
OUTSIDE
HILTON HEAD

Pantone Color of the Year 2020

CLASSIC BLUE (PANTONE 19-4052)

It's official. For over 20 years, Pantone's Color of the Year has influenced product development and purchasing decisions in multiple industries, including fashion, home furnishings, and industrial design, as well as product packaging and graphic design. ***The color of 2020 is Classic Blue.***

"We are living in a time that requires trust and faith," said Leatrice Eiseman, Pantone Color Institute executive director. "It is this kind of constancy and confidence that is expressed by PATONE 19-4052 Classic Blue, a solid and dependable blue hue we can always rely on."

Past Colors of the Year

2019 ***Pantone Living Coral*** *(16-1546)*
2018 ***Pantone Ultra Violet*** *(18-3838)*
2017 ***Pantone Greenery*** *(15-0343)*
2016 ***Pantone Rose Quartz*** *(13-1520)*
2015 ***Pantone Marsala*** *(18-1438)*
2014 ***Pantone Radiant Orchid*** *(18-3224)*
2013 ***Pantone Emerald*** *(17-5641)*
2012 ***Pantone Tangerine Tango*** *(17-1463)*
2011 ***Pantone Honeysuckle*** *(18-2020)*



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Make a statement

Eyewear and handbags — accessories that are more than just a utility. A magnificent handbag is practical to transport your belongings on the go, but it also completes your look as does a piece of jewelry. Eyewear is the same. Whether you wear them with prescription lenses or use them to enhance your outfit, glasses can seriously take your look to the next level. It's no wonder spectacle trends are so popular. From geometrical, slim and oversized, to cat-eye and distinctive details, there are endless options for everyone this season.



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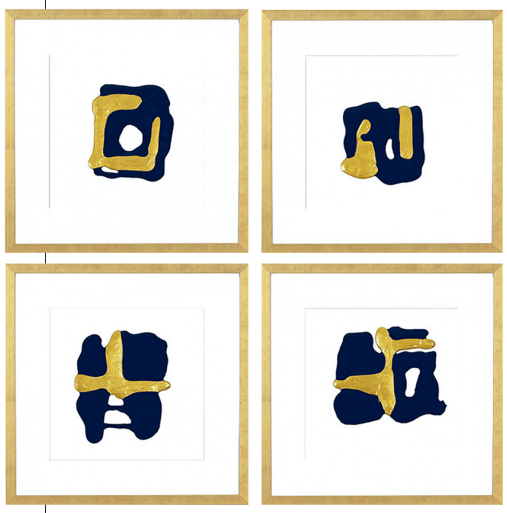
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Local Love

Certain colors were destined to be together: black and white, pink and green, red and beige. In 2020, it's all about **blue** and **gold**.

Here are a few trendy items in those colors available at local businesses.



GET THE PICTURE

This 18x18 blue and gold framed art will add a touch of sophistication to any space.

Available at Plantation Interiors.



MAKE A STATEMENT

Treat yourself! These elegant earrings from Marco Bicego's Africa color collection include 18K yellow gold with London blue topaz.

Available at Forsythe Jewelers.

PICTURE PERFECT PORCELAIN

Bring a piece of Bill Campbell's beautiful pottery into your home this month.

Available at The Spirited Hand.





GOLDEN DAYS

Go for the gold! This stunning unisex bracelet by Unode50 is made 100 percent by hand in Spain.

Available at Gifted.



BIG FISH

This handcrafted sculpture features bronze accents and is made out of reclaimed wood sourced from the Lowcountry.

Available at Signore Coastal Art.



YOU'RE A GEM

This piece from John Medeiros Beijos collection features stunning sapphire stones.

Available at Coastal Treasures.

GALLOPING GHOST

Runners everywhere can't get enough of the Brooks Ghost 12 road running shoes. The latest version strikes a just-right balance of DNA LOFT softness and BioMoGo DNA responsiveness.

Available at Palmetto Running Company.





AW SHUCKS!

The world is your oyster this January with these designer oyster shells.

Available at Lowcountry Mercantile.



RUN THE WORLD

This modern globe is a MOVA original. Watch it spin and catch the light to see why having this item in your home is a golden rule.

Available at Pyramids.



RAVISHING RUG

Cool weather means cool colors. This stylish rug is guaranteed to add elegance to any room.

Available at KPM Flooring.

GO-TO POT

This stylish and heavyweight pot was made in France and is oven safe up to 500 degrees.

Available at Le Cookery of Hilton Head.



One night only

SPECIAL APPRECIATION DINNER BROUGHT TOGETHER TRENDING FOODS AND DESIGN TO CELEBRATE THOSE WHO MAKE A DIFFERENCE IN OUR COMMUNITY.

PHOTOGRAPHY BY LLOYD WAINSCOTT









MEET & MINGLE Guests mingle before the meal in the backyard of Joni and Rick Vanderslice's beautiful Hilton Head Island home. The five-course meal was prepared by chefs for this year's **Chamber Ball**, set for 6:30 p.m. on Feb. 1 at Marriott Hilton Head Resort & Spa.



As the holiday season wrapped up another year marked with the generosity and passion for the community, the Hilton Head Island-Bluffton Chamber of Commerce along with chefs for this year's Chamber Ball hosted three area nonprofits for a five-course, *al fresco* meal at the home of Joni and Rick Vanderslice as a way of thanking them for making a difference in our community.



THANK YOU The appreciation dinner brought together representatives from several local nonprofits, including Bluffton Self Help, The Children's Center, H.O.P.E. Life Lymphedema and Rehabilitation and The Valentine Project.

Who's at the table



BLUFFTON SELF HELP

Bluffton Self Help provides hunger relief in the area as well as short-term financial assistance. Executive director Kimberly Hall attended with her husband, Chris.

THE CHILDREN'S CENTER

The Children's Center provides working families affordable and accessible early childhood education and childcare services. Executive director Jody Levitt attended with Tim Stehly, vice chair of the Center's board of directors.

H.O.P.E. LIFE LYMPHEDEMA AND REHABILITATION

H.O.P.E. Life Lymphedema and Rehabilitation is a nonprofit physical therapy center specifically for cancer patients and survivors. It also won the Hilton Head Island-Bluffton Chamber of Commerce 2019 Start-Up of the Year and Spirit of Small Business of the Year awards. Founder and owner Dennis Ittenbach attended with his wife, Ann.

THE VALENTINE PROJECT

Valentine Project is an orphanage in Tanzania founded by Dr. Rick and Joni Vanderslice. Joni is the founder and owner of J. Banks Design, an internationally acclaimed interior design company based on Hilton Head Island. Rick is a local urologist.

Hilton Head Island-Bluffton Chamber of Commerce co-hosted the evening along with area chefs, who picked the nonprofits represented. President & CEO Bill Miles attended with his wife, Debbie.

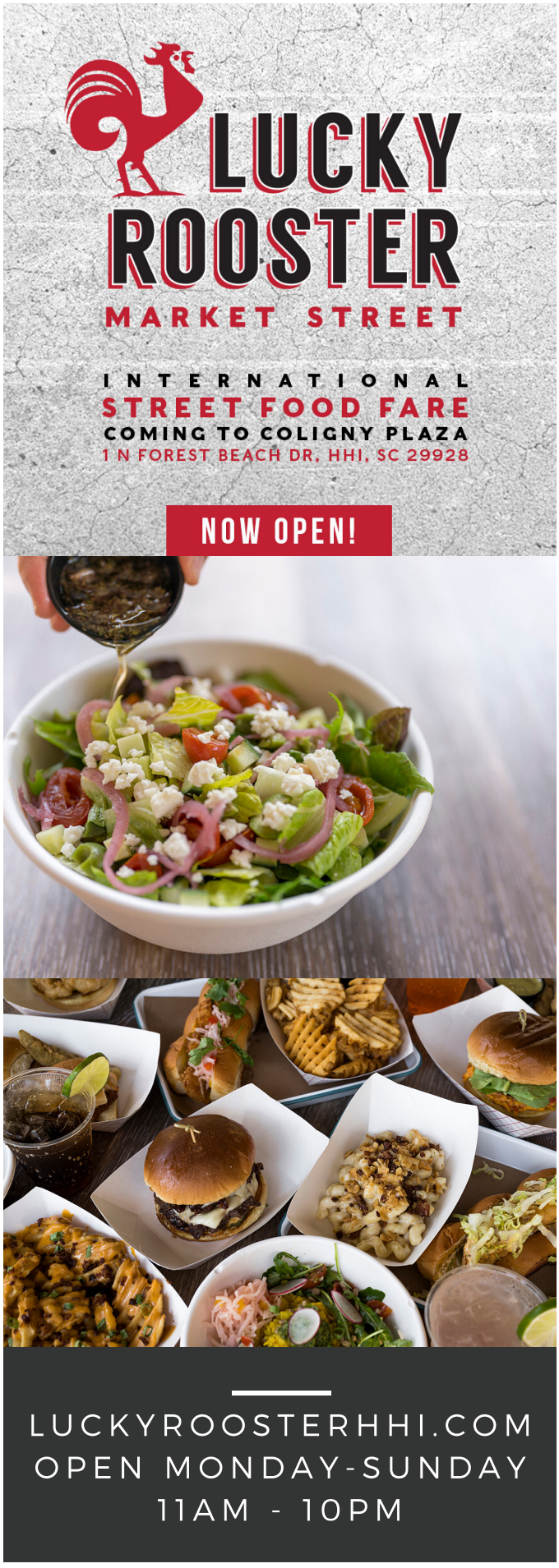


Table-setting trends

Mix and match: Interiors no longer have to be slotted as "traditional" or "contemporary." The mix is trending. Here, the table was set with traditional and contemporary silver; it's not the same set. The pheasant blue glasses and plates are by Juliaska.

Collect items that you love from your travels: The hand-blown glasses are from the Vanderslices' travels to Italy. This gives your home a unique character that matches your life and experiences.

Scale: Mix the scale and proportion to accommodate the scale of your room or space. On this table, the candles are taller but you can see through them, and the flowers are shorter.

Outdoor living: All of J. Banks Design's projects – residential or hospitality – have a focus on outdoor living. Dining outside is an amazing treat and can happen almost year-round in the Lowcountry.

Unique Touches: The Taj Mahal and Eiffel Tower straw napkin holders reflect the many nationalities that visit and live on Hilton Head Island.





So many chefs in the kitchen

The meal was prepared by some of the Lowcountry's most innovative chefs.

BACK OF THE HOUSE

- Cesar Acevedo, executive chef at Marriott Hilton Head Resort & Spa, plus two sous chefs
- Chaun Bescos, executive chef at WiseGuys
- Brian Coseo, executive chef at Sea Pines Country Club
- Philippe Feret, owner of Hilton Head Social Bakery
- Clayton Rollison, owner of Lucky Rooster Kitchen + Bar





Dinner is served

Chilled Sweet Jesus oysters, pickled country ham, serrano chile and sturgeon caviar prepared by Chef Acevedo.

Sorghum molasses roasted Tuten Farms butterkin, Anson Mills farro verde, black eye pea miso, farmed shiitake mushrooms with toasted walnuts, Three Sisters Farm broccoli greens and yu-zo-roasted cauliflower prepared by Chef Bescos.

Anderson Farms Ranch lamb loin with badger, candy-striped and gold beets, butter potatoes from chef's garden, and wild foraged yellow foot, chanterelles and shimeji mushrooms served with a red currant sauce prepared by Chef Coseo.

Lemon basil pana cota, mango mint cloud, and flourless chocolate cheesecake, petite fours prepared by Chef Feret.











Roast Grassroots Farm Porchetta with candy roaster squash and Mushu Apples finished with brown butter and herbs prepared by Chef Rollison.



Lucky Rooster's signature **bacon horseradish deviled eggs.**

Food: Fresh, local, and sustainable ingredients. Ingredients for the dishes came from local spots including one chef's personal garden, wild-foraged mushrooms, Three Sisters Farm in Bluffton, Tuten Farms in Hampton, and Grassroots Farms in Waverly, Georgia.



The rise of the Lowcountry chefs

Many destinations in the South are becoming culinary hotspots, and the Lowcountry is part of that trend. A number of our local chefs have cooked at the famed James Beard House in New York, have made appearances on various Food Network shows, and have been hand-picked as South Carolina Chef Ambassadors, traveling around the country to showcase the signature fresh and coastal dishes for which the area is known.

Chef Acevedo, Chef Bescos, Chef Coseo, Chef Feret and Chef Rollison will share a kitchen with former chefs at Manhattan's famed Windows on the World at this year's Chamber Ball, where wine guru Kevin Zraly and former head bartender at Windows on the World George Delgado also will host wine and cocktail bars in the grand salon. *LL*

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William Dissen dishes on 2020 culinary trends

THE CELEBRITY CHEF WILL VISIT THE LOWCOUNTRY FOR THE 2020 HILTON HEAD ISLAND SEAFOOD FESTIVAL







©DONNIE REX

TRENDING CHEF From his upbringings in the mountains of Appalachia, William Dissen has a focus on fresh, healthy and sustainable food. @chefbillyd

STORY BY DAVID GIGNILLIAT

William Dissen is the chef of Haymaker in Charlotte, N.C, and will be visiting the area in February as part of the 13th annual Hilton Head Island Seafood Festival.

"I'm excited to get down to Hilton Head for the festival. I think it's going to be one of the best ones yet," said Dissen, a rising star nationally in the culinary world. "Hilton Head is the culinary epicenter of the Lowcountry, with its Gullah and Geechee influences, and (the Island) really is making a bold move with its food scene."

Dissen will be participating in the event's James Beard Foundation dinner, and will be doing a sustainable seafood cooking demonstration on behalf of Seafood Watch, a blue-ribbon task force affiliated with the Monterey Bay Aquarium.

After years in some of the Southeast's best culinary trenches, Dissen opened his first restaurant — The Market Place in Asheville, where twice he's been named Fortune



"It's finding the best ingredients, but also being mindful of how they are sourced and farmed."



© JOHNNY AUTRY

Magazine's Green Chef of the Year. He opened Haymaker in fall of 2017, where he "reinterprets the bounty of the Piedmont area and Appalachia, and explores our foodways, both historic and present across our region," according to his restaurant's website. He also has a seasonal eatery, Billy D's Fried Chicken, at the North Carolina Zoo in Asheboro, N.C.

At the forefront of many of the culinary world's more progressive trends, he recently wrote a piece for the James Beard Foundation (the country's most prestigious culinary arts nonprofit organization) about food waste. LOCAL Life recently spoke with the dynamic chef to discuss culinary trends for 2020.

Locavorism

Dissen anticipates people will continue to eat even more locally sourced food and ingredients, both as a way to support local farmers and purveyors, but also for its potential health benefits.

"It's being mindful of the season, and what's growing, and what's not. And being mindful of the people who are growing the food, and knowing what they have, and showcasing the best of your region, and the best of what is in your food chain," says Dissen. "The secondary part of it is the health aspect. The closer the ingredients are to the ground, and the closer they are to being ripe, you're getting that full flavor at its peak."

Fresh is back

The Lowcountry is home to many heirloom ingredients, including the famed Carolina Gold rice out of Charles Town, long a Lowcountry staple and recently resurrected by Dr. Richard Schulze, a Savannah optometrist, and revitalized by chefs like Sean Brock at Husk in Charleston, and Glenn Roberts, founder of Anson Mills, a provider of many Lowcountry staple heirloom ingredients.





"Eating local has been on the forefront for years, but with the continued changes in our environment and climate, eating local continues to charge ahead," he added. "Not only is eating local sustainable, but it also tastes better."

