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local life

June 2019

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the team

WHAT IS YOUR FAVORITE BEACH AND WHY?

"Like my children, I love them equally."
- LORI



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"Near Disney Beach House. Great sand quality and clean facilities, plus Mickey Mouse ice cream bars at Signals!"
- LANCE



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"Mitchelville. Feels like a hidden oasis and it's conveniently close to home."
- JEREMY



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"Dolphin Head. Dogs and trees."
- CHARLES



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"Folly Field because it's peaceful, easy to access, and convenient to so many amenities. Pass the sunscreen!"
- ALLISON



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"I could never narrow it down to one. As long as there's sun, sand and waves, I'm happy."
- ASHLAN



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"Burkes Beach has the best dog watching on the island."
- LISA



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"Islanders Beach. At low tide and sunsets, it's as beautiful and romantic as any beach in the world."
- BRUCE



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843-802-2258 + **LocalLifeSC.com**

VOL. 3, NO. 6

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June features



Life at the beach

Here in the Lowcountry, the beach is our backyard. Play in the sand, frolic in the surf, walk along the sandy shores and bask in more than 20 miles of some of the best beaches in the United States.

©JESSIE BAKER

BRANCH MANAGER Cali proudly brings a fetch stick to owners Elizabeth Labor and Steven Mincks on Hunting Island, a secluded barrier island located 15 miles east of Beaufort.

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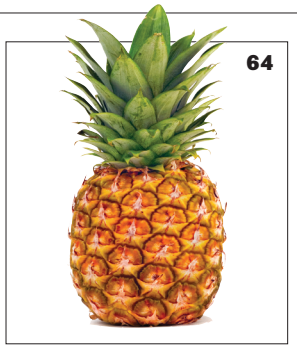
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The ultimate beach house
This Sea Pines masterpiece is the perfect seaside abode. You can buy it, if you've got $13 million.











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Life is better at the beach

The perfect summer destination is right here at home.



IN DA CLUB Publisher Lori Goodridge-Cribb was tickled pink to have a day drink at Sea Pines Beach Club. Check out LOCAL Life's beach bar crawl on page 88.

Being from Ohio, you can imagine how much I love the beach. Growing up, we vacationed as a family on Hilton Head back in the days when it was known as William Hilton Beach. We would spend our entire vacation soaking up the sun, playing in the surf, and enjoying the beauty of the island. When we moved to Hilton Head, I vowed to head to the beach as often as I could, and I do!

This issue is dedicated to our beautiful beaches, from South Beach to Pine Island, and all points in between.

Inside, you will find tons of beach content, including cool beach gear, great beach books, beach fashion, beach recipes, beach etiquette and more. We talk to local beach experts, identify beaches you might not be aware of and showcase beautiful beach art from local galleries.

The LOCAL Life team did some R&D and came up with the ultimate Hilton Head Island Beach Bar Crawl (in the name of our readers, of course). We also tour the ultimate beach house — a $13 million stunner in Sea Pines with a hand-painted ceiling mural, marble floors and goldleaf detail.

If going to the beach isn't your thing, you will find plenty of other interesting content. We've got a Q&A with Ruben Studdard of American Idol fame and business tips from Chuck Atkins, former director of the U.S. House of Representatives Committee on Science and Technology. We debut our new "cool jobs" series, highlighting the work of underwater photographer Alicia Ward, who was recently featured in O, The Oprah Magazine. We also have outdoor cooking tips from the team at The Dunes House and healthy cooking advice from Sea Pines Country Club chef Brian Coseo.

If you love cheese, be sure to check out our article with Diane Rudolph, the cheese whiz working the counter at Murray's cheese store inside of Kroger. Other highlights include container gardening with Nicholas Askew, beauty tips from Cheryl Simkins, summer cocktail recipes from our good friends at Tito's Handmade Vodka and a closer look at fox squirrels — those interesting critters that look part raccoon, part squirrel.

I hope you take this magazine on your next of many beach adventures to come. To the best summer ever!

"At the beach, life is different. Time doesn't move hour to hour but mood to moment. We live by the currents, plan by the tides and follow the sun."

- UNKNOWN

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



A GREAT BEACH GAME

TIDALBALL

Born in the Lowcountry, this popular beach game combines the competition of cornhole, the ease of bocce ball and the portability of a turkey sandwich. Simply dig a hole and a large trench behind it. Walk 10 paces and dig another hole with a trench behind it. You get 3 points for rolling the ball in the hole or 1 point for finding the trench. The first person to 21 wins. Just don't forget to fill in the trenches when you are done. Our turtles will thank you!



FEELING BLUE Have you seen the LOCAL Life Jeep around town? This month, we rolled up next to **Deb Roller**, the marketing and communications manager for Belfair. Be sure to follow @LocalLifeSC on Instagram to see all of the #LocalswithaJeep photos.

DON'T FORGET

If you would like to continue receiving this magazine in your mailbox, you must fill out the provided subscription card on **Page 32**. If you have already filled one out, all is good!


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MEET OUR WRITERS + PHOTOGRAPHERS + PEOPLE BEHIND THE SCENES



Josephine Bredice

Founder of Bredice Beauty

FOR THIS ISSUE:
Made all of the models' hair beautiful in our photo shoot.

HOMETOWN: New York **CURRENT HOME:** Bluffton

LOCAL SINCE: 2009 **HOBBIES:** Making vegan dishes, making beauty skincare, playing cards and chess, travel and gardening.

WHAT IS SOMETHING ABOUT YOU MOST PEOPLE DON'T KNOW?: I love nature trails and animals **FAVORITE BEACH:** Chaplin Park Beach **FAVORITE BEACH ACTIVITY:** Bocce ball **FAVORITE BEACH ACCESSORY:** Shovel and pail **BEST BEACH STORY:** Went for a long walk at the beach. I ended up in an unknown place where it looked to be an island or sand bar filled with pelicans. It was an Amazing moment. I called it Pelican Island. **DO YOU SWIM IN THE OCEAN?** Yes, for a moment, then I think of the sharks and I'm back on the sand. **BEACH ADVICE FOR TOURISTS:** Yes, the sun is strong. You will get burned, even in November or March. **WHAT DO YOU LOVE MOST ABOUT JUNE?:** It's perfect weather and gardens have bloomed.





Terry Cermak

Spirits specialist and writer-at-large for Rollers Wine and Spirits



OTHER CREDS: Freelance lighting and set designer; founding member of Lean Ensemble Theatre **FOR THIS ISSUE:** The Dolphin Head cocktail **HOMETOWN:** Chicago **CURRENT HOME:** Hilton Head Plantation **LOCAL SINCE:** October 2003 **HOBBIES:** Cooking and eating (not necessarily in that order), guitar, working with my wife, Cynthia, on the Henry Cermak Fund at St. Baldrick's (more of a mission than a hobby). **WHAT IS SOMETHING ABOUT YOU MOST PEOPLE DON'T KNOW?:** I once kissed Carol Burnett **FAVORITE BEACH:** Burkes Beach (the favorite of our son Henry) **FAVORITE BEACH ACTIVITY:** Enjoying a lovely beverage in a koozie **FAVORITE BEACH ACCESSORY:** A koozie **BEST BEACH STORY:** None that I can share. **DO YOU SWIM IN THE OCEAN?:** No. One word: Jellyfish. Well, three words: Jellyfish and sharks. Oh, and I'm a terrible swimmer. **BEACH ADVICE FOR TOURISTS:** Don't forget to bring a koozie. **WHAT DO YOU LOVE MOST ABOUT JUNE?:** Cynthia's birthday, Father's Day, and my birthday!





Maddie Terry

Intern

OTHER CREDS:
SCAD photography student

FOR THIS ISSUE:
Took many beach photos.

HOMETOWN: Albany, New York

CURRENT HOME: Sea Pines, HHI

LOCAL SINCE: 2015

HOBBIES: Photography, ceramics, SUP boarding, art in general, and trying out new dessert recipes.

WHAT IS SOMETHING ABOUT YOU MOST PEOPLE DON'T KNOW?: I like horses more than I like most people. I rode competitively for most of my life and the highest I've ever jumped a horse is 4 feet.



FAVORITE BEACH: It's a tie between South Beach and Dolphin Head (the two prettiest places on the island to watch the sunset).

FAVORITE BEACH ACTIVITY: Looking for shark teeth!

FAVORITE BEACH ACCESSORY: Besides my camera, I would have to say a speaker.

BEST BEACH STORY: On my birthday one year, my friends and I saw a dolphin giving birth right off the shore a few feet from where we were sitting.

DO YOU SWIM IN THE OCEAN?: Yes, but never alone.

BEACH ADVICE FOR TOURISTS: Leave the wildlife alone! Sand dollars and starfish are living creatures and should not be taken out of the ocean.

WHAT DO YOU LOVE MOST ABOUT JUNE? My mom's lemon and blood orange trees make our yard smell amazing this time of year, and the flower field in the Sea Pines Forest Preserve is at its peak!

JOHN ASARO



Beach at Coronado 36" x 48" Oil

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Photos from around town

- **Hilton Head Christian Academy** groundbreaking
- **Global Golf4 Cancer** at Harbour Town Golf Links
- **Run For The Bulls** fishing tournament
- 2019 **PGA Professional Championship** at Belfair
- WAHHI's **Youth Community Service Awards**
- **Innovative Teacher** and School Resource Grants

Online video: Behind the scenes

Check out this month's **beachy fashion shoot** on page 54, then watch behind the scenes video of it coming together.



HHI-Bluffton-Beaufort ranked among fastest growing cities

MSN reported that the Hilton Head Island-Bluffton-Beaufort region is the **23rd fastest growing area** in the nation. Read more online.

About the Cover



One of Hilton Head Island's most beautiful beaches caters to local residents — Islanders Beach Park. Access there was created as an amenity for those living on the island. It is the favorite beach of local photographer **Arno Dimmling**, who captured this image. "Most days when possible, Liz and I enjoy a walk on the Islanders Beach to enjoy the ever present breeze even during the warmest hours," Dimmling said. "Needless to say I am rarely without a camera. Mid-afternoon walks always produce the most amazing cloud formations, particularly when the sun is high and it is warm with large cumulus cloud formations."

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A QUIET PLACE The natural beach along Calibogue Sound offers a calm and quiet respite from the more crowded beach parks of Hilton Head Island.

Secluded local beaches

PHOTOGRAPHY BY MADDIE TERRY

Hilton Head Island's world-famous beaches start filling up with tourists this month. If you're looking for a more intimate experience, spend a day relaxing at one of these secluded local beaches, far away from the hustle and bustle of our most popular attractions.



Sound decision

BRADDOCK POINT BEACH

Located near the southernmost tip of Hilton Head, this clean and narrow beach offers great views of Calibogue Sound and Daufuskie Island. It is a popular walking beach for Sea Pines residents and visitors but is relatively quiet most of the time. It's a great spot to see dolphins and other wildlife.



©DIANE DODD PHOTOGRAPHY

Float your boat

BLOODY POINT BEACH

Daufuskie Island offers three miles of amazing, mostly empty public beach. The most pristine section is Bloody Point, the southernmost point of the island where historic battles between colonists and the Yemassee Indians once took place. It is a quiet retreat these days, offering unobstructed views of Hilton Head and Tybee islands. Getting there is an adventure in itself.



Nature calls

MITCHELVILLE BEACH

This beach is so far off the beaten path, many longtime locals don't even know it's there. You have to drive down a winding dirt road just to get there. You'll find plenty of free parking, clean restrooms and a short walk from the parking lot to the water. At low tide, the water goes out farther than any other beach on the island. The nearby Spartina grasses also make it a great backdrop for photos.



Walk this way

PINE ISLAND BEACH

This quiet public beach overlooks Port Royal Sound and is a popular route for Hilton Head Plantation dog walkers. The beach was greatly improved following Tropical Storm Irma with a $100,000 sand renourishment project. It is also much safer to access now, thanks to the recently completed 500-foot boardwalk. If you can't get into HHP, you'll need a boat to get there.



Free for all

FREEDOM PARK BEACH

You have to trek through a patch of woods to get to this untouched beauty, but you'll learn about historic Mitchelville and Hilton Head's Gullah heritage along the way. It's a little hard to get to, but once you do, it's totally worth it. The beautiful beach is brimming with birds, seashells and other wildlife.

OTHER QUIET BEACHES

If you're looking for a good excuse for a road trip, it's a great time to visit one of these secluded beaches, just a short drive away.

Jekyll Island, Georgia (1 1/2 hours)
Edisto Island, South Carolina (2 hours)
Kiawah Island, South Carolina (2 1/2 hours)
Cumberland Island, Georgia (2 hours, 42 minutes)
Vilano Beach, Florida (3 hours, 46 minutes)
Canaveral National Seashore (5 hours)





Summertime Don'ts

A friendly reminder of what not to wear, bring or do at the beach.



White swimsuits

Milk-to-go





Flag trunks

Surfing in a bikini





Binoculars

The euro-trunk





Spotify

Beach Music

School's out. That means it's time to get down, get sunburned and get sandy on our beautiful beaches. Enhance your next beach day by listening to these 12 tracks about the sand, summer and the sea. Find this and other LOCAL Life playlists by searching for ***locallifetunes*** *on Spotify.*

"Summertime" — DJ Jazzy Jeff and the Fresh Prince
"Castles Made of Sand" — Jimi Hendrix
"Thong Song" — Sisqo
"King Of The Beach" – Wavves
"Sea and Sand" — The Who
"Summer Nights" — Olivia Newton-John
"Kokomo" — The Beach Boys
"Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini" — Brian Hyland
"Island in the Sun" — Weezer
"Wipeout" — Fat Boys
"Beach House" — The Chainsmokers
"Enter Sandman" — Metallica

Get a taste of the Lowcountry lifestyle.

Upcoming Events

Summer Concert Series
Deas Guyz (June 4)
Pretty Darn (July 9)
Deep Drawl (August 6)

Artist in Residence
Heart Wood Trade (June 24–29)
Vivian Howard (July 15–20)
Honeysuckle Gelato (August 12–17)

Rise & Run (August 10)



Stay up to date on our events at palmettobluff.com.

PALMETTO BLUFF



©MIKE RITTERBECK

Adopt this Pet: Duffie

LOVABILITY METER

WALK THE BEACH IN STYLE WITH THIS SMOOTH OPERATOR

Walking has many benefits for both humans and dogs. While the Lowcountry is overflowing with awesome paths and trails, the ultimate dog strolling surface is the 12 miles of pristine beach on Hilton Head Island (before 10 a.m. or after 5 p.m., of course). If you're in the market for a beach walking buddy, consider this quiet and calm bulldog mix temporarily living at the Hilton Head Humane Association. Duffie is searching for a new family, since his former owner couldn't keep him. He is 8 years old and his favorite past time is eating treats.

MORE ABOUT DUFFIE

Color: Tan and white
Age: 8 (around 55 in human years)
Likes: Eating treats, chasing tennis balls and Peter Dinklage as Tyrion Lannister. "He's the Emmy-winning star of the show for a reason. Every scene of Thrones gets 10 times better when he shows up." ***— Duffie***
Dislikes: When you've been "charging" your phone for an hour and realize it's not plugged in. "Every damn time. I need to start listening for the ping." ***— Duffie***
Adopt him: Hilton Head Humane Association, hhhumane.org, 843-681-8686





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View our full listing of events including the **Artist in Residence** lineup and the **Summer Concert Series** at palmettobluff.com.

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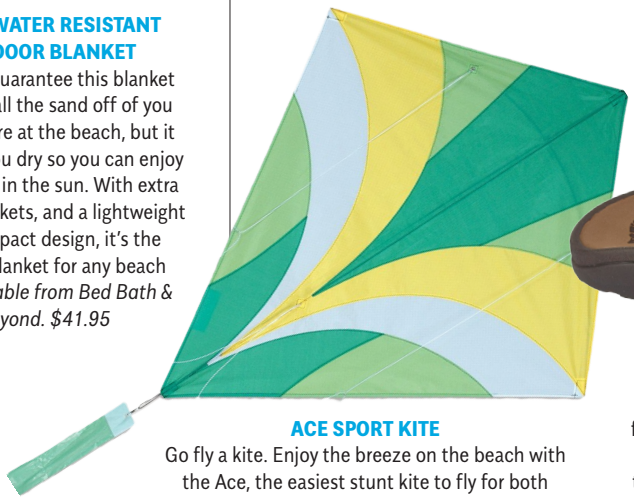
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OLUKAI OHANA SANDAL
The Ohana is an ultra-comfortable sandal perfect for any warm weather occasion. The sandal is built with water-resistant synthetic straps, soft nylon toe post, and compression-molded EVA midsoles. After wearing a pair of Ohana's, you will want to treat them like your own family. *Available from Outside Hilton Head. $65.*



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This board is great for anyone wanting to surf the fun waves we have here in the Lowcountry. Recommended for all levels of surfing ability, this board is custom shaped to fit you based on your size and skill level. *Available from ShredSeason.com. Starting at $550.*



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Hot Beach Bags

Finding the best beach bag isn't always the easiest task. Here is a collection of durable, stylish and functional beach totes you can find at local businesses. Now pack your bags and get to the beach. An ocean breeze puts a mind at ease.



YOU HAD ME AT LOWCOUNTRY MARKET TOTE
This sturdy, yet stylish Market Tote will keep you smiling all day because of the quote. You can fit tons into the canvas interior and then hoist the natural toned leather straps to your destination. *Available at Scout Southern Market, $78*

MOUNTAIN KHAKIS UNISEX MARKET TOTE
Beach toys. Sunscreen. Water bottle. Snacks. You have a long list of beach essentials, and you need something to carry it all in. Luckily, this Market Tote is plenty big to hold everything you need and then some. *Available at Outside Hilton Head, $84.95*



SONDRA ROBERTS BEACH BAG
An easy over the shoulder strap and interior built for on-the-go essentials brings this Sondra Roberts bag front and center. This handbag features a woven raffia design and bead detailing for a tropical-inspired flair perfect for Lowcountry summers. *Available at The Back Door*



SCOUT BJ BAG POCKET TOTE
This bag is well-suited for multiple uses with four exterior pockets, a roomy interior and a max-capacity breakaway zipper. Not your usual fabric, this unique material is durable, lightweight, and keeps things dry for whatever your day throws at you. *Available at Gifted, $53*



A LITTLE BIT YANKEE, A LITTLE BIT Y'ALL TOTE
I'm a little bit Yankee, I'm a little bit y'all. That may not be how the song truly goes, but you'll be singing it all summer if you carry around this tote. Handprinted locally, you can't go wrong with this cute tote for a day in the sand. *Available at Lowcountry Mercantile*



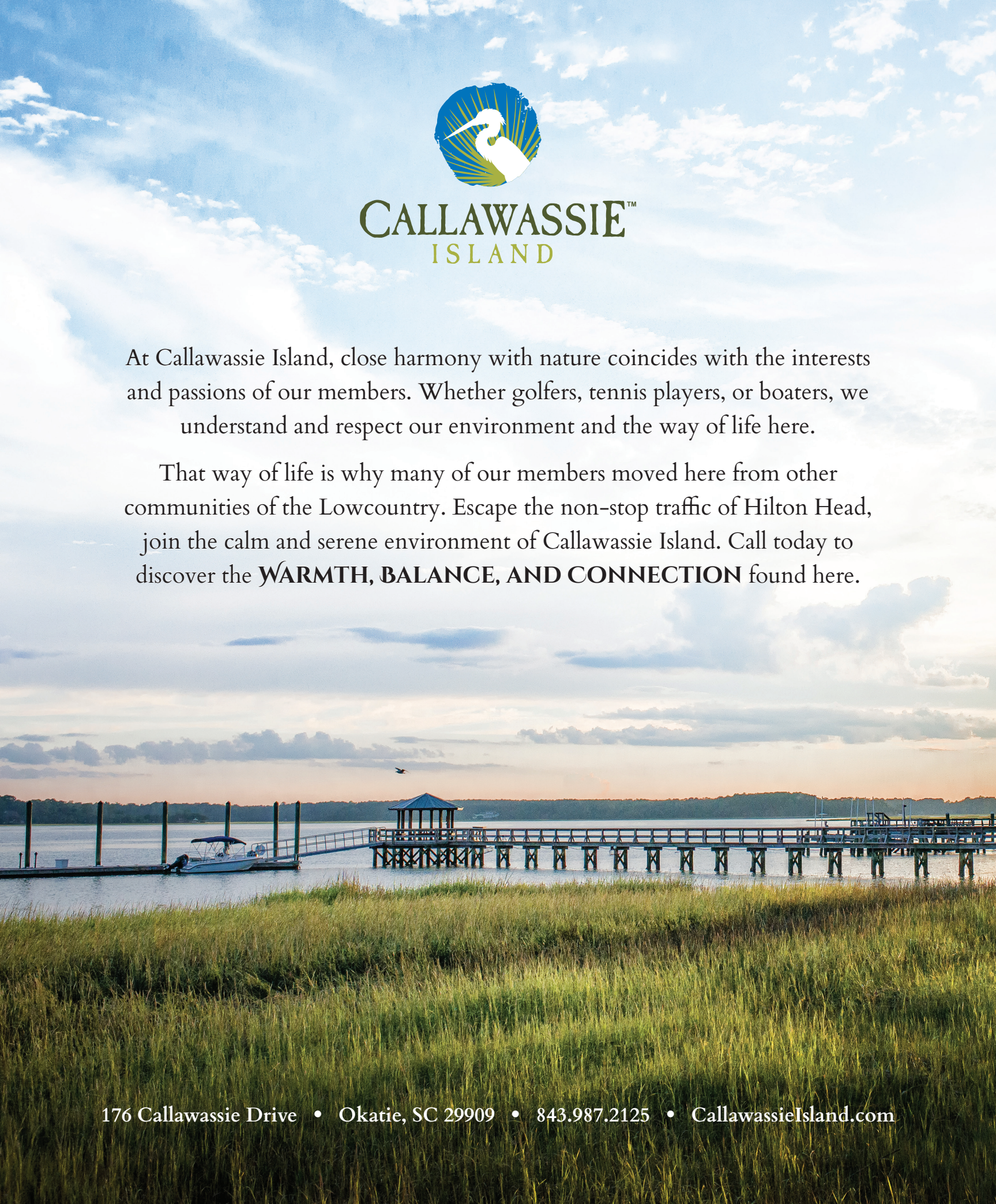
BOGG BAG LARGE TOTE
Take the Bogg Bag along all summer. We all love the beach but we don't love bringing sand home, so the Bogg Bag was designed to be washable. Simply rinse off at the end of the day and it's ready for the next adventure! *Available at Island Child*



COASTAL LOVE MARKET TOTE
Show your love of the coast all summer long with this cotton tote from Island Haus Co. Since it's machine washable and oh so cute, you'll use this tote on repeat this summer. *Available at islandhausco.com, $20*



NATALIE THERÉSE BE BASIC CORK TOTE
This cork tote bag handmade from eco-friendly cork and faux leather is perfect for any woman on-the-go. Both lightweight and water resistant, it's the perfect bag for a day at the beach. *Available at the Spirited Hand, $150*


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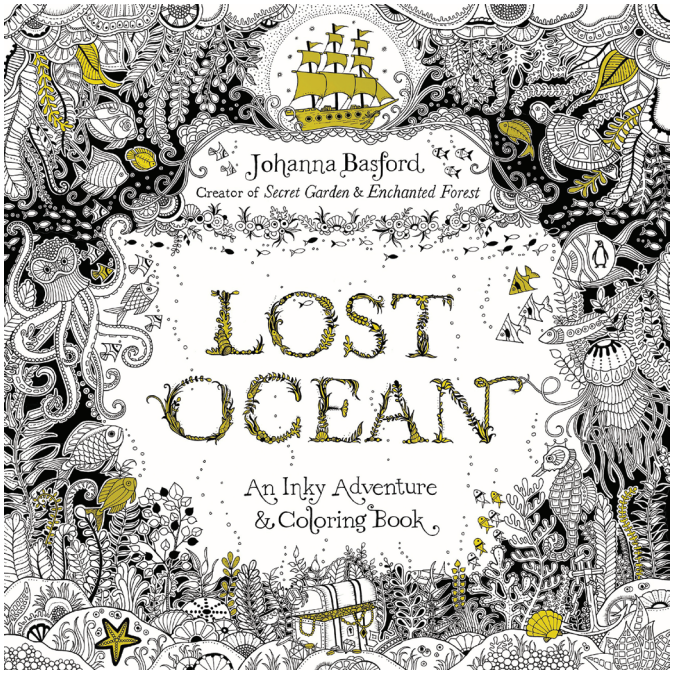
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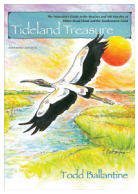
— John Rush

Beach Reads

Spice up your sunny days at the beach with a great book. With fascinating mysteries, sea monsters and some Lowcountry authors, you'll find something for any age or interest.

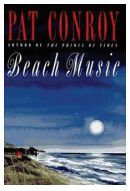


Lost Ocean: An Inky Adventure and Coloring Book ***By Johanna Basford***
If you're not much of a reader but enjoy the salty air and musical noise of waves, try an adult coloring book on your calming beach days. This book is beautiful and complex enough to produce captivating pictures that keep your eyes busy.



Tideland Treasures ***By Todd Ballantine*** This book is the perfect book for any nature lover or someone who is new to the Lowcountry who wants to learn about all of the unique aspects of barrier islands and the coastal area. It was written and illustrated by Todd Ballantine, a local who is an internationally recognized environmental scientist and writer.

Beach Music ***By Pat Conroy*** A South Carolina native flees to Rome with his daughter after his wife commits suicide. This story is one of grief and resilience, with interesting twists and turns through every page. The author, Pat Conroy, lived in Beaufort and taught on Daufuskie Island.





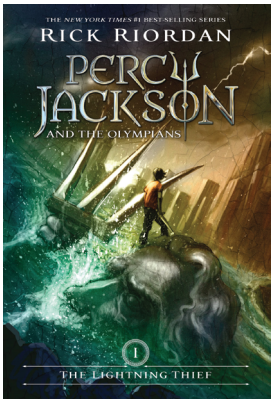
Manhattan Beach ***By Jennifer Egan*** Set in New York during World War II and the Great Depression, a young girl defeats the odds and becomes the only female diver to do repairs on ships. In a time of patriotism and unification of a fighting country, this story reveals the unworked flaws of a complex society.

The Water Horse ***By Dick King-Smith*** After a storm, eight-year-old Kristie finds a mysterious egg on the beach. In the morning the family finds that the egg has hatched, creating a mysterious creature that is thought to be a something no one truly believed existed. After rapid growth of size and attachment to the family, the creature is in need of a new home in Loch Ness. This book is perfect for young beach readers.

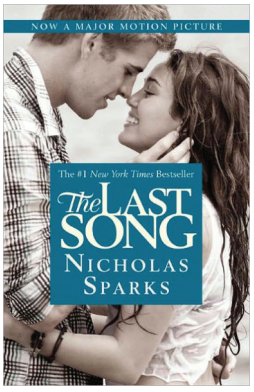




Something in the Water
By Catherine Steadman
While on a dream honeymoon in Bora Bora, a young couple is faced with an intense dilemma after a discovery made while scuba diving. No matter what choice they make, the consequences are dire.



Percy Jackson: The Lightning Thief
By Rick Riordan
Based on Greek Mythology, this teenage adventure fantasy will keep you on the edge of your beach chair. It's more relevant and engaging than readers might expect and gives a modern take on traditional stories.



The Last Song
By Nicholas Sparks
A troubled teen travels from New York to spend the summer with her father. While there, she finds herself in a surprising summer romance while pushing through trying times. The movie was filmed on Tybee Island.

