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Jan 2021

local life

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THE KINDNESS ISSUE + 2021 FASHION TRENDS + MAKE BEESWAX CANDLES

Happy New Year from


Jordan


Alyssa


Andrew


Michael



Kelle


Mike

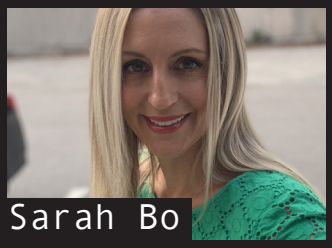

CJ


Katie


Jessica

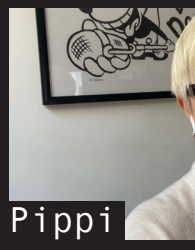

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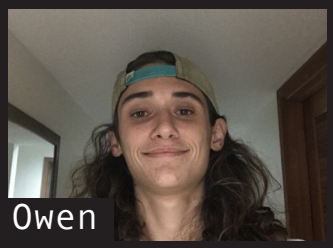

Nick


Sarah Bo

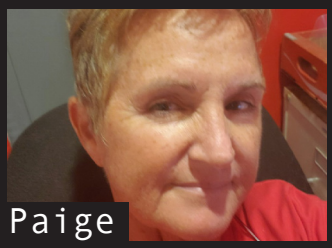

JC


Jessie


Pippi


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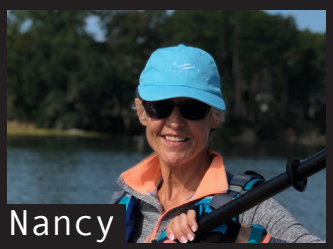

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-Sonia, Modern Message

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the team

WHAT ARE YOU LOOKING FORWARD TO IN 2021?

"Going with no fear to any event that is crowded!"
- LORI

"Weekend road trips when it's safe again."
- LANCE

"A much-needed vacation."
- JEREMY

"I kinda wanna go to a fair or carnival."
- CHARLES

"Lots of wedding celebrations and milestones with friends and family."
- ASHLAN

"Traveling and social events with no masks!"
- MELISSA

"Hope for an end of the pandemic and traveling FAR again!"
- REBECCA

"A new president and a return to normalcy post-vaccine."
- BRUCE

"Traveling to see family and a relaxing vacation."
- LEAH



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Jan features



The Kindness Issue

This year, it feels like we could all use a little kindness. After all, everyone you know just went through 2020. So as we turn the page into 2021, let's all make it our New Year's resolution to just be a little nicer to one another, and a little more understanding of the struggles we're all facing.

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SUNDAY BEST These pure silver chalices at **St. Luke's Church** on Hilton Head Island are much-needed reminders that humans are inherently good. Read the unbelievable story of how they made their way across the country and the centuries to return home on page 136.

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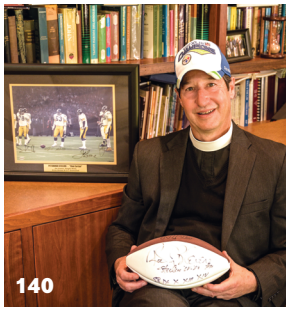


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MARK KELVIN HORTON

Featured Artist for Southeastern Wildlife Expo 2021



Mark Kelvin Horton | *Light Of The Lowcountry* | 36" x 48" Oil

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SHOW HEART Publisher Lori Goodridge-Cribb flashes her favorite sign, the universal symbol for love.

What a year 2020 was. Over the next decades, what word will we use to describe the year that was? Unprecedented? Challenging? Perhaps hellacious?

Fortunately, like fine wine and good cheese, the things we remember get better with age. One day you might look back at 2020 with rose-colored glasses, remembering it as the year you developed a new skill, formed a special bond or achieved a new milestone in life. I was blessed beyond measure with the birth of two 2020 grandbabies who are giving me a reason to smile each day (thank you Emma and Kinsley). Can't say that about any other year!

Just think of all the silver linings and lessons we have learned through all of this. The break in routine has given us time to reevaluate and restructure our lives. We've grown a new appreciation for essential workers, technology and hobbies. Pollution is down, pets are happier, working habits have forever changed, and we've learned the importance of personal hygiene (how many days we can go without showering).

The best news of all: *Generosity and community-mindedness are spiking.* Kindness is the theme of this issue. It just feels like the right topic for right now. Inside we share small-but-mighty ideas that can brighten a person's day. Leave a positive review for a small business, pay for someone's morning coffee, and hold the door for as many people as you can. Interact with a friend's social media post, cook a meal for someone, and send a "thinking of you" card to a relative or friend.

We feature many locals, communities and organizations who take kindness to the next level. We hope their stories will inspire you to spread a little kindness of your own. Let's take what we've learned and make 2021 the best year ever!

"Happiness is the new rich. Inner peace is the new success. Health is the new wealth. Kindness is the new cool."

- SYED BALKHI

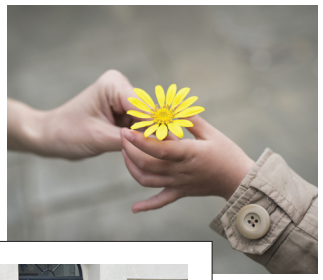


Recipe for kindness

INGREDIENTS

1 part friendliness
1 part helpfulness
1 part laughter
1 part encouragement
1 sprinkle unconditional love

DIRECTIONS Mix together equal parts. Enjoy this treat frequently, and pass it on if you can!





PIE EYED Jeff Hall of Sea Pines Real Estate was kind enough to pose with the LOCAL Life Jeep on Pie Day. Be sure to follow @LocalLifeSC on Instagram to see all of the #LocalswithaJeep photos.

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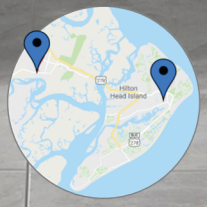
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MEET OUR WRITERS + PHOTOGRAPHERS + PEOPLE BEHIND THE SCENES



Susan Madison *Poet, writer and motivational speaker*

OTHER CREDS: Author of "if i can't sing the blues," a collection of essays, poems and visual arts and "Gullah Paths," a collection of slice-of-life stories by residents of Hilton Head Island. **FOR THIS ISSUE:** Wrote the poem, "I Guess I'm a Southerner Now." **HOMETOWN:** Chicago **CURRENT HOME:** St. Helena Island **LOCAL SINCE:** 1996 **WHAT IS THE FUNNIEST THING YOU'VE SEEN?** I was at a church attending a funeral. Before we went into the sanctuary, I fell down a flight of stairs. When I hit the bottom of the landing, I turned and saw both of my heels on the landing above me. When I sat down in the sanctuary hall, every time I looked down at my feet, I started laughing. A couple of mourners turned and glared at me, and that made me laugh even more. **FAVORITE BOOK:** Truman Capote's "Breakfast at Tiffany's." I love Holly Golightly's air of irreverence and commitment to freedom. **WHAT IS SOMETHING ABOUT YOU MOST PEOPLE DON'T KNOW?** I'm ashamed to say, I've never been to New York. **GOAL FOR 2021:** The same as the last eight years, finish the book I'm working on. "When We Rise" is a call to women to use their femininity to bring harmony to the world.

Eddy Hoyle *Wordsmith*



OTHER CREDS: Won my first poetry contest in 6th grade and have been writing ever since. Studied journalism at Marquette University and enjoy being a raconteur and sharing others' stories (not my own). **FOR THIS ISSUE:** Business Tips for Success **HOMETOWN:** McKeesport, Pennsylvania **CURRENT HOME:** Eagles' Pointe, Bluffton **LOCAL SINCE:** 2002 **WHAT IS THE FUNNIEST THING YOU'VE SEEN?** A few years ago I auditioned for a play at USC Beaufort, and I got a leading role! The play was called "Vagina Monologues," and the funniest thing I've ever seen was my husband's face when I told him what I was going to do. It was a collage of disbelief, horror and embarrassment combined with a stuttering plea to drop out. Needless to say, he couldn't even bring himself to come to see the play! **FAVORITE BOOK:** "The Dovekeepers" by Alice Hoffman **WHAT IS SOMETHING ABOUT YOU MOST PEOPLE DON'T KNOW?** It's not a secret, but my sister, Rowena, and I are twins. One of us was dubbed the good twin and the other the bad twin. One of us wanted to be a nun, and the other actually raided the convent with her friends to steal some beer. One of us got all the empathy, the other got the logic. So if you ever meet both of us, you can decide which one was the wild child and which one was Miss Goody Two Shoes! **GOAL FOR 2021:** Oh, it's a small one — to complete the novel I'm writing, get it published and become a best-selling author!



Diane Britton Dunham *Artist, writer, historian*

OTHER CREDS: I'm a Meme (in lieu of grandma) **FOR THIS ISSUE:** Created the local art, "Dragon Fly in Signs of Life." **HOMETOWN:** Red River Valley, Louisiana **CURRENT HOME:** Burton **LOCAL SINCE:** 1980 **WHAT IS THE FUNNIEST THING YOU'VE EVER SEEN?** I need more time for this one! Soooo many things I could tell you. I have journals of crap. **FAVORITE BOOK:** "Mama Day" by Gloria Naylor **WHAT IS SOMETHING ABOUT YOU MOST PEOPLE DON'T KNOW?** I'm a psychic. **GOAL FOR 2021:** To have survived 2020



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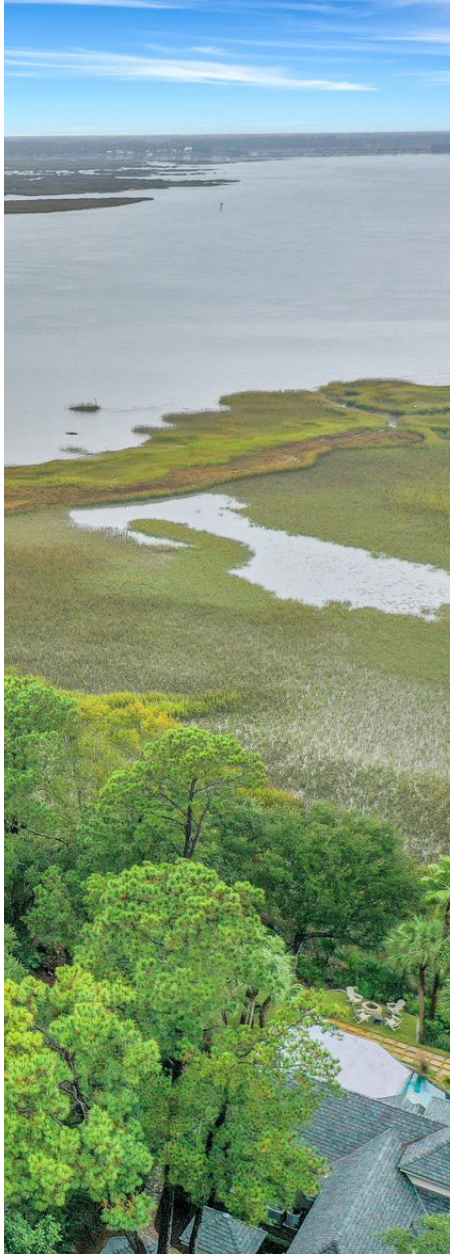
- ***The Nest*** *Home trends and tips*
- ***The Dish*** *Best local bites for the weekend*
- ***The Buzz*** *LOCAL Life's latest must-reads*

About the Cover

*Inspired by the kindness rock trend, we asked local designer **Millie Burke** of Lowcountry Linens to create a one-of-a-kind oyster shell with a simple message, "Be Kind," using LOCAL Life blue (our favorite color). Burke knocked it out of the park with a beautiful pattern and message trimmed in metallic gold. Find more of her designer oyster shell bowls and ornaments online at lowcountrylinens.com. Photo editor **Lisa Staff** took the custom-designed shell to a private home in Ashton Cove and photographed it in a rustic basket of bleached oyster shells. Find more of her work at lisastaffphoto.com.*







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Pick a number

RANDOM ACTS OF KINDNESS

You don't have to wait until **Random Acts of Kindness Day (Feb. 17)** to make someone's day better. Quick, pick a number between 1 and 30 and pledge to complete it by the end of the week. Email your ideas for random acts of kindness to info@wearelocallife.com

Spread kindness

THESE 30 SMALL-BUT-MIGHTY IDEAS CAN BRIGHTEN A PERSON'S DAY

You know that warm and fuzzy feeling you get when a family member does a chore that they know you hate, or when a total stranger chases you down the block to return something you dropped? Nothing compares when it comes to random acts of kindness, for you and the party involved. That warm and fuzzy feeling goes both ways. Don't you always feel a little better about yourself knowing you made someone happy or made their day a little easier? Ralph Waldow Emerson put it best when he said, "You cannot do kindness too soon, for you never know how soon it will be too late." **Here are a few acts of kindness that can easily be incorporated into your life.**

1

Compliment the first three people you talk to in the morning.
Who wouldn't want a little boost of confidence to start their day?

2

Buy an extra bag of dog or cat food to take to the shelter.
They can never have too much!



3

Pick up litter on the beach.
Think of what would happen if every beach-goer picked up the trash left around them.

4

Let someone go ahead of you while driving.
You know how frustrated you can get while trying to turn into oncoming traffic? It'll take just a few seconds to let someone turn in front of you, and think how happy you'd be if someone did that for you.

5

Send a "thinking of you" card to a relative or friend.
Nowadays, there's nothing more personal than a handwritten note.

6

Pay for someone's morning coffee.
While in line at your favorite coffee shop, grab an extra cup of Joe for a nearby customer.

7

Leave a positive review for a small business.
They're usually the first things that pop up when Googling, and it could be a huge help in times like these.

8

Bring a homemade baked good to your neighbor.
Maybe brownies or chocolate chip cookies? With all of the proper Covid-19 protocols, of course.

9

Cook a meal for someone.
Whether it be a significant other, a friend, or a family member, it's one less thing they have to do that day.

10

Bring your neighbor's trash bin back up from the curb.
It's a tedious little task — make their day easier!



11

Donate outgrown clothes.
It's easy to toss these into the garbage and call it a day, but a quick drive to a local thrift shop could make all the difference for someone in need.

12

Instead of asking a coworker if they need help, find something to do for them.
This could be as simple as fetching their paper from the printer.



13

Make a bet with yourself to see how many people you can get to laugh in a day.
Laughter is the best medicine, after all. Start with three.

14

Pay for the person behind you in the drive-through.
A tale as old as time, but you never know the chain reaction it could start.

15

Hold the door for as many people as you can.
Even if you think they're a little too far away, it's the thought that counts.

16

Interact with a friend's social media post.
Especially now, with the lack of face-to-face communication. Rather than just liking a photo on Facebook, leave a comment that will engage others and start a conversation.

17

On Mother's Day and Father's Day this year, remember those who have recently lost a parent or a child.
Mailing a card or even sending a text to let that person know you're thinking of them will be a simple act that could bring them a little bit of comfort on a tough day.

18

Offer to take a group's picture.
Selfies can sometimes suffice, but memories are best captured without someone's outreached arm being the only thing in focus.

19

Shop locally when you can.
This is one of the best things you can do for your community.



20

Return a stray cart to the cart return.
It'll make the employee's tough job a little easier that day.

21

Ask the grocery store cashier how their day is going.
Especially with a mask mandate in place, it's really easy to just unload your items onto the belt, swipe your card, and leave — all with no interaction. Engage in some conversation!

22

Let someone go ahead of you in the checkout lane.
This is especially considerate to do when they have fewer items than you.

23

Endorse a friend's skill on LinkedIn.
Every little bit helps when it comes to job hunting.

24

Buy a stranger an item from their Amazon Wishlist.
What a wonderful and thoughtful surprise! Maybe even try to find a first-year teacher — this could be especially helpful to them.

25

Donate flowers from a wedding or funeral to a local nursing home.
Put them to a good use, rather than tossing them.

26

Call someone you haven't spoken to in a while.
If it's a friend or relative, no doubt they'll be happy to hear from you.

27

Assist someone in stowing their luggage on a plane.
And, of course, help them retrieve it once you land.

28

Give your dog an extra five minutes of belly scratching.
Furry family members are only here for so long — make them happy as often as you can.

29

Cut up plastic six pack rings.
We've all seen how those can harm sea life.

30

Do something that makes you happy!
Take a night or weekend for some self care. After all, the person you should be kindest to is yourself.

hot tech

Cool products and accessories to help enhance your local life.



Tuned in

SOUNDFORM SMART SPEAKER AND CHARGER

No longer choose between music and your phone battery. This speaker allows you to charge wirelessly while keeping the tunes going. You also can choose to enable Alexa or Google Assistant, giving you the ability for voice commands. *Belkin.com. $299.99*



Best buds

WEARBUDS

Nothing is worse than being out and about with your wireless headphones when all of a sudden they lose power. With Wearbuds, this issue is no longer. The watch and fitness tracker has a charging port for your headphones right on your wrist. Stay on the go with all your favorite tunes. *myaipower.com. $179*



Mixin' it up

BARSY SMART COASTER

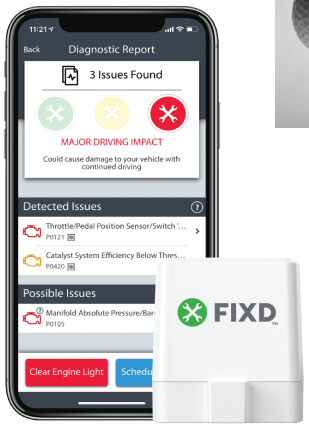
Mix up the perfect drink with ease using the Barsy smart coaster. You will select your drink of choice on the app and place the glass on the Bluetooth connected coaster. The coaster will light up and change colors to indicate when to change ingredients, so you will always get the best result. *williams-sonoma.com. $149.95*



The search is over

GOLF BALL-FINDING GLASSES

Many golfers know the issue of losing perfect sight of your ball. These golf ball-finding glasses tint all of the surrounding greenery, making the white golf ball stand out and saving you time on the course. *sharperimage.com $59.99*



If it ain't broke, don't fix it

FIXD

For many, car issues can be a big stressor in life. With the FIXD car scanner, you can know exactly what is going on with your car and what needs to be fixed. This small tool can save you time and money when it comes to your vehicle. *fixd.com. $60*



Jumping into the New Year

SMARTROPE ROOKIE

Is one of your New Year's resolutions to get more exercise? This smart jump rope is a fun way to start getting active. It tracks your jump count, calories burnt, duration, and keeps track of your goals. Compete with yourself, and watch your progress through the app. *tangramfactory.com. $39.95*



Much kneaded

THERAGUN ELITE

This powerful massager works to make sure your body is completely sore-free. Target specific muscles and use the Theraguns deep muscle treatment to help you get the best results. *theragun.com. $399*

It's a par-tee

DRIVER DRINK DISPENSER

Stay hydrated on the green with this drink dispenser, disguised as a driver. It fits right in your bag and holds 48 ounces of your favorite beverage, so no need to hassle with cans or bottles. *sharperimage.com. $59.99.*



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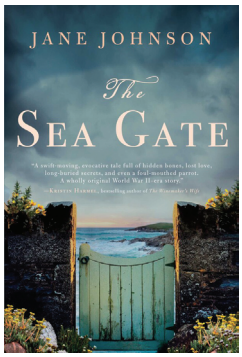
Limited time offer. Promotion is for new residential customers only, adding Hargray services for the first time. Promotion of Internet plans starting at $55 per month is good for the first year. Additional Hargray services are allowed for additional monthly cost per service. Promotional offer cannot be combined with any other promotional offers or Hargray Rewards. Advertised price does not include equipment fees, taxes, surcharges or any other regulatory or governmental charges. "Fastest Internet" claim is based on the download and upload speeds of Hargray's 1000 Mbps tier compared to the download and upload speeds of the fastest Internet tier offered by competitors as of December 3 2020. 1000 Mbps download speeds are typically between 945 Mbps and 950 Mbps due to overhead capacity reserved to deliver the data. Upload speeds are typically between 50 and 54 Mbps. 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). ©2021, Hargray Communications Group, Inc.; logos are registered trademarks and as such, protected property of their respective companies; all rights reserved.

New year, new books

GREAT READS COMING IN 2021 FROM BEST-SELLING AUTHORS AND PROMISING NEW WRITERS.

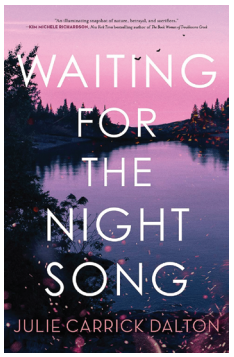
SELECTIONS BY DENISE FRIDAY

January releases



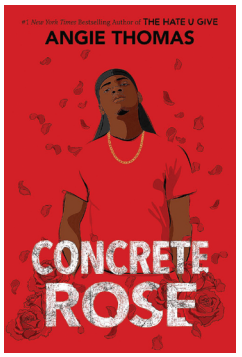
THE SEA GATE

Jane Johnson writes a historical novel of love, courage and family secrets set in Cornwall, England, during WW II.



WAITING FOR THE NIGHT SONG

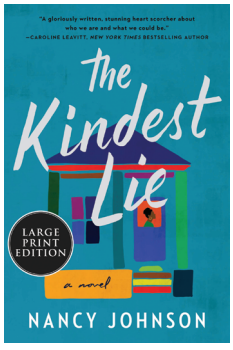
Julie Carrick Dalton's debut explores the magic of childhood summers and friendships and the high price of secrets that leave you forever changed.



CONCRETE ROSE

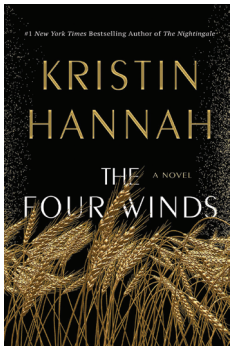
Anjie Thomas revisits Garden Heights 17 years before the events of The Hate U Give and tells the story of teenager Maverick Carter.

February releases



THE KINDEST LIE

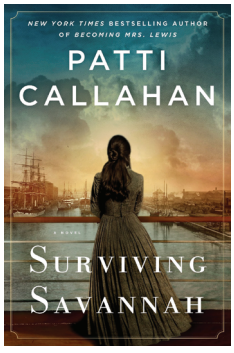
Nancy Johnson's debut novel is a story of family and secrets that explores the divide between White and Black families in America.



THE FOUR WINDS

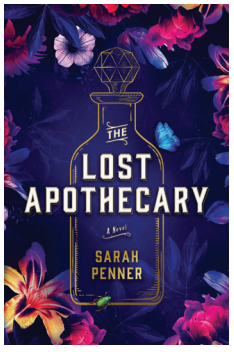
Kristen Hannah writes an epic novel of love, heroism and hope during one of the darkest periods of the Great Depression, the Dust Bowl era.

March releases



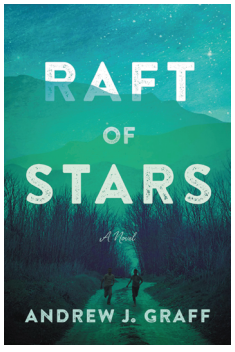
SURVIVING SAVANNAH

Patti Callahan, a Savannah history professor, attempts to solve the mysteries surrounding the boiler explosion on the steamship Pulaski, 180 years after its fateful sinking.



THE LOST APOTHECARY

Sarah Penner's debut novel alternates between modern day and the 1800s, where an apothecary in London becomes a place that helps women get rid of dangerous men.



RAFT OF STARS

Andrew J. Graff's book features two young boys who flee into the northern woods of Wisconsin after they think they've committed a terrible crime. The hunt is on to find them before it is too late.

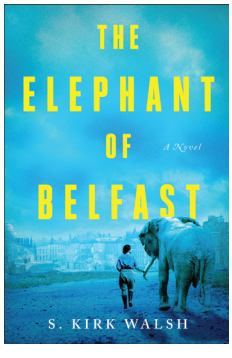
April releases

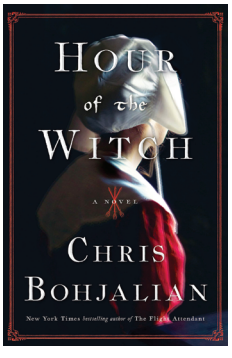
THE ELEPHANT OF BELFAST

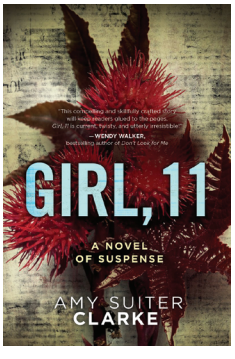
S. Kirk Walsh's debut. Inspired by true events, is the story of a young woman zookeeper and the elephant she's compelled to protect through the German blitz of Belfast during WWII.

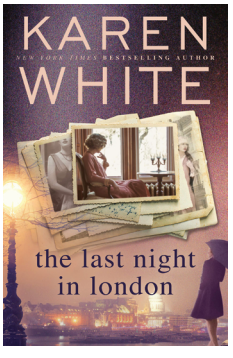
HOUR OF THE WITCH

A young Puritan woman plots her escape from a violent marriage in this fast-paced historical thriller by Chris Bohjalian.







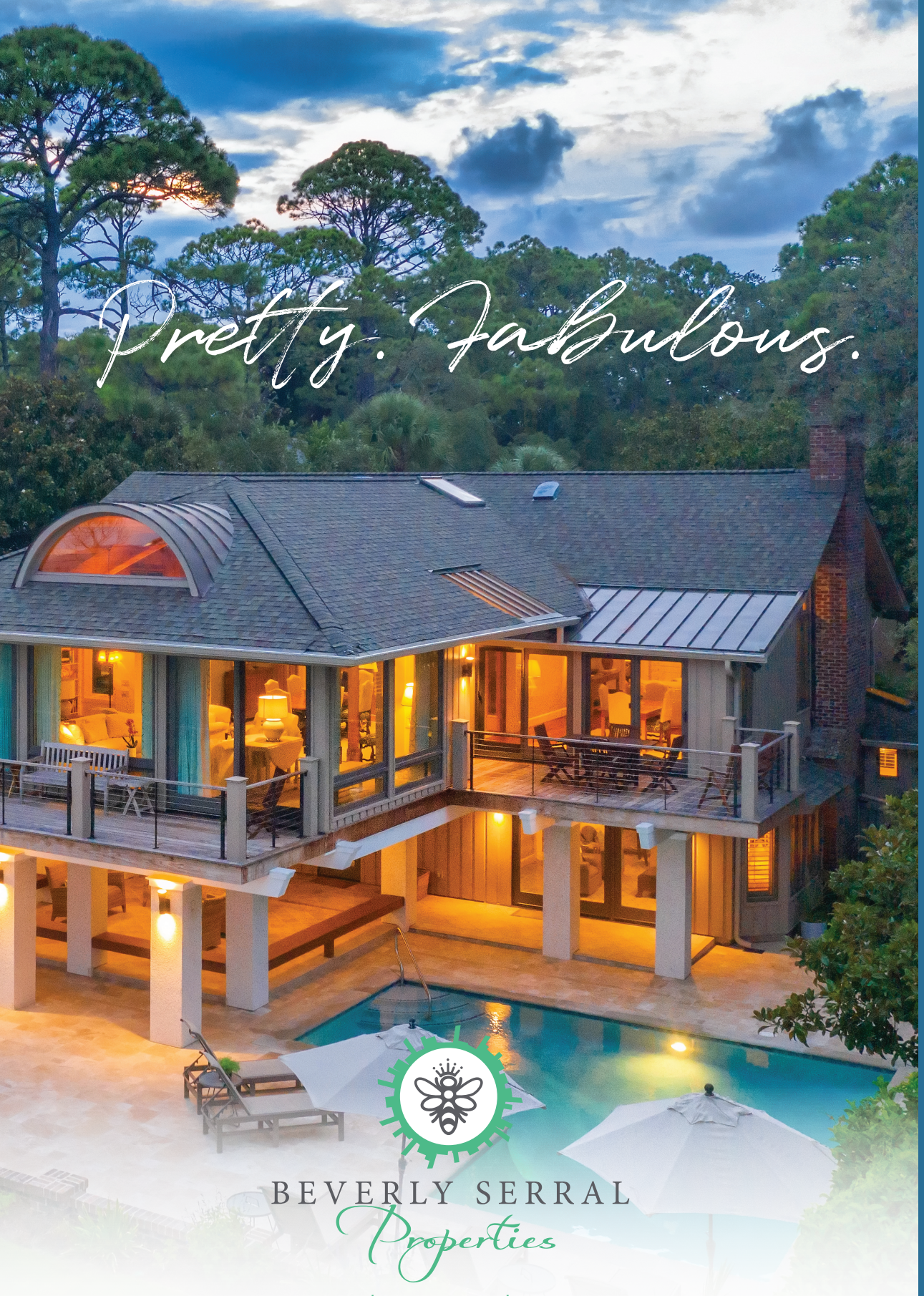


GIRL, 11

Amy Suiter Clarke's debut thriller about a social worker turned true-crime podcaster who unwittingly creates new victims when she investigates a decades-old serial killer cold case.

THE LAST NIGHT IN LONDON

Karen White weaves a story of friendship, love and loss between 1939 war-torn London during the Blitz and present day.



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Adopt this Pet: Clive

THIS HAPPY HOUND IS HOPING FOR A HAPPY HOME



After being found as a stray, Clive was taken to Hilton Head Humane to be taken care of. He's a bit underweight for his breed, so he's in search of an owner who will train him with lots of yummy treats, and maybe even be a little heavy-handed when it comes to scooping dinner into the bowl. Clive is enjoying his time and the friends he's making at the shelter, but he is eagerly waiting for that perfect forever family to fall in love with him and bring him home. The best way to start 2021? Bringing home a sweet pup that wants nothing more than to be loved.



MORE ABOUT CLIVE

Color: Tan, black, and white with some cute polka dots
Age: 2
Weight: 45 pounds
Likes: Peanut butter flavored treats and parties with lots of people to give him attention. "New Year's Eve parties are my absolute favorite. Of course, they'll look different this year with COVID regulations in place, but that can't stop me from watching the ball drop! And by that, I mean tennis balls dropping from that sky that I can go fetch." ***- Clive***
Dislikes: Lack of cuddles and New Year's resolutions. "It's the same every year. I always make a resolution to stop begging from the table, but I can't help it. Human food looks too yummy!" ***- Clive***
Adopt him: Due to the pandemic, all Hilton Head Humane Association adoptions are by appointment only. Call 843-681-8686 or visit hhhumane.org.

Official Mensa® Challenge

Answers are available on LocalLifeSC.com/Mensa

1. Make your way from COAST to SLIDE in seven steps, changing one letter at a time to make a common English word at each step. COAST → _____ → _____ → _____ → _____ → _____ → _____ → SLIDE

2. The names of three cities from the same U.S. state are hidden in the sentence below. Can you find them? (The letters are in consecutive order.)
"Watch out for that kayak," Ron said on Sunday to no one in particular, raising the panic level and upsetting the crowd."

3. Find a six-digit number in which the first digit is one more than the third, the second digit is one less than the fourth, the fifth digit is one less than the third, and the sixth digit is one more than the fourth. The sum of the second and third digits equals the first. The sum of all the digits is 30.

4. What letter would logically replace the question mark in the following sequence? A E F H I K L M N ?

5. Nick is one-fourth his grandfather's age. Five years ago, he was one-fifth his grandfather's age. How old are Nick and his grandfather now



[LAST MONTH'S ANSWERS]

1. *ARMATURE* ***2.*** *Palm, Endive, Deodar, Aspen* ***3.*** *62 (the days of the month doubled)* ***4.*** *Because ships going through the canal from the Atlantic to the Pacific don't go east to west, but from west to east. The isthmus has a sharp bend and ships sail east from the Atlantic.* ***5.*** *The missing letter is "Q": QUESTION, INQUIRY, INQUEST, QUICK*

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

Opening Soon in Bluffton.