Sustainable seafood and meats

"As our world keeps expanding and the need for protein increases, people want to know what they are putting in their bodies," said Dissen. "Finding a protein source that is sustainable allows for people to know that they are eating a 'clean' seafood or meat and that their impact on Earth is lessened due to the way in which the seafood or meat was caught or raised."

Dissen suggests that chefs and guests follow groups like Seafood Watch for more information on how to source sustainably.

"It's finding the best ingredients, but also being mindful of how they are sourced and farmed," he added.

The zero waste kitchen

Dissen also believes that restaurants will continue to be mindful to produce little to no waste in their cooking.

"Ultimately it's important for the future of our planet and for restaurants to be aware of the waste they are producing," said Dissen, who will present on this topic at the Hilton Head Seafood Festival. "We teach our teams that food loss equals food cost, so it's equally important for the financial wellbeing of a restaurant to be able to eliminate as much waste as possible."

Dissen cites as progress restaurants' use of the delicate meat of fish cheeks, or using bones to make a broth.

"Food loss equals food cost. Chefs are working to cross-utilize everything. Look for more fermented foods made from what would be food waste and more whole animal utilization."

Transparency about sourcing

Dissen mentioned organizations like the Good Food 100, which help restaurants spread the word about sustainable and positive sourcing.



©KYO NAM

"There's such a large amount of local artisanal growers, that access to the best ingredients is within our food chain," said Dissen. "Within a 100-mile radius of any (Lowcountry) restaurant, there's now just a great deal of access to quality products."

Fermented foods

In the fall of 2018, the release of The Noma Guide to Fermentation, a compendium of fermentation recipes and techniques ("a significant marker of our culinary culture," as The New York Times labeled it) started to push chefs in a more exploratory direction.

"Chefs are getting more and more curious about how to expand their palates to incorporate fermented food into their dishes and into cocktails behind the bar," said Wissen, who uses fermented products in some of his shrimp and grits recipes. "Misos, kimchis, kombuchas, house-made fermented hot sauces are going to be more prevalent on restaurant menus. Look for funky and fermented foods in the year ahead. David Zilber from Noma Restaurant in Copenhagen has been leading the charge."

The perfect Lowcountry food

Dissen is a devout fan of roe shrimp ("one of my favorite things in the world"), which enjoys a brief May-to-June season in various parts of the Lowcountry, including Kiawah Island.

"It's when the shrimp are full of eggs, (essentially) when a white shrimp has recently spawned, and they're just really particularly flavorful among shrimp lovers. They are really, really delicious. They are sweet, and they are the essence of the shrimp. To me, that is like the quintessential Lowcountry ingredient." *LL*





©REMY THURSTON

SAVE THE DATES

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

FEB 19 At Table Seaside: Culinary Discussion + Chef Experience
FEB 24-28 Lowcountry Seafood Experience on the Water
FEB 27 Pitmaster 101 with Bryan Furman and Robert Owens
FEB 27 Friends of James Beard Southern Supper
FEB 28 Celebrity Chef Master Classes with chef William Dissen of Haymaker
FEB 28 Pig Pickin' + Oyster Roast
FEB 29 Saturday Seafood Festival
MARCH 1 Seafood & Champagne Sunday Brunch

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LOCAL CHEFS SHARE WHAT'S HOT AND WHAT'S HEATING UP ON THE LOWCOUNTRY FOOD SCENE

Food & restaurant trends

If there's one constant in the restaurant industry, it's change. Each year brings new innovations, new twists, new ingredients and new trends to the Lowcountry food scene. ***We reached out to a few of our favorite chefs to find out what's trending as we start the new decade.***

Forever fresh and local

When asked what trends the culinary team at Red Fish is following, chef Josh Goldfarb answered, "We like anything fresh and local, those are trends that don't die. As far as current food trends, we notice more people looking for plant-based alternatives and gluten-free options. Good trends stick around and become part of what we do every day."



Red Fish is a great place to score fresh local seafood, like this **Panko crusted triggerfish**. When available, it is served with black rice ramen, wok-charred vegetables, Pacific Rim sauce and wasabi cream.



©MIKE RITTERBECK

Brian Coseo tops a **halibut fillet with fried leeks** in the kitchen at Sea Pines Country Club.

Buy the farm

For Brian Coseo, executive chef at Sea Pines Country Club, many restaurants are shifting from commercially produced foods to farm-raised.

"2020 is all about the sourcing of ingredients from local and national family farms, ranches and fisheries," he said. "Farms that are environmentally friendly, supplying sustainable foods, and are using humane and organic techniques. These farms will play an important role in 2020 for the continued growth of regenerative agriculture; plant-based, organic and GMO-free foods in addition to offering healthier alternatives to commercially raised red meats."

Keep it simple

Nunzio Patruno of Nunzio Restaurant + Bar is onboard with the less-is-more trend.

"You will see a continued emphasis on local ingredients and more simply prepared dishes, where the flavors of the ingredients are more pronounced," he said. "You will also see a great interest in grandparent food — a resurgence of classic family dishes evoking family stories and history. In my view, it's very Italian. Buon Anno 2020!"



Tomato, mozzarella and basil bruschetta is an easy-to-put-together appetizer that works with almost any meal.



Vegan lentil burgers with kale and tomato sauce are a healthier alternative to the traditional burgers with ketchup.

Get well soon

For Kim Tavino of Sprout Momma Breads, wellness foods are the biggest trend heading into 2020.

"People are putting more thought into what they eat and order," she said. "Health conscious dining alternatives are becoming the norm on even fast food menus. There are now multiple healthy choices from plant-based burgers to plant-based milks."



It's a side show

Christopher Carge, the executive chef at Poseidon, and the other chefs of SERG Restaurant Group are focused on the Mediterranean diet in 2020.

"We hope to get people eating more vegetables, herbs, beans and grains, and to build dishes around these great plant-based foods," he said. "I believe these ingredients get overlooked because everyone is so focused on the huge steak or pork chop on the plate. Sides are an afterthought. There are some great flavors and textures from these types of ingredients. It's just a lighter and healthier way of eating. Hopefully, others will catch on to this great way of eating. Sometimes, less is more!"



©LISA STAFF

Christopher Carge puts the finishing touches on a **green bean casserole** at Poseidon Coastal Cuisine.



HARISSA IS THE NEW SRIRACHA

Americans continue to temp their taste buds with spicier and hotter flavors. Harissa is a North African hot chili pepper paste that is gaining popularity on menus across the country. Use it as a condiment for grilled meat or fish, add it to roasted vegetables, or stir it into stews and soups. In addition to adding unique flavor, it also provides vitamins and minerals, and can boost your metabolism. It's great for your circulatory system.

SPROUT MOMMA

Homemade harissa



INGREDIENTS

15 dried chiles de árbol
2 dried guajillo chiles
1 dried ancho chile
1 tablespoon ***cumin seeds***
1 1/2 teaspoons coriander seeds
3 garlic cloves, smashed
2 tablespoons fresh lemon juice
1 tablespoon white wine vinegar
1 tablespoon tomato paste
1 1/2 teaspoons hot smoked Spanish paprika
1 teaspoon kosher salt
3/4 cup olive oil, divided

DIRECTIONS [1] Toast cumin and coriander in a dry small skillet over medium-low heat, tossing constantly, until very fragrant, about 3 minutes. **[2]** Transfer to a food processor, add garlic, and pulse until spices are broken up and garlic forms a paste. Add chiles and pulse until chiles form a coarse paste. Add lemon juice, vinegar, tomato paste, paprika, and salt and process until mostly smooth but mixture still has a little texture. **[3]** With the motor running, stream in 1/2 cup oil. Process until oil is incorporated. **[4]** Transfer harissa to a bowl. Pour remaining 1/4 cup oil over top.

Huge unami flavors

For WiseGuys executive chef Chaun Bescos, the days of needing to have a starch, a vegetable and a large center of plate protein are changing.

"For me as a chef, the new trends we are moving into are most definitely more of a plant-based focus on new dishes and features at the restaurant," he said. "Many times when creating dishes, we opt toward a heavy vegetable set, using many parts of the same vegetable in the dish. At the moment, we are using the outer leaves of the broccoli plant coming to us from Three Sisters Organic Farm in Pinckney Colony. We use the leaves as a green, but with the trimmed stalks, we peel them and lacto-ferment them. And then they become reintegrated with the greens with a little homemade black-eyed pea miso. Now you have an amazing base for a high-quality steak or one of our new poulet rouge chicken dishes. So we are definitely trending to a higher vegetable consciousness with huge umami flavors that keep you coming back for more."



Tuna tartare lettuce wraps at WiseGuys.



Create a healthy **vegetarian salad bowl** with hummus, beans, wild rice, beets, carrots, cucumbers and pea shoots.

Give peas a chance

Lakeysha Marshall, the sous-chef at Belfair, feels the vegan trend that has been building will continue well into the new decade.

"A lot of people who are not vegan or even vegetarian are wanting to experience tasty and healthy food without the guilt," she said. "I am a vegetarian myself and I also enjoy vegan food. I've seen more places opening up and catering to the healthier side. Even here at the Bistro at Belfair Country Club, my menu includes vegetarian/vegan geared food. Restaurants are now starting to hire vegetarian chefs to help cater to the growing number of people who are either veganish/vegetarian, or just needing a break from the heavier kinds of foods."

Fried chicken is cool again

According to local chefs, the fried chicken trend is no flash in the pan. This popular Southern dish is not only staying relevant in the health-food era, but it's also getting elevated, thanks to creative chefs at local restaurants such as Ruby Lee's South, Lucky Rooster Kitchen + Bar, Cahill's Market, Annie O's and Jane Bistro and Bar. At 5 p.m. Jan. 24, Lucky Rooster is partnering with the TV show "Eat It and Like It" for a fried chicken and champagne pop-up dinner with unlimited bird and bubbles. *LL*



©MIKE RITTERBECK

The **fried chicken** at Ruby Lee's South is one of the most popular dishes in the Lowcountry. Its recipe is classified. "Our fried chicken recipe is really simple. Actually, I'm not going to talk about the fried chicken," owner Tim Singleton said.





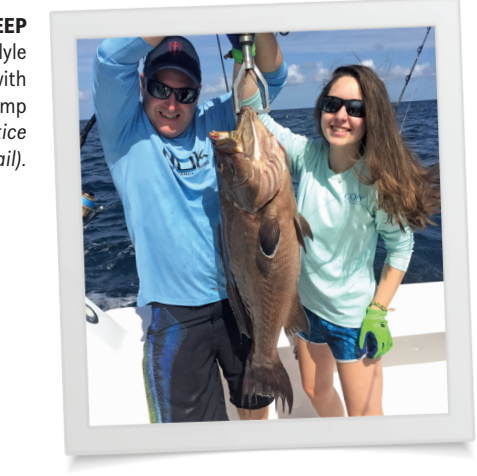
THE GRAY GHOST Collins with a less common Graysby Grouper.

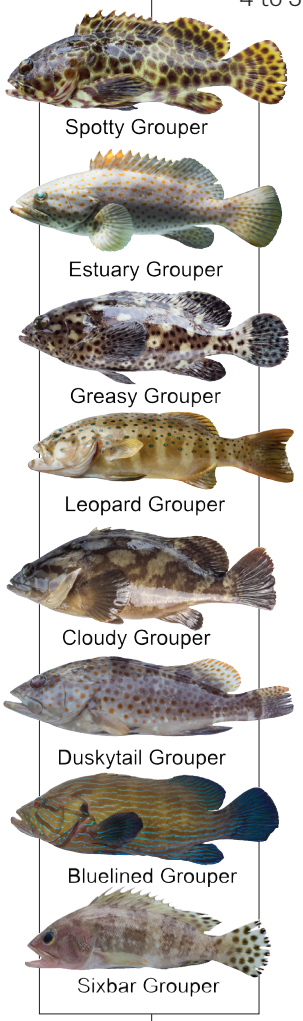
WHAT'S FRESH IN JANUARY? Grouper

STORY + PHOTOS BY COLLINS DOUGHTIE

Mention grouper to anglers and almost immediately it elicits a response much like a bell and Pavlov's dog. I used to have that very same reaction, but I believe after all these years bottom fishing, I don't have a drop of spit left in me. In all honesty, groupers are about the only species I reel in or more accurately, reel up just enough that I know they won't try and scoot back in their rocky den before I hand the rod to whomever is next to me. There is just something about grouper that rocks my world. Using live bait, mostly pinfish, that I use scissors to cut off their sharp dorsal fins, the bite is unmistakable. One solid thump, then wait until the rod starts bending double before cranking like crazy. What an awesome, delicious and powerful fish!

CLEAN SWEEP Dan and Carlyle Cornell with a nice scamp grouper *(notice the broom tail).*





So many types of groupers but know the regulations

I have caught a dozen different types of grouper here over the years but the two most common types are gag grouper and scamp grouper. Gags can get pretty darn big while smaller scamp are the "lobster" of groupers with delicate white meat that melts in your mouth. Others you might catch are graysby grouper, red grouper, rock hind and the monster of all groupers, the goliath grouper that can reach weights approaching 1,000 pounds. But a word of caution, there are closed seasons for many of these while some, like the goliath, are federally protected. To avoid huge fines, know the rules and regulations.

Tips on catching grouper

A grouper can and will eat squid, ballyhoo or cut fish but live bait like pinfish, croakers and spots up your chances big time. I prefer long fluorocarbon leaders (approximately 4 to 5 feet) with 7/0 Owner Mutu hooks. At the top of the leader a heavy-duty swivel and above that large egg sinkers between 10-16 ounces that slide on the main line. The size weight depends on the current. Allow the weight to hit the bottom then reel up just enough so the live bait swims naturally above the bottom. When hooking the bait, either hook the pinfish up top just behind the head or down just behind the anus toward its tail. Most importantly, when you feel that thump, let it pull the rod tip down before reeling like crazy. Mutu hooks are circle hooks, so don't jerk to set the hook. It will set itself when reeling. Most groupers are lost in the first five or 10 seconds if you are unable to get them away from the bottom and the hole they usually occupy.



GAG REEL Will "Catfish" Thompson with huge 38 pound gag grouper.

Fried grouper fingers, broiled, grilled or baked, you can't go wrong

My favorite grouper recipe is fried grouper fingers (small strips) using a light batter mix, Paul Prudhomme's Redfish Magic spice and remoulade sauce for dipping. Broiled on low and served with yellow rice, a dollop of sour cream and fresh fruit on the side is another crowd pleaser. It is darn near impossible to screw up cooking grouper, that is, unless you overcook it. Less is best when cooking any fish. LL



LOCAL LIFE TEST KITCHEN

Grouper fingers with tartar sauce and sweet potato oven fries

INGREDIENTS(grouper)

4 grouper fillets, cut into 2-inch strips (about 1 1/2 pounds)
1 1/2 cups all-purpose flour
1/3 cup cornstarch
1 1/2 teaspoons dried dill
1 teaspoon salt
1/3 teaspoon ground mustard
1 1/4 cups buttermilk
1 dill sprig (garnish)
Vegetable oil (for frying)

DIRECTIONS [1] In a large Dutch oven, pour the oil to a depth of 3 inches. Heat the oil to 350 degrees. **[2]** Combine flour, cornstarch, dill, salt and mustard in a plate. Pour the buttermilk into a shallow dish. **[3]** Dredge the grouper in the flour mixture, dip in the buttermilk, then dredge in the flour mixture again to coat. **[4]** Fry the grouper fingers 4-5 minutes until golden brown. Drain on some paper towels.

