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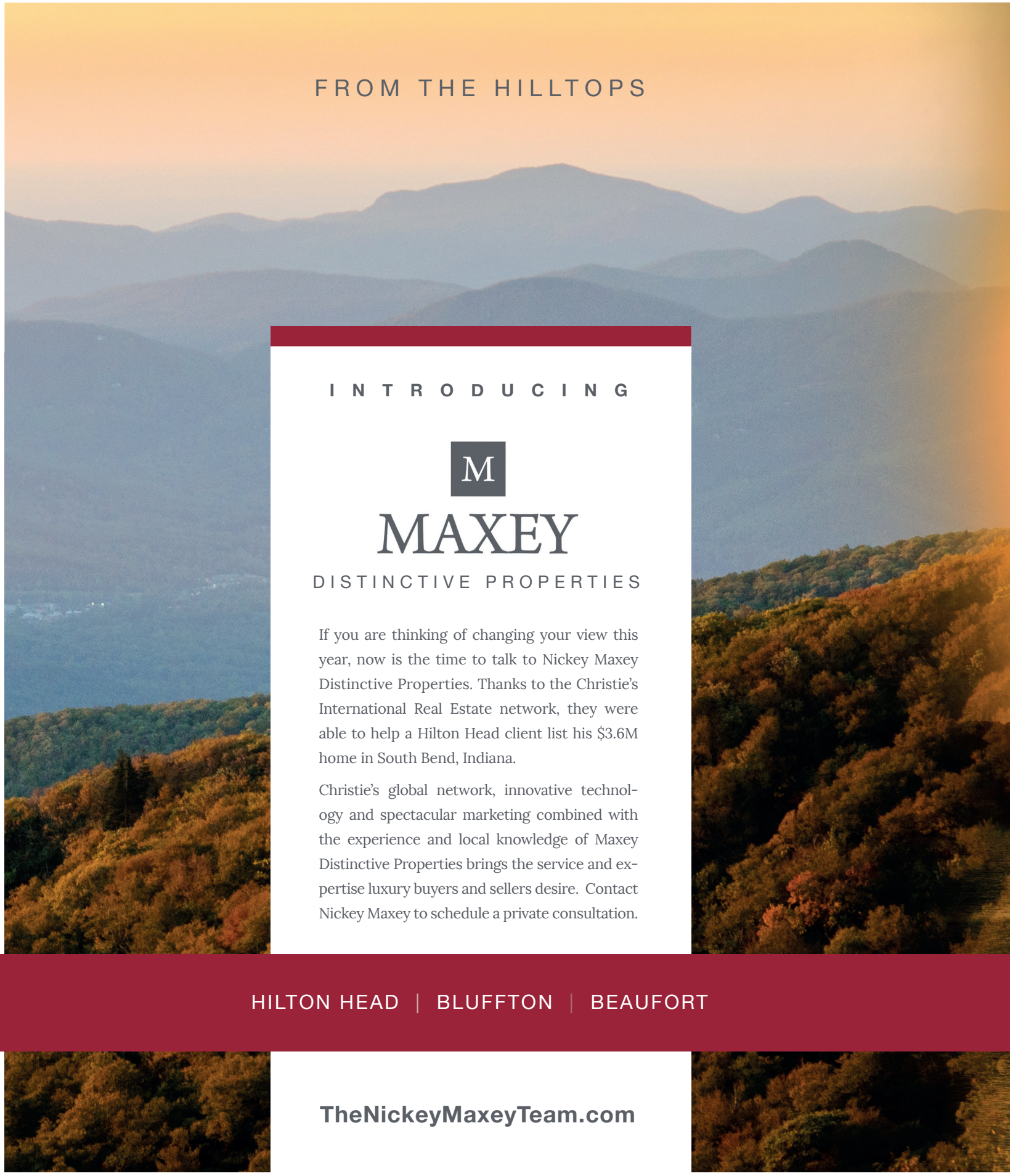
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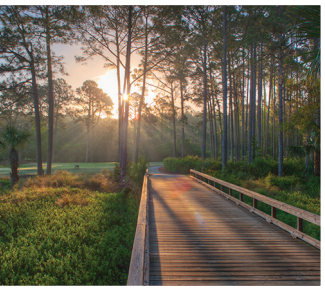

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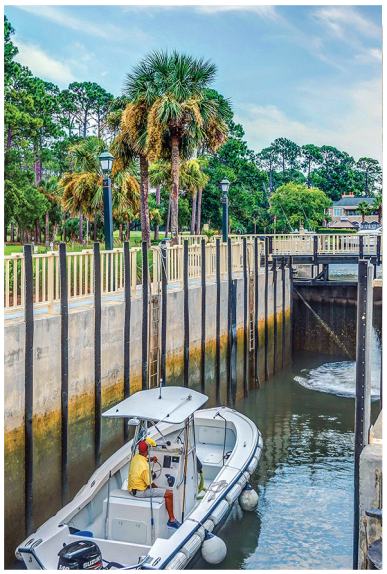
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# the team

## WHAT IS YOUR FAVORITE *SEA ISLAND*?

*"I've been in love with Hilton Head since 1969."* **- LORI**



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*"Port Royal Island. Waterfront Park, The Point, Bay Street, The Sands. So many interesting areas to explore."* **- LANCE**



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*"I can tell you my least favorite, Cat Island. I've never actually been, but I'm not a cat person."* **- JEREMY**



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*"Hunting Island. The only publicly accessible (real) lighthouse in South Carolina. And lots of geocache treasure to find."* **- CHARLES**



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*"Kiawah Island."* **- ASHLAN**



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*"Shark Tooth Island in the Savannah River, for fossil hunting."* **- BAILEY**



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*"Besides HHI it has to be Jekyll Island. I love the slow pace, beautiful natural setting and miles of uncongested bike paths."* **- REBECCA**



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*"I'll get lost riding in a golf cart on Daufuskie Island any day."* **- LAUREN**



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*"Cumberland Island is a journey to another world."* **- LISA**



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*"Dataw Island. Unique places and beautiful scenery."* **- LEAH**



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*"Pinckney Island. Great bike trails."* **- BRUCE**



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# Jan features



## The Sea Islands

*Beaufort County is home to hundreds of intriguing islands, from unnamed scraps of high ground up to fully developed resort communities like Hilton Head. In this issue we uncover many wonderful, wild and weird stories from the Sea Islands and feature many intriguing locals who call them home.*

©YOHAN MARION

**THE WATER IS WIDE** Daufuskie Island is the southernmost inhabited Sea Island in South Carolina. The island is the setting of Pat Conroy's acclaimed memoir *The Water Is Wide*, recounting Conroy's experiences teaching on the remote island in the 1960s. Learn more interesting facts about Daufuskie on **page 90**.


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*With longtime friends coming together as client and designer, a dream home becomes a breathtaking reality in the Lowcountry.*

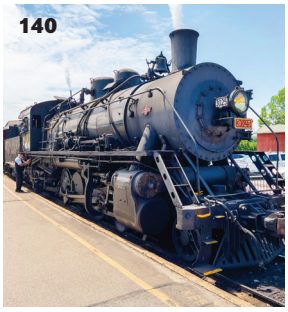

















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Stephen Scott Young
*Harbour Island Girl*
Watercolor 12" x 8"

# Treasured islands

*Uncovering the wonderful, wild and weird stories of Beaufort County's Sea Islands.*



©LISA STAFF

**SIP BACK AND RELAX** Publisher Lori Goodridge-Cribb is shown enjoying the scenery on the back deck of her home on Hilton Head Island, her favorite Sea Island.

It's always interesting to see the Lowcountry from a different perspective. During takeoffs and landings, I'm that passenger you see glued to the tiny airplane window, bending my neck around in search of recognizable islands and landmarks. "There's the lighthouse. That's Daufuskie. There's Fripp. What island is that?"

While it's always fun to see the Lowcountry from above, it's even more impressive to take it in from the water. Having lived here for over 36 years, my family has developed a passion for boating. There is so much water here. While we love exploring all of the nearby creeks, rivers and sounds, our favorite route is the small river around Bull Island to the May River.

Each time we pass the few docks on Bull, I wonder what life would be like on such a remote island. Old-timers will tell you Bull used to be home to buffalo, big-horned sheep, zebras and other exotic wildlife — all brought in by wealthy Northerners who used the island as a personal hunting ground.

Beaufort County is home to hundreds of intriguing islands like this, from unnamed scraps of high ground up to fully developed resort communities like Hilton Head. Some islands are private, some are uninhabited, and some are available to purchase. Some islands have almost unbelievable stories, like the herd of wild marsh ponies roaming Little Horse Island, the rhesus monkeys living on Morgan Island and the nudist camp that used to bare it all on Cat Island.

In this issue we uncover many wonderful, wild and weird stories from the Sea Islands and feature many interesting locals who call them home. You'll also find Sea Island-inspired books, recipes, home accessories and more. If you've ever wondered about a nearby island that you've seen on Google Maps, from an airplane or a boat, this issue is for you.

We hope it gives you a greater appreciation of the Sea Islands, those who lived here before us, and inspires you to help protect them for those who will live here after us. Most of all, we hope it motivates you to get out there and experience them. Sea Island days are the best kind of days. Happy New Year!

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

## *THE JANUARY DIET RESOLUTION*

*'Twas the month after Christmas and all through the house. Nothing would fit me, not even a blouse. The cookies I'd nibbled, the eggnog I'd taste. All the holiday parties had gone to my waist.*

*When I got on the scales, there arose such a number! When I walked to the store (less a walk than a lumber), I'd remember the marvelous meals I'd prepared: The gravies and sauces and beef nicely rared.*

*The wine and the rum balls, the bread and the cheese. And the way I'd never said, "No thank you, please."*

*As I dressed myself in my husband's old shirt. And prepared once again to battle with dirt. I said to myself, as only I can. "You can't spend a winter disguised as a man!"*

*So, away with the last of the sour cream dip. Get rid of the fruitcake, every cracker and chip. Every last bit of food that I like must be banished. 'Til all the additional ounces have vanished.*

*I won't have a cookie — not even a lick. I'll only just chew on a long celery stick. I won't have hot biscuits, or cornbread or pie. I'll munch on a carrot and quietly cry.*

*I'm hungry, I'm grouchy, can't fit through the door. But isn't that what January is for? Unable to giggle, no longer a riot. Happy New Year to all and to all a good diet!*

***— Author unknown***




**LOCAL GEMS** Have you seen the LOCAL Life Jeep around town? This month, we rolled up next to ***Patrick Safe, Jennifer Lance and Doug Safe*** of Heritage Fine Jewelry. Visit them for on-premise jewelry repairs, custom design, cleaning, inspections and more.

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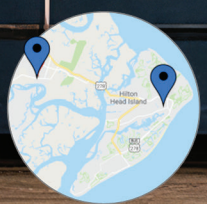
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# contributors

## *MEET LOCAL CREATIVES BEHIND THE SCENES*





### Judy Blahut *Artist*

**OTHER CREDS:** BFA, Syracuse University; MS University of Arkansas; member and president, Art League of Hilton Head, member Pluff Mudd Art Gallery **FOR THIS ISSUE:** Local art, ***Shell Coral Sponge*** **HOMETOWN:** Centerville, Ohio **CURRENT HOME:** Hilton Head Island **LOCAL SINCE:** 2013 **HOBBIES:** Swimming, anything water, golf, cooking, painting, ceramics **WHAT ARE YOU WATCHING?** The marsh at Fish Haul Creek. There is always something wonderful happening. In the cooler weather, the dolphins sometimes swim up the creek hunting for fish with their babies. I watch almost every day in hopes I will see them. **WHAT ARE YOU LISTENING TO?** Brazilian Bossa Nova. I lived in Sao Paulo for two and half years. **WHAT ARE YOU READING?** The Way of the Stoic, Marcus Epictetus and Final Gifts, Maggie Callanan and Patricia Kelley **2023 PLANS:** Producing a new body of work for my featured artist show in September for Art League of Hilton Head and spending time with my baby grandchildren and family. **WHAT DO YOU LOVE MOST ABOUT JANUARY?** It's my birthday month! A time to start fresh.

### Rebecca W. Bass
*Photographer*



**OTHER CREDS:** Owner and broker-in-charge of SeaBass Properties Real Estate, retired international corporate executive **FOR THIS ISSUE:** Parting Shot **HOMETOWN:** Too many to list **CURRENT HOME:** Beaufort **LOCAL SINCE:** 2003 **HOBBIES:** Gourmet cooking, making visits to Parris Island, MUSC and Beaufort hospitals, and assisted living facilities with my two Doberman therapy dogs, dates with my husband. **WHAT ARE YOU WATCHING?** ***Yellowstone*** **WHAT ARE YOU LISTENING TO?** Motown **WHAT ARE YOU READING?** Mediterranean Cookbook **2023 PLANS:** Travel with my husband and my camera. **WHAT DO YOU LOVE MOST ABOUT JANUARY?** Celebrating my birthday all month with friends and taking my dogs to the beach.

### Michele Roldán-Shaw *Writer*

**OTHER CREDS:** Part-time kung fu instructor, author, artist, journalist, ghostwriter **FOR THIS ISSUE:** The Sea Islands of Beaufort County **HOMETOWN:** Long Beach, Washington **CURRENT HOME:** Levy, South Carolina **LOCAL SINCE:** 2004 **HOBBIES:** Nature adventures, gardening, beekeeping and Vipassana meditation **WHAT ARE YOU WATCHING?** Nature **WHAT ARE YOU LISTENING TO?** Silence **WHAT ARE YOU READING?** Blood River: The Terrifying Journey Through the World's Most Dangerous Country **2023 PLANS:** Improve my sea kayaking skills and assist with a bilingual Spanish/English Vipassana course in Jesup, Georgia. **WHAT DO YOU LOVE MOST ABOUT JANUARY?** Honestly, I have a hard time loving January. (I'm a summer girl.) But I guess a little hibernation period is good. Or a tropical escape.



## *Others on Sea Islands time ...*

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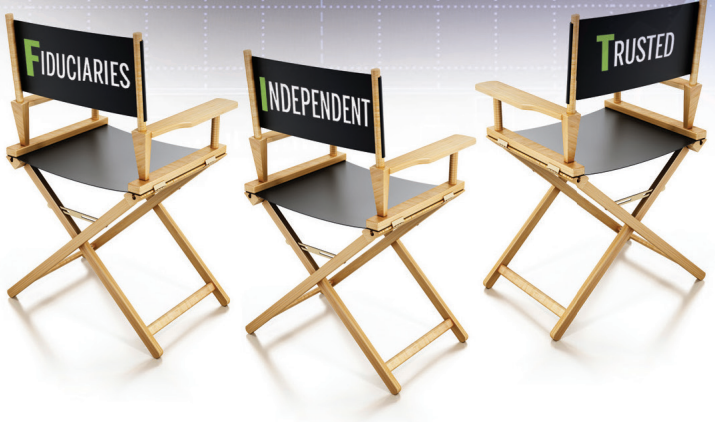

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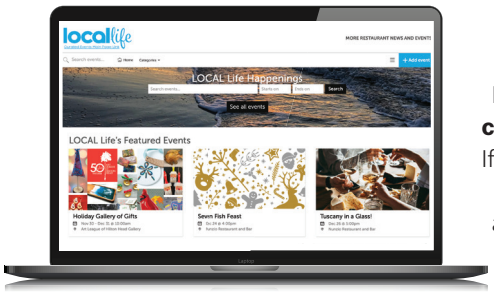
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### 2022 Cover of the Year




The readers have spoken. LOCAL Life's Cover of the Year for 2022 was **Comfort Dog Zoara** in July. The AKC Golden Retriever has 2,000 hours of training and provides comfort, help and hope to those hurting and in need. The image was captured by photographer **Michael Hrizuk**. See more of his work online at hrizukphoto.com.

### About the Cover



*The cover image was captured by photographer **Mark VanDyke** on Folly Island, one of 35 Sea Islands stretching along the South Carolina coast. "The landscape is always changing and is significantly different each time I visit," VanDyke said. "Some of the most dramatic compounding erosion patterns can be found along the beach, revealing tidal mud flats from the nearby Folly River, as well as inundated 'ghost trees' like the one photographed here." See more of VanDyke's work at markvandyke.net or follow him @markvandykephoto.*

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## *Revamping an antebellum icon*

**THE REHABILITATION OF THE SQUIRE POPE CARRIAGE HOUSE**

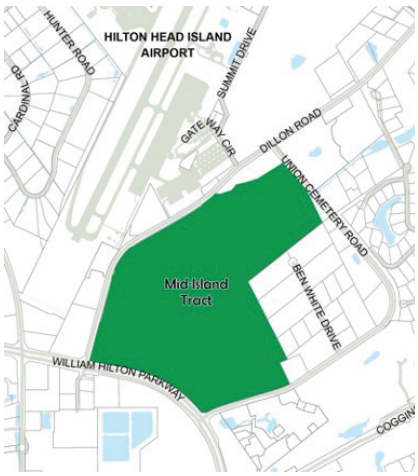
In 2023 the Town of Bluffton will embark on rehabilitating the Squire Pope Carriage House. Located on the Wright Family property on Calhoun Street, the building is one of Bluffton's oldest historic structures, dating back to the 1850s, when it was built by William Pope Jr. as his summer residence. During the 'Burning of Bluffton' in the Civil War, the main building of Pope's estate burned to the ground. Two outbuildings were left standing, which would be joined together in 1868, creating the structure we recognize today. Over a century and a half later, Bluffton is working to create its second public park with access to the May River. The projected restoration will be reminiscent of the Town's Garvin-Garvey House rehabilitation at the nearby Oyster Factory Park. For this project, the Town recognizes the cultural and historical significance Squire Pope Carriage House carries and seeks to incorporate the community in determining how the space will be used. Director of Communication Debbie Szpanka points out the importance of this project. "The more the Town honors its past, the more Bluffton has a 'sense of place,' offering a unique experience for its residents and guests," she said.

# *On the horizon*

## *FIVE BUILDS COMING TO THE LOWCOUNTRY IN 2023.*

STORY BY DAISY DOW

With the dawn of a new year comes a new opportunity for public projects across the Lowcountry to improve the quality of life for residents and visitors alike. Town managers and leaders across Beaufort County have collaborated with local community members, business leaders, historians and designers to set the stage for a series of impactful projects in 2023. Bluffton is preserving a marker of its town history, Daufuskie is bringing restrooms to its beaches, and Hilton Head has plans to create affordable housing for future residents. Whichever slice of the Lowcountry feels most like home to you, local lawmakers and civil servants there are hard at work, doing all they can to make the past, present and future of the region a wonderful place to live, work and play.




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## *A haven for eco-fun* MID-ISLAND PARK

Known to some as the Mid-Island Tract, a Town-owned section of the former Planters Row Golf Course, is 103 acres of lush green space in the center of Hilton Head Island. In 2023 the overgrown golf course will be turned into a public park and community gathering space celebrating Hilton Head's natural history and ecosystems. According to Hilton Head's former mayor, John McCann, "this park will serve the entire community, both residents and visitors, and will showcase our Island environment, culture, history and natural beauty." Beyond the event spaces, playground and 18-hole disc golf course, the new park will host community gardens and feature opportunities for an open-air market. Visitors to the park will have plenty of opportunities to learn about the island's ecology by reading about it in the eco-center, then encountering it along the boardwalk. "We had an engaging public process that allowed our residents and community stakeholders to share their ideas of what they would like to see in this park. Those ideas, coupled with the Town's significant public investment into this project, have led to a robust and exciting plan. I am confident that this park will be a prized addition to our Island's network of parks and recreation assets," said Town Manager Marc Orlando.



## *A straight flush*

**BEACH ACCESS RESTROOMS**

Daufuskie Island can be reached only by those willing to take the road less traveled (i.e. the ferry); and while a bridge is not in the cards for 2023, Daufuskie does have a number of projects in store for 2023. According to Roger Pickney, chair of Daufuskie's Town Council, the next year will see the solidification of infrastructure all around the island, from ferry landings to roadways. The town recently secured funding for a multi-use community center that will offer a new community gathering point for residents. Pickney notes, however, "the most overdue and needed is public bathrooms at our major beach access point." Daufuskie Island attracts visitors from all over the world, some of whom stay on the island for a few days and others who pop over for a few hours. Regardless of how long they are staying, visitors flock to Daufuskie's beaches for panoramic views of the Atlantic. "Now that our yearly tourist tally is over 200,000 and many visitors go to the beach, the lack of facilities has become a public health/safety issue. The county has secured $250,000 in accommodations-tax funding for construction which seems particularly appropriate – tourists paying for their own bathrooms," Pickney said.

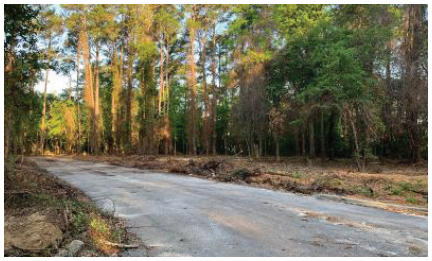
## *A new road ahead*

**RESURFACING IN PORT ROYAL**

Over the past few years Port Royal has had its tax base grow significantly as individuals and companies have invested in the area. Late in 2021 a $93 million apartment complex was sold, which has since bolstered tax revenue for the Town to reinvest in public projects. The Town budget for 2023 is over $1 million more than the previous fiscal year, reflecting an influx of investments to the area. According to Port Royal Town Manager Van Willis as quoted in the Island Packet, "Our goal is to resurface everything we own downtown that needs resurfacing. It's been needed for years. This is our first chance to actually do it." The project will focus on repaving roads and developing sidewalks to be accessible and widespread across Port Royal.





©COURTESY OF THE TOWN OF HILTON HEAD

## *It's a beautiful day in the neighborhood*

**AFFORDABLE LIVING OPPORTUNITIES ON HILTON HEAD**

While the exact start and end dates are undefined, Hilton Head has a project underway that will redefine sustainable, affordable living on the island. On the north end of the island, 12 acres of wooded land next to the post office will be developed into a neighborhood within walking distance of the Island Rec Center and public school campus. The proposed neighborhood is a part of the Town of Hilton Head's Workforce and Affordable Housing Initiative, which recognizes the limited amount of affordable housing accessible to teachers, healthcare workers, restaurant employees and countless others whose contributions to the island's services and businesses are essential. Hilton Head Town Manager Marc Orlando said, "we are continuing to make great strides toward our strategic goals for workforce and affordable housing." By the end of 2022 the Town planned to sign a contract with a development partner. Thanks to a $995,000 budget funded through grants, the proposed neighborhood will be outfitted with infrastructure for roads, water, sewer and other utilities.





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# hot tech

***Gadgets and gizmos to start the year off right.***



## *Hands-free filming*

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## *Don't get cold feet*

**SHARPER IMAGE SHIATSU FOOT MASSAGER**

Enjoy all the comforts of a spa in your own home with this Shiatsu Foot Massager. With three heat levels and different massage settings, this foot massager is perfect for someone who's been on their feet all day or someone who just wants a bit of relaxation. It's easy to clean, and with its non-slip design, it's perfect for everyone. *Available at Sharperimage.com for $69.99.*



## *Now you see me*

**STARSCOPE MONOCULAR**

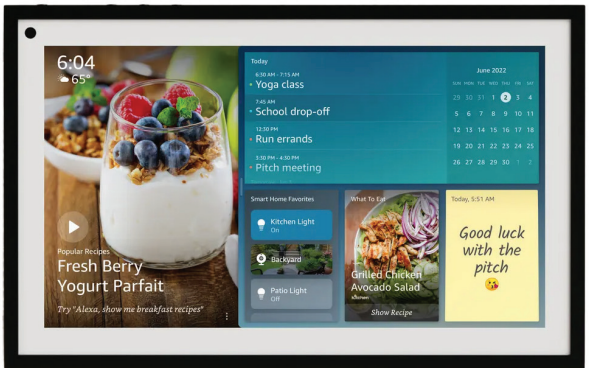
No one wants to carry around bulky binoculars to an outdoor event. With the Starscope Monocular, you don't have to. Small enough to fit into your pocket, you can clearly see up to 1,000 yards. This gadget is perfect for bird watching, sporting events and more. *Available at Starscopemonocular.io for $55.*



## *Soar to new heights*

**VANTOP SNAPTRAIN S5C PRO FHD DRONE W/ REMOTE CONTROLLER**

This user-friendly drone is the perfect introduction to drone flying. This drone has multiple features that will impress even the most seasoned drone aficionados — smart voice control, headless mode, an easy-to-use controller compatible with your smartphone, 360-degree flips and rolls and more. *Available at Snaptain.com for $109.99.*




## *Your day at a glance*

**AMAZON ECHO SHOW 15 - FULL HD 15.6" SMART DISPLAY WITH ALEXA**

Say goodbye to your boring paper calendar, and say hello to the Echo Show. This smart tablet is the perfect hub of information for your household with an interactive calendar, sticky notes, to-do and shopping lists and assigned reminders. Even stream from all your favorite platforms like Netflix and Prime Video. *Available at Amazon.com for $250.*




## *Scrub away the day*

**FOREO LUNA 3 MEN**

The new age of skin-care technology is here - and the Luna 3 Men by Foreo is leading the way. This vibrating facial cleanser helps open up your pores to better clean your skin or beard and is even customizable via an app by choosing levels of intensity based on your skin type *Available at Foreo.com for $219*

## *Light it up*

**OLUMIRING LIGHT**

Never have a badly lit selfie or video call again with this OlumiRing light. This easily portable ring light will fit on your phone or laptop for a more professional look to your selfies and video conferences. You don't need to worry about your devices getting scratched up either because a silicone layer will protect your device from unwanted damage. *Available at Oluminate.com for $29.*






## *Never run out of juice*

**CLUTCH CHARGER**

You don't ever have to worry about running out of battery life ever again with the Clutch Charger. This ultra thin portable charger is small enough that it will fit into even the smallest of pockets. With a pre-attached charging cord, you don't have to worry about untangling all those pesky cords. *Available at Clutchcharger.com for $49.99.*




## *The cold never bothered me anyway*

**THERAICE RX FORM-FITTING GEL ICE HEADACHE/MIGRAINE RELIEF HAT**

Ever had a migraine that you just can't shake? This migraine relief hat might be the answer to your problems. Simply toss the cap in the microwave for heat or leave it in your freezer for a few hours for cold therapy and wear. The light-blocking design also guarantees complete darkness to overcome your migraine. *Available at Theraicerx.com for $39.95.*

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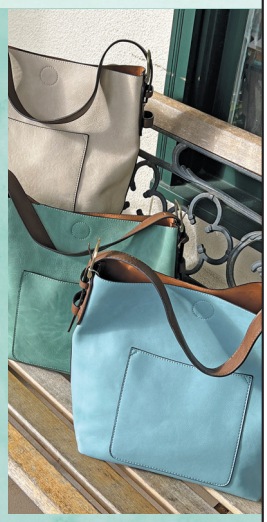
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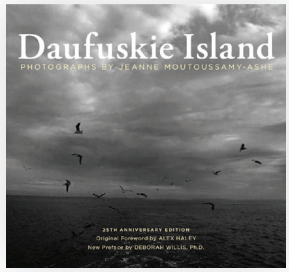
# Sea Island stories

*Books that will make you want to be stranded on a local island.*

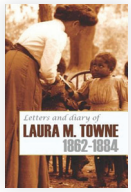
SELECTIONS BY DENISE FRIDAY

### DAUFUSKIE ISLAND, 25TH ANNIVERSARY EDITION

*BY JEANNE MOUTOUSSAMY-ASHE*




Photographer Jeanne Moutoussamy-Ashe took a series of pictures from 1977 to 1981 during several trips to Daufuskie Island. They depict the landscape, buildings and people in everyday settings of work, play, school and traditions in a bygone era of the Gullah culture. Her pictures tell a story of the isolated African-American community that today, altered by development and rising property values, no longer exists. The 25th Anniversary Edition contains photos previously left out, which now serve as historical documentation. Moutoussamy-Ashe is the widow of Arthur Ashe, who often traveled with her to Daufuskie Island.

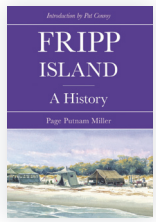



### LETTERS AND DIARY OF LAURA M. TOWNE 1862-1884 *BY LAURA M. TOWNE*



A delightful look into the past told through diary entries and the written letters of the author, Towne traveled from Philadelphia to the island of Port Royal in 1862. She and her friend, Ellen Murray, created the Penn Center School on St. Helena Island, which was the first school developed in the U.S. for freed slaves. Towne's work travels through Emancipation and Reconstruction in Beaufort County. The Penn Center is a historic landmark that you may tour and visit on ***St. Helena Island***.

### FRIPP ISLAND: A HISTORY *BY PAGE PUTNAM MILLER*



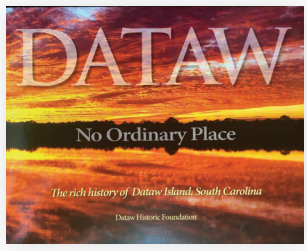

Fripp Island, a barrier island to the barrier island of St. Helena, has a long and storied history dating back to the first records of being referred to as "Fripp Island" in 1734 when it was owned by John Fripp. Yet before that there is evidence of Native Americans visiting the island for hunting and fishing, and Spanish explorers began visiting in 1521. This book digs up records for the island and chronicles the ebb and flow of development for residents and visitors alike. It spans to 2006, when the year-round residency was about 500. Fripp is often looked at as the smaller, more protected resort island compared to Hilton Head Island.




### THE WAY HOME *BY KARDEA BROWN*

A true celebration of the love of cooking and eating, Brown pulls from deep within her Gullah upbringing and her many handed-down family recipes to share her love of food. Her stories allow you to peek into a childhood growing up on the Sea Islands, and her recipes express the tradition of local, fresh and made with love. Among the many delights are She-Crab Soup, Lowcountry Spaghetti, Cornbread with Molasses Butter, Seafood Mac and Cheese, Salmon Cakes, Edisto Lemon Pie and so much more.

### DATAW: NO ORDINARY PLACE *BY THE DATAW HISTORIC FOUNDATION*




Part photography coffee table book and part historical record, this beautiful book documents the original name (Datha, after a Native American King legend) and various settlers, including the Sams family, who owned the Island before the Civil War and had "summer houses" in Beaufort. In 1990 the Dataw Marina opened, and development continued. In the '90s various projects started to preserve the Island's history and beauty, as well as the tabby ruins from the Sams Plantation complex. This book is a must for fans of this pristine little island nestled between Lady's Island and St. Helena Island.



*Featured book club:*

***THE HILTON HEAD LIBRARY CLASSIC NOVELS BOOK CLUB'S***

January read is ***Burger's Daughter*** *by Nadine Gordimer.*





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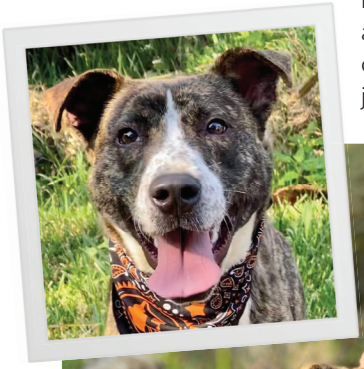


*Adopt this Pet:*

# *Hyacinth*

## *A DOG AS PRETTY AS A FLOWER*

Hyacinth is a bubbly, cuddly, 1-year-old mountain-cur mix who works hard in obedience class and does very well. She came to the shelter after being found as a stray and has overcome minor health issues. Now this active gal loves to explore and would love a family to take her on their adventures. Hyacinth is a loving companion who will bring great joy to her new family.





**MORE ABOUT HYACINTH**

**Colors:** Brindle and white **Age:** 1 **Weight:** 45 pounds
**Likes:** Going on adventures with her fellow voyagers. "Life is a journey, not a destination." ***— Hyacinth***
**Dislikes:** Being still for too long. "Ahoy! There is land to discover!" ***— Hyacinth***
**Adopt her:** Hilton Head Humane is open daily from 11 a.m. to 4 p.m. You can visit the shelter, call *843-681-8686*, or go to *hhhumane.org* for more information.



## *COOL CAT: Shamu*

Shamu is a handsome, 13-year-old gentleman who came to the shelter from another rescue. Shamu is 14 pounds and loves to cuddle, be brushed and sunbathe. He was diagnosed with diabetes shortly after his arrival to the shelter, but he is stable and feels great. He's happy with a laidback lifestyle but only as long as he's with his human friends.

# *Official Mensa® Challenge*

*Answers are available on LocalLifeSC.com/Mensa*



***Ring in the new year with a mental workout. Solve this Mensa quiz!***

**1.** Fill the blanks to complete the word below.

_ N _ U _ S _ T _ O _

**2.** First unscramble the letters in each word below, then unscramble the word order to create a Tom Swifty sentence. (Tom Swifty always speaks adverbially. Example: "I just bought a refrigerator," said Tom icily.)