LOWCOUNTRY IN NATIONAL NEWS



Southern Living magazine recently released the winners of its "South's Best 2019" awards, and many local towns and businesses in Beaufort County were honored. More than 65,000 surveys completed by readers of the magazine determined the rankings for categories such as "Best Beach Town in the South" and "The South's Best Small Town."

Here are the local winners:

BEST BEACH TOWN

Details: Listed Hilton Head Island the No. 1 "Beach Town in the South." **Their words:** "All 12 miles are public beach that feel both expansive and inclusive. And with an average air and water temperature of around 70 degrees, that's about as pitch-perfect as beach life gets."

BEST SMALL TOWNS

Details: Listed Bluffton No. 8 on its list of "The South's Best Small Towns." **Their words:** "Between the moss-draped oaks and historic homes, the May River views and stunning Church of the Cross, Bluffton is one of the prettiest dots on the South Carolina map."

SOUTH'S BEST INNS

Details: Ranked Beaufort's Anchorage 1770 No. 7 on its list of "The South's Best Inns 2019." **Their words:** "Owners Frank and Amy Lesesne have embraced their nickname — "the insane Lesesnes" — bestowed when they left successful careers and an established life in Atlanta to open an historic B&B in Beaufort's waterfront William Elliott House. Many accolades later, it doesn't seem like such a crazy idea after all. The Lesesnes' tip: The two fourth-floor rooms in the main house have the best views in Beaufort."

BEST PLACES TO STAY

Details: Named Sea Pines Resort and Montage Palmetto Bluff on its list of "The Best Places to Stay in Every Southern State." **Their words:** "The South has some of the best places you'll find anywhere. We are, after all, famous for our hospitality, and these spots take it to a whole new level. So treat yourself, and book a room. You can trust us with your wake-up call."



SOUTH'S BEST WEDDING VENUE

Details: Named Palmetto Dunes Oceanfront Resort as "The South's Best Wedding Venue in South Carolina." **Their words:** "Whether your dream setting is the beach at sunset or a skyline view, we've found some great spots to tie the knot."



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CHARITY SPOTLIGHT



The Bridge







BRIDGING GENERATIONS The Bridge's mission is to elevate the preschool learning experience and to change the dynamics of senior living by bringing the generations together in exploratory learning and revolutionary senior care.

HISTORY Founder Susan Hebbel went on a cross country road trip by herself once her kids had all moved out. "I was trying to 'find my purpose,'" she said. "I spent a half day in each major city that I visited, volunteering in a pre-determined nonprofit, and I did everything from work at a grassroots organization that put high efficiency light bulbs into low income housing, to handing out T-shirts for a women's shelter race, to working in a soup kitchen, to working at a facility called Providence Mount St. Vincent in Seattle where they have a preschool inside of a nursing home....beautiful inspiration! Then, I added the music piece, because I have the privilege of knowing many Broadway actors and performing actors, singers and songwriters from all over the United States, and wanted to incorporate my love of music and my contacts because of what an important role I feel that music plays in all of our lives, and how it can dig up some really wonderful stories and feelings."

WHO IT HELPS The Bridge provides senior citizens with a sense of purpose, fun, friendship and human interaction, which is sometimes limited in their lives once they arrive at an assisted living facility or they are away from their families. The artists are also "helped" in that they come outside of the hustle and bustle of auditioning and having to be something for someone else to hire them, and they remind themselves of why they got into music and performing in the first place. "I have had those very words written to me by at least two of our performing artists," Hebbel said. "They told me that the week they spent with the senior citizens was one of the best they have ever had since they got into the business and that it reminded them of how powerful music can be and why they got into it in the first place. I love that!"

HOW TO HELP Go to bridgethegenerations.com to make a donation or to contact The Bridge about volunteering or fundraising. *LL*

FOR MORE INFORMATION ON THE BRIDGE
Call founder/director Susan Hebbel at 843-816-4070 or email susanhebbel@gmail.com.

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26. Fill in the box below with three more words reading the same across and down, using **5** R's, **5** E's, **2** O's, **3** S's and **1** V. Some letters have already been filled in.

R	**O**	**S**	**E**
O			
S			
E			

27. Rearrange the same seven letters to find two words to fill in the blanks below.

The young mother ___ ___ ___ ___ ___ ___ ___ to be a writer but changing

___ ___ ___ ___ ___ ___ ___ took up so much time, she didn't have time to work.

28. The following familiar line has been turned into a simple substitution cryptogram. Solve the cryptogram.

UIJT JT B TJNQMF DSZQUPHSBN

29. Figure out the logic in the lines below and fill in the missing number. **9-3-3 8-2-4 25-5-5 16-4-?**

30. The following 14 letters can be rearranged into a four-word phrase using a geographical location to mean very quickly. **A E E I K M N N O R T U W Y**

***[LAST MONTH'S ANSWERS]* 21.** *Cash. It's the only one that does not read backwards to form another word* **22.** *ramble, marble* **23.** *reappear, a) reap b) pear* **24.** *90. (6 x 90 = 540 ÷ 6 = 90)* **25.** *E. (Add the numbers, use the first letter of the answers. i.e., 7 + 3 + 2 = 12; "t" for twelve. 3 + 1 + 4 = eight; "e" for eight.)*

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LETTER TO THE EDITOR
Amber Kuehn, a fourth generation Blufftonian, sent us the following letter about what being local means to her. She manages the Hilton Head Island Sea Turtle Protection Project. LOCAL Life welcomes letters to the editor and comments to our website. **Write to lance.hanlin@wearelocallife.com**

What makes it local



adjective. lo·cal | lō-kəl

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

Tread respectfully on our beaches

We walk on the ocean floor every day on Hilton Head Island. Beachfront property was in Columbia before the Ice Age, approximately 3 million years ago. Hilton Head Island was a flat sandy bottom at the depths of the Atlantic Ocean. I grew up navigating the Lowcountry waterways, the fingers of the ocean to the palm of its hands, the sound. I was not allowed to be in the sound with my 15-foot Boston Whaler, but I did it anyway. I was fearless on the water, for the most part, with the exception of the open ocean. It was the daunting body that I had no access to until my introduction to scuba diving.

Venturing out through the Port Royal Sound on the dive boat to find 70 feet of water, 16 miles off shore opened a door that once opened, could never be closed. The path had been there all along, and its discovery launched me toward my calling. My first encounter with a sea turtle in the ocean was at this very spot, a life-changing experience that matriculated into a master's degree in marine biology, a captain's license, and a passion that would exhaust me in the most fulfilling way. My captain's license enhanced with a dive instructor certificate made me employable in the diving industry for several years. The clear waters of South Florida, the Caribbean and the Pacific surrounding the Hawaiian Islands presented sights that are emblazoned on my psyche, but they can never replace the mystery and the exhilaration teetering on the edge of fear that came with those experiences past the beaches of HHI.



NATIONAL MARINE FISHERIES PERMIT SECTION 10(A)(1)(A) 19621

LIFETIME LOCAL Amber Kuehn manages the Hilton Head Island Sea Turtle Protection Project and offers field biology expeditions through Spartina Marine Education Charters.

There is something about that first encounter, which forever haunts to revive the excitement. The beaches of Hilton Head have given me updates over the years, like letters delivered from an unforgettable mentor and friend. She visits the dry sand to lay her eggs, and returns to the realm where I first encountered her. Her tracks reveal a missing flipper, her long walk at low tide tells me of her determination, and her clutches remind me that she is intending to stay for generations to come. Her resilience is tested by fishing gear, boat strikes, plastic ingestion, and disease creeping out from the fingertips, to the palms, to the arms and body of the ocean.

For 20 years, I have been reading her "letters" in the sand, and when she visits. She never calls. I have seen her in her home, I know when she has visited, and I know when she is suffering. She washes in with the waves when she is too sick or injured to stay. This is my calling. I have been monitoring her nests to keep her babies safe, and when she washes in, I take her to the Sea Turtle Center at the SC Aquarium in Charleston for rehabilitation.

She rides behind me as I drive the sea turtle ambulance … No time to catch up. I can visit her in the hospital, but she cannot see me through the one-way glass. When she is released on a strange beach, I know that she will come to Hilton Head when she is ready to nest again. I'll be waiting and preparing the beach to welcome her back.

LIGHTS OUT at 10 p.m.! Fill holes! Pick up litter! She's coming home! *LL*



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Life's a beach

MEET THREE LOCALS WITH THREE DIFFERENT PERSPECTIVES ON THE WATERS THAT DEFINE US.

STORY BY BARRY KAUFMAN
PHOTOGRAPHY BY LISA STAFF

In all the ways that matter, the water is the Lowcountry. Without it, we have no white sandy beaches. We have no meandering tidal creeks that nourish our wildlife. In short, without the water the very soul of the Lowcountry ceases to exist.

To some, our waters are a delicate system that must be saved. To some, they are an idyllic backdrop to a day spent in paradise. To some, the water is the center of their spiritual world, their house of worship.

What does the water mean to you?...





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

Michelle Meissen

GUARDIAN OF THE SEA

To many of us, the beach is simply a stretch of paradise where the sand meets the sea. It's here we slather on sunscreen, lay out our towel and soak in the oceanside tranquility. To Michelle Meissen, it's something else.

"Everyone loves going to the beach because they love the serene visual of it," she said. "But being able to see what's beneath that surface level, that's where I want to take people."

Beneath that surface is an undersea ecosystem that Meissen has dedicated herself to preserving, inspired by her youth growing up in California, raised by naturalists to respect the land and sea. As CEO of Palmetto Ocean Conservancy Guardians of the Sea, she has been a force of nature locally in protecting Beaufort County's waterways. Through her organization, she's led classes that expose kids to the marine life that calls the Lowcountry home and warns them of the many dangers those creatures face.

"I want these kids to be inspired like I was as a kid. And the only way to do that is to show them what's under the water," she said. Her presentations through the Youth Ambassador Program immerse kids in the under-





LOCAL SINCE 2011 As a diver, Michelle Meissen has an appreciation for our water and the many creatures that call our oceans home. She is CEO of Palmetto Ocean Conservancy.

sea world through diving videos and hands-on projects. When we spoke, her young conservationists were collecting bottle caps to be used in a mural by local artist Lauren Andeau.

Her work doesn't end there. As an advocate, she lent her support to the Coastal Conservation League in its successful bid to ban plastic bags. And she was the driving force behind last summer's "Strawless Summer," which will change to an ongoing effort this year.

"This year, we're changing it to just 'Go Strawless,'" she said. "It's just a matter of trying to let everyone know if you don't need the straw, it's not important."

Her next goals? Encouraging the town to beef up its recycling efforts and finding a permanent home for Palmetto Ocean Conservancy, which currently hosts its workshops at the Roasting Room every other Sunday from 1-2 p.m. "Right now we're living like gypsies," she said with a laugh. "We're always out in the community and trying to do things to inspire and get the message out... it's coming along very well." *LL*

As we enter another hurricane season with high activity predicted, we want to provide some basic information which will help you in the event another storm visits the Lowcountry.

Be Alert – Keep an eye on storm tracks as they develop. Most will not endanger the South Carolina coast, but if they do you will want to know. Try www.noaa.gov , I have found them to be the most reliable in the US.

Be Prepared – The Risk Manager in me must tell you the importance of having a personal hurricane plan. Knowing what you and your family or business will do before a hurricane arrives will save you time, money and possibly lives. Consider the following:

Protection Plan – Know how you intend to protect your home or business. Start a minimum of 72 hours in advance. Hurricane shutters or boarding up will help tremendously. Bring in all property that could be damaged or become a missile if the wind is high enough. Have valuables stored in a safe place.

Evacuation Plan - Know where you will go and make necessary reservations early. It is better to have accommodations booked and cancel if they are not needed. Experts recommend preparing for 3 to 5 days. Also, plan for the protection of your pets. If you can't take them with you know that kennels will fill up fast.

Be Patient – Your personal safety is the number one priority. Only come back to your property when the State and Local authorities have given the "all clear". There are many hidden dangers such as electricity, water and trees that can cause further harm once the storm is over. The authorities monitor these and will let you return when it is safe.

You can always contact our office which will be open as well as have emergency numbers provided on our website. We will be available for our community before, during and after the storm to help you.

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Jim Lisenby

A BEACH GUY WITH BLENDERS

There is something about the beach that demands a frosty drink. That blessed convergence of 80-proof sweetness and soothingly smooth ice on your tongue, a light breeze tempering the sun's heat on your face... it's a multisensory experience that borders on the divine.

For decades, Jim "Pool Bar Jim" Lisenby has been that man behind that experience. His legendary drinks have earned him fame far and wide, with more stories to tell than most of us have had hot meals. We'd say he should write a book, but he already has. Two, in fact. It was his first book that brought him to Hilton Head Island.

Heading up the pool bar at the Myrtle Beach Hilton as a young man, he found himself multitasking – blending drinks while fielding phone calls from all over the country asking for his recipes. "This lady waited through three phone calls before she finally told me, 'Jim, it's none of my business but you need to write a book,'" he said. "But I had too many friends up in Myrtle Beach. I was young and single, so it kept coming down to going out and having fun or spending time at the typewriter. The typewriter always lost."

So he made his way down to the then-sleepy Hilton Head, writing his first recipe book while helping set up the original Turtle Lane Beach Club. "I had two blenders hooked up to a light switch," he said with a laugh. "And I did $1,800 a day on those two blenders, back when drinks were $2-3."





LOCAL SINCE 1979 Jim Lisenby has been serving his famous frozen concoctions on the beach for over 40 years.

Following stints as a nightclub owner ("Never again," he said), he landed at Hilton Head Marriot Resort & Spa where his legend grew over 22 years on the beach at Pool Bar Jim's. Such was his fame that when he amicably parted ways with the Marriott, it was front-page news. For a guy who had defined summer for thousands, maybe millions, of islanders and visitors, it was an opportunity for a well-deserved break.

"I took eight months off," he said. "I mean, I hadn't had a summer off in 22 years."

And after his sabbatical, he found a new home at The Seacrest, on a beautifully renovated patio expanse that stretches along the pristine dunes of South Forest Beach. "Some of the opportunities I had when I left Marriott weren't on the beach and I had to think long and hard about that," he said. "I finally just said, 'Nah, I'm a beach guy.'"

Possibly the consummate beach guy. For generations, his drinks have defined the beach experience. It's perhaps a little ironic then, that Pool Bar Jim hardly ever gets to see the beach. "I hardly ever get to go down there... During the daytime we're so busy," he said. "But I do get a chance to appreciate it at sunset."

We'll just have to take a seat at Pool Bar Jim's and enjoy the beach on his behalf. LL

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Byron Sewell

BORN AND RAISED ON THE BEACH

It was a simple piece of plywood, dusted with white spray paint. But to those returning from their inland sanctuaries, unsure of the horrendous damage that awaited them after Hurricane Matthew, it was an inspiring message of community.

Even before he shot to fame as the creator of that iconic "Welcome Home" sign, Byron Sewell was a legend on Hilton Head Island. Baptized in the ocean, he'd been raised as a true child of the island in a Heron Street cottage with the waves as his playground.

"I grew up running around naked on this beach until I was 10 or 12. People would tell my mom, 'You need to put clothes on your boy.' I didn't care - I was a beach boy," he said. "It was a dream growing up here."

His parents raised their only child in our waters. A champion surfer in the '60s and '70s, "Hurricane" Hampton Sewell taught Byron the intricacies of the sport, getting him on a board at age 12 and taking him to the U.S. Championships at 18. It's a passion that has carried Byron all over the world, chasing swells from Costa Rica to Australia and Hawaii.

But his passion for our waterways owes an equal debt to his mom, Alyce. During the halcyon days of the island, the couple ran a Montessori-based





LIFETIME LOCAL Born in Savannah (because there was no hospital on Hilton Head Island at that time), Byron Sewell grew up barefoot, covered in sand and salt.

kids program called Kindred Spirits. "That was a legendary school. It was magical," he said. His mom's field trips would take kids out on the water, collecting clams, examining the ecology of the folly and hunting for shark's teeth.

It's a passion for the island Byron is now cultivating in a new generation through his guided tour business Native Son Adventures. His experiential tours guide locals and visitors through surfing, catch-and-release fishing, paddleboarding, hunting for shark's teeth – all the ways Byron explored his world as a kid on Hilton Head. "We decided the best way for people to see this place is what I call the fried combo platter. They get to surf with me and get a discount on a boat trip where they learn about the beach, do a little yoga, stand-up paddleboarding... the whole thing. That's turned out to be the hit," he said. "I'm better for what I'm doing to give back to the island, getting them out and letting them enjoy the island."

He views Native Son Adventures as a way to pass on the torch, in the same way his parents passed it to him. When he's not out chasing waves around the world, he's continuing a legacy of reverence for the waters of Hilton Head.

"The ocean is the ultimate cleanser. After so many years of greeting the ocean, becoming one with the rhythm of the ocean... I finally have that relationship with the ocean that's very personal," he said. "The ocean is everything to me." *LL*

Fathers instill lifelong financial lessons. Thank you Dad!



What is the best financial tip your father or grandfather gave you?

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Find more images online at **LocalLifeSC.com**

Ruben Studdard & Alvin Garrett

CELEBRITY CONNECTION:

THE FORMER AMERICAN IDOL WINNER AND THE GRAMMY-NOMINATED R&B SINGER ARE PERFORMING AT THE JUNETEENTH CELEBRATION.

BY LUANA M. GRAVES SELLARS



A BIG STRONG LINE Alvin Garrett and Ruben Studdard perform with their band, Just A Few Cats.







REALITY STAR Ruben Studdard rose to fame as winner of the second season of American Idol.

An American Idol winner and a Grammy nominee. Sounds like the kind of entertainment that you would find at a huge event in a big city, right? Actually, former American Idol winner Ruben "the Velvet Teddy Bear" Studdard and Grammy nominee Alvin Garrett, along with his band Just A Few Cats, are performing June 15 at Historic Mitchelville's annual Juneteenth Celebration.

Both Studdard and Garrett are natives of Birmingham, Ala. They met 22 years ago through a mutual friend and instantly connected through their love of music. As most friendships go, it started with a great story.

One evening, Just A Few Cats was playing a jazz set in a club. Studdard, while checking out the vibe in the room, said, "No one wants to hear all of that jazz. People want to hear some singing." Soon after, he joined the set and the crowd went wild, to which Studdard said, "I told you." The rest, as they say, is history.

"When I'm with The Cats, I like to stretch out and just have fun," Studdard said. "That's how we always did back when we first came together. It was all about having a good time."



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The collaboration between Studdard and Garrett has been beneficial to both men over the years. After joining the band, Studdard went on to win American Idol in 2003, bringing on Garrett as his music director and Just A Few Cats as his touring band during the American Idol Season 2 Tour.

Nicknamed the "Velvet Teddy Bear" by Gladys Knight, because of his smooth melodic tones when she was a guest judge on Idol, Studdard's voice was instantly compared to Luther Vandross. The similarity in their voices has been a large part of Studdard's success. His cover of Vandross' "Superstar" earned him a Grammy nomination in 2003 for Best Male R&B Vocal Performance. He has been on a Tribute to Luther Tour since 2018.

As one might expect, winning American Idol totally changed Studdard's life.

"I mean, one day you're grinding with your band doing local concerts and events, then the next day you can't go to Walmart without causing a riot," Studdard said. "It was crazy, and it took a long time to adjust, but I wouldn't change it for the world. I've been fortunate and blessed to live my dreams."

As a performer and successful songwriter, Garrett says that "songs grow from inside my heart" and has a shelf full of trophies to prove it, from the Soul Train Awards, a Dove Award, and a Stellar Award nomination for his work for well-known artists such as Fantasia, Johnny Gill, Joe and Kelly Rowland, all atop what he's done with Studdard.



SWEET HOME ALABAMA Alvin Garrett and Ruben Studdard both grew up in Birmingham, Alabama.

"I have a metronome in my heart," Garrett said.

Garrett and Studdard's most recent collaboration is the song "By Myself." Garrett wrote the song and planned to perform it himself before giving it to Studdard to record as a solo. But Garrett just couldn't let it go. "It feels like my personal manifesto," he said.

Eventually, the song became a duet and is included on Garrett's new album, "The Hill," which stands for Hope, Inspiration, Love and Loss. Garrett describes the project as "a walk in faith."

"It's not about accomplishing the dream, it's about the chase," Garrett said.

So what's next for the musical pair? The Juneteenth Celebration and other performances across the country.

"Right now, I'm enjoying being on the road and I hope to start writing and recording new music soon," Studdard said.

Garrett has several songs that are topping the charts now and is eager to perform for new audiences.

"I'm looking forward to introducing myself, the man, to all of the wonderful people who've heard and enjoyed my music, but who still don't know who I am," Garrett said.

Fortunately for Hilton Head Island, we'll get the chance. *LL*

2019 Juneteenth Celebration

WHEN: 11 a.m. to 3 p.m., Saturday, June 15
WHERE: Mitchelville Freedom Park
DETAILS: A celebration of food, art and music with a live performance by Just A Few Cats, featuring former American Idol winner Ruben Studdard and Grammy nominee Alvin Garrett. Latrese Bush, Logan The Entertainer and Marlena Smalls are also scheduled to perform. Tickets are $15. Children 12 and younger are admitted free. For more information, call 843-255-7301 or go online to exploremitchelville.org.

CAREER HIGHLIGHTS

RUBEN STUDDARD



- Winner of the second season of American Idol.
- Grammy Award nomination in 2003 for Best Male R&B Vocal Performance for "Superstar."
- Has released seven studio albums, including his platinum-selling debut, "Soulful."
- Released hit songs "Flying Without Wings," "Sorry 2004," and "Change Me."
- Starred as Fats Waller in a national tour revival of *Ain't Misbehavin'*.
- Appeared as a contestant on the 15th season of The Biggest Loser.
- Made his Broadway debut in Ruben & Clay's Christmas Show in 2018.

ALVIN GARRETT



- Grammy-nominated songwriter, producer, bass guitarist and vocalist.
- Member of the bands Freestyle Nation and Just a Few Cats.
- Hit singles "Ms Perfection" and "By Myself."
- Collaborated with Jordan Knight, Johnny Gill and Noel Gourdin.
- Worked on gospel recordings by Deitrick Haddon and Trin-i-tee 5:7.
- Contributed to recordings by Alexis Spight, Joe and Nick Carter.



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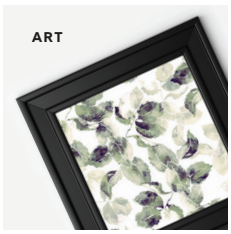
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The grand prize includes: Featured on a cover of an issue of LOCAL Life magazine as well as a feature story, advertising and a PR campaign in local media, professional photography and videography, potential additional distribution and more. The contest closes on July 31, 2019 and awards will be announced in September 2019 at an Awards Presentation and Celebration Event.

★

The Crafted in the Lowcountry Awards presented by Hargray categories and judges are:

Food: *Lloyd Alberson,* chef at the popular Redfish restaurant and known for bringing world flavors to life with a local twist.

Drink: *Terry Cermak,* Spirit Specialist at Rollers, writer and creator of celebrated local cocktails including the Stoney-Baynard Ruins Cocktail.

Home: *Kelly Caron,* of Kelly Caron Designs, an award-winning interior designer and recognized by the Home Builders Association and Houzz.

Style: *Roxanne Gilleland,* professional fashion stylist and seasoned fashion retail expert, currently at Shop! Boutique in Hilton Head.

Crafts: *Wendy White,* Manager at Pyramids Home Store and experienced professional buyer of home goods and gifts.

Art: *Ben Whiteside,* a licensed auctioneer and owner of The Red Piano Art Gallery where he presents artists' and sculptor's best work.

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Five tips from a proven leader

FORMER SCIENCE COMMITTEE CHIEF OF STAFF CHUCK ATKINS OFFERS ADVICE FOR SUCCESS

STORY BY EDDY HOYLE





Chuck with John McCain





LOCAL SINCE 2009 Chuck Atkins is shown atop the presidential palace in Ho Chi Minh City, Vietnam; with the late John McCain in Antarctica; with his wife, Merry, in France; and at the Berkeley Hall fitness center in Bluffton. "Growing older doesn't have to mean being weak," Atkins said.

Chuck Atkins is a combat veteran of the Vietnam War, having served in the US Marine Corps. His service to our country continued throughout his career. Atkins retired in 2010 as the Chief of Staff/Director of the U.S. House of Representatives Committee on Science and Technology, where he led a staff of scientists, engineers and attorneys in carrying out investigation, oversight and the legislative agenda for federal civilian research and development programs under jurisdiction of NASA, DOE, EPA, FAA, FEMA, NOAA, and others. Prior to this committee appointment he served as Chief of Staff for members of Congress and was elected President of the House Chiefs' of Staff Association and a Stennis Center for Public Service Congressional Staff Fellow.

He was also a founding partner in a consulting firm (Atkins-Elrod & Associates) that specialized in management, administration and finance for development projects, particularly re-development of historic properties. He also served as adjunct professor of political science and public policy at Northern Kentucky University and Thomas More College and was appointed by the governor to the Kentucky State Board of Education.

Atkins hails from Atlanta, graduated from Georgia State University and earned a Master's degree from Ohio State University. He and his wife, Merry, enjoy the slow, relaxed life of the Lowcountry, especially the water, playing golf and biking. Atkins is past president of the board at Berkeley Hall. He is the current president and a founding board member of Vantage Point Foundation, a nonprofit organization whose mission is to guide and support military veterans in South Carolina who have experienced wartime trauma to reintegrate into their communities. **Here are his tips for success:**

Keys to Success

1. Pay attention to your peripheral vision. Too often in our careers we look ahead toward our goal, but perhaps to the extreme, explained Atkins. "If we are too focused in a single direction, we can lose sight of things outside of that narrow focus that could take us in a different direction," he said. "We can stay on our path, but other opportunities outside of our comfort zone, and outside of our initial goals, might present real opportunities and new challenges."

2. Life comes at you fast. "Be open to seize opportunities in both business and in life," Atkins explained. "Life comes at you fast and sometimes quick decisions must be made. It's like a fast ball coming at you. You have to decide if you're going to swing almost as soon as the ball leaves the pitcher's hand." He added that blind alleys can happen, circumstances can change, but opportunities to go and see the world have their own rewards.

3. An elementary, simple philosophy. "Get good people who fit the nature of the organization and the mission," Atkins said. "Everyone I hired had to be smarter than me. Make sure they understand the direction and buy into the mission. Nobody comes to work to fail, but don't be afraid to make corrections along the way if they are counter-productive or contrary to your agenda. They must be smart, but they must also fit in the team."

4. Trust your gut. "Listen to your intuition and internal judgment," Atkins said. "Be objective, but also trust your judgment — it has value. Trust your gut sometimes to avoid mistakes, especially when hiring."

5. Create synergy. "Collaboration, when managed properly, has a powerful synergy, depending on the organization," Atkins said. "Moderate your strong personality so you don't marginalize yourself in such a way that people stop listening. Self-reflection is a good thing for leaders. And don't take yourself too seriously." LL

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ALICIA WARD, UNDERWATER PHOTOGRAPHER





O YEAH! Former Hilton Head Island resident Alicia Ward was featured in the February issue of O, The Oprah Magazine.

TAKE A DIVE Alicia Ward is dedicated to ocean conservation and the art of underwater storytelling. Left: Ward films pink whiprays and black tip reef sharks in French Polynesia. Right: Hawaiian green sea turtles hover above the coral reef as their shells are cleaned by lavender tang. Below: A day octopus moves along the sand, hunting for small fish and crustaceans.



OCEAN LOVERS Jim and Alicia Ward run an ocean safari style tour along the Kona coast of Hawai'i Island, taking their guests to see all manner of wildlife in the sea.