INGREDIENTS (tartar sauce)

1/2 cup mayonnaise
1/2 cup grated onion
1/2 cup dill relish
1/2 teaspoon dried dill
Squeeze of lemon juice
Salt and pepper
Scallion (garnish)

DIRECTIONS In a small bowl, combine the mayonnaise, onions, relish and dill. Season with lemon juice, salt and pepper. Cover and chill.

INGREDIENTS (SWEET POTATO OVEN FRIES)

2 large sweet potatoes
3 tablespoons vegetable oil
1/2 teaspoon salt
Parsley (garnish)

DIRECTIONS [1] Peel sweet potatoes and cut into 1x3-inch wedges. **[2]** Preheat oven to 425 degrees and spray a baking sheet with non-stick spray. **[3]** Toss potato wedges in oil and arrange in a single layer on the baking sheet. **[4]** Bake 18-20 minutes, until tender and golden brown.



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RESTAURANT news

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Mark your calendar: Buffalo Trace Bourbon raffle and bourbon tasting planned

Buffalo Trace Distillery recently filled 400 bottles from its 6 millionth barrel of Buffalo Trace Kentucky Straight Bourbon Whiskey *for nonprofit organizations to raffle and raise money for their causes. The Literacy Center was one of the charities selected. What initially was anticipated as an online raffle to raise money for The Literacy Center has evolved into a special fundraising event for the Bluffton nonprofit. In addition to raffling this rare bottle, the Lucky Rooster Kitchen + Bar on Hilton Head Island will host a special pop-up dinner and bourbon tasting on Tuesday, Feb. 25, with a portion of the proceeds going to The Literacy Center. On hand will be Robert Simonson, the "spirits" writer for the New York Times, who will draw the winning raffle ticket that evening. Other VIP guests will be announced soon.*





New Orleans-style Jazz Brunch benefits Backpack Buddies

Treat yourself and yours to brunch and live jazz performed by Dave Masteller and the Jazz Corner Ensemble *from 11:30 a.m. to 1:30 p.m. Jan. 12 at the Jazz Corner. Brunch includes sticky buns, choice of quiche and bottomless mimosas. All proceeds go directly to feeding hungry children. Hosted by The Jazz Corner. $60. backpackbuddieshh.org.*

Eat more local oysters

The Black Marlin is donating $1 of each dozen of local oysters sold to the South Carolina Shellfish Growers Association*, a member-driven organization of clam and oyster growers and harvesters. As the market demands more and more local oysters, wild oyster populations have a hard time meeting demand. By farming local shellfish, the association hopes to decrease stress on the environment and encourage mariculture operations throughout the Lowcountry. scshellfishgrowers.org.*

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Trendy cooking class at Charlie's

The team at Charlie's L'Etoile Verte is hosting a cooking class based on clean and responsible eating from 11 a.m. to 2 p.m. Jan. 25. *The class is $100 per person. The event will show you how to break down a fish, make fish en papillote and golden milk. Let Chef Josh Castillo be your guide in this clean and trendy cooking experience. charliesgreenstar.com. (Photo: A papillote with grouper, shrimp with olives, artichoke, red pepper and grape tomatoes).*



lot 9 brewing co. opening soon

Lowcountry beer lovers can look forward to another craft brewery opening in Bluffton. *lot 9 brewing co. is co-founded by Dana Briggs and Walter Trifari. Briggs is the owner of Armor Building Solutions, a local storm protection company, and Trifari is an award-winning brewer with over 20 years of experience. They will be brewing a variety of traditional beers as well as a number of newer styles. The brewery will be conveniently located in the Red Cedar area close to Old Town Bluffton. You can keep track of their progress by following them on social media @lot9brew or by visiting their website at lot9brew.com.*







Windows on the World chefs coming to Chamber Ball

Manhattan's famed Windows on the World chefs will partner with local culinary artists at this year's Chamber Ball. *The annual black tie event, set for 6:30 p.m. Feb. 1 at Marriott Hilton Head Resort & Spa, brings together local businesses and honors those in our community who go above and beyond to make a difference in our region. Chefs scheduled to serve tapas-style haute cuisine include* ***Marc Murphy*** *(left), Landmarc, "Chopped" judge, and former Windows on the World chef* ***Florian Bellanger*** *(right), former pastry chef at Le Bernardin and "Cupcake Wars" judge Philippe Feret, owner of Hilton Head Social Bakery and former Windows on the World executive chef Frederic Kieffer, l'escale and former Windows on the World chef Kevin Zraly. Details: hiltonheadblufftonchamber.org.*

HOT PRODUCT

Amarena Fabbri Strawberries Syrup

*Fans of the incredible **Fabbri Amarena Cherries in Syrup** sold at The Market at Michael Anthony's should consider trying Amarena Fabbri Strawberries Syrup. It comes in a beautiful opaline glass jar, and is fabulous with ice cream, cakes, fruit salads, granite, yogurts, milk shakes and semifreddo desserts. Use it for toppings, recipes or indulge right from the jar. Pick up a jar at The Market at Michael Anthony's.*





New grab-and-go items available at Sprout Momma

*Fans of Sprout Momma Breads will be happy to learn new grab-and-go items have been added to the popular bakery at 21 Cardinal Road. **Pick-up pizza dough, chicken salad, egg salad, pre-made sandwiches and more.** Fresh baked bread comes out each day at noon if you want to time it right. Call ahead (843-715-2649) for bread flavors of the day.*



Save the Date: An Evening of Love wine pairings dinner

***Show your love and celebrate Valentine's Day at the Evening of Love wine pairings dinner** Feb. 14 at Venue 1223 in Bluffton. This elegant wine pairings dinner will benefit the Children's Relief Fund, Area 8 Special Olympics, Heroes on Horseback, SOAR, Fishing with Friends, Pockets Full of Sunshine and the Island Rec Center. Chef Ryan McCarthy will create a multi-course dinner paired with fine wines in an exciting and glamorous venue, and a limited live auction is included. Limited tickets are available; friends and supporters are urged to reserve their spots now. thechildrensrelieffund.org*





View from the top

STORY BY CHARLIE CLARK

WINDOWS ON THE WORLD'S LEADING WINE GURU IS COMING TO HILTON HEAD.



New York magazine hailed it as the most spectacular restaurant in the world and Kevin Zraly was its king of wine. Windows on the World sat atop New York's World Trade Center where oenophiles and newbies learned about vino from one of the world's most passionate lovers and teachers of wine.

Upon hire, he was instructed to amass the best wine cellar in the world. He was 25 years old at the time. When asked about his wine staff, he was told, "None, you're it," by famed restauranteur Joe Baum, and a wine legend was launched, as noted in Tom Roston's recent book celebrating the 40th anniversary of the legendary New York hot spot.

At the ripe old age of 21, Zraly hitchhiked to California to feed his love for wine in Napa Valley. He's traveled all over the globe, dined with Julia Child and a host of other culinary A-listers and celebs, but when asked about his most memorable meals, he quickly and emphatically exclaims "last night's!" before telling the tale of a crazy Italian restaurant in Brooklyn where the wine was flowing, stories were told and he got to sit next to his 4th-grade girlfriend.

According to Zraly, when he started in the wine business there wasn't a lot of good wine in the world which he compares to today's "golden age of wine." He notes that France, of course, was known for its wine, but California had barely scratched the surface of its heyday in his early days in the business.



PRO TIP

Spill the Wine?

Try an equal mixture of liquid soap and hydrogen peroxide to take out red wine stains.

NOTABLE ACHIEVEMENTS

- Recipient of 2011 ***James Beard Lifetime Achievement Award***
- Wine Director of ***Windows on the World*** from 1976-2001
- ***Author of the Windows on the World Complete Wine Course book:*** Over 3 million copies sold, Ultimate Wine Companion, Kevin Zraly's American Wine Guide, Kevin Zraly's Wine Journal, A Glass Half Full: A Cellar Master's Journey Through Life and Wine, and co-author of Red Wine, recipient of the Gourmand Best Wine Book of 2017 Award
- ***Founder and instructor of the Windows on the World Wine School***, with over 500 students per year. Over 20,000 students have completed the course to date.
- ***Culinary Institute of America's Board of Trustees member*** since 1990.
- ***Winner of the James Beard Award*** for Wine and Spirits Professional of the Year in 1993.
- 2009 recipient of ***Sante's Wine Professional of the Year Award***.
- Recipient of the ***European Wine Council Lifetime Achievement Award***.
- Featured in ***The New York Times, People Magazine, The Wall Street Journal, USA Today, GQ Magazine***, and ***Newsweek***.
- Appeared on ***The Early Show*** on CBS and Live! with ***Regis and Kelly*** on ABC.

Remembering 9/11



Zraly still talks about Sept. 11, 2001, as a pivot point in his life. He was not at the restaurant that day, but 79 of his colleagues perished in the attack. Following 9/11, Zraly was traumatized by the event and lost his sense of smell, a vital instrument of his craft. He regained it in subsequent years, but it speaks volumes about the closeness of the Windows on the World family of chefs and staff.

Zraly is fond of his Windows on the World chef colleagues but talks about how chefs and sommeliers don't always get along.

"Restaurants used to build food around the wine list and now it's just the opposite," said Zraly, who notes that foods like artichoke, kale, spinach and arugula add bitterness to the taste of wine and in his words, can "destroy every wine in its path."



2020 trends

When asked about the biggest trends in wine today, he quickly notes that it's about technology and sustainability. "The accessibility to wine and wine knowledge has grown tremendously," says Zraly. "Everyone is also very into sustainability," he says. They're on the hunt for organic wines and are interested in where the grapes come from and how they're grown.

Don't overdo it

One of the most common questions he hears in his wine classes and elsewhere is "why does wine give me a headache?" to which he answers the obvious: "because you overindulged." It's the far more common culprit than the content of the wine, according to Zraly.

Passion for sports & theatre

While wine is a leading passion for Zraly, it's not at the top of his list. His love of theater takes that spot and he discusses plans to produce a musical based on his Windows on the World experience. Sports are also a passion for him and he's an avid basketball fan.



WHAT'S TRENDING

Kevin Zraly's favorite wine regions (in no particular order):

Napa
Burgundy
Tuscany
Rhein
Sonoma
Champagne
Piedmont
Rioja
Bordeaux
Rhone Valley
Mosel
Douro (Port)

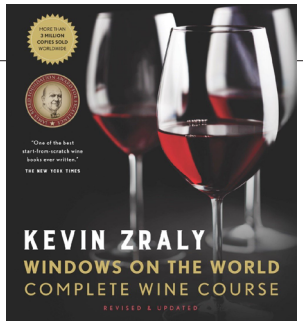


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The bible of wine

Zraly's "Windows on the World Complete Wine Course" is widely considered the bible of wine with millions of copies sold. He updates the book on a regular basis and noted that the entry to his next update may very well be "I. Give. Up," alluding to the vast number of wines now available worldwide, thanks to technology and the ever-growing number of wineries around the world.

Wine school

Zraley is noted as one of the world's foremost wine teacher and has said that after the third glass of wine at one of his courses, it may be more about crowd control than learning. He relishes and encourages the interactive nature of his classes and believes that's part of the magic of why they're so widely enjoyed. He offers both beginner and advanced classes at Sherry-Lehmann in New York. When teaching, he often asks if anyone knows the meaning of the word restaurant and whether he's teaching at the Culinary Institute of America or one of his wine classes, the audience is usually perplexed. He clues them into the fact that the word restaurant means "to restore" in Latin. He sees it as a fitting way to view his life's work in some of the world's greatest restaurants.

Meet him at the Chamber Ball

Zraly will be on the island next month for the Hilton Head Island-Bluffton Chamber's annual gala at 6:30 p.m., Feb. 1 at Marriott Hilton Head Resort & Spa. The event will feature eight other chefs who worked together at Windows on the World in its heyday, including local chef and owner of Hilton Head Social Bakery, Philippe Feret, who is spearheading the gathering of Windows chef alumni.

Zraly will lend a hand in choosing the wines for the gala, as well as hosting a wine bar in the main salon during the evening where patrons can talk one-on-one with the famed wine teacher. The evening's menu will offer tapas-style cuisine pairing Windows on the World chefs with local culinary notables including Feret, Lucky Rooster's Clayton Rollison, Chaun Bescos of WiseGuys, Brian Coseo, executive chef of the Sea Pines Country Club, along with the Marriott's executive chef Cesar Acevedo.

Many of the Window's chefs have gone on to revered restaurant kitchens such as Le Bernadin, Tavern on the Green, the Rainbow Room and more. Marc Murphy of the Landmarc Restaurant Group and the hit Food Network show "Chopped" also will be part of the evening.

Limited tickets are available for the Windows on the World dinner at the Chamber Ball, along with tickets for a private wine course with Kevin Zraly. To purchase tickets, go to hiltonheadblufftonchamber.org.

One Hour Wine Expert

Take part in a sit-down, classroom-style, fast-paced, one-hour class on wine with Kevin Zraly on Jan. 31 at Sea Pines Country Club. A welcome reception starts at 4 p.m., followed by a presentation and book signing. Taste six wines from the six major grape varieties as you learn about wine and food pairings, wine styles and more. The event is open to the public and is presented in conjunction with the Hilton Head Island/Bluffton Chamber of Commerce Chef to Chef Celebration to benefit the islands of the Bahamas impacted by Hurricane Dorian. Reserve online at seapinescountryclub.com or call 843-671-2345. LL

Q+A *Kevin Zraly answers frequently asked wine questions.*



Q. What is tannin? [Kevin Zraly] Tannin is a natural preservative that is found in foods like walnuts, tea and grapes. The tannins in wine derive primarily from grape skins but can also come from the oak barrels in which certain wines are aged (which is why even some white wines, which are made without grape skins, have tannins). Tannins, when balanced with fruit, leave a tactile sensation in your mouth that is felt in the middle of your tongue. As a wine gets older, its tannins mellow and become visible in the wine as sediment. Of course, tannins are just one component of a wine's structure; the best wines have a balance of tannins, fruit and acids.

Q. What is meant by vintage? [KZ] A vintage indicates the year the grapes were harvested, so every year is a vintage year. A vintage chart reflects the weather conditions for various years. Better weather usually results in a better rating for the vintage.



Q. Are all wines meant to be aged? [KZ] No. It's a common misconception that all wines improve with age. In fact, more than 90 percent of all the wines made in the world are meant to be consumed within one year, and less than 1 percent of the world's wines are meant to be aged for more than 5 years.



Q. Can white wine be made from red grapes? [KZ] Yes. The color of wine comes entirely from the grape skins. By removing the skins immediately after picking, no color is imparted to the wine, and it will be white. In the Champagne region of France, a large percentage of the grapes grown are red, yet most of the resulting wine is white. California's White Zinfandel is made from red Zinfandel grapes. LL

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Local Cocktail



Inspired by the enterprising big city bartenders who created iconic New York-centric cocktails (like the classic Manhattan), spirits specialist and writer-at-large Terry Cermak created a series of local cocktails to celebrate Hilton Head landmarks, events and founding fathers for LOCAL Life and Rollers Wine & Spirits. This month's inspiration comes from the Coastal Discovery Museum at Honey Horn. Sip this and imagine magnificent live oaks and ancient cedars, take in the view from the boardwalk, see the marsh tacky horses grazing in the wide-open fields, and envision what the island was like before it was developed. *LL*

LOCAL COCKTAIL

The Coastal Discovery Museum

INGREDIENTS

1 1/2 ounces Revulet Pecan Liqueur
1 ounce half and half
3/4 ounce Fraise des Boise
1/2 ounce white crème de cacao

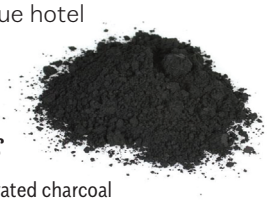
DIRECTIONS Combine the ingredients into a mixing glass with fresh ice and shake well. Garnish with a mint sprig and an edible flower.

