HILTON HEAD • BLUFFTON • BEAUFORT

July 2025

local life

go with the flow



NPCarney

THE BLUE ISSUE + COOL COASTAL CALM + CLOUD-KISSED ADVENTURES


Howler
BROS
Only at
Outside™
Shelter Cove Plaza • Hilton Head
Plant Riverside District • Savannah
Wilson Landing • Palmetto Bluff
shopoutside.com 843.686.6996


Howler Bros
NEED THE CALL
HOWLER



Catherine Donaldson has represented the Sotheby's International Realty brand for over 17 years.
Her commitment to the brand is FIERCE. Call her today to discover why.

Daniel Ravenel | Sotheby's INTERNATIONAL REALTY

THE DONALDSON GROUP

RARE RIVERFRONT





47 Pine View Drive
$2,950,000

Stunning park-like setting along the shores of the May River and Rose Dhu Creek. A lovingly cared for home with renovations done throughout the many years of current ownership in addition to a recently rebuilt dock with deepwater access. Boasting over two acres filled with specimen hardwoods, the setting and views are nearly unparalleled. The community of May River Plantation is conveniently located just minutes from downtown Bluffton and has a rare and coveted private boat launch and day dock in place.







CATHERINE DONALDSON
Principal Partner
The Donaldson Group
Catherine.Donaldson
@SothebysRealty.com
danielravenelsir.com
843.338.2069


spartina
449
DAUFUSKIE ISLAND
ACCESSORIES • CLOTHING
HANDBAGS • JEWELRY
RESORT & TRAVEL • GIFTS
SPARTINA449.COM
Photographed in
Beaufort, SC







exquisitely designed in the

LOWCOUNTRY

Blue Therapy

37 Woodbine Place

NOW RENTING • 4 BED / 4 BATHS IN SEA PINES

BEING AROUND WATER CAN LEAD TO LESS STRESS, ANXIETY AND DEPRESSION. 37 WOODBINE PLACE HAS A POOL OVERLOOKING A LAGOON AND FLIP FLOP DISTANCE TO THE ATLANTIC OCEAN.





Hilton Head Properties
Realty & Rentals

VACATION RENTALS & PROPERTY MANAGEMENT • REAL ESTATE • ABSENTEE OWNER SERVICES

Real Estate · 843.785.7111
HiltonHeadProperties.biz

Vacation Rentals · 843.785.2242
HiltonHeadPropertiesRandR.com







Coligny Plaza - Hilton Head Island • 843.715.2258 • www.jeanpierreklifa.com



KPM flooring

stone • tile • area rugs • wood • carpet

807 William Hilton Parkway, Unit 1400 Hilton Head 843.342.4955

WWW.KPMFLOORING.COM


130+ OFFICES | 12+ COUNTRIES | 2,600+ AGENTS | 1 CONNECTED COMMUNITY



THE AGENCY

RULE NO. 5

WE'RE HERE *TO* SERVE

Luxury isn't a price. It's an experience. And we've rekindled the lost art of white-glove service - at every price point.

We believe service is simple. We take care of our agents; they take care of you. We give time back to our agents by handling the details so they can focus on what they do best: advising their clients' and selling real estate.

Everyone gets the red carpet treatment.

EXPLORE OUR LISTINGS

TheAgencyHiltonHead.com
843.706.2024
Beaufort | Bluffton | Hilton Head

THE AGENCY HILTON HEAD IS AN INDEPENDANTLY OWNED AND OPERATED FRANCHISEE OF THE AGENCY REAL ESTATE FRANCHISING, LLC

Honey & Thistle
Sip, Savour, Shop



British Lifestyle Shop
International Wine & Mead
British Ales & Ciders
Tastings, Wine Events, and Classes
Located in Harbour Town



149 Lighthouse Rd., Suite A
Hilton Head Island, SC 29928

Instagram @honeyandthistlehhi
www.honeyandthistlehhi.com

the team

What is your favorite kind of blue?

"First to mind is the perfect pair of blue jeans."
- LORI



"Fresh berries from my blueberry plant."
- LANCE



"Blue agave."
- JEREMY



"Sky blue."
- CHARLES



"The view of the ocean."
- ASHLAN



"Blue's Clues! A childhood staple."
- BAILEY



"Navy, because it hides all the cat hair, sometimes."
- SHEILA



"The sweet bluebird couple, Walter and Judy, who visit our feeder."
- REBECCA



"Cerulean blue."
- KRISTIN



"The color of our pool liner as viewed from my floaty — and a drink in hand."
- LISA



"Caribbean ocean blue because it's a cool, calming, relaxing feeling."
- LEAH



"My first blue Corvette."
- BRUCE



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

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

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

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

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

EDITORIAL ASSISTANT
Bailey Gilliam *(Local since 2020)*
bailey.gilliam@wearelocallife.com

EDITORIAL ASSISTANT
Sheila Paz *(Local since 2021)*
sheila.paz@wearelocallife.com

SALES REPRESENTATIVE
Rebecca Kerns *(Local since 1999)*
rebecca.kerns@wearelocallife.com

SALES REPRESENTATIVE
Kristin Ammons *(Local since 2025)*
kristin.ammons@wearelocallife.com

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

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

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

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

VOL. 9, NO. 7

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

Momentum MEDIA GROUP

CRMA PROUD MEMBERS OF THE CITY AND REGIONAL MAGAZINE ASSOCIATION

CIRCULATION VERIFICATION COUNCIL


J. BANKS
DESIGN
Design and Retail Showroom: 35 N. Main Street, Hilton Head Island, SC
jbanksdesign.com

July features



© MARY ALICE TARTLER

The Blue Issue

From blue crabs to blue skies, this issue is our love letter to summer's coolest color. You'll spot it everywhere this time of year, splashing in the surf, peeking through porch railings or making a statement in a breezy sundress. We're exploring all the ways blue adds beauty and meaning to life here in the Lowcountry. Think calming coastal views, bold indigo dyes, eye-catching local art and even a few bites that bring the color to your palate. Whether you lean toward soft sky tones or deep navy vibes, this issue has plenty of ways to keep your summer feeling fresh, inspired and perfectly cool.

YOU'RE MY BOY, BLUE With its purple-blue feathers, candy-colored beak and oversized yellow feet, the ***purple gallinule*** swamphen looks like it could be related to Kevin from *Up*. Photographer Mary Alice Tartler caught this one tiptoeing through a lily pad-covered Lowcountry wetland. These flashy birds arrive in mid-April and stick around through September, with July offering some of the best chances to spot them at places like the Savannah National Wildlife Refuge. For more local blue wildlife and where to find them, turn to **page 106**.

24
True blue
Local experiences that bring the color to life

28
Bound in blue
Five captivating stories tied together by color

42
The blue age
Learn from locals applying blue zone lessons to life

106
Blue's clues
A guide to spotting nature's coolest color in local wildlife

116
Chasing fins
Spend a morning on the water with a top shark fisherman

124
Up and away
Chase the blue beyond with five high-flying adventures

158
Blue corn revival
Rooted in tradition and rich in flavor, blue corn is back.

169
Make it a blue one
Local blue cocktails that mix color with great taste

Ben Ham Gallery



Inspired by Nature Captured on Film





Ben Ham Galleries

210 Bluffton Road
Old Town Bluffton, SC
843.815.6200

416 King Street
Charleston, SC
843.410.1495

www.benhamimages.com

July contents

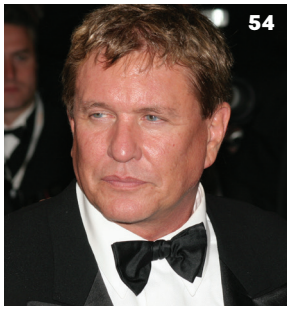
18
Publisher
From blue skies and ocean tides to backyard blueberries and bold design choices, this issue celebrates the color that defines Lowcountry life. Whether it's calming, energizing or creatively inspiring, blue is everywhere this time of year, and we're here for every shade of it.

20
Contributors
Meet the locals behind this issue

22
Links
Special content you can find online at locallifesc.com



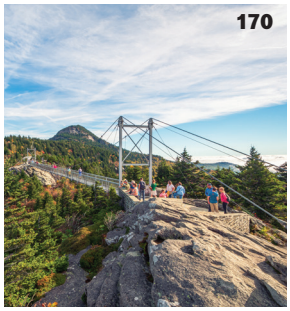
82
A little blue goes a long way
Learn how to decorate with splashes of blue for maximum calm and cohesion.











34
Blend
The hot list: What to watch, read and listen to in July

40
Business
Fresh faces, bold moves and big plans in the Lowcountry

50
Wellness
How water can improve your mental and physical health

54
Celebrity
The story behind actor Tom Berenger's local life

58
Faces
Meet three locals who wear, weave and wail in blue

72
Living
Step into two local offices that toss the rulebook

92
Pets
Adopt a dog ready to turn every walk into a celebration

94
Outdoors
A local marine biologist shares her stranded whale experience

132
Style
A blueprint for monochromatic fashion

138
Shopping
Trendy items available at local shops and businesses

140
History
How a local 1775 standoff helped fuel a revolution

142
Culture
Journey through the pigments of blue in history and local art

150
Eats
Blueberries are easy to grow and are perfect for summer

170
Destinations
Cool down with a road trip to the Blue Ridge Mountains

174
Happenings
The best festivals and events worth attending in July

JONATHAN GREEN



Jonathan Green *Port Royal Fisherman* 60" x 48" Oil

Celebrating Over 50 Years of
Fine Art in the Lowcountry.

THE RED PIANO
ART GALLERY

The Red Piano Art Gallery

40 Calhoun Street • Suite 201 • Old Town Bluffton
843.842.4433 • 843.247.2049 • redpianoartgallery.com

Lowcountry in blue

From ocean views to indigo hues, this issue is all about our favorite color.

"Let the blue sky meet the blue sea, and all is blue for a time."
- MONCY BARBOUR, ARTIST



©LISA STAFF

A VIEW IN BLUE Publisher Lori Goodridge-Cribb takes in the blues at The Golf Club at Indigo Run, a private retreat in the heart of Hilton Head Island. Set against a scenic Lowcountry backdrop, the club offers members golf, dining and social experiences.

SCAN TO SUBSCRIBE
Don't miss an issue of LOCAL Life. **Scan this QR code** to subscribe to the upscale lifestyle magazine of Hilton Head Island, Bluffton, Beaufort and beyond.

If the Lowcountry had a favorite color, it would be blue, especially in July. You see it everywhere: in the sky, across the ocean and tucked into the small details that make life here feel a little more magical.

It's in the rows of beach umbrellas lining Hilton Head's shore. In the cup of a cocktail at a waterfront bar. On your plate in the form of local crab. Even our backyard feeders get visits from bright bluebirds. And if you've ever watched a great blue heron glide over the marsh, you know it's something worth watching.

This time of year, visitors from around the world are soaking it all in with us: swimming, paddleboarding, parasailing and capturing the views with every snap of their phone cameras. Locals are making the most of it too, heading offshore in search of billfish, pulling in traps heavy with blue crab, picking sun-warmed blueberries from backyard bushes and unwinding on porch swings beneath haint-blue ceilings.

Beyond nature, this color plays a leading role in our everyday style and creativity. You'll find it in breezy dresses, broken-in jeans and the artwork hanging in local galleries. It's woven into home design too, from soft, pale walls to bold navy accents. Whether subtle or striking, it always feels right here.

Blue also shapes how we feel. Long associated with calm and clarity, it turns out the color might even support a healthier life. The concept of "blue zones," regions where people regularly live past 100, has inspired many locals to focus more on wellness. Through movement, connection and good food, they're proving that it's possible to live not just longer, but better.

This issue is a celebration of that color we can't seem to get enough of. Wherever you spot blue this month, I hope it brings a little peace, a little inspiration and maybe even a moment of joy. May your summer days be as wide open and bright as the blue Lowcountry sky.

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

PUB NOTES



103 shades of blue *Of all the issues we've put together this year, I've been most excited about this one: the Blue Issue. When LOCAL Life launched in 2017 (the good old days when TikTok was just the sound a clock made), we were still figuring out our look. We eventually landed on blue as our signature color and made a promise: Every cover would include at least one shade of it. At first, it seemed like a fun challenge. Over time, it evolved into a creative anchor. And despite what you might think, it has never been limiting. We've found blue everywhere: in local landscapes, homes, landmarks, artwork, vehicles, wildlife, food and fashion accessories. For 103 issues, no matter the theme, we've discovered cover-worthy images with just the right touch of it. Turns out, blue really is the perfect color.*



Sage advice: Go blue *For years I was firmly on team sage green when it came to paint colors and home accessories. But, over time, blue quietly stole the spotlight. So when it came time to update our kitchen and living room, my husband, David, and I chose a palette of indigo and soft, breezy blues. I have to say, our home has never looked better. Living near the salt marsh in coastal South Carolina, we find those shades feel especially at home. They mirror the sky, the shifting tides and the quiet calm just beyond our windows. Sage had a good run, but these days I'm singing the blues and I've never been happier.*



DESIGN IN MOTION Spotted the LOCAL Life Jeep lately? This month we pulled up alongside ***Elizabeth Turner, Bryan Barrs, Leila Bell and Shannon Boyles*** of Earthworks Landscape Construction. Their team brings outdoor spaces to life with expertise in landscape design, new construction installation, enhancements, drainage solutions and ongoing maintenance.

B|W|A

BILLY WOOD APPLIANCE

Thermador



Fireworks

Available at both BWA Showrooms

1223 May River Road
Bluffton, SC 29910
843.707.2332

Two Convenient Showroom Locations

6 Marshland Road
Hilton Head Island, SC 29926
843.681.8441

Showroom Hours: M-F 8AM-5PM. Saturday by Appointment.

www.billywoodappliance.com



PALMETTOES

FINE APPAREL & ACCESSORIES
FOR FUN-LOVING MEN & WOMEN

The Shops at Sea Pines Center
71 Lighthouse Road, Ste 414
Hilton Head Island, SC
Open 10am-5pm

843 . 363 . 6800

Follow Us on Instagram and Facebook!

contributors

MEET LOCAL CREATIVES BEHIND THE SCENES



Miho Kinnas

Poet

FOR THIS ISSUE: Local poem, *Blue*. **HOMETOWN:** Yokohama, Japan **CURRENT HOME:** Palmetto Dunes **LOCAL SINCE:** 2014 **WHAT ARE YOU WATCHING?** *I'm Still Here (Ainda Estou Aqui)* **WHAT ARE YOU READING?** *Basho and his Interpreters* by Makoto Ueda, *The Narrative Brain* by Fritz Breithaupt and *Heart Lamp* by Banu Mushtaq. **WHAT ARE YOU DRINKING?** Mushroom coffee. **WHAT DO YOU LOVE MOST ABOUT THE LOWCOUNTRY?** The water. **WHAT DO YOU MISS MOST ABOUT YOUR HOMETOWN?** The home-cooked meals with various ingredients I cannot find here, hot springs, public transportation, hills and Japanese language bookstores and libraries. **FAVORITE POET:** Buson, Emily Dickinson and Elizabeth Bishop. **ADVICE FOR ASPIRING POETS:** All my mentors told me to say it in as few words as possible. **WHAT IS YOUR FAVORITE KIND OF BLUE?** The shades of blue emerge on the sky and water in the first light. The blue of hydrangea is also my favorite blue. **SUMMER PLANS:** I intend to stay cool however I can, reorganize and tidy my attic and hope to spend time with our granddaughter and her parents.

Lily Whitener

Multimedia production



OTHER CREDS: Editor of Coastal Carolina's literary magazine, *Archarios* **FOR THIS ISSUE:** Photography and promotional videos **HOMETOWN:** Blythewood, South Carolina **CURRENT HOME:** Hilton Head Island **LOCAL SINCE:** 2025 **HOBBIES:** Running, camping, photography, cross-stitching, scrolling on Pinterest **WHAT ARE YOU LISTENING TO?** Tyler Childers, Wallows and Greta Van Fleet **WHAT ARE YOU READING?** *What I Talk About When I Talk About Running* by Haruki Murakami **WHAT ARE YOU DRINKING?** Pink Lady Apple Kombucha **WHAT DO YOU LOVE MOST ABOUT THE LOWCOUNTRY?** The beautiful drooping live oaks and the smell of a marinating marina **WHAT DO YOU MISS MOST ABOUT YOUR HOMETOWN?** My family **ADVICE FOR ASPIRING VIDEOGRAPHERS:** The best way to make good art is to consume art. Get involved and take advice from others. **WHAT IS YOUR FAVORITE KIND OF BLUE?** Bruce Springsteen's Levi 501 jeans **SUMMER PLANS:** Hike the Palmetto Trail and listen to live music with my friends. **WHAT DO YOU LOVE MOST ABOUT JULY?** The thick, warm heat and bright sun, I cannot stand the cold.



Pam Johnson Brickell

Artist

FOR THIS ISSUE: Local art, *Hydrangea*. **HOMETOWN:** Dudley, Mass. **CURRENT HOME:** Bluffton **LOCAL SINCE:** 2006 **WHAT ARE YOU WATCHING?** Nature, always **WHAT ARE YOU LISTENING TO?** Classic Recline on Pandora **WHAT ARE YOU READING?** Amy Tan's *The Backyard Bird Chronicles* **WHAT ARE YOU DRINKING?** Mostly water. But with summer, I'm sure a margarita will slip in. **WHAT DO YOU LOVE MOST ABOUT THE LOWCOUNTRY?** The subtle shifts in nature each season brings. The rhythm of the tides and the colors and moods of the marsh. **WHAT DO YOU MISS MOST ABOUT YOUR HOMETOWN?** Childhood joys growing up on a dairy farm, cooler summers and autumn colors. **ADVICE FOR ASPIRING ARTISTS:** No matter your medium, get a sketchbook and give yourself permission to experiment. Sketch often from life. Hone your eye-heart-hand coordination. Trust your marks. They are unique to you. Give yourself grace, and keep moving forward. The creative journey is one that fills every stage of your life with joy. **WHAT IS YOUR FAVORITE KIND OF BLUE?** I have several: Our Carolina blue sky, the blue on male painted buntings and the most interesting shade of blue of ageratums. **SUMMER PLANS:** While hugging the air conditioner, I'll be scanning my sketches and watercolors to use in designs for merchandise in my new Etsy shop, WrenCottageStudio.etsy.com.

Others who added a touch of blue ...

PHOTOGRAPHERS Mark Cavallo + Arno Dimmling + Alyssa Franck + Cassidy Lackos + Lary Maras + Brianna McCadden Gwen Callas-Miller + Mike Ritterbeck + Lisa Staff + Mary Alice Tartler + Melinda Welker

WRITERS Suzanne Barton + Daisy Dow + Becca Edwards + Sassa Enscoe + Denise Friday + Barry Kaufman Amber Kuehn + Carolyn Males + Margaret Pearman + Chelsea Quinn + Richard Thomas + Clayton Trutor + Alea Wilkins

CONTRIBUTORS Nancy Patrick Carney + Amanda Castillo + Marcia Cornell + Jean Meaney Wheatly



Experience Matters

Corryne Jackson, Beth Drake, Hampton Drake, and Lauren Dooley







10 Shear Water Drive - $1,339,000 - Community Dock
Shearwater Plantation

AVAILABLE







507 Sea Cloisters Villas - $1,650,000 - Direct Ocean Views
Folly Field

AVAILABLE







55 River Club Drive - $2,450,000 - Waterfront
Indigo Run - River Club

AVAILABLE

KELLERWILLIAMS Luxury

CLHMS ELITE GUILD

REALTRENDS | TomFerry AMERICA'S BEST REAL ESTATE PROFESSIONALS

Experience matters when selling a home, and the Beth Drake Team offers a personalized approach, an in-depth knowledge of the high-end coastal market, and exceptional marketing skills. The Beth Drake Team is committed to making your experience a positive and successful one.

DRAKE
REAL ESTATE TEAM

Put our expertise to work for you. Call or visit

843.422.7500 | DrakeCoastal.com

Live your best retirement.



HILTON HEAD
CAPITAL PARTNERS

A Registered Investment Advisory Firm
Active Customized Portfolio Management since 1987

HILTON HEAD CAPITAL WEALTH ADVISORS, LLC
GLEN W. ROBERTS – HHCP PRESIDENT & SENIOR PARTNER, CONWAY, SC
WILLIAM M. GOLDFINCH – GOLDFINCH FINANCIAL GROUP, CONWAY, SC
KEVIN J. MORAN – PRESIDENT, HHCP ASSET PROTECTION GROUP, LLC

LEARN MORE



Bruce Brenner Wood
Managing Partner
843.790.7573
bwood@hiltonheadcp.com

7 Lafayette Place, Suite B, Hilton Head Island, SC 29926
HILTONHEADCAPITALPARTNERS.COM

FEE ONLY PORTFOLIO MANAGEMENT
Our Custodians: Raymond James Financial and Charles Schwab

links

LOCALLIFESC.COM + DIGITAL OFFERINGS

In case you missed it ...

Day Trippin'

Daufuskie Island



Instagram exclusive: Just a short ferry ride from Hilton Head Island, Daufuskie feels like stepping into another world. **@locallifesc**



On the web: Articles our readers are loving at ***LocalLifeSC.com***.

1. The best **summer road trips** and weekend getaways



2. Expert advice for **gardening in the summer** heat



3. Cool off at **local splash pads** and spraygrounds built for family fun



Sign up for LOCAL Life newsletters

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

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

About the cover

*The cover features "Turtles Heading Out to Sea," a mixed-media piece by local artist **Nancy Patrick Carney**. It's a fitting image for July, when the beaches of the Lowcountry come alive with sea turtle nesting activity. From May through October turtles return to the place of their birth to lay eggs. By midsummer, hatchlings emerge and make their moonlit crawl from sand to surf. Carney's glowing blues, layered textures and whimsical patterns capture the wonder of that moment and the creative energy that defines life in the Lowcountry. She paints from her home studio, Gallery G South, and exhibits at Pluff Mudd Gallery in Bluffton. Follow her on Facebook (@nancypatrickcarney) for joyful updates and a look at her latest work.*



YOUR SPECIALTY **LENDING TEAM**



Seated front row: Brian Neumann NMLS# 174105, David Crowell NMLS# 12620, Aaron Benton NMLS# 1717095, and Jason Goldstein NMLS# 2180858.
Standing back row: Tricia Lowman NMLS# 2440257, Sara Marx, Libby Knapp, Alan Perry NMLS# 866734, Kim Capin NMLS# 158295, Adam Crowell NMLS# 165047, Clara Good NMLS# 2169516, Tanner Ware NMLS# 278238, and Gina Cavano NMLS# 1182146. Not pictured: Susan Smith NMLS# 278903

Hilton Head Island

Office Location:

The Village at Wexford

1000 William Hilton Pkwy, Ste 205
Hilton Head Island, SC 29928

843-684-5015

NORTHPOINT MORTGAGE

" We have been the foremost mortgage lender in the Lowcountry for 27 years. "

-David Crowell NMLS# 12620

Northpoint Mortgage, Inc. is an Equal Housing Lender. NMLS 1515. South Carolina BFI Mortgage Lender / Servicer License. Loan program terms and conditions are subject to change without notice. All loans are subject to underwriting approval. Certain restrictions may apply. Call for details.

local blend

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



©ISLAND INDIGO

Tie-dye with indigo



Indigo isn't just a pretty color. It's part of the Lowcountry's story. Back in the 1700s, it was South Carolina's second-biggest cash crop behind rice, thanks in large part to a teenaged girl named Eliza Lucas Pinckney. Today, that same deep blue still holds meaning. You'll find it in hand-dyed clothing at Island Indigo in Beaufort or Daufuskie Blues on Daufuskie Island. Better yet, get your hands in the dye and try it yourself at the Coastal Discovery Museum.

TWIST, TIE AND TRY: ***The Indigo Tie Dye Party*** *happens every Tuesday from 10 a.m. to noon at the Coastal Discovery Museum. For $15, you get a shirt to dye and the option to bring one more item from home. Grab a bandana, apron or tee, and get ready to watch the magic happen. Sign up at coastaldiscovery.org.*



©MELINDA WELKER

Spot a great blue heron

There's something mesmerizing about watching a great blue heron. One minute it's standing still like a statue. The next, it's striking with lightning speed. These birds are easy to find if you know where to look, and your chances get even better from a kayak.

PADDLE, PAUSE AND WATCH: ***Outside Hilton Head*** *offers a two-hour guided kayak nature tour through Broad Creek, where heron sightings are common. It's $45 for a single kayak, $90 for a tandem and worth every penny for the peaceful views alone. Book your trip at outsidehiltonhead.com.*

True blue

From indigo tie-dye to offshore fishing, these five Lowcountry experiences bring the color to life.

STORY BY LANCE HANLIN

When people think of the Lowcountry, they often think in shades of blue. It's the kind of place where the sky stretches wide enough to make you pause, where the water catches the light just right and where a salty breeze can quiet even the busiest mind. For this "Blue Issue," we rounded up five ways to truly soak in the color. From the docks to the deep sea, these experiences let you slow down, look around and feel what it means to live in a place shaped by the blue.



Go offshore for billfish

If you're looking for an unforgettable day on the water, this is it. Fishing for billfish is the kind of adventure that requires an early alarm and a lot of patience, but the payoff is huge. Peak season runs May through August, when the warm Gulf Stream currents bring these massive fish within range.

CAST, HOOK AND BATTLE:
Papa Bear Charters *offers 14-hour trips that run from 4 a.m. to 6 p.m. All the gear is provided, and the memories are guaranteed. The trip costs $2,500 for up to six people. Book at papabearcharters.com. Hardcore anglers can check out the Edisto Invitational Billfish Tournament from July 16-19.*

Catch a few blue crabs

It doesn't get more Lowcountry than crabbing. All you need is a chicken neck, some string, a bucket and a little patience. It's slow, simple and endlessly satisfying. Blue crab is in season year-round in the Lowcountry, but the peak season runs from late spring through early fall, typically May through October. That's when crabs are most active and abundant, thanks to warmer water temperatures.

BAIT, WAIT AND SCOOP: *The Blue Crab Discovery program at the* ***Coastal Discovery Museum*** *walks you through catching, cooking and understanding these local favorites. Classes are held Tuesdays and Thursdays. Cost is $20 per adult and $10 per kid. Details are at coastaldiscovery.org.*





©LILY WHITENER

Relax under a blue beach umbrella

Nothing says vacation (or staycation) quite like relaxing under one of the many blue umbrellas stretched along Hilton Head's shoreline. They're not just shady spots, they're your ticket to slowing down, looking up and doing absolutely nothing. Best of all, you won't have to lug your own chairs and umbrella across the sand.

RESERVE, REST AND RECHARGE:
Shore Beach Service *rents chairs and umbrellas by the day, week or month. Book online at shorebeach.com, then stroll up to your reserved spot and look for the notecard with your name. A full day costs $46, and there are plenty of options for shorter or longer stays.*

IT'S TIME TO GET TROPICAL!



TWO BOUTIQUE GARDEN CENTERS
HILTON HEAD
35 Dillon Rd. | 843.715.2908
BLUFFTON
172 Bluffton Rd. (Rt. 46) | 843.837.3111

LANDSCAPING • DESIGN • MAINTENANCE
HARDSCAPING • DECKS • PERGOLAS • PATIOS

hot tech

Try these cool tech finds in every shade of blue.



Chair today, gone tomorrow

Inflatable AeroRondak Chair Classic

Meet your new favorite waterfront throne. This genius twist on the classic Adirondack chair is made for dock days, beach hangs and Lowcountry lounging. It has a high back, padded seat and built-in cup holders so you can have all the luxury without the bulk. When it's time to pack up, you can just deflate, roll it up and roll out. Durable and lightweight, it's made to keep up with all your sunny-day plans. ***boteboard.com. $209.***



Dive into memories

Kodak PIXPRO WPZ2 Waterproof Digital Camera

Capture your aquatic adventures with this rugged waterproof camera. The Kodak PIXPRO WPZ2 shoots crisp 16MP photos and Full HD video, even at depths of up to 15 meters. Its bold blue body stands out against waves and sand, so your memories are always within reach. Built tough and ready for action, it's a must-pack for any summer escape. ***kodak.com. $200.***



Bubbles on demand

Aarke Carbonator 3 Kit

The future of fizzy is here. This sleek, stainless steel soda maker turns flat water into sparkling refreshment with the press of a lever, so there are no plugs and no nonsense. Say goodbye to single-use bottles and hello to a sustainable hydration habit. With its sleek lines and modern feel, this soda maker proves that hydration can be both functional and fabulous. It's the perfect upgrade for any modern kitchen, bar cart or at-home happy hour setup. ***aarke.us. $249.***



Hear me out

Apple Airpods Max

Apple AirPods Max brings serious style and even better sound. With spatial audio and active noise cancellation, they create an immersive listening experience whether you're on the go or zoning out at home. They're built for comfort too, with a breathable mesh headband and memory foam ear cushions that make long listens a breeze. Sleek, comfy and undeniably cool, they're as much a fashion statement as they are a serious upgrade. ***apple.com. $549.***



Blue state of mind

Blue Light Therapy Lamp

Catch some rays — no sun required. This compact lamp emits UV-free blue light which is designed to boost energy, focus and mood, especially on gloomy days or during long office hours. This travel-ready lamp is like a little burst of daylight you can plug in anywhere. Who knew a brighter outlook could come from your desk? ***smylighting.com. $46.***



Shades of blue

Atlas Eco-Friendly Polarized Sunglasses

Protect your eyes and the planet with these eco-conscious shades. The Atlas Polarized Sunglasses from Blue Planet are made with recycled and natural materials, offering stylish sun protection that's also good for the earth. Their deep blue frames and classic shape make them a perfect fit for any kind of adventure. Lightweight and durable, they also feature polarized lenses to reduce glare and enhance clarity — ideal for sunny days on the water or the trail. ***blueplaneteyewear.com. $60.***



Sip smartly

LifeStraw BPA-Free Water Filter Bottle

Purify on the go. This BPA-free bottle filters out bacteria, parasites, microplastics and more, all while you're on the move. Designed for hikers, travelers and anyone with questionable tap water, it turns almost any source into a clean, drinkable oasis. The built-in filter lasts up to 1,000 gallons, so you can sip safely trip after trip. Each use helps reduce plastic waste and supports global clean water initiatives. ***lifestraw.com. $38.***



Soundwaves below surface

TRI 2 Multi-Sport Series Underwater Headphones

Swim, sweat, repeat — without ever missing a beat. These waterproof headphones are built for the underwater athlete by delivering crystal-clear audio through Bluetooth or built-in MP3 storage even when submerged in water. They are designed to stay put through laps, runs and rides and bring the soundtrack to your every stride and stroke. Who says your playlist has to stay on land? ***h2oaudio.com. $150.***



Sky's the limit

ATOM SE GPS Drone

Your adventures just got a serious upgrade. Capture breathtaking views from above with the ATOM SE GPS Drone. This lightweight, foldable flyer features 4K video, GPS-assisted flight and up to 62 minutes of battery life with two included batteries. It's perfect to use whether you're beachside, deep in the mountains or anywhere with a view worth remembering. With intelligent flight modes, real-time image transmission and easy-to-use controls, it's built for both beginners and seasoned drone users who want pro-level performance on the go. ***store.potensic.com. $278.***



Tanner Sutphin *(Real Estate Advisor)*
and Chip Michalove,
The Great White Shark Whisperer
(Owner, Outcast Sport Fishing)

No sharks were harmed in this real estate transaction.

You're gonna want a Realtor with bite.

Find your backyard with a view.

If you're looking to buy or sell your Lowcountry dream home, Tanner Sutphin is here to make that dream a reality. As a trusted expert in May River real estate, Tanner has achieved over $20M in sales on the May River — including a record-breaking $6.2M sale at 135 Gascoigne Bluff and the highest price per square foot ever recorded at 51 Colcock *(according to Hilton Head MLS)*. Tanner doesn't just know the May River lifestyle — he lives it. Now he's ready to help you make it your home too.



FULL MOON
(Buck Moon) *July 11th*



WHAT'S BITING
Flounder



MAY RIVER SHRIMP FESTIVAL
July 24th

Tanner Sutphin • Real Estate Advisor / Team Leader
Call or text 843.384.3006

ENGEL&VÖLKERS®
MAY RIVER GROUP

CREATIVITY &
CONFIDENCE



Maggie & Me

CLOTHING · SHOES · ACCESSORIES

6 Bruin Road, Bluffton
Tuesday thru Friday 10 until 5
Saturday 10 until 4

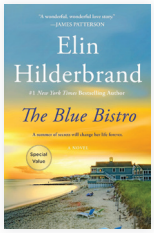
843.707.9083



Bound in blue

Five captivating stories tied together by color and connected by emotion, memory and meaning.

***Denise Friday**, a school social worker at Hilton Head Island Elementary and mother of twins, finds both escape and inspiration between the pages of a great book. This month, she's feeling the pull of blue as she shares a selection of titles that explore love, identity, loss and the beauty of starting over.*



THE BLUE BISTRO *BY ELIN HILDERBRAND*

When Adrienne Dealey moves to Nantucket, she takes the only job she can find, working at the hottest restaurant on the island, despite having no experience. Anyone who has worked in food service will recognize the unrealistic demands of customers, the fast-paced environment and the way each night can become either a goldmine or a disaster. A delightful summer read that will make you want to book a trip to Nantucket.



ALL BOYS AREN'T BLUE *BY GEORGE M. JOHNSON*

In a series of personal essays, this prominent journalist reflects on his childhood through college and what it means to grow up as a queer Black boy. From being bullied, to treasured moments with his grandmother, Johnson explores topics such as gender identity, brotherhood, family, marginalization and consent. An enlightening read for young adults.



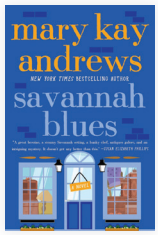
BLUE SISTERS *BY COCO MELLORS*

A sister's unexpected death leaves the three remaining sisters in a state of grief. Though estranged, they must reunite in New York to prevent the sale of their childhood apartment. Coming home is never easy, and each sibling, vastly different from the others, must confront the reasons their relationships stalled and what it takes to rebuild them.



BLUE LIGHT HOURS *BY BRUNA DANTAS LOBATO*

A young college student from Brazil is studying in Vermont, 4,000 miles from her mother on another continent. They stay connected by Skype, even as their lives begin to drift apart. This touching story follows a mother and daughter adjusting to new futures while trying to remain present in each other's lives.



SAVANNAH BLUES *BY MARY KAY ANDREWS*

Weezie Foley is reeling from a divorce and dealing with her ex's new fiancée. An antiques "picker," she stumbles upon a trove of treasures at an estate sale that could launch her career. With help from her best friend, BeBe, things seem promising, until Weezie is suspected of murder. A cozy mystery packed with Southern charm, sass, humor and eccentric characters, this one's a fun ride through the streets of Savannah.



We Sell Real Estate

12 Woodbine | Sea Pines
$2,000,000

20 Spartina Crescent | Sea Pines
$1,699,000*

21 Newhall | Sea Pines
$1,350,000*

23 Oyster Catcher | Sea Pines
$9,000,000

77 Governors Road | Sea Pines
$1,650,000*

44 Heritage Road | Sea Pines
$1,695,000*

59 Wedgefield | Indigo Run
$1,425,000

437 Plantation Club Villas | Sea Pines
$700,000

423 Plantation Cub Villas | Sea Pines
$1,420,000

51 Deer Run | Sea Pines
$1,150,000

405 Baynard Cove Cub | Sea Pines
$1,250,000

** Our listings, and all sold at or above asking price.*

Ask us how we can help you achieve the highest and best results in your sale or purchase.

Beverly Serral
beverly@beverlyserral.com
843.290.1663

Courtney May
courtney@beverlyserral.com
843.816.0706

Beverly and Courtney photographed at 15 Bald Eagle Road, Sea Pines, by Silver Cup Media.

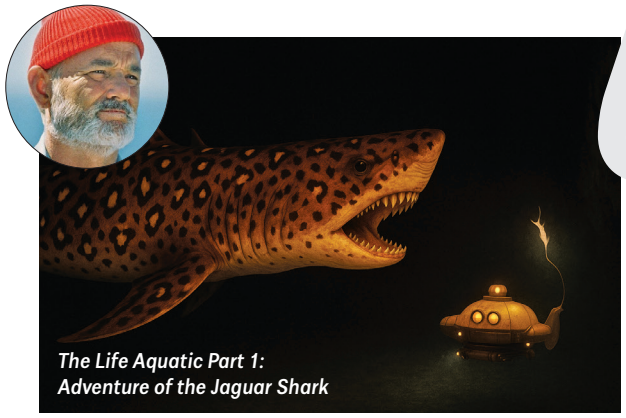
Please contact us for Buyer representation on this or any property in the Hilton Head Island area.

7 New Orleans Road, Hilton Head Island, SC
www.BeverlySerral.com 843.341.3600 www.BookaBestNest.com

Stream something blue

Feeling beachy, bold or introspective? These blue-themed films are the perfect match.

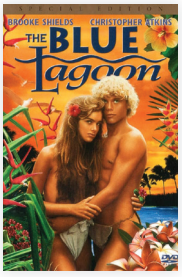
STORY BY LANCE HANLIN



Blue isn't always about sadness. Sometimes it's calm. Sometimes it's tropical. Sometimes it's the color of Elvis Presley's jacket. Whether you're longing for deep-sea wonder, beachy romance or retro-cool charm, the right movie can match your mood and your favorite shade. Here are a few films to stream when you're feeling a little blue in the best possible way.

OCEAN ADVISORY If you spot a massive, leopard-print torpedo with teeth while boating offshore this summer, congratulations, you've encountered the elusive Jaguar Shark. It has been known to eat people, so avoid swimming near it or offering snacks unless your vessel is equipped with dynamite clearly marked "for research purposes." For a closer look at this rare creature and the man determined to destroy it, watch famed oceanographer Steve Zissou's documentary, "The Life Aquatic Part 1: Adventure of the Jaguar Shark."

For the barefoot romantic



The Blue Lagoon (1980)

Personality: You're drawn to the simple life: no phones, no plans, just sun, sand and maybe a childhood crush.

Why you'll love it: Two shipwrecked teens grow up on a deserted island, fall in love and figure it out without adult supervision or SPF. It's beautiful, weird and pure fantasy.

BLUE SCALE

Mood: *Sweaty but swoony*
Tears: *Tropical and mild*
Escape factor: *10/10 coconut drinks*
Stream it: *Prime Video*

For the nature lover



Blue Planet II (2017)

Personality: You'd rather be scuba diving. Or tide pooling. Or at least staring into an aquarium.

Why you'll love it: Sir David Attenborough narrates jaw-dropping footage of life beneath the waves. It's like snorkeling from your sofa.

BLUE SCALE

Mood: *Meditative awe*
Tears: *Occasional (sea turtles, you know?)*
Escape factor: *Deep blue dream*
Stream it: *Discovery+, Hulu, Max*

For the Elvis enthusiast



Blue Hawaii (1961)

Personality: You like your movies with a soundtrack, a side of kitsch and a whole lot of hip-shaking.

Why you'll love it: Elvis sings, surfs and serenades his way through paradise. It's goofy and great, with Hawaiian shirts for days.

BLUE SCALE

Mood: *Retro sunshine*
Tears: *Zero*
Escape factor: *Pineapple-level sweet*
Stream it: *YouTube TV*

For the deep thinker



Three Colours: Blue (1993)

Personality: You appreciate quiet stories and subtle beauty, even when they get a little heavy.

Why you'll love it: A woman loses everything in a car crash and slowly rebuilds her life. It's sad, stunning and strangely soothing.

BLUE SCALE

Mood: *Melancholy and meaningful*
Tears: *Pretty steady*
Escape factor: *Emotionally rich*
Stream it: *Max, Hulu, Prime Video*

For the ocean adventurer



The Life Aquatic with Steve Zissou (2004)

Personality: Quirky with a fondness for eccentric hats, you'd board a submarine with strangers if the vibes were right.

Why you'll love it: Bill Murray plays a washed-up oceanographer chasing a mythical shark. It's part comedy, part fever dream, all Wes Anderson.

BLUE SCALE

Mood: *Offbeat and oddly touching*
Tears: *Just a few*
Escape factor: *Nautical nonsense*
Stream it: *Hulu, Disney+*

For the low-key escape artist



Blue Crush (2002)

Personality: You've never actually surfed, but you like the idea of it.

Why you'll love it: It's a story of strength, sisterhood and wiping out in style. Bonus: plenty of slow-motion surf shots and early 2000s fashion.

BLUE SCALE

Mood: *Sunburned determination*
Tears: *Light mist*
Escape factor: *Endless summer*
Stream it: *Starz, Hulu, Prime Video*



You know where you want to go.

We'll hand you the keys.

Retirement planning doesn't have to come with yellow lights and red flags.

At Family Focus Financial Group, we help guide you through each turn — from lifestyle and income, to taxes and healthcare — using the Green Light Retirement Plan.



Family Focus FINANCIAL GROUP

Wealth Management Investment Advisory & Insurance Services

Schedule your complimentary consultation today.

Call 843.427.3300 or visit us at FFFGonline.com.

7 Carroll Court Bluffton, SC 29910





As seen on WTOC-11's Low Country Retirement Report WTOC 11

Insurance products are offered through the insurance business Family Focus Financial Group. Family Focus Financial Group is also an Investment Advisory practice that offers products and services through AE Wealth Management, LLC (AEWM), a Registered Investment Adviser. AEWM does not offer insurance products. The insurance products offered by Family Focus Financial Group are not subject to Investment Adviser requirements. Neither the firm nor its agents or representatives may give tax or legal advice. Individuals should consult with a qualified professional for guidance before making any purchasing decisions. The Green Light Retirement Plan: Our five-step process to help ensure you are good to go. This WTOC- 11 is a paid placement. 3114288 06/25

BEZILLA KINNEY PHIFER
WEALTH MANAGEMENT GROUP
of Wells Fargo Advisors

HILTON HEAD ISLAND 843.681.1400
BEAUFORT 843.982.1506
SAVANNAH 912.921.3422



Forbes Best-in-State Wealth Management Team 2024

www.bezillakinneyphiferwmg.com

Investment and Insurance Products:

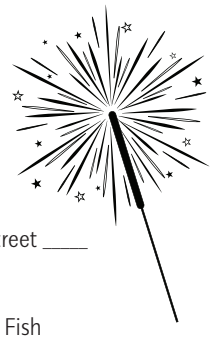
NOT FDIC Insured	NO Bank Guarantee	MAY Lose Value

2024 Forbes Best-In-State Wealth Management Teams: Awarded January 2024; Data compiled by SHOOK Research LLC based on the time period from 3/31/22–3/31/23 (Source: Forbes.com) The Forbes Best-in-State Wealth Management Teams rating algorithm is based on the previous year's industry experience, interviews, compliance records, assets under management, revenue and other criteria by SHOOK Research, LLC, which does not receive compensation from the advisors or their firms in exchange for placement on a rating. Investment performance is not a criterion. Self-completed survey was used for rating. This rating is not related to the quality of the investment advice and based solely on the disclosed criteria.

Wells Fargo Advisors is a trade name used by Wells Fargo Clearing Services, LLC, Member SIPC, a registered broker-dealer and non-bank affiliate of Wells Fargo & Company. PM-07192025-6270495.1.1

Local IQ

July crossword challenge for locals.

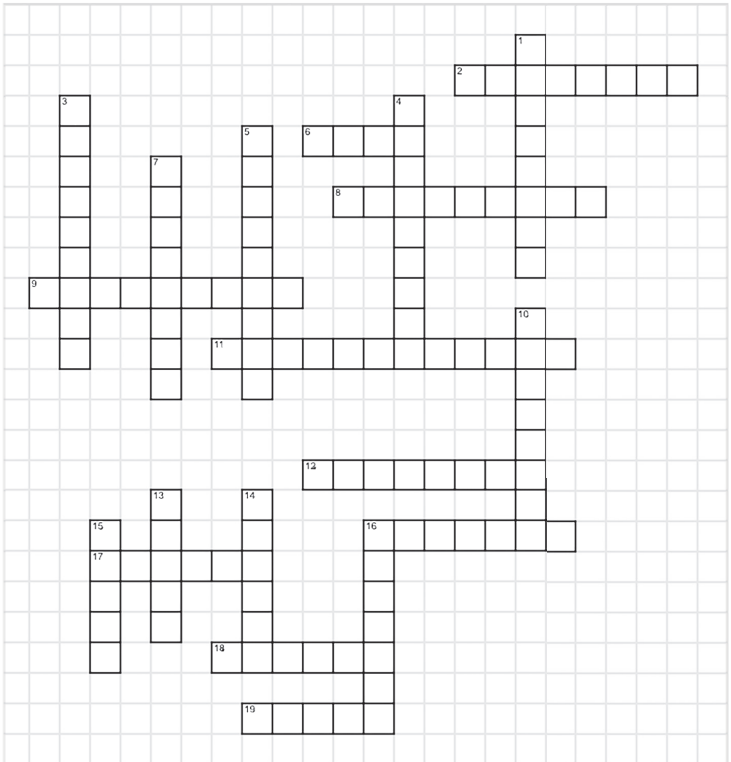


ACROSS

2. Handheld firework that's a kid favorite
6. Forgetful blue fish from Finding Nemo
8. Blue-green gem and southwestern color staple
9. Weathered wood washed ashore
11. Banner that waves over July celebrations
12. Famous stew shares its name with this community
16. The highest-rated HHI restaurant on Yelp. Cactus Street ____
17. Last name of the designer known for Polo Blue
18. Hilton Head's stylish trolley
19. Doctor who wrote One Fish, Two Fish, Red Fish, Blue Fish

DOWN

1. Precious stone and September birthstone, known for its deep blue hue
3. These light up the sky every Tuesday night over Broad Creek
4. Flower that turns blue in acidic soil
5. Wireless tech named after a 10th-century Viking king
7. Many families take one in July
10. A serene sky-blue shade, once a punchline in The Devil Wears Prada
13. Tiny blue cartoon character with a white hat
14. Zodiac sign for most of July
15. Blue ceramic finish used on pottery
16. Tree with knobby knees found in swamps



ANSWER KEY

ACROSS 2. SPARKLER 6. DORY 8. TURQUOISE 9. DRIFTWOOD 11. STARSPANGLED 12. FROGMORE 16. CANTINA 17. LAUREN 18. BREEZE 19. SEUSS

DOWN 1. SAPPHIRE 3. FIREWORKS 4. HYDRANGEA 5. BLUETOOTH 7. VACATION 10. CERULEAN 13. SMURF 14. CANCER 15. GLAZE 16. CYPRESS

Official Mensa® Challenge

Answers are available on LocalLifeSC.com/Mensa



LET'S GET COOKING!

Don't get burned by this Mensa quiz.

1. Find the word that fits the definitions below when it's 1) a whole word and 2) divided into separate two words.

1) Whole word: someone seeking an office
2) Two words: a. frank and open b. consumed

2. Choose the correct letter from each clue in the rhyme below. When put in order, the four letters will spell the answer to the riddle.