Our third Lowcountry location will be opening soon at 4818 Bluffton Parkway, Bluffton, South Carolina 29910.

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Nonprofit Spotlight

The Celebration Projects

MISSION

To provide deserving children in need with a birthday party. Something as simple as a birthday party has the power to change the course of a young person's life. The benefits go beyond the birthday party itself. The parties promote self-confidence, self-worth, and foster inclusion, reduce bullying, connect people and bring joy.





HAPPY BIRTHDAY The Celebration Projects helped make Monyce's 4th birthday memorable with an ice cream truck, cake and lots of children running around, having a good time with her family at Jarvis Creek playground. The party was hosted in a socially responsible way with lots of masks, sanitizer and plenty of fun.

HISTORY

The Celebration Projects is a nonprofit organization founded by Libby O'Regan, Amanda Spencer, Ashley Gluck and Mick Kuehn in 2020. Within days of launching during COVID, dozens of businesses pledged their support, donating services and products.

WHOM IT HELPS

Children, ages 1-17, who are residents of Bluffton, Hilton Head and the surrounding Lowcountry. The organization aims to serve children who have faced adversity whether that be through learning disabilities, physical disabilities, mental illness or children who experience financial hardship.



HOW TO HELP

The organization is seeking donations of products and services from local businesses in the restaurant/food industry, bakeries, entertainment, children's activity spaces, photographers and videographers and rentals. The organization also accepts cash donations to be used to fund the parties. To nominate or apply a child, submit a short application online.

FOR MORE INFORMATION ABOUT REAL CHAMPIONS INC.
Visit **thecelebrationprojects.org** or contact the founder Libby O'Regan at **libby@thecelebrationprojects.org**.

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LETTER TO THE EDITOR
LOCAL Life asked Hilton Head Island resident ***Debi Lynes*** to share her thoughts on what it means to be local. LOCAL Life welcomes letters to the editor and comments to our website. **Write to info@wearelocallife.com.**

What makes it local



adjective. lo·cal | lō-kəl

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

It takes a village

BY DEBI LYNES

The year 2020 has been challenging in more ways than one for everyone. Kids are no exception. With schools virtual, extracurricular sports canceled, and an air of uncertainty, it has been inspirational to watch young people rise to the occasion and demonstrate that they are the key to our future. It's why I love living in the Lowcountry.

"It takes a village" is the unspoken motto that is demonstrated on a daily basis by the kids living and visiting my neighborhood, the Point Comfort community. A drive through the neighborhood is all that's needed to lift one's spirits and realize the power of kids and community.



LOCAL SINCE 1983 Debi Lynes is shown with husband, Mike; daughter, Mollie; son-in-law Brian; and grandchildren, Clementine and Cash.

Lynesland has been our family home for over 60 years and is the reason we feel so fortunate to live in the Lowcountry. The neighborhood is rich with history and families who have helped shape the paradigm of Lowcountry living. There are families here who have chosen to live in a community where, time after time, neighbors come together like a finely oiled machine to help organize a community celebration or support someone in need.

Zac, Avery, Oliver, Sonny, and Cora, along with Mackenzie, Ben, Andy and Alissa — together with the rest of the kids of Point Comfort — come to Lynesland throughout the week. What they contribute is amazing and priceless. Bunnies are bathed, goats are run, the chicken-coop cleaned, ferrets fed, eggs collected, and chickens are herded, all while Jughead, the resident cockatoo, screeches her orders and bounces on her perch like there is a constant party.

In the meantime, Ella Grace, Rosie, and Clementine are next door, often busy bedazzling the driveway with amazing chalk artwork. Audrey, a top-notch swimmer in high school, and Olivia, a middle-schooler who is already an accomplished marksman and cook, provide ongoing physical and emotional support for their dad, who is recovering from a serious accident.

Don't even get me started on Wyatt and Sawyer, who at 12 and 14 years old are A-plus babysitters on the fly and are quite the accomplished sailors. They are major players in the village, especially when it involves fishing or boating, putting something together, or burying a swamp rat.

Valentina and Cozy, Mia and Nico are welcome sights when they cruise through the neighborhood on their golf carts, delivering smiles and often homemade potpies, cookies, and occasionally a cup of lemonade. The accomplishments and endearing qualities of all the amazing kids in this small corner of the island give me hope for the future and help me gain perspective on the where the world is headed.

Every day, I am surprised and in awe of these resilient, positive, creative rays of sunshine in my neighborhood community. It took a pandemic for me to slow down, stay home, and realize that my joy comes from the people in my neighborhood. Mr. Rogers was right all along.

P.S. Shout-outs to Haliegh, Sienna, Brookes, Merrit, Caroline, Ruby, Jules, Sydney, Charlie, Griffin, Rodney and Van, Lacey, Peyton, William, Landon, Christopher, Hunter, Halley and Elizabeth. *LL*



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REID'S HERITAGE

One Heritage Classic Foundation Scholar's Story

Heritage CLASSIC FOUNDATION

Reid D'Amico was a Heritage Scholar in 2011. He was born in the Washington, DC area but spent most of his childhood living very close to the RBC Heritage inside Sea Pines on Hilton Head Island.

Reid was a senior when he learned about the scholarship from his college counselor at Hilton Head Prep. "I was in high school during the '07 and '09 recessions and family finances became unstable as a result," said Reid. "I was accepted to private universities and colleges out of state and with those came an expensive price tag." Receiving the Heritage Scholarship "no doubt made my life easier. It made tuition and student loans manageable," Reid went on to say. "Cutting down the cost of my education removed many obstacles that can get in the way of pursuing graduate education."



He chose to attend Duke University and majored in Biomedical Engineering. He went on to receive his PhD in 2018 at Vanderbilt University. He now lives in Washington, DC and works for Deloitte as a federal health consultant. "I wanted to be a professor, but I discovered a career in FDA and regulatory affairs and I quickly pivoted," said Reid. "I find public health and ensuring that drugs/devices are safe and effective an incredibly fascinating career, especially given the COVID-19 pandemic."



Almost 10 years after being named a Heritage Scholar, he still wants the community to know how important it was to him and how it helped shape his path. "Back in high school, I wanted nothing more than to leave South Carolina and go to college out of state. The Heritage Scholarship enabled this journey while also anchoring my gratitude to a hometown that gave me so much support. College is expensive, and real life after undergrad plus student loans can absolutely place an incredible burden on young adults. This scholarship is an unparalleled investment into the future leaders of the world who got their start in the Lowcountry."

You can help young adults like Reid in Beaufort and Jasper County attend the college of their dreams by becoming a member of the Heritage Classic Foundation's Tartan Club.

Visit heritageclassicfoundation.com for more information.

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rebo


Kindness

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

Faces of kindness

MEET THREE LOCALS WHO HAVE MADE AN ART OF THE SIMPLE ACT OF DOING GOOD DEEDS.

STORY BY BARRY KAUFMAN
PHOTOGRAPHY BY LISA STAFF

This year, it feels like we could all use a little kindness. After all, everyone you know just went through 2020. And 2020 was a year that typified the saying, "these are the times that try men's souls."

So as we turn the page into 2021, let's all make it our New Year's resolution to just be a little nicer to one another, and a little more understanding of the struggles we're all facing. If you need some inspiration, meet a trio of locals who have been the model of kindness for years.

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Wayne Lilley

THIS SEMI-RETIRED VOLUNTEER HELPS PROVIDE TENNIS ACCESS TO EVERYONE.

While many around the island know Wayne Lilley for his work at Public Tennis, Inc. (PTI) and as a tireless champion of young athletes around the Lowcountry, you may not know that this in fact represents the third act in his life.

The first began in Massachusetts, where Lilley and his wife, Helga, built a software company together. Automotive Information Center proved successful, but Wayne always had other plans.

"My passion was to get away from my desk and pursue tennis as a second career," he said. "My wife and I built the tech company together, but eventually she told me, 'Wayne you're going to drive me crazy if you keep working so many hours.' So, we sold the company and began phase two of our lives."

The Lilleys would ultimately land on the tiny Caribbean island of Nevis, where the opportunity to teach tennis to area youth had huge potential. "There was no place for kids to play tennis, so I made a deal with the local government to partner to build a couple of courts across from the secondary school." The modest facility led to other court projects and to a program that was as much about mentorship as it was about tennis. It was a deeply rewarding seven years for Wayne coaching the kids.

When his journey took him to Hilton Head, Lilley's first thought was to start all over again. "I didn't want to teach at a club, I wanted to do something more like what I did in Nevis," he said. "Initially, I asked tennis friends as volunteers to help teach local kids." That led to doing Parks & Rec programs for youth, adults and special



LOCAL SINCE 2007 Wayne Lilley is President of Public Tennis, Inc. In addition to tennis, he plays piano and continues to write software. Learn more at publictennis.org.



needs players. Eventually, Lilley's interests and programs aligned with the good work of a nonprofit organization called Public Tennis Inc. "I was impressed that the founders of PTI were the catalyst responsible for putting the first public courts on the map in Hilton Head." Sixteen years later, in 2017, PTI needed a burst of new energy. "They asked me to serve as President, and here we are!"

With renewed passion, PTI has grown its affordable public court programs for youth and adults, partnering with schools, Island Rec, Parks and Rec and the USTA. Lilley is particularly committed to special needs and Special Olympics athletes, partnering with SOAR Special Recreation. All of this has required engaging and training an expanded team of dedicated on- and off-court volunteers, professional coaches, and teen-player coaches. "Last year we taught 135 special needs athletes alone," he said. "You're not going to manage and sustain youth, adult, and special needs programs on a larger scale around the heroic efforts of just a few people. We're thankful for the team effort!"

Helping children and adults through the game of tennis has long been Lilley's goal. "We see tennis as a community sport, not just a club sport, and our goal is to build a large regional public tennis center which is affordable and accessible to all."

"We have put together a conceptual sketch and a business plan for a public facility, and we're exploring options with the county. I made a presentation back in February to County Council, and we were picking up momentum when Covid hit," he said. "We'll pick up the pieces post-pandemic."

And when it's finally built, for Wayne Lilley, it will be its own reward. "I just want us to have an impact on our kids and the community and to grow the sport."

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Susan Forbes

THIS RETIRED NURSE HAS FOUND A WAY TO CHANGE LIVES ONE EPIC PARTY AT A TIME.

Some people show kindness by writing checks. For some, the currency of kindness is the sweat from their brow as they volunteer their time or talents for a cause.

For Susan Forbes, kindess takes the form of throwing the most epic parties for those who need it most.

"I've been a nurse for 34 years. I'm a fixer. I've always been," she said. "When I retired, I tried to volunteer at several places, and nothing seemed like a good fit. So when we bought Sparkleberry and renovated it, our designer MJ Bucci actually said to me, 'If you're trying to volunteer, my niece is Kathy Cramer.'"

As Executive Director of SOAR, Cramer has dedicated herself to enhancing the lives of those with disabilities. And she saw an opportunity in the Sparkleberry home that Ed and Susan Forbes had then recently renovated. It was the ultimate party palace.

"I found out that the special needs community does not have opportunities for social activities ... hence came the Sparkleberry parties," Susan said. "That first party we probably had 25-30 people. They've since grown to over 100 people. And we have a blast. They love to come to Sparkleberry. And I was just hooked after that first party."

From that first party came a grand tradition. The monthly Sparkleberry parties offer the members of SOAR a chance to let their hair down and just an enjoy themselves among friends. These parties involve typical students from the local high schools who dance and party with the special needs crowd. The party goers are from age 8-80.

On the guest list you'll find William, nicknamed the sportscaster, who can rattle off every statistic from nearly every sport going back



LOCAL SINCE 2012 Susan Forbes is shown with her dog Marley and with friends William Dennington and Sidney Wilson. When she's not planning Sparkleberry parties, Forbes enjoys bike riding, taking cross-country trips in her motorcoach and helping out with her four beautiful grandbabies.



20 years. You'll also find Marcus, who brings the house down every month with his karaoke rendition of Alicia Keys' "Girl on Fire." And of course it wouldn't be a party without Jacob and his spot-on Elvis impersonation, right down to the costume.

Birthdays are celebrated at each party. Each guest who has celebrated a birthday that month picks a present out of a gift basket and gets a cupcake with a candle. The group also sings, "Happy Birthday." One of the SOAR members, Devon, celebrates his birthday at every party. The Hilton Head Island Women's Association joins in every Valentine's Day with candy and hundreds of homemade cookies for all to enjoy.

"Everyone who comes to the Sparkleberry parties are like family to me," said Susan. "These monthly events are also great for the parents and families of those with special needs. They get to spend time with one another enjoying a party, building friendships, and connecting to those who can relate on a whole different level."

It also lets Ed and Susan's family interact with a whole new group in their community. "It helps my grandkids grow up interacting with all different types of people and see that we all need the same thing, support, so be kind to everyone." she said.

Her kindness doesn't just stop when the party does, either. "We want to give back however we can, so anonymously we'll do things like buy a scooter for a SOAR member who needs it to commute to work," she said "At the end of every party we send those who are in need of food home with every drop of food left and always buy extra so no one goes without."

The Sparkleberry home that has housed all of these extravaganzas is now on the market, but the Forbeses still plan on hosting. "Every house we've renovated, the first question is, 'Can we have SOAR parties here? Is there enough parking, is there a pool? ...'"

So the venue may change, but rest assured the party will go on.

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Heather Baker

THIS POPULAR REALTOR'S 'KINDNESS MATTERS' CAMPAIGN CAME AT THE PERFECT TIME.

The concept of kindness took on a whole new meaning this past year. The struggle and the hardships we've all faced have forced us to take a fresh look at the people around us and how we treat them.

For Heather Baker, Board President for the Hilton Head Area Realtors and architect of the "Kindness Matters" campaign, this past year changed everything about the concept of kindness.

"I started it (Kindness Matters) last year because I just wanted Realtors to be kind to each other and people in our community," she said. Not that they're inherently unkind, mind you. Baker's initial campaign simply encouraged them to focus on the niceties, like sending thank you cards, communicating about showings and giving back to our community. "When this year came and the pandemic started, it kind of took on a whole new meaning... It's funny how that concept took us through this whole year."

Sugarbaker, as she's called due to the way her molasses-sweet Southern accent evokes memories of the show "Designing Women," guided the evolution of the Kindness Matters campaign through the pandemic. What had first been a reminder for realtors of Southern manners became a powerful force for good, organizing food drives and gathering back-to-school supplies for children in need.

It has even spawned T-Shirts, masks and a weekly Facebook video series. During the month of April, Sugarbaker pulled a new item every day from the Gratitude Jar. "I'd take an idea out of the kindness jar every morning for 30 days of kindness. Every morning I got up and took a picture of whatever it was," she said. These items would be a daily call to



LOCAL SINCE 1999 Heather Baker (aka Sugarbaker) is board president for the Hilton Head Area Association of Realtors. In her free time, she enjoys spending time with her husband and friends, exploring local fare and traveling.



action, whether urging people to pay it forward in the drive-thru or call someone they hadn't spoken with in a while. "That was kind of fun. My motto has always been, 'The more you do for others, the more you do for yourself.' It made people feel good and empowered them and gave them a sense of need when we were all wondering what was going on."

Her favorite gratitude tip was "Hello." Put your phone down today and look up. Hold your head up high and say "hello" to strangers. The kindness doesn't stop there. Sugarbaker has been involved with a number of different causes going back to her Zeta Tau Alpha days, helping her sorority raise funds for breast cancer awareness. She still helps fight breast cancer, but that one cause is now joined by many.

Through her husband, Larry, she's become an ardent supporter of both Disabled American Veterans and The Leukemia & Lymphoma Society. Her support of Disabled American Veterans is a tribute not only to her father, a disabled veteran, but also to her husband. Wounded in action and told he'd never walk again, Larry beat the odds and didn't just walk. He runs marathons.

One of those marathons, Savannah's Rock 'N' Roll Marathon, sparked Sugarbaker's interest in The Leukemia & Lymphoma Society and has spurred her to organize several fundraisers.

And with each cause, the kindness only grows. But that's just the way Sugarbaker was raised. "My parents were always the kindest people. They are the ones that taught us from an early age you need to do for others. They are the inspiration for the kindness." *LL*

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Five tips from a successful businessman

'THE MOST HONEST MAN IN TELECOM' SHARES HIS SECRETS FOR SUCCESS.

STORY BY EDDY HOYLE







LOCAL SINCE 2012
Jack Cassidy is shown with Boomer and Gunnar Esiason at the annual Boomer Shoot near Cincinnati; and with wife Karen and daughter Katie at Woodside Plantation in Estill. The family owns homes in Palmetto Dunes, Estill and Cincinnati.

Jack Cassidy hails from Cincinnati, where several members of the Cincinnati Bengals have impacted his life. After his retirement, he partnered with Cris Collinsworth, former wide receiver for the Bengals and NFL analyst for NBC Sunday Night Football, to launch Pro Football Focus, a sports data company. He met Boomer Esiason at a golf tournament, and that led Cassidy to accept a position on the Boomer Esiason Foundation to battle cystic fibrosis. Later, it led to an invitation to visit Bengals' coach Marvin Lewis in Hilton Head, which turned out to be the catalyst for Cassidy and his wife, Karen, to move to Hilton Head. Cassidy said he's flunked retirement several times. He now owns the 1,000-acre Woodside Plantation in Estill, which offers lodging and guided hunting and fishing excursions. He has a farmhouse on the working farm that produces cotton, corn and peanuts. He also worked with Blackstone Capital Partners and served as chairman of Optiv, a Blackstone portfolio company; vice chair of Cincinnati Bell; and chair of CyrusOne.

Early in his career, Cassidy was introduced to the technology that would dominate his career – cellular phones. In 2013, Cassidy retired as president and CEO of Cincinnati Bell, where he was responsible for developing and executing the company's strategic and operational plans for all Cincinnati Bell companies, including Cincinnati Bell Wireless, Cincinnati Bell Telephone, Cincinnati Bell Entertainment, Cincinnati Bell Any Distance, Cincinnati Bell Technology Solutions and CyrusOne. Previously, Cassidy served as president and COO of the local Cincinnati Bell operations. Cassidy also served as vice president of sales and marketing for GE's cellular phone business and later held the same position at Cantel, Canada's largest cellular provider. **Forbes once dubbed him "The Most Honest Man in Telecom."**

Cassidy and his wife, Karen, have homes in Palmetto Dunes, Estill and Cincinnati. They have three adult children and enjoy golf, fishing and the beach. ***Here are his tips for success.***

Keys to Success

1. Surround yourself with greatness. "Surround yourself with people who are better than you are," Cassidy advises. Whether in sports, work or life, you'll get better if you do this. What you become is largely determined by the people you meet and the books you read. If you surround yourself with people who excel, your own abilities and skill set will stretch.

2. To thine own self be true. "Be true to yourself and remember to use your moral compass," Cassidy said. "You are what you are, and that will always be good enough if you're true to yourself. An artist should not want to be an engineer, for example. Find your own peace, happiness and completeness to be true to who you are, and always follow your moral compass."

3. Life is too short to work for (or with) buttheads! "Buttheads just don't get it," said Cassidy. "Life is just too short to work for, or with, buttheads. You need to work with cool people. Life is a joy and we spend a great part of it at work, so work with cool people. And that means you have to be cool, too."

4. Leaders eat last. "Make sure everyone is well taken care of, then you can take your turn — whether it's problem solving, compensation, or in line at the lunch counter. The role of a leader is that of a servant."

5. You don't have much time on the planet. "You only get one shot at life, so you need to be the star of your own action show. You can't just sit around and wait for things to happen. Every minute of every day, look for exciting opportunities. Carpe diem! Be happy. You control your attitude, nobody else does." LL



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The science side of the healing arts

LOCAL HOSPITALS ARE MAKING THE MOST OF ADVANCES IN HEALTHCARE TECH.

BY LISA ALLEN

Tender, loving care is the best medicine around, but sometimes we need a little more than that. Here in the Lowcountry we get both: ***The best of technology and science and some of the nicest healthcare providers anywhere.*** On Hilton Head Island and in Bluffton, we have Hilton Head Regional Healthcare. To the north, we have Beaufort Memorial Hospital. South, we have St. Joseph's/Candler. In all directions, you'll find technologies that offer gentle ways to help us lead healthier lives.



When knees start showing their age

As we get older, our parts start to show that wear, often in the form of osteoarthritis or degenerative joint disease. When anti-inflammatory medication and cortisone no longer work, it's time for the next step, pardon the pun.

"If the pain begins limiting even simple activities, such as climbing stairs, shopping or gardening, it may be time for total knee replacement surgery," said board-certified orthopaedic surgeon **Dr. Edward Blocker**, chairman of Beaufort Memorial's orthopaedic department.

Using the **Mako Robotic Arm-Assisted Surgery System**, the diseased joint is replaced with an artificial joint or implant designed to move much like your healthy joint, not just some generic, one-size-fits-all solution.

The surgical system's software creates a 3-D model of your knee and helps the surgeon develop a pre-operative plan specific to you. The surgeon uses the model to evaluate bone structure, disease severity, joint alignment and the surrounding bone and tissue to determine the optimal size, placement and alignment of the implant.



"We can see the knee on a computer screen and decide the size and position of the implant that would work best," Blocker said. "With the robotic arm, we can implant the components with greater precision, which can increase their longevity."



In the operating room, the surgeon guides the robotic instrument arm to remove only the diseased bone, preserving the healthy bone and ligaments around it. Virtual boundaries established by the robot prevent the surgeon from irritating surrounding soft tissue.

Once the arthritic bone and cartilage are removed, the surgeon implants the total knee components into position.

"We can move the knee through a range of motion and see it on the computer screen," Blocker said. "It allows us to objectively measure the tension of the ligaments to precisely balance the knee to that patient's unique anatomy."

A properly balanced knee feels more natural and functions better, which can extend the life of the implant, Blocker said.

***Dr. Edward Blocker** discusses knee surgery options with a patient. Blocker is one of several Beaufort Memorial orthopaedic surgeons currently using the Mako robot-assisted knee replacement technology.*



Going gently under the knife

St. Joseph's/Candler has upgraded its robotic technology, adding **da Vinci Xi, the fourth generation**. The system gives surgeons magnified views of regular laparoscopic surgery while retaining the three-dimensional view of traditional open surgery, all in high definition.

For patients, this means less pain, less blood loss, a shorter hospital stay and a quicker recovery.

The da Vinci Xi Surgical System is used either bedside or from above, allowing surgeons to use the best approach.

"The robot is the system of instruments, and I control the instruments," said general surgeon **T. Ellis Barnes IV, MD**. "I'm a perfectionist, so the degree of articulation afforded to me by the wristed instrument is phenomenal. The visualization is amazing, and it's all 3D. One of the basic surgical principles is to have as little tissue damage as possible." The da Vinci's gentle touch allows just that.

Happy New Year!

2021



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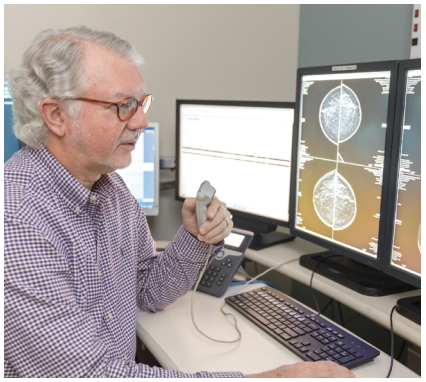
Fighting breast cancer

First, BMH offered 3D mammograms, now it's added an advanced ultrasound technology that helps doctors find cancers hidden in dense breast tissue. **Invenia Automated Breast Ultrasound System (ABUS)** is used alongside annual 3D mammograms.

"Mammography is the gold standard for detection of breast cancer, but it doesn't work equally well in all women, particularly those with dense breast tissue," said **Dr. Phillip Blalock**, chief of radiology at Beaufort Memorial Hospital. "The ABUS screening improves breast cancer detection and is another tool we can use to give women with dense breasts peace of mind."

Some 40 percent of women in the U.S have dense breasts, which means they have a greater amount of connective and fibrous breast tissue than fat in their breasts. While it is a common condition, women with dense breasts are four to six times more likely to develop breast cancer. A mammogram alone may not be enough to detect breast cancer in its early stages.

Unlike 2D or 3D mammograms, which use radiation to create an X-ray image, ABUS uses sound waves to provide 3D pictures of the breast tissue. On a mammogram, dense tissue and masses both appear white, so a suspicious lump may be hidden in dense tissue. When dense tissue is scanned with ultrasound, the tissue appears white and masses appear black, making them easier to see.





*Beaufort Memorial radiation oncology **Dr. Jonathan Briggs** treats patients using the Varian TrueBeam linear accelerator at the Keyserling Cancer Center in Beaufort. Thanks to its partnership with MUSC Health and Alliance Oncology, Beaufort Memorial is able to offer state-of-the-art radiation therapy treatment in both Okatie and Beaufort.*

Cancer services right where you need them

Leading-edge cancer treatment is now easier to access in both Beaufort and Okatie. Beaufort Memorial Hospital, in partnership with MUSC Health and Alliance Oncology, now boasts **two state-of-the-art cancer centers** in the area.

Last year the hospital consolidated its cancer services in Beaufort to its main campus and more recently, opened the New River Cancer Center at the Okatie Medical Pavilion. Putting both core and ancillary cancer services in the same locations enhances the multidisciplinary model that has shown to improve outcomes.

The hospital's affiliation with the National Cancer Institute-designated Hollings Cancer Center at MUSC allows BMH patients to participate in groundbreaking clinical trials studying promising new cancer drugs and treatments and provides access to MUSC subspecialists experienced in treating rare and complex cancers.

And thanks to the Alliance Oncology partnership, patients can benefit from the newest radiation oncology systems, which target tumors with pinpoint precision while providing a treatment environment more comfortable for the patient.

"We're offering the same advanced technology and protocols available at leading cancer centers," said **Jonathan Briggs, M.D.**, medical director of Radiation Oncology Services at the Keyserling Cancer Center in Beaufort. "It makes it so much easier for patients when they can receive their treatment close to home."

Better open MRIs

Once upon a time, doctors had to choose between sharp images from a traditional MRI or less crisp images from open MRIs. That was then. The **Oasis High-Field Open Magnetic Resonance Imaging System** at St. Joseph's/Candler Imaging Center in Bluffton has a 1.2T superconducting magnet, the highest field strength in existence for an open MRI.

Traditional MRIs create detailed images of a patient's anatomy without exposure to radiation. But even though it's a non-invasive scan, the tubular machine itself can be uncomfortable — and sometimes unbearable — for larger patients, for children who don't want to be alone, and for those who fear enclosed spaces. For claustrophobic patients, the open architecture provides a 270-degree unobstructed view. For larger patients, the space is designed to provide comfort in any position and has a 660-pound weight limit. For children, a parent can be right beside the child for the entire scan.





Taking 3D mammograms on the road

One of the major barriers for women to get their annual mammography screening is time, especially for those who live or work far from a hospital. No worries. St. Joseph's/Candler's **Mobile Mammography Unit** will come to you, now with tomosynthesis, or 3D mammography.

"Tomosynthesis is very helpful in certain populations, particularly women with more dense breast tissue," said Lora Reese, director of Telfair Ambulatory Services. "It captures fifteen different images of the breast, offering much more information than one 2D image. The 3D technology also decreases the need for many patients to be recalled for additional imaging."



And TLC too

St. Joseph's/Candler has built up quite the team to help people navigate the stressful journey through cancer. **"The Bluffton campus is tailored around the patient experience,"** said Pam Proman, director of operations and strategic initiatives for the Lewis Cancer & Research Pavilion. Patients can enlist the help of a patient navigator, financial navigator, social workers and dietitians.

New chemo chairs aren't just comfortable—they are heated, can easily be adjusted electronically and include a space for your belongings. Previously, patients may have held their purses or bags in their laps for hours. It's the little things, the TLC, that helps us heal.



*MRI technologist **Shannon Morris** is shown next to the new Oasis High-Field Open Magnetic Resonance Imaging System at St. Joseph's/Candler Imaging Center in Bluffton.*



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LOCAL PROFESSIONALS SHARE POPULAR TREATMENTS, IDENTIFY TRENDING TECHNOLOGIES AND OFFER GOOD ADVICE FOR THE YEAR AHEAD.



When it comes to feeling and looking your best, diet and exercise might not be enough. Let your New Year's resolution know you are in it for the long haul by improving your physical and mental health with advice from local experts. We reached out to industry leaders to learn more about how the pandemic has impacted their practices, what treatments are the most popular and what technologies are trending in 2021. Discover a new healthy you in the new year.



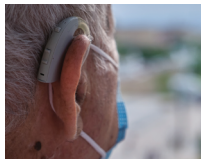
***Randy Rose** is a hearing instrument specialist with Rose Hearing Healthcare Centers. Learn more at rosehearinghealthcarecenters.com.*

HEARING LOSS

Answers from expert Randy Rose

[Q] Are hearing aids still the best option in 2021?
[A] Ninety-five percent of Americans with hearing loss can be treated with hearing aids. Only five percent of hearing loss can be treated with surgery. Success rates with hearing aids today show that nine out of 10 people with hearing aids report improvements in quality of life.

[Q] What technologies are trending? **[A]** 2020 was packed with new technology that has changed hearing for 2021 and beyond. Some of the biggest news was the introduction to Widex Moment, lithium ion rechargeable hearing aids. Not because of the rechargeable feature or the use of battery cells, but because of the sound. It provides a more pure and natural sound for a superior listening experience.



EXPERT TIP
Unmask with caution. Our biggest challenge this year has been lost hearing aids due to the wearing of masks, with a record 40-plus hearing aids lost. Our biggest recommendation is to use caution when removing your mask. Take it slow and easy.

PSYCHIATRIC TREATMENT

Answers from expert Patrick Wiita



***Dr. Patrick Wiita** is a child, adolescent, adult and forensic psychiatrist based on Hilton Head Island. Learn more at wiitamd.com.*

[Q] What was the most common psychiatric treatment in 2020?
[A] For children and adolescents, without question, medication treatment for Attention Deficit Hyperactivity Disorder, or ADHD. With so many kids in "virtual school" from home, the attention demands of online classes combined with less structure than a typical school day often brought to parents' attention the struggles their children had with sustained attention and distractibility. In the 65 years that stimulant medications, such as methylphenidate, have been available for the treatment of ADHD, no other treatment, medication or behavioral has even come close to demonstrating the same level of effectiveness. The track record for safety with these medications is very well established.



[Q] What do you see coming in 2021? **[A]** I think if 2020 has taught us anything, it's that, for better or worse, telemedicine is here to stay. I've had a mostly positive experience with telepsychiatry and providing virtual appointments to patients over the last year, and it has helped me provide safe and effective high-quality services to people with very significant barriers to care, COVID-related or not. I see 2021 bringing increased comfort with virtual care and further improvements in technology. I'm also really excited to see how the new landscape can increase access to psychotherapy, or talk therapy, to a larger population of young people.

EXPERT TIP
Help yourself first. Don't put off looking for or asking for the support that you want or need. If you're like most people, you've been shouldering a lot of new responsibilities, and more people are depending on you than ever before. You need to be healthy and functional to give yourself the care that you need and still have something left over for those who depend on you. In the medical field as a whole, and definitely psychiatry, we've gotten really good at offering high-quality, evidence-based, and safe treatments with a flexibility that wasn't really available just a few years ago.