Alicia Ward is an environmentalist and a photographer, specializing in underwater photography. Her fascination with the world's oceans began at a young age. She was obsessed with all aquatic movies and, after moving to Hilton Head at age 5, that passion only intensified as she was introduced to the local fauna that thrives in local waters.

"Throughout my childhood, I viewed Atlantic bottlenose dolphins strand feeding in the marshes along the intracoastal waterway and watched as loggerhead turtles laid their eggs in the late hours of the night; events like these enchanted me and I found my young self devoting copious amounts of time to learning anything and everything I could about the sea," Ward said.



SEA STAR Alicia Ward is a PFI certified freediver, NAUI certified scuba diver and a full time professional underwater photographer. Here, she photographs a mother and calf South Pacific humpback whale in French Polynesia. Inset: Nocturnal Hawaiian spinner dolphins socialize, nurse their young, and rest in shallow sandy bays during the morning hours.

When Ward's family (her parents are Don and Joy Vinson) moved to Hawaii just after her 13th birthday, she was presented with the opportunity to further explore the space which had captivated her heart. By the age of 15, she had become a self-taught freediver and photographer and spent the majority of her teenage years photographing everything she could find in the ocean.

Today, she travels the world with her husband, Jim (who is a marine biologist and photographer as well), exploring and documenting Earth's oceans.

"I love my job because no two days are ever the same; the ocean is constantly moving and changing, you never know what it might present you with," Ward said. "My work gives me the opportunity to spend time in the space I love most; I get to witness and document life in its many stages in the sea. From the birth of a whale calf to the death of a coral reef system, my job gives me a platform and an opportunity to be a voice for the voiceless and I hope to inspire others with the imagery and experiences I share." *LL*



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Five benefits of working out with a friend

STORY BY JEN EDWARDS
PHOTOGRAPHY BY MIKE RITTERBECK



***Austin and Libby Benedict** are originally from central Pennsylvania but have lived on Hilton Head for the past three years. They met at Penn State but got engaged on Hilton Head. Austin is the activities manager at Marriott's Surfwatch Resort. Libby is a human resources manager and has a huge passion for health and fitness. She shares workouts, positive inspiration and healthy meal ideas on her Instagram page, @libby_fitness.*

WHEN IT COMES TO WORKING OUT, HAVING A FRIEND ALONG FOR THE RIDE – OR LIFT – CAN BE BENEFICIAL.

When it comes to staying fit, there are some convincing reasons why you should grab a buddy to get your sweat on. If you're not already meeting up with a friend to work out, hopefully this will inspire you to give it a try.



1. Friendly Competition Can Help You Make More Progress. Whether it's a run around the neighborhood or a weightlifting session, having a friend along can challenge you to go faster, lift heavier or work harder.

2. Accountability Is Key to Consistency. Of course, you can schedule your own solo workouts on your calendar, but when you know a friend is counting on you to show up, it's more difficult to back out. Keeping tabs on each other with a phone call or text is another way to hold each other accountable.

3. You're Less Likely to Get Injured. If there's no mirror to check your own form, your partner can take a look to be sure you're doing an exercise properly. Everything from proper squat technique to your plank position can be tweaked by the watchful eye of your workout buddy.

4. The Social Aspect Will Keep You Coming Back For More. Whether you love to work out or only tolerate it, the added bonus of time with a friend can make it more enjoyable. In between exercises you can talk to each other, or you can even plan to head out for a healthy lunch or smoothie when you're finished.

5. Learning New Moves Can Keep Workouts Fresh. Not only can your friend introduce you to new exercises, there are also plenty of effective partner drills to keep things fun (see my Chaplin Park Partner Workout below.)

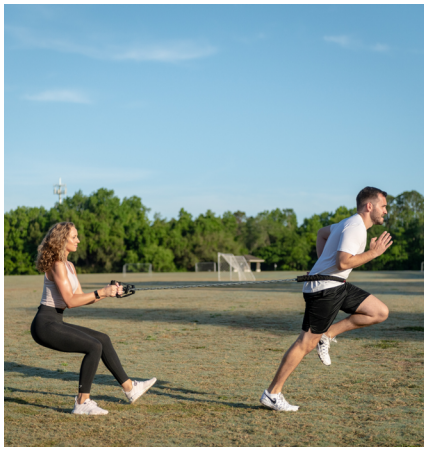
TRY THIS CHAPLIN PARK PARTNER WORKOUT

Chaplin Park is located mid-island between Singleton Beach Road and Burkes Beach Road. From the soccer fields to the trails to the playground, there is a variety of areas in the park that are ideal for a fun partner sweat session. Perform each of these drills for 60 seconds of work followed by 15 seconds of rest. You'll need a medicine ball and a long resistance band for the workout.



1. Medicine Ball Partner Shuffle:

Stand facing your partner about six feet apart. Shuffle to the side together while passing the medicine ball back and forth. Keep your abs engaged and throw from your chest. Stay low in a squat position to give your legs the biggest burn.



2. Partner Power Run:

Your partner is standing in front of you facing away. The resistance band is secured around their waist and you hold the handles from behind. Your partner will perform a traveling high knee run as you squat low and walk slowly behind. After 60 seconds, trade positions and complete again.

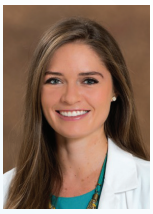
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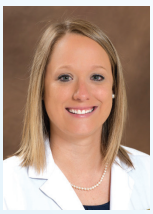
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3. Medicine Ball Wood Chop Throw:

Stand beside your partner, about six feet between you, facing the same direction. Perform a wood chop with the medicine ball by lowering the ball below your outside hip and then extending up high above your shoulder to the other side. As you extend up high, release the ball in the air for your partner to catch. They then perform their wood chop and throw it back. After 60 seconds, trade positions and complete again.



4. Resistance Band Chest Press:

Begin in the same position as the Partner Power Run, your partner standing in front of you, facing away. Your partner will hold the handles of the resistance band while you hold the center of the band behind your partner. They will perform chest presses as you anchor the band from behind. After 60 seconds, trade positions and complete again.

5. Medicine Ball Russian Twist & Pass:

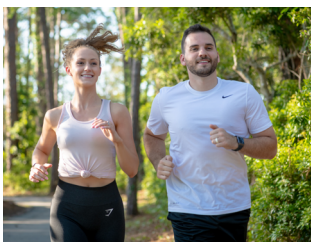
For this drill, you are sitting on the ground facing your partner, knees bent and leaning back slightly in a "V-Sit" position. Rotate the medicine ball across the front of your body 180 degrees, touching the ground with the ball on each side of your hips and then toss to your partner. As they perform the rotations, maintain the V-Sit position to activate the abdominals throughout the entire minute.

6. Partner Plank & Plyo:

Your partner will begin in a plank position (a push-up position with arms straight or down on elbows) while you stand next to your partner's legs. Swing your arms, bend your knees and jump over your partner's legs. Continue jumping over and back for one minute and then switch positions. For a more intense exercise, jump over your partner's hips or back.

7. Race Finisher:

You don't need your timer for this final drill. Designate a place to race your partner to. Sprint to the finish and jog back to the starting place. Complete 4 races for a fantastic, high heart rate finisher.



Beauty advice for locals on the go

CONSULTANT CHERYL SIMKINS OFFERS TIPS YOU SHOULD NEVER LEAVE HOME WITHOUT



OPEN YOUR EYES

Throw on some mascara to open up the eyes. Mascara brings more attention to your eyes, makes them pop, and makes your eye lashes longer and more voluminous. There are several different lines I use depending on the occasion, be it leisurely, professional or a night out on the town.



ABOUT FACE

Throw on some bronzer for a sun-kissed glow. A bronzer can add contour to your face. For example, if you apply it just under your cheeks, it will compliment your cheekbones and be a bit more defined. Bronzer also is great for a soft, tan glow along your forehead, temples, cheeks, bridge of the nose, and chin. Personally, I apply bronzer very lightly over my winter shade of foundation to darken it up for the summer so my face matches my neck. Take some bronzer and apply as a quick eye shadow.



LIP SERVICE

Throw on a sheer lip color for a splash of color and soft lips. Lip gloss always moisturizes our lips. It draws attention to our lips as well as making our skin look glowy. It's important to protect our lips from the sun; look for 30 SPF. Even when you're working out, gloss just adds that "classy flair." I bring it along when I go bike riding.

BLING, BLING

Never leave home without some fun earrings, and leave an extra pair in your car. Fashion is the truest expression of who you are. Express yourself! Show your confidence! Fashion is very personal. Just a simple pair of earrings and necklace to do errands around the Island or town adds a kick to your day. With abundant sunshine in the Lowcountry and the way the sun sparkles on us, let the jewelry do the "talking." *LL*





*Local since 2016: Beauty consultant **Cheryl Simkins** specializes in makeup artistry and facial aesthetics. She is a founder of "Beauty & The Bling," a mobile wedding party makeup service. Got a beauty question? Email info@wearelocallife.com.*



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Just Beachy

Whether you are on vacation or just a local relaxing, the LOCAL Life style team brings you the perfect ***seaside glamour***. We spent a beautiful, sun-filled day at the Sonesta Resort on Hilton Head to master a flawless beach-day look. From bikinis and board shorts to dresses and button-ups, the Sonesta Resort provided the ultimate day in paradise. Local shops and boutiques are filled to the brim with new beach style and accessories. LOCAL Life stylist Roxanne Gilleland scoured their racks to find outfits worthy of packing for your next beach adventure.

style

↑ Available at **COPPER PENNY** + Available at **ISLAND CHILD, COCOON** and **KNICKERS** →



Credits.

PHOTOGRAPHY
Lisa Staff
STYLIST
Roxanne Gilleland
MODELS
Grace Lawton, Cameron Kriscunas, Ned Gilleland, Abigail Myers (toddler)
MAKEUP
Gizzel Olivera, owner of Live Love Spa 843
HAIR
Josephine Bredice, owner of Bredice Beauty
LOCATION
Sonesta Resort Hilton Head Island





← Available at **BIRDIE JAMES** and **SHOP!** + Available at **PALMETTOES** →





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Eminence Tropical Vanilla Body Sunscreen SPF 32
Hydrate and revitalize your skin with this organic sunscreen that protects you from harmful UVA and UVB rays. As with all Eminence products, it is organic, natural, sustainable and cruelty-free. *Available at The Indigo Spa*



EltaMD UV Clear
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EltaMD's UV Clear Broad-Spectrum SPF 46 provides protection to shield your skin from harmful UVA and UVB rays. Fragrance- and oil-free, this sunscreen's lightweight formula includes sodium hyaluronate to moisturize while lactic acid refines the skin to clear pores and reduce shine. Use alone or under your makeup. *Available at Hilton Head Plastic Surgery & MedSpa*



Lumen Skin Care
Renew & Restore Lip Kit
Lumen is a skin care line developed by local doctors Carmen A. Traywick and Frederick G. Weniger. This lip kit contains a morning product to protect your lips from daily UV exposure and a nighttime product that gently smooths, strengthens and plumps the delicate lip tissue and area around your mouth for soft, supple, kissable lips. *Available at LUX-A Medical Spa, May River Dermatology, Weniger Plastic Surgery*



Jane Iredale Bronzers
Enclosed in an elegant silver refillable compact, these four complementary shades can be swept across lips, eyes and cheeks to contour and highlight for a luxurious look. *Available at Pure Medical Spa*



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his

Father's' Day can be tough. You can't just pick up flowers and chocolates at the grocery store and call it a day. Renew your "favorite child" status by picking up one of these locally sold items for him on June 16.

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MICHAEL'S SWIMWEAR SUNGLASSES PRINT LINEN SHIRT

If this sunglasses print shirt doesn't scream summer, then we don't know what does. Made from 100% Italian linen, this shirt is exceptionally soft and perfect for all your summertime activities.

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FREEHOUSE BREWERY FOLLY'S PRIDE BLONDE

This blonde ale by Freehouse Brewery is 4.8 percent ABV and is bittered with organic grapefruit zest. It's a mild session ale that aligns itself with summer days when a refreshing beverage with a hint of citrus is the only thing that will quench your thirst.

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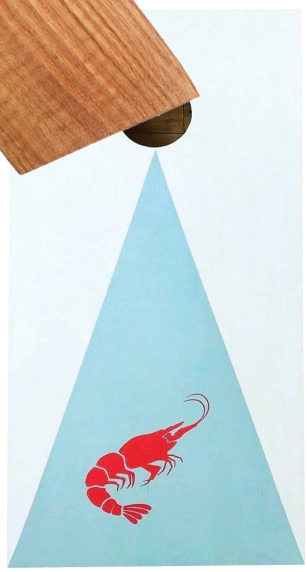
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Pamper yourself in style this summer with one of these chic items available at local businesses.

hers



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Dream about your favorite Lowcountry cities this summer as you enjoy your morning coffee. These mugs are handmade in the USA, and as an added bonus are microwave and dishwasher safe. Cheers to summer!

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OUTDOOR COOKING: *It just tastes better*

STORY BY EDDY HOYLE + PHOTOGRAPHY BY KIM SMITH PHOTO





LET'S TACO BOUT IT
Who has the best fish taco on Hilton Head Island? The Dunes House has a strong argument. The outdoor beach restaurant serves lunch and dinner from 11 a.m. to 8 p.m. for resort guests with passes and Palmetto Dunes Resort property owners only. **A vehicle gate pass is required to access Dunes House parking.**



Food just tastes better outside. Maybe it's because of some deep, ancestral memory deep in our DNA of cooking on an open fire. Is it the fresh air? Or is it the scent and the sound of meat sizzling on the grill that makes our mouths water? Whatever the reason, food that's cooked and eaten outdoors always seems to taste better. There is joy eating in the open air — simple summer pleasures that deserve to be enjoyed more often.

Fabian Grey is the executive sous chef for Palmetto Dunes and is an expert on cooking outdoors. Of all the eateries associated with Palmetto Dunes, working at the Dunes House is his favorite venue ... and why not? It's a casual, open-air venue with an island vibe situated just feet from the ocean with a spectacular vista. In the summer, 600-700 meals a day are served from the 400-square-foot cooking area.



THE DUNES HOUSE

Caribbean Chicken Sandwich



INGREDIENTS

1 boneless skinless chicken breast, halved
1/2 tablespoon jerk rub
1 garlic clove, minced
1 red or green bell pepper, diced
1/2 pineapple, diced
1 hamburger bun
1 tablespoon mayonnaise
Chipotle pepper, to taste

DIRECTIONS [1] Apply the jerk rub to the chicken and let marinate for about 5 to 8 minutes. **[2]** Combine the minced garlic, mayonnaise and chipotle pepper. **[3]** Spray your chargrill with nonstick cooking spray. When it reaches medium heat, cook chicken for about 5 minutes then flip to the other side until cooked through (about another 5 minutes). **[4]** Toast your hamburger bun then spread the mixture (from step 2) over the base of the bun. Place the chicken on the bun then add the pineapple salsa on top.

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THE DUNES HOUSE

Fish Tacos

INGREDIENTS (blackening spice)

1 tablespoon cumin
*2 tablespoons **paprika***
1 tablespoon Old Bay
1 tablespoon dark chili
Salt and pepper to taste

INGREDIENTS (tacos)

4 fillets (4-6 ounces each) of Mahi Mahi, in half, 1/2 per taco
1 cup shredded lettuce
1/2 cup black beans
1 cup pico de gallo

INGREDIENTS (southwest aioli)

1 teaspoon chipotle pepper
1/3 cup ranch
1 cup mayonnaise

DIRECTIONS [1] Season fillets of Mahi Mahi with blackening spice and grill until cooked through. **[2]** Mix all ingredients for southwest aioli. **[3]** Take two tortillas, spread aioli along the middle of each tortilla. Layer shredded lettuce, black beans and pico de gallo. Top with 1 piece of Mahi Mahi fillet in each taco. **[4]** Serve with tortilla chips and salsa.



Bring folks together

Grey said when he cooks outside, he gets to interact with the customers and talk with the guests. "It's not an uptight kitchen inside where you don't actually see the customers. It's awesome, like a big family house party. A lot of customers come back year after year and some even give you hugs. It makes me love my job because I like to see the smiles on their faces."

When cooking outside, preparing dinner is part of the fun instead of a chore that keeps you holed up in the kitchen alone. Family and friends can hang out and chat with whomever is stationed at the grill. You spend quality time with family and friends, have fun, and create a memorable experience. Outdoor cooking is an activity in itself.

Change it up

Jamaican by birth, Grey was inspired by his mother's cooking. "She is very health conscious and I am, too," he said. "Grilling is a healthier way to cook because the fat drips away, and everything she cooks is gluten free because she substitutes Wondra for flour. It's an easy way to eliminate wheat flour." Grey is also inspired by the Jamaican, Indian and Chinese influences of his birthplace. A popular item on the menu is a Caribbean jerk chicken sandwich. He suggests trying different spices, but don't get nervous about it. "Add a little at a time; then wait a few minutes and taste what you're cooking. You can add a little bit more at a time until you think it's right," Grey explained. "You can always add more, but you can't take it out," he said.



Grey said to take some time to plan your meals and decide how you want to prepare them. Outdoor cooking involves a bit of skill and innovation, but with a little practice and creativity you too can become an "outdoor chef." Grey suggests trying more creative and healthy recipes and to go lighter in your menu. Try salmon, grouper, or any other fish. The specialty dish at Dunes House is its fish taco. Grey said last year they sold 14,000 of them, so they must be good! Another secret Grey recommends is marinating veggies in balsamic vinaigrette before grilling them.

Upgrade your grill

The cooking magic that happens in the small cooking area on the deck at the Dunes House is done on both a charbroil grill and a flat top grill. Grey said that a charbroil grill allows the fats to drip away on items like hamburgers and other meats. But a flat top grill is better for retaining juices and spices and is used for foods like shrimp, vegetables and fish. Grey recommends commercial grade grills for home use. We're all familiar with replacing grills within a few years or changing out the burners. Commercial grade grills simply last longer and are better made. Sure, they're more expensive, but they last longer. They are available at restaurant supply stores where you might even be able to purchase used equipment.



GRILL SEEKERS Palmetto Dunes executive chef Sean Carroll is shown with executive sous chef Fabian Grey at The Dunes House. The restaurant features an entirely outdoor kitchen offering fresh grilled hamburgers, chicken sandwiches, wraps, fish tacos and other dishes.

"No problem! I can make that happen!"

Remember, outdoor cooking is fun. Relax in a comfortable environment, crank up the music, and enjoy not only the food but the process of preparing it. We live in a climate where we can serve up seasonally inspired cuisine, locally caught seafood and locally sourced ingredients. The last tip is to adopt Grey's mantra: "No problem! I can make that happen." *LL*



© PALMETTO DUNES OCEANFRONT RESORT

THROW A HOUSE PARTY

The Dunes House is located within the gates of Palmetto Dunes and is open for resort guests with passes and Palmetto Dunes Resort property owners only. It is also a spectacular oceanfront venue to host a variety of special occasion events such as weddings, rehearsal dinners, family reunions, business receptions or dinners, cocktail parties or holiday gatherings. **A vehicle gate pass is required to access Dunes House parking.**





Healthy cooking
WITH EXECUTIVE CHEF BRIAN COSEO

STORY BY ROBYN PASSANTE + PHOTOGRAPHY BY MIKE RITTERBECK







FRESH CATCH Sea Pines Country Club executive sous chef Joe Siano and executive chef Brian Coseo show off a fresh halibut. Turn the page to learn how they prepared it.

Executive chef Brian Coseo is creating healthy meals daily for a discerning crowd at Blue Heron Pub and Grille at Sea Pines Country Club — and he couldn't be happier about that.

Many of the private club's members are well-traveled and seeking food that feeds their active lifestyles, he says. "They're a healthy membership. They're multi-generational and out there swimming, playing golf, playing tennis every day, and eating healthy."

Sea Pines Country Club is already a member of America's Healthiest Clubs and scored an 88 percent on the organization's 2017 Health Report. Its current wellness and fitness center's renovation project includes a new café, which also falls under Coseo's jurisdiction and will include freshly made juices, power bowls, healthy wraps and more.

"We're trying to keep our members happy and healthy," he says. "Consumers today are far more intelligent about what they're putting in their bodies."







Coseo serves up some advice on healthy cooking for those who aren't lucky enough to dine on-the-regular at his Sea Pines eateries.

Do Your Research

Healthy cooking starts with careful selection of the foods you'll eat, he says, and that means doing some research on how the meat you buy is being raised, how the produce is being farmed, and what certain vegetables can do for your health.

Getting those answers can be difficult in a grocery store but easier at a farmers market, he says. "Whenever you can go to a really good farmers market, you have the ability to talk to the people who are growing their produce, bakers making the bread, beekeepers making the honey. You're more apt to learn something and take it home and try it."

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BLUE HERON PUB AND GRILLE

Halibut

INGREDIENTS

6 5-ounce boneless, Alaskan Halibut fillets
1/4 cup white wine
1 teaspoon olive oil
1 large clove garlic, minced
*2 teaspoons **lemon zest***
Juice of 1/2 lemon
1 tablespoon flat leaf parsley, chopped
Pinch each sea salt and fresh ground black pepper, or to taste

DIRECTIONS [1] Heat oven to 400 degrees. In a large nonstick baking dish, add halibut and drizzle with oil. **[2]** Top with garlic, parsley, lemon zest and juice and white wine, dividing evenly over fish. Season with salt and pepper. **[3]** Bake for 12 to 15 minutes, until halibut flakes easily when tested with a fork.

MORE ONLINE Want to replicate the amazing halibut dish shown above? Find Chef Coseo's recipes for Lemon Saffron Tomato Fumet and Vegetable Potato Hash online at **LocalLifeSC.com**. **[1]** Place fumet on bottom of plate. Top with halibut (recipe above) and hash. **[2]** Garnish with fresh parsley or fried leeks.

Keep It Simple

When people think of "healthy food," some envision things like dressing-free salads and other low-calorie sadness.

"People have this perception of healthy food that it's not going to taste good," says Coseo, who argues that the opposite is true when fresh, nutrient-rich food is prepared simply, allowing the natural flavors to shine. "It goes back to my philosophy of taking quality products and putting that on the plate. Grass-fed beef, fresh fishes, we go to local farms for microgreens and lettuces — you put that on the plate, and the food and the flavors are awesome."

Furthering that "fresh is best" philosophy, Coseo and his staff began an on-site garden last year. "We just replanted for the spring where we have tomatoes, pole beans, basil, thyme, parsley, jalapeño peppers, a variety of lettuces, and we use that in our dishes as well."

Have Fun With It

Those who are afraid to cook from scratch tend to rely on pre-packaged, processed food that isn't nearly as good for you. Coseo suggests "playing around with food," taking the seriousness and risk out of the equation and just trying new recipes and ingredients. "Don't get intimidated by recipes. It's not rocket science, it's food. Food is very creative. You might not knock it out of the park every time, but that's how you learn."

He says he hasn't tried meal kit services like Blue Apron but is in favor of them if it helps to spark a new attitude in the kitchen. "I think anything that helps people eat healthier, explore different ingredients is good."

Indulge — In Moderation

The chef believes indulging in our less-than-healthy favorite dishes is fine — in moderation. "I don't think there's anything wrong with eating a fried green tomato, as long as you're not eating it every single day," says Coseo, who admits he could never take the Par 3 — a grilled cheese, tomato and bacon sandwich on white bread — off his menu.

An important part of enjoying a less-than-good-for-you food is to watch the portion size, which for years was out of control at many restaurants and gave people a skewed perception of how much they should be eating. "I think the days of the 'Super Size Me' is, thank God, going away. We're going back to more realistic portion control."

A Bit of Background

Before coming to Sea Pines, Coseo was executive chef at The Racquet Club of Philadelphia, which dates back to 1889 and continues to be one of the most prestigious private city clubs in America. When both of his children opted to head to the University of South Carolina for college and then didn't return to the Northeast after graduation, the chef and his wife decided to move closer to them.

For Coseo, the move to the Lowcountry was a return: After graduating from the Culinary Institute of America in New York, he started his career working for The Marriott in Shipyard Plantation back in the mid-'80s.

"It's a beautiful island; we love it down here." *LL*

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SAY CHEESE Cheese professional Diane Rudolph is shown behind the impressive case at Murray's cheese store inside the Kroger at Shelter Cove Towne Centre.

STORY BY HILARY KRAUS + PHOTOGRAPHY BY KIM SMITH PHOTO

The Big Cheese

LOCAL EXPERT DIANE RUDOLPH SHARES A SLICE OF HER KNOWLEDGE



Diane Rudolph is a cheese whiz.

No, she's hasn't memorized the laundry list of ingredients in the processed cheese spread Cheez Whiz. But ask her about cheeses like brie, and she's quick to explain why it falls into the bloomy family with its soft, fluffy, white rind. Gouda, provolone and Parmigiano Reggiano also are in her wheelhouse of expertise.

"I love to learn and read. If I'm involved in something, I want to know as much as I possibly can," said Rudolph, whose personality is as bubbly as Champagne (paired with a nice Camembert).

Her knowledge is invaluable to customers and many regulars who shop at Murray's cheese store inside the Kroger at Shelter Cove Towne Centre. Rudolph earned



JARLSBERG This mildly sweet gem from Norway is unmistakable with those giant wholes or "eyes" as they are called in the cheese world. Great for snacking, sandwiches and cheese boards, plus its lactose free.

her American Cheese Society's Certified Cheese Professional title in 2016. Her staff is as sharp as a Vermont cheddar, too.

"Anything I get into, I go all in," Rudolph said. "I did a lot of my own research with my team and I kind of dragged them along with me. I would have flashcard Friday." Rudolph began working at Kroger's first Murray's shop in South Carolina when the supermarket opened more than five years ago. After a career as a travel agent who focused on putting together foreign independent tours, the Cincinnati native went exploring for a different line of work.

"I knew zero about cheese when I started," said Rudolph, "But the international connection is what appealed to me about cheese."

Today, Rudolph has a nugget of information to share about the approximate 150 cheeses representing as many as 10 countries in the Murray's cheese cases. She shared a slice of her knowledge with us.

How can I choose a cheese?

If you don't know much about selecting a cheese, a cheese case with dozens of varieties can be a little intimidating. If it's a cheese you are not familiar with, ask for a sample. Since we all taste salt, sweetness or umami (savory) differently, your taste buds are the best gauge.

What's the formula of pairing cheeses with wine?

A simple formula is mild with mild and wild with wild. If you pair a Cabernet Sauvignon with a very mild cheese, it's likely you'll never taste the cheese because the wine will overpower the flavor, or vise versa.

Comte is the best-selling cheese in France for a reason. It goes with almost any wine. Prosecco pairs famously with brie because the bubbles tend to 'wash' the fat from the tongue. I don't get too technical. If you like it, then it's right for you.

"Comte is the best-selling cheese in France for a reason. It goes with almost any wine."

What is the most popular cheese?

In our shop it's close. Merlot Bellavitano just might be in every refrigerator on Hilton Head with Collier's Welsh Cheddar a close second.

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CREAM OF THE CROP Whether you're looking for classic cheeses, hoping to find a delicious option for cooking or entertaining, or just in the mood to try something new, Murray's has you covered.



MANCHEGO A well known hard sheeps milk cheese from the La Mancha region of Spain. It features a distinctive basket-weave rind and has a rich and nutty taste.



MERLOT BELLAVITANO Hands down the most popular cheese in the case. A creamy smooth texture that finishes like a swirl of parm-cheddar and Merlot.



HAVARTI WITH DILL A Murray's branded cheese made in Wisconsin from pasteurized cows milk and aged 1-2 months.

For those who aren't big fans of cheese, is there a mild introductory cheese that could help change their mind?

Absolutely! In every cheese family, I can recommend a mild version of something.