My first is in spot but not in hot.
My second in soap also sot.
My third in never you will find.
My last in sign and also grind.
My whole is joyful, you will hear.

Forever pleasure to the ear. ____

3. Nick decided to test his new bicycle for the upcoming endurance race. He rode his bike at six miles per hour and arrived in the next town one hour earlier than if he had ridden at five miles per hour. How far did he ride?

4. Andrea found a jar with many coins in it. The coins added up to $8.50. There was an equal number of dimes, quarters and half-dollars. How many of each coin did she find?

5. A palindrome is a word, sentence or group of words that reads the same backward or forward.

What you do when you call 911? ____ ___

ANSWER KEY

1. *1) candidate 2) a. candid b. ate* ***2.*** *SONG*
3. *30 miles (a five-hour trip at six miles per hour; a six-hour trip at five miles per hour)*
4. *10 ($1.00 + $2.50 + $5.00 = $8.50)* ***5.*** *DIAL AID*

ARE YOU READY FOR MENSA?

American Mensa is where brilliance belongs – it's where friendships are forged for life, business connections and opportunities are made, and where brilliant minds find the chance to engage with others in an intellectually stimulating environment. **Just for LocalLife readers:** Take the Mensa Practice Test for just $5! **Visit americanmensa.org/mht and use offer code: Local21.** Quiz © 2018 Dr. Abbie F. Salny

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



World-Class Doctors
Providing the Best Local Care.

When it comes to the very latest cutting-edge technologies and unparalleled patient outcomes, eye care experts around the world look to the Lowcountry and the passionate eye care pioneers at Bishop Eye Center. The best of the best in superior compassionate eye care are right here in Hilton Head, Sun City, and now Bluffton.

You don't have to look – or go – far.

BISHOP EYE CENTER

The Leading Center for Cataract Surgery

Hilton Head • Bluffton
New River/Sun City
843-689-3937 • BishopEye.com

The hot list

What to watch, read and listen to in July.

SELECTIONS BY DAISY DOW

STREAMING









APPLE TV+ ***The Wild Ones*** *(documentary)* Some of the only times endangered species make the headlines is when their conservation status drops to either a critical or non-existent level. While these animals face mounting threats to their existence, scientists all over the world are hard at work to research solutions and share guidance on what we humans can do to limit the threat we may pose to them. This documentary series follows two wildlife camera and video experts and their guide as the three of them navigate some of the most remote corners of the world to see endangered species in their element. **Release date: July 11**

PRIME VIDEO ***Ballard*** *(crime series)* Renowned author Michael Connelly's TV series, *Bosch*, amassed a cult following, taking viewers inside the at-times corrupt world of the LAPD. Now, the department's cold case reserve is set to get a little TLC from the reluctant detective Renée Ballard (Maggie Q), who has been kicked off the homicide team. When Ballard starts brushing the dust off untouched cold case files with a homicide detective's eye, she quickly uncovers dark truths families have been waiting decades to hear. **Release date: July 9**

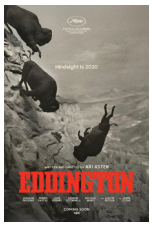
NETFLIX ***Too Much*** *(comedy series)* From her job to her relationship, everything in Jess's (Megan Stalter) world in New York City has fallen apart. Taking inspiration from almost every romantic comedy, she sets out for a new life in London with hopes of charming a handsome British man and falling into the perfect life. Jess's unapologetically enthusiastic way of being is off-putting to some and mildly interesting to others in her new home. She does make a love connection (Will Sharpe), but the nature of the relationship is anything but what she was expecting. **Release date: July 10**

FOX ***MLB All-Star Game*** *(live baseball)* Baseball's biggest names take the field for the Midsummer Classic, where the spotlight shines on power hitters, flashy plays and the pure joy of the game. Catch all the action on FOX, or make the drive to Atlanta and experience All-Star weekend in person. From the high-stakes Home Run Derby to celebrity cameos and fan-filled festivities, it's a reminder of why summer nights and baseball are the perfect match. **First pitch: 8 p.m., July 15**

MOVIE THEATERS



Superman *(action)* Everyone wants to be "Superman," but who would really want to defy their own government every day or face the wrath of people who think your every move is out of line? Worse yet, being Superman also means coming to grips with the reality that your humanity is a little less human than everyone else's. Clark Kent (David Corenswet) embarks on a world-saving endeavor, all the while confronting some heavy truths about who he is and who he wants to be. **Release date: July 11**



Eddington *(drama)* A small town in New Mexico in the midst of the Covid-19 pandemic becomes a ground zero for political, social and cultural strife. Coping with a communicable virus spurs two disparate factions within the community, both of whose ideologies are amplified on social media. The town's sheriff (Joaquin Phoenix) and mayor (Pedro Pascal) go head-to-head and drag their neighbors along with them. **Release date: July 18**

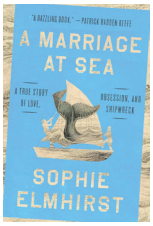


Fantastic Four: The First Steps *(adventure)* Sue Storm (Vanessa Kirby), Mister Fantastic (Pedro Pascal), Human Torch (Joseph Quinn) and The Thing (Ebon Moss-Bachrach) are the Fantastic Four. The quartet operate as a family looking out for each other in times of trouble, but also coming together in the evenings for dinners– and fights ensue if not. When intergalactic enemies named Galactus (Ralph Ineson) and Silver Surfer (Julia Garner) threaten peace on Earth, the four must rally to protect their planet. **Release date: July 25**

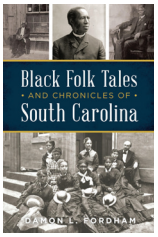
BOOKS & NOVELS



The Unraveling of Julia *By Lisa Scottoline (fiction)* Julia Pritzker lives and dies by her horoscope, but when it predicts her husband's actual death, her day-to-day routines are thrown off kilter with a dreadful feeling that her life is pre-destined. When a letter arrives with an opportunity that might turn her life upside down, Julia feels compelled to follow its instructions as a last ditch effort to live beyond an astrologist's prescription. **Release date: July 15**

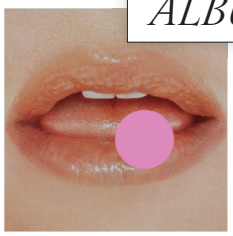


A Marriage at Sea: A True Story of Love, Obsession and Shipwreck *By Sophie Elmhirst (nonfiction)* Over five decades ago, newlyweds Maurice and Maralyn took their land-locked relationship to the next level in order to pursue their dream of traveling the world on a sail boat. Things go off without a hitch, at first. **Release date: July 8**



Black Folk Tales and Chronicles of South Carolina *Damon Fordham (local)* Adjunct professor at The Citadel Damon L. Fordham has composed a collection of stories and interviews from African Americans in the Lowcountry. Placing West African folk tales and eye-witness accounts of the pivotal 1919 Charleston Race Riot in conversation with one another, Fordham creates a partial portrait of the Black experience in the Lowcountry. **Release date: Out now**

ALBUMS



Period
By Kesha (Pop)
Release date: July 4



Little Crosses
By Joe Stamm Band (country)
Release date: July 11



The Cosmic Selector Vol. 1
By Lord Huron (alternative)
Release date: July 18



Pregame
By Brett Jamez (local)
Release date: Out now

PODCASTS



Everybody's Business
Subject: Business



The Interview
Subject: Culture



Good Hang with Amy Poehler
Subject: Humor



Beaufort Voice
Subject: Local news

TRAVEL



Panama City, Panama
High of 85 degrees, low of 75 degrees
Visit Panama Viejo in the peak of summer.



Nairobi, Kenya
High of 72 degrees, low of 55 degrees
Visit the world's 2nd largest urban forest, Karura Forest.

Voted Best Gift Shop!

Gorgeous Free Giftwrap Always!









Outstanding Gifts at Unbelievable Prices.
Thank You for Shopping Local.





GIFTED
HILTON HEAD
SUITE J2, VILLAGE AT WEXFORD
MONDAY-SATURDAY 10AM-5PM • 843.842.8787

Unsung heroes

A quiet force for good

MARY STUART ALDERMAN BRINGS HEART, FAITH AND STEADY HANDS TO THE LOWCOUNTRY'S MOST TRUSTED NONPROFIT.

The Lowcountry thrives, thanks to countless volunteers whose efforts often go unnoticed. *These unsung heroes are the driving force behind local nonprofits, making a difference in the lives of many. Each month we'll feature one of these inspiring individuals to highlight their contributions and raise awareness for the organizations they support. Know someone deserving of recognition? Email* ***info@wearelocallife.com,*** *and help us honor the heroes among us.*



GIVING THANKS Each year, Deep Well helps organize a free Thanksgiving meal at Hudson's Seafood House on the Docks, alongside local churches and nonprofits. The dinner brings warmth to those who need it most.

Mary Stuart Alderman doesn't just believe in helping, she lives it. Raised in Winston-Salem, North Carolina, in a family where faith and service were part of daily life, Mary learned early on that communities thrive when people show up for each other.

She took that spirit with her to Meredith College, where she double-majored in math and religion, and then to her first job as a computer programmer at Wachovia in Raleigh. But it wasn't long before Mary's heart led her in a new direction: home with her children, but always reaching outward, volunteering in schools, lending her time to local causes and eventually joining the Junior League of Charlotte. One of her most memorable experiences was hammering nails alongside President Jimmy Carter and his wife, Rosalynn, as part of a Habitat for Humanity build.

In 2003 Mary followed love to Hilton Head Island. She married her husband, Jack, took a job at Curry Printing and later joined the team at the Community Foundation of the Lowcountry. After retiring in 2010, she returned to what felt most natural, volunteering full time. These days, you'll find her at First Presbyterian Church, the Rotary Club of Hilton Head Island and women's groups throughout the area. But perhaps her deepest impact has come through her decade-long work with The Deep Well Project, where she recently wrapped up a term as board chair.



COMPASSION IN ACTION Mary Stuart Alderman has spent decades giving her time and heart to causes that lift others. When she's not volunteering, she and her husband, Jack, enjoy visiting their growing family in North Carolina, New York and Florida.

The Deep Well Project: Filling gaps, offering hope

Deep Well began in 1973 with one woman and one clear need: cleaner water for islanders relying on contaminated shallow wells. That one need grew into many, and today Deep Well helps neighbors get back on their feet by offering emergency food, help with rent and utilities, housing repairs, children's programs and a Santa Shop each holiday season.



PRESIDENTIAL HONOR One of Mary's most unforgettable volunteer moments: helping build homes with President Jimmy Carter during a Habitat for Humanity project in Charlotte.

How you can help

It takes more than 300 volunteers to keep The Deep Well Project running, and there's always room for more. If you're looking for a way to give back, whether it's time, donations or adding Deep Well to your will, visit ***deepwellproject.org***.

DEEP WELL PROJECT
Reaching Deep For Islanders In Need



Live Summer to the Fullest

FRAUM HEALTH

843-681-7777

EXPERIENCE RELIEF WITH REGENERATIVE THERAPIES

Since 2018, restorative medicine at Fraum Health has empowered thousands of patients to harness their body's natural healing abilities, restoring mobility and comfort—without surgery or downtime. Don't let pain hold you back this summer. Enjoy every sunny day and active moment with our restoration therapies. Take the first step toward lasting relief by scheduling a private consultation with Dr. Hinshelwood today.



Heather Hinshelwood, MD *is passionate about healthy living and influencing others to make healthier choices to improve their lives. She focuses on non-surgical solutions to joint replacement surgery.*

CALL NOW
FOR YOUR CONSULTATION
WITH DR. HINSHELWOOD

Scan to learn more

INFO@FRAUM.COM / WWW.FRAUM.COM / 1403 MAIN STREET VILLAGE / HHI, SC 29926

What makes them local



LET'S DANCE
Kind of Blue isn't just a restaurant, it's a vibe. Tucked away on Dunnagan's Alley, this soulful spot blends live music with Lowcountry flavor, all curated by co-owner and entertainer Sterlin Colvin.

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*

Kind of Blue, kind of brilliant

From classical tenor to comedic entertainer, Sterlin Colvin hits all the right notes.

STORY BY BECCA EDWARDS



A TASTE OF SOUL
Sterlin Colvin brings soul to every note and every plate at Kind of Blue, his Hilton Head Island restaurant and performance space. A classically trained vocalist turned comedic piano entertainer, Colvin blends decades of musical experience with a passion for good food and feel-good vibes, creating a one-of-a-kind destination where the rhythm is just as rich as the flavor.

Sterlin Colvin's musical journey began at age 6, inspired by his sister, a classical vocalist. At 13 he was playing in nightclubs and later toured Europe with the HD Woodson Chorus. A graduate of the Duke Ellington School of the Arts, Colvin earned seven college scholarships, won the Warner Lawson Award at Howard University and received a full saxophone scholarship to Florida A&M. Today he blends music and cuisine at his Hilton Head restaurant, Kind of Blue.

Q: Can you tell us more about your musical influences? A: I was privileged to always be surrounded by amazing singers. I went to college to pursue classical voice and was a dramatic tenor, but I knew I would never be accepted as a Black man holding a blonde in his arms, singing Italian arias. That was in 1976 — and still today. That same year, the Duke Ellington School arranged an internship for me with Jonas Cash, one of the largest record promoters on the East Coast. I met artists like Warren Zevon, Crystal Gayle, the Pointer Sisters, Peabo Bryson, Whitney Houston and Elton John. I've been blessed to play with and share the stage with some of the biggest artists of our time in the '80s and early '90s.

Q: How does music help move people? A: Music, especially in my time, was a great communicator. It told stories. There were themes and poetic lyrics that helped set the mood. Everyone had songs they could relate to — a first kiss, a dance, a courtship or a hardship. I love the music from my era. There are still great songs and songwriters out there; they're just not mainstream anymore. You have to dig deep to find music that really speaks to you.

Q: What are your thoughts on the music scene here? A: We have some awesome talent, and this island has birthed children of legends. Brian Simpson from the Simpson Brothers has taken the gift passed down from his dad and run with it. Malcolm Horne, son of Darryle Horne, is one of the next-generation island maestros and a production genius. Lavon Stevens has two sons doing amazing things around the world. My kids — Brooke, Stee and Ben — have also done great things in the music business.

Q: What is your favorite song and why? A: With my experience and my palette, it's impossible for me to have just one favorite song. But I'll give you a couple. "Nessun Dorma," from my classical background — Placido Domingo puts me in another place with that one. And "What a Wonderful World" is a song of hope, beautifully delivered by the great Louis Armstrong.

Q: When you perform, do you ever feel like the music just runs through you? A: It moves me — not through me. Over the years, I've reinvented myself several times. Today, I'm a comedic piano entertainer, and I feel like I'm really good at what I do. My purpose is to make people feel better. I give the same show for two people as I do for 400. My prayer before performing is always that I can make people feel better than they did when they walked in. God gives us all gifts, and I believe this is mine. LL



Have the smile you've always wanted!

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

AACD American Academy of Cosmetic Dentistry® ACCREDITED

Bonnie J. Rothwell, *DMD, AAACD*



Bonnie J. Rothwell, DMD, AAACD

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

Call for your complimentary cosmetic consultation.

Local business buzz

NEW SPOTS, FRESH FACES AND EXCITING PLANS ACROSS THE LOWCOUNTRY.

STORY BY SHEILA PAZ

July is the hottest month of the year, and not just when it comes to the weather. The Lowcountry business scene is sizzling too, with fresh openings, new faces and cool places to experience. From art studios and baseball training grounds to indoor pickleball courts, there's no shortage of exciting spots popping up. Want bragging rights? Be the first of your friends to check them out.



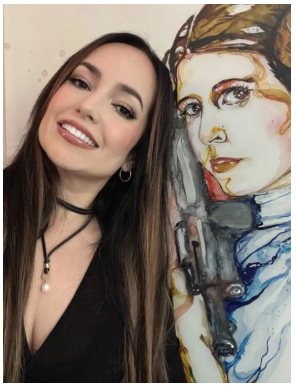
©CABINET IQ

NOW OPEN

Cabinet IQ

22 Plantation Park Drive, Suite 106, Bluffton

Need new cabinets or countertops? Cabinet IQ has landed in Bluffton with a full-service team and high-tech tools, including 2D and 3D renderings so you can picture everything before the real work begins.



Oasis Art Studio & Gallery

110 Trade Cross, Suite 235, Bluffton

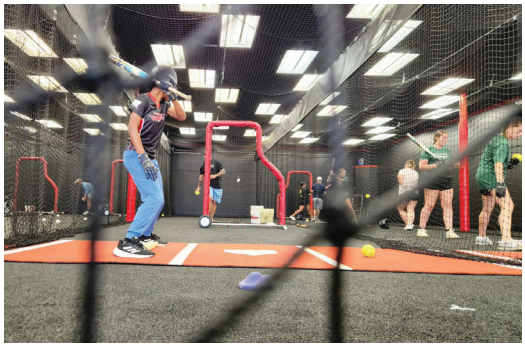
Artist Michelle Cabrera has opened a creative escape for beginners and pros alike. Whether you're painting your first canvas or adding to a portfolio, the studio is stocked, the vibe is encouraging, and the paint is ready to fly.



The Local Pickle

1204 Fording Island Road, Bluffton

Pickleball fans, this one's for you. The Local Pickle opened with 11 tournament-grade courts, a café and lounge, locker rooms and, yes, glow-in-the-dark games. It's a place for serious competition and low-key hangs alike.



Hitters University

2127 Boundary St., Suite 11, Beaufort

Former MLB draft pick Tyler Osik is bringing big-league know-how to Beaufort with this training space for young baseball players. It's part batting cage and part dream factory, where kids sharpen their swings and build confidence.

Lowcountry Stone Boutique

13 Cardinal Road, Hilton Head

Shopping for stone just got a lot more stylish. This new showroom offers slabs of marble, granite and quartzite that will have you planning a kitchen or bathroom upgrade, whether you need one or not.



©LOWCOUNTRY STONE BOUTIQUE

COMING SOON



New YMCA opening in Ridgeland

Big news for the greater Bluffton area: A new YMCA is on the way. Scheduled to open in early 2026, the James Fisher Memorial Foundation YMCA will bring more than 33,000 square feet of community space to East Argent Parkway in Ridgeland. Highlights include an aquatics complex, group fitness studios, a preschool and a café, plus plenty of room to move, play and connect.

BE THE BUZZ

Discover a new business gem in the Lowcountry? Share your find by emailing details to ***info@wearelocallife.com*** *to help us spotlight the newest local treasures.*



Pool your resources.



We invite you to choose from two distinctly different club experiences, each tailored to your personal lifestyle. Enjoy amenities including 54-holes of golf, practice facilities, tennis, pickleball, fitness, indoor and outdoor swimming pools, and award-winning cuisine. Build lasting relationships around a buzzing social calendar. Come visit and see for yourself. The choice is yours.

The Golf Club
At Indigo Run

Country Club of Hilton Head

Ask about our HOT Summer Savings!

Golf, Racquet, Social Memberships available.

Stephanie Mensing Stephanie.Mensing@InvitedClubs.com
843.342.2988 | thegolfclub-indigorun.com | hiltonheadclub.com









The blue age

LEARN FROM LOCALS APPLYING BLUE ZONE LESSONS TO THE LOWCOUNTRY.

STORY BY ALEA WILKINS

Blue zones, areas with a high concentration of centenarians, have been studied all over the globe, from Okinawa, Japan, to Sardinia, Italy. Journalist and National Geographic fellow Dan Buettner located these zones at the turn of the century, and his research identified the healthy lifestyle habits shared by its eldest members. Following those habits, he says, can grant people the power to "reverse engineer longevity."

Buettner broke down the identified habits into four main categories: natural movement, wise eating, community connection and developing the right outlook. In the Lowcountry, locals prove the lessons from the blue zones can be applied to their everyday lives, prioritizing wellness to not just live longer but to live better. Discover how to adopt the blue zone habits for a life that never slows down.



SOAK IT IN From mindful stillness to the salt-kissed air, downshifting by the water is just one way locals embrace blue zone wisdom; learning to live longer by living better.



Move naturally

Since ***Joan LaBoiteaux*** moved to Hilton Head Island in 2019, she's gardened every day, and she's never felt better. "I can't tell you for sure if it's because of the activity or just being outside three to five hours a day, but I never get sick," she says, knocking on wood.

Combining physical activity with the outdoors, gardening exemplifies the blue zone habit of natural movement. Buettner found that regular low-intensity exercise through daily activities, like gardening, maintained the physical wellbeing of the blue zone centenarians.

LaBoiteaux, president of the Hilton Head Plantation Farmers Club, pointed out how the local members strengthen their bodies as they work. "Seventy-five percent of what we grow is in the ground," she says. "You'll see people out here well into their 80s, and they're leaning over and pulling weeds and squatting and standing."

Although low-intensity, gardening's physical demands have revealed substantial long-term benefits. A 2018 study published in Clinical Medicine reports that gardening "restores dexterity and strength" while also lowering blood pressure and increasing vitamin D levels from the sunlight. The study further referenced research that found gardening to be "more effective than walking, education or maintaining alcohol intake in moderate levels in protecting against dementia." By helping the body maintain its strength and preventing physical decline with age, gardening exemplifies how the blue zone centenarians move naturally for longevity.



EXCLUSIVELY FOCUSED ON PALMETTO BLUFF REAL ESTATE FOR OVER TWO DECADES.

As the official real estate company for Palmetto Bluff, we are dedicated exclusively to this extraordinary community. With unmatched expertise, exclusive access to the Palmetto Bluff Club, representation of the most sought-after listings, and insider knowledge of upcoming amenities and neighborhoods, we deliver a level of service and insight you won't find anywhere else. Contact us today to start your home journey at the Bluff.



FEATURED LISTING

417 CORLEY STREET

$5,290,000

BEDS: 5 | BATH: 7 1/2 | SQFT: 6,234

DISCOVER OWNERSHIP
843.612.8566
palmettobluff.com/local

Obtain the Property Report required by federal law and read it before signing anything. No federal agency has judged the merits or value, if any, of this property. This does not constitute an offer to sell or a solicitation of any offer to buy where prohibited by law. The complete offering terms are in an offering plan available from sponsor. File no. H-110005

For prospective planters feeling lost in the weeds, LaBoiteaux recommends beginners first consider their passions.

"You have to grow things you love. If you don't care about vegetables, grow flowers." she says. Though she's confident everyone has a green thumb, she recommends using Clemson Cooperative Extension's Home & Garden Information Center as an online resource specific to the area.

Whether plotting rows of produce in the backyard or a single pot of herbs, gardening fulfills the blue zone healthy habit of moving naturally. Budding with potential for prolonged physical wellness, it's a simple strategy to experience life in full bloom.



©HHP FARMERS



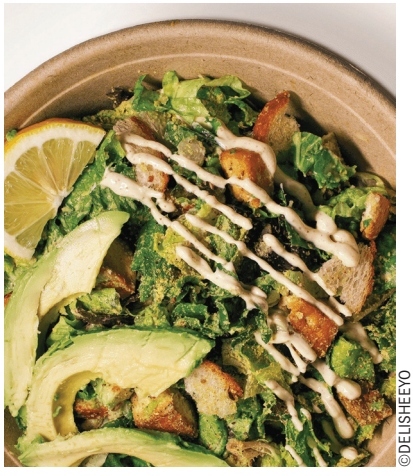
©ARNO DIMMLING

JOIN THE CLUB With around 300 members, the Hilton Head Plantation Farmers Club tends individual 25' x 25' plots within the fenced Seabrook Farm area, located near the POA service offices. Throughout the year the club hosts seasonal farmers markets, offering fresh fruits, vegetables, herbs and flowers grown by members or in the club's shared plots. Proceeds support club activities, and any unsold produce is donated to St. Stephen's Food Pantry in Ridgeland.



©DELISHEEYO

ROOTED IN FRESHNESS Delisheeyo, a vegetarian restaurant on Hilton Head Island, grows, harvests, prepares and serves fresh fruits and vegetables straight from its on-site garden. The organic produce is always within view of the kitchen window; just 33 steps separate the kale in the garden from the salad bar. This ultra-fresh approach not only enhances flavor but also preserves nearly twice the nutritional value of most imported produce.



©DELISHEEYO

Eat wisely



In blue zones the world's longest-living people eat green. Buettner's research found that the centenarians across the globe shared a plant-based diet rich in locally grown, unprocessed foods. Despite being an omnivore, ***Blake Wearren***, owner of Hilton Head Island's exclusively vegetarian restaurant Delisheeyo, similarly encourages locals to reconsider what's on their plate. "Each of us is on a journey to figure out what foods fuel our own body the best," he says. "For me, knowing that my food was produced in a clean, natural and sustainable way is the most important."

Even though Wearren occasionally eats meat, he advocates for centering meals around produce. He's adopted the phrase "plants are medicine" to describe the natural health benefits of a vegetarian diet, the results of which he's witnessed in his customers. "I've seen some people lose over 100 pounds from juice fasts. Many people heal their guts with plant-based diets. The people who beat the odds to survive cancer have always inspired me," he says. These stories are backed by research from Harvard and Tehran University.

In 2020, analyzing 32 studies of nearly one million people, the researchers calculated that "getting 3 percent more of total calories in the form of plant protein (like beans, nuts and whole grains) lowered people's risk for premature death by 5 percent." They concluded that because a plant-based diet lowers intakes of processed red meats, it also decreases the likelihood of conditions associated with those foods, like high cholesterol and blood pressure. This supports vegetarianism as a pillar of the blue zone lifestyle toward longevity.

Still, swapping steak for tofu is only one piece of the puzzle. Wearren acknowledges that the healthiest diets also prioritize mindful, balanced meals. "You could technically be plant-based and only eat french fries," he says. "People need to educate

Rediscover Your Inner Confidence

Embrace personalized care and surgical expertise with Beaufort Memorial.



After losing 165 pounds following bariatric surgery, Michelle sought out the expertise of **Dr. Heidi Harrington** for a number of procedures, including arm, thigh and buttocks lifts. Over 11 years, Dr. Harrington's compassionate, leading-edge approach has helped Michelle realize her body goals and achieve natural-looking results. She now regularly travels from Charleston to see Dr. Harrington for facial rejuvenation procedures.

Michelle's journey with Dr. Harrington has included several body contouring procedures:

- THIGHPLASTY
- BUTTOCKS LIFT
- ARM LIFT

> "Confidence shines from within, and mine was gone — until I met Dr. Harrington. **She gave me a new lease on life.** Now I can go out and dance. I can wear clothes that fit. **I feel like me again.**"
>
> —Michelle Howard, 57



Dr. Heidi Harrington, a board-certified plastic surgeon, and the team at Beaufort Memorial are devoted to empowering you through transformative procedures and aesthetic enhancements, focused on renewing confidence and function.

Call 843-707-8020 or scan the QR code to start your journey with Dr. Harrington.

Beaufort Memorial
PLASTIC SURGERY & AESTHETICS

Plastic Surgery Options As Unique As You

122 Okatie Center Blvd. North, Suite 220 • 843-707-8020

MAY RIVER
FINANCIAL GROUP

CELEBRATING 26 YEARS





Bryan Weathersbee
May River Health & Benefits

Gwynn Yocco
May River Financial Planning

Vicki Nash
May River Insurance Group

We are the May River Financial Group.



CHRISTOPHER CORKERN
PRESIDENT / FINANCIAL PLANNER
christopher.corkern@prudential.com • 843-706-2100

MAY RIVER FINANCIAL GROUP
1278 May River Road, Suite 300
Bluffton, South Carolina 29910

Prudential

Securities and investment advisory services offered through LPL Enterprise (LPLE), a Registered Investment Advisor, Member FINRA/SIPC, and an affiliate of LPL Financial.

"Prudential Advisors" is a brand name for the proprietary retail sales channel of The Prudential Insurance Company of America ("PICA") and its insurance company and other affiliates (collectively "Prudential"). Prudential Advisors financial professionals are licensed insurance agents of Prudential.

Pursuant to a strategic relationship among Prudential, LPLE, and LPL Financial, Prudential Advisors financial professionals provide securities brokerage services and/or investment advice on securities solely as registered persons of LPLE, an affiliate of LPL Financial. These financial professionals are permitted to brand under "Prudential Advisors." LPLE and LPL Financial are not affiliated with (insert DBA name) or Prudential.

themselves on how to eat a well-rounded plant-based diet." To supplement the essential nutrients found in meats and animal products, Wearren opts for nutritional yeast and nut milks, which are high in B-12. He also suggests nuts, seeds and dark leafy greens to boost intakes of calcium, iron and omega-3 fatty acids. Above all, Wearren's top piece of advice likens that of blue zones: invest in produce grown as locally as your backyard. "Truthfully, the ultimate way to adopt a diet based on plants is to grow them," he says. "For some reason, things just taste better when they come out of your own garden."

Like the centenarians harvesting their own whole grains, veggies and fruits, the locals following healthy plant-based diets recommend digging in.

SERVICE ABOVE SELF
At 83, Larry Sanders proudly calls himself a "volunteer junkie." For more than two decades he's devoted nearly every week of retirement to giving back, supporting groups like the Rotary Club, Habitat for Humanity and Hilton Head Hospital. He's one of many locals who make volunteerism a way of life, proving that serving others not only strengthens the community but also adds purpose, connection and longevity.



Connect with community



At 83 years old, ***Larry Sanders*** calls himself a "volunteer junkie." For every week of his 23 years of retirement, Sanders has dedicated his free time to community service, volunteering at the Rotary Club of Hilton Head Island, Hilton Head Regional Habitat for Humanity of the Lowcountry, Novant Health at Hilton Head Hospital, the Church of the Palms United Methodist Church and BlacQuity. Not only is Sanders an active member, he's also a leader. From serving as president of the Rotary Club to his latest gig, mentoring young professionals, Sanders puts his all into his efforts. "Volunteerism is, to me, a way of life," he says.

According to Buettner's research of blue zones, volunteerism and community participation sustain physical and mental wellbeing with age. Through positive social interactions with like-minded individuals, volunteering raises confidence and builds a sense of fulfillment.

A 2020 study published in the American Journal of Preventive Medicine found that people who volunteered at least 100 hours per year had a 44 percent reduced risk of mortality and were 17 percent less likely to experience physical functioning limitations. By routinely engaging with their communities, these people maintained their physical strength through building houses or hosting events, and they also reported better mental wellness and higher optimism. For Sanders, he feels the benefits of volunteering almost immediately. "Those are the rewards I get — seeing the smiles on all the faces when a task is completed and I'm ready to move to the next one," he says.

For aspiring volunteers, Sanders advises locals to blend service with their own interests. When he first retired in 2002, he envisioned he'd dedicate the rest of his life to hobbies like golf and photography. Now he assists with the Habitat for Humanity's annual golf tournament, and he takes pictures for the Rotary Club. "Everybody's got some talent or skill or something that they may not know they can do," he says. "It can start down small, but it can grow to be big."

While Sanders admits not everyone has to volunteer as often as he does, he asserts that every second is worth it. Supported by the findings from blue zones, giving back improves both the health of volunteers and their communities — helping everyone for the better.

"You have to go and make yourself available," he says. "Believe me, once you start to serve, it will catch on and grow."

Build the right outlook



To unlock the final blue zone key to longevity, look inward. Downshifting, defined by Buettner as a process of removing oneself from a stressful environment through calming techniques, can regulate emotional wellness for increased length and quality of life.

Alicia Welch, a teacher and wellness coach at Mobo Yoga, has been striving to downshift as long as she can remember. "I have been building a personal toolbox of different stress-relieving and self-care practices over the last 10 years," she says. "These tools have changed my life."

After years of chronic stress and anxiety, Welch turned to yoga. Private practice and hours spent meditating in the studio led to an eventual teaching certification, and now Welch inspires others to prioritize stress relief in their own daily routines. Activities like yoga, meditation, journaling, spending time outdoors, cooking, epsom salt baths and enjoying the company of pets all fit the bill, she says. With daily repetition, these moments can amount to lasting peace of mind and body. "I know people — myself included — would love a quick fix, but anything that's going to last is going to take time," she says. "The best investment you can make is in yourself."



Choose Right at Home for the personalized in-home care and assistance you or your loved one needs to live safely and comfortably in your own home.

Add concierge services for a **dedicated care manager** to coordinate all in-home care, plus:

- Medical Appointments
- Patient Advocacy
- Overnight Care
- On-Call Nurse Visits
- Alzheimer's/Dementia Care
- Hospice/End of Life
- Home/Lawn Maintenance
- And Much More!

Let's start talking about living.®

Call today for a free consultation.
(843) 605-9182

Right at Home®
In Home Care & Assistance

HiltonHeadConciergeCare.com



SOAK, SOOTHE, SUSTAIN A little lavender, a splash of stillness and a sprinkle of sea salt; calming rituals like this align with the blue zone principle of stress relief through daily self-care.

According to the blue zone researchers, stress is one of the greatest detriments to long, satisfying lives. Prolonged periods of increased cortisol and heart rate can trigger a number of health issues, but a 2005 study found that regular meditation remedied them. Published in "Acceptance and Mindfulness-Based Approaches to Anxiety," the study revealed that participants who routinely meditated mitigated their conditions triggered by high levels of stress like poor blood circulation, headaches and symptoms of premenstrual syndrome and menopause. Depending on the technique, participants also improved endurance, strength and flexibility through activities like yoga or walking. Meditation was also found to reduce the risk of anxiety and depression. A 2022 study published in Contemporary Buddhism found that up to 41 percent more participants who regularly meditated during the Covid-19 pandemic were in the normal states of stress, anxiety and depression compared to those who didn't. Considering the physical and emotional health of the blue zones' residents, stress-relief seems to effectively benefit, and possibly extend, life.

When beginning your own self-care journey, the best starting point is your happy place. Welch recommends familiarizing yourself with what activities bring you the most joy and to gradually incorporating them into your routine.

"It needs to be something that feels authentic to each person. At the same time, do it with playfulness and no real goal or outcome. Maybe you only do it for a minute, or maybe you pick up a journal and just write one page," she says. Not only will these practices calm the mind, but they will renew your sense of purpose — another core tenant of the blue zone outlook. "Your purpose doesn't have to be your job. It can also be a hobby, or it can just be simply to make people laugh or be helpful to others. We don't want to overthink that," she says.

Whether working toward world peace or finding peace within ourselves, Welch agrees the right outlook can determine our future. "Our purpose can be so simple, but it can change the world." *LL*



The fab five

Blue Zones are regions around the world where people live significantly longer and healthier lives than the global average. The term was coined by National Geographic explorer and author Dan Buettner, who identified five such regions with the help of researchers and demographers studying longevity hot spots.

1. OKINAWA, JAPAN

Life expectancy: 90 years

Nicknamed the "Land of Immortals," Okinawa is home to one of the highest concentrations of female centenarians. Their longevity is credited to a strong social support system (moai), daily movement and a nutrient-dense diet rich in sweet potatoes, tofu and leafy greens.

2. SARDINIA, ITALY

Life expectancy: 85 years

Particularly in the mountainous Nuoro province, men frequently live beyond 100. Their active lifestyle includes shepherding, walking steep terrain and a diet rich in goat's milk, whole grains and red wine enjoyed in moderation.

3. NICOYA PENINSULA, COSTA RICA

Life expectancy: 85 years

A deep sense of purpose, what locals call "plan de vida," paired with physical labor and a traditional Mesoamerican diet of beans, corn and squash help Nicoyans stay healthy well into their 90s and beyond.

4. IKARIA, GREECE

Life expectancy: 90 years

On this serene Aegean island, residents enjoy some of the world's lowest rates of heart disease, cancer and dementia. Their longevity stems from midday naps, strong community bonds and a Mediterranean diet rich in olive oil, legumes and wild herbs.

5. LOMA LINDA, CALIFORNIA

Life expectancy: 88 years

This Southern California city is home to a large population of Seventh-day Adventists, who live up to a decade longer than the average American. Their plant-based diet, weekly Sabbath rest and emphasis on community and faith are key factors.



“I want the best care in the game”

You want Novant

Don’t let joint pain keep you from the life you want to live. Our award-winning orthopedic team combines renowned expertise with personalized care to help you move better, feel better, and get back to doing what you love. To learn more, go to **NovantHealth.org/Orthopedics.**

Best surgeons. Amazing nurses. Remarkable care.

NOVANT® HEALTH

© Novant Health, Inc. 2025

4/25 • SCR-1000024b

The power of blue spaces

HOW WATER CAN IMPROVE YOUR MENTAL AND PHYSICAL HEALTH.

STORY BY SHEILA PAZ + PHOTOGRAPHY BY LILY WHITENER

We all know that spending time in nature is good for us, but have you heard about the benefits of blue spaces? These are areas that feature water — lakes, rivers, ponds, oceans and even fountains. Research shows that being near water can profoundly impact our mental health and overall well-being. As evidence continues to grow, spending time by the water is increasingly recommended to reduce stress and boost mood. So, why are these spaces such powerful influences? Here's what we've discovered.



Jarvis Creek Park

A PEACEFUL OASIS
Jarvis Creek Park offers a blue space to recharge, reflect or simply take a walk. Its 53 acres of trees, mile-long walking path and large pond provide an ideal spot to find peace and escape the island's daily bustle.

Embrace the serenity

Blue spaces, natural sunlight, fresh air and reduced noise often go hand in hand. This calming environment helps us disconnect from our routines when we step outside and get close to water. The soothing sights and sounds of moving water can naturally lower cortisol levels, easing anxiety and tension.

Distinguished Club from BOARDROOM magazine

You'll Feel *at* Home

We invite you to discover the robust lifestyle at Hampton Hall.

(843) 815-9343

BLUFFTON, SC









HAMPTON HALL CLUB

HAMPTONHALLCLUBSC.COM

A healing sensation

Being near water stimulates our senses and can have a deeply restorative effect. When we gaze across the surface of a lake or ocean, it can feel like we're being transported to another space. This often leads to slower breathing, a calming sensation and a lasting sense of peace. Sounds nice, right?

Get up and get out

If you're lucky enough to live near water, you're more likely to be physically active, even if you're not swimming. You're more inclined to walk, bike or explore outside, compared to those who live inland. Outdoor activity also increases endorphins and boosts your feel-good hormones.


Fish Haul Beach

LOW TIDE, LOW KEY Fish Haul Beach is one of Hilton Head Island's best-kept secrets. It's in Bay Gall, a quiet Gullah neighborhood with deep roots on the island. It is a peaceful spot for walking, bird watching or just sitting still for a while.


Wright Family Park

A NATURAL CONNECTION One of our favorite places in Bluffton to enjoy nature is Wright Family Park at the end of Calhoun Street. From its lush green lawn to the pier overlooking the May River, it's a peaceful place to connect with nature or enjoy a picnic with friends.

Sleeping like a baby

Living near the ocean may also help you sleep better. Salty sea air is often rich in negative ions, which can enhance oxygen absorption and help regulate serotonin levels. The result? More relaxation and deeper sleep.

Connecting with nature, and others

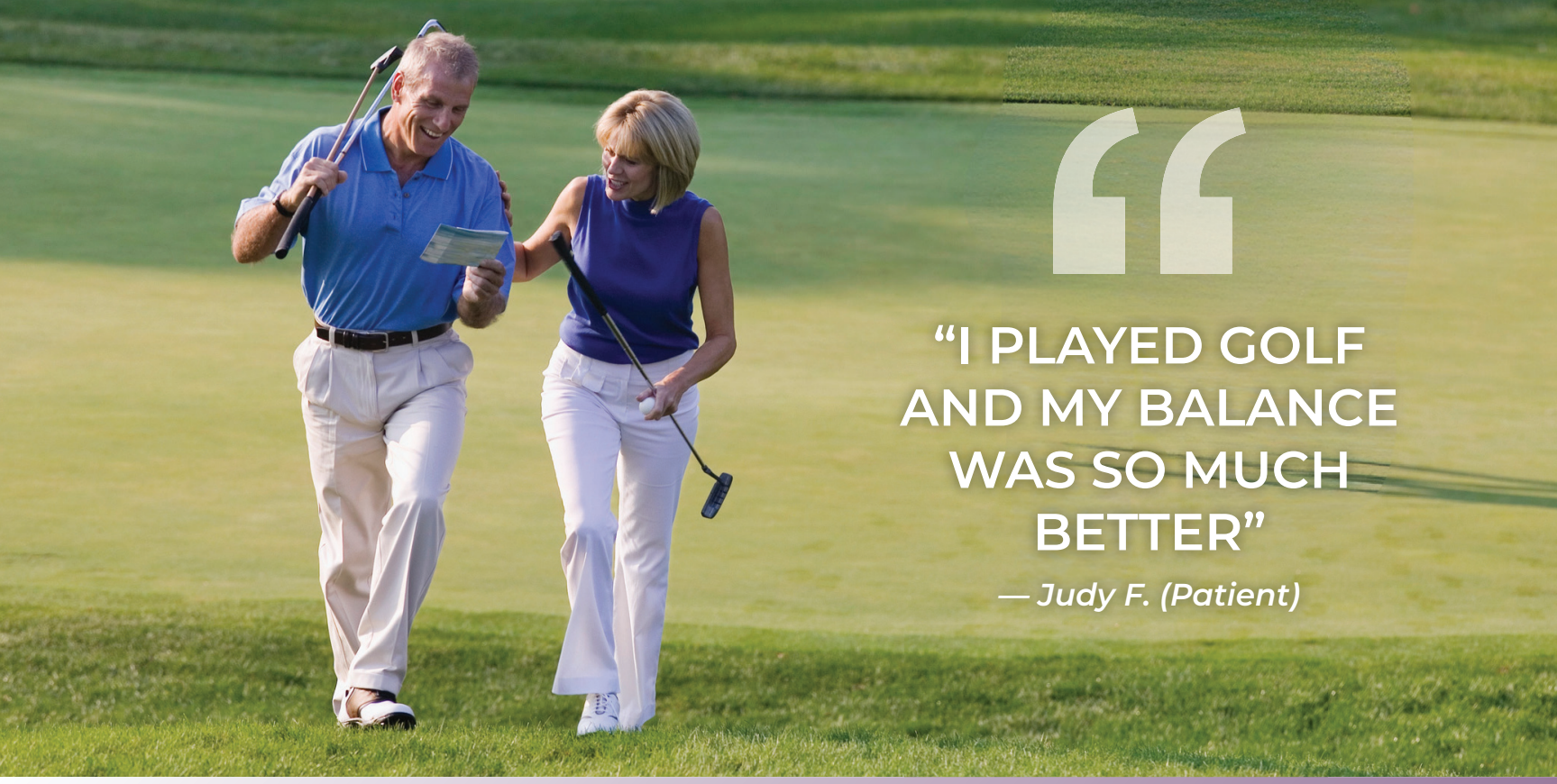
Blue spaces also help build community. Beaches, riverwalks and lakeside parks are popular gathering spots that encourage social interaction. Strengthening those connections can lead to greater happiness and less loneliness.

Finding your blue space

Even if you don't live on the coast or near a major waterway, you can still experience the benefits of blue spaces. Look for nearby ponds, fountains or parks with water features. No matter which, the visual and auditory presence of water offers a calming escape from everyday stress. *LL*


The Westin

ENCHANTING CALM For a charming blue space, visit Command Performance by Walter Palmer at The Westin Hilton Head Island Resort & Spa. The scene features three of Palmer's whimsical birds and a tranquil water feature that adds to the magical setting. It's a space that nurtures both creativity and calm.



"I PLAYED GOLF AND MY BALANCE WAS SO MUCH BETTER"

— Judy F. (Patient)

NEUROPATHY ***RELIEF***

DO YOU STRUGGLE WITH

NUMBNESS
COLD FEET
LEG CRAMPS

BALANCE ISSUES
ACHY FEET
TINGLING

WE CAN HELP!

NEUROPATHY CONSULTATION

INCLUDES:

Thermal Image Scan
Comprehensive Sensory Testing
X-Ray Imaging *(if necessary)*
Full Report of Findings
Customized Treatment Plan

ONLY $79

Dr. Ken Horup, D.C.
Board Certified in Neuropathy

Discover *Specific* Chiropractic

(843)689-2273

4101 Main St, Suite A, Hilton Head Island, SC 29926



CALL TO RESERVE YOUR APPOINTMENT!

"IT'S LIKE GETTING A GOOD SHARE OF MY LIFE BACK."

— Cal B. (Patient)

"I DON'T EVEN THINK ABOUT MY FEET ANYMORE. I JUST ENJOY LIFE."

— Jim C. (Patient)

CELEBRITY CONNECTION

Berenger in Beaufort

THE STORY BEHIND THE HOLLYWOOD STAR WHO CALLED THE LOWCOUNTRY HOME FOR THREE DECADES.

STORY BY CLAYTON TRUTOR



A NIGHT TO REMEMBER Tom Berenger celebrates his Emmy win in the press room at the 64th Primetime Emmy Awards, held at the Nokia Theatre in Los Angeles in 2012.

Tom Berenger was one of the Lowcountry's best-known residents for many years. The esteemed film actor lived quietly with his family on an estate along the Okatie River.

Berenger arrived in town in the early 1980s as part of the cast of *The Big Chill*, the second major Hollywood production to be filmed in the region after 1979's *The Great Santini*. He fell in love with the location, and with a local, and remained in the region for the next 30 years.



LOWCOUNTRY ON PATROL Tom Berenger (right) stars as Chief Petty Officer Rock Reilly alongside Billy McNamara in *Chasers* (1994), a military comedy directed by Dennis Hopper. Parts of the film were shot in and around Beaufort during Berenger's decades-long residence in the Lowcountry.

EMMY-WINNING ROLE Tom Berenger is shown with his wife, Laura Moretti, at the premiere of *Hatfields & McCoys*, the History Channel miniseries that earned Berenger an Emmy Award for his role as Jim Vance. The couple, who lived in the Lowcountry, were frequently spotted around Beaufort before hitting the road in an RV in 2018.

From Tom Moore to Tom Berenger

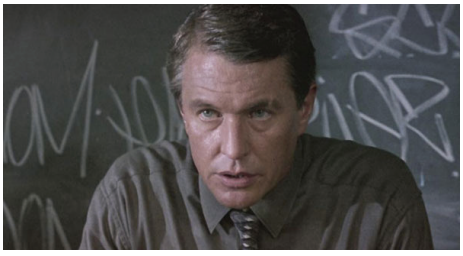
Berenger was born Thomas Michael Moore in Chicago to a blue-collar Irish family. His father worked as a printer for the Chicago Sun-Times. Moore grew up in suburban Chicago and later attended the University of Missouri, where he earned a bachelor's degree in journalism. He took up acting in college and began appearing in regional theater before finding small roles on television and in film. He adopted the name "Berenger," the last name of a colleague, since there was already a working actor named Tom Moore.



Major League (1989) as catcher Jake Taylor



Someone to Watch Over Me (1987) as a NYPD detective



The Substitute (1996) as a no-nonsense Vietnam vet



Rough Riders (1997) as Theodore Roosevelt



Hatfields & McCoys (2012) as Jim Vance (Emmy win)

A career takes off, and so does a love affair with Beaufort

His first break in Hollywood came in *Looking for Mr. Goodbar* (1977) with Diane Keaton. It was his performance in *The Big Chill* that made Berenger a much-in-demand actor. That role also gave him a retreat far from Hollywood's chaos.