TPAEINLYT DASI ETHER MOT

MORO CODS'TOR YM NI

VE'I ENBE IGNITAW ROF SHURO

**3.** In a spelling bee, Barbara beat Carolyn. Mark beat Bill. Kathy scored lower than Bill. Mike scored lower than Kathy but better than Barbara. What was the order from first to last?

**4.** In a souvenir toy shop, the prices are set according to the owner's whim. An airplane costs 12¢, a stamp costs 9¢, a doll cost 7¢ and a top costs 5¢. According to this system, how much will a wagon cost?

**5.** The 17 letters below can be anagrammed into a four-word saying about gender and attire. The enumeration is (7 4 3 3). What is the saying?

A A C E E E H H K L M M N O S T T

***ANSWER KEY***

***1.*** *INQUISITION* ***2.*** *"I've been in my doctor's waiting room for three hours," said Tom patiently.* ***3.*** *Mark, Bill, Kathy, Mike, Barbara, Carolyn* ***4.*** *8¢ (2¢ per consonant, 1¢ per vowel)* ***5.*** *Clothes make the man.*

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# The hot list

***What to watch, read and listen to in January.***

## STREAMING







NETFLIX **THE PALE BLUE EYE**

**Details:** In 1830 veteran detective Augustus Landor (Christian Bale) investigates a series of murders at the U.S. Military Academy in West Point, New York. He is aided by Edgar Allan Poe (Harry Melling), a young cadet at the academy. **Release date:** January 6

APPLE TV+ **SHRINKING**

**Details:** A comedy about a therapist gone rogue starring Jason Segel and Harrison Ford. The 10-episode series is written by Bill Lawrence, co-creator of the hit comedy Ted Lasso. **Release date:** January 27

HBO MAX **THE LAST OF US**

**Details:** This highly anticipated television series follows Joel (Pedro Pascal), a smuggler directed to escort the teenage Ellie (Bella Ramsey) across a post-apocalyptic United States. Based on a video game, it is the largest television production in Canadian history. **Release date**: January 15

PEACOCK **POKER FACE**

**Details:** A 10-episode, mystery-of-the-week series following Charlie Cale (Natasha Lyonne), who has an extraordinary ability to determine when someone is lying. She hits the road with her Plymouth Barracuda and with every stop encounters a new cast of characters and strange crimes she can't help but solve. **Release date:** January 26





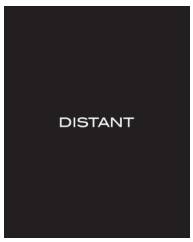


## MOVIE THEATERS




**A MAN CALLED OTTO**

**Details:** When his wife dies and he is forced to retire from his job of nearly 40 years, grumpy 60-year-old Otto Anderson (Tom Hanks) decides to kill himself. But his attempts are constantly interrupted by his boisterous new neighbors, which leads to an unlikely friendship. **Release date:** January 13




**DISTANT**

**Details:** The spaceship of asteroid miner Andy Ramirez (Anthony Ramos) gets struck, crash-landing him on an alien planet where he contends with his AI survival suit. Losing oxygen, he connects with fellow crew member Naomi Calloway (Naomi Scott) via radio, who is trapped inside her escape pod, leading him to go search and rescue her. **Release date:** January 27




**PLANE**

**Details:** Commercial pilot Brodie Torrance (Gerard Butler) completes an emergency landing after a ravaging storm damages the aircraft. The plane lands on the hostile island of Jolo Island in the Philippines. Soon the passengers are taken hostage by the local militants of the island. With rescuers struggling to find their location and running out of time, Brodie decides to enlist help from the convicted fugitive that he was transporting along his commercial flight. Together they work to rescue the passengers and escape the island. **Release date:** January 27

## BOOKS




FICTION

**ALL THE DANGEROUS THINGS**

By Stacy Willingham

When Isabella Drake's child is taken from her home while she slept in the next room, her whole world changes. Now obsessed with finding her missing son, she soon realizes that her memories of that day are not what they seem. **Release date:** January 10

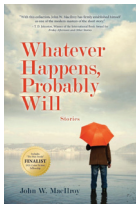



NON-FICTION

**SPARE**

By Prince Harry

In this highly anticipated memoir by British royal Prince Harry, he details his life growing up in the public's grueling eye and gives inside information on his marriage that led to such drama in England and beyond. **Release date:** January 10



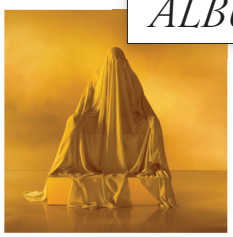

LOCAL PICK

**WHATEVER HAPPENS, PROBABLY WILL**

By John W. MacIlroy

In this collection of 18 short stories, local author John W. MacIlroy deftly leads the reader to the very moment when everything changes for his characters, then powers on to endings that reveal the fullness of the human condition.

## ALBUMS



**GLORIA**
By Sam Smith (pop)
**Release date:** January 27



**STRAYS**
By Margo Price (country)
**Release date:** January 13




**MERCY**
By John Cale (rock)
**Release date:** January 20




LOCAL PICK
**A.O.S., VOL. 2**
By La Bodega (funk)

## PODCASTS

**SERIAL**
Investigative journalism

**RADIOLAB**
Scientific, philosophical and political




**STUFF YOU SHOULD KNOW**
Pop culture




LOCAL PICK
**MURDAUGH MURDERS PODCAST**
True crime

## TRAVEL





**BORA BORA, FRENCH POLYNESIA**
**Average daily temperature in January:** 82 degrees

**ARUBA**
**Average daily temperature in January:** 86 degrees





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Charity Spotlight

# The Spring Island Trust

## MISSION

***To preserve and protect Spring Island's environment and cultural history and provide education, expertise, and leadership in the conservation of natural resources throughout the Lowcountry.***





©ALL PHOTOS BY SPRING ISLAND

## HISTORY

In 1990 the founders of the Spring Island Trust recognized that the quality of life on Spring Island would be significantly diminished if the surrounding area were heavily developed and/or the waters became polluted. The trust was a tax-exempt organization but not a tax-deductible nonprofit, so the Lowcountry Institute was founded in 1998 as a tax-deductible organization to serve as a partner to the trust. It has been conducting environmental outreach throughout the Lowcountry region for 18 years. During that time LCI became recognized regionally as an important source of accurate environmental and ecological information. LCI was able to guide Beaufort County Council and local municipalities to support stronger storm-water guidelines and protect critical open space. LCI also established the Master Naturalist program and the Coastal Kingdom TV series. In 2016 the Spring Island Trust received tax-deductible status, and the trust and LCI were merged the following year.

## WHOM IT HELPS

One of the Spring Island Trust's primary objectives is to help people and nature coexist to the benefit of both. Lessons learned by the trust during the past 25 years of managing Spring Island are shared so that other communities located in the southeastern coastal plain can adopt practices that make nature a more significant part of their communities. Areas of focus include managing natural areas, landscaping, living with wildlife, geology, history and processes that protect the island.



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## HOW TO HELP

Donate to the Spring Island Trust, or join the Trillium Legacy Society by making a planned gift to the Spring Island Trust endowment fund. LL

**FOR MORE INFORMATION ON THE SPRING ISLAND TRUST** Visit **springislandtrust.org** or call **843-987-7008**.

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**LETTER TO THE EDITOR** LOCAL Life asked Dataw Island resident ***Bill Riski*** to share his thoughts on what it means to be local. Riski is a retired U.S. Air Force officer and systems engineer. He maintains the Dataw Historic Foundation website and has written many historical articles about the Sams of South Carolina and the Sea Island called Datha. 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*

## The Sea Islands inspire me to learn more

BY BILL RISKI

Laura and I were high school sweethearts. We both grew up in Wickliffe, Ohio, a classic Baby Boomer town about 20 miles east of Cleveland. After getting an electrical engineering degree at The Ohio State University, Laura and I married, and I began a career as an officer in the U.S. Air Force at Hanscom Air Force Base near Boston.

During my 20 years on active duty, we raised a family, moved around a bit and lived in the Netherlands. I retired for the first time in 1995 and transitioned to working in our national defense industry. After the next 20 years, including a few years in Paris and a decade at the Pentagon, I retired a second time. While we enjoyed the vineyards and Shenandoah Mountains of Virginia and Washington, D.C., we did not like the traffic. So we looked south for a place to live year-round in retirement.



**LOCAL SINCE 2017** Bill Riski is shown with his wife, Laura, at the Dataw Island Yacht Club Commodore's Ball. His hobbies include history, photography, writing and travel.

We visited various communities in the Southeast over the years. But our first visit to the Beaufort area and Dataw Island was in the spring of 2016. Then right after Hurricane Matthew, we returned for a second look. I loved the community of Dataw Island, but what sold me was its proximity to the town of Beaufort and the natural beauty of the Lowcountry. So for the last five years we have lived in the Dataw Island community on the Sea Island of Datha. We've adjusted to the laid-back Southern attitudes and thoroughly enjoy the community.

One reality of moving is that you can never be sure about a neighborhood. Since moving here, we have met many terrific people. Often we have shared interests or values but not shared experiences. It makes life so interesting. And, of course, there's the natural beauty. I love chasing and photographing the sunlight around the Sea Islands.

I've always enjoyed history, especially local and family history. However, after moving here, I discovered local historical events and people that played a role in the American history I learned as a child. There is so much truth in Professor Larry Rowland's oft-repeated phrase, "American history starts in Beaufort County." The beauty of this juxtaposition is that it inspires me to learn more.

On Datha Island we have the tabby ruins of a plantation house, including outbuildings, some of which predate the American Revolution. I joined the Dataw Historic Foundation and am passionate about learning everything about this plantation. I especially enjoy researching the people who lived and labored here over the centuries, both free and enslaved. One example is William Sams and his wife, Elizabeth Hext, who bought Datha Island in 1783. Their graves are in the Sams family cemetery on Datha Island within our Dataw Island community.

In the first week of January 2020, I set a goal to write a history article every week; "52 Sams in 52 Weeks." I did not know it then, but I would soon have plenty of time to write, and our residents would have more time to read. Through these efforts I discovered so many interesting personal stories. For example, did you know the earliest attempts to use chloroform as an anesthetic on a dental patient occurred in 1847 in Baltimore? Beaufort County's former coroner, Dr. Robert Randolph Sams, was that patient, the second person in history so "honored." LL




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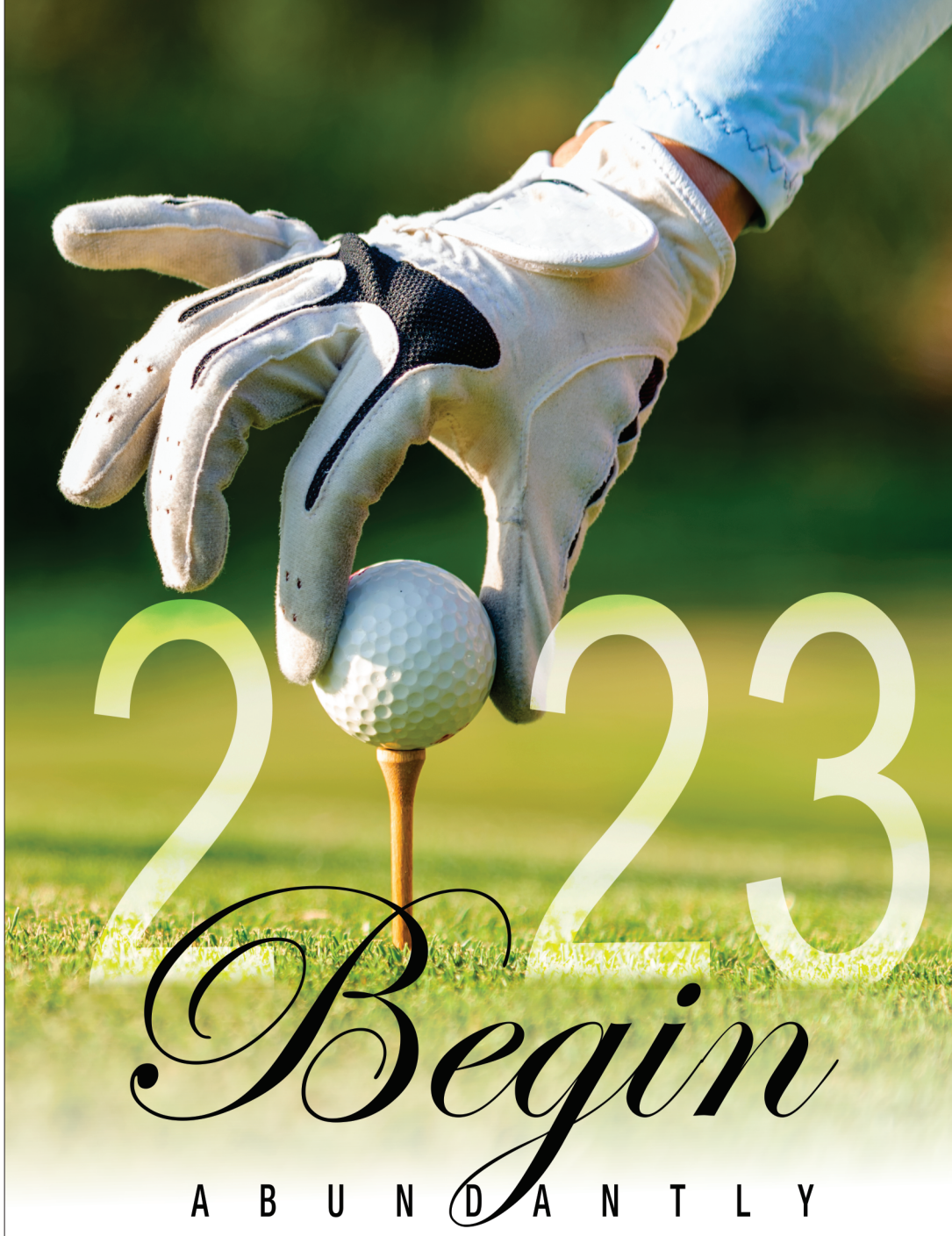
# *Faces of the Sea Islands*

*Beyond our own little island home, the Carolina shoreline is strewn with jewels. Meet a few of the locals who give each its own sparkle.*

STORY BY BARRY KAUFMAN
PHOTOGRAPHY BY LISA STAFF

In the lower half of Beaufort County, we tend to think of ourselves as a little micronation. The genteel resort splendor of Hilton Head Island, the increasingly upscale eccentricity of Bluffton and the wide-open spaces of Okatie sometimes feel like the whole of the Lowcountry.

But step beyond our own bend in the river, and you'll find a part of the county renowned for its beauty and marvelous in its intrigue. The coastal Sea Islands share our unique history but with their own stories to tell. Scattered along the shoreline, countless islands hold their own enchantments for any who make the trip, and ***the locals here will serve as your guides***.


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# Venaye McGlashan

## *This retired veterinarian helps care for a semi-feral herd of marsh ponies.*

Beaufort County remains home to a unique herd of marsh ponies. A cross between Shetland ponies and marsh tackies raised on a private farm in the 1950s, this semi-feral herd proved capable of thriving in the confines of the island through owner changes and encroaching development. Loved by owner and neighbors alike, the ponies occasionally roamed beyond their confined area, but in 2014 a number escaped and roamed too far. One was struck by a car on St. Helena Island, presenting a public safety problem. Decisions on herd size and management changes were critically needed.

Dr. Venaye McGlashan, a recently retired veterinarian living close by, was willing to lend a hand for these special ponies.

"I could walk out my backyard and see them grazing," she said. "That was really special to be able to see them."

It was not her first equine encounter. The Aiken County native is an experienced large-animal veterinarian. Over a 34-year career she had a private practice for 14 years, served as director of equine programs with the S.C. State Veterinary Office and with USDA APHIS VS as area emergency coordinator.

"I have a very broad concept of conservation and the need for it," she said. "As a vet I have long been a proponent of connecting veterinary medicine, public health and environmental health."

That perspective has helped guide management of this semi-feral herd and nurse it back to health. The ponies' increased roaming, it was quickly surmised, was in search of forage, as the herd had grown so much it was squeezing the island for resources. Adding to this, the limited breeding population had created



a host of genetic abnormalities within the herd.

"At the time we were simply trying to help find a solution," she said. "By 2000 there were four horses which had bred to about 22 or 23 when we had to decrease the herd."

Assembling a coalition of veterinarians, horse professionals, volunteers and the property owner, McGlashan led a team that was able to capture, test and vaccinate the herd for some diseases. Male horses were gelded, and female horses were given a vaccine that would temporarily sterilize them, helping control the population. A number were adopted out to bring the herd to a more suitable size and reduce "escapes."

"At that time I met with a wildlife biologist in North Carolina, and we had a verbal agreement to introduce new bloodlines in a few years," she said.

The ponies live on property that remains private. The owner is non-resident, further challenging management, and location precludes public access. Hurricane Matthew and other storms continue to damage vital grazing ground.

"Between the hurricanes and the absentee owner, we haven't been in a position to (introduce new horses)," McGlashan said. "And we are reaching a critical stage now where we need to make some decisions."



**'HORSE DOCTOR'** St. Helena Island resident Dr. Venaye McGlashan, retired equine veterinarian, is shown with her Connemara mare, Kiera, and working pottery in her home studio.


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# *What's next for the horses of Little Horse Island?*

***Dr. Venaye McGlashan*** was a key part of 2014 efforts to reduce the herd of wild horses on Little Horse Island. Now with the land altered by Hurricane Matthew and the herd of just eight facing fresh challenges, she's hoping to form another coalition to save the horses. Daily management is a major challenge, and long-term plans are needed.

The property owner, county officials and interested groups are brainstorming all the options for keeping these horses healthy. "We think the ponies are important to the history here. They're beloved, so we want to make the best choices we can."

"That's the challenge, to maintain and increase the herd under best possible conditions. We understand the curiosity of the public, but, remember, not only are the ponies wild, but they live on private property," McGlashan emphasizes.

One obvious option is re-homing them, but then one of the island's most magical sights would be gone forever.

"A possibility we're working on is to provide a public viewing station from Highway 21. The county is working on that with us, but there are other options being considered as well," she said. "We're trying to find solutions that will allow public participation but will protect ponies because that's always the conflict. The more you allow public access, the harder it is to protect and maintain ponies in a semi-feral condition. We don't want to turn them into backyard pets."

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# Jimmy Myers

## *This Fripp Island Sea Rescue volunteer helps boaters and turtles in distress.*

The sun was just coming up over one of the many small sandbars that poke out of the tide around Fripp Island, but already the dedicated turtle patrol knew there was a problem. There, out in the shallow surf of isolated Pritchards Island, a loggerhead sea turtle clearly was in distress. Stuck on the sand with a visible wound in her side, the turtle they later called Pluto was beached and dying.

Moments later the cell phone was ringing in the home of Jimmy Myers. As a boat duty captain with Fripp Island Sea Rescue (FISR), Myers was on call to respond to rescue missions. His wife, Karen, made a quick check of the tide and the weather, then Jimmy was off as fast as his specially modified golf cart (complete with flashing lights) could go.

"When you're on a mission, seconds matter, and you need to move really fast," he said. "As soon as the pager goes off, I get my ready bag and my radio, turn on the flashers and go."

Meeting his crew mate Scott Momburg at the Fripp Island Marina, the two raced to where Pluto was struggling to survive. "I don't know much about loggerheads, but I fell in love with this turtle," he said. "There was a lot of adrenaline, so we were able to carry the turtle the length of the beach and put it on the bow of the boat."

Now aboard Rescue One, a 22-foot Boston whaler, Pluto was whisked away across Skull Inlet to the waiting hands of additional turtle patrol and SCDNR agents on the south end of Fripp Island. From there the injured turtle was transported to Charleston's Sea Turtle Care Center, where her rehabilitation began.

"It was a nice example of multi-agency team work. We played a small part in it, but that's what we do," he said.



That's putting it mildly. Not only does FISR serve as the first responder for stranded boaters and wildlife, it also helps the U.S. Coast Guard (USCG) with its mission of securing our shores.

"They call us a force multiplier," said Jimmy. Fripp Island Sea Rescue's two boats, Rescue One and Rescue Two, are far more adept at handling the shallow draft of the area's winding tidal creeks, making them an important resource of the USCG. Plus, Myers and the FISR team regularly serve as emergency response support during USCG helicopter pilot training. "They love us because they have to get so many hours of training, or they can't fly. It's a win-win for both organizations."

Jimmy Myers joined the 40-year-old volunteer organization four years ago, following a lengthy career in reinsurance. While he and his wife are more or less retired, it's not a word they use. He continues to work at Fripp Island Resort as a golf cart attendant, while Karen is a first mate on the resort's pontoon tour boat.

"You retire from a career, but you don't retire from life," he said. "I wanted to give back, and I've always been very grateful to our first responders and the military. I was very lucky this came to me."



**TO THE RESCUE** Jimmy Myers is a member of Fripp Island Sea Rescue (FISR), an all-volunteer organization that conducts search, rescue and training operations in conjunction with Beaufort County 911, the Fripp Island Fire Department, S.C. DNR, Beaufort Water Search & Rescue, the U.S. Coast Guard and other agencies.


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*(from left) Isabel Brodersen, PA-C, Van Gauby, MD, Franics Imbarrato, MD, Eric Rayburn, PA-C, Joel Johnson III, MD, Carlos Cordero, MD, Nicole Clegg, MSN, APRN, FNP-C*

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# *How to save a life*

***Jimmy Myers*** has received plenty of calls on the emergency pager, urging him to hop into a rescue boat and respond. But one in particular still lingers in his memory above all others. With the tide and the wind heading out, an elderly man had flipped his kayak off of Hunting Island and was being pulled offshore.

"Our radio operator could hear the panic in the emergency phone call," he said. "I didn't have a good feeling about it."

With crewmate Katherine Samples, Myers took the helm and guided the boat through the breakers and sandbars that led out to where the man was fighting the current.

"We can usually follow a Garmin track through the local waters, but in this case we were flying a little blind through breakers and sandbars. We were fortunate to have the fire department on land coaching me through the breakers."

When they finally cleared the waves, the man was nowhere to be found. He had floated out about a mile and a half into open waters. Thankfully a sliver of red could be seen in the distance.

"If he had gone too much further, he would have floated out to sea," said Myers. "He was clinging to his capsized kayak, his head was cut, he was exhausted, and the struggling was taking its toll."

In a burst of adrenaline, Myers was able to haul the man on board and bring him to safety. Later that year a card arrived in the mail. "I opened it up and it just said, thank you for saving my life."



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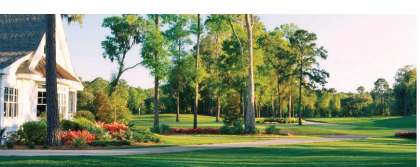
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# Daniel Payne

*This Coosaw Island botanist specializes in native and heirloom plants.*

The forests and fields of the Sea Islands are filled with a senses-staggering assortment of flora. From the towering loblollies and red cedars to the breathtaking expanses of live oaks, these are the threads that weave together into a beautiful backdrop of green.

Of course as these forests began hosting human inhabitants, these plants welcomed new neighbors. Cultivated by gardeners and landscapers, or simply brought to our shores as seeds, new species have infiltrated the area, nurtured by our sandy soil and bountiful sun and rain.

As much as these new species have done to enrich the texture of the Lowcountry outdoors, there's something to be said for those that came before. Ideally suited to our environment after thousands of years, these native species are a cornerstone of the Lowcountry's ecology.

Few people know that like Daniel Payne, owner of Naturescapes of Beaufort. The self-described "botanist with a Noah complex," Payne's nursery on Coosaw Island is the only one in the area dedicated to propagating more than 200 species of native and heirloom plants.

When he's not educating the public or giving lectures on the importance of preserving our native plants, Payne serves as a sort of reverse Johnny Appleseed. Whereas the classic folk hero devoted his life to spreading a new species across the land, Payne chooses to protect those species that are already here.

"We propagate almost all of our native plants from local, wild populations we found in fields, swamps, marshes, flatwoods and dunes," wrote Payne on his website. "We found our heirloom plants growing around abandoned home sites or around long-established populations in old gardens."

Beyond a childhood spent growing up around the Lowcountry's beautiful nature,



he gives two overriding reasons why he has made growing native plants his driving ambition. The first represents the need to conserve that nature.

"Rapid development has destroyed much of the habitat of our native species," he wrote. "Native plants are precious and valuable in their own right. Moreover, native plants are the foundation of the whole ecosystem. All the other native organisms: birds, butterflies, mammals, etc., were adapted to our native vegetation."

That holistic view of natural plants perhaps comes from his father, an accomplished entomologist who studied the symbiotic relationship that plants and animals share. As the younger Payne pursued botany, first at University of Georgia and then Clemson, where received a master's degree in plant and environmental sciences, that wider view stayed with him.

The second reason is more aesthetic than protective. "Our natives are beautiful," he wrote. "They survive here without human assistance (although prescribed fire benefits most of them). They are adapted to our climate and our soils. There are beautiful native plants for every combination of difficult garden conditions."



**LOCAL ROOTS** Daniel Payne grows over 200 different species of native and heirloom plants at Naturescapes of Beaufort on Coosaw Island. "If the gate is open, the nursery is open," Payne says. "Ring the bell by the greenhouse, honk your horn or yell 'hooty-hoo' if you don't see me."




*Seated:* Al Cerrati, MBA, John Chiacchiero, MBA
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# Dedicated to provenance

One key aspect of ***Daniel Payne's*** company, Naturescapes of Beaufort (naturescapesofbeaufort.com), comes from its dedication to provenance. Whereas some nurseries will buy native plants from other nurseries or cultivated gardens, Payne seeks the truly native habitat for each plant to ensure it will thrive. That means traveling deep into forests, marshlands and dunes to find specimens that have proven their hardiness.

"Many plants do not adapt to our hot humid summers, especially our high nighttime temperatures. Lack of chilling hours prevents many plants from breaking dormancy or blooming," he wrote. "So knowing the provenance (where the original source material came from) is very important." LL



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## *Brad Fraum* **CHIROPRACTOR**

**Q: What was the most common treatment in 2022?** **A:** Our practice continues to see incredible growth, helping patients to re-learn the art of healing and healthy living as a whole. Our advanced restorative medicine therapies and treatments meet those goals powerfully by assisting the body to heal itself.

**Q: Are there any new technologies, procedures or treatments you are excited about?** **A:** We are excited to see the science facts being shared more publicly behind restorative medicine treatments along with a shift in Western medicine beliefs as a non-surgical restorative remedy, but more so, a proactive approach to living longer and making the rest of your life the best of your life.

**Q: What trend or trends do you see coming in 2023?** **A:** We continue to see a rise in the concierge healthcare movement with our Global Healthcare Advocate program. With America's healthcare system overwhelmed, the need for patients to have one-on-one, customized and a personalized primary care solution is in great demand. More than a trend, this is the future of successful healthcare that we successfully offer at the Fraum Center.

***EXPERT ADVICE*** *Your body knows best what's best for you. It just needs guidance on where to begin and how to realign its abilities to restore itself by choosing a restorative rediscovery to provide strength and healing. Our best advice is to make the decision today so you can enjoy living the life you once loved, again.*

***Dr. Brad Fraum is the owner of Fraum Center for Restorative Health.***





## *Patrick Wiita* **PSYCHIATRIST**

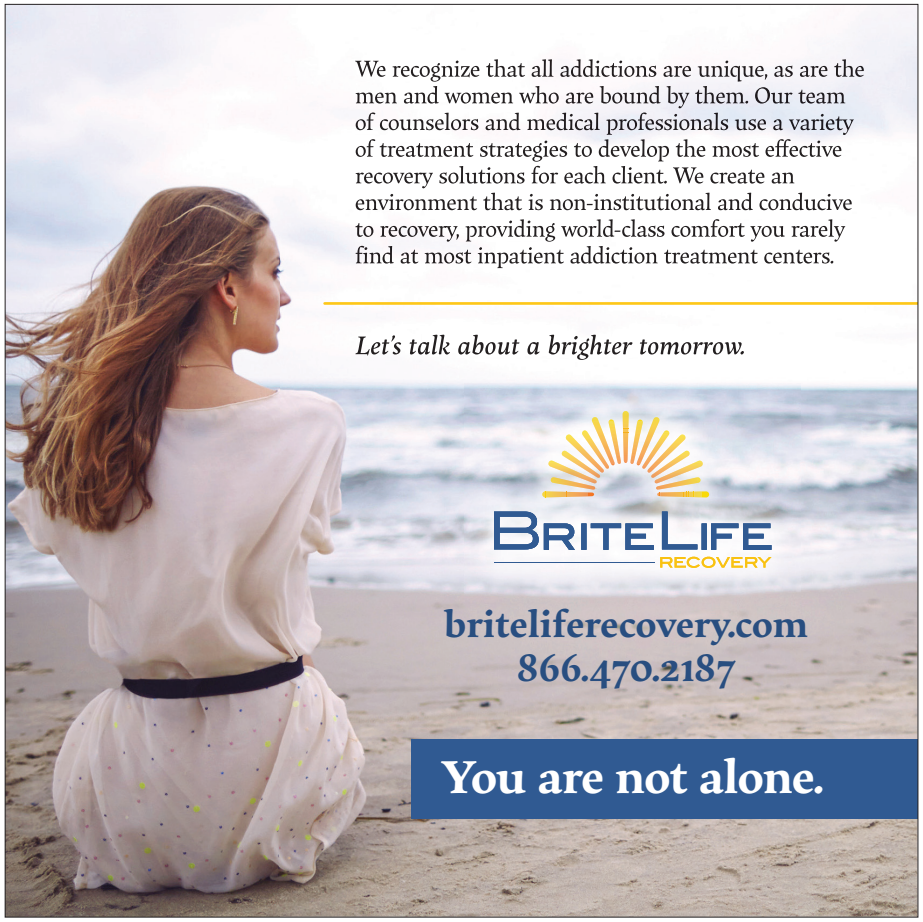
**Q: What was the most common treatment in 2022?**
**A:** Kids are back in school, grown-ups are back in the office, and a lot of people with Attention-Deficit/Hyperactivity Disorder (ADHD) are struggling with having less flexibility in their environments. I've been seeing many more kids, especially teenagers, wanting to restart medication treatments for ADHD as well as adults who, in some cases, have been out of treatment for many years. Luckily those who have had favorable past treatments with these medications can get right back on, and they are typically very well tolerated.

**Q: What trend or trends do you see coming in 2023?**
**A:** I think in general more people, especially young people, are simply becoming more aware of common mental health concerns through traditional and social media. As awareness grows, the stigma that often prevents people from engaging in treatment lessens. Throughout 2023 I believe we will see more people prioritizing their mental health and focusing on accessible preventive measures such as nutrition, exercise, mindfulness and maintaining healthy boundaries at work and in their social life.

**Q: Are there any new technologies, procedures or treatments you are excited about?** **A:** What's old is new again. There is a brand new medication on the market that combines low doses of two very old medications to treat Major Depressive Disorder in a new way. It's a total departure from the focus of the last few decades of drug development to treat depression. What's exciting is that the new treatment has demonstrated quicker improvement in symptoms compared to current antidepressants and with similar or better tolerability.

***EXPERT ADVICE*** *Don't wait until you're sick to see your doctor. Many primary care doctors are focusing on a more holistic, wellness-oriented approach to optimizing your health span, which is to say maximizing the number of years you feel healthy and vital. An ounce of prevention is worth a pound of cure.*

***Dr. Patrick Witta is a child, adolescent, adult and forensic psychiatrist based on Hilton Head Island.***




## *Matthew Mastrorocco* DENTIST



**Q: What were the most popular services in 2022?** A: Preventative dentistry, such as routine hygiene visits, crowns, dental implants and fillings were our most popular services of 2022. Just as you would expect from its name, preventative dentistry focuses on preventing issues from becoming emergent and is the foundation of good oral health.

**Q: What trend or trends do you see coming in 2023?** A: Full mouth reconstruction, also known as cosmetic dentistry, continues to increase in popularity, and I believe it will remain a trend in 2023. Improved cosmetic results are just one benefit of the reconstructive procedure. Greater quality of life, increased confidence and better overall health seem to be the biggest motivators.

**Q: Are there any new technologies, procedures or treatments you are excited about?** A: I am a big proponent of digital imaging and am excited about its current and future capabilities. Digital imaging allows us to create a current baseline of oral health, better diagnose infection and pathology, plan for procedures like root canals and dental implants and design appliances such as fixed bridges, night guards and Invisalign with greater precision. All is done in-office, often chair-side. Also, rather than just telling a patient what we see in their mouth, an intra-oral camera allows us to show them in real-time on a monitor in the exam room.