If you're not typically fond of blue cheeses, I would recommend the perfect 'starter' blue, which is Cambozola Black label. It is triple creme brie with just a bit of "bluing." We also recommend a drizzle of honey on blue cheese for that delicious sweet-salty pleasure.

I like to say, 'There is no wrong answer.'

What's your favorite cheese?

Anything made with sheep milk. We recently had the opportunity to get six wheels of Esquirrou (from France's Basque region) and it sold out almost immediately. Esquirrou won the grand prize at the 2018 World Cheese Championships from over 3,200 cheeses from 26 countries. It's a seasonal cheese and as you guessed, it's made with sheep milk.

What are the trends in cheese?

Many of our full-time residents are very well traveled and are looking for those cheeses they may have tried in France, Italy or Spain. Other customers, such as tourists, are looking for something local.

We have a mix of preferences at the shop.

Two cheeses considered local are from Thomasville, Ga. One is a phenomenal soft ripened little gem called Green Hill, and the other a wonderful raw cows' milk farmhouse cheese called Thomasville Tomme.

Additionally, customers are looking for and appreciative of artisan cheeses made in small batches. For those customers, I would highly recommend Greensward. I call it your own personal fondu, a round disk of decadence wrapped in spruce bark and washed in hard cider. Yum!

What's the difference between processed cheeses vs. fine cheeses?

Many of the finer cheeses have been made the same way for centuries.

They must be made using milk from a particular breed of cow, sheep or goat, as well as come from a certain region of the world. Additionally, there are artisan cheeses that are handmade in small batches. If the cheesemaker is sourcing the milk



GRUYÈRE That beefy, brothy, savory goodness you recognize as the cheese on top of your French onion soup. It is made in Switzerland under strict specifications.

from his own herd of cows, sheep or goats, then it is considered a farmstead cheese.

Science and technology gave us the wonderful ability to mass-produce cheese. However, I am proud to be the last bastion to offer the results of a cheesemaker's hard work to the public.

Do you have anything low fat or gluten free?

Murray's does not carry low fat cheeses. Its cheeses are full flavor so nothing low fat. Fat equals flavor.

I recommend a goat milk cheese to those looking for a cheese lower in fat. Goat milk is naturally lower in fat than cow or sheep milk.

There is such a thing as gluten-free cheese.

All of the cheeses we carry at the shop are gluten free with possibly the remote exception of Roquefort blue cheese. Roquefort still has the mold from rye bread *penicillium roqueforti* found in the caves of Combalou where the cheese is aged.

How do you pronounce?

Fromager d'Affinis: *fro-maj-EH dafeen-WAH*
Gouda: *GOO-duh*
Gruyere: *gree-AIR*
Jarlsberg: *yahrlz-burg*

Are there any easy tips people might not be aware of that you can offer?

Always serve cheese at room temperature. Don't cut the rind off brie. Get creative with your cuts when presenting a cheese platter. No need to stick to serving dice-sized cubes. *LL*

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Beach eats

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WEXFORD

Peach & Burrata Salad

INGREDIENTS (Peach vinaigrette)

*2 cups **fresh peaches**, peeled*
1 cup peach puree
2 tablespoons dijon mustard
1/2 cup champagne vinegar
2 tablespoons shallots, chopped
1 tablespoon chopped garlic
1/2 cup very good quality extra virgin olive oil
1 1/2 cups vegetable oil
1/4 cup agave syrup, light color
Kosher salt & black pepper, to taste

DIRECTIONS Combine shallots, garlic, dijon mustard and champagne vinegar in blender. Blend together 20 seconds. Add agave, peach puree, peach slices. Blend 30 seconds to 1 minute until well combined. Slowly add oils while blender is running on medium speed. It should be creamy in consistency. Taste, adjust seasoning with salt and pepper. If you prefer a sweeter vinaigrette, add more agave syrup.

INGREDIENTS (Peach & burrata salad)

1/2 head hydroponic bibb lettuce
1/2 fresh peach, sliced
1 tablespoon toasted marcona almonds
8 halves heirloom cherry tomatoes (different colors)
1 ball burrata cheese
2 tablespoons peach vinaigrette
1 teaspoon basil

DIRECTIONS Coat marcona almonds with extra virgin olive oil and sea salt. Bake for 12 minutes at 375 degrees. Prepare lettuce, arrange on a cool plate. Top lettuce with almonds, peaches, tomatoes and burrata; drizzle with vinaigrette and finish with basil.



SALTY DOG CAFE

Pimento Cheese Dip

INGREDIENTS

1 pound cream cheese, softened
1 tablespoon yellow onion, finely chopped
1 teaspoon dijon mustard
1 teaspoon ground mustard
1 cup mayonnaise
4 cups shredded cheddar cheese
1/2 cup pimentos, drained and diced
1 cup shredded parmesan cheese

DIRECTIONS Whip softened cream cheese until fluffy. Add remaining ingredients and mix well. Scrape the sides and bottom of mixing bowl and mix again until well combined.



COLLETON RIVER

Spicy Beach Shrimp Kabobs



INGREDIENTS (Serves 4)

*1 pound raw **large shrimp**, shelled*
1 tablespoon Blackening Spice
1 lemon
Olive oil
4 pairs of wooden chopsticks

DIRECTIONS Skewer 2-3 shrimp on each single chopstick. Season with blackening spice, a drizzle of olive oil and a squeeze of fresh lemon. Grill until just cooked, 2-3 minutes per side. Once cooked, remove from grill and chill in the refrigerator. Pack skewers in a small cooler for your beach trip.

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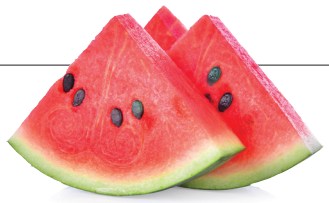


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LOCAL LIFE TEST KITCHEN

Watermelon Gazpacho

INGREDIENTS

4 cups watermelon, cubed and seeded
1 cup tomato, chopped
1/2 cup cucumber, chopped
1/2 cup green pepper, chopped
1/4 cup fresh cilantro, minced
2 tablespoons green onion, chopped
1 tablespoon jalapeño, seeded and finely chopped
2 tablespoons fresh lime juice
1 tablespoon grated lime zest
1 teaspoon fresh ginger, minced
1 teaspoon salt

DIRECTIONS Puree 3 cups of watermelon in a blender. Cut remaining watermelon into small pieces; set aside. In a large bowl, combine watermelon puree, lime juice and zest, ginger and salt. Stir in the remaining ingredients, taking care not to break up the ingredients. Chill in the refrigerator until you're ready to serve.





MICHAEL ANTHONY'S CUCINA ITALIANA

Antipasto Kabobs

INGREDIENTS

Prosciutto di Parma
Capocollo
Spicy Soppressata
Speck
Red Pepper Pecorino
Provolone
Assorted Olives
Roasted Red Peppers
Artichoke Hearts
Wooden Skewers

DIRECTIONS Turn your favorite antipasto fixings into a quick and easy beach snack that everyone will enjoy. Simply skewer a few pieces of your favorite meats, cheese, roasted red pepper, and artichoke hearts. Head to the beach and enjoy. *All items available in The Market at Michael Anthony's Cucina Italiana.*









HOW TO SPOT ONE

Spanish mackerel have bluish-green on back, sides silver with numerous yellow to bronze spots and no lines or streaks, anterior portion of first dorsal fin is black, lateral line gradually curves down toward caudal fin, dorsal fins scarcely separated, first dorsal fin has 17-19 spines.

What's fresh in June?

Spanish mackerel

The summer visitors are here, both on land and in the ocean. Each June, Spanish mackerel are a highly valued fish here in the Lowcountry. Anglers catch them from boats while trolling or drifting and from boats, piers, jetties and beaches by casting spoons and jigs and live-bait fishing. While they are rarely seen on local restaurant menus, Spanish are wonderful to eat. They are easily filleted and can be grilled, broiled, fried or smoked. They're perfect for fish tacos. They are also great for you, as mackerels are one of the richest sources for Omega-3 fatty acids. The bag limit is 15 per person, per day. LL



FISH FINDERS Dan Cornell and his daughter, Carlyle, pose with a good looking Spanish mackerel.

TWICE AS NICE What's better than reeling in one Spanish mackerel? Catching two!



Habitat

Adults: Inhabit primarily offshore coastal waters out to continental shelf edge; sometimes over rocky bottoms and artificial reefs, or along beaches and in shallow estuaries, bays and sounds.

Juveniles: Primarily utilize high salinity nearshore coastal and beachfront waters; some individuals might also enter estuaries.

Foraging habits

Adults and **juveniles** are predatory, surface feeding fish, consuming small schooling fishes, including: menhaden, anchovies, herring, shad, small jacks, and pompano, also some squid and penaeid shrimp. **Larvae** and **young juveniles** feed on larvae of other open-water schooling fishes.



EXPERT ADVICE

Collins Doughtie Talks Lures

These two lures are all you need for Spanish. On the left is a ***Clarke Spoon***; troll with these staggered at various depths. It's best to have a short piece of wire leader in front of the spoon, as mackerel have serious teeth. The lure on right is a ***Sidewinder***. It is best casting with a spinning rod and retrieving very fast. Best of all, it is heavy, so you can cast a mile.

Availability and vulnerability to harvest

- Spanish mackerel form large and fast moving schools and migrate long distances. As a result, significant numbers of fish within a given area might be available to recreational harvest for only short periods of time.
- Distribution is temperature and salinity regulated. Spanish mackerel are present in South Carolina waters from April to November and migrate during fall to overwintering grounds in south Florida. Fishery availability is typically highest during spring and fall migrations as schools pass close to shore. Juveniles might enter low salinity waters, but adults generally prefer higher salinities.
- No commercial fishery exists for Spanish mackerel in South Carolina; however the potential exists for significant recreational harvest since fish might be caught close to shore. *SOURCE: SCDNR*

MACKEREL BY THE NUMBERS

Average size: 15 inches, 1 1/2 pounds **South Carolina state record:** 11 pounds (1983) **Maximum age:** 11 years



LOCAL LIFE TEST KITCHEN

Broiled Spanish mackerel

INGREDIENTS

6 (3 ounce) Spanish mackerel fillets
1/4 cup olive oil
1/2 teaspoon paprika
12 lemon slices
Fish seasoning, to taste
Salt and pepper, to taste

DIRECTIONS [1] Heat the oven's broiler and set the oven rack about 6 inches from the heat source. Lightly grease a baking dish. **[2]** Rub both sides of each mackerel fillet with olive oil and place with the skin side down into the prepared baking dish. Season each fillet with fish seasoning, paprika, salt and pepper. Top each fillet with lemon slices. **[3]** Bake the fillets under the broiler until the fish just begins to flake (between 5-7 minutes). Serve immediately. **Serving suggestions:** Plate over steamed greens with fresh asparagus and diced tomato on the side. Garnish with a lime wedge and fresh dill.



Wine pairing

"R" Rose Of Pinot Noir by Domaine Serene

It's a unique, proprietary blend that offers the exotic complexity one might find in a Bandol Rose and pairs nicely with the bright, clean and acidic flavor of Spanish mackerel. Its intriguing aroma profile offers notes of citrus blossom, fresh strawberries and passion fruit. Available at Rollers Beer, Wine & Spirits. $37.



Get the Book!

Find seafood recipes from **local restaurants and chefs** in Local Flavor, a Lowcountry cookbook compiled by LOCAL Life magazine. Pick up a copy at LOCAL Life headquarters or purchase online at LocalLifeSC.com.

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10 spices every local kitchen should have

STORY BY ROBERT WYSONG



Whether you're a seasoned vet or starting from scratch in the kitchen, your spice game is essential to finding the perfect melding of flavors. Savory or sweet, spices are the key in creating dynamic dishes. Some of these colorful ingredients also pack a nutritional punch. Here are 10 spices that every kitchen should be stocked with.

Robert Wysong *is the executive chef at Colleton River Club. He is a native of Maryland, where he was born and raised by Southerners. For 30 years, he has called the Lowcountry home. The climate, customs and cuisine of the South, especially the Carolinas, have shaped how he lives, works and cooks. He is a graduate of Johnson & Wales Charleston.*



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SESAME SEEDS
Adds simple Asian flair to salads, sautéed vegetables or meats.



DRIED BAY LEAF
Recommended for use in soups, stews and marinades of all kinds. A bay leaf is great in almost anything.

KOSHER SALT AND FINE SEA SALT
Have both on hand for general seasoning and delicate finishing.





OLD BAY SEASONING
Essential for boiled shrimp, crab cakes and seafood in general.



CAYENNE PEPPER
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RESTAURANT news

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New Italian restaurant opens on New Orleans Road

*Celebrated New Jersey chef **Nunzio Patruno** has opened a mid-range-priced Italian restaurant at 18 New Orleans Road, a renovated building where the Reebook Crossfit used to be. **Nunzio Restaurant + Bar** features a large bar area, two outdoor seating areas and room for 175 customers. "Nunzio's classic and contemporary Italian dishes perfectly portray the harmony between South Carolina and Italy," manager Maribel Patruno said. "By evoking the simplicity of southern Italian food and combining locally sourced ingredients, Nunzio's menu delivers a bouquet of regional flavors." Additional executive staff includes Angelo Domenico Patruno, chef de cuisine; Michael Woods, restaurant manager; and Nunzio Patruno, chef and owner.*

Special events at Rollers



***Rollers** is hosting three nights of events at three of its Hilton Head Island locations.*

- ***Tasty Tuesday**, a wine and cheese tasting (5-7 p.m., 9 Palmetto Bay Road)*
- ***Wineaux Wednesday**, a wine-tasting event (5-7 p.m., 6 Lagoon Road)*
- ***Thirsty Thursday**, a wine-tasting event (5-7 p.m., 95 Matthews Drive)*



Drink this: Sweet Tea Float

*Next time you find yourself on Bay Street in Beaufort, be sure to check out the **Sweet Tea Bar** inside of **Scout Southern Market**. Their Original Sweet Tea Float is made with two scoops of sorbet, topped with sweetened iced tea. Pay no mind to the rumors that it's addictive.*

New food trailer parked on south end

*A new barbecue food trailer is parked at 144 Arrow Road, across from ESPY Lumber on Hilton Head Island. The cash-only mobile restaurant is called **Papa Wheelie's Smoked Eats and Meats** and is the brainchild of locals **Bryan Bobinchuck** and **Tim Moore**. The menu includes sliders, wraps, nachos and chili cheese dogs.*



Treat yourself: Mackinac Island Fudge

*Did you know Mackinac Island is America's Fudge Capital? If you did, we're guessing you've already tasted this incredible fudge available at **Kilwins** Hilton Head, located at **Shelter Cove Towne Centre**. If you haven't had it, go treat yourself. You'll love it so much, you may consider driving to Michigan for the annual **Mackinac Island Fudge Festival** in August. You should be able to get there in 20 hours by car if you coordinate your stops.*

Lucky Rooster opens south end location

*With a focus on fresh, flavorful food that fits into a fun-filled day on the beach, chef **Clayton Rollison** has opened **Lucky Rooster Market Street** at **Coligny Plaza**. The globally influenced menu features dishes such as pimento cheese dip with fried green tomatoes, Lowcountry rice bowls, catfish po' boy sandwiches, lamb roti rolls and shabazi chicken flatbread. "We believe elevated food can be served in a quick-service setting," Rollison said. "And there are so many dishes we've wanted to do at **Lucky Rooster Kitchen + Bar** that didn't fit what we were doing. "It features a full bar with craft cocktails, beer, and frozen drink offerings for both kids and adults. The restaurant has an industrial vibe with two bars — one inside, one outside — and ample patio seating. It's also dog friendly. The fast-casual restaurant is open 10 a.m. to 10 p.m., daily.*

Sip this: Thick as Thieves

*"We love our local breweries, so what is not to love about a collab from eight of them out of the Charleston Brewery District — Palmetto Brewing Co., Revelry Brewing, Cooper River Brewing Co., Fatty's Beer Works, Edmonds Oast Brewing Co., Munkle Brewing Co., Tradesman Brewing Co., and Lo-Fi Brewing have all teamed up to create a hazy, juicy, slightly sour IPA called **Thick as Thieves**. We love to see the teamwork here between places that could choose to be competitors. Instead, they know there is room for all. We are confident it will not disappoint!"*

*— **Stephanie Stawski**, wine & beer buyer, manager, certified sommelier at Rollers*





Hot product: Pici Toscani

***Pici** is a type of hand-made pasta that is typically served in the southern part of Tuscany. It is the simplicity of the recipe and their preparation that makes them so good: Water, flour and very little or no eggs, which are then worked by hand until very thick spaghetti is created. Celebrated in many festivals in Tuscany, they are perfect with an arrabbiata sauce, which is called "aglione" in Tuscany, or with sauces made with game. You can taste the tradition of Tuscany directly in your home.*

*Find it in the Market at **Michael Anthony's Cucina Italiana.***



SELECT restaurants

LOCAL EATERIES YOU DON'T WANT TO MISS.

HILTON HEAD NORTH END

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

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

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

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

SUNDAY JAZZ ON THE SOUND



*Spend a Sunday evening aboard the 63-foot **Salty Dog Cruise Boat**, exploring the magic of the Lowcountry waterways while enjoying the sounds of live jazz under the stars. Enjoy jazz-themed food and drink specials, served from an on-board galley kitchen with full bar while listening to a live jazz performance from Candace Woodson. Cruises are from 7-9 p.m. each Sunday in June. $30. Cruise.saltydog.com.*

HILTON HEAD MID ISLAND

ALEXANDER'S
Seafood One of the island's most beloved restaurants, now operated by Palmetto Dunes Oceanfront Resort. It is an upscale seafood restaurant and wine bar, featuring seasonally-inspired cuisine, locally-caught seafood and many locally-sourced ingredients. The menu pays tribute to many Lowcountry classics. The stuffed flounder is fantastic. $$$
alexandersrestaurant.com
76 Queens Folly Road, Hilton Head Island
843-785-4999

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

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

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

OLD OYSTER FACTORY
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oldoysterfactory.com
101 Marshland Road, HHI
843-681-6040

HILTON HEAD SOUTH END

CHARLIE'S L'ETOILE VERTE
Seafood, American A family owned and operated restaurant that specializes in fresh seafood, lamb and steak. The menu is written by hand each day. $$$
charliesgreenstar.com
8 New Orleans Road, HHI
843-785-9277

THE G-FREE SPOT
Bakery A Coligny Plaza gluten-free restaurant specializing in breakfast treats, sandwiches, anytime snacks, desserts, specialty items, coffee and cold drinks. Cupcakes, scones, bread — they make it all without gluten. The New York style cheesecake is a must try. Hours are 10 a.m. to 8 p.m., seven days a week. $$
thegfreespot.com
Coligny Plaza
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MICHAEL ANTHONY'S CUCINA ITALIANA

Italian An island favorite for over 15 years. An authentic Italian eatery similar to ones found in the Italian neighborhoods around Philadelphia, where the Fazzini family moved from. $$$
michael-anthonys.com
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m.me/NunzioHHI
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palmettobaysunrisecafe.com
86 Helmsman Way, HHI
843-686-3232

RED FISH

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redfishofhiltonhead.com
8 Archer Road, HHI
843-686-3388

SALTY DOG CAFE

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saltydog.com
232 S. Sea Pines Drive, HHI
843-671-2233
1414 Fording Island Road, Bluffton
843-837-3344

DANCE THE NIGHT AWAY AT RUBY LEE'S SOUTH



*If dancing to live music is your idea of a good time, be sure to check out the Wednesday night performances by Target The Band at **Ruby Lee's South**. The popular band is one of the most entertaining and enduring groups in the Lowcountry, and fills the Ruby Lee's dance floor with both classics and current chart toppers. Performances start at 7 p.m. rubyleessouth.com.*

SAVORY CAFE AND PROVISIONS

French. Chef Pascal Vignau offers a variety of old world French cuisine combined with a Lowcountry twist. The warm berry crisp is simply not to be missed. $$
savorycafesc.com
1533 Fording Island Road, Ste. 302, HHI
843-837-3336

BLUFFTON

THE PEARL KITCHEN & BAR

Seafood, Steakhouse This romantic, boutique-style eatery fits in perfectly with its Old Town surroundings. Everything is bright, fresh and interesting. Seafood is the star here, but the steaks are great, too. $$$
thepearlbluffton.com
55 Calhoun St., Bluffton
843-757-5511



The Ultimate Hilton Head Beach Bar Crawl

KICK IT ON THE SAND AND SIP SIGNATURE COCKTAILS AT THESE SIX WATERFRONT WATERING HOLES

To prepare our readers for the first day of summer (June 21), several members of the LOCAL Life team recently mapped out the ultimate Hilton Head Island beach bar crawl. The party started at Sea Pines Beach Club and ended more than five hours later, unexpectedly judging a pre-Derby hat contest at Jamaica Joe'z. To justify this as an official work outing (saving each of us a personal day), we share this step-by-step guide to our boozy adventure. If day drinking, good music and an eight-mile walk is your idea of a good time — this experience is hard to beat. Be sure to drink responsibly (i.e., don't spill any of it). Long live summer! *LL*



Sea Pines Beach Club

Signature drink: Pirate's Mai Tai; made with Castillo light rum, Myers's Dark rum, almond liquor, pineapple, orange and lime juices. $9. **Bartender:** Aimee Maher **Highlights:** This is the only stop on the crawl that is truly dog friendly. The manager, Lisa, even brought over a cute bowl of water for Dolly the Beach Berner, then introduced us to rock star sous-chef, Danny Hieronymous, who explained how Coast sources its fresh seafood. We spent over an hour there, speaking with the Coast team, enjoying fantastic food and soaking up the stunning ocean views. **Crawler tips:** Don't forget $8 for the Sea Pines gate. When you drive into the club, tell the attendant you are headed to Coast. If you are walking, consider taking Uber or the Sea Pines trolley to this first stop.



Loggerhead Landing

Signature drink: The Tipsy Turtle; made with rum, melon liqueur and pineapple juice. $9. **Bartenders:** Eric Bissonnette and Seth Beasley **Highlights:** There are plenty of areas to unwind at this stop, which is attached to Marriott's Grande Ocean. Enjoy a frozen drink or cocktail at the wraparound bar, on the oceanfront patio or near the gas fire pits after the sun goes down. Live steel drums definitely add to the relaxing atmosphere. **Crawler tips:** Dogs are allowed in the sandy areas but not under the covered porch, bar area or around the pool. If you are driving, there is metered parking across the street. If you're hungry, nearby Dolphin Grille offers a good selection of wraps and sandwiches.



Tiki Hut

Signature drink: Miami Vice; made with Cruzan aged light rum, piña colada and strawberry purée. $11. **Bartender:** Beau Bader **Highlights:** Hilton Head's most popular beach bar never disappoints. Listen to great live music and watch in-shape people play volleyball while enjoying a cold one under the legendary grass hut. Drinking the Miami Vice too quickly gave many of our team members brain freeze. Jeremy's "press your thumb against the roof of your mouth" myth actually helped. Kelly's "press your tongue against the roof of your mouth" myth was quickly debunked. **Crawler tips:** Great place for people watching. Dogs are not allowed. If you're driving, park across the street in the public lot for Coligny Beach Park.



Pool Bar Jim's

Signature drink: Lava Flow; made with Bacardi Light Rum, pineapple juice, banana, coconut cream and berries. $10. **Bartender:** Justin Bubeck **Highlights:** The man himself, Jim Lisenby, wasn't there. He was at the Jimmy Buffett concert in Atlanta because he's Pool Bar Jim and that's just how he rolls. The bar was surprisingly busy for the time of year, with many locals and visitors enjoying the cup-and-a-half icy cocktails. **Crawler tips:** The bar area can get a little tight, but the sitting areas near the ocean are wonderful spots to enjoy PBJ's famous frozen libations. If you're driving, park near The Sea Crest Resort and make your way to the back of the underground parking lot to reach the entrance. The food is done by A Lowcountry Backyard, so it's great.



Ultimate Hilton Head Island Beach Bar Crawl Details

When: Friday, April 26, 2019
Where: Sea Pines Beach Club, Loggerhead Landing, Tiki Hut, Pool Bar Jim's, Coco's on the Beach, Jamaica Joe'z
Participants: Lori Goodridge-Cribb, Lance Hanlin, Jeremy Swartz, Allison Cusick, Ashlan Saeger, Kelly Manuelsmith, Dolly the Beach Berner

TOTAL DISTANCE: *7.7 miles*
TOTAL WALKING TIME: *2 hours, 44 minutes*





Coco's on the Beach

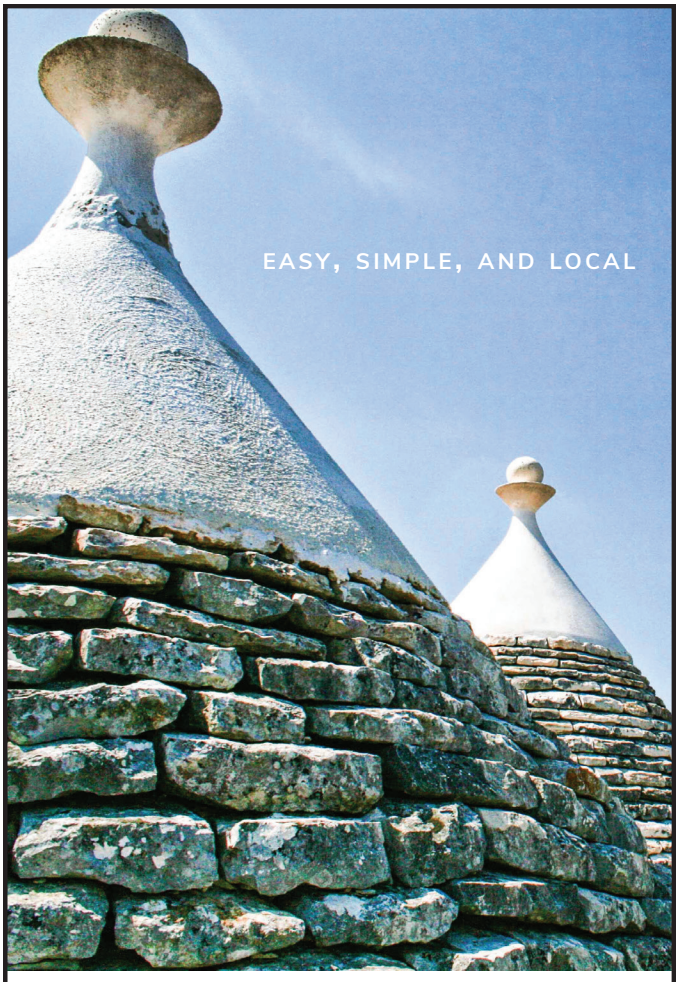
Signature drink: Margarita Coco Style; made with Don Julio Anejo Tequila and Grand Marnier. $9.50. **Bartender:** Justin Walker **Highlights:** This relaxing beach shack is a hidden gem. Finding it is half the fun. The elevated deck offers stunning views of the ocean and the famous 10th hole at the Robert Trent Jones golf course in Palmetto Dunes. There's a volleyball court too, if you have any wind left after the long walk. **Crawler tips:** If you are walking, look for beach marker 94A at Singleton Beach. If you are driving, park at Hilton Head Resort. You have to pay the guard $5 to park, but you will get a credit at the bar if you don't forget to show them the voucher. If the golf cart isn't running, you have to walk about a mile boardwalk between the resort and the bar.