©LLOYD WAINSCOTT

TRENDY COCKTAILS

For cocktail lovers, no trip to Charleston is complete without a visit to The Rooftop Bar at The Vendue. The team at Hilton Head Distillery recently collaborated with the boutique hotel for a series of trendy cocktails using HHD products.





THE VENDUE

Twin Peaks

This cocktail has activated charcoal sprinkled on top, which sounds gross, but is unbelievably delicious. Go to the dark side!

INGREDIENTS

1 1/4 ounces Jim Beam bourbon
3/4 ounce Canton Liquor
1/2 ounce HHD Mountain Peak Espresso Rum
1/2 ounce simple syrup
1/2 ounce lemon juice
3 dashes angostura
*1/4 teaspoon **activated charcoal** (garnish)*

DIRECTIONS Mix all ingredients (except charcoal), shake and strain into a double rocks glass with ice. Sprinkle activated charcoal on top.

THE VENDUE

Eden's Vine

This sangria mix is an interesting Lowcountry take on the popular Spanish punch. It's great for entertaining a crowd.

INGREDIENTS

1 ounce HHD Aermoor Vodka
1/2 ounce HHD Toasted Coconut Rum
1/2 ounce Barolo Chinato
1 ounce orange juice
3 ounces Lambrusco amabile
1/2 cup chopped fruit
1 tablespoon coconut flakes
1/4 teaspoon Szechuan peppercorn
Orange slice (garnish)



DIRECTIONS Muddle peppercorn in a beer tulip glass. Shake and strain all ingredients into a pitcher. Add ice, chopped fruit and coconut flakes. Pour into tulip glass and garnish with orange slice.



TITO'S HANDMADE VODKA

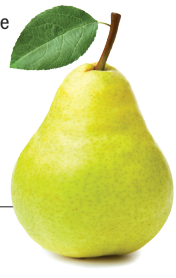
The Perfect Pear

Sweet, floral, and just a tad tangy, this cocktail mixes summer flavor profiles with the smooth taste of a winter pear. Keep it simple, as pear usual, and serve with a lemon wedge, or add a floral garnish.

INGREDIENTS

1 1/2 ounces Tito's Handmade Vodka
1/2 ounce elderflower liqueur
3 ounces sparkling water
1 ounce pear juice
1/4 once lemon juice

DIRECTIONS Add Tito's Handmade Vodka, elderflower liqueur, and juices to a shaker with ice. Shake and strain over ice in collins glass. Top with sparkling water and garnish with a lemon slice.







SECRET SPOT OFF THE BEATEN PATH

Savannah River Nature Trail

STORY + PHOTOGRAPHY BY MICHELE ROLDÁN-SHAW





GET SWAMPED
The Savannah River Nature Trail is a 4.2-mile, lightly trafficked out and back trail located near Garnett. It features a river and is good for all skill levels.



From the little community of Garnett — post office, package store and some railroad tracks — you take a left onto the Augusta Stagecoach Road. Pass Brighton Country Store with its rocking chairs and old-timey gas pumps out front, but be sure not to run over any country dogs. Hang another left down a stately avenue of oaks — watch for adorable ***fox squirrels*** — and you'll soon find yourself at one of the Lowcountry's best kept secrets.

My first visit I convinced several girlfriends they'd like to go on a swamp walk. In search of information, we bumbled into the old wooden hunting lodge and felt as though we'd stepped back in time: trophy heads, doors opening onto rooms with rumpled quilts over the four-posters, and a team of black grandmas in the kitchen cooking soul food.

The adjacent Wildlife Center had a tank of live baby alligators that we could handle to our heart's content. After picnicking under an oak, we started down the nature trail, an old roadbed that went all the way to the Savannah River; but the day heated up and we never made it. I was enchanted by the undiscovered feel of the place, the massive old growth cypress trees and miles of dirt tracks through low bottom and piney woods.





A QUIET PLACE You probably won't encounter other humans while on the Savannah River Trail, just birds, turtles and other Lowcountry wildlife.

How to get there

Location: *Webb Wildlife Management Area, Garnett*
Mode of transport: *Foot*
Directions: *From the James W. Webb Wildlife Center, sign in at the check station and proceed down Bluff Lake Road until it dead-ends at a gate. Beyond the gate is the trail.*
If you go: *Check SCDNR for scheduled hunts; the area is closed on those dates. There is no hunting on Sundays at any WMA land.*

My next attempt was in July and they hadn't cut the grass —there was no way I was venturing into that chest-high snake and chigger fest. Then last November I returned after 5 inches of rain; my expedition partner and I only made it around the first bend before we hit a flowing river of swamp runoff. I wanted to press on but he flatly refused. A few days later I was back, alone and prepared to get wet. My mission: reach the Savannah at last.

I made the first crossing barefoot, wading through 18 inches of cold, tea-colored water. The second I managed to skip through in my ankle boots. At a third I made the tactical error of trying to hop over on cypress knees with a scavenged stick for support; the stick snapped and I fell in. I was enjoying the walk immensely. Turning sweet gums and bald cypress trees created the best fall colors in the Lowcountry. Every now and again I flushed flocks of ***wood ducks*** out of the swamp with a whir of wings, a splash and a protest of squeaky chirps. I had the place entirely to myself.





"I was enchanted by the undiscovered feel of the place, the massive old growth cypress trees and miles of dirt tracks through lowbottom and piney woods."

Finally, I reached the crossing of all crossings: a rushing thigh-deep torrent with little whitewater rapids. Who knew the Lowcountry had such a thing! Despite a creeping numbness in my feet, I found another stick and forged ahead. But beyond that, the water's chosen course was the roadbed itself, in a spreading floodplain that might extend clear to the Savannah and contain all manner of leeches and reptiles. I stopped to ponder. Crickets overlaid the sound of the deluge. Something big crashed into a deep place up ahead, far bigger than a duck. To proceed, I decided, would be to enter a real wilderness.

"Oh well," I thought, reluctantly facing about. "Next time I'll buy some waders." LL

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Dream boat

VANQUISH VQ58

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INVEST IN YOUR PLEASRE To help justify the heavy price tag, the VQ58 offers a low cost of ownership and retains a high resale value.







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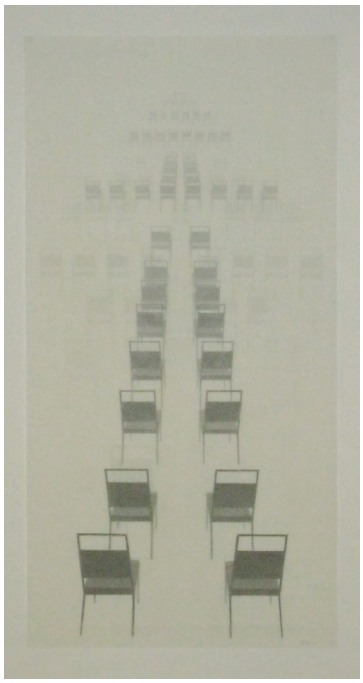
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Maggie Evans: Parallel Narratives

STORY BY CAROLYN MALES



Follow the Leader



PHOTO BY GEOFF L. JOHNSON

Maggie Evans's "Parallel Narratives" opens on Jan. 17 and runs through Feb. 21 at the J Costello Gallery in the Red Fish restaurant building on Hilton Head Island. jcostellogallery.com, 843-686-6550. She also performs Wednesday evenings from 7-10 p.m. with the John Brackett Quintet at Red Fish.

Maggie Evans's sultry voice drifts across the room like a soft breeze on the beach in Bahia. She's singing "The Girl From Ipanema" in Portuguese and the sensuous sound transports me back to that faraway shore. But in reality, I'm sitting on a coveted bar stool at Red Fish on Hilton Head on a Wednesday night listening to John Brackett's quintet playing cool jazz inflected with a Brazilian beat.

A few years ago, bassist-vocalist Maggie Evans might have looked out as she performed and noted us folks perched at the bar and sitting at tables. Then she would have gone back to her studio, picked up a stick of charcoal and sketched us out as ghostly figures.

But nowadays, she's more likely to focus on the arrangement of our chairs, imagining them in stark rooms, all bodies having vanished into the ether. Yet despite the absence of people in her latest paintings and 3-D art installations, she's offering an even stronger narrative about the way we think about our place in society and arrange ourselves accordingly.



Silent Aspiration

I'd briefly met the willowy artist a while back at the J Costello Gallery, located mid-restaurant at Red Fish. There I'd found Evans's large grey-tone paintings of urban skyscrapers and deserted spaces compellingly mysterious. So when gallerist Judy Costello told me of Evans's upcoming January show here, I headed to the painter's Savannah studio to see her new work and learn how her world view of human hierarchies and interactions informs her art.



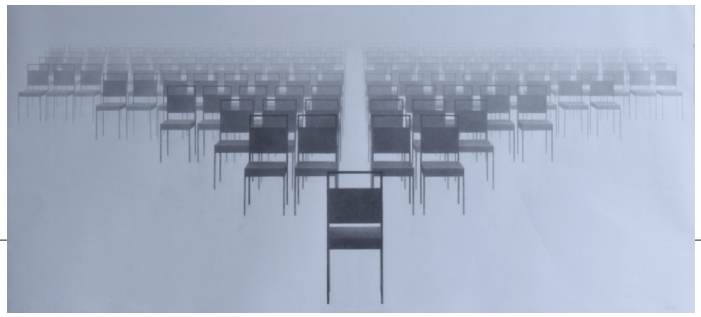
The Administrators

As we stood in her tidy studio amid partially finished oils and notebooks of sketches, she talked about her childhood in Logan, Utah. Her parents, both musicians, instilled her love of music, encouraging her classical training on piano. But it was her grandfather, renowned painter Harrison T. Groutage, who spurred her to follow her artistic muse. "The piano was part of what I did during the day," she says. "But the art was a compulsion. I was always drawing." She would earn a degree from Utah State where her grandfather taught and then go on for an MFA at SCAD where she is now a part-time professor of foundation studies.

As we spoke, Carter, her German shepherd-Bernese mountain dog mix, stood outside the window looking in. Dog hair does not mix well with paint, especially on Evans's canvases where she favors a flat texture enhanced by diffused light, a detail that adds a slightly surreal edge to her paintings.



Plateau



Domesticated Crowd

[LOCAL Life] Tell us about your earlier bar scene series.

[Maggie Evans] I did the bar series when I began performing as a musician in a blues band while in grad school. I found it interesting to be on stage in the same position every night, observing people coming in and out and seeing the same patterns and interactions over and over.

[LL] The people in those pieces are ghostly figures.

[ME] In my work I always have this desire to keep it not too literal. I want it to feel a little bit vague, not too specific. That allows the work to be more universal. It kept me from committing to who the people actually were because the work was more about their behavior and interactions.

[LL] So how did you end up creating art about human relationships without people in them?

[ME] I was doing a ten-month artist residency in Hangzhou, China, and I was experiencing their culture through my daily routine yet I was always apart from the culture. But I found that there were so many similarities between us and Chinese — how we interact, what we enjoy, and our initial reactions to things.

I like to keep it all a little vague so you don't have the whole story.

When I started eliminating people in my art, I found the spaces so much more compelling. I began looking at chairs like groups of people moving. Their emptiness gives you this quirky view of detachment but even so it's still a narrative about people. I'm examining our desire for solitude, contrasted with our need to organize and be part of a group. And I like to keep it all a little vague so you don't have the whole story.

[LL] You grew up hiking and skiing in Utah, yet many of your painting are urban cityscapes, also devoid of people.

[ME] I started these cityscapes while I was in China. They also reflect how people fall into patterns willingly. I want to put the viewer in the middle of a maze of buildings and I want it to feel very dense and a little claustrophobic.

[LL] Is there a relationship between your being a bassist in a band and a painter who loves patterns?

[ME] As a bassist, you're the stabilizer. It's very regulated, like a pulse. Maybe that's part of the draw of patterns for me. Regulation baselines are based off steady rhythms. But it's more than rhythms. In fact, when I take a solo, I have to get out of that rhythm.

Music and art satisfy different parts of my personality. I love being in the studio by myself but then music is a social art form. You have to be with the other musicians to create it. *LL*

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2020 wall art trends

Whether you've committed to curating a collection or you're just on the hunt for a key piece to pull a room together, wall art can be a very tricky thing to shop for, given how subjective it is. We reached out to a few local experts for an update on what's hot in the world of wall art.

"I believe the season ahead will present stronger colors and bold abstracts."



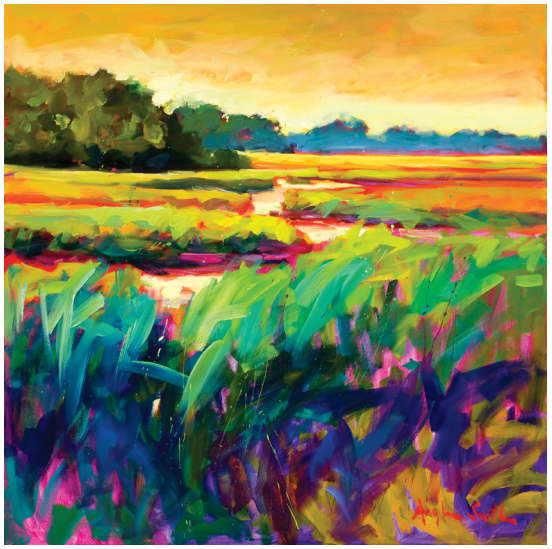


Understory by Brucie Holler (Camellia Art)

CREATE A DRAMATIC, CONTEMPORARY AESTHETIC

"People are choosing original artwork to elevate their homes. Buyers today are looking to personalize and enhance their interiors with images that resonate a feeling or stir a memory for them versus an image that only fills the space. I feel that trend will continue. Art is very personal and is a reflection of how we choose to express ourselves and our style in our home. For those who are a little daring, I believe the season ahead will present stronger colors and bold abstracts. The use of negative space, shapes and color create a dramatic, contemporary aesthetic to your space."

— Adrianne Lively, Camellia Art



Wadmalaw Wetlands by Betty Anglin Smith (Red Piano)



Uncle Harry's Farm Bus by Jonathan Green (Red Piano)



BIG IS BEAUTIFUL

"The strongest trend we have seen over the past couple of years, and especially going into 2020, has been the demand for large-scale paintings. Given the level of new construction, which is booming, and the taller ceiling heights we are seeing in new homes, we have to have large scale paintings. Most artists can't scale up what they do. The artists that can bring their work up to large scale are able to command a higher price based on the size of the painting. The challenge for us is to have enough top quality work in the gallery to choose from. It is a great problem to have but a problem, nonetheless. Currently in the gallery, artists such as Michael Karas, Jonathan Green, Stephen Scott Young and Betty Anglin Smith have the ability to paint really big and stay true to the style and quality that they are known for. Our newest artist, Christy Kinard, brings large scale to the table in a big way; it is really what she does."