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PLASTIC SURGERY

Answers from expert Frederick Weniger

[Q] What was the most popular procedure in 2020? **[A]** Although the official statistics won't be released until spring, my own experience and conversations I have had with other plastic surgeons can give us a clue. Breast augmentation (implants) and liposuction are Nos. 1 and 2, just like the last several years. What is way up, though, is lower-facial surgeries. More people are asking about lip lifts, neck lifts, laser treatments, and lower facelifts because they are wearing masks and staying home anyway! I never saw it coming, but starting this summer, patients have been telling us that they decided to have their procedures done now for exactly that reason.

***Frederick Weniger** is a plastic surgeon at Weniger Plastic Surgery. Learn more at wenigerplasticsurgery.com.*

[Q] What trends do you see coming in 2021? **[A]** I believe that there will be a trend toward more breast lifts and reductions. These procedures may never catch up to breast augmentation, but more people will continue to improve their breast aesthetics by making them perkier and tighter (and sometimes smaller, not just larger). Also, older patients will be getting lifts to deal with the loose skin that occurs if they choose to remove their breast implants or downsize. Breast implant removals are increasing, so lifts should follow. Buttock augmentations and lifts continue to grow, but it has to stop sometime! Similarly, lower body lifts will become more popular as tighter, firmer, more athletic bodies continue to hold the spotlight.



EXPERT TIP

Beauty is in the skin. Don't smoke, and protect yourself from the sun. If you avoid these causes of destruction of your skin, every part of your appearance will benefit. You will have less crepey skin, fewer age spots, fewer wrinkles and even less drooping. From your face to your breasts to the rest of your body, it makes a big difference. Remember that what looks best on your face in your 40s is sunscreen in your 20s.



COSMETIC DERMATOLOGY

Answers from expert Carmen Traywick

[Q] What were the most popular services in 2020? **[A]** Injectables remain our post popular medical spa procedure in 2020. Botox is an always popular option for relaxing frown lines, especially on the forehead, on the glabella (between the eyebrows) and the crow's feet (sides of the eyes). Fillers are a great way to replace lost volume that happens with aging. Most patients want a rested, younger look. In well-trained hands, fillers can provide this by lifting the cheeks and softening folds around the mouth and nose. Fillers give instant satisfaction with immediate results, none to minimal downtime and much more robust improvements than products or less-invasive procedures give you.

[Q] What trends do you see coming in 2021? **[A]** One trend for 2021 will be more focus on the neck and chest. The same treatments done on the face can be done on the neck and chest. Laser treatments are great in this area, but Botox and even judicious use of fillers can help with creases in the neck and that crepey appearance on the neck. Now that more people work from home, they have the time to recover indoors and can tolerate a little more downtime after procedures in this area. One trend for 2021 will be face anti-aging treatments and more aggressive laser treatments with more downtime, but huge results.

EXPERT TIP

Don't forget about the basics. A good foundation of healthy skin is crucial when you embark on any anti-aging treatments. Healthy skin needs two main things: moisture and prevention. Moisture comes in a variety of ways that include diet, water intake, oil production and products to hold in water and maintain the skin barrier. Products with hyaluronic acid, and ceramides augment the skin's natural moisture and barrier production. Prevention includes a cocktail of sunscreen, antioxidants and retinoids. Starting with the basics of skin care is always a great first step in skin health.



***Dr. Carmen Traywick** is a cosmetic dermatologist at LUX ~ A Medical Spa and owns May River Dermatology. Learn more at luxhhi.com.*

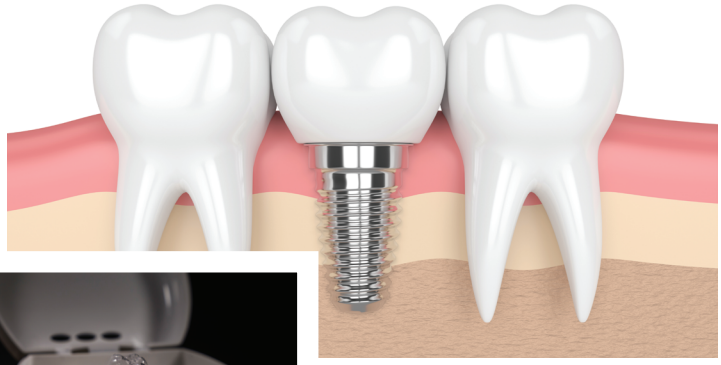
COSMETIC DENTISTRY

Answers from expert Matthew Mastrorocco



***Dr. Matthew Mastrorocco** is a dentistry practitioner at ROC Dental Group. Learn more at rocdentalgroup.com.*

[Q] What was the most popular procedure in 2020? **[A]** Basic procedures like crowns and fillings to repair broken teeth have been our mainstay, but we saw an increase in dental implants to replace missing teeth. Implants are such an efficient option when a tooth cannot be saved. We also saw an increase in night guards to protect the teeth and bite during sleep. People usually have no idea about the amount of pressure they are putting on their teeth over time, including when they are under stress related to the pandemic. Forces on the teeth range from typical, functional movements of the jaw to clenching and grinding throughout the day but especially at night.





[Q] What trends do you see coming in 2021? **[A]** Invisalign treatment has become really popular. Patients are seeing that it is easier than conventional braces, and they can get great results. Patients also are seeing the benefits of comprehensive dentistry, which means planning for the health of the entire mouth. So rather than treating one tooth that is in the most dire situation, they restore a quadrant of teeth to prevent an urgent dental visit in the future.

EXPERT TIP

Take care of issues as they arise. The biggest piece of advice I give my patients is to not let problems go untreated. If you have a fractured filing that isn't causing pain or an untreated abscess, you are very likely to require an urgent visit to the dentist due to sudden pain. When people take care of issues as they arise, they reap the reward of better overall health and peace of mind. I also find that I spend a lot of time educating patients on the amount of force that we place on our teeth, jaw bone and gums. This pressure leads to deterioration like gum recession, bone loss, and chipped and fractured teeth. We recommend Invisalign or orthodontics to help control this deterioration and correct the bite by balancing the biting force. Another option is rebuilding the bite through crown work and ceramic veneers.



Are You Starting to Feel Your Age?

Do you feel like your body and brain are starting to slow down? Ever wonder why and how this happens? A large contributor to the aging process is a reduction in NAD+ levels.

What is NAD+? Nicotinamide adenine dinucleotide (NAD+) is a compound that plays a critical role in the aging process. Not only do we start to feel the effects of aging on our body and mind as NAD+ levels decrease with age, but lower levels of NAD+ have been linked to diabetes, heart disease, vision problems, Alzheimer's, and age-related skin issues.

So what's the good news? Restore's NAD+ IV Therapy can help! This therapy can rejuvenate mitochondria, the powerhouse of your cells, which are responsible for creating the most basic fuel of your body's biological processes. Flooding the body with IV NAD+ is designed to jumpstart your body's repair mode in a natural and safe way. Following the NAD+ IV, Restore provides a vitamin infusion that enhances the process, helping with energy production and mitochondria regeneration.

This process optimizes your cells, which can lead to a more optimized body. NAD+ has also been used for symptom management with MS, Parkinson's, Lyme's disease, chronic fatigue, and fibromyalgia.

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***Dr. Trey Bishop** is an ophthalmologist at Bishop Eye Center. Learn more at bishopeye.com.*

OPHTHALMOLOGY

Answers from expert Trey Bishop

[Q] What was the most popular procedure in 2020? **[A]** Refractive cataract surgery was the most popular procedure in our practice for 2020. Cataract surgery is by far the most common procedure performed by physicians in the United States annually. Fortunately, it is also one of the safest and most successful. Cataracts occur when the natural lens of the eye becomes cloudy commonly due to aging. The result is blurred vision. Traditional cataract surgery involves removal of the cloudy lens and insertion of a new lens implant to restore vision. Refractive cataract surgery elevates the goal of safely restoring vision to include enhancing visual performance and freedom from glasses and contacts. It truly epitomizes the "art of medicine."



[Q] What trends do you see coming in 2021? **[A]** The new year will "see" the continued evolution and adoption of refractive cataract surgery techniques and technologies by many surgeons and patients in the unwavering pursuit of "perfect" vision. Obviously, that's a lofty goal with ever-increasing expectations. For our practice, we will continue to push the performance of our chosen technologies. For example, last year we at Bishop Eye joined colleagues at Baylor University in collecting imaging data using the Cassini Ambient corneal topographer to link with Johnson & Johnson's CATALYS Precision Laser System in an attempt to set new standards worldwide for treating astigmatism. This led to FDA approval and development of the new CATALYS cOS6.0 in early 2020. We were the first in the United States to install and use the new cOS6.0 this fall, resulting in a whole new level of accuracy and precision in our refractive results. In laymen's terms, that means "better vision."

EXPERT TIP

Be informed and discerning. When it comes to healthcare, be informed and discerning. For example, before committing to cataract surgery, know your particular risks and benefits, potential limiting preexisting conditions, various options, and expectations. Regarding refractive cataract surgery, understand your choices and whether you're truly a good candidate. Because refractive cataract surgery involves numerous advanced techniques and technologies, there are often extra costs to cover the expenses. But understand that just because something is "advanced" and costs more doesn't mean it's a better choice for you personally. In our practice, we are quick to counsel that all of our options are state-of-the-art independent of costs; costs vary depending on the expense of the technologies chosen; and the chosen technology is totally dependent on your ocular health, visual goals, and lifestyle. Only through extensive informed discussion with your physician and his or her support staff can you make a wise decision.

OPTOMETRY

Answers from expert Billy Simmons



***Billy Simmons** is an optician at Eyeland Optique. Learn more at eyelandoptique.com.*

[Q] What lenses were most popular in 2020?

[A] Through our expertise in optics, we are seeing more demand for computer and occupational lenses. Zoom technology has caused much more eye strain with digital devices, which created a need for specialized lens designs. 2020 has taken our customer experience to another level. We have been able to take additional time with our clients to keep safety at the forefront.

[Q] What trends do you see coming in 2021?

[A] Our curated frame collections have taken color to a new level through color design and patterns. We also are seeing frame trends with a combination of materials including acetates and titaniums. Each of our frame lines is handmade with unique shapes, colors and styles you won't find elsewhere.



EXPERT TIP

Practice the "20-20-20" rule. Living on the island requires premium sun protection for the prevention of cataracts and macular degeneration. And now with excessive device use, practicing the "20-20-20 rule" will help prevent eye strain. Every 20 minutes, gaze 20 feet away for 20 seconds.



INSURANCE AT THE HIGHEST STANDARDS

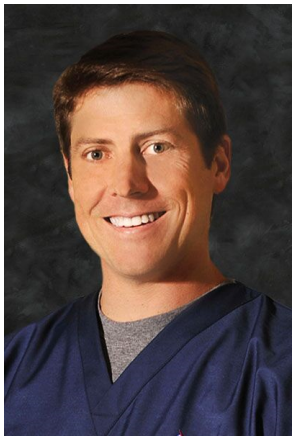
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***Dr. John Batson** is a pain management physician for Lowcountry Spine & Sport. Learn more at spineandsportmd.com.*

PAIN MANAGEMENT

Answers from expert John Batson

[Q] What were the most popular treatments in 2020? **[A]** We have been performing PRP (platelet rich plasma) treatments for various pain-related conditions for almost 10 years. What has changed for this treatment is science is catching up with what we see in clinical practice. For knee arthritis, especially early stage when knee replacement is not considered, there is more evidence in favor of PRP injections than any other injection (i.e. steroids or Hyaluronic Acid). Patients are seeking alternative options, and the great thing with PRP is there are virtually no side effects. Repeated steroid injections, on the other hand, may actually worsen the arthritis. Other settings where we are using PRP injections include early stage hip and shoulder arthritis, partial rotator cuff tears and chronic tennis or golfers elbow.



[Q] What trends do you see for 2021? **[A]** 2020 in some ways was a reality check that we humans need to take care of ourselves and invest in our health. As with many illnesses, Covid has shown us the healthier you are, the better you will be fighting off an infection. Looking past simply improved hygiene, I have seen a trend this year more than any other with patients wanting to lose weight, eat healthier, get active and avoid pharmaceutical medications. I foresee this continuing into 2021 and I am really excited to help patients reach their health goals. Treating illness is no fun for anyone, but health promotion can and should be fun for physicians and patients. Related to conditions like arthritis and chronic pain, which I treat every day, there are some basics patients may consider. More and more evidence is showing a plant-based, non-processed nutrition plan (not diet) can help treat pain and arthritis. Daily fitness and weekly strength training is important to help maintain muscle mass, bone density and weight control. For some patients certain supplements like turmeric, tart cherry concentrate and CBD products may be appropriate to try. Another trend I am seeing is many individuals are choosing outdoor fitness activities like biking, paddleboarding and hiking. Fresh air and a little sunshine are great for all of us.



LEARN MORE

Find more advice from these experts, and learn how the pandemic impacted their industries online at ***LocalLifeSC.com***.

EXPERT TIP

Listen to your body. The most common condition I see in practice is lower back pain. It can be incredibly debilitating and negatively affects a patient's physical health, mental health, relationships and work abilities. It is important to remember we all will get back pain, but it does not have to ruin your life, and in many ways you can prevent the back pain severity and frequency. How? Stay fit and healthy! Maintain a healthy weight, use good posture (head high, shoulders back), keep your core strong and hamstrings flexible. Eat more plant-based foods that are not processed. If you experience lower back pain, listen to your body and make modifications where appropriate. If the pain continues, get in to see a physician with expertise in pain medicine and/or sports medicine. Often, early on some simple modifications can make a big difference. Lastly, if you are smoking cigarettes, STOP!



VENEERS

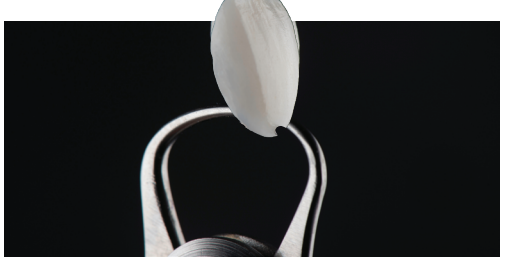
Answers from expert Bonnie J. Rothwell

[Q] What are the benefits of no-drill porcelain veneers? **[A]** Your smile can be completely transformed. It is a very durable and long-lasting material that is actually stronger than your natural enamel. It's about the same thickness as your fingernails.

[Q] Who should consider them? **[A]** They can improve the appearance of many cosmetic imperfections including discoloration, chipped teeth, minor spacing issues, misshaped teeth as well as irregular sizing issues. The exact color, shape and size can be customized into a smile you will absolutely love. You will have multiple opportunities to see exactly what your new smile will look like before it is permanently bonded into place.

[Q] How long will they last? **[A]** It is difficult to put a number of years for a lifespan. They won't really wear out during a human lifespan. If they aren't well cared for, the bonding material can deteriorate. Or they can be damaged and need to be replaced.







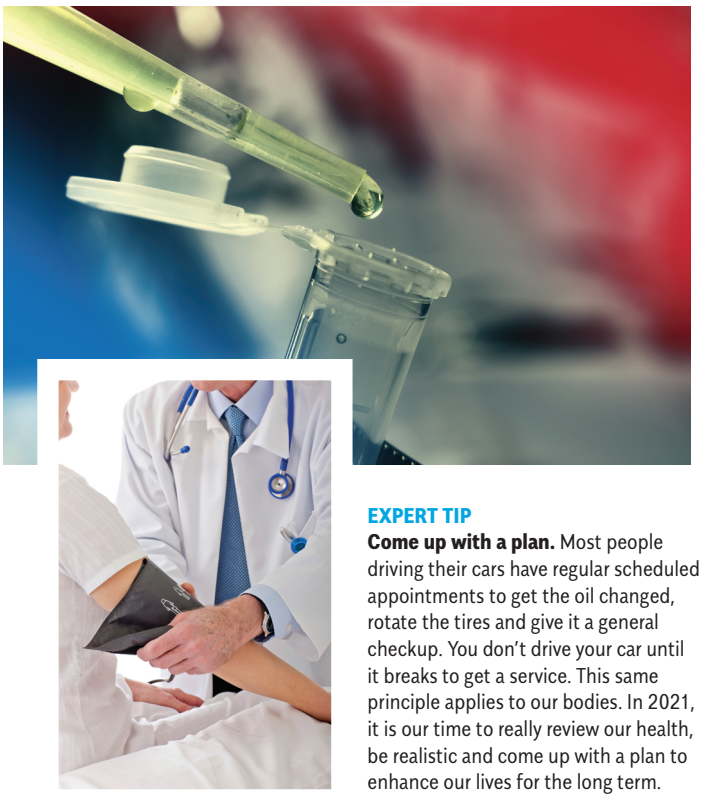
RESTORATIVE HEALTH

Answers from expert Brad Fraum

[Q] What were the most popular services in 2020? **[A]** Regenerative medicine, specifically associated with our surgery-free alternative to knee replacement utilizing advanced technology beyond stem cells as part of our regenerative medicine treatment.

[Q] What trends do you see coming in 2021? **[A]** We already have seen a huge influx of patients wanting to take their health into their own hands Leveraging our "Global Health Advocate" program, we build a customized proactive approach to our clients' health. They can enhance their life by working with Dr. Heather Hinshelwood, MD, to come up with a well thought-out, sustainable health plan.

[Q] How has the pandemic impacted your industry? **[A]** As mentioned earlier, the pandemic has caused many people in all walks of life to review their health and seek professional help to enhance it. Overall, our patients have been seeking answers to the future of health care.



EXPERT TIP

Come up with a plan. Most people driving their cars have regular scheduled appointments to get the oil changed, rotate the tires and give it a general checkup. You don't drive your car until it breaks to get a service. This same principle applies to our bodies. In 2021, it is our time to really review our health, be realistic and come up with a plan to enhance our lives for the long term.

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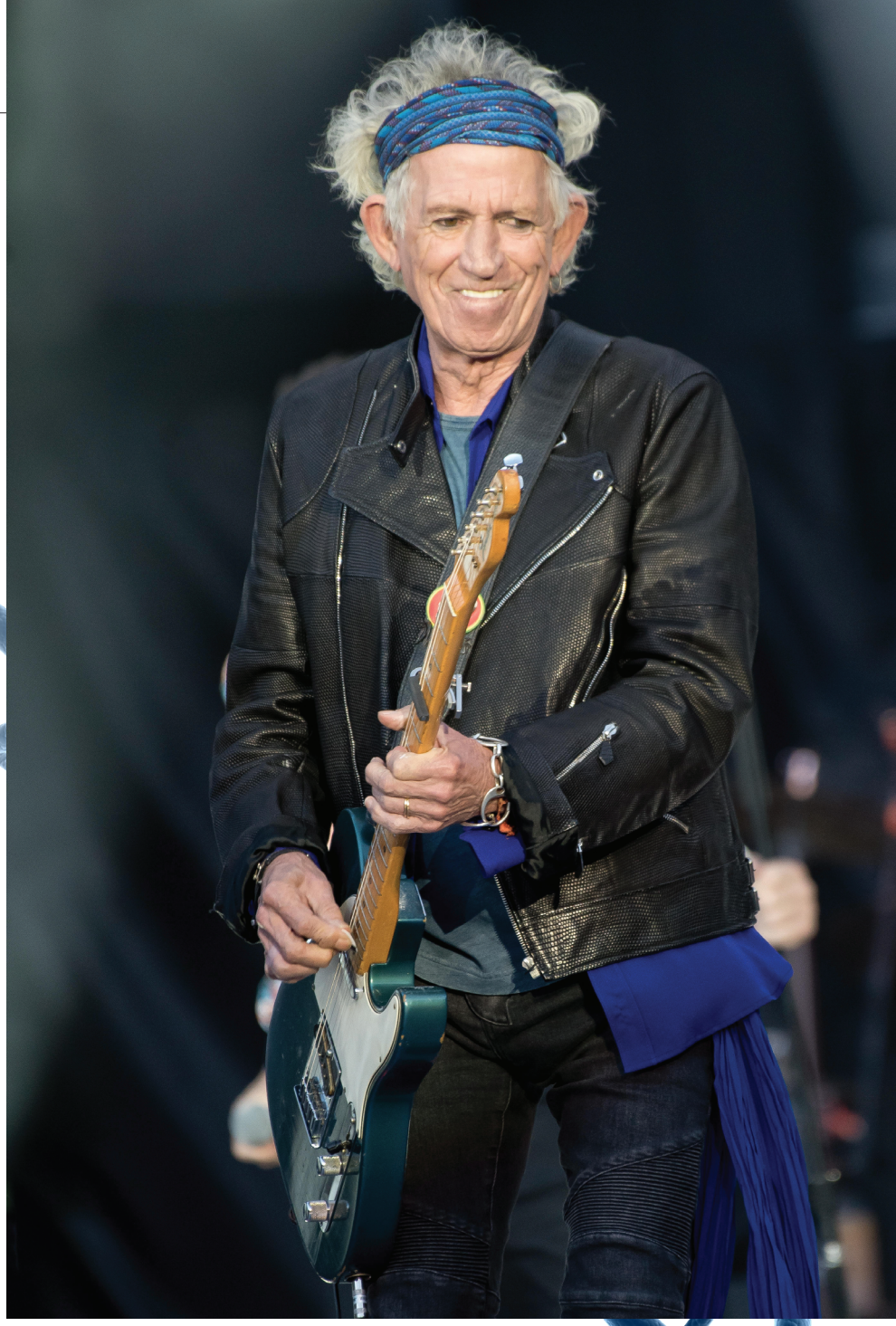
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Is this Keith Richards' secret to longevity?

MY FIRSTHAND EXPERIENCE WITH NAD+ THERAPY

Part one

BY LAURIE WELLS



At 76 years of age, Keith Richards' longevity has long been a source of bafflement. There are rumors of blood transfusions. Some theorize that he is pickled. Having recently done NAD+ therapy myself, I think that this may be his secret. I'm 45 plus 10 and admit that I do not perform my job with the physical stamina of Keith Richards (or Mick Jagger for that matter), much less have I endured 50+ years of a hard-pounding rock 'n roll lifestyle. I'm that person who is tired at 3 p.m. and craving a Diet Coke for a boost of energy. I was tired of being tired, so I set out to find ways to find more energy.

After researching anti-aging, energy and fatigue treatments, I stumbled upon NAD+ and found that, while it is the "hot thing" in California and other "wellness hub" towns, only a few places in the Lowcountry offer NAD+. Since NAD+ therapy involves an IV drip to inject a foreign liquid into my body, I did hard-core research of the science and found a place in Hilton Head called Restore that has a registered nurse, is experienced with the relatively new therapy and is very clean. So I bit the bullet and will be your guinea pig in this first of a two-part review of my experience.

The science

NAD+ (nicotinamide adenine dinucleotide) is a naturally occurring coenzyme that decreases as we age. It is found in all cells of the body and is involved in a number of functions, including the production of energy in the mitochondria, DNA repair, cell survival, and metabolism. In layman's terms, NAD+'s main purpose is to fuel metabolic reactions forward. Without NAD+, your cells wouldn't be able to metabolize carbohydrates, fats and amino acids. NAD+ promotes cellular energy by converting food into energy, repairs DNA and increases the sirtuin enzyme activity, which can help increase metabolism, decrease inflammation, extend cell life and prevent neurodegeneration.

My experience

The treatment takes one hour over four consecutive days and includes an injection of NAD+, followed by an injection of B12. I would be lying if I said it was fun or easy. After all, it starts with a blood pressure test and then a needle and an IV drip. I could control my level of discomfort by choosing how quickly the liquid dripped. That helped because I did get crampy so they slowed the drip, then sped it up as I got more used to it. Each NAD drip lasted about 40 minutes and was followed by the vitamin drip that was painless. By the fourth day, the process seemed easier.



BEAT FATIGUE
Patients who have participated in NAD+ therapy reported increased energy, mental clarity, focus and concentration, improved mood, memory, eyesight and hearing as well as decreased pain and withdrawal symptoms.

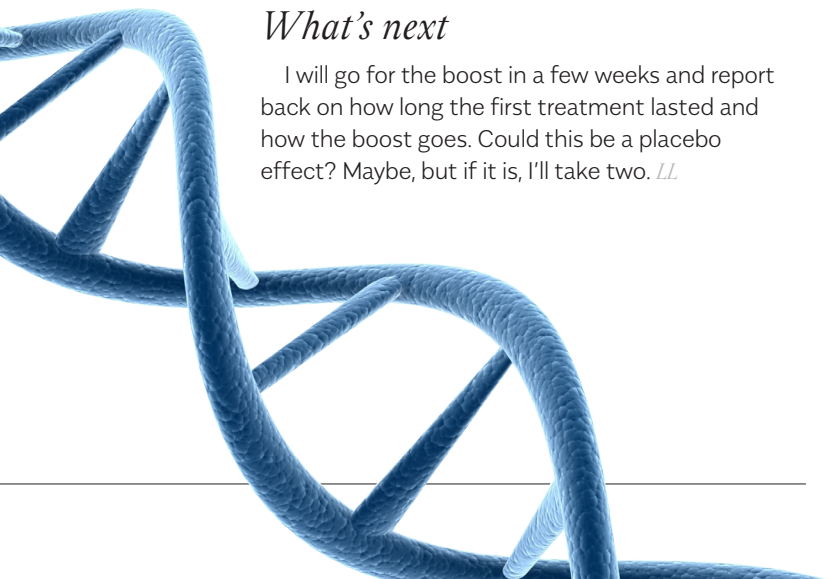
The results

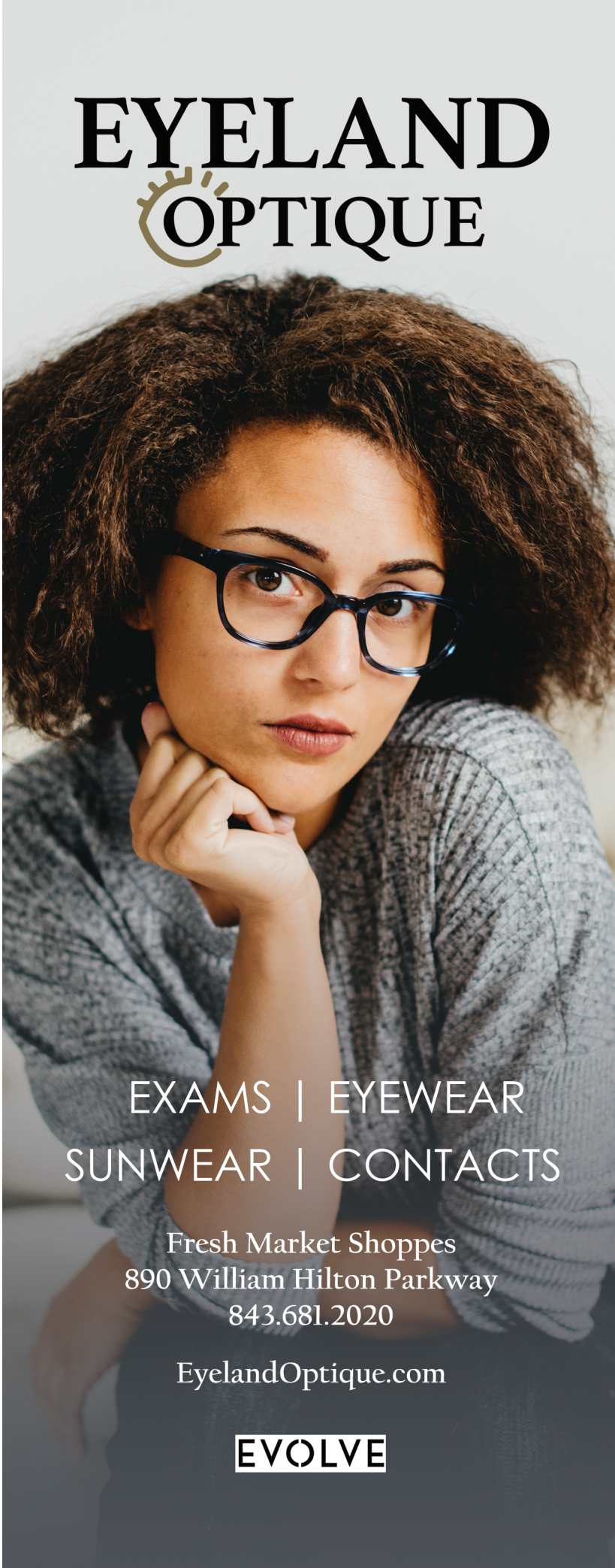
According to Dan Lieberman, the owner of Restore, results vary by client. "Each person experiences different outcomes. For me, I noticed my stamina during my tennis matches was better, and I was much more focused throughout the day. That energy level lasted about five weeks, and I now do boosts every four or five weeks. We have clients who report they feel less pain in certain areas; some report improved memory and less anxiety. The most common thing I hear is, 'I don't know what it is, I just feel better.'"

Personally, I felt positive results after my second treatment. My energy level and ability to focus are definitely better, even as I am two weeks in. I am much more alert when I wake up at 5 a.m., and I don't even notice that 3 p.m. has come and gone without a hit of Diet Coke. I'm not saying I feel like the Energizer Bunny, but I definitely feel I can take on more. To quote Dan, "I just feel better."

What's next

I will go for the boost in a few weeks and report back on how long the first treatment lasted and how the boost goes. Could this be a placebo effect? Maybe, but if it is, I'll take two. *LL*







A WELCOME SIGHT The scenery beyond the living room's wall of windows informed the earth tones and Lowcountry palate of the home.







The view from outside

THIS STUNNING SPRING ISLAND HOME SEES THE LOWCOUNTRY THROUGH THE LENS OF A FAMED NEW ENGLAND DESIGNER.

STORY BY BARRY KAUFMAN + PHOTOGRAPHY BY JOSH GIBSON

Nancy Serafini already had established herself as a highly sought-after interior designer in Nantucket when she first ventured to South Carolina 20 years ago. Like so many of us, she found that something about the Lowcountry kept calling her back for visit after visit, until six years ago when she and her husband, Joe, decided to make the leap and buy their own piece of paradise.







BOLD MOVES Putting 45 years of design experience to work, Nancy Serafini infused the classic Lowcountry look with bold colors and patterns that defy tradition.

"We looked at Bray's Island, Palmetto Bluff, Charleston, Savannah, but we kept going back to Spring Island," said Nancy. The only thing stopping her was that every lot she could find in Spring Island was wooded, and she was holding out for something on the water.

They say good things come to those who wait. The lot that would become the Serafinis' home went on the market, boasting nearly 360-degree marsh views and a very famous pedigree. "This had been Arnold Palmer's lot," said Nancy. The story goes that the golfing legend was offered his pick of spots on Hilton Head Island, but his wife didn't like the island. "But when he came to Spring Island, he bought this lot because he fell in love with it. "

The Serafinis fell in love with it as well. "That speaks to my sense of Lowcountry – reeds, marsh, green grasses, blue sky. It's never ending," she said.

On this stunning marshfront lot they built a house that takes the traditional Lowcountry aesthetic and puts a decidedly New England spin on it.

Five ideas for your home

MINOR ENHANCEMENTS & UPGRADES THAT MAKE A MAJOR DIFFERENCE.

Secrets to steal from our featured home:

1. LOOK OUTSIDE When it comes time to choose colors, make sure they match what's already in the windows. "Figure out first how you're going to incorporate the outside," advised Nancy. When done properly, your whole house will flow in and out.

