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Mar 2019

local life

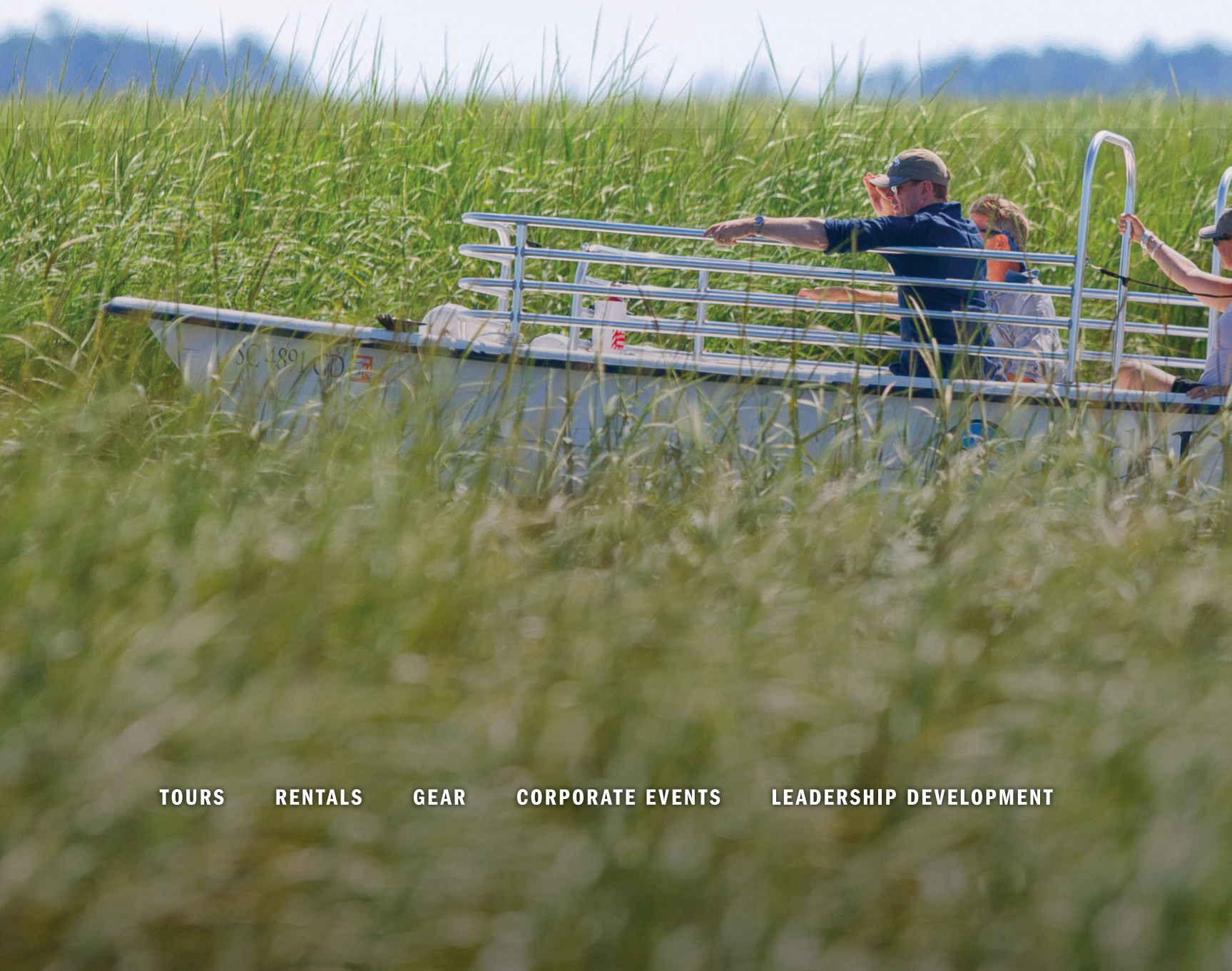
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the team

WHAT GREEN DO YOU LOVE THE MOST, AND WHY?

"My husband and I never miss the show 'Making it Grow,' produced by SCETV and Clemson University at 7 p.m. on Tuesdays."
- LORI



"My superfood garden. I've had great luck growing collards, turmeric and aloe vera. Grocery stores can't compete with the freshness or the price."
- LANCE



"The original Incredible Hulk with Big Lou. The angriest guy to ever rock a pair of jorts!!!"
- JEREMY



"Soylent Green. It's 100% natural."
- CHARLES

"Avocado. Give it to me in a salad, on toast, or by itself, and I am a happy camper."
- ALLISON



"All green vegetables ... but don't tell my mother because she will never believe me."
- LISA



"Rachel Carson's 'Silent Spring' helped kicked off the green movement and created a new public awareness that nature was vulnerable to human intervention."
- BRUCE

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March features



The Green Issue

Whether you're celebrating St. Patrick's Day on March 17, planting green in your spring garden or just enjoying the comforts of your eco-friendly home, this special "Green" issue is packed full of goodies for your reading pleasure.

©DAVID ALLEN

GREEN SPACE The ACE Basin Project recently celebrated 25 years of unprecedented land conservation, protecting 217,000 acres between South Carolina's rapidly developing Charleston and Beaufort counties. The grass roots effort has become a model for conservation throughout the country.

18
Party Green
Great spots to have a good time after the big parade

22
Use Green
Awesome green gadgets that make life easier

26
Drink Green
Brilliant green beverages for St. Patrick's Day

78
Eat Green
Colorful green recipes from local chefs and restaurants

100
Live Green
Brighten up your home with festive green accessories

114
Grow Green
Plant and harvest your own cabbage and collards

130
Drive Green
Take a ride in a green Porsche Panamera 4S Executive

134
Admire Green
Restful and relaxing green art from local galleries

Ben Ham Gallery



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Captured on Film





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March contents

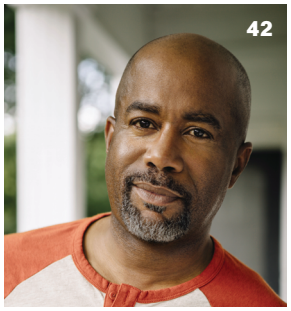
12
Publisher
Green is in our DNA. To celebrate that, we dedicate this March issue to all things green — things green in color, green with sustainability and or just naturally green.

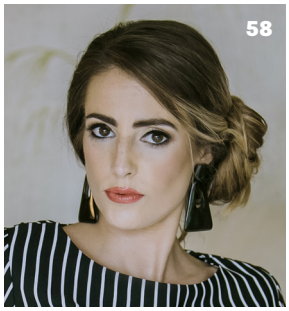
14
Contributors
Meet the locals behind this issue

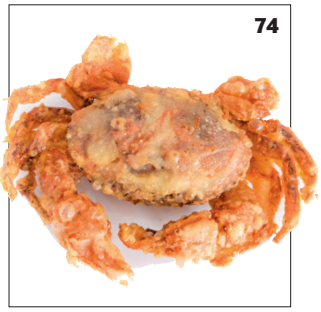
16
Links
Special video and bonus content you can find online at locallifesc.com



94
A different kind of cool
The bold colors and timeless lines of mid-century modern design are alive and well in this retro-chic Sea Pines home.











18
Blend
Deep Green Thoughts and our Green Playlist

31
Mensa Quiz
Challenge your brain with a new set of questions

42
Celebrity
Darius Rucker returns for annual golf tournament

48
Business
Tips and advice from a successful businesswoman

54
Wellness
To reach optimal wellness, you need to feed your fitness

58
Style
Outfit ideas for getting the most out of spring

66
Shopping
His and hers accessories from local businesses

68
Eats
Cooking green with H3 chef Karla Williams

116
Outdoors
Feeling froggy with local photographer Robert Rommel

128
Destinations
One of the 'coolest towns in America' is just a short drive

138
Scene
Social photos from exclusive events around town

142
Happenings
Festivals and events happening around the area

156
Real estate
Stunning million dollar homes on the local marketplace

160
Porchin'
Relax on Nick and Sue Smilari's Oldfield porch





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©PHOTO BY LISA STAFF

GREEN PARTY Publisher Lori Goodridge-Cribb with locals Jim and Susan Allhusen. Their home was used in this month's fashion shoot.

One of the main focuses of LOCAL Life magazine is celebrating the natural beauty of our gorgeous landscape. We also love to showcase the unique and interesting community of people who live here. Local life is good. Locals are reminded of that each time we travel, return and see how special our home really is.

People use the phrase "the grass is always greener on the other side," but the phrase doesn't apply here. The grass is greener here from the people we live with to the beauty of the landscape. Green is more than a color to us.

Charles Fraser was the original "green developer," proving a luxurious master-planned residential development can thrive in harmony with it natural surroundings. Nothing demonstrates this any better than the home of Jim and Susan Allhusen, the backdrop for our March fashion feature. Their house marries so beautifully with the landscape. You feel like you are in a luxurious tree house. In each room you can reach your hand out and touch the trees. It is the most gorgeous Hilton Head home I have been in. Check it out on page 94.

Hilton Head was also one of the first communities in the country to work with Audubon to develop plans for energy and water conservation, green space and building design, waste reduction, clean-air emission standards and renewable energy. We are blessed to have so many beautiful parks, nature preserves and community gardens.

Simply put, green is in our DNA. To celebrate that, we dedicate this March issue to all things green — things green in color, green with sustainability and or just naturally green. In this issue, you will find green gadgets, a green playlist, green recipes, green cars, green boats, green home appliances, green living practices, green art — you get the idea.

Of course you can't talk about green in March without bringing up one of our biggest events of the year — the Hilton Head Island St. Patrick's Day Parade. Find key parade tips and advice inside, along with a feature on this year's grand marshal, David Lauderdale.

As Kermit the Frog once eloquently stated, ***"It's not easy being green."*** It was a lot of hard work putting this issue together but it was also a lot of fun. We hope you appreciate all of the wonderful green things around us as winter turns to spring. We certainly appreciate you taking the time to read our publication. After you've finished, get outside and enjoy this beautiful weather!

"The future will either be green or not at all."

- BOB BROWN

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!



Free rain

One of my goals for 2019 is to have a **rain barrel** at my house. I see such a difference in my landscaping when it rains versus when I water with the hose. The nutrients from the rain make my flowers so happy!





FIT FOR A KING
Have you seen the LOCAL Life Jeep around town? This month, we rolled up next to **Brantley King** of Billy Wood Appliance. Be sure to follow @LocalLifeSC on Instagram to see all of the #LocalswithaJeep photos.

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contributors

MEET OUR WRITERS + PHOTOGRAPHERS + PEOPLE BEHIND THE SCENES



Weston Sanders

Intern One

OTHER CREDS: Clemson student and local dude

FOR THIS ISSUE: Designed "Restaurant News" and helped perfect the cover image.

HOMETOWN: Hilton Head Island

CURRENT HOME: Point Comfort, but then back to Clemson.

LOCAL SINCE: 1998 (born and raised)

HOBBIES: Making things, being on the water, photography, videography, listening to music.



FAVORITE GREEN MUSIC: "Greens" by **Peter Frampton**

FAVORITE GREEN MOVIE: The Smog of the Sea. It's a great, quick documentary from marine scientist Marcus Eriksen and a crew including renowned surfers Keith and Dan Malloy, musician Jack Johnson, spearfisher woman Kimi Werner and bodysurfer Mark Cunningham. They sail through the Sargasso Sea on a mission to assess the fate of plastics in the world's oceans.

FAVORITE GREEN FOOD: #1: Guacamole (homemade). Runner-ups: Kiwi, avocado (plain), grilled asparagus, kale, bell peppers and pickles.

ARE YOU GREEN? Growing up on Hilton Head and the East Coast, as well as being on the water constantly has shown me how important it is that we take care of and preserve our natural environment. We live in an incredible area, and I like to see people taking pride in keeping it that way. Participate in local beach and creek cleanups! If there's one green concept I would want more people to be aware of, it would be that we need to stop encouraging the continued production of cheap plastic goods and single-use items. Recycling is good, but not using single-use plastics to begin with is even better!

Robert Rommel

Nature photographer

OTHER CREDS: Owner of Gallery of Nature

FOR THIS ISSUE: Shared his incredible photos and information about local frogs.

HOMETOWN: Ellington, Conn.

CURRENT HOME: Bluffton

LOCAL SINCE: 2011

HOBBIES: Cooking, ballroom dance

FAVORITE GREEN MUSIC: Blue in Green (Miles Davis)

FAVORITE GREEN MOVIE: Planet Earth 2

FAVORITE GREEN FOOD: Roasted asparagus

FAVORITE GREEN ANIMAL: Green **tree frog**



FAVORITE GREEN CHARACTER: Wicked Witch of the West/Elphaba

WHAT ELSE DO YOU LOVE THAT IS GREEN? Early spring regrowth of Spartina in the marsh.

LEAST FAVORITE GREEN: Pea soup

ARE YOU GREEN? I try to be — drive a wonderful Prius hybrid, purchase local, sustainable vegetables and seafood, and reduce/reuse. "Going green" is not a sacrifice - it's an acknowledgment that our actions have direct and significant impacts on the beautiful land of the Lowcountry and our planet.







David Cook

Owner of Lowcountry Finishes Painting & Carpentry; Daddy, Dave, Mr. Dave, Cookie

FOR THIS ISSUE: Built the LOCAL Life coffee table, proudly on display at LOCAL Life headquarters.

HOBBIES: Roaming the greens of Hilton Head Island. Golf, mixing primary fluid acrylics, jumping to conclusions, silent auctions, movies, live music, travel, Golf Week Amateur Tour.

FAVORITE GREEN MUSIC: Greensleeves instrumental with "What Child is This" lyrics about Christ the Lord, my Savior.