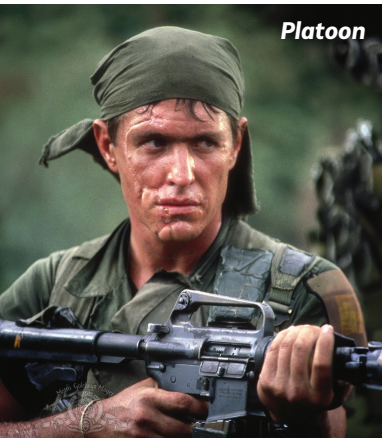
Tidalholm and ties that bind

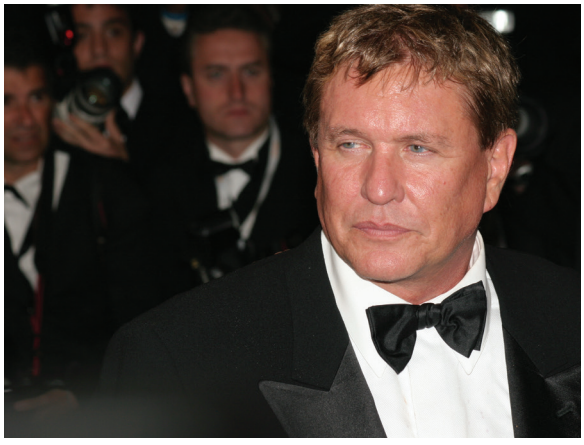
The Big Chill was filmed at Tidalholm, a striking 1865 Italianate mansion at One Laurens Street in Beaufort. The house had also appeared in *The Great Santini*. Other filming locations included Bay Street, Sand Hill Baptist Church, the old Beaufort Middle School and the Original Steamer Oyster and Steakhouse.

Berenger met his future wife, Lisa Williams, during filming. A local real estate agent and stand-in for JoBeth Williams, she became his partner both on set and off. The couple married at Tidalholm in July 1986, surrounded by 200 guests on a sweltering summer day.



LOVE, FILM AND SPANISH MOSS Tidalholm, the historic mansion along the Beaufort River, gained fame as the primary filming location for *The Big Chill*, the film that brought actor Tom Berenger to the Lowcountry. Captivated by the setting, Berenger not only stayed in the area for decades but also married his wife, Lisa, on the home's front lawn in a 1986 ceremony attended by over 200 guests.





RETURN TO THE FRONT LINES Actor Tom Berenger attended a screening of *Platoon* at the 59th Cannes Film Festival in 2006 to commemorate its 20th anniversary. The film, which earned him an Academy Award nomination and a Golden Globe win, remains one of his most defining performances.

From the big screen to the back porch

After marrying, Berenger and Williams settled into local life. She accompanied him to film sets around the world, including 14 weeks in the Philippines for *Platoon*, but Beaufort remained home. Locals often spotted Berenger dining at Lady's Island Steamer or grabbing a bite at the Squat 'n' Gobble in Bluffton.

Actor Billy McNamara remembers Berenger fondly from their time filming *Chasers* (1994), directed by Dennis Hopper. Several scenes were filmed around Beaufort and Yemassee. McNamara recalled jet ski rides and late-night hangouts at Berenger's home along the river.

"Tom's extremely generous as an actor," he said. "He never tries to steal the scene. He wants everyone to shine."

Big star, bigger heart

Berenger quietly supported numerous local causes. He donated film memorabilia to benefit Big Brothers Big Sisters and the Boys & Girls Club of Beaufort, and he was a regular at the Beaufort International Film Festival, which honored him in 2009. His most active role in philanthropy came during the campaign to build a new YMCA. Lisa chaired the fundraising committee, and Tom pitched in with appearances and auction items.

At a 1993 YMCA fundraiser tied to a screening of Gettysburg, Berenger met filmmaker Michael Givens. The two became fast friends after Givens, nearly walking out at intermission, stayed at his wife's urging. Soon they were riding jet skis together and swapping stories about the business. Givens remembers Berenger as deeply devoted to his children and refreshingly normal for a movie star.



Gettysburg (1993) as General James Longstreet

Riding into the sunset

Though Tom and Lisa divorced in 1997, he remained in the Lowcountry. He later remarried and, with wife Laura Moretti, spent his last years in the area riding motorcycles and living near the Okatie River. The couple moved out in 2018 and hit the road in an RV. Though Berenger no longer resides in Beaufort, his decades here show how even Hollywood royalty can live quietly and meaningfully in the Lowcountry, where the scenery is rich, and the stories are even richer. LL

TOTALITY Medispa

NOW IN HILTON HEAD



Charleston's most trusted aesthetics team since 2018 is bringing natural, age-defying results to the Hilton Head area.

defy reality



WHAT MAKES US DIFFERENT:

Thousands of before and afters
Expert technicians with natural results
Luxurious Atmosphere | Reasonable Pricing

SERVICES THAT WE OFFER:

Weight Loss | Hydrafacials | Coolsculpting
Injectables | Acne Treatment
Laser Resurfacing | Dermaplaning
Chemical Peels | Microneedling
Spray Tans | Laser Hair Removal
Lash and Brow Services
IV and Vitamin Therapy

16 Shelter Cove Lane, Hilton Head, SC

843.900.6161 • totalitymed.com

Show this ad to receive 15% off your first appointment or $7.50/unit of Tox. (Normally $12 per unit)

Decreased strength or performance?
Trouble losing body fat?

Our Men's Health TRT Program can help you:

Regain Vitality • Boost Performance
Live life at full strength.

Call for your free consultation.

TOTALITY MEN'S
HEALTH & WELLNESS

16 Shelter Cove Lane, Hilton Head, SC

843.375.8989 • totalitymen.com



Dr. Adam Silbiger,MD







©TIM DUFFY







©TIM DUFFY

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

Connected through blue

Meet three creatives who channel the soul of the color through history, music and handmade art.

STORY BY BARRY KAUFMAN
PHOTOGRAPHY BY LISA STAFF

Across the visual spectrum, no color is as versatile, enchanting, or as evocative as blue. Even its own little sliver of the color wheel explodes like a fractal into an infinite number of tones, each of which evokes its own emotions. The regality of indigo. The comfort of cerulean. The mystery of navy.

It's a shade woven into every aspect of who we are as a nation. It's the field on which our flag's stars shine. It's the dusty denim of a cowboy's jeans. It's the name for the music that only America could have birthed. Even just looking at the Lowcountry, we know blue runs through our DNA. It's the haint blue of a Gullah porch. The rich sea blue of a bottle tree. The indigo that once fueled our fortunes. There's even a Carolina blue (although they named it for that other Carolina).

Blue is more than a color. It's a state of being. And now we introduce you to three locals who live it like few others.



Peggy Pickett

Meet the woman behind the woman who shaped South Carolina with indigo

Long before Sea Island Cotton became the cash crop that spurred South Carolina's rise to prominence in the antebellum South, our fortunes were inked in the rich tones of the indigo plant. Banking on the wealth of the English textile industry, our state provided the plant that produced an entire array of shades for the aristocracy and gentry of the British Empire, eventually constituting a third of our exports. Until the Revolution, it was the biggest economic engine in South Carolina.

And it owes its entire existence to a 17-year-old girl who was the right person, in the right place, at the right time. The daughter of a British officer named George Lucas, Eliza was born in Antigua and moved to the Charleston area as a teen, when her father had inherited a trio of plantations. When he was recalled to Antigua to fight, George left his teenage daughter in charge of all of them.

"Eighteenth-century women were helpmates. If the husband went on a trip, the women would handle their business. Eliza's mother was not capable of taking over three plantations, so Eliza's father put Eliza in charge," said Peggy Pickett. "He sent her seeds and told her to experiment with them. It took her five years, but she proved indigo could grow here."

Pickett speaks from a place of authority. As a historical re-enactor who spent two decades portraying the women of Virginia's historic triangle: Jamestown, Williamsburg and Yorktown, she was drawn to Eliza's story after making her move to South Carolina.

"I originally wasn't going to continue with that because I didn't know as much about South Carolina's history," she said, "But then on a tour at Coastal Discovery Museum, the docent was taking us around and showed us the indigo plant. When she started talking about this teenage girl who developed it, I





INDIGO GIRL Historical interpreter Peggy Pickett channels the spirit of Eliza Lucas Pinckney, bringing the story of South Carolina's indigo queen to life through storytelling, scholarship and performance.

thought that couldn't possibly be true. Then I did some reading."

"Some reading" became a full-on immersion into the fascinating life of a woman who changed the entire state's fortunes. This resulted in a regular series of talks, with Peggy in character as Eliza, as well as a biography she wrote, *Eliza Lucas Pinckney: Colonial Plantation Manager and Mother of American Patriots, 1722–1793.*

"When I started to do the Eliza programs, and people asked how she could do all these things as a woman in the 18th century, I thought I should write a book that explains all of this," she said. "Fortunately, Dr. Constance Schultz, professor emeritus of history at the University of South Carolina, had just finished digitizing Eliza's letters... It was wonderful to be able to read them."

And it gave Peggy a newfound respect for a historic figure who did so much.

"Women did have responsibilities in the 18th century. They were not just ornaments who sat around and looked pretty," she said. "They were quite capable of taking care of business."

CORRELL
INSURANCE GROUP
OF HILTON HEAD

PROTECTING THE PERSONAL FINANCIAL ASSETS OF OUR FAMILIES

HOME • AUTO • FLOOD • UMBRELLA



Correll Insurance Group of Hilton Head has been insuring individuals and businesses in the Lowcountry of South Carolina since 1984. We offer insurance solutions for your unique risks, assets, and lifestyle.

MEMBERS OF CORRELL INSURANCE GROUP
45+ locations across South Carolina, North Carolina, Tennessee, Kentucky, Arkansas, and Mississippi.

INSURE@CORRELLHHI.COM | 888-668-8082
CORRELLHHI.COM



HILTON HEAD
INSURANCE & BROKERAGE

YOU RELAX. WE'VE GOT YOU COVERED.

From hurricane season to boat season, Hilton Head Insurance & Brokerage protects what matters most—so you can enjoy the island life, worry-free.



Whether you're a homeowner, boat owner, or new to the Lowcountry, our local team is here to tailor your coverage to the unique risks of island living.

LET'S BUILD YOUR CUSTOM PROTECTION PLAN TODAY!

Bluffton Office:
14 Westbury Park Way, Suite 200, Bluffton, SC 29910
Hilton Head Island Office:
55 New Orleans Rd, Suite 203, Hilton Head Island, SC 29928

843-252-0840 | HHIANDB.com



The father, the husband and their impact on Eliza Pinckney

Some may look at Eliza Pinckney's accomplishments and assume that she didn't need any man to help her out. This is, after all, a woman who was given responsibility for three of her father's plantations at the age of 16. She not only kept them profitable but used their fields as testing grounds for a crop that would transform trade across the state.

But the old saying about there being a great woman behind every good man goes both ways. And Eliza's father, George Lucas, might just be the template for girl dads everywhere.

"It was her father who oversaw her education. He encouraged her to work with plants. He firmly believed in education for his sons and daughters, which was unusual in the 18th century," said Eliza's biographer Peggy Pickett. "And Eliza took full advantage of it. She soaked up knowledge like a sponge. She was truly the right woman who was born to the right father."

Even when she married, her husband, Charles Pinckney, continued to encourage her brilliance. With his support she spurred on silk cultivation on their lands, expanding on the exporting empire she'd helped birth. "She was always doing something, and she was fortunate to have men who would encourage her."

CHARTERONE REALTY

The #1 RANKED
Brokerage in the Lowcountry



Experience the Charter One Legacy of Excellence in Coastal Lowcountry Real Estate:
Generations of Expertise. A Future of Trusted Guidance.

Founded on generations of real estate expertise, Charter One Realty is deeply rooted in the heritage of the Coastal Lowcountry and guided by a vision for the future. For over 35 years, we have earned industry recognition through unwavering professionalism, innovative strategies, and a steadfast commitment to delivering an exceptional client experience with integrity and care.



87 Oak Tree Road, Colleton River

4 Beds | 4 Full Baths | 2 Half Baths | 6,628 Sqft
MLS# 451797 | Offered for $6,895,000

Where Every Hour is Golden — Sunrise to Sunset on the Colleton.

Perched on a premier deep-water site in Colleton River, this estate offers 180° views of the river and marsh. Enjoy breathtaking sunrises and sunsets from this 6,628 sq. ft. home with 4 bedrooms, 4 full and 2 half baths, and luxe finishes throughout. Features include automated blinds, hurricane shutters, Frame TVs, a crow's nest media room with bar, Sonos system, upgraded summer kitchen, mosquito misting system, and a deep-water dock with 200-amp service—offering the ultimate Lowcountry lifestyle.

SCAN ME

Leading REAL ESTATE COMPANIES OF THE WORLD

LUXURY PORTFOLIO INTERNATIONAL

WHO'S WHO IN LUXURY REAL ESTATE

CharterOneRealty.com
Toll Free: (844) 526-0002

Patte Ranney

Weaving desert light into coastal life

New Mexico and The Lowcountry are about as far apart as two places can be, and that's not simply a matter of the miles between them. New Mexico rises and falls along the clashing borders of primeval tectonic plates, soaring into the peaks of the Rockies and dormant volcanoes, descending to desert flatlands carved by ancient rivers. Its art, its culture, form around the nucleus of the Native American tribes who call it home, woven in rich textiles, forged in silver and wrapped in the ever-present brilliant shade of turquoise.

The Lowcountry has no mountains. Our flatlands are carved by rivers that still very much thrive. And our art takes on a decidedly different shade, informed by the rich blues of the Gullah. And yet there we see the one connective tissue between two places that may as well be on different planets. If haint blue is the signature shade of the Lowcountry, then turquoise defines New Mexico.

Local artist Patte Ranney may have called the Lowcountry home for more than 50 years, but her artistry shines with the dazzling turquoise of the desert.

"I've always made things. And as I would make various things, they would collect in my workspaces. My husband said, 'People would buy this,' but I'd never take him seriously because I wasn't sure," she said. "It wasn't until I completed my work at Outside that I started selling, and I discovered people wanted my things."

The former naturalist embraced her new life as an artist with vigor, opening These Two Hands Studio





DESERT HUES, COASTAL VIEWS
Artist Patte Ranney blends Lowcountry inspiration with Southwestern soul, infusing her work with the meditative calm of weaving, the brilliance of turquoise and the spirit of the Ghost Ranch in New Mexico.



and selling her wares at The Hilton Head Community Market on Saturdays, the Hilton Head Farmers Market on Tuesdays, at regular pop-up events across the Lowcountry and through her Instagram page (@thesetwohandsstudio).

"I work in four different mediums because I just can't stick to one," she said with a laugh. "I work a little bit in each one every day, moving from one to the other. When I set up the loom for weaving, it's a very meditative process. If I have a challenge with silver, I weave to think it through."

Running through all of her art is the signature turquoise of southwestern art, a byproduct of the place that has fueled her artistry since it was just a hobby.

"I've been going to a place called the Ghost Ranch for more than 15 years. I study out there with not only a master silversmith, but with silversmiths from the Navajo and Hopi traditions," she said. "I think people are drawn to my aesthetic because it's a southwest style in the southeast."

Prioritizing Your Protection



No one can predict the future - that's why we have insurance.

As an independent insurance agency, we do the difficult work of finding the best rates and coverages for your specific needs.

We want you to spend less time worrying if you're properly insured and more time enjoying your life. No one can predict the future, but Kinghorn Insurance Agency can make sure it's protected.

We cover what matters to you.
Auto • Home • Business • Life • Health • Recreational

Kinghorn INSURANCE

Bluffton 843.837.3911 | Hilton Head 843.686.3911
KinghornAgency.com

pyramids
gifts • accessories • furnishings







843.689.6367
1600 Main Street, Hilton Head
Open 10am until 5 pm, Monday through Saturday
pyramidshiltonhead.com | PYRAMIDS IS A GROUP 3 COMPANY GROUP3





Tales from the Ghost Ranch

If Patte Ranney's art, crafted through her These Two Hands Studio and sold at markets across the Lowcountry, seems to have a decidedly southwestern flavor to it, that's no accident. For over 15 years she has honed her craft at an Abiquiu, New Mexico, retreat known as the Ghost Ranch.

"It's probably best known as being Georgia O'Keefe's retreat after she left New York," said Ranney.

At the Ghost Ranch, immersed in the techniques and tones of the Native American tradition, Ranney has honed her skills in silversmithing at a place as varied as the artists who call it home. Painting, pottery and movement programs all intertwine with mindful meditation and hiking, each peppered by the singular beauty and tranquility of the desert.

"There is something about that place and the people who tend to congregate at the Ghost Ranch that really touch me," she said. "Unfortunately, it doesn't have an ocean."

Fortunately for us, the Lowcountry does. So Ranney can draw her inspiration from the desert and share it with all of us here on the coast.



Elegant Lighting and Audio
for stunning outdoor spaces

CAV Integrated Home will customize your lighting and entertainment system experience to match your property's design and layout perfectly. Whether as a turnkey solution or in collaboration with landscapers and pool designers, our outdoor lighting brings unmatched beauty to your home.

ENJOY YOUR OWN LUXURY
OUTDOOR SANCTUARY.
CALL CAV INTEGRATED HOME!

INTEGRATED HOME

Technology & Lighting Design

cavintegratedhome.com 843.815.5130

48 Pennington Dr. Suite B | Bluffton, SC

Cool John Ferguson

A lifetime of music, faith and foot-stomping blues

The blues is a genre of music defined by its legends. Did Robert Johnson actually go to the crossroads and sell his soul to the devil in exchange for his history-making guitar skills? No, he probably just practiced a lot. Were so many of those early traveling blues men actually sent by Hoodoo figure Papa Legba? Again, probably not. It just makes for a better story.

The legend of Cool John Ferguson, however, is a little simpler to verify. The Beaufort native will happily tell it to you himself, even if he admits he only heard it secondhand.

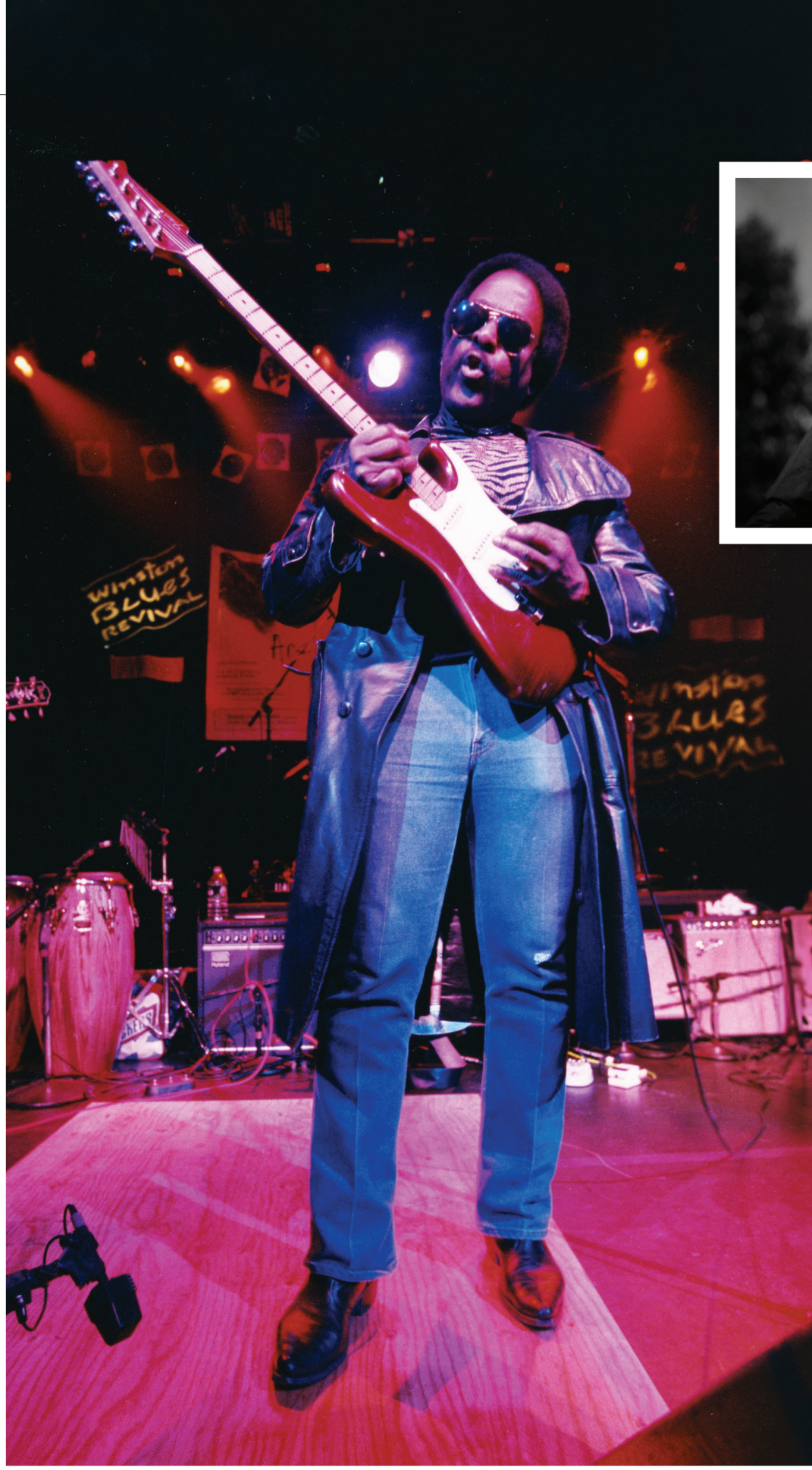
"My parents used to tell me that I started playing guitar around the age of 3," he said. "My mom had this guitar in the closet, and there was something mystical about it. So I got a couple of chairs and pulled the guitar down and played. One day she caught me playing it, and I thought she was going to give me a whipping. Instead she just let me play it. It was a Harmony with one single pickup and two knobs."

Encouraged by his parents – who had to physically help him hold the guitar at first – he began his self-guided walk down the road of the blues. As a southpaw, he would play the guitar upside down, essentially learning how to play backwards. But it wasn't long before he proved his chops.

"When I was in first grade, they used to let me play my guitar on stage to calm the other kids down. It just came naturally. I didn't have any formal training until high school."

Learning by ear, replicating the riffs he'd hear over a transistor radio broadcast from Jacksonville's WAPE, he honed himself into a blues man from a young age. But it wasn't just the secular excitement of Green Onions or Elvis Presley's "Hound Dog" that inspired him.

"We were a very religious family. I'd play at church on Sunday, and 'Just A Closer Walk With Thee' was the first song I learned to play all the way through," he said. Growing up in Beaufort to a father who was head deacon at the Beaufort New Church of Christ and a mother born and raised in the Gullah culture, his style of the blues was flavored by the church and the native spirituals that ring through the Lowcountry's





©TIM DUFFY

BORN TO PLAY THE BLUES Blues guitarist Cool John Ferguson, raised in Beaufort and rooted in the Gullah tradition, brings soul, gospel and grit to every note he plays, whether in church, on stage or on the road.

forests. "I still have connections and roots from the Gullah. Some of my music represents the style with those straight, hard-driving beats. You take blues and gospel, and you mix it all together."

Seeking a change of pace from Beaufort, he relocated to Charlotte, where he began working as a studio musician as well as a solo artist and a supporter of the Music Maker Foundation. The group, dedicated to helping working musicians meet their day-to-day needs, was a perfect fit for Ferguson, and he was a perfect fit for the world outside of the Lowcountry. His inimitable style, forged in the Gullah tradition and crafted on his own, saw him recording with such legendary blues men as Kenny "Blues Boss" Wayne, Beverly Watkins, B.B. King and Taj Mahal, who once said that Ferguson was "among the five greatest guitarists in the world."

And as far as his talents have taken him, he's still a Beaufort boy at heart, famously playing at Henry C. Chambers Waterfront Park to send off the great Joe Frazier following his death.

"I left in a way I can always come back," he said. "I can always come back."



©TIM DUFFY

NOW ACCEPTING NEW PATIENTS

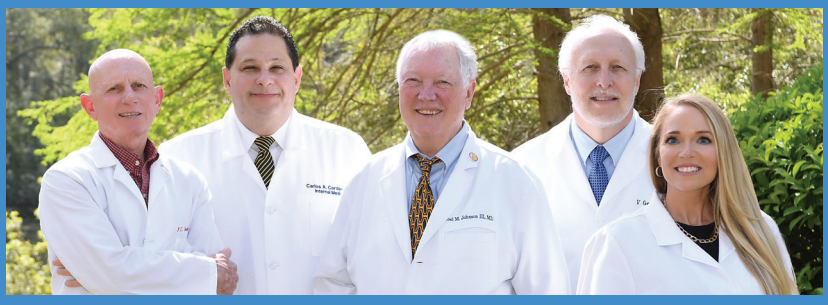


Feeling BLUE?

Get your color back with a quick trip to the Doctor.

Visiting your doctor when you're feeling blue or physically unwell is a crucial step toward healing and long-term wellness. Whether it's a lingering cold or a persistent ache or pain, a healthcare professional can help identify the root cause and offer effective treatment options.

A physician-owned practice, Main Street Medical has a large team of health care professionals able to provide a wide variety of services that include both primary and urgent care. In addition to adult and pediatric care, the team also provides women's care, x-rays, laboratory services, medication assistance, and employment physicals.



(from left) Franics Imbarrato, MD, Carlos Cordero, MD, Joel Johnson III, MD, Van Gauby, MD, Nicole Clegg, MSN, APRN, FNP-C,

MAIN STREET MEDICAL
URGENT CARE & GENERAL PRACTICE

843.681.3777 • hiltonheadurgentcare.org

93 North Main Street, Hilton Head, SC

SEE THE ISLAND
IN A WHOLE NEW WAY
LOWCOUNTRY'S BEST 2024 WINNER
THE ISLAND PACKET
The Beaufort Gazette
#beauty
#memories
#nature
The Island's Best Boating Experience
- Brand new luxury Aloha pontoon boat rentals
- 150 horsepower Yamaha engine
- Easy to operate with Garmin GPS navigation
- Comfortable seating for up to 12 people
- 9 ft Sunbrella for fun in the shade
SHELTER COVE MARINA
BOAT RENTALS
ShelterCoveMarinaBoatRentals.com
866-922-6567
#FunIsNotFarAway



©TIM DUFFY AND AARON GREENHOOD

Cool John's life on the road

If you want to hear how well the foot-stomping, call-and-response rhythms of Gullah music sound when run through the mind of electric blues man Cool John Ferguson, look up the album "With These Hands." It's a little harder to find on Spotify, which broke that particular album off from the rest of his discography, but in his mind it best represents the influence of Gullah music on his work.

"There are two of them that tie in: 'Black Mud Boogie' and 'Mr. Brown.' That one's really Gullah Geechee. Some of the words you can't understand," he said.

And as much as his music is rooted in the religious and spiritual background of his upbringing, the life of a traveling blues man is definitely a tad more... secular.

"So many crazy stories from the road. Most of them involve women," he said with a laugh. "One came up and grabbed my guitar during a show in Durham, saying, 'If I'm not going to be your woman, I'll take your other woman.' She broke a $2,000 Stratocaster. I had some wild days. I'm glad I survived it." *LL*



Career-building majors & saving sea turtles



MORE THAN YOU IMAGINE

USCB

uscb.edu

BLUFFTON | BEAUFORT | HILTON HEAD ISLAND

SCDNR PERMIT MTP-555

Step into the office

THESE TWO WORKSPACES TOSS THE RULEBOOK AND BRING PERSONALITY TO THE 9-TO-5.

STORY BY SHEILA PAZ



©CASSIDY LACKOS

We often hear about dream homes in the Lowcountry, but some of the most inspiring spaces aren't where people live but where they work. And we're not talking about gray walls, overhead fluorescents and soul-sapping carpet. These are offices that spark ideas, invite personality and make you stop in your tracks and ask, "Wait… this is where you work?" We visited two standout workspaces that prove a 9-to-5 can feel anything but routine.

Work, but make it fun

Beverly Serral, founder of ***Beverly Serral Properties and BESTNEST*** on Hilton Head Island, didn't want a typical office. No stiff chairs. No corporate gray. Her goal? A place that's organized but doesn't take itself too seriously. She calls it her "FUN-ctional" office, a nickname that fits like a glove. Clean white shiplap walls, wide-plank wood floors and a crisp quartz reception desk set a bright, inviting tone. A woven bench adds natural texture, while abstract art and a statement chandelier inject a dose of fun. Every detail is intentional, from the uncluttered layout to the soft rug.



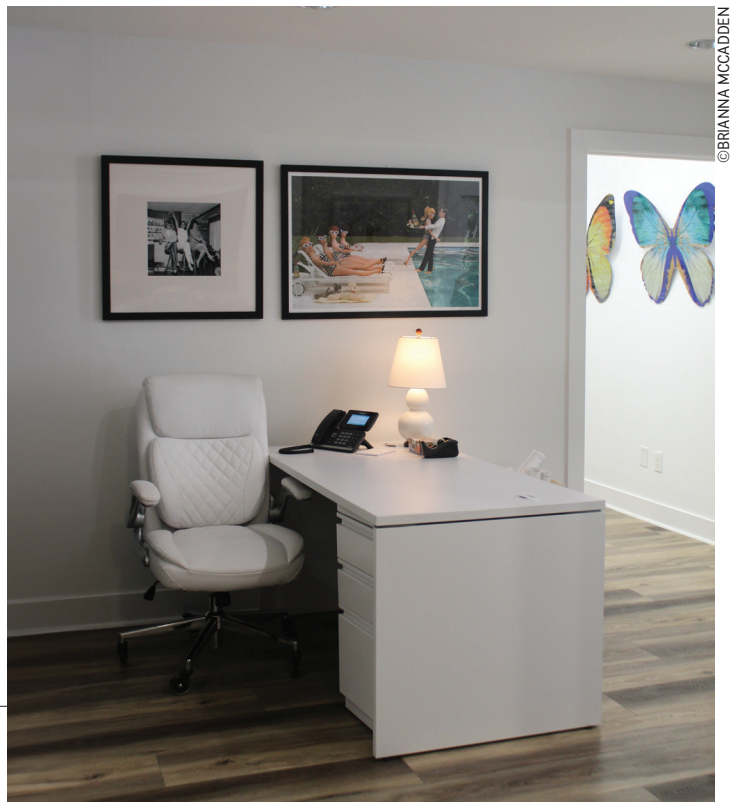
©CASSIDY LACKOS

A BRIGHT HELLO

Sunlight streams through the floor-to-ceiling windows, wrapping the space in warmth and setting a cheerful, welcoming tone from the moment you walk in. The seating area feels more like a cozy lounge than a lobby, with soft linen chairs, punchy green pillows and a round table topped with fresh palm fronds. Overhead, a bold chandelier made of black steel, sparkling crystals and smooth stone beads steals the show. It's the kind of entrance that makes you want to stay awhile.

A SENSE OF HUMOR GOES A LONG WAY

Beverly believes your workspace should make you smile, so she filled the office with art that does just that. One standout piece is Tipping the Waiter Barbie by David Parise, a cheeky poolside scene featuring vintage Barbies and a very glamorous moment with a tray of martinis. It was a birthday gift that now adds a pop of color, a wink of nostalgia and a lot of personality to the space. Paired with black-and-white photography and bold butterfly prints down the hall, the vibe is polished with a playful twist, just like Beverly herself.



©BRIANNA MCCADDEN

FWDG
THE LOWCOUNTRY'S FAVORITE FURNITURE STORE SINCE 1972

745 Robert Smalls Pkwy in Beaufort
(843) 524-8695 | FWDGonline.com



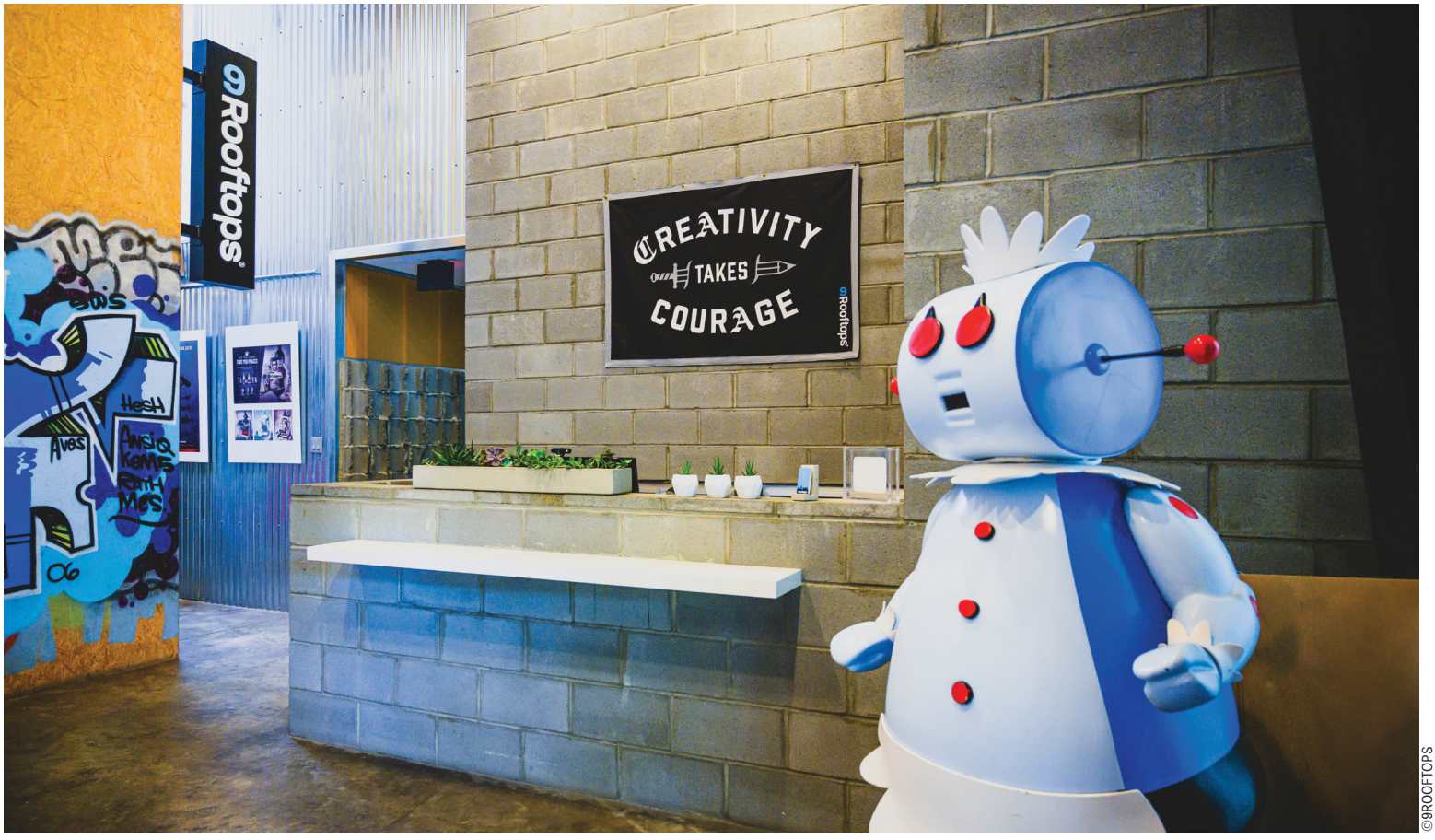
©CASSIDY LACKOS

COMFORT, NOT CONFERENCE

This isn't your average meeting room. With its plush linen swivel chairs, sun-washed wood table topped with glass and soft hide-print rug, the space feels more like a stylish lounge than a boardroom. A framed vintage map of the Lowcountry adds a sense of place, while the beachy photo of a retro Woody Wagon channels laid-back coastal charm. A vase of fresh greenery and warm ambient lighting complete the scene: casual, collected and ready for ideas to flow.

Creativity lives here

Over at ***9Rooftops***, a marketing agency in Bluffton known for thinking big, the office follows suit. It's part workspace, part brainstorm lab and nothing like a cube farm. Right from the entrance, you're met with bold choices, like a mural by Todd Pinkham and a life-size Rosie the Robot from *The Jetsons*. The team calls their approach "truth in materials," which means showing off things like exposed plywood, cement blocks and metal details instead of covering them up. Skylights bring in natural light and help avoid that office-in-a-box feeling.



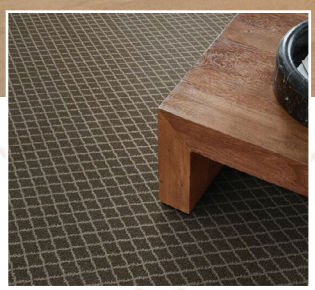
©9ROOFTOPS

WELCOME TO THE FUTURE A nod to retro-futurism, this life-size Rosie the Robot greets guests, setting a playful tone at the 9Rooftops front desk. The space blends industrial grit with offbeat charm, proving creativity doesn't clock in with a suit and tie.

BEAUTIFUL FLOORS

for a lifetime of memories









Customer satisfaction is our top priority. At Old Town Flooring, we recognize that a floor can serve as the focal point of any room enhancing the look and feel of an entire space. That is why producing our own floors and sourcing the best suppliers of the most luxurious material has been our goal. We provide quality hardwood flooring, vinyl plank flooring and innovative flooring solutions with remarkable designs for every application!

HARDWOOD · CARPET · VINYL PLANK

OLD TOWN FLOORING

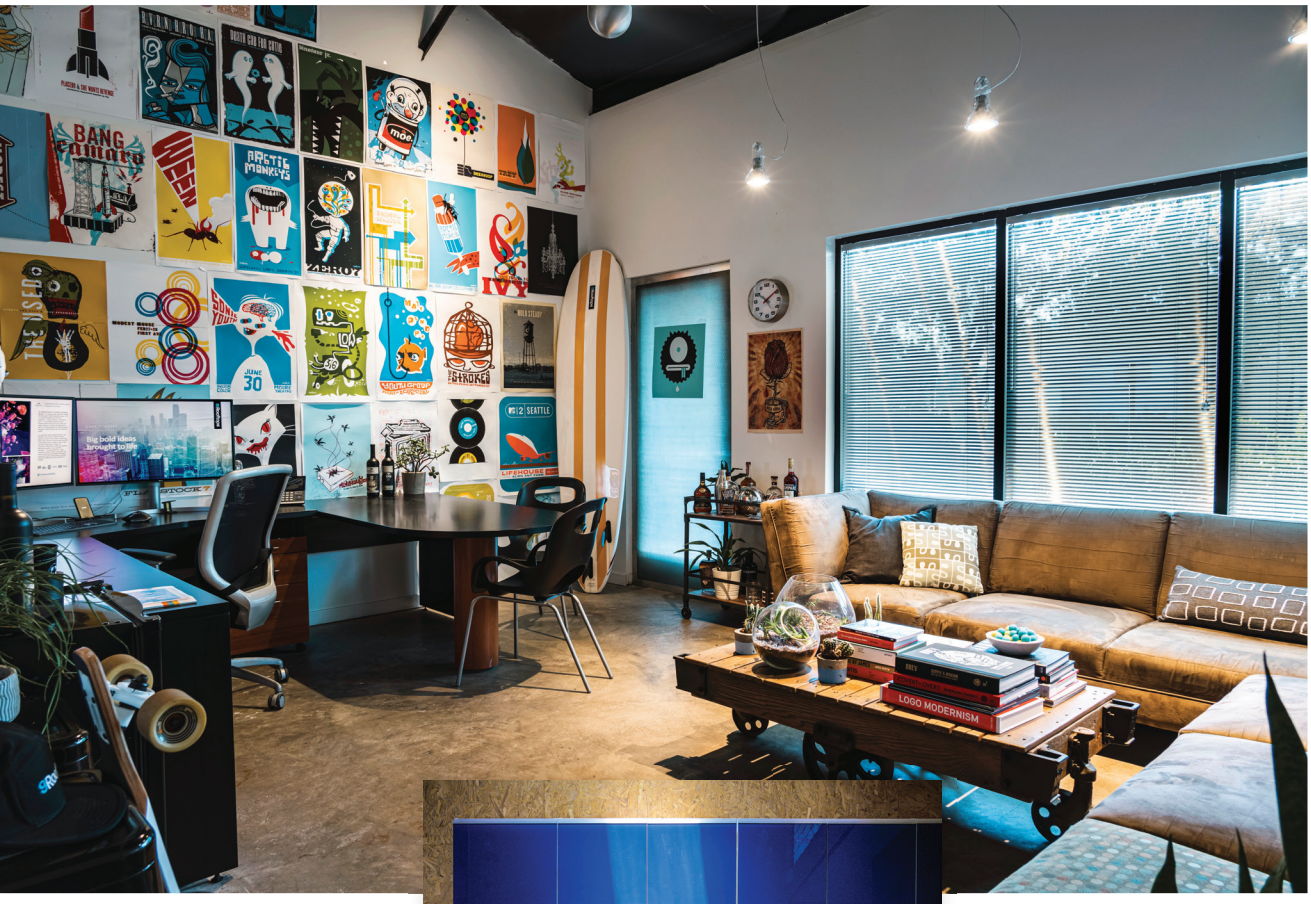
843-707-4420 | 38 SHERIDAN PARK CIRCLE, STE C BLUFFTON, SC 29910 | WWW.OLDTOWNFLOORSTORE.COM



©9ROOFTOPS

BRAINSTORMS AND BACKBEATS

This space may be labeled a conference room, but it's got more jam session energy than boardroom vibes. Known as the "Backstage" room, it's outfitted with stacked road cases, a drum kit, guitars and bold lighting that feels straight off a tour set. White throne-style chairs circle up around a cozy lounge area, while a foosball table and ping pong setup keep ideas and energy bouncing. The marquee sign says it best: Obedience gets you nowhere.



IDEAS ON THE WALLS

This office doesn't believe in cubicles or convention. Instead, a full gallery wall of vibrant posters sets the tone: bold, eclectic and bursting with personality. A surfboard leans casually in the corner, terrariums and design books crowd a rolling cart-turned-coffee-table, and the oversized sectional invites team huddles that feel more like hangouts. With every surface, shelf and seat pulling its weight, this space turns inspiration into a full-time job.



WHERE WORK MEETS PERSONALITY

From vintage posters to surfside touches, every detail at 9Rooftops reflects the people who use it. It's less about matching furniture and more about matching energy; creative, curious and totally unfiltered.

FUEL FOR THOUGHT

This kitchen doesn't fade into the background, it stands out. Electric blue, high-gloss cabinets light up the space, bouncing color off raw concrete floors and a backdrop of unfinished OSB wood. Sleek steel appliances complete the industrial-meets-modern vibe. It's equal parts break room and brainstorm zone, where bold ideas are brewed alongside the coffee. *LL*

Dillard-Jones Builders

The All-Inclusive Custom Home Builder

Dillard-Jones Builders is more than a custom home builder—we're a legacy in the making. As a family-owned company, we've spent decades creating exceptional homes and lasting client relationships. Now, we're elevating that legacy by uniting our Custom Homes, Cottage portfolio, Renovations and Services divisions under the Dillard-Jones name together a seamless experience for every stage of homeownership.









Dillard-Jones Builders

(843) 353.0203

dillardjones.com

Cottage Group

TAKE IT OUTSIDE

Style meets sunshine

CREATE YOUR FAVORITE SUMMER HANGOUT WITH OUTDOOR FURNITURE THAT LOOKS GREAT AND STANDS UP TO THE HEAT.

STORY BY LANCE HANLIN



In the Lowcountry July heat calls for shade, water and a seat that lets you enjoy both. Whether you're cooling off in the pool or trying not to stick to your chair, your outdoor furniture should reflect your style and hold up to the weather. Shirley Loeffler, an interior design specialist at ***Coastal Home***, recommends the Seabrook Collection from Tommy Bahama for exactly that reason. With performance fabrics, all-weather wicker and thoughtful design, it's made for comfort, function and fun, even when the forecast feels like a dare.

Chill seats for warm days

This sofa and swivel chair setup is basically the VIP section of your backyard. It blends laid-back comfort with a clean coastal look that's built to handle sun, splash and the occasional spilled cocktail. Shirley loves how the all-weather wicker holds up without losing its good looks, and the easy-care fabrics mean no panic over sunscreen stains or snack crumbs. The mix of tones works with whatever color scheme you've got going. And with the swivel chairs, you can turn toward the breeze, the gossip or the pool float drifting away, all without getting up.



Lounge like you mean it

These chaise lounges are basically an open invitation to cancel your plans. Built for lazy afternoons and poolside dozing, they're stylish enough to impress and sturdy enough to survive splash zones, sunscreen spills and surprise summer storms. The adjustable backs let you sit up with a book, lean back with a drink or go full horizontal for your daily nap. Just add a side table and something cold, and you've got a setup that says "resort life," minus the check-out time.



Made to mingle

These swivel bar stools are the social butterflies of your outdoor setup. Great for dining, drinks or just spinning in circles while you chat, they strike the right balance between style and comfort. Shirley notes that the open weave keeps things cool, literally, so no one has to do the awkward hot-seat shuffle. The sturdy frames can handle summer after summer, and the cushions bring just enough flair. Perfect for poolside hangs, impromptu happy hours and anyone who likes a seat with a view. *LL*

Every detail matters.



GROUP3

INTERIOR DESIGN
ARCHITECTURE
RENOVATIONS

Discover the art of design with our **all-in-one luxury design firm**, serving the Lowcountry with an unwavering commitment to excellence.

Experience architecture and home design like never before.

843-689-9060 group3designs.com

EXPERT ADVICE

Beating the heat in style

TIPS ON HOW TO TURN UP THE COMFORT AND TURN DOWN THE HEAT IN YOUR OUTDOOR LIVING SPACES.

STORY BY SHEILA PAZ + PHOTOS BY COASTAL CANVAS PRODUCTS

Enjoying your deck or patio during a Lowcountry summer can be a challenge, from battling the scorching sun to protecting your skin from harsh UV rays. ***Scott Edwards of Coastal Canvas Products*** *shared his advice for staying cool with the help of retractable awnings and pergolas.*



MODERN PERGOLA MAGIC With adjustable louvers, integrated lighting and app-controlled comfort, this R-Blade Pergola transforms backyard lounging into a luxury experience. Weather-responsive features and modern design make it the perfect setting for grilling, relaxing and watching the game in style.

The future of comfort

Technology has made its way outdoors. Fully motorized, bioclimatic pergolas like the R-Blade Pergola by Azenco are changing the way people use their backyards. These pergolas feature adjustable aluminum louvers that can respond to the weather, letting in sun and air when you want it, or closing to provide shade and shelter when you don't.

Keepin' it cool

Transform your deck or patio into an inviting oasis while creating extra living space for everyone to enjoy. Summers in the Lowcountry can get toasty, but adding a retractable awning gives you control over the shade. That means you, your family and your guests can stay cooler and enjoy the outdoors more than ever. With easy-to-use solar protection, whether at the touch of a button or the turn of a crank, awnings can turn your outdoor space into a cozy and stylish retreat.