— Ben Whiteside, Red Piano Art Gallery

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Hanging Out by David Randall (FastFrame)

GET FRAMED

"In framing, a trend for several years has been the gallery wrap — the no-frame, stretched canvas look. I attribute that to artists and others attempting to avoid framing costs or having a modern clean look that goes back to the days of early abstraction. Not very contemporary from that perspective, since it's been done for 100 years. Some artists (primarily abstract) were challenging almost everything. The middle class and designers followed that trend as if it were a design trend, not an economic one. I find eventually many come into the frame shop to be framed because everything doesn't fit into that unframed gallery wrap look very well. A frame creates a different perception of value — a different presentation that makes a big difference. Sometimes compromise creates something new. The float frame is a frame design solving some of that trend. It protects the art and maintains the contemporary look."

— David Randall, FastFrame



Two Palms by David Randall (FastFrame)



The Big Picture by Kristin Griffis (Art League)



Ibis #1 by Steve Edelstein (Art League)



ANYTHING GOES

"The trends in art for 2020 seem to be moving toward a more 'anything goes' approach. While many people love traditional styles in art, such as realism and photography, abstract and contemporary seem to be on the rise. You never know what people are going to connect with art-wise but bold and vivid seem to speak to people lately. Also, enhanced photography has become more popular. Photographers are able to do more with their work these days with filters and it has become popular for photographers to have their work printed on metal. There is an art renaissance going on. We find ourselves at the beginning of a new decade: The Roaring Twenties again. It partners nicely with the 'anything goes' attitude in the art world. Bold, fun, moving, metallic, abstract, whimsical and traditional — it all has a place in 2020."

— Kristin "KG" Griffis, Art League Gallery



Vegetable Medley by Murray Sease (Art League)



Family Tree by Donna Varner

Blackberry Winter

Just yesterday we were
swinging on the sun
your toes stirring the sand;
now we float above the houses,
tar roofs covered by frost.

My breath is gray fog as I run -
something foreign, separate,
it is mine, but not mine: like you.
Like you it disappears, and
your smell escapes as the hours pass.

The chimney wood fires blanket
everything, covering me with the smell of soot
as I hold to your kisses like berries,
the sun holds us still to taste.

I want to pull back the clouds
hold the warm air still for the princess
flowers to bloom, to find you in a field
of green, your bright colors pushing away the gray.

— Andrew K. Clark

(first appeared in Jesus in the Trailer: Poems by Andrew K. Clark, Main Street Rag Press, 2019)

Nora Fleming Serveware

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



GIFTED
HILTON HEAD

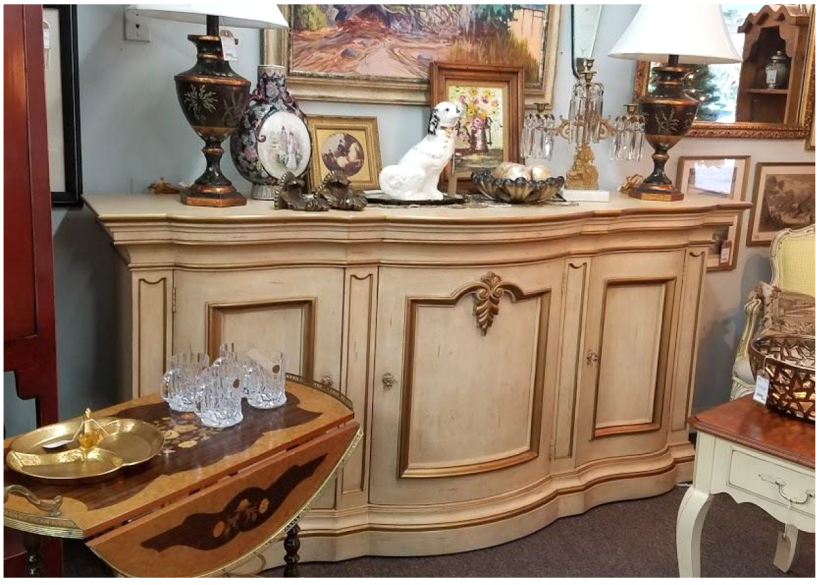
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Zion Cemetery and Baynard Mausoleum

TAKE A CLOSER LOOK AT HILTON HEAD'S HISTORICAL GEM

STORY + PHOTOGRAPHY BY KATHLEEN WALKER



Outside view of the partially fenced area of the cemetery. Several small obelisks, a row of flat gravestones, and the single pedestal tomb of James Kirk can be seen.



Row of heavily weathered, centuries-old headstones is flanked by two live oaks.

Situated on just under 3 acres and nestled beneath a cluster of live oak trees at the edge of a marsh, you might just miss it if you're traveling along the north end of William Hilton Parkway. Home to the oldest standing structure on the island, Zion Cemetery is a true historical gem right here on Hilton Head.

Walking around the small plot of hallowed land, you'll start to notice how very weathered the various gravestones and markers are. Many of the graves date back to the Revolutionary War era, causing some to be nearly illegible due to centuries of exposure. The focal point of the cemetery is Baynard Mausoleum, a single giant stone tomb constructed in 1846 by William E. Baynard, a local plantation owner. The mausoleum resides at the far edge of the cemetery.



"Integrity and Uprightness" is the pledge carved on the William E. Baynard tomb, built in 1846. Spanish moss growing from surrounding trees create a canopy above.



The grave of Charles Davant, Pvt. S.C. Militia, 1750-1781 reads, "On 22 October 1781, returning from a patrol with the Patriot Militia, Charles Davant was mortally wounded from ambush near here by Captain Martinangel's Royal Militia from Daufuskie Island. He managed to ride his horse to his nearby plantation, Two Oaks, where he died. Captain John Leacraft's Bloody Legion avenged his death."



Closeup view of the row of small gravestones inside the partially fenced area of the cemetery.



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Roller's Wine & Spirits

CRAFTED BY
HILTON HEAD DISTILLERY



"While the chapel is long gone, the mausoleum and cemetery remain a historic landmark and serve as an important reminder of a time that came before."



View of the partially fenced area of the cemetery, with the Baynard Mausoleum just visible in the distant shadows. A cracked gravestone reads, "To the Memory of Isaac Baldwin"



Several rows of small crosses mark graves of the unknown at the eastern edge of the cemetery.



A sun-bleached wisp of Spanish moss clings to the old iron cemetery fence.



Inside view of the partially fenced area of the cemetery.





Closeups of weather-worn gravestones.



View of the various grave marker types at the cemetery.



View of the William E. Baynard Mausoleum.



A single large gravestone sits at the edge of the cemetery, close to the Baynard Mausoleum. The elements have rendered its inscription nearly illegible.

A plaque at the entrance to the cemetery reads, "Zion Chapel of Ease Cemetery: A Chapel of St. Luke's Parish, established May 23, 1767, built of wood shortly after 1786 under the direction of Captain John Stoney and Isaac Fripp, was consecrated in 1833. Members of the Barksdale, Baynard, Chaplin, Davant, Fripp, Kirk, Mathews, Pope, Stoney, and Webb families worshipped here. By 1868 the chapel was destroyed."

While the chapel is long gone, the mausoleum and cemetery remain a historic landmark and serve as an important reminder of a time that came before. This site is now owned and managed by The Heritage Library, a nonprofit library offering a wealth of historical knowledge about the Lowcountry. For additional information about the site, a tour calendar, and more, visit heritagelib.org. Zion Cemetery and Baynard Mausoleum is open daily and free to the public. *LL*

THERE'S MORE TO
OUR STORY

Hospice is much more than end-of-life care. Our volunteer-based programs bring meaning to this journey with our patients and their families. Meet Pat Cameron. Her and her dog Harley are part of our Hos-Pet Therapy program which calms patients, lifts spirits and provides comfort. These pets and their owners are angels in the eyes and hearts of our patients.

To learn more about Pat and Harley's story, please vist hospicecarelc.org/meet-pat-cameron



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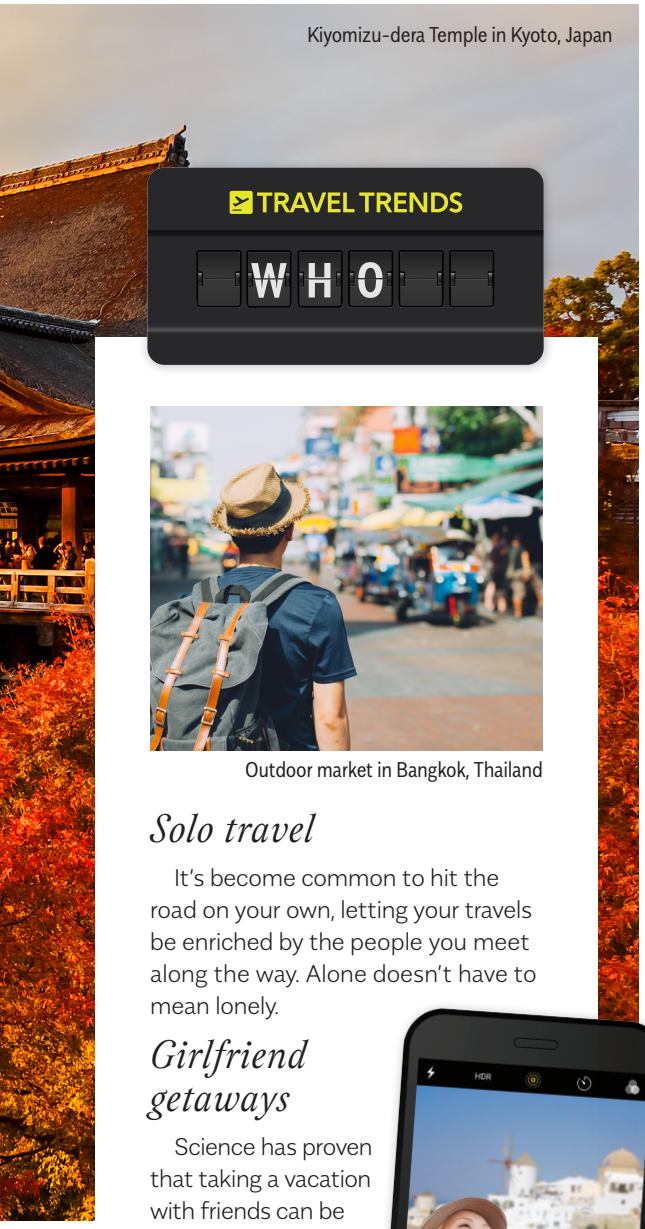
Hospice Care of the Lowcountry, Inc. is a registered 501-C(3) nonprofit organization. Serving Beaufort, Jasper, and Hampton Counties since 1982.

If you're interested in venturing beyond our island paradise, here are the hottest travel trends and destinations for 2020, from going solo to going into space, plus a top dining destination closer to home.



Hot travel trends and destinations for 2020

BY B.C. RAUSCH



Kiyomizu-dera Temple in Kyoto, Japan

Outdoor market in Bangkok, Thailand

Solo travel

It's become common to hit the road on your own, letting your travels be enriched by the people you meet along the way. Alone doesn't have to mean lonely.

Girlfriend getaways



Science has proven that taking a vacation with friends can be good for your health. A girlfriends' getaway can extend life expectancy, lower chances of heart disease, and just make you feel good. My annual getaway has been pegged "Girls Gone Mild!"





TRAVEL TRENDS

EXPERIENTIAL



Space travel

If your wallet and spirit of adventure are up for it, get on the waiting list for a journey into space. NASA plans to open the International Space Station for "private astronaut missions" later this year. Stay tuned for the most expensive hotel room ever.

Ancestry trips

Swab, seek, and find. With the popularity of DNA kits and ancestry research, people are literally getting back to their roots. Companies like 23andMe and Ancestry offer travel opportunities based on your genes.

Luxury train travel

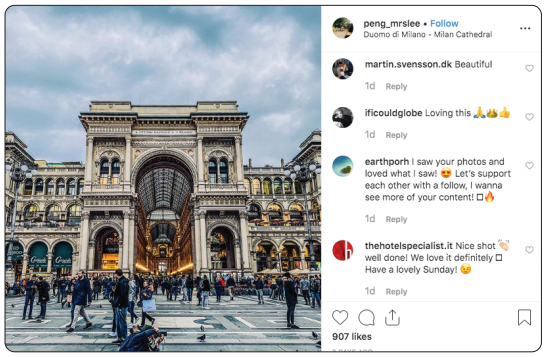
The romance of the rails is eternal. Trains are being restored to their golden-era glory, including five-course meals, deluxe sleeping accommodations, live entertainment, and onboard concierge service. Europe boasts the most famous luxury rails but North American options like The Canadian (Vancouver to Toronto) are popular, too.



Vancouver, British Columbia by rail

Insta-tourism

Instagram is having a huge effect on travel. Posts and pix of faraway destinations from real people can seem more trustworthy than fancy brochures and online sales pitches. Social-media photo ops were a top reason among millennials for choosing a vacation spot.



@peng_mrslee

By the book

"Literary travel" — following a favorite author, book, or book festival — is hot. Top trips in the United States include a Mark Twain-themed trip to Hannibal, Missouri, or an NYC getaway based on The Great Gatsby. Among book festival locales are events in Harbor Springs, Michigan; Phoenix and Baltimore.



Sunday Dinner Club, Chicago

Underground supper clubs

Traveling for good food has gotten tastier by adding in community. Typically, it's dinner in a new location with new people, new cuisines, often in a private home or featuring a mystery chef and menu. Among the most popular settings are the Naked Lady Room in NYC, Hush in DC, and the Sunday Dinner Club in Chicago.

Let the spirit move you

Experiences to help you find zen are very popular—and deprivation is not a requirement. From mineral hot springs to spas, yoga retreats to fitness experiences, wellness travel covers a wide spectrum.

TRAVEL TRENDS

MINI-TRIPS

PAN FOR GOLD AND OTHER TREASURES

Gold was first discovered in Greenville County, South Carolina, in the 1800s. The region's most productive site for panning is the Broad River, which runs for 150 miles through North and South Carolina. The Thermal City Gold Mine in Union City, North Carolina, is open March-October, and includes emerald, citrine, moonstone, rubies, quartz and tourmaline among its findable treasures.





Japan

The perfect mix of culture, history, and modern comfort, Japan has something for everyone, and is much more than just Tokyo. Get out into the countryside, stand in awe in Hiroshima, take to the baths and don't overlook the amazing cuisine. This beautiful and diverse country will definitely surprise.



Chad

The Ennedi Massif

"Chad is the next go-to destination on the African continent," says Nicola Shepherd, founder of the UK-based Explorations Company. "Zakouma National Park is nothing short of mind-blowing — it's probably the best national park in Africa."

Faroe Islands

If you've already done Iceland, the Faroe Islands — a tiny Danish archipelago located in the North Atlantic Ocean, equidistant from Norway and Iceland — is the new land of ice and fire.



Romania

The Palace of the Parliament

Think fairytale castles and medieval fortresses, buoyed by a rich wine culture, scenic natural landscapes and unusual cuisines.

SOUTHERN PLANTATIONS

South Carolina is home to more than 2,000 plantations with historic homes and spectacular grounds. Middleton Place, Magnolia Plantation, Boone Hall Plantation and Drayton Hall are all worth checking out next time you are in the Charleston area.



INSURANCE AT THE HIGHEST STANDARDS

TRENDS CHECKLIST FOR THE 20s:

- Paris, France remains the fashion capital of the western world.
- Americans will increasingly focus on the functionality of their homes.
- Hobbies will become more frivolous as the nation becomes preoccupied with fads.
- Prosperity leads to new energy, excitement and flamboyance.