2. WORK FROM THE FLOOR UP To warm up a larger room and create a sense of space, Nancy recommends a woven rug. "Look for the artisans," she said. "Get inspired by them and incorporate their art in your design."

3. DON'T FORGET THE STORAGE If you're eyeing a full-scale renovation, one of the things you may not be thinking of is storage space. This can be a mistake. "Look to your own personal needs and err on the side of having too many closets and storage areas," said Nancy.

4. KNOW WHEN TO SAY WHEN Think you're done with your home's new look? You probably are then. "The golden rule is to know when to put the period in and stop," said Nancy. "A lot of people don't know how to do that. They either over or under decorate." This relaxing spot is perfect.

5. CHANGE EVERYTHING IF YOU HAVE TO One of the hallmarks of a Lowcountry home is the screened-in living space. But it doesn't have to be. "It didn't work for us," said Nancy of the home's original lanai. "It was too cold in the winter and since I have allergies, come March it was impossible for me to be out there." They converted it into a windowed-in Carolina room, proving anything can be changed.















SETTING THE SCENE Balancing out the natural colors found throughout, neutral tones in the serene owner's suite let the scenery stand on its own.

"When we got started, my husband said to me, 'Nancy, you may have to hire another interior designer because this isn't your style.' Everything here seemed so different, the color palette, the furniture. I took it upon myself to look outside my window and draw inspiration from nature," she said.

The marsh beyond her windows informed a color palette that bridges the gap between New England and the Lowcountry. Muted and understated, yet reflective of the world around it, the home's interior gleefully blends Southern coastal elements like shiplap and industrial elements with a Yankee cottage feel, evidenced by colorful patterns and antique furniture.

"I wanted warmth. Instead of building a house, I wanted to build a home. The way to achieve that is through mixing colors, textures and patterns," she said. Her 45 years of design work informed the interior, while her relationship with architect Joel Newman helped create the distinctive profile of the exterior. One of the signature elements of the home's profile is its massive wall of windows gazing out toward the marsh, something Nancy credits Newman with.

"The way Joel designed it, it was a stepping stone to the outside," she said.

And of course, Newman was on hand to offer his expertise in the Lowcountry aesthetic. "Joel ultimately came to love the house, even though he'd look at the color palette and the wall-to-wall carpet and say, 'We do not do this in the Lowcountry.' I'd just say, 'Well, it's my house," she said with a laugh.

And that's true in every sense. By fusing her years of experience designing beautiful New England homes with her love of the Lowcountry, Nancy Serafini has made a house that's uniquely hers. *LL*





THE HOME TEAM

Architect: Joel Newman, Thomas and Denzinger Architects
Builder: John Clements
Landscape design: Sunrise Nursery and Forever Gardens
Interior design: Nancy Serafini Interior Design
Blinds: Budget Blinds
Curtains: Architexture
Plumbing Fixtures: Ferguson
Rugs: Stark Carpet
Paint: Farrow and Ball



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From the outside in

OCEAN AND SAND INSPIRED THE LOOK OF THIS STUNNING KITCHEN IN SEA PINES.

It's not hard to guess the inspiration for this beautiful kitchen recently constructed in Sea Pines. With an open floor plan, interior designer **Kelly Caron** was able to create a palette that flowed from the outside in, using colors of the nearby ocean and sand dunes. ***Here are her five favorite features:***







©PHOTOS BY LISA STAFF

4. MODERNIZE CABINET DOOR STYLE *"They always say less is more. A simpler door style can make a bigger, modern, forward-thinking design impact," Kelly said. "While the traditional door profile is still available, the trend is heading to a more simple design. A smaller profile around the door or even a slab front door is becoming a normal conversation in all cabinet meetings. Consider the shift if it suites your style." Cabinets are from Palmetto Cabinet Studio.*

1. FUNCTIONAL ISLANDS *"Whether the kitchen island is for prepping, cooking, gathering, dining, or a statement architectural element in the home, it is in fact a most important functional statement in the room," Kelly said. "Kitchen islands get bigger and better — all shapes and sizes allowed. They have in some cases replaced the formal dining room or become the anchor in the environment for family and friend congregation." The eat-in breakfast table was custom made by Rutt Cabinetry. The pull-up side chairs are by Palecek. Just Cushions templated and fabricated the Channel-style curved banquette with material provided by Kelly Caron Designs.*

2. HIDING APPLIANCES *"Appliances should be fully functional but also not necessarily be the focal point," Kelly said. "Adding proper cabinetry aesthetics and perfect hardware selections can hide the locations of the appliances. In contemporary design, some appliance elements may be purposeful to the design intent. Other kitchens may have all hidden appliances and a fabulous hood and range that is the center of attention." Appliances were provided by Billy Wood Appliance. The glass backsplash was hand-selected at Savannah Surfaces.*

3. EDGE IMPACT *"A simple detail to add drama and high style to a kitchen is enhancing the edge profile to a thicker, mitered edge or laminated design for visual impact," Kelly said. "Eased edge shape is the most popular shape, however, in a more traditional home, we will still be an ogee or laminated thicker island and decorative edge profile." The natural stone quartzite countertop selections were hand-selected at AGM Imports. Distinctive Granite & Marble was the fabricator.*

5. LED LIGHTING *"So long bulbs! Integrating LED lighting fixtures over the island and throughout the home is a new home and renovation trend," Kelly said. "Many fixtures have the bulb element in the actual fixture so there is no need for changing bulbs (yes, they are still dimmable). It is also a more energy efficient, eco-friendly option. If you still have bulbs, the LED bulb selections will be the new normal and typically in the 3000k color, so it is still a nice light and color for the interior of the home." Hubbardton Forge is a great vendor for LED pendant lighting.*


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BEFORE & AFTER

Now we're cooking!

CHECK OUT THIS MAGNIFICENT KITCHEN REMODEL IN SEA PINES.

BY BARRY KAUFMAN

There's an old idiom in the English language that you'll come across from time to time, "The cobbler's children have no shoes." It essentially means that when something becomes your driving passion and your calling, you tend to forget about bringing your work home with you.

That phrase definitely does not apply to this magnificent kitchen remodel at the home of Brantley King. As the owner of Billy Wood Appliance, the kitchen not only gives this foodie a place to work her magic, it serves as a sort of in-home showroom.

"It wasn't that it didn't used to be a beautiful kitchen; I just wanted to make it more functional and gear it toward my life," she said. "And, obviously, upgrade the appliances."

Enlisting help from Element Construction and Arlene Williams Kitchen Design, King was able to create a space that served her needs, looked amazing and was finished in just under two months.

"They were excellent about the timing, which is fantastic when you're living without a kitchen," said King.

The one upgrade King has used the most is the Wolf M Series convection and steam oven. "I got that just in time for Christmas cookies," she said. "It cooks everything from focaccia to cookies to a chicken to beef tenderloin. You put some fish in there, and boom, done."

Set beneath a stunning BlueStar range hood, the Wolf dual fuel range required her to run a gas line in, as her old stove was electric, but the results are worth it. "I love cooking on a gas range. It's definitely an upgrade."



©MOONLIGHT PRODUCTIONS

Rounding out the upgrades is a Cove dishwasher and a Sub-Zero paneled refrigerator with a wine column perfect for entertaining.

Function and form worked in concert during this transformation, with Element Construction and Arlene Williams fashioning a suitably upscale look to match the high-end appliances. The subtle mosaic of the backsplash, crafted of Calcatta marble from Savannah Surfaces, pairs beautifully with the smoky green of the custom cabinets, while the elegant quartzite counters brighten up the space.

Rearranging workspaces not only created a better flow, it optimized the kitchen's usability. Moving the refrigerator from the rear banquette opened up space for the range, creating more counter space at the front of the kitchen, creating more opportunities for entertaining. "Plus, I just love the look of the wine column next to the paneled fridge," said King.

This marks the third kitchen King has designed for herself, building around the exquisite appliances that have been her stock in trade. "I've always loved to cook and loved to design, so this was a perfect project for me," she said. "It was a labor of love." *LL*



GOOD TO GREAT While there was nothing wrong with the kitchen before, the remodel made the kitchen area more functional and beautiful for the owner.



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HOME TECH

BOB VILA'S PICKS FOR MOST USEFUL HOME APPS

Be kind to your home

When looking for ways to use technology to help with home care and maintenance, we turned to America's first and most beloved handyman, Bob Vila. This home renovation and restoration guru has five home apps he recommends to homeowners. ***If one of your resolutions this year is to be kinder to your home, let technology help you take control of and manage the details.***

1. CENTRIQ. Have you ever regretted throwing out a warranty manual or instruction book? That's where Centriq comes in. Just snap a picture of the appliances, electronics, and tools in your home. They add the user manuals, warranties, how-to-videos and even send you product recalls.

2. COLOR CAPTURE. Benjamin Moore's app will match the colors in any photo and show the next four closest shades or provide digital paint-fan decks. You can see colors using photos of your own space by simply tapping the screen to see colors on any surface, or use the video visualizer to instantly see colors in the room.

3. HOMEZADA.COM. This site is a wealth of information that includes easy-to-use smart applications, content and data to manage your home for insurance, maintenance, remodeling, and financial purposes. There are even reminders and tools to manage your digital home.

4. HAPPY PLANT. If you forget to water your plants, this is the app for you. Happy Plant reminds you to water plants through game-like notifications, plant-selfies, and time-lapse videos so you can watch your plants get happy. Maybe you can toss those faded fake plants now!

6. BUBBLE LEVEL. Bubble Level is accurate, simple to use, and more than a level. You can use it for picture frame alignment, measuring angles and slopes, checking the surface level of tables or shelves or even roof pitch calculation. Those crooked shelves never have to bug you again. LL

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5 secrets to great lighting

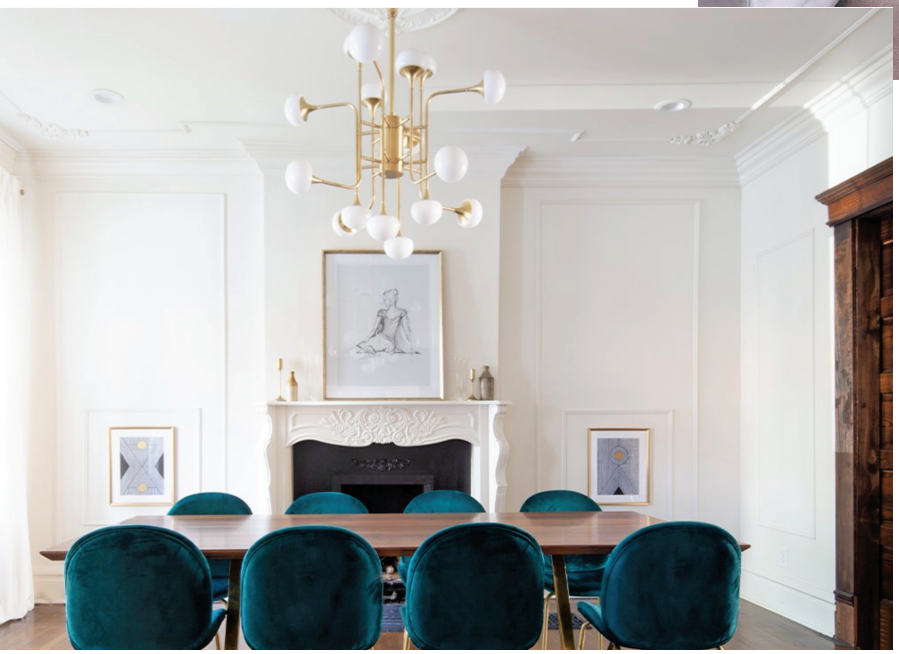
BRIGHT IDEAS FROM A PRO

Lighting can make or break a room design so we asked ***Ben Walters of Carolina Lanterns & Lighting*** *for his professional advice to shed some light.*



1. Layer your lighting

First impressions matter when it comes to lighting any space. It's not about how grand or over the top the lighting fixture is but whethe you can see or not. Therefore, make sure you layer your lighting in every area of your house and that your light bulbs have the same color temperature and lumen output (light output) in each area. When you layer the lighting, you allow your space to come alive.



2. Focus on your taste, not what's in style

When selecting lights, everyone will have an opinion about what you should put in your house. However, the only opinion that matters is yours. Pick what you like. If it matches, great. If it doesn't, who cares? Pick what you like and run with it. Lighting styles change with the wind, but the secret to selecting lighting is to pick what you like. Besides, you are the one that has to look at it every day.

3. It all about the light bulb

Choosing the correct light bulb makes or breaks a space. Too bright and your guests start seeing spots. Too dark and everyone starts getting headaches from straining to see. Choose a light bulb that doesn't have to be on a dimmer but can be to help create the proper moods.



4. Make your entryway inviting



The lighting of your entryway is very important. It either tells people to "Come on in!" or "Come back when it's light outside!" Illuminating your driveway, garage or front door isn't just a good idea, it is a MUST DO for great lighting. When you see your entryway at night, you should feel like you are being invited in, like you are returning home to a place of rest. Your guests should feel this too. Another space guests should feel invited into is your dining room.



5. Pick something you love

When selecting your dining room fixture, make sure you don't settle. I always tell my clients to pick something they love, something they want to take with them when they move, something that makes them smile. Dining rooms are spaces where memories are made, and you must have a fixture there that helps make those memories joyful. *LL*



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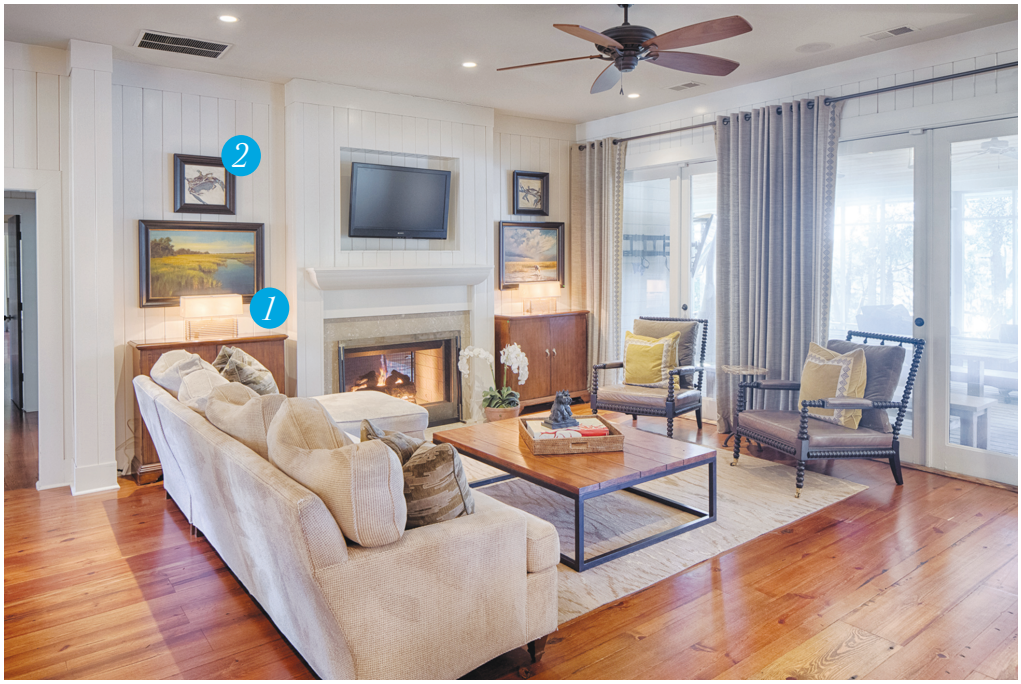
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THIS BLUFFTON HOME COSTS $4.85 MILLION, BUT ITS INSPIRATION IS FREE





This May River estate is like no other and is listed by Catherine Donaldson of Celia Dunn Sotheby's for $4,850,000. Located in the secluded enclave of Gascoigne Bluff, this manor home exudes true quality and luxury. The compound spans almost seven acres, and the main home itself underwent a massive renovation in 2007 – it is simply stunning. If you're not ready to move in quite yet, the décor is inspiration for the interior designer in all of us.

What we love

What's not to love? We can't make up our mind if it's the one-room historic schoolhouse that was lovingly converted into a guest home or the poolside bar. Here are some ideas to steal from the main house.

1. Symmetry. *The fireplace is flanked by elegant and equal displays, right down to the lights. While paintings 'don't match,' they work together beautifully. Symmetry doesn't mean matchy-match.*

2. Arrangement. *The smaller art above the larger piece on each side is surprisingly simple, and the stacking is pleasing to the eye*

3. Two tone. *The gray kitchen island looks stunning and offsets the many white cupboards. Don't be afraid to paint a kitchen island or the lower cabinets a different color than the top cabinets.*

4. Wood. *From the natural floors, to the hutches by the fireplace to the breakfast bar top right up to the ceiling fan, wood is a natural choice and ties in with the natural setting of the home.*

PRO TIP: *Inset or frame your television to avoid seeing the wires from the side view.*

Just the facts

- *6,920 square feet*
- *5 bedrooms, 6.5 bathrooms*
- *Hidden deepwater dock with large pier head on the May River*
- *Historic schoolhouse that was converted to a guest house, additional garage, pool, poolside bar, home theater, steam shower, fitness center, library, wet bar, catering kitchen.*

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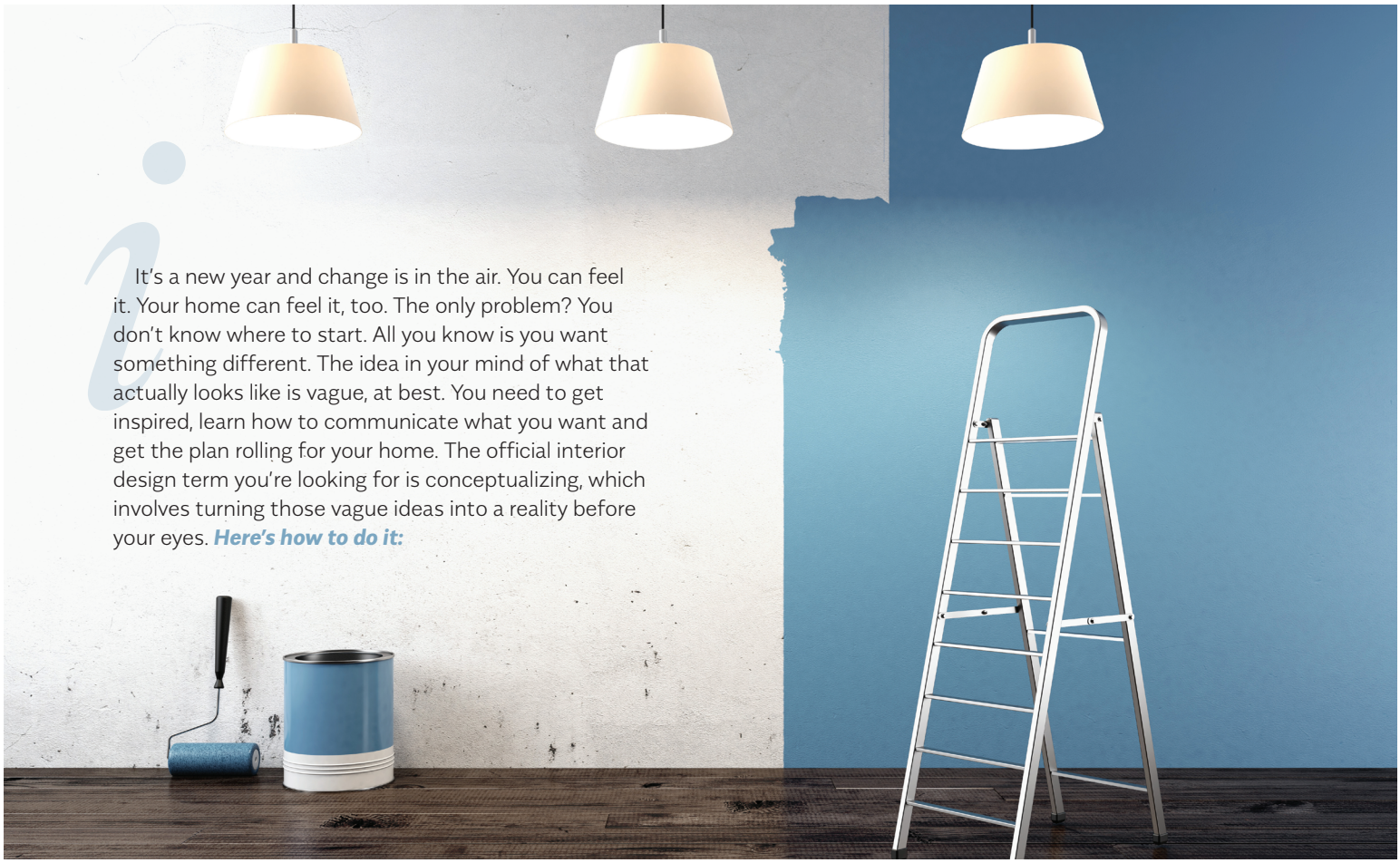
To schedule your tour, contact Nic Booth at (843) 671-2335



Blueprints and bright ideas

HOW TO TAKE YOUR VISION FOR CHANGING YOUR HOME FROM ROUGH IDEA TO REALITY.

STORY BY MICHAELA SATTERFIELD



It's a new year and change is in the air. You can feel it. Your home can feel it, too. The only problem? You don't know where to start. All you know is you want something different. The idea in your mind of what that actually looks like is vague, at best. You need to get inspired, learn how to communicate what you want and get the plan rolling for your home. The official interior design term you're looking for is conceptualizing, which involves turning those vague ideas into a reality before your eyes. ***Here's how to do it:***

GETTING STARTED

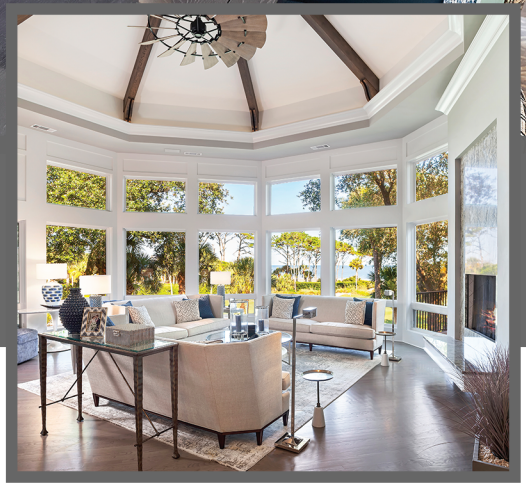
First, determine the type of changes you want to make in your home. If you want to make **structural changes**, such as taking out a wall or adding on a room, it means builders and blueprints. Your first step is to get the professionals in on it, unless you've got a knack for remodeling. If the changes you're wanting to make are **surface-level changes**, such as painting the walls a different color or figuring out what to do with a living room layout that just isn't working, you may be able to handle it on your own. In this case, get started by **making a list** of all the areas in your home you want to work on.

This could be as broad as "the kitchen" or as narrow as "the shelf in the office." The list will give you an idea of what you're working with. Figure out what exactly you don't like about the areas you listed. The problems in a space will reveal the changes you need to make. It could be the **function**. Is the space cluttered? Do people seem to run into each other a lot in a certain area that doesn't have good traffic flow? Or, it could be the **appearance**. Do the colors look outdated? Are certain accents not mixing well with the style? **Break it down into specific goals.**









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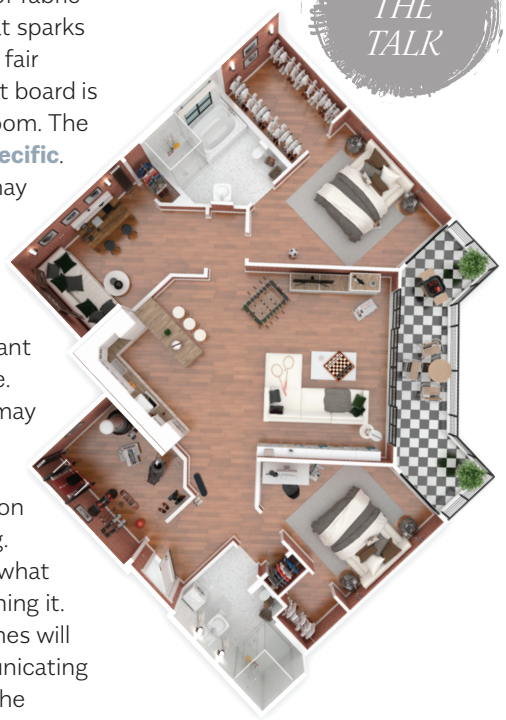
INSPIRATION IS EVERYWHERE

Now that you have general goals established, it's time for the fun part. Get dreaming and figure out exactly what you want your space to look like. Consider **creating a concept board**. This is how interior designers illustrate general design concepts. Concept boards can incorporate photos of nature to inspire color scheme or texture.

They can include scraps of fabric or paint chips. Anything that sparks inspiration for your space is fair game. The goal of a concept board is to **establish the feel** of a room. The next step is to **get more specific**. Browse product lines you may want to purchase from to see what is available. Find photos online or in magazines of spaces that use design elements you want to incorporate in your space. The inspiration you gather may not be exactly what you're envisioning, but it will begin to put language to your vision and allow for benchmarking. If you can't find a photo of what you're looking for, try sketching it.

Even the messiest sketches will start the process in communicating your ideas. Visualization is the language of design, and learning how to speak it takes practice.

TALK THE TALK



If your design vision seems like a bit too much to handle on your own, you'll want to get in touch with an interior designer. Part of their job is to transfer your vision from idea to reality. Knowing how to communicate with your designer can help the process run more smoothly. To do this, you'll need to **learn the lingo**. The steps in the design process are a great place to start. The first step is **conceptualizing**, which is what this article is all about.

Conceptualizing is essentially brainstorming for a new design. **Drafting**, the next step, is creating technical drawings, or blueprints, to illustrate the ideas you came up with while brainstorming. An important document used in design is a **floor plan**, which shows the layout of a room, including structural elements such as windows and nonpermanent elements such as furniture.

Floor plans are helpful whether you're remodeling the whole room or simply rearranging the furniture. A **perspective drawing** is a three-dimensional drawing of a room which shows color and texture in addition to the layout. The rules of design are important terms to know, as well. **"The rule of three"** is one such interior design principle. For example, it usually works to choose three colors or three textures for a space. If you are decorating a shelf, chances are three accents will create a balanced look.

Universal design is the principle of designing a space to work for people of all different ages, sizes and walks of life. Standard measurements for certain structural elements are one aspect of universal design. Finally, the last step in the interior design process is **installation**. This is when the magic happens and a design is brought to life. *LL*



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Colors that will dominate 2021



Colors are so important to our every experience. Even when you don't notice them, there they are, shaping a place or supporting a visual with warmth or coolness, brightness or darkness, similarity or contrast. For its annual Color Trends report, Shutterstock looks for colors that have seen increased activity in the previous year, popping up in more image downloads than ever before. By looking at the HEX code data in each pixel, the photography and video footage service predicts the hues that are primed to dominate in the year to come. Based on its top three predictions, the near-future looks bright.



#FAEBD7

Set Sail Champagne

A natural hue that can be used in any scheme, especially earth-toned color palettes featuring browns, taupes and greens. If you look closely, you'll see that it is a soft, white tint of orange. Try it paired with a classic baby blue or an oceanic teal. As a pastel orange, Set Sail Champagne is also at home in any pastel palette. Give light colors a modern treatment with a glowing, holographic gradient of its analogous sisters: a rosy pink and a mellowed-out lime green.



#DAA520

Fortuna Gold

A dark, rich shade of yellow. Its spectrum features variations on gold, from light shimmering pastels to dark, almost metallic golden browns. Fortuna's direct complement is Cerulean blue, creating a high-profile palette that brings to mind fields of wheat and deep blue skies. At its heart, this golden yellow is high drama, and it likes to be paired with other intense colors. Create a striking palette by embracing its amber qualities, and pair Fortuna Gold with other jewel tones, like amethyst purple and turquoise green.





#2F4F4F

Tidewater Green

This deep, molten teal presents with both yellow and blue tints, adding to its dynamic power. On the color wheel, its direct companion is another hybrid color, red orange. These colors match up well in super-saturated schemes that mimic the blue green of the ocean and warm pops of color seen in fish and coral reefs. Tidewater Green also works as a rich gray with unmistakable character. Use it to ground lighter, brighter palettes featuring its triadic counterparts, like an airy lavender or a modern sage green. *LL*





Global color trends

The top trending colors from 20 countries around the world.

Australia **#7B68EE**
Brazil **#008000**
Canada **#FAEBD7**
France **#4B0082**
Germany **#8B008B**
India **#F08080**
Japan **#FAEBD7**
Korea **#0000FF**
Mexico **#98FB98**
Norway **#FF6347**
Russian Federation **#98FB98**
South Africa **#FFFF00**
Switzerland **#7B68EE**
Taiwan **#9400D3**
Thailand **#7B68EE**
United Arab Emirates **#66CDAA**
United Kingdom **#F08080**
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80 Bridgetown Lane | *Located waterfront in the prestigious community of Wexford*

80 Bridgetown Lane *is located on two waterfront parcels in the prestigious Wexford. An architectural masterpiece consisting of over 18,000 square feet. This sophisticated manor offers an unparalleled level of luxury. The Main house entails 10,477 square feet with 4 bedrooms, 5 full bathrooms, and 2 powder rooms. As you enter the Grand foyer you will be dazzled by its intricate Italian marble and Saturnina flooring. The Great room boasts coffered ceilings, a magnificent wood burning, granite surround fireplace with detailed accent tile. There is a built-in 250-gallon aquarium, a sunken bar with seating for six, and columns featuring crystal Lalique tiles. Pamper yourself in your private Spa area including a lap pool, full bathroom, a steam room, and a massage room with custom painted ceiling murals. The formal dining room features elegant lighting, a custom painted wall mural and a 12 feet long dining table.*

The gourmet kitchen features a fireplace, Viking Professional 6 burner gas cooktop plus 2 grill cooktops and double ovens, a built-in Miele coffee/cappuccino machine, a microwave convection oven, warming drawer, Subzero 78 bottle wine fridge, two fridge drawers, two dishwashers, a Kohler Pro-Cooker dual-purpose sink, and a large walk-in pantry. You will find a billiards game room with a unique bar fully equipped with all commercial grade equipment. There's an 1,100 bottle wine cellar with tasting area, accent-lighted staircase with antique wrought iron bannister from the Billy Smart Circus in London, a McKenzie Childs themed Tea room with a kitchenette, an elevator, a 4 car garage, and a screened porch with an antique stain glass wall. On the upper level you'll discover a landing area with extensive custom millwork and bookshelves to make any booklover envious, an antique Shakespearian stain glass, a 10-seated movie theater, an impressive office with antique Italian leather screen wall, a gun cabinet, and a wet bar. The Master bedroom suite presents a granite surround fireplace, granite and tile trim, coffered ceilings, and a luxurious Master bathroom and panoramic views overlooking Broad Creek,

The Guest house is as impressive as the Main house featuring 4 bedrooms, 6 full bathrooms, 2 powder rooms, a media room, a 2-lane bowling alley with his and hers locker rooms, an indoor hot tub, an exercise room with a juice bar, a second billiards game room with a full size bar & custom painted ceiling, antique wood columns and wrought iron railings. There is also a full-size diner/kitchen complete with Viking Professional 6 burner gas cooktop plus extra-large cooktop, oven, and professional Garland griddle, a second climate-controlled walk in attic and a 3-car garage.