***EXPERT ADVICE*** *The best piece of advice I can give is to make and keep your routine cleanings and checkups since there can be an oral health issue even without any pain. Also, a person's mouth can reveal many things about their overall health. Regular visits can detect issues earlier and help avoid more expensive procedures in the future.*

***Dr. Matthew Mastrorocco is a doctor of medicine in dentistry at ROC Dental Group***



## *Audrey Klenke* PLASTIC SURGEON

**Q: What were the most popular services in 2022?** A: The top five plastic surgery procedures in 2022 were liposuction, neck/face lift, breast lift and/or augmentation, tummy tuck and fat transfer. The popularity of certain procedures varies mainly by the patient's season of life but also geographically. Being close to the beach, many patients want to improve from the neck down to boost their confidence in a bathing suit. We also have many retirees who are noticing changes from the neck up that don't match how they feel inside. The so-called "Zoom Boom" is another contributor — so many people are seeing themselves more than ever. With the increasing awareness and acceptance of plastic surgery, there seems to be something for everyone, be it surgical or non-surgical.

**Q: What trend or trends do you see coming in 2023?** A: There has been a steady increase in the number of men who are ready to take the plunge. From medical-grade facials to skincare and from non-surgical body contouring to cosmetic surgery, men are feeling confident in their decision to make a change. Another trend will be the plastic surgery and weight loss industries intermingling. New injectable medications like Ozempic, Wegovy and Mounjaro make significant weight loss attainable for many more patients. Often with weight loss comes sagging skin that can then be addressed by plastic surgery.

**Q: Are there any new technologies, procedures or treatments you are excited about?** A: I answer this with caution because every year there are new technologies, medications and procedures that hit the market. Oftentimes the "new" flops for various reasons. I tend to let more brazen providers try things first to "work out the kinks." That being said, I am pretty excited about the new longer-acting Botox that will be available in the spring.

***EXPERT ADVICE*** *I always stress to my patients that it is so important to take care of your insides, your outsides, all of you. This includes mental health, diet, exercise, and sometimes a sprinkle of Botox or maybe that breast lift you've been contemplating are OK too. Research shows the more confident we are with how we look, the less likely we are to feel depressed and anxious. The bottom line? Make time for you!*

***Dr. Audrey Klenke is a plastic and reconstructive surgeon with Pinnacle Plastic Surgery.***

## *Joel Johnson III* PHYSICIAN

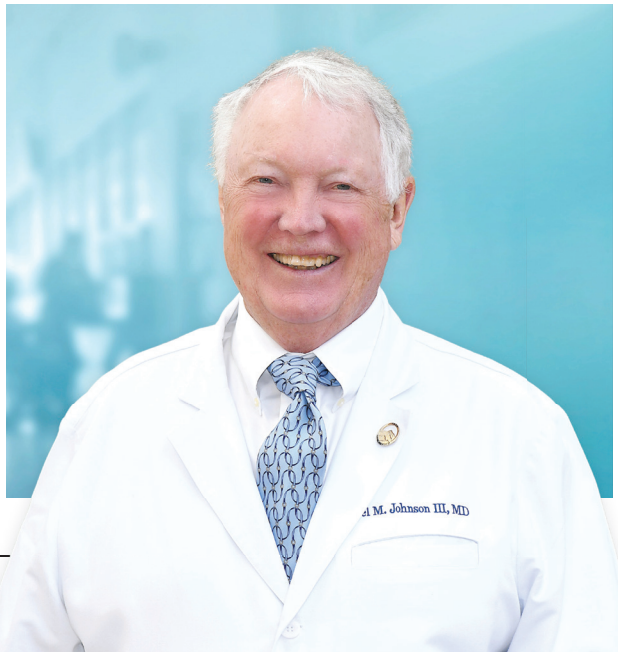
**Q: What were the most popular services in 2022?** A: Covid testing. Since the pandemic started, we have been working tirelessly to provide Covid testing advice and treatment for patients with Covid-related issues.

**Q: What trend or trends do you see coming in 2023?** A: More local physicians are going concierge. We have made a decision to continue to see existing and new patients on a fee-for-service basis. We continue to see new primary-care and existing patients daily.

**Q: Are there any new technologies, procedures or treatments you are excited about?** A: There is a greater focus on preventative medicine; trying to anticipate the types of problems a patient may have earlier to help patients lead longer, more healthful lives.

***EXPERT ADVICE*** *Live as healthfully as you can. I recommend a whole foods, plant-based diet, but at least be smart about what you are eating. Exercise, spend as much time as possible with friends and family, and be adventurous.*

***Dr. Joel Johnson III is an emergency physician and medical doctor with Main Street Medical.***





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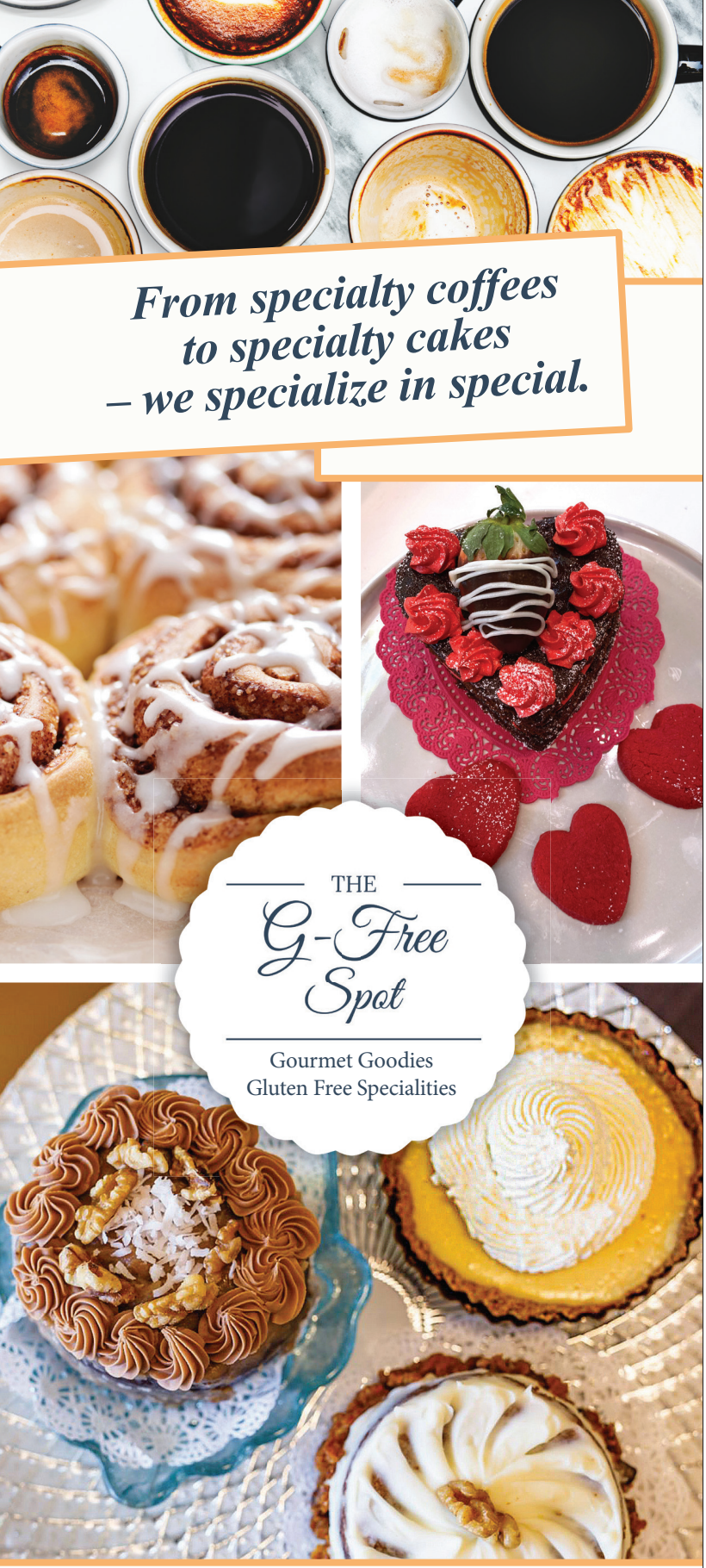
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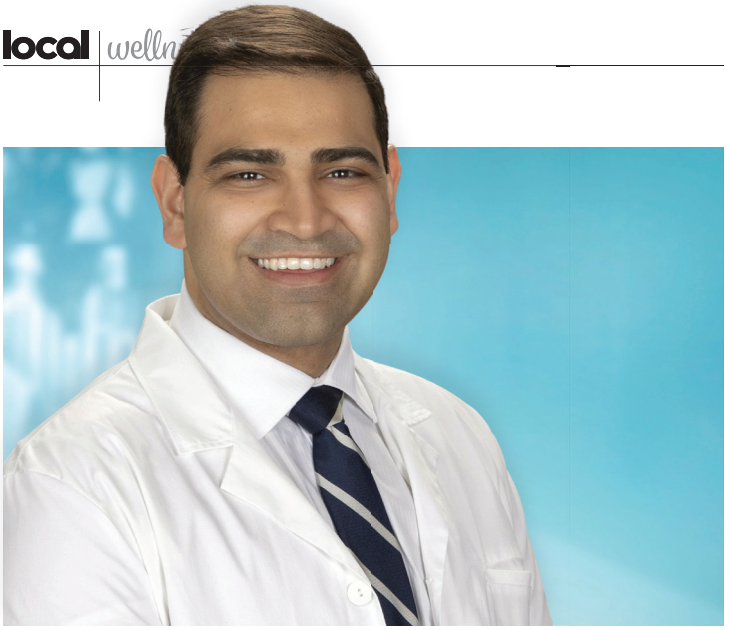



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## *Vandit Sardana* ORTHOPEDIC SURGEON

**Q: What were the most popular services in 2022?** A: In terms of surgical services, total joint replacement, particularly knee and hip replacement, are among the most common elective orthopedic procedures in the U.S., with approximately a half million knee replacements and another 300,000 hip replacements performed last year. Joint replacements are used to treat osteoarthritis, the most prevalent joint disease and a leading source of chronic pain and disability among adults.

**Q: What trend or trends do you see coming in 2023?** A: In recent years some hospitals have begun to use robot-assisted technology for knee and hip replacement, allowing surgeons to replace joints with pinpoint precision. This trend will continue as clinical studies have shown the robotic surgery system improves outcomes by allowing the surgeon to customize the placement and alignment of the implant components to the patients' unique anatomy, providing more natural movement of the joint and increasing its longevity. For instance, at Beaufort Memorial we use the Mako SmartRobotics Arm-Assisted Surgery System. This sophisticated technology allows my fellow surgeons and me to replace a joint with much better precision, impacting far fewer internal structures, resulting in less post-operative pain and a faster return to normal activities.

**Q: Are there any new technologies, procedures or treatments you are excited about?** A: The recent evolution of joint replacement surgery has been tremendous. As an orthopedic surgeon specializing in total joint replacements, my goal is to help my patients get back on their feet as quickly as possible. Thankfully, continuous improvements in surgical technology and techniques have allowed me to do just that. In addition to state-of-the-art robotic surgery, many orthopedic surgeons are also using "muscle-sparing" techniques, like the Direct Anterior Approach, to improve hip replacement outcomes. With this technique surgeons are able to avoid cutting and then reattaching the key muscle group that enables patients to walk and bend. For years patients undergoing total joint replacements often stayed in the hospital for two to four days following surgery. But all of that has changed. Today joint replacement patients can go from the operating room to the living room in one day – or less. While moving from an inpatient to an outpatient surgery isn't for everyone (currently about a third of our patients at Beaufort Memorial go home the same day, with the majority spending just one night), patients who are healthy and who have family and other support measures in place have the same outcomes as patients who stay in the hospital.

***EXPERT ADVICE*** *Don't let your joint pain progress to the point where it is having a significant impact on your quality of life. There are non-surgical options for treating joint pain that may provide relief. And if surgery is recommended, you will find that today's less invasive surgical techniques offer less post-operative pain and shorter recovery. Best of all, joint replacement patients' outcomes have never been better.*

***Dr. Vandit Sardana is a board-certified, fellowship-trained orthopedic surgeon with Beaufort Memorial Orthopaedic Specialists.***

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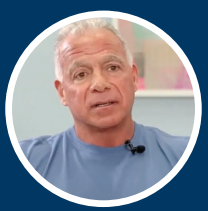
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## *Gerard Love* ADDICTION TREATMENT

**Q: What were the most popular services in 2022?** A: Britelife Recovery of Hilton Head Island offers treatment for individuals diagnosed with a substance-use disorder. Our most popular service during 2022 was the opening of our women's residential program at our satellite in Old Town Bluffton. Multiple women have responded that the all-female staff, quality of individualized care and the intimate non-institutional setting helped create a safe place to begin the important work to pursue recovery.

**Q: What trend or trends do you see coming in 2023?** A: We offer a virtual family program to assist families in understanding the basics of a substance-use disorder, give them some insight into their loved one's journey and to affirm that they are not alone in their journey. Families need to embrace the notion that they didn't cause the addiction, nor can they control it or cure it. They can, however, work on empowering themselves by engaging in self-care and setting good boundaries with their loved one, each progressing in their own recovery lane. We plan to expand our family treatment program to face-to-face, in-person programming, a trend many sites will be embracing to add an additional layer to our continuum of care.

**Q: Are there any new technologies, procedures or treatments you are excited about?** A: Holistic care and treatment is essential to a good foundation for abstinence-based recovery. We currently utilize recreational therapy, mindfulness, yoga and acupuncture. We are excited to expand our adjunctive therapies to include use of the local resources such as kayaking on Broad Creek and stand-up paddle boarding in the Shelter Cove Marina area. These adventure-based activities are central to experiencing and celebrating a life free of substances.

***EXPERT ADVICE*** *When you are concerned about a loved one, it's always best to avoid the temptation to look the other way and hope the issue will get better. Embracing being honest, open and at the same time willing to help sets the stage for healthy family communication and the clear message that "we care about you" and "we need you to get help." The beauty of substance-use disorders is that with abstinence-based treatment the disease entity can shift to remission, and a healthy happy bright life awaits in sobriety.*

***Dr. Gerard Love is executive director of Britelife Recovery of Hilton Head Island.***



## *Billy Simmons* OPTICIAN

**Q: What was the most popular procedure in 2022?** A: We feel that education is the most valuable thing we can deliver to patients. Our exam continues to be on the cutting edge of technology, but it's the conversations about lifestyle, computer use and preventative care that take our exams to another level of personalization.

**Q: What trend or trends do you see coming in 2023?** A: Wellness is at the forefront of patient care. We like to shift patients into daily contact lens use for ease, comfort and advanced vision correction. Living on the island, we always stress the importance of sunwear to reduce the risk of cataracts, macular degeneration and skin cancers. And there is always a conversation about blue light exposure and the steps to minimize eye strain and sleep disruption.

**Q: Are there any new techniques, procedures or treatments that you are excited about?** A: Eye care and lens advancements are always changing. From dry eyes to aging eyes – we are staying on top of the newest treatment options for optimal eye health for our patients.

***EXPERT ADVICE*** *Annual eye exams are always a must. Not only will you receive the most up-to-date vision in your stylish eyeglasses and contact lenses, but an eye health exam can reveal so much about general health.*

***Billy Simmons is a practicing optician at Eyeland Optique.***

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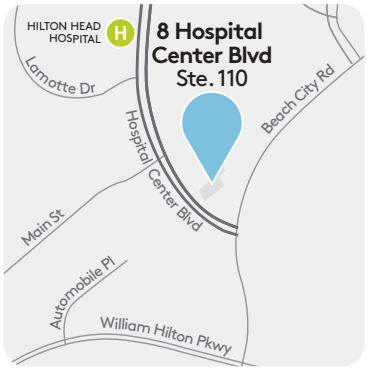
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## *Carlos Cordero* INTERNAL MEDICINE PHYSICIAN

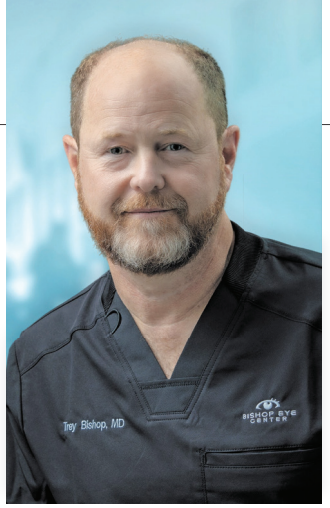
**Q: What were the most common treatments in 2022?** **A:** The most common treatments during 2022 were centered around therapies associated with the management and prevention of the Covid-19 virus. The various Covid-19 vaccinations that were approved and distributed across the United States in 2021 and 2022 were important in prevention but also helped decrease symptom severity for those who contracted the virus after being vaccinated. As time has passed, the medical community has learned from the evolution of the virus and developed more targeted treatments, including the use of the drug Paxlovid.

**Q: What trend or trends do you see coming in 2023?** **A:** During the pandemic the healthcare industry was challenged to help keep people less exposed to sickness and dove deeper into the use of telemedicine in both inpatient and outpatient settings. As a result, the use of telemedicine went from being viewed as an option to more of a necessity and eventually gained a high percentage of acceptance as an appropriate method of treatment for both the medical community and the general patient population. I expect that telemedicine will continue to expand in 2023 and beyond. Patients will have access to providers from their home or other non-traditional medical settings and the opportunity to have consultations with a wide range of specialties, including neurology, infectious disease, critical care medicine and psychiatry, just to name a few.

**Q: Are there any new technologies, procedures or treatments you are excited about?** **A:** It has been exciting to witness Hilton Head Regional Healthcare's (HHRH) offering of several advanced surgical robotic technologies, including the ExcelsiusGPS used in the treatment of spine, the daVinci Surgical System for a variety of treatments including urological and gynecological procedures and the CORI surgical system for custom joint replacements. The advancements of these techniques and expansion of their use will continue to drive less invasive procedures and shorter recoveries for our patients, which is always our goal. HHRH has recently begun offering WATCHMAN Implant procedures for qualified atrial fibrillation (A-fib) patients to reduce the risk of strokes that originate in the left atrial appendage. Also related to the heart, there are new cardiology/electrophysiology (EP) procedures, minimally invasive pace-maker implants and advancements in heart monitor loop recorders, collectively helping to provide consistent feedback regarding the operation of the heart.

***EXPERT ADVICE*** *Prevention is the key to maintaining good health. Don't put routine screenings and annual checkups off, as they are the first line of sight for health changes as we get older. I encourage our community members to get their vaccinations, participate in annual health screenings, maintain a healthy lifestyle and stay in close contact with their local providers.*

***Dr. Carlos Cordero is the Chief of Medical Staff at Hilton Head Hospital.***




## *Trey Bishop*
### OPHTHALMOLOGIST

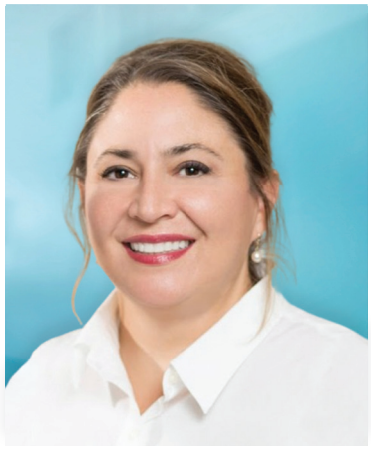
**Q: What was the most popular procedure in 2022?** **A:** Laser refractive cataract surgery remained our most popular procedure in 2022. Cataract surgery is by far the most common procedure performed by physicians in the United States annually. Fortunately, it is also one of the safest and most successful. Traditional cataract surgery involves removal of the cloudy natural lens and insertion of a new clear lens implant to restore vision. Laser refractive cataract surgery elevates the goal of traditional cataract surgery. It involves carefully analyzing the patient's visual potential, developing a custom-tailored surgical plan and refining the surgical procedure, all in an effort to enhance the patient's visual performance and freedom from glasses and contacts.

**Q: What trend or trends do you see coming in 2023?** **A:** Further evolution and refinement of laser refractive cataract surgery will continue to be the major trend for our practice in 2023. Our recent work linking the Cassini Ambient and Johnson & Johnson CATALYS was very successful. It allowed refractive cataract surgeons worldwide to achieve new levels of accuracy and precision in treating astigmatism during cataract surgery. For 2023 we will continue that trend by collaborating with Cassini and a new microscope manufacturer. The immediate goal is to link the Cassini Ambient to a novel heads-up-display microscope to dramatically improve visualization and guidance in the surgical suite. The ultimate goal is to optimize surgical outcomes to allow better vision and greater freedom from glasses for our patients.

**Q: Are there any new technologies, procedures or treatments you are excited about?** **A:** Yes, the newly FDA-approved Lumenis OptiLight has proven to be a beneficial and efficient means to help many of our dry eye patients. Dry eye disease is truly an epidemic. Due to our digital devices, cosmetics, nutrition, elective medications and procedures, environment, lifestyle and societal challenges, nearly 50 million Americans suffer daily from dry eye disease. The result is a vicious cycle of poor tear film quality accompanied by increased ocular surface inflammation, damage and sensory abnormalities. Our patients with dry eye disease often experience fluctuating poor vision, significant irritation and tremendous frustration. We at Bishop Eye utilize extensive diagnostics, thorough counseling and numerous therapeutic modalities to alleviate the symptoms and treat the underlying causes of dry eye. Fortunately we now have OptiLight Intense Pulsed Light (IPL) therapy to facilitate breaking the aforementioned inflammatory cycle in a non-invasive procedural manner.

***EXPERT ADVICE*** *Be informed and discerning when it comes to healthcare. Modern healthcare is blessed with amazing technologies, an incredible breadth of knowledge and some wonderful providers. However, the day-to-day delivery of care is challenged on so many fronts. There is a great mutual responsibility between the patient and physician to navigate these challenges. Establish rapport and trust with your physician and their staff to ensure your best interests are being addressed.*

***Dr. Trey Bishop is a comprehensive ophthalmologist and is the founder of Bishop Eye Center.***



## *Bonnie Rothwell* DENTIST

**Q: What was the most popular procedure in 2022?** **A:** Most popular cosmetic dental procedures for 2022 are a mix of porcelain veneers which continue to be very popular and usually conservative and cosmetic composite bonding. Sometimes just some well-placed composite bonding can significantly enhance a smile.

**Q: What trend or trends do you see coming in 2023?** **A:** More and more offices are going digital with not only their x-ray technique but for oral impressions as well. And with some specialized software, 3D printing of things like temporary crowns and bridges and many other things can be done in the office.

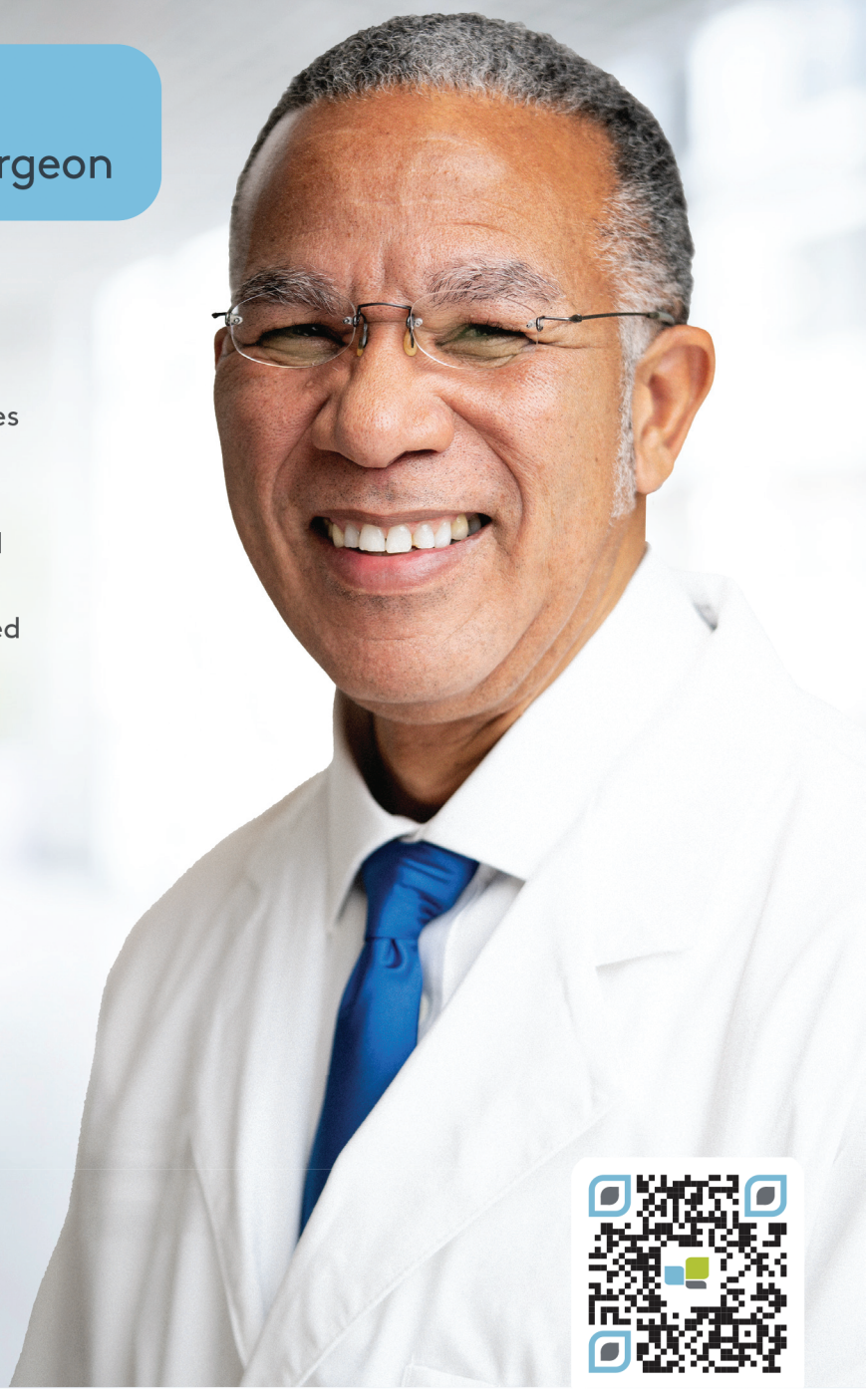
**Q: Are there any new techniques, procedures or treatments that you are excited about?** **A:** It's an exciting time in dentistry right now. Technology is advancing quickly. More and more materials are being FDA approved to use with the 3D printing process, which is constantly expanding what we can offer to patients, improving comfort, precision and quality.

***EXPERT ADVICE*** *I would have to say that many, many people would benefit from wearing a mouth guard. Wearing a bite guard when sleeping is a great idea and/or other times when one can identify they are clenching or grinding their teeth. Some people know they clench their teeth when they drive, play golf, study or work at a computer. Even an over-the-counter guard can protect your smile from the chips and wear your teeth suffer from active masti-cation muscles. Custom guards made by your dentist can also help relax those tense muscles. Wearing a guard will protect one's investment of their new beautiful smile once restored and will also protect healthy teeth that need no enhancement or restorations to stay that way.*

***Dr. Bonnie Rothwell is a cosmetic dentist for Rothwell Cosmetic Dentistry.***

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**OPPOSITES ATTRACT** The open great room is the perfect combination of beach house rusticism and glitzy "bling." The dramatic custom live-edge dining table seals the yin and yang of the space. The home was designed by Denise Stringer, interior designer at John Kilmer Fine Interiors.



HOME SHOWCASE

# Makes the dream work

## *WITH LONGTIME FRIENDS COMING TOGETHER AS CLIENT AND DESIGNER, A DREAM HOME BECOMES A BREATHTAKING REALITY IN THE LOWCOUNTRY.*

STORY BY BARRY KAUFMAN + PHOTOGRAPHY BY LISA STAFF

For years before it existed as a stunning two-level beachfront home in Port Royal Plantation, everything you see here existed inside the mind of Dr. Trey Bishop. The South Carolina native had harbored lifelong ambitions of building a dream house by the beach where he and wife, Kellie, could live. It was simply a matter of pulling those designs out and bringing them to life.

"Growing up, when we would vacation, my parents could never afford to be in the beachfront-oriented home. We were always back a couple of blocks," said Bishop. "I remember walking back from the beach and seeing all these two-story homes with double screen porches, and I wanted that feel."

Turning that vision into reality would take an enormous amount of skill and an intuition for finding those extraordinary details that make a house truly magical. Fortunately, the couple had a close friend with a long pedigree. ***Denise Stringer with John Kilmer Fine Interiors*** has been winning awards for her classic, creative designs for years and enjoyed a deep rapport with the Bishops.



Already renowned for her ability to create beachfront and Lowcountry homes that enchant with layered details and textures, Stringer would have been an ideal choice even if the Bishops didn't happen to be dear friends.

"Denise is one of the first people we met when we moved here (in 1994)," said Kellie. Working in tandem, the close friends were able to create a design that brought all three of their visions to life.

### *Personality development*

One of the most visible aspects of this three-part vision comes in the open great room as it transitions through the dining room into the kitchen. From Trey's beach house rusticism come wide-plank reclaimed floors mirrored in the ceiling. Made all the more spacious for outdoor living with French doors that open wide for entertaining, this space exudes an inviting Southern hospitality. From Kellie's more glitzy tastes evident in the "blingy" crystal light fixtures and from

Stringer's textured aesthetic comes the dramatic custom live-edge dining table, which seals the yin and yang of this room. The dichotomy of these two tastes blends into a beautiful aesthetic that sets this home apart.

"It's fun for me to see Kellie's personality and Denise's personality juxtaposed throughout the whole house," said Trey.

## *Island inspiration*

The entire color scheme of the open living space can be traced back to one thing. The dramatic Van Gogh granite center island, sourced from AGM, boasts rich blues, grays and neutrals that spin off in a million variations throughout the space.

"It's a one-of-a-kind granite that we were lucky to get enough of, " said Stringer. "We took the whole scheme off of this coloration."

With the colors showing up throughout the living space, the kitchen boasts a soft dove white contrast, save for one dazzling element – the wood and tabby range hood, trimmed with the same reclaimed wood as the ceiling and fireplace.

"Bringing the tabby over to the kitchen created a sense of unity flowing across the entire space," added Stringer.





**RELAXATION STATIONS** Trey's study (left) is a music retreat and is full of bookcases with his favorite books. Kellie's study (right) is a peaceful sanctuary created for quiet meditation.

## *A study in color*

Stringer was able to work with the Bishops in infusing a vibrant yet unified sense of color throughout the home. Nowhere is that more evident than in the quiet spaces she was able to create for Trey and Kellie.

In Kellie's sanctuary metallic pinks, crystal chandelier and Chanel fabric reflect her refined palette. In Trey's study Gentleman's Grey pairs with monkeywood and forged metal accents for a vibrant, yet masculine, getaway.

## *Master class*

In the delightfully open master suite, the couple's respective tastes are reflected – quite literally – in a pair of inspired accents. In the Liquid Nails ceiling fan, we see Kellie's bold "blingy" style. In the antiqued mirrored cabinets, we see Trey's more pastoral tastes.

The mirror's surface also welcomes in views across the treehouse-inspired porch. Set beyond wide French doors that open to let the sea breezes in, this spacious elevated lanai boasts a pair of hanging beds that offer pure indoor/outdoor living amid lavish style. *LL*



**BLUE HAVEN** The home's blue NuCedar shingles complement the nearby ocean. The home was built by Steve Dill, and the landscaping was done by Bruno Landscape & Nursery.





**MAKE LIKE A TREE** Screened porches off the master suite feature hanging beds, giving the space a treehouse feel. Sounds of the crashing waves are heard through the open French doors off of the master bedroom.

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# Bringing the beach home

## THE OUTDOOR SPACES AT THIS PORT ROYAL PLANTATION HOME MARK THE CULMINATION OF A DESIGN BASED ON THE BEACH.

STORY BY BARRY KAUFMAN + PHOTO BY LISA STAFF

*A home is more than just four walls and a roof. In the hands of a designer like **Denise Stringer of John Kilmer Fine Interiors**, it's a cohesive work of art, thoughtfully arrayed and defined, inside and out. The home of Trey and Kellie Bishop is an ideal example of that ethos. "When I'm on a project, I'm in it from the first shovel of dirt to the end," she said. "That means working with architects, builders and homeowners to get everything perfect." That precise attention to detail and dedication to creating a whole-home experience shows when you head outside this Port Royal Plantation home and see how much wonder lies just beyond those four walls.*

## TAKE IT OUTSIDE



### GO WITH THE FLOW

The orientation of the lot gave this home a second-story view through sprawling live oaks toward the ocean, but in arranging the furniture, Stringer had the inspired idea to orient everything away from the view and toward the home. "The Bishops do so much entertaining, and what this does is invite the party outside while allowing for great flow and interaction between indoors and outdoors," she said.