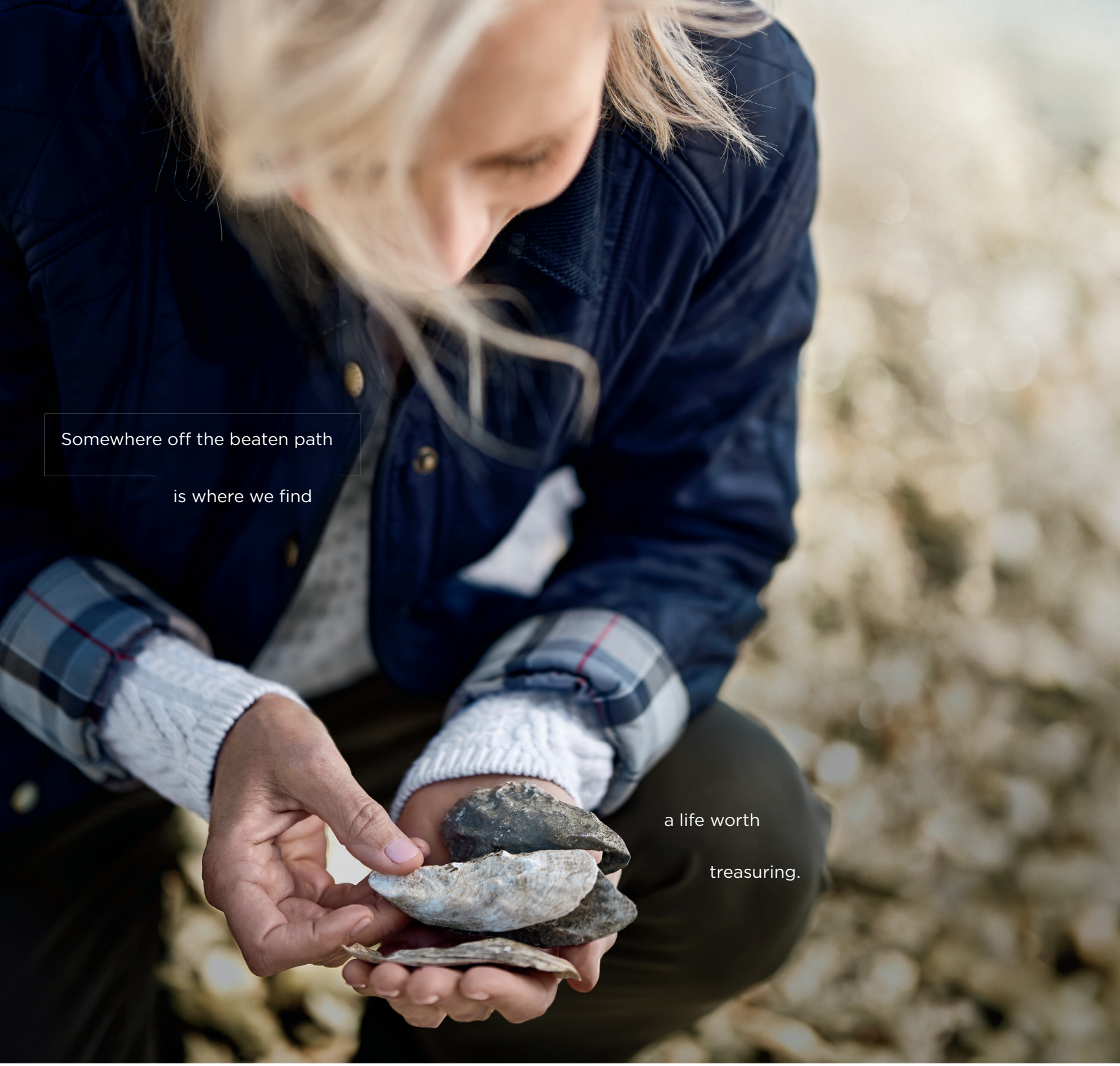
FAVORITE GREEN MOVIE: The Day After Tomorrow

FAVORITE GREEN ANIMAL: 3-toed sloth; moves so slow, blue-green algae grows in it during the rainier season.

WHAT ELSE DO YOU LOVE THAT IS GREEN? Our St Patrick's Day Parade. Our local ecosystem! It is the most amazing thing in the area that is green! Trees! Provide shade, oxygen, and they soak up rain water to keep us from flooding during heavy rains! Using the washer on Quick Wash uses less water and higher spin speed — full loads dry in 30 minutes or less.

LEAST FAVORITE GREEN: The rough on a golf course and sinus infections.

ARE YOU GREEN? Trying to hyper-mile our minivan and VW Golf. I am teaching my children the importance that impact on Earth is minimal. We have good water use habits and use water-saving devices. We have natural plants in our yard which survive without any irrigation. Our 1,600 square foot home has fairly low energy use. Our monthly electric bill is $112.



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and the **Palmetto Bluff Marathon** at palmettobluff.com.

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Online video: Building a better boat

Read about Hilton Head Island native **Kevin Barker** and his **Barker Boatworks** on page 50; then watch video of how his "Bentleys of bay boats" come together online.





Photos from around town

See photos of the **Wexford Plantation Charitable Foundation**'s 7th annual grants luncheon, the "**A Taste of Gullah**" event, the **Gullah Market Expo** and more online.



Allegiant announces new nonstop services

Allegiant recently announced two new nonstop routes to Savannah/Hilton Head International Airport from **Albany, New York** and **Providence, Rhode Island**. To celebrate, the company is offering fares on the new routes as low as $49 each way beginning June 6.

About the Cover

When we threw out the idea of a "Green" issue, our first thought was putting Kermit the Frog on the cover. Unfortunately, his people never returned our calls. Luckily, we found the perfect image of a local tree frog resting on a wild Iris. The image was captured by photographer **Robert Rommel**. Our art department had to manipulate the horizontal image to make it fit our vertical cover, and somewhere along the line, the purple flower was changed to a shade of LOCAL Life blue. Here is the original, in its unaltered state. Find more of Rommel's stunning work online at robertrommel.com.



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Shamrocks & Shenanigans

BEST PADDY'S DAY PARTY SPOTS

The month of March and the color green are linked here in the Lowcountry. In addition to the return of green grass and green trees, we also see plenty of green shamrocks, green beer and green "Kiss Me, I'm Irish" buttons as Pope Avenue and Office Park Road transform into a street party for the annual Hilton Head Island St. Patrick's Day Parade. More than 20,000 locals come out to celebrate, so it's kind of a big deal. Here are a few great spots to have a good time before, during and after the colorful procession at **3 p.m. Sunday, March 17**.

Go Wild

1. WILD WING CAFE (shown above)

IrishFest at Wild Wing Cafe is always a Sham Rockin' good time. An outdoor stage, outdoor bars and bouncy houses for the kids make it the perfect party spot for all ages. In addition to a DJ playing throughout the day, this year's live music schedule includes bag pipers (12:30-1 p.m.), Deas-Guyz (1-3 p.m.), Groove Town Assault (4-6 p.m.) and DJ Race (6-10 p.m.). Drink specials include $2 green beer, $5 Guinness drafts and $5 car bombs.

Take it Easy

2. AUNT CHILADAS EASY STREET CAFE

Parade Day Pattypalooza at Aunt Chiladas is a fun and festive fiesta. Hang out by the outdoor bar or outdoor stage and rock out to the live music of The Steppin' Stones (12:30-3 p.m.), Big B & The Stingers (4:30-7:30 p.m.), La Bodega (7:30-9 p.m.) and Rowdy Crowd (9 p.m.-midnight). Drink specials include $5 margaritas, 20-ounce beers for $3.50 and $3.75 import bottles.



Get Riled Up

3. REILLEY'S GRILL & BAR

Tom Reilley and a few friends started the parade in 1983 by marching up and down the streets without a parade permit. Local officials frowned upon it at the time, but they eventually got things straightened out, and the parade grew into what it is today. Tom's popular bar at the Barmuda Triangle now serves as parade headquarters. Enjoy corned beef and cabbage, Irish stew and other Paddy's Day favorites while enjoying beer and cocktail specials.



Rock On

4. ROCKFISH SEAFOOD & STEAKS

This has developed into one of the top post-Paddy's Day parade hotspots in recent years, thanks to epic performances from Silicone Sister. Details were not finalized as of press time, but you can be sure good times will be had if you walk to the Rockfish parking lot around 4 p.m.



Big Tent Revival

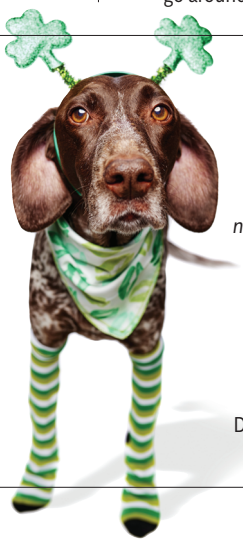
5. KATIE O'DONALD'S

The best St. Patrick's Day party in Bluffton takes place under the big tent at Katie O'Donald's. The three-day bash begins on Friday and ends on Sunday, making it the perfect stop before or after the parade. There will be plenty of Guinness, Jameson and drink specials to go around, along with live music from local acts.

PARADE TIPS

Here are a few suggestions to make your parade experience more enjoyable.

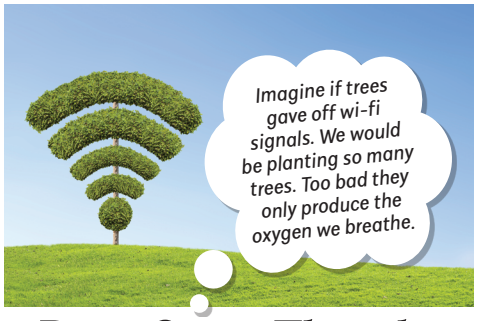
Best place to park:
Off New Orleans road (get there before 1 p.m.)
Best place to sit for atmosphere:
Median near Aunt Chiladas East Street Cafe
Best place to sit for candy:
Near St. Luke's Church
Best place to sit for parade entertainment:
Near Compass Rose Park
Best place to sit for a little solitude:
Near the new USCB campus



EXPERIENCE SAVANNAH

One of the largest St. Patrick's Day celebrations in the world takes place in nearby Savannah. This year's parade is set for 10:15 a.m. Saturday, March 16.

BUS: If you are over 21, you can catch a BYOB party bus to Savannah through TheHottestSpots.com. $50 roundtrip.
BOAT: Vagabond Cruise has two cruises ($75 roundtrip) from Harbour Town; The Daufuskie Difference ($75 roundtrip) has a cruise out of Broad Creek Marina.



Deep Green Thoughts

How do you know if someone is vegan? Don't worry, they'll tell you.

More people would evacuate for hurricanes if we gave them scarier names.

Save the earth. It's the only planet with chocolate, pizza and Netflix.

What did the green light say to the red light? Don't look, I'm changing.

If the grass looks greener, it's probably astroturf.

Spring is nature's way of saying "let's party!"

TV meteorologists should stop reporting the "dew point." We don't know what that is.

Green M&Ms are the poor man's Viagra.

Support bacteria. They're the only culture some people have.

Red meat is not bad for you. Fuzzy green meat is bad for you.

Never iron a four-leaf clover. You don't want to press your luck.

If time is money, ATMs should be called time machines.

Everything is within walking distance if you have the time.

The Green Playlist

If the dreary Lowcountry winter has you feeling blue, take comfort knowing greener days are ahead. To honor the first day of spring (March 20) and this special "Green" issue, we present these 13 colorful tracks perfect for blasting anywhere on God's green Earth. Find this and other LOCAL Life playlists by searching for ***locallifetunes on Spotify****.*

"Green Onions" — Booker T. & the M.G.'s
"Green River" — Creedence Clearwater Revival
"Basket Case" — Green Day
"John Deere Green" — Joe Diffie
"Spirit in the Sky" — Norman Greenbaum
"Green Light" — Lorde
"Let's Stay Together" — Al Green
"Green Mountain State" — Trevor Hall
"Three Little Pigs" — Green Jelly
"Green Gucci Suit" — Rick Ross
"God Bless The U.S.A." — Lee Greenwood
"Collard Greens" — ScHoolboy Q
"Forget You" — CeeLo Green

Meet the Grand Marshal

DAVID LAUDERDALE'S BODY OF WORK IS A JOURNAL OF THE LOWCOUNTRY'S HISTORY OVER THE PAST 40 YEARS

STORY BY FRANK DUNNE JR.
PHOTO BY ARNO DIMMLING

The Hilton Head Island St. Patrick's Day Parade has been an Island tradition for almost four decades as this year it turns 36 years old. What's unique about the parade when compared to other St. Paddy's parades, particularly in bigger cities like Savannah or New York, is that it is not as much a celebration of the holiday or Irish traditions and heritage. Heck, you don't even need to have Irish blood to be the Grand Marshal. Hilton Head's parade is meant to be a celebration of the community; our friends, families and neighbors, the bonds we share as people, and our sense of place.

From that perspective, it's hard to imagine a more appropriate choice for this year's Grand Marshal than David Lauderdale of the The Island Packet and Beaufort Gazette. He has been an icon in Lowcountry media since 1977 when he joined the Packet's newsroom. In the time since he has served as news editor, managing editor and editorial page editor. Today, as senior editor and columnist, he contributes editorials and columns about life in the Lowcountry.

Lauderdale also puts his work, well, to work teaching an adult Sunday school class at Hilton Head's First Presbyterian Church called Lowcountry Lessons.

"It's mostly storytelling," he said. "About 30 minutes of it will be a Lowcountry story, maybe closely related to what I've been working on that week for the paper, and then I tie it in to Scripture."

For his work, Lauderdale has amassed a trophy case full of journalism awards, far too many to list, but there is something more in his work that makes him an ideal choice for Grand Marshal. As an editorialist, Lauderdale is not limited to the who, what, where, when, why and how. He steps out of that box and writes stories through which the reader learns something about how the subject fits into the fabric of Lowcountry life and heritage. Something you don't get from a news report.

Lauderdale's body of work is a journal of Hilton Head Island's and the Lowcountry's history over the past 40 years; a written celebration of the community; our friends, families and neighbors, the bonds we share as people, and our sense of place. When you read one of his pieces, or attend one of his frequent speaking engagements, his love for his home is evident.

"It is a tremendous honor," said Lauderdale of his Grand Marshal selection. "This is my home, it's where I raised my children, and it's where my life's work is. I credit all of the people I've worked with at the Packet over the years: reporters, editors, photographers, everyone who helped me have this career. I represent them."