OPTIONS, OPTIONS, OPTIONS Whether you prefer timeless cabana stripes or tailored window toppers, awnings like these prove that style and shade go hand in hand. With endless color and shape options, there's a perfect fit for every home and personality.

Versatile selection

Fabric awnings are a great addition to any home, offering a wide range of options to suit your look. Many homeowners prefer the Sunbrella brand, known for its acrylic fabric that mimics the feel of traditional textiles and comes with a 10-year warranty against fading. Vinyl fabric is another great option — it's durable, waterproof and made to withstand all kinds of weather. With more than 100 colors and patterns available, it's easy to find something that complements your home. You'll boost your curb appeal and get more use out of your outdoor space.



ON-DEMAND SOLAR PROTECTION
This retractable black-and-white striped awning adds a touch of style while helping reduce cooling costs by blocking harsh sun and minimizing heat gain through the windows, saving homeowners up to 25 percent on energy bills.


DESIGNING
BEYOND
EXPECTATIONS.
RESIDENTIAL & COMMERCIAL ARCHITECTURE • INTERIOR DESIGN
BLUFFTON | SAVANNAH
COURTATKINS.COM TEL 843.815.2557
COURT ATKINS
GROUP

INSPIRATION BOARD

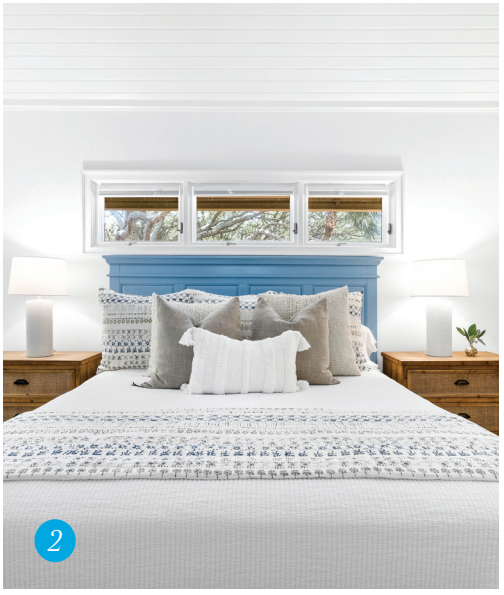
A little blue goes a long way

FROM WALLS TO RUGS TO ARTWORK, HERE'S HOW TO BRING THIS CALMING COLOR INTO YOUR HOME

STORY BY SHEILA PAZ + PHOTOGRAPHY BY SILVER CUP MEDIA

Sometimes, all it takes is a touch of blue. Whether it's a bold statement or a soft accent, adding even a little of this versatile color can shift the feel of a room. From sky-inspired dining spaces to cool coastal headboards, blue has a way of calming, brightening and refreshing a space. ***Beverly Serral, founder of BESTNEST Vacation Rentals and BESTNEST Designs****, shared a few easy ways to bring blue into your home.*











1. TIDE MEETS TABLE *The blue sky over the Atlantic makes a striking backdrop for a custom-painted blue dining set. Let the view guide the mood and blur the line between indoors and out.*

2. A BLUE AWAKENING *Blue works beautifully as a bold accent among neutrals. A headboard or dresser in a cheerful shade adds personality and stands out against soft textures and muted tones.*

3. GROUNDED IN BLUE *Try adding blue where it's least expected — like the floor. Instead of a neutral rug with colorful furniture, reverse the roles for a fresh take on the usual setup.*

4. IMMERSIVE SPLASH *To create a space that feels like diving into a deep, quiet pond, go for all-over blue wallpaper, and don't skip the ceiling. Full coverage brings a sense of calm and continuity.*

5. A SPLASH OF BLUE *Blue draws the eye, especially on white walls. Whether you're after calm or energy, the right piece in the right shade can shift the whole room's mood.*



Transforming your backyard into paradise.

We understand that a pool is more than just a structure; it's a lifestyle enhancement.
Let your vision meet our expertise to create pools that redefine the meaning of leisure.







Request Consultation Online

INNOVATIVE POOL & SPA

Bluffton | Hilton Head
innovativepoolandspa.com
843-GET-POOL

© 2024 Warner Bros. Discovery, Inc. or its subsidiaries and affiliates. All trademarks are the property of their respective owners. All rights reserved.

COLORS OF THE MONTH

Bold move

DEEP BLUE WALLS, CRISP WHITE FRAMES AND STRIKING BLACK ACCENTS GIVE THIS DINING ROOM CONFIDENCE AND CHARACTER.

STORY BY LANCE HANLIN

Some colors ease into a space. Commodore walks in with purpose. This classic navy from Sherwin-Williams doesn't shy away from attention. It brings depth, richness and just enough edge to transform a dining room into a place where every meal feels like an occasion. To keep things feeling light and open, Pure White on the ceiling and frames offers a fresh, clean contrast. It lifts the room visually and softens the intensity of the darker walls. For balance, accents in Tricorn Black provide structure and definition, keeping the overall look sharp and modern without being too serious.



©SHERWIN-WILLIAMS

Get the look ...

Start with Commodore on the walls (satin) and beadboard (semi-gloss) to set a strong foundation. The deep blue adds richness and structure without feeling overwhelming. Use Pure White on the ceiling (flat) and frames (semi-gloss) to lighten the space and highlight the architectural lines. Wide-plank light oak flooring keeps the room feeling open and natural. A patterned rug adds softness and a sense of movement. The mix of seating (bentwood black chairs paired with woven rattan armchairs) gives the dining area a relaxed and thoughtful look. A simple white table provides balance and lets the surrounding elements shine.

For contrast, bring in matte black accents. The dining chairs, side table and pendant lights from Rejuvenation add clean lines and help tie the space together. A sculptural lamp and a few stacked ceramics on the console introduce personality without clutter. Tall leafy plants bring in height and a fresh touch of green.

The artwork above the beadboard includes abstract line drawings and a nautical-style print that reflect the room's color scheme. A neutral vase filled with dried stems makes for a subtle and easy centerpiece. This room shows how the right colors, natural textures and simple styling can come together to create a space that feels polished but still comfortable.

WALLS AND BEADBOARD

COMMODORE (SW 6524)
This deep blue shines in rooms filled with daylight. It offers a striking backdrop without overwhelming the space. Applying it to both the upper wall and beadboard creates a seamless, intentional finish. Opt for a satin sheen on the wall for softness and a semi-gloss on the paneling to highlight texture.

CEILING AND FRAMES

PURE WHITE (SW 7005)
Clean and luminous, this balanced white keeps the room feeling open and fresh. It outlines moldings and ceilings with clarity, enhancing dimension without stealing the spotlight. Choose a flat finish above to diffuse light and a semi-gloss on frames for a subtle, refined contrast.

ACCENTS

TRICORN BLACK (SW 6258)
This deep, saturated black sharpens the overall palette, providing crisp contrast against the softer hues. Use it on chairs, lighting, furniture or hardware to outline forms and ground the room with a clean, modern finish. It works especially well in small doses, giving just enough definition without overpowering the space.

Welcome Home...

jk John Kilmer
FINE INTERIORS

Hilton Head's Premier Furniture Store
Interior Design Services









We appreciate you buying local.

Fresh Market Shoppes | 890 William Hilton Parkway | Hilton Head Island | 843.785.2227 | johnkilmer.com

Brighter days ahead

SKYLIGHTS, SOFT TONES AND A WIDE-OPEN LAYOUT MAKE THE GREAT ROOM THE STAR OF THE 2025 HGTV DREAM HOME.

STORY BY LANCE HANLIN + PHOTOGRAPHY PROVIDED BY HGTV



Each month we're giving you a closer look at a different space inside the 2025 HGTV Dream Home in Berkeley Hall. Designed by Court Atkins Group, built by Shoreline Construction and styled by HGTV's Brian Patrick Flynn, this Lowcountry getaway was crafted for the kind of life that feels as good as it looks. It now belongs to Tricia Smith, a 48-year-old special-education teacher from the Bronx and proud first-time homeowner. Originally from Antigua, Tricia beat the odds with more than 118 million entries in the mix to win this once-in-a-lifetime prize. When she steps through the front door, there's no doubt the great room will be the first place that takes her breath away. Bright, breezy and filled with just the right mix of comfort and charm, it's the heart of the home and a space full of inspiration.

Made for daylight

It starts with the light. Skylights overhead and a tall wall of windows flood the room with sunshine from morning to evening. The soft sea-glass wall color (Sherwin-Williams Quietude) adds a cool touch, while white trim and shiplap (Sherwin-Williams Snowbound) keep everything feeling clean and fresh. A round coffee table anchors the room and makes it easy to gather, snack or just kick your feet up.



Cozy without the clutter

The furniture here works hard without trying too hard. There's a Charles of London-style sofa with turned legs and low arms, surrounded by two striped spindle chairs that feel both classic and relaxed. Pillows and throws add just enough softness, while a chunky rug adds warmth and texture to the space. The fireplace, finished in white shiplap with a simple wood mantel, naturally draws your eye and invites you to pause.

Get the look

Paint (walls): Sherwin-Williams Quietude (SW 6212)
Paint (fireplace & trim): Sherwin-Williams Snowbound (SW 7004)
Walters sofa ($1,899)
Herndon upholstered armchair ($450)
Drum coffee table ($1,099)
Palmer 58" solid wood sideboard ($3,363)
Lute ceramic table lamp ($612)
Lilas console table ($949)
SimpliSafe wireless indoor camera ($142)
Hardie artisan square channel siding



Nature, right at home

The colors in this room echo what you'd see outside: sand, sea, marsh and sky. Framed paintings on either side of the fireplace bring that landscape inside. A few well-placed plants and pottery add life without making the room feel busy. Even the console table behind the sofa, with its grooved wood base, feels like something shaped by nature. The room flows right into the kitchen and dining area, which makes hosting simple and day-to-day life even easier. Whether you're curling up with coffee, reading by the windows or watching a game with friends, this room is ready for it. LL



EST 1996

SAVANNAH
SURFACES

Explore the Lowcountry's Largest Selection
of Tile & Stone for Indoor and Outdoor Spaces

(843) 784-6060 | SavannahSurfaces.com

A legacy in art and stone

THIS MAGNIFICENT PORT ROYAL PLANTATION HOUSE COULD BE YOURS — AS COULD THE CHANGE TO SAVE LIVES.

STORY BY BARRY KAUFMAN + PHOTOGRAPHY BY LISA STAFF







Gail Lott and Jim Edinger don't want this story to be about them.

Instead, they want it to be about what they've done — specifically, their decision to donate their home in Port Royal Plantation — as well as the stunning array of art within — to the Edward Via College of Osteopathic Medicine (VCOM)-Carolinas. They want this story to inspire others to give as freely as they have, realizing one undeniable truth: You can't take it with you.

Fair enough. This story won't be about them. But there is one thing you should probably know about the couple.

"We're totally crazy to do this," said Edinger. "Everyone thinks we're crazy, except for the school. But we have no children, our parents are deceased, and I'm going to die with zero."

If it's crazy, it's the best kind of crazy there is.

"This gift is absolutely outstanding for VCOM-Carolinas," said Tammy E. Whaley, the school's assistant vice president for advancement and alumni relations. "They are an extremely generous couple, and they have a real passion for making sure that people from economically depressed areas have equal access to health care."

The home will be sold fully furnished, with the proceeds going to VCOM. Through this one single act of — to use Edinger's own word — crazy generosity, VCOM will be able to establish an endowment for four medical students every year, with preference given to those students who intend to practice in rural or under-served areas of South Carolina after graduation. It also will go toward campus beautification, establishing an endowment for annual support for nutrition education and naming of the G. Gail Lott, MEd, and James R. Edinger, D.O., Educational Building.

The act reflects the couple's deep ties to medicine in the state. Lott, born in the impoverished town of Blackville, grew up seeing how difficult it was to find medical care in a small, poor town. That perspective informed her medical training, which brought her to Orangeburg Regional Hospital, where she and Edinger met and fell in love. For 40 years they split their time between Orangeburg and the island.

In 2005 they moved into the home that has now become the largest single donation in VCOM's history. Dubbed "The Taj Mahal" by its neighbors, it captures a sense of classical grandeur rarely seen in Lowcountry houses. Even without the menagerie of statues that dot the entry, the soaring limestone columns and dramatic roof line craft a heck of a first impression.



LOWCOUNTRY LIVING AT ITS BEST

At Front Light, crafting your dream home is more than just construction — it's a work of art infused with our dedication to preserving Southern comfort. Whether a fully custom design or a move-in-ready home, each residence reflects our commitment to crafting luxury through innovative, tech-driven methods.

Schedule an Idea Session Today.

FRONT LIGHT
BUILDING COMPANY

843.380.4800
frontlightbuildingco.com



Inside, sweeping ocean views are framed by a wall of windows, sightlines that guide down from the front entry past swirling double stairs. A freestanding art gallery across the home's rear lends a sense of whimsy, juxtaposed against the timeless grandeur of Greek columns lining the side of the pool. Even if the couple had just donated the home itself, whoever purchases it from VCOM would be making their new home in one of the neighborhood's most iconic properties.

But they won't just be buying the house. They'll be instantly amassing a treasure trove of museum-worthy artwork, from statues and carvings to ornate Persian rugs. And the provenance on some of these pieces is astounding. The grand rug that stretches the length of the foyer used to welcome guests to the Iranian embassy before the fall of the Shah brought that era of opulence to a close. A pelican statue in the rear garden had been purchased by Donald Trump for use in one of his towers. And everywhere in between, shelves glisten with untold stories.

"The house was empty when we moved in," said Lott. "I don't like to shop for furniture or anything like that, but when we went to Regis Galerie and Portofino On The Square in Las Vegas, there was just so much to choose from."









A GIFT OF GRANDEUR Gail Lott and Jim Edinger donated their art-filled Port Royal Plantation home to the Edward Via College of Osteopathic Medicine. The sale of the home and its museum-worthy collection will fund scholarships, nutrition education and campus improvements, ensuring their legacy lives on through the doctors who will serve under-served communities across South Carolina.

The galleries would ship three 18-wheelers to their home in Port Royal, laden with a horde of treasures to shame any sultan. Not only the statues scattered throughout, but also countless pieces inside — including objets d'art and hand-stitched, signed rugs that line nearly every surface.

"All of these beautiful things could be in a museum, and we've had a few that the appraisers said were museum quality," added Lott. "But we'll see if they can sell with the house for VCOM."

Ultimately, that's what this story is about. A couple found themselves blessed, enough that they're going to give away half of their net worth with the stroke of a pen. By giving a gorgeous home and the exquisitely curated artwork to a college, more doctors will be able to practice where they're needed most. The untold good that this single act will do will ripple ever outward.

It's a story of one crazy act. And a reminder that sometimes crazy is the right thing to do. *LL*



Recognized for excellence for over 50 years.

We can help you take the guess work out of the selection process with our highly experienced and motivated showroom and counter sales staff that can advise and recommend solutions for any problem.

Our kitchen & bath showrooms are recognized for excellence by the industry's leading manufacturers.

GATEWAY SUPPLY CO.

SERVING THE PLUMBING, HVAC & MECHANICAL INDUSTRIES SINCE 1964

2327 North Okatie Highway, Ridgeland

843.540.7993 • gatewaysupply.net

Locally owned and locally manufactured







ASK ABOUT OUR CUSTOM PROJECTS.
WE MAKE.
YOU ASSEMBLE.

Signature Closets Of The Low Country

Practical Storage Solutions & Unmatched Quality

843.415.6069
SignatureClosetsAndCabinetry.com

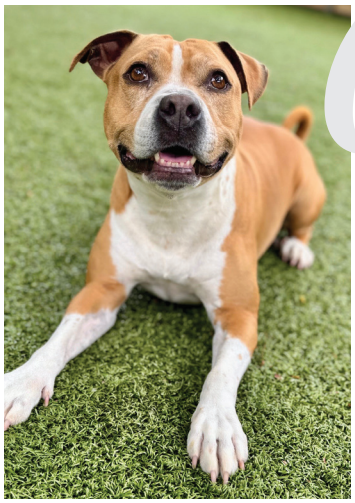
CAROLINAVET CRITICAL CARE

Sponsored By Carolina Vet Critical Care

Adopt this Pet: Olga

THIS BASENJI MIX IS READY TO TURN EVERY WALK INTO A CELEBRATION.

STORY BY SASSA ENSCOE



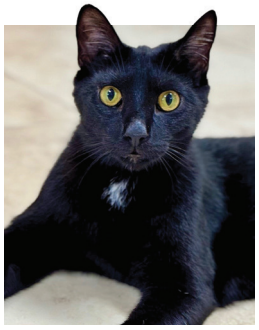
Olga might weigh in at 46 pounds, but this fun-sized Basenji mix gives off major little-dog energy. With a tan-and-white coat, a curly tail and a whole lot of charm, she's the kind of pup who makes friends fast and fans faster. At almost 3 years old, Olga has hit that sweet spot between playful puppy energy and grown-up good sense.

Surrendered by her previous owner, Olga hasn't let her past dim her shine. She lights up the dog park, turns heads on car rides and takes her treat-scouting duties very seriously. A lover of belly rubs, tennis balls and being in the middle of it all, she's the ultimate sidekick for anyone with a zest for life. Looking for a companion who sees the joy in every moment? Olga is already wagging her curly tail.

MORE ABOUT OLGA

Colors: Tan and white **Age:** Turns 3 in September **Weight:** 46 pounds **Likes:** Walks, rides, friends, toys, treats, tennis balls and soaking up the spotlight. **Dislikes:** Being left out of the fun. **Adopt:** Meet Olga at Hilton Head Humane between 11 a.m. and 4 p.m., Monday through Saturday. For more information, call 843-681-8686 or view her profile at ***hhhumane.org***.

COOL CAT: Panther



Sleek, shiny and just a whisker away from majestic, Panther lives up to his name. At 11 months old, this striking black domestic shorthair has already earned a reputation. Found as a stray, he now rules the shelter with his long tail, panther-like prowl and a personality that keeps you guessing. Panther is playful, curious and always climbing something. He loves perching in high places (he might ask for help down), chasing toys and watching his human friends with those bright yellow eyes. He plays hard and snuggles selectively, so he's ideal for someone who respects a cat with boundaries. Want a buddy who will follow you from room to room like a shadow but skip the lap naps? Panther is your guy.

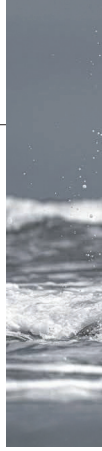


RIVERWALK 843.379.3237 | **HILTON HEAD ISLAND** 843.689.3237

BEAUFORT 843.379.5012 | **POOLER** 912.450.3400

DISTINCTIVEGRANITEANDMARBLE.COM

Material: Mont Blanc Quartzite
Builder: Randy Jeffcoat



A meaningful spectacle

ONE WHALE. ONE WEEKEND. ONE UNFORGETTABLE LESSON IN LETTING GO.

STORY BY AMBER KUEHN

Editor's note: *When word began to ripple through the Lowcountry about a stranded sperm whale on Hilton Head Island, we turned to the person closest to the situation. Marine biologist and Sea Turtle Patrol HHI director Amber Kuehn was there the evening of Saturday, May 3, and stayed through the quiet hours of May 5, bearing witness to something few ever see. We reached out to her to learn more about the experience and to better understand why it happened. What she offered us was not just a recounting but a reflection, a story shaped by salt, science, instinct and awe. We are grateful she chose to share it just as it happened, in her own voice.*



©AMBER KUEHN



©LANCE HANLIN

Sperm whales dive for the "Kraken" that lives thousands of feet below the surface in the darkness of the ocean depths. I absolutely love ocean lore, but, actually, giant cephalopods (squid and octopus) do exist. The sperm whale has evolved to survive extreme pressure, diving deep to seek this prey. From the South Carolina coastline, suitable depths would begin at the Blake Ridge, 400 miles east of Hilton Head's beach. This is a brief overview of my experience with a juvenile male sperm whale that stranded itself on Hilton Head Island. His journey landward over a shallow continental shelf was intentional.

A surreal call from the shore

I've been a charter boat captain for 26 years. While attending graduate school for a master's degree in marine biology, I worked as a dive boat captain. It's my financial safety net that allows me to participate in my passion projects. On this particular evening my boat was chartered for a bachelorette party on the May River. As the young women disembarked, I reached into my bag for my cell phone. There were several missed calls and text messages from Shore Beach Services, Town of HHI Code Enforcement, S.C. Department of Natural Resources and Lowcountry Marine Mammal Network flooding my screen.

I called the lifeguard that had sent me a picture of the incident. Instead of a greeting, I heard, "AMBER, when are you getting here? It's alive!" Social media had already started growing the grapevine. I rushed home, knowing that if I went to the beach, I would be staying the night. I grabbed my stranding kit, pillow, flashlight, a can of smoked oysters, water and my dog (a doodle). In hindsight, I will put together a better "go bag."



©PETER PAUL

My Sea Turtle Patrol staff was notified en route because I would never hear the end of it if I didn't mention that there was a live sperm whale in the surf at a popular beach access. I arrived with 30 minutes of daylight to spare. I entered the surf beyond the yellow caution tape and got as deep as I could before soaking my underwear. Who forgets to bring an extra pair of underwear?

It was certainly a sperm whale, and it was definitely alive. I did not expect the forceful exhale from the whale as I inhaled simultaneously. In the chaos of the moment, I had forgotten to don my N95 mask. It was Saturday, May 3, and the tide had just turned, literally and figuratively.

Sunset, surf and disbelief

As the sun set, law enforcement officials departed for other calls, and lifeguards reluctantly left me on the beach with the crowd. I had to remove the barrier as it fell with the incoming tide. Onlookers refused to get out of the water and inched closer to the distressed animal. At dark, they begged me to turn on my headlights so that they could see the whale better. I explained that the water was rising, and soon the whale would be covered. I encouraged everyone to leave, but to no avail. One kid ran into the surf like Ichabod Crane, jumping the waves with his phone held high above his head to get a selfie with the whale. I was convinced that one man had rallied enough people to try to push the whale back out to sea while I was distracted by the rogue teenager. A lady pleaded with me to save the 20-ton whale that had intentionally beached itself. She continued to intermittently request a rescue mission despite my explanation concerning this behavior.

I have lost track of how many times I've explained it. The intelligence of marine mammals is underestimated by the public. They are familiar with their surroundings and are navigators capable of long migrations. They







CAROLINAVET
CRITICAL CARE

EMERGENCY SURGERY
Doctors on staff in hospital
for emergent procedures
NOW OFFERING ENDOSCOPY

INTENSIVE CARE
Oxygen Support | Fluid Therapy
Pain Management

EMERGENCY CARE
Wound Care | Trauma | Toxicity
Urgent Surgeries | Diagnostic Imaging
Full In-House Laboratory

HOSPITALIZATION
Overnight Continuous Doctor
Supervised Patient Care

WEEKDAYS 6P-8A*
SAT 12P - MON 8A*
** Doctor Supervised*

Currently Located Inside
Coastal Veterinary Clinic
21 Buck Island Rd., Bluffton SC

843.706.9200



©RENATÉ ANN MCNULTY

are logical and aware that they are debilitated, knowing when they are no longer fit for survival. Their weakened movements through the water do not go unnoticed. Sharks sense this vulnerability through specialized organs called ampullae of Lorenzini on their snout that identify electromagnetic impulses in the ocean.

Rather than be eaten alive by sharks, marine mammals will find land where they can breathe with lungs and die peacefully on the sand. I have seen this behavior in dolphins and pygmy sperm whales on Hilton Head Island. Usually death comes before they make it to their destination, and their scavenged body drifts in with the tide. I perform a necropsy to collect their tissue and organs for analysis in the NOAA lab at Ft. Johnson in Charleston. This has been my volunteer commitment on Hilton Head beaches for 13 years, but I don't highlight it. It is upsetting to those who do not understand.



©RENATÉ ANN MCNULTY



©RENATÉ ANN MCNULTY

Awe in the silence

After a sleepless night with my doodle in a panic, wet air descended to reveal the massive dark whale silhouette lying motionless on the sand. The persistent woman was determined to comfort the whale and had returned before dawn to be close to it. Assuming that the whale needed human consolation, hovering over it may have caused additional stress for the animal.

In Herman Melville's novel *Moby Dick*, an albino sperm whale was anthropomorphized by Captain Ahab. He obsessed over his perception of the whale's intent: evil and vengeful. His pride and greed contributed to his demise among others. The psychology of anthropomorphism is relative to the need of the individual rather than the animal. When sperm whales are sexually mature at approximately 9 years old, they leave their mother's pod. They travel and lead solitary lives, with the exception of an occasional male-male friendship collaboration that typically runs its course in two years. We cannot assume that they find comfort in our presence, particularly when they were hunted for decades by humans with harpoons for the whaling industry.

I asked the emotional woman to step away from the whale, and Vito arrived to help me replace the caution tape barrier. A part of me had hoped the whale had passed peacefully overnight. After sunrise I measured the length of the whale laying on its side (31 feet). I had made eye contact with the whale as I passed with the measuring tape. He exhaled (always followed by an inhale) and started to audibly speak with clicks that went on for a couple of minutes. Marine mammals vocalize through their blowhole with a very large range of clicks, whistles, squeaks and bursts. I am fairly certain that I will never have the opportunity to hear this again.

SCAN FOR
OUR WEBSITE



Baby Camellia is Coming Soon!
– The Carpers

RCH
Construction, Inc.

Please contact us for an estimate on your new custom home or custom re-model.

90 Capital Dr., Ste. 103 | Hilton Head Island, SC 29926
Email: Info@rchconstruction.com
843.802.0743 | rchconstruction.com



©RENATÉ ANN MCNULTY

A FINAL RESTING PLACE On May 5 a large excavator lifted the 31-foot sperm whale from the surf so a necropsy could be performed. The whale was then buried in a 10-foot-deep grave near the base of a sand dune. Preliminary findings revealed significant emaciation, likely the reason for its live stranding on May 3. Additional testing is underway to help determine the underlying cause.

In my experience, these rare moments are so powerful that my memory is overwhelmed, almost erased, by the awe that I feel. Despite ongoing scientific observations and research, deciphering marine mammal communication, apart from a signature whistle, has been unsuccessful. Knowing that I will never understand what the whale had said, I shifted my focus to protocol and procedure, which have consistently proven helpful and effective. I reported that the whale was still alive and that euthanasia from Florida was still required.

What remains and what we learn

Hundreds gathered to watch the excavator assist government officials and various university researchers perform a necropsy to discover the cause of the whale's emaciated condition. Nothing obvious revealed itself that day, but the histology results may provide some answers. This analysis is still in process and could take months.

Based on similar cases of malnourished male sperm whales beached on the Gulf and East Coast of the United States, some scientists suggest that there may be a food source depletion, while others speculate that there may be a gastrointestinal parasite that produces ulcerations in the stomach. Regardless, it is important that the population is monitored for disease and human interaction to collect data that can be referenced when laws are considered to further protect vulnerable marine mammal populations. This broader purpose is the reason that this event affects me differently than the vigilant woman who insisted on connecting spiritually with the whale. However, nature always has a way of getting through my methodology to strike me with something unexpected and thought-provoking.



In A Perfect World
Wedding Cake Would Be Eaten By Invited Guests

Uninvited guests can embarrass a wedding party, and they can do worse than that in your home.

In a perfect world, we would be unnecessary. But until then, we're here to help.

Call us. Then you can have your cake and eat it, too. Worry free.

HILTON HEAD EXTERMINATORS

FIRST. BEST. READY.

Hilton Head: 843-681-2590
Bluffton: 843-706-9933
www.HiltonHeadExterminators.com



©RENATÉ ANN MCNULTY

We would be remiss to think that these sentient animals are unable to observe our behavior as well. Although I don't like to make assumptions, it's probably safe to say that they can sense the difference between malicious and benevolent intent as we poured buckets of water and placed wet towels over its body. Aside from observations within the barrier, I noticed an immense range of reactions from the public on the other side. I saw many somber faces, yet I also heard comments like "Where is George Costanza when you need him?" and "Are we going to blow it up?"

My faith in humanity was restored by the locals. They know my name, and they observe Sea Turtle Patrol HHI on the beach as a staple for their daily beach check-in. They are proud and confident in efforts for the preservation of marine life. They are the residents of Hilton Head Island, and I didn't realize how many of them have my cell number!

Thank you to the resident who pedaled home to make me coffee, to the one who carried a cooler filled with Gatorade on her bike, and to the one who asked me to pose for a picture while they cheered to lift my spirits. At the end of the third day, a fellow boat captain graciously provided sandwiches for all personnel working on the whale after it was buried in a 10-foot-deep hole at the base of the dune.

Special thanks to the Town of Hilton Head Island Code Enforcement and Beach Operations Department, Shore Beach Services, Beaufort County Sheriff's Department, SCDNR Law Enforcement, the hospitality teams at Marriott's Grande Ocean and Hilton's Ocean Oak, JS Construction Services, and the Sea Turtle Patrol HHI volunteers for their contributions to this effort. Their coordination, dedication, and generosity played an essential role in making this difficult and emotional response possible.

I'm sorry I forgot how much this island community shows up for each other. It took a sperm whale stranding to remind me that there is a network on this island that cares about the sacrifices made to preserve our amazing natural resources. *LL*



©SEA TURTLE PATROL HHI

Bluebird of happiness!

Join the owners of **Wild Birds Unlimited Hilton Head** for every aspect of backyard birding. From equipment and outings, to solutions and resources.



Wild Birds Unlimited®
Nature Shop

45 Pembroke Drive, Suite 130 Hilton Head Island
843.802.2010 • hiltonhead.wbu.com



Wild, Wild South

FILMMAKER HYATT MAMOUN UNCOVERS MANY OF THE LOWCOUNTRY'S NATURAL WONDERS IN HER NEW PBS SHOW.

STORY BY ALEA WILKINS + PHOTOS BY SOUND OFF FILMS AND SOUTHERN WILD FILMS FOR SCETV





WILD WOMAN Filmmaker Hyatt Mamoun brings the Lowcountry's wild side to the screen in her PBS miniseries *Wild, Wild South*, blending environmental education with Southern charm and a splash of humor.

"Are we talking about Dolly?" asks ***Hyatt Mamoun*** over Zoom, voice lilting with a Southern accent. The wildlife filmmaker enters the call from the Great Smoky Mountains, where she's shooting a new project, to discuss her show *Wild, Wild South*, but she's quickly diverted with talk of the country icon. "I joined at the right time!"

At 28 years old, Hyatt has traveled across the globe for her documentaries. Along the way, the Atlanta native earned the attention of National Geographic, the Smithsonian channel and the Discovery channel. Her award-winning student films received honors from the Wildlife Conservation Film Festival, the National Academy of Arts and Sciences and others. Whether creating prize-winning films or sharing "bites of nature" on her Instagram, Hyatt's work reflects her love for the environment. Since honing her craft at the Savannah College of Art and Design and, later, American University, Hyatt continues to document the world around her, hoping to make environmental education both accessible and entertaining. Her new miniseries, *Wild, Wild South*, produced by Sound Off films for South Carolina ETV and PBS, is a culmination of those efforts. In conversation with LOCAL Life, Hyatt discusses her earliest inspirations, wildest encounters and future ambitions.

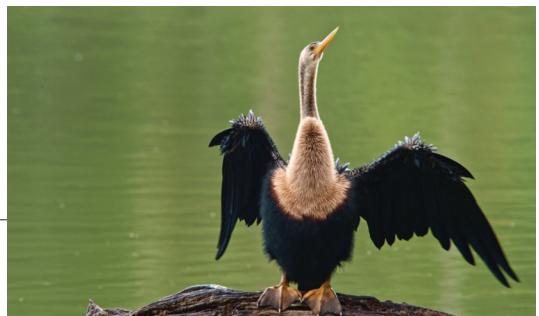


[LOCAL Life] When did your passion for wildlife begin? [Hyatt Mamoun] As cheesy as it sounds, I feel like I was born to do this. Since I was a little kid, I had stuffed animals and toy dinosaurs instead of dolls. My parents took me on a lot of road trips, and my mom always had us pull over, put on Crocs and start picking through the creek.

[LL] What about your love for film? [HM] I always loved Steve Irwin and Jeff Corwin. I would come home from school, and I remember that "The Crocodile Hunter" was on first, and the "The Jeff Corwin Experience" was on second. Then I'd go outside and play with the dinosaurs. We had a little camcorder in the house, so I started filming stuff. I loved film, and I loved animals, but I never thought, "oh, can I combine these?" When I went to SCAD, that's where I combined my film skill with my passion for wildlife, and the Lowcountry is a great place for that. You're surrounded by all these crazy, cool animals just right outside your front door — literally. I remember there was a gator outside the dorm.

[LL] What led you to your first wildlife film project? [HM] When I went to SCAD, I made my very first wildlife documentary. It's about the dolphins strand feeding in South Carolina. I knew about strand feeding, and I realized there was no 4K footage of it at the time. I filmed animals before, and I had a class at SCAD that taught us to make documentaries, so I said, "let's just go ahead and do it."

[LL] Since then, your work has taken you all around the world, from the Bahamas to Austria. Why did you want to return to the Lowcountry for *Wild, Wild South*? [HM] The Lowcountry is a special place in my heart because of that connection that I've had from SCAD and my time going there growing up.













[LL] Were there any moments that surprised you while filming? **[HM]** We always talk about the gators and the big awesome things, and I just love swamp chickens. I've always seen them walking through the swamp — they have these big wide toes so they don't sink in — and this is the first time I saw them in a tree. They are so clumsy! They're like a basketball on toothpicks trying to balance on another toothpick.

[LL] In the second episode you mention that wildlife film making requires extreme patience. What other challenges or obstacles did you face? **[HM]** We got caught in a rainstorm, which could be seen as a challenge, but from a film-making perspective, it can bring out all these different animals and actually give you a bit of variety.

[LL] What was your favorite moment while filming? **[HM]** We came across this big, fat, juicy mushroom, and I got to learn about a new mushroom process called guttation. We met all sorts of wildlife, but I could talk about gators all day. I love those big lizards.



WATCH THE SHOW

Catch all of Hyatt Mamoun's adventures around the Lowcountry by watching Wild, Wild South on PBS.org or the PBS app. ***Scan this QR code*** *for instant access.*

[LL] Did you learn anything else? **[HM]** I think there's always something new to learn. I used to live in Washington, D.C., and whenever I was there, I realized while telling these stories about the Lowcountry, people didn't really know all the crazy wildlife that's in one spot. That was something I wanted to share with everybody. I want to learn on camera with people because I don't know everything, and I want us all to learn together.

[LL] What do you hope viewers learn? **[HM]** I want people to get excited about the critters in their backyard, and I want them to realize you don't have to travel far and wide to see some incredible amazing stories. You've just got to get outside. Be patient, and something amazing will come out.

[LL] You say your motto is "conversation through entertainment and education." How does the show bring that idea to life? **[HM]** Whenever you're telling these wildlife stories, you want to get people excited about these animals because how can you protect an animal if you don't know anything about it? You have to be able to connect to it to protect it. And wildlife is so entertaining. It's its own soap opera. The entertainment is already there. You just have to go look for it. Our team made a conscious effort to keep all the goofy moments and all the bloopers. We left those silly parts in because, really, we want to get out and have a good time.

[LL] What projects are you working on? **[HM]** This miniseries is just the beginning of "Wild, Wild South." The team at Sound Off and I are planning to keep filming and sharing the wildlife of the South with y'all. There is a bright future for the show, and there's still plenty to explore. *LL*





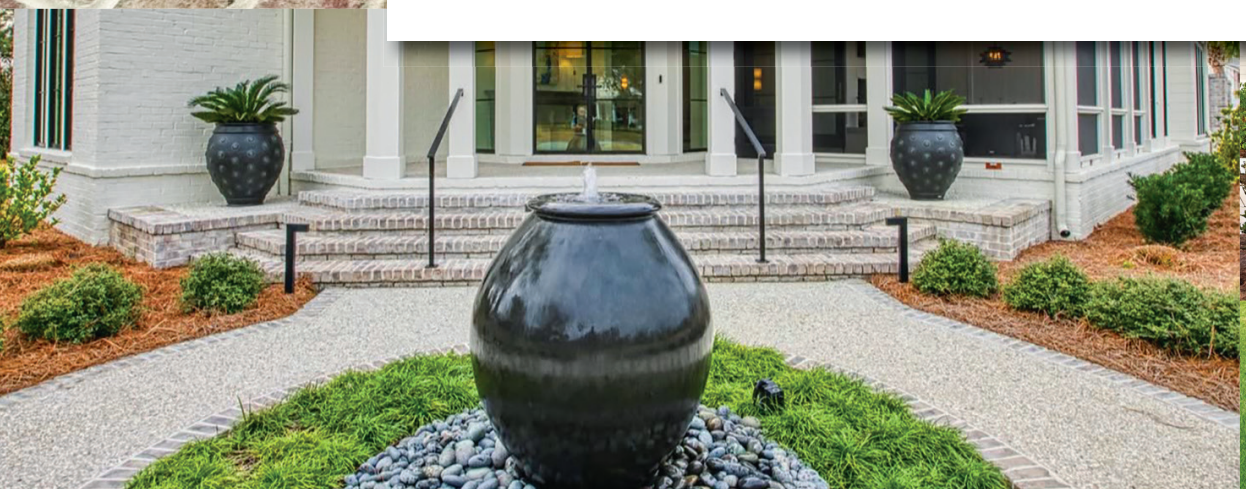
LUXURY LIVING
BEGINS AT THE CURB

Earthworks is the Lowcountry's premier all-inclusive luxury landscape firm. We offer a comprehensive range of services, including design, installation, maintenance, and everything in between. Our commitment is to deliver excellence and high-quality craftsmanship on every project, without exception.

EARTHWORKS
Design Build Maintain

CONTACT OUR TEAM FOR
A COMPLIMENTARY ON-SITE CONSULTATION

843.645.3300 | OFFICE@EARTHWORKS-SC.COM
EARTHWORKS-SC.COM





FREQUENT FLYER

Eastern bluebird

MEET THE FEATHERED OPTIMIST BRINGING COLOR AND CHEER TO BACKYARDS NEAR YOU.

STORY BY BAILEY GILLIAM + PHOTOS BY MARY ALICE TARTLER



LISTEN UP
Scan this QR code *to hear the call of the eastern bluebird.*

Some birds fly under the radar. The eastern bluebird is not one of them.

With that electric blue back, rusty red chest and sweet, clear whistle, these little charmers are hard to miss, especially around here. In the Lowcountry they're frequent flyers in every sense of the word. You'll spot them flitting across golf courses, perched on fence posts or splashing around in birdbaths like they own the place. And, in a way, they kind of do.

People have been giving bluebirds the feel-good treatment for centuries. Cultures all over the world have looked to them as messengers of joy, hope and even reassurance from those who've passed. Disney gave us "Mister Bluebird's on my shoulder." Judy Garland gave us "Over the Rainbow." Folk singers gave us the "Bluebird of Happiness." But are these birds really as blissed-out as we think?

Actually, yeah. Turns out, they're kind of experts at living the good life.

They show up right as the world starts to thaw out, just when we're itching for signs of spring, and they make themselves right at home in open spaces with a view. They're not shy, either. If you set up a nice nesting box and keep the bugs coming, they'll happily raise a family in your backyard. And not just once. Bluebirds are known to raise two or even three broods a year. Why stop at one when life's good?

Their mealtime style is part performance, part precision. They'll perch on a wire or fence post, scan the ground, then drop like a stone to snatch a bug and zip right back up again. Sometimes they go for fancier prey: lizards, frogs, even the occasional snake. And when they're not hunting or parenting, they're bathing, singing and generally doing their best to keep the mood light.

If you're seeing flashes of blue in your yard or along a Lowcountry trail, that's no accident. These birds are out there making the most of every sunny day, reminding the rest of us to do the same.

How to attract them

Want to turn your backyard into a bluebird hangout? With the right setup, it's easier than you think. These cheerful little birds are happy to stick around if you offer the right mix of shelter, snacks and space. This local birder shares what works in the Lowcountry, from simple feeders to full-on nesting strategies.

MARY ALICE TARTLER, Audubon Master Birder

"Attracting bluebirds to your yard can be a delightful experience, providing endless entertainment and joy. As insectivores, bluebirds primarily feast on insects and spiders. To entice them to stay and breed, consider installing a clean nesting box with a 1.5-inch diameter entrance hole, mounted in an open area. Bluebirds adore mealworms, so offering live or dried mealworms is a great way to attract them. You can also try suet bars packed with mealworms as an added bonus. Bluebirds, like all birds, enjoy bathing to stay clean and healthy. A shallow birdbath with fresh water for drinking and bathing will help support their overall health and well-being. Planting native vegetation, such as coneflowers, blackberry bushes and dogwood trees, can also attract bluebirds. By following these simple tips, you'll be well on your way to creating a bluebird-friendly yard that these beautiful birds will flock to."



Essentials

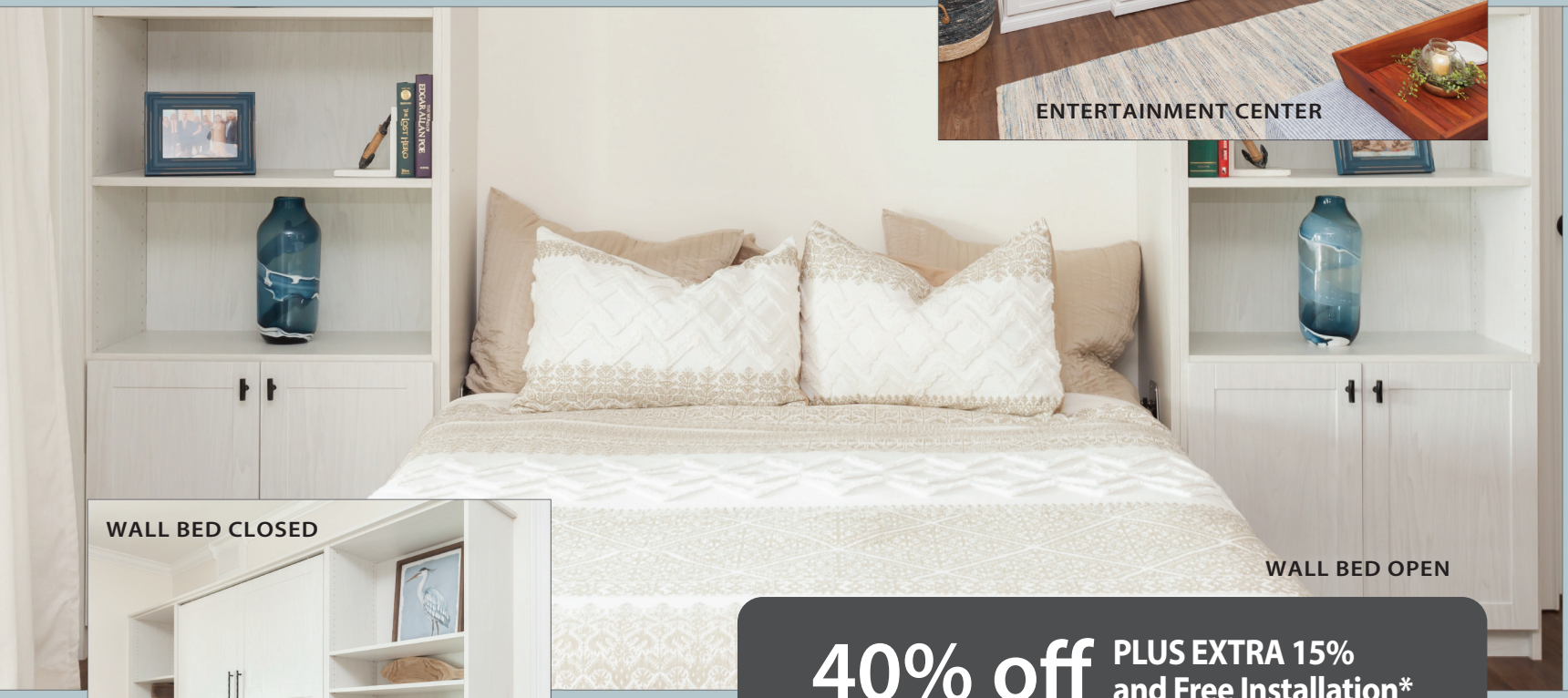
Get everything you could possibly need for your backyard birding needs at ***Wild Birds Unlimited*** at the Festival Centre at Indigo Park on Hilton Head Island.

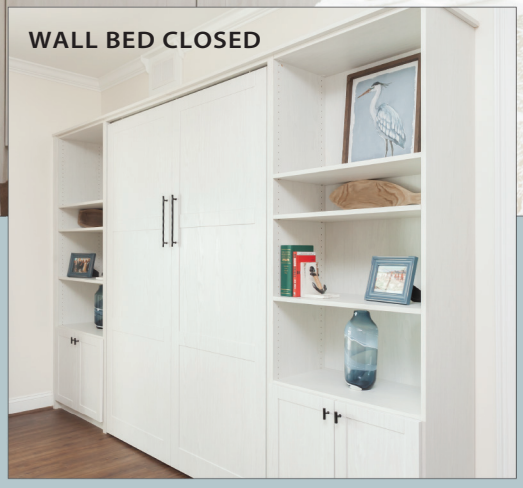
FOOD & ACCESSORIES

- *Mealworms*
- *Bark Butter Bits*
- *Sunflower chips*
- *Spiral treat tray*
- *Tray bird feeder*
- *Bluebird house*

MAYBE YOU THOUGHT WE JUST MAKE CLOSETS?


ENTERTAINMENT CENTER


WALL BED OPEN


WALL BED CLOSED

40% off PLUS EXTRA 15% and Free Installation*

Ask your designer how to save even more!

Interest-free financing available.

*40% off any order of $1000 or more; 30% off order of $700-1000. Free installation on order of $850 or more. Limited time offer for Extra 15%. Ask your designer for details.

CALL US FOR ALL KINDS OF ROOM.

closetsbydesign.com

Free in-home consultation & estimate.

843.225.6725 LL

Closets byDesign®

Personalized solutions for any budget.

Custom Closets Pantries Laundry Rooms Home Offices Garages Wall Beds

Blue's clues

WHERE TO SPOT NATURE'S COOLEST COLOR

STORY BY BAILEY GILLIAM

Blue isn't a color you expect to see much in the wild. That's what makes it so exciting when you do. From quick flashes of feathers to glimmers under the water, blue in nature feels a little magical, like catching a secret only the sharp-eyed get to see. Around the Lowcountry, blue shows up in all kinds of wildlife. Some wear it like a warning. Others are just showing off. Either way, once you start noticing blue, it starts showing up everywhere.



BLUE-WINGED TEAL
These small, fast ducks stand out with their soft blue wing patches. They're winter visitors who tend to hang out in small groups near the water's edge. **Most active:** August to May **Where to look:** Freshwater and brackish marshes, shallow ponds and the Savannah National Wildlife Refuge

BIRDS IN BLUE

From small warblers to tall herons, the skies around here are full of feathered flashes of blue. Some are bright and showy, others more subtle, but all add a splash of color to the treetops and shorelines. With photos and information from Audubon Master Birder ***Mary Alice Tartler***, here are a few to keep an eye out for.