### FIRE DOWN BELOW

When it comes to uniting indoors and out, the ground floor's magnificent sheltered patio, which transitions from a sprawling game room, is a shining example of doing it right. A set of retracting doors open wide to the pool deck, while three TVs, a nearby fire pit and a bar allow for an outdoor get-together any day of the year.

### THE JET SET

As an avid kitesurfer, Bishop is a fixture all along the shoreline of Hilton Head Island. When it came time to add the pool, he knew the perfect touch: A trio of high-powered jets that let him ride his hydrofoil from the comfort of his own home. And when the winds are right, a pathway just off the pool deck brings the beach just a few steps away.



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# Cocktails, conversation & coastal cachet

## HOW TO CREATE THE PERFECT WET BAR AMBIANCE

STORY BY PAULA MAGRINI + PHOTOS BY PHOTOGRAPHY BY ANNE

*Designer **Sara Boyles of Kelly Caron Designs** relied on an artful palette, complementary finishes and thoughtfully placed shelving to infuse coastal nuance throughout this Palmetto Bluff wet bar and entertaining space. "The wet bar features a surprisingly vibrant backdrop and anchors the open dining and kitchen areas with its resort-style appeal," she says. How did she bring the details together?*





### CREATE A FOCAL POINT

*Using the wallcovering added an artful abstract element that creates an interesting, alluring contrast to the crisp patterns and tones used throughout the adjoining spaces. Boyles selected Phillip Jeffries "Blur" wallcovering, which gives the impression of a backdrop that's been painted with watercolors.*

### ACCENT WITH MIXED FINISHES

*The bar was designed for function as well as beauty, with complementary durable materials, custom cabinetry details and understated fixtures. Boyles' choices include Quartz Rafael for the countertop, polished nickel by Newport Brass for plumbing fixtures and the custom color "Seaworthy" by Sherwin Williams for the cabinet finish.*

### ADD INTRIGUE WITH ACCESSORIES

*With the installation of custom shelves in the wet bar, Boyles was able to add depth for storage and a shimmering contrast to the space. She chose Palmer satin brass & glass for the shelving, adding blue Estelle wine glasses from the Kelly Caron Curated homeware collection to complete the captivating display of stemware and spirits*

### INTEGRATE THE PALETTE

*The pops of color in the wallcovering tie into the fabrics used throughout the open kitchen and dining areas, inspiring unity and a cool, calm seaside vibe from floor to ceiling. Boyles explains, "We relied on coastal blues and greens to tell the color story and offset eye-catching textures."*










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EXPERT ADVICE

# Hit refresh

## *FIVE EASY WAYS TO UPDATE YOUR HOME WITHOUT MAJOR RENOVATIONS.*

*Looking for some simple ways to update your home in 2023?* ***Bonnie Boyette of L+B Boutique*** *in Bluffton shares five imaginative ways to refresh your spaces without tearing down walls or breaking the bank.*

**1. GIVE THE FIREPLACE A FACELIFT**
Paint is a great way to update an old brick fireplace. This not only will brighten your room but give it a more modern look and feel. In this room we not only painted the fireplace but the mantel as well. Change out your accessories and art to complete the look.

**2. FRESHEN UP THE POWDER ROOM**
Ways to quickly and easily update a powder room are to add wallpaper and change out old mirrors and lighting. This will add style and freshness without breaking the bank.

**3. MAKE A STRONG FIRST IMPRESSION**
The foyer sets the stage for the rest of the home. Eye-catching design and appropriate scale are a must. Your lighting is like a piece of jewelry, it should be the thing that ties everything together. The furniture, art and accessories should be the foundation of the design.

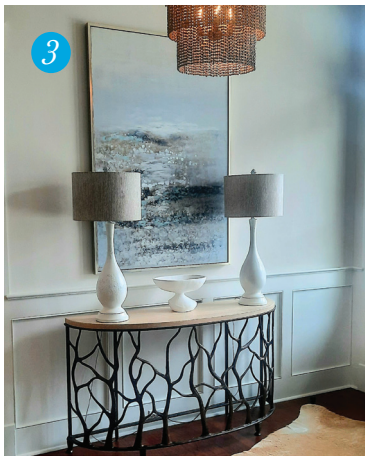
**4. ADD MORE LAYERS**
Don't be afraid to add texture with wallpaper, layering rugs or mixing metals. Layering texture is the best way to add dimension and interest to a space to take the design to another level.

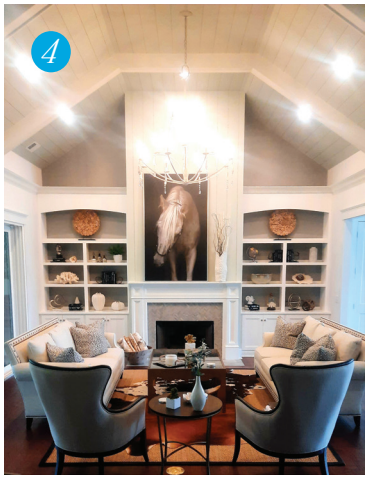
**5. CREATE COZY CONVERSATION AREAS**
Conversation spaces throughout the home add a level of warmth and give you an opportunity to showcase more texture and style into your overall design. With the rise of open-concept design, finding areas to have more intimate seating is a must. This room had several focal points, so groupings were used to create multiple seating options and warmth.









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ROOM OF THE MONTH

# *Show your true colors*

*CREATE A KITCHEN THAT MATCHES YOUR STYLE WITH COLORFUL, CUSTOMIZABLE, PROFESSIONAL-GRADE APPLIANCES.*

STORY BY EDWARD COFFEY

The kitchen is the heart of the home and should reflect your personal style. To custom tailor your design preferences, the team at ***Billy Wood Appliance*** recommends professional-grade BlueStar appliances, which are available in over 1,000 colors and finishes. You also can submit a color to customize cooking, ventilation and refrigeration appliances with the perfect combination of features, configurations, knob colors and metal trim. *LL*



**BROILER ALERT**
Add a special layer of high-performance, commercial quality to your home kitchen with a BlueStar Salamander Broiler. This piece is in restaurants on the island, like Alfred's, and can easily be in your home as well. The four-position, adjustable grilling rack delivers perfect results, from "Pittsburgh-rare" steaks to crispy chicken, to delicately broiled crab cakes, with cooking time cut in half.


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# Pantone 2023 Color of the Year: Viva Magenta

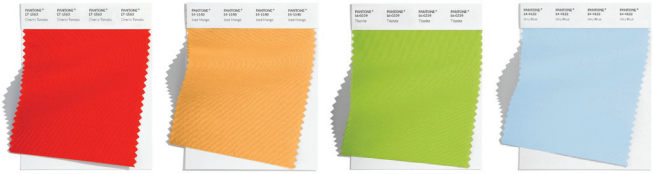
STORY BY JULIA WHITE

**The Pantone Color Institute's Color of the Year for 2023 is Viva Magenta (18-1750)**, a nuanced crimson red tone that presents a balance between warm and cool. The global color authority reveals its Color of the Year every December to reflect the latest trends across sectors including fashion, beauty, technology, design and home decor.

"As virtual worlds become a more prominent part of our daily lives, we look to draw inspiration from nature and what is real," said Leatrice Eiseman, Pantone Color Institute's executive director. "Viva Magenta descends from the red family and is inspired by the red of cochineal, one of the most precious dyes belonging to the natural dye family, as well as one of the strongest and brightest the world has known. Rooted in the primordial, Viva Magenta reconnects us to original matter. Invoking the forces of nature, Viva Magenta galvanizes our spirit, helping us to build our inner strength."

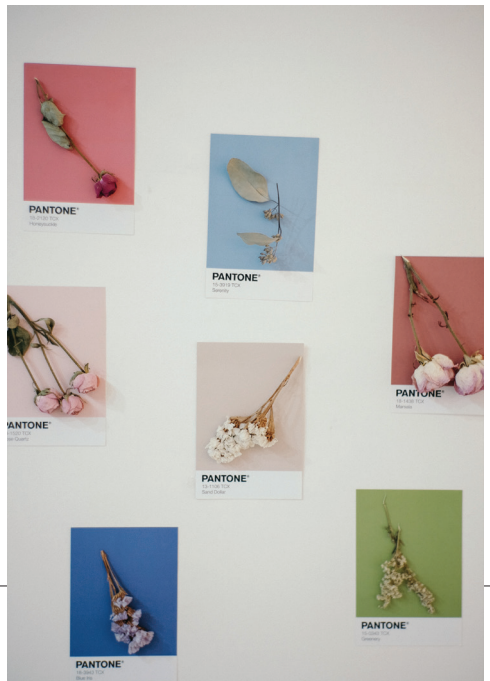




## Pantone's 2023 color trend palettes

**Pantone released two color trend palettes for 2023:** a bold and innovative spring and summer palette of 10 shades and five shades of quiet neutrals called the Core Classics. "As we anticipate our future, we are embracing the freedom to colorfully express our individuality without constraint," Eiseman said. "Experiencing a creative liberation that transgresses previous norms, we are adapting and inventing novel pairings and contrasting harmonies." LL



**PANTONE'S 2023 SPRING/SUMMER COLOR PALETTE**



*Cherry Tomato (17-1563)*
*Persimmon (16-1544)*
*Iced Mango (14-1140)*
*Blazing Yellow (12-0643)*
*Titanite (16-0229)*
*Andean Toucan (16-6230)*
*Airy Blue (14-4122)*
*Electric Blue Lemonade (18-4245)*
*Spring Crocus (17-3020)*
*Pink Cosmos (16-2122)*

**PANTONE'S 2023 SPRING/SUMMER CORE CLASSICS PALETTE**



*Oyster Mushroom (13-4201)*
*Grayed Jade (14-6011)*
*Tender Peach (12-0912)*
*Mocha Mousse (17-1230)*
*Bluing (19-3954)*




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TILE BY TERRA BELLA MARBLE

# Lowcountry favorites

## LOCAL INTERIOR DESIGNERS SHARE THEIR FAVORITE COLORS FOR 2023.

*Painting is the most effective way to revitalize your home. We asked a few local interior designers to share their favorite paint colors for 2023; what they like about the shade and how they like to use it in local projects.*



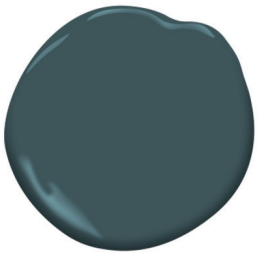
### *Calypso Blue*

BENJAMIN MOORE (727)

*"With rich jewel tones continuing to make a comeback, Calypso Blue works well with both traditional and modern interiors. This bold color would work great in a powder room offsetting shiplap, as an accent in your built-ins, on the ceiling or on a piece of furniture."*

***— Leslie Trenta, Marsh on the May***





### *Everard Blue* BENJAMIN MOORE (CW-575)

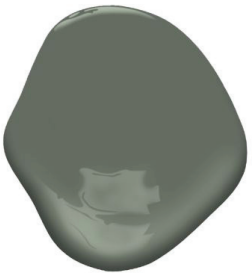
*"I enjoy this color because of its versatility. It's a warm blue that could easily pair itself with a traditional or more contemporary setting. I would use this color as an accented kitchen island, accompanied by rich gold hardware."*

***— Taylor Robinson, Group3/Pyramids***

### *Rainy Afternoon* BENJAMIN MOORE (1575)

*"Rainy Afternoon is a perfect smoky green color I would use in a satin finish on cabinetry in a kitchen or laundry room. It has just enough saturation to make a dramatic impact on a space and still work with a neutral color palette. This earth tone can be paired with a floral print wallpaper or warm wood flooring."*

***— Nicole Edwards, J. Banks Design Group***





### *Whirlybird* FARROW & BALL (309)

*"We will be teaming it with one of our favorite soft whites from Sherwin Williams — Alabaster and Snowbound — as a fresh and playful accent, perfect in a bedroom, a powder room or kitchen keeping area."*

***— Beverly Serral, BESTNEST by Beverly Serral***

### *Green*

*"Both at High Point Market and prior, we noticed more and more individuals were using or expressing a desire to use the color green. This contrasts with the previous year when blue was the color everyone was fascinated with. Green is notably found across the board in a wide range of products, including textiles, case pieces, rugs and accessories. Green is the new blue."*

***— Susan Vernon, Tribus Interior Design (Dillard-Jones)***



### *Holiday Wreath and Farmer's Market*

BENJAMIN MOORE (447 AND 054)

*"I think the colors pink and green are still huge design trends, especially in combination. We are seeing a lot of pink and green together in wallpaper and fabrics. In green we are seeing tones from moss green to emerald and pinks in shades of blush and coral."*

***— Shell Neely, Kelly Caron Designs***





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***— Maureen D.,Bluffton, SC***

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# Buy an island

## *ENJOY COMPLETE PRIVACY BY PURCHASING YOUR OWN PLOT OF LOWCOUNTRY PARADISE.*

STORY BY JULIA WHITE

Imagine a place of breathtaking beauty — a retreat from reality and a glimpse into paradise — and then imagine being able to call it your own. All of these private islands are currently for sale in Beaufort County and would be an amazing investment for permanent residences, business opportunities or just vacation getaways.







©BROWN LAND + PLANTATION ADVISORS

### *Pine Island*

**Location:** 3 St. Helenaville Road, St. Helena Island
**Details:** This heavenly island is everything you could ask for and more. It is around 498 acres of magnificent and untouched land, full of wildlife, pristine views and is the perfect launching pad into the St. Helena Sound. The private island is located a short drive from Hilton Head and Edisto islands and mere minutes from downtown Beaufort. The island comes with city water and power, can be easily accessed by boat or vehicle and has exceptionally higher and better use potential than most local islands on the market. The property also includes a large historic lodge, guest cottages, a manager's house, some equipment sheds and a deep-water dock.
**Buy it:** $24.5 million

### *Kingston Key*

**Location:** 101 Kingston Key Drive, St. Helena Island
**Details:** An island or the key to your heart? Kingston Key is 12 acres of breathtaking palm trees, live oaks draped in Spanish moss and a 2.5-acre, man-made lagoon. It includes a large, private dock and eight home sites that all have utilities and permits in place. Its impeccable location reveals scenic views of St. Helena Sound and the Atlantic Ocean and resides right off the Intracoastal waterway, which makes it an ideal location for boaters. The island is located eight minutes from Beaufort and has a gated, paved causeway that grants private access to this perfect getaway location.
**Buy it:** $3.75 million



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## *10.5 Acre Island*

**Location:** 40 Stedy Git in It Lane, Saint Helena Island
**Details:** This island is the Lowcountry personified. It is surrounded by gorgeous saltwater marshes, open land, bustling wildlife, a deep-water dock, a boat lift and is connected to the mainland by a bridge. The island features a well, a reverse osmosis water system and an installed septic tank. One of the most interesting things about the island is that the previous owners placed a conservation easement on the borders of the property and surrounding lands, which ensures that the habitat remains intact and continues to protect a nesting area for turkeys.
**Buy it:** $1.5 million



©JOSH WARD, REMNANTHORIZON.COM



©TONY PIERRO

## *4.6 Acre Island*

**Location:** 0 Barnwell Creek, Seabrook
**Details:** This alluring island property is 4.6 acres and is near the Intracoastal waterway and the Wimbee Creek boat landing. It is a small, relaxing retreat that presents the perfect opportunity to purchase your own private island, especially with its enchanting views and its prime, secluded location, not too far from the mainland.
**Buy it:** $95,000



©HILTON HEAD MLS

## *Station Island*

**Location:** Station Island, Saint Helena Island
**Details:** This island lot is 61 acres of private, undeveloped land that is surrounded by beautiful greenery and water, making it an ideal place to fish, camp or simply enjoy nature. It sits at the mouth of Station Creek and the Port Royal Sound and already has a dock permit. Station Island has endless potential to grow into something truly magical.
**Buy it:** $250,000



©DANIEL RAVENEL SOTHEBY'S INTERNATIONAL REALTY

## *North Breeze Island*

**Location:** 18 N Breeze Island, Beaufort
**Details:** Take one look at this island, and falling in love will be a breeze. The island is divided into three sections of land that all connect and consists of 11.64 acres total. It is complete with large, beautiful pines and hardwood trees, surrounded by saltwater marsh and directly next to an intracoastal waterway. North Breeze Island has 11 deep-water lots, eight septic tank permits, four deep-water dock permits and a private bridge leading straight to the peaceful island.
**Buy it:** $2.2 million

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## 1. Bay Point Island



**Location:** Northeast of Hilton Head in the mouth of Port Royal Sound.

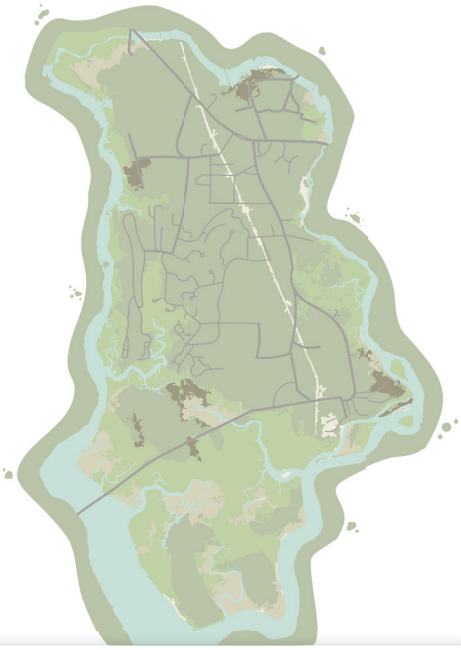
**History:** This uninhabited barrier island has been the subject of controversy since 2016 when a Thailand-based company announced plans to develop a luxury resort there. Under the guise of "ecotourism," they hope to build 50 beach bungalows, four spas, several restaurants and ten septic fields on this tiny island with zero infrastructure. A public outcry has been raised over the negative impact this would have on Beaufort County taxpayers, traditional Gullah fishing grounds and the island's fragile ecosystem, which provides a crucial nesting area for sea turtles in summer and resting ground for as many as 8,000 shorebirds at high tide on a single winter day. The wisdom of constructing elaborate facilities on a storm-battered, erosional island that is continually losing high ground was questioned. As of this writing the developer's plans have been halted, thanks to denial of a special permit by Beaufort County Zoning Board, a decision that was recently upheld in appeals court.

# Island secrets

## EXPLORING THE SEA ISLANDS OF BEAUFORT COUNTY

STORY BY MICHELE ROLDÁN-SHAW + ILLUSTRATIONS BY MADDIE BATEY

There are hundreds of islands in Beaufort County, ranging from tiny unnamed scraps of high ground in the marsh to fully developed destinations like Hilton Head. Islands are by nature little worlds unto themselves, and as such they have long beckoned people to revision society and build the life of their dreams. The sheer diversity of plans that have been carried out on our islands is astonishing, from hunting retreats to monasteries, military training grounds to nudist colonies, indigo plantations to luxury resorts, monkey farms to wilderness reserves. ***So come with us as we explore the fabled Sea Islands — and air out a few of their dirty secrets.***





©BRAYS ISLAND PLANTATION

## *2. Brays Island*

**Location:** Northeast of Ridgeland on the Pocotaligo River

**History:** Brays follows the typical trajectory of Sea Island history: Native American habitation dating back thousands of years, plantations in the antebellum era, Union occupation followed by collapse after the Civil War, a period of isolation and rural poverty, purchase by wealthy Northerners, and, finally, development into residential communities. But the novelty of Brays is that its last owner was a conservationist and outdoorsman who wanted future generations to have access to the same pursuits he enjoyed, so he brought in a renowned landscape architect to help realize his vision of a sporting paradise. Most of the land is owned communally; homes blend into timbered lots with extra parcels between them, and a "gentlemanly Southern plantation lifestyle" is preserved.

**Life on Brays:** Once described by a homeowner as "summer camp for adults," Brays Island Plantation bills itself as America's premier sporting community. A day at Brays could include hunting, shooting, fishing, horseback riding, dining on quail or swordfish. Invited guests can stay in the historic Brays Island Inn — a Georgian-style plantation house dripping with Southern charm — and listen for the hounds while ambling through piney woods in their chaps.

**Not-so-fun fact:** William Bray, for whom the plantation was named, was killed along with his family by the Yemassee Indians after repeatedly cheating them.









## 3. Barataria Island

**Location:** In the May River between Bull Island and Hilton Head.

**How to get there:** In a small boat via a maze-like network of creeks at high tide.

**What to do:** Explore the woods, look for buried treasure (pirate, Civil War, or prohibition-era rum runner) or maybe hide some of your own.

**Fun fact:** Remnants of pylons on the eastern shore indicate an old dock where livestock was once offloaded to graze.








## 4. Bull Island

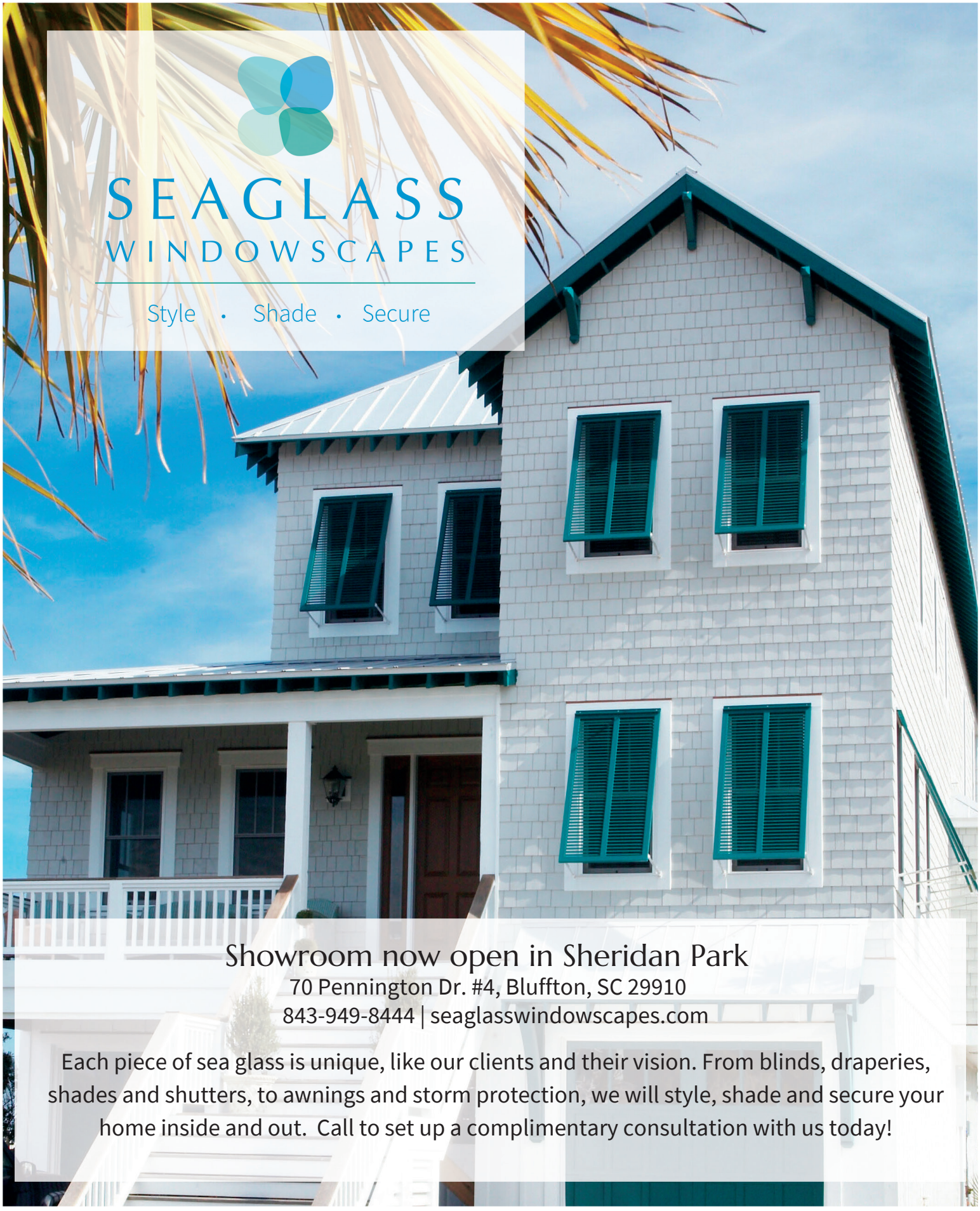
**Location:** Nestled between Bluffton, Hilton Head and Daufuskie on Bull Creek and the Calibogue Sound.

**History:** Old-timers remember the exotic wildlife once spotted on Bull Island — buffalo, big-horned sheep and zebras brought in by wealthy Northerners who used the island as a personal hunting ground. One of these was Alfred Lee Loomis Jr., son of a prominent physicist from New York, who palled around with the likes of Einstein and helped develop radar during WWII. Loomis Sr.'s escape was Hilton Head, nearly all of which he owned, but when he sold it, Loomis Jr. moved family headquarters over to Bull Island. Today it remains undeveloped, and current owners plan to keep it as a private hunting preserve.

## 5. Potato and Little Potato Islands

**Location:** Across the May River from Bluffton.

**History:** A lot of strange lore surrounds this pair of small islands reached only by water. In the late 1940s Bluffton native Nathanial Peeples founded an order of contemplative monks on what was then called Good Shepherd Island. Bluffton old-timers recall hearing the pealing bell that called the monks to prayer throughout the day, but otherwise it was ghostly silent. At some point Peeples led his flock to the Everglades, and no one really knew what happened to them after that, while later visitors to the old monastery site told of getting a creepy vibe there. But that could be because by then the island was home to Harry Cram, an unruly character immortalized in *Midnight in the Garden of Good and Evil*. He renamed the island Devil's Elbow after being exiled there for bringing shame to his wealthy and respectable family up north. This was a common occurrence back when Bluffton was still a sleepy fishing village, and locals proudly say it's the reason their town is founded on eccentricity. Among many wild-but-true tales about Cram is the time he shot two Marines through the head after they swam across the May River in scuba suits and held diver's knives to his son's throat in an attempted robbery. Godspeed the curious trespasser who dares investigate Potato Island now.




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## 6. Callawassie Island

**Location:** North of Bluffton on the Okatie/Colleton River.

**History:** The Yemasee tribe is said to have bestowed the name Callawassie, which means "calm waters," and archeological surveys have found ancient burial mounds here that date back 4,000 years. The earliest English settlers came in 1711 to subsistence farm and raise livestock, but later they cashed in on commercial crops like indigo and Sea Island cotton. Sugar cane failed, but the tabby ruins of Callawassie's old sugar mill are unique in the state. After the Civil War the Union seized Callawassie with promises to redistribute its acreage among freedmen, but instead a scheming Union general took it over for his own interests. During the next century the island was mostly populated by poor farmers and sharecroppers until its development into a gated residential community in 1981.

**Life on Callawassie:** Residents enjoy the typical amenities — golf course, club, pro shop, tennis courts, parks, pools, even a butterfly garden. There are also clubs for paddling, clay shooting, gardening, photography, and charitable giving.

**Fun fact:** A very rare patch of virgin, subtropical magnolia forest has been found on Callawassie. Naturalists speculate that its growth over a shell midden might have prevented successive generations of occupants from cutting it down, as the earth underneath was unworkable.



©SPRING ISLAND

## 7. Spring Island

**History:** In precolonial times the upland areas of Spring Island were longleaf pine savanna. These got cleared for Sea Island cotton fields worked by enslaved Africans whose Gullah descendants lived in tenant houses on Spring Island until well into the 20th century. After Emancipation no one tended the fields, so live oaks grew in to form the characteristic forests seen today. Collins Mitchell, also known as John Fripp, was born into slavery on Spring Island and sold with his family in Charleston just prior to the Civil War. He escaped to join the Union Army and was miraculously reunited with his family later on Spring Island, where he died a free man in 1910.

**Life on Spring Island:** Known for its low-density design that obscures houses and showcases nature in a deliberately unmanicured way, Spring Island's guiding philosophy was "a community within a park, rather than a park within a community." One third of the land was put into residential home sites, one third into community property and amenities, and the remaining third into conservation. Spring Island has a vegetable farm, horse stables, nature trails, tabby ruins, golf course, art gallery and farm-to-table restaurant.

**Fun fact:** There were once free-flowing freshwater springs on the island, though it's not clear whether that's how it got its name.



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## 8. Cat Island



**Location:** South of Lady's Island between the Coosaw River and Port Royal Sound.

**History:** Cat Island was once the site of an early American nudist camp. Founded by New Yorkers in the 1930s, it was based on a utopian ideal; members grew their own veggies and cavorted vigorously in the elements. Locals made a lot of "fishing trips" to spy on them, but when the law was sent to arrest these so-called "naturists" for indecency, officers got so embarrassed by the sight of all the naked people running down to greet them that they turned tail and fled. Eventually the colony failed due to financial problems, but to this day people swear it was the mosquitoes.

**Life on Cat:** With secluded luxury real estate a mere five minutes from downtown Beaufort, residents here get the best of all worlds. The island is still known for its Edenic habitat and features a recently renovated golf course that's as good for bird-watching as it is for playing golf.

## 9. Lady's Island

**Location:** North of Beaufort, connected by bridges to downtown and Port Royal.

**History:** Once home to the Coosaw tribe, this large island was named for Lady Elizabeth Axtell Blake, wife of the governor of South Carolina. There were once as many as 30 plantations on Lady's island, primarily in indigo, but they were ravaged by Union troops during the Civil War. The island remained rural, agricultural and fishing-based until the latter half of the 20th century, when many of the old plantations and timber tracts were developed into residential communities.

**What to do:** Launch a boat at White Hall or Sams Point landings. Get seafood with a view at the Fillin' Station or Lady's Island Dockside.

## 10. Distant Island

**Location:** Four miles south of Beaufort

**Life on Distant Island:** Just a ten-minute drive from downtown, residents have their own private world. They go crabbing off their docks, take sunset cruises from their landing, gather on their village green, work their community garden, stroll along their waterfront and enjoy their panoramic tideland views. Distant Island was developed by the Trask family, which purchased it for farming after WWII. It still has lots for sale.



©DISTANT ISLAND



©SECESSION GOLF CLUB

## 11. Gibbes Island

**Location:** South of Lady's Island and downtown Beaufort.

**What to do:** Gibbes Island is known primarily for the ***Secession Golf Club***, which occupies about half of its real estate. With sweeping views of the surrounding marsh, this walking-only course invites strolls with a caddie to appreciate one's surroundings. In response to the Black Lives Matter movement, the club removed the Confederate flag from its logo and renamed tees named for Civil War generals to instead honor prominent figures in the club's history. They did not, however, go so far as changing the name, Secession.



## *12. Cane Island*

**Location:** South of Beaufort and Lady's Island.

**History:** One of the most recently developed Sea Islands, Cane used to be a daffodil farm before being zoned for high-density planned development with commercial and residential properties.

## *13. Dataw Island*

**Location:** Six miles east of Beaufort

**History:** Dataw Island History & Learning Center preserves native artifacts and the Sams Plantation Tabby Ruins Complex. The public is invited to book a guided tour free of charge (datawhistory.org).

**Life on Dataw:** This private, gated island offers residents two golf courses, a marina, fine dining, a spa and a nature preserve on an adjacent hammock. Besides their love of history, Datawites are known for commitment to philanthropy.

**Fun fact:** The name comes from the legend of King Datha, concocted by a Native American who was captured by Spanish explorers in 1520. He claimed that a king living on the island grew to the size of a giant through consumption of magical herbs, and by the time British colonists arrived, the story was widely popularized.



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**GET YOUR GOAT** Lott Farms is a small three-acre farm located on Coosaw Island. The farm raises Nigerian Dwarf and Nubian goats to breed Mini-Nubians.

## *14. Coosaw Island*

**Location:** East of Lady's Island on the Morgan and Coosaw rivers.

**History:** Penn School — the first of its kind for freed Blacks in the South — dispatched an alumnus to teach at a one-room schoolhouse on Coosaw Island in the 1920s. A photograph of barefoot students outside a primitive wooden cabin bears a note written ruefully on the back by a Penn School faculty member: "It is to such conditions that our graduates must go."

**What to do:** Stop by Naturescapes Nursery (naturescapesofbeaufort.com) for native plants, or Lott Farms (82 Coosaw River Drive, Beaufort) for free-range chicken and quail eggs. Check out one of the most complex and well-conserved shell ring sites in the state at South Bluff Heritage Preserve.



©HAIG POINT

## *15. Daufuskie Island*

**Location:** Between Hilton Head and Savannah in Calibogue Sound

**How to get there:** Take the Daufuskie Island Ferry (daufuskieislandferry.com) from Buckingham Landing in Bluffton, or catch a water taxi from Old Town Bluffton through May River Excursions (mayriverexcursions.com).