"His gift to introduce kindness and heal with words has made him a much loved Island icon," said Parade Committee co-chair Gabrielle Muething. "David is the voice of our community." LL



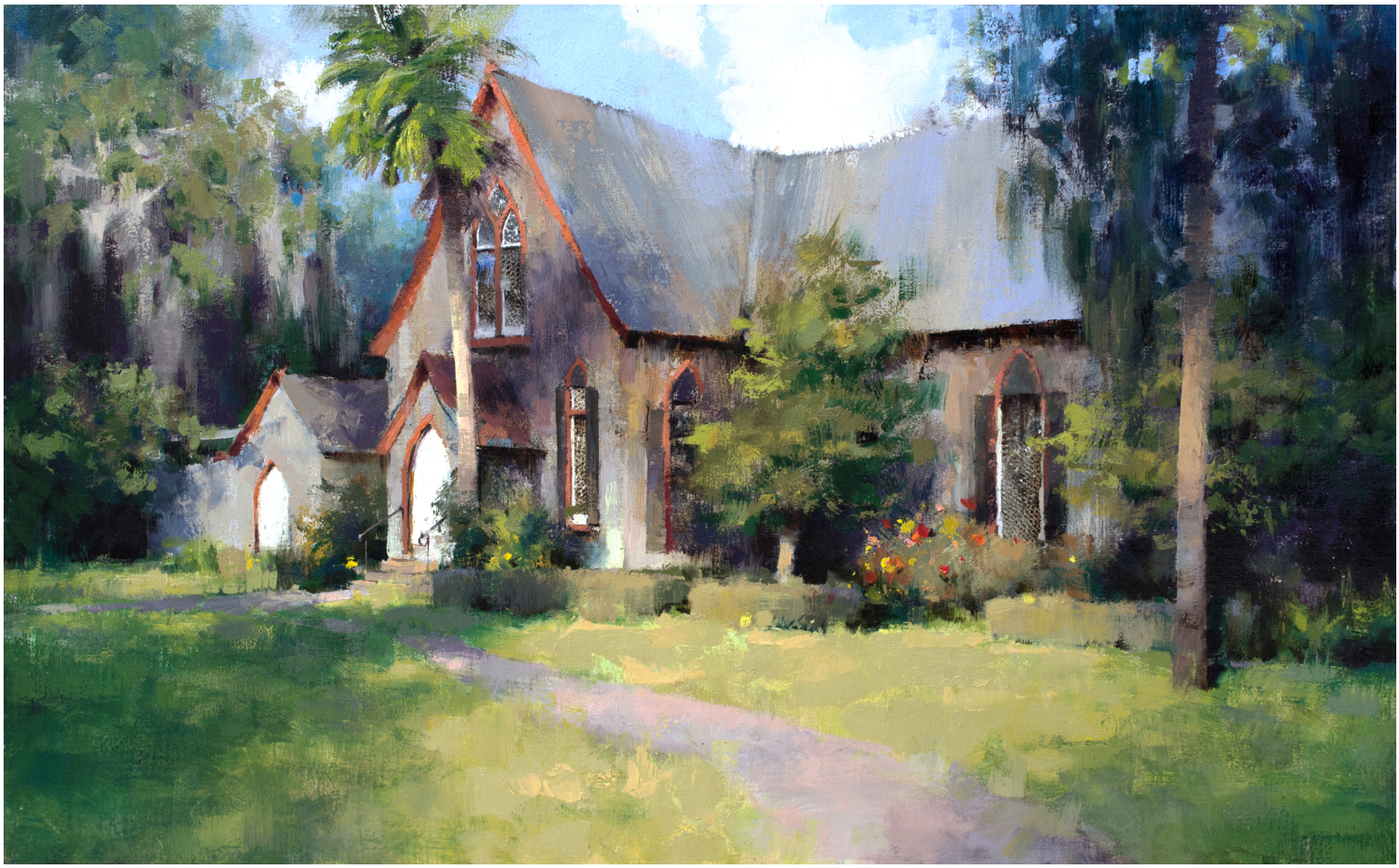
LOCAL SINCE 1977 David Lauderdale is best know for his coverage of the environment, mental health, the Gullah culture, literacy and local history.



Enter the parade

What: The Hilton Head Island St. Patrick's Day Parade
When: 3 p.m., Sunday, March 17
Where: Pope Avenue and Office Park Road
Details: To join the parade, enter online at HiltonHeadIreland.org. Entry fees are $400 for businesses and $200 for nonprofit organizations. Volunteers are needed to help in the staging area and along the parade route. Volunteer online at HiltonHeadIreland.org or contact Bill Harper at 843-616-3604. The parade will follow its usual route, beginning at the south end of Pope Avenue near Coligny Circle and marching north to Office Park Road – site of the reviewing stand – where it will make a left turn and proceed to its end in front of Park Plaza and The Courtyard Building.

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green tech

GADGETS YOU GOTTA HAVE

Mankind has been made painfully aware of the damage our carbon footprint has left on the environment. Luckily, technology is finding a way to blend innovation with eco-friendly practices. Here are a few awesome green gadgets that could help make our world a better place.



WATER POWERED DIGITAL CLOCK

No batteries are required, as long as the bottle in the back of the clock is filled with water. The mini clock displays the time, date, temperature and has an alarm. *Available at gearbest.com. $25*



WATER POWERED SHOWER RADIO

This elegantly designed radio can be fitted directly on the faucet of your shower. By turning on the water, the water flow will power the integrated turbine generator which creates energy for the clear sound and excellent FM reception. *Available at sustuu.com. $35*



FISHPOND BLIZZARD SOFT COOLER

Fishpond uses signature Cyclepond fabric for many of its products. This fabric is made by using discarded fish nets, repurposing them so they don't end up in our waters. The Blizzard Soft Cooler is made of heavy-duty material for efficient insulation and durability. *Available at Outside Hilton Head. $69.95*



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Make a statement in your home or office with this state-of-the-art 100 percent Bamboo Bluetooth Compact Wireless Keyboard from Impecca. It goes into sleep mode when not in use and lasts up to 30 days on a single charge. *Available through impecca.com. $100*



PORTABLE SOLAR POWER BANK

The Jetsun Portable Solar Power Bank can be a lifesaver during a power shortage. Dual output USB ports are enabled to transmit power to two devices simultaneously. *Available at Amazon.com. $28*



STERIPEN ULTRA WATER PURIFIER

This gadget protects you from risks that cause botulism, cholera, dysentery and typhoid, just to name a few. To purify 16 ounces of water, just press a button and gently agitate the water with a quick stir. *Available through rei.com. $110*



WATERPEBBLE

This palm-sized pebble takes the guesswork out of water conservation by tracking how much water you use in your shower. It signals a yellow light at your half-shower mark and flashes red when it's time to turn off the faucet. *Available at amazon.com. $14*



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The Iameco v3 touch screen computer has a carbon footprint that is 70 percent less than the average PC. Almost all of the materials used in the computer are recyclable. *Available through iameco.com. $850*



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The Green Thing

AN OLD SCHOOL REALITY CHECK FOR MODERN DAY LIVING.



"We drank water from a fountain or a tap when we were thirsty instead of demanding a plastic bottle flown in from another country"





Checking out at the store, the young cashier suggested to the older woman that she should bring her own shopping bags because plastic bags weren't good for the environment. The old woman apologized and explained, "We didn't have this green thing back in my earlier days."

The cashier responded, "That's our problem today. Your generation did not care enough to save our environment for future generations."

She was right — our generation didn't have the green thing in its day. Back then, we returned **milk bottles**, pop bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled.

We refilled writing pens with ink instead of buying a new pen, and we replaced the **razor blades** in a razor instead of throwing away the whole razor just because the blade got dull. But we didn't have the green thing back in our day.

We walked up stairs, because we didn't have an escalator in every shop and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two streets. But she was right. We didn't have the green thing in our day.

Back then, we **washed the baby's diapers** because we didn't have the throw-away kind. We dried clothes on a line, not in an energy-gobbling machine burning up 220 volts — wind and solar power really did dry our clothes back in our early days. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing.

But that young lady is right. We didn't have the green thing back in our day. Back then, we had **one TV**, or radio, in the house — not a TV in every room. And the TV had a small screen the size of a handkerchief, not a screen the size of the county.





In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the post, we used wadded up **old newspapers** to cushion it, not Styrofoam or plastic bubble wrap.

Back then, we didn't fire up an engine and burn petrol just to cut the lawn. We used a **push mower that ran on human power**. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity. But she's right. We didn't have the green thing back then.

We **drank water from a fountain** or a tap when we were thirsty instead of demanding a plastic bottle flown in from another country. We accepted that a lot of food was seasonal and didn't expect that to be changed by flying it thousands of air miles around the world. We actually cooked food that didn't come out of a packet, tin or plastic wrap and we could even wash our own vegetables and chop our own salad. But we didn't have the green thing back then.



Back then kids rode their bikes to school or walked instead of turning their mothers into a 24-hour taxi service. We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest pizza joint.

But isn't it sad that the current generation laments how wasteful we old folks were just because we didn't have the green thing back then?

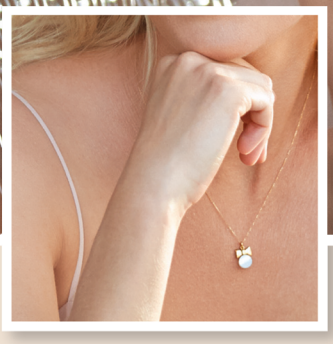
REMEMBER: Don't make old people mad. We don't like being old in the first place, so it doesn't take much to annoy us! ***— Author unknown***

Editor's note: *This story went viral on Facebook and was shared over 1.5 million times. Whether or not the story is true doesn't really matter. We feel the message is important, and on point with the topic of this issue.*

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Brilliant green drinks for St. Patrick's Day

THREE PERFECT BEVERAGES FOR BREAKFAST, LUNCH AND LATER

On St. Patrick's Day, you need to have a drink in at least one hand. Just be sure to pace yourself, so you're not that person talking way too loudly at the 3 p.m. parade. Here are three drink suggestions to help you celebrate (and get you through) March 17. May you have all the happiness and luck that life can hold, and at the end of your rainbows, may you find a pot of gold.

EAT GREEN
Never drink on an empty stomach. Find tasty green recipes from local chefs and restaurants on **page 78**.

BREAKFAST
TOP O' THE MORNING

We've all read about the health benefits of green tea. Did you know matcha powdered **green tea** has 137 times more antioxidants than regularly brewed green tea? One serving of matcha tea is the nutritional equivalent of 10 cups of regularly brewed green tea. Save yourself 10 trips to the bathroom by starting your St. Patrick's Day with this ultra-healthy citrus-honey brew. May the road rise up to meet you!

LOCAL LIFE TEST KITCHEN

Citrus-Honey Matcha Green Tea

INGREDIENTS

1 (2 inch) piece lemon zest, cut into thin slivers
2 teaspoons boiling water
2 teaspoons matcha green tea powder
3/4 cup hot water
1/2 cup freshly squeezed grapefruit juice
3 tablespoons freshly squeezed lemon juice
1 teaspoon honey

DIRECTIONS [1] Put lemon zest into a large cup or mug. Cover with 2 teaspoons boiling water and let steep for about 3 minutes. **[2]** Stir in the green tea powder and hot water. **[3]** Add the grapefruit juice, lemon juice and honey. Mix well and serve.





LUNCH
GOOD DAY, SIR

Green juices are the rock stars of the health world, condensing several servings of fruit, vegetables, and other superfoods into a single, easy-to-consume drink. Because so much is packed into one drink, green juices are incredibly nutrient-dense and have an impressive list of health benefits. Here is a great-tasting, great-for-you green juice from the smooth operators at Healthy Habit. Sláinte!

HEALTHY HABIT

The Hulk

INGREDIENTS

2 ounces spinach (handful)
2 ounces kale (handful)
4 bananas
1/2 ounce organic agave
1 1/2 ounces organic all natural almond butter
8 ounces almond milk

DIRECTIONS Combine all ingredients and blend in a blender until smooth. Pour into your

LATER
DUBLIN YOUR VISION

Craft distillers are leading the way in sustainable practices and respect for ingredients. The botanicals in St. George Terroir gin honors local vegetation and features Northern California's Douglas Fir. This influence inspired the makers of Midori to reformulate their artificial, electric neon-green melon liqueur with natural flavors and colors. But, in what is perhaps the granddaddy of verdant responsibility, Chartreuse is still made by French Monks from an ancient recipe finalized in 1764 (and at any time is known by only two monks). Celebrate these green spirits with this wonderful concoction. Tóg go bog é!

ROLLERS

The Green-Eyed Monster

INGREDIENTS

2 ounces botanical gin (like St. George Terroir)
1 1/2 ounces Green Chartreuse
1 ounce Midori
3/4 ounce strained lime juice
1 tablespoon absinthe (or pastis)

DIRECTIONS [1] Add the gin, Chartreuse, Midori and lime juice to a shaker with ice. **[2]** Rinse a chilled cocktail glass with the absinthe. **[3]** Shake the drink well and pour into the glass. Express a big slice of lime peel and add to the glass.

—From spirit specialist Terry Cermak





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Success Story

After 569 days at the Hilton Head Humane Association, **Snuggles** (featured in the February 2018 issue) has finally been adopted! That means 100 percent of the animals featured in our "Adopt this Pet" section have been adopted since we started in October 2017. Just another testament to our awesome and caring community!



CELTIC TIGER
Snuggles will spend St. Paddy's Day with her new owner!



©PHOTO BY MIKE RITTERBECK

Adopt this Pet: Peppermint

LOVABILITY METER

THIS GIRL CAN'T HEAR BUT SHE KNOWS SIGN LANGUAGE

This sweet dog is hard of hearing but easy to love. Yes, Peppermint is technically deaf. Luckily, when it comes to training deaf dogs, they can learn just like hearing dogs with just a slight tweak in the training program. Peppermint is living proof of that — she knows sign language. The 5-year-old bulldog mix weighs 34 pounds and likes to be around other dogs and small children. She also loves treats (just no peppermint candy). One of the Hilton Head Humane Association volunteers recently took her to training classes and she was frequently the star of the class. Also, there is a silver lining to Peppermint's disability. High frequency tones, thunder, lightning, animal howls, growls, sirens, fireworks and other loud noises have no effect on this special lady. *LL*

MORE ABOUT PEPPERMINT

Color: Salt-N-Pepa
Age: 5 (around 37 in human years)
Likes: Dogs, children, Peppermint Patty, the smell of Christmas and corny jokes. "Sign language is pretty handy. Get it?"
— Peppermint
Dislikes: The 2018 film, Peppermint. "It was a half-witted 'Taken' knockoff and squandered the chance to give Jennifer Garner the action franchise she deserves."
— Peppermint
Adopt her: Hilton Head Humane Association, hhhumane.org, 843-681-8686

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NONPROFIT SPOTLIGHT



MEALS ON WHEELS

MISSION

An organization dedicated to providing nutritious meals for our elderly, ill, injured and disabled neighbors in the Hilton Head, Bluffton and Sun City areas, thus making it possible for them to live independently in their own homes.





SPECIAL DELIVERY Meals On Wheels helps local seniors age with dignity and without fear of hunger.

HISTORY: Meals on Wheels Hilton Head-Bluffton has been delivering meals to those in need for over 20 years. They deliver between 70 and 100 meals at around noon each day, Monday through Friday, 52 weeks a year, including holidays. Meals are picked up by their volunteer drivers at their facility on Capital Drive and then taken to each home and delivered with a smile. In many cases, drivers are the only person the client sees all day. The human contact is a very important part of the mission.

WHO IT HELPS: Meals are provided for people in need on either a temporary or long-term basis. If you are not able to easily grocery shop and prepare meals for yourself, call 843-689-8334 to get started. MOW will send a volunteer to meet with you and describe their service and determine your eligibility for the program. Your ability to pay for the meals is never a factor. MOW will work with you to determine what, if anything, is appropriate.