BLUE GROSBEAK With electric blue feathers and copper-colored wingbars, this bold bird has a voice to match its looks. **Most active:** April through November **Where to look:** Almost anywhere during fall, especially at Audubon Newhall Preserve and Fish Haul Beach Park



BLUE-HEADED VIREO Look for the soft bluish head and white "glasses." These birds move slowly through the trees, searching for insects. **Most active:** October through May **Where to look:** Audubon Newhall Preserve, Sea Pines Forest Preserve, Jarvis Creek Park



GREAT BLUE HERON Tall, graceful and serious-looking, this bird is easy to spot standing still near water or gliding overhead. **Most active:** Year-round **Where to look:** Any lagoon, beach or pond. Try Fish Island in Sea Pines or Mitchelville Beach



LITTLE BLUE HERON Smaller than a great blue, this heron has dark bluish-purple plumage and often blends into the background. **Most active:** Year-round **Where to look:** Marshes and wetlands all over the island



BLACK-THROATED BLUE WARBLER Males are deep blue with a black throat and a slow, buzzy song. You'll likely hear them before you see them. **Most active:** April to June, and again August to November **Where to look:** Audubon Newhall Preserve, Sea Pines Forest Preserve, Whooping Crane Conservancy



BLUE-GRAY GNATCATCHER This tiny, fast-moving bird flicks its tail constantly and sounds like a soft whisper in the trees. **Most active:** Year-round **Where to look:** Forests, scrub and parks across the island



BLUE JAY Familiar, loud and impossible to miss. These smart, noisy birds are frequent visitors to feeders and backyards. **Most active:** Year-round, but less common in summer **Where to look:** Woodlands, parks and neighborhoods



EASTERN BLUEBIRD Bright blue and reddish orange, these birds are icons of the eastern U.S. Keep an eye out for them on fence posts or wires. **Most active:** Year-round **Where to look:** Open spaces with scattered trees or nest boxes



INDIGO BUNTING They might be small, but they're hard to miss when the sunlight hits just right. These birds shimmer like sapphires. **Most active:** During spring and fall migrations **Where to look:** Woodland edges, gardens and preserves





Thank you for Buying Local.



Specializing in indoor and outdoor furnishings ready for immediate delivery.

Coastal Home

1528 Fording Island Road, Hilton Head Island, SC 29926

www.coastalhomehhi.com | 843.837.4100

www.resortfurniturehhi.com

Now Open Sundays!

Complementary Design Services
Some exclusions apply.

BLUE LIZARDS & AMPHIBIANS

Blue in the forest? You bet. While it's not as loud as it is in birds, blue shows up in some of the Lowcountry's cold-blooded locals, especially lizards and salamanders. Sometimes the color is bold, like the electric tail of a skink. Other times it's a hint of blue under the belly or throat, only visible for a second. Blink and you'll miss it.



BLUE-SPOTTED SALAMANDER This shy amphibian was named the official state amphibian back in 1999. It's more black with blue spots than all-blue but still a great find if you're lucky enough to see one. **Most active:** January to May, especially in wet conditions **Where to look:** Under rocks or logs near ponds, swamps and marshes



BLUE-TAILED SKINKS Young skinks practically glow with bright blue tails, which double as a great distraction tactic when predators get too close. If the tail gets grabbed, it breaks off and grows back later. **Most active:** April to October **Where to look:** Under logs or leaves, in pine forests or sunning themselves on porches and decks



SIX-LINED RACERUNNER These lizards are lightning-fast and a challenge to photograph, but if you ever see one be still long enough, you'll notice a soft blue tint on their underside. **Most active:** Hot mornings from April to early October **Where to look:** Sandy or grassy areas, especially around dunes and forest edges

EASTERN FENCE LIZARD They blend in with their surroundings, but the males have pale blue throats and bellies if you catch them doing push-ups on a warm rock. **Most active:** Spring and summer during the day **Where to look:** On forest edges, stumps and rock piles




BERKELEY HALL
LOWCOUNTRY, SOUTH CAROLINA
Nestled in the heart of South Carolina's Lowcountry, Berkeley Hall is a private, member-owned golf community offering world-class amenities and two Tom Fazio-designed courses along the scenic Okatie River.
BERKELEYHALLCLUB.COM/DISCOVER

BUGS IN BLUE

Not all bugs blend in. Some go full glam. Around here you'll find plenty of insects that sparkle in shades of blue; some metallic, some powdery, some so striking they could pass for tiny jewels with wings. From dragonflies patrolling the marsh to moths flitting across the porch light, these tiny creatures prove that even the smallest species can have big style.



Blue-fronted Dancer

Blue Dasher

DRAGONFLIES & DAMSELFLIES

They've got names like Blue Dasher, Great Blue Skimmer, Blue Corporal, Little Blue Dragonlet, Blue-fronted Dancer and Atlantic Bluet, and they look just as cool as they sound. Whether they're hovering over a pond or darting through tall grass, these insects add motion and color to any summer afternoon. **Most active:** Summer, 10 a.m. to 5 p.m. **Where to look:** Around water, especially in wild areas like Cypress Wetlands, Widgeon Point Preserve, Henry C. Chambers Waterfront Park and Coastal Discovery Museum



Emerald wasp

BEES & WASPS

Some of our bluest bugs also have the biggest reputations. Blue-winged wasps, steel-blue cricket hunters and electric-colored cuckoo wasps may look beautiful, but admire from a distance. Blueberry digger bees don't wear blue, but they're worth mentioning for name alone. **Most active:** Spring and summer, mid-morning to early afternoon **Where to look:** Near flowers, trees and tucked-up spots like eaves, porches and sheds



Blue mud wasp



Eastern tailed blue

BUTTERFLIES & MOTHS

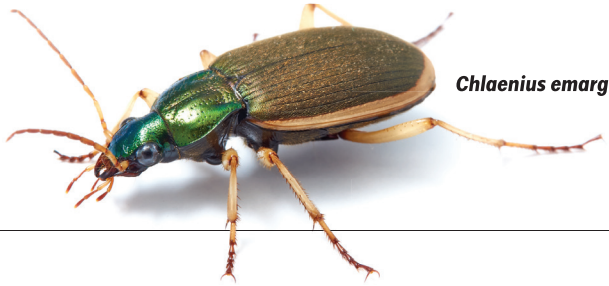
You don't need to go far to spot a blue-winged beauty. The Lowcountry is home to fluttering species like the ceraunus blue, eastern tailed-blue, polka-dot wasp moth, long-tailed skipper and more. Some are true butterflies, others are moths pretending to be. All are worth a second look. **Most active:** Year-round, but best during fall migration (and, yes, National Moth Week is the last week of July) **Where to look:** Gardens, parks, oak trees and any place with flowering plants. Pinckney Island and Coastal Discovery Museum's Honey Horn are top picks. Porches with sugaring stations can be a moth magnet.



Ceraunus blue

Bonus bugs

There's even more blue at ground level. Powder blue isopods (basically pastel roly polies), flashy blue beetles like chlaenius emarginatus and odd little blue flies (condylostylus mundus) are out there if you're willing to get low and look.



Chlaenius emarginatus



CHARLESTON • HILTON HEAD • SAVANNAH • ST. SIMONS GA 912.236.2416 SC 843.974.2354 WWW.COASTALCANVAS.COM

Sea cows on summer break

Manatees enjoy the Lowcountry much like human visitors do.

STORY BY CHELSEA QUINN



©LARY MARAS

SUMMER VISITORS This West Indian manatee, captured by photographer Lary Maras, is one of many that make their way up to the Lowcountry each summer. Keep an eye on local creeks and rivers. You might just catch one surfacing for a breath.

It starts with a ripple. Then a snout breaks the surface, followed by the rounded back of one of the Lowcountry's most surprising summer visitors: the West Indian manatee.

Between May and September these massive marine mammals slowly make their way up the coast from Florida, stopping in places like Broad Creek, Shelter Cove Harbour & Marina, Harbour Town Yacht Basin and local docks. They come, eat their fill of aquatic plants, sip freshwater from runoff sources and sometimes give lucky locals a glimpse of their gentle, barrel-shaped bodies.

Why the Lowcountry?

Manatees are warm-water mammals that can't tolerate temperatures below 68 degrees for long periods. So while winter sends them to Florida's springs and heated power plant outflows, summer invites them to head north and explore.

The Lowcountry's calm, shallow waterways, rich plant life and access to fresh water make it an ideal summer stop. Estuaries like Broad Creek and the areas around Shelter Cove and Harbour Town are perfect environments, offering sea grass and other vegetation to graze on, along with safe inlets to rest.

When and where to spot them

The manatee season in South Carolina typically begins in May and runs through September, although sightings have occurred as early as April and as late as November. Their movements depend heavily on water temperatures — warmer water keeps them around longer, while sudden cold snaps send them back south.

"We've already had sightings reported from Georgetown, Charleston and down toward Hilton Head Island this season," said Kelly Lambert with S.C. Department of Natural Resources. By May the program received 47 sightings since the start of the year.

Look for manatees in calm, shallow waters — marinas, inlets and estuaries. Locals and visitors might spot them gliding just under the surface or poking their snouts out to breathe. They can weigh over 1,000 pounds and grow up to 13 feet long, which helps them leave a lasting impression.



Pro tip from Kelly Lambert at SCDNR: *Wear a pair of polarized sunglasses before heading out on the water. They make it much easier to spot manatees gliding just beneath the surface.*

Local sightings

Manatees have developed something of a fan base among locals. Social media lights up each time one is spotted gliding near a kayak or poking its snout above the water near a dock.

Sightings are so memorable that some visitors say it's the highlight of their trip. One mom on Facebook shared that after spotting manatees and dolphins on a Vanishing Island tour, her son called it his "favorite activity all week."

Since manatee encounters in the Lowcountry are rare, they may catch locals off guard. "Someone recently called to tell me there was a struggling dolphin in the surf," said Amber Kuehn, Hilton Head Island's Sea Turtle Patrol manager and longtime marine biologist, with a laugh. "They said it was black and weirded them out because of the color, but it turned out to be a manatee."

WE'RE WAGGING WITH EXCITEMENT!



Evergreen Pet Lodge is thrilled to add Red Rover on Hilton Head to our pack.
Two locations. One mission: Keeping your pets safe, happy, and loved.

EVERGREEN PET LODGE
HILTON HEAD ISLAND
105 Dillon Road, Hilton Head Island, SC
843.681.8354
evergreenpetlodge@gmail.com
EvergreenPetLodgeHHI.com

RED ROVER
Boarding. Daycare. Grooming.
25 Bow Circle, Hilton Head Island, SC
843.671.9274
redroversouth@gmail.com
TheRedRover.info



Critter Meet & Greet
Mon, Wed, Fri | 9:30 am–12:30 pm

Tuesdays at the Museum
Farmers Market | 9 am–1 pm
Indigo Tie-Dye Party | 10 am–Noon
Face Painting | 10 am–Noon

Busy Bee Workshops
July 2 & 16, 3-4 pm

Wild Bees Photography - Main Gallery
Mon-Sat, 9 am-4:30 pm | Sun, 11 am-4:30 pm

Sweetgrass Basket Workshops
July 10 & 24, August 7 & 21, 6 pm

COASTAL DISCOVERY MUSEUM
70 Honey Horn Drive
Hilton Head, SC 29926
843.689.6767
coastaldiscovery.org



Handmade American Furniture







Since 2010, MM Wood Studio has been crafting timeless, heirloom-quality furniture by hand.

Each piece is built with care, using sustainably sourced domestic hardwoods and traditional joinery.

See our craftsmanship up close by visiting our showroom, Carolina Jasmine, at 1521 Main Street, Hilton Head Island.



MM WOOD STUDIO

Small Batch & Custom Furniture
Made on Hilton Head Island
mmwoodstudio.com | 843-415-5924



VACATION MODE
Manatees are warm-water marine mammals that migrate north from Florida during the summer months in search of food and freshwater. The Lowcountry offers ideal conditions: calm, shallow waterways; an abundance of aquatic plants and access to freshwater from creeks and runoff sources.

You might even be lucky enough to spot a local manatee that's part of long-term tracking efforts. "It looks like a big belt around the manatee's belly, and it's got a line attached to a floating mechanism with an antenna," Kuehn said. "People think it's a crab trap, but it's actually part of a satellite monitoring device to track their migration routes."

If you spot one of these tagged animals, don't worry — it's not in distress. The tag is a harmless monitoring device used by researchers to better understand manatees' migration and habitat.

Look, don't touch

As interest in manatees grows, so does the need to protect them. All manatees are federally protected under the Endangered Species Act and the Marine Mammal Protection Act. It is illegal to touch, feed or harass them in any way. That includes offering them food or fresh water, which can alter their behavior and put them at risk.

"People think it's fun to watch a manatee drink from a hose or feed them lettuce, but that just encourages them to stay when they should be heading out — and that's actually a federal crime," Kuehn said.

If you spot a manatee while boating or paddling, slow down and keep your distance. Many manatees who have scars from boat strikes, the number one cause of manatee deaths. can be difficult to see in the murky Lowcountry water.





"You could designate a wildlife watcher — it could be a kid, it could be an adult — but you can assign someone on board to be the official lookout for manatees and other wildlife," Lambert suggested. Manatees typically surface to breathe every few minutes, but their backs and tails can easily go unnoticed.

If you ever see a manatee that appears injured, tangled or stranded, report the sighting to the S.C. Department of Natural Resources at 800-922-5431. *LL*



We LIVE for the perfect match.

We live for the action-packed, active lifestyle shared with friends and complemented by our award-winning Racquets Center at the very heart of Moss Creek. We love the perfect match of living at the epicenter of burgeoning Bluffton, SC and the pristine beaches of Hilton Head Island. We love the option of a day trip to our choice of Savannah or Charleston. Join us at the perfect marriage of location and lifestyle.

MOSS CREEK

WE LIVE HERE.

MossCreek-HiltonHead.com

1523 Fording Island Road, Hilton Head, SC
843-837-2229

Chasing fins

A MORNING ON THE WATER WITH CHIP MICHALOVE REVEALS THE THRILL, SCIENCE AND SOUL OF SHARK FISHING IN THE LOWCOUNTRY.

STORY AND PHOTOGRAPHY BY CHELSEA QUINN AND LILY WHITENER



DIVE DEEPER
Scan the QR code to watch LOCAL Life's Chelsea Quinn and Lily Whitener on a thrilling morning with shark whisperer Chip Michalove.

EDITOR'S NOTE: In honor of Shark Week (July 20-26) we sent LOCAL Life creatives Chelsea Quinn and Lily Whitener on a mission: spend a morning on the water with Hilton Head's own shark whisperer, Chip Michalove, and bring back a story we can sink our teeth into. Mission accomplished!

There's something calming about the open water at sunrise, even when you're heading out to catch sharks. ***Chip Michalove***, one of the country's top shark fishermen and conservation advocates, invited us to join him for a morning off the coast of Hilton Head Island. We thought we were tagging along to snap a few photos. What we got instead was a crash course in patience, power and the wild rhythms of life offshore.

From bait to blacktips

At 8 a.m. on June 3, the sun rose over Hilton Head Harbour Marina as we loaded up a bucket of frozen bait and headed out with one goal: catch something big. We climbed aboard for a four-and-a-half-hour trip with Chip, a man whose name is just about synonymous with shark fishing in the Lowcountry.

By midmorning, we had already reeled in a few menhaden, small oily fish that play a key role in the food chain. Chip set three lines in the water, one off each side of the boat and one straight down. Then we waited.

A few small Atlantic sharpnose sharks were the first to bite, offering a hint of what might be circling below. Then came the real excitement: two blacktip sharks, strong and fast, each putting up a solid fight before being brought aboard, briefly admired and released. The morning had a relaxed pace, but there was no mistaking the skill behind the scenes. Chip made it look easy, but every move came from years of practice.



IT'S CRUNCH TIME

Shark Week 2025 begins at 8 p.m. on Sunday, July 20 on the Discovery Channel and runs for a week. *The most anticipated show this year is "Dancing With Sharks," hosted by Tom Bergeron, which features expert divers and their real-life shark partners performing underwater dances.*

Luxury Sport Yachting. Power To Perform.

38LS

Tiara® YACHTS

A fusion of sophistication with a perfect balance of luxury and practicality; featuring walk-around capabilities and wrap-around bow seating above deck, an elegant cabin with berth and private head awaits below.



MERCURY

COASTAL CAROLINA YACHT SALES

843.723.7557

4350 Bridge View Dr. | North Charleston, SC

145 Lockwood Dr. | Charleston, SC

Hilton Head Island, SC

HILTON HEAD'S DESTINATION FOR
DISTINCTIVE MEN'S CLOTHING

JOHN BAYLEY
Clothier

OFFERING CUSTOM MADE CLOTHING
AND TUXEDO RENTALS



MONDAY-FRIDAY 10AM-5:30PM
SATURDAY 10AM-4PM
VILLAGE AT WEXFORD, SUITE J4B
HILTON HEAD ISLAND
843-715-0713



Hooked on the Lowcountry

Chip's path to becoming Hilton Head's shark whisperer didn't start anywhere near the ocean. He grew up in Kentucky and moved to the island with his mom in 1989. It didn't take long for him to trade freshwater for saltwater, and he never looked back.

He fished from the beach as a teenager, drawn to the power and mystery of sharks. Over time, he figured out the currents, the migration patterns and the water conditions. He says that deep understanding is what keeps him here. "I've figured out where they are, the migration routes, the water temperature and the water clarity, so going somewhere else doesn't really interest me," he said.

These days Chip is known for catching some of the biggest sharks in the region, including a 16.5-foot great white weighing over 3,000 pounds.

Everything changed when a photo of him touching the nose of a great white went viral. Before that, he had hooked a few but lost them, and most people didn't believe his stories. But when he finally landed one and shared the proof, it caught fire. Scientists reached out. Sponsors took notice. Suddenly everyone wanted to know the guy catching great whites off Hilton Head. For Chip, it was never about fame. It was about proving what he knew was possible — and doing it again.

Tracking the giants

What sets Chip apart isn't just the size of the sharks he catches. It's what he does afterward.

For years he has partnered with the Atlantic White Shark Conservancy to tag and track sharks, helping researchers study their movements, preferences and migration patterns. One of his tagged great whites swam all the way from Mexico to Nova Scotia, a journey that made national headlines.



MORNING CATCH Bluffton resident Tanner Sutphin is shown with one of the Atlantic blacktip sharks caught during the recent fishing trip with Chip Michalove, owner of Outcast Sport Fishing. These fast-moving sharks usually reach 4 to 5 feet in length and weigh between 125 and 150 pounds.

He says the partnership works because the conservancy shares his respect for these animals. "They actually care," he said. "They want to learn."

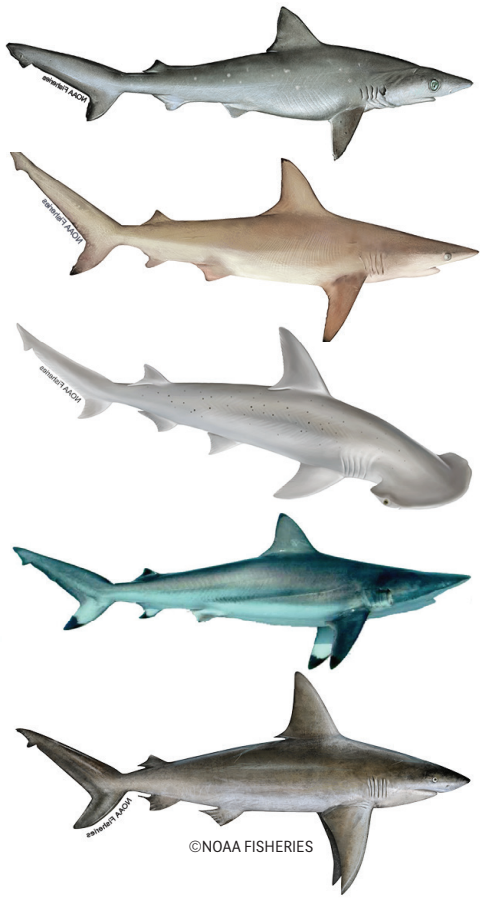


Tagging has become a big part of Chip's work. He always releases the big sharks, especially the great whites. Smaller catches are used with care to help keep the operation going. But the data he collects from tagging has made him a sharper fisherman. He now knows what water temperatures sharks like, where they move throughout the year and when they're most likely to show up. That knowledge shapes every trip.

More than anything, Chip wants people to understand these animals. His appreciation for sharks is obvious, not just in the way he talks about them, but in the way he handles them, protects them and helps others see them with new eyes. *LL*

FIVE SHARKS YOU'RE MOST LIKELY TO ENCOUNTER IN LOCAL WATERS THIS JULY

Sharks are a regular part of Lowcountry waters, especially in the heat of July. From sleek inshore swimmers to high-flying hunters, these fascinating fish are more common than you might think. **Here are five species you're most likely to spot or catch this time of year.**



©NOAA FISHERIES

1. ATLANTIC SHARPNOSE SHARK
One of the most common sharks in the area, especially inshore. These small, slender sharks often turn up in creeks and estuaries and are a frequent catch for local anglers.

2. ATLANTIC BLACKTIP SHARK
Abundant near sandbars and bait balls just off the beach. Known for their acrobatic jumps while chasing fish, they're exciting to watch and even more thrilling to reel in.

3. BONNETHEAD SHARK
A familiar sight in shallow tidal creeks and flats. With their shovel-shaped heads, they're often mistaken for young hammerheads, but they're a species all their own.

4. SPINNER SHARK
Often seen leaping and spinning through the air, especially where schools of baitfish gather. They live up to their name and are hard to miss when they're feeding.

5. SANDBAR SHARK
Lurking near coastal drop-offs and inlets, these sharks are thick-bodied and powerful. They're sometimes confused with bull sharks but tend to be more mellow in behavior.

SHELTER COVE HARBOUR & MARINA

Shop, Dine & Stroll
the island's largest marina







APPAREL / JEWELRY / GIFTS / ART
A Coastal Christmas • Pure Salt Studios • Neptune's Niche
Nash Gallery • Southern Tide Signature Store • Ship's Store
Tradewinds Trinkets & Treasures • Treasure Island

DINING / TREATS
Bistro 17 • Daily Café • ELA'S On The Water
Scott's Fish Market • Hilton Head Social Bakery
Frosty's Ice Cream • San Miguel's
Top Dawg Tavern & Pizzeria
LIVE ENTERTAINMENT AT PARTICIPATING RESTAURANTS

SERVICES
Harbourmaster's Office/Ship's Store • Pure Salt Studios
Memory Lane Portraits • Salon Shelter Cove

BOATS / MARINE
Harbourside Yacht Sales • Ship's Store/Marina Office

REAL ESTATE / VILLA RENTALS
Palmetto Dunes/Shelter Cove Villa Rentals
Harbourside III • Trident Villa Rentals • Dunes Real Estate

TOURS, FISHING & WATER SPORTS
Marina Charters & Water Sports Kiosk
Outside Hilton Head

@ShelterCoveHarbourMarina

Located mid-island, mile marker 8, across from Palmetto Dunes,
13 Harbourside Ln. ShelterCoveHiltonHead.com

Into the blue

JUST YOUR AVERAGE UPSIDE-DOWN JOYRIDE IN A WWII RELIC

STORY BY CAROLYN MALES



LEGENDS IN THE SKY
The Red Baron Stearman Squadron was a renowned civilian aerobatic team that thrilled airshow audiences across the country for decades. Formed in the 1970s and sponsored by the Red Baron Frozen Pizza brand, the team flew vintage World War II-era Boeing Stearman biplanes painted in bright red, often performing synchronized stunts like loops, rolls and precision-formation flying.

I hadn't planned to fly upside down. In an open cockpit. In a World War II-era biplane. But then what exactly did I expect when I signed up to be a passenger in a vintage prop plane flown by a barnstorming pilot? The Red Baron Stearman Squadron, one of the longest-running civilian barnstorming aeronautics teams, performed heart-clenching stunts at aerial shows to promote its brand and I'd been offered a "front row" seat. How could I refuse?

A few minutes earlier, I'd been standing on the tarmac of this small rural airport where my pilot, Steve, greeted me with a wide grin. "You like rollercoasters?" he asked. I nodded. "Ready for some loops and rolls?" His smile grew broader, and he was now rubbing his hands with glee. "Uh, sure," I replied. But now that I was inches from this flying contraption, it was looking pretty small and, to my uneducated eyes, maybe a tad flimsy. I was beginning to have second thoughts about my sanity.

"What can you tell me about this bucket?" I asked in a show of bravado, using lingo I'd picked up on a single-engine aircraft flight with a pilot friend, hoping to demonstrate I was "in the know," not just some know-nothing passenger which, of course, I was.

"Oh, it's from around 1944-45," Steve replied. Engineers, he explained, had adapted aviation pioneer Lloyd Stearman's 1931 design to train Army and Navy fighter pilots. Boeing built around 10,500 of them. "But there are only about 500 flying today," he said.

Now as I eyed its pristine red and white exterior more closely, I could see that it was well maintained, giving me a shot of confidence. "You been flying this long?" I asked. "Two years," Steve replied. "But I've got 30 years of piloting experience. I've been an aeronautical engineer — and a Navy fighter pilot." Okay, good answer, I think. Let the good times roll — literally.

Now Steve had me step onto a foothold built into the wing and pull myself up into the small front cockpit by holding onto the struts. Then harnessing me in, he clicked the seat belt closed. Slipping the helmet over my head, I lowered the goggles, and Steve buckled the strap beneath my chin. "All set?" he asked. I gave him a thumbs up.

"Good. Now this is what you have to do if we have to bail out." *Wait a minute. Bail out?* I hadn't remembered anything about skydiving in the original invitation. "First you have to unsnap the seat belt, remove your helmet and climb out on the wing," Steve was saying matter-of-factly. "Then you jump. And don't forget to pull the rip cord." He pointed to the silver thingamabob on my left shoulder. He grinned.

"Got it," I replied with a laugh, now sliding into my "role" in this bit of aerial theater.

Celebrating 44 Years, Enhancing the Coastal Beauty of Backyards in the Lowcountry









YearRoundPool®
A POOL TROOPERS COMPANY

Satisfied Customers Are Our Most Valuable Asset.

386 Buck Island Road
Bluffton, SC 29910

843.837.7665 | www.yearroundpool.com

Cleaning & Repair Services | Design | New Construction | Renovation | Spa & Retail Sales

Ah, but we were not quite done. "And while we're in the air, do not touch the pedals," he warned, gesturing toward the foot levers inches from my feet — pedals that looked as though they belonged in a go-cart. "They control the rudder. And by the way, if you have to hold on, use these bars on the side." My gaze went to metal holds where he was patting. A good thing to know in case we go hurtling toward Mother Earth.

With that he climbed into the rear cockpit, and we were rolling down the runway. That's when I noticed a second biplane was moving alongside us. In the blink of an eye we were lifting off in perfect sync, flying a wingspan apart from this other barnstormer with his own wide-eyed passenger.

Hah, I thought, no need to hold onto those side rails. Our engine is noisy, but that's all to the good. That means the motor's working and the propeller is turning. Now I was looking around and grinning at the farm 3,000 feet below where Elsie the cow stood near a red barn, presumably peacefully chewing her cud.

Suddenly, I heard a buzz in my ear. It's Steve asking me if I'm all right. I pushed the button and say "Cool!" That's when I noticed the other plane is moving off to the left and the nose of our plane was pointing higher. And higher. And higher! It's then that I realized my answer should have been nooooooooooo... We shot up like a rocket. Totally vertical. Aimed at the sun. "Curse you, Red Baron, " I muttered as we sped toward that yellow ball. We're really barnstorming.

Just when I thought we were going to smack old Sol in the face, Steve pulled a fast one: the plane rolled left, we went upside down, and all those nice barns and cows I'd been admiring were standing on their heads. Or maybe it's just that we were on our heads. Then we did it the other way. I lost track, but at some point we started plunging toward all those critters below, like a rocket ship in reverse, only to right ourselves before we crashed into a silo or the formerly contented cows. This went on for a while: loops, hammerheads, rolls, whatever. Even though there was no way I was going to fall out of the plane, especially since the G-Force had pinned me to the seat, I had a death grip on those aforementioned side bars.

After several hair-raising maneuvers, we eventually straightened up and rejoined our sister plane. Once more the world was spinning in the right direction, and we were back in normal sight-seeing mode. This went on for a few more minutes but, to my surprise, I







HIGH-FLYING NOSTALGIA
With their open cockpits and roaring radial engines, the Red Baron planes evoked a bygone era of barnstorming, giving passengers and spectators a taste of old-school aviation daredevilry.

started to get fidgety. Okay, now that I knew the lay of the land so to speak, I wanted more thrills and chills. Cruising was like being on a roller coaster with no loops. Just as I was about to press the orange button on my headset and beg for a little more action, the planes separated, and, dang it, we were both headed toward the runway. Down below us a small plane awaited clearance for take-off, but he had to wait. But, ha! We shot right over him and swooped away in unison.

For the grand finale, our sister biplane peeled off, signaling yet another action-packed maneuver. And suddenly both crafts were flying with our right wings pointing toward the ground. This was a snap roll, I later found out. The plane went into a stall, Steve kicked the rudder, we leveled off and came in for a real landing this time. On the taxiway I pushed the orange headset button and shouted "Bravo!"

When we finally came to a stop and climbed out, I told Steve "I'm ready to try out the pilot's seat now."

"Why not?" he said, nodding in wry agreement, "you've seen how it's done."

The Red Baron Stearman Squadron went on to entertain crowds, raise money for children's charities and create heart-stopping experiences for invited passengers like me until it disbanded in 1999 after 28 years. And, for the record, I did try out piloting a small Cessna and a glider, but I did not become a barnstorming pilot. And the world is probably much safer for that. LL

CUSTOM HATS AND ACCESSORIES
RIMS
Brims on the Bluff
THE LOCAL HAT BAR

A Custom Hat Bar Experience



MAKE YOUR OWN HAT WITH US!
10 JOHNSTON WAY UNIT C, BLUFFTON

GREAT FOR:
PRIVATE PARTIES
BACHELORETTE
CORPORATE EVENTS
GIRLS NIGHT OUT!


Trending now: Patriotic!


Add feathers, ribbon & branding!

FOLLOW
@BRIMSONTHEBLUFF
VISIT US ONLINE
SCAN ME

Up and away

Chase the blue beyond with these five high-flying adventures.

STORY BY SHEILA PAZ

Feel like your feet have been on the ground too long? Maybe it's time to shake things up. Around here the blue sky isn't just something to admire; it's a playground. From the coastal breezes of Hilton Head to wide-open fields in Georgia, there are plenty of ways to lift off. Whether you're parasailing over the water, kiteboarding with the wind or jumping out of a perfectly good airplane, these five airborne adventures bring a fresh rush of perspective. You don't have to go far to fly high.



©A HOT AIR BALLOON RIDE

Hot air balloon ride

This one takes a little road trip, but if you've ever wanted to float through the sky without a sound, it's worth the miles. Hot air balloon rides are more peaceful than you'd think: no noise, no rush, just a gentle drift across the sky. You don't feel like you're moving, but the landscape below slowly changes. While there are no balloon rides in the Lowcountry, you can head to St. Augustine or visit Statesville, North Carolina, in October for the Carolina BalloonFest.

Rise above it all: *A Hot Air Balloon Ride, St. Augustine, Florida ($425, ahotairballoonride.com)*



©ARNO DIMMLING

Parasailing

Parasailing gives you the chance to take it all in: the beaches, the creeks, the boats and that steady line where the sky meets the water. You're gently lifted into the air behind a boat, and suddenly everything feels peaceful and wide open. Look down, and you might spot a dolphin pod. You'll see Hilton Head from a whole new angle.

Sail the sky: *Sky Pirate Parasail, Broad Creek Marina ($92, skypirateparasail.com), H2O Sports, Harbour Town Yacht Basin ($95, h2osports.com), Island Head, Broad Creek Marina ($95, islandheadhhi.com)*

Skydiving

Skydiving is a thrilling experience that pushes the boundaries of your courage and leaves an indelible mark on your soul. The top-rated Jump Georgia skydiving center in Sylvania offers tandem jumps for first-time skydivers, classes for certification and flight options for experienced skydivers.

Fall for it: *Jump Georgia (Sylvania, Georgia, jumpgeorgia.com). $159-$219*



©CREDIT JUMP GEORGIA



©HILTON HEAD HELICOPTER TOURS

Helicopter tour

There's something surreal about hovering over the coastline in a helicopter. From above, the Lowcountry is all creeks, sandbars, salt marshes and secrets. You might spot dolphins just offshore or catch a glimpse of Tybee's lighthouse. Whether you're flying over Hilton Head, Daufuskie or downtown Savannah, the view is unforgettable.

Hover and discover: *Hilton Head Helicopter Tours, 38 Gateway Circle ($69–$269, flyhhi.com)*

Kiteboarding

Think of it as surfing with a built-in breeze. Kiteboarding is one of those sports that looks wild from the beach and feels even better in motion. With your feet strapped to a board and a kite pulling you across the water, every muscle kicks in — arms, core, legs — while the wind does its thing. It's not easy, but it's worth it. You'll catch on faster with a lesson, and there's nothing quite like the feeling of gliding across the waves with nothing but wind power. Just steer clear of swim zones.

Ride the wind: *Tower Beach in Sea Pines, South Forest Beach, Folly Field Beach*
Learn here: Georgia Kiteboarding, Tybee Island ($250, georgiakiteboarding.com)



©GEORGIA KITEBOARDING





SEAGLASS WINDOWSCAPES

Sustainable Luxury: Eco-Conscious Window Solutions for the Climate-Aware Homeowner

In today's world, true sophistication lies not in excess, but in intention. The discerning homeowner no longer has to choose between environmental consciousness and exceptional design. At Seaglass Windowscapes, we've curated a collection of window solutions that honor both your aesthetic vision and your values, while delivering substantial savings that compound beautifully over time.

The Experience

Picture this: Hunter Douglas PowerView motorization responding intuitively to the day's changing light, reducing your cooling costs by up to 40% while maintaining perfect indoor comfort. Imagine Norman's eco-intelligent honeycomb shades creating insulating air pockets that keep summer heat at bay, or Sunesta's retractable awning systems extending your living spaces outdoors without the environmental impact of permanent construction.

The Investment

These aren't just window treatments, they're long-term investments in your home's performance and your family's comfort. Clients typically see 20-30% reductions in summer energy costs, with many solutions paying for themselves within three to five years. But the real luxury? Living beautifully while knowing every choice contributes to a more sustainable future.

Exquisite design. Measurable impact. Lasting value.

Let us show you how the most responsible choices can also be the most beautiful ones.



Ready to discover how sustainable luxury feels in your home? Schedule your complimentary design consultation with Seaglass Windowscapes today!

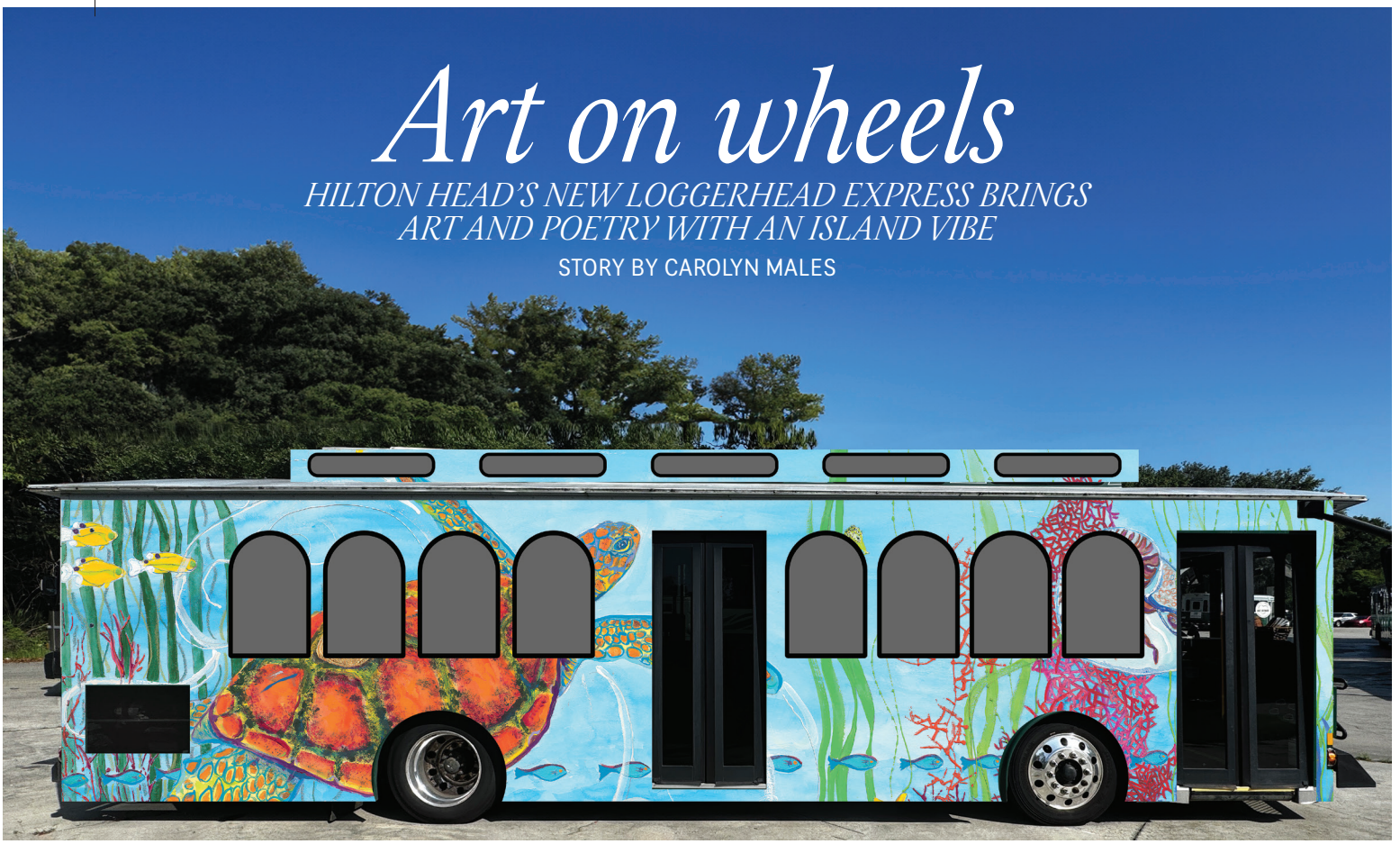
70 Pennington Dr, Bluffton SC
www.seaglasswindowscapes.com
843.949.8444

ADVERTISEMENT

Art on wheels

HILTON HEAD'S NEW LOGGERHEAD EXPRESS BRINGS ART AND POETRY WITH AN ISLAND VIBE

STORY BY CAROLYN MALES



TAKE A RIDE Want to take a ride on the new Loggerhead Express? The trolley runs daily through Labor Day from 1-10 p.m. weekdays and 1-11 p.m. on Friday and Saturday. For an up-to-the minute schedule and where you can track the trolley in real time, download the Catch the Breeze app.

Starting this month, if you're traveling along U.S. 278 or hanging out in popular spots from Shelter Cove Town Centre to Coligny Beach Park and beyond, you might catch a glimpse of Hilton Head's new Loggerhead Express.

One of The Breeze's free seasonal trolleys on this South Island route now sports a "canvas" of the island's iconic loggerhead turtles across its body. Here we see them making their life journey from Hilton Head to the Sargasso Sea and the Azores in waters vibrant with aquatic life: corals, shrimp, octopus and sea grasses.

Local artist Mira Scott of MiraMira Studio provided the spark to bring this rolling gallery into motion. Renowned for her graphic-style paintings of area fauna and flora with their strong lines and bursts of color, she reached out to Natalie Harvey, Director of the Office of Cultural Affairs for the Town of Hilton Head Island, and Brian Sullivan, Executive Director of the Lowcountry Regional Transportation Authority, earlier this year.

Last fall Bluffton had vinyl-wrapped a Palmetto Breeze bus with artwork by Lindsey Spears. That project, a collaboration between the Town of Bluffton and its Public Art Committee with Palmetto Breeze Transit, was now ferrying passengers along its main route. Its moniker "The Bluffton State of Mind Bus" was as colorful as its exterior — a lively pattern of blues, greens, yellows and oranges depicting crabs, oysters and other Lowcountry images. You couldn't help noticing this mobile "mural" and discovering something about the area.

And that concept is what's behind this new Hilton Head Island venture. With a projected 2.8 million-plus visitors this year, attracting more riders, both visitors and residents alike, to hop on the Breeze's 24-passenger trolley would relieve some congestion along popular island routes and free up space at parking lots, says Sullivan.

What's more, Natalie Harvey points out that this eye-catching seascape on wheels "combines our local environmental concerns, local art and poetry to tell a story and create an awareness of our conservation efforts." Scott, who is also co-creator and illustrator of the children's book, *Myrtle the Loggerhead Turtle*, offers another insight. "The way you change the world is through children. And if you get on a vehicle that presents itself as happy, kids engage. When that happens, parents do too, and they all become better stewards of the environment."



Poetry in motion

Now settle into one of the trolley's wooden bench seats. You're in for another treat. Take a break from your phone screen, and look around. On the transport's interior panels and dividers, you'll discover wisps of poetry by 12 local poets from the Island Writers Network. "I chose poems that were kind of breezy," Elizabeth Robin, the guiding spirit behind this mobile anthology, says, laughing at the cheeky pun. But that's a perfect description for these short musings that lift you out of the everyday and send your mind wandering.

so many ways to enjoy an island sunset





good food
good friends
good life

SEAPINESCOUNTRYCLUB.COM

SEA PINES COUNTRY CLUB

LOWCOUNTRY ALMANAC



MAKE THE MOST OF THE BUSIEST MONTH OF THE YEAR.

July

TUESDAY NIGHT TRADITION Shelter Cove Harbour & Marina hosts the Lowcountry's largest July 4th fireworks show, lighting up the night in grand style. Throughout the summer the marina also presents weekly Tuesday night fireworks as part of the HarbourFest celebration, giving both locals and visitors a reason to look up. If you're staying mid-island and hear booms in the distance, no need to panic. It's just another Tuesday night of summer fun on Hilton Head Island.

©SHELTER COVE HARBOUR & MARINA

Night & day

Summer days begin to shorten slightly, but with the heat, we don't exactly mind the sun setting a bit earlier.

Sunrise: 6:18 a.m. – 6:36 a.m.
Sunset: 8:22 p.m. – 8:35 p.m.

STORY BY BAILEY GILLIAM

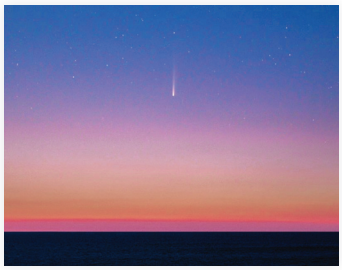
July brings the heat, and not just the kind that calls for extra sunscreen. It's a month of high energy, beach days, backyard barbecues and fireworks lighting up the night. In the Lowcountry summer is in full swing with mornings for fishing, afternoons by the water and evenings that feel magical when the bugs behave. Named for Julius Caesar, July is rooted in celebration and patriotism, with the Fourth of July as its centerpiece. Long days mean more time for swimming, crabbing, ice cream and sunshine. With help from the *2025 Old Farmer's Almanac* and *Grow Great Vegetables South Carolina,* this guide will help you make the most of it.

Weather predictions

Brace yourself: July brings the full heat of summer. The Lowcountry is expected to see warmer-than-normal temperatures and the occasional storm.

Average temperature: 86 degrees (3 degrees above average)
Precipitation: 2.5 inches (2 inches below average)

FORECAST BY WEEK
July 1-10: Isolated thunderstorms, hot
July 11-14: Sunny, warm
July 15-19: Showers, tropical storm threat; cooler
July 20-31: Isolated thunderstorms, turning hot



Astronomical events

This month offers more than just fireworks in the sky.

July 4: Mercury reaches its greatest elongation
July 10: Full moon (Buck Moon), named for the time when new antlers emerge on male deer
July 24: New moon begins
July 28-29: Delta Aquarids meteor shower peaks

Tides & currents

Stay in tune with the rhythms of the coast. ***Scan the QR code*** *for updated tide and current predictions from NOAA.*

In the garden

July is the hottest month of the year, and hot-weather crops are at peak production. Unfortunately, that also means extra watering and weeding. It's also time to get fall and winter plants started.

PREP Spread compost, turn under spring cover crops, and prepare beds for fall transplants. Weed, mulch, and water perennials. Order winter cover crop seeds now.

PLANT Yes, you can still plant in the middle of summer.

Indoors: Sow small amounts of heat-resistant lettuces every 6-7 days (refrigerate seeds for two days before planting indoors).
Outdoors: In empty beds, sow buckwheat, soybeans or sorghum-sudan grass as cover crops. Sow more cucumbers, zucchini, corn, beans, rutabagas and winter squash. Transplant cabbage, broccoli and other brassicas in late July or early August. Plant chitted white potatoes for fall, and be sure to hill, water well and mulch.

HARVEST Enjoy a bountiful harvest, including beans, beets, blueberries, cantaloupes, carrots, celeriac, celery, chard, corn, cowpeas, cucumbers, edamame, eggplant, figs, hot peppers, lettuce, okra, onions, peppers, plums, raspberries, scallions, squash, tomatoes, watermelons and zucchini.

Best days

Here are July's most auspicious days, based on moon phases.



Fishing: July 1-10, 24-31
Camping: July 7-8
Travel: July 24-26
Pick fruit: July 1, 27-28
Buy a home: July 4-5
Entertain: July 24-26









264 Berwick Drive | Golden Bear | Indigo Run

Listed by Richard MacDonald | $1,125,000

Over 1,000 homes sold. At Richard MacDonald & Associates, we don't just help you buy or sell a home—we elevate the entire experience. Built on a foundation of integrity, our team is committed to exceeding your goals and building lasting relationships. With more than 1,000 homes sold, we offer unmatched local knowledge and personalized service. We know the Lowcountry inside and out, using that expertise to make your journey smooth, rewarding, and successful. *When you work with us, you're not just hiring agents—you're partnering with the very best the Lowcountry has to offer.*

RM
Richard MacDonald
& Associates



Richard MacDonald
(843) 384-8797 | richard@rmacdonald.com

Joey Doyle
(843) 290-5055 | joeydoyle@charteronerealty.com

Sanders MacDonald
(843) 816-4800 | sanders@charteronerealty.com

#1 RANKED *Real Estate Company in The Lowcountry* CHARTERONEREALTY



TROWEL TALK

Weathering the storm

HOW TO PROTECT YOUR GARDEN FROM WIND, RAIN AND FLOODING THIS HURRICANE SEASON

STORY BY SHEILA PAZ AND SUZANNE BARTON



DEBRIS BE GONE In addition to clearing the gutters, move planters away from gutters and downspouts. This helps avoid pooling.