Jamaica Joe'z

Signature drink: Category 5 Hurricane; made with Myers's Rum, Malibu, Bacardi, Captain Morgan and Bacardi 151. $9.25. **Bartender:** Melissa Diaz **Highlights:** This is a fun and festive beach bar with an awesome view of the beach and Hilton Head Island's largest outdoor pool. The bar area can get a little crowded but there is plenty of seating outside. After a few Cat 5 Hurricanes, a few members of our team were asked to judge a pre-Derby hat party. **Crawler tips:** If you are driving, you need to pay a $5 gate pass. You will get a credit at the bar (again, if you remember). Be careful of the Cat 5 Hurricane. You'll be feeling good after just one but will crave more because it tastes so delicious, despite being a glass full of five different liquors. The frozen version has a little less alcohol and is harder to chug after a long day of walking, sun and fun.





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Local Cocktail



STORY BY TERRY CERMAK

Inspired by the enterprising big city bartenders who created iconic New York-centric cocktails (like the classic Manhattan), LOCAL Life and Rollers Spirits, Wine & Cheese have leaped to the challenge of creating and adapting cocktail recipes to celebrate Lowcountry landmarks, events and founding fathers. This month's inspiration comes from Dolphin Head, a beautiful recreation area inside of Hilton Head Plantation, because one of the most beautiful spots in the Lowcountry deserves a toast! *LL*

LOCAL COCKTAIL

The Dolphin Head

INGREDIENTS

1 1/2 ounces botanical gin, such as Bulrush or Hat Trick
1 ounce real sloe gin (like Hayman's or Plymouth)
1/2 ounce crème de cassis
1/2 ounce strained lemon juice

DIRECTIONS Add all ingredients into a mixing glass filled with ice. Stir vigorously for 30 seconds and strain into a chilled cocktail glass. Sprinkle a scant pinch of sea salt on top if desired.

©PHOTO BY MICHAEL HRIZUK

Mix up a tropical turmeric infusion

Craft a Tito's Handmade Vodka turmeric infusion with juicy pineapple and tangy lemon for a concoction that is so tasty, you can just sip it on the rocks or make it a tonic with a splash of bubbles. If you're not familiar with this anti-inflammatory ingredient, turmeric is a 4,000-year-old spice that's often used in Indian and Southeast Asian dishes for its earthy flavor and rich orange-yellow hue.
Start with the recipes below, or get inspired and craft your own turmeric tonic.

Tito's Turmeric Infusion

Mix pineapple, lemon, and turmeric for a vibrant libation. This infusion is so bright, you might need sunglasses.



INGREDIENTS
750 ml Tito's Handmade Vodka
6 fresh pineapple rings
2 ounces fresh turmeric
2 lemon rinds



DIRECTIONS Slice fresh pineapple into rings. Peel turmeric and roughly chop. Peel 2 lemon rinds, avoiding the pith. Add all ingredients to a large resealable glass container. Store in a cool dark place or refrigerator for 5-7 days. Strain infusion once it reaches desired flavor and store in the refrigerator.



Turmeric on the Rocks

The Turmeric Infusion is so tasty, just throw in a couple ice cubes and you're good to go.

INGREDIENTS
2 ounces turmeric infused Tito's Handmade Vodka
Ice Cubes

DIRECTIONS
Just pour turmeric infused Tito's Handmade Vodka over ice in a rocks glass. **Pro tip:** Add cracked pepper to spice it up, if you're feeling fancy.

Turmeric Tumbler

Just mix the Turmeric Infusion with a splash of sparkling mineral water. Garnish with a slice of fresh pineapple, if you're feelin' fancy.

INGREDIENTS
1 1/2 ounces turmeric infused Tito's Handmade Vodka
4 ounces sparkling mineral water

DIRECTIONS
Just add turmeric infused Tito's Handmade Vodka and sparkling mineral water to a glass over ice.

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Ultimate beach house

THIS SEA PINES MASTERPIECE IS THE PERFECT SEASIDE ABODE



PHOTOGRAPHY BY WAYNE MOORE

Beach homes are the stuff of sun lovers' dreams. Imagine waking up to the sound of waves crashing against the shore, the smell of the salt in the air and the feel of white sand just outside your back door. For this special beach issue, we wanted to showcase the most luxurious beach home on the market, and this stunning Sea Pines property exceeded our expectations. Mix up a piña colada and take a look around. *LL*



SAND CASTLE
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IT'S ALL GRAVY
The chef's dream kitchen opens into a stately great room with a wood coffered ceiling. Custom designed iron overlooks a majestic fireplace. The amazing billiard room features a hand-painted, nature-inspired mural.







SUITE SPOT
The home offers two master suites, an amazing office with beautiful woodwork and a private bath that would make for a great fifth bedroom.





DETAILS

Location: Sea Pines
Built: 2006
Square feet: 7,212
Lot size: 19,933 square feet
Bedrooms: 5
Full bathrooms: 5
Half bathrooms: 3
Price: $13 million
Listing agent: Tracy Schyberg, Celia Dunn Sotheby's Realty



PALMETTO BLUFF
Sea Pearl Brazilian Quartzite
Perimeter Counters – Honed Black Absolute Granite
Walker Zanger Subway Tile, Herringbone pattern

SALES/DESIGN COORDINATION – Brian Baltzegar, Sales Manager

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Home Hacks

TO RUST OR NOT TO RUST

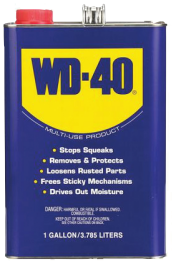
STORY BY JEREMY PRESS

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

June is an amazing time to be living here in the Lowcountry. The days are long, the weather is great and we are all spending quality time outside next to our coolers and grills. Unfortunately, our unique climate can quickly wear down many of our outdoor toys and furniture. **Here are a few tips for keeping your grill running longer** and preventing rust on other outdoor metal items.

Don't overreact: Not all rust is rust

Many people see the first brown spot on their grill and think it is rusting away. This is not the case. Before a grill or outdoor metal object will rust and corrode away, surface rust will form. This looks like rust but it is really just a salt deposit on the surface. WD-40 or rubbing alcohol will get rid of it in a couple of seconds.



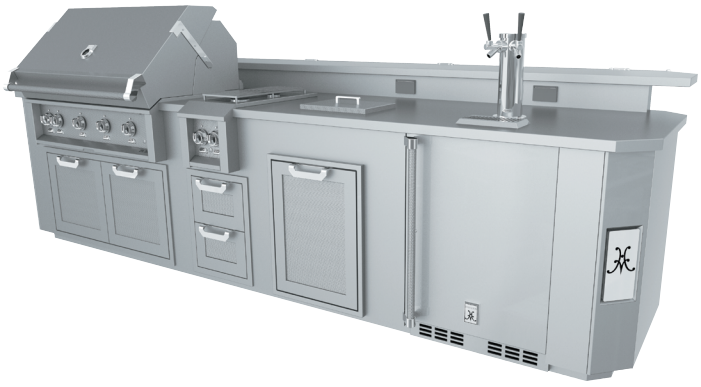
PRO TIP
If there is a lot of surface rust or grime on your grill, purchase a fume-free oven cleaner. Spray the bad area, let it sit for an hour then wipe it clean with moist rags.



Wax on: Apply a protective finish

To help keep surface rust from settling and turning into corrosion or rust, apply a protective finish to your items. I have always liked using car wax for my grill cart and metal railings. It does not work well on grill lids because of the heat, but it works great on the rest of the body accessories. The best way to keep your outdoor toys from showing wear is to treat them as soon as you see something wrong. Enjoy the start of summer!

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LYNX SEDONA DELUXE ISLAND PACKAGE
This super grill includes a full rotisserie to give your meat that unmatched taste and an outdoor refrigerator, allowing for cool food and beverage storage. It has both a stainless steel burner and a ProSear burner, LED control illumination, stainless steel grilling grates and a standard outlet with two USB ports. *Available at Billy Wood Appliance.*

RIVERFRONT PARADISE



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This grand luxury estate is perched atop one of the most sought after lots in all of Oldfield Plantation. With over 7000 heated square feet within and over 3000 square feet of porches outside, this home captures the very essence of entertaining in the Lowcountry. Special interior features include: game room with full service wet bar; elevator access to all three main floors; wine cellar located inside the 3 car plus golf cart AND RV storage garage; indoor and outdoor gourmet kitchens; third floor apartment-style suite, formal and informal living spaces and abundantly-sized master suite. Come discover.

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Containing his enthusiasm

HORTICULTURAL EXPERT NICHOLAS ASKEW SHARES HIS CREATIVE THRILLER, FILLER AND SPILLER TECHNIQUE.



THRILLER:
Variegated English Boxwood
FILLER:
Periwinkle (upright) and Purple Heart
SPILLER:
"Whirlwind White" Scaevola



THRILLER:
Kimberly Queen Anne. Askew only used the thriller plant due to the size of the container.

STORY BY HILARY KRAUS

It didn't take much digging for Nicholas Askew to uncover his passion. After studying horticultural science at North Carolina State University and graduating in 2012, Askew moved to Charleston and soon began working with a designer creating plant and flower containers at the Battery and around town.

Along with beautifying Charleston, Askew continued to work on his cotton designs and wreaths, using cotton he'd hand cut from White Oak Farm, his family's fourth-generation farm in Eure, N.C.



THRILLER: "Savannah Red" Geranium
FILLER: Wave Petunias
SPILLER: Creeping Jenny

As fortune would have it, Askew's unique cotton wreaths made their way to the retail shop Provisions at Palmetto Bluff. The interest in his indigenous creations led to Askew instructing an artisan workshop at Palmetto Bluff in November 2018.

"It was a great success. People were excited to use their cotton wreaths inside their home." Askew said. "It brings me joy to know a piece of my family's farm is a part of this beautiful area." Askew met his first Palmetto Bluff client through the workshop and was hired to design the plant containers that add to the home's beautiful landscaping.

Creating the 'wow' factor

Askew designs his containers using a technique he learned from a college professor called "thriller," "filler" and "spiller."



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THRILLER: Brilliant Hibiscus. Once the hibiscus matures, Askew will add the features of a filler and spiller.



THRILLER: Silver Streak Flax Lily
FILLER: Purple Heart
SPILLER: Creeping Jenny





THRILLER: "Gold Capella" Schefflera
FILLER: Purple Heart
SPILLER: Creeping Jenny

"**Thriller** can be described as plants with height that add drama to the container," Askew said. He explained that thriller plants are flowering or evergreens and are generally placed in the center or in the back of the container.

Filler plants have more of a refined texture and fill in around the thriller and spiller elements. They are used to hide the soil from showing in the container and tend to be more mounded plants.

Spiller plants usually are planted close to the edge of the container to ensure the plants complete the spiller effect. They generally cascade over the edge of the container.

"All three elements intertwine," Askew said. "You can decorate with any color of plant using your imagination as long as it sets the color scheme of the design."

Thriller, filler and spiller

Nicholas Askew's plant and floral containers are based on thriller, filler and spiller design. In these pots he used Purple Heart and Creeping Jenny because both plants can take sun and shade, which is ideal for the environment at Palmetto Bluff. *Find more at www.nicholasaskewdesign.com.* LL

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THE GENTLE GARDENER

Pots of gold

This month we're going to address the simple art of creating lovely, sustainable flower pots in the Lowcountry. I know, you're thinking "Really?" Yes, really. If more garden enthusiasts approached creating flower pots in the same manner they search for a mate around here, there would be an abundance of beautiful pots.

Too often I have observed photos from various periodicals which portray beautiful plant combinations that simply won't live here together for very long. The pot may be beautiful for a few days but sooner rather than later, one half of it will die. Incompatible plants are similar to bad marriages – they have irreconcilable differences. And those differences become magnified here in the Lowcountry. So how does one go about creating a beautiful color pot? Simple – **follow these three easy steps**.

STEP 1: You must identify whether your pot will be in sun or shade. If it's a combination of the two, it's important to note if you have morning or afternoon sun. If it's the afternoon – choose sun-loving plants. If you're not sure, invest in a compass – the sun sets in the west. If your patio bakes like the Sahara Desert in the afternoon, you need sun-loving plants.

STEP 2: You must select plants that have similar wants and needs. You can kill a plant by over watering it as easily as underwatering it. For instance, some plants like full sun and dry feet such as lantana and bougainvillea. Others prefer shade and moist soil such as ferns and torenia. There are also plants that want shade but dry feet such as ivy. To compound matters further, certain plants will wilt, or worse, rot during our summer months if they are hit by the irrigation or sit in overly moist soil; notably geraniums, roses, daylilies, loquats, citrus and fig trees. It's important to water these plants under their leaves to prevent mildew during the hot, humid summer months.

STEP 3: Keep this simple phrase in mind: "Thriller, Filler, Spiller" which refers to the characteristics of the plants. Typically, you want a tall plant in the back or middle, a shorter, fuller plant(s) around it and then something that spills over the edge of the pot. This little limerick reflects the stages of my figure throughout life — at 18, I was a Thriller, at 45 I was a Filler and now, sad to say, I am a Spiller.

I hope these three basic rules have armed you with enough information and confidence to venture out to your favorite garden center to begin your masterpiece! *LL*



Ask & Answer

DEAR GENTLE GARDENER:

I planted **Encore Azaleas**, which bloom profusely but now they're getting leggy. When and how do I prune them? My other azaleas are much fuller. Thank you.

— Flummoxed in Sea Pines



DEAR FLUMMOXED:

Formosa azaleas are much fuller than the repeat blooming azaleas but fear not. **You can prune them at any time and they will quickly set new buds.** However, do NOT under any circumstances ever use an electric hedger to prune your azaleas. It can create a thick canopy on top with naked branches below, which frankly only looks good on young adults.

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

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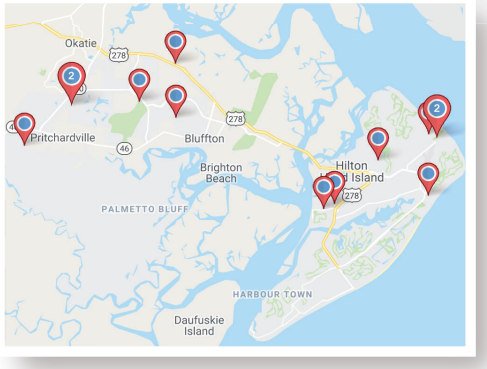
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SITTING COMFORTABLY "We love this sitting area with wrapping hedges and floral accents. It creates an intimate, whimsical space," the homeowner said. All of the outdoor furniture and pottery are from Seasons Design. "(Seasons Design owner) Linda Conklin played a huge role in achieving the overall look and feel we wanted for this home," the homeowner said.

Secret Garden

THIS WEXFORD HOME FEATURES A BEAUTIFULLY MANICURED BACKYARD

STORY BY JEREMY GRACE
PHOTOGRAPHY BY LISA STAFF



LOCAL Life photo editor Lisa Staff stumbled across this stunning garden while on assignment in Wexford. The perfectly manicured landscaping accents the beautiful home with natural elements, from flora and fauna to stonework and water features. It makes for an instantly inviting space for guests.

"When we were looking to buy on Hilton Head Island we originally wanted a home on the ocean," the homeowner said. "We came close to buying one too, until we saw this home with its gardens. We fell in love!"

To keep the gardens looking their best, the homeowners work closely with Marilyn Mims-Newberry of Carolyn's Landscaping. "I rely on her knowledge and expertise to help maintain the integrity of the property," the homeowner said. **Take a look around.**









Your secret is safe with us!

Got a cool pool, an awesome man cave or an interesting collection? LOCAL Life would love to feature it in an upcoming issue. Email photos and information to **lance.hanlin@wearelocallife.com**. We won't print your name or address — just photos of your awesome space and collections.

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H&D TIP

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KNOW YOUR NATURE: Fox squirrels (sciurus niger)

STORY + ILLUSTRATION BY MICHELE ROLDÁN-SHAW



WARM & FUZZY The fox squirrel is the largest species of tree squirrel native to North America.

If you've never seen a fox squirrel, the first glimpse might leave you wondering how a racoon got together with a squirrel. With its chunky size and little black mask, this striking critter is clearly not the garden variety. Some even mistake it for a house cat gone awry. For the longest time I wrongly called them gopher squirrels, because with their little blocky heads and habit of standing on hind legs, that's what they resemble.

The Chill Squirrel

Introducing America's largest native squirrel, up to twice the size of the Eastern gray and with a personality all its own. Slower and more laid back than their hyperactive little cousins, fox squirrels don't cause a ruckus and are seen far less often. They have a silent, dignified air. Their solitary nature precludes a lot of the fool-headed antics normally associated with their kind, such as high-speed chases around tree trunks and knocking each other off power lines. Although fox squirrel range extends across the eastern part of the continent from Canada to Mexico and as far west as Texas and the Great Plains, they are getting reduced to pockets. We're fortunate to have them here in the Lowcountry.

Exclusive Communities

Once common to the ancient longleaf pine forests that covered the Southeastern United States, the species is becoming rarer due to habitat loss and competition from the populous Eastern gray squirrels, which breed faster and are just generally more jacked up. (Who could compete with that!?) While the little grays have proven extremely adaptable and can thrive anywhere there are trees — from virgin forest to city parks and everything in between — fox squirrels have more specific requirements. They like stands of big mature trees with open understory. The edges of woods abutting fields or other open spaces, such as parks and golf courses, particularly suit them. They don't seem to mind humans too much, but with their quiet nature they'll never do well in urban areas.

And because they are considered a trophy squirrel for hunters, the state's wildlife management areas can be dangerous territory for them, apart from certain sites where they are expressly protected.

What do all these specs add up to? Gated communities! Developments like Palmetto Bluff, Rose Hill, Belfair, Moss Creek and Oldfield, which have wisely conserved large trees and green spaces, provide the perfect modern-day habitat for fox squirrels. In these places, people can't understand why reintroduction programs are going on in other parts of the state, because they see fox squirrels every day. The charming little stuffed animal-like critters are always a welcome sight, whether crossing a road or making the occasional unobtrusive visit to bird-feeders.

Their Look, Their Ways

Fox squirrels have a much broader range of coloring, producing individuals that can vary from tawny reddish-brown to white, gray, black, or all of the above. But each sports the distinctive black mask with white patches on its nose, ears and paws. In our area the most common coloring is gray, but jet-black individuals are also seen. It's thought that the black is an adaptation to their native longleaf pine forests, which depended on seasonal wildfires to stay in balance — the fox squirrel would be well camouflaged in this charred habitat.

They use two types of nests. One is a tree den, preferred during winter months and when rearing litters, as babies are born blind and hairless so they need a cozy abode. The dens may be built into the crotch of a tree, or in a natural cavity, or in a hole made by woodpeckers. When such accommodations are not available, or during the hot months, fox squirrels weave nests out of leafy twigs. They depend on mast from pines, oaks and hickories, but supplement their diet with such exquisite morsels as flower buds, mushrooms, fruits, green corn and even the occasional bird egg. Fox squirrels spend more time on the ground than others of their tribe, but they are still graceful climbers equally at home ranging high overhead in the leafy canopies.

If you figure a fox squirrel would provide twice as much meat as a regular one, it's not hard to imagine why they were hunted off islands like Hilton Head and Daufuskie. But they're still going strong on the mainland, so if you've never had the privilege of seeing one, take a drive into one of the communities mentioned above, and keep your eye peeled for giant raccoon-squirrel-cats. *LL*







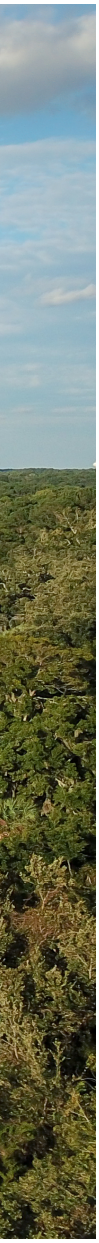
UP A CREEK Although there is a slight current that comes and goes with the tides, Broad Creek offers calm and protected waters to kayak, making it an ideal location for beginners.

The waters around us

STORY BY B.C. RAUSCH

Living on an island and seeing water — ocean, rivers, marshes, estuaries — nearly every day generates a healthy respect for their beauty and their bounty. Hilton Head Island's miles of shoreline and well-conserved ecosystem lend to its reputation as a recreational paradise and as source of abundant seafood. But maintaining this delicate balance between man and water takes diligence and awareness. The water relies on us.





©EVAN AUSTEN



FROM DUSK TILL DARK
Great blue herons like to visit our beaches around dusk. They usually stick around until the sun goes down.

"We have the best seafood in the world. It's literally some of the widest diversity on the planet."

The Pulse

The richness of our waters starts with marsh cordgrass or Spartina (Spartina alterniflora), a wispy yet strong grass that grows along most of our coastline and bears responsibility for most of the marsh's productivity. Spartina is attractive to a wide variety of creatures — predators move in and out, small animals grow up, and birds pass through for a rest or a meal. All of this action flows with the rhythms of the tides.

Fall is an active season in the creeks and grassy meadows of the marsh areas. Though few animals eat the cordgrass, many animals and plants do live on it or on the marsh surface protected by its roots and stalks. Perfect for high heat and salt water, cordgrass has special glands that secrete excess salt. Its stalks are thick, very tough, and well anchored by a root system. The seeds of the golden-colored grass drop into the mud to start next year's crop, helping to renew the marsh and provide food for many seed eaters.

Cordgrass also fuels the food chain. In fall and winter, its dead stalks rest on the water's surface, forming large floating masses (wrack) that either get pushed out to sea and deposited on barrier islands (playing an important role in dune growth) or sink to the ocean floor, attracting bacteria and fungi, which become food sources for filter feeders such as oysters and clams.





Sea Food

The area's waters are rich with shrimp, Eastern oysters, and clams. Commercial shrimp season typically runs from April through December, while oyster and clamming season is October through mid-May. New laws and farming methods allow for oyster availability year-round.

South Carolina's Good Catch Program supports local, sustainable seafood choices and encourages restaurants, fisheries, and families to do the same. Good Catch partners include restaurants, purveyors, caterers, and collaborators who are committed to serving "local" whenever possible, which includes any type of seafood sourced from regional fisheries from North Carolina to the east coast of Florida. These fisheries follow some of the strongest regulations in the world, taking into account the long-term viability of each species and the ocean's ecological balance.

Matt Roher, director of food and beverage for The Sea Pines Resort, knows the epicurean possibilities that abound in our area's waters. "We have the best seafood in the world," he said. "It's literally some of the widest diversity on the planet."

Roher was part of a group that worked with the University of Georgia shellfish lab on Skidaway Island to reintroduce the select single oyster commercially for the first time in decades in South Georgia. But it's not just about harvesting and the science of selecting the perfect seafood. For Roher, it's about the experience these delicacies offer when they find their way to your plate.

"The word is authenticity, in a lot of ways," said Roher. "That's what I love about the South...it's very deep here and tied to this land."

Eating local oysters is a wonderful experience, but make sure the shells are being recycled to make future oyster habitats. Recycling oyster shells helps restore, preserve, and enhance the state's inshore marine habitat.

The increasing popularity of backyard oyster roasts and by-the-bushel retail sales has led to a shortage of shells being returned to estuaries. Shells that end up in driveways and landfills could be put to better use back in the water where they help sustain other marine life.

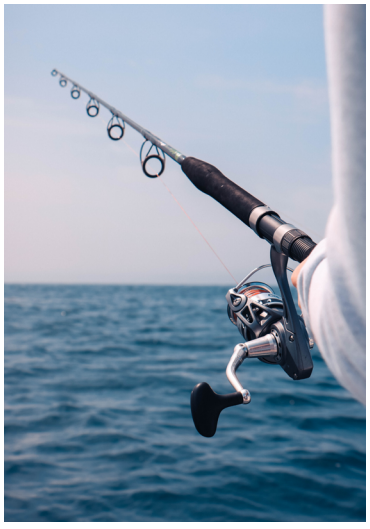
Take oyster shells to recycling stations located at the Coastal Discovery Museum, Beaufort County Public Works, and Fishcamp. Local businesses participating in oyster shell recycling include the Westin Hilton Head Island, Fish Seafood and Rawbar, and The Sea Pines Resort. Most county convenience centers also have collection sites.





EAT FRESH Lowcountry waters keep local restaurants filled with fresh shrimp and Eastern oysters.





PLENTY OF FISH IN THE SEA Summer brings tarpon to local waters. Fishing is a year-round sport here in the Lowcountry.

Hook and Cook

Some 25 different species of fish are found around Beaufort County – from amberjack to wreckfish — varying with the seasons. In spring, cobia start to arrive, along with Spanish mackerel and blue fish. Summer brings tarpon to Hilton Head Island's creeks and the Port Royal Sound, while king mackerel start to swim inshore and redfish are found in the marshes at high tide. As fish feed up for cooler temperatures, fall is peak season for redfish, trout, and flounder.

Most charter boat operators and captains won't divulge their hot spots, but the best fishing from land is generally acknowledged to be Jarvis Creek Park, the lagoon systems in Palmetto Dunes and Sea Pines, and Charles C. Haigh, Jr. Fishing Pier. In Bluffton, there are numerous piers and docks along the May River.

Recreational fishing in South Carolina requires a license for anyone 16 or older. All sport fishing requires a license no matter where you cast your line—from boat, pier, or beach. Most fishing charter operators include a fishing license as part of the excursion; if fishing on your own, purchase a license from the South Carolina Department of Resources.

State fishing regulations are in effect for all fishing within three miles of Hilton Head Island's shores. Past the three-mile line, federal fishing regulations apply. LL

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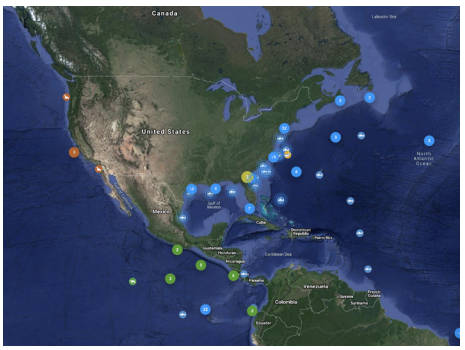
Shark Microbes at Sea

LEARN ABOUT THE OCEARCH NORTHWEST ATLANTIC WHITE SHARK RESEARCH EXPEDITION

STORY + PHOTOGRAPHY BY JESSIE BAKER



GLOBAL TRACKER
OCEARCH is a data-centric organization built to help scientists collect previously unattainable data in the ocean. Many sharks have been tagged with an array of sensors that allow scientists to accurately plot their position. Check out the live map online at **ocearch.org**.



OCEARCH launched an expedition on what is now known as the Northwest Atlantic Shared Foraging Area after scientists noticed a large concentration of white sharks there during the winter. With 36 team members and only 18 days at sea, the crew worked diligently to safely obtain samples for furthering the research on patterns, health, and history of white sharks.

Just off the coast of Hilton Head Island on February 26, Brunswick, an 8-foot-9, 432 pound white shark was caught. In just one month since being tagged, Brunswick has traveled over 160 miles, zigzagging off the southern coast of South Carolina.



Gone Fishin'

The crew takes a SAFE Boat out to set bait and fishing lines for attracting sharks. Waiting for a bite takes a lot of time, out of 18 days at sea a total of 8 sharks were sampled, making us pretty lucky to have seen one.



Swimmin' Around

To get the shark on to the platform, it takes a lot of patience and precision. The line is attached to a smaller, separate boat that leads the shark to the mother ship. Once there, the crew has to align the shark just right so it can swim onto the platform.



So long, farewell

Brett McBride, captain and fishing master, sends Brunswick swimming back to the ocean after the crew has collected their samples. While the sharks are on the platform, McBride helps ensure they are safely taken care of. He uses different techniques to make sure the shark has a steady flow of water. He also places a wet towel over the shark's head, covering its eyes to help reduce stress.

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THE SCIENCE: Did you say meds?

Dr. Kim Ritchie from the University of South Carolina Beaufort is prepping microbes gathered from the surface of the shark. The bacteria and microorganisms play a critical role in the shark's health and the microbes themselves are believed to potentially become the source of new antibiotics in the future.