**History:** Artifacts and shell middens around the island bear tribute to Native American presence dating back 9,000 years. During the 1700s, the southernmost tip of Daufuskie was the site of several skirmishes between European settlers and Yemassee Indians, resulting in the name Bloody Point. Over 200 years later, the Bloody Point Golf Club and Resort went bankrupt. (An Indian curse?) During the Revolutionary War, Loyalists on the island clashed violently with Hilton Head's Patriots. Daufuskie's plantations were abandoned during the Civil War, but freed slaves returned to create a close-knit community that persists to this day. Pat Conroy's famous novel, The Water is Wide, was based on his time teaching at a one-room schoolhouse on Daufuskie, and his portraits of island residents are unforgettable.

**What to do:** Quiet, bridgeless Daufuskie has long offered an underdeveloped counterpoint to the bustle of the mainland. Take a horseback ride along the beach, or rent a golf cart to explore miles of dirt roads tunneling through the forest. Book a Gullah Heritage Tour with local diva Sallie Ann Robinson, or do a self-guided tour by downloading the Robert Kennedy Historic Trail Guide. Visit local artisans at Silver Dew Pottery, the Iron Fish Gallery, Daufuskie Blues Indigo Dyed Textiles, or Daufuskie Island Wine and Woodworks. And try to find someone selling deviled crab.

**Fun facts:** The name Daufuskie comes from a Muscogee word meaning "sharp feather." Oysters from Daufuskie were once some of the most coveted in the world, before pollution in the Savannah River made them unsafe to eat. Rock star John Mellencamp has a getaway home here, and native son Roger Pinckney VII has written several entertaining books about life on the renegade island.



## *16. Fripp Island*

**Location:** North of Hilton Head and east of Beaufort, Fripp is the most seaward of all South Carolina's islands.

**History:** Beginning in the 1700s, Fripp belonged to a series of St. Helena plantation owners who used it primarily as a hunting retreat. It was originally named Reynolds Island, but after being inherited by Sarah Harriet Reynolds, the name got changed to Prentiss Island when she married Otis Prentiss. Sarah was widowed at age 21 with four small children, and when she remarried William Fripp, the island's name changed again. In the 1960s Fripp was developed into a private, gated resort community.

**Life on Fripp:** Residents and vacationers enjoy fishing, paddling, tennis, golf, biking, fine dining, riding around in their golf carts and, of course, hanging out at the beach.

**Fun fact:** A popular legend holds that Fripp was actually named for British privateer (a.k.a. government-sanctioned pirate) Captain John Fripp, who used the island as a base for attacks on French and Spanish ships and was later awarded it in a land grant. There is no documentation to support this colorful "history," but that doesn't stop people from hoping to find buried treasure on Fripp.








## *17. Pritchards Island*

**Location:** Northeast of Hilton Head and southwest of Fripp, between Trenchards Inlet and the Atlantic.

**History:** In 1983 Atlanta businessman Phillip Rhodes donated Pritchards Island to the University of South Carolina on the condition that it be used exclusively for coastal research. Later the USC Research House was constructed on stilts overlooking the Atlantic, providing a laboratory as well as accommodations for students who worked to protect loggerhead sea turtles and study the island's ecosystem. Beach erosion and storms have battered the house to the point of being scheduled for demolition.

**How to get there:** Pritchards is open for public visitation, but accessible only by boat.

**What to do:** Enjoy bird-watching, shelling, and trekking through the boneyard amidst the wild solitude of a pristine barrier island beach.









## 18. Harbor Island

**Location:** 15 miles outside Beaufort, between St. Helena and Hunting islands.

**History:** Like many of the remote barrier islands, Harbor was uninhabited and used as a hunting and fishing ground by locals for decades. When a bridged highway was constructed between St. Helena and Hunting Island in the 1930s, the way opened for developers; Harbor was purchased by the same company that did Fripp, and today it is an exclusive, beach-front gated community.

**Life on Harbor Island:** Residents and guests enjoy three miles of white-sand beach, outdoor pools, a putting green and courts for tennis, basketball and volleyball. The bird watching is outstanding, and dedicated turtle patrol volunteers monitor for loggerhead nests throughout the season.

## 19. Hunting Island

**Location:** 15 miles east of Beaufort.

**History:** The island was uninhabited during colonial times and used for hunting deer, alligators, wild boar, birds and other game. The lighthouse was constructed in 1859, blown up by Confederates in 1861, reconstructed in 1875, then dismantled and moved inland in 1889 after a big storm eroded the beach. In the 1930s Hunting Island was developed into a state park by the Civilian Conservation Corps, and today it is South Carolina's most popular; Hunting was named one of the best beaches in the South by Southern Living Magazine. Hurricane Matthew devastated the island in 2016, closing off parts of the park for several years.

**What to do:** Camp in a tent or RV. Hike or bike eight miles of trails. Check out live alligators and turtles at the nature center. Swim at the beach and be amazed by the dynamic erosion process visible in the "boneyard" of dead trees.










## 20. Hilton Head Island

**Location:** South of Charleston and north of Savannah on the Atlantic Ocean.

**History:** Before the arrival of Europeans, the New World was a populous place, home to complex agrarian societies. But contact with the first explorers resulted in contagion, and as the strangers sailed away, the Indians began to die. By the time the next wave of explorers came, indigenous civilizations were already weakened and depopulated by epidemics. Ancient shell rings on Hilton Head tell the story of tribes who gathered here to harvest the fruits of the sea, but within a century of European settlement, they were all killed, enslaved or displaced. Captain William Hilton, sent from Barbados to find new horizons for land-hungry sugar barons, sighted the island in 1663 and named it after himself. Before the American Revolution it was home to only a small handful of farmers, but the period between the Revolutionary and Civil Wars saw a boom time for wealthy planters of rice, indigo and cotton. When Hilton Head fell to the Union, slaves who were considered "contraband of war" came in droves to the Union encampment here, and eventually a community called Mitchelville was organized where Blacks could self-govern and live as free people even before Emancipation. After the war ended, the Union cleared out, and Hilton Head lapsed into rural poverty; the Gullah scratched out meager but autonomous lives for generations, weaving their cast nets and sweetgrass baskets in the isolation of the Sea Islands. Then the big land-grab began all over again, with development schemes that pushed or tricked the Gullah out of their homes. In the 1950s Sea Pines was built by pioneer Charles Fraser, who is credited with creating the model for environmentally friendly resort communities. But he also started another trend: security gates. Today approximately 70 percent of Hilton Head lies within private "plantations" occupied primarily by Whites and serviced by Blacks and Hispanics. Sea Pines itself removed the word "plantation" from its name in order to avoid negative associations.

**What to do:** Explore the island's history and ecology at Coastal Discovery Museum. Take a dolphin cruise or guided paddle trip. Go horseback riding in Sea Pines Forest Preserve (lawtonstables.com) or parasailing at the beach. Pedal the island's many miles of bike trails. Check out ancient shell rings at Sea Pines, Skull Creek and Green's Shell Enclosure. Learn about Hilton Head's Black history by taking a Gullah Heritage Trail Tour, or visiting the Gullah Museum and Historic Mitchelville Freedom Park.

**Fun facts:** At last count there were 300 tennis courts, 24 golf courses, six marinas and 10,000 bike racks on Hilton Head. The Sea Pines Lighthouse is not a real lighthouse. Neon signs are banned here. Michael Jordan used to have a home in Wexford. During the 2022 nesting season, 423 loggerhead sea turtles laid their eggs on Hilton Head's beaches.

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## *21. Horse Island and Little Horse Island*

**Location:** Between St. Helena Island and Harbor River.

**History:** In the 1950s a local family introduced Shetland ponies and marsh tackies, which multiplied to produce a small feral herd. Wild horses have roamed the woods and marshes here ever since, despite threats like starvation, a rare equine virus and getting hit by cars. In recent years they have been cared for by volunteers with a retired veterinarian at the helm.



## *22. Morgan Island*

**Location:** North of St. Helena Island on the Morgan River and St. Helena Sound.

**History:** Known as "Monkey Island" by locals, this off-limits area is home to 4,000 rhesus monkeys. In 1979 the first individuals were brought from Puerto Rico, where a colony bred for biomedical research became alarming when escaped monkeys caused viral outbreaks in humans. So the colony was relocated to uninhabited Morgan Island as part of a larger effort by the federal government to breed research animals domestically.

The island is owned by South Carolina Department of Natural Resources, which leases it in a lucrative contract to Charles River Laboratories, a pharmaceutical company that says it only cares for the monkeys and does not conduct on-site research. Each year hundreds of monkeys are shipped to the National Institute of Allergy and Infectious Diseases, which uses them in experiments to further the prevention and treatment of diseases affecting public health. However, U.S. Rep. Nancy Mace has called the research "barbaric" and "unnecessary," and says she can't look at pictures of monkeys injected with MRSA, ebola and tuberculosis because they are too "gruesome." The island is closed to the public, but that hasn't stopped Travel + Leisure from calling it a "unique destination" and encouraging people to ride by on a boat for monkey-spotting.




## *23. Parris Island*

**Location:** In the Port Royal Sound north of Hilton Head and west of St. Helena Island.

**History:** In 1562 a French expedition led by Jean Ribault dropped the first European colonists on Parris Island in hopes of establishing a settlement. But they revolted and killed their leader, then built a ship and sailed back to Europe. Four years later the Spanish founded Santa Elena on the island and made it the capital of La Florida; ruins of this elusive town were only recently found near the golf course.

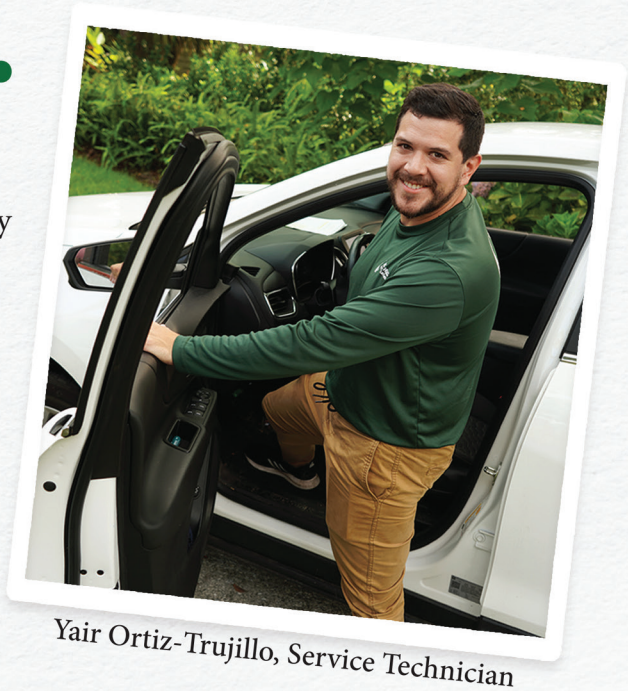
By 1706, the island had come into British hands and was later named after Colonel Alexander Parris. During the Civil War, it was a Union coaling station, and afterwards it became a coaling station for the U.S. Navy. A Marine Guard was assigned to protect it, and the barracks erected to house them were later turned into a Marine officers' school. By 1915 Parris Island had become the Marine Corps Recruit Depot that now puts 17,000 individuals through boot camp each year. Recruits undergo 13 punishing weeks of hand-to-hand combat, marksmanship, survival swimming and land navigation, plus a curriculum of military history, etiquette and core values. At the end, they face the Crucible, a grueling 54-hour event in which their physical, mental and emotional stamina is tested; would-be Marines march 48 miles with 50-pound packs, cross water obstacles, carry "wounded" comrades, and endure simulated combat with minimal food, sleep and water. Parris Island trains male Marine recruits east of the Mississippi and all female recruits.

W**hat to do:** There is limited public access to Parris Island, but visitors are invited to go on a self-guided tour, play at The Legends Golf Course, and take in the Parris Island Museum. Be sure and check in first at the Douglas Visitors' Center.


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## *24. Pinckney Island*

**Location:** Between Hilton Head and Bluffton.

**History:** Although today it is a wildlife refuge, archeological evidence shows a rich history of human habitation dating back 10,000 years. In 1708 a fur trader took possession of the island, and after he died the property was sold to Charles Pinckney, a prominent planter. His wife, Eliza Pinckney, is remembered as a gifted botanist and businessperson who revolutionized the colony's agriculture by developing indigo as a cash crop. She never lived on Pinckney Island, but her son Charles Cotesworth Pinckney — a Revolutionary War veteran and later a presidential candidate — brought in 200 enslaved Africans and began transforming the island into a plantation, complete with residence and ornamental gardens on what is now called White Point. The Pinckneys held onto the island after the Civil War, but without their enslaved labor force they couldn't keep the plantation running, and eventually it was sold off to Northerners who managed it as a hunting retreat. In 1974 the final private owners donated it to the U.S. Fish and Wildlife Service on the condition that it be made into a National Wildlife Refuge.

**What to do:** Walk, run or bike the 14 miles of trails, or venture off-trail to explore the woods and marshes. Take a picnic, a camera and a bird ID book. Kayak the creeks and marshes around Pinckney by putting in at Buckingham or CC Haigh Jr. Landing.

## *25. Port Royal Island*

**Location:** North of Hilton Head and east of Ridgeland. The towns of Beaufort, Laurel Bay, Seabrook and Port Royal are all on Port Royal Island.

**History:** With the second-deepest harbor on the eastern seaboard, Port Royal was very attractive to French, Spanish and British colonists, who vied for its possession, displacing Native tribes along the way. In 1711 Beaufort was founded, making it the second-oldest town in the state. The Yemassee demolished it four years later, but it was quickly rebuilt as a southern outpost of British territory, and by 1860 it was one of the richest towns in America, thanks to the Sea Island cotton and rice planters who made it their retreat. Later the town and surrounding Port Royal Island went through decline but blossomed again during WWII with the economic impact of the U.S. Marine Corps Recruit Depot, the Marine Corps Air Station and the Naval Hospital.

**What to do:** Take a horse-drawn carriage tour of historic Beaufort. Bike the Spanish Moss Trail. Stroll around the pedestrian-friendly village of Port Royal, including the Cypress Wetlands Trail and the Sands Beach. Pay your respects at the Beaufort National Cemetery.

**Fun fact:** If you say Port Royal with a French accent, that's the original name. It means "royal port" and was bestowed by Jean Ribault in 1562.















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## *26. St. Helena Island*

**Location:** 5 miles east of Beaufort.

**History:** An important stronghold of Gullah culture, St. Helena is best appreciated through the lens of Black history. Thousands of enslaved Africans worked the plantations here, only to be abandoned by their owners when the Civil War broke out. In a program called the Port Royal Experiment, these former slaves proved their self-sufficiency by effectively managing themselves and the land without White masters. But a few short years later, President Andrew Johnson terminated the program and restored the land to its former White owners. Some never returned, and much of St. Helena was retained by Blacks as heirs' properties. A more enduring component of the program was the Penn School, the first educational facility for Blacks in the South. Founded by Northern abolitionist missionaries, it offered an education to St. Helena's residents until 1948, when the state began providing public education. Penn School then became Penn Center, a cultural and historical institution devoted to preserving the Gullah legacy. It was an important base for organizers of the Civil Rights movement, and Martin Luther King Jr. is said to have drafted his "I Have a Dream" speech while staying on property in a little wooden cottage.

The isolation of St. Helena meant that Gullah culture was well-preserved in all-Black communities that retained their language and traditions, often sparing those who grew up in them the humiliation they would have faced in segregated towns on the mainland. Residents grew okra, collards, watermelon and corn, raised chickens, cattle and hogs, hunted wild game and got shrimp and fish out of the creeks. Even today the island just feels different. Rather than becoming yet another densely developed resort, St. Helena has taken steps to preserve its rural identity by barring condos and gated communities; but natives are still vulnerable to development pressures, such as losing their land at tax sales after values are driven up by wealthy outsiders.

**What to do:** Visit the Penn Center and ruined ***Chapel of Ease***. Check out the shops and art galleries of Frogmore. Grab a bite at Gullah Grub or the Shrimp Shack. Buy fresh seafood at Gay Fish Company or Bradley Seafood Market. Get U-Pick strawberries at Dempsey or Barefoot Farms. Ride around and experience the laidback Lowcountry of yore in the working fields and docks.

**Fun facts:** Two legendary figures of St. Helena history are folk artist Sam Doyle, who painted his friends and neighbors on scraps of corrugated tin, and Dr. Buzzard, the formidable voodoo man and root worker. There was actually a succession of Dr. Buzzards dating back to a witch doctor from Africa.

## *27. St. Phillips Island*

**Location:** Between St. Helena and Pritchards Island

**How to get there:** Book a ferry ride from Hunting Island State Park (coastalexpeditions.com).

**History:** Unlike most of the Sea Islands, St. Phillips was never colonized or logged. Its remote shores and enchanting virgin forests drew the eye of media mogul and conservationist Ted Turner, who grew up in Savannah and wanted to keep a slice of the Lowcountry the way he'd seen it as a kid. In 1979 he purchased St. Phillips, attached a conservation easement to the deed, began building trails and managing the habitat for native wildlife (for example, by eradicating invasive feral hogs.) His family vacationed there for 40 years in a modest home overlooking the ocean, but in 2018 he sold it to the state for $4.9 million, despite having previously put it on the market for $24 million. St. Phillips is now part of Hunting Island State Park and open to public visitation. Ted Turner's house can be rented for either $2,400 or $4,000 per night, depending on whether you want it to be open for public tours during the day.

**What to do:** The beach is nice, but the really unique and spectacular aspect of the island is its mature subtropical maritime forest. Go in cool weather to have the most enjoyable hiking experience.

**Fun facts:** St. Phillips appears in an aerial view as though a cat has scratched its claws over it. This is due to the pattern of upland forest and rainwater troughs created by ancient sand dunes.



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*WHAT DOES THE FOX SAY?*

# *Snowballs in the Lowcountry*

This wintery white composition is reminiscent of winter "back home," where the real snow can stay. These **white hydrangeas** initially come out as green and fade to white as they mature. The petite green hydrangeas are cut in the mid-stages of bloom development. Local floral artist Sean Bishop, owner of Fox and Olive on Mathews Drive, is known for his surprising and colorful arrangements; but in this case he opted for simplicity.

***SEAN'S PRO TIPS FOR THIS ARRANGEMENT***

***1.*** *Let the flowers be your hero, and resist the temptation to add color or variety.*

***2.*** *Choose a vessel that is the right size. In this case large flowers need a large container.*

***3.*** *Add greenery sparingly to help define, not outshine, the flowers.*










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FREQUENT FLYER

# Mourning dove

*The mournful cooing of this year-round resident is one of the Lowcountry's most familiar sounds.*

STORY BY BAILEY GILLIAM




The mournful cooing of the mourning dove is one of the most familiar and, dare I say, comforting, bird sounds around. There's nothing like witnessing that drawn-out, lamenting call come from the bobbing head of the plump, delicate, light-brown bird. Males have favorite cooing perches they defend from other males. Members of a pair preen each other with gentle nibbles around the neck as a pair-bonding ritual. Eventually the pair will progress to grasping beaks and bobbing their heads up and down in unison. These beautiful creatures mate for life, making them an even more exquisite species to observe.

From southern Canada to central Mexico, the mourning dove is one of the most common birds in existence, which is quite surprising due to its history of being hunted for sport. But its ability to raise up to 6 broods a year (more than any other bird), its ability to eat rocks to aid in digestion and its ability to survive in the desert by drinking brackish water without problem are just some of the traits that seemingly make this bird indestructible. This graceful, slender-tailed dove frequently makes its way into many cultures, stories, legends and belief systems. And though there are many types of doves, mourning doves seem to have caught the imagination and attention of people everywhere. After the traditional white peace dove, mourning doves are mentioned more than any other type of dove in everything from literature to spiritual texts and lore.

Mourning carries an unfortunate negative connotation as it reflects the demise of a living being. But the mourning dove is actually a spiritual messenger of faith, love, and peace — this bird, when it mourns, indicates positive energy. The mourning is connected with sorrow and pain, but the mourning dove symbolizes love and peace just as its white dove cousin. *LL*

## Fun facts

- *Mourning doves tend to feed busily on the ground, swallowing seeds and storing them in an enlargement of the esophagus called the crop. Once they've filled it (the record is 17,200 bluegrass seeds in a single crop), they can fly to a safe perch to digest the meal.*
- *Mourning doves eat roughly 12 to 20 percent of their body weight per day, or 71 calories on average.*
- *The oldest known mourning dove was a male and at least 30 years, 4 months old when he was shot in Florida in 1998. He had been banded in Georgia in 1968.*
- *Mourning doves are in the pigeon family. These birds are considered closely related to the late, lamented passenger pigeons.*

## Where to find them

- *Look for mourning doves on telephone wires and similar perches throughout your neighborhood, or keep an eye on patches of bare ground, where the birds gather to stock up on seeds and grit. You can see mourning doves nearly anywhere except the deep woods.*
- *Primarily a bird of open country, scattered trees and woodland edges, but large numbers roost in woodlots during winter. They feed on the ground in grasslands, agricultural fields, backyards and roadsides.*
- *They typically nest amid dense foliage on the branch of an evergreen, orchard tree, mesquite, cottonwood or vine. They also quite commonly nest on the ground. Unbothered by nesting around humans, mourning doves may nest on gutters, eaves or abandoned equipment.*

## Essentials

Get everything you could possibly need for your backyard birding needs at Wild Birds Unlimited at the Festival Centre at Indigo Park on Hilton Head Island. Be sure to check out the WBU Eagle Cam on its website, too, **wbu.com**.

**FOOD & ACCESSORIES**

- Nesting cone
- Millet
- Ground feeder
- Platform feeder





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Joey, originally from Oklahoma, has called the Lowcountry home for over 17 years. Real estate is a family affair as her husband Chad has been in real estate for many years as well. When not working with clients, you can find them enjoying all things Lowcountry with their two children.


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FRESH CATCH

# Dogfish

## THE FISH THAT'S NOT A FISH, OR A DOG

STORY BY BAILEY GILLIAM



The Atlantic spiny dogfish isn't actually a fish at all, but a shark. Wielding two venomous spines and growing as long as 4 feet, Atlantic spiny dogfish can often be seen hunting prey in dog-like packs (hence the dog-like name). Smaller spiny dogfish tend to feed primarily on crustaceans, while larger dogfish eat jellyfish, squid and schooling fish. Cod, red hake, goosefish, other spiny dogfish, larger sharks, seals and killer whales all prey on dogfish. Dogfish also have a habit of getting caught in fishing nets due to their small size, resulting in a bycatch. Today these little sharks are the most commonly caught and exported U.S. shark species, but that wasn't always the case.

### FUN FACTS

*The U.S. commercial fishery supplies European markets that use dogfish for fish and chips in England and as a popular beer garden snack called Shillerlochen in Germany.*

*In 2021 commercial landings of spiny dogfish in the Atlantic totaled 11 million pounds and were valued at more than $2 million.*

*Like all sharks, dogfish grow slowly, mature late in life, and live a long time (35 to 40 years).*



## *A BIG DILL*

This firm, flaky white dogfish has a mild flavor that takes on seasonings beautifully – perfect for the grill. This recipe takes a local catch and adds some Bavarian flavors.

## *Grilled dogfish with lemon and dill*

**INGREDIENTS**

*4 skinless dogfish fillets*
*2 tablespoons sunflower or peanut oil*
*2 teaspoons Bavarian Seasoning (a mix of crushed brown mustard, rosemary, garlic, thyme, bay leaf and sage)*
*3/4 teaspoon kosher salt*
*1/2 teaspoon freshly cracked black pepper*
*1 lemon, cut into wedges, for serving*
*3-4 sprigs dill, for serving*

**DIRECTIONS [1]** Heat outdoor grill to medium heat. **[2]** Place fillets in a large, shallow dish. Drizzle on oil and add Bavarian seasoning, salt and pepper. Rub this mixture all over both sides of the fish fillets. **[3]** Grill fish on preheated grill until the meat is cooked through and flakes easily with a fork. Serve with lemon wedges and dill sprigs.

## *A brief history*

Spiny dogfish were once one of the most abundant shark species in the world. They were historically considered a nuisance by many fishermen who believed they ate high-priced fish, which turned out to be false. Very few fishing vessels targeted dogfish until World War II, when foreign seafood imports were significantly reduced. The wartime population sought out domestic and nutritious seafood options. Dogfish were plentiful in U.S. waters and high in vitamin A, making them one of the most sought-after shark species. After the war the demand for dogfish waned domestically. However, their light, white meat found a strong market abroad, and today spiny dogfish is still one of the primary species used in British "fish and chips" and other European dishes. As a result they are the top shark species caught in U.S. waters by volume and make up a major portion of U.S. seafood exports. Seafood suppliers have tried to build a market for dogfish here, but Americans favor other white fish. Marketing companies even suggested changing the spiny dogfish common name to make it sound more appealing, but market growth has yet to progress. We still think it's underrated.


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***Mourning Doves*** *enjoy millet, cracked corn, wheat, and sunflower seeds.*

*Due to their larger size, mourning doves need to feed on platform feeders or tray feeders.*

*You can also plant berry bushes or seed-bearing flowers for another food source.*

*Once the birds have a reliable food source, they'll keep coming back to that same spot.*

**Mourning Dove**

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## *Appearance*

Spiny dogfish are slim, with a narrow, pointed snout and characteristic white spots. They are gray above and white below and, honestly, strikingly beautiful. They have two dorsal fins with ungrooved large spines. The spiny dogfish may inject venom into predators from those two spines near the dorsal fins as a form of protection.

## *Where to find them*

These little sharks inhabit the North Atlantic and North Pacific oceans, mainly in the temperate and subarctic areas. In the Northwest Atlantic they are found from Labrador to Florida. They live inshore and offshore, usually near the bottom but also in mid-water and at the surface. They swim in large schools and migrate seasonally with changes in water temperature. Much of the population travels north in the spring and summer and south in the fall and winter. Your chances of catching one now are pretty high.

## *How to catch them*

"It's a winter fishery that is available in the Broad River," said Grant Kaple of The Boathouse and John Brackett of Sweet Pea Charters. "The go-to baits are cut mullet or menhaden on the bottom. You would use your classic bottom-fishing rig of egg sinker to swivel to 3' leader to a small hook. Kahle or circle hook works best. Once you're on them, it makes for a great day of fishing."

Based on the evidence of over-exploitation in their range and bycatch fisheries, the global population of spiny dogfish is considered vulnerable by the IUCN Red List. Global populations have declined by more than 30 percent over the last 75 years. Make sure to have a permit when you go, and fish responsibly.

## *State record*

The state record is yet to be set, believe it or not. While the South Carolina Gamefish Record program began around 1970, dogfish wasn't on the list. Officials receive inquiries about species that are not listed for record catches, and it was decided that since some time had elapsed since any modifications to the program had taken place, it would be a good idea to take a closer look. In February of this year they added nine species following a presentation to the Marine Advisory Committee, and dogfish made the list. So go out and catch a dogfish that is of legal size, and you may become the record holder. Oddly enough, the world record dogfish is 21.5 pounds and was caught in Forest Lake, South Carolina (we're not sure why this isn't the state record).

## *Good eatin'*

We know that this "fish" is high in vitamin A, but it is also a low-fat source of protein and is high in selenium and vitamins B6 and B12. The meat has a sweet, mild flavor and a higher oil content than mako or other sharks, which keeps the flesh moist. It has a flaky yet firm texture. You can deep fry spiny dogfish, as the British do for fish and chips, but don't stop there. Use cubed meat

for kebabs or in stir-fries. Dogfish smokes nicely because of its oily flesh. The fins can be used in shark-fin soup, and the firm meat makes an ideal chowder ingredient. In short, you can bake, broil, fry, grill, sauté and smoke dogfish.

## *Prep school*

The raw meat is white, and the outer flesh can have a reddish color. If not cut away, the reddish portion turns brown when cooked. The rest of the meat cooks up white. Dogfish meat should have a faintly sweet smell; although a slight metallic odor is acceptable, an ammonia stench is not. Because, like all sharks, dogfish lack a traditional urinary tract, they concentrate urea, a waste product, in their blood and excrete it through their skin. As soon as it's caught, dogfish must be gutted, bled and chilled. Otherwise, the urea remains in the flesh, and an ammonia smell develops within 24 hours. *LL*

## *FEELING CHIPPER*

Beer-battered fish and chips are a necessary part of human existence, but using dogfish perfects this British classic.



## *Beer-battered dogfish and chips*

**INGREDIENTS**

*2 pounds dogfish*
*Salt*
*Oil for frying*
*About 1/2 bottle of beer (ideally a mild English beer, English amber or brown ale)*
*1 teaspoon salt*
*1/2 cup self-rising flour*
*2 pounds Yukon gold potatoes, sliced into 1/8-inch thick rounds*
*2 tablespoons vegetable oil*

**DIRECTIONS [1]** Salt fish and set aside at room temperature. Heat oil to 350. Place a cooling rack on cookie sheet and put in warm oven. **[2]** Mix the flour, salt and beer, stirring constantly. You want enough beer in the batter to give it the consistency of melted ice cream. Put the batter in the fridge to rest for 20 minutes. **[3]** While the batter is resting, slice the potatoes into a large bowl of cold water. Remove the potatoes and pat them dry with a paper towel. **[4]** Fry the potatoes, a few at a time, for 3-5 minutes or until they start to brown at the edges. Salt each batch the moment it comes out of the fryer. Store each batch on the wire rack in the warm oven. **[5]** Take the batter out of the fridge. Dredge the fish in the batter and let the excess drip off for a second or two. Lay each piece gently into the hot oil. Fry in batches until golden brown, about 5-8 minutes. Keep each batch in the warm oven while you finish the rest. Serve immediately.




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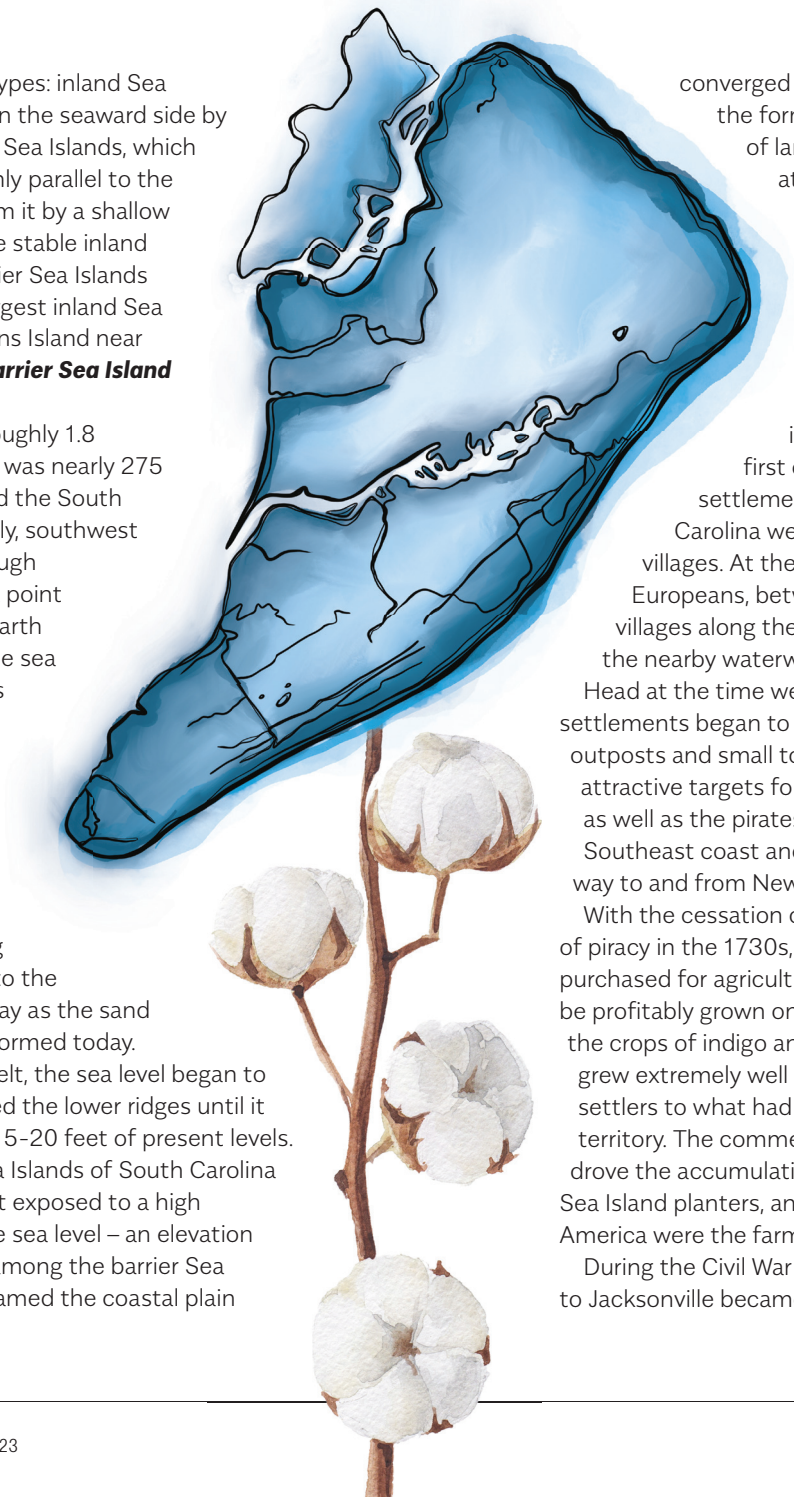
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5-MINUTE HISTORY

# Islands of change

*THE SEA ISLANDS ARE CONSTANTLY CHANGING, AS ARE THEIR INHABITANTS.*

STORY BY RICHARD THOMAS + ILLUSTRATION BY MEGAN GOHEEN



Sea Islands consist of two types: inland Sea Islands, which are protected on the seaward side by barrier Sea Islands, and barrier Sea Islands, which border the ocean and lie roughly parallel to the landward coast, separated from it by a shallow body of water. Unlike the more stable inland Sea Islands, the terrain of barrier Sea Islands is constantly changing. The largest inland Sea Island in South Carolina is Johns Island near Charleston, and ***the largest barrier Sea Island is Hilton Head***.