As you enter through the rod iron gates you will be impressed by its massive Euro cobble driveway and a bronzed sculptured fountain. Between the Main residence and Guest house is an outdoor kitchen with commercial grade appliances, an endless edge swimming pool & spa. This estate also offers a stone observation pier, a crabbing dock, a Kio pond and two boat docks located inside the interlock harbor of Wexford. Offered at $9,900,000.



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cotton candle wicks • wick stickers • large glass jar
4oz glass or ceramic jars • bamboo skewers



1 Collect all of the materials needed to make the candles.

Wicks with metal base attached to bottom are easy to use.

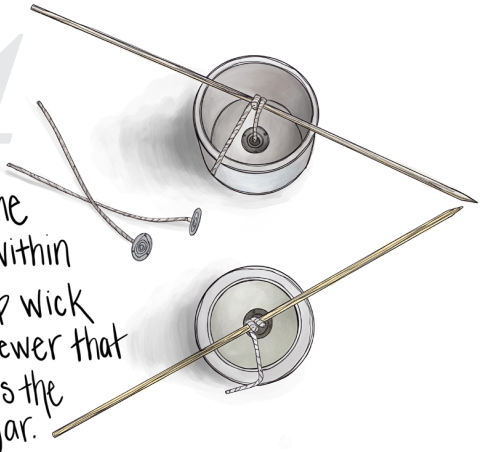


2 Place the beeswax pellets into the large glass jar.

Beeswax burns clean and bright while releasing a honey scent.

3 Double boil the beeswax to melt it. Stir occasionally. Once melted, turn off heat and add coconut oil.





4 Add a wick sticker to the bottom of the wick and place it within the jar. Wrap wick around skewer that is laid across the top of jar.



5 Pour the wax into candle containers and let them sit for 1-2 days before using.



6 Trim wicks to 0.5in. long. Now, you are ready to light your candle!

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THE ACCIDENTAL GARDENER

Confessions of a serial house plant killer ... and my ode to the 'Plant Doctor'

For as long as I can remember, I have taken great pleasure in the fact that I can grow almost any plant in my garden successfully, regardless of the growing zone I live in. Granted, there have been some challenges involving stubborn little plants that needed to be moved, often more than once, but ultimately, I prevailed. Sadly, the same cannot be said of my house plants. Despite my best efforts, none of my house plants ever survived. It didn't matter if they were inexpensive little plants or extravagant floor plants - the ultimate result was always the same – they were all deader than a doorknob, usually within a matter of weeks.

So dear readers, my New Year's resolution for 2021 is to successfully grow and maintain a house plant which I could then check off my bucket list. Not wanting to set the bar too high, I reached out to our local legendary plant whisperer, ***Carol Guedalia***, for some advice. I was half expecting Carol to say, "Seriously?" when I approached her. Instead, she replied, "OK, given your propensity for 'plan-ticide,' I would suggest the following bullet-proof plants." Her top five recommendations for house plants are ... (drum roll please):



Pothos

Epipremnum Aureum and Scindapsus pictus. Toxic to pets and humans if ingested. One of the most popular trailing houseplants, pothos is the gold standard for houseplant beginners, pre-occupied office workers, and serial plant killers. While they'll tolerate low light, they won't grow much. In low light conditions, a Golden Pothos will lose its variegation and revert to solid green. That makes the Jade Pothos optimal for lower light. Keep any pothos out of any hot, sunny windows. They'll burn in no time. In bright light, pothos appreciates a watering when the soil has dried halfway through the pot. In low and medium light spaces, it is best to allow the soil to dry almost all the way through the pot, but do not let the plant sit dry for extended periods.



Birds nest fern

Asplenium nidus. The key to a healthy bird's nest fern is providing enough warmth and moisture. Given these two conditions, the ferns can withstand higher light levels. One of the best places to put a bird's nest fern is on a shower ledge or the wide edges of a bathtub in a bathroom near a window, where it will get optimal humidity and warmth, along with sufficient but not direct light. New leaves will constantly emerge from the central area of the plant, or the "nest." Do not touch, move, or handle the new delicate fronds as they emerge from the nest. They are extremely fragile, and if you touch them, there is a high chance of them becoming damaged or deformed.



Peace Lily

Spathyphyllium. Toxic to pets and humans if ingested. Peace lily blooms best in high-light situations. It will tolerate low-light conditions well, but won't bloom much, if at all, so keep lighting in mind if the flowers are important to you. Water your peace lily enough to keep the potting mix moist, but not wet or soggy. The plant will wilt dramatically when it gets too dry, but happily, its leaves pop back quickly after it gets moisture. Being a tropical plant, peace lily prefers high levels of humidity. If the leaf edges turn brown, supply more humidity by grouping it with more houseplants (which release moisture into the air as they breathe) or set it on tray of gravel and water so the pot sits on top of the gravel, above the water.



Parlor palm

Neanthe bella. One of two palms known to be safe for pets. These palms prefer soil that is lightly moist, with a slight period of drought between watering. Water when the top 1"- 2" inches of the soil are dry, likely every 7-10 days. Too much moisture in the soil can cause root rot, while too little can lead to brown and crispy leaves. Check in with the soil once a week until you establish a routine with your plant. Parlor palms are happy to grow with crowded roots, so there's never a rush to repot them. However, the larger the palm gets, the quicker its soil will dry, so regularly review your watering schedule as it grows.

Bamboo palm

Chamaedorea seifrizii. This plant is listed as non-toxic to animals by the ASPCA; however, while the stems and foliage of the plant do not present any harm to people or pets, the bamboo palm can sometimes grow berries that are highly poisonous. Water the palm using room temperature filtered water when the soil surface feels dry. Water the plant until the soil is evenly moist. Don't over water the palm plant or leave it sitting in water. Check often to be sure that the plant is draining properly. Caring for bamboo palms also involves using a time-release fertilizer during the growing season. Granular fertilizers work best. Follow the manufacturer's instructions when feeding your palm plant, and always water the fertilizer in. *LL*





Expert advice



For those of you who have lived here a while, ***Carol Guedalia*** needs no introduction. For those of you who are new to the area, Carol has worked at The Greenery Garden Center for decades and has a following that is as deep as it is wide. Referred to by many as the "Plant Doctor," Carol patiently and willingly shares her knowledge with locals and tourists alike. She has forgotten more about plants then I will ever know and yes ... I readily admit to having a "bromance" with her. She wanted me to be sure to remind everyone before they rush out to purchase a houseplant to **check the ASCPA web site to see if the plant in question is toxic to pets.** A quick surf on the web will also tell you if its toxic to humans should you have any toddlers residing or visiting in your home. Last but not least, she recommended using ***Osmocotes 19-6-12*** as a slow release fertilizer but wanted y'all to know that Dr. Armitage from the University of Georgia likes ***Nature's Source*** fertilizer.

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White Point

SECRET SPOT OFF THE BEATEN PATH

STORY + PHOTOGRAPHY BY MICHELE ROLDÁN-SHAW







With its stunning expanses of saltmarsh and luxuriant sub-tropical jungles, Pinckney Island National Wildlife Refuge is one of the finest gems of public land in Beaufort County. Conveniently located off Highway 278 between Hilton Head and Bluffton, there's nothing "off the beaten track" about it. Yet it is big and beautiful enough to contain "secret spots" for everyone who cares to explore it. Don't be afraid! Strike out over the sand flats at low tide; bushwhack through the woods in winter; pick along the marsh edge at evening and find a tree from which to watch the sunset. The great thing about the refuge is it's big enough to discover new areas all the time, yet small enough that you can never truly get lost.

The furthest shore is White Point, a nearly 8-mile round trip from the parking lot. Along the way, you cruise through tidal flats crawling with fiddler crabs and populated by wading birds. You ride in coastal forests and piney woods — the former a spectacular mass of vegetation with palmettos sprouting between twisty live oaks, the latter a grand and peaceful place subject to prescribed burning. The biodiversity on this little island is extraordinary, as migratory butterflies and songbirds comingle with resident







HAPPY TRAILS Studying, viewing and photographing wildlife and scenery are popular activities throughout the year on Pinckney Island. Over 14 miles of trails are open to hiking and bicycling.

"The great thing about the refuge is it's big enough to discover new areas all the time, yet small enough that you can never truly get lost."







varmints and reptiles. You pass through every sort of habitat Pinckney has to offer on the way to White Point.

At last you reach trail's end, dropping your bike and clamoring down a little bluff to the shoreline. Opening before you is the Chechessee River where it spills into Port Royal Sound, a wind-ruffled expanse across which lies Parris Island. As you begin to round the curve of the point, to your right are Skull Creek and Hilton Head Plantation. These tamed places are but a short crow's flight away; yet you stand worlds apart, enjoying the wild solitude of the refuge and the exhilaration of the workout it took to get here.

Perhaps White Point was named for the glare its fine sand and bleached oyster reefs throw off when viewed from the water. Strolling along it is a sensory experience: the crunch of sand and clattering of shells underfoot, the briny breeze, the sun's warmth even in January. Patches of high ground have been colonized by cedar, oak and palmetto trees, while the open spaces are carpeted with beautiful flowing grass that shines a delicate yellow-green. On the inland side, mud flats stretch back to the main body of Pinckney. These estuaries are the nursing grounds for critters of every stripe, and a gentle influence invites you to lay that body down and take a nap in the sun. Do it! A little mud and grit never killed anyone. You'll need the energy to haul back and find a hearty meal somewhere, because the salt air takes it outta you. Cheers to public lands! *LL*

How to get there

Location: Pinckney Island

Mode of transport: Bike

Directions: Grab a map in the parking area and follow Main Road, taking a left at the crossroads and another left where a sign says White Point. Ditch your bike where the trail ends and proceed on foot.

If you go: Check the tides and plan to be there at dead low so you can explore the beach. Also be aware of how long you linger — some parts of the trail can get flooded on the incoming.





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WAYBACK LOWCOUNTRY

Life everlasting

THIS OLD-TIMEY CURE-ALL GROWS ALL OVER THE LOWCOUNTRY.

BY MICHELE ROLDÁN-SHAW





Springing up in fields and clearings, perhaps near the listing remains of an old wooden cabin where once a Gullah family dwelt, this modest plant persists. The winter months have dried it where it stands. Its appearance is drab from a distance but better appreciated close up, with sprays of little dusty flowers and slender silvery leaves. Raindrops or a pinch between the fingers bring out its sweet medicinal smell, evoking nostalgia in those who were forced to drink the tea by fussing mothers and grandmothers. Back then, everybody knew it could cure a cold, even if it couldn't quite live up to the promise of its name.

Life everlasting *(Gnaphalium obtusifolium)* grows throughout the Carolinas. It's sometimes called sweet everlasting, or even "light molasses" by those whose forebears misapprehended the name. The Cherokees and other Southeastern tribes called it "rabbit tobacco," and early travelers like botanist John Bartram and ethnographer James Mooney noted its sacred importance. The plant was smoked, used in sweat lodges, drunk as a decoction, applied topically to wounds and placed around the home to ward off evil spirits and witchcraft. Early settlers caught on and started making little pillows stuffed with Life everlasting to treat consumption, while modern enthusiasts have claimed to cure asthma by the same method.

I first learned of this useful herb from the late Cornelia Bailey, last matriarch of the historic Geechee community on Sapelo Island. "It was the poor man's Lipton," she wrote in her memoir *God, Dr. Buzzard and the Bolito Man*, "just as good as store-bought tea." Mrs. Cornelia showed me how to find it, tell it apart from a look-alike that didn't carry the same scent or properties, and pluck it out of the ground, roots and all,



FREE MEDICINE For generations, Life everlasting has been used as a natural remedy for sore throats, pneumonia, colds, fevers and more. The plant gives off a maple syrup smell, making it a nice garden addition as well.

to store through the winter wrapped in newspaper. (The name actually refers to the plant's indefinite shelf life.) Any and all parts, from the flowers down to the roots, can be rinsed and boiled in a pot, then strained off for a potent tawny brew. It becomes ready to pick in fall when the leaves dry up, which times perfectly with cold and flu season, and you can drink it piping hot with lemon and honey right before bed to stave off an oncoming bug. Her father drank a glass of it every day and lived to 103 despite regular moonshine benders. A lot of Mrs. Cornelia's family lived to extreme old age, and a lot of them drank Life everlasting.

Look for this old-timey Lowcountry cure-all in disturbed areas of weeds and sandy soil, in meadows and abandoned home sites where the spirits of poor but resourceful families yet linger. Gather this free medicine, an organic ally in times of Covid, in places that haven't been sprayed with herbicides. (Hint: avoid highway sides, power-line rights-of-way and anywhere you see a line of dead brown plants.) Take it for a sore throat, a tight chest, a stuffy head, a down spirit, or just as a general tonic—take it for a good life, even if it's not everlasting. *LL*

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Winter fishing tips & tactics

REEL IN REDFISH, TROUT, FLOUNDER AND SHEEPSHEAD THIS MONTH WITH THESE LOCAL SECRETS.

STORY + PHOTOS BY COLLINS DOUGHTIE







WINTER TACKLE BOX
Here are a few lures and flies great for inshore winter fishing. Flounder can't resist soft plastics that are white.

Fishing during the winter months isn't for everyone, but luckily we live in a place that rarely sees snow, but the weather can change drastically from day to day. I can remember thunderstorms on New Year's Eve along with incredibly drastic changes in temperature from one day until the next. You have to admit we have it pretty easy here, where it can climb to 75 degrees in January. ***Here are a few inshore fishing tips that might just turn a strikeout into a home run during this winter period.***

Change lines

As the water temperature drops, our normally cloudy water turns gin-clear due to the lack of micro organisms and plant growth that thrive when the water is warmer. Like us, fish tend to slow down the colder it gets. Because their metabolism has slowed to a snail's pace, they just don't jump on a bait like they do in the summer. The first thing I recommend is remove braided line from your reels and load them with monofilament. My preference is 8- to 12-pound test. With water so clear, bright colored braided line can be seen from a country mile. And if you can see it, so can a wary redfish, trout or flounder. The cold water also lessens the fight from most of these species, so reeling in a 24-inch redfish on 8-pound test is very doable. Reds also love gold spoons and GULP 3" shrimp in the New Penny color, while flounder prefer soft plastics that are white.

Count more sheep

The only exception to the mono switch is sheepshead. I keep one rod with braid because unlike the other fish mentioned, sheepshead get stronger in cooler water. I prefer 30-pound braid with a 1- to 2-ounce egg sinker, a small swivel and a foot or so of 20-pound test fluorocarbon leader and small #4 Eagle Claw hook. For bait, fiddlers, oysters or clams all work well. If you lack patience, go play golf. The rod you use needs to have an extremely sensitive tip, and if you see even the slightest tap, set the hook hard and fast. Sheepshead love structure and the more growth on the pilings, the better. Both bridges coming to Hilton Head have plenty of sheepies, and the best time to target them is when the tide has slowed to a crawl.

Sling mud

Live bait is often hard to come by in January, with the exception of mud minnows. My trick fishing these is to put two on a hook instead of just one. Instead of one just lying on the bottom, two struggle against each other, which often catches the attention of a flounder, redfish or trout. I like to target redfish an hour before and after low water right up close to oyster rakes and small creek mouths. When the tide starts getting up to the grass, I target trout with artificials. My



LOCAL LIFE TEST KITCHEN

Pan-fried flounder

INGREDIENTS

4 (5-ounce) flounder fillets
2 egg yolks
1/2 cup whole milk
1/2 cup all-purpose flour
1 cup dried bread crumbs
1 stick unsalted butter, cut into tablespoons
1/4 cup extra-virgin olive oil
2 tablespoons Meyer lemon juice
Salt
Black pepper, cracked (for garnish)
Parsley, chopped (for garnish)

DIRECTIONS [1] Whisk the egg yolks with the milk in a bowl. Spread the flour in a shallow plate or bowl. Spread the bread crumbs into a separate plate or bowl. Season all bowls with salt. **[2]** Dredge each flounder in the flour bowl, dip into the egg mixture and then dredge in the bread crumbs. Transfer fish to a plate. **[3]** Heat 2 tablespoons of olive oil in a pan, then melt 2 tablespoons of butter. Fry each fillet over medium heat for about six minutes until golden brown, turning once. Transfer fish back to the plate. **[4]** Wipe out the pan and repeat step 3 until all of the fish has been cooked. **[5]** Wipe out the pan and whisk the remaining butter with lemon juice. Season with salt and spoon over the flounder. Garnish with cracked black pepper and chopped parsley. Serve with boiled potatoes, sliced carrots and Meyer lemon wedges.

go-to baits are grubs or screwtails fished slow with a twitch every so often or a Cajun Thunder cork with a DOA shrimp on a 2-inch leader. Drift it close to grass and make that cork talk with quick jerks as it drifts along. Lastly, the biggest mistake I see newcomers to the area make is they fish too far away from the shoreline. You'll double your chances if you fish really close to the shoreline and fish slower because a lot of these fish are hunkered on the bottom just waiting for spring to arrive. Good luck and Happy New Year! *LL*

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JANUARY stargazing

BY EMMA QUINN

Does your New Year's resolution include getting outside for more adventures in 2021? Get started tonight by exploring our local starscape. Bundle up and gather your adventuresome friends, because this chilly trip might be written in the stars. ***Here is your guide for January:***

THE SIGNS

CAPRICORN

DEC 22ND - JAN 19TH

Capricorns may be stubborn, have strict rules for themselves, and love to follow other rules, but they know how to achieve what they want. They also are big on family and traditions, so once considered close, they tend to stick with you for life.

AQUARIUS

JAN 20TH - FEB 19TH

Aquarius is the individualist of the star signs. They are unique, independent and idealistic. They tend to give off warm energy and seemingly always get things done. They also keep a strict hierarchy of priorities.



Where to go

MITCHELVILLE BEACH

If you are hoping to stay close to home, Mitchelville Beach is a great option for your January stargazing adventure. It is one of the darkest spots on the island according to the light pollution map, allowing for a clearer view of the night sky The parking lot closes at dark, so consider taking an Uber or walking there from another beach access point. Pack your blankets and hot cocoa and enjoy a peaceful night under the stars.

When to go (Jan. 2-3)

QUADRANTIDS METEOR SHOWER

Occurring each year from Jan. 1-5, this shower will be at its peak Jan. 2-3. At this point, it will produce about 40 meteors per hour and will be best viewed after midnight due to the waning gibbous moon.

January's Best Constellations

NORTHERN SKY



ORION



TAURUS

SOUTHERN SKY



CAELUM



DORADO











WHAT TO BUY

Wall Art: Create Your Night Sky, $60 (create.thenightsky.com) **Planetarium:** The Handheld Constellation Identifying Planetarium, $49.95 (hammacher.com) **Blanket:** YETI Lowlands Blanket, $200 (yeti.com) **Coat:** Ravean Heated Down Jacket, $300 (ravean.com) **Book:** Backyard Guide to the Night Sky, $25 (Barnes and Noble)

THE TOP RATED APPS



METEOR ACTIVE

★★★★½ *FREE*

With hour-by-hour estimates of meteors, this app uses the latest technology to bring you the most accurate predictions. Use this to help plan your night out with the stars so you can be sure to catch the peak parts of the shower.



SATELLITE TRACKER

★★★★½ *FREE*

Track satellites in real time, and select from the most famous of them. There is a flyby timer that counts down to when the selected satellite will fly over your chosen geographical location.



CO-STAR

★★★★★ *FREE*

Want to know more about your star sign? Co-Star is personalized to you, and with daily horoscopes, this app gives you new inspiration each day. Connect with friends and evaluate compatibilities and your differences.



"And then we came to Hampton Hall"



Hole #18



Hole #13

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2021 style trends

PHOTOGRAPHY BY LISA STAFF

When looking at the forecast of upcoming trends, you'll see everything from leather textiles to muted floral patterns to vests for both men and women. Heavy plaids and camouflage prints are both continuing to make an appearance, and puffy sleeves, along with a little shoulder pad action, are coming back in a big way. We asked local boutiques and shops to share their predictions of what trends they see making it big in 2021, and ***LOCAL Life stylist Roxanne Gilleland worked with the owners to find the perfect way to showcase their forecasts.***



Ann Marie Goodliffe *Owner of Cocoon*

Cocoon

HOW IT ALL BEGAN

In the fall of 2015, Ann Marie Goodliffe opened the doors of COCOON in the heart of Old Town Bluffton. The boutique perfectly captures the essence of Lowcountry chic living. A true lifestyle shop, you will find beautiful rugs, pillows, apparel, jewelry, shoes and gifts all carefully curated by Ann Marie for Lowcountry life.

FUN FACTS

COCOON proudly features many lines from Charleston, Beaufort and Hilton Head Island designers, offering styles and colors unique to The Lowcountry.

While always seeking new local talent, the latest lines currently featured are from La Plage (Beaufort), Janet Gregg Jewelry (Charleston), J. Mills Jewelry (Beaufort), Votivo Candles (Spartanburg), Low Country Linens (Hilton Head), and Charleston Shoes (Charleston).

Other collections highlighted are Jade Connally, Sail to Sable, Sailor Sailor, Duffield Land, and Bella Tu.

Find COCOON while exploring The Lowcountry Oyster Trail at #7.

OUR 2021 TREND

With a focus on colorful, easy care fabrics with comfort and style in mind, COCOON is excited to put an emphasis on animal print this year. Bold prints can be found during the winter months, while leading into more muted patterns to reflect the softness or spring and summer. This trend is threaded through the apparel, shoes, and accessories offered.



Palmettoes

HOW IT ALL BEGAN

In 2006, the team of Dennis Jaworski and Chuck Hall took on the challenge of creating Palmettoes, a unique shopping experience for men and women in Sea Pines. Dennis' background in menswear with a 36-year tenure with Redwood & Ross / Acorn stores and Chuck's background in womenswear with Neiman Marcus brought a wealth of expertise to work with. They pride themselves on successfully cultivating longstanding relationships with their clientele, whom they consider their friends.

FUN FACTS

They allow all of their employees to be an "owner" of the store, where they're encouraged to run daily operations as if they were the owner themselves.

Their multi-generational customers are always sure to make Palmettoes a stop during their vacation. Clients whose parents took them to the store now take their own children along with them.

OUR 2021 TREND

Honey-colored denim is trending in both men's and women's clothing. It started getting hot for fall, and then in the spring, it started showing in virtually everything.





Dennis Jaworski and Chuck Hall
Owners of Palmettoes

Outside Hilton Head

HOW IT ALL BEGAN

The first Outside store was established in 1979 on a card table in the back of the South Beach General Store. After a few years of success selling windsurfing clinics, a store front was opened in South Beach, selling the gear and beachy lifestyle goods to accompany Outside's growing windsurfing business. In 1986, Outside opened its flagship store in the Plaza at Shelter Cove, where it still lives today. There you can find gear for outdoor fun – like kayaks, paddleboards, and beach toys – along with fashionable men's and women's sportswear, footwear and accessories to complement the active lifestyle. Outside also has a store in Wilson Village, Palmetto Bluff, and a bike shop in Moreland Village, Palmetto Bluff. In 2021, Outside will open its newest store on River Street in historic downtown Savannah.

FUN FACTS

Outside is more than an outdoor store. The company also offers kayaking, fishing, boating, history and culture tours and group travel experiences.

Outside owns a private island, Page Island, that sits between Daufuskie and Savannah. It is the location of many Outside programs and available to rent for your next private event.

Outside is dedicated to our local community and supports a number of local nonprofits. In January, it is running its Recycle Your Jacket program to benefit Deep Well.

OUR 2021 TREND

Sustainability is becoming more and more apparent in clothes and accessories. Our purse and fleece Patagonia jacket picked for this project are both made from recycled materials.





Meghan Cline *Director of Retail at Outside Hilton Head*



Kay Stanley *Owner of Spartina 449*

Spartina 449

HOW IT ALL BEGAN

Inspired by the unspoiled, natural treasures of Daufuskie Island, founder Kay Stanley had an idea that led her to create her specialty lifestyle brand in 2009. Spartina 449, named after the lush grass along the South Carolina coast and Kay's island cottage lot number, consists of beautiful patterns and shapes in apparel, handbags, and jewelry, all inspired by the Lowcountry's salt marshes and sandy beaches. But Kay is inspired by other areas as well, and the idea of her Greetings From collection was born. Maps from more than twenty magical destinations can be found on everything from totes to embroidered pillows and quilted throws. What ideas will spark next for Spartina 449? We hear there's more to come soon!

FUN FACTS

A portion of Spartina's proceeds benefit the Daufuskie Island Historical Foundation.

The mermaid logo can be found on every piece created, ready to bring fun and sun into your personal style.

Kay finds inspiration all around the Lowcountry when she takes Boo, her fluffy sheepadoodle, on walks.



OUR 2021 TREND

Spartina's latest collection, the 1738 Collection, is inspired by Drayton Hall, built that year by architect and homeowner John Drayton. It's a remarkably built home with little, significant details seen in the carved wood ornamentation on doorways, ceiling moldings, cornices, friezes, and mantels. This collection of brush-stroke floral prints, velvet accessories, and 18-karat-plated gold jewelry was created with the unique craftsmanship of this well-preserved Lowcountry treasure in mind.



OUR 2021 TREND

When looking at the top trends forecasted for 2021, floral patterns seem to be at the top of the list. It's said that flowers often signify new beginnings, which is exactly what we all need after the year we've had.





Roxanne Gilleland *Co-owner of SHOP!*

SHOP!

HOW IT ALL BEGAN

Co-owners Roxanne Gilleland and Kim Hall opened the doors to SHOP! only three years ago. They saw there was a definite need for a high-end women's fashion store. Kim at the time was a representative for Worth New York and Roxanne was a 18-year employee of Porcupine before it closed. They decided to venture into this very niche market together, and so happily they did. They are so proud that even though the store has only been open a few years, they have made it through the tough times, including Covid. They love catering to their market of women from young teens to the mature woman. Their expertise is helping find just the right clothing to make each client feel special and beautiful for any occasion.

FUN FACTS

Roxanne and Kim have a combined 45 years of retail between them, which is why they are successful today.

From blue jeans to formal gowns, they pride themselves in carrying unique, high-end brands such as Zadig & Voltaire, ML by Monique and Love Shack Fancy.

In addition to the retail store, SHOP! also offers personal styling, in-home consultations, closet organization and alteration guidance.

Knickers

HOW IT ALL BEGAN

Back in the summer of 1971, Dick Crose founded the store that carried traditional men's tailored clothing, which dominated the fashion scene back then with brands such as Ralph Lauren, Hickey Freeman, and Norman Hilton. In the early '80s, Knickers began focusing on colorful and casual resort wear, and ended up possessing the largest Polo Ralph Lauren accounts in the country. In 1993, the store partnered with a freshly founded brand called Tommy Bahama. Today, it focuses on providing diverse menswear that fits the needs of gentlemen of all styles.

FUN FACTS

Knickers provides menswear for several different styles. Brands like Vineyard Vines, Sperry, Southern Tide, johnnie-O, and Faherty cater to those who seek a more youthful, trendy look, whereas brands like Peter Millar and Tommy Bahama will cater to a more discerning style.





Jock Miller *Manager and buyer at Knickers*

OUR 2021 TREND

Polyester has become KING in all the brands we carry (we still have cotton). The vest has become a super important piece that easily transitions from fall and winter into spring. They are both comfortable and fashionable for men and women alike. As always, plaid is big in the South, but we're seeing more patterns. Five-pocket jeans in different fabrics are a must.

Island Child



HOW IT ALL BEGAN

Senny Powell distinctly remembers conversations with her father about one day running a children's department store. What began as a mom and pop business has grown into a 3,400 square foot specialty store business filled with kids clothes and items up to children's size 14. For a boutique that is steeped in rich family heritage, its conception actually began when the Powells were unable to have children, and Senny began making baby quilts as gifts. The couple found the demand so positive that the Chicago school teachers began a cottage industry in the Windy City area and spent weekends selling their goods at craft fairs. When they moved to Hilton Head Island in the early '80s, they bought an existing shop — the Snappy Turtle — and a year later, opened Island Child. The Powells have seven adopted children — four girls and three boys — and have fostered seven children. They see Island Child as an extension of their own family and delight in every chance to make childhood a bit more magical for their customers.

FUN FACTS

When purchased, the store was one-third of the 3,400-square-foot space that it is today. Whether they're ringing up customers or rearranging window displays, the Powells' seven adopted children are involved in the store, just as Senny's father was, truly making it a three-generation company.

OUR 2021 TREND

We're seeing a lot of florals with muted tones, such as rose, lavenders, and different shades of blue. It's soft, gentle, and dainty. I think after 2020 this is what we need — soft, gentle rainbows in everything.



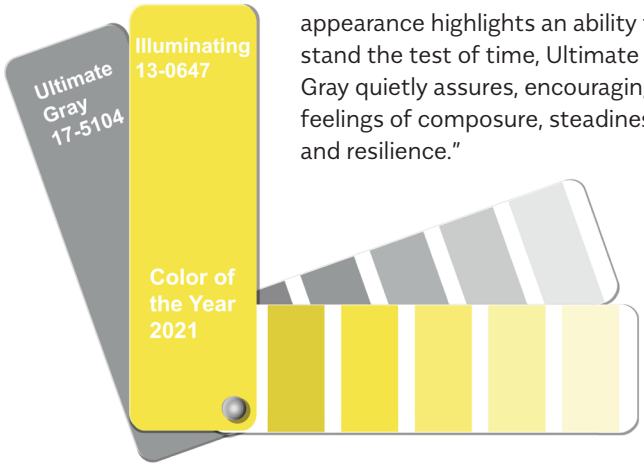
***Senny Powell** Owner of Island Child*



2021 PANTONE COLOR OF THE YEAR

For over 20 years now, Pantone has had the leading influence in color when it comes to fashion, interior decorating, industrial design, and even product packaging. When these industries are making development and buying decisions, Pantone's color of the year is usually what they look to first. The process of deciding on a color, or sometimes colors, takes a lot of analyzing of entertainment, films, popular travel destinations, new and upcoming artists, and even socio-economic conditions.

Pantone has chosen Ultimate Gray and Illuminating as the colors of 2021. Here's the reason behind their decision: "As people look for ways to fortify themselves with energy, clarity, and hope to overcome the continuing uncertainty, spirited and emboldening shades satisfy our quest for vitality. **PANTONE 13-0647 Illuminating** is a bright and cheerful yellow sparkling with vivacity, a warming yellow shade imbued with solar power. **PANTONE 17-5104 Ultimate Gray** is emblematic of solid and dependable elements which are everlasting and provide a firm foundation. The colors of pebbles on the beach and natural elements whose weathered appearance highlights an ability to stand the test of time, Ultimate Gray quietly assures, encouraging feelings of composure, steadiness and resilience."





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Style can pull you out of your Covid funk

BY LISA ALLEN



It's been months of Covid now, and working from home in our comfy clothes, eating comfy food has left us anything but comfy. We're pasty, bloated and irritable.

Even walking by the closet is depressing. It's filled with clothes that don't fit that we no longer wear. Even before Covid, most of us wore only a fraction of what's in our closet. Now, it's down to about 10 percent. Our closets have become our dens of shame.

It doesn't have to be that way, says style and image consultant Kathryn Mademann. If anyone can, she can help you save yourself.

Mademann, a former fashion model, is the owner of KM2Style, which serves as a platform for her work as a personal consultant, TV host, and corporate and TEDx speaker. Originally a New Yorker, she moved to Hilton Head two years ago after living in Montreal.