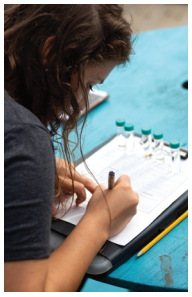


STUDENT OF THE SEA Christina LoBuglio, a student at Jacksonville University, helped scientists gather muscle samples.

Check out those freeloaders

Kristen Palmer (below) from the University of Auburn is busy collecting parasites found on Brunswick. While collecting ectoparasite data, the scientists are able to further research and see if the parasites represent an irregularity or are a more common characteristic that should be further researched.







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LIFE ON THE SHIP: Men of the sea

There are four crew members that live on the ship year-round. Much of their responsibilities include maintenance and catching the sharks. With not much to do at sea, they keep themselves occupied by lifting weights, playing basketball on deck and watching a LOT of movies.



WHO'S DRIVING? While fishing for the sharks, the OCEARCH ship stays anchored, waiting for a catch. **Fun Fact:** The ship can be seen on one of the first episodes of Deadliest Catch.



How far?

If you look closely, the line of the horizon slightly darkens towards the right of the picture. What you see is the very distant Hilton Head Island. OCEARCH was located close to 10 miles off the coast of the island. *Find out where Brunswick the shark is now at* ***www.ocearch.org/tracker.*** *LL*



Shark Tooth Frenzy

POPULAR LOCAL EVENT SINKS ITS TEETH INTO BEAUFORT, MAKING THE PERFECT TRADITION FOR LOCALS

STORY + PHOTOGRAPHY BY JESSIE BAKER

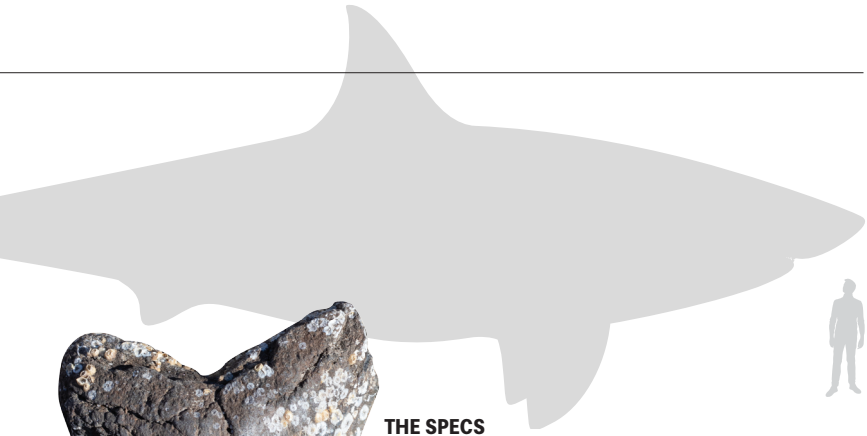


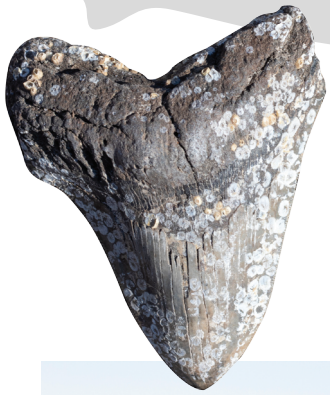


In May on the Sands of Port Royal (the town, not the plantation), many megaladon shark teeth quietly hide, waiting for a wave of children to snatch them up at what is known as the Shark Tooth Frenzy.

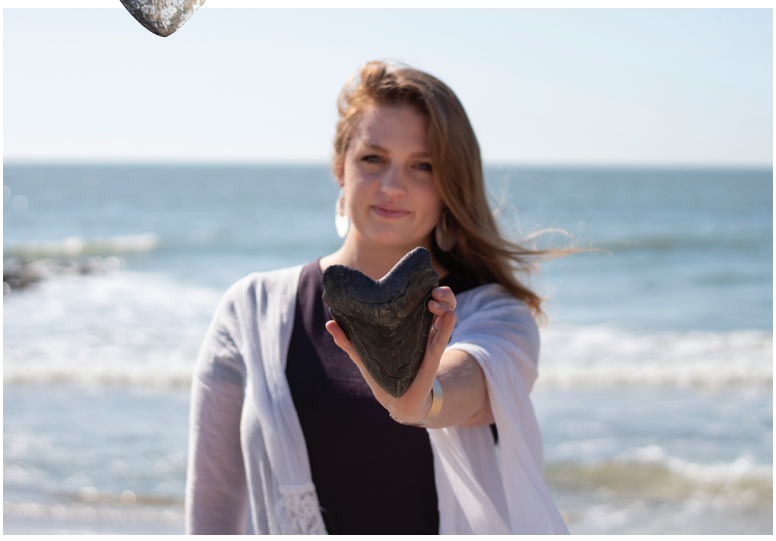
Among the shark teeth, you could find fossilized coral, whale vertebrae and Indian arrowheads. A portion of the event proceeds went to the March of Dimes, an organization that makes the health of moms and babies a priority. The people behind the Frenzy had a vision of bringing rare finds to young dreamers while raising money for an incredible cause.







THE SPECS
Megaladons are believed to have reached lengths of 60 feet long with a mouth that had five rows of teeth, over 270 teeth total. Their bite is believed to have held 25,000 to 40,000 pounds of pressure, so much force that they could split a small whale in half with just one bite. Their diet consisted of large prey including humpback whales and even other sharks.



The girl behind it all

Meet Audrey, the girl who put the Frenzy together. Audrey has grown up with a father who makes a living from diving for teeth, and he's pretty successful at it. He and many other dealers are the ones who find and provide the teeth for the Frenzy. The tooth she is holding is over six inches long.



Find 'em

Along with other types of sharks teeth, Megaladon teeth can be found all over the world and there's actually a good concentration of them in the Lowcountry. Take your shot at finding some in our local waters. *Learn more at* ***sharktoothfrenzy.com.*** *LL*

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ON DUTY Watching the beachfront is just one of the duties local lifeguards have. They also monitor hazards, provide medical aid, make ocean rescues and help keep the beach clean.

Life as a beach guard

STORY BY DEAN ROWLAND

"Last year more than 30 water rescues of varying circumstances were made."



The job of a lifeguard may seem glamorous — think "Baywatch", the hugely popular television show two decades ago — and sometimes it is. Sometimes it isn't.

Regardless, there are fringe benefits: working outdoors six days a week in the salt air, pulling a highchair through the sand to your post on the beach on a crisp Lowcountry morning (as opposed to moving a chair to your desk in an office indoors), providing meaningful service to tourists and locals, and ensuring the safety and security of swimmers. They serve as public ambassadors to Hilton Head and its beaches.

"I would challenge anyone to find a better office than the beach and what the lifeguards have."



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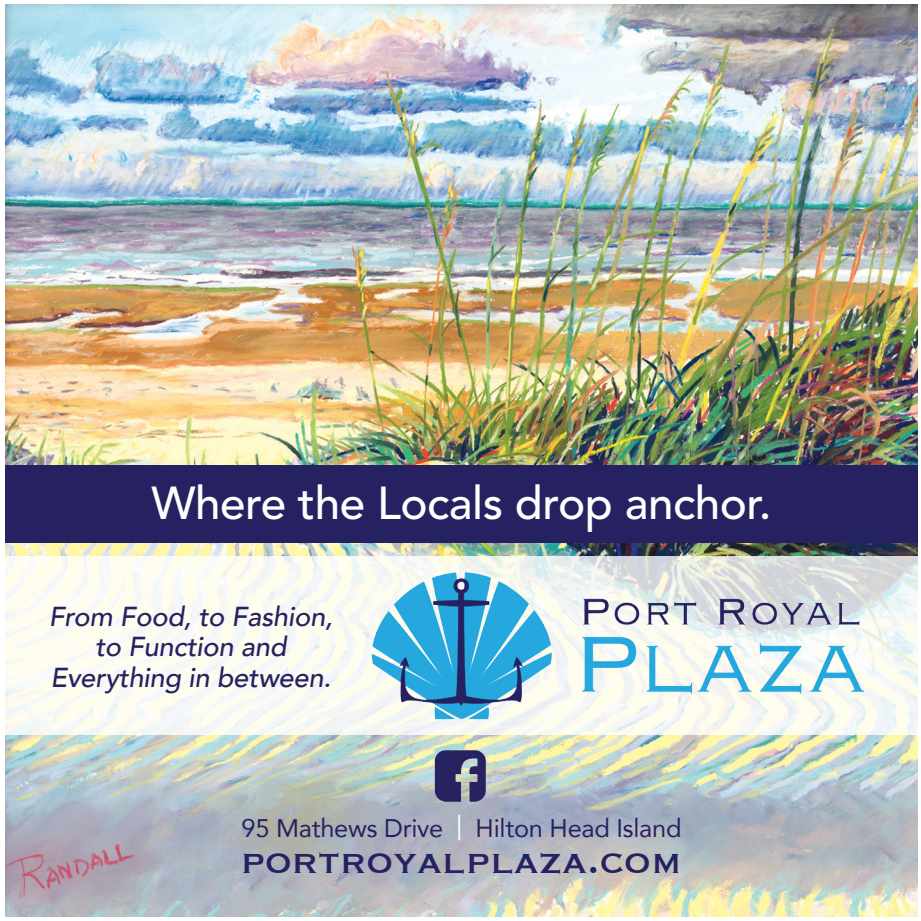
LIFE SAVERS Shore Beach Service lifeguards are certified in lifesaving, CPR and first aid. Most are college students from across the country and around the world.

"I dare anyone to tell me that pulling trash off the beach is glamourous," said Mike Wagner, operations manager for the Beach Patrol Service for the past 21 years. "But I would challenge anyone to find a better office than the beach and what the lifeguards have."

Under his watch during the peak season this summer will be about 110 employees, about 80 of whom will be lifeguards on duty assigned to various locations on the island's five beaches that have designated swimming areas: Alder, Coligny, Driessen, Folly Field and Islanders.

"In general, the beach patrol provides and protects the safety of the beachgoers," said Illinois native Wagner, 46. "On a day to day basis, the lifeguards in the highchairs are the ones who are monitoring the water, advising about ordinances and providing first aid."

Last year, his team made more than 30 water rescues of varying circumstances.





Seated: Al Cerrati, John Chiacchiero • *Standing:* Jay Bowler, Earl Nelson, Michelle Myhre, CFP®, Christopher Kiesel, CFA, Heidi Yoshida, CFP®

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ON THE CLOCK High chair guards are on the beach from 8:45 a.m. to 5:15 p.m. Rental guards work from 8 a.m. to 5:45 p.m. Lifeguard season runs from late March to late October.



©ARNO DIMMLING

"Our biggest challenge, like a lot of people, is the housing. So we provide housing for about 65-70 percent."

The makeup of his lifeguard squad are an equal mix of men and women from the ages of 17 to 45, with most being of college age. The retention rate is high every year, as they frequently return for multiple seasons.

Before Hollywood came calling late last spring, lifeguard Tyler Crispen was back on the beach on Hilton Head for his fifth year. After a few weeks working here, producers from the hit TV show "Big Brother" called him to say he was chosen to be a house guest that summer for the show's 20th season. After two or so months of filming, the enormously popular Crispen eventually was named runner-up at the show's conclusion.

Wagner said Crispen was a "great" lifeguard for both his skills and likable personality.

"He was an extremely good employee and very well liked," said Wagner, who was a lifeguard on Hilton Head in the early 1990s before moving here permanently in 1998.

All lifeguards are certified in lifesaving, CPR and first aid. All applicants who apply and are invited to the island also have to pass a physical test of swimming 550 yards in a pool within 10 minutes.

Lifeguards, who have to sign a commitment contract, are on the clock six days a week and earn between $104 and $125 daily during their first year. High chair guards are on the beach from 8:45 a.m. to 5:15 p.m., and equipment rental guards work from 8 a.m. to 5:45 p.m. The lifeguard season runs from late March to late October.

Part of their orientation involves learning factual details about the island, its history, activities, various sites like Harbour Town and Shelter Cove Towne Center, weather trends and demographics.





©MADDIE TERRY

SURFIN' SAFARI During the peak summer season, beach patrol consists of more than 60 lifeguards, eight red trucks marked "Beach Patrol," and two red ATVs.

"We expect them to be a concierge on the beach," Wagner said. "We teach them a lot about the island so they can answer questions. For a lot of people, they are the first faces people see when they come to the beach, and they expect them to give answers to their questions."

While the number of lifeguards on staff remains steady at about 80 every year from all parts of the country and internationally, Wagner was challenged to fill his ranks last year. He received fewer applications than normal.

"Last year was harder than it was in a while," he said. "I started thinking, 'Wow, what are we doing wrong?', but then I started seeing that everywhere in the U.S. was having trouble with lifeguards...I've noticed over the years that the better the economy, the tougher it is to staff.

"But we were fine last year," he said. "Of course, you can always use another person."

One mounting obstacle in the hiring process is a familiar lament from businesses all over the island: affordable housing.

"Our biggest challenge, like a lot of people, is the housing," he said. "So we provide housing for a lot of them, 65-70 percent."

The patrol service secures two- and three-bedroom apartments with two bathrooms, a living room and a kitchen. Two guards share each bedroom and pay weekly rent, utilities included.

While Wagner's lifeguards "come in all shapes, sizes and ages," each is hired to serve and protect the island's most precious resource: its people. *LL*

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Beaching by the Rules

SEVERAL COMMON SENSE ORDINANCES ARE IN PLACE TO KEEP OUR BEACHES GREAT

STORY BY DEAN ROWLAND



PEACE & QUIET Hilton Head Island is a family beach town meant for relaxing, not a party beach town like Daytona or South Padre Island. Alcohol, glass, fires and fireworks are prohibited on our sand.

One of the reasons Hilton Head Island is ranked No. 1 in the country by Travel & Leisure magazine is because of its beaches. They're wide, gently sloped, clean with hard-packed sand for bicycling, calm surf conditions, lush with native dune plants like sea oats and panic grass, and aesthetically inviting for the public to enjoy.

They're patrolled by the Shore Beach Service and its 80 or so lifeguards and supervisors who roam the shoreline in their red beach patrol trucks and ATVs; waverunners are available when needed in water rescues. The Beaufort County Sheriff's Office has overall jurisdiction for Hilton Head and its beaches for law enforcement, and the town's code ordinance staff also can intervene when violations occur.

Last year, the service issued 8,000-9,000 "advisements" to beachgoers, according to Shore Beach Service operations manager Mike Wagner.

"Our job is advisement of an ordinance," said Wagner, who assumed his position in 1998. "About 99 percent of the time we advise somebody of an ordinance and it's usually, 'Oh sorry, I didn't know that'; one way or the other they abide by what we say. If we don't get them to cooperate, we can contact the sheriff's department or code enforcement at the town."

Most of the advisements are alcohol and glass related. So are the handling and removing of sand dollars.

Last summer, the Sheriff's Office issued 19 warnings to beachgoers: 12 for glassware, six for alcohol and one for a leash violation, said Capt. Bob Bromage, public information officer. Most of the office's contacts result in verbal warnings, not citations, he added.

Wagner's advice for newcomers to Hilton Head beaches? "Read the ordinance signs when you come to the beach and that will give them all the rules and regulations right away. Most of the things are common sense."

Bromage noted that all beach ordinances can be found under Chapter 8 of the Hilton Head Town Code.

Beachgoers who violate a rule and regulation can be fined up to $500.









In order to keep the island's beaches attractive, healthy and safe are rules and regulations of conduct that apply at all nine beaches with public access, although only five have designated swimming areas clearly marked on the sand and in the water.

Lifeguards are stationed at Alder, Coligny, Driessen, Folly Field and Islanders beaches and other heavily trafficked beach areas for information and assistance during the season. LL





SMOOTH MOVE
The beach is a great place to ride your bike at low tide. Just don't ride it on our busiest beach boardwalks. Get off and walk it to the sand.

The following ARE PROHIBITED on all beaches at all times:

- Alcoholic liquor, beer, wine
- Glass (bottles, containers, etc.)
- Littering
- Indecent exposure
- Disorderly conduct
- Disturbing the peace
- Unauthorized vehicles
- Fires and fireworks
- Shark fishing
- Removing, harming or harassing any live beach fauna (sea turtles, sand dollars, conchs, starfish, etc.)
- Removing, altering or damaging dunes, sea oats or other dune flora
- Operating, launching or landing unauthorized motorized watercraft
- Unauthorized commercial activity
- Sleeping on the beach between midnight and 6 a.m.
- Unauthorized wearing of lifeguard emblems, insignias, etc.
- Solicitation or distribution of handouts
- Kites not under manual control
- Stunt kites from 10 a.m.- 6 p.m. April 1 through Sept. 30
- Sand-sailing

The following ARE PROHIBITED in designated swimming areas between 10 a.m. and 6 p.m. April 1 through Sept. 30:

- Fishing or surfcasting
- Surfboards, boogie boards, etc.
- Frisbees or other team sports involving a ball
- Games with metal components



The following apply to ANIMALS on the beach:

- Are not permitted between 10 a.m. and 5 p.m. the Friday before Memorial Day through Labor Day
- **Must be on a leash** at Fish Haul Beach Park at all times
- **Must be on a leash** at all other beach parks between 10 a.m. and 5 p.m. April 1 through Thursday before Memorial Day; and between 10 a.m. and 5 p.m. Tuesday after Labor Day through Sept. 30
- **Must be on leash** or under positive voice control at all other times
- Persons in control of animals on the beach are required to remove and properly dispose of the animal's excrement
- It is illegal to allow pets to chase or harass wildlife



Plugged in at the beach

Hargray supports free wi-fi at Coligny Beach Park, and usage is heating up. So far this season, on average 200 people are using the Coligny wi-fi at any given time.

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Beach etiquette for newcomers

TIPS AND ADVICE FOR BEACHING LIKE A LOCAL

STORY BY KERRY PERESTA

New to the Lowcountry? These insightful **beach etiquette tips** should help you breeze right through that pesky transition from tourist to local. The following suggestions about what not to do will ease those first awkward baby steps as a full-timer.

1. Do not bubble with enthusiasm

When walking to one of the Lowcountry's lovely beaches, obvious non-local tipoffs include exclamations of excitement, jogs down the boardwalk, glowing smiles and jubilant chattering. After touching bare feet to sand in a moment of silent reverie, an hour-long setup of beach tent or canopy and careful placement of rented bicycles and beach paraphernalia ensues. Not a single toe has yet dipped into the water. When transitioning from tourist to local, we suggest practicing the bored, slightly bemused, beach walk. This is best accompanied by a hint of a smile, a faraway look in the eyes, perhaps a slight yawn. Steps are slow, measured, as if one has done this hundreds, even thousands of times. One is NEVER carrying a mound of beach paraphernalia that would bring a camel to its knees. In-the-know locals have a tidy backpack beach chair on their shoulders and a small beach bag that above all, does NOT boast "Hilton Head Island, No. 1 Island In The U.S." on the exterior. If one is accompanied by children, it is acceptable to pull a sedate and appropriate beach buggy that is tidily stacked. The practiced permanent resident takes approximately 10 minutes from boardwalk to setup to toes in water; slightly longer with children.

2. Do not be offended by the beach stare

Lowcountry beaches are friendly places, but a beach stare is inevitable. If a beach stare from someone you do not know disturbs, try smiling and waving. Though this may be an unusual practice in the frozen tundra up north, on Hilton Head Island it is unusual NOT to wave and smile. The beach stare, which lasts mere seconds if one does not wave and smile in return, is simply an inquiry. A polite request to enjoy one another. Though it can be uncomfortable if the beach starer is wearing sunglasses, take heart. Underneath those shades is an interested, caring person desiring to share beach kudos all around. Locals often sidestep this issue by heartily waving and smiling at everyone within shouting distance. Most local dogs have also adopted this practice, although much licking is involved.

3. Do not complain about lack of underwater visibility

Our coastal waters are locally revered for healthy nutrients gleaned from our Lowcountry marshes. This is a source of much ecological pride. A non-local will refer to them as "murky" or "cloudy" or even (shudder) "dirty." These comments will immediately catapult the transitioning newcomer into the tourist category, and be met with a frown of disapproval and a slight shake of the head. A lecture about our coastal waters may or may not be forthcoming. To be considered a local, consider revising comment to, "We especially love the healthy environment the ocean here provides for the dolphins." This type of comment will get you a smile and launch a discourse about ecological wellness and the local sealife and shorebird community.

4. Do not fear the shark

Hilton Head Island's celebrity shark hunter, Chip Michalove, assures our permanent population that the chances of a shark attack on our beaches is "a gazillion to one." Known as the Great White Shark Whisperer, this man has caught, tagged, and researched so many Great Whites that he has begun to sprout a small dorsal fin on his back (not many people know this). When a beach lifeguard blows the alert whistle at a (usually tiny) shark sighting, a local will casually push up out of his beach chair and stroll to the edge of the waves for a glimpse of the elusive Great White or Tiger shark. A non-local will shriek, gather his children and rush them as far as possible from the water. Additional ways to identify the non-shark-savvy tourist include the typical pale face, slack jaw, trembling hands and refusal to enter the water for the rest of his vacation. Chillax, transitioning-to-local person. Sharks are a fact of island life just like our gators, but far less accessible.

Armed with these handy transition tips, we are optimistic that the newbie-to-local time threshold will be significantly reduced. Be brave, newbie! Be strong! We've all been there and survived. In no time at all, you too, will be bombarded by vacationing hordes on bicycles asking for directions. You, too, will join the throng that complain about the influx of vacationer-related traffic that adds 10 minutes to get to . . . well, everywhere. *LL*



Let the games begin

Looking for something fun for your group to do at the beach? Beach Play Company specializes in beach party games and team building. It is a great solution to organizing a fun day at the beach with a large group. For more information, call 843-384-3670 or go online to beachplaycompany.com.







HIDDEN GEM Often confused with nearby Fish Haul Creek Park (aka Mitchelville Freedom Park), many are unaware of Mitchelville Beach Park at the end of Mitchelville Road.

Local Secret

STORY BY DEAN ROWLAND
PHOTOGRAPHY BY PETER LAKOMY

THE RUGGED CHARM AND SOLITUDE OF MITCHELVILLE BEACH

If you've ever dreamed of being on a deserted narrow strip of beach on a beautiful island, even for one solitary afternoon, Hilton Head has it: Mitchelville Beach Park on the island's northeast end. But keep it to yourself. Tourists don't know about it at all, and most locals don't either.

The natural landscape is unbelievably striking — trees hugging the beach line, small waves, sandbars a pebble throw away, cordgrass and salt grass in the nearby water swaying in the temperate breeze, pluff mud challenging your footing, marshes and tide pools packed with sea snails and crabs, and a host of shore birds (plovers, willets, oystercatchers, sandpipers, egrets) skipping single file in front of your eyes along the sand.

Port Royal Sound is the water body straight ahead, not the ocean. Bring your camera.

A lumpy, dusty dirt road will deposit you at the end of Mitchelville Road. It does have a small parking lot, a restroom, an outdoor sand shower, but no sand matting once you reach the beach like Coligny does. Driftwood, sea shells, decayed horseshoe crabs and shark's teeth may be your only companions. There are no lifeguards. You're on your own, along with a few other beachgoers who are walking their dogs or reading or parents exploring the biodiversity with their young children.

Lounging and communing with nature should be your priority, not swimming. The sand floor isn't smooth, there are rocks and it's a feeding area for black tip sharks. Mitchelville is beautiful, no doubt, but it's not a swimming hole for Tom Sawyer or anyone else.



Fish Haul Creek Park sits along the same shoreline as Mitchelville beach and is a short 0.2-mile walk. They both share the same ecosystem, privacy and rugged beach characteristics. Located off Ocean City Road if driving, the parking lot leads to a wooden boardwalk with a covered gazebo overlooking a sweeping ocean marsh. Motoring visitors also can find the beach by walking a meandering Palmetto and live oak-lined path.

Like its adjacent sister beach, Fish Haul is a haven for resident and migrating shorebirds in a bushelful of varieties, as well as a plethora of fiddler crabs, mud crabs and hermit crabs. The physical changes between low and high tide are magically transformed and a photographer's delight. No other beaches on the island can transfix the visual senses like these two beaches.

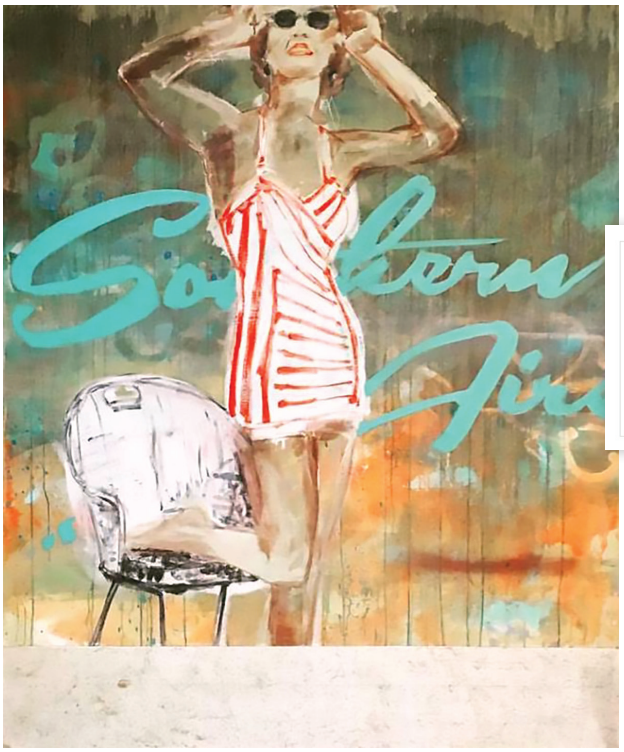
After enjoying nature's splendor at the beach, in the woods and at the marsh, the next stop before your day of exploration ends should be a history lesson about the town Mitchelville. Mitchelville Freedom Park, the rebranded name of Fish Haul Creek Park, was officially dedicated in early 2018 and honors the legacy and heritage of this nascent town of 1,500 freed slaves that was founded in 1862 after the Union captured Hilton Head Island a year earlier during the Civil War. It was the nation's first town of self-governed former slaves who developed their own roads, schools, churches, houses and local government.

Their Gullah descendants today who live in the area continue to embrace and promote their traditions and culture.

The Mitchelville Preservation Project has a multi-year plan to evolve the park into a living history with technological applications.

A Juneteenth celebration is scheduled June 15 at the park. *LL*





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JUNE beach day



*Folly Beach is located just outside of Downtown Charleston on Folly Island and is a great beach getaway after some time in Chucktown. Folly is known for its fun main street, pier, and quaint beach cottages. It is also home to **the Washout**, the best surfing area on the South Carolina coast.*

Sunny

TYPICAL DAYS

Like most of the Southeast, June at Folly Beach is generally warm and sunny with **highs in the 80s and lows in the high 70s**. Afternoon thunderstorms can blow through on occasion.



"THE EDGE OF AMERICA"



FOLLY BEACH

Surrounded by the Atlantic Ocean and the Folly River, visitors can enjoy six miles of wide beaches to relax and spend the day. When the conditions are right, Folly also hosts some of the best surfing on South Carolina's coast, and there's no shortage of surf shops to rent or buy boards or take lessons.

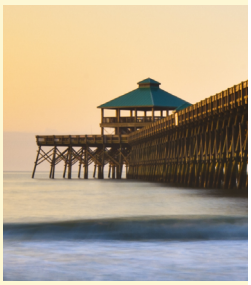
FUN FACT



Before the Civil War, Folly was called Coffin Island and was known for its many shipwrecks, and as a favorite rendezvous for pirates between 1670 to 1720.