HOW TO HELP: MOW always needs volunteer drivers. Volunteers can drive from once a month to once a week, depending on how many hours they can offer. There are seven routes (four on Hilton Head Island and three in Bluffton) so there are many options. A driving day starts with picking up the food at MOW headquarters on Capital Drive around 9:30 a.m. and then driving your route. It usually involves anywhere from two to three hours from start to finish. *LL*

FOR MORE INFORMATION ON MEALS ON WHEELS
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Answers are available on LocalLifeSC.com/Mensa

11. Add an R to a word that means a geographical feature and find a word that means something to put over an object.

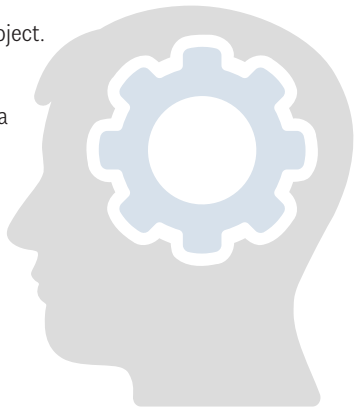
12. Fill in the blanks to complete the word to the right. **I ___ P ___ ___ E ___ R ___ ___ L ___**

13. The peculiar grocer on the corner charges some unusual prices. A cucumber costs 11¢, a tomato costs 9¢ and a pumpkin cost 9¢. Using the same logic, how much will a squash cost?

14. What is the five-digit number in which the third & fourth number are the sum of the first & second? The first is one less than the second. The last is one less than the fourth. The second is seven more than the third. The sum of all the digits is 25.

15. The names of two colors are hidden in the sentences below. The letters are in consecutive order. Can you find them?

I altered the original papers. The sharp ink marks were easy to eradicate.



***[LAST MONTH'S ANSWERS]* 6.** *c) run Each word contains one vowel in the usual order: a, e, i, o, u.* **7.** *PANE. Each word can be rearranged to form another word, but the other three are girls' names: Lisa, Kate, Ruth.* **8.** *Wash saw.* **9.** *201 (12,000 ÷ 10 = 1200 ÷ 3 = 400 ÷ 2 = 200 + 1)* **10.** *stare, rates*

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Emily Bollin, OD

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LETTER TO THE EDITOR
Bluffton resident **Mary Dempsey** sent us the following letter about what being local means to her. Dempsey retired to the Lowcountry in 2006 from Clinton, N.J., where she was a school teacher and owned a book shop. 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*





LOCAL SINCE 2006
Mary Dempsey is shown as the MCAS Beaufort Air Show and catching Chester Cheetah by the tail at the opening of the Bluffton Walmart.

Search for solitude

"The ebb and flow of the river tides fascinate me. How the landscape changes within a matter of hours."

It's late in the afternoon; the sun is setting and I know I must leave this place and head for home. I have been standing on the dock at the end of a long boardwalk for quite some time. Upon my arrival, the wooden walkway crossed sparkling water, but now I see that the tide has gone out and my return trip will take me over the mud flats. The ebb and flow of the river tides fascinate me. How the landscape changes within a matter of hours!

I have been watching men on this dock as they wordlessly toss shrimp nets out into the briny waters. Their movements flow with such grace. There is much skill involved and someday, I tell myself, I too will be casting among them. Earlier in the day, boys were crabbing, patiently waiting for some mysterious signal telling them it was time to pull up the traps and measure their catch. Most crabs were too small and the undersized were reluctantly tossed back in the water to be caught, perhaps another day.

I stumbled upon the Lowcountry by chance. With the passing of my mother, the final tie to the north was broken. I wrapped up my sorrow and headed for the road with no destination in mind. I, the planner, the map-reader, the reservation-maker, just headed for the highway.

In two days I drove more than 700 miles heading south toward warmer days and sunnier skies. My need for solitude and re-energizing drew me toward water. What could offer more water than the Lowcountry with its meandering rivers, estuaries, expansive marshes and gentle ocean waves? As I crossed a bridge connecting the mainland to an island, I was enthralled with my surroundings: acres and acres of marsh, a fishing dock, boats and sparkling blue water reflecting the early morning sun. My decision was made. It was here I would put down roots and start anew. I was smitten by the Lowcountry! It was love at first sight.

I am now a woman of the Lowcountry and I still seek places of solitude. An early morning walk on the beach, a stroll on Pinckney Island, a picnic table in Jasper Park, a trail on Hunting Island, and of course my favorite spot, the fishing dock where this long reflection began.

Yes, it truly was love at first sight and if it is possible for a place to be a "soulmate," I have found mine. *LL*



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Living Green

THE POPULAR COLOR IS MORE THAN JUST A SHADE FOR THESE LOCAL ENVIRONMENTALISTS

STORY BY BARRY KAUFMAN
PHOTOGRAPHY BY LISA STAFF

Forget everything you thought you knew about environmentalism. Forget the image of the tie-dyed wearing hippie, munching on granola and shaming you for not composting your kitchen scraps. Today's environmentalist sees the rising tide of conscientious living as the key to a sustainable future, one where you don't need to sacrifice the good life to save the Earth.

Whether helping people understand environmental laws, building homes and structures that do as little harm to the earth as possible or just keeping their own home green, there are more ways than ever to live a green lifestyle. **Meet a few locals who are changing the image of living green**.





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Elaine Gallagher Adams

BUILDING GREEN



Driving along a Bluffton back road, Elaine Gallagher Adams had finally found her opportunity. Traffic had cleared from the unusually busy street, giving her a good few blocks to show off how cool environmentally friendly living can be.

"Here we go," she said, hammering down on the electric car's accelerator and triggering a pin-you-to-your-seat moment of torquey adrenaline. It's only for a moment – after all, this is Bluffton where a long tradition as a speed trap still lingers. But it's enough. Having just left her home, resplendent with marble counters, top-of-the-line stainless steel appliances, smart home controls and all the luxuries of Lowcountry living, it was clear that Adams looks at "green" living a little differently than most.

"Once we start to live more sustainably, we find we have more money to spend on living," she quipped. "And oh, by the way, you're doing something great for the environment."

Not that it's all about the money for Adams. Profit is just one of the three pillars of what she calls the "triple bottom line:" people, planet and profit. It's just that, let's face it, the profit part is where a lot of the motivation is.

Adams has worked in sustainability on a national level since 2001. As a LEED AP BD+C (Leadership in Energy and Environmental Design Accredited Professional in Building Design + Construction), she helped change the conversation when it came to sustainable architecture.

"There's a mindset we're starting to explore where people are becoming much more aware



LOCAL SINCE 2016 Adams has 25 years of architectural experience in historic preservation, new construction, urban design and sustainability. She moved to Bluffton in 2016 on Thanksgiving.

of how much we waste. Certainly, at a corporate level, which is where I've been practicing for quite a while, the waste is energy and money. That's their motivation."

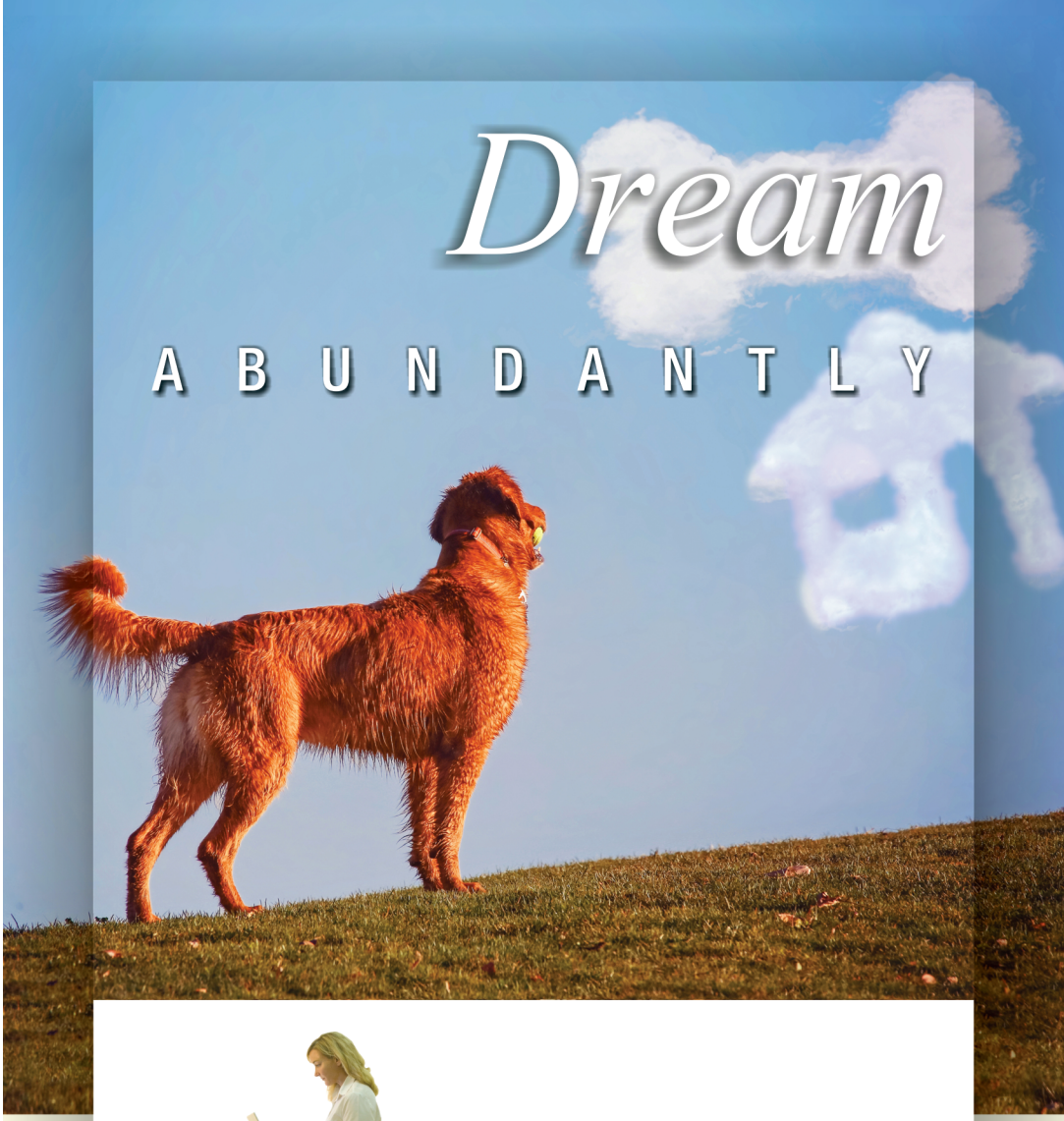
Working with corporations to create more sustainable, efficient buildings has been Adams' life work. That's both through her work teaching architecture and sustainability at SCAD, as well as serving as director of sustainability for LS3P Architects, and before that as a senior consultant at Rocky Mountain Insitute, a global energy and efficiency think tank in Boulder, Colorado.

"I'm trying to change a culture and get people designing buildings differently," she said.

Like many in her field, Adams got her start in historic preservation. "We get used to reusing materials and taking care of what we already have. I don't want to waste money, I don't want to waste materials... There's so much we throw away very casually," she said. Upon moving into sustainable architecture, she found a field looking for leadership. She was more than happy to oblige. "The architecture industry in general has been tasked with, and it is required at this point since it's in our code of ethics, discussing the impact of projects with our clients. I've been asked to help craft a guidance document for the AIA (American Institute of Architects)."

As a national voice for sustainability, Adams found kindred spirits upon moving to Bluffton, saying, "Just seeing rainwater capture included in the zoning code, I felt like, 'I'm here. I'm with my people.'"

She settled down in a home she designed herself, where solar panels and a 1,000 gallon rain cistern mitigate the environmental impact of an eco-friendly, ultra-luxe cottage. Her work in Savannah is just a short, electric-powered drive away. And now, where the rubber meets the road, she's living the sustainable lifestyle she's been preaching for nearly 20 years. *LL*



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Stephen Darmody

PROTECTING GREEN

On June 22, 1969, sparks from a passing train ignited oil-slicked debris floating down the Cuyahoga River in Cleveland, Ohio. As a result, the entire river, one of the most polluted in the world, caught fire. For the thirteenth time.

That floating garbage fire not only ignited an entire river, it also sparked sweeping changes in how the law handles pollution. Within a year, President Nixon had signed legislation establishing the Environmental Protection Agency. The great "alphabet soup" of environmental regulation, and the specialized field of environmental law, was born.

"All of this has been developing during my lifetime, so I've been able to watch that happen," said Stephen Darmody. The Hilton Head Island resident has practiced environmental law for 30 years, working with an array of clients all over the country, helping them operate within the framework of these rigid and often obscure regulations. His career began while he was an officer of the U.S. Coast Guard, when an admiral walked into Darmody's New Orleans office (the city, not the road) and asked a prescient question.

"He asked me, 'What happens if there's a big spill at one of these oil rigs out there? What do we do?' It was a really good question, and this was 20 years before Deepwater Horizon," said Darmody. The solution put forth by the admiral





LOCAL SINCE 2017 Darmody has a vast amount of experience as a trial lawyer, criminal prosecutor and environmental regulator. He and his wife honeymooned on Hilton Head in 1983 and vacationed here almost every year after. They bought their Island home in 2017.

was to release dispersants, which essentially breaks down oil slicks on the surface so they drop back down to the ground where they do less harm. The problem was, dispersants weren't lawful to use then. "If there was a spill, that admiral didn't have the authority to use them. He'd have to go to someone in Washington, D.C."

It was Darmody's introduction to environmental law, an expertise he would develop thanks to the Coast Guard sending him to law school. In addition to patrolling the Gulf of Mexico, intercepting drug smugglers and other criminals, he was learning the intricacies of this burgeoning legal field. At one point he was in charge of putting out regulations that implemented the Coast Guard's authorities under the Air Pollution Control Act and the Clean Water Act to prevent pollution from ships.

After leaving the Coast Guard following a 20-year career, Darmody pursued the law through larger firms and then finally into his own firm two years ago. With offices in Jacksonville and Charleston, he chooses to telecommute from a place that captured his imagination when he honeymooned here. "We'd always come back to Hilton Head for vacation," he said. "This always felt like home." *LL*



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Ellen Dupps

GROWING GREEN

If you ask Ellen Dupps to describe her garden, she'll call it a series of rooms.

And that's a fair assessment – while it may not have been planned, the wandering walkways and plants segregate each area of her immensely lush Sea Pines garden into rooms, each with its own unique character. There's the brick-walled courtyard, resplendent with Lowcountry serenity and centered around a water feature brimming with Egyptian papyrus. There's the "Secret Garden," where Ellen and Ralph's daughters once scouted for fairies. There's the "cow pasture," so named because of the cow topiary that seems to be grazing on its grasses. There's "The Island," set apart from the rest of the garden across a wooden bridge spanning a tranquil lagoon.