In the Pleistocene Epoch, roughly 1.8 million years ago, the sea level was nearly 275 feet higher than it is today, and the South Carolina coastline ran irregularly, southwest to northeast, from Aiken, through Columbia and Camden, past a point near modern Cheraw. As the earth cooled and glaciers formed, the sea level fell and receded in stages to a point nearly 100 miles east of where it sits today. During each of the stages, the eddy current of today's Gulf Stream, which flows southward along the coast, developed sea bottom ridges of sand running at roughly a 30-degree angle to the shoreline in much the same way as the sand ridges of the sea bottom are formed today.

With warming and glacial melt, the sea level began to rise again and gradually covered the lower ridges until it reached a point within about 15-20 feet of present levels. Hilton Head and the other Sea Islands of South Carolina are the tops of sand ridges left exposed to a high elevation of 7.85 meters above sea level – an elevation reached only on Hilton Head among the barrier Sea Islands. The game that had roamed the coastal plain converged on higher ground and populated the forming Sea Islands. The abundance of land and sea life on the islands attracted bands of Native Americans from the interior, initially during the harsher weather of winter months. Gradually, these nomadic groups began to stay, and coastal tribes were formed.

The presence of native villages was a desirable factor in choosing a location for the first colonial explorers to establish settlements, and the Sea Islands of South Carolina were an early target due to such villages. At the time of the first contact with Europeans, between 12 and 19 tribes had their villages along the shores of Port Royal Sound and the nearby waterways. The tribe residing on Hilton Head at the time were the Escamacu. As European settlements began to spread along the coast, the outposts and small towns of the Sea Islands became attractive targets for rogue Native American groups as well as the pirates and privateers who sailed the Southeast coast and its inland water passages on their way to and from New England and the Caribbean.

With the cessation of native hostility and the decline of piracy in the 1730s, the Sea Islands began to be purchased for agricultural purposes. Since rice could not be profitably grown on the Sea Islands, the advent of the crops of indigo and ***Sea Island cotton***, which both grew extremely well in the salty, sandy soils, drew more settlers to what had previously been considered Indian territory. The commercial success of these crops also drove the accumulation of phenomenal wealth for the Sea Island planters, and some of the richest families in America were the farmers of the Sea Islands.

During the Civil War the Sea Islands from Charleston to Jacksonville became the occupied property of the





**MAN THE FORT** Fort Fremont on St. Helena Island is one of two surviving coastal fortifications in the United States intact from the Spanish–American War era. It was built by the Corps of Engineers on condemned private property, with construction starting in 1899.

Union Army and Navy and were used to stage expeditionary operations into the interior up the rivers flowing to the coast. Largely forgotten after the war, the Sea Islands became the home of the Gullah people until wealthy Northerners began to build stately mansions among the coastal islands from Charleston to Jacksonville. Many mansions were abandoned following the crash of the stock market in 1929.

The rediscovery of the Sea Islands as enclaves of wealthy people from the north and west occurred with the development of the Sea Pines Plantation property on Hilton Head in the 1960s, and this pioneering retirement/resort community transformed the once remote and quiet remnants of a gilded age. *LL*

*Richard Thomas is an owner and guide for Hilton Head History Tours and is the author of Backwater Frontier: Beaufort Country, SC at the Forefront of American History.*


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# New year, new wardrobe

## 23 MUST-HAVE PIECES FOR 2023

# style

PHOTOGRAPHY BY LISA STAFF

It's a new year and the perfect time to update your wardrobe. To celebrate 2023, we've created a list of the most coveted fashion pieces from local stores and boutiques. ***Meet your New Year's style resolutions with this on-point guide.***

***1.*** *A versatile and classy handbag perfect for any outing. Available at* ***Spartina 449***

***2.*** *Say hello to your new favorite jeans. Available at* ***Southern Tide***

***3.*** *Leather boots made for style without compromising comfort and durability. Available at* ***Outside Hilton Head***











***4.*** *A classic leather jacket with a modern twist.*
*Available at* ***The Back Door***

***5.*** *A belt that pays homage to your roots.*
*Available at* ***John Bayley Clothier***

***6.*** *A bold pair of frames.*
*Available at* ***Eyeland Optique***

***7.*** *A stunning everyday fashion ring.*
*Available at* ***Forsythe Jewelers***

***8.*** *Comfortable and stylish loafers.*
*Available at* ***Palmettoes***



**9.** *Comfortable, classic, cotton boxers. Available at* ***Southern Tide***

**10.** *A statement sweater inspired by the festival scene in the late '60s. Available at* ***Outside Hilton Head***

**11.** *A handcrafted, luxurious bag that shows your exotic side. Available at* ***The Back Door***

**12.** *A plaid mini to boost your confidence. Available at* ***Kelly Caron Curated***

**13.** *A pair of stylish sunnies. Available at* ***Eyeland Optique***




***14.*** *An upscale hoodie that can be dressed up or down. Available at* ***Palmettoes***

***15.*** *Draped in dreamy soft texture, a cable-knit scarf is the perfect layering piece to complete any outfit. Available at* ***Spartina 449***

***16.*** *Every guy looks good in a classic trucker hat. Available at* ***Southern Tide***

***17.*** *Let your little one shine in a rainbow-sequin jacket. Available at* ***Island Child***

***18.*** *A classic and timeless pair of gold hoops. Available at* ***Forsythe Jewelers***




***19.*** *A hat perfect for any season.*
*Available at* ***Kelly Caron Curated***

***20.*** *Classic navy performance pants that don't wrinkle and are machine washable.*
*Available at* ***John Bayley Clothier***

***21.*** *Elevate your elegance to new heights with an embellished velvet headband.*
*Available at* ***Outside Hilton Head***

***22.*** *This classic cashmere sweater is perfect for chilly weather.*
*Available at* ***Spartina 449***

***23.*** *A durable, washable, tip-proof and sturdy Bogg Bag.*
*Available at* ***Island Child***

# The future looks bright

## MEET 8 VISIONARY WOMEN WHOSE PASSION IS INFECTIOUS

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**LOCAL Biz**, our sister magazine, will introduce you to each of these Lowcountry leaders. To understand how they succeeded in realizing their dream you will read about their inspiration and how they overcame the challenges. For each woman, their journey to success was unique but what they have in common are a positive attitude, an unrelenting drive and a caring heart.

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# Local Love



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**INTO THE WILD**
These decorative plates bring the Sea Islands to life.
*Available at Spirited Hand*

**AIM FOR THE STARS**
This starfish platter brings the beach right to your kitchen.
*Available at Coastal Treasures*





**BOO YA**
This bamboo serving bowl holds pastas and salads with beauty.
*Available at Marsh on the May*

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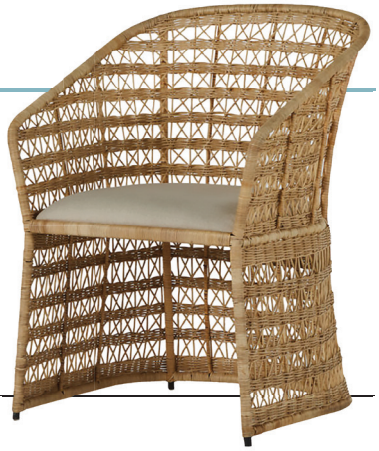
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WHAT'S FRESH IN JANUARY?

# Cilantro

## THIS TASTY AND NUTRITIOUS HERB IS ALWAYS IN SEASON IN THE LOWCOUNTRY.

STORY BY BAILEY GILLIAM



We've all had cilantro in one dish or another, but what exactly is it? There are many names out there, lending to the confusion. Technically speaking, cilantro is the tender leaves from the coriander plant. Other names for cilantro include Chinese parsley, Mexican parsley, coriander or dhania. In the United States cilantro refers to the leaves, and coriander refers to the seeds. All parts of this plant are edible, making it extremely versatile, but people most commonly use its fresh leaves and dried seeds in cooking. Cilantro has been a part of global cuisine for a long time. It's time you include it in your routine too.



### *Cilantro lime rice*

This easy cilantro lime rice is said to be even better than Chipotle's, but we'll let you be the judge. It's easy to make and pairs perfectly with Mexican or Asian food and is excellent in burritos.

**INGREDIENTS**

*2 tablespoons extra virgin olive oil*
*1 1/2 cups basmati rice, or other long-grain white rice*
*1 clove garlic, minced*
*2 1/4 cups water*
*1 teaspoon salt*
*Finely grated zest of one lime*
*3 tablespoons lime juice*
*1 cup lightly packed chopped cilantro (leaves and tender stems only)*

**DIRECTIONS [1]** Heat the olive oil in a medium saucepan on medium high heat. Add the raw rice and stir to coat with the olive oil. Cook, occasionally stirring, until the rice has started to brown. Add the garlic and cook a minute more. **[2]** Add water, salt, and lime zest to the rice. Bring to a rolling boil, then cover and lower the heat to low to maintain a very low simmer. Cook undisturbed for 15 minutes (check your rice package instructions), then remove from heat and let sit for 10 minutes. Fluff the rice with a fork. **[3]** Transfer the rice to a serving bowl. Pour lime juice over the rice and toss with chopped cilantro. Serve immediately.

## *HEALTH BENEFITS*

Cilantro may add more than just spice to your life. It's low in calories and is packed with an impressive array of nutrients. It also contains many plant-based compounds that have significant health-promoting properties. It's a powerful antioxidant that also has anti-inflammatory and antibacterial properties. It can lower your cholesterol and is considered to be a digestive aid, helping to ease nausea. Cilantro is rich in several vitamins like A, C and K. Vitamin A is important for healthy eyes, teeth and skin as well as cell growth and immune system strength. Vitamin C helps boost your immune system, keeps your skin healthy and is essential for tissue repair and wound healing. Vitamin K is essential for normal blood clotting and is important for bone health. Cilantro is rich in fiber and several minerals like calcium, potassium, iron, magnesium and manganese, which are all important to overall health.



## *TYPES OF CILANTRO*

***Leisure:*** *Popular for its flavor and bolt-resistance; matures in 50 to 55 days*

***Longstanding:*** *Various cultivars that tend to be tall and slow to bolt; matures in 60 to 90 days*

***Calypso:*** *Very slow to bolt, maturing in 50 to 55 days but not going to seed until 120 to 150 days*

***Santo:*** *Often sold as "standard" cilantro; good bolt-resistance; matures in 50 to 55 days*

***Cruiser:*** *Upright habit and strong stems on uniform plants; matures in 50 to 55 days*







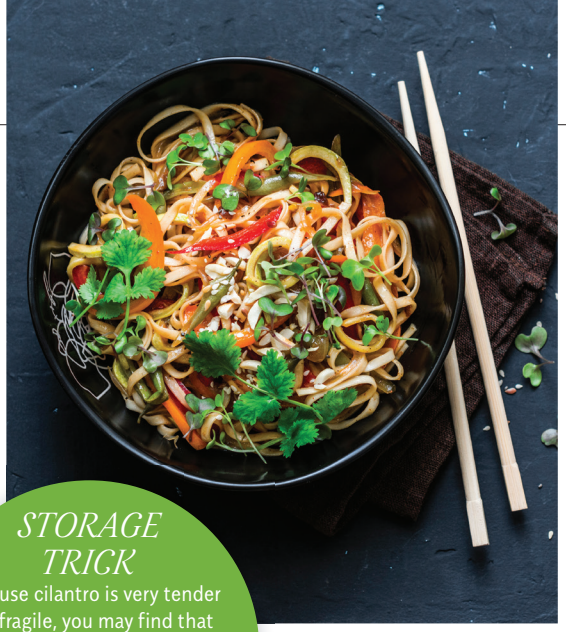
## GROW YOUR OWN

Cilantro is an excellent addition to any herb garden. Not only is it a relatively easy plant to grow, but it boasts two cooking uses for the price of one. The name "cilantro" refers to the plant's thin, green stems and flat, lacy leaves, which are best eaten fresh. Its other common name, coriander, refers to the seeds that are a common cooking spice, especially in Indian, Middle Eastern and Asian cuisines.

Plant cilantro in cool weather either in early spring after the last frost or in the fall once temperatures have consistently cooled down to 50-80 degrees. Seeds should be spaced 1-2 inches apart in loose, fast-draining soil with an acidic pH for optimal growing conditions. It can handle either full sun or partial shade but tends to prefer some afternoon shade in warmer climates. Keep the soil moist as seeds germinate and seedlings develop. Roughly one inch of water per week is ideal for seedlings. More mature plants don't require as much water, but they still like moist soil.

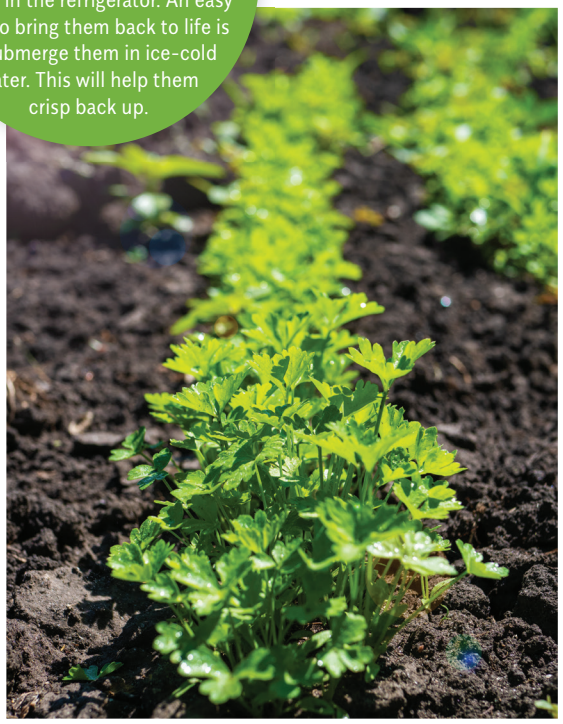
Try a container if you don't have a suitable garden spot for cilantro. Its relatively small size makes it a great herb to grow in containers. A pot that's at least 8 inches wide and deep is best for cilantro. Make sure it has drainage holes. An unglazed clay container is ideal because it will allow excess soil moisture to evaporate through its walls.

You can begin to harvest leaves once the plants are around six inches tall, which typically occurs around three to four weeks after you first sow seeds. Harvest the leaves you need by pinching back portions of the upper stem, which promotes new growth and fuller plants. Aim not to take more than a third of the leaves at a time. To harvest seeds, allow the plant to flower. Leave the resulting seed heads on the plant to dry out. Then shake them into a paper bag to release the seeds, or snip the entire seed head, place it into a paper bag, put the bag in a dark, well-ventilated, cool place, and allow the seeds to finish drying in the bag for easier harvest. LL



### STORAGE TRICK

Because cilantro is very tender and fragile, you may find that it will wilt after some time being stored in the refrigerator. An easy trick to bring them back to life is to submerge them in ice-cold water. This will help them crisp back up.





## Pad Thai

This easy pad Thai recipe has rice noodles, chicken, shrimp, tofu, peanuts, scrambled eggs and fresh vegetables tossed together in a delicious homemade sauce. It's packed with flavor and can be made in under 30 minutes.

**INGREDIENTS (pad Thai)**

*8 ounces flat rice noodles*
*3 tablespoons oil*
*3 cloves garlic, minced*
*8 ounces uncooked shrimp, chicken or extra-firm tofu, cut into small pieces*
*2 eggs*
*1 cup fresh **bean sprouts***
*1 red bell pepper, thinly sliced*
*3 green onions, chopped*
*1/2 cup dry roasted peanuts*
*2 limes*
*1/2 cup fresh cilantro, chopped*



**INGREDIENTS (sauce)**

*3 tablespoons fish sauce*
*1 tablespoon low-sodium soy sauce*
*5 tablespoons light brown sugar*
*2 tablespoons rice vinegar*
*1 tablespoon sriracha, or more to taste*
*2 tablespoons creamy peanut butter (optional)*

**DIRECTIONS [1]** Cook noodles according to package instructions. Rinse under cold water. **[2]** Make the sauce by combining sauce ingredients in a bowl. Set aside. **[3]** Heat 1 1/2 tablespoons of oil in a large saucepan or wok over medium-high heat. Add the shrimp, chicken or tofu, garlic and bell pepper. (The shrimp will cook quickly, about 1-2 minutes on each side, or until pink. If using chicken, cook until just cooked through, about 3-4 minutes, flipping only once.) Push everything to the side of the pan. Add a little more oil and add the beaten eggs. Scramble the eggs, breaking them into small pieces with a spatula as they cook. **[4]** Add noodles, sauce, bean sprouts and peanuts to the pan (reserving some peanuts for topping at the end). Toss everything to combine. **[5]** Garnish the top with green onions, extra peanuts, cilantro and lime wedges. Serve immediately, and store leftovers in the fridge. Enjoy within 2-3 days.

## Cilantro vinaigrette

Let's kick things off with a dressing that's not just perfect for salads but on tacos, quesadillas, grilled sweet corn and a lot more. It's a simple recipe made of olive oil, vinegar, garlic, salt and, of course, cilantro. You'll love how the cilantro and garlic give the dressing some zip.

**INGREDIENTS**

*1 huge bunch of fresh cilantro (2 cups packed)*
*1/2 cup olive oil*
*2 tablespoons white vinegar*
*1 clove garlic*
*1 teaspoon kosher salt*
*1/2 teaspoon red pepper flakes*
*1/4 to 1/2 cup water, if needed*

**DIRECTIONS [1]** Blend everything up for about a minute until smooth. Add the water if you need more volume in the blender to make it run smoothly. Season to taste.




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8 NEW ORLEANS ROAD ★ HILTON HEAD, SC #EATLOCAL @CharliesOfHiltonHead

# Double your pleasure

STORY BY CARRIE HIRSCH + PHOTO BY BUTCH HIRSCH

*ENJOY TWO SEA ISLAND FAVORITES AT THE SAME TIME WITH THIS SWEET AND CRUNCHY SALAD.*

Residents of the Sea Islands have always been sweet on peaches and nuts about pecans. This recipe features both Lowcountry favorites in a salad that not only tastes good but is good for you too. You may not use all the candied pecans in this recipe, so save the leftovers for a snack.



**CARRIE HIRSCH**

## *Peach salad with candied pecans*

(SERVES 4-6)

**INGREDIENTS (candied pecans)**



*2 cups pecan pieces*
*1 large egg white*
*3/4 cup sugar*
*1 teaspoon cinnamon*
*1 teaspoon cumin*
*1 teaspoon salt*
*1/2 teaspoon black pepper*
*Cooking spray*

**DIRECTIONS** Heat oven to 325 degrees. In a small bowl, whisk egg white until frothy, then add pecans and coat well. Stir in sugar, cinnamon, cumin, salt and black pepper until pecans are well-coated. Spread out pecans onto a large, foil-lined lipped cookie sheet lightly coated with cooking spray. Bake for 20-25 minutes, turning pecans over after 10 minutes. Remove from oven, then immediately transfer onto a plate with a spatula so they don't stick to the foil.

**INGREDIENTS (salad)**

*4 ripe peaches, peeled and sliced (OK to use canned if off-season)*
*Salad greens*
*8 ounces blue cheese crumbles, or your favorite cheese*
*1/3 cup balsamic vinegar*
*1/3 cup extra-virgin olive oil*
*Salt & pepper to taste*
*Candied pecans*

**DIRECTIONS** Toss together salad greens in a serving bowl with peaches, blue cheese crumbles, balsamic vinegar, olive oil, salt and pepper. Top with candied pecans just before serving.

*PECANS* *Pee-can or puh-kahn? Depending on where you're from and how you were raised, you call it a "puh-kahn" or a "pee-can." "Puh-kahn" is dominant nationwide, but in many part of the Southeast, "pee-can" reigns supreme. No matter how you pronounce it, pecans are quite the staple here in the Lowcountry. Colonists were said to have planted them here in the 1600s, and we've been enamored ever since. Brickyard Point Farms on Lady's Island on the banks of the Coosaw River was established in 1968 and grows pecans sold at area restaurants, stores and at farmers markets. Support our local farmers!*



*PEACHES* *Sorry, Georgia, we know you have the reputation as the "Peach State," but peaches have been grown here commercially since the 1860s. After California, South Carolina sells the most peaches in the U.S. and is proudly nicknamed "The Tastier Peach State." This perfect, fuzzy, luscious, juicy fruit was selected as the official SC State Fruit in 1984. Cotton farmers' crops were severely impacted by the boll weevil infestation in the 1920s, so they turned to growing peaches, which boosted their popularity. Famous authors D.H. Lawrence, Roald Dahl and Adrienne Su sing the peach's praises, elevating the fruit to a higher intellectual plain, although peaches have been known to bully other fruits with childish taunts like, "I am like you, but softer and sweeter."*


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# The proof is in the pudding

## TWO OF SOUTH CAROLINA'S OFFICIAL STATE BEVERAGES COME TOGETHER IN THIS SEA ISLAND CLASSIC.

Once South Carolina officially passes a bill and designates a food or beverage to represent the state, it typically holds office for decades. This recipe combines two of the state's official state beverages — milk and tea.

**CARRIE HIRSCH**

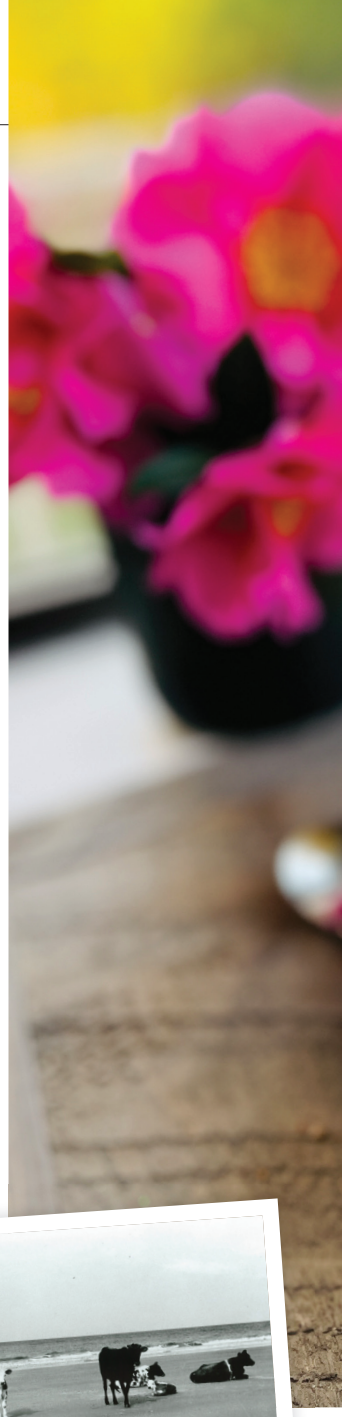
### *Sweet Tea Creamy Rice Pudding*

(SERVES 6)

**INGREDIENTS**

*2 cups sweet tea*
*1 cup heavy cream*
*1 cup milk*
*1/4 cup granulated sugar*
*2 tablespoons fresh mint leaves, chopped*
*1 teaspoon vanilla extract*
*2 tablespoons cornstarch*
*1/2 teaspoon salt*
*2 eggs, beaten*
*1 cup cooked rice*
*Garnish:*
*Whipped cream*
*Mint leaves*

**DIRECTIONS** In a medium pot, bring 1 cup sweet tea to a simmer. Whisk in heavy cream, milk and sugar, then cover and simmer for 15 minutes, stirring occasionally. Stir in the vanilla, then replace cover. Heat oven to 350 degrees. Whisk together the cornstarch, salt and remaining cup of sweet tea, then whisk in the eggs. Whisk egg mixture into the hot cream mixture, then simmer, stirring often, for 5 minutes. Whisk in cooked rice. Place mixture in a generously buttered 8" x 8" baking dish. Bake for 30 minutes, then allow to fully cool before covering and refrigerating. Lay food film directly on the top of the pudding and press down gently so it doesn't form a skin while cooling. Spoon into teacups and serve warm or cold with a dollop of whipped cream and fresh mint leaves.





### *MILK*

*The official state beverage of South Carolina is — hint: starts with an "m." No, not moonshine, but milk. Our favorite beverage to go with cookies earned this designation in 1984 because dairy farmers, large and small, raise cows. We even have photo evidence of cows on the beach. This image was taken by Fred Hack and is displayed on the walls of many local restaurants.*



*TEA* South Carolina was the first state to grow tea in the U.S. Tea enthusiasts danced in the streets when tea was named the State Hospitality Beverage in 1995. Merci to French botanist Francois Andre Michaux, who planted tea bushes in 1799 at what is now known as Middleton Place just outside of Charleston. Over the next century tea plantations peppered the state and even produced an Oolong variety, which won first prize at the 1904 World's Fair. Unfortunately, these tea plantations did not survive – not because of commercial failure but because owners either were killed or died in freak accidents. Not to be deterred, 25 years of research starting in 1963 on Wadmalaw Island by the Thomas J. Lipton Company established tea as a viable crop in the Sea Islands of South Carolina, with Summerville eventually becoming a hot spot for sweet tea.






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# Sea Island classics

## LOCAL CHEFS AND RESTAURANTS SHARE RECIPES ROOTED IN LOCAL CULTURE

STORY BY BAILEY GILLIAM

Seafood, peas, rice and greens are just some of the nuts and bolts of Sea Island dishes. Native Sea Islanders have been preparing unique recipes for centuries with many dishes rooted in a culture that is thousands of years old. The Gullah's cuisine, which still maintains a presence in South Carolina's Lowcountry and Sea Islands, relies upon the gifts of land and sea. Thanks to the culinary traditions kept alive by this unique culture, you too can make recipes inspired by this authentic cuisine. Here are some Sea Island-inspired recipes by local chefs and restaurants.



### PEAS, PLEASE

Ruddy and diminutive, Sea Island red peas represent the variety of heirloom field peas used in early versions of the dish we know as Hoppin' John. Expressing the vigor of their African diversity with bold flavor and exceptional nutrition, Sea Island red peas cook to a sweet, creamy richness. This recipe from Alexander's Restaurant showcases the full potential of these local field peas, which have been grown for generations in the Gullah corridor of the Sea Islands.

**ALEXANDER'S RESTAURANT**

### Stewed Sea Island Red Peas

**INGREDIENTS**

*2 cups dried Sea Island red peas, soaked in water for at least 8 hours*
*2 medium-size carrots, small dice*
*3 stalks of celery, small dice*
*1 yellow onion, small dice*
*3 cloves garlic, minced*
*4 ounces bacon, preferably Benton's Bacon, cut into lardons*
*2 quarts veggie or chicken stock*
*1 sachet bag with bay leaf, peppercorns, rosemary, and thyme*

**DIRECTIONS [1]** Render the bacon on medium heat until it's crispy. Add garlic, celery, carrot, and onion. Cook for 6-7 minutes. **[2]** Add red peas, stock, and sachet and simmer for 60 to 90 minutes until peas are tender. Adjust seasoning with salt and pepper and serve. Store in the fridge for up to a week.





## SEAFOOD WITH ATTITUDE

As one might expect, seafood is a main staple of Lowcountry cuisine. For generations, our rich estuary system has provided an abundance of shrimp, fish, crabs and oysters — all of which were prepared fresh prior to the refrigeration era. The marshlands of South Carolina also proved conducive to growing rice, and that grain became a significant part of the everyday diet. This hearty stew from Skull Creek Boathouse will keep you warm on those chilly 40-degree nights.



**SKULL CREEK BOATHOUSE**

### *Sea Island Seafood Stew*

**INGREDIENTS**

*2 teaspoons extra virgin olive oil*
*1 cup diced celery (about 3 stalks)*
*1 cup chopped green pepper (about 1 medium pepper)*
*1 cup diced onion (about half a medium onion)*
*2 teaspoons minced garlic*
*2 (15-ounce) cans of crushed tomatoes (or 1 [28-ounce] can)*
*2 1/2 cups crab or seafood stock*
*20 middle neck clams, rinsed and purged*
*2 cups fresh green beans, stemmed and cut into 1-inch pieces*
*1 pound jumbo lump crabmeat*
*1 pound bay scallops (such as North Carolina Calico)*
*20 shrimp, peeled and deveined*
*2 1/2 cups frozen okra, thawed*
*2 cups fresh corn kernels (from 2-3 ears) or frozen, thawed kernels*
*1 tablespoon gumbo filé (ground sassafras)*
*1 1/2 teaspoons dried thyme (or 1 tablespoon minced, fresh)*
*1 1/2 teaspoons dried coriander*
*1 bay leaf*
*Salt and black pepper to taste*
*Cooked white rice for serving*
*Hot sauce, if desired*

**DIRECTIONS [1]** Heat oil in a large stockpot over medium-high heat. Sauté celery, green pepper, onion and garlic, frequently stirring, so the garlic doesn't burn, until they begin to soften and brown slightly, about 8-10 minutes. **[2]** Add tomatoes and stock, reduce heat, and simmer, uncovered, for 10 minutes. **[3]** Add clams and continue simmering until the clams pop open, about 10-18 minutes, depending on size. **[4]** Add green beans and continue simmering for about 5 minutes. **[5]** Add crab, scallops, shrimp, okra, corn, gumbo filé, thyme, coriander and bay leaf. Cook until the seafood is just cooked through. Discard any clams that did not open. Taste and season generously with salt and black pepper. **[6]** Serve over rice, passing hot sauce at the table if desired.


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**MOSS CREEK**

## *Sea Island Bouillabaisse*

**INGREDIENTS**

*1 each 4-ounce medallions local redfish fillet*
*12 shrimp, peeled and tail off*
*12 live **mussels***
*1/2 cup potatoes, shaped into balls with a melon scooper*
*1/2 cup carrots, shaped into balls with a melon scooper*
*1/2 cup medium onion, diced*
*1/8 cup celery, finely diced*
*2 teaspoons fresh chopped garlic*
*1/2 teaspoon crushed red pepper*
*2 teaspoon saffron threads*
*1 teaspoon dried tarragon*
*1/4 teaspoon dried thyme*
*1/2 cup chiffonade collard greens*
*1 cup white wine*
*1 quart shrimp stock*
*Zest of 1 lemon*
*Clarified butter, as needed*
*2 tablespoons cornstarch*
*Crusty Cuban bread, for dipping*



**DIRECTIONS [1]** Sauté carrots, onions, and celery in butter and add pepper and garlic. Be sure not to brown the garlic. **[2]** Add wine, zest, stock, water, greens, saffron and herbs. Simmer until carrots are tender and greens are limp. **[3]** Add potatoes and simmer until potatoes are almost tender. **[4]** In another deep sauté pan, heat butter and sear shrimp on both sides. Cover with broth and simmer until done. Make a slurry with cornstarch and 2 tablespoons of cool water and add to the mixture while stirring. Cook one more minute. **[5]** Present in a soup bowl and garnish with grilled bread.



## *SOUP'S ON*

Seafood is so vital to Sea Island cooking, we thought we'd share more than one recipe with seafood. Moss Creek shared this classic recipe that is sure to please. This bouillabaisse loaded with redfish, shrimp and mussels is a seafood lover's dream. It will have you pining for more.



## *THE WORLD IS YOUR OYSTER*

Oysters have been a favorite staple for the Sea Islands for centuries. Early Native Americans harvested oysters, subsisting on the plentiful bivalve populations in Lowcountry waters. They appear in tidal salt marsh creeks at low tide throughout the area. In fact, the Lowcountry and Golden Isles' waters are some of the richest oystering regions along the Atlantic coast. One of the most traditional ways to eat oysters in the Sea Islands is to steam several bushels in a communal oyster roast, but this lovely oyster stew from Charlie's Coastal Bistro will satisfy even the pickiest craving.