OK, these bold predictions were for the 1920s... proving that nothing really changes, especially the need to look to the future.

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The Scene

MUSIC TO YOUR MOUTH
PALMETTO BLUFF

Tastes, sips and sounds of the South





What: Music to Your Mouth
When it took place: Nov. 18-24
Where: Palmetto Bluff
Photographer: Bonjwing Lee
Highlights: Palmetto Bluff corralled the best and the brightest of the South's culinarians, a creatively colorful mix of vintners, brewers, distillers and mixologists and an all-star line-up of musicians for its 13th Music to Your Mouth week. From the Southern speakeasy and a bacon and bourbon cruise to a traditional oyster roast and the "pig event," it was one of the very best weekends to experience the magic of Palmetto Bluff.







Southern comfort foods

One of the acclaimed chefs at the event was Louisiana native Jean-Paul Bourgeois. If you liked his lamb chili verde, check out the awesome step-by-step recipes he has posted on his website, jeanpaulbourgeois.com. Wow your dinner guests by making crawfish pies, or oyster and country ham spaghetti.













Bold + Brilliant women

What: TEDxHiltonHeadWomen VIP Speaker Reception
When it took place: Dec. 6
Where: J Costello Gallery, Hilton Head Island
Highlights: J Costello Gallery hosted the Bold + Brilliant women who spoke at TEDxHiltonHead the following day. Guests mingled, enjoyed hors d'oeuvres by Red Fish and worked out their final speaking points. To top off the evening, Atlanta-based artist Tracey Mutrell unveiled her new exhibit, "Reflections of Walking Boldly Through the World," which focuses on the themes of identity, migration and displacement in the human narrative.















Trendy art

This 20x16x3-inch work called "Sumaya" was one of several pieces on display from artist and curator Tracey Mutrell. "I am drawn to images of the female form; it is the silhouette of women that are of particular interest to me. I see the poise and energy women inhabit in the world, which is so often commodified in popular media. In response to this, I offer counter symbols of women as figures personifying grace and strength. In my work, I explore the use of silhouettes by recontextualizing images from popular culture to use as entry points for deeper conversations on gender, race, and the perceptions of beauty," Mutrell said. See more of her work on display at J Costello Gallery.











Good talks

What: World Affairs Council of Hilton Head Friday Speaker Series
When it took place: Oct. 25, Nov. 1
Where: First Presbyterian Church
Photographer: Arno Dimmling
Highlights: Three speakers spoke on the topic of deglobalization as part of the World Affairs Council of Hilton Head's popular Friday Speaker Series. Ambassador Peter Ammon spoke about U.S. and German relations, post 1989; Monica Araya talked about Costa Rica, a small country with big ideas; and Michael Shifter spoke about the chaos in Venezuela.









Upcoming talks

January 10: Admiral Cecil Haney on China's doctrines on space, cyberwarfare and its nuclear program.
January 24: Sean McFate on the new rules of war.
February 7: Dr. Bhavya Lal on the changing landscape of space.
February 21: Joby Warrick on forever wars in a time of fraying alliances.







In good taste

What: Taste of the Season 2019
When it took place: Dec. 6
Where: Marriott Hilton Head Resort & Spa
Photographer: Hilton Head Island-Bluffton Chamber of Commerce
Highlights: More than 30 restaurants were on hand, serving more than 500 patrons at the popular culinary event. Healthy Habit, Hickory Tavern and WiseGuys won the coveted "Best Cuisine" title, which was voted on by attendees.



















JEWELRY, FINE GIFTS, TREASURES

F E A T U R I N G

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John Medeiros · Crislu · Meghan Browne

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

Coastal Treasures
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Just a little chili

What: Boys & Girls Club of Bluffton's non-traditional chili dinner
When it took place: Nov. 26
Where: Boys & Girls Club of Bluffton
Photographer: Pete Albero
Highlights: Boys & Girls Club of Bluffton members and their families enjoyed a special chili dinner cooked by chef Mike Sigler. More than 400 people attended the event. David Skinner provided a special musical performance.



Gold rush

What: Marco Bicego personal appearance and trunk show
When it took place: Nov. 20
Where: Forsythe Jewelers
Highlights: Forsythe Jewelers welcomed celebrated Italian jewelry designer Marco Bicego and his latest collections for a special trunk show. Customers enjoyed complimentary cocktails, artisanal Italian light bites and on-site hand engraving for Marco Bicego pieces.





Mixing business with pleasure

What: Heritage Classic Foundation 2019 Congressional Cup
When it took place: Dec. 1-3
Where: Harbour Town Golf Links
Photographer: Arno Dimmling
Highlights: The sixth annual South Carolina Congressional Cup gave business leaders a chance to network and interact in a casual atmosphere with members of the South Carolina Congressional Delegation. Lively discussions about economic development and current issues facing our state were a highlight.



A visit from St. Nicholas

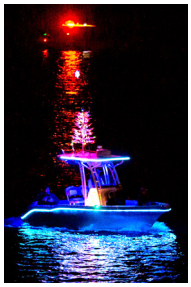
What: Hilton Head Symphony Orchestra holiday performance
When it took place: Dec. 1-2
Where: First Presbyterian Church
Highlights: The Hilton Head Symphony Orchestra's holiday spectacular featured the Hilton Head Dance Theater.



Happy holidays

What: Beaufort Holiday Weekend
When it took place: Dec. 7-9
Where: Downtown Beaufort
Photographer: SK Signs, Designs & Marketing
Highlights: A weekend of holiday cheer featured local choirs, dance groups, community organizations, parades and the annual Christmas tree lighting in downtown Beaufort. A highlight was the Light Up the Night Holiday Boat Parade in the Beaufort River.











Hilton Head Preparatory School

2020 Niche Rankings

#1 College Prep Private High School in South Carolina
#2 K-12 Private School in South Carolina
#1 Boarding School in South Carolina
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Top 13% of all K-12 Private Schools in America

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ratings by NICHE

JANUARY calendar

So long, 2019. Hello, 2020! **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.

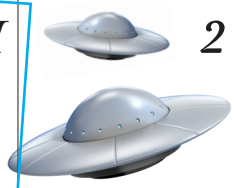
Cut this page out and stick it on your fridge!

THINGS TO DO NEARBY

Savannah
Riverboat Ruckus (Jan. 3-5)
Stylist & Barber Onyx Ball (Jan. 5)
Savannah en Pointe Dance Festival (Jan. 10-12)
Lowcountry Home & Garden Show (Jan. 17-19)
Savannah Remodeling Expo (Jan. 24-26)
Todd Snider (Jan. 30)

Charleston
Charleston Comedy Festival (Jan. 15)
The Dead South (Jan. 20)
Boat Show (Jan. 24)
2020 Charleston Jazz Festival (Jan. 25)
Brewtality 2020 (Jan. 25)
Lowcountry Oyster Festival (Jan. 26)

Columbia
Harlem Globetrotters (Jan 3)
Alan Jackson (Jan. 11)
Hawthorne Heights (Jan. 16)
Palmetto Business Expo (Jan 16)
Indigo Girls (Jan. 25)
Jason Aldean (Jan. 30)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1  **New Year's Day** **Hangover Day**	2  Coastal Discovery: *Under the Sea* Omni: *Sarafina Thomas* **Science Fiction Day**	3  **Jazz Corner:** ***The Kevin Bales Quartet*** Fruitcake Toss Day **Chocolate Covered Cherry Day**	Spaghetti Day 4 Jazz Corner: *The Kevin Bales Quartet* **NFL Wild Card Round** 
5  **Bird Day**	6  **Bean Day** Shortbread Day **Cuddle Up Day**	7  **Bobblehead Day** **Old Rock Day**	8  **Arts Center:** ***Jeanne Robertson*** Take the Stairs Day **Bubble Bath Day**	9  **Marriot:** ***Island Winter Classic*** Omni: *SCJ Leadership Conference 2020* Static Electricity Day	10  **World Affairs: *Cecil Haney*** Jazz Corner: *Harry Allen Quartet* Save The Eagles Day	11 **NFL Divisional Round** Milk Day Jazz Corner: *The Harry Allen Quartet*
12  **Hilton Head Symphony Orchestra** Westin: *Safari's Palmetto Groom* Pharmacist Day	13  **Sticker Day** Hilton Head Symphony Orchestra Skeptics Day	14  **Dress Up Your Pet Day** Condoleeza Rice Hot Pastrami Sandwich Day	15  **Bagel Day** Hat Day	16 **Nothing Day** Appreciate a Dragon Day Fig Newton Day	17  **Bootlegger's Day** Roasting Room: *Matthew Mayes of Jupiter Coyote* Jazz Corner: *Carmen Bradford & The Quentin Baxter Trio*	18  **Winnie The Pooh Day** USCB: *Mike Super Magic & Illusion* Daufuskie Island: *Marathon and Ultra*
19  **Ruby Lee's: *The Headliners*** NFL Conference Championships Popcorn Day	20  **Martin Luther King Jr. Day** Cheese Lover's Day Buttercrunch Day	21  World Affairs: *Bing West* Hugging Day **Squirrel Appreciation Day**	22  **Blonde Brownie Day**	23  **Winter X Games begin** Ruby Lee's: *Target The Band* Pie Day	 World Affairs: *Sean McFate* Rooftop Bar: *Deas Guyz* Westin: *Hilton Head Midwinter Conference* Jazz Corner: *Joe Gransden and Kenny Banks* Roasting Room: *The End of America*	 Roasting Room: *An Evening with Lucy Kaplansky* Shelter Cove Park: *Hilton Head Snow Day* Jazz Corner: *Joe Gransden and Kenny Banks* Irish Coffee Day Lunar New Year
26  **USCB Chamber Music:** ***Jeewon Park*** Hilton Head Symphony Orchestra NFL Pro Bowl	27  **Bubble Wrap Appreciation Day** Hilton Head Symphony Orchestra Chocolate Cake Day	28  **Blueberry Pancake Day** **Fun at Work Day**	29  **Rooftop Bar:** ***Coastal Country Night*** Puzzle Day Cornchip Day	30  **Inane Answering Message Day** **National Croissant Day**	31  **SoundWaves: *Lyn Avenue*** Roasting Room: *Parker Gispert of The Whigs* Westin: *Be Well Fest* Jazz Corner: *Ben Rosenblum Trio*	

ONGOING

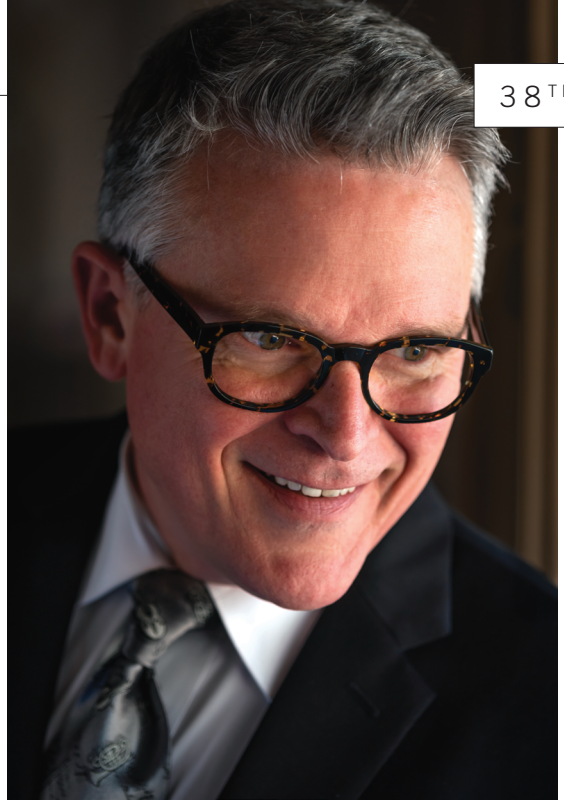
Spa Month at Arum Spa at The Sonesta Resort, Heavenly Spa by Westin, Ocean Tides Spa at the Omni Hilton Head Resort and Spa Soleil at the Marriott Hilton Head Resort and Spa

Lean Ensemble Theatre
The Christians (Jan. 23-Feb. 2)

IMPRESS YOUR FRIENDS BY STAYING INFORMED. KEEP THIS HANDY FOR QUICK REFERENCE.

HHSO

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Welcome to the New Year!

On January 1, 2020, the Hilton Head Symphony Orchestra welcomes its new President and CEO, Alan Jordan. Mary Briggs, its long-time President & CEO retires after a remarkable tenure with the orchestra, and says of her successor, "I have known and worked with Alan for 12 years and I am very pleased that he has accepted this position. I know he will be the right leader for the future of the orchestra".



DVOŘÁK & BARTÓK and BEETHOVEN'S 4TH

Sunday, January 12, 2020 • 5pm
Monday, January 13, 2020 • 8pm

John Morris Russell, Conductor
Chaeyoung Park, Piano

DVOŘÁK Slavonic Dance No. 8
BEETHOVEN Piano Concerto No. 4
BARTÓK Concerto for Orchestra

One of the most important composers of the 20th century, Bartok's blazing Concerto for Orchestra is one of his best-known and most popular works.

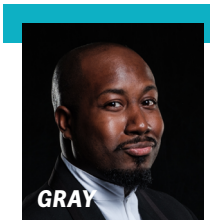
MOZART & SAINT SAËNS and MONTGOMERY'S STARBURST

Sunday, January 26, 2020 • 5pm
Monday, January 27, 2020 • 8pm

Kellen Gray, Conductor
Miriam K. Smith, Cello

MOZART Symphony No. 39
MONTGOMERY Starburst
SAINT SAËNS Cello Concerto No. 1

Conductor Kellen Gray has a reputation as a versatile and imaginative conductor and cellist Miriam Smith, a young prodigy, will amaze you with her unmitigated talent!





MEET THE FINALISTS

Hilton Head Youth Concerto Competition

The Hilton Head Symphony Orchestra – Youth Concerto Competition is pleased to announce that its finals will take place on ***Saturday February 1, 2020, 1:30PM, at Soundwaves, 7 Lagoon Road, Hilton Head Island, South Carolina.*** *Ten (10) string players will compete for cash prizes, scholarships and the opportunity to solo with the Hilton Head Symphony Orchestra, during its 2020–2021 season. Tickets are $15 and can be purchased by calling the HHSO office at 843-842-2055 or purchase at the door.*



HILTON HEAD YOUTH CONCERTO COMPETITION

Saturday February 1, 2020, 1:30PM
Soundwaves, 7 Lagoon Road, Hilton Head Island, SC

JANUARY happenings

Meetings & gatherings







MAD MEN Bing West is shown with Gen. Jim Mattis. The two co-wrote the New York Times bestseller, "Call Sign Chaos: Learning to Lead." West will speak on Jan. 21 at Soundwaves.

Bing West

AUTHOR AND FRIEND OF MAD DOG MATTIS

STORY BY EDDY HOYLE



SEE HIM LIVE

Bing West will be the guest speaker at the World Affairs Council Evening Speakers Series at 5:15 p.m., Jan. 21 at Soundwaves, 7 Lagoon Road, Hilton Head. $25.
For information visit www.wachh.org

Bing West is the co-author of the New York Times #1 bestseller, Call Sign Chaos: Learning to Lead, written with Gen. Jim Mattis. He is a New York Times best-selling author, Marine combat veteran and former Assistant Secretary of Defense for International Security Affairs during the Reagan Administration. On Jan. 21 he will be the featured speaker at the World Affairs Council Evening Speakers Series to talk about his latest book and his relationship with Gen. Mattis.