"It's not like it was planned," she said. "I love gardening, but I'm not a master gardener. I plant something and work on it. If it works, we keep it, and if not, we move on to something else."

She describes it as an evolution, each room springing forth organically from the ideas she cooks up along with friend and mentor Carol Guedalia. But more than a series of rooms, it's a series of stories.

That courtyard's Lowcountry motif was chosen to honor the home in whose shadow it stands, an old hunting lodge that predates the resort era of Sea Pines. The couple had originally bought the house as a flip but fell in love with its rich character. The pergola that rises between lush pathways lined with Japanese sedge, creeping Jenny and shell ginger was built shortly after daughter Becca married Lee Edwards in the forests out back.





LOCAL SINCE 1991 The Dupps' beautiful garden was featured in Southern Living in 2009. It looks much different today, thanks to Hurricane Matthew. The influx of sunlight now allows for an herb and vegetable garden.

During construction of the lagoon, a piece of excavation equipment got stuck in the mire and had to be dug out. The Dupps had been traveling at the time, and came home to find the whole adventure documented on the front page of the Island Packet.

But perhaps no story had more of an impact on this amazing secret oasis than the story of how Hurricane Matthew came through and almost tore it all down.

"Initially we lost 253 trees... we had to rethink all of this," she said, standing in a sun garden that had been a shade garden until Matthew came through. "That gave us an opportunity, whether we wanted to or not, to expand."

The storm's lingering effects are everywhere. On the island, where a tree house stands tall between angel oak branches, pavers that had been strewn about after Matthew now form a lovely checkered pattern. The influx of sunlight allowed for the addition of a small herb and vegetable garden tucked away on one side, brimming with herbs and peppers. And the cow pasture is all that remains of the thick forest where Lee and Becca were married.

"The hurricane came through and just wiped it out," said Ellen. But even in the storm's aftermath, the Dupps found ways to discover beauty. That forest became the cow pasture, with a few trees here and there left standing in a purely accidental but beautiful arrangement. They were even able to keep a massive beehive that came down with one of the larger trees, enlisting the help of David Arnal and David McAllister to help relocate the hive to an apiary on-site. Today, those bees live comfortably and have resumed their duties pollinating the garden.

Matthew made its mark, but even the blustery wrath of that great storm couldn't keep The Dupps from continuing their garden's fascinating story, one room at a time. *LL*

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BACK TOGETHER Hootie & The Blowfish recently announced a 44-city Group Therapy Tour with Barenaked Ladies to commemorate the 25th anniversary of the release of Cracked Rear View. The band also plans to release a new album this summer.

Darius Rucker Returns

CELEBRITY CONNECTION:

THE ONCE-AND-FUTURE HOOTIE & THE BLOWFISH FRONT MAN OPENS UP ABOUT HIS GOLF GAME, HIS HISTORY ON HILTON HEAD ISLAND AND HIS MONSTER YEAR AHEAD.

STORY BY BARRY KAUFMAN



PALMETTO PRIDE
Members of the University of South Carolina golf team take a selfie with USC alumni Darius Rucker during last year's Darius Rucker Intercollegiate at Long Cove Club. This year's event is set for March 8-10. Top teams from around the country will travel to the island to compete for the title.

If you were around Hilton Head Island in the late '80s and early '90s, you knew Darius Rucker as the lead singer of an up-and-coming rock band called Hootie & The Blowfish. Back then this unknown group played at dive bars and stages on the island and across South Carolina, making a name for themselves in the Palmetto State and waiting for their big break.

If that's the last you heard from Darius Rucker, you're in for a treat. Those years of paying dues on the road scored huge dividends, with Hootie and The Blowfish's debut album, "Cracked Rear View," becoming one of the most iconic records of the decade. Topping the charts, winning a Grammy, a permanent spot in the cultural consciousness, the whole nine yards.

It worked out pretty well for Rucker, as well, with his post-Hootie reinvention as a country music star resulting in yet another Grammy, for his cover of "Wagon Wheel" (a song you might recognize from every time you've stepped into a bar in the last six years).

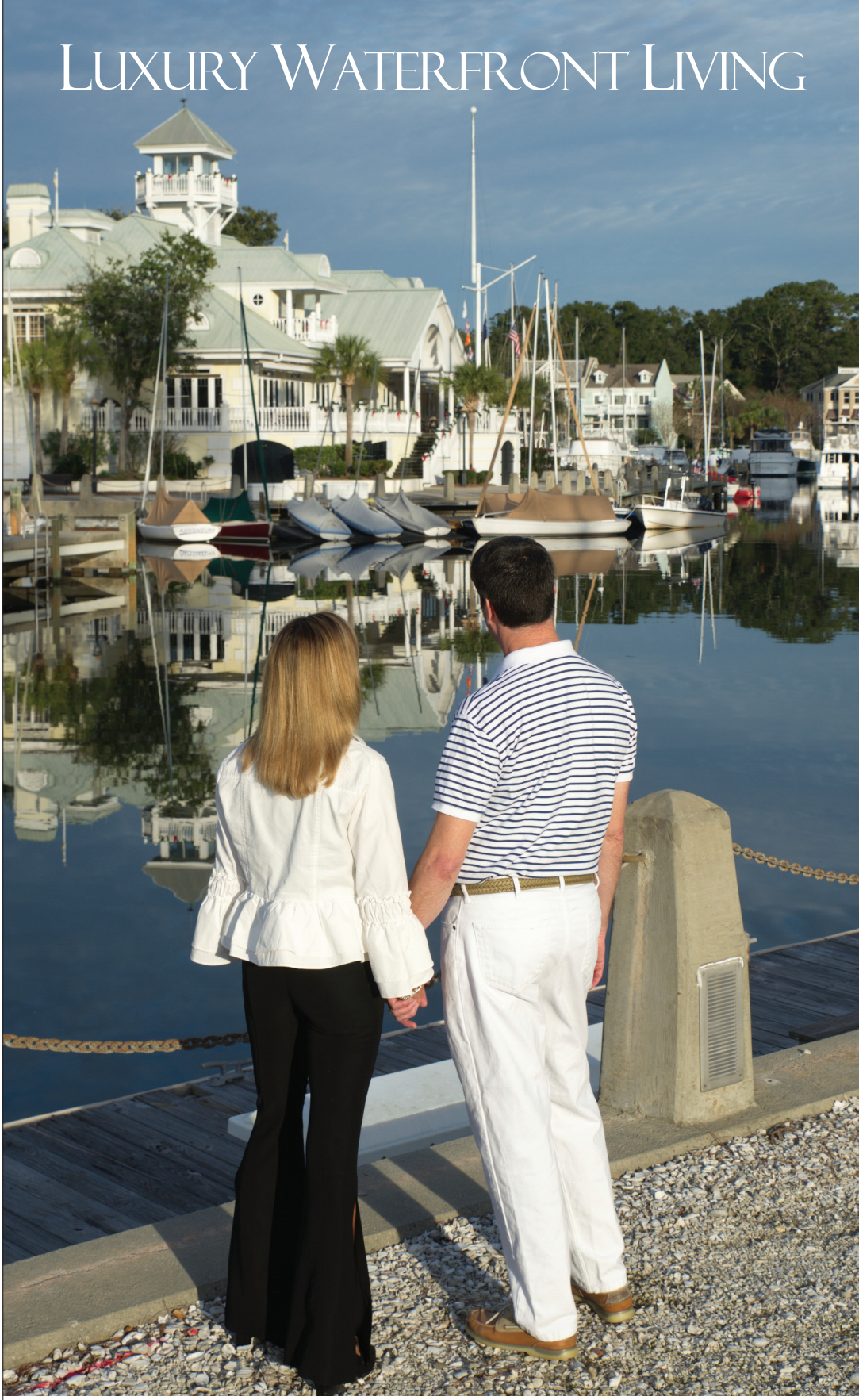
His annual Darius Rucker Intercollegiate Golf Tournament has become a staple of the island's calendar, and his old band re-



©PHOTO BY TODD & CHRIS OWYOUNG

cently announced a blockbuster reunion tour. Despite all his success, Rucker still remains a proud son of South Carolina, despite industry expectations that he'd relocate to the cultural capitals of LA or New York.

"This is home! New York – have you ever been to New York in the winter? No thank you," he said with a laugh. "I'm lucky that I get to see so much of the country with my career, and I am in those cities quite a bit, but at the end of the day South Carolina is where I want to call home forever."



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©PHOTO BY JIM WRIGHT

CAROLINA ROOTS Darius Rucker was born and raised in Charleston, where his family history goes back generations. He serves as a board member of the MUSC Children's Hospital, where his mother worked for over 30 years, and has helped fundraise millions of dollars to help build a new hospital.

That South Carolina pride is evident in everything Rucker does, from his fervent USC fandom to his choice to launch his golf tournament here.

"Long Cove is one of the best courses, if not the best, on Hilton Head and one of the best courses in the country. They do an amazing job with our tournament and we are blessed to be able to host at this course," he said. "These women are so talented and it's such an awesome event every year. I'm proud to have my name associated with something so great – and honestly still find it a little hard to believe they let me!"

The tournament brings together two of Rucker's passions – The University of South Carolina (where Hootie and The Blowfish formed) and golf. "When we're touring, I try to get out as much as possible, so that I can take advantage of being all over the country and really experience the courses in each place we visit," he said. "I played against Charles Kelley from Lady Antebellum all summer while we were on tour together and I got tired of him taking my money, so I had to step it up."

Adding to the excitement in 2019 is the recent announcement that Hootie and The Blowfish would reunite for a 44-city tour they're calling "Group Therapy." Coinciding with the 25th anniversary of "Cracked Rear View," Rucker promises this tour will deliver everything the band's fans have been waiting for and then some.

"It's going to be fun. We've been in the studio working on a lot of new material, which I can't wait for everyone to hear," he said. "Of course, we'll be playing all the classics too, so it should be a really good time. I can't wait."

The band will visit 44 cities on the tour, kicking off Thursday, May 30 in Virginia Beach, Virginia and wrapping Friday, Sept. 13 with a Columbia, S.C., homecoming.

"It's been cool announcing that Hootie is going back on the road in 2019 because we've really gotten the chance to reminisce on those early days," he said. "South Carolina was such an important part of our identity and still is to this day. Those early shows were where we learned everything that enabled us to be successful once things really started getting big."

The Darius Rucker Intercollegiate Golf Tournament returns March 8-10 at Long Cove Club and The Group Therapy Tour kicks off Aug. 10. For tour dates, visit dariusrucker.com. *LL*

ABOUT THE TOURNEY

The 8th Annual Darius Rucker Intercollegiate Golf Tournament presented by The Kroger Co. and PXG will be held March 8-10 at Long Cove Club. A fixture of the women's intercollegiate golf schedule, the event will feature the best female golfers from University of South Carolina, University of Alabama, University of Arkansas, Auburn University, Baylor University, Duke University, Florida State University, Furman University, University of Georgia, Louisiana State University, University of North Carolina, Northwestern University, Oklahoma State University, UCLA, Vanderbilt University, University of Virginia, and Wake Forest University. Tee times start at 8:30 a.m. Friday, Saturday and Sunday and spectators are welcome at no charge.

Kicking off the event will be a private **Darius Rucker concert** at the Arts Center of Coastal Carolina, open to players, sponsors, coaches and Long Cove residents. For questions about the Darius Rucker Intercollegiate, contact Lindsay Finger at 843-686-1074 or lfinger@longcoveclub.com.



Six Random Questions with Darius Rucker

What songs and artists are you listening to at the moment? [DR] Post Malone. I'm listening to him a lot. I'm really getting into all of his stuff, and he is a guy I am really gravitating to right now.

If you were stranded on a desert island and could have only three things, what would they be? [DR] Ice cream, music and a golf club, of course.

What's one thing about Darius Rucker most people don't know? [DR] My total geekiness for comic books.

What is your favorite restaurant? [DR] FIG in downtown Charleston. Their gnocci Bolognese is to die for.

What is your favorite city to visit? [DR] Amsterdam

Favorite drink? [DR] Beer

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Five tips from a successful businesswoman

ACCOMPLISHED EXECUTIVE AND VOLUNTEER PAULA HARPER BETHEA OFFERS ADVICE FOR SUCCESS

STORY BY EDDY HOYLE









LOCAL SINCE 1977 Paula Harper Bethea was Grand Marshal of the Hilton Head Island St. Patrick's Day Parade in 1999. She is also shown with her favorite little Gamecocks, and with a few of her Christmas decorations. Bethea has been recognized on many levels professionally as well as for her contributions to our community.

Paula Harper Bethea was an original member of the South Carolina Lottery Commission and served as CEO from 2009-2016. She now serves as the senior advisor to the President of the University of South Carolina and owns her own consulting firm. She currently serves as vice chair of the board of South State Bank, chair of the board of J.M. Smith Corporation, chair of the board of Hargray's Caring Coins Foundation, and is a member of the Heritage Classic Foundation board of directors.

Bethea previously chaired the boards of the South Carolina Chamber of Commerce, Columbia College and the Centers of Economic Excellence. She is chairman emeritus of the United Way of America's Board of Governors and a former member of the board of directors of United Way International. She received the state's highest honor, the Order of the Palmetto, for her service to South Carolina.

Bethea is a native South Carolinian and a graduate of the University of South Carolina. She lives in Bluffton with her husband, Bill. **Here are her tips for success.**

Keys to Success

1. Be all you can be. Bethea is known for wearing a jeweled bumble bee pin on her shoulder. "When I was 16 years old, I was sitting on an ottoman in front of my daddy's chair. He said, 'Sweetheart, aerodynamically, bees shouldn't be able to fly because of the ratio of their body weight to their wing span. But they fly anyway!' He died on New Year's Day, six months later, but had great expectations for me, so I wear the pin every day of my life. I call it my 'Be All You Can Be Bee.' I must be involved in efforts to make life better. Success is about having an impact, so no matter what you do, be involved in something greater and more impactful than yourself."

2. The great equalizer. No matter who you are, or where you come from, you can realize dreams through education. "Education is the great equalizer," Bethea explained. "If we ever hope to be all that we're capable of being, education is the key." Education opens your mind to what is possible, nurtures curiosity and gives you the power of lifelong learning to improve yourself and your career, she said.

3. Opportunities abound. "Be mindful of opportunities available to you. Be true to yourself and to where you are on your path. Know your limitations, don't be harnessed by the size of your own expectations," she said. "And loyalty really does matter. Whatever you do, stick with it. A deep and abiding loyalty creates a sense of responsibility and obligation to being part of something. Stay long enough at a job to understand the essence of the place."