**CHARLIE'S COASTAL BISTRO**

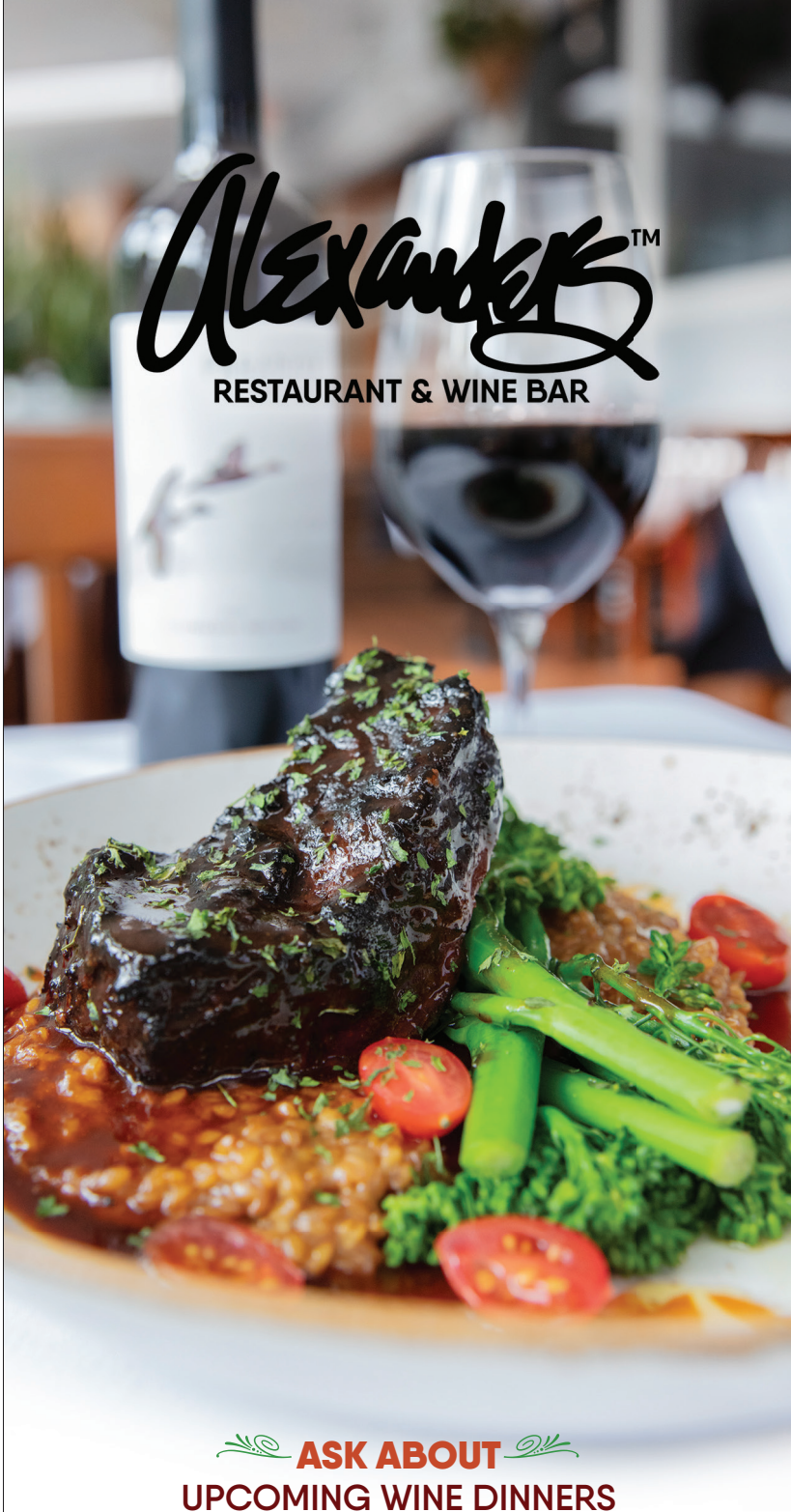
### *Pan Roast Bluffton Oyster Stew*



**INGREDIENTS**

*4 cups heavy cream*
*5 tablespoons chili sauce*
*1/2 teaspoon Tabasco*
*1 tablespoon celery seed*
*2 tablespoons Old Bay*
*1/4 teaspoon cayenne*
*1/2 teaspoon paprika*
*1 teaspoon Worcestershire sauce*
*1 pint fresh shucked Bluffton* ***oysters***

**DIRECTIONS [1]** Put all ingredients except the oysters in a medium saucepan and mix well. **[2]** Bring the cream mixture to a boil, occasionally stirring to avoid burning. **[3]** Last, toss in the desired amount of oysters. Continue to cook for 1-2 minutes or until the desired temperature is reached.


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# Cross-cultural cuisine

## NINI NGUYEN SHARES HER LOVE OF COOKING LEADING UP TO HER SEAFOOD FESTIVAL APPEARANCE.

STORY BY DAISY DOW



Chef, instructor and author ***Nini Nguyen*** puts her heart and soul into every dish she prepares. After her appearance as a contestant on Bravo's Top Chef All Stars, Nguyen returned to her home state of Louisiana to get back to her culinary roots. Next month, she brings her expertise to the Lowcountry for the Hilton Head Seafood Festival. Before the New Orleans chef heads to the Atlantic for a festival showcasing the evolution of Southern cuisine, hear about Nini Nguyen's love for cooking and how her experiences growing up in New Orleans as a Vietnamese influenced the dishes she creates today.

### SEASONED WITH EXPERIENCE

Nguyen's philosophy about food delves into the ephemerality of experience, the essence of flavor and joy of engaging with cultures from around the world. Her social media profiles take you on a journey around the world, showcasing foods from Vietnam, South Korea, Tunisia, France and beyond. Her recipes take inspiration from all over the world, but every dish she makes creates an irreplicable experience for anyone who has the chance to eat it.

"[Food is] a great way to kind of have an experience. You're never really going to eat the same thing exactly how you have it in your mouth," Nguyen said in an interview with LOCAL Life. To Nguyen, cooking is a means of taking people on a journey. Every meal is a contained experience, using flavor, spices and seasonal ingredients to draw a connection to culture, tradition and community.

"If someone hasn't had something before, I want to introduce them to it. I want to introduce them to a new ingredient or new kind of cuisine that they don't

### SAVE THE DATES

***FEBRUARY 20-26***

*Hosted by the David M. Carmines Memorial Foundation, the Hilton Head Island Seafood Festival is a celebration of the Lowcountry's fishing roots and culinary heritage. Get a taste of the South from the region's finest pitmasters, chefs and mixologists. Join Chef Nini Nguyen for the Zero Forks Given demonstration at the Omni from 6-9 p.m. Feb. 23 and her master class at 10 a.m. Feb. 24.* ***hiltonheadseafoodfestival.com****.*



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know they might like and now they love it. I'm addicted to that. It's a weird thing, but I love it." Generosity, surprise and tradition all meld in Nguyen's cooking.

## *COOKING DAC BIET*

She helped build a cooking school in Brooklyn and appeared on Top Chef in Kentucky and Los Angeles, but for Nguyen everything comes back to New Orleans. She is interested in the relationship between New Orleans' Vietnamese population and the cross-cultural exchange of recipes and food cultivation practices in the South. Set to be published in 2024, Nguyen's recipe book *Dac Biet*, which means "with everything" or "to be extra," explores the recipes that have come to inform her culinary identity.

Nguyen explained how the parallels between NOLA and Vietnam drew many immigrants to settle in the area during the 1970s. A common connection to French culture, similar weather conditions and a shared reliance on fishing helped Vietnamese people find meaningful ways to embrace a foreign land with a sense of familiarity.

Speaking on behalf of the Vietnamese people in southern Louisiana, Nguyen said,









"We adapted, and we learned how to cook Southern food, Louisianan food, New Orleans food. Fishing was a way to make a living, and Vietnamese women would learn to make Cajun-Creole food." To this day, many Vietnamese-owned businesses across the city play an integral role in the boiled seafood industry.

## *MODERN, SOUTHERN SEAFOOD*

Nguyen's culinary identity developed through the foods she grew up on, be that the pho she cooked with her grandmother or the jambalaya she grabbed at the corner store. "Food is meant to be shared, and knowledge is meant to be shared," she said. Through her book and her visit to Hilton Head for the Seafood Festival, there are plenty of ways to tap into Chef Nini's expertise and to experience the taste of something new.

When it comes to cooking seafood, Nguyen's advice: don't overcook it. "People always overcook seafood like they're scared of it, but you can literally eat seafood raw and not get sick as long as it's good quality." she is a firm believer in the power of fish sauce to bring out a delicious umami flavor in any seafood recipe. If you are still unsure of your seafood cooking abilities or are still a little hesitant on fish sauce, perhaps it's best to come straight to the source and try Chef Nini's culinary creations at the Hilton Head Island Seafood Festival in February. *LL*



**TOP CHEF**
Nini Nguyen is a New Orleans based chef, instructor, recipe developer and recent contestant on Bravo's Top Chef Kentucky, Season 16. Meet her at the Hilton Head Island Seafood Festival.

**NINI NGUYEN**

### *Lemongrass-blackened fish*

**INGREDIENTS**

*4 tablespoons madras curry powder*
*1 stalk lemongrass*
*1-2 Thai chilies*
*1/4 cup fish sauce*
*1 tablespoon sugar*
*3 cloves garlic*
*4 fish fillets (for the fish I usually pick something white, mild and relatively thin. Anything similar to the thickness of tilapia)*

**DIRECTIONS [1]** Beat lemongrass, Thai chilies and garlic into a paste, using the mortar and pestle. **[2]** Add sugar and curry powder and mix until evenly incorporated, then mix in the fish sauce. **[3]** Brush the mixture onto the fish and let the fillets marinate for at least 30 minutes. **[4]** Pan sear on medium-high heat until blackened. Top with papaya salad and serve with rice (I really like jasmine rice).

### *Chef Nini Nguyen's kitchen essentials for cooking seafood:*

- *Fish sauce (the Vietnamese alternative to salt)*
- *A really sharp knife*
- *A spoon*
- *An open mind for trying something new*

# *2023 HILTON HEAD ISLAND SEAFOOD FESTIVAL EVENTS*

*Buy tickets at* ***hiltonheadseafoodfestival.com***



**FEBRUARY 22 Tickets:** $49

## *Callawassie Island Tour of Homes*

**Location:** 2-6 p.m., Callawassie Island Club
**Details:** Enjoy an afternoon touring Callawassie Island and a featured selection of beautiful residences. Be treated at each stop with elegant wine and food pairings.



**FEBRUARY 22 Tickets:** $124

## *Holy, Moles and Olea*

**Location:** 6-9 p.m., Holy Tequila
**Details:** New in 2023, this pop-up dinner shares New Mexican culture, course by course. Chef Fernando Olea, winner of the Best Chef of the Southwest 2022 James Beard Award, joins chef Tim Nelson of Holy Tequila for this event.



**FEBRUARY 23 Tickets:** $90

## *Zero Forks Given*

**Location:** 6-9 p.m., The Omni Oceanfront Resort
**Details:** Embark on a culinary adventure featuring seafood creations made with globally influenced flavors, and enjoy a dining experience on the surf. Guests are invited into the oceanside courtyard where each course is expertly prepared by celebrity chefs, including Brother Luck and Nini Nguyen.



**FEBRUARY 24**

## *Secrets of a Pitmaster*

**Location:** 4-9 p.m., Coastal Discovery Museum
**Details:** This master class demonstration of barbecue techniques includes local and visiting chefs from around the country. You'll experience unique and correct techniques for cooking on charcoal, how to prep meats for the barbecue and more.



**FEBRUARY 24 Tickets:** $125

## *Pig Pickin' + Oyster Roast*

**Location:** 6-9 p.m., Coastal Discovery Museum
**Details:** Hilton Head's best chefs, celebrity guest chefs and pitmasters prepare local shrimp, whole hogs, whole chickens, chopped barbecue and all the side dish trimmings. Wash it all down with brews, wines, signature cocktails and live music.



**FEBRUARY 25 Tickets:** $89

## *2023 Saturday Seafood Festival*

**Location:** 1-4 p.m., Shelter Cove Harbour & Marina
**Details:** The main event offers samplings from more than 100 food and beverage vendors. Enjoy two stages of live entertainment, celebrity chef cooking demonstrations and wine, beer and cocktail seminars.




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# RESTAURANT news&notes

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NEW RESTAURANT

### Thai Smile Cuisine

*Thai Smile Cuisine, located right off the bridge in Bluffton, closed in August.* ***It revamped and moved to Island Crossings Plaza near the Sea Pines Circle.*** *The signature lanterns are up, so the opening is so near, we can smell it.*




### New product at Salty Dog

***Howling Coyote Delightful Treats for Your Dog are made with only two ingredients: chicken and oatmeal.*** *Customers enjoy a complimentary bag of Howling Coyote Dog Treats for every shirt and bandana purchased. Pick up a 4-ounce bag for $7.95.*

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### Imported Vantia Calabrese Chili Peppers in Oil




***Head to Michael Anthony's Market Cafe for a culinary adventure.*** *These peppers add a unique flare to pizza and light up any dish. They're terrific on sandwiches and great for adding heat and spice to any vegetable. Grown only in Calabria, these peppers must be hand-packed. They taste a bit smoky and are endowed with a fiery spiciness.*

### New products at Burnt Church Distillery

***Johnny Fever Bourbon Barrel-Aged Maple Syrup:*** *This 100 percent pure maple syrup, produced by Tom and Kristen Bastow, was aged in Johnny Fever bourbon barrels, making it deliciously decadent and unique. It's the perfect addition to any sweet treat – pancakes, ice cream, or anything that needs extra indulgence.*

***Anita's Choice Bourbon Barrel-Aged Local Honey:*** *The locally harvested Wildlight Honey is barrel-aged in Anita's Choice Bourbon Whiskey barrels for at least 60 days, giving the honey a rich, balanced flavor between the wildflower honey and the strong notes of charred oak vanilla and crisp Anita's Choice Bourbon Whiskey. This product is made for and sold exclusively at the Burnt Church Distillery.*






## *Introducing River House at Montage Palmetto Bluff.*

River House is a celebration of Lowcountry culture and cuisine—an instant favorite. This intimate connection between land and sea intertwines seasonal harvests, thoughtfully sourced meats, fresh catch, cocktails and wines, curating an experience as unforgettable as the Lowcountry itself. Now accepting reservations.

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## *Hilton Head Distillery favorites*

***Solera Rum:*** *Started in 2015, Solera contributes a small portion of South Carolina's oldest rum into every bottle. The full, rich flavor has notes of crème brûlée, tropical fruit, bourbon oak and baking spice. This adventurous spirit is excellent neat or on the rocks and absolutely shines through in cocktails.*

***Panela Rum:*** *Panela Rum is copper-pot distilled using age-old techniques and natural, unrefined dehydrated sugar cane juice from a three-generation family farm in Colombia. It's filled with complex notes of vanilla, caramel cream and cane grass. Floral like the flavor of springtime. Enjoy it over ice or in a delicious cocktail.*




*Enjoy the newly* ***renovated heated outdoor bar and patio*** *at Lucky Rooster Kitchen + Bar.*

*Marriott Vacation Club partnered with Lowcountry Fresh Market & Cafe to ensure a* ***"farm-to-resort"*** *guest experience.*

*Corner Perk's* ***new location*** *on Hilton Head will be opening at the end of January/beginning of February.*

*River Dog Brewing in Okatie is building a* ***new microbrewery*** *on May River Road in Bluffton.*

# *Try these!*

*Must-try **super salmon dishes** from local restaurants.*



**TOASTY**

Try the delicious Salmon Avocado Toast at ***Palmetto Bay Sunrise Cafe*** for a breakfast (or lunch) packed with protein and omega 3s. And don't forget that Bloody Mary – tomatoes are a vegetable, right?



**THE GREAT CAPER**

Try ***Celeste's*** Atlantic Salmon Meuniere if you're craving a more traditional dish. Its meuniere is pan-seared Atlantic salmon with lemon, capers, brown butter, whipped potatoes and asparagus.



**ROAST ME**

There's nothing like roasted salmon. Head to ***Alexander's Restaurant*** for a delicious roasted salmon paired with roasted vegetable couscous, asparagus and lemon caper butter–decadence at its finest.



**DIY GOURMET**

If you want a cozier experience at home, pick up a prepped cilantro lime salmon from ***Nantucket's Meat & Fish Market***. Heat it however you like, and you're ready for a delicious meal.



**JUST GRILLIN'**

***Skull Creek Dockside's*** Grilled Salmon B.A.T. is where it's at when you want a hearty, fresh lunch. This sandwich features perfectly grilled salmon, applewood smoked bacon, sliced avocado, tomato and mayonnaise on grilled challah bread.




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# 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 Coastal Bistro.* ***Here are her sipping suggestions for January:***

# Madeira

Across the Atlantic, just off the coast of Portugal, lies the island of Madeira. Much like our island, the weather is temperate year-round, attracting visitors from around the world to enjoy its beautiful coast along with its flora and fauna. Because of its strategic location, visitors began passing through the island during the Age of Exploration, making it a major hub of exchange. Cargo ships introduced the island's wine to the colonies of America, where the wine became wildly popular.

Madeira is a fortified wine; meaning fermentation is stopped by the addition of spirits. Shippers found that collectors preferred the taste after the wine had been heated in the hull during voyage. It added depth of flavor and character. Winemakers began "baking" their wines in the hot sun, making Madeira the only wine that employs heat as a process. The Rare Wine Company set out to bring back quality vintage character Madeira during the early 2000s with its historic series. Collaborating with winery Vinhos Barbeito, the line illustrates the quality level as correlated to sweetness. Take a little sip of history before or after dinner.




**1. Baltimore Rainwater:** Slightly off dry, great served slightly chilled as an aperitif. **2. Charleston Sercial:** Driest; pairs well with cheese, soup and nuts. **3. Savannah Verdelho:** Slightly sweet with more citrus notes. This makes an excellent palette refresher after a meal. **4. Boston Bual:** notably sweeter with more caramel notes **5. New York Malmsey:** Dessert-level sweetness; perfect with chocolate, dark fruit and foie gras.

**RELATED READING**
**Scan this QR code** to learn more about Madeira's long engagement with the Lowcountry.

# Coffee cocktails

*Three coffee-based vodka concoctions to keep you awake (because someone has to listen to Grandpa).*

*Enjoy your morning cup of Joe the boozy way by mixing up one of these coffee-based vodka recipes from the team at **Tito's Handmade Vodka**. Sip them as an afternoon pick-me-up or as a dessert after a meal, as long as you can handle the caffeine. Remember, it's never too late for coffee. Or vodka.*




## Tito's Late-Night Latte

Whether you're planning a late night or serving brunch with a boost, mix up your go-to cold brew with a Tito's twist. Just add a splash of the good stuff, a hint of rich chocolate and fresh citrus for a coffee cocktail with a sweet finish.

**INGREDIENTS**

*1 1/2 ounces Tito's Handmade Vodka*
*2 ounces cold brew*
*1/2 ounce Crème de Cacao*
*1 orange slice*
*1/2 ounce half & half, optional*

**DIRECTIONS [1]** Add ingredients to a glass over ice and squeeze orange slice. **[2]** Stir and top with half & half or non-dairy creamer if desired.




## Tito's Espresso Martini

Shake up a decadent after-dinner drink that adds a jolt of bold espresso and a little sweetness to your smooth Tito's.

**INGREDIENTS**

*2 ounces Tito's Handmade Vodka*
*1 ounce coffee liqueur*
*1 ounce espresso*
*1/2 ounce creamer, optional*
*3 espresso beans, garnish*

**DIRECTIONS [1]** Add all ingredients to a shaker with ice. **[2]** Shake and strain into a martini glass. **[3]** Garnish with espresso beans.




## Coffee Liqueur

A whiff of aromatic vanilla, a bit of sweetness and some Tito's Coffee Liqueur make the perfect blend. Just plan ahead and give the infusion a month or so before drinking.

**INGREDIENTS**

*750 milliliters Tito's Handmade Vodka*
*1 cup of ground coffee*
*1-2 cups simple syrup*
*2 vanilla beans*

**DIRECTIONS [1]** Slice open the vanilla beans. **[2]** Add all ingredients to a glass container. **[3]** Let sit in a cool dark place for two weeks, stirring occasionally. **[4]** Strain infusion through a fine sifter until coffee grounds are removed. ***Pro-Tip:*** *The flavor gets even better after a month or so--if you can wait that long.*

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Connecticut River Museum

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**Duration:** 2 hours, 10 minutes
**Airline:** Avelo (Mondays and Fridays)
**Recommended rental:** BMW 5 Series (Sixt)



*Hen and Heifer Bakery*

# Essex, Connecticut

## *WHERE HISTORY, TRADITIONAL PLEASURES AND AN EASY-GOING LIFESTYLE ABOUND.*

BY B.C. RAUSCH

Essex, Connecticut, is a picture-postcard town with an inviting Main Street for strolling and shopping. According to one local, "Essex has become our own Newport in miniature. Main Street is pristine."

From Savannah Hilton Head Regional Airport, Avelo Airlines offers in-season, twice-a-week nonstop flights to New Haven, Monday and Friday, scheduled perfectly for a New England long weekend.

On the way to Essex from Tweed New Haven Airport, stop at the world-class **Hen and Heifer Bakery** in Guilford. According to a local foodie, "it is really my favorite bakery — anywhere."

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*— Shannon*

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*— Marcia*

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*— Julia*

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Covering 10 square miles, Essex is made up of three villages—Essex Village, Centerbook and Ivoryton. Its location along the west bank of the Connecticut River affords natural beauty and brings vitality to the community, which is enhanced by the Falls River watershed that courses through the three villages before flowing into the Connecticut River.

Be sure to bring your walking shoes: Local open-space preserves feature 32 miles and 73 hiking trails, and the best way to explore is by foot. A long-time local suggested starting on North Main Street and walking to the Colonial-era **River View Cemetery**, which sits on a majestic piece of riverfront property with views of the islands and across from Old Lyme.

Essex's Main Street offers upscale women's clothing retail, children's shops, chocolates, and other specialty boutiques. An amble down Main Street to the Connecticut River will find plenty to satisfy.

The Essex Art Association Gallery, housed in a historic schoolhouse at 10 N. Main St., was founded in 1946 by a group of avant-garde artists. It's open during the summer, showcasing regional artists with six shows a season.

Continue down Main and over to Riverview Street to Foxboro Point, which offers more stunning views of the river and marshes. Along the route you'll pass many historic homes and soak up the charm of the town.

**The Connecticut River Museum**, located at the end of Main Street in a restored steamboat warehouse, is home to numerous river artifacts and maritime history, including the "American Turtle Submarine," considered America's first underwater war vessel.

All that walking is sure to work up an appetite. There are two places downtown for coffee: Essex Coffee + Tea and **Olive Oyl's**. The latter, located in a former gas station, is ideal for sandwiches, soups and salads. Drive a few minutes north to The Whistle Stop in Deep River for homemade breakfasts.



*River View Cemetery*




*Olive Oyl's*




*The Griswold Inn*



*La Marea*

**The Griswold Inn**, circa 1776, hosts sea shanty singers in its historic Tap Room bar (named among the top 100 bars in America by Esquire Magazine) and is a great place for a pre- or post-dinner drink. Also in "The Gris" is The Wine Bar, which serves goose mousse pâté on grilled crostini and a signature fondue, with a vast wine selection.

Other good dining choices include the bar at Carlson's Landing, with its view of the local boatyards, and the pub at The Black Seal seafood restaurant.

While dining options are limited in the Village of Essex proper, the Copper Beech Inn (Ivoryton), The Red House (Deep River), and Liv's Oyster Bar (Old Saybrook) are minutes away.

The town of Essex celebrates numerous traditions, including its annual Groundhog Day parade. A nine-foot, paper-mache groundhog named "Essex Ed" is carried through town with revelers making noise to rouse him from his slumber and bring an end to winter. The town also sponsors a "Loser's Day Parade" each spring, which recognizes the 1814 burning of 29 ships in Essex Harbor during a raid by the British.

Tired of walking? Take the popular **Essex Steam Train**. Its main station is in Centerbrook, with stops in Deep River, Chester and Haddam. The train's route goes from Essex to Deep River.

Centerbrook also offers some great eats. Savour Café and Bakery is a sweet spot for scones, cupcakes, tarts, pastries and light meals. Surfridge Brewing Company, located in the former Dickenson Witch Hazel factory, is young and a little noisy but makes up for it with unique beers and wood-fired pizza.

Another dining option, in the neighboring town of Old Saybrook, is **La Marea**, a favorite for pizza. as well as a full Italian menu. Snag a high-top table in the bar for the best view of the open kitchen.

La Cocotte in Old Saybrook is notable for croissants and "egg-centric" meals. Housed in the historic James Pharmacy, it's right down the road from the village of Fenwick, with its shingled cottages and former home of Katharine Hepburn. Pop into Dagmar's in Old Saybrook for the best stollen, scones and German-baked items.

Old Saybrook also is the hub for grocery shopping and culture. The 200-seat Katharine Hepburn Cultural Arts Center ("The Kate)" hosts a wide variety of top performances, from plays to music, comedy to films.

The quintessential small New England town, Essex — and its neighbors — fill up fast, so make reservations early if you want to stay. The Griswold Inn has 33 rooms, and the Copper Beech Inn in Ivoryton only 22. You can find other options further away, but to truly appreciate the traditional pleasures and easy-going lifestyle, try to stay local. It's worth it. *LL*

*Essex Steam Train*





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# Morning Glory Homestead

STORY + PHOTOGRAPHY BY CAROLYN MALES




*THIS FAMILY FARM ON ST. HELENA ISLAND EMBODIES THE HISTORY AND CUSTOMS OF SEA ISLAND RESIDENTS.*

I wasn't expecting to be escorted around Morning Glory Homestead by two tom turkeys. But here we are — Belinda and Tony Jones and me, making our way across their big yard, maneuvering amid waddling ducks and pecking chickens, both groups oblivious to the cat that is prowling by the mulch pile. We're headed toward a clearing in a corner of their 12.4-acre farm, our progress punctuated by the crowing of a rooster in the distance. Past the wooden shacks, dubbed Coopville, where the Joneses collect fresh eggs each morning, we pause at the wire fence where a litter of piglets are comically tumbling all over each other as they jockey for a primo viewing spot.

Soon the three of us arrive at a stand of tall live oaks strung with white lights. This is where the action takes place. Several times a year, visitors arrive an hour before dusk to gather around fire pits for Gullah Campfire Suppers. Their drive out to St. Helena and down a rough dirt road is rewarded with an evening of lively talks about local history and customs, food, storytelling or whatever intriguing subject the Joneses have chosen to focus on that particular evening.

Depending upon the evening's topic, attendees might hear from historians, farmers, community activists, writers and storytellers. Then, as the moon and stars begin lighting up the sky, the Joneses sing favorite local songs including old spirituals from *Slave Songs of the United States*, many of which were collected around the Sea Islands by abolitionists during and after the Civil War.



Afterwards visitors feast on a groaning board of Gullah farm-to-table fare set up at one end of the clearing. They can choose and sample dishes like collard greens, cornbread, shrimp and grits, okra, chicken, peach cobbler, not to mention salads and vegetables from the Joneses' garden — before making their way back to tables surrounding the crackling fire.

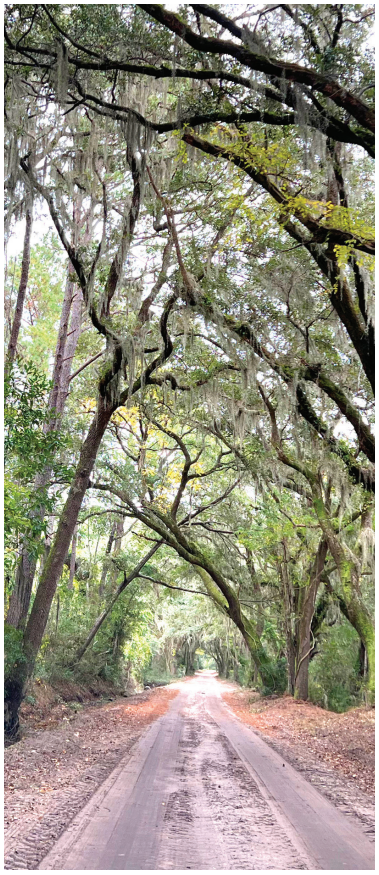
Each supper is themed. For one celebrating Black History Month, the featured author was Robert Middleton, who told tales of growing up Gullah, his student years at Penn School and his later stint as docent at the York W. Bailey Museum there. For that evening's meal the Joneses, who always spotlight a dish made from a traditional cookbook, chose "Mess O' Greens" (a salad of garden greens tossed with a warm vinaigrette and pecans) from *Country Living Cookbook* by Dori Sanders, one of the state's oldest Black peach farmers.

Natural foods and sustainability is the gospel the Joneses preach, whether giving tours of the farm or staging events. This past October their "Farm and Field to Table: Fall Mushroom" event centered on Black agricultural scientist Dr. George Washington Carver (1864-1943) and his work in mycology, the science of fungi. Along with talks by St. Helena mushroom grower William "Bubba" Green and certified forager and chef Alex Curtis, Belinda spoke about Dr. Carver's discoveries in that field. That afternoon's culinary treat was a butternut squash and mushroom risotto dinner Curtis cooked over an open fire.













## *Gullah roots*

Establishing Morning Glory Homestead has been a voyage of discovery and exploration of the Joneses' own Gullah roots. In fact, the land we're standing on now was part of the McTureus Plantation, where his ancestors were enslaved. During Reconstruction his family bought this acreage. But for Tony, who'd spent his childhood in Burton, his Gullah heritage had all been in the hazy past. "Growing up Gullah in this area, you were often chastised and discouraged from speaking Gullah because our parents and teachers wanted us to speak standard English," he explains. Meanwhile, Belinda, who was raised in Orangeburg, hadn't known much about her own family's Lowcountry history.

The couple met at South Carolina State University, and after graduation Tony's twenty-year Army career would soon take them to different parts of the country and Europe while they raised their five children. When Tony's parents, Robert and Clara, first offered the Joneses the property, Tony and Belinda had shrugged. But then after Tony retired from the military in 2001, their life took a dramatic turn when they decided to move onto the land.

So began their great adventure. As Belinda home schooled the children and Tony worked a series of jobs, the entire family began exploring St. Helena, immersing themselves in local history. "I never heard the word Gullah until we moved here," Belinda admits. So along with Tony, she began delving into her own family history and learned that her great -great-grandmother had been enslaved on a plantation near Charleston.

> *Establishing Morning Glory Homestead has been a voyage of discovery and exploration of the Joneses' own Gullah roots."*



©MORNING GLORY HOMESTEAD

## *Sustainable farming and agritourism*

Over the years the Joneses began developing Morning Glory Homestead with an eye to sustainable farming and traditional crops. The children joined in with 4-H projects, raising melons and tomatoes and starting an organic egg business. Today, with their children off on their own careers, Tony and Belinda have branched out. Not only do they sell produce, poultry, eggs and baked goods online, but they lead Gullah, agritourism and animal husbandry experiences for school groups and the public. Their other offerings include Hunting Island nature walks, fishing outings and tours to historic St Helena spots like the Coffin Point Praise House, Brick Baptist Church, Penn Center and points beyond.

Before I leave, Belinda disappears into the trees and returns holding a spiky African jelly melon by its stem. Taking it gingerly (those spikes are sharp), I examine it. When it turns ripe, she tells me, it can be sliced like cucumber. Then Tony hands me a Meyer lemon. He tempted fate to pluck it because the tree sits precariously close to one of the beehives that produce the farm's raw honey. Beyond the small orchard are the hoop house, the goat pen and the plots where dinosaur kale, chard, basil, okra, peppers and seasonal greens grow. Nearby a stack of lumber lies ready for a new project, a smokehouse.

After taking a quick look at one of the wooded campsites that the Joneses list on Hipcamp, it's time for me to head back out. The turkeys, who've kept pace with us, accentuate our goodbyes with high-pitched gurgling sounds, while the chicks and ducks continue their perambulations, seemingly uninterested in the human intruders amongst them.