ALL WASHED UP Choosing free-draining soil can help plants stay healthy during heavy rains. A sandy, organic-rich soil can help the planting bed stay drier.



Hurricane season is here, and it's a good time to get your garden ready. Between heavy rains and strong winds, even the most well-tended beds can take a beating. Hilton Head usually sees 4 to 6 inches of rain a month this time of year, with the biggest downpours hitting in August and September. To help you prepare, we checked in with ***Suzanne Barton***, manager of The Green Thumb. Whether you're new to gardening or just want a refresher, her tips can help your yard weather whatever's coming.

[LOCAL Life] Hurricane season is here. How can I prepare my garden? [Suzanne Barton] First things first. Ensure your gutters are clear. Clogged gutters can cause water to overflow which may damage plants and pool in your garden. This can lead to problems like root rot and fungal diseases.

[LL] How can I protect my planting beds? [SB] Avoid using tarps and tents for protection, as they often cannot withstand the wind and will break free, causing more damage than protection. Ensure your planting beds are draining properly; the last thing you want is heavy rain and water pooling in the beds. Steady rain does not hurt plants, but puddling can.

[LL] What should I do with my potted plants? [SB] For potted plants that you can lift, either bring them inside or to the leeward side, the side of the house sheltered from the wind. If you cannot move the plants, elevate them on pot feet to keep them off the ground, ensuring they can drain more efficiently and reducing the risk of sitting in puddles.



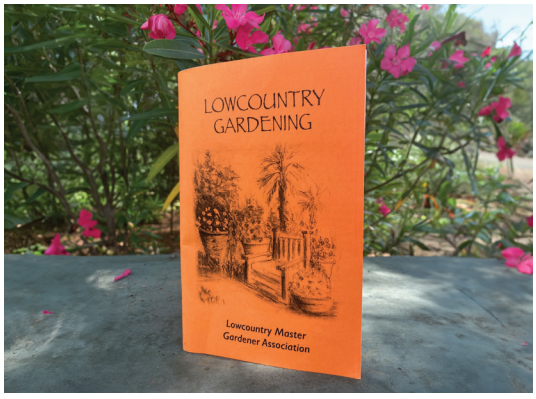
POTTED WITH SOLE Pot feet are available in various sizes and shapes. Go with plastic, clay or ceramic.

Summer breaks in the garden

"Most flowering plants benefit from mid-summer pruning and fertilizing. Annuals, in particular, are "bloomed out" and will appreciate an application of a timed-release fertilizer. Cut back leggy annuals, dead-heading (removing spent blossoms) throughout the season, will encourage more flowers.

Some flowering plants (for instance, geraniums) don't bloom in the hottest months. They become semi-dormant and will revive as the weather cools. Tomatoes will not set fruit when nighttime temperatures are over 78 degrees. Other vegetables will also slow down production in the intense heat. Keep them watered and fertilize when it begins to cool down. You can have a good autumn production.

Cut back herbs, including mint, oregano and basil, to keep them compact and keep them from setting seed too soon." LL



Excerpted from Lowcountry Gardening, written and published by the Lowcountry Master Gardener Association. Grab a copy of this handy guide to all things Lowcountry gardening for $5 at The Greenery, Bruno Landscape & Nursery, The Green Thumb or the Master Gardener booth at the Bluffton and Port Royal farmers markets. For more info, head over to ***LowcountryMGA.org****.*



We specialize in full paver restoration — bringing beauty, color, and curb appeal back to your home.

Your driveway deserves a full transformation.

Seacoast DRIVEWAYS

843.707.6043 SEACOASTDRIVEWAYS.COM

RESTORATION / ENHANCEMENT / PROTECTION



RETAIL SHOWROOM • GRANITE • MARBLE • TILE • CABINETS
BATHS • KITCHEN • DESIGN • FABRICATE • INSTALL

ONE COMPANY • ONE WARRANTY
PRESTIGE

FAMILY OWNED AND OPERATED LOCALLY FOR THE PAST 24 YEARS

Visit Our Showroom:
232 Brown's Cove Road, Riverwalk
Open Monday-Friday

843.815.5558 www.prestigestoneinc.com

STYLED IN BLUE

A blueprint for monochromatic fashion

PHOTOGRAPHY BY LISA STAFF
STYLED BY BAILEY GILLIAM

Blue just fits in the Lowcountry. It mirrors the open sky over the marsh, the hush of morning tides and the cool shadows cast by live oaks and water. Whether soft and airy like sea glass or rich and moody like deep indigo, it speaks the language of this place.

At the Culinary Institute of the South in Bluffton, blue is more than a backdrop; it's part of the story. This modern campus of the Technical College of the Lowcountry was designed for creativity to thrive. Throughout the building you'll spot touches of blue in tile work, lighting and especially in the large-scale artwork of Bluffton native Amiri Farris. His mural, a striking celebration of Gullah-Geechee food ways, brings the space to life with movement, memory and his signature indigo paint drips.

Painted in blue

Amiri Farris doesn't just pose for this shoot, he brings a story. Seated casually in front of his mural, he wears a pale blue patterned button-down shirt and navy shorts from ***Southern Tide****, striking that perfect Lowcountry balance between comfort and polish. The soft blues in his shirt reflect the tones of his artwork behind him, where blue crabs, herons and coastal crops swirl together in layered brushstrokes. Every detail connects; his style, his art and the sense of place he carries with him. In Farris's world blue isn't just a color. It's history. It's heritage. And it looks good, too.*



Breezy blues for summer days

Blue always fits. It's classic, coastal and quietly bold. These three looks, pulled from local boutiques, show how blue can shape-shift to suit your mood. From breezy and casual to buttoned-up and statement-making, here's how to wear the color of the season your way.

1



Floral pop

Start with a lacy white top, and add a punch of color with bright blue shorts. A crossbody bag with a bold blue flower brings the whole look together. It's fresh, fun and perfect for brunch or a day out shopping.

Available at Currents

2

Bold blues

Go all in with a tailored blue dress, and mix in more shades for a rich, layered feel. A cobalt handbag, playful earrings and even a blue water bottle add a little personality without going over the top.

Available at Jean Pierre-Kliffa





3

Easy stripes

For a relaxed but polished look, try a matching striped top and pants in a lightweight fabric. Add a soft blue purse, and you've got an outfit that's ready for anything, from a backyard dinner to a breezy boat ride.

Available at Palmettoes

STYLED IN BLUE

Blue magic

Carrie Hirsch, continuing education and FOODseum coordinator at the Technical College of the Lowcountry, shows how to wear blue with personality and polish. Her outfit from ***Spartina 449*** *pairs printed pants with a sleek sleeveless top, finished with a bold gold zipper. Gold jewelry with blue gemstones adds just the right amount of shine. It's a look that's relaxed, pulled together and unmistakably Lowcountry.*



Blues you can use

From soft skies to deep indigos, blue belongs in the Lowcountry. It echoes the tide lines and twilight skies. This collection from ***local shops*** captures its many moods: cool, classic and coastal. However you wear it, blue feels just right.











1. Brim with a bite

This navy felt hat from ***Brims on the Bluff*** isn't your average accessory. With its rich color and a hand-painted alligator along the band, it nods to the wild side of the Lowcountry while keeping things classic. It's bold, a little playful and makes a strong first impression.

2. Shades of blue

Island Girl offers a range of dresses that show off every side of blue. A navy number with white trim is polished and timeless, while the light blue dress is easygoing and breezy; the kind of thing you throw on for a porch swing and sweet-tea kind of day.

3. Blue brilliance

Gifted's silver necklace with a glowing blue gemstone catches the light just right. It's simple but striking; cool, calm and perfect for dressing up a white T-shirt or adding a touch of elegance to your evening look.

4. Denim days

Blue jeans are always in, but in the summer heat, sometimes they're just too much. Enter the denim overall dress from ***Maggie & Me***. It keeps the spirit of denim alive without weighing you down and works with everything from sandals to sneakers.

5. Make waves

Island Child keeps things fun with a trio of one-piece swimsuits for girls. From starry blues to cobalt skies filled with seagulls, these suits bring summer joy to the beach or pool. They're made for cartwheels in the sand and cannonballs off the dock.

6. Tropical twist

The Haven Boutique brings an unexpected pop of print with this blue palm maxi dress. It's light, airy and easy to wear, perfect for a dinner out after a long day on the water or a casual stroll through town.

GET THE LOOK

Blue looks good on you

There's just something about blue that works. Artist Amiri Farris wears it well, pulling together a laid-back yet polished look that proves blue is anything but basic. From his bold frames to those classic navy pants, this outfit blends personal flair with coastal cool. Want to echo the vibe? Stick to one color family, play with texture, and don't be afraid of a little boldness. ***These pieces are a good place to start:***



Frame game

Swap your standard specs for bold blue glasses that stand out without stealing the show. They brighten your face and add personality in one easy step.

Available at Eyeland Optique



Classic stance

These navy pants do all the work without making a fuss. Clean lines, solid color and easy to pair with everything. Think of them as the anchor of your outfit.

Available at John Bayley Clothier





Color story

A short-sleeved button-down with a fun pop of pink keeps things light, not loud. It's a breezy twist on the classic blue shirt that's right at home on a dock or a patio.

Available at Outside Hilton Head



Suede swagger

Step it up with blue suede shoes, not the Elvis kind, but close. They bring a little texture, a lot of style and just enough attitude.

Available at Palmettoes

Mermazing deals ahead

THIS YEAR'S SPARTINA 449 WAREHOUSE SALE IS BIGGER, BETTER AND IN A BRAND-NEW LOCATION.







If you've ever braved the early morning lines for the Spartina 449 Warehouse Sale, you know it's more than a shopping spree. It's a Lowcountry rite of passage: part treasure hunt, part fashion frenzy and all kinds of fun. And this year it's getting a fabulous makeover.

Circle the dates: July 11-13. The sale is moving to Bluffton High School, bringing with it more parking, more elbow room and a smoother check-in experience. Translation? Less shuffling, more shopping.

New to the madness? Here's the scoop: Spartina 449 started in 2009 with a line of linen and leather handbags inspired by Daufuskie Island. Today the brand has blossomed into a coastal-chic empire with 20 locations and a full lineup of apparel, beachwear, jewelry, accessories and sporty essentials. During this sale, select items are up to 80 percent off.

Founder ***Kay Stanley*** says the new venue helps enhance the experience while giving back to the community. "It also reinforces our commitment to giving back locally," she said.

Every cent from ticket sales goes straight to area nonprofits. Last year's sale raised more than $51,000 for organizations like Bluffton Self Help, Memory Matters, Volunteers in Medicine and the Daufuskie Island Historical Foundation. This year's haul will do more of the same and make you feel even better about that overflowing shopping bag.

Tickets tend to vanish faster than a tide rolling out, so don't wait. Head to spartina449.com to snag yours and get ready for a weekend of mermazing finds and feel-good vibes.

ROOTED AND GROWING Founded in 2009 by Kay Stanley on Daufuskie Island, Spartina 449 launched with linen and leather handbags inspired by the beauty of the Lowcountry. Today the brand has grown to include apparel, beachwear, accessories and more, each piece infused with coastal charm. By the end of the year, Spartina will operate 20 stores across the eastern U.S.





With over 75 years of combined experience in the jewelry industry, our knowledgeable staff specializes in matching your personality and style with jewelry that you will love wearing for years to come.

FAMILY OWNED AND OPERATED SINCE 1975

HERITAGE FINE JEWELRY

Hilton Head Island's Jeweler of Choice

843.689.2900 | heritagejewelershhi.com

28 Shelter Cove Lane, Suite 114, Shelter Cove Towne Centre
Tuesday - Saturday, 10 AM to 5:30 PM

Local Love



STACK IT UP

Set your table in style with this MacKenzie-Childs Royal Check stackable coffee set. Featuring hand-painted enamel coffee pot, creamer and sugar bowl.

Available at Forsythe Jewelers

DON'T BE BLUE

These beautiful terrafirma ceramics in navy blue are the best dishware to plate your summertime meals.

Available at Marsh on the May





TACO TUESDAY

Every day should be taco day with this beautiful blue melamine taco holder! Can hold two or three soft or hard shell tacos.

Available at Hilton Head Oils and Balsamics

CRUISIN' CRUSTACEAN

Easy for entertaining, this melamine cheese board set features a coastal-inspired crab design.

Available at Gifted





ROUND AND ROUND WE GO

These round woven placemats are the ideal table setting for summertime gatherings.

Available at Pyramids

BETTER IN BLUE

Be bold with blue this season with this inspiring collection of blue decor and gifts.

BLUE-TIFUL

Inspired by the traditional bubbly glassware from Provence in southern France, this statement piece is handmade of sturdy mouth-blown glass with a beautiful pedestal base and a subtly ruffled rim.

Available at Le Cookery



POUR ONE MORE

Pour out a refreshing summer drink with this blue and white Pearle's Pitcher by artist Lily Juliet.

Available at Finch & Co



BREEZY AND BEACHY

Bask in the blue. Sundrenched solid fragrance captures endless summer with ocean air, blooming honeysuckle, and a hint of oud. Compact and travel-ready for a breezy, beachy scent.

Available at Hilton Head Soap Co.



SACRÉ BLEU!

Keep your table looking stylish with this Amalfi Tortoise Glassware set in white and blue.

Available at J. Banks Design



Timeless Treatments
FOR EVERY SEASON



Blinds • Shades • Shutters • Home Automation

Serving Hilton Head Island Since 2006

BUDGET® BLINDS

843.277.0771

11 Sheridan Park Circle, Suite 2, Bluffton

budgetblinds.com/hiltonheadisland

Free In-Home Consultations

© 2025 Budget Blinds, LLC. All Rights Reserved. Budget Blinds is a trademark of Budget Blinds, LLC and a Home Franchise Concepts Brand. Each franchise independently owned and operated.



5-MINUTE HISTORY

The Philippa Affair

How a 1775 standoff near Daufuskie Island helped fuel a revolution.

STORY BY RICHARD THOMAS

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.



BLOODY POINT, BOLD STAND This illustration by LOCAL Life designer Charles Grace shows the crew of the Patriot schooner Liberty raising an "American Liberty" flag during a tense standoff with the British escort ship Philippa in 1775. The British vessel was carrying 16,000 pounds of gunpowder, lead bullets, bar and sheet lead and a cache of Indian trading weapons. Militiamen from South Carolina and Georgia captured the cargo and divided it between the colonies.

On July 9-10, 2025, the Lowcountry will mark 250 years since a little-known skirmish helped shape the future of a nation. The Philippa Affair, also known as the Bloody Point Naval Action, was the first armed conflict between British and Patriot forces in what was then the Beaufort District. It may not show up in most history books, but the events that unfolded off the coast of Daufuskie Island had a lasting impact on the Revolutionary War.

In the early summer of 1775, South Carolina's Council of Safety got word that a large shipment of gunpowder was headed to Savannah; powder meant for the British and their Native American allies. That didn't sit well with the Patriot militias of Hilton Head and Beaufort. Two barges, armed with swivel guns and carrying around 40 local militiamen, set out to intercept the shipment near Bloody Point. The boats were led by Captains John Joiner and John Barnwell.

Word of the mission spread south. Georgia Patriots joined in, outfitting the schooner Liberty with 10 carriage guns and a crew ready to fight. Captain Oliver Bowen commanded the Liberty, and they were soon sailing alongside the Carolina barges. The target was a British escort ship, the Philippa, captained by Richard Maitland, who was guiding the supply vessel into the Savannah River.

On the evening of July 8, the Liberty spotted the Philippa and its companion vessel anchored about nine miles from Tybee Point. The Patriots waited until the next afternoon when the British ships began moving with the help of a local pilot. As the Liberty drew closer, Maitland grew suspicious. His journal later noted that the schooner approaching them was full of armed men and had its guns ready for a close-quarters fight.

At four o'clock the Liberty fired two warning shots across the bow of the Philippa and demanded identification. When Maitland asked under whose authority they sailed, the crew of the Liberty raised a white flag bordered in red,



SECRET STASH Some of the cargo seized from the British escort ship Philippa was hidden behind a concealed panel at Prince William Parish Church in Sheldon, thanks to Colonel William Bull. The British torched the church in 1779. It was rebuilt in 1826, only to be burned again by General William Tecumseh Sherman's troops in 1865. The haunting ruins still stand today; quiet, moss-draped reminders of a war-torn past. You can see them just off Old Sheldon Church Road in Yemassee.

with the words "American Liberty" stitched across the center. The message was clear.

The standoff continued into the next morning. As the British vessels approached Cockspur Island near the river's mouth, they found themselves surrounded. On land several hundred South Carolina and Georgia militiamen had gathered. The Patriots boarded the British ships and demanded the manifest. When they confirmed that the cargo included weapons and powder, they seized it.

All told, they took 16,000 pounds of gunpowder, hundreds of pounds of lead bullets, bar and sheet lead and a cache of Indian trading weapons. The spoils were split between the South Carolinians and the Georgians.

Some of South Carolina's share was stored at the Prince William Parish Church in Sheldon. But when the Continental Congress put out a call for munitions to support General George Washington in Boston, the Patriots answered. Four thousand pounds of powder were sent north from Tucker's Island. The shipment moved up the Hudson River, then overland — by carriage and even dog sled — to Fort Ticonderoga and eventually to Washington's troops.

The effort was part of a massive winter resupply that also included more than 100 cannons taken by Ethan Allen. It was escorted in part by Henry Knox and the Green Mountain Boys. What wasn't sent north remained hidden in the Sheldon church, stashed behind a concealed panel built in by Colonel William Bull.

That powder, captured off the coast of Daufuskie by a group of locals who believed in the cause, helped Washington hold the Siege of Boston. It helped the colonies take back a major city, break a British stronghold and keep the fight for independence alive.

The men of Hilton Head and Beaufort may not be household names, but their role in that quiet Lowcountry battle helped turn the tide of the Revolution. *LL*

NOW ACCEPTING CONSIGNMENTS FOR OUR UPCOMING JEWELRY AND COUTURE AUCTION

Everard Auctions is always accepting quality consignments, from single items to large estates and collections. Send photos of your items to info@everard.com or call to schedule an appointment.

Our online multi-platform format reaches a global audience and maximizes value.

CONTACT US FOR MORE INFORMATION.



EVERARD
AUCTIONS & APPRAISALS

2436 WATERS AVE., SAVANNAH, GA 31404
912.231.1376 | GAL #AU004095

EVERARD.COM



Standing: Heidi Yoshida, CFP®, Michelle Myhre, CFP®, Sarah Huie, CFP®, Kevin Myhre
Seated: Al Cerrati, MBA, John Chiacchiero, MBA

OAK ADVISORS MMV LLC

You **aren't like everyone else. Neither are we.**
At Oak Advisors, we offer personalized solutions including strategies for ongoing capital gains and tax management.

843.757.9339
www.OakAdvisors.net

Oak Advisors, LLC is a federally registered investment advisor

Blue, a primary color, is an essential color in my work. For me, blue means tranquility, peace and calmness, drawing on its connection to the sky and the ocean which is everywhere on our beautiful island.



The art of blue

A BRIEF HISTORY OF BLUE AND FIVE LOWCOUNTRY ARTISTS WHO CHANNEL A VIEW OF THE WORLD THROUGH A BLUE LENS.

STORY BY CAROLYN MALES

Wander through the aisles of an art store, and you'll discover an ocean of blue pigments: ultramarine, cobalt, cerulean, aqua, turquoise, teal, Prussian, phthalo (green and red shades), cyan, manganese, anthraquinone, indanthrone ... the list goes on. Blues can be bold or powdery, opaque or transparent, or anywhere in between. Mix blue with white, and it gets mellower. With black it approaches midnight. Add orange, its complement on the color wheel, and it grows duskier or grayer. Drop in a dab of green, and it's the Caribbean. *LL*

JUDY BLAHUT

Kelp (acrylic)

I use acrylic paint to express my love of nature. The purity of Matisse's color, the sensual lines of Georgia O'Keefe and the fractured space of the cubists have influenced my love of color and enigmatic form. Blue, a primary color, is an essential color in my work. For me, blue means tranquility, peace and calmness, drawing on its connection to the sky and the ocean which is everywhere on our beautiful island.

GALLERY — LOCAL — ORIGINAL ART



"Hugs, Kisses, Flowers, and a Unicorn" by Jeanine Potter

SOBA

THE SOCIETY OF BLUFFTON ARTISTS

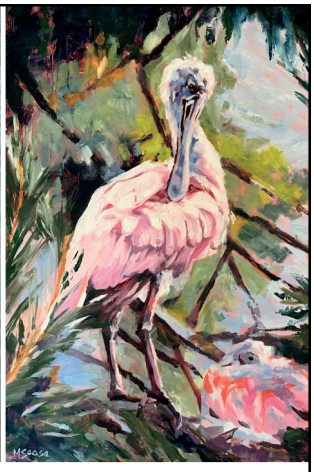
Gallery
6 Church Street
Old Town Bluffton, SC
843-757-6586

bluffton
HEART OF THE LOWCOUNTRY

Art School
8 Church Street
Old Town Bluffton, SC
SOBAgallery.com

ART LEAGUE OF HILTON HEAD





Two Points of View

PHOTOGRAPHY BY WILLIAM BOSLEY
PAINTINGS BY MURRAY SEASE

July 22-August 22, 2025
Mon-Sat 10am-4pm,
Sun 12-4pm and 90 minutes before every Arts Center performance

Opening Reception:
Wednesday, July 23 · 5-7pm
Enjoy refreshments and meet the artist • Free and open to the public

Gallery Talk & Demo:
Thursday, August 14 · 1-3pm
Learn more about the artists and their process

Presented by **Art League of Hilton Head**
Inside Arts Center of Coastal Carolina
14 Shelter Cove Lane, HHI
www.ArtLeagueHHI.org 843.681.5060

GAYLORD AND DOROTHY DONNELLEY FOUNDATION
SOUTH CAROLINA arts COMMISSION
NATIONAL ENDOWMENT FOR THE ARTS

A brief history of blue

The ancient Egyptians mixed malachite or azurite with other materials to create Egyptian blue for tomb paintings, pottery glazes and furnishings. Lapis Lazuli, an even older pigment made from a semi-precious stone mined in Afghanistan, became the source of a prized and pricey blue used in religious works such as early Buddhist frescos and Renaissance depictions of important Biblical figures like the Virgin Mary. By the time of the Impressionists, painters had more affordable colors like French ultramarine, cerulean and cobalt to work with. Vincent van Gogh set the moon and Venus in swirls of light against the dark blue ultramarine-and-cobalt sky in The Starry Night. Monet mixed those same two blues along with other colors to create shimmering water in his lily pond paintings. In 1901 Pablo Picasso plunged into a blue period where he adopted a somber palette to depict solitary impoverished figures before moving onto his rose period as his own depression lifted. Then in 1960 Yves Klein famously, or perhaps infamously, employed "living paintbrushes," nude models slathered with his signature Klein blue paint, who pressed their bodies onto large sheets of paper to create Anthropometries of the Blue Epoch.









Five Lowcountry artists

Paint, fiber, mosaic glass and Japanese washi tape are the mediums these five artists have chosen to create their "blue" pieces. The calming blues and simple shapes of **Richard Grant**'s ocean totem invite us to slip into a meditative space, while **Yajaira Surrett**'s "Energy" is all motion. Its white spiral pathway pulls our gaze from the dark edges of its universe through lighter hues until we reach the intense blue triangles of a star. Meanwhile, **Joan Moreau McKeever** and **Judy Blahut** take us beyond the typical Lowcountry seascape. Blahut draws us into the watery depths to a bed of kelp with blades that seem to sway in the current. McKeever, on the other hand, drops us onto a sunny beach, the texture of its sand and motion of its surf fashioned from meticulously cut and layered paper washi tape. And when the light catches the glass beading of **Ron Hodge**'s elegant Blue Lagoon. With the fluidity of its fibers and the wave-like edges, it feels as if we're catching a wave in motion.

> *An idea starts to form, and a shape evolves.*
>
> *I am usually attracted to the soothing, calm shades of blue, particularly the cooler, deeper tones reminding me of water.*

YAJAIRA SURRETT

Energy (mosaic on glass)

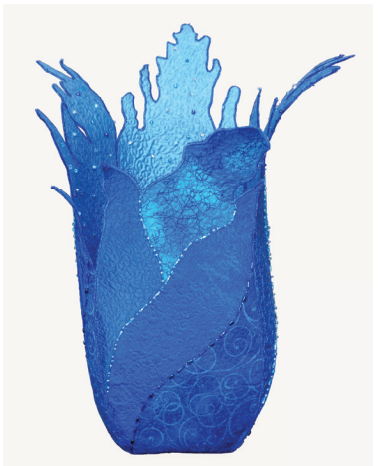
I work in stained glass, mosaic and acrylic paint. I like to put harmony in my projects, cutting glass in different sizes and designs. Mosaic is like a puzzle. It must be precise. It must fit. For Energy I placed a blue star, the star of David, in the center. I want it to absorb the energy of a bright sun and blue sky. The blues from the sky swirl into the star, brightening the mosaic table top.



RON HODGE

Blue Lagoon (fiber)

As a fiber artist, I am always looking for a new subject, concept, interpretation of an idea, a new expression. After auditioning pieces of fabric, an idea starts to form, and a shape evolves. I am usually attracted to the soothing, calm shades of blue, particularly the cooler, deeper tones reminding me of water, hence Blue Lagoon. I chose beading to represent movement and light reflection.





Lyndsi Caulder



Pearl Mintzer



Frank Gorman

SEE LIKE NEVER BEFORE.

We are thrilled to announce an exciting upcoming exhibition organized in partnership with **The Art League of Hilton Head**. This curated selection features seventeen regional artists who bring a fresh take on the coastal aesthetic presented in a perfectly lit venue courtesy of Coastal Lighting Studio.

July 24th at 5 PM at Coastal Lighting Studio

play CUSTOM HOME TECHNOLOGY

COMPLETE LIGHTING DESIGN SERVICES

COASTAL LIGHTING STUDIO
A Play Home Technology Company

53 Persimmon Street, Suite 101A, Bluffton

843.593.8188 • coastallightingstudio.com

SOUTHERN TIDE

SOUTHERN TIDE SIGNATURE STORE

Shelter Cove Harbour & Marina
(Adjacent to Neptune Statue)

17 Harbourside Ln, Hilton Head Island, SC 29928

MON - SAT 10AM - 9PM | SUN 12 - 6PM

888-974-0519 | southerntidehiltonhead.com



To me, blue is a color that can represent every emotion on the spectrum."

RICHARD GRANT

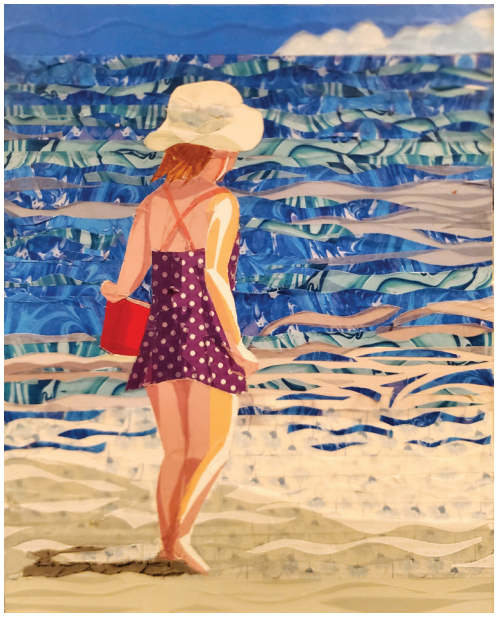
ocean totem (acrylic)

I explore my subjects through the interplay of line and color, creating an abstract realism. To me, blue is a color that can represent every emotion on the spectrum. It's a part of our shared DNA. From the beginnings of mankind blue has meant abundance. Water is blue, and where there's water, there is usually food.

JOAN MOREAU MCKEEVER

Life's Perfect Pause (washi tape)

I call myself a "curious artist" because I am constantly trying new things. I work in many mediums, including cold wax and oil, Japanese washi tape, fiber collages and the latest — deconstructing vintage jewelry and recreating wearable works of art. I love water (I'm a Pisces, so no mystery there). The colors, the sound of the waves — Life's Perfect Pause is how I feel about being around water. It slows my heart rate and soothes my soul.



"The colors, the sound of the waves — Life's Perfect Pause is how I feel about being around water.

Blue

The seasons shift. The returning hydrangea makes me realize this: The little poem made perfectly on that rainy day was your kindness. So subtle that I did not know until the hydrangea bounced in the rain for the first time this season, just like it did on that rainy day. The drops of rain that hit the petals follow faint blue veins.

— Miho Kinnas



About the poet

Miho Kinnas is a Japanese poet, writer and translator based on Hilton Head Island. A two-time Pushcart Prize nominee, she is the author of three poetry collections and a co-authored volume. She teaches haiku and poetry inspired by Japanese literature through Writers.com, the New York Writers' Workshop and the Pat Conroy Literary Center.

About the artist

Pamela is a nature-inspired artist based in Bluffton. Working in watercolor and ink, she captures the beauty of the Lowcountry's landscapes, birds and native plants through detailed sketchbook journals and plein air painting. She teaches nature journaling workshops throughout the region and shares her love of the natural world through both her art and instruction.





Hydrangea by **Pamela Johnson Brickell**







MARSH ON THE MAY

Interior Design Services Available

843-816-8482





A Thoughtful Collection of Goods for the Well-Appointed Home

Vibrant Accessories • Colorful Ceramics
Local Art & Artisans
Luxurious Bedding • Beautiful Lighting
Interior Design Services

MARSH ON THE MAY

STYLISH HOME DÉCOR & DESIGN

43 Boundary Street, Bluffton, SC 29910

marshonthemay.com

ON-SITE PARKING AVAILABLE

WHAT'S FRESH IN JULY?

Blueberries

PACKED WITH FLAVOR, EASY TO GROW AND PERFECT FOR SUMMER RECIPES.

STORY BY BAILEY GILLIAM



Blueberries may be small, but they're full of flavor, packed with nutrients and have a long history that goes back thousands of years. Native to North America, they've become a favorite crop across the country, including right here in the Lowcountry. Whether tossed into pancakes, baked into pies or eaten by the handful, blueberries are one of summer's sweetest rewards. They're also easy to grow, good for you and endlessly useful in the kitchen. Whether you're growing your own or buying a fresh pint at the market, blueberries are one summer staple that never goes out of season.

THE SPICE & TEA EXCHANGE

Berry Bouquet Spinach Salad

Strawberries, blueberries and basil come together in this fresh, feel-good salad from The Spice & Tea Exchange, topped off with a bright tea-infused dressing that's as flavorful as it is unexpected. It's light but satisfying, making it a great side or main dish. Bonus: It's easy to make vegetarian or vegan, depending on the cheese you use. You get sweet and tangy, crunchy and creamy, all without any added sugar. It's the kind of dish that earns repeat requests at potlucks and weekday dinners alike.

INGREDIENTS (dressing)

2 tablespoons Berry Bouquet Herbal Tea
1/4 cup balsamic vinegar of Modena
1 tablespoon Wild Blueberry Monk Fruit Sweetener
2 tablespoons poppy seeds
1/4 teaspoon kosher salt
1/8 teaspoon black pepper
1/2 cup basil extra virgin olive oil



INGREDIENTS (salad)

5 ounces baby spinach
1/2 cup fresh basil leaves, torn
10-12 strawberries, stemmed and quartered
1 cup blueberries
1 avocado, diced
2 tablespoons red onion or shallot, sliced thin
3/4 cup toasted walnuts
3/4 cup crumbled feta

DIRECTIONS [1] In a small glass or jar, combine the tea and vinegar. Let it steep for at least an hour, or overnight for a stronger flavor. **[2]** Strain the vinegar into a mason jar, pressing the tea with the back of a spoon to get all the good stuff out. Discard the tea. Add the sweetener, poppy seeds, salt, pepper and olive oil. Secure the lid and shake well. Taste and adjust the seasoning if needed. (This dressing keeps well in the fridge for a day or two.) **[3]** Add the spinach, basil, strawberries, blueberries, avocado, onion, walnuts and feta to a large bowl. **[4]** Give the dressing a good shake, drizzle on a few tablespoons, and toss gently to coat. Add more dressing if you like. Serve immediately.



©ALYSSA FRANCK

ROLLING IN THE DEEP Blueberries don't just look good in a bowl, they're one of the only foods that is naturally, honestly blue. Their color comes from anthocyanins, the same compounds that give them their health-boosting powers. The darker the berry, the more packed it is with antioxidants, vitamins and all the good stuff your body loves.

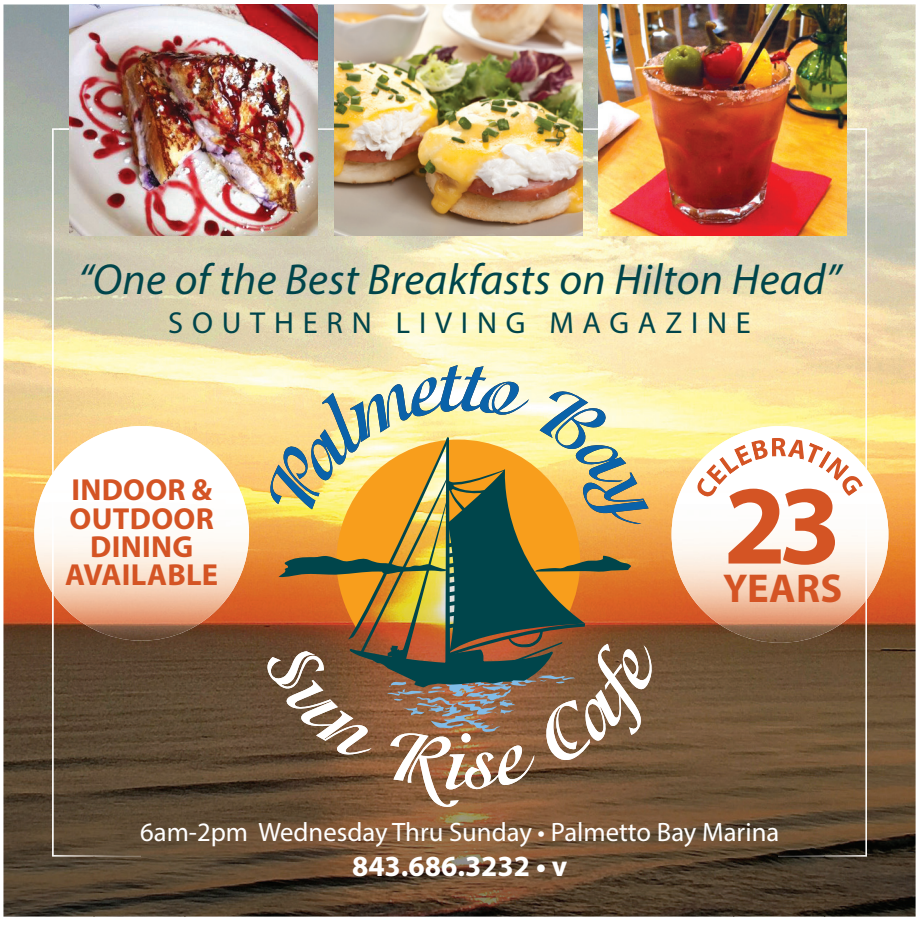
A wild start

Blueberries have been part of North America's natural landscape for thousands of years, long before they became a staple in grocery stores. Indigenous communities were the first to recognize their value, using the berries for food, medicine and preservation, often drying them for use through the winter. Early European settlers learned from these traditions, but for many years blueberries were only available through wild harvests. That changed in the early 1900s. In 1911 USDA botanist Frank Coville published findings on how to grow blueberries successfully. His work caught the eye of Elizabeth White, a New Jersey cranberry farmer, with an interest in the fruit. She offered land for further experiments, and by 1912 the pair had developed the first cultivated varieties. Their work helped prove that this wild fruit could be farmed, paving the way for the blueberry industry we know today.

Health in every handful

Blueberries earned their reputation as a superfood for good reason. They're packed with antioxidants that help protect your body from cell damage, support brain health and may even reduce the risk of heart disease and age-related memory loss. A single cup has just 84 calories, but offers a solid dose of fiber, vitamin C, vitamin K and manganese. Their deep blue color comes from anthocyanins, compounds linked to lower risks of heart attacks and type 2 diabetes. In fact, the American Heart Association officially labeled them heart-healthy in 2019. They're sweet, easy to snack on, and good for you in more ways than one.





Add some blue to your garden

Growing blueberries in the Lowcountry is equal parts challenge and charm. The payoff? Sweet, sun-warmed berries by the handful, if the deer don't beat you to them. The sandy, less-than-acidic soil around here isn't exactly a blueberry's dream home, but don't let that stop you. Joan LaBoiteaux, president of the Farmers' Club of Hilton Head Plantation, has learned a thing or two from growing them locally.



"We grow them on the farm," LaBoiteaux said. "They require a lower pH, 5.5 is ideal, and that requires sulphur. Getting the soil right takes time and effort, but it pays off."

As Certified SC notes, blueberry plants can be very long-lived (25 years or more), so the considerable time and expense in preparing the soil is well worth the effort. Once you get them going, a single bush can yield up to 6,000 berries a year. But there's more to it than planting and hoping. Joan points out, "they don't like weeds," and recommends planting multiple varieties for cross-pollination and "better fruit development."

Handle with care

When it comes to blueberries, looks matter. Pick berries that are plump and dry, with a deep, even color. Skip the ones that are wrinkly, mushy or starting to fuzz; they're past their prime. A good tip? Give the container a shake. If it sounds like marbles rattling around, you've likely got a good batch.

Once you get home, take a quick minute to sort through and pull out any soft ones. If you're planning to eat them soon, it's fine to leave them out on the counter for a day or two, but they'll last much longer in the fridge. Keep them in a breathable container, like the plastic clamshell they came in, lined with a paper towel to soak up any extra moisture. Skip the crisper drawer, and they should stay fresh for up to two weeks.

If you're freezing your haul, don't wash them first. Just spread them out dry, and freeze them loose so they don't clump. That waxy coating, called a "bloom," acts like a natural shield, keeping the berries from getting soggy or spoiled. Wash them only right before eating.

Sweet, tart and full of possibilities

Blueberries bring more to the table than just sweetness. Their mix of sweet, tart and earthy makes them a kitchen staple in the Lowcountry and beyond. Around here they show up in everything from old-school cobblers to more unexpected dishes like blueberry-rosemary sauces drizzled over grilled pork.

They play well with herbs like mint, cinnamon, ginger and rosemary, and pair up nicely with meats like beef, duck and pork. On the sweeter side, they're great with citrus, peach or mango, and their jammy richness makes them a natural match for cheeses and nuts (think goat cheese, almonds or a little sprinkle of coconut on top). That's why they're a star on so many charcuterie boards.

In drinks they hold their own, whether you're mixing up smoothies, spiking a cocktail or experimenting with homemade kombucha. Toss them in a salad, stir them into a sauce, or bake them into a muffin. However you use them, blueberries bring just the right pop of flavor. *LL*



CHARLIE'S L'ÉTOILE VERTE

Blueberry Cornbread

There's something special about ingredients that start their story in the fields of the Lowcountry. One recent morning, Chef Erin headed out to pick fresh blueberries: ripe, sweet and still warm from the sun. At Charlie's they've always let the seasons guide the menu. Whether those berries end up in a pastry, a compote or a cocktail, they're treated like the star of the show. This time they landed in a blueberry cornbread that tastes like pure summer. Slightly sweet, a little rustic and perfect with a drizzle of warm honey.



INGREDIENTS

1 cup all-purpose flour
1 cup cornmeal
1 cup sugar
2 teaspoons salt
3 eggs
1 cup milk
1 tablespoon aluminum-free baking powder
2 tablespoons sour cream
8 tablespoons unsalted butter
2 tablespoons vegetable oil
2 1/2 cups blueberries

DIRECTIONS [1] Heat the oven to 350 degrees. Melt 7 tablespoons of the butter. Place the remaining tablespoon of butter in a skillet, and put the skillet in the oven to heat. **[2]** In a large bowl, combine the flour, cornmeal, sugar, salt and baking powder. Stir to mix, then make a well in the center. **[3]** Add the eggs, milk and sour cream to the well. Whisk until smooth. **[4]** Stir in the melted butter and vegetable oil. Mix until fully incorporated, then gently fold in the blueberries. **[5]** Carefully remove the hot skillet from the oven, and quickly pour in the batter. Return the skillet to the oven, and bake for 25-30 minutes or until golden and cooked through. Serve warm, with a generous drizzle of honey.


EVERY PLATE HAS A STORY TO TELL
HUDSON'S
SEAFOOD ON THE DOCKS
To learn more about Hudson's truly local seafood promise, visit HudsonsOnTheDocks.com
Open daily for lunch and dinner starting at 11 am. Brunch on Sunday 10 am.

RECIPE OF THE MONTH

Local flavor: Blue edition

A COLORFUL LOOK AT INGREDIENTS THAT ARE AS BOLD IN FLAVOR AS THEY ARE IN HUE.

STORY BY BAILEY GILLIAM



Blue might not be the first color you think of when it comes to food, but it should be. From buttery blue crab and nutty blue corn to the soft, floral notes of butterfly pea flower, these ingredients bring more than just color to the plate. They carry flavor, history and a few surprises along the way. In this month's edition of Local Flavor, we're spotlighting some of our favorite blue foods: both local staples and lesser-known gems. Whether you're in it for the taste or the wow factor, there's plenty here to explore.



SEAFOOD WITH A STORY
Charles Russo III, a third-generation fishmonger, blends culinary skill with family tradition at Russo's Fresh Seafood Bluffton, earning trust from top chefs and home cooks alike.

RUSSO'S FRESH SEAFOOD

The Russo Family's Famous Deviled Blue Crab-Stuffed Flounder

This recipe comes from one of the Lowcountry's most trusted names in seafood. At Russo's Fresh Seafood in Bluffton, blue crab isn't just an ingredient, it's part of the family's history. Their deviled blue crab-stuffed flounder might become a new favorite. Rich, flavorful and seasoned with just the right kick of Lowcountry/Savannah-style spice, it's a dish that feels special but still right at home on a cozy Sunday night.

INGREDIENTS

*1 pound lump **blue crab** meat*
1/4 cup chopped red bell pepper
1/4 cup chopped celery
1/4 cup chopped onion
2 large eggs
1/2 cup ketchup
1 tablespoon mustard
6 tablespoons Worcestershire sauce
1 tablespoon Tabasco
2 sleeves Ritz crackers, crushed
Salt, pepper, and cayenne pepper to taste
1 medium or large flounder, filleted

DIRECTIONS [1] In a pan over medium heat, cook the celery, red bell pepper and onion until slightly soft. Set aside and let cool completely. In a separate bowl, whisk together the ketchup, mustard, Worcestershire sauce and Tabasco. **[2]** In a large bowl, combine the crab meat and the cooled vegetables. Pour in the sauce mixture and stir until well combined. Gently fold in the eggs and crushed Ritz crackers. Season with salt, pepper and cayenne to taste. Cover and let the mixture rest for at least 1 hour. **[3]** Heat the oven to 350 degrees. Lightly oil a baking dish. Lay the bottom half of the flounder fillet (white side down) in the prepared dish. Spread the deviled crab mixture evenly on top. Fold the top half of the fillet (dark side up) over the stuffing to cover it completely. Lightly season the outside of the flounder with salt and pepper. **[4]** Bake for 15 to 20 minutes, or until the flounder is cooked through and flakes easily. Baking time may vary depending on the thickness of your fillet.

©LISA STAFF

THE BEST BURGERS ON HILTON HEAD!

CHARBAR CO
BURGERS & SUSHI









LUNCH FUSION BENTO BOX

The Fusion Bento Box combo meal comes with your choice of petit burger, 4-piece sushi roll, a side of your choice and a drink, all for just $19!

Available every day at lunchtime!

EVERY MONDAY ½ OFF SUSHI ROLLS & BOWLS*



*AVAILABLE ALL DAY MONDAYS • DINE-IN ONLY • Offer not valid with any other discounts or promotions, including SERG Community Strong discount. Not valid on Happy Hour or Early Dining. Not responsible for ownership or management changes.

33 Office Park Rd, #213 • Hilton Head Island, SC 29928 • 843.785.2427

CHARBARHHI.COM


red fish
HILTON HEAD
THE freshest CUISINE AND THE ISLAND'S best wine SELECTION!
(OVER 1300 WINES)
843-686-3388
REDFISHOFHILTONHEAD.COM
8 ARCHER RD, HILTON HEAD ISLAND

CHEF'S FAVORITE THINGS

We asked local chefs for their favorite blue ingredient:



ALEXANDER'S RESTAURANT & WINE BAR
"Marsh Hen Mill Blue Corn Grits. They have an amazing corn flavor, and after they cook, they are a really nice shade of purple, which is a unique color for grits but makes for a pretty dish."
– Chef Charles Pejeau

THE SALTY DOG
"One of my favorite blue ingredients would be blue cheese. With so many varieties, tastes and textures, it makes a great ingredient. Perfect for charcuterie boards, salads and dips. Two of my favorite ways would be on a juicy burger with red onion and finished on a nice cut of beef with caramelized onions and mushrooms with a ton of Maytag blue cheese. Also, stuffing your own olives with a nice blue cheese is an excellent addition to a snack board or cocktail."
– Chef Herb Britton





THE SANDBAR BEACH EATS
"Blueberries are my favorite! We use them in salads and well as puréed for our signature frozen cocktail called the Sandbar Smashtail."
– Erika Waronsky

SPROUT MOMMA
"My favorite blue ingredient is concord grapes, which I roast with balsamic vinegar and top with blue cheese. It's one of the components to our delicious charcuterie boards."
– Chef Ryan Fennessey





CACTUS STREET CANTINA
"I would have to say blue cheese, but only as an adult (it's an acquired taste). I love the creamy texture, flavor and bite that it has."
– Lauren Jordan

ASK THE CHEF

Question:

Dear Chef, My doctor recommended I "eat the rainbow," so I picked up some blue potatoes to try something new. What's an easy, delicious way to incorporate them into a dish?



Answer:

"We use a tri-color fingerling potato mix that contains a blue potato. We make smashed potatoes with them. First we blanch the potatoes in boiling water. After they cool, we smash them then fry them to order. We serve them tossed in our herb mix and salt."

– Chef Will Overacre, Michael Anthony's Cucina Italiana

Blue fingerling potatoes: Small, colorful and packed with flavor



Blue fingerling potatoes aren't just pretty to look at—they're a great way to shake up your usual potato routine. With their rich purple-blue color and slender shape, they stand out from the crowd. That bold color runs through both the skin and the flesh, thanks to anthocyanins, the same antioxidants that give blueberries their healthy edge.

These little potatoes aren't just good-looking. They're also full of nutrients, including vitamins B6 and C, plus minerals like potassium, magnesium and iron. So yes, you can absolutely feel good about putting them on your plate.

In the kitchen blue fingerlings are easy to love. They have a waxy texture and a mild, earthy flavor that works well in all kinds of dishes. Roast them until crisp, toss them into a potato salad, or steam them and serve with a drizzle of olive oil and herbs. They hold their color when cooked, which adds a pop of interest to whatever you're making.