4. Collaborative leadership. "It's important to be proud of who you are. As a woman, I've learned to use my femininity as an asset, never as a crutch or excuse," Bethea said. Regardless of race, gender, or class, be proud of your identity, be happy and surround yourself with strong people. "As a leader, I never thought of people as working for me. I work with them. I learn, celebrate people, underpin them, make them feel secure and appreciated. When they feel that, they give everything they've got."

5. Work hard. "Have a strong work ethic. Come in early, stay late. Be proficient. Always do more than is expected, but keep a balance between work and love, what I call family," she said. "Be intent on finding balance. I am blessed because Bill and my friends accept me the way I am, and I hold my faith at my center." LL

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Catch of the day

HILTON HEAD ISLAND NATIVE KEVIN BARKER IS MAKING 'THE BENTLEYS OF BAY BOATS.'

STORY BY HILARY KRAUS + PHOTOGRAPHY BY JASON ARNOLD





LOCAL TIES Family played a big influence in the affection Kevin Barker, owner of Barker Boatworks, has for fishing and boats. Here, a young Kevin is with his dad, Maynard D. Barker Jr., at South Beach on Hilton Head Island.

Some folks fish off piers — rod, bait and tackle box in tow — where the expectations and entertainment value are limited. And then there's fishing in grandiose style off a gorgeous, custom-made bay boat, where inshore or offshore fishing offer unlimited enjoyment.

Barker Boatworks, presented by Hilton Head Island native Kevin Barker, brings you the latter. "We're the Bentleys of bay boats," said Barker, whose business is in Sarasota, Fla. "We use the best components and parts we can find."



ALL ABOARD After spending close to 10 years in the industry, Kevin Barker ventured out on his own with one goal in mind: to design and build the "ultimate bay boat."

Barker's venture into starting a high-end boat manufacturing business launched in 2014 after spending nearly 10 years in the industry. His goal was to design and build the "ultimate bay boat."

Like many who grew up on Hilton Head Island and surrounding coastal towns, Barker's introduction to fishing and boating came at a young age. His grandfather, Maynard D. Barker Sr., was an avid fisherman who passed down his passion to Barker's father, Maynard D. Barker Jr., and then onto the next generation. Some of Barker's earliest memories with his grandfather were fishing off the Calibogue Sound beach on Sea Pines' South Beach.

"At an early age, I spent a lot of time on the water fishing, tubing and doing the things young kids did on Hilton Head Island," said Barker, who is 50 and has an older brother and younger sister. "And, of course, hanging out at the Sandbar on May River."

Barker's parents, Marianne and Maynard Jr.'s, first boat was a 15-foot Boston Whaler. Today, Barker, his wife,



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

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Sarah, and their three children, ages 18 to 13, enjoy family outings on one of his company's custom fishing boats. The couple's 16-year-old son, Ty, already is helping out in the shop and is showing an interest in getting into Dad's business.

Sports played a significant role in Barker's early life, particularly football. After graduating from Hilton Head Prep, he received a football scholarship at Syracuse University. After graduating college, he began working in the insurance business, first working out of state before returning home to work at the family's Coastal Plains Insurance Company.

But Barker's interest in the boat manufacturing never waned. "In the back of my mind I always wished I could be in the business," he said. He took the big leap in 2005, accepting a job in Sarasota running the sales and marketing onshore division of the fishing boat manufacturer Yellowfin Inc. "I was always involved in fishing and initially the jobs was a sales position that morphed into management," Barker said.

After close to a decade of experience at the yacht company, Barker said he decided it was time to go out on his own and founded Barker Boatworks. The niche business that caters to sophisticated buyers has proven successful as the company continues to grow with close to 40 boats on back order. There are 28 employees, including Kevin Basirico, an original employee and now general manager. Basirico also is from Hilton Head and his father, Rich Basirico, was Barker's high school football coach and is currently athletic director at Hilton Head Prep.

The company builds two models — the 26 Calibogue Bay - fondly named after the Calibogue Sound — and the 26 Open. Barker hired Naval architect Michael Peters to design both models. Peters also has built offshore race boats.

Both boats are capable of floating in 14-inch water and entering offshore water. The biggest difference is the Bay has a large casting deck on the bow and



ONE-OF-A-KINDS All Barker Boats are "built to order" to the exact specifications of the customer's request. Therefore, there will never be two of the same boats that leave their Sarasota, Fla., facility.



stern that boaters can fish off. The Open is a true three-piece constructed boat that gives it additional offshore capability and comfort.

The base cost of the boats run from $145,000-$165,000 to the most extravagant $250,000 vessels. The company also is in the mold phase of High Performance Fishing Catamaran that will start at $600,000.

"Until I actually put the boat in the water, I was a little bit nervous," Barker said, recalling back to 2015 when the first 26 Calibogue Bay was launched. "Once we ran the first boat, I knew we had something special." *LL*

26 Calibogue Bay

Length: 25 feet, 6 inches
Beam: 9 feet, 3 inches
Draft: 14 inches
Deadrise: 18 degrees
Weight: 4,500 pounds
Max HP: 627
Fuel Standard: 90 gallons
Fuel Capacity: 120 gallons
Freshwater: 15 gallons

26 Open

Length: 25 feet, 6 inches
Beam: 9 feet, 3 inches
Draft: 14 inches
Deadrise (at Transom): 18 degrees
Weight: 4,500 pounds
Max HP: 627
Fuel Standard: 90 Gallons
Fuel Capacity: 120 Gallons
Freshwater: 20 Gallons

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Eating Green

FEED YOUR FITNESS

STORY BY BECCA EDWARDS

When it comes to achieving optimal wellness, you need to feed your fitness. This means consuming the best nutrition before, during and after your workout, as well as nutrient dense, power-packed foods like fresh produce and lean proteins for maintenance. Laura Fromdahl of Tri Strong Coaching, a business that combines her background as a physical therapist and USAT triathlon coach, breaks down what and when to eat throughout the day to be your healthiest self.



Pre Workout

When you eat can be as equally important as what you eat. Fromdahl recommends, "Have your last solid meal two to three hours prior to your workout. A solid meal depends on the activity you are doing. Swimming, for example, you might want a **smoothie** or **something light** but well-balanced two hours beforehand. But if you are going to go on a run you will want something more substantial like avocado toast three hours beforehand. Then 15 to 30 minutes prior to your workout, consume easily digestible carbs that are low in fat and fiber. For example, 15 minutes before you swim you can eat two medjool dates, one banana, or one and half cups of apple sauce. If you are running, you can eat the same things but 30 minutes before you run."

During the Workout

"During a workout, you want performance fuels that are easily digestible and low in fat and fiber, too," Fromdahl said. "Also, you want one bottle of sports drink per hour. If exercising less than one hour, you do not need anything other than **water** during your workout. If you are exercising more than one hour, you will want a sports drink or other supplement that includes protein that should be consumed in increments of every 15 minutes."

Post Workout



"Post workout is when things get exciting," joked Fromdahl. "If you want to drop a few pounds, you want to wait 30 to 45 minutes before replenishment. If you are happy with your weight, you have 30 minutes to restore your muscle-glycogen stores and speed up your recovery process." Fromdahl has found that refueling has spawned an entire category of pre-packaged food products and protein shakes purported to optimize recovery, however, by eating real food you can achieve the same level of nutrition—if not better. Fromdahl believes people way overdo their recovery snack. "They believe they burned more calories than they did and eat more than they need to." This is why some people gain weight while training, especially for events like half marathons. Opt for post workout treats such as one to two tablespoons of **almond butter** on one half of an apple, or six ounces of chocolate almond milk, or a small serving of full fat, plain Greek yogurt. "You do not need as many carbs post workout. You should concentrate more on good quality protein and fats," said Fromdahl.

Guidelines For Maintaining

"Over the last 10 years I have been doing this for myself as well as clients, I've seen several trends. The biggest one I've seen is everybody is different depending on their mirco-biome," said Fromdahl. Your micro-biome is your own personal gut flora and it dictates how you digest foods, as well as several other important life functions such as sleep, mood and immune system. "That is why I encourage people to investigate which foods make them feel the best. Some people do not do well with dairy. Others gluten. Others nightshades. You need to take extreme ownership of your gut and find the foods that best fit your needs. Having said this, I tell people to mainly focus on fresh fruits and vegetables and lean proteins."

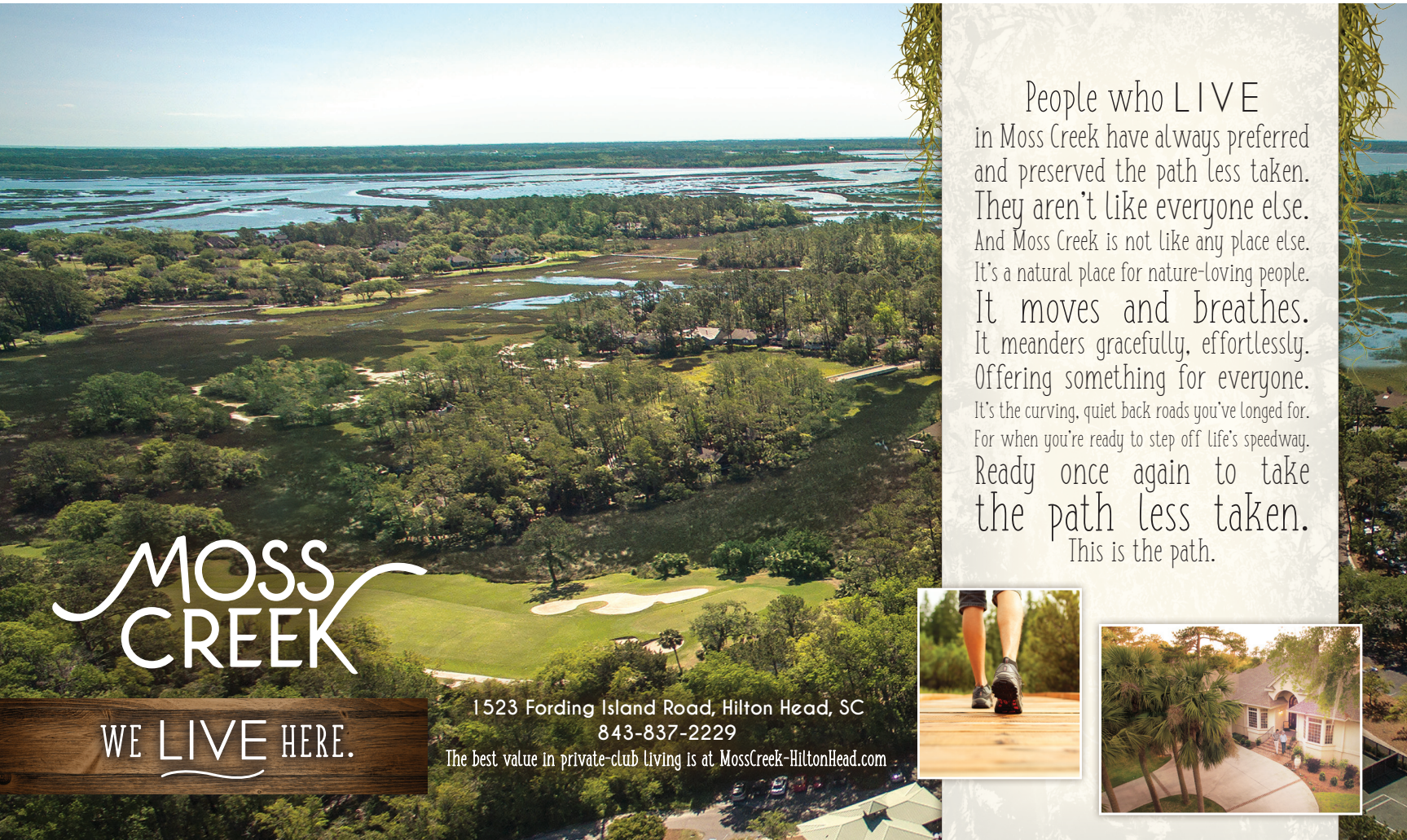
"Also, people overestimate how many calories they need. Across the board, many people eat too much. Do not reward yourself with food after a workout. You should fuel to train and live and the fuel you are taking in is actually for the next day's training," she said.

Once you get on a good program and start seeing success, that's when you can also work with someone like Fromdahl to customize your "feed your fitness" routine even more. This might even include incorporating intermittent fasting and other strategies. *LL*

10 healthy greens to add to your diet now

1. Cruciferous greens (kale, collards, Swiss chard)
2. Fresh green herbs (dill, parsley, basil)
3. Living greens (mung beans, broccoli and sunflower sprouts)
4. Spicy greens (arugula and mustards)
5. Asparagus
6. Green pods (snap peas, snow peas and garden peas)
7. Avocado
8. Green apples and kiwi
9. Green powders (chlorella, spirulina and barley grass)
10. Green juices





How to sculpt without bulk

TOP FOUR EXERCISES FOR TONING YOUR THIGHS

STORY BY SCOTT BLAKEY
PHOTOGRAPHY BY MIKE RITTERBECK

Just about everyone has one or two areas on their body that they would love to tone up a little. Whether you would like to work on your core, your arms, or your thighs, there is always an abundance of exercises that can help you. **For those keen to focus mainly on their thighs, these workouts are always a good option:**



***Danielle Galella** is originally from Long Island, New York, but has enjoyed life in the Lowcountry for the past 10 years. She is an aspiring world traveler whose passion for adventure has led her to pursue a freelance lifestyle working in production. At 22, her entrepreneurial spirit led her to start her own business, Rosey Rapps, a vintage-inspired head wrap company.*

Try these workouts:

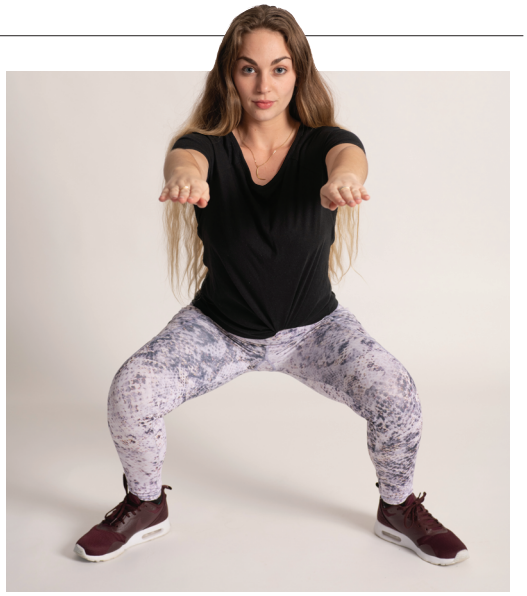
FEEL GREAT BY GETTING LOW



1) SQUATTING WITH AN EXERCISE BALL Simply place the ball between the wall and your lower back, stand with your feet shoulder-width apart and squat as you normally would. Lower yourself 6 to 8 inches while keeping your hips square and shoulders level. You should then hold this position for 2-4 seconds. Try to start off with around 5 reps. Before long you should be able to sustain 10+ consecutive reps without issue.