For a parting gift Tony ambles over to a big grassy plant and pulls off three yard-long blades. "Smell the ends," he says as he hands them to me. I do. Lemongrass! In the car I place them on the seat next to me and enjoy their scent all the way home. *LL*

## *Upcoming Gullah Campfire Dinners:*

***January 14:*** *Reading of the Emancipation Proclamation with songs and dramatic readings from newspapers and diaries of participants who were at Camp Saxton that day in 1863, followed by a barbecue similar to the one served at that historic event.*

***February 18:*** *Black History Month. Hear the experiences of African Americans and Africans living in the Lowcountry, and taste their traditional dishes.*

***March 11:*** *Women's History Month. Meet an Anthropologist Past and Present. Anthropologist Pasama Cole-Kweli speaks about her own research on the Gullah-Geechee, rural livelihoods and author-anthropologist Zora Neale Hurston's 1940 visit to Beaufort to record Gullah religious traditions. Catered by the Gullah Express.*

***May 27:*** *Decoration Day. Tuskegee Airmen. Details to be announced.*

***Details:*** *morninggloryhomestead.com*




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CREATIVE CONVERSATIONS



# Lance Daniel Aulffo: Michelangelo of the doors

BY CAROLYN MALES

Lance Daniel Aulffo eased the first of the heavy ten-foot wooden doors of the Baptist Church of Beaufort off its hinges and laid it across the sawhorses. Through these portals, crafted in 1844, generations of families had entered the sanctuary. Then when Federal troops took over the town in 1861, the church became a hospital for wounded Black soldiers. Over the following years the doors had been stained, varnished, painted and faux-finished, while Mother Nature battered them with sun, humidity and hurricanes. Now Aulffo, a master wood restorer, had the job of bringing all eight doors back to their original beauty.

Before starting the job, he'd spoken to a historian who'd mentioned that the wood beneath all those layers was probably oak. "I knew that just by stripping those doors, I could shed light on a bunch of stuff nobody knew about," he says, looking back on that day. It would be an easy job, he thought. He thought wrong.

"So I start stripping them and getting down to the wood. But it's another faux paint job. And there were ten more layers to get through. There had to be eighteen in all!" he exclaims. "It turns out the doors aren't oak but cypress, which does not stain well." To complicate the process, he discovered cracks, some eight feet long, that had been patched with all manner of fillers, including Bondo, a material used to repair cars.

Meanwhile the clock was ticking. Aulffo had to get the doors rehung in time for Sunday church services. And he did. That same week the parishioners walked up the steps of the Greek Revival building and entered through its newly refurbished entry.

## *On the home front*

Which brings me to my own front door. It was a mess. Uneven fading, some warping, cracks tattooed the Honduran mahogany. We'd had maintenance done over the years, but sometime after Hurricane Matthew we'd let it slide. Who was the guy to reach out to? Lance Aulffo, we were told. So



we sent him photos. Yes, he could fix it.

But there was a waiting list — a very long waiting list — that stretched from Hilton Head to Charleston to New York and beyond.

Months later Aulffo pulled up in his van and cast his expert eye on the damage.

Then he got to work. Over the next five days we watched his meticulous, multi-step process. Once stripped down and repaired, the doors, even in their naked state, had begun to look (dare I say it?) attractive, elegant even. Standing back, Aulffo gave his handiwork a critical once-over. Like most doors, the panels were made of different pieces of wood. So putting one stain all over wasn't an option. Or at least it wasn't for Aulffo, who is a perfectionist. Thus, a meticulous tweaking of color ensued, adjusting it so each panel matched.

"Ah, you've hired the Michelangelo of the Doors," a friend exclaimed as we later detailed the restoration. Yes, even though he wasn't lying on his back painting Biblical scenes on the ceiling of the Sistine Chapel, Aulffo had turned out to be a fine artist who has found his life's work in this unusual specialty.

So I couldn't help but ask questions. I recently caught up with Aulffo at an unusual time. He'd just finished a big job up on Long Island, working on twenty doors of the Hampton Synagogue, known for its dramatic architecture and art, including installations by glass artist Dale Chihuly. But now Aulffo had taken two weeks off — a rarity for this confessed workaholic — to nurse a problematic shoulder back to health. From there, it would be over to Sea Pines to work on twenty-one Sapele Mahogany doors at the Plantation Golf Club.









*"As soon as I stopped waiting for that pat on the back, that's when I got really good at what I do."*



**[LOCAL Life] It's not every day I run into a master refinisher who specializes in wooden front doors. How did you get started?**

**[Lance Daniel Aulffo]** Basically for four generations everyone in my family has done wood refinishing or painting. It wasn't just my great-grandfather, my father and two of my brothers; it's every cousin and every uncle. My great-great-grandfather started his business in Chieti, Italy, and my grandfather came over to Vineland, New Jersey, right after the Depression. My mom was a hairdresser, so after school I'd get dropped off at my uncle's shop because no one was home. At twelve, I started dabbling, painting wooden shutters or repairing screen doors — simple stuff I couldn't mess up — while I waited for my dad to pick me up. Summers I worked full-time on job sites, which was interesting until you hear about the waves your buddies were catching surfing over in Sea Isle City. Then by the time I was 20, I had my own business, refinishing wood furniture, doors and kitchen cabinets.

**[LL] What drove you toward the more artistic kind of restoration that you do today?**

**[LDA]** In the late '90s, anyone who had a paintbrush in their hand, if they were smart, got into faux finishing. I learned a lot from an uncle who was a landscape artist and great faux finisher. Then when faux finishing really took off, I said, "No more refinishing. I'm a decorative artist." That was around 1995. I went to school in Bardstown, Kentucky, to learn about techniques and new products. I became known for Venetian plaster on columns, walls and ceilings, so if you wanted Venetian plaster, you called me. I ran with it for ten years, working in New York, Philly, St Louis, Florida — all over the country for high-end designers. My last name got me jobs. I never needed to have a website or advertise.

So flash forward to moving to Hilton Head eight years ago. When I arrived, I would have cleaned your gutters, and I did. Anything that would keep money coming I was doing. That didn't last long.

**[LL] Faux finishing to cleaning gutters to wooden front-door restoration — that's an interesting career progression.**

**[LDA]** My fiancée, Diana, always wanted to leave New Jersey, but I didn't. When she moved to Hilton Head, she asked me to visit. I hadn't had a vacation in five years, so I came down that summer. Then I went back home to live at my mom's, sleeping in my little bed, trying to figure things out. And I find I'm going out to the same bars I went to when I was 21, but now I'm in my 40s, hanging out with the same guys. So I think I've got to try moving. If it doesn't work out, I'll come back. What do I have to lose?

**[LL] And you stayed this time.**

**[LDA]** I came here in November 2014 and basically it was a slow start. I didn't come here to go back into my business, so I left my van and all my tools with my dad. I was going to be a bartender on the beach, but I never even applied. As soon as I started doing a little bit of door refinishing work and saw how starved this place was for somebody like me, that was it.

**[LL] What is it that makes you love refinishing wooden doors?**

**[LDA]** In August when I'm in a mask, goggles, hat, rubber gloves and long sleeves and slacks, I don't really like it. But that's the worst part. Once I strip and sand a door and get to the coats and I can see where it's going. I'm thinking, yes, this is going to work. When I stain, that's when I can see if I need to adjust anything or if I nailed it. I'll even get a sander out in the middle of a job and go to work on a board because I know it will look better. No one in their right mind would do that. I used to stain the whole door and then adjust. Now as I'm stripping and sanding the door, I can see what's missing for each board, and I can go 'this one needs a little of this and a little of that color,' and I'll adjust each board as I go, which takes a lot of time.

**[LL] You're clearly a perfectionist.**

**[LDA]** You know when I got really good at this? When I stopped listening to my customers tell me I'm good. I have to say it's good because I know what I'm looking at. So as soon as I stopped waiting for that pat on the back, that's when I got really good at what I do, because it was about my eyes, not anyone else's. I spend hours and hours because I want to be proud. If you're the customer, you have to be happy, but I have to be happy too.

**[LL] About that waiting list...**

**[LDA]** I've pared it down because I've started turning down jobs. I want to do doors that when I'm done, I'll have pictures showing where I took the wood from a bad state to a beautiful state. I like the big turn. The before, during, and after pictures are my life. *LL*

# *Shoreline*

Mollusk holes
burst like the sizzle
of morning bacon to mar
a smoothness that was there
a moment ago.

The colony of coquina
panics in its exposure,
strains indelicate feet
to dig back under, away
from limicolous beak

While the husks of the others
float then settle, settle, float
their beauty splayed, enhanced
in death. The shells are butterflies
striate and multicolor, around my ankles.

Unquelled, tidewater rushes back, no
mere bygone echo, but reaching
further than what's expected, transforming
a digging into a lifting as the bivalves
swash and float toward the next.

My feet burrow into ancient sediment.
I want to kneel upon this history.
my choice is to strain or move
with creature surrender.
I remember — I know

The beginning
The now
The end.

**— Delia Corrigan**



*Shell Coral Sponge* by **Judy Blahut**




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# January happenings

## Charity & Community







### JANUARY 13-22

## Beaufort Oyster Festival

**When:** Jan. 13-22 **Where:** Henry C. Chambers Waterfront Park
**Details:** Don't miss the 3rd Annual Beaufort Oyster Festival – Queen of the Carolina Sea Islands Heritage Event for Greater Beaufort. The event is conceived as a 10-day festival week coinciding with Tides to Tables as part of South Carolina Restaurant Week and culminating in a weekend of mini-festival events throughout northern Beaufort County. The Festival Weekend will be January 21-22. ***bfthospitality.com/bftoysterfestival***



### JANUARY 28

## Snow Day

**When:** 11 a.m.-noon, Jan. 28 **Where:** Shelter Cove Park
**Details:** This family event will have inflatable rides, a snowfield and other entertainment. ***islandreccenter.org***

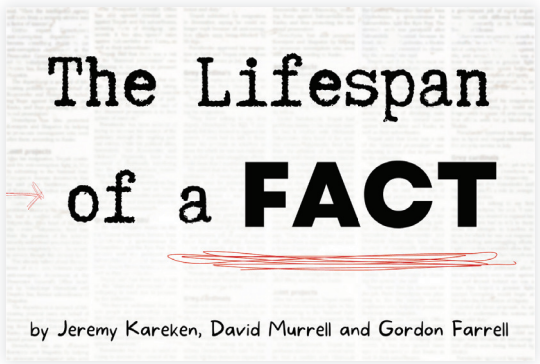


## Art League Hilton Head Island classes

Learn a new skill and unleash your creativity with one of these art classes at the Art League Academy on Cordillo Parkway. ***artleaguehhi.org***

### CLASS SCHEDULE

***One Day of Plein Air with Pastels at Honey Horn Plantation:*** *9 a.m., Jan. 14*
***Watercolor Pouring:*** *10 a.m., Jan. 16-18*
***Mixed Media - Birds of a Feather:*** *10 a.m., Jan. 19*
***Acrylic & Palette Knife - A Field of Sunflowers:*** *1:30 p.m., Jan. 19*
***Blowing Flowers in Alcohol Inks:*** *10 a.m., Jan. 21*
***Painting on Glass:*** *9:30 a.m., Jan 23*
***Stained Glass 101 - Gorgeous Window Panels:*** *9:30 a.m., Jan. 24-26*
***Beanie or Slouchy Hat:*** *10 a.m., Jan 24*
***Building Blocks to Successful Oil Paintings:*** *9:30 a.m., Jan. 31-Feb. 2*
***Create Your Own Coloring Book:*** *12:30 p.m., Feb. 1*
***Stained Glass Valentines:*** *10 a.m., Feb. 4*




### JANUARY 19-29

*The Lifespan of a Fact*

**When:** Times vary, Jan. 19-29 **Where:** Lean Ensemble Theater **Details:** Based on the true story of D'Agata's essay, *What Happens There, The Lifespan of a Fact*, follows the Las Vegas suicide of teenager Levi Presley. Jim Fingal, assigned to fact-check the piece, ignited a seven-year debate on the blurred lines of what passes for truth in literary non-fiction. ***leanensemble.org***

### JANUARY 2-29

*Kendra Natter Presents Conceptual Photography*

**When:** Jan. 2-29
**Where:** The Society of Bluffton Artists gallery
**Details:** Well-known photographer Kendra Natter will present a conceptual photography exhibit in Old Town Bluffton. An opening reception will be from 3-5 p.m. January 8. ***sobagallery.com***

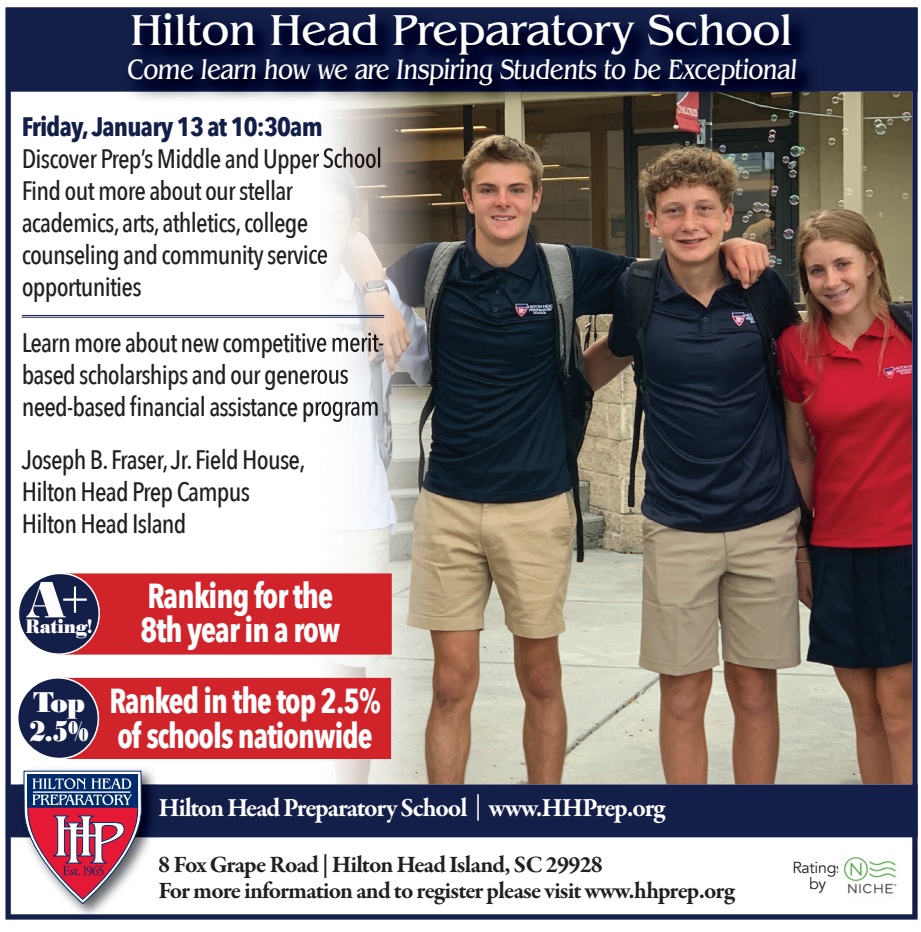


### JANUARY 28

*The Evolution of Joni Mitchell Concert by Lauren Fox*

**When:** 7:30 p.m., Jan. 28 **Where:** USCB Center for the Arts **Details:** Lauren Fox created the Evolution of Joni Mitchell after being inspired by David Yaffe's passionate, brilliant biography, "Reckless Daughter." Lauren takes us on a captivating and enlightening journey through Joni Mitchell's life and music. ***uscbcenterforthearts.com***



# Food & Drink



## JANUARY 17
### *Tap Takeover*

**When:** 5-8 p.m., Jan. 17
**Where:** Fraser's Tavern
**Details:** Don't miss a special craft brewery takeover every third Tuesday of the month. A representative from the brewery will be in attendance to provide education and insights into the making of each brew featured on our tap. ***seapines.com***



## JANUARY 12
### *Healthy-ish Cocktail Class*

**When:** 7:30-9:30 p.m., Jan. 12
**Where:** Hilton Head Distillery
**Details:** Enjoy a two-hour walk-through guided through "skinny" versions of your favorite cocktails as well as the background and concepts of mixology. ***hiltonheaddistillery.com***



## JANUARY 26
### *Ginology Cocktail Class*

**When:** 7:30-9:30 p.m., Jan. 26
**Where:** Hilton Head Distillery
**Details:** Class is in session this Ginuary. Enjoy a two-hour walk-through where HHD will guide you through the flavors of gin and the background and concepts of mixology. ***hiltonheaddistillery.com***



## JANUARY 14 & 28
### *Oyster Roast*

**When:** 1-4 p.m., Jan. 14 & 28
**Where:** Coast Oceanfront Dining
**Details:** Head to the Sea Pines Beach Club every other Saturday for a special menu of fresh, local and roasted onsite oysters from Maggioni Oyster Company on St. Helena Island. ***seapines.com***





## TUESDAYS & THURSDAYS
### *Wine Tastings*

**When:** 5-7 p.m. on Tuesdays & 4-6 p.m. on Thursdays **Where:** Hazel Dean's
**Details:** Head to Hazel Dean's to taste four wines while enjoying small-bite pairings. Wine Tasting Tuesdays are at the Wexford location, and Thirsty Thursday Wine Tastings are at the Sea Pines location. Check its Facebook page before you go for details.



## JANUARY 13
### *Barboursville Vineyards Wine Dinner*

**When:** 6:30-8:30 p.m., Jan. 13 **Where:** The Harbour Town Clubhouse (Heritage Room)
**Details:** Links, an American Grill, invites you to an evening of passionately prepared cuisine and thoughtfully selected wines featuring Chef de Cuisine Sean Carroll and Barboursville Vineyards. Chef Sean and his culinary team will prepare a distinctive five-course menu perfectly paired with wines hand-selected by Barboursville Vineyard. ***seapines.com***

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JOHN MORRIS RUSSELL, MUSIC DIRECTOR

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*The wonderment that happens when many different voices come together as one*



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## ORCHESTRA SERIES

### 4. RACHMANINOFF AND SIBELIUS

**First Presbyterian Church** | 540 William Hilton Parkway




**SUNDAY, JANUARY 8, 2023**
**MONDAY, JANUARY 9, 2023**

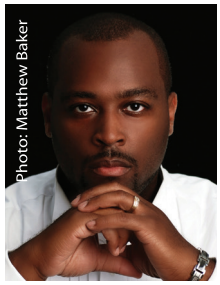
***John Morris Russell,*** *Conductor*
***Jaeden Izik-Dzurko,*** *Piano*
*2022 Hilton Head International Piano Competition Winner*

**Sergei Rachmaninoff** Piano Concerto No. 2
**Jean Sibelius** Symphony No. 2

TIDEPOINTE
a Community

### 5. MENDELSSOHN'S ELIJAH

**First Presbyterian Church** | 540 William Hilton Parkway




**SUNDAY, JANUARY 22, 2023**
**MONDAY, JANUARY 23, 2023**

***John Morris Russell,*** *Conductor*
***Victoria Okafor,*** Soprano
***Krysty Swann,*** Alto
***Bernard Holcomb,*** Tenor
***Michael Preacely,*** *Baritone*
***HHSO Chorus***
*Michael Schwartzkopf, Director*
***Georgia Southern University's Southern Chorale***
*Shannon Jeffreys, Director*

**Felix Mendelssohn** Elijah

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## SOUNDWAVES

### HHSO YOUTH CONCERTO COMPETITION

**SATURDAY, JANUARY 28, 2023, SOUNDWAVES**



The HHSO Youth Concerto Competition has been attracting the most talented young musicians from throughout the southeastern United States since 2009. In addition to cash awards to all finalists, the first-place winner receives an opportunity to perform with the HHSO the following season. The HHSO presents this competition as an encouragement to the next generation to pursue their musical aspirations.

### Coastal Home Supper Club – A NIGHT OF RODGERS & HAMMERSTEIN

**JANUARY 29, 2023**

***Gretchen Kristine Stelzer,*** *vocals*
***F. Michael Zaller,*** *vocals*
***Charles Ancheta,*** *piano*
***Aaron Jennings,*** *drums*
***Delbert Felix,*** *double bass*

Coastal Home

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**TICKETS AND DETAILS AT HHSO.ORG OR CALL (843) 842-2055**

# Music & Entertainment




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## JANUARY 8 & 9

### *HHSO Orchestra Series: Rachmaninoff and Sibelius*

**When:** 4 p.m., Jan. 8 & 7:30 p.m., Jan. 9
**Where:** First Presbyterian Church
**Details:** John Morris Russell conducts the Hilton Head Symphony Orchestra, featuring the 2022 Hilton Head International Piano Competition winner, Jaeden Izik-Dzurko. ***hhso.org***



## JANUARY 28

### *HHSO Youth Concerto Competition*

**When:** Jan. 28
**Where:** SoundWaves
**Details:** Finalists of the HHSO Youth Concerto Competition will perform their accompanied selections from memory for judges and a live audience in concert. ***hhso.org***




©MATTHEW BAKER

## JANUARY 22 & 23

### *HHSO Orchestra Series: Mendelssohn's Elijah*

**When:** 4 p.m., Jan. 22 & 7:30 p.m., Jan. 23
**Where:** First Presbyterian Church
**Details:** Don't miss this masterpiece, featuring the Hilton Head Symphony Orchestra, baritone Michael Preacely, the Hilton Head Symphony Orchestra Chorus and Georgia Southern University's Southern Chorale. ***hhso.org***



## JANUARY 22

### *USCB Chamber Music Concert*

**When:** 5 p.m., Jan. 22
**Where:** USCB Center for the Arts
**Details:** Enjoy a chamber music performance of violin and piano featuring works by Franck, Korngold and Mussorgsky. ***uscbchambermusic.com***



## JANUARY 18

### *A Musical Feast!*

**When:** 6-9 p.m., Jan. 18 **Where:** The Sonesta Hotel
**Details:** The Hilton Head International Piano Competition and Hilton Head Symphony Orchestra present the HHIPC's annual benefit. Celebrate 27 years of excellence in promoting and nurturing talented young pianists, featuring performances from 2008 HHIPC First Prize winner Ran Dank, plus other guest artists and a tribute to our guest of honor, former HHIPC Director Mona Huff. The celebration includes an evening of dinner, libations, and world-class music supporting the HHIPC. ***hhso.org***

## JANUARY 8

### *Fripp Island Friends of Music*

**When:** 5 p.m., Jan 8
**Where:** Fripp Island Community Center
**Details:** See the internationally lauded classical pianist Andrew Armstrong, praised by critics for his passionate expression and dazzling technique. ***frippfriendsofmusic.com***







## JANUARY 29

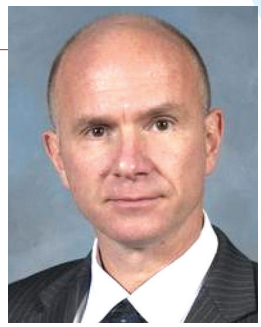
### *Lovesick in London*

**When:** 5 & 8 p.m., Jan. 29
**Where:** Kind of Blue
**Details:** Celebrate the season of love with this Pre-Valentine's Day Party. Alyce Marie, an Ohio native with sultry R&B vocals, and the Charleston band Me + Mr. Jones perform a tribute to Amy Winehouse and Adele. ***kindofbluehhisc.com***

# World Affairs Council of Hilton Head

## 2022 2023 DISTINGUISHED SPEAKER SERIES

**January 6, 2023**



**R. Evan Ellis,**
*Professor at the U.S. Army War College Strategic Studies Institute and renowned scholar on Latin America Security issues*

***New Developments in Chinese Engagement with Latin America***

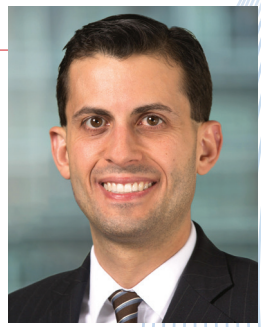


**March 3, 2023**

**Lucy Kurtzer-Ellenbogen,**
*Director of the Israeli-Palestinian conflict program at the U.S. Institute of Peace*

***The Israeli-Palestinian Conflict in a Changing World***

**April 28, 2023**



**Alex Nowrasteh,**
*Director of Economic and Social Policy Studies, CATO Institute, and widely published scholar on Immigration*

***Economic, Security, and Social Implications of Immigration***

## FEATURED SPEAKER



**March 24, 2023**

**Global Speakers Program**

**Richard McGregor,**
*Award-winning author and former bureau chief for the Financial Times in Beijing and Washington, DC*

***The Implications of AUKUS for China, Europe, and the US***

**For a complete listing of speakers and their biographies, visit www.wachh.org/Friday-Meetings-22-23**

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# Markets & Shopping



## Farmers and Art Markets

Enjoy the local flavors of the Lowcountry with some of these regular farmers and art markets:

**MARKET SCHEDULES**

***Bluffton Farmer's Market:*** *Noon-5 p.m., Thursdays, beginning Jan. 12, 68 Boundary St.*
***Hilton Head Island Farmers Market:*** *9 a.m.-1 p.m., Tuesdays, Coastal Discovery Museum*
***Port Royal Farmers Market:*** *9 a.m.-noon, Saturdays, Naval Heritage Park*
***Forsythe Farmers Market:*** *9 a.m.-1 p.m., Saturdays, Savannah*
***The Root and Bloom Market:*** *3-7 p.m., Wednesdays, Martin Family Park in Bluffton*
***Beaufort First Friday:*** *5-8 p.m., Jan. 6, Downtown Beaufort*

# Lectures & Classes



***Ellis***





***Butler***

**World Affairs Council**
HILTON HEAD

**JANUARY-FEBRUARY**

## WACHH Distinguished Speaker Series

The World Affairs Council of Hilton Head's Distinguished Speaker Series usually takes place on the first and third Fridays of each month at the First Presbyterian Church – October through May. Speakers come from around the globe and are known for their international experience in government, business, military affairs and academia. ***wachh.org***

**DISTINGUISHED SPEAKER SERIES LINEUP**

***January 6:*** *R. Evan Ellis: New Developments in Chinese Engagement with Latin America*
***January 20:*** *Ambassador Lawrence Butler: The Balkans: The Next Battleground?*
***February 3:*** *Chris Preble: The Current State of U.S. Foreign Policy*

**JANUARY 24**

## Tuesday Talk: The ACE Basin

**When:** 3-4 p.m., Jan. 24 **Where:** Port Royal Sound Foundation Maritime Center
**Details:** Learn about the historical and ecological elements of the ACE Basin that have led to conservation success: with Travis Folk, wildlife biologist with Folk Land Management. ***portroyalsoundfoundation.org***

# Sports & Outdoors

## Palmetto Bluff Conservancy events

With a vast outdoor classroom at our fingertips, the Palmetto Bluff Conservancy team members are ambassadors to each resident and guest, introducing them to this landscape in ways large and small, structured and informal. Tours, classes and workshops, programs, research and field trips are all available to facilitate this environmental learning process. ***palmettobluff.com/conservation***

**EVENT LISTINGS**

***FeederWatch:*** *10-11 a.m., Jan. 5, 11-12, 18-19, 25-26, conservancy classroom*
***Explore PBC:*** *Wilson Cemetery Walk: 3-4:30 p.m., Jan. 5, Wilson Village Post Office*
***Volunteer Day:*** *Pollinator Garden: 1-3 p.m., Jan. 6, conservancy classroom*
***Brown Bag Lunch:*** *Red-cockaded woodpeckers: Noon-1 p.m., Jan. 11*
***Explore PBC: Duck Pond:*** *9-11:30 a.m., Jan. 13 & 27, Wilson Village Post Office*
***Burn Watch:*** *10 a.m.-noon, Jan. 17 & 31, conservancy classroom*
***Volunteer Day:*** *Land & Wildlife Management: 8-10:30 a.m., Jan. 20*
***Explore PBC: Road to Anson:*** *9-11:30 a.m., Jan. 20, conservancy classroom*
***Research Excursion:*** *Cavity Nest Box Survey: 9 a.m.-noon Jan. 24*
***Brown Bag Lunch:*** *History of Savannah National Wildlife Refuge: noon-1 p.m., Jan. 25, conservancy classroom*



## Local races in January

Get ready for holiday eating, dust off your running shoes, sign up for one of these races and support a good cause while staying active.

**RACE SCHEDULES**

***Daufauskie Island Marathon:***
*8:30 a.m., Jan. 14, Haig Point*
***Oyster Boogie 5K:***
*8-10 a.m., Jan. 21, 1010 Bay St., Beaufort*
***Bluffton Frosty 5K:***
*1-3 p.m., Jan. 21: 63 Wharf St., Bluffton*

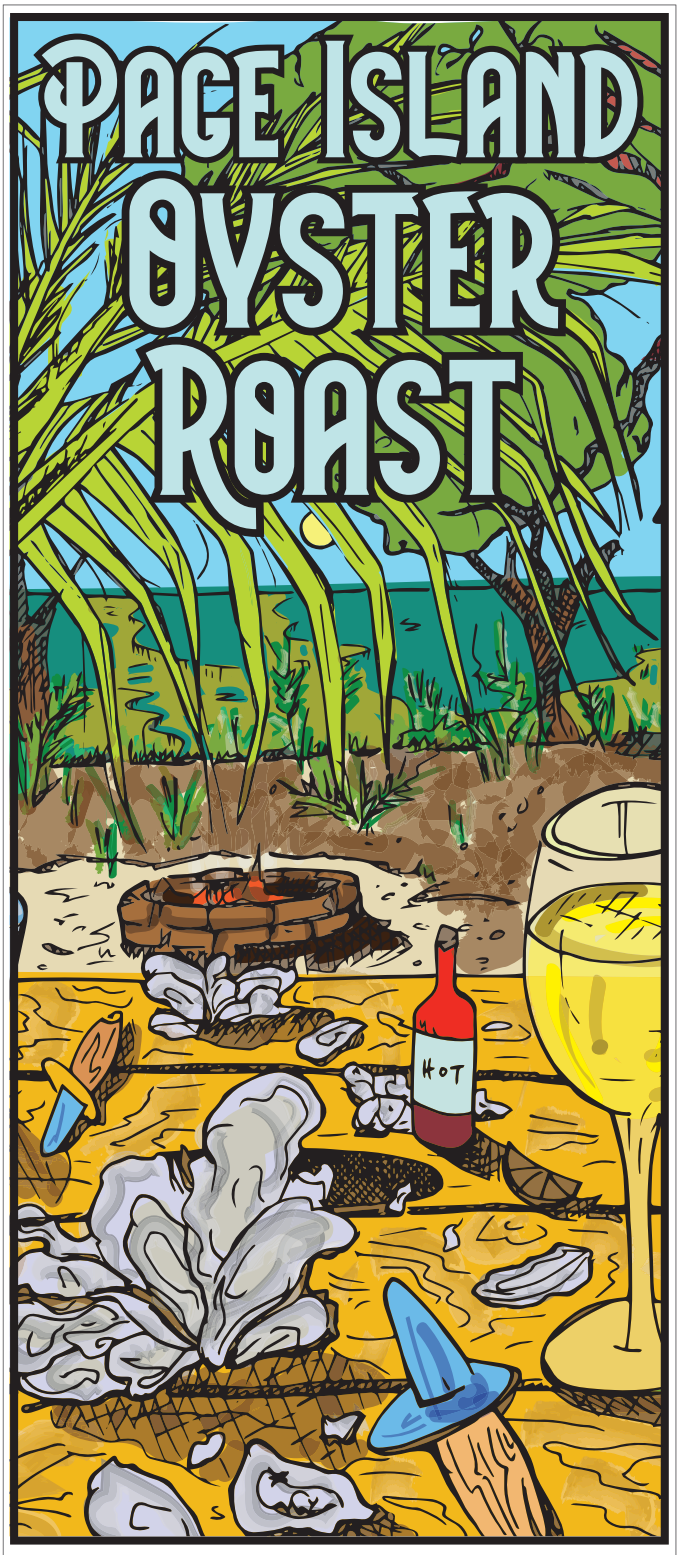



## SAVANNAH EVENTS

***January 10:*** *State Ballet Theatre of Ukraine at the Johnny Mercer Theater*
***January 13:*** *Hockey City Classic at the Enmarket Arena*
***January 14-15:*** *Shen Yun Performing Arts at the Johnny Mercer Theater*
***January 15:*** *Barry Manilow at the Enmarket Arena*
***January 28:*** *Jeff Dunham at the Enmarket Arena*

## SAVE THE DATE

***February 1:*** *REO Speedwagon at the Johnny Mercer Theater*
***February 1-19:*** *Guess Who's Coming to Dinner at the Arts Center of Coastal Carolina*
***February 2:*** *Daou Winery Dinner at Charlie's Coastal Bistro*
***February 3:*** *Cross that River at USCB Center for the Arts*
***February 4:*** *Bluffton Lutzie 43 5K*
***February 4:*** *Daddy-Daughter Dance: Sock Hop at Poseidon Rooftop Bar*
***February 5-6:*** *HHSO Series: Wetown: Gullah Traditions in the Holy City*
***February 8:*** *Journey at the Enmarket Arena*
***February 20-26:*** *Hilton Head Island Seafood Festival*
***February 26:*** *Page Island Oyster Roast*


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# *Take time to reflect*



*Cypress Wetlands, Port Royal*

*"I was intrigued by the magical light, the leading lines and the reflections. Freezing time is a photographer's superpower — a few moments later, the clouds obscured this magical light, and the scene became dull and the mood rather bleak."*

**— REBECCA BASS, BEAUFORT**

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