Presently, Kathryn offers weekly lectures at Hilton Head Health and guest lectures at Canyon Ranch Spas and Resorts. She offers private consultations that include wardrobe rescue, color analysis and styles.

"I love helping people feel better about themselves," she said. "All it takes is getting the right clothes in the right colors, the right styles and, most importantly, the right fit. And I mean the right fit for you now, not after you've slimmed down or toned up. I call it dressing in real time."

After all, you're not dressing your former self or your future self. You're dressing the you that pulled open that closet door this morning.

"Clothes can either help or hinder your efforts to lose weight," Mademann said. "Sweatpants and yoga pants don't tell you when you're gaining weight. Conversely, if you wear clothes that fit well and look good, you're going to feel better," she said. "Dressing is emotional."

***Kathryn Mademann** is an internationally known style consultant now based on Hilton Head. She can be reached at KathrynMademann@gmail.com or KM2Style.com.*

In her TEDx talk, she explained that dressing sometimes gets lost in translation. There is a disconnect between how others see us and how we see ourselves, the contrast between our image and our insecurities.

A stronger external image — wearing clothes that match our colors, styles and bodies—buoys our self image too. So, if you're trying to lose weight, don't wear ill-fitting clothes now, promising yourself you'll get new clothes when you lose the weight. You're punishing yourself. Instead, take care of yourself every step of the way. That will help you lose the weight because you're rewarding yourself all along.

Hiring a consultant to help you nail down your wardrobe needs is money very well spent, Mademann said. You'll be happier, more successful and more confident. Aligning your wardrobe now may even save you money in the long run because you won't waste money buying clothes you won't wear.

Like it or not, you have to wear clothes every day. Imagine how much better your days would start if you flung open that closet door with enthusiasm instead of dread. *LL*



Five steps to a harmonious wardrobe

1. **Know your colors.** Each of us has 10 to 12 colors that look great on us. Stick with those.
2. **Pinpoint your style.** Wear what makes you look good.
3. **Be ruthless to your closet.** Get rid of (or at least box up) anything you don't wear (likely because it's the wrong color, style or fit for you).
4. **Make sure your clothes fit** the real you, not the imagined you.
5. **Organize your closet** so you can easily assemble an outfit.

Oh, one more thing. Call Kathryn to get you pointed in the right direction right from the start.

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Local Love

WELCOME 2021 Accessorize your life with these trendy items for 2021. Since you probably didn't get what you really wanted for Christmas, treat yourself.



CAN I GET A WATT WATT?

A fabulous light blue chevron pattern lamp is a delicate accent addition to any room. This color combo offers a classy, beachy look for Lowcountry life.

Available at Grayco



SO SPECT-ACULAR

These Thierry Lasry sunglasses are handmade in France. They are also available with or without prescription lenses. Stylish all year round, these are classic and look fabulous on all face shapes.

Available at Eyeland Optique



OH SO SWEET!

The colder months are approaching, making it a great time for some tea. Add some of this delicious honey to your tea for a great flavor and soothing effects.

Available at Island Lavender

THE EARLY BIRD GETS THE WORM

This cute pillow is a great addition to any home. The colors add the right amount of statement to your couch. Rest your head knowing you've got impeccable taste.

Available at Lowcountry Mercantile





JUST WINGING IT

With everyone spending more time at home, this bird bath can make a great addition to your yard. The beautiful colors and the adorable paintings on the stand make this piece pop and will bring some life to your yard.

Available at Spirited Hand



YOU ARE ADORA-BOWL!

This bowl by Terrafira Ceramics, made in New York City, is exclusively sold at Pyramids. The beautiful and understated design makes it great for serving your favorite dish. Your guests will be impressed with not only the food, but the stylish way it is being served as well.

Available at Pyramids



SIP SIP HOORAY

Is part of your New Year's resolution to stay better hydrated and drink more water? Well you can do that in style with help from these adorable cups, made by an artist in Savannah.

Available at Gifted



TAKE A SWIG

Swig Life insulated drinkware is made for all the ways you do life. From your carpool coffee to your evening exercise, designs are functional, fashionable, and eco-friendly too.

Available at Coastal Treasures

KNOCK ON WOOD

This double-tiered wood table is great for the home. It is small enough to work in various spaces but large enough to hold all of your necessary home goods.

Available at Coastline Cabinetry





CHECKMATE!

On cold winter days, this beautiful MacKenzie-Childs Royal Check Enamel is your best friend. Serve up some hot soup in this, and keep you and your loved ones warm.

Available at Forsythe

WHAT'S FRESH IN JANUARY?

No sprout about it

BY MADDIE BANE

Brussels sprouts are full of flavor and offer many health benefits.





***Brussels sprouts** are ready to harvest when the tiny heads are firm, green, and 1 to 2 inches in diameter.*

These miniature cabbage-looking greens pack a punch when it comes to nutrients, and also a little bit of history when it comes to their name. Brussels sprouts are in fact named after the town in Belgium. They began being cultivated there in the 16th century and quickly became a popular crop. January is a great time in the Lowcountry to harvest these vegetables, especially after the first frost (if we get one this year). This tends to make Brussels sprouts sweeter and more flavorful. Keep reading to see how these Belgian sprouts are almost as appealing as Belgian chocolates.



LOCAL LIFE TEST KITCHEN

Brussels sprouts frittata

INGREDIENTS

8 large eggs
2 tablespoons Parmesan cheese
1 cup gruyere cheese, shredded
Salt and pepper, to taste
1 tablespoon extra virgin olive oil
2 cups Brussels sprouts, chopped
1 cup peas
2 cloves garlic, minced

DIRECTIONS [1] Whisk eggs and mix in Parmesan, gruyere and salt and pepper. Set aside and heat up olive oil in a cast iron skillet. **[2]** Add in Brussels sprouts. Once they caramelize, add in minced garlic. **[3]** Add in peas and egg mixture and ensure that all ingredients are evenly distributed. Place in 400 degree oven and bake for 15-17 minutes.

Notable nutrients

Rich in Vitamin K, Brussels sprouts promote bone health and can help limit neuronal damage in the brain, possibly preventing or delaying the onset of Alzheimer's disease. They contain a high content of vitamin C and fiber, and they're also rich in antioxidants.

Happy harvesting

In order to grow efficiently, Brussels sprouts seeds need to be planted three to four inches apart in a rich soil that receives plenty of sunlight. Begin fertilizing a month after planting, and keep an eye out for cabbage worms. Once the sprouts are one to two inches in diameter, they're ready to harvest.

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LOCAL LIFE TEST KITCHEN

Balsamic-roasted Brussels sprouts

INGREDIENTS

1 1/2 pounds Brussels sprouts, halved
4 ounces pancetta, diced
1/4 cup olive oil
Salt and pepper, to taste
1 tablespoon balsamic glaze

DIRECTIONS [1] Heat oven to 400 degrees, and place Brussels sprouts, pancetta, olive oil, and salt and pepper on a baking sheet after tossing. **[2]** Roast for 20-30 minutes. The Brussels sprouts should be browned and tender, and the pancetta should be cooked through. **[3]** Once removed from the oven, add in balsamic glaze and toss once more. Serve hot.



Where to buy them

Brussels sprouts should be available for purchase at your grocery store, but several local farmers' markets will have then available, as well.

Tuesday: *Hilton Head Farmers Market, Coastal Discovery Museum, 9 a.m.-1 p.m.*

Thursday: *Downtown Bluffton Farmers Market, Calhoun St., noon-3 p.m.*

Saturday: *Port Royal Farmers Market, Naval Heritage Park, 9 a.m.-noon*

Every day I'm Brusselin'

Brussels sprouts can be prepared in a multitude of ways — roasting, sauteing, grilling, or even eating them raw. Their cholesterol-lowering ability is greater when steamed than when raw. In order to keep these veggies fresh for as long as possible, be sure to store them in a plastic bag in your refrigerator's vegetable drawer. *LL*



LOCAL LIFE TEST KITCHEN

Bacon wrapped Brussels sprouts

INGREDIENTS

12 strips bacon
12 Brussels sprouts
Maple syrup
Black pepper, to taste

DIRECTIONS [1] Lay out strips of bacon on a level surface, and lightly brush on maple syrup. Be sure to cover the entire strip. Sprinkle with black pepper. **[2]** Starting from the bottom, roll each Brussels sprout into each slice of bacon. Once wrapped, brush with maple syrup again, along with the black pepper and transfer onto baking sheet. **[3]** Bake for 20-25 minutes in a 350 degree oven. Be sure seam side is down in order to keep the shape.

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Be kind to your mind & body

CHEF KIM BARETTA SHARES A FEW TASTY, BRAIN-BOOSTING MEDITERRANEAN RECIPES





TOP CHEF Kim Baretta is the the volunteer chef-in-residence at Memory Matters. She graduated with distinction from the Leiths School of Food and Wine in London.

What does food have to do with the brain? Intuitively, we know if we eat well, our bodies will function better. But science goes steps further. Researchers discovered that a protein found in the brain — brain-derived neurotrophic factor or BDNF — helps brain functions such as keeping brain cells alive, growing new neurons and aiding cognitive function. Low levels of BDNF have been linked to Alzheimer's, accelerated aging, poor neural development, neurotransmitter dysfunction, obesity, depression, and even schizophrenia. Research has found that one way to increase BDNF is to follow a Mediterranean diet (fruit, vegetables, beans and whole grains with olive oil as the primary fat source) thereby cutting out saturated fats and refined sugar. We reached out to a local chef ***Kim Baretta***, an expert on the Mediterranean lifestyle, for recipes that taste good, while being kind to the mind and body.



KIM BARETTA

Blackened shrimp grain bowl

SERVES 4

INGREDIENTS (rice)

1 yellow onion, diced
1 tablespoon extra virgin olive oil
1/4 teaspoon cayenne
1/2 teaspoon salt and pepper
1 teaspoon cumin
1/2 teaspoon oregano
1 cup brown basmati rice
2 cups vegetable broth

DIRECTIONS Sauté onions in olive oil until soft. Add spices and sauté briefly. Add rice and broth. Bring to a boil. Cover and simmer on low until cooked through, about 30 minutes.

INGREDIENTS (corn and bean salad)

4 ears of corn, kernels removed
1 red pepper, diced
1/4 cup cilantro
Juice and zest of one lime
1 tablespoon extra virgin olive oil
1 can black beans, rinsed well

DIRECTIONS While rice is cooking, sauté corn kernels in olive oil. Add red pepper and beans and cook until peppers just begin to soften. Remove from heat. Add lime zest, juice and cilantro and season well.

INGREDIENTS (avocado cream)

1 avocado
1/2 cup non-fat plain Greek yogurt
1/4 cup cilantro, chopped
1 clove garlic
2 tablespoons extra virgin olive oil
Salt and pepper, to taste

DIRECTIONS Purée all ingredients in food processor

INGREDIENTS (shrimp)

1 pound fresh shrimp, peeled and de-veined
1 1/2 teaspoons chili powder
1 teaspoon sweet smoked paprika
1 1/2 teaspoon cumin
1 teaspoon onion powder
Salt and pepper, to taste
2 tablespoons extra virgin olive oil

DIRECTIONS Toss shrimp in spices. Saute in olive oil until cooked through.

INGREDIENTS (other)

*2 cups fresh **spinach***
1/2 cup crumbled queso fresco or cotija cheese

DIRECTIONS To serve, place spinach in bowl. Top with rice and then corn and black bean salad. Finish with the shrimp and a sprinkle of cheese. Serve with avocado cream.





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Chef tip: *Do not over salt, but do remember that salt is a flavor enhancer. The salt actually brings out the sweet taste of the pears.*



CHEF'S NOTE:

This soup is so quick and easy and it's absolutely delicious. I have adapted it from a Halloween magazine, but it can be served all winter long. It also freezes well. I love that it is gluten and dairy free. ***Turmeric*** is known to be an anti-inflammatory and antioxidant.

KIM BARETTA

Gingered squash and pear soup with turmeric

MAKES 8 CUPS



INGREDIENTS

2 tablespoons extra virgin olive oil
1 chopped onion
1 tablespoon grated fresh ginger
1 1/2 teaspoons ground ***turmeric***
1 large butternut squash, peeled, seeded and cut into chunks
2 ripe pears, peeled, cored and chopped
4 cups gluten-free vegetable broth
Salt and pepper
Toasted pumpkin seeds to garnish

DIRECTIONS [1] Sauté the chopped onion, grated ginger and turmeric in olive oil in a large pot until onion is tender. If onion starts to stick to the bottom of the pan before it softens, add a bit of the vegetable broth. **[2]** Add the squash and pears. Add the vegetable broth and bring to a boil. Cover and reduce heat and simmer 15 minutes until squash is tender. **[3]** Cool slightly, then puree until smooth. A blender or Vitamix will yield the smoothest, creamiest soup, but a food processor will also be fine if you don't have a blender. Season with salt and pepper. Garnish with toasted pumpkin seeds just before serving.



CHEF'S NOTE:

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

Cucumber cups with hummus and ratatouille

MAKES 20 PIECES

INGREDIENTS (hummus)

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



INGREDIENTS (ratatouille)

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

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

VIRTUAL DEMO

What does a professional chef with a passion for Mediterranean food do with seven cans of chickpeas in her pantry? ***Scan this QR code to find out.***

THE PESTO'S YET TO COME

Take ***grilled salmon*** to the next level with this amazing basil pecan pesto from the team at Charlie's L'Etoile Verte. You also can use it as a substitute for tomato sauce on a pizza or as a base for other sauces and vinaigrettes. This pesto is simply the besto!



CHARLIE'S L'ETOILE VERTE

Basil pecan pesto

INGREDIENTS

6 ounces extra virgin olive oil
50 ***basil leaves***
1 clove garlic
3/4 cup grated Parmesan
Pinch salt
2 tablespoons pecans
Juice of 1/2 lemon

DIRECTIONS [1] Toast pecans for 4 minutes in an oven heated to 350 degrees. **[2]** Combine garlic, Parmesan and nuts in a food processor. Blend until fine. **[3]** Add lemon juice, basil, salt and continue to process. While still blending, add the olive oil until a smooth paste forms. **[4]** Keep refrigerated in a closed container for up to 3 weeks.









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DID IT ALL FOR THE GNOCCHI

Gnocchi is a dumpling, but in some Italian families, they are fluffy pillows of love, often made by a favorite relative. Make some memories by inviting a little one to help make them. Practice makes perfect. In the colder months, toss your gnocchi with a seasonal mix of mushrooms for added texture and aromatic flavors. Here is a fantastic recipe shared by chef ***Nunzio Patruno***.



NUNZIO RESTAURANT + BAR

Gnocchi di Patate con Funghi

SERVES 8

INGREDIENTS (potato gnocchi)

2 cups of Idaho potatoes, about 6 medium potatoes, skinless and pre-cooked
3/4 cup of all-purpose flour
2 egg yolks
Pinch of salt

DIRECTIONS [1] Pass the potatoes through a food mill and allow to cool. **[2]** Place the potatoes on a flat surface and add the flour, egg yolk and salt. Lightly mix all together and roll the dough with the palm of your hand, creating a 3/4-inch thick rope. **[3]** Cut the rope with a knife into 3/4-inch pillows. As you cut the gnocchi, lightly dust them with flour and set aside. **[4]** Bring a medium pot of salted water to boil and cook the gnocchi for two minutes. As the gnocchi rise to the top of the water, remove each with a skimmer. Set the gnocchi aside on a flat tray and let cool.

INGREDIENTS (mushroom sauce)

1 small onion, finely chopped
1 garlic clove, finely chopped
3 sage leaves
1 1/2 pounds of mixed mushrooms (shitake, baby portobello, oyster), sliced
1 teaspoon of flour
3 plum tomatoes, diced
1 glass of red wine
1/2 cup of chicken stock
1 cup of heavy cream

DIRECTIONS [1] In a sauté pan cook the garlic and onions until golden. Add the mushrooms and sauté for two minutes. Add the sage and flour. Stir the mushrooms with a wooden spoon and add the wine. **[2]** Let the wine evaporate and add the tomatoes, chicken stock and cream. Cook for five minutes and let the sauce reduce to half. Add salt and pepper and set aside. **[3]** Cook the gnocchi in boiling water until they float to the top of the water and drain. Sauté the gnocchi with the mushroom sauce and add 2 ounces of Parmigiano cheese and sprinkle with fresh parsley. Serve.

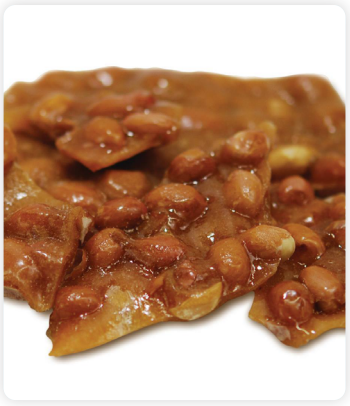
Try these / *Our top picks for January from the local food scene*



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Fresh brewed cinnamon-flavored coffee with Kahlua, Lunazul Reposado, tequila, milk, vanilla extract and chocolate syrup. Order one at ***Holy Tequila***.



CRAFTY CONDIMENTS
Upgrade your preserves with apple pie moonshine jelly, toe jam, sweet tea jelly, hot pepper jelly or apple butter from ***Bad Biscuit***. Mix with yogurt for a tasty snack or dollop on a cheese plate to lend a sweet & fruity contrast.



PEANUT BRITTLE
Spanish peanuts roasted and coated in Kilwins crunchy kitchen-made brittle candy. Buy some at ***Kilwins Hilton Head - Shelter Cove***.



CINNAMON ROLLS
In honor of National Gluten-Free Day on Jan. 13, we suggest these glazed delights from ***The G-Free Spot***.



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PASSED DOWN FAMILY RECIPE:

Wysong Escalloped Oysters





TOP CHEF *Colleton River Club chef Robert Wysong is a Maryland native and a graduate of Charleston's prestigious Johnson & Wales University.*

In January in the Lowcountry, we are so fortunate to be able to be able to enjoy what's right here in our backyard – oysters! But what is more than an oyster roast or oysters on the half shell? Enter this sentimental dish brought to us by ***Chef Robert Wysong, of Colleton River Club***, that was passed down to him from his mother, Kitty Wysong, a Savannah native.

This escalloped oysters recipe is so special that it's only made once per year at Thanksgiving or Christmas. It even has its own dish, not used for anything else, in which the dish is thoughtfully served at the Wysong household. It's carefully stored in the same place each year, too. Like many old family recipes, this dish is clearly about more than the food itself.

"There's a sense that my mother is still here with us," Wysong said. "She grew up in Savannah, and I love that I can be here and feel close to her. I remember growing up and helping her in the kitchen, getting organized, setting up and breaking down. She was a school teacher who had dinner on the table by 6 p.m. every night."



WYSONG FAMILY RECIPE

Escalloped oysters

As prepared by Katherine S. Wysong and family, from a recipe by Helen B. Whiting, written November 15, 1967.

INGREDIENTS

1 pint fresh jarred oysters
1/4 cup oyster jar liquid
1 stick of butter
1 cup cracker crumbs
1/2 cup soft breadcrumbs, no crusts
1/4 cup half and half

DIRECTIONS [1] Melt butter. Add oyster liquor and cream. **[2]** Arrange oysters in buttered, shallow, baking dish, in alternate layers with the cracker crumbs. **[3]** Add soft breadcrumbs to butter and liquid mixture, add seasonings, and pour over all. Add some crumbs over the top. **[4]** Bake 30 minutes at 350 degrees. Enjoy!

This time-honored tradition of serving this dish is now enjoyed by extended family year after year (and now, we hope, LOCAL Life readers). What makes it so delicious is its simplicity but also its richness. The butter and cream tells your brain, "mmmm … this is so good!" and it's perfectly mixed with the briny oyster. "To me," says Chef Robert, "it's just an incredible combination."

Chef Robert has been with the prestigious Colleton River Club for more than eight years. They recently refinished the Nicklaus Clubhouse and re-outfitted his kitchen, something he is thrilled about. He draws his inspiration from local and in-season staples – like oysters. During COVID, he and his team at Colleton River Club have become resourceful and creative about entertaining and dining. From the commissary that they built to provide residents with fresh fruit, vegetables, meats, and pre-made meals to smaller oyster roasts, they are finding innovative ways to delight with food.

What's next for Chef Robert at Colleton River Club?

"We're thrilled at what is ahead," says Chef Robert. "We're on top of our food and finding inspiration all over. Of course, I always draw on my roots too. Any good chef does."

Thoughtfully prepared dishes with history and sentimentality will always be more than just something to eat. Whether it's this Wysong Escalloped Oyster recipe, or one that your family has passed down to you, this season be sure to take some time to enjoy something treasured. *LL*

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RESTAURANT news

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High West whiskey dinner set

Enjoy an exceptional four-course dinner featuring ***High West Distillery Whiskey at Sea Pines Beach Club*** *at 6:30 p.m. Wednesday, Jan. 20. Tickets can be purchased online at seapines.com/events.*

Market Cafe expands lunch and dinner menus

Michael Anthony's will be closed on Mondays during the winter, but its ***Market Cafe will be open for dinner Monday through Saturday.*** *Lunch and dinner menus at the cafe also have been expanded. The lunch menu includes pasta, and a few of the sandwiches have changed. New meat and seafood dishes have been added to the dinner menu in addition to nightly specials.*





Club + Resort Business awards Moss Creek

The December 2020 issue of Club + Resort Business recognized the culinary team at Moss Creek *in its 2020 Innovation Awards for introducing meal kits, a "Home Cooking with Lenny" video series and a "Sunday Sauce Menu." As at many clubs, the culinary and food and beverage teams at Moss Creek quickly hurdled the dining restrictions imposed by the pandemic by responding with innovative and enticing to-go menus and other marketplace services. Executive chef Lenny Giarratano developed a special following for his meal kits, video series and sauce menu. Club members also were able to order and pick up groceries from the "Marketplace" menu, giving them a convenient way to grocery shop without leaving the community.*



New Mediterranean restaurant opens

Casablanca Mediterranean Grill has opened *at 1012 William Hilton Parkway, next to Panera Bread on Hilton Head Island. The new restaurant specializes in authentic Mediterranean cuisine prepared by executive chef Hicham Elmadi, who was born and raised in Casablanca. The menu includes chicken Shawarma, kabobs, gyros and falafel. Hours are 11 a.m. to 9 p.m., Tuesday through Sunday.*





Car blankets at Palmetto Bay Sunrise Cafe

Survive outdoor dining during the Lowcountry's chilly season and ***show your support for Palmetto Bay Sunrise Cafe with a car blanket.*** *Simply leave the blanket in your car so you can wrap up for outdoor dining experiences and events. We recommend ordering a "Pretty Darn" Benedict while you are there.*



JANUARY FOOD HOLIDAYS





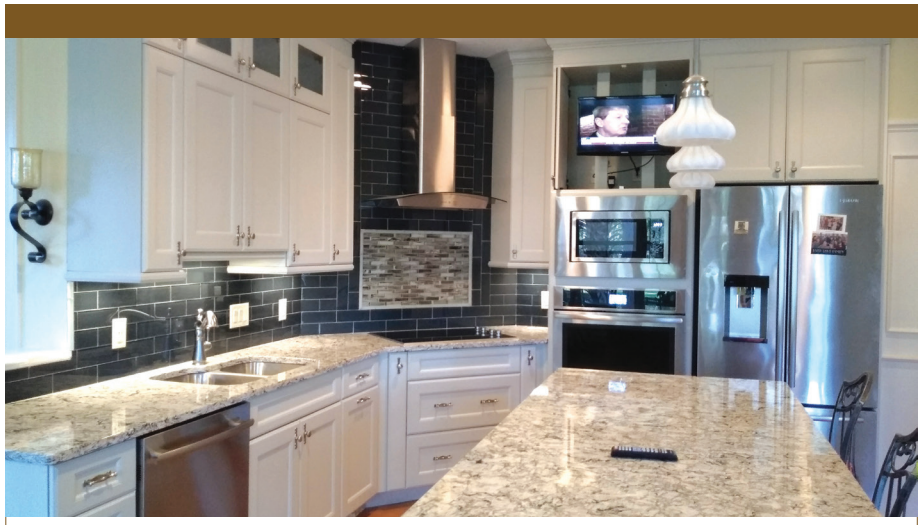








Jan. 1: ***Bloody Mary*** *Day*
Jan. 2: *Cream Puff Day*
Jan. 3: *Chocolate Covered* ***Cherry*** *Day*
Jan. 4: *Spaghetti Day*
Jan. 5: *Whipped Cream Day*
Jan. 6: *Shortbread Day*
Jan. 7: *Tempura Day*
Jan. 8: *English Toffee Day*
Jan. 9: ***Apricot*** *Day*
Jan. 10: *Bittersweet Chocolate Day*
Jan. 11: *Hot Toddy Day*
Jan. 12: *Glazed* ***Doughnut*** *Day*
Jan. 13: *Gluten-Free Day*
Jan. 14: *Hot Pastrami Sandwich Day*
Jan. 15: *Bagel Day*
Jan. 16: *Fig Newton Day*
Jan. 17: *Hot Buttered Rum Day*
Jan. 18: *Gourmet* ***Coffee*** *Day*
Jan. 19: *Popcorn Day*
Jan. 20: *Buttercrunch Day*
Jan. 21: *New England Clam Chowder Day*
Jan. 22: *Southern Food Day*
Jan. 23: *Rhubarb Pie Day*
Jan. 24: ***Peanut Butter*** *Day*
Jan. 25: *Irish Coffee Day*
Jan. 26: *Peanut Brittle Day*
Jan. 27: *Chocolate Cake Day*
Jan. 28: *Blueberry Pancake Day*
Jan. 29: *Corn Chip Day*
Jan. 30: ***Croissant*** *Day*
Jan. 31: *Hot Chocolate Day*



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Live music at Ruby Lee's South

Dance the night away with live music all month at Ruby Lee's South. *Take in performances by the Whitley Deputy Band,* ***Target the Band*** *and Fresh Vibe, formerly the backing band for Gwen Yvette. Find dates and show times at rubyleessouth.com.*



Burger Thursdays at Salty Dog Bluffton

Get through your work week by starting a ***Thursday burger tradition at Salty Dog Cafe Bluffton.*** *Enjoy all of the restaurant's big, juicy, loaded burgers (and even some not-so-burgers) for $9. Learn more at saltydog.com.*





Sprout Momma offering custom cakes

Upgrade your next birthday party or other celebration with a custom cake from Sprout Momma. *The popular bakery provides cakes of all kinds, including wedding cakes. Learn more at sproutmomma.com.*



2021 Chamber Restaurant Week

Dig into Foodie February with the 13th annual Chamber Restaurant Week, set for Feb. 20-27. *Modeled after successful restaurant weeks in New York and other cities, Bluffton and Hilton Head Island restaurants offer specially priced or prix-fixe menus, signature dishes, new entrées and old favorites. Participating restaurants include Nunzio Restaurant + Bar, Charlie's L'etoile Verte, Skull Creek Dockside, The Black Marlin, Skull Creek Boathouse, Michael Anthony's Cucina Italiana, Frankie Bones, ELA's On the Water, Alexander's, Hudson's Seafood House on the Docks, Poseidon, Giuseppi's, Charbar Co., One Hot Mama's and The Salty Dog. View menus at hiltonheadisland.org/restaurantweek.*





WWMD

(What would Margaret drink?)

Margaret Pearman is a certified sommelier under the Court of Master Sommeliers and is responsible for curating the award-winning wine list at Charlie's L'Etoile Verte. ***Here is her sipping suggestion for January:***



Steep. Sip. Thrive.

You made it through the holiday season and the 10 months of pandemic drinking. January is cold and dreary. It's the month to be introspective and start anew, so I am taking a break from the wine recommendations to introduce you to another type of blending: ***herbal fusions***.

The art of crafting an herbal blend is much like the art of making wine. No one component stands alone; it's the sum of all parts to make the whole. These fusions awaken the body from within to unlock our body's ability to filter out the toxins and restore functions.



SWEET TEA This local blend, named "Release From Me Detox," promises a few health benefits in addition to its great taste.

Local ***Amy Spadafora*** has been drawn to plants her whole life. At a young age she was diagnosed with ulcerative colitis, and she was not content with what traditional medicine had to offer. She delved in to homeopathic studies, moved cross-country to apprentice natural medicine practitioners, and earned her certification as a master herbalist. Patients walk through her healing garden and medicine wheel to sit down with Amy and discover "a better way towards self-care and self-healing."

I have two go-to herbal infusions for jump-starting a new year of better habits. The first is Release from Me Detox, which activates and warms the core of the body to clear out toxins. It's made up of fennel, fenugreek, anise, licorice, peppermint, burdock root, dandelion root, and red clover blossoms. The dandelion is key to activating the kidney and liver, while the peppermint is a breakthrough agent, and the licorice adds a hint of sweetness to round out the bitter notes. Harmony Tea incorporates nettles, rose hips and spearmint to create a restorative fusion high in minerals and vitamins. For more information and to purchase these infusions visit ***harmonicinfusions.com***.






Hilton Head Island's first gated community is home to some of the area's finest shopping, dining, and activities. Spend your day exploring some of the wide variety of shops from men, women's, and kids' clothing, book store, toys, liquor store, gifts, and specialty items. Dine at one of the vast array of restaurants. Rent a bike, play some golf or a game of tennis or pickleball. Enjoy a cold beverage overlooking the water. **It's all at Sea Pines.**

Sea Pines, remember why you fell in love with Hilton Head Island.

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ART OF THE BAR CART:

Tito's Martini

When crafting a martini, you'll quickly realize it isn't as simple as pouring vodka in a martini glass (unless that's the way you like it). To achieve ultimate martini goals, you'll need to stock your bar cart with the essentials so you're always prepared to make one the right way. The team at ***Tito's Handmade Vodka*** *offers these bar cart essentials, garnish suggestions and this recipe to make the classic cocktail. Garnish with one or three olives, but never two.*



Bar cart essentials

- Martini glasses
- Shaker & strainer
- Jigger
- Handheld juicer
- Bar spoon
- Garnish picks
- Ice bucket (filled with ice)
- Tongs
- Cocktail napkin (just in case)

Garnish suggestions

- Olives
- Lemon rind twists
- Cocktail onions
- Capers
- Garlic





Tito's Martini

INGREDIENTS

3 ounces Tito's Handmade Vodka
1 ounce dry vermouth

DIRECTIONS [1] Add Tito's Handmade Vodka and dry vermouth to a shaker with ice. **[2]** Shake or stir, and strain into a chilled martini glass. **[3]** Garnish with three olives or a lemon twist.

Cool DRINKS FOR Good LIVING



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Frontier medicine

DR. CAROLE B. RIZZO CARRIES ON A LEGACY OF FAMILY MEDICINE ON DAUFUSKIE ISLAND.

STORY BY BARRY KAUFMAN + PHOTOGRAPHY BY KIM SMITH PHOTO





THE DOCTOR IS IN Dr. Carole B. Rizzo, D.O., BSN, is shown with Daufuskie Island residents Nancy and Fred Ludtke.

When Dr. Carole B. Rizzo was a little girl, her grandma was essentially the town doctor. Whether it was a specially made poultice or something a little higher proof, grandma always had the medicine on hand to treat whatever the citizens of her small town required.

"She was a piece of work," said Rizzo. "She would take Smith Bros. cough drops, melt them down and mix in a little bit of whiskey. She always helped everyone feel better."

For her own medical endeavors, Rizzo went with a little bit more of a formal education.