2) LUNGING WITH DUMBBELLS Lunging with some light weights can be a great way to tone those thighs. Grab a pair of 5-pound dumbbells and hold one in each hand. Next, lunge forward with your right leg and then straighten your left leg. Make sure that your back knee doesn't touch the ground during the lunges. Repeat these lunges for around 30 seconds and then switch legs. Your thighs will be feeling stronger in no time.





3) PRACTICING YOUR PLIÉ The plié has the double benefit of toning both your thighs and your butt, so this option is always popular. Simply stand with your feet a little bit more than shoulder-width apart with your toes pointing outwards. Next, bring your arms out in front of you (make sure to keep them straight) and lower yourself into a squatting position. Go as low as you can and repeat this motion for around a minute - though you can go for longer after you have had some practice.



4) PERFORMING A DUMBBELL PICK UP SQUAT As you may have noticed by now, quality squats are the best way to some toned thighs. For this exercise, grab some light dumbbells (5 pounds should suffice) and hold them in your hands by your side. Next, squat down (just as you normally would) and lay them on the ground next to your feet. Lift yourself out of your squat, then lower yourself back into it and pick up the weights again. You can start out by doing this for around 45 seconds but can increase to around 2 minutes with some practice.

There are no shortcuts to fantastic thighs. However, by performing these wonderful thigh toning exercises, you will be sure to have your legs looking great for the next time you want to show them off. *LL*





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Colorful spring fashion in an eco-friendly home

Jim and Susan Allhusen had a clear vision for their dream home. They wanted to live in a luxury tree house of sorts — a smart home married with our beautiful environment. Once they found the perfect Sea Pines location, there was just one problem: They didn't love the home sitting on the property. Instead of just tearing the old house down, they did the most environmentally responsible thing they could — recycling as much as possible. What they couldn't use for the new home, they donated to Habitat for Humanity. Instead of bulldozing the natural landscape, the Allhusen's new home highlights it — in line with Charles Fraser's groundbreaking resort development philosophy. The couple was kind enough to open the doors of their beautiful home for this month's fashion shoot. LOCAL Life stylist Roxanne Gilleland scoured the racks of local shops and boutiques to find outfits worthy of the naturally beautiful setting. *LL*



Worth its Salt

SALT WATER POOL

The Allhusen's salt water pool offers the numerous health benefits of swimming without the side effects of an over-chlorinated pool (itchy skin, dry skin, red eyes, irritated lungs, etc.). Its low entry also blends in with the natural surroundings. Inside, large windows in the study reduce the need for reading light.





←Available at **THE BACK DOOR** ↑Available at **SHOP!** Available at **COCOON**→

Inside Out

NATURALLY BEAUTIFUL

One of these photos was taken inside in the living room and the other was taken outside on the porch. Can you tell the difference? That's the point of this naturally beautiful home.





←Available at **BIRDIE JAMES** ↑Available at **OUTSIDE HILTON HEAD** Available at **COPPER PENNY**→



Far East & Far Out

ASIAN-INSPIRED
The Allhusens have lived all over the world. To honor their travels, a few Asian-inspired touches were incorporated, such as these large ceiling-to-floor sliding windows in the dining room.

Living Smart

PASSIVE SOLAR DESIGN
Windows, walls and floors were installed to collect, store, reflect, and distribute solar energy in the form of heat in the winter and reject solar heat in the summer.





←Available at **PALMETTOES** ↑Available at **SM BRADFORD** Available at **GIGI'S BOUTIQUE** and **ISLAND CHILD**→









Green outside and in

HOME HIGHLIGHTS

- The home was built around existing trees and their root structures.
- **Natural and organic wood** was used throughout the home.
- Drip irrigation systems were installed for water conservation.
- The upstairs deck was built into the trees, creating a treehouse feel.
- Spray foam insulation was installed to conserve energy.
- Cable railings were installed to add greater visibility and unique modern styling.
- **Living flowers** throughout give the home naturally beautiful style.
- In the studio, the walls and ceiling were re-milled from the exterior siding of the old house and floors are the old heart of pine.
- Appliances from the old home are spread between the garage and main house.
- Tankless water heaters only heat water when the faucet is turned on.
- Building materials were chosen for sustainability.



Outside Looking In

GRAND ENTRANCE
The front door is mostly glass, highlighting the beautiful landscape that surrounds the home. The kitchen is filled with Energy Star-labled, water-saving appliances and LED lighting.



←Available at **HASKINS**



Available at **KNICKERS**→

Credits.

PHOTOGRAPHY Lisa Staff + **STYLIST** Roxanne Gilleland + **MODELS** Hunter Everetts, Ella Boorom, Emerson Benson, Lucy Nell Benson, Jim Allhusen
MAKEUP Brooke Wallace representing Southern Belle by MariaNoël + **FEATURED PRODUCTS** Tarte Rainforest of the Sea Foundation, Kendra's Dry Oil Control Spray 14
DETAILS To find your gorgeous green home call Hillary Dollenberg (see pages 3-4).



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his

Green is a cool color that symbolizes nature and the natural world. It also represents tranquility, good luck and health. Give him the gift of green this month.



MAKALA SHARK UKULELE

The Makala Shark line is well-suited for casual players looking for something colorful and fun to sink their teeth into. The Shark is a terrific deal that also looks and sounds great—the perfect uke for anyone to bite into.

Available at Outside Hilton Head



NATURAL THYME GARDEN SOAP

A combination of lavender essential oil and five other essential oils (thyme, rosemary, patchouli, lemongrass and clove), this soap has a lovely green hue and a wonderful herbal aroma. For a clean, natural experience and scent when washing, keep this bar next to your sink. And, if you have a friend who loves gardening, pick up a bar of soap for him/her.

Available at Island Lavender Market



GOLF TASCA TRAY

The Golf Tasca Tray is a Limited Edition small pocket tray with golf ball handles/pulls and a green felt lined bottom to protect your valuables.

Available at Buona Terra Woodworks



COSTA DEL MAR HELO SUNGLASSES

The Costa Helo Sunglasses feature Hydrolite over-injected adjustable temple tips, air-cushioned full-motion nose pads and integral spring hinges. The Helo frame is so lightweight and airy, you'll barely know you're wearing it!

Available at Outside Hilton Head



BOTTLEKEEPER

Insulated to keep your beer colder, longer, and protected from breakage, The Standard 2.0 is made for the typical 12 oz bottle, has durable powder coated, metallic and printed finishes, and lots of color options to choose from. Oh yeah, there's also a bottle opener in the cap and a tether to keep it attached.

Available at Coastal Treasures

MOVA CREATIONS CASSINI GREEN GLOBE

This globe uses ambient light and the Earth's magnetic field for rotation. It's 90% handmade and uses a non-toxic fluid for smooth rotation.

Available at Pyramids





CROWN COMFORT QUARTER-ZIP

This sweater is made of an intimate blend of cotton, modal and polyester fabric so it looks crisp and fresh at virtually all times. Additional stretch provides ultimate comfort and the low-friction nature of the fabric allows for ease of layering over sport shirts for those chilly mornings on the golf course.

Available at Knickers
(styles and colors may vary)

hers

While some find green a relaxing color, others find it gives them a feeling of excitement. These greens are sure to get her energized.





SEA LA VIE SEA TURTLE NECKLACE AND STUD EARRINGS

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SWIG COPPER PATINA STEMLESS WINE CUP

No need to wine about what to put your beloved Cabernet in, this Swig cup is spill resistant, shatter proof, and even comes with a reusable straw. It's also BPA free and super chic.

Available at Gifted



GURHAN DELICATE DEW NECKLACE

Captivated by the beauty and depth of 24-karat gold, Gurhan was inspired to build an entire brand around this precious metal. The Delicate Dew necklace featuring seven mixed-sized emerald briolettes on a 22K yellow gold chain is no exception.

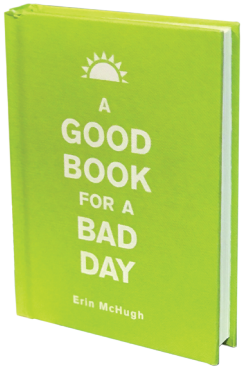
Available at Forsythe Jewelers

GREEN CHARLESTON RICE BEADS BY CANDY SHOP VINTAGE

This necklace is a versatile fashion statement and is an amazing gift for yourself or your friends. The beads hold a sliver of Charleston's history, a city founded on rice, and are made in the U.S.A.

Available at Scout Southern Market (Beaufort)





A GOOD BOOK FOR A BAD DAY

Turn to any page of this book to get a jolt that will motivate, inspire, or give you a moment of feel-good perspective. This little volume is all you need to put a spring in your step – or simply help you continue to put one foot in front of the other.

Available at J Banks Design Group

TOM DAVIES EYEGLASSES

These glasses featuring a bloc acetate in shades of dark and light green with blue layered crystal accents are the perfect shade for spring and summer. You will be the most stylish person in any room.

Available at Eyeland Optique

THE SHAPE OF WATER

This made from earth piece of art captures unique creativity and beauty. It's handmade by artist Marty Allran.

Available at Pinckney Simons Gallery (Beaufort)



Cooking green with Karla Williams

THE EXECUTIVE CHEF AT HILTON HEAD HEALTH POINTS OUT THE BENEFITS OF A PLANT-BASED DIET





STORY BY EDDY HOYLE + PHOTOS BY W PHOTOGRAPHY

THAT'S A KNIFE
Why do so many tomatoes end up a mangled, mushy mess? Because so many people are going at them with the wrong knife. For cutting a tomato, go with something serrated.



When it comes to the food we eat, going green is not only better for your health, it's better for the planet. Karla Williams, executive chef at Hilton Head Health, is a huge fan of vegetables and a plant-based menu. Williams hails from Indianapolis where she earned a bachelor of science degree in science, nutrition and exercise. In 2010 she came to the Lowcountry to join Hilton Head Health. Williams explained that more water and energy is needed to raise, feed, and process animals and their waste than to grow grains and vegetables. Shifting away from the trajectory of meat-based diets and choosing healthier, traditional Mediterranean, pescatarian or vegetarian diets could not only boost human lifespans and quality of life, but also slash emissions and save habitat for endangered species.





But I "yam" a carnivore!

Not a fan of veggies? That's okay. You don't have to become a vegetarian, a pescatarian or a vegan. "Instead of eliminating meat, add veggies," Williams explained. "Start small in whatever you do. To maximize vegetables in your diet, start by incorporating more veggies in meals you already enjoy, or do a meatless Monday. We all love lasagna, for example. It's a great comfort dish. I use lean ground beef, but I add volume with layers of roasted veggies."

Eat the Rainbow

By "eating the rainbow," Williams said, your meals are more visually appealing, healthy and nutritious. The deep greens of dark, leafy vegetables like spinach, kale and arugula are high in iron, fiber and vitamin K. Red tomatoes boast lycopene, while orange sweet potatoes and carrots are sources of beta carotene. Take advantage of the bright color palette that veggies create and the powerhouse of vitamins they store.

"Unbeetable" tips

Williams offers sage advice to improve your health and lifestyle. Recognize that a quick fix doesn't work. Try a Mediterranean diet that includes veggies, seafood and extra virgin olive oil to lower cholesterol,





FIRED UP Flambéing is an exciting way to make your food more flavorful. The fire goes out quickly, but it creates quite an impressive show. Rum, cognac or other flavorful liquors that are about 40 percent alcohol (80 proof) are ideal.



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H3 HEALTHY KITCHEN

Black Bean Burger



INGREDIENTS (makes 7)

*2 cups **black beans**, cooked, drained*
1/2 teaspoon olive oil
*1/2 cup **red bell pepper**, 1/4 inch dice*
1/2 cup yellow onion, minced
1 cup zucchini, skin on, 1/4 inch dice
1 cup yellow squash, skin on, 1/4 inch dice
1/4 teaspoon black pepper
1/2 teaspoon salt
1/2 teaspoon cumin
10 tablespoons oats, old fashioned, gluten free

DIRECTIONS [1] Preheat oven to 450 degrees. In a food processor, pulse 1 cup of black beans until smooth. Set aside. Preheat a sauté pan with oil. **[2]** Sauté onions, peppers and squash until onions are translucent and squash is soft. About 5-7 minutes. **[3]** Add in seasonings, remaining 1 cup of whole black beans and oats, sauté about 2 minutes until all is incorporated. **[4]** Place vegetable mixture into empty food processor and pulse about 5 times, or until vegetables and beans are slightly chopped but still distinguishable. **[5]** Fold into pureed black beans. Portion out with 1/4 scoop and form into patties. Place formed burgers into a greased sheet tray and lightly spray the tops. **[6]** Bake for 3-5 minutes until slightly browned and firmer. **[7]** Scoop 1/4 cup and shape into burger patties and store excess burgers in the freezer. **Note from chef Williams:** Serve on whole wheat bun and top with a quarter of a sliced avocado for a simple yet satisfying meal.

improve heart health, reduce high blood pressure and fight diabetes. Substitute alternative sources of protein such as beans, nuts, barley, and brown rice for meat. Williams suggests using portioning plates with fun designs that show the correct portions for protein, vegetables and starch. You can also use portioning scoops instead of measuring, weighing and counting calories.

To curb hunger pangs that may lead to overeating, serve vegetable-based soups before your main meal. They are healthy and help to fill you up. "People don't know where to begin and become frustrated by all the restrictive diets in the media – low cal, low carb, low fat, keto. Incorporate the foods you love. Eat the real thing," she said, "but control portions."

Williams promotes the three pillars of health. "Eat well, move well, and be well." To "eat well" she explained that adding vegetables, consistency, moderation and portion control are all key to success. To "move well" means to add some activity every day, whether it's walking, yoga or cycling. Do what you enjoy, but do it daily. To "be well" is to take care of the mind and soul. Offer yourself forgiveness and grace, meditate, and be mindful of your needs. *LL*





H3 HEALTHY KITCHEN

Green Smoothie

INGREDIENTS (makes 5 servings)

2 cups spinach
2 cups coconut water
1 1/2 cups pineapple, diced
1/2 cup avocado, cubed
1 cup banana

DIRECTIONS [1] Peel bananas, wrap in foil or in a plastic bag, and freeze. **[2]** In a blender combine spinach and coconut water, blend until smooth. **[3]** Add pineapple, avocado, and frozen banana, blend until smooth. Serve cold, enjoy! **Note from chef Williams:** The browner the banana, the sweeter the smoothie. Also, this green smoothie is loaded with Vitamin C.