"I will be speaking about why 'Chaos' has become a best-seller. Mattis' leadership has hit a nerve with the American people, who have been urging him to speak out in a non-partisan way," West said. "What are his leadership values? Why are we not doing better fighting wars in the 20th century? I understand war from both fighting as a Marine grunt and making high-level policy decisions. I was embedded in Iraq and Afghanistan and served with Jim Mattis and we became a friends."

"Mattis' radio call sign in battle is 'Chaos,'" West explained. "The troops call him Mad Dog because in battle he develops a well-defined and detailed plan and then attacks viciously – but he is also caring as a leader, whether it's for four men or for



the whole battlefield. This book is about what he's learned about leadership over 40 years."

"The essence of the book is that at lower levels (like the troops), Americans do their jobs very well," he said. "The problem is that policy makers are failing us on both sides of the aisle and we try to explain why. We are falling into tribalism and forgetting our Founding Fathers' ideals. Every coin in America has the words E Pluribus Unum – Out of many, one. Our country is veering toward anything but unity."

"We wrote this book together," West said. "We worked every day for five years to write it and together we crafted every single sentence." Call Sign Chaos is the 12th book he has written about the military, war, national security and counterinsurgency.

A graduate of Georgetown and Princeton universities, he is also a member of the Hoover Military Historians Working Group at Stanford University, the Council on Foreign Relations and the Infantry Order of St. Crispin. His articles appear in the Wall St. Journal, the New York Times, the Atlantic, the National Review and the Washington Post. He appears frequently on C-Span and PBS News Hour.

Among other awards, West is the recipient of the Department of Defense Distinguished Public Service Medal, the Department of the Navy Distinguished Civilian Service Medal, and Tunisia's Medaille de Liberte.

He and his wife, Betsy, live in Sea Pines and Newport R.I. "We came to the Lowcountry because of friendship and affability and at the urging of our good friends Mike Joyce and Sheila Mahony. The community is so welcoming." *LL*



FROM THE FRONT LINES "Call Sign Chaos" is the 12th book West has written about the military, war, national security and counterinsurgency.



Best-selling books by Bing West

For more information about West and his other books visit www.bingwest.com

One Million Steps – A Marine Platoon at War
The Wrong War – Grit, Strategy and the Way Out of Afghanistan
The Strongest Tribe – War, Politics and the Endgame in Iraq
No True Glory – A Frontline Account of the Battle for Fallujah

OTHER UPCOMING WAHHI SPEAKERS

ADMIRAL CECIL HANEY: CHINA'S DOCTRINES ON SPACE, CYBERWARFARE AND ITS NUCLEAR PROGRAM

China continues to advance in so many areas including its Belt and Road initiative. That effort is supported by a growing military capability that is not restricted to terrestrial earth as China is making significant investments and has sophisticated capability in both space and cyber space. At the same time China has significant capability in its nuclear arsenal which it continues to modernize while also pursuing hypersonic glide vehicles. Giving Chinese doctrine associated with these trends, is the United States, its allies and key partners doing enough?

When: 10-11:30 a.m., Jan 10 **Where:** First Presbyterian Church
Details: $10-$15. wachh.org

SEAN MCFATE: THE NEW RULES OF WAR

Vietnam illustrated the folly of preparing for the last war. The next – or current – war provides no clear opposing nation, economic base, or defined military. Sean McFate will explain the current age of Durable Disorder—a period of unrest created by numerous factors: China's rise, Russia's resurgence, America's retreat, global terrorism, international criminal empires, climate change, dwindling natural resources, and bloody civil wars.

When: 10-11:30 a.m., Jan 24 **Where:** First Presbyterian Church
Details: $10-$15. wachh.org

Art showings, plays & performances

Fire, brimstone and a battle of beliefs

STORY BY CAROLYN MALES + PHOTO BY JEAN-MARIE CÔTÉ

We come to the theater to be transported to a different world. The curtain rises on a realm of magic or fantasy, a long ago moment in time, or maybe a slice of life different from or maybe at times similar to our own.

But in many ways entering the world of Lean Ensemble's production of Lucas Hnath's The Christians will be both familiar and disorienting. Yes, you'll be in a theater with rows of seats, aisles, and playbills. But when the lights go down, you'll find yourself in a house of worship — a megachurch, in fact, with pulpit, full choir, and a pastor filled with the fiery righteousness of his faith.

We, the audience, become the congregation or perhaps the eavesdroppers here. The ritual, the prayers, the choral voices lifted in hymns wash over us establishing a familiar rhythm that lull us into a place of peace and security.

But what we're about to experience is a tumultuous clash of beliefs — a schism that will shake the very bedrock of this collective body. As the action unfolds, your mind can't help but flash to a different arena, that of our own society where no matter what our religion, we noisily collide in debates over our own core beliefs about who we are as Americans.

Now as Pastor Paul stands before us, he celebrates the evolution of the church from a simple storefront twenty years ago to the grand building of today with its "baptismal font as big as a swimming pool," its lobby coffee shop, bookstore, Sunday school, and sanctuary that can seat thousands of worshippers. "Today is the day the debt is paid," he announces with delight. The church owns the building free and clear.

But before the rejoicing can begin, he drops a bombshell "There is a crack in the foundation of this church and I'm not talking about the building." He's had an awakening! He's heard a missionary tell a story about a boy in a war-torn country who rushed into a bombed-out market shop to rescue his young sister. In pulling her from the flames, he dies from severe burns. In response, the missionary laments that the boy was not "saved" and so, despite his selfless heroics, he is condemned to Hell.

Troubled by the missionary's pronouncement, the pastor tells of having a spirited conversation with God who shakes a verbal finger at him. "You think the Devil is a little man with horns," God says. But Hell is humanity's own creation. It's how you all sit in judgment of others, treating them badly and condemning them for thinking differently.

So, Pastor Paul tells his flock of a radical change in dogma. "We are no longer a congregation that believes in Hell," he proclaims. This simple declaration sets off repercussions as his popular associate pastor, his own wife, an elder, and congregants grapple with him and the implications of this new theological directive.

Audience, be warned. There are no simple answers or resolutions.

Despite its title, Director Jay Briggs offers that The Christians provides spiritual food for thought for a wide variety of people. "Any great work of art is looking at a universal question through a specific prism," he points out. "On the surface the play is about a church schism that happens when expectations are subverted in that particular community. However, it's more universal, dealing with the question of what happens when communities or families split over differences in thinking." LL



SUNDAY BEST Jenny Zmarzly as the elder confronts a crisis of faith in Lean Ensemble Theater's production of The Christians by Lucas Hnath.

THE CHRISTIANS

The Christians by Lucas Hnath features three actors new to the Lean stage: marcus d. harvey, Sean Hinckle, and Tai Verley along with Ensemble members Peggy Trecker White and Jenny Zmarzly. Continue the lively debate at talkbacks after each performance.

THE CHRISTIANS

When: Evening performances at 7:30 p.m., Jan 23-25 and Jan 30-Feb 1. Matinees at 2 p.m., Jan 26 and Feb 2.
Where: HHPS Main Street Theatre, 3000 Main St., Hilton Head Island. Tickets: $40. Students and active military $15. Preview night Jan. 23, $25. Group rates available.
Tickets and information: 843-715-6676 or leanensemble.org



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CHAMBER OF COMMERCE

Chamber Ball 2020

A NIGHT LIKE NO OTHER

FEB 01 | Marriott Hilton Head
6:30PM | Resort & Spa

Eat. It was called the most spectacular restaurant in the world. Chefs from Manhattan's famed Windows on the World will partner with our local culinary artists to bring you course after course of tapas-style haute cuisine.

Enjoy. The ballroom will be transformed into Manhattan-style gourmand lounge while you enjoy an 8-piece showband throughout the evening.

Drink. The world's wine guru Kevin Zraly and former head bartender at Windows on the World George Delgado will host wine and cocktail bars in the grand salon.

Honor & Celebrate. We're bringing together the biggest names in business and honoring those in our community who go above and beyond.

Featured Chefs



Marc Murphy | Florian Bellanger | Philippe Feret | Frederic Kieffer | Clayton Rollison | Kevin Zraly
George Delgado | Chaun Bescos | Georges Masraff | Sean O'Connell | Martin Doyle
Brian Coseo | Arnaud Briand | Eric Bedoucha | Cesar Acevedo

Presenting Sponsor

HARGRAY

For more information and tickets: www.HiltonHeadBlufftonChamber.org/Chamber-Ball

Art showings, plays & performances

Tall tales

JEANNE ROBERTSON'S STATURE PALES NEXT TO THE SIZE OF HER SENSE OF HUMOR

STORY BY LISA ALLEN



When you're 6-foot-two by age 13, things can go one of two ways. You can slouch and try to be inconspicuous (good luck with that) or you can rock it and go big. Fortunately for us, humorist Jeanne Robertson chose the latter.

"I was lucky. I was different without having to dye my hair crazy colors," she said from her home in Burlington, N.C. "To date, I'm still the tallest Miss America contestant. I've watched every year to make sure. Of course, I'm the only one that tall to lose, too, but I don't mention that."

Her much above average presence hasn't diminished a bit. She is a nationally known humorist who appears often at the Grand Ole Opry, has nine DVDs, three books, a steady presence on SiriusXM radio, and over 80 million YouTube views. Her fourth book, "Don't Bungee Jump Naked and Other Important Stuff," comes out in January. She will appear at 8 p.m., Jan. 8 at the Arts Center of Coastal Carolina.

[Local Life] What's the difference between a humorist and a comedian? [Jeanne Robertson] "Marketing. I started out the same time as Phyllis Diller and Joan Rivers. They, as comedians, were edgy and made the audience laugh at someone's expense. That would never work with conventions, so I call myself a humorist. I tell stories about funny things that happen in life. My humor is clean and really funny, not political or vulgar. My humor also isn't religious. I am, but my humor isn't. I just want to make people laugh."

[LL] How did you make a career out of being funny? [JR] "I won Miss North Carolina in 1963 when I was 19. I dropped out of school for a year, which is required, and made 500 appearances in that one year. At my appearances, I realized people liked it if I made them laugh, so I developed little routines. You can't buy that opportunity. So, when I crowned the next Miss North Carolina a year later, I already had three convention speaking engagements lined up for the next week. I never looked back. I also went back to Auburn and got my degree in physical education. I taught for a while, but soon, invitations were coming in from Missouri and California. Association convention planners talk to each other and my career grew by word of mouth."

[LL] A lot of people think they're funny, but they don't constantly fill theaters around the country like you do. What's your secret? [JR] "I am 76. But when I was in my 60s, I embraced the internet. I posted my material on YouTube and a few went viral. I'm past 81 million views, last count. Because of that, I was put on SiriusXM Radio and was invited to perform my own theater shows. They said, 'we think you have enough name recognition' because of the number of views I got. Theater is different. Conventions provide the audience. Working theater, you have to sell tickets and that means name recognition."

[LL] Tell us about Left Brain. [JR] "That's my husband, Jerry. He got an education degree from Duke on a basketball scholarship, then a master's and doctorate in education. As I've said, he's over degreed himself. I referred to him as Left Brain once and it was a hit so I've used it ever since."

[LL] Does he mind you poking fun at him, particularly in "Don't send a man to the grocery store?" [JR] "No, he loves it. In all of the years I've been telling stories, there's only one story he asked me not to tell."

[LL] What do people get wrong about you? [JR] "When people think I just walk on stage and start being funny. It takes a lot of work. I'll work on a piece for months, rewriting it, rehearsing it, testing it out on people. I'm constantly rewriting my material and improving it. A group of five humorists get together once a year to critique each other. We're always working on new stories. That's why I greet my audience before and after the show. Through conversations with people, I get ideas. People want to show you how funny they are and that's OK."

[LL] Do you see yourself retiring? [JR] "Oh yes! I don't want to be on the stage and have someone whisper to the person next to them, 'you should have seen her when she was good.' Toni, my assistant for more than 40 years, and a couple of friends are obligated to tell me when it's time." *LL*



SEE HER LIVE

Jeanne Robertson is an American humorist, motivational speaker and a former Miss North Carolina. She is coming to the Arts Center on Jan. 8.

JEANNE ROBERTSON
When: 8 p.m., Wednesday, Jan. 8
Where: Arts Center of Coastal Carolina
Details: $62, suited for all ages. Back by popular demand, this former Miss Congeniality of Miss America continues to charm audiences with her humorous commentary on life. artshhi.com, 843-842-2787.

LEAN ENSEMBLE THEATER

The Christians

by Lucas Hnath Directed by Jay Briggs

Jan 23-25, 30 - Feb 1 at 7:30pm + Jan 26 & Feb 2 at 2pm



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Art showings, plays & performances



Superheroes: Action & Adventure

HILTON HEAD SYMPHONY ORCHESTRA'S POPS CONCERT INCLUDES SCORES FROM MANY POPULAR MOVIES

The Hilton Head Symphony Orchestra will present its Pops Concert, "Superheroes: Action & Adventure," on Sunday, Feb. 9, and Monday, Feb. 10, at First Presbyterian Church on Hilton Head Island. The evening will include the scores of many favorite popular movies, including Raiders of the Lost Ark, Batman, X-Men, Superman and Pirates of the Caribbean.

Superheroes have their past in the heroes of myth and legend. Comic strips of the early 20th century provided the perfect visual medium for the development for these larger-than-life characters. In June 1938, writer Jerry Siegel and artist Joseph Shuster unveiled Superman, the archetypal superhero. Superheroes have proved to be an enduring addition to popular culture, eventually spreading to radio, film, television, and electronic games. Musical scores were written by great composers such as John Williams (Raiders of the Lost Ark, Star Wars) for the movie versions. The symphony offers an evening of these movie themes. It will be a great evening, so bring the family and enjoy a night out together!



If you go you will hear the scores of...



Fantastic Four: *Rise of the Silver Surfer: The plot follows the Fantastic Four as they confront, and later ally with, the Silver Surfer to save Earth from Galactus.*

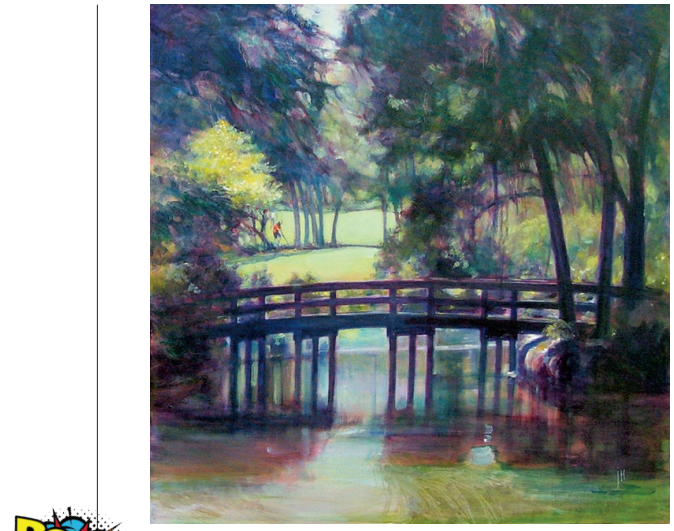
Batman: *In the name of his murdered parents, Bruce Wayne wages eternal war on the criminals of Gotham City. He is vengeance. He is the night. He is Batman.*

Mission Impossible: *An elite covert operations unit carries out highly sensitive missions subject to official denial in the event of failure, death or capture.*

Pirates of the Caribbean: *Five fantasy swashbuckler films produced by Jerry Bruckheimer and loosely based on Walt Disney's eponymous theme park ride.*

X-Men: *Mutants, a subspecies of humans who are born with superhuman abilities activated by the "X-Gene." The X-Men fight for peace and equality between normal humans and mutants in a world where anti-mutant bigotry is fierce and widespread.*

TICKETS: $30, $50 and $60; hhso.org or 843-842-2055

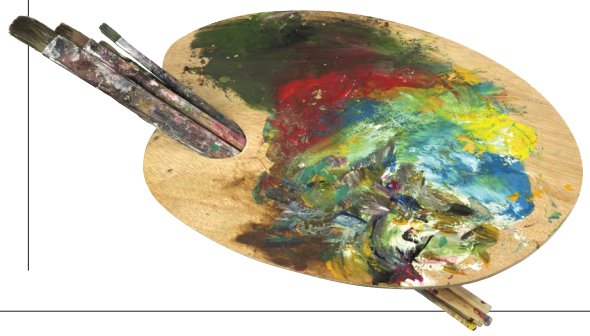




Les Bonnes Artistes presents Contrasts & Colour

Delicate watercolors, dynamic collages, luscious oil paintings and innovative printmaking are among the mediums you will see at this year's exhibit from Les Bonnes Artistes. According to Joyce Nagel, "The title, Contrasts & Colour, brings to you their interpretations and inspirations of these exciting visual candies of their art visions."