Starting as a nurse's aide at age 14 (earning $1 per hour), she encountered sickness and death at an early age. Later, while pursuing her bachelor's degree in nursing from Detroit's Wayne State University, she worked as a public health nurse for Oakland County and found herself on the front lines during the infamous 1967 12th Street riot.

"We were confined to the nurse's unit for days, taking care of gunshot wounds, suturing faces, treating burns. It was humanity at its worst," she said.

She went on to earn a doctorate from Michigan State School of Osteopathic Medicine and practiced obstetrics and gynecology for 35 years before moving to Daufuskie.

Her early stint as a public health nurse in Detroit would prepare her for her ultimate role in retirement. Back then, she was participating in polio and rubella vaccine immunization clinics to the largely rural population of Rochester, Michigan. On Daufuskie, she's helping curb the spread of Covid and carrying on her grandmother's tradition of being everyone's go-to for what ails you.

She moved to the island five years ago with her husband, a California native who couldn't stand another Michigan winter. Within a few years, she was proving to be a valuable addition to the island when Hurricane Matthew roared through.

"Everyone was out chopping wood and taking brush away. Seeing all these people with scrapes and scratches, I realized we needed DPT (diphtheria-pertussis-tetanus) shots. I contacted Dr. (Raymond) Cox, who is a physician with Volunteers in Medicine, and he arranged it so 14 members of the county came here to Daufuskie," she said. Working with a crew of four nurses who lived on the island, they distributed DPT shots to everyone on the island, no matter what it took. "I gave shots in restrooms, golf courses, wherever."



TRIED AND TESTED With most Daufuskie residents beholden to the ferry to visit a doctor, traveling for a Covid test seemed impossible. So with the help of Burk's Main Street Pharmacy, Dr. Carole B. Rizzo brought the testing center to those who needed it.

When Covid hit, Rizzo once again saw a need for her unique medical skills. With most Daufuskie residents beholden to the ferry to visit a doctor, traveling for a Covid test seemed impossible. So she simply brought the testing center to those who needed it. Once again reaching out to VIM and Hilton Head Hospital, she had 14 people and more than 250 Covid tests delivered to Daufuskie, putting a halt to any potential outbreaks.

"I feel so privileged to offer my services and make sure my neighbors have what they need," she said. It's a sight better than whiskey and cough drops, and the citizens of Daufuskie are better for it. *LL*

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- Amish barn beams and 18th century French buffets in
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EDITOR'S NOTE This page highlights just a fraction of the many kind locals who call the Lowcountry home. Email details of the kindest person you know to info@wearelocallife.com.

The kindest among us

MEET 13 LOCALS WHO MAKE THE LOWCOUNTRY A BETTER PLACE.



John Farrell

BY KAREN MORAGHAN

Yes, he has the best golf job on Hilton Head and is one of the most respected golf professionals in the southeastern United States, but John Farrell also is one of the kindest, nicest guys you'd ever want to meet. While he has vast professional responsibilities and oversight for the golf courses, retail and on-course concessions as the director of golf at The Sea Pines Resort, it's his giving nature and "off time" activities that are notable.

Actively involved in the Hilton Head community, John has long focused on junior golf and cultivating interest in the game among new golfers. For 30 years, he has been the PGA liaison to the Hilton Head Junior Golf Association, while serving on the Board of Directors of The First Tee of the Lowcountry and as an advisor to the Hilton Head High School golf team.

The seventh of nine children, John grew up across the street from the Country Club of Pittsfield in western Massachusetts, a turn-of-the-century Donald Ross-designed club where he first encountered the game.

Over a 30-year career, John has been honored many times, including five-time PGA Golf Professional of the Year of the Hilton Head Chapter of the Carolina's PGA Section; two-time Carolina PGA Section Merchandiser of the Year; and Presidents Plaque Award winner.

It's no wonder this veteran professional was inducted into the Lowcountry Golf Hall of Fame in 2020 and still calls Harbour Town Golf Links his favorite course – anywhere, any time.



Lois & Bruce Reed

BY KAREN MORAGHAN

Lois and her husband, Bruce (a Vietnam vet), have worked tirelessly to support military families and veterans. This always cheerful, "go getter" never backs off, and her persistence has yielded great reward for the annual efforts of the Moss Creek Marines, a nonprofit charitable organization formed in 2006 comprised of Marine veterans who have served in WWII, Vietnam, Iraq, and Afghanistan, as well as affiliated Navy personnel. The organization also has associate members whose family members currently serve or have served as Marines.

The Reeds' primary focus for the past four years has been the support of the annual golf tournament held in the Moss Creek community. Bruce serves as operations officer and golf chairman; Lois is an integral part of the Moss Creek Marines effort to raise funds.

Proceeds raised contribute to the cost of training service dogs for qualified Marines and Navy veterans and to purchase textbooks not covered by the GI Bill at the Technical College of the Lowcountry. Additionally, the Moss Creek Marines support Vantage Point, a program dedicated to transitioning veterans back into civilian life after service.



Of course, in times of Covid, things had to change, and Lois found another way to raise funds in 2020 — collecting and decorating oyster shells. She sold 150 at last fall's Moss Creek Craft Fair and gave another 100 in exchange for cash donations at the golf tournament. "Stepping up and helping is easy," she says, "and really appreciated by those families we support."

Additionally, the Moss Creek Marines provide scholarships for family members of Marines in coordination with the Spouses Club at Parris Island. Support of The Santa Claus program, along with MCCS of Parris Island and the Beaufort Air Station, helps provide Christmas gifts for children of active duty junior Marines on base. Proceeds from the past 14 tournaments have supported 77 units, and "need" packages have reached over 33,000 deployed Marines. If you are interested in contributing to this nonprofit organization, visit mosscreekmarines.com.

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Betty Days

BY LUANA GRAVES SELLARS



The true mark of kindness and humility is found in someone who doesn't even recognize the impact that they have on the people around them. That's how Betty Days has always lived her life. Raised Gullah, the act of doing for one another just comes naturally.

Sharing stories or listing the things that she'd done for others is not important to her. "I can't recall anything," because to her, it's not about taking credit, it's only about being there for others. "When someone needs something, I help. I'm not one to boast about what I do. I'm just willing to help when I can, be it a ride or something."

Active in various ministries within her church and community, Betty consistently helps her fellow parishioners, regardless of the request. Now retired, she's an organizer, quilter, and the Burke-Ward family historian. For her, part of documenting the family's history includes conducting workshops for the younger generation to ensure that the family history is not forgotten. Keeping the Gullah tradition of quilt-making alive is another way of how she gives. Yet, for Betty, creating quilts upon request, and giving them away, to her, is how it's done.

Those are just a few of the ways that she spends her time. A member of the Bluffton Senior Center, she assists in enriching the experiences of the other members by orchestrating field trips so that they can go to educational and cultural events.

For most people, the pandemic created a lot of unexpected challenges. When the pandemic hit, she became concerned that people would have difficulty getting to the polls to vote. Starting with the seniors who come to the Senior Center, then her church family and finally people in the community, she helped them register for absentee ballots. Her efforts resulted in helping over 200 senior citizens and family members vote during the 2020 election.

Masks and personal protection gear also was a need that Betty saw that she could address by making homemade masks to give to anyone who needed one. "I came from a giving family. It's how I was raised; it's my motto and in my DNA. It's just me."

When asked about how he would describe the impact that Betty has had on the community, Herbert Ford says, "Betty Days has been fully committed to serve as a resource for senior citizens. She is very involved in ensuring that their medical, financial, and overall health needs are addressed on a daily basis. Seniors citizens have come to rely on her for her willingness to be a resource for them."

"I'm kind to everyone. What I do is for them. It's not for the reward. God knows what I'm doing." And that's Betty.

Danielle Hohl

BY LUCY ROSEN

Friends for Paws was started in 2018 by Danielle Hohl, Tammy Durea and Dee Heaton. The rescue was founded based on what they saw on social media. People were giving away pets "for free" on social media and then were chastised online for doing so. The post would disappear, and the group wondered what happened to the animals.

So, the three came up with the idea to start their own rescue based on showing no judgment to those who could no longer keep their pets. They would see the post on Facebook, reach out, explain who they are and what they do. They would get the pet, take it to a foster home, take it to a vet for any medical needs and then put it up for adoption.

They screen each adopter and complete a home visit before approving an adoption. Over the past 2 1/2 years, Danielle and her crew have saved more than 70 dogs. "Each pet we can keep out of the shelter leaves room for another in need," she said. She has personally fostered 30 dogs and kept two. She is pictured on Halloween with Sammy, one of the two.



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When we established our Lowcountry Community COVID-19 Response Fund in March, you responded with quintessential Lowcountry generosity. You donated, set up crowdfunding campaigns and supported other pandemic fundraising efforts.

We responded, too, by matching $200,000 of your donations. We invested those combined dollars back into our community by supporting local nonprofits addressing food and housing insecurity, domestic violence situations and, now, virtual educational challenges, resulting from the pandemic.

With your help, we've granted more than half a million dollars in COVID-19 response funding to 41 nonprofits in Beaufort, Colleton, Hampton and Jasper Counties.

The hardships created by the pandemic aren't over, and may continue for months. But the Lowcountry Community COVID-19 Response Fund is nearly depleted.

Please consider donating to the Lowcountry Community COVID-19 Response Fund so we can continue making life-changing grants to help our Lowcountry neighbors.

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Sam Christopher

BY LUANA GRAVES SELLARS



The old saying goes, "if you hear something once, it might be true, but if you hear the same thing over and over, consider it confirmed." That's definitely true about Gullah native Sam Christopher. Example after example and story after story, the kindness that Sam exhibits is consistent.

Described as a quiet and gentle soul, Sam might not yield a large footprint, but when he's there, his presence is definitely felt, and he is the type of person who doesn't believe in doing anything halfway. In fact, his efforts are usually 100 percent.

Sam is a natural giver. A resident of Hilton Head's Sandalwood Gardens, he's known for being there when needed. "When people need help, they ask, and it's done," he says.

Around the neighborhood, if you're not feeling well, or if a single mother knows that getting to the store for a few items is harder to do with the kids, if Sam is around, just consider it done. Even old or new residents can find an extra set of hands during their move, because "they might not be able to lift or move things, but if I can, I will."

Volunteerism is something that Sam believes in. If you've ever been to a Gullah Celebration or Historic Mitchelville event, chances are Sam was behind the scenes helping. His loyal service and commitment were recognized last year by the Historic Mitchelville Freedom Park. Acknowledged for his continuous dedication to the organization as a volunteer, he was named an Honorary Lifetime Citizen of Mitchelville.

When asked about Sam, Joyce Wright, project manager from the Historic Mitchelville Freedom Park, says "I'm sure that at this point what I will say may be repeating what others may have said, and it's all true. During my tenure at Mitchelville, I was introduced to Sam and told that he was available to help with odd projects. Sam and I met at the park and discussed our first 'partnership' at Freedom Day. Sam was calling me an hour before the time we had planned to meet at the park, and he was there waiting on me. When I arrived at the park, he already had all of the prepping done and was awaiting more directions. At that point, I said to myself 'he is a keeper.' From that point to every event since, Sam has been there. It doesn't matter what the need is-- Juneteenth, Freedom Day, Blues and BBQ, cleaning the park, special presentations, cleaning out our storage unit and helping with light office projects--I know that he will be there. Even when we're supporting other events, Sam would stop by and ask if we needed anything. There's never been a time when Sam has said 'no.' Even when he has obligated his time somewhere else, he would say 'I'll be there a little late.'"

Sam is one of Hilton Head's unsung heroes. Always willing, always ready and "always on time with that meek smile." That's Sam.



Brook Simons

BY KAREN MORAGHAN

Whether behind the lens, on the volleyball court, or on her laptop, Brooke Simons is no stranger to doing good things for others.

At age 17, she has received the Hilton Head Island Mayor's Community Service award each of the past six years.

Brooke spearheaded a letter-writing project among her fellow high school students, who became pen pals with special-needs adults who participate in Pockets Full of Sunshine (PFS). During this time of pandemic-fueled isolation and the unavailability of regular activities, these letters provided connection and brought happiness to everyone involved.

Brooke also participated in the national Front Steps Project, taking photos of quarantined families and documenting their personal stories. This national initiative has resulted in hundreds of portraits visually depicting life during Covid. Rather than accept a photography fee, Brooke — who runs her own photography business, brookesimonsphotography.com — directed donations to PFS to buy equipment for its vocational screen-printing program.

"I've grown up surrounded by family and friends who have instilled in me the importance of putting others before myself and have shown me the value of serving others," Brooke said. "Carol Bartholomew (a founder of PFS), my grandparents and parents have all played a huge role in my love for serving others."

Brooke is a volunteer (or as she likes to say, an unpaid journalism and photography intern) at LowcoSports.com covering Lowcountry sports. She also serves on the board of Lowcountry Volleyball Club as one of two player directors and is a volunteer coach for elementary and middle school students through Lowcountry Volleyball Club and Hilton Head High School volleyball and lacrosse.





Reid D'Amico

BY PAULA MAGRINI



Hilton Head Island native Dr. Reid D'Amico, a seasoned regulatory policy advisor to national organizations like Deloitte (Life Sciences) and the FDA, has been wearing a face mask on airplanes for years. He endured criticism for it, frequently accused of "seeking attention." Yet he's simply been trying to live his best healthy life against all odds.

At the age of 12, D'Amico was diagnosed with cystic fibrosis and learned that he might never enjoy the life milestones we take for granted such as college, marriage, traveling or existing daily without pain, stress and health insurance hurdles. He may likely be perpetually dependent on aggressive medications, which can include harsh side effects to prevent severe respiratory infection.

Cystic fibrosis is a life-threatening disorder that damages the lungs and digestive system. It affects the cells that produce mucus, sweat, and digestive juices, causing these fluids to become thick and sticky. They then plug up the body's passageways. People suffering from the condition tend to have a shorter life span.

Fortunately, D'Amico is undergoing a new medication protocol that performs efficiently without damaging his liver due to potential toxicity. His rare brand of motivation and relentless support from family and friends have fueled his survival. He graduated with highest honors from Hilton Head Prep and attended Duke University where he excelled again. While tolerating the pain, anxiety and stress of CF in addition to earlier severe side effects of his medication, he earned his PhD in biomedical engineering from Vanderbilt, becoming a National Science Foundation Graduate Research Fellow, the most prestigious fellowship offered in his field.

"The intersection of a passion for science with my patient perspective was my fuel to kick off much of my work today. Whether it's designing the trial or experiment or evaluating the risk/benefit of new therapies, these efforts were anchored in my perspective as a genuine 'end user' who benefits from the science," D'Amico explained.

Hilton Head Prep's Head of Upper School and long-time chemistry instructor, Tina Webb, said, "Reid D'Amico has persevered since middle school. He's never compromised his values and is a rare combination of intellect, creativity, kindness and strength. I can't wait to see the impact he's going to make on this world."

D'Amico's already making a significant impact. He proceeded to earn critical roles at the FDA and Deloitte, where he's worked in the regulatory division to lead Covid pandemic activities. D'Amico has steered regulatory requirements to apply existing FDA regulatory frameworks, rules, and guidance to effective data analysis. He's the director and founder of the Speaker's Bureau at the U.S. Adult CF Association. He also created USACFA's Lauren Melissa Kelly Memorial Scholarship for undergraduate students with CF.

Though now a Washington, DC, area resident, D'Amico chose to quarantine with his family on Hilton Head Island this year to avoid exposure to the virus that could quickly wipe out his years of sacrifice, dedication and survival. Quietly campaigning by example, he's hoping to inspire others to approach the pandemic prevention with compassion.

"There can be kindness along the road to the cure," he said. "I hope we — meaning community and country — can learn to embrace Covid precautions, which allow diverse potential victims to survive and stay healthy. People are in various risk categories when it comes to Covid, and hopefully, we can focus more on protection for our most vulnerable." He added, "The outcome here could be kindness. Kindness towards those who need more help than you. Kindness towards those who had no choice but to religiously stay quarantined for most of 2020, kindness towards those who wear a mask."



Mary Jarosz

BY FRANNY GERTHOFFER

Not only has Mary Jarosz made a difference in the lives of animals as a board member for the Hilton Head Humane Association, she has gone a step further to spread joy to the employees and volunteers.

Behind the scenes, Mary has financially supported employee and volunteer appreciation events that include food, drink, money and gifts. She has improved the quality of items donated to its thrift store.

She is the woman responsible for a Covid-safe Halloween for the kiddos and families via the thrift store, The Litter Box. She also was responsible for ramping up the annual staff Christmas party by improving how we celebrate our employees. She also sponsored the thrift store volunteer Christmas. When there is a need at the shelter for a higher ticket item, I call her for help and she delivers, every time. Dryer, refrigerator, washer, etc.

She cares deeply about the animals and the people who serve them. She promotes adoption. She adopts herself. She helps people in the community with issues concerning animals and gets them to the right people for help, whether that be us, animal control, veterinarians, etc. On top of all of this and much more, Mary is the most fun, the nicest and most enthusiastic supporter. Her kindness is in an entirely different category!







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– L. ROETS

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Margie Tomczak

BY JEREMY GRACE

Margie Tomczak has always been someone ready to "Fill the Need," sometimes quite literally. She is the energetic volunteer who spearheaded the "Fill the Need" program for Second Helpings. The program distributes groceries to the legion of workers who travel on and off Hilton Head Island on Palmetto Breeze Transit buses.

"I was sort of the head cheerleader for that," she said. "It's evolved over time, and it's just a wonderful experience."

As it's grown, it not only earned Second Helpings an Organization of the Year award, it gained support from organizations like Church of the Cross, Morgan Stanley, Vacation Company and Ameris Bank. It's part of a dedication Tomczak has shown over the last 10 years as a tireless champion to the hungry and needy, starting with her time as president of St. Vincent DePaul Society.

"I started with church, and it was all about helping the needy around here. When you're new to the island, people are surprised that we have such a need here," she said. "The way I see it, I have the time and energy to go out and help, so I'm going to," she said.

She recently collected clothing from Sea Pines friends for families in Venezuela and coordinates getting beds for children in conjunction with Ashley Furniture's "Hope to Dream" program. Through Second Helpings, she distributes food every week to 60 families.



Jimmy Campbell

BY LUANA GRAVES SELLARS

Sometimes life throws a lot of things at you, and eventually you might need the help of a neighbor. Hopefully, your neighborhood has someone like Gullah native Jimmy Campbell, who says that from time to time, we need to be there to help each other and that "we all need to push each other forward."

The Gullah community has always been one of doing for each other. However, sometimes we find that "no one can do it all," but to Jimmy, "when someone comes short, if I can help, I will." And depending on the situation, he's the type of person who might just take the shirt off his back.

Jimmy is one of those people who responds to needs whenever he sees them. "I enjoy trying to help folks so that maybe I can lessen their burden and lift them up. That's what makes me feel better. It keeps me going."

Described by Alex Brown as a "we-are-all-in-this-together type of person," from minor repairs around a senior citizen's house, to providing money when he can or just simply giving someone a ride, Jimmy is happy to assist. One thing that Jimmy is very aware of is that as the Gullah community ages, he recognizes that there are only a few seniors left and likes to step up as he can. "When I can help them with something, I do. To me, it's just a small thing." But he finds that sometimes, "little things mean a lot when people are in need, but to them, it might be a very big deal."

Jimmy doesn't like to talk about what he does or why he gravitates to be there for others. When asked to share specifics or describe the kindness that he exhibits to others, his first reaction is to talk about what other people have done; not the significant impact and blessings that he has given to others. "I like to be behind the stage and not talk about what I do. I don't want everyone knowing what I do." To him, sharing his time and talents isn't something that he thinks about, he does it because "it's just natural" for him to do.

Apparently, kindness seems to run in the family. Jimmy's son, John Campbell, says he has learned so much from his father. "I wouldn't be who I am today if it wasn't for him. I've learned that it's not all about just take, take, take, it's about how you can give in life."

Jimmy might think that what he does "is how I get my blessings. It's just me." What he doesn't realize is that everyone is grateful that we have him around.

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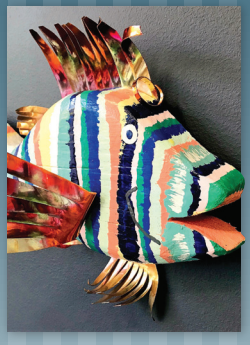
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Patricia & Cary Levitt

BY LORI POLLINA

Patricia and Cary Levitt donated over 100 new pillows and 250 pillowcases to the Boys & Girls Club of Hilton Head Island. Pat is a speech pathologist who also had an Amazon shop dedicated to creative educational items for children. Pat closed her shop and decided to donate her inventory to the club. The pillowcases not only keep pillows clean, but they also help kids learn. These unique pillowcases have practice problems on them based on the Common Core Standards and are designed to improve social interaction, vocabulary growth, spelling practice, math concept practice, following directions, recalling stories and creating stories.

"As a speech and language pathologist, I am an advocate for 'learning on the go' and created educational items for children to use in everyday, natural settings," says Levitt. "All items are intended to be a fun vehicle for learning in everyday life. We are excited to support this organization and look forward to seeing the children enjoy all the items."

Women in Philanthropy collects warm socks for those in need

BY JEREMY GRACE



Even though we live in a warm climate, warm socks are still a necessity during our colder months. Women in Philanthropy, a women's giving circle and a fund of Community Foundation of the Lowcountry, organized a sock drive to provide new warm socks to those in need over the holiday season. The drive collected 308 pairs of soft, warm socks, in all sizes and colors. The socks were shipped or dropped off at the Community Foundation and donated by All Saints Episcopal Church members.



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Outside Hilton Head

Outside Hilton Head's community initiative, The Outside Foundation, is dedicated to getting kids outside and protecting the local environment. They often host beach cleanups, oyster recycling, and its annual Kids in Kayaks event.

Billy Wood Appliance

Owner Brantley King works directly with the Home Builders Association's Education Foundation to raise money through various events, and contributions have been made to support additional scholarships.

Colleton River Club

Colleton Cares, a charitable effort led by members of the club, holds annual events to raise money for various causes. In the spring, Easter basket items are donated to Bluffton Self Help, and in the winter, clothes, toys, and food are collected and donated to charity. $750,000 has been raised over the past 15 years.

LUX and Weniger Plastic Surgery

LUX and Weniger Plastic Surgery are both drop-off locations for Bluffton Self Help and Deep Well Project. Canned foods or toys can be donated to support these two charities.

Beverly Serral

This year, Beverly Serral made a donation to Hilton Head Heroes, whose mission is to bring families and children suffering from life-threatening illnesses to Hilton Head Island for a resort vacation.

Dunes Real Estate

Dunes Real Estate was one of this year's sponsors for the 9th Annual Bicycling Elf Delivery. This event benefits the St. Andrews By-The-Sea United Methodist Church's Celebration Center & Soup Kitchen.



EDITOR'S NOTE This page highlights just a fraction of all the kind things local businesses and communities do. Email how your business or community makes a difference to info@wearelocallife.com.



ROC Dental Group

Each month, ROC Dental Group picks a local charity to feature in its advertising and donates $1,000 towards its cause.

Custom Audio Video

Custom Audio Video and owner Sandy Benson have consistently sponsored, been in affiliation with, and supported local charities, such as Community Foundation of the Lowcountry, Boys & Girls Club, and Hilton Head Humane Association, just to name a few.

Budget Blinds

Budget Blinds is the official window coverings supplier for Homes For Our Troops, a nonprofit organization that builds and donates custom homes to severely injured war veterans. Budget Blinds also is a supporter of Wounded Warriors Canada, a military charity that supports ill and injured Canadian Armed Forces members and their families.

Celia Dunn Sotheby's

Celia Dunn Sotheby's International Realty team continuously gives its time, money, and skills to help local charities and various foundations. Some of the supported charities include Lowcountry Down Syndrome Society, Historic Savannah Foundation, and Second Harvest Food Rescue.

SERG Group

SERG Group is a part of Round It Up America, nonprofit organization that invites guests of restaurants and retail to round up their total to the nearest dollar, in which remaining change is donated to national and local charities.

Hampton Hall Club

The Hampton Hall Club's Charitable Fund constantly gives back to the community through its annual events, such as its Christmas toy drive, Stamp Out Hunger food drive, and various social events that benefit children and families in the greater Bluffton area.

Forsythe

Forsythe Jewelers invites every child that comes to the island with Hilton Head Heroes to come to the store and pick out a sterling silver sea charm.

Hargray

For Thanksgiving, Hargray partnered with the Lawtonville Baptist Church to provide Thanksgiving meals to 75 Estill residents who otherwise might not have been able to afford one. Hargray provided all the food, with the church and its parishioners cooking and delivering the meals. The church provided full meals for families, including turkey, ham, potatoes, stuffing, green beans, gravy, rolls and homemade pecan pies.

Tito's Handmade Vodka

At the beginning of the pandemic, Tito's Handmade Vodka, the spirits company known for its smooth vodka and philanthropic efforts, quickly mobilized and transformed its Austin, Texas, distillery into a hub for hand sanitizer production and distribution, initially committing to produce and donate 24 tons. The initial wave of sanitizer donations went to healthcare workers, essential employees, and nonprofit organizations on the frontlines helping those impacted by Covid. But, it didn't end there. As the urgency for resources became greater, hand sanitizer production increased to fulfill the growing need. In addition to continuing to supply frontline workers, Tito's expanded distribution to the general public. Starting in its hometown of Austin, Tito's began to distribute hand sanitizer to neighbors, friends, and community members at no cost through contactless drive-through pick-ups. This distribution has expanded to touch communities throughout the country, and total hand sanitizer donations have exceeded 1,100 tons to 48 states. Tito's Handmade Vodka pledges to continue to do everything it can to lend a hand, send love and make a difference.



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Silver linings

THE UNBELIEVABLE STORY OF HOW ST. LUKE'S SILVER CHALICES MADE THEIR WAY ACROSS THE COUNTRY AND THE CENTURIES TO RETURN HOME.

STORY BY BARRY KAUFMAN + PHOTOS BY MIKE RITTERBECK

With one foot in history and one foot in mythology, the legends surrounding the Holy Grail are numerous. At its core, the quest for this legendary chalice is a quest for a deeper connection to God, to hold something that once sat at the right hand of the Son. There are many stories about the grail, but few in which the holy relic is found, because ultimately, it is quest for connection that is important.

The story surrounding the pair of silver chalices at St. Luke's Church is shrouded in a similar blend of fact and folklore. What is known for sure is this: They were crafted from pure silver in 1834 by a celebrated English silversmith, Edward Bernard & Sons, to celebrate the re-consecration of St. Luke's parish's Zion Chapel of Ease, which had been in operation since the Colonial era. Each held a false bottom, presumably because the clergy only took the wine sacrament at that time.

Finally, we know that at some point they were lost to history, most likely when the original Zion Chapel of Ease was pulled down during the Civil War. Its cemetery still can be seen on corner of U.S. 278 and Mathews Drive.

From there, we can but conjecture what happened to them.

"The story goes, they were basically found in the mud and somebody grabbed them and brought them back to Pennsylvania," said Greg Kronz, Rector at St. Luke's. "During the Civil War nobody valued something like that. Somebody eventually sold them to an antique store/pawn shop."





RIGHT AT HOME The chalices used each Sunday at St. Luke's Church were crafted from pure silver in 1834. They were found in an antique store many years later and returned to their rightful place.

We can gather clues from these chalices that hint at tantalizing details in this story. The rims of each cup, even after restoration, bear clear signs of deep dents, long since hammered out. These dents could be from an errant footfall as they sat in the mud, or from a long journey in a saddlebag as they were carried away after the war. "You'd love to know the entire history, but obviously they were insignificant to the person that had them," said Kronz.

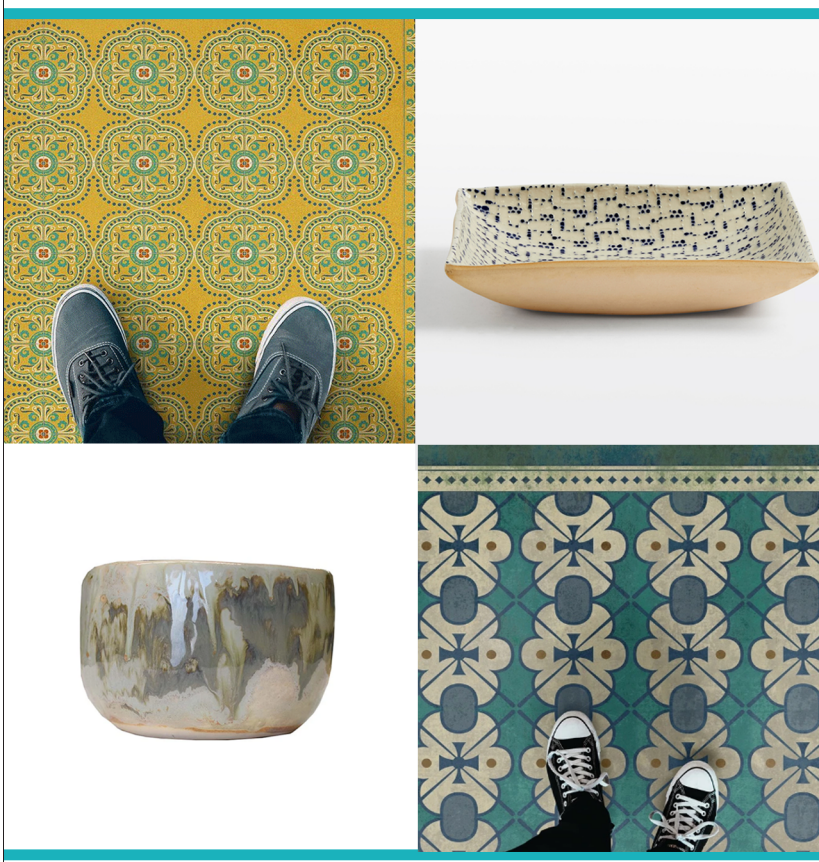
Even the story of their return is shrouded in mystery.

"The rumor is some guy named Stone found them in an antique store," said Rev. Kronz. This rumor states that "Stone" researched both the date and the name etched on the side of each chalice and decided to return them to their rightful home. As this was the late 1940s, however (or possibly the 1950s – such is the way these stories go), there was no St. Luke's on Hilton Head Island. All that remained of the congregation was St. Helena Church in Bluffton.

Eventually, St. Luke's returned to the island; St Helena returned the chalices. They were used to celebrate the first Christmas Eve service in the new St. Luke's on Pope Avenue in 1964 and have been used every Sunday since then.

"This is part of who we are," said Kronz. "The fact that they ended up here is great." *LL*

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"For all of you who knew him — and even those who weren't so lucky — I invite you to join me in a toast! This young man was a friend of mine, though I did not know him long. And when I stood myself beside him, I never felt I was as strong. Still it seems he stopped his singing in the middle of his song." **– JACKSON BROWNE**

Remembering Mike Williams

STORY BY TOMMY BAYSDEN + ILLUSTATIONS BY MEGAN GOHEEN

In the late '80s and early '90s, for far too brief a time, there lived among us a young man of such uncommon grace and charisma that those who knew him still raise a glass to his name.

Mike Williams was raised in Savannah by sensitive, artistic parents who taught him dignity, manners and kindness and sent him off to Hampden Sydney College in Virginia. Along the way, working summer jobs, he found himself on Hilton Head.

He knew he had come home. He had always loved the Lowcountry woods and waters, and here he was surrounded by them all the time. He plunged in with a vengeance: fished maniacally, hunted ducks from Fife Plantation to Oak Grove, and even raised shrimp in Christy Campbell's ponds. He could cook anything, from a savory fish stew to Jamaican jerk goat on a spit.