There are a few varieties out there (go with Magic Molly, Dutch Blue, Blue Raccoon or Royal Blue), and each has its own little twist in taste and texture. Some lean a bit nutty, others more creamy. No matter which kind you pick, they're a fun ingredient that turns even a simple side dish into something a little more exciting.

Summertime & Local Blue Crabs
A Coastal Tradition

It's summertime in the Lowcountry, and it's all about the blue crabs. Gather your friends, spread the newspaper, and get to crackin'. Savor the sweet reward of the tide!



Whether it's a classic crab boil, the perfect dip, or just craving that sweet meat, Russo's is your source for the real deal.

Looking for something quick? Our grab-and-go case is stocked with chef-prepared seafood dips, sauces, salads, and crab cakes perfect for entertaining or easy weeknight dinners.

246 Red Cedar Street,
Bluffton, SC 29910

russosfreshseafood.com

(843) 837-7000

RUSSO'S
FRESH SEAFOOD

Michael Anthony's
CUCINA ITALIANA
Excellence Redefined
RESTAURANT
THE MARKET CAFE
EVENTS & CATERING
COOKING SCHOOL
AT MICHAEL ANTHONY'S
www.michael-anthonys.com
843.785.6272
Orleans Plaza . 37 New Orleans Road
Hilton Head Island . SC



SECRET INGREDIENT

Butterfly pea flower powder

This colorful kitchen chameleon does more than just look pretty

If you've ever seen a drink turn from blue to purple before your eyes, chances are butterfly pea flower powder was behind the magic. Made from the dried petals of a climbing vine native to Southeast Asia, this bright blue powder has been used for centuries in teas, tonics and traditional dishes. Lately, it's found a new audience in modern kitchens, where it adds unexpected color and subtle, earthy flavor to everything from smoothies to sourdough.

What makes it special? It's not just the color (though let's be honest, the color is what hooks you). Butterfly pea flower is full of antioxidants, with properties that support brain function and reduce inflammation. But the real fun comes when you play with pH. Add something acidic like lemon juice, and that deep blue hue shifts to bright purple or even pink. It's part science experiment, part art project, and, yes, it's totally drinkable.



Here in the Lowcountry it's showing up on creative cocktail menus and in dishes like the ***blue-hued mango sticky rice at Thai Smile Cuisine***. For home cooks, it's easy to get your hands on a jar of the powder at The Spice & Tea Exchange. Try it in a calming tea, stir it into lemonade, or use it to tint homemade pasta or frosting.

Or, go savory. This month's recipe from ***The Spice & Tea Exchange*** turns everyday focaccia into a show-stopping loaf. Naturally tinted with butterfly pea flower and topped with fragrant herbs and lavender, it's a perfect example of how a little color can go a long way.



THE SPICE & TEA EXCHANGE

Butterfly Pea Flower Focaccia

This blue-hued focaccia from the team at The Spice & Tea Exchange of Hilton Head Island gets its bold color from butterfly pea flower powder and its flavor from rosemary, lavender and a good drizzle of olive oil. It's a fun twist on a classic loaf, and it's easier to make than you might think.

INGREDIENTS



1 cup warm water
1 teaspoon butterfly pea flower powder
2 cups white bread flour
1 teaspoon instant yeast
1 teaspoon salt
3 tablespoons extra virgin olive oil
*2 tablespoons fresh **rosemary***
1 tablespoon lavender flowers
1 teaspoon rosemary basil sea salt

DIRECTIONS [1] In a glass, stir the butterfly pea flower powder into the warm water until it's fully dissolved. In a medium bowl, combine the blue water, flour and yeast. Mix it all together and let it rest for 30 minutes. **[2]** After 30 minutes, add the salt and 1 teaspoon of olive oil. Give it another good mix, then let it sit for 30 more minutes. **[3]** Time to stretch and fold. Pull up one edge of the dough, fold it over the center, then turn the bowl a quarter turn. Repeat this on all four sides. Let it rest for 15 minutes, then do the stretch-and-fold process one more time. **[4]** Transfer the dough to an oiled loaf pan or baking dish. Cover it with a tea towel, and let it rise in a warm spot for 1 to 2 hours, until puffy. **[5]** Heat your oven to 430 degrees. Use your fingers to gently dimple the top of the dough. Drizzle with 2 teaspoons of olive oil, then sprinkle on the rosemary, lavender and rosemary basil sea salt. **[6]** Bake for 15-20 minutes, or until the top is lightly golden and the bread is cooked through. Let it cool slightly, then slice and serve warm.

FRENCH FLAIR
Lowcountry Style



Cookbooks now available!

Lunch	*Bar*	*Dinner*
Monday – Friday	Monday – Saturday	Monday – Saturday
11:30 a.m. – 2:00 p.m.	5:00 p.m. – until...	5:00 p.m. – until...

Reserve a table online or call:

843.785.9277
CharliesGreenStar.com

CHARLIE'S L'ETOILE VERTE
A COASTAL BISTRO

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



Taste of
PERFECTION

Live Music & Best Food

Happy Hour from 4 P.M. to 6 P.M.
Live Music Every Night from 6 P.M. to 9 P.M.

Open Daily From 11.30 A.M.

The SandBar
Beach Eats

101 POPE AVENUE,
Coligny Plaza • HHI
843-342-SAND(7263)

HISTORY



Blue corn revival

A COLORFUL GRAIN WITH DEEP ROOTS AND BIG FLAVOR

Blue corn isn't just eye-catching. It carries history, depth and a kind of Southern grit that shows up in both its flavor and meaning. Ground into cornmeal or slowly simmered into grits, this heirloom variety brings a sense of place to the plate, along with a nutty taste and rich, earthy character that set it apart from its yellow and white cousins.

What makes it blue? Anthocyanins, the same antioxidants that give blueberries their color, fill the kernels with pigment and nutritional punch. It's been a staple in Native American cooking for generations, especially in the Southwest and Mexico, where it's used in tortillas, porridges and tamales. Compared to more common types of corn, blue corn tends to have more protein, a lower glycemic index and a higher concentration of antioxidants, which are thought to support memory and reduce inflammation. It's also a symbol of heritage and resilience for many Indigenous communities, reflecting centuries of seed-saving, tradition and respect for the land.



In the Lowcountry Anson Mills is leading the charge in bringing ***blue grits*** back to the table. Based in Columbia, they mill organically grown heirloom corn to order. The flavor? Deep, toasty, and unmistakably Southern. The trick to getting the best texture is patience: soak the grits overnight, then cook them low and slow in water. A bit of butter at the end is all it takes to bring them to life. For a richer twist, Chef Bernard Bennett of Okàn simmers his blue grits in cream and milk and finishes with a serious helping of butter. "It's about honoring the ingredient,"

Bennett says, "but also giving people something unexpected." His version is luxurious and silky, perfect with seafood, braised meats or a splash of hot sauce and fresh herbs.



Further down the coast, Marsh Hen Mill on Edisto Island is putting its own spin on blue corn with a soft, flour-like cornmeal. Their ***Sea Island Blue Cornmeal*** has a delicate floral aroma and a deep natural color; no dyes or additives, just real blue corn. It works beautifully in hush puppies, pancakes, cornbread, and even dessert crusts. Want to get creative? Marsh Hen Mill suggests purple corndogs with yellow mustard or using it to coat fried green tomatoes. Add a splash of lemon juice or vinegar while cooking to make the color pop even more.

The beauty of blue corn is how it bridges the old and the new. Blue grits can be chilled, sliced and pan-fried into cakes for brunch or used as a base for hearty stews. Blue cornmeal adds depth to baked goods and brings unexpected flair to breading or batter. Whether you're slow-cooking for comfort or riffing on something modern, blue corn keeps things interesting and rooted at the same time. It's not a fad. It's a comeback.



OKÀN

Chef Bennett's Blue Grits

Chef Bernard Bennett's take on blue grits is anything but ordinary. At Okàn he swaps water for a mix of cream and milk, then adds a generous amount of butter to create a silky, indulgent version that still stays true to its Southern roots. Whether you serve it with seafood or on its own with a dash of hot sauce, this dish is proof that comfort food can be both rich and refined.



INGREDIENTS

2 cups Anson Mills blue grits
1/2 pound butter
2 cups heavy cream
2 cups milk
2 tablespoons salt
2 tablespoons pepper

DIRECTIONS [1] Bring the milk and cream just to a boil. **[2]** Whisk in the grits and reduce to a simmer. **[3]** Season with salt and pepper. **[4]** Keep whisking and simmering until thick and creamy.



THE SALTY DOG CAFE
a restaurant for humans

A Legendary Waterfront Island Experience

From iconic shirts, fresh seafood & hushpuppies to a stroll around the shops - homemade ice cream in hand - to an evening cruising the lowcountry on a Happy Hour Cruise, the Salty Dog is an Island experience like no other.

OPEN DAILY 8AM • HAPPY HOUR 4 - 6PM





Plan Your Visit to The Salty Dog

SHARE THE FUN WITH US f /saltydog @thesaltydogcafe
232 S. Sea Pines Dr. • Hilton Head Island • 843.671.2233

Eat like an Okinawan

How to start hara hachi bu at home

In Okinawa, Japan, people live longer than almost anyone else on Earth. Many stay sharp, active and independent well into their 90s and beyond. Their secret? It's not just one thing; it's a lifestyle. And a big part of that lifestyle is a simple phrase they live by: hara hachi bu. The saying comes from Confucian teachings and translates to "eat until you are 80 percent full." It's a way of eating that encourages mindfulness, moderation and respect for your body's natural signals. And it's one of the reasons Okinawa is considered a Blue Zone; one of five regions around the world where people routinely live longer, healthier lives. So, what exactly is hara hachi bu, and how can you practice it at home? This isn't a strict diet or wellness trend. It's about shifting how you approach food: slowing down, staying aware and recognizing when enough is enough.



Goya Champuru

Here's how to get started

1. Slow your pace. Your stomach sends fullness signals to your brain, but it takes time, about 20 minutes in fact. Eating more slowly gives your body a chance to catch up before you overdo it. Take small bites, chew thoroughly and put your fork down between bites.

2. Downsize your dinnerware. Our eyes play tricks on us. Larger plates make normal portions look small, which can lead to overeating. Using smaller plates can help you serve less without feeling like you're missing out.

3. Serve it, then step away. Portion out your meal, and leave the extra food in the kitchen. When the pot is still on the table, seconds (and thirds) feel automatic. This simple move makes you pause and think before going back for more.



Okinawa Soba

4. Take a halfway break. Mid-meal, stop and check in with yourself. Are you still hungry, or just eating out of habit? This quick gut check can keep you from crossing into that too-full territory.

5. Turn off the distractions. Eating in front of the TV or while scrolling your phone makes it harder to listen to your body. Try making meals a screen-free zone so you can focus on the food and how it makes you feel.

6. Make it a habit, not a rule. This isn't about perfection. It's about building a little more awareness into your meals. Some days you'll stop at 80 percent, some days you won't. What matters is the intention behind it.

Why it works

Practicing hara hachi bu helps you tune into your natural hunger and fullness cues, which can lead to better digestion, fewer blood sugar spikes and easier weight management over time. It also reflects a deeper Blue Zone lesson: eating isn't just about fuel, it's about care, gratitude and balance. So the next time you sit down to eat, think like an Okinawan. Slow down, pay attention, and stop just before you're completely full. Your body will thank you later.

Centenarian cuisine

Want to bring a little Okinawan wisdom to your plate? Start with the flavors. Here are a few classics to try as you explore the hara hachi bu way of eating:

Goya Champuru: *A stir-fry of bitter melon (goya), tofu, pork and egg, lightly seasoned and packed with nutrients.*

Okinawa Soba: *Thick wheat noodles in a rich broth, typically topped with pork ribs or fish cake; comfort food with a healthy twist.*

Rafute: *Tender pork belly slowly braised in Awamori (a local rice liquor), black sugar and soy sauce for a sweet-savory depth of flavor.* LL



Rafute

TRUFFLES EST. 1983

TRUFFLESCAFE.COM

BLUFFTON BELFAIR TOWNE VILLAGE HILTON HEAD THE SHOPS AT SEA PINES CENTER





CHOW DADDY'S

BAR AND GRILL

chowdaddys.com

BLUFFTON Belfair Towne Village HILTON HEAD The Shops at Sea Pines Center

KITCHENARY & MORE
LE COOKERY
HILTON HEAD ISLAND

What's the Secret Behind That Steakhouse Sizzle?



Meet the B.B. Prime 1500° Broiler

Inspired by the commercial "Salamander" broilers used in top kitchens, B.B. Prime delivers restaurant-quality sears at a blazing 1500°F — right in your backyard.

- Hooks up to a standard propane tank
- Heats to full temp in just 3 minutes
- Built-in igniter for easy lighting
- Perfect crusts, sizzling butter, and juicy interiors

Whether it's steaks, chops, or even seafood — B.B. Prime turns your grill game into gourmet.

The Lowcountry's finest kitchen, table & gift store.

1000 William Hilton Parkway, Suite B-3, Hilton Head Island
843.785.7171 Open Mon-Sat 10-6

RESTAURANT news&notes

FRESH FOOD + NOW OPEN + HOT PRODUCTS

Savor the flavor of something fresh

The Lowcountry's food scene is heating up with a fresh crop of restaurants. From laid-back bites to bold international dishes, these new spots offer something delicious for every kind of craving. Whether you're in the mood for a sunny patio lunch, a scoop of something sweet or a dinner that takes your taste buds somewhere new, this list has you covered. Come hungry, and maybe wear stretchy pants.

NOW OPEN





Ma Daisy's Porch

May River Road, Bluffton *It's been a long time coming, but Ma Daisy's Porch is finally here, and it's more than just a restaurant. This new cultural hub celebrates Gullah heritage with several distinct spaces. Dine at Chef B's Restaurant for creative cocktails and live music, satisfy your sweet tooth at Backus Bakery with fresh-baked treats and cold brews, or explore the open-air market for something unexpected. It's a one-stop shop for flavor, art and community.*

Euro Food Express

Food truck, Hilton Head *Central European comfort food hits the road with this new food truck, located behind Barnacle Bill's on Hilton Head Island. Think hearty, lesser-known dishes packed with flavor and perfect for anyone ready to branch out from the usual grab-and-go fare.*

Euro Food Express
The World on a Plate

Ocha Indeed

Ocha Indeed

Boundary Street, Beaufort
This isn't just a rebrand, it's a revival. Thai Indeed is back with a twist, teaming up with Ocha Noodle Cafe to launch Ocha Indeed. Expect comforting Thai classics, hearty noodle dishes and a warm, familiar vibe that locals already love.



Crave Hot Dogs & Barbecue

Food truck, Hilton Head *Hot dogs your way. Slow-smoked barbecue. Satisfying sides. This roaming kitchen delivers big flavor wherever it parks. Track them on social for pop-up stops, lunch breaks and local events.*

The Palmetto Room

South Island Square, Hilton Head

Beach day? Golf round? This spot is your new go-to for a quick cool-down. Pick up chilled wines and beers to go, or hang out and snack on what might be the best popcorn in town. Simple, satisfying and perfect for a pit stop.

Sweet Pedals

Mobile trike, Bluffton

This little cart is pedaling big-time flavor. Sweet Pedals serves homemade cookie-and-ice-cream sandwiches based on a family recipe. Everything is made from scratch and sells out fast. You'll spot the trike at markets, events and weddings all over the Lowcountry. sweetpedals.com





Ezra's

163 Bluffton Road, Bluffton

Taking over the old Dolce Vita space, Ezra's brings a bold Latin fusion concept that shifts from lively brunch to classy dinner without missing a beat. Expect flavor-forward dishes, a stylish setting and a vibe that works morning to night.

Stellar Ice Cream

Island Square Shopping Center, Beaufort

With more than 30 small-batch flavors made on site, including local strawberry and honey, Stellar is all about keeping things cool and creative. It's a scoop shop that feels like summer in a cone.



HILTON HEAD
OLIVE OILS & BALSAMICS



66 oils & balsamics, each with a story.

Plus classes that make it all come to life.

Come Taste + Learn!

SALAD DRESSING 101
(Our Bestselling Class!)
Thursdays @ 3:30pm | $20

SALSA SCHOOL
Thursday, July 3 & Friday, July 18 @ 1pm | $20

PESTO PERFECTO
Friday, July 11 & 25 @ 1pm | $20

COME GATHER AROUND OUR TABLE!
Now hosting private events, cooking classes, and tasting experiences for up to 30 guests. Or, let us bring the tasting party to you!



The Village at Wexford
1000 William Hilton Pkwy, Suite F6,
hiltonheadoils.com | (843) 681-2722

Holy Tequila
summer
Concert Series



francisco vidal
july 29 & july 30
august 30 & august 31
listen now on spotify!



kurt thomas
july 8 & july 9
listen now on spotify!

Family-Style Takeout Menu Availble!



Family Amigos Appetizer
Family Style Nachos
Family Holy Taco Bars
Family Holy Fajitas
Order online now!

www.holytequila.com
843-681-8226
33 office park road

COMING SOON



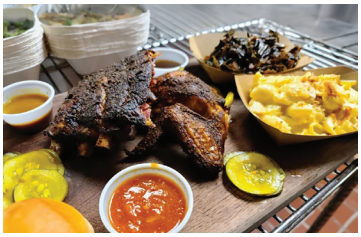
Poncho's Tacos & Beer

Boundary Street, Beaufort *This veteran-owned taco spot aims to bring real-deal Mexican eats and plenty of cold beer to Beaufort. It's part sports bar, part taqueria and all about good food in a fun, casual setting.*



Sister Sister Deli

Carteret Street, Beaufort *Coming this fall, this new deli run by two sisters will serve made-to-order sandwiches, house-smoked meats, pickles, spreads and a cheese-and-charcuterie counter worth lining up for. Expect a strong local focus and a pantry full of American-made goods.*



Slowcountry BBQ Grill

Coligny Plaza, Hilton Head
The barbecue is staying, but the format is getting a makeover. Formerly Forrest Fire BBQ, the new version adds fried chicken and sandwiches to the menu. Order at the counter, grab a table and relax while the food comes to you.



Firemost Pizza

Food truck, Hilton Head *Tavern-style pizza hits the streets with this brand-new truck, launched by three Hilton Head locals. Crispy crust, crowd-pleasing toppings and a schedule that's easy to follow on Instagram and Facebook. Follow them for the latest updates.*

NEWS & NOTES

NEW PROGRAM SPOTLIGHTS LOCALLY CAUGHT SEAFOOD

Launching this fall, the "Only From Our Waters" program is putting a spotlight on seafood that's truly local, or at the very least, American-caught. Created by the Beaufort Area Hospitality Association, the initiative helps diners identify restaurants that proudly serve the real deal, not imported substitutes. At a time when "local seafood" isn't always what it claims to be, Beaufort is standing behind its fishing community and the traditions that keep it going. Look for the program's logo on menus and windows. It's more than a sticker; it's a promise of quality, coastal pride and support for the folks who bring in the catch.

CALIBOGUE COOLERS TEAM UP WITH BULRUSH GIN

Meet your new go-to summer drink: Calibogue Coolers. These ready-to-drink cocktails are made with Hilton Head's own Bulrush Gin and are built for the beach, the boat or your back porch. Just crack a can and enjoy. They're available now across Hilton Head and expanding throughout the Lowcountry soon. Other states are on the radar, but for now, "Drink Like a Local" while you can. ***caliboguecoolers.com***

ICE CREAM WINDOW OPENS AT OKÀN

Things just got cooler at Okàn. Their new walk-up window is now open daily, offering ice cream flavors dreamed up by executive chef Bernard Bennett and owner Matthew Cunningham. One to try: Boozy Rum Raisin, the current chef's special. Join the Okàn Scoops Club while you're at it; you'll earn rewards every time you swing by. ***okanbluffton.com***

THE PURPLE COW RETURNS TO FAT BABY'S

The Purple Cow Patio Cafe is back for the season, popping up Thursday through Saturday mornings at Fat Baby's Pizza & Subs. On the menu: fresh baked goods and coffee from Cup to Cup Cafe. It's the kind of morning setup you'll want to make a habit, with good vibes and better pastries. ***purplecownhhi.com***

BIG MOVES FROM THE CRAB GROUP

There's a new pizza project in the works, but that's not all. The former Deano's Wood-Fired Grille is being reimagined as a shared kitchen to help support restaurants across the Bar-Muda Triangle. Oh, and they're adding a pickleball area, too, because why not pair food and fun? ***hiltonheadcrab.com***

SIP SMART AT LOCALS ONLY TAPROOM

Every Saturday this summer, bring your new reusable aluminum cup to Locals Only Taproom and get $1 off each beer. The cups cut down on plastic waste and benefit The Outside Foundation, a local nonprofit focused on keeping our coast clean. It's a small change that adds up and a fun reason to stop by this local favorite. The promotion runs through August.

BURNT CHURCH DISTILLERY WINS BIG

Burnt Church Distillery is racking up awards again. At the 2025 ASCOT Awards Palmer's Stretch earned a Double Platinum, and Bluffton Whiskey took home Platinum. These honors mark the third straight year the distillery has received top industry recognition. If you haven't tried them yet, now's a good time to raise a glass. ***burntchurchdistillery.com***

PRIVATE DINING NOW OPEN AT NECTAR

Nectar Bluffton just introduced The Loft, a new private dining room made for special gatherings. Whether you're hosting a rehearsal dinner, a team lunch or a milestone birthday, this space brings the right balance of style and comfort. Bookings are now open. ***nectarfarmkitchen.com/the-loft***

PALMETTO BLUFF'S NEW BBQ SAUCES

Chef Rhy Waddington has a new trio of barbecue sauces to turn up the flavor this summer. There's Carolina Gold, perfect for ribs; a sweet Apple BBQ that's great on brisket or meatloaf; and a Fresno pepper hot sauce with just enough heat. You can find them at Crossroads and RT's Market, ready to spice up whatever's on your grill. ***palmettobluff.com***



JOURNEY OF CULTURE THROUGH CUISINE



This culinary journey showcases soulfully prepared local ingredients and their evolution from West Africa to the Caribbean, through South America, to the Lowcountry. Ultimately an elevated pairing of cultures to be celebrated through taste. Collectively Ọkàn deeply impacts community through engaging local farmers, empowering employees, and compelling guests.

ọkàn

2023 James Beard Nominated Executive Chef & Partner
BERNARD BENNETT

SCAN FOR OUR MENU AND HOURS OF OPERATION

71 Calhoun Street, Bluffton SC, Suite 100
Parking lot access through Green Street

843.949.3002 • www.okanbluffton.com

Quick Bites

NUGGETS FROM THE LOCAL FOOD AND DRINK SCENE.

*The crew behind **Starbird** is firing up something new: a pizza joint coming soon to the Village at Wexford, taking over the old Mums the Word space.*

*Say aloha to **Al's Aloha Kitchen**, which is moving into the former Wich Wich location at Belfair Towne Village in Bluffton.*

***Uncorked** has officially closed its doors at Moss Creek Village.*

*Good news for pastry lovers: **Hilton Head Social Bakery** has reopened its original Shelter Cove location.*

***Odd Birds** is no longer at the Village at Wexford, but you can still find them in Moss Creek and at local markets.*

*A fresh take on senior living dining just launched at The Seabrook. The new concept is called **Restaura**, and it's all about elevating the everyday meal.*

*Beaufort just got a little more delicious with the grand opening of **Culver's Restaurant**.*

*Sweet tooth? **The Milkshake Factory** is now scooping and blending at Main Street Village on Hilton Head from noon to 10 p.m. daily.*

***Local Pie** is expanding again. Look for their third location to open in New Riverside by August.*

***Coast's** beach service is back for the season, so go ahead and grab that seaside cocktail.*

***Saltwater Siren** is chilling out on Daufuskie again this summer with snow cones served at Melrose Oyster House and Beach Club.*

***Sweet Al's** has opened a second spot inside the Beach House hotel at Coligny Beach. More treats, more beach-side fun.*

*Nickel City Family Kitchen lemonade is now available at **Corks on the Vine**. Cheers to that.*

*After more than 40 years of sweets, **The Chocolate Tree** in Beaufort has officially closed.*

*Lowcountry chef **Orchid Paulmeier** is heating things up again, this time as a contestant on BBQ Brawl on Food Network. Tune in for big flavor and serious smoke.*

*A new restaurant and speakeasy called **The Greenhouse** is in the works and aiming for a November 2025 opening. Stay tuned.*

GIVING BACK

LOCAL BUSINESSES ARE SHOWING UP FOR THE COMMUNITY IN BIG WAYS.

*Bluffton Self Help just added a new **Little Food House** at DuBois Park in Old Town Bluffton, making it easier for neighbors to access fresh food when they need it most.*

***Burnt Church Distillery** dedicated a portion of June's sales to the Lowcountry Legacy Fund and Bigvision Community, raising spirits and support at the same time.*

***The Grind Roasters** gave back last month by donating part of their proceeds to benefit The Bluffton Bobcats.*

***Cactus Street Cantina** pledged 10% of all bowl sales in June to Rise With Living Hope, helping fund programs that make a real difference.*

***Eggs Up Grill** chipped in last month by donating a portion of their sales to several local nonprofits.*

***R Bar Bluffton** recently hosted a successful giveback night, with proceeds going to The Helianthus Project, a local effort supporting mental health and wellness.*

MILESTONES WORTH CELEBRATING

A FEW LOCAL FAVORITES RECENTLY HIT BIG MOMENTS, AND WE'RE RAISING A GLASS TO THEM.

***Thai Smile Cuisine** just marked seven flavorful years in the community, continuing to serve up the dishes locals love.*

***Sprout Momma** celebrated two years of baking fresh and thinking big, with plenty of gratitude (and sourdough) to go around.*

***Fair Winds Bar & Grill** turned one year old, wrapping up its first year of cold drinks, tasty eats and laid-back vibes.*

WHAT TIME IS IT?

HERE ARE THE LATEST HOURS FROM SOME OF YOUR FAVORITE LOCAL SPOTS.

***Corner Perk Bluffton** is now keeping the coffee flowing until 6 p.m. every day.*

***Lowcountry Fresh** is open weekdays from 7 a.m. to 7 p.m., and weekends from 8 a.m. to 6 p.m.*

***The Spice & Tea Exchange** (Beaufort) has adjusted hours: Monday-Tuesday: 10 a.m.-5 p.m., Wednesday-Thursday: 10 a.m.-6 p.m., Friday-Saturday: 10 a.m.-7 p.m., Sunday: 10 a.m.-3 p.m.*

***Sunny Summers Cafe** is now open Friday through Sunday from 7 a.m. to 5 p.m., with special events on Wednesdays and Thursdays. Closed Mondays and Tuesdays.*

***British Open Pub** (Hilton Head) is now serving breakfast daily from 8 a.m. to 11 a.m.*

***Odd Birds** is now open on Mondays for the season.*

***Magnolia Cafe Beaufort** is starting Sundays a little earlier, now opening at 9 a.m.*

***Cafe Al Dente** has added Sunday hours, opening at 3 p.m.*

***Maria's Mexican Kitchen** (Beaufort) has new hours: Monday-Thursday: 11 a.m.-9 p.m., Friday-Saturday: 11 a.m.-10 p.m., Sunday: 11:30 a.m.-9 p.m.*

***The Sea Shack** is running on summer hours: 11 a.m.-3 p.m. and 5 p.m.-9 p.m.*

WHAT'S ON THE MENU?

NEW DISHES, UPDATED HOURS AND TASTY SURPRISES FROM LOCAL KITCHENS.

***Lulu Kitchen, Chef Frank's Bistro, The Buoy Bar at Omni Hilton Head, Urban Brew + Co, Sea Island Eatery and Homemade Ice Cream and Radici Italian Chophouse** are keeping things seasonal with fresh new summer menus.*

***Olive & Fig Mediterranean Kitchen** is now available for delivery through DoorDash. Falafel at your doorstep? Yes, please.*

***Cupcakes 2 Cakes** rolled out a new drink menu with summer sips to match their sweets.*

***Okàn Bluffton, Skull Creek Boathouse and Local Legend Brewing Co.** introduced a fresh lineup of summer cocktails.*

***Frankie Bones Bluffton** is making Tuesdays all about turkey with new lunch specials every week.*

***Charbar** is now grilling beach-ready smashburgers made with a custom house blend of wagyu beef.*

***The Grind Roasters** launched a new bottled espresso: smooth, strong and ready to go.*

***The G-Free Spot** has added take-and-bake pizzas for gluten-free goodness at home.*

***Scratch Italian Kitchen + Bar** is now serving wood-fired pizzas, hot out of the oven and full of flavor.*

***Flatbread Bar & Grill** is now offering Sunday brunch. Eggs, meet pizza.*

***Windhorse Gallery & Marketplace** teamed up with **Sandy Bottom Boards** to bring handcrafted charcuterie to their expanded cheese counter.*

***Fair Winds Bar & Grill** has swapped out Sunday brunch for an Italian dinner, now served from 4 to 7 p.m.*

***Driftwood Diner** is now open for breakfast seven days a week. More pancakes and smiles.*

***The Hidden Egg Cafe** is now open for lunch, adding more to love beyond breakfast.*

***Beach Bums BBQ** added shaved ice to the menu. Cool off between bites of brisket.*

***The Cottage Cafe, Bakery & Tea Room** launched Bluffton Bites, a new series that celebrates seasonal ingredients, Lowcountry flavors and the stories behind them.*



NALA'S BEACH
BAR & GRILL

Bright, breezy, and full of flavor, Nala's Beach brings easy island energy to Hilton Head. It's your go-to spot for feel-good food – all crafted in-house with love and seriously good ingredients. With a hint of Caribbean inspiration and a whole lot of beach-day vibes, Nala's serves up soulful bites in a fun, relaxed setting inspired by the friendly pup who started it all.



Breakfast • Lunch • Dinner
7:00 AM - 10:00 PM

843.715.2975
NalasBeach.com

14 Folly Field Road - Hilton Head



WWMD
What would Margaret drink?

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

Cannonau
SARDINIA'S SECRET TO A LONG, GOOD LIFE

Just off Italy's western coast, Sardinia sits in the Mediterranean like it's got all the time in the world. The island is one of only five places in the world recognized as a blue zone, where people routinely live well into their 90s and beyond, often without the health problems that usually come with age. One thing they all seem to have in common is a daily glass of cannonau.

Cannonau is Sardinia's version of Grenache, a red wine that's bold and a little peppery but still smooth enough to pair with just about anything. What sets it apart isn't just the taste. It's the way it fits into daily life. Sardinians don't just drink wine. They grow the grapes by hand, make the wine with minimal fuss and enjoy it alongside plant-heavy meals, aged Pecorino cheese and laughter around the table.

It's not just about what's in the glass, though. The real magic seems to come from the rhythm of life: walking, working, sharing meals, staying close to family and friends. Cannonau is simply part of that picture. It also happens to be packed with polyphenols. These natural antioxidants are linked to all sorts of good things, from lowering inflammation to protecting your heart. Cannonau has more of them than most other red wines, sometimes two to three times as much.

If you want to try some for yourself, look for bottles from Sella & Mosca, one of Sardinia's biggest producers and easy to find. For something a little more intense with even more polyphenols, check out Piero Mancini Falcale, made from grapes grown at higher elevations.

Curious about natural wine in general? Stop by The Juice Box in downtown Bluffton. It's a new shop focused on low-intervention wines. No additives. No junk. Just the good stuff.

Raise a glass, take your time and enjoy the good life. Sardinians would approve.



A CASE FOR LIVING WELL Sella & Mosca's Cannonau di Sardegna Riserva is a bold Sardinian classic with a smooth finish and a reputation for supporting longevity. At around $20 a bottle, it's a smart (and delicious) investment in your health. Stock up, sip slowly, and toast to a long life.



Make it a blue one

These locally crafted blue cocktails prove that bold color and good taste go hand in hand.

STORY BY BAILEY GILLIAM

Blue cocktails aren't just eye candy, they're a whole mood. Done right, they strike the perfect balance between playful and polished. Forget the oversized fishbowls and sugar bombs. These three local creations are cool, creative and just the right amount of coastal.

THE SPICE & TEA EXCHANGE

Blue Voodoo Magik

This one from the team at The Spice & Tea Exchange is a showstopper. With hints of coconut and a mesmerizing hue, it's as much a conversation piece as it is a cocktail. The coconut oolong tea adds depth you don't expect, and the rum and blue curaçao do the rest.



INGREDIENTS (serves 4)

32 ounces filtered water
4 teaspoons coconut oolong tea
4 ounces white rum
4 ounces Blue Curaçao

DIRECTIONS Heat the water to 175 degrees and steep the tea for 3 minutes. Strain and let it cool. Add the tea, rum and Blue Curaçao to a shaker. Shake well and serve over ice.

DAUFUSKIE ISLAND DISTILLERY

Indigo Girl

Simple, sweet and a little sassy. Made with vanilla rum and citrus, this cocktail from Daufuskie Island Distillery is a nod to the island's indigo roots and laid-back vibe. It's the kind of drink that feels right whether you're barefoot on the porch or dressed up for a night on the town.



INGREDIENTS

1 1/2 ounces vanilla rum
1 1/2 ounces Blue Curaçao
1 ounce lime juice

DIRECTIONS Fill a tall glass with ice. Pour in the ingredients, give it a stir, and enjoy.

HILTON HEAD DISTILLERY

Blue Island

If vacation had a flavor, this drink from Hilton Head Distillery would be it. Toasted coconut and panela rum meet pineapple and blue curaçao for a cocktail that feels like a day at the beach without leaving your backyard.



INGREDIENTS

1 ounce toasted coconut rum
1/2 ounce panela rum
3/4 ounce Blue Curaçao
3/4 ounce pineapple juice

DIRECTIONS Shake all ingredients with ice in a shaker tin. Strain into a rocks glass filled with crushed ice.



ASK ABOUT
UPCOMING WINE DINNERS

SCAN TO RESERVE A TABLE

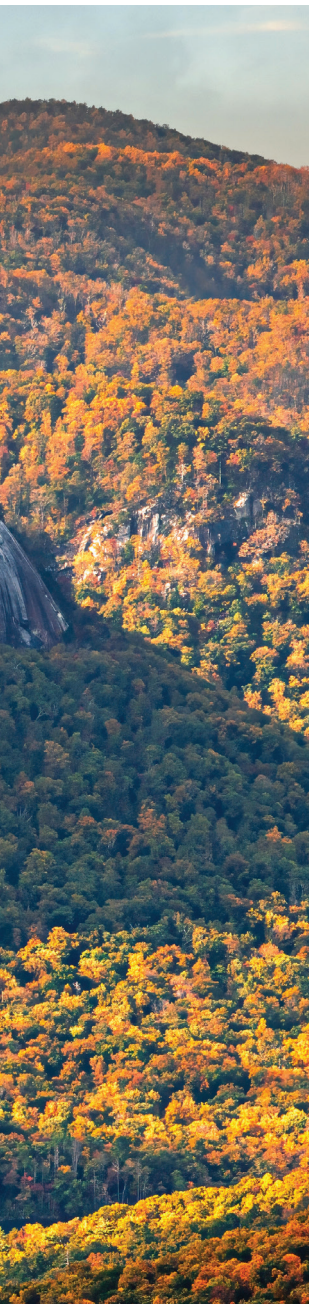
Open 7 nights a week • Dinner 5:00 - 9:00 p.m.
Reservations recommended, call 844.627.1665
after noon daily or visit: AlexandersRestaurant.com

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



Blue escapes

When the Lowcountry summer starts to feel like someone turned the oven to broil, a drive to the mountains can feel like stepping into another world. The Blue Ridge Mountains offer a cool, quiet break from the heat and humidity of Beaufort County. These rolling, blue-hued ridges stretch across the Carolinas, Georgia and beyond, offering stunning overlooks, breezy trails and the kind of fresh air that makes you forget what 90 degrees with 80 percent humidity feels like. Here are a few favorite stops to help you trade sea level sweat for mountain chill, all within a day's drive from Hilton Head. LL



COOL DOWN WITH A ROAD TRIP TO THE SCENIC HEIGHTS OF THE BLUE RIDGE MOUNTAINS.

STORY BY SHEILA PAZ

Table Rock Mountain

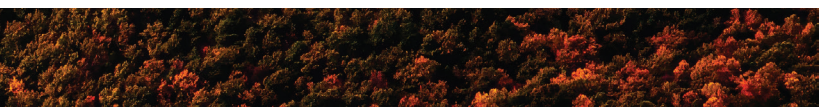
Driving distance: 4.5 hours (230 miles)

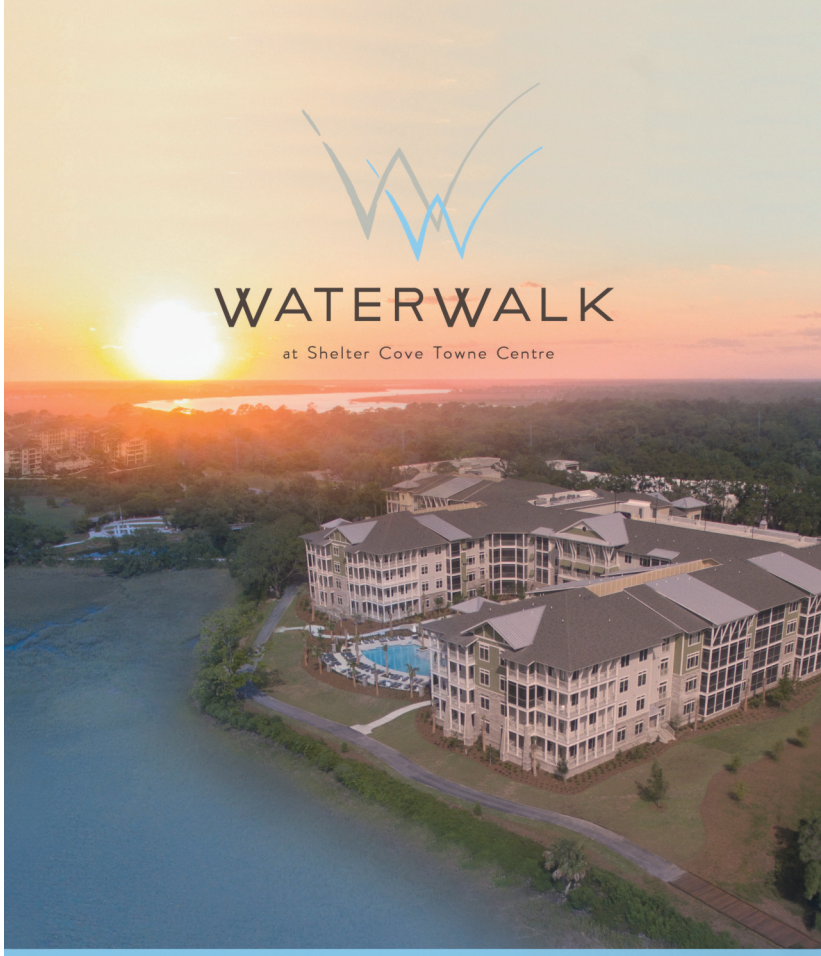
This granite giant in Pickens County is hard to miss. Rising more than 3,000 feet, Table Rock serves up one of the best summit views in South Carolina. The hike to the top is a challenge: about 7.2 miles round trip with steep, rocky stretches, but the reward is a sweeping, blue-tinted panorama of the surrounding hills and the shimmering Table Rock Reservoir. The mountain is part of Table Rock State Park, a scenic 3,000-acre retreat filled with waterfalls, shaded forest trails and a peaceful swimming lake with a sandy beach. You can rent a pedal boat for a relaxing float across the water or stay overnight in one of the park's historic cabins built by the Civilian Conservation Corps, a public work relief program created in 1933 as part of President Franklin D. Roosevelt's New Deal during the Great Depression. Whether you're hiking to the top or just enjoying the lake breeze, it's a refreshing summer escape. Go early to beat the heat, bring plenty of water, and don't rush the experience. There's plenty to enjoy at your own pace.

NEARBY HOT SPOTS

- **Caesars Head State Park (25 minutes):** Home to the dramatic Caesars Head overlook and the Raven Cliff Falls trail.
- **Jones Gap State Park (30 minutes):** Part of the Mountain Bridge Wilderness Area, Jones Gap offers over 60 miles of trails, including the popular Rainbow Falls Trail leading to a 100-foot waterfall.
- **Pretty Place Chapel (30 minutes):** A mountaintop open-air chapel with one of the most stunning views in the state, perfect for a peaceful morning visit.







Now Leasing 1-, 2-, and 3-Bedroom Apartment Homes!

Schedule a Tour Today!



47 Shelter Cove Lane | HHI, SC | 29928

843.258.4436 | WaterWalkHHI.com





Great Craggy Mountains

Driving distance: 5.5 hours (310 miles)

Just north of Asheville, the Great Craggy Mountains are known for their rugged rock faces and high ridgelines. For a short but rewarding hike, try the Craggy Pinnacle Trail off milepost 364 on the Blue Ridge Parkway. The path is steep but manageable, leading to a 360-degree overlook that shows off the soft blue waves of mountains stretching far into the distance. Wildflowers peak in late spring, and fog often rolls in during the morning. Wait it out for the best views.

NEARBY HOT SPOTS

- **Asheville (30 minutes):** A mountain city full of breweries, art galleries and eclectic restaurants.
- **Mount Mitchell (45 minutes):** The highest peak east of the Mississippi at 6,684 feet.

Brasstown Bald

Driving distance: 5.5 hours (290 miles)

Georgia's highest peak sits at 4,784 feet and offers panoramic views from its summit observation deck. On clear days you can see as far as Atlanta to the south and the Smokies to the north. You can hike up or take a shuttle from the visitor center. Afternoon storms are common in summer, so go early. Check shuttle availability if you want to avoid the steep hike.

NEARBY HOT SPOTS

- **Vogel State Park (35 minutes):** A peaceful spot for picnicking, swimming and waterfall hikes.
- **Helen (45 minutes):** A quirky Bavarian-themed town with tubing, dining and unique shopping.





Grandfather Mountain

Driving distance: 6 hours (340 miles)

This North Carolina landmark offers a true mountaintop experience. Walk across the Mile High Swinging Bridge for breathtaking views, then explore the nature museum, wildlife habitats and miles of hiking trails. It's a great mix of scenic beauty and family-friendly attractions. Buy tickets online to reserve entry. The wind picks up at the bridge, so secure your hat.

NEARBY HOT SPOTS

- **Linville Falls (40 minutes):** One of the most photographed waterfalls in North Carolina.
- **Blowing Rock (45 minutes):** A charming town with boutique shops, great food and its namesake cliffside overlook.

Linn Cove Viaduct

Driving distance: 6 hours (330 miles)

One of the most photographed stretches of the Blue Ridge Parkway, the Linn Cove Viaduct winds around Grandfather Mountain in a graceful curve. Stop nearby and walk the short trail beneath it for a view of both the structure and the surrounding ridgelines. Early morning is the best time to catch the fog lifting through the trees. Parking is limited. Go early or on a weekday.

NEARBY HOT SPOTS

- **Rough Ridge Trail (10 minutes):** A short hike with sweeping views and rock outcroppings.
- **Moses Cone Memorial Park (30 minutes):** Known for its historic mansion and peaceful carriage trails.



Beech Mountain

Driving distance: 6.5 hours (360 miles)

At 5,506 feet, Beech Mountain is the highest town east of the Rockies. Even in July, nighttime temps can dip into the 50s, making it a perfect retreat from the Lowcountry heat. Ride the scenic chairlift at Beech Mountain Resort for postcard-worthy views, then grab a drink at the Skybar or explore nearby hiking trails and waterfalls. Bring a light jacket even in summer, and check the chairlift schedule before visiting.

NEARBY HOT SPOTS

- **Banner Elk (20 minutes):** A cozy mountain town with great dining and shopping.
- **Elk River Falls (35 minutes):** A beautiful 50-foot waterfall just a short hike from the road.



Clingmans Dome

Driving distance: 6.5 hours (375 miles)

At 6,643 feet, Clingmans Dome is the highest point in the Great Smoky Mountains National Park and all of Tennessee. A paved half-mile walk leads to the observation tower, where you can see ridgelines stretch across seven states on a clear day. Even when it's hazy, the layers of misty blue make for a memorable view. The temperature at the top is often 15-20 degrees cooler than the base, so bring layers.

NEARBY HOT SPOTS

- **Gatlinburg (1 hour):** A busy tourist town with restaurants, rides, and shops.
- **Roaring Fork Motor Nature Trail (1 hour):** A one-way scenic drive with waterfalls, streams and hiking trails.



hilton head soap co.

make every day a vacation

hiltonheadsoap.com

Oriental & Specialty Rug Washing

ARCS Association of Rug Care Specialists

Rain water is used in all processing for a softer feel.



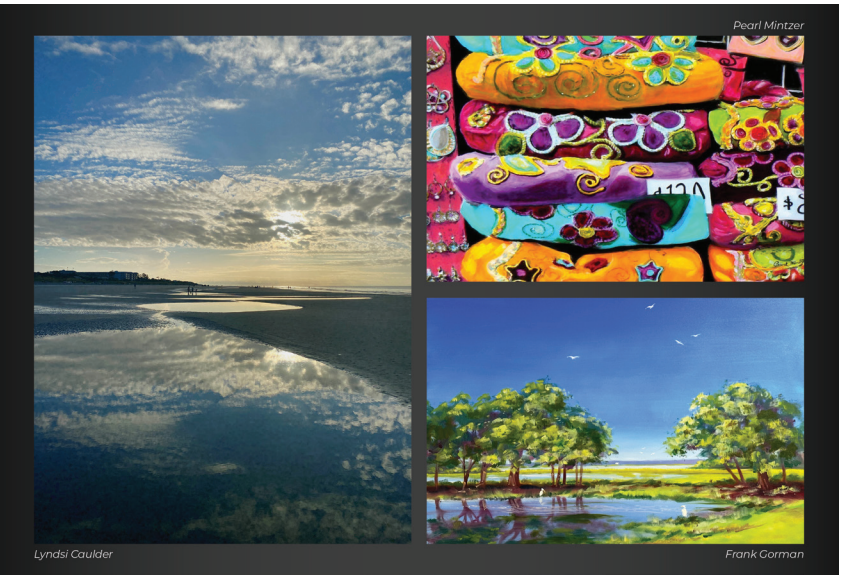
Get 50% Off Your Second Rug Cleaning with the Purchase of Your First Cleaning.
(Rugs must be cleaned at the same time.)