CONTRASTS & COLOUR
When: Artist's Reception 5-7 p.m., Jan. 15, exhibit runs through Feb. 21
Where: The Coastal Discovery Museum
Details: coastaldiscovery.org or 843-689-6767





MEET THE NEW PRESIDENT

The **Hilton Head Symphony Orchestra** announced the retirement of long-term President and CEO ***Mary Briggs*** at the end of the year, and the selection of ***Alan Jordan*** as the new President and CEO. Jordan is currently the executive director of the Delaware Symphony Orchestra. He will begin his role as president Jan. 1. Briggs will retire after a 12-year tenure with the symphony orchestra. The HHSO is planning a public event for members of the community wishing to learn more about Jordan's goals for the future of the HHSO. This event will be scheduled for early January. For more information, call 843-842-2205 or visit www.hhso.org.



Festivals & fun



Chamber Ball: A night like no other

Two islands, one unforgettable night. Eat, drink and celebrate a year full of accomplishments, awards, milestones and successes. With a 30-year legacy, the Chamber Ball has become a signature event that unifies the community. Local culinary artists will partner with Manhattan's famed Windows on the World chefs, wine guru Kevin Zraly, and the "King of Cocktails" Dale DeGroff, who will host wine and cocktail bars in the grand salon.

CHAMBER BALL
When: 6:30 p.m., Feb. 1 **Where:** Marriott Hilton Head Resort and Spa
Details: hiltonheadchamber.org

SPA MONTH
HILTON HEAD ISLAND
A MONTH OF SELF-CARE

During Hilton Head Island Spa Month, four of the Lowcountry's top resort spas are offering locals and visitors extra savings on specialty treatments. You can indulge in the highest standards of pampering and relaxation with rejuvenating special treatments from just $89. Participating spas include Arum Spa at The Sonesta Resort, Heavenly Spa by Westin, Ocean Tides Spa at the Omni Hilton Head Resort and Spa Soleil at the Marriott Hilton Head Resort and Spa. Visit hiltonheadspamonth.com for details.

Be Well Hilton Head

Be Well Hilton Head is Hilton Head Island's first holistic wellness festival, set for Jan. 30-Feb. 1. Connecting you to the area's best resources in the industry, you'll enjoy an invigorating and renewing weekend of holistic wellness programming that will leave you equipped and inspired to strengthen your physical, and mental well-being. Activities include a Lululemon Pop-Up Shop at The Westin, essential oils class, yoga, meditation, beach run and ride, wellness expo at Shelter Cove and more. Enjoy a free 5 km and 5 mile guided run with Chris Heuisler, the Global Run Concierge for Westin Hotels & Resorts. He will guide runners along the pristine beaches and abundant trails of Hilton Head Island during picturesque sunrise hours. Visit BeWellHiltonHead.com for details.

Be Well
HILTON HEAD

A WEEKEND OF WELLNESS ON
HILTON HEAD ISLAND

JAN 30 - FEB 2, 2020

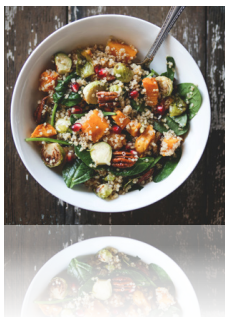
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LOCAL LIFE
THE ISLAND REC CENTER

January at Outside

Details at outsidehiltonhead.com



Recycle your jacket

For the 28th year, Outside hosts the Recycle Your Jacket program at its flagship store in Shelter Cove Plaza. Everyone is encouraged to bring in a donation of a sweater, coat or jacket for Deep Well. As a thank you for donating, get a new jacket for a great deal — up to 50 percent off, Jan. 18 through Feb. 2. outsidehiltonhead.com.



Savannah Port Tour

The Port of Savannah, the nation's largest port in volume, contains over 50 piers and docks. On this 90-minute tour, you get to experience a working port as it should be seen — from the water. This excursion begins with a scenic view of Savannah's Historic Riverfront and then ventures upriver to the Georgia Ports Authority. Here, your captain/guide discusses the variety of ships seen, the port operations, and products of the different terminals. Enjoy the views of the city from the water, learn about this historic port, and get to know Savannah on this enjoyable boat tour. Book at outsidesav.com

Pedego Electric Bike Tours



There is no better way to experience Hilton Head than on the comfortable seat of a Pedego Electric Bike. Hilton Head is simply a Pedego paradise and these state-of-the-art bikes allow riders to travel further, faster and breeze through the bike trails. The Hilton Head Pedego Tour will cruise along flat bike paths and explore the special gems of the Island. Departing from Outside Hilton Head's Plaza at Shelter Cove Store, the tour highlights include the Veterans Memorial Park, Shelter Cove Community Park, King Neptune statue and Compass Rose Park. The trip will include beautiful vistas, nature, history, culture and much more. Tours last for 2 hours and include a new Pedego Electric Bike, bike helmet, souvenir CamelBak water bottle with cold water, professional guide and all stops along the way. outsidehiltonhead.com

Coastal Discovery Museum January happenings

Details at coastaldiscovery.org or 843-689-6767



Lowcountry Dragonflies

A presentation on the dragonflies inhabiting the lagoons of Hilton Head will be presented by biologist Vicky McMillan, who has been on the faculty of Colgate University for 30 years. Learn how these fascinating insects feed, find mates, defend territories, and reproduce. If possible, live dragonfly larvae will be shown and a handout will be given to those attending regarding the most common Hilton Head Island species.
When: 2 p.m., Jan. 6 **Notes:** Cost is $7 per person and reservations are required.



The Secret Life of Trees

The more you learn about trees, the more amazing they become. The Coastal Discovery Museum will host Sally Krebs, the Town of Hilton Head Island's sustainable practices coordinator, for part two of this lecture series. Join her in taking a look at the superpowers of trees both in our backyards and other parts of North America. Explore topics such as trees that practice chemical warfare, the future of a once common tree on Hilton Head Island, trees that contribute to human health, and more.
When: 2 p.m., Jan. 8 **Notes:** Cost is $7 per person and reservations are required.



Biology and Conservation of Diamondback Terrapins

Biologist Erin Levesque from the Waddell Mariculture Center and S.C. Department of Natural Resources will discuss the biology of diamondback terrapins, as well as past and present challenges facing their populations. A description of terrapin culture will illustrate our efforts to responsibly utilize lab-raised animals to supplement depleted populations while learning more about the biology of wild terrapins.
When: 2 p.m., Jan. 13 **Notes:** Cost is $7 per person and reservations are required.

10 Very Beautiful Plants that You Really Should Not Share with a Friend

Reflect on the nature of plants with Dave DesJardins. He'll share why some of them can be real pests, and the lessons learned from helping friends, family and neighbors start approximately 50 gardens in the course of a lifetime. Topics covered will include native and non-native plants, effects of global warming, tomorrow's garden – CRISPER, and plant defenses/evolution.
When: 2 p.m., Jan. 15 **Notes:** Cost is $7 per person and reservations are required.



Blue Whales – Biology and Research

The Coastal Discovery Museum will host Associate Professor Michael Williamson, founder of WhaleNet, for this program. Williamson will discuss blue whales and the current research of the Mingan Island Cetacean Study, which conducts the world's longest research program on this species.
When: 2 p.m., Jan. 22 **Notes:** The cost of the program is $7 per person and reservations are required.

The Biogeography of the Carolinas at the Coastal Discovery Museum

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. Dr. Marsh has over 40 years of experience working in habitats throughout North and South Carolina. For the past 16 years, he has served as executive director of both the Spring Island Trust and the LowCountry Institute.
When: 2 p.m., Jan. 27 **Notes:** The program for an adult audience is $7 per participant and reservations are required.

Informative & Entertaining

Feed your body, fuel your brain

Lunch and Learn with Memory Matters at this health lecture that includes a Mediterranean-style lunch. Barbara Moschitta, registered dietician nutritionist, will explain the gut and brain connection, and the importance of good nutrition for brain health.

BRAIN HEALTH
When: 11:30 a.m.- 1 p.m., Jan. 14
Where: SGG St. Andrew's Parish Hall, Bluffton
Details: mymemorymatters.org or 843-842-6688

Memory Matters Brain Boosters classes

Learn your way to a brain-healthy lifestyle with topics that include Healthy Brain Basics, Brain Plasticity, and Brain Workout. Three locations.

BRAIN BOOSTER CLASSES
When: 10 a.m.- noon, starting Jan. 23
Details: mymemorymatters.org or 843-842-6688

Looking Forward

Beaufort International Film Festival

For the past quarter of a century, Beaufort has served as the backdrop for more than 20 major motion pictures, including Forrest Gump, The Big Chill, The Prince of Tides, and many more. Through this festival, get reintroduced to the town's sweeping marsh vistas, antebellum homes and quiet charm of the Old South through a new generation of filmmakers.
When: Feb. 18-23 **Where:** Various locations **Details:** beaufortfilmfestival.com

Citizen's Police Academy

Have you ever wanted to know what it is like to be a law enforcement officer? Find out if what you see on CSI is real, and what your tax dollars are spent on in relation to the Sheriff's Office. Maybe you just want to know more strategies in protecting yourself, your family and property. The Beaufort County Sheriff's Office invites you to learn about your Sheriff's Office and how to better protect yourself.
When: Begins Feb. 4 **Where:** Beaufort County Sheriff's Office **Details:** bcso.net

Celebrating the craft of writing with the Women's Association of Hilton Head Island

Have brunch with a panel of local writers from the Pat Conroy Literary Center in Beaufort. Each of the writers will share personal stories about the famous local author. The WAHHI Charitable Fund also will award numerous Community Grants to nonprofit organizations.
When: Social hour at 9:30 a.m., brunch buffet at 10:30 a.m., program at 11:30 a.m. Feb.6 **Details:** wahhi.com

WMNRUN Hilton Head Island

This new race is the first-ever woman-themed running event on Hilton Head Island, featuring an all-beach racecourse, plenty of swag, and partying with drinks, food, music and yoga. Run distances are Half, Relay, Quarter & 5K. Celebrate fitness at this collaboration between the Hilton Head Running Company and Another Mother Runner.
When: March 1 **Where:** Tiki Hut at the Beach House Resort
Details: hiltonheadrunningcompany.com

MEMORY MATTERS
BRAIN HEALTH SUMMIT 3

March 11, 2020 9:30 AM - 3 PM
Registration 8:30 AM - 9:30 AM
Hilton Head Beach & Tennis Resort

Energize—Optimize—Personalize



Keynote
Energize Your Brain With Exercise
Wendy Suzuki, PhD
World-renowned Neuroscientist, author, Tedx speaker and Professor at NYU



Keynote
You Have Magic Power: Use It For Good
Jimi Gibson, BA
Award-winning speaker, personal branding expert



Live Culinary Competition
Chef Kim Baretta
Leith's School of Food and Wine, London, UK
Memory Matters volunteer Chef-in-Residence



Optimize The Brain: Food Choices
Holly Mlodzinski, RD
Health Promotions Coordinator
Hilton Head Regional Healthcare



Your Brain On Art
Ashton Sullivan, LPC, ATR
Whole Health, Bluffton
Empowering you to realize your full potential



Wellness Awareness
Candace Blair
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memory matters

REAL ESTATE marketplace

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

We feel these luxury properties located on Hilton Head Island 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 five properties should be at the top of your list.

Million dollar dream homes



67 Baynard Park Road | Hilton Head Island
Charter One Realty | Herman and Davis Properties
Becky Herman, Agent
Monica Davis, Agent
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Real Estate Marketplace



2 North Live Oak, Sea Pines

Style and panache meld in this classic Sea Pines residence, ideal for living or rental, on one of the community's best streets, and less than 5 minutes walk to the beach. Features of this meticulous home include 3 or 4 bedrooms, 3.5 baths, courtyard entry with guest house, open plan with loads of natural light, private, saltwater pool, original terrazzo floors, updated kitchen with Sub-Zero refrigerator, lagoon and golf views, and oversized 2-car garage. Timeless. $1,350,000

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www.BeverlySerral.com

BEVERLY SERRAL Properties



7 Seabrook Landing Drive, Hilton Head Plantation

Located on over 1/2 an acre in the exclusive enclave of Seabrook Landing, this 4 bedroom 5.5 bath home offers extensive crown moulding, Turkish marble flooring, sound system, 2019 HVAC, culinary inspired kitchen with top of the line Viking appliances, 1st floor Master suite, multiple living and dining areas, amazing long golf views of #13 of Country Club of Hilton Head. Incredible outdoor pool/spa with your own tiki hut bar equipped with fridge, sink, built-in grill, full pool bath, and lush landscaping. Nothing has been overlooked. $1,193,000

Becky Herman 843.301.3355 Monica Davis 843.384.4473
www.HermanAndDavisProperties.com

H&D HERMAN AND DAVIS PROPERTIES



54 Wexford Club Drive, Wexford Plantation

Completely remodeled 4 bedroom 3.5 bath home designed by Group III. Wood flooring, incredible trim detail, gourmet kitchen with new SS appliances, dramatic 1st floor master suite, and multiple living/dining spaces. Optional 2nd floor master suite/balcony with stunning harbor/golf views. Gorgeous outdoor space with long harbor views overlooks your private pool/spa/70 foot dock. Functional 2 car garage plus golf cart bay and 4 additional parking pads. New roof 2017. Beautiful furnishings negotiable. $1,649,000

Becky Herman 843.301.3355 Monica Davis 843.384.4473
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H&D HERMAN AND DAVIS PROPERTIES



18 Bald Eagle Road, Sea Pines

Renovated in 2018 for the homeowner's personal use, with no expense spared, the quality throughout is not only stunning, but exceeds what one would expect to find in a rentable oceanfront estate. An exceptional architectural redesign, from the floor plan providing ample bedroom separation, multiple living areas, a meticulous gourmet kitchen, both indoor and outdoor entertaining spaces, oversized solar-heated oceanside pool and spa, this promises to be the next oceanfront sale on Hilton Head. $4,995,000

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Pretty fly



Snowy egret

"Getting up close to bird life in the marsh is simple with a small boat or kayak, and a good zoom lens is always helpful."

- CHASE SANDERS, CLEMSON '20

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