FISHING

The current pier at Folly Beach was built in 1995, there have been two piers prior, with the first being built in the 1960s. The pier often hosts fishing tournaments (including one from 6 a.m.-2 p.m. on June 22).





PARKING

There is public parking in the lots at the beach access points in most city blocks. Parking in these lots costs $7 per day, which can be paid in the designated box. Parking is free on the street if you can find a spot, but make sure you're completely off the road and not blocking any driveways or sidewalks. Be extra careful, these rules are strictly enforced! If you're headed to the Washout, look for parking meters along the beach side of the street where you can pay hourly.

LOCAL TIDES

SAT, JUN 1	SUN, JUN 16
L 12:55 AM	L 01:44 AM
H 06:58 AM	H 07:38 AM
L 12:54 PM	L 01:43 PM
H 07:19 PM	H 08:19 PM
SUN, JUN 2	**MON, JUN 17**
L 1:41 AM	L 02:32 AM
H 07:43 AM	H 08:26 AM
L 01:38 PM	L 02:28 PM
H 08:03 PM	H 09:03 PM
MON, JUN 3	**TUES, JUN 18**
L 02:28 AM	L 03:18 AM
H 08:28 AM	H 09:11 AM
L 02:24 PM	L 03:11 PM
H 08:47 PM	H 09:46 PM
TUES, JUN 4	**WED, JUN 19**
L 03:14 AM	L 04:01 AM
H 09:15 AM	H 09:56 AM
L 03:10 PM	L 03:53 PM
H 09:33 PM	H 10:28 PM
WED, JUN 5	**THURS, JUN 20**
L 04:02 AM	L 04:44 AM
H 10:03 PM	H 10:39 AM
L 03:59 PM	L 04:35 PM
H 10:22 PM	H 11:09 PM
THURS, JUN 6	**FRI, JUN 21**
L 04:52 AM	L 05:25 AM
H 10:55 PM	H 11:23 AM
L 04:51 PM	L 05:16 PM
H 11:14 PM	H 11:51 PM
FRI, JUN 7	**SAT, JUN 22**
L 05:42 AM	L 06:06 AM
H 11:51 AM	H 12:08 PM
L 05:46 PM	L 06:00 PM
SAT, JUN 8	**SUN, JUN 23**
H 12:09 AM	H 12:33 AM
L 06:36 AM	L 06:47 AM
H 12:51 PM	H 12:55 PM
L 06:46 PM	L 06:47 PM
SUN, JUN 9	**MON, JUN 24**
H 01:06 AM	H 01:17 AM
L 07:32 AM	L 07:29 AM
H 01:53 PM	H 01:44 PM
L 07:49 PM	L 07:39 PM
MON, JUN 10	**TUES, JUN 25**
H 02:06 AM	H 02:03 AM
L 08:29 AM	L 08:14 AM
H 02:56 PM	H 02:35 PM
L 08:55 PM	L 08:35 AM
TUES, JUN 11	**WED, JUN 26**
H 03:06 AM	H 02:52 AM
L 09:26 AM	L 09:01 AM
H 03:58 PM	H 03:26 PM
L 10:00 PM	L 09:34 PM
WED, JUN 12	**THURS, JUN 27**
H 04:04 AM	H 03:42 AM
L 10:22 AM	L 09:49 AM
H 04:56 PM	H 04:17 PM
L 11:02 PM	L 10:33 PM
THURS, JUN 13	**FRI, JUN 28**
H 05:01 AM	H 04:34 AM
L 11:16 AM	L 10:39 AM
H 05:51 PM	H 05:07 PM
L 11:59 PM	L 11:29 PM
FRI, JUN 14	**SAT, JUN 29**
H 05:56 AM	H 05:26 AM
L 12:07 PM	L 11:29 AM
H 06:43 PM	H 05:57 PM
SAT, JUN 15	**SUN, JUN 30**
L 12:53 AM	L 12:23 AM
H 06:48 AM	H 06:18 AM
L 12:56 PM	L 12:20 PM
H 07:32 PM	H 06:47 PM

Tide data collected from the Folly Beach Pier locale. Tides will vary around the island and along the coast.



What to bring.

Skim Surface Skimboard, $30 (Available at Outside Hilton Head) + **Tote** Anchor Stripe Embroidered Beach Tote, $68 (Available at Spartina 449) **Book** One Foot in Eden, $12.65 + **Sunglasses** Tom Ford Rizzo, $475 (Available at Optical Solutions) + **Skin** SanRe Organic Aloe Day Cream, $31.99 **Drink** Corkcicle Rifle Paper Co. Tumbler, $14.99 (Available at Gifted) + **Rod** PENN Pursuit II Spinning Combo, $69.99

Surfboard Spotlight

RIDE IN STYLE WITH A LOCAL SHAPED, CUSTOM BOARD





7'9" PERFORMER FUN

The Performer Fun shape is a great board for anyone wanting to surf here in the Lowcountry. Every curve and contour is designed for riding the smaller, mushy waves that we typically experience on our beaches. Ranging from a length of 7 feet to 7 feet, 10 inches; think of it as a step down from a traditional longboard, making it easier to handle and control in the water.

This board is an excellent choice for beginners, and more advanced riders will enjoy the increased maneuverability of this design that comes from performance rockers and single to double concave bottom contours. The board is built in the United States, starting with a durable 2 pound polystyrene, or EPS, foam core and finished with Hexcel cloth and an epoxy resin.

How to get one

Head shaper for Charleston-based surf company Shred Season, David Farina, dials these boards to any rider's vision or specifications. From shape and size to color configurations and glassing, these custom boards are built individually for their rider. After deciding on a model, the exact details of the board are gauged based on your height, weight, experience and local wave. *Details on ordering a custom or used board can be found on* ***shredseason.com.***



©SHRED SEASON

SERIOUS SHAPER
Shred Season head shaper, David Farina, examining his craftmanship on a fresh surfboard blank.

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Surf local

CATCHING BIG WAVES AROUND BURKES BEACH



SIGNIFICANT CUTBACK
It was large surf on a December day. Jimmy Thompson was cruising down the line of the wave when he loaded up for a major cutback. This maneuver allows the surfer to harness all his speed into a turn and slow down to let the wave reform and get steeper again.



YOU CANNOT STOP THE WAVES, BUT YOU CAN LEARN TO RIDE THEM

STORY + PHOTOGRAPHY BY RYAN MCCORMICK

While Hawaii, Australia and California will always be ultimate surfing destinations, don't underestimate the Lowcountry if you're looking to hang 10. Some of the world's best surfers got their start on nearby beaches. Surfing here is like fishing. You've got to know where to go, when to go and what to bring. Ryan McCormick, a 2018 Bluffton High School graduate, has been taking local surfing pictures with his water-housing for about a year now.

"I have always been surfing and riding some type of board since I was a little kid," McCormick said. "It was hard to find me without a surfboard or a skateboard when I was growing up. I also have always been into photography as well. I figured combining both of my passions would only make sense."

McCormick, 19, who is studying graphic communications and photography at Clemson, captured these images at different sandbars around **Burkes Beach** on Hilton Head Island.



STABLE HAND It was a rather small December day of surf. A better-sized wave rolled in and Matt Maldonado spun around and went left. He is in the most technical position of surfing on his backhand. You might notice his hand on the rail (side of the surfboard), which allows for more stability.

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CATCHING AIR This photo was taken in late March at sunset. Jimmy Thompson was pumping right down the wave to gain speed. As soon as he was near me, he threw his board to perform an air trick. His whole body and board were out of the water as he aired from one section to another, I was able to capture the spray from the maneuver and water streaking across the camera.



RIGHT TURN This was a very cold day in February. The air temp was in the 40s and there were 20-plus mph side shore winds. The conditions were very tricky, but Jimmy Thompson still managed to perform an impressive turn as the lip of the wave was breaking.



SPRAY ON Joey Del Garcio was riding a longboard and was walking up the nose of the board as I took the picture from behind. The spray from the west wind, which allows for cleaner waves, rose into the air and made the picture very interesting.



DRAW THE LINE This photo was also taken in late March at sunrise. Christian Perry was simply trying to gain speed on this right wave. The sun and his body lined up perfectly to where the sun let out bursts of light.



FULL MOON FEVER This was post sunset in late March. We were able to surf longer because there was a really bright full moon. Dan Brown wanted to surf more so I snapped this picture of him paddling out under the moonlight.





Port Royal Trawler

Find additional works of art online at **LocalLifeSC.com**

Bluffton in Plein Air:

THE MASTERFUL STROKES OF MARK BOEDGES

STORY BY CAROLYN MALES



Lowcountry Storm

By the time I find Mark Boedges at noon standing at the edge of Dubois Park in Bluffton, he's surrounded by a small crowd: two artists, two onlookers, and a miniature schnauzer. In the two hours he's been standing at his easel, Boedges already has painted in the buildings along Lawton Street looking west and sketched out abstract shapes of trees in oils. I'd missed his earlier deliberations on whether he should include the golf cart parked at the corner building, the green trash can at the curb, or the white SUV parked in front of Eggs 'N' Tricities. In the end, he'd decided to go with the first two but nixed the car. Now as he lifts the palette knife to render the vertical lines of the white pergola's columns, his new fans nod in approval. Even the dog seems pleased. Meanwhile, a man comes up and presents the artist with a baggie of homemade muffins, a gift from his wife who's taken classes from the painter.

Being surrounded by appreciative onlookers isn't unusual for the nationally acclaimed, award-winning painter. In fact, he has such a strong following that his landscapes seem to fly out of galleries. That's certainly been the case here where three of his Bluffton paintings (The Promenade, Church of the Cross, and a street scene) were recently snatched up by collectors before Red Piano Art Gallery owners Ben and Lyn Whiteside could hang them on the walls.

Next, we all watch as Boedges considers the palm trees in the distance across Calhoun Street. The morning had started out sunny but now heavy clouds have moved

in and the light that had dappled the fronds has turned flat. This is the Vermont painter's fifth trip in two years down here and he's fallen in love with the area's vegetation, history, and beauty. Should he paint in the palms now? He shakes his head. He'll wait until next week when he's back in his studio. Meanwhile he's made color notes on his canvas as he's gone along. The live oaks near the park might be slashes of green at the moment but a photo he's snapped with his iPhone will serve as a memory jogger as he finishes the canvas up in Vermont. But in the end, it will be his interpretation of the image etched in his mind that will determine the final result.

When you're a plein air painter, you must contend with Mother Nature's fickle temperament. Boedges learned early on how to roll with what she throws in his path. Being a self-described practical Midwest son, he'd started out in Texas as a computer engineer during the height of the Y2K bug scare. But a couple of months in, he bolted to the University of Colorado where he took up fine art. Inspired by his majestic surroundings but not so much by his coursework, he grabbed his paint brushes and ventured out on his own toward the Rockies and Indian Peaks Wilderness. Six years later, he would move to Vermont with his wife Rebecca and focus on the leafy mountain vistas there.

But it was plein air events, brutal outdoor competitions where Boedges "cut his teeth" that would train him to quickly scope out places, focus on unfamiliar scenes, and bring them alive in oils. As a young painter, Boedges understood that no matter how much talent you have, making it as a successful artist meant facing challenges head on and being willing to fail. "It means showing up blind to an area, usually one I've never been to, along with fifty other painters—and they're all good. Then it's like 'Paint! Go!'" he says. "This is not generally how you want to create fine art." Nevertheless he did, winning top prizes.

Meanwhile as the painter racked up accolades, Ben Whiteside had begun a successful campaign for Boedges to take a break from mountain terrain and train his artist's eye on the flat, lush landscape of the Lowcountry.

Now as the clouds grow more ominous, the onlookers thank him for letting them watch before scurrying off. Raindrops are starting to hit the pavement and Boedges quickly packs up, carting paints, turpentine, canvas, easel, brushes, palette knives, and rags to his car. Before he goes, he gives me a peek at a painting of the ruins at Palmetto Bluff he'd started the day before. I'll have to wait a few more weeks before I see these and the other three Bluffton buildings he's painted completed and hanging in the Red Piano. I suspect once they arrive, I'd better get there quick. *LL*



QUOTES FROM A MASTER PAINTER

My goal when I go out to paint is that I'm always looking for a masterpiece. I'm not the kind of artist who goes out to do a core study. I'm out there to get a piece of fine art.

As much as I want dead-on realism, I'm not trying to be photo-real. If you were to stand there and hold up my painting at the scene I'm painting, you'd be 'what the hell was he looking at?' It shouldn't be a copy.

There's no doubt that there's a kernel of talent, sensitivity, and engagement with the world that makes an artist. But everything after that is how good are you with dealing with your failures. In fact, it's a series of failures. It's years of failures. How can you fail enthusiastically? That's the biggest thing.

What makes a master? Someone who's made every mistake you can probably make. Someone who has painted more good paintings than bad ones.

Find more Mark Boedges work online at markboedges.com or redpianoartgallery.com



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Beach art

We can't all own a beach house, but we can bring a little coastal charm into our homes with wall art from local artists. We reached out to a few of our favorite galleries and asked for their most provoking and relaxing beach and ocean paintings. **Here are a few of our favorites.**

Find additional works of art online at **LocalLifeSC.com**



The Dunes by Tom Jordan (Camellia Art)



Prevailing Winds by Joseph Orr (Red Piano)



Seaside by Mary Hubley (Camellia Art)



Beach Parking by Dan Graziano (Red Piano)



Sisters by Pam White (The Shops at Sea Pines Center)



Dunes by David Randall (Karis Gallery)



Under the Shade by Ken Auster (Red Piano)



Rustic Beach by Anne Blair Brown (Red Piano)





LOCAL ROOTS

Cora Miller

SHARING THE LIFE OF HARRIETT TUBMAN

STORY BY LUANA GRAVES SELLARS
PHOTOGRAPHY BY LISA STAFF

If you weren't aware, Harriett Tubman walks around Hilton Head every day. Sure, she was physically here around the Civil War years in Historic Mitchelville, but her words and legacy continue to live on through local resident Cora Miller's incredible transformation whenever the inspiration strikes. For years, when the character Harriett Tubman is included in an event, whether it's during February's Annual Gullah Celebration, special church events, or giving tours and presentations at Mitchelville's Freedom Park, it's been Cora Miller who brings her to life by recreating her voice and sharing poignant stories about her life's experiences.

What's different about her depiction of Harriett is that she doesn't work from a prepared script or materials. Cora explains that "history books only talk about Tubman freeing the slaves. I believe that God has placed her spirit in me to be a vessel for her to tell the stories that were never told." Unlike most character representations, Cora makes the experience more personal by intertwining names of her relatives into her skits.



EMBODYING A LEGEND Cora Miller channels the most well-known conductor of the Underground Railroad, Harriett Tubman, to teach us about her life and the role she played in the Lowcountry during the Civil War.

Her passion and personalization is evident in how her audience reacts. "I touch people when I do Harriett Tubman. They see me transform into her and that touches them. I've seen men and women cry after hearing more about what she has done. You never hear the same story twice, because I am only the vessel. I pray before each time and then the words just flow. I don't hear or see me," she says.

Embodying Harriett Tubman is only the beginning of Cora's creativity and talents. She's also known locally as a creative and vocal artist. Her artistic talents can be seen in her jewelry designs, sea island wreaths and unique wedding brooms, as well as a member of the Voices of El Shaddi for 25 years. "We are a singing group, but we are also a family." She enjoys being part of the group because, "singing God's praises lets us touch one person at a time through song." In her spare time, she is an avid angler who carries her rod in the car. "I can fish anywhere," she says.

Born in Summerton, SC, and raised in Aiken, Cora is the granddaughter of a slave master's daughter. Growing up, she knew that she was a Geechee, but it wasn't until she came to Hilton Head that she became aware of the Gullah. The self-described "people magnet" worked in hospitality for more than 35 years.

Cora first came here on vacation. "When I came across the bridge for the first time, there was a full moon. [Looking across the water] there was no end to what I could see, and I knew that I was home. [I have always felt that] the moon will always bring you home. Its energy and the water spoke to my spirit, which said 'this is it.'" Once the vacation was over, she went back home, quit her job and returned in two weeks.

Cora instantly felt as if she was home when she came here. The moon and the water spoke to her and because of that, Harriett Tubman's voice continues on. Harriett will be walking through Historic Mitchelville again during the park's annual Juneteenth celebration on June 15. If you see her, be sure to say hello. *LL*



JUNETEENTH CELEBRATION ON HILTON HEAD ISLAND

When: 11 a.m.-3 p.m., Saturday, June 15
Where: Mitchelville Freedom Park, Hilton Head Island
Details: The food and music festival will include interactive experiences that are significant to the era of Mitchelville in the Reconstruction Era, plus live performances by Alvin Garrett, Latrese Bush, Logan the Entertainer and American Idol winner Ruben Studdard. Tickets are $15. Call 843-255-7301 or go to exploremitchelville.org.









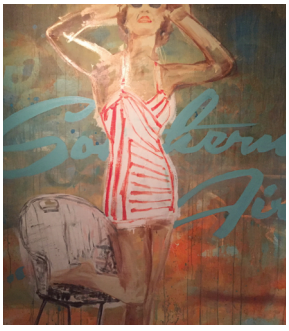












Inspiring Talks

What: Private speaker reception for TEDx Hilton Head Reinvention
When it took place: May 10
Where: J Costello Gallery
Photographer: Rex Gale
Highlights: Many of the speakers for the TEDx Hilton Head Reinvention event at SoundWaves gathered for a private speaker reception for Joseph Patrick Arnegger. A good time was had by all. At the event, 20 speakers shared their ideas worth spreading about how reinvention took hold of their lives, and the metamorphosis that followed.





A good walk

What: American Heart Association's 2019 Palmetto Heart Walk
When it took place: April 27
Where: Shelter Cove Community Park
Photographer: J.T. Smith
Highlights: Hundreds of survivors of heart disease and stroke were among the many locals supporting cardiovascular research and education by participating in the 2019 Palmetto Heart Walk. Attendees had a choice of a one-mile loop or a 5K route. Walking 30 minutes a day greatly reduces the risk of heart disease and stroke.



HILTON HEAD PREPARATORY SCHOOL



Kaitlyn Cierra Adkins ..... Clemson University
Drew Elizabeth Askeland#^& ..... College of Charleston
Matthew Joseph Barnett= ..... University of the South/Sewanee
Logan Thomas Blair# ..... Clemson University
Jonathon James Braun*+ ..... Clemson University
Avery Reed Campbell ..... University of South Carolina
Andrew Hyung Jun Choi= ..... Belmont Abbey College
Sallie Morris Collins*+ ..... University of the South/Sewanee
Ryan McKenna Dailey*+ ..... Clemson University
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Courtney McShane Doyle#*+& ..... Clemson University
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Haihan Jordan Qi ..... Loyola University-Chicago
Elizabeth Morgan Rankin S*+& ..... University of Virginia
Scott Sculley=* ..... University of Wisconsin/Madison
Eva Caroline Snipes& ..... Rollins College
Haddith Asim Stewart= ..... Newberry College
Justin Alexander Stone^! ..... Drew University
Matthew James Sullivan ..... Clemson University
Lucas Alexander Tomita#!@+& ..... Florida Institute of Technology
Holland Erin Traver*+& ..... Clemson University
Yuxuan Scott Wu ..... Virginia Polytechnic Institute and State University
Zheng Frank Xu ..... Pennsylvania State University
Savannah Jessica Young# ..... Winthrop University
Aubrey Hackworth Zoodsma ..... University of South Carolina

V – Valedictorian, S – Salutatorian

**Honor Graduate +National Honor Society #12-Year Student ^Legacy Graduation =Signed College Athlete*
%Certificate of Excellence &Sociedad honoraria hispanica @Diploma of Distinction !Community Service Award

Members of the Class of 2019 have also been accepted to:

American University
Anderson University
Appalachian State University
Auburn University
Bard College
Bucknell University
Campbell University
Carnegie Mellon University
Charleston Southern University
Clarkson University
Converse College
Denison University
Erskine College
Flagler College
Francis Marion University
George Mason University
Georgia State University
Grove City College
Hampden-Sydney College
High Point University
Lander University
Lehigh University
Liberty University
Long Island University, Post
Louisiana State University
Loyola University New Orleans
Meredith College
Michigan State University
Pace University, New York City
Presbyterian College
Santa Clara University
Savannah College of Art and Design
Seattle University
Texas Christian University
The New School
The University of Alabama
The University of Arizona
The University of Tampa
University of California, Santa Barbara
University of California, Santa Cruz
University of Colorado at Boulder
University of Connecticut
University of Dayton
University of Florida
University of Georgia
University of Kentucky
University of Miami
University of New Haven
University of Richmond
University of St. Thomas
University of Tennessee, Knoxville
University of Washington
Villanova University
Virginia Commonwealth University
Wake Forest University
Wofford College

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Guardian Angels

What: MCAS Beaufort Air Show
When it took place: April 25
Where: Beaufort
Photographer: 2nd Lt. Samuel Elkholm
Highlights: Maj. Paul "Loco" Lopez and the F-22 Raptor Demo Team made a historic aerial flight alongside the U.S. Navy Blue Angels for just the second time in history. Soaring over the skies of Beaufort, the F-22 and F-18 flew in formation to showcase two of the world's premier demonstration teams.





Buyer's market

What: 17th annual Art Market at Honey Horn
When it took place: April 27-28
Where: Honey Horn
Photographer: Kristen Watts
Highlights: Ninety accomplished artists from across the country offered their work for purchase while competing for $5,000 in prizes. Elizabeth Borowsky won Best in Show, Samuel Yao took second place and Beth Williams placed third.

Ahoy there!

What: Windmill Harbour Cup
When it took place: May 4-5
Where: Hilton Head Island
Photographer: Mark Newman
Highlights: The South Carolina Yacht Club hosted this inaugural sailing event, which was the largest on Hilton Head Island since the Olympic trials in 1996 and the Mumm 30 Worlds in 1998. Thirty-five sailboats engaged on the two race courses. Boats from Savannah, Beaufort, Charleston, and Hilton Head Island participated.









Hair and Makeup by Dylan and Josie of Salon Karma

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True professionals

What: PGA Professional Championship
When it took place: April 28-May 1
Where: Belfair
Photographer: Courtesy of the PGA of America
Highlights: The field of 312 PGA professionals brought top tier sponsors and positive attention to the Lowcountry, from live coverage on the Golf Channel to having PGA CEO Seth Waugh and PGA President Suzy Whaley on location. This year's tournament also made history by having the largest contingent of female golfers to ever play in the event. Alex Beach won the championship, posting a closing 3-under-par 69 for a 72-hole total of 10-under-par 277 and a two-stroke victory over Danny Balin.



An eye on India

What: World Affairs Council of Hilton Head Friday Speaker Series
When it took place: May 3
Where: First Presbyterian Church
Photographer: Arno Dimmling
Highlights: Alyssa Ayres, a senior fellow for India, Pakistan, and South Asia at the Council on Foreign Relations, spoke about India's rise on the world stage. She talked about how a fiercely independent India seeks its place as a leading power, and how the United States should respond.





JUNE calendar

June is the perfect time to unwind at local events. With the summer warmth settling in, businesses are buzzing with activity for everyone's enjoyment. Here are our top picks, along with days of national and international interest.

Cut this page out and stick it on your fridge!

THINGS TO DO NEARBY

Savannah
Retro Mega Comic Con (June 8)
Artist Crafters and More Festival (June 15)
Savannah Water Lantern Festival (June 15)
Bring It! Live (June 22)
Red, White, and Brews (June 29)

Charleston
Charleston Carifest (June 20)
Harry Potter and the Chamber of Secrets (June 17)
Luke Combs (June 11)
FAB Charleston 2019 (June 22)

Columbia
Culture Parade 2019 (June 8)
Fashion Arena Columbia (June 22)
Columbia R&B Fest 2019 (June 30)

Jacksonville
The Great Atlantic Country Music Fest (June 14)
Twenty One Pilots (June 14)
The Healer Festival (June 15)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 **SOAR: Dancing Out Loud** **Dispensary: *Ember City*** **Poseidon: *DJ Dance Party***
2 **Rotisserie Chicken Day** **Animal Rights Day** Rocky Road Day	3 **Egg Day** Wonder Woman Day Leave the Office Early D	4 **Cheese Day** SAFE Day	5 **Poseidon: *Coastal Country Night*** **Veggie Burger Day** Running Day	6 **Roasting Room: *Noah Guthrie*** **D-Day** Drive-in Movie Day	7 **Fun in the Sun for Everyone** Bootless in Bluffton First Friday Beaufort Boathouse: *Brian Bazemore*	8 **Rosé Day** Oceans Day
9 **Donald Duck Day** Children's Day	10 **Ball Point Pen Day** Iced Tea Day Herbs and Spices Day	11 **Cotton Candy Day** Corn on the Cob Day Call Your Doctor Day	12 **Salty Dog: *Dave Kemmerly*** Loving Day Superman Day	13 **Weed Your Garden Day** Random Acts of Light Day Roller Coaster Day	14 **Dispensary: *La Bodega*** International Bath Day Wear Blue Day	15 **Juneteenth Celebration** Nunsense, The Mega-Musical National Smile Power Day
16 **Father's Day** **Fudge Day** Family Awareness Day	17 **HHCA: *M.A.D. Camp*** Horseshoe Crabs on Harbor Island	18 **Oldfield: *HHIJGA*** MSYT: *High School Musical* Autistic Pride Day	19 **Juneteenth** Garfield Day	20 **Bartender Day** Recess at Work Day National Hike with a Geek Day	21 **Roasting Room: *Time Sawyer*** Peaches N' Cream Day **Take Your Dog to Work Day**	22 **Beaufort: Dragon Boat Race Day** **Hilton Head Island Music Festival**
23 **Art League: *Lowcountry Landscapes in Watercolor*** **Jazz Corner: *Deas-Guyz*** Asteroid Day	24 **HHCA: *Mythical Creatures Art Camp*** Pralines Day *Please* Take My Children to Work Day	25 **Strawberry Parfait Day** **Catfish Day** Day of the Seafarer	26 **Harry Potter Day** **Coconut Day** Chocolate Pudding Day	27 **Carolina Dreamers Car Club Cruise-in** Poseidon: *Dueling Pianos + Ladies Night* Orange Blossom Day	28 **Skull Creek Boathouse: *Brian Bazemore*** Poseidon: *Rock the '90s USA*	29 **Camera Day** **Waffle Iron Day**
30						

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Sue and The Sclafani Family at The Cypress



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– Red and Joan Sclafani –
Cypress Members

"I love working in The Clubhouse with the flurry of Members rushing to yoga, swimming or bridge. My relationship with the Members is my greatest joy. ***I love them all."***

– Sue Miller –
Head Concierge

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JUNE happenings

Art Showings, Plays and Performances



High School Musical On Stage!

Main Street Youth Theater presents this Disney approved performance about breaking the status quo and letting your light shine. Don't miss the fun. Directed by Michelle McElroy, musical direction by Cynthia Cullen and choreography by Jamal Edwards.
Cast: Troy Bolton (Daniel Harrington), Gabrielle Montez (Harper Krimm), Sharpay Evans (Elliott Lentz), Ryan Evans (Luke Herman), Chad Danforth (Justin Stone), Taylor McKessie (Gracie Auld), Zeke Baylor (Sami Othmani), Martha Cox (Rachel Stratton), Jack Scott (Ben Jones), Kelsi Neilson (Delaney Yurco), Ripper (Rashad Gadson) and Ms. Darbus (Christa Fortney).
Ensemble: Emma Stewart, Annabel Court, Eliza Jane Coulter, Nicole Hamilton, Kaleigh Montgomery, Haley Newton, Haleigh Gartner, Skylah Sturgis, Edward Maxted-Sorensen, Ethen Cornett. Cameron Wynne, Daniel Derrer, Kat Lucena and Avery Campbell.