But there were no rough edges on this splendid man. He was versed in the arts and literature, a middle-of-the-road Episcopalian, a great listener and wonderful conversationalist. He even lived in Morocco for a while. But mostly, he had a God-given gift for putting people at ease.

His easy, shambling gait got your attention even before you heard that syrupy, musical drawl. He was tall and lanky and walked in a manner that made it seem his bones were knocking together. To go with that, he had weathered, chiseled features that could have landed him on the covers of men's fashion magazines everywhere. And the ladies noticed!

But Mike wasn't interested in magazine covers. What he wanted to be doing was fishing a fly on a falling tide, exploring the backwaters of Hilton Head Plantation before anyone else, or picking a couple of dozen fresh "sooks" for the best she crab soup you ever put in your mouth. It was all a grand adventure, and some of us were allowed to tag along.

This one was typical: the author was fishing with Mike in a saltwater pond on Spring Island, and the boat had not even drifted to the middle when we spied an enormous tail. This meant that a huge redfish, the length of your leg or longer, was feeding on the bottom, its tail sticking out of the shallow water like a signal flag.

"Cast to him, bro!," I whispered to Mike, who was in the front of the boat. He let out a fluid coil of 8-weight line, and his Deceiver fly fell right behind the fish. But that was enough. It turned instantly and began chasing the lure back towards us, at supersonic speed, Mike stripping line furiously until it inhaled the fly, just two feet from the boat.

And then the fish spotted us, turned on a dime and streaked off across the pond like an orange torpedo, the line roaring out. Right then, something startling happened! The reel froze and the rod was ripped from Mike's hands and into the pond. We saw it being pulled around on the surface, chased it for awhile, and then it disappeared.



DOS AMIGOS An illustration of Mike Williams and his close friend, Jim Bradshaw.

He just threw up his hands and laughed. "No way I'm going in after it, old boy," he said, still laughing. "At least I've got another outfit at home. That mud's three feet deep and no telling what's in there!"

There are more stories than most of us can recount — and there are a lot of us! But the laughs and adventures were destined to end more suddenly than any of us would believe.



GONE TOO SOON For many locals, the memory of Mike Williams lives on.

Mike's close friend Jim Bradshaw was with him when the diagnosis came in: a radically aggressive cancer that would leave him only a few weeks to live. For a while, he was dragged back and forth to chemotherapy at Hilton Head Hospital, until it became obvious that these trips were killing him faster than the disease. On the night they knew the end was coming, Bradshaw, Mike's wife Soozie and a small circle of family and close friends gathered at his house beside the ocean. He wanted Jim at his side. Sometime after midnight he slipped into a coma.

I arrived early the next morning and they were taking Mike out. They had not covered his face, and though white with the palour of death, his beauty and character still showed through.

Before that, I don't remember ever crying over death, even in Vietnam. (I got to practice that emotion a few times later on.) But I cried then, knowing that I would never get to grow old with a guy I dearly loved, and whose presence brought me such comfort.

Mike was not perfect. I've never known anyone who was. But he was kind, smart, sweet and gentle (and a gentleman — there's a difference). And I was better for his friendship. *LL*



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Behind the Curtain

HOW A LOCAL MAN OF THE CLOTH CHANGED FOOTBALL HISTORY FOREVER.





CURTAIN CALL Hilton Head Island's Greg Kronz is responsible for the "Steel Curtain" nickname associated with 1970s Pittsburgh Steelers players (from left) Dwight White, Ernie Holmes, Joe Greene and L.C. Greenwood. The line was the backbone of the Steelers' dynasty, which won four Super Bowls (IX, X, XIII, and XIV) in six years.



BY BARRY KAUFMAN
PHOTO BY MIKE RITTERBECK

In the annals of NFL history, there have been few dynasties like the 1970s run of four Super Bowl wins by the Pittsburgh Steelers. Sure, a case could be made for New England's dominance of the last decade or the Niners' heyday in the '80s, but when it comes to the Steelers, it almost transcends a simple dynasty and becomes more a mythology.

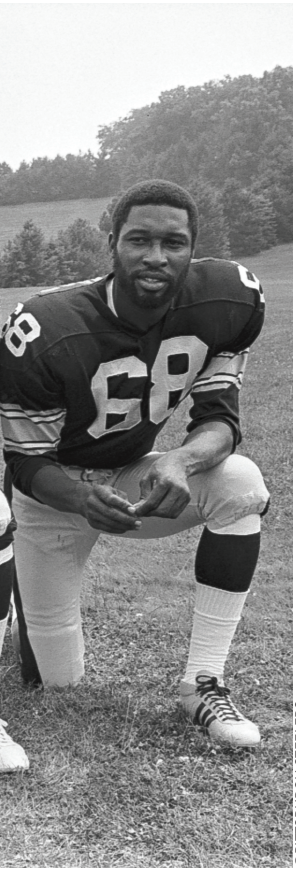
At the center of this lore you'll find a defensive line that defined greatness. Taking their spots in the pantheon of all-time greats, the front four of Dwight White, L.C. Greenwood, Ernie Holmes and Mean Joe Greene gave opposing offenses fits and served as the heart of the team.

They were called the ***Steel Curtain***, serving as a reference to not just the Cold War-era iron curtain and the city of Pittsburgh's history of steel production, but also to the nearly superhuman way they could hold a line of scrimmage.

It's one of the greatest team nicknames in sports, and the man who coined it now calls Hilton Head Island home. ***Greg Kronz*** is the Rector at St. Luke's Episcopal Church on the south end, but before that he was just a ninth-grader from Pittsburgh who never missed a game.

"I think I came up with it because we were studying the Soviet Union in school; I just can't remember," said Kronz. "Why that would pop into my mind--it was one of those strange things."

"It's one of the greatest team nicknames in sports, and the man who coined it now calls Hilton Head Island home."


©PITTSBURGH STEELERS

His chance to shine came when famed Steelers broadcasters Myron Cope and Bill Hargrove announced on their WTAE radio show that they were holding a contest to name Pittsburgh's brutish defensive line that was then dominating the NFL.

"I was having breakfast when I heard the announcement," he said. "And I just sat for a second then told my mom, 'What about the Steel Curtain?'"

At his mom's urging, he entered the contest. But on the day they were to announce the winner, he heard nothing. His mom assumed he hadn't won, but Kronz still held out hope. As it happened, no one had been announced because 17 different people had all submitted the name "Steel Curtain."

"They decided to throw all their names into a hat, and they chose mine," said Kronz.

Because Kronz was still a minor, it was his dad who was invited to be interviewed on air. The prize, on the other hand, was all his: four days and three nights in Miami, with tickets on the 50-yard line to see the Steelers play the Dolphins.

Or it would have been all his, had Kronz not chosen to send his parents on a second honeymoon instead. "They were thrilled," he said.

It was a selfless act for the future man of the cloth, but his true prize would come in the years to follow as his name became forever connected with Steelers' lore.

"There have been some fun things that have come out of it," he said. "That's been the true blessing of this whole thing."

Amen. *LL*



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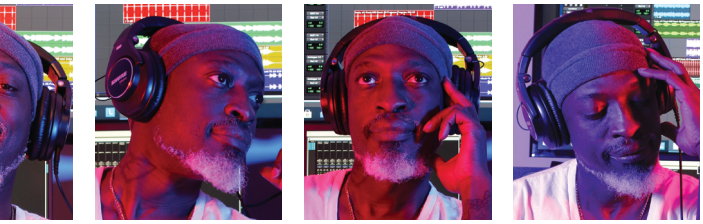
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Frederick Capers: Musician and composer

BY CAROLYN MALES + PHOTOS BY LAURIE KELLOGG

When singer Frederick Capers (performing as Guy Smily) and guitarist Todd Toho of La Bodega Man step onstage, they rock the house with their unique funk band style, moving from soul to blues, hip hop, reggae, rock, jazz or whatever new soundscape the bow-tied musicians decide to explore.

Behind the scenes, Toho handles the business end while Capers tackles the creative side, composing music, lyrics, and producing videos. This past year Capers accomplished a goal to create something unique each day — a song, video, poem, a drum pattern.



[Q] What are your creative roots? [FC] I've read a lot, and many of my influences are from the Bible. (I was a soloist in the church where my father was a pastor.) As a kid, biblical language introduced me to different sentence structures, ideas, and imagery. Later, I studied English and that gave me literary allusions to draw from as well as different ways of promoting ideas and concepts.

But I also read and collected comic books. I was into storytelling and origin stories. It made me think about a different reality out there. Then that led me to philosophy and mythology. I could see how Greek mythology was translated into comic book characters, and that heavily influences my writing. So La Bodega Man is kind of like a Superhero.

[Q] How does that translate into creating your musical compositions? [FC] We don't fit into any genre in particular. I draw from so many different influences, whether it's from comic books, literature, the Bible, gospel music, rock and roll to hip hop. It's an amalgamation of things. A lot of people stay in one lane where they're comfortable with what they know, whereas I'm not afraid to experiment. I don't want to be like anyone else.

SCAN THIS CODE

to watch Frederick Capers and La Bodega's funky NPR Tiny Desk submission "Found You." Find more videos online at culturehhi.org.

[Q] What keeps you going? [FC] I have a burning desire to create for myself and to represent my culture. I'm from Charleston, and Gullah Geechee is in me. I want to do my best to put its beauty and the vibrant textures of its people on the map through my rhythm patterns and storytelling. My goal is to produce a library of work so people ask, "What is this place he's come from?" and "Why is he who he is?"

[Q] Where do you compose your music? [FC] When I step over the threshold of my studio, it's like I'm walking into this bubble and it's all charged up and waiting for me. Then when I put the headphones on, I start tingling and working through sounds on the keyboard or drum pad. Sometimes I'll come in with an idea and it just gets amplified. Other times, it's just being in that space that I start to feel creative impulses.

[Q] Do you have a routine? [FC] I typically wake up in the morning between 3 and 5, which is my golden time, and I get to work. By the time my love gets up, I'm ready to take a break so I make breakfast. Then when she goes off to work, I go back into the studio for another four or five hours.

[Q] Any advice? [FC] Dedicate a time and space for what you want to do. Make something every day regardless of what it is, even if it's two lines for a song. LL



Dragon Fly in Signs of Life by Diane Britton Dunham

LOCAL POETRY

Guess I'm a Southerner Now

I hear a voice whisper "heathen" now, when I don't say, "yes ma'am" or "no sir" to an elder now
Streets are roads, pops are cold drinks, and you all are y'all now
I lie and mumble a made-up name of a church now when someone asks about my church-home now
I guess I'm a Southerner now

I know the difference between no-see ums and mosquitoes
I read tides and know how to dodge a gator if I have to now,
and can spot the head of a poisonous snake now
I can listen for something I don't quite know what now ... to tell when to run from a hurricane or stay put now
I guess I'm a Southerner now

I know that real Southerners keep secrets from me now, will bait me with silence to see if I'm a gossip now, and will never trust me even though I been here for a while now
Even if no one else thinks so now, I'm guess I a Southerner now.

— Susan Madison

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January Scene



Whiskey business

(Photos by Rob Tipton)

Sea Pines Beach Club hosted a **Woodford Reserve Whiskey Dinner** on Nov. 18. The special event included a three-course dinner and whiskey tasting of Woodford Reserve, Double Oaked, Rye and Master's Collection bourbon. The event was led by Loren Pedlar with Brown-Forman.

















Pie Day

We were feeling extra grateful for our amazing advertisers and contributors over the holiday season. We filled our conference table with pies and opened our **LOCAL Life** offices for a socially responsible pickup. Treats and drinks also were served, making it a perfect activity for Thanksgiving Eve.





















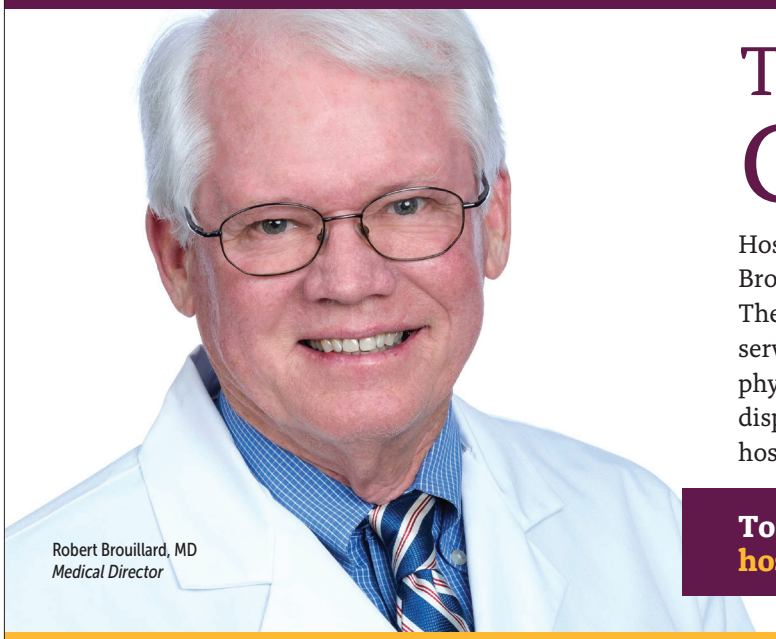
Go FISH!

FISH Casual Coastal Seafood prepared 400 heat-and-serve Thanksgiving meals to members of the **Boys & Girls Club of Hilton Head** Island and their families. The meals were delivered to families at pick-up time at the club. The club's annual tradition of serving Thanksgiving dinner at its facility on Gumtree Road was canceled due to COVID-19.





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Robert Brouillard, MD
Medical Director

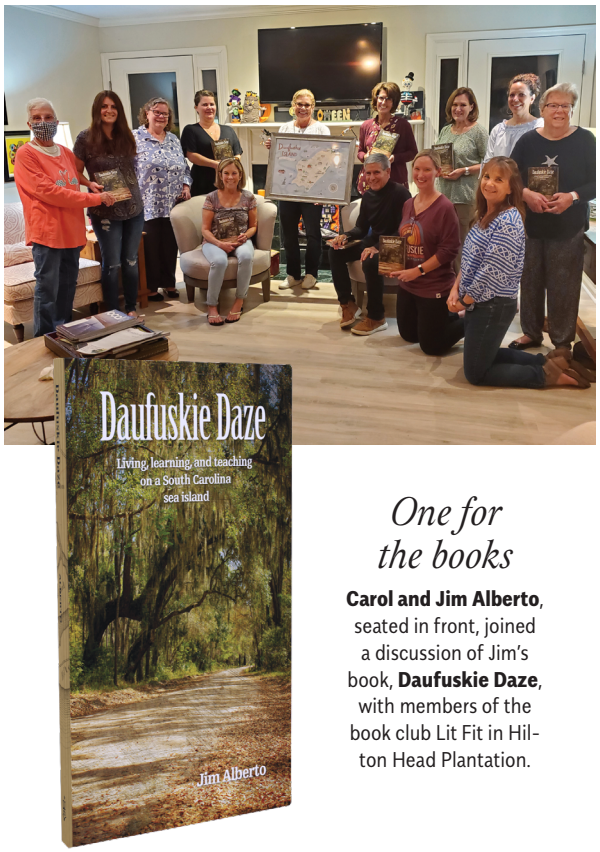
THERE'S MORE TO OUR STORY

Hospice Care of the Lowcountry's Medical Director, Dr. Robert Brouillard has received his Hospice Medical Director Certification. The Hospice Medical Director Certification Board (HMDCB) serves as a verification of the mastery of competence in the physician's skills and knowledge. Dr. Brouillard, continually displays unwavering dedication to the quality and consistency of hospice and palliative medicine.

To learn more about this certification, please visit hospicecarelc.org/medical-director-certification

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One for the books

Carol and Jim Alberto, seated in front, joined a discussion of Jim's book, **Daufuskie Daze**, with members of the book club Lit Fit in Hilton Head Plantation.





Parade in reverse

The **Town of Bluffton** presented a modified version of its annual Christmas parade by hosting it in reverse. Spectators drove by the parade participants situated along May River Road.





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Spring Island Art Barn

(Photos by Tom Jenkins)

Spring Island's Art Committee hosted a comprehensive virtual grand opening for its new **Art Barn** complex. Several representatives spoke via video to share the story behind the projects as well as the activities that will be offered. The Art Barn includes studio spaces, galleries, a kiln and will be home to the community's popular and unique Artist-In-Residence program.



Candy Cane Classic

Sea Pines Country Club members supported the **Boys & Girls Club of Hilton Head** Island with their annual Ted Flach Memorial **Candy Cane Classic** golf and tennis event on Dec. 5.



















Lowcountry Celebration Park

The Town of Hilton Head Island hosted a virtual ribbon-cutting ceremony for Lowcountry Celebration Park on Dec. 10. The playground will be open daily from sunrise to sunset.



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GOOD FELLOW
David Eisenhower is an American author, public policy fellow and a professor at the University of Pennsylvania.



Who better than David Eisenhower to talk about world order?

GLOBAL RIVALS TOPIC OF WORLD AFFAIRS COUNCIL TALK

BY LISA ALLEN

When Dwight David Eisenhower appears online for January's World Affairs Council, his biography will serve partly as his credentials on his topic: Great Power Rivalries: Through the Rear-View Mirror.

Eisenhower is the grandson of President Dwight D Eisenhower, the son of Army Brig. Gen. John Eisenhower, and the husband of Julie Nixon, daughter of President Richard Nixon. Oh, and Camp David? It was named after him and his great-grandfather by President Eisenhower, who changed the name of the presidential retreat from FDR-deemed Shangri-La to Camp David.

But David Eisenhower never coasted. He earned a law degree from George Washington University (there's something about presidents and this guy), wrote the Pulitzer Prize-nominated Eisenhower At War, 1943-1945, teaches at the University of Pennsylvania's Annenberg School of Communication, directs the Institute of Public Service, and hosts public television's The Whole Truth with David Eisenhower.

He's also involved with the Philadelphia World Affairs Council.

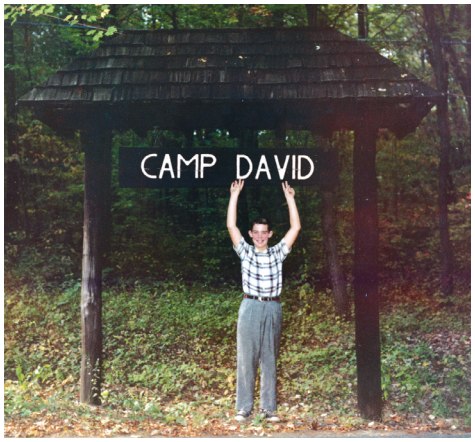
"Joan Lemoine (former Hilton Head World Affairs Council leader) and I met on a lecture cruise, and she's been trying to get me to Hilton Head ever since," Eisenhower said. "Events have conspired that I won't be there in person, but I will visit sometime. I hear there's great golf there."

Eisenhower said his topic on January 8 will focus on the long history of rival nations and its effect on world order.

"Solving the problem of international order has been attempted for years. Look at 'A World Restored' by Henry Kissinger. He wrote that as his dissertation from Harvard nearly 75 years ago," Eisenhower said. It explores the emerging world order using international congresses in the wake of the Napoleonic era. "We needed a mechanism to regulate those great powers."

But by the early 1900s, "Europe did not accept conflict as a norm, so the international system was at risk based on misunderstandings," Eisenhower said. That contributed to World War I.

What: World Affairs Council, Hilton Head, forum
When: 10 a.m., Friday, January 8
Who: David Eisenhower, historian, author, fellow at Annenburg School of Communication, University of Pennsylvania
What: Great Power Rivalries: Through the Rear-View Mirror
Where: Online



WHAT'S IN A NAME?
Eisenhower is the eponym of the U.S. presidential retreat Camp David.



FAMILY AFFAIR
Julie and David Eisenhower (age 23) in 1971. David is the grandson of President Dwight Eisenhower. Julie is the daughter of President Richard Nixon.



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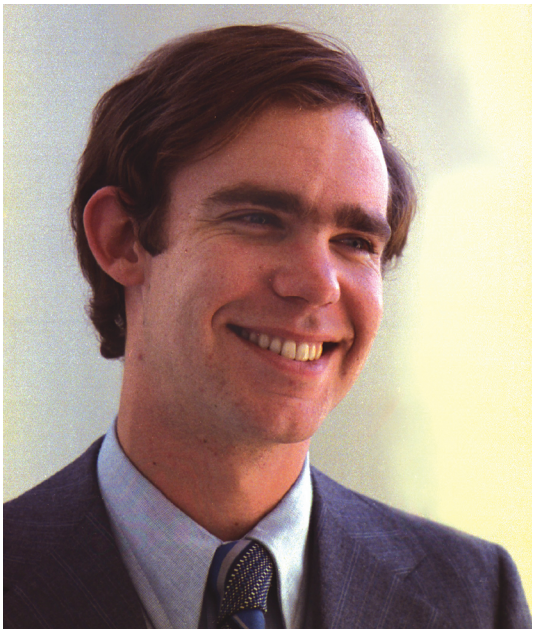
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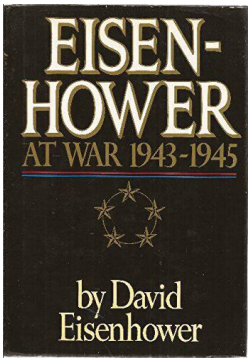
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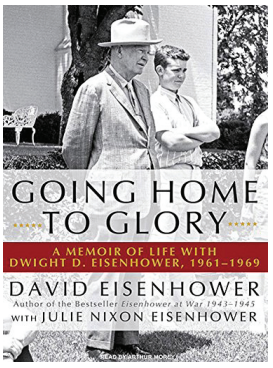
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Top books:

EISENHOWER AT WAR 1943-1945

The first of three conceived multi-volume studies of President Eisenhower, this book focuses on Eisenhower's conduct of the war and provides an extensively documented analysis of the political ramifications of the course of the war and Eisenhower's decisions. The work, a New York Times bestseller and a finalist for the Pulitzer Prize in history, is based on the meticulous reading of voluminous primary sources and amplified by the author's personal knowledge of his grandfather's conduct of the war.

GOING HOME TO GLORY: A MEMOIR OF LIFE WITH DWIGHT D. EISENHOWER, 1961-1969

Dwight Eisenhower emerges as both a beloved and forbidding figure. He was eager to advise, instruct, and assist his young grandson, but as a general of the army and president, he held to the highest imaginable standards. At the same time, Eisenhower was trying to define a new political role for himself. Ostensibly the leader of the Republican party, he was prepared to counsel his successor, John F. Kennedy, who sought instead to break with Eisenhower's policies.



After World War II, the Cold War restored a clear global balance, ushering in an unprecedented span of peace. It was a period of tension AND stability, the stability arising, much like surface tension on liquids, from the rivalry of the USSR and the US.

"The USSR and the US were in moral conflict, but not against each other," Eisenhower said. "We agreed to disagree." From there, much of the rest of world fell into one camp or the other. "It was a form of international order."

Recently, the globalized economy marginalized the idea of nation states and the great powers as we understood them. That gave rise to isolationism, such as Brexit and President Trump's 2016 election.

"Issues that have been festering for decades are coming to light, and not just here in the United States," Eisenhower said. "We are in a transition."

Looking ahead, he sees China and the US becoming economic rivals, but as proven, that isn't necessarily a bad thing. It may form the foundation of a new, stronger world order.

"We've become very practiced at resolving conflict." *LL*





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WACHH Friday Speaker Series

The 2018 National Defense Strategy acknowledges an increasingly complex global security environment and the re-emergence of long-term, strategic competition between nations. This environment potentially presents a challenge to US prosperity and security by revisionist powers. China, Russia, and other economic and military powers want to shape a world consistent with their own. This speaker series presented by the World Affairs Council of Hilton Head features diplomats, military leaders, senior policy makers, and scholars who will help make sense of this return of great power rivalries.



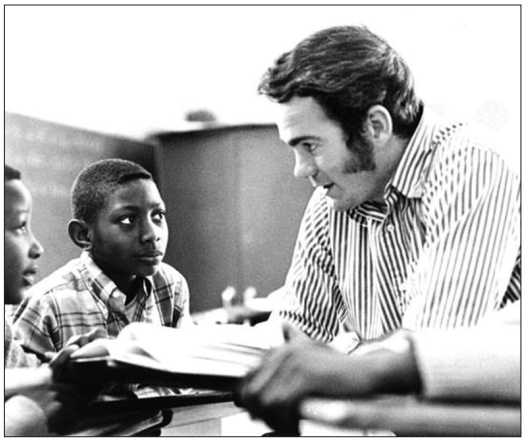
Upcoming speakers
Jan. 8: David Eisenhower: Great Power Rivalries, Through the Rearview Mirror
Jan. 22: **Col. David Maxwell**: Developments in North Korea
Feb. 5: Steven Olikara: How the Rise of Millennials and Gen Z Will Shape American Foreign Policy
Feb. 19: Joseph Yun: North Korea, What's Next?
Details: wachh.org

Coming to the Arts Center



Feb. 2-28: **Noises Off by Michael Frayn**
April 21-May 23: Kinky Boots
June 23-Aug. 22: Mamma Mia!
Tickets: artshhi.com

WACHH Evening Speaker Series



The World Affairs Council of Hilton Head's Evening Speaker Series is one of several forums that provide an opportunity for WACHH members and the public to participate in important dialogue. The series features topics of local concern, with global reach, regarding economic, political and strategic trends shaping the US and its foreign policy agenda.

Upcoming speakers
Jan. 12: Jonathan Haupt: **Pat Conroy**: His Legacy as Teacher
Feb. 9: Colin Moseley: Delivering Health Care: The US vs. Canada
March 9: Dr. William Mallon: An Olympic Odyssey: An Insider Perspective of the Olympics

Coming to the Coastal Discovery Museum



Winter Raptors
Palmetto Bluff Conservancy educator **Aaron Palmieri** will be discussing these fierce avian predators that are found throughout Beaufort County during the winter months.
When: 2 p.m., Jan. 4
Where: Coastal Discovery Museum or online
Details: coastaldiscovery.org

Lowcountry Amphibians
Host **Jake Zadik**, a professional naturalist and environmental educator in the Lowcountry, will speak about the amphibian diversity in the Lowcountry, from frogs that live high in the trees to giant salamanders that live beneath the mud. He also will provide some insight on the life histories and conservation issues that are threatening the lives of these unique organisms.
When: 2 p.m., Jan. 25
Where: Coastal Discovery Museum or online
Details: coastaldiscovery.org



Grants & scholarships



Heritage Classic Foundation scholar applications available

The Heritage Classic Foundation will name new scholars from the 2021 graduating class. Seniors in all Beaufort and Jasper county high schools are eligible to apply. Each scholar will have an opportunity to receive a four-year grant totaling up to $16,000 or $20,000. Scholarship applications are reviewed on the basis of academic success, community service, written essays and financial needs. An interview is required by all finalists. All applications must be submitted by Jan. 15. The 2021 Scholars will be recognized at the 53rd Annual RBC Heritage Presented by Boeing at Harbour Town Golf Links in April.

Long Cove Fund accepting 2021 grant applications

The Long Cove Fund will be accepting applications starting Jan. 15, with a deadline of March 31. The grants will be made to nonprofit organizations in both Beaufort and Jasper counties. To be considered, organizations should have plans for a project to improve health, housing, hunger, or educational issues. The application can be found online at longcoveclub.com.

More online

Jan. 6: "The Day of Jubilee Has Come" - The Dawn of Reconstruction in the South Carolina Lowcountry
Jan. 11: Cultural and Natural History of Port Royal Sound
Jan. 13: Right Whales - Our Coastal Visitors
Jan. 18: Santa Elena: The Pocahontas Connection
Jan. 20: Blewits, Humpbacks, Bird's Nests, and other Mushroom Adventures
Jan. 27: An Initiative to Monitor Marine Diversity
More details: LocalLifeSC.com, coastaldiscovery.org

World Affairs Council of Hilton Head

Return of Great Power Rivalries

2020-2021 FRIDAY SPEAKER SERIES

The 2018 National Defense Strategy acknowledges an increasingly complex global security environment and the re-emergence of long-term, strategic competition between nations. This environment potentially presents a challenge to U.S. prosperity and security by revisionist powers. China, Russia, and other economic and military powers want to shape a world consistent with their own. This upcoming 2020/21 speaker series will feature diplomats, military leaders, senior policymakers, and scholars that will help us make sense of this return of great power rivalries.

For a complete listing of speakers and their biographies, go to www.wachh.org/page-18154

January 8, 2021



David Eisenhower
Director of the Institute for Public Service at the Annenberg School of Communication at the University of Pennsylvania
Title: Great Power Rivalries: Through the Rear-View Mirror



February 5, 2021

Steven Olikara
Founder & President of Millennial Action Project
Title: How the Rise of Millennials and Gen Z will shape American Foreign Policy

March 5, 2021



Russel Hsiao
Executive director of Global Taiwan Institute and adjunct fellow at the Pacific Forum
Title: Taiwan



April 9, 2021

Richard Stengel
American editor, author, and former government official
Title: Information Wars

April 30, 2021



Dr. Robert Spalding III
Brig Gen, USAF (R), and senior fellow, Hudson Institute
Title: US-China Relations in a Post-Coronavirus World

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Foundation for Educational EXCELLENCE

Foundation awards 26 grants to local teachers and schools

The Foundation for Educational Excellence awarded 19 Innovative Teacher Grants and seven School Resource Grants to teachers across Beaufort county from 18 different schools. These grants, totaling almost $30,000, were given to teachers whose education activities and projects surpass regular school lessons.

Community Foundation awards $211,500 to local organizations

The four grants focus on making an impact in the community and directly support the Community Foundation's efforts to address social and racial injustice. These grants will combat workforce transportation challenges, provide dental services to the uninsured, promote Gullah heritage and culture, and advance educational support of at-risk children. The awardees are: Antioch Education Center, Bluffton Jasper Volunteers in Medicine, Hilton Head Symphony Orchestra, and Neighborhood Outreach Connection.

Recycle your jacket at Outside

Donate a jacket, coat or sweater before Jan. 15 and receive 50 percent off a new one at Outside Hilton Head. Items will be donated to Deep Well. Learn more at shop outside.com.

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Art showings

Marianne Stillwagon brings "Reflections of the Lowcountry" to SOBA Gallery



Marianne Stillwagon is the featured artist for January at The Society of Bluffton Artists gallery in Old Town Bluffton. Her art reflects her love for two homes and two studios in New Hampshire and the Low-country. The exhibit will run from Jan. 4-31 and will be free and open to the public.

Entry Call for Society of Bluffton Artists' 27th annual Judged Show

Artists of the Lowcountry are invited and encouraged to enter the annual judged contest, where first, second, and third place cash awards will be presented in each category. The opening reception and awards ceremony will take place on March 3 from 5-7 p.m., and the exhibit will be on display until April 5 at the SOBA Gallery. Artists can register online and view the full list of rules at http://bit.ly/27thjudgedshow.

When: March 1 - April 5
Where: SOBA Gallery
Details: http://bit.ly/27thjudgedshow

REAL ESTATE marketplace



Million-dollar dream homes

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

We feel these luxury properties are the epitome of opulence. We're calling this section the Real Estate Marketplace. If you are looking to purchase an amazing Lowcountry home, these properties should be at the top of your list.

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"This was taken off Trask Parkway, near Seabrook. Alas, the boat is now capsized."

- JEFF COYLE, BEAUFORT

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