Lowcountry Clean Care, LLC

Serving the Lowcountry since 1979
Beaufort • Hilton Head • Bluffton
843.592.6304 • 803.943.4416
LowcountryCleanCare.com

JULY happenings

Arts & Culture



Featured art exhibition reception

When: 5 p.m., July 24 **Where:** Coastal Lighting Studio
Details: Coastal Lighting Studio is partnering with Art League of Hilton Head to present a curated selection of coastal art presented in a retooled, perfectly lit venue. ***coastallightingstudio.com***



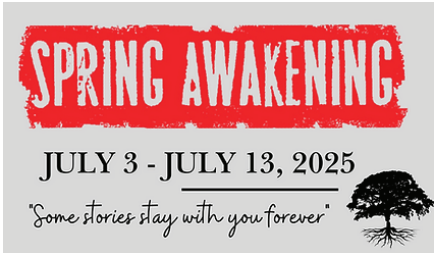
Wild Bees Photography Exhibit

When: Times vary, now-Aug. 17
Where: Coastal Discovery Museum
Details: See this photography exhibit featuring striking macro photography that offers a rare look at America's native bees and their vital role as pollinators. ***coastaldiscovery.org***



Summer: The Donna Summer Musical

When: Times vary, July 9-Aug. 17
Where: Arts Center of Coastal Carolina
Details: Don't miss this electric experience and a moving tribute to the Queen of Disco. ***artshhi.com***



Spring Awakening

When: Times vary, July 3-13
Where: May River Theatre
Details: Spring Awakening explores the journey from adolescence to adulthood with a poignancy and passion that is illuminating and unforgettable. ***mayrivertheatre.com***



July Palmetto Bluff Artist in Residence

When: Times vary, July 1-31 **Where:** FLOW Gallery + Workshop
Details: Leanne McJunkin Coulter and Rhonda Davis of Daufuskie Indigo Dyeing are this month's featured artists. Purchase their work or attend a workshop. ***palmettobluff.com***



The History and Archaeology of Fort Motte

When: July 12-June 20, 2026 **Where:** Morris Heritage Center
Details: This new captivating exhibition taps into a pivotal moment in South Carolina's Revolutionary War history, showcasing fascinating artifacts unearthed at Fort Motte. Attend the grand opening from 11 a.m.-1 p.m., July 12. ***morrisheritagecenter.org***

HHSO

Inspiring, enriching and uniting the Lowcountry

HILTON HEAD SYMPHONY ORCHESTRA

JOHN MORRIS RUSSELL, MUSIC DIRECTOR



Photo: thefrenchguy photography

Discover MUSIC for EVERYONE:
The HHSO is your premier destination for all things musical in the Lowcountry. Our upcoming season features symphonic classical and pops concerts, jazz, cabarets, Gullah Geechee culture, piano, chamber music, and much more! Renowned for excellence in performance and community engagement, we invite you to join us for an unforgettable 2025-2026 season.

MUSIC for EVERYONE

2025-2026 | 44TH SEASON

To learn more or to become an HHSO subscriber, please visit hhso.org or call (843) 842-2055.

COMMUNITY FOUNDATION OF THE LOWCOUNTRY

INVESTING IN JOURNEYS



Community Foundation of the Lowcountry's (CFL) commitment to providing post-secondary opportunities for promising students in our four-county service region has been a cornerstone of our mission since our creation in 1994. Thanks to the generosity of individual donors, organizations, and businesses, CFL currently administers over 60 scholarship funds, all with unique criteria and histories. In 2025, 175 students were awarded $1.2+ million in scholarships, and over 1,200 students have received $13+ million in scholarships since CFL's inception! Congratulations to all 2025 scholarship recipients and best of luck in the future!

To support CFL scholarships in the four-county region, please scan the QR code.

COMMUNITY FOUNDATION OF THE LOWCOUNTRY

4 Northridge Drive, Hilton Head Island
843.681.9100 ▪ cf-lowcountry.org

Arts & Culture



It's Never Too Late to Begin Again

When: Now-July 14
Where: Montage Palmetto Bluff
Details: See the work of the inspirational Diana Jaffe at this local art show.
jaffefineart.com

Summer Art Show

When: Times vary, now-Aug. 24 **Where:** Fair Winds Bar & Grill
Details: See pieces from 21 Society of Bluffton Artists at this Rose Hill Plantation art show open to the public Tuesdays through Sundays. ***sobagallery.com***



Flight-n-Fancy

When: Times vary, July 6-Aug. 2
Where: SOBA Gallery
Details: Jan Urbanic is this month's featured artist. See her work and attend the reception from 3-5 p.m., July 10. ***sobagallery.com***



Lights Out Presents: The Jersey Beach Boys

When: 7:30 p.m., July 24
Where: USCB Center for the Arts
Details: Lights Out Presents: The Jersey Beach Boys brings together the iconic surf sound of The Beach Boys with the smooth, signature moves of Frankie Valli and The Four Seasons.
uscbcenterforthearts.com



Art League of Hilton Head events

There are numerous events scheduled for this month at the Art League of Hilton Head. Don't miss these gallery changeovers and receptions. ***artleaguehhi.org***

UPCOMING EVENTS

Featured Artist: Joan Moreau McKeever: *Times vary, now-July 18*
Two Points of View: Photography by Bosley Images; Paintings by Murray Sease: *Times vary, now-Aug. 22*
Bill Bosley & Murray Sease Artist Reception: *5-7 p.m., July 23*



Anything Goes

When: Times vary, July 25-27 & Aug. 1-3
Where: Hilton Head High School
Details: Southeastern Summer Theatre Institute closes its 18th season with the sparkling, tap-happy musical comedy Anything Goes by Cole Porter.
hhisummermusicals.com

Charity & Community



2025 HarbourFest

When: Times vary, now-Labor Day
Details: HarbourFest is an all summer long celebration that takes over Shelter Cove Harbour & Marina with live music by Shannon Tanner, fireworks every Tuesday, spinning hats, carnival games, face painting and more. For details and a complete list of events, visit ***sheltercoveharbourfest.com***.



SOBA-BYOB-BBQ

When: 5-8:30 p.m., July 12
Where: Rotary Center Clubhouse at Oscar Frazier Park
Details: Celebrate 31 years of SOBA with an evening of BBQ, live music, games, contests and Western-themed fun at this party. ***sobagallery.com***



Party in the Park + Car Show

When: 6-8:30 p.m., July 10 & 24
Where: Lowcountry Celebration Park
Details: Enjoy a family-friendly happy hour filled with live music, a car show, a delicious food truck, refreshing beverages, bounce houses and more at this party in the park. ***islandreccenter.org***

UPCOMING EVENT DETAILS

July 10: *Palm Trees and Pistons, Tru Gentleman & Melly Mel's*
July 24: *Carolina Dreamer's Car Club, Rock Candy & Food Savvy*





ARTS CENTER
OF COASTAL CAROLINA



PROFESSIONAL THEATER IN
THE HEART OF HILTON HEAD

FEEL THE BEAT! TICKETS ON SALE NOW!

SUMMER
THE DONNA SUMMER MUSICAL

JUL 9 – AUG 17

THE ULTIMATE DISCO EXPERIENCE

A Boston girl with a voice from heaven, Donna Summer soared to the stars from her beginnings in her church gospel choir to the pinnacle of fame as a dance floor diva. The *Summer* score features more than twenty classic hits including "Love to Love You Baby," "White Boys," "Bad Girls," "She Works Hard for the Money," and "Hot Stuff," to name a few. An electric experience and a moving tribute to the Queen of Disco.

CAPTURING CREATIVITY AT THE ARTS CENTER!

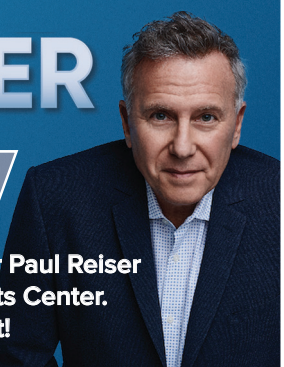
ARTS CENTER OF COASTAL CAROLINA
2025 Summer Camps
Make a Splash!

JUN 9 – JUL 25

Summertime fun is ahead for ages 6+ with the Arts Center's creative, action-packed summer camps. Dive in and create your ultimate summer with themed crafts and meaningful skill-building projects!

arts THIS PROJECT IS SUPPORTED BY FUNDING PROVIDED TO THE SOUTH CAROLINA ARTS COMMISSION FROM A PARTNERSHIP WITH THE S.C. DEPARTMENT OF EDUCATION FROM AMERICAN RESCUE PLAN ELEMENTARY AND SECONDARY SCHOOLS EMERGENCY RELIEF (ARP ESSER) FUNDS.

PAUL REISER



July 21 | 4 & 7:30 PM

Emmy-nominated comedian and actor Paul Reiser brings his hilarious stand-up to the Arts Center. Perfect for summertime entertainment!

ARTS CENTER OF COASTAL CAROLINA
14 SHELTER COVE LN • ARTSHHI.COM • 843 842 ARTS(2787)

Charity & Community



Celebrating Bluffton 2025

Check out the expanded calendar of community events designed to provide entertainment, connect neighbors and celebrate all that makes Bluffton a special place to live, work and visit. ***townofbluffton.com***

UPCOMING EVENTS

Mayor's Cup 5K & Concert: *6:30-8:30 p.m., July 2, Oyster Factory Park*
Slide Out of July: *9 a.m.-noon, July 19, Buckwalter Place Amphitheater*



May River Shrimp Festival

When: July 24-25
Where: Oyster Factory Park
Details: Don't miss this Bluffton Sunset Party Series event celebrating the town's heritage as a fishing village with a 5K and sunset party. ***bearfootports.com***

Beaufort Water Festival 2025

When: July 11-20
Where: Various locations in Beaufort
Details: Once a year, in mid-summer, the sea island that holds Beaufort becomes a gigantic stage for one of the South's biggest outdoor events. For details and a complete list of events, visit ***bftwaterfestival.com***.

UPCOMING EVENTS

Daily: *Arts & Crafts Market*
July 11: *Opening Ceremony*
July 12: *Raft Race, Bocce Tournament, Badminton Tournament, Children's Toad Fishing Tournament, Sponsor's Expo, Concert in the Park*
July 13: *River Rally, Children's Day, Ski Show, Teen Dance*
July 14: *Motown Monday*
July 15: *Caribbean Night*
July 16: *Talent Show*
July 17: *Lowcountry Supper*
July 18: *Bed Race, Rockin' the River*
July 19: *Water Festival Grand Parade, Non-Profit Expo, Air Show, Commodore's Ball*
July 20: *Blessing of the Fleet and Parade of Boats*

Gullah Heritage Festival

When: 11 a.m.-4 p.m., July 5
Where: Gullah Museum of HHI
Details: Celebrate Gullah customs, traditions, language, stories, songs and more at this annual festival. ***gullahmuseumhhi.org***



Markets & Shopping

FARMERS AND ART MARKETS

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

Bluffton Farmers Market: *10 a.m.-2 p.m., Thursdays, 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*
Beaufort First Friday: *5-8 p.m., first Friday of each month, Downtown Beaufort*
Hilton Head Community Market: *9:30 a.m.-12:30 p.m., Saturdays, Shelter Cove Community Park*
Habersham Farmers Market: *4-7 p.m., Fridays, Habersham Marketplace in Beaufort*
Farmers & Makers Market: *10 a.m.-2 p.m., Tuesdays, The Shops at Sea Pines Center*
Farmers & Fishermen Sunset Market at Savannah Harbour: *4:30-8:30 p.m., 1st, 3rd & 5th Saturdays starting July 10, Hutchinson Island*



Christmas in July at the Hilton Head Community Market

When: 9:30 a.m.-12:30 p.m., July 26 **Where:** Shelter Cove Community Park
Details: Don't mis this extra large Hilton Head Community Market complete with live music and over 40 local farmers, makers, bakers and more. ***hhicommunitymarket.com***



Annual Spartina Warehouse Sale 2025

When: July 11-13
Where: Bluffton High School
Details: Spartina 449's biggest sale of the year is this month. Get tickets to shop exclusive deals, all while contributing to charity. ***spartina449.com***

Brims on the Bluff Anniversary Party

When: 4-7 p.m., July 17 **Where:** Brims on the Bluff
Details: Enjoy light refreshments, beverages and in-store specials to mark Brims on the Bluff's first anniversary. ***brimsonthebluff.com***

Gabriel & Co. Trunk Show

When: 10 a.m.-5 p.m., July 10 & 11
Where: Forsythe Jewelers
Details: This special event offers a unique opportunity to explore an expanded selection of Gabriel & Co.'s signature pieces, showcasing the latest in elegant, handcrafted jewelry. ***forsythejewelers.biz***



SHELTER COVE HARBOUR & MARINA



SHANNON TANNER

Two shows: 6:30 & 8:00 p.m.
Now to August 20: Monday, Tuesday & Wednesday
Thursday Parrot Palooza *(details below)*

Parrot Palooza SUNSET CELEBRATION

SHANNON TANNER & THE OYSTER REEFERS

Thursdays at 7:00 p.m.
July 3, 10, 17, 24 & 31; August 7, 14 & 21. Two shows on Labor Day Weekend: August 30 & 31

2025 Fireworks*
Start on Tuesdays when sky is dark
SPECIAL SHOW on Friday, July 4th!
July 8, 15, 22 & 29; August 5, 12 & 19



CAPPY THE CLOWN

Face painting, balloon animals & more!
6:00 – 9:00 p.m. Now to August 29: Monday to Friday. Plus Labor Day Weekend: August 30 & 31

HARBOURFEST™

SCAN TO VIEW ENTERTAINMENT & FIREWORKS SHOW UPDATES

ShelterCoveHarbourfest.com

Located mid-island, mile marker 8, across the entrance to Palmetto Dunes.
When using a GPS, please use 13 Harbourside Ln.
*All events subject to change without notice. Weather permitting.

Food & Drink



Hilton Head Olive Oils & Balsamics classes

Learn how to make the perfect salad dressings, pestos and more at one of these upcoming culinary classes. ***hiltonheadoils.com***

UPCOMING CLASSES
Salad Dressing 101: *3:30-4:30 p.m., Thursdays*
Pesto Perfection: *1-2 p.m., July 11 & 25*



Lowcountry Boil Dinner Cruise

When: 6:30-8:30 p.m., Thursdays
Where: Shelter Cove Harbour & Marina
Details: Outside Hilton Head and Sprout Momma present a two-hour sunset cruise complete with a chef-prepared Lowcountry boil, southern desserts and a full bar. ***outsidehiltonhead.com***



Upcoming events at Honey & Thistle

Sip, savor and shop at one of these upcoming tasting events at Honey & Thistle. For a complete list, visit ***honeyandthistlehhi.com***.

UPCOMING EVENTS
First Friday Wine Preview Party:
4-6 p.m., July 4 & Aug. 1
Second Monday Pub Night: *5-7 p.m., July 14*



South Carolina Aquarium Good Catch Dinner with FARM Bluffton

When: 6-9 p.m., July 16 **Where:** FARM Bluffton
Details: Don't miss this five-course, locally sourced seafood meal with wine pairings, dessert and insights from Chef Charles Lowney and Good Catch's Mara Duke Blatt. ***scaquarium.org***

Tap Takeover at Big Jim's

When: 2-5 p.m., the first Friday of every month
Where: Big Jim's BBQ, Burgers & Pizza
Details: The first Friday of each month brings a tap takeover of three Southern Barrel Brewery draft beers to Big Jim's. ***palmettodunes.com***



Fraser's Tavern events

Head to Fraser's Tavern in The Sea Pines Resort for monthly culinary treats. For details on upcoming events, visit ***seapines.com***.

UPCOMING EVENTS
July 15: *Tap Takeover* ***Thursdays:*** *Pint Night*



Happenings at Okàn

Embark on a culinary journey through West Africa, across the Caribbean and up to the South Carolina Coast at one of these events at Okàn. For a complete list, visit ***okanbluffton.com***.

UPCOMING EVENTS
Jazz on the Patio:
7 p.m., Thursdays
100 Okàn: *10 p.m., Saturdays*
Tiny Bar Concert: A Red Summer:
7 p.m., July 27



Upcoming events at Salty Dog

Here are some of the July events at The Salty Dog Cafe. For a complete list, visit ***saltydog.com***.

UPCOMING EVENTS
Turtle Trackers at South Beach Marina:
2 p.m., Sundays
Colorpalooza Giltter Dance Party:
6 p.m., Wednesdays & Fridays
Family Game Night: *6 p.m., Thursdays*

Hibachi Dinner Cruise

When: 6-8 p.m., Fridays
Where: Palmetto Bluff
Details: Set sail on a 2-hour Sunset Hibachi Dinner Cruise in Palmetto Bluff, featuring live hibachi cooking, stunning May River views and a full dinner aboard a luxury catamaran. ***outsidehiltonhead.com***

Links Somm Series

When: 5 p.m., Mondays **Where:** Links, an American Grill
Details: Enjoy special one-hour tastings with certified sommeliers every Monday throughout July. ***seapines.com/events***



Apéritif Wine Hours

When: 5 p.m., July 7 & 29 **Where:** Chez Georges Bistro & Bar
Details: Chez Georges will be serving curated plates with select featured wines at these two events. ***chezgeorgeshhi.com***



30 YEARS OF GULLAH HERITAGE.

$30 TO HONOR THE JOURNEY.

NIBCAA
Native Island Business & Community Affairs Association

GULLAH CELEBRATION
30 FOR 30
30TH ANNIVERSARY

For three decades, the Hilton Head Island Gullah Celebration has honored the soul, spirit, and stories of the Gullah people—descendants of West Africans who preserved their culture, cuisine, language, and artistry here in the Lowcountry.

Each February vibrant art and music to powerful storytelling and community rituals, the Gullah Celebration uplifts a legacy that shaped our island's past—and guides its future.

This year, we invite you to give back. Your $30 supports educational scholarships for Native Island youth, empowers Gullah artists and community programs, and helps preserve Gullah culture for generations to come.

Scan me to give.

GULLAHCELEBRATION.ORG/THIRTY

ROOTS & RIVERS FESTIVAL



Photo Cred: Denolis Polite Photography

The Roots & Rivers Festival, hosted by BlacQuity, celebrates Black entrepreneurship, culture, and community. Proceeds support Black Equity University (BEU), a 12-week accelerator that provides Black entrepreneurs with essential education, resources, and connections. Every ticket purchased contributes to uplifting entrepreneurs and creating economic impact in the region.

Saturday, September 6, 2025
at Oyster Factory Park in Bluffton, SC
www.rootsandriversfestival.com

This annual celebration of Black entrepreneurship and cultural heritage features live music, food, art, and local vendors.

Purchase Tickets

THANK YOU TO OUR SPONSORS

shoreline CONSTRUCTION
bluffton HEART OF THE LOWCOUNTRY
FIFTH THIRD
NOVANT HEALTH
THE EICHHOLZ LAW FIRM
BURR & FORMAN
PALMETTO ELECTRIC COOPERATIVE INC. Your Touchstone Energy® Partner
South Atlantic Bank
EAGLE FIRE Your Fire Protection Company
Ward Edwards ENGINEERING
PEARCE SCOTT ARCHITECTS
COLTRANE & WILKINS, LLC ATTORNEYS AT LAW

BLACQUITY

JOIN US.

Empower Entrepreneurs.
Transform Communities.

www.blacquitysc.org

Lectures & Classes

Restorative Medicine Seminar

When: Noon-1 p.m., Tuesdays
Where: Fraum Center for Restorative Health
Details: Attend a free education event on the latest advancements in restorative medicine with a complimentary lunch. Learn how you can help your body heal itself with highly effective, non-invasive solutions to chronic pain. ***fraum.com***

Turtle Talks

When: 8-9 p.m., Mondays
Where: Lowcountry Celebration Park
Details: Enjoy a presentation to learn more about sea turtle biology and what Sea Turtle Patrol Hilton Head Island does daily to ensure the safety and growth of our sea turtle population. ***seaturtlepatrolhhi.org***



SOBA art classes

Head to the SOBA Gallery to learn a new artistic skill this month at one of these featured classes. For a complete list, visit ***sobagallery.com***.

UPCOMING CLASSES
Beginner Basic Oil Painting: *1-3:30 p.m., July 16, 23 & 30*
Know Your Color Palette: *9:30 a.m.-noon, July 22, 29, Aug. 5 & 12*



Art League Hilton Head classes

Learn a new skill and unleash your creativity with one of these featured guest workshops at the Art League Academy on Cordillo Parkway. For a complete list of classes, visit ***artleaguehhi.org***.

UPCOMING CLASSES
3D Wood Cubes & Collage Creations: *9:30 a.m.-12:30 p.m., July 16*
Paint & Sip: Sea Turtle Themed: *4:30-6 p.m., July 24*
Painting Sea Turtles in Acrylics: *9 a.m.-4 p.m., July 26*

Coastal Discovery Museum events

The Coastal Discovery Museum presents a wide variety of classes for any interest. Here are some of our favorites. ***coastaldiscovery.org***

UPCOMING EVENTS
Indigo Tie-Dye Party & Face Painting: *10 a.m.-noon, Tuesdays*
Critter Meet & Greet: *9:30 a.m.-12:30 p.m., Mondays, Wednesdays & Fridays*
Busy Bee Workshops: *3-4 p.m., July 16*
Sweetgrass Basket Workshops: *6-8 p.m., July 10 & 24*
Butterfly Learning Station: *10-11 a.m., Wednesdays & Fridays*



July Mahjong

When: 4-7 p.m., July 14, 21 & 28
Where: Marsh on the May
Details: Learn all about the art of mahjong in this three-part series presented by Marsh on the May. ***marshonthemay.com***

HILTON HEAD ISLAND

CONCOURS d'ELEGANCE

& MOTORING FESTIVAL



Experience All Things Motoring.

The Hilton Head Island Concours d'Elegance is a world-class showcase for world-class automobiles past and present and the people who love to collect them. And the people who love to look at them. It's a casual luxury entertainment experience presented on a stunning 12-mile stage: the #1 Island in the U.S.

Tickets & VIP Experiences Available

OCT 29 - NOV 2, 2025 • HHICONCOURS.COM

THE WESTIN HILTON HEAD ISLAND RESORT & SPA

PORT ROYAL Golf Club HILTON HEAD ISLAND

HILTON HEAD ISLAND AIRPORT

Music & Entertainment



Jazz in the Park

When: 7:30 p.m., July 11 & 25 **Where:** Lowcountry Celebration Park
Details: Enjoy Hilton Head Symphony Orchestra's free outdoor concert series every other Tuesday throughout the summer. ***hhso.org***

UPCOMING CONCERTS
July 8: *Junior Jazz Foundation All Stars*
July 22: *Tower of Funk and the Choosy Mothers Horns*



Music at The Sea Pines Resort

Head to the south end for some family-friendly entertainment from some of the island's most well-known musicians. ***seapines.com/events***

UPCOMING PERFORMANCES
Gregg Russell: *8-9:30 p.m., Mondays-Thursdays, now-Aug. 7*
DJ Alan Family Show: *8-9:30 p.m., July 11 & 25*
Island Vibes Concert Series: *5-7 p.m., July 15, Coast*
Rick Hubbard's Great American Kids Show: *8-9:30 p.m., July 18 & Aug. 1*



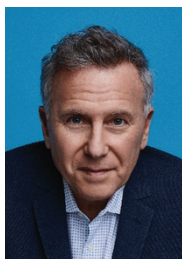
'Summer Camp' for Singers

When: 6-8 p.m., July 28, Aug. 4, 11 & 18
Where: Church of the Palms
Details: Learn how to sing 4-part, a cappella harmony with the Shore Notes A Cappella Chorus at this 'camp' for adults. ***shorenotes.com***



Holy Tequila Summer Concert Series

When: July 29-30
Where: Holy Tequila
Details: Grab a bite to eat and listen to Francisco Vidal at this month's concert series. ***holytequila.com***



Paul Reiser

When: 4 & 7:30 p.m., July 21
Where: Arts Center of Coastal Carolina
Details: Paul Reiser brings his brilliant comedy to the Arts Center stage for two thoroughly entertaining shows. ***artshhi.com***

Summer Jams

When: 7-10 p.m., Tuesdays
Where: Shelter Cove Towne Centre
Details: Join the fun in the park each Tuesday with food, music and the highlight of the night, fireworks, which start around 9 p.m.
sheltercovetownecentre.com



Sunset Celebration

When: 7-10 p.m., Fridays
Where: Shelter Cove Towne Centre
Details: Hear the best live bands of the Lowcountry and enjoy the sunset while jamming. For details, visit ***sheltercovetowncentre.com***.

UPCOMING BANDS
July 11: *Target & The Headliner Horns*
July 18: *Deas-Guyz*
July 25: *Target & The Headliner Horns*
August 1: *Target & The Headliner Horns*

Regular live music venues



DAILY SHOWS
Brother Shucker's
Coast, Oceanfront Dining
Coligny Center Stage
Dive Bar & Grille
FISH Casual Coastal Seafood
Frosty Frog
Harbourside
Kind of Blue
Lincoln & South Brewing Company
Luther's Rare & Well Done
Quarterdeck
Ruby Lee's
Scott's Fish Market
Skull Creek Boathouse
The Boardroom
The Crazy Crab Jarvis Creek
The Jazz Corner
The Salty Dog Cafe
The Sandbar Beach Eats
The Studio
Tiki Hut



MORE GREAT SPOTS (SELECT NIGHTS)
A Lowcountry Backyard Restaurant (Mondays-Fridays)
Agave (Thursdays-Saturdays)
Big Bamboo Cafe (Mondays-Saturdays)
Black Marlin Bayside Grill & Hurricane Bar (Wednesdays-Saturdays)
Bluffton Oyster Co. Family Seafood House (Fridays & Saturdays)
Burnt Church Distillery (Thursdays-Saturdays)
Calhoun Street Tavern (Thursdays-Sundays)
Captain Woody's Bluffton (Tuesdays)
Carolina Crab Company (Sundays)
Celeste (Fridays & Saturdays)
Cheap Seats Tavern 2 (Fridays)
Chophouse 119 (Fridays)
CocoNutz Sports Bar (Fridays)
Fishcamp on Broad Creek (Tuesdays-Sundays)
Hilton Head Brewing Co. (Mondays, Wednesdays & Fridays)
Hilton Head Tavern (Mondays & Tuesdays)
Hop Dog (Fridays)
Island Winery (Fridays)
Local Pie (Fridays, Saturdays & Sundays)
Luther's Rare & Well Done (Thursdays-Saturdays)
Melrose Oyster House & Beach Club (Thursdays-Sundays)
Nectar Farm Kitchen in Old Town Bluffton (Fridays-Sundays)
Okàn (Thursdays and Saturdays)
Pomodori Too! (Thursdays-Saturdays)
Red Fish (Tuesdays-Saturdays)
Reilley's Grill & Bar (Wednesdays-Fridays)
Rollers Wine & Spirits (Tuesdays & Thursdays)
San Miguel's (Thursdays-Saturdays)
Santa Fe Cafe (Tuesdays-Saturdays)
Shellring Ale Works (Fridays-Sundays)
Sprout Momma: (Wednesdays & Fridays)
Sundown Saloon (Saturdays)
The Clubhouse at Okatie Creek (Mondays-Thursdays)
The Dunes House (Mondays-Fridays)
The Rooftop Bar at Poseidon (Wednesdays, Thursdays & Saturdays)
The Westin Hilton Head Island Resort & Spa (Every third Friday)
Tio's Latin American Kitchen Bluffton (Fridays & Sundays)
Top Dog Tavern & Pizzeria (Wednesdays)
Zunzibar (Mondays-Thursdays)



Considering a Realtor?

Look No Further!

We Are Invested In:
- Your Real Estate Needs
- Your Satisfaction
- Your Future

Ken & Clay Provide:
- Exemplary Service
- Integrity & Trust
- Commitment
- Dependability
- Support
- Knowledge
- Experience
- Competence
- Sincerity & Humility
- Sense of Humor

KEN & CLAY OLIVER
YOUR PROVEN REAL ESTATE PROFESSIONALS



Don't Hesitate...Ken and Clay Are Just A Call Or Click Away!

THE KEN OLIVER TEAM HONORS

• Dunes Real Estate's Top Producing Team for 2024 • Ranked #15 Team in the State of SC by Volume

• Dunes Real Estate's Top Listing and/or Selling Agent 38 out of 46 Years

• Have Assisted Thousands of Buyers and Sellers • Island Residents since 1977 & 1994

Scan here to check our 130+ Zillow 5-Star Reviews ★★★★★

843.816.0167 Ken's cell . Ken@Ken-Oliver.com
843.422.8432 Clay's cell . Clay@Ken-Oliver.com

EQUAL HOUSING OPPORTUNITY · REALTOR

DUNES real estate

DUNESREALESTATE.COM

LUXURY PORTFOLIO INTERNATIONAL REAL ESTATE · Leading REAL ESTATE COMPANIES OF THE WORLD

The LOCAL Life Newsletters

The best part of your inbox.



Subscribe today and watch what happens.

locallife
LOCALLIFESC.COM

Sports & Outdoors



JULY RACES

Sign up for one of these July races to support a good cause and stay in shape.

UPCOMING RACES

Palmetto Dunes Turtle Trot 5K: *8 a.m., every Wednesday, Dunes House*
PRC Summer Pub Runs: *6:30 p.m., every Wednesday, locations vary*
Sea Pines Dolphin Dash 5K: *8 a.m., every Thursday, Sea Pines Beach Club*
Project SC - One Mile Challenge: *6-9 p.m., July 23, May River High School Track*
Hawaiian Shirt Sunset 5K: *7:30 p.m., July 24, Bluffton Oyster Factory Park*

Palmetto Bluff Conservancy events

The PBC team facilitates tours, classes and workshops, programs, research and field trips to promote conservation. Visit ***palmettobluff.com/conservation*** for a complete list of events.

UPCOMING EVENTS

Let's Talk About...Insects: *12-1 p.m., July 10*
Brown Bag Lunch: Hurricanes of Beaufort's Past: *12-1 p.m., July 23*
Nature Crafts: Nature Art: *9-10:30 a.m., July 29*





Sea Pines adventures

The Sea Pines Resort is home to some of the best outdoor events, with exciting activities for all ages. Visit ***seapines.com/experiences*** for a complete list of upcoming events.

UPCOMING EVENTS

Christmas in July: Polar Bear Swim: *1 p.m., July 7, Harbour Town Pool*
Christmas in July: Summer Sleigh Wagon Ride: *7-8 p.m., July 8, Heritage Farms*
Christmas in July: Sandy Sledding: *10-11:30 a.m., July 9, Sea Pines Beach Club*
Full Moon Shore Explore: *8-9 p.m., July 9, Sea Pines Beach Club*
Night at the Preserve: Full Moon Wagon Ride: *8-9 p.m., July 10, Heritage Farms*
Christmas in July: Santa's Summer Express: *11 a.m.-1 p.m., July 11, Harbour Town*
Sunset Shore Explore: *7-8 p.m., July 16 & 23, Sea Pines Beach Club*

Divided Loyalties: A Walk Through the Revolutionary War

When: 9 a.m.-12 p.m., July 5 **Where:** Palmetto Bluff
Details: The Palmetto Bluff Conservancy will partner with South Carolina 250 (SC250) to mark the 250th anniversary of the American Revolution with a special walking tour honoring Beaufort County's often overlooked role in the war. ***palmettobluff.com***



Community Kickball Event

When: 9-11 a.m., July 12
Where: Crossings Park
Details: Join the Island Rec Center for a community kickball tournament. Sign up a team at ***islandreccenter.org***.



Outside Foundation events

Help keep our environment clean with one of these oyster builds or clean-ups presented by the Outside Foundation. ***outsidefoundation.org***

UPCOMING EVENTS

Palmetto Bluff Oyster Reef Build: *11:30 a.m.-3:30 p.m., July 10*
Monty Jett Memorial Oyster Reef Build: *11 a.m.-3:30 p.m., July 11*
Keep the Broad Creek Clean Water Festival: *4-8 p.m., July 15*
Harbour Town Oyster Reef Build: *1:30 a.m.-1 p.m., July 21*
Town of Hilton Head Oyster Reef Build: *10 a.m.-2 p.m., July 22*
Nate Riley Memorial Oyster Reef Build: *11:30 a.m.-2:30 p.m., July 23*



Please welcome Robert Schaefer, MD.

Board-certified orthopedic surgeon

Bringing remarkable orthopedic care to Hilton Head Island

We are excited to welcome Robert Schaefer, MD, to Novant Health Orthopedics & Sports Medicine – Hilton Head. He will be serving our Lowcountry communities with his exceptional expertise in orthopedic surgery.

Dr. Schaefer is a dedicated surgeon with more than 30 years of experience who is committed to providing personalized care tailored to each patient's individual needs.

AREAS OF FOCUS

- Partial and total shoulder replacement
- Partial and total hip replacement
- Partial and total knee replacement
- Arthroscopy
- Shoulder and rotator cuff surgery
- Hand and wrist surgeries
- ACL surgery
- Joint replacements

To schedule an appointment, call **843-682-7480**.

Novant Health Orthopedics & Sports Medicine – Hilton Head

8 Hospital Center Blvd., Suite 110, Hilton Head, SC 29926
843-682-7480 | Fax: 843-681-9169

NOVANT® HEALTH

© Novant Health, Inc. 2025
5/25 • SCR-1653118799b

CELEBRATING THE MAGIC OF ROTARY!

Under the outstanding leadership of President Mario Incorvaia, Hilton Head Island Rotary has made magic happen.



SUPPORTING THOSE IN NEED
Organizing major hurricane relief effort for those affected by Hurricane Helene in WNC monetary donations of $190,000 plus supplies





COMMUNITY ENGAGEMENT
Rotarians Offering Community Service- Projects across the island

HALL OF FAME
Honoring individuals who have made a lasting impact on HHI

AND MUCH MUCH MORE!

Supporting a scholarship fund awarding $4,000 annually for four years to two deserving students

Participating in Bell Ringing for the Salvation Army collecting over $20,000

Deep Well Food Drives

Happy Feet: Purchasing shoes for local children

RBC Heritage: 2,643 of volunteer hours donated

Rotary Hilton Head Island

THE MAGIC OF ROTARY

Check Us Out | Get Involved | Come to a Meeting | Participate

Meetings are held on Thursday at 12:30 pm. at USCB Campus
1 Sand Shark Drive, Hilton Head Island

843.686.4100 HILTONHEADROTARY.ORG



SAVANNAH EVENTS

July 12: James Moody's 100th Birthday Celebration and All-Star Concert at Trustees Theatre
July 12: Savannah Comic Con at the Savannah Convention Center
July 12: Renegade Paws Rescue Adoption Event at The Draft Room at Berwick
July 13: One Love Adoption Event at Petco Savannah
July 19: Bulls Bands and Barrels at Enmarket Arena
July 24: Telfair DIY Workshop at Frank G. Murray Community Center of Wilmington Island
July 25: Lunch & Learn: The World of William O. Golding at the Jepson Center
July 25: Jeezy at Johnny Mercer Theatre
July 26: Renegade Paws Rescue's Tattoos for the Paws at Drop Dead Tattoo Savannah
July 31-August 3: Après SCAD Savannah at Savannah College of Art and Design

GET TICKETS NOW

August 1: Brad Paisley at Enmarket Arena
August 8: Isley Brothers at Enmarket Arena
August 22-24: Braderie South at Jekyll Island Club
September 13: The Avett Brothers at Enmarket Arena

SAVE THE DATE

August 2: Bobcat Scorcher 5K at Bluffton High School
August 2: Sea Sea's 3 Year Anniversary Party at Sea Sea's Honey Hole
August 5: HHSO's Jazz in the Park featuring Martin Lesch Band at Lowcountry Celebration Park



CONCOURS TICKETS ON SALE NOW

There's something about the color blue that makes a classic car shine. You'll see plenty of standout shades at the 2025 Hilton Head Island Concours d'Elegance & Motoring Festival, happening Oct. 29-Nov. 2. One to watch: this striking 1954 Cadillac Eldorado Convertible, owned by Dennis and Armeda Manieri. Get your tickets at ***hhiconcours.com****.*

Best Decision Ever.



Top 1% Hilton Head and Mainland Real Estate Team 12 years in a row.
#1 Hilton Head Plantation Real Estate Team 28 years in a row.
#1 Moss Creek Real Estate Team 14 years in a row.

Lawrence Taylor • 843.338.6511 Rob Moore • 843.384.5118 Kim France • 513.476.2658

Patrick & Taylor TEAM

"Lawrence Taylor was a fantastic realtor for us from the beginning to the end. His expertise in pricing our home to the multiple showings and ultimate sale within days was spot-on. His team worked flawlessly and his recommendations following the sale and closing were great. We highly recommend Lawrence as a realtor who truly cares and will get the job done the way you want and expect. Great experience working with him! — Clay & Susan M

Leading Real Estate Companies of the World® · Luxury Portfolio International® · Who's Who in Luxury Real Estate

#1 RANKED ***Real Estate Company in the Lowcountry*** CharterOne Realty

More than just a magazine. Over $125 value for $25.

Treat yourself (or someone special) to the intriguing people and places, food and fashion, culture and creativity of LOCAL Life Magazine.

OVER $125 value for just $25.

- Annual subscription to LOCAL Life *($20 value)*
- Complimentary tray of signature pretzel bites with beer cheese at Lincoln & South
- Hilton Head Symphony offer
- A free appetizer at The Sandbar.
- $50 gift certificate at Moor Spa
- $20 gift certificate at Black Marlin
- Hilton Head Soap Co. offer
- Exclusive local guides
- Exclusive online content

And every Insider gets a birthday treat from Carolina Coffee and Crumbs.

Scan to join or fill out and send the card with your payment near the front of this magazine.



DON'T FORGET TO LIVE LIKE A LOCAL

#LIVELIKEALOCAL



THE SPICE & TEA EXCHANGE OF HILTON HEAD ISLAND We pride ourselves on the quality of our products and premium ingredients. Our spices are freshly mixed in small batches, underscoring the emphasis we place on freshness. Our tea leaves are carefully prepared to maintain their flavor and nutrients, ensuring each cup is a testament to excellence. **LOCAL Life insider tip:** Try Blue Hawaiian, Peach Blossom and Mint Mojito.

Coligny Plaza, #A7, HHI · 843-715-3770 · spiceandtea.com / hiltonhead



TOOMERS' BLUFFTON SEAFOOD HOUSE Hosting a crowd? Nothing says Lowcountry like a boil, available for parties of 10 or more. The Toomer family has harvested Lowcountry waters since 1913 and serves high-quality, locally sourced seafood. **LOCAL Life insider tip:** Try the Lowcountry boil at one of the two locations near you or have it catered for your next event.

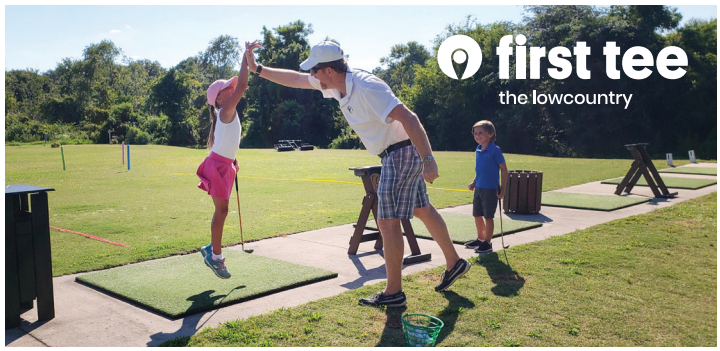
63 Wharf St, Bluffton · 843-757-4010 · 27 Mellichamp Dr, Bluffton, 843-757-0380



30TH ANNUAL GULLAH CELEBRATION This family-friendly festival features unforgettable gospel performances, curated art exhibits, interactive culinary experiences and more. This celebration brings together those who cherish history, creativity and community. **LOCAL Life insider tip:** Save the date: February 1-28, 2026. Sign up now for early access to tickets and exclusive anniversary events.

539 William Hilton Parkway, Hilton Head · 843-255-7303 · gullahcelebration.org

Whether you're a foodie looking to explore new culinary delights or a family seeking fun and engaging activities, these carefully curated selections of restaurants and activities have something for everyone.



FIRST TEE — THE LOWCOUNTRY Experience golf on the Island with the only par-3 course — perfect for instruction, children and senior play. Driving range and putting green are open to everyone. $10 donation for adults, $5 donation for kids — all you can play. **LOCAL Life insider tip:** You don't need to bring clubs — the pros at First Tee will lend you a set at no charge.

151 Gumtree Road, HHI · firstteelowcountry.org/about/facility



THAI SMILE CUISINE is Hilton Head's go-to spot for authentic Thai flavors, featuring classics like Pad Thai, drunken noodles and massaman curry. Owned by Chef Kanlaya and her husband Sawat, their dishes bring the essence of Thailand to life with fresh herbs and traditional recipes passed down through generations. **LOCAL Life insider tip:** Inspired by family recipes, bringing Thailand's flavors from kitchen to table.

11 Palmetto Bay Road, HHI · 843-715-3492 · ThaiSmileCuisine.com



OMBRA CUCINA ITALIANA Ombra is dedicated to bringing to you the finest and freshest fish and seafood from local markets. It prides itself on homemade pastas and the finest selection of meat dishes such as veal chops and filet mignon cooked to your perfect temp. They also offer an amazing array of Italian and California wines. **LOCAL Life insider tip:** Ombra hosts special events to entice and engage foodies.

1000 William Hilton Pkwy, Hilton Head · 843-842-5505 · ombrahhi.com

SHOP AT HOME!

In addition to the Litter Box's regular store you know and love, it also has an eBay store that has over 600 items for sale. **The eBay Department at the Litter Box sold 1009 items in 2024.**







Most anything you could want is for sale at our eBay store: golf clubs, designer clothes and bags, audio equipment, china and crystal, and much more.

Possibly the best kept secret about buying things from our eBay store is that if you live locally and buy from the store, you can come pick up your purchase at the store and pay no shipping costs. **Scan and shop today!**



Hilton Head Humane's
The Litter Box
goods for people • great for animals
THRIFT STORE

843.842.6369
CALL TO VOLUNTEER

46 Old Wild Horse Road | Monday-Saturday 10am-4pm

www.hhhumane.org

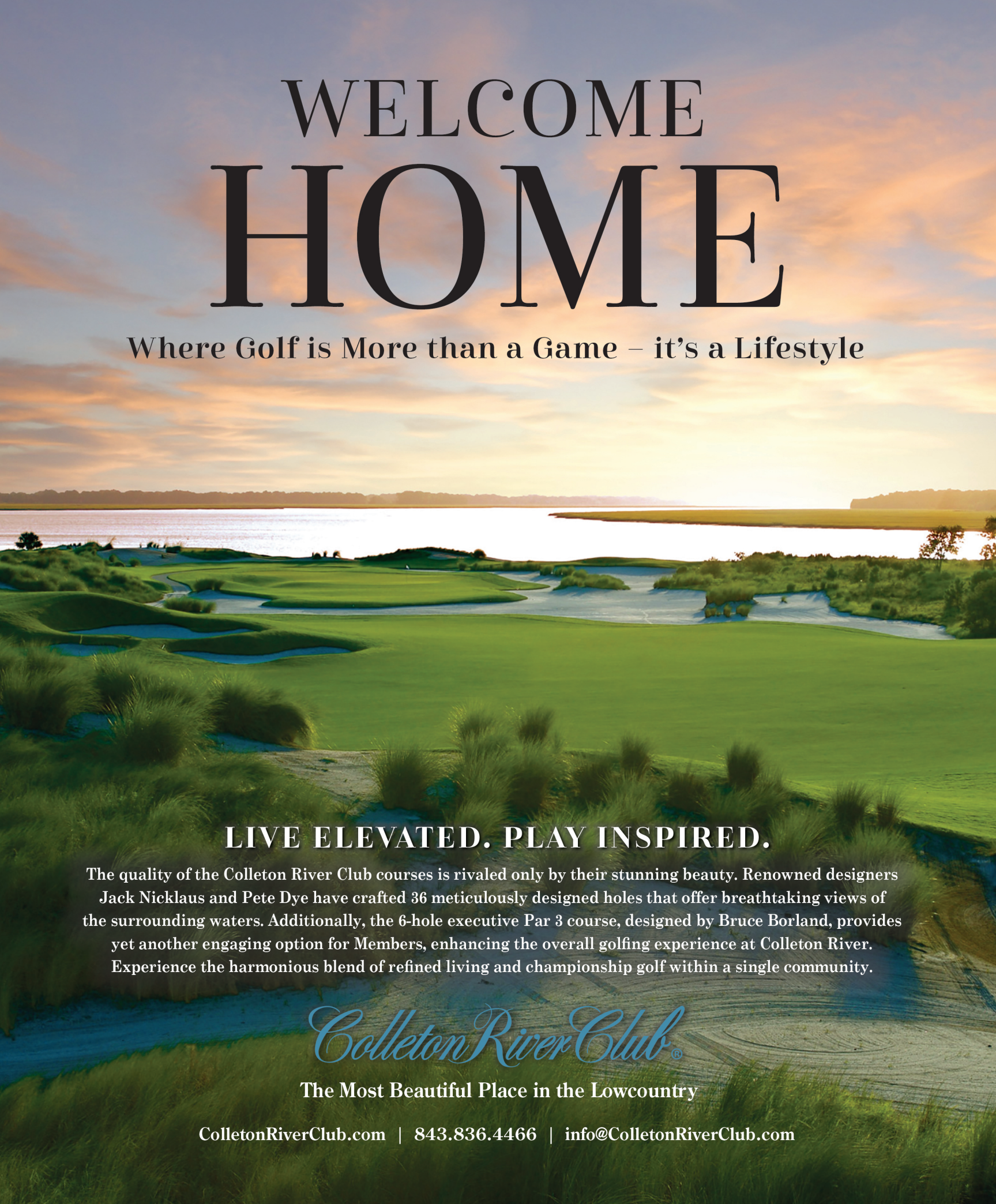
Blue heaven



Sea Pines, Hilton Head Island

On the night of July 3, 2024, photographer Mark Cavallo set out for a beach walk in Sea Pines with his camera and tripod in tow. The stars, planets and moon all came together for a clear view of the Milky Way stretching over the sand dunes toward Tybee Island. After capturing more than 70 images under the summer sky, Cavallo returned home and discovered an unexpected gift from Mother Nature: a lone meteor streaking through the frame, like an early firework celebrating the Fourth of July.

HIT US WITH YOUR BEST SHOT **Have you taken a great local photo?**
Send your high-res image to info@wearelocallife.com or upload it at locallifesc.com/partingshot.


WELCOME
HOME
Where Golf is More than a Game – it's a Lifestyle
LIVE ELEVATED. PLAY INSPIRED.
The quality of the Colleton River Club courses is rivaled only by their stunning beauty. Renowned designers Jack Nicklaus and Pete Dye have crafted 36 meticulously designed holes that offer breathtaking views of the surrounding waters. Additionally, the 6-hole executive Par 3 course, designed by Bruce Borland, provides yet another engaging option for Members, enhancing the overall golfing experience at Colleton River. Experience the harmonious blend of refined living and championship golf within a single community.
Colleton River Club®
The Most Beautiful Place in the Lowcountry
ColletonRiverClub.com | 843.836.4466 | info@ColletonRiverClub.com



GABRIEL & CO. TRUNK SHOW

GABRIEL & CO.
Artisans of Love®

FORSYTHE
JEWELERS • SINCE 1927

THE SHOPS AT SEA PINES CENTER
71 LIGHTHOUSE ROAD | HILTON HEAD ISLAND
843.671.7070 | FORSYTHEHHI.COM

THURSDAY, JULY 10TH -
FRIDAY, JULY 11TH, 2025
10:00 AM - 5:00 PM