HIGH SCHOOL MUSICAL ON STAGE!
When: 7 p.m. and 2 p.m. Sunday matinees, June 19-30
Where: Main Street Youth Theater
Details: msyt.org



Kendra Natter presents "Through My Eyes II

View this follow-up of a reflection of Natter's ever-evolving photography and digital arts with the natural environment of the Lowcountry having been a regular theme of her work. An expert level photographer, who has been an active board member of the Camera Club of Hilton Head Island, you'll recognize her work from the Hilton Head Library, Hilton Head Hospital, Coastal Discovery Museum and the Art League of Hilton Head Island.

"THROUGH MY EYES II"
When: Exhibit shows June 3-30, Opening reception from 3-5 p.m. June 9
Where: The Society of Bluffton Artists (SoBA)
Details: www.sobagallery.com



Legally Blonde: The Musical

A fabulously fun award-winning musical based on the movie. "Legally Blonde: The Musical," follows the transformation of the beautiful and popular Elle Woods as she tackles stereotypes and obstacles in pursuit of her dreams. Elle appears to have it all but her life is turned upside down when her boyfriend dumps her to attend Harvard Law. Packing up her trusty pooch, she bags herself a place at the prestigious Harvard Law School to try and win him back. Nominated for seven Tony awards, "Legally Blonde" is a blast for all ages.

LEGALLY BLONDE: THE MUSICAL
When: June 26-August 4, 2019
Where: Arts Center of Coastal Carolina
Details: www.artshhi.com or 843-842-ARTS

Festivals and Fun



Pockets Full of Sunshine hosts "Fun in the Sun for Everyone"

This annual event gives special needs children, adults and their families the opportunity to enjoy the beach in a safe and inclusive setting. Activities include paddle boarding, boogie boarding, surfing, beach games and relaxation. Since 2014, Pockets Full of Sunshine has been working to make the Low-country a "sunnier place" by providing social and vocational opportunities for adults with intellectual disabilities.

"FUN IN THE SUN FOR EVERYONE"
When: 10 a.m. to 12 p.m. June 7
Where: on the beach in front of Marriott's Surf Watch, Hilton Head Island
Details: www.pocketsfullofsun.org

BLUFFTON HEMPFEST 2019

PRESENTED BY THE JUICE HIVE & HEMP EMPORIUM

Explore all things hemp and CBD at the first-ever Bluffton Hemp Fest. Leading retailers and manufacturers will be on hand to answer questions and present products at this fun, educational and free event. Presented by The Juice Hive and Hemp Emporium.

BLUFFTON HEMP FEST
When: 12-4 p.m. June 8
Where: On the green next to Gigi's and The Cottage
Details: facebook.com/juicehive

Pro League Finals at Long Cove Club

Spectators are welcome to attend the Pro League Finals in the beautiful Lowcountry backdrop of Long Cove Club. This event is open to the public and free of charge. Food and refreshments will be available for purchase (cash only). The Pro League of Hilton Head Island was founded in 2011 as the Hilton Head Island Professional Tennis League. The league was formed to give local tennis professionals and highly ranked amateurs a place to play competitive tennis.

PRO LEAGUE FINALS
When: 6:30 p.m. June 7
Where: Long Cove Club
Details: longcoveclub.com

POWER UP

JULY 22-25 • 9:00a-Noon

ADVENTURE WEEK for ages 4 yr to rising 5th grade

4 ACTION PACKED mornings of fun, games & learning that ***God gives us everything we need.*** **LUNCH** included.

REGISTER: hiltonheadislandcc.org/adventure-week

Hilton Head Island community church
860 William Hilton Parkway
(Mile Marker 9 at Fresh Market & Hargray Campus)
843.806.3399 | hiltonheadislandcc.org

hiltonheadislandcc hhikidz hiltonheadislandcc

MSYT Main Street Youth Theatre PRESENTS

Disney HIGH SCHOOL MUSICAL ON STAGE!

CHOREOGRAPHY BY JAMAL EDWARDS

MUSICAL DIRECTION BY CYNTHIA CULLEN

DIRECTED BY MICHELLE McELROY

Book by David Simpatico • Music Adapted, Arranged and Produced by Bryan Louiselle
Songs by:
Matthew Gerrard and Robbie Nevil; Ray Cham, Greg Cham and Andrew Seeley; Randy Petersen and Kevin Quinn; Andy Dodd and Adam Watts; Bryan Louiselle; David N. Lawrence and Fay Greenberg; Jamie Houston

Disney's High School Musical is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. www.MTIShows.com

JUNE 19-30, 2019

TICKETS $19/Adults $12/Students
JUNE 19, 20, 21, 22, 26, 27, 28, 29 - 7:00PM
JUNE 23 and 30 - 2:00PM

ARTS & CULTURAL COUNCIL
MSYT is a member of the Arts&Cultural Council of Hilton Head

Hilton Head Preparatory School Main Street Theatre 3000 Main St, Hilton Head Island, SC 29926
Go Online at www.MSYT.org to purchase tickets or call the Box Office 843-689-6246 | email: info@msyt.org



PETER MILLAR

Trunk Show
Thursday & Friday, June 13th & 14th

Peter Millar Representative James Blaikie will be on hand to assist with fit and selection.

Happy Father's Day!

KNICKERS
In the Shadow of the Lighthouse

HARBOUR TOWN
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Festivals and Fun

Hilton Head Island Music Festival

The Coastal Discovery Museum will host two days of electrifying performances by local and regional acts at the largest-ever Hilton Head Music Festival. Start the weekend with the Original Music Showcase on Saturday, and come back on Sunday for Rock, Reggae, Blues, and Funk Night. In total 15 live performances by local Island favorites and new talent kick off for an unforgettable weekend.

Sustainable practices such as no single use plastic bottles, straws or plastic bags will be observed at the festival, which will have a great impact on the amount of waste produced, reducing the environmental impact.



MUSIC FESTIVAL
When: June 22-23
Where: Coastal Discovery Museum
Notes: Tickets $38-$59
Details: www.hhimusicfest.com


THE HEADLINERS

Sunset Celebration Summer Concert Series

Those cool summer concerts at Shelter Cove Community Park are back. Free and open to the public. Pets welcome. Bring lawn chairs or blankets and enjoy the music and the breeze off Broad Creek.

SUMMER CONCERT SERIES
When/Where: 7-10 p.m. at Shelter Cove Community Park
Details: www.sheltercovetownecentre.com

JUNE 14: Deas-Guyz **JUNE 21:** The Headliners **JUNE 28:** Deas-Guys
JULY 5: Cranford Hollow **JULY 12:** Target the Band **JULY 19:** Lowcountry Boil
JULY 26: The Headliners **AUG. 2:** The Headliners **AUG. 9:** Deas-Guys
AUG. 16: Cranford Hollow

BREAKING IT DOWN:
Deas-Guyz: Old Motown, Rhythm and Blues, Pop, Rock, Reggae and Dance beats
Headliners: Big Band, the Classic 50's & 60's Rock & Roll, Beach Music, Motown, hits from 90s to today **Target:** 60s, 70s, 80s, 90s and today's music. **Cranford:** Blends original songwriting with flavors of Appalachian traditional music and Southern rock.
Lowcountry Boil: Lowcountry-inspired bluegrass music



Shelter Cove Town Centre Movie Nights

Unfortunately, there is no drive-in movie theater here on Hilton Head Island. These movie nights at Shelter Cove Community Park are the next best thing though. Bring lawn chairs, blankets and pillows and sit back and enjoy the movie. Free and open to the public. Family entertainment, pets welcome.

MOVIE NIGHTS

When/Where: 9 p.m. at Shelter Cove Community Park (rain or shine)
Notes: No movie on July 4th
Details: www.sheltercovetownecentre.com

JUNE 13: Guardians of the Galaxy I
JUNE 20: Hotel Transylvania 3 "Summer Vacation" **JUNE 27:** Mary Poppins Returns
JULY 11: Jurassic Park **JULY 18:** Top Gun **JULY 25:** Frozen **AUG. 1:** The Parent Trap
AUG. 8: Monsters, Inc. **AUG. 15:** Indiana Jones-Raiders of the Lost Ark



Harbourfest

Named a "Top 20 Event" by the Southeastern Tourism Society and a "Best of Southern Fests" by The South magazine, HarbourFest returns with music from the beloved Shannon Tanner, weekly Tuesday night fireworks and family friendly entertainment with Cappy the Clown.
Where: Shelter Cove Harbour & Marina
Details: sheltercoveharbourfest.com or Facebook

HARBOURFEST 2019 - SCHEDULE OF EVENTS

SHANNON TANNER SHOW
6:30 p.m. and 8 p.m. May 27 through August 30 (Mon, Tues, Wed and Fri)
7 p.m. Labor Day Weekend Aug. 31 and Sept. 1 (Parrot Palooza Caribbean Concert)

CAPPY THE CLOWN
6- 9 p.m. May 27 through Aug. 30, Monday-Friday
6-9 p.m. Labor Day Weekend – Aug. 31 and Sept. 1

PARROT PALOOZA
Jimmy Buffett Caribbean Concert with Shannon Tanner & the Oyster Reefers
(shows start at 7 p.m.)
Every Thursday from June 13 – August 22
(No Parrot Palooza show on Thursday, July 4)
JUNE 13, 20, 27 **JULY** 11, 18, 25
AUGUST 1, 8, 15, 22
Labor Day Weekend — Saturday, August 31
Sunday, September 1

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Festivals and Fun



Weekends at The Jazz Corner

Celebrating 20 years of jazz and acclaimed as one of the "Top 100 Jazz Rooms" in the world by Downbeat Magazine, the Jazz Room hosts the hottest acts in the area at The Village at Wexford.



WEEKEND ACTS

When: Doors open at 6 p.m. Concerts begin at 7:30 p.m.
Details: thejazzcorner.com or 843-842-8620

The Keith Davis Trio May 31-June 1
The Felix Peikli Trio June 7-8
The Joe Alterman Trio June 14-15
The Justin Chesarek Quartet June 21-22
The Annie Sellick Quartet June 28-29



Meetings and Gatherings

Faith and Race

Renowned scholar, activist, author, and artist, the Rev. Dr. Peter M. Wherry, will present an engaging discussion on Faith and Race. What does our faith have to say about race? How do our religious and spiritual practices shape us as we live in a racially diverse society? Join Dr. Wherry as he challenges us on the intersections of faith and race, and the ways faith informs our lives together. Sponsored by St. Andrew by the Sea.

FAITH AND RACE
When: 10-11:30 a.m. June 22
Where: St. Andrew by the Sea, Hilton Head
Details: hhiumc.com

Blues & Brews on the Bluff

The Taste of Summer Beer Festival will offer more than 50 different beers from around the world, including IPA's, Wheats, Blondes, Sours, Radlers and many more great summer styles. Tickets are $5 at the door. Children 12 and younger are free. Come by boat, bike or golf cart. Party with your pooch. Lawn chairs and leashed pets are permitted

BLUES & BREWS ON THE BLUFF
When: 5:30-9:30 p.m., June 14
Where: Oyster Factory Park, Bluffton
Details: blufftonsunsetparty.com





Dragon Boat Race Day

Teams of paddlers will race on the Beaufort River throughout the day on Saturday, June 22 in search of victory, and more importantly, to raise money for local cancer patients. Teams are formed from local businesses, community groups, friends and will be joined on the water by a number of "Club" teams who travel in from throughout the southeastern United States.

DRAGON BOAT RACE DAY
When: 8 a.m.-4 p.m., June 22
Where: Waterfront Park, Beaufort
Details: dragonboat-raceday.com

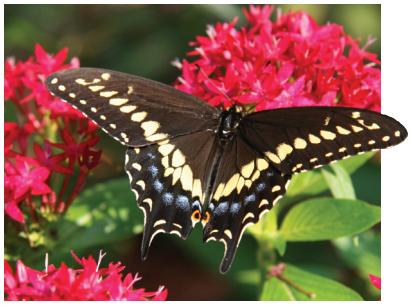
Coastal Discovery Museum



Marsh critters for Preschoolers

The salt marsh is an important and unique habitat that is full of life. Get up-close and hands-on with several marsh critters as your guide shares a fun short story about the many critters you might encounter while spending a day in the salt marsh.

MARSH CRITTERS
When: 10 and 11 a.m. Thursdays in June through August
Notes: $10 per child and adult, $5 for additional humans age 3 and up, no fee for ages 2 and under. Reservations are required. 843-689-6767 ext. 223



Wonderful Wings for Preschoolers

Discover the fascinating lives of butterflies from eggs, to caterpillar, to chrysalis, to adult. Explore the Karen Wertheimer Butterfly Habitat with your guide and get an up-close look at all four stages of the butterfly life cycle. Create a simple seed craft to take home and start your own butterfly garden.

WONDERFUL WINGS
When: 10 and 11 a.m. Tuesdays in June through August
Notes: $10 per child and adult, $5 for additional humans age 3 and up. Reservations are required and may be made by calling 843-689-6767 ext. 223

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EVERY WEDNESDAY THROUGH SEPT 4TH FROM 10AM-2PM

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The Market
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Summer Camps





SUMMER CAMPS AT ARTS CENTER OF COASTAL CAROLINA

More details at artshhi.com/workshops or 843-686-3945, ext. 205

STEAM TINKER CAMP

STEAM Summer Camp is an exciting and hands-on learning opportunity for youth, with a special emphasis on the STEAM curriculum areas (Science, Technology, Engineering, Art, and Mathematics). Campers will learn about concepts such as geometry, engineering, circuits, forces of motion, and simple machines, while creating projects like "Cranky Contraptions" and "Pendulum Paintings." (Session 1 and 2 will complete different projects.)
When: June 10-14 and July 8-12 **Notes:** Ages 7-12; Tuition $130

TAKE THE STAGE! PERFORMING ARTS CAMP

Explore music, dance and drama in this one week camp. Students will work with professional artists in our Black Box Theatre and will be exposed to a variety of performing art forms. They will create a mini showcase performance on Friday!
When: June 17-21 and July 15-19 **Notes:** Ages 6-8 & 9-13; Tuition $110

MIXED-UP MASTERPIECES VISUAL ARTS CAMP

Students will study folk and fine art from all around the world that will inspire both traditional and unusual 2D and 3D masterpieces. A mini-showcase exhibit/reception will be held on Friday.
When: June 17-21 and July 15-19 **Notes:** Ages 6-8 & 9-13; Tuition $110

THEATRE CAMP

Campers will experience a mini-production and will not only be the cast, but will also be the production crew, learn how to understand and develop characters, create sets and props, and design costumes. They will perform for family and friends on Friday afternoon.
When: July 22-26 and August 5-9 **Notes:** Ages 9-14; Tuition $210

STEAM DIGITAL ARTS CAMP

During this week-long STEAM camp, students will learn art and design techniques using technology such as graphic design, 3D modeling, 3D Printing, and virtual reality. Laying the basic foundations to understand and use these new tools, instructors will cover all facets of 3D printing from 3D scanning, 3D modeling, preparing files, and finally, the 3-D printing process. Students will also have an opportunity to experiment with virtual reality design using web-based platforms.
When: July 29-August 2 **Notes:** Ages 9-16; $130

LEGALLY BLONDE DANCE AND DRAMA CAMP

Play your part this summer at the Arts Center! During this exciting week, students will learn a variety of dance and drama techniques while working with the Dance Captain of the Arts Center's summer production Legally Blonde. The musical is based on the hit 2001 comedy film about a pampered, cosmetics-minded Bel Air girl named Elle, who chases her ex-beau to Harvard's law school and finds herself excelling in academia. *Intermediate dance skills required.
When: July 29-August 2 **Notes:** Ages 10-16; Tuition $120

FIRST TEE OF THE LOWCOUNTRY

The First Tee of The Lowcountry emphasizes nine core values: Honesty, integrity, sportsmanship, respect, confidence, responsibility, perseverance, courtesy and judgment. Weekly camps start June 10 and run all summer long. Camps are for ages 7-17 and are 9-11:30 a.m., Monday through Thursday. thefirstteelowcountry.org



4th of July


SHELTER COVE HARBOUR

Fourth of July Fireworks Displays

WHERE TO WATCH THE FIREWORKS AROUND THE LOWCOUNTRY

Shelter Cove Harbour offers a HarbourFest celebration featuring special patriotic selections performed by Shannon Tanner at 6:30 and 8 p.m. The fireworks display will begin right after dusk. For the convenience of home and villa guests staying in the Palmetto Dunes Oceanfront Resort, the Palmetto Dunes Buggy will continue operating until after the fireworks display is concluded. 800-827-3006 or palmettodunes.com.

Harbour Town will celebrate the Fourth with a variety of festivities. Children's activities, live music, food and beverage will be available as well as the fireworks display. The fireworks will begin about 9:15 (dusk) from a barge in Calibogue Sound. There is a gate fee to enter the resort (unless you are a resident or guest staying on the resort) and a free shuttle service will be offered between Harbour Town and various parking lots in the Sea Pines Resort. No coolers. 843-785-3333 or seapines.com.

Skull Creek fireworks start around 9:30 p.m. The fireworks will be launched from a barge in the Intracoastal Waterway/Skull Creek. Join Hudson's Seafood House on the Docks, Skull Creek Dockside or the Skull Creek Boathouse for live, outside entertainment beginning at 6 p.m. Food and beverage will be available at all three locations. No coolers.

The town of Port Royal and the **Historic Port Royal Foundation** are hosting fireworks starting at 9 p.m. at The Sands of Port Royal. The celebration includes food booths, vendors, entertainment, face painting, water slide, bounce houses and more.

Independence Day at Parris Island is free and open to the public. The family-friendly event will feature a kids' fun zone, The Parris Island Band performing patriotic music, and an incredible fireworks celebration. Food and beverages (alcohol and non-alcohol) as well as patriotic glow sticks, bracelets and headbands will be available for purchase. beaufort.com



4th of July continued



Salute from the Shore

Participate in a patriotic demonstration of gratitude with hundreds of thousands on the beaches of South Carolina. Show your patriotic colors and displays during the traditional flyover. Flyover begins at 1 p.m. on July 4 in Myrtle Beach. **Share your tribute to the armed forces online at:**

- *www.salutefromtheshore.org/share-your-salute*
- *Facebook www.facebook.com/SalutefromtheShore*
- *Twitter @July4Salute, #SalutefromtheShore*
- *Instagram @July4salute, #SalutefromtheShore*

SALUTE FROM THE SHORE
When: Flyover at 1 p.m., from Myrtle Beach to Hilton Head
Where: South Carolina Beaches
Details: beaufort.com

Parade at Sea Pines

Join the parade in your patriotic colors in this family favorite event at Harbour Town. Decorate a wagon, bike, dog or kids at 8:30 a.m. with provided supplies (limited to first 100 registered). Holiday fun and activities following the parade.

PARADE DETAILS
When: 8:30 a.m. to register for decorating contest; 9:30 a.m. parade lineup; July 4
Where: Harbour Town, Sea Pines resort
Details: seapines.com or 843-842-1979

Firecracker Run

Over 1,700 runners and walkers from across the United States annually participate in the fun family event. The race begins at Jarvis Creek Park and finishes with a celebration featuring a children's Fun Run, music, ice cold refreshments, door prizes and more. A percentage of the proceeds benefits local charities.

FIRECRACKER RUN
When: 8 a.m. July 4; 9 a.m. children's run
Where: Jarvis Creek Park, Hilton Head Island
Details: active.com

More Online

Painting With A Twist for Father's Day (June 16)
International Women's Golf Day at First Tee (June 4)
Dancing Out Loud fundraiser (June 1)
Seven Days of Giving (June 1-7)
Palmetto Plant Eaters meeting (June 5)
The Palmetto Quilt Guild meeting (June 20)
Power Up Adventure Week (July 22-25)

June happenings at Coastal Discovery Museum
Hilton Head Farmers Market (Tuesdays)
A&E After Hours, Beautiful Butterflies (June 6)
A&E After Hours, Build a Bog (June 13)
A&E After Hours, Busy Bees (June 20)
A&E After Hours, Indigo Exploration (June 27)

June happenings at Outside
The Outside Foundation Beach Clean-Up (June 1)
Father's Day Pint Night (June 14)
Full Moon Kayak Tours (June 15, 16, 17)
Camps for kids

June happenings at Heritage Library
Ft Mitchel Tour in Hilton Head Plantation (Mondays)
Bike tours in a historic district (Wednesdays)
Hilton Head haunted history tales (Wednesdays)
Costumed tours at Baynard Mausoleum (Thursdays)



THIS FATHER'S DAY
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REAL ESTATE marketplace

Million dollar dream homes

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

We feel these luxury properties — located in Daufuskie Island, Sea Pines, Spanish Wells, Port Royal, Leamington, Bluffton and Windmill Harbour — are the epitome of opulence. We're calling this section the Real Estate Marketplace.

If you are looking to purchase an amazing Lowcountry home, these nine properties should be at the top of your list.



3 Ocean Watch, Daufuskie Island
Premier Properties by Haig Point
Tom Beavor, *Agent*
843.816.0686
$2,995,000

Real Estate Marketplace



21 Salt Spray Lane, Port Royal Plantation

Direct oceanfront! This location in Port Royal Plantation offers the most inspiring panoramic water views. The home has been expertly updated & upgraded, shows brand new. Unobstructed oceanfront views, across your mini-resort pool, with hot tub & waterfalls. 5 BR, plus a den (or 4+den+office), including 2nd floor Master Suite with sitting area. 4.5 Baths. Great Room-Style Open Architecture with soaring ceilings & walls of glass. All new gourmet kitchen with huge granite center island. $2,375,000

David Carroll 843.384.8111
www.HiltonHeadHomeSource.com

CharterOne Realty · Luxury Real Estate



135 South Shore Drive

This luxurious penthouse is located in the private South Shore Commons development within the prestigious Leamington community of Palmetto Dunes. It is steps from the ocean and the new oceanfront Beach Club. Security assured with gated first level parking with your elevator opening into your private residence. Entering the foyer, a large skylight illuminates the living areas with natural light. Luxurious 11 ft. trey ceilings, custom craftsmanship and rich architectural details are throughout. $1,195,000

Colleen Sullivan 843.338.1708

Dunes Real Estate, Formerly Dunes Marketing Group · Luxury Portfolio International



5 Tidelands Court, Belfair

Highest quality is artfully merged with comfortable livability in this extraordinary home. The timeless open floor plan offers every possible entertaining convenience done to the nines. Experience a pinnacle lifestyle on the Colleton River Marsh in one of Belfair's finest properties. Top craftsmanship and design dominate every room. Experience dramatic curb presence; a spacious "dream" lanai with summer kitchen and fireplace. 8000+ square feet. For the discerning buyer. $2,295,000

Turner Rudd Team 843.816.0796
www.5Tidelands.com

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50 Harbour Passage, Windmill Harbour

Meticulously constructed with high quality standards and beautifully appointed throughout. At almost 5,000 SF with 4BD, 6BA and a 3-car garage - this is a true statement of grandeur and luxury, complete with a private 70' boat dock directly out back. The masterfully designed Chef's Kitchen, spectacular millwork and fine detail command admiration. Every inch was thoughtfully planned and perfected. Step out back and enjoy the heated spa overlooking the Harbor. $1,695,000

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Real Estate Marketplace



24 Oyster Catcher Road

Luxurious Lowcountry oceanfront home features high end appointments, exceptional amenities & gorgeous furnishings. 6 bedroom suites plus a private office with queen bed. Multi-level home features elevator & exquisite details throughout including direct access to covered oceanfront patio w/grill station. Expansive gourmet kitchen, top of the line appliances & 2 ovens. Large private pool w/heated spa & underwater sundeck. $8,995,000

Rob Reichel 843.384.6789
www.RobReichel.BeachClubRealEstate.com

SeaPines Real Estate
BEACH CLUB



18 Bald Eagle Road, Sea Pines

Oceanfront oasis situated on an oversized homesite in the highly acclaimed Sea Pines Resort. This 6-Bedroom, 6.5-Bath architectural masterpiece offers spectacular Atlantic Ocean views & unparalleled outdoor living spaces. An open floor plan, tongue & groove ceilings, wood beams & walls of windows provide a seamless flow between the main living areas, the chef's kitchen, spacious dining & living room. Amazing outdoor area! Offered for $4,999,000

Tammy Moody 843.384.9126
www.HiltonHeadIslandLifestyles.com

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34 Spanish Pointe Drive

This custom home stands at 4,383 square feet. 5 spacious bedrooms + private office & 6 bathrooms. Nearly 1.5 acres of land, stunning panoramic marsh views with a secluded pool/outdoor area. Master suite on first level with exquisite marsh views, beautiful upgraded bathroom including 2 large walk-in closets, tiled walk-in shower, deep soaking tub and double vanities. Gourmet kitchen with top of the line stainless steel appliances. $1,274,000

Sarah Smith 508.864.2139
www.SarahSellstheLowcountry.com

RE/MAX Island Realty



40 Brams Point, Spanish Wells

Sound front Spanish Wells home exudes charm with its beautiful Lowcountry / French Provincial style, stunning interior, and direct water and sunset views. Situated on over an acre, this updated home boasts a chef's kitchen, hardwood, 2 fireplaces, 1st floor gorgeous master, 2 en-suite large guest bedrooms, brand new 3-car garage and spacious 4th BR/ in-law suite, new private dock with boat lift. Perfect for entertaining with large pool deck, lawn area, and gardens galore. $3,200,000

Carol Cramer 843.384.3202
carolparkercramer@wesellseapines.com

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KEEP IT ROLLING!





LOCAL TIME From left: Kelly Manuelsmith, Ashlan Saeger, Jeremy Swartz, Lori Goodridge-Cribb, Lance Hanlin, Charles Grace and Allison Cusick.

The Momma Schembra

A low-cal classic shared by LOCAL Life reader Carol Schembra.

INGREDIENTS

1 carton diet iced tea
1 carton diet lemonade
Sliced lemons (save some to garnish the glasses)
Vodka to taste



DIRECTIONS In a larger pitcher, combine iced tea, lemonade, vodka and most of the sliced lemons. Pour into ice filled glasses, garnish with a lemon slice or wedge. Enjoy!



EAT LIKE A PIG The food served at the Idea House porch party was prepared by The Retired Pig (aka Michael Riley) at Hilton Head Brewing Company. Guests enjoyed smoked cheddar mac and cheese with pulled pork and seasoned wings with house-made mustard vinegar sauce.

The spark of an idea

PHOTOGRAPHY BY LISA STAFF

The LOCAL Life team enjoyed a high tide, a low sunset and a lot of laughs recently on the porch of the LOCAL Life Idea House.

The porch features a breathtaking view of Port Royal Sound and was designed for entertaining. It's tricked out with mobile screens, a gas fireplace, an outdoor television and a Sonos sound system. Candles, container herb gardens and fresh flowers were used to create a cozy and welcoming atmosphere. The yellow décor was inspired by last month's featured porch.

"When entertaining, we want to maximize time with our guests so we make large-batch drinks, set up a self-serve bar and present prepared foods on pretty trays, giving the food a homemade look," the hostess said.

Sound design for the porch was especially important because the owners wanted something simple, yet flexible as there might be just one person watching a game on a quiet Sunday afternoon, or up to 15 people listening to a favorite playlist. Custom Audio Video installed a Sunbrite television (maximum brightness and weatherproof) with Apple TV (enables Netflix as well as YouTube TV) and Sonos speakers (sound levels can be controlled with an iPhone app). After all, a porch party isn't complete without a little Jimmy Buffet in the background. *LL*

GET THE LOOK

Builder: Paragon Construction
Technology and sound: Custom Audio Video
Outdoor kitchen: Appliances by Design
Furniture: Casual Living
Design: Lynes on Design
Pops of yellow: Homegoods
Screens: Screenmobile

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