"ROMAINE" CALM, BUT UNDERSTAND THAT OUR PLANET NEEDS HELP, TOO

- There are **7 billion** people to feed on the planet today, and an estimated **2 billion more** are expected by 2050.
- Livestock production is responsible for **15 percent** of global greenhouse gas emissions.
- **300 million tons** of manure from livestock is responsible for **37 percent** of agricultural greenhouse gas emissions. Manure produces large quantities of methane, a gas that warms the earth **20 times faster** than carbon dioxide.
- Animal agriculture is a major contributor to **deforestation and desertification** (which happens when livestock grazing destroys native vegetation and speeds up soil erosion).
- Animal agriculture is the leading cause of **water pollution and ocean dead zones**. Waste from farm animals is stored, and applied untreated, to crops as fertilizer.
- **Hundreds of toxins** in such large quantities of manure can't be absorbed by the soil, and eventually find their way into groundwater and then into rivers and oceans, where they destroy marine ecosystems. Oxygen depletion from animal manure and fertilizer creates dead zones. Manure produces ammonia, the most potent form of nitrogen, which kills fish, causes algae blooms, and contributes to smog.
- It requires about **100 times more** water to produce a pound of animal protein than a pound of grain protein.

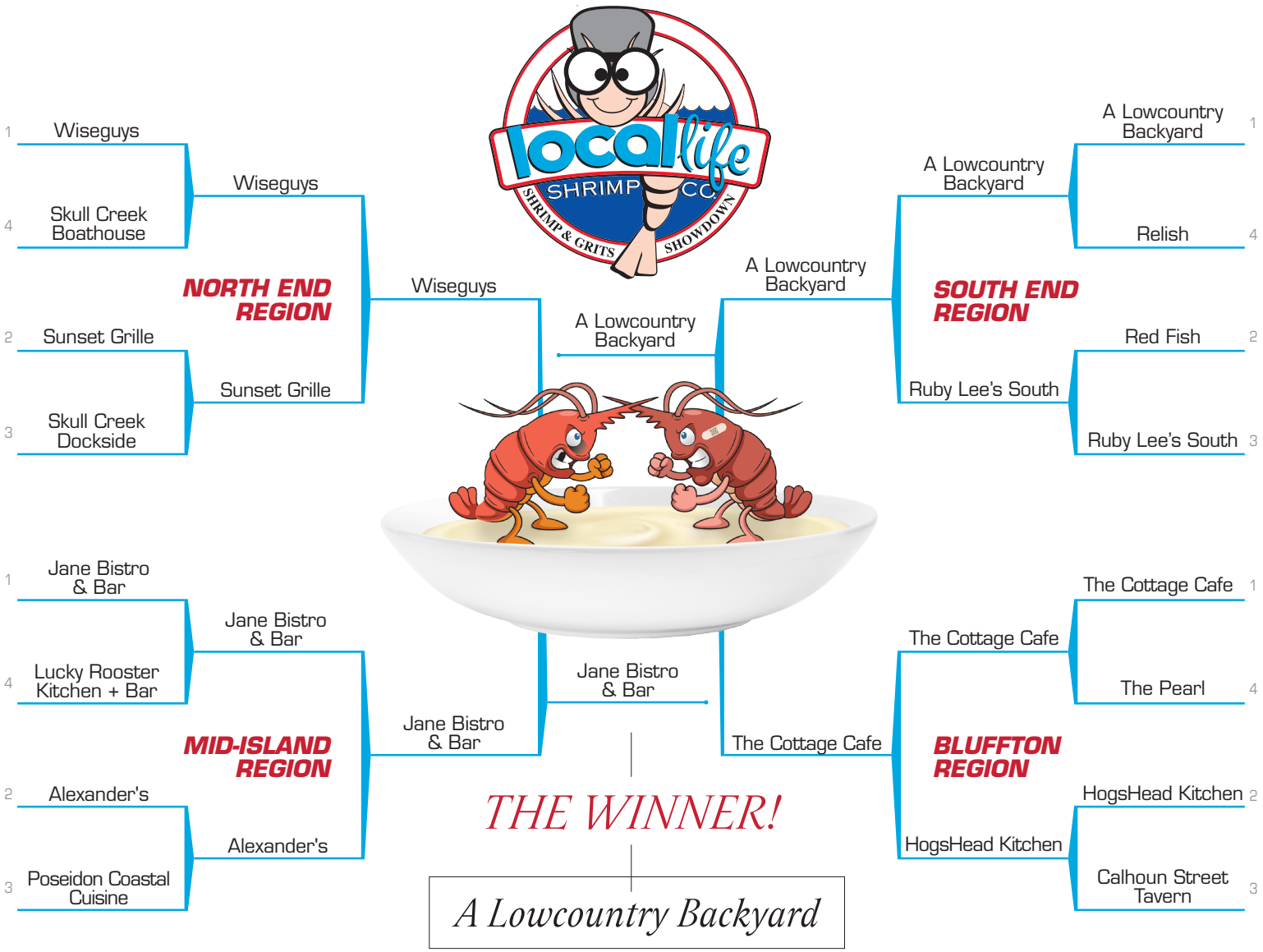
DATA SOURCES: UNITED NATIONS FOOD AND AGRICULTURAL COMMISSION, PEW COMMISSION ON INDUSTRIAL FARM ANIMAL PRODUCTION, UNIVERSITY OF MINNESOTA STUDY





Charles Grace's Shrimp & Grits Showdown

SHRIMP IS THE FRUIT OF THE SEA. You can barbecue it, boil it, broil it, bake it, sauté it. There are shrimp-kabobs, shrimp creole, shrimp gumbo. Pan fried, deep fried, stir fried. There's pineapple shrimp, lemon shrimp, coconut shrimp, pepper shrimp, shrimp soup, shrimp stew, shrimp salad, shrimp and potatoes, shrimp burgers, shrimp sandwiches ...and the favorite of many locals — shrimp & grits. We all have our favorite places to get the Lowcountry delicacy, but which place is the best? Obviously, that is up for debate. LOCAL Life designer Charles Grace has lived here for more than 20 years and has tried them all. Since it's March (and since last year's Fried Chicken Madness bracket was such a hit), we asked him to create an NCAA tournament-style bracket featuring the best shrimp & grits on Hilton Head Island and in Bluffton. **Here are his results:**



DISCLAIMER: The views expressed in Charles Grace's Shrimp & Grits Showdown do not reflect the views, opinions or positions of LOCAL Life magazine. Selections were made by LOCAL Life designer Charles Grace. If you don't like how your favorite spot fared, yell at him (not the publisher, editor, art director, social media director, photo editor or distributor). If you feel Grace missed the mark, please drop off a fresh bowl of your favorite shrimp & grits around noon to LOCAL Life headquarters (800 Main St., Hilton Head Island). We will test the product and consider the establishment in next year's tournament.



True Grit

A LOWCOUNTRY BACKYARD

Dave Peck wasn't willing to give up the recipe for his out-of-this-world shrimp & grits, but he did have this to say: **"What I always tell people is that we cook our grits low and slow with heavy cream and butter," he said. "Our sauce is made with crispy applewood bacon and a secret blend of spices."** We hope the image of Dave's famous dish inspires you to create your own version. All great shrimp & grits recipes share a few things in common.

USE FRESH SHRIMP: Keep the shrimp chilled and in their shells until just before you are ready to start cooking. Each shrimp should be firm, unblemished and have no fishy odors. Don't be afraid of frozen shrimp. Many times, shrimp are flash frozen while still on the boat and are still of very high quality when thawed.

USE LOCAL SHRIMP: If you find shrimp marketed as "local," pick it up. South Carolina DNR requires sellers to prove their local claims, tracking receipts all the way back to the boat they were caught on. Insist on the words "local" though. Some people sell out-of-area shrimp out of coolers, fooling customers into thinking they are local. If it doesn't say "local," it probably isn't. Great places to get local shrimp on Hilton Head Island are Benny Hudson's Seafood, Hudson's Seafood House on the Docks and Piggly Wiggly. In Bluffton, go to the Bluffton Oyster Company. In Beaufort, go to Sea Eagle Market or Highway 21 Seafood.

USE STONEGROUND GRITS: To make a proper bowl of grits, you've got to use the right corn granulation for the job. Instant grits are ground fine and cook in five minutes. Regular grits are medium grind and cook in 10 minutes. Stone-ground grits are coarsely ground the old-fashioned way — between the stones in a grist mill. They take longer to cook but are totally worth it. The entire corn kernel is ground, giving them a speckled appearance and a rougher texture. Since they are less processed, they are also more perishable. Store them in the freezer, not the pantry.

WHITE VS. YELLOW: Which color of stoneground grits is better, white or yellow? When it comes to taste, it doesn't matter. The flavor will be determined by the shrimp, butter, cream and spices. Many feel the yellow color looks more appetizing so it is more popular. Piggly Wiggly is a good place to get both colors. *LL*

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Don't miss soft-shell crab season

THERE IS MUCH TO LOVE ABOUT SPRING IN THE LOWCOUNTRY, AND SOFT-SHELL CRAB SEASON IS ONE OF THEM.

Many local seafood restaurants offer the local delicacy at some point between March and June, whenever water temperatures are right.

"If the weather stays warm, early March is a good estimate," said Andrew Carmines of Hudson's Seafood House on the Docks. "If we get a cold snap, it can push it back to April, but the last three years we have started in early to mid-March."

Soft-shell crab is a culinary term for crabs that have molted their old exoskeleton and are still soft. Soft-shells are removed from the water as soon as they molt to prevent any hardening of their shell. This means that almost the entire animal can be eaten, rather than having to shell the animal to reach the meat. They are typically deep fried, sautéed or grilled.

Soft-shell crabs come into season along the East Coast when the water temperature rises above 50 degrees. The farther down the coast you travel, the longer the season lasts. Hudson's is the only restaurant on Hilton Head Island with an in-house shedding operation.

"The reason we do it in-house is so that softness and freshness is unrivaled," Carmines explained. "Guests also can watch the process."

In addition to feeding their own customers, Hudson's sells soft shells to other local restaurants. Some restaurants get their soft crustaceans from Sea Eagle Market in Beaufort.

"Whenever the season does start, it's always a day-to-day as to whether or not (Sea Eagle) has availability," said Margaret Golson Pearman of Charlie's L'etoile Verte. "Customers just have to be patient for the real deal. If a restaurant doesn't have a supply problem, then they aren't local and fresh." LL



GREAT PLACES TO GET THEM

*If you're looking for **local soft-shell crab**, keep an eye on the Facebook pages of the following restaurants and grocery stores.*

- Hudson's Seafood House on the Docks
- Alexander's
- Michael Anthony's Cucina Italiana
- ELA's On the Water
- Charlie's L'etoile Verte
- Sea Grass Grille
- The Sage Room
- Piggly Wiggly HHI
- Red Fish
- Lucky Rooster Kitchen + Bar
- Bluffton Oyster Company
- A Lowcountry Backyard
- Skull Creek Boathouse
- Poseidon
- Dry Dock
- Benny Hudson Seafood
- Sea Eagle Market



What's fresh in March

Blue crabs inhabit the inland waterways, marshes, and estuaries of coastal regions found along the Eastern coast of the Americas, ranging from Massachusetts to Texas. They have a uniquely sweet, tender meat. Their scientific name, Callinectes sapidus, means "savory beautiful swimmer."

Males are called Jimmies and have t-shaped abdominal plates; females are called Sooks and can be identified by their bright tipped red claws and triangular abdomen plate. Their fifth pair of legs resemble paddles and are used to propel the crab in swimming.

While blue crabs are virtually in season year round, early spring calls for a short season of "soft shell crab," usually lasting about two weeks in March or early April.

According to J. David Whitaker of the Marine Resources Division, fishermen use "peeler pots," containing one or two large males to attract females that are ready to mate. Peeler crabs are held in shedding tanks until they molt. The soft shell crabs are then removed from the water and refrigerated for sale and are generally in high demand for their delicious meat.

WHERE TO GET THEM

Find fresh, local blue crab at the Bluffton Oyster Company and Barnacle Bill's. Hudson's Seafood is the only restaurant on the Island with an in-house shedding operation for soft shell crab.

WHAT TO MAKE

- Soft shell crab dip
- Crab cakes
- Steamed blue crab
- **White truffle blue crab crostini**

GET THE BOOK



Find recipes for **Geist Ussery's white truffle blue crab crostini** 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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STORY + PHOTOS BY FRANK COPELAND

As an avid fan of food and travel, my latest journey took me to the land of mangoes, jasmine rice, chilies and all that is wonderful — Thailand. It was my second visit to Bangkok this year and I am captivated by this incredible city, which keeps pulling me back.

Bangkok is the most visited city in the world, welcoming more tourists each year than any other place on Earth. It is massive with a local population in excess of 8 million and a climate that is always warm to very hot every month of the year. Prepare for traffic that can potentially keep you from moving an inch unless you quickly adapt and utilize the mass transit rail system. Bangkok is also the best value in travel. Food can be dollars per day, transportation either by cab, Grab (Uber for SE Asia, a must have app) or subway/rail is 10 percent the cost in the USA. Five-star hotels can easily be found for under $125 per night and really great hotels with full breakfast included (think Hyatt Place or equivalent) can easily be had for $50 or less per night. Full day, eight-hour tours of the city including meals, snacks and beverages cost less than $100.


WOK THIS WAY Chef Frank Copeland is shown with the Maestros from Berlin Philharmonic in Bangkok. Copeland is the executive chef at Wexford Plantation.

I love that Bangkok is gritty, grimy, frenetic and captivating with the most food-focused culture I have ever experienced. Bangkok alone has 500,000 street food vendors with fresh food being sold on almost every street and every corner of the city. Wonderful, complete meals can be had on the street for less than two dollars. Don't be afraid; just dig in and try. This is the best reason to go to Bangkok and certainly the most rewarding. You will need to just go for it; it will pay off.

Thai food is all about balance. Balancing sweet, sour, bitter, spicy and umami is key to the art of Thai cuisine. American Thai restaurants focus on the most basic forms of Thai food and once you experience the food of Thailand you will be happy to move past pad Thai and green curry shrimp. The offerings are vast; noodle dishes, fish preparations, lamb curries, soups, vast vegetable dishes and regional specialties that you will never experience without a journey.

My favorite experiences in Bangkok have been on tours led by Chili Paste Tours and Bangkok Vanguards. Chili Paste Tours is completely food focused and led by a Thai native, Chin, who is an encyclopedia of knowledge of the Thai kitchen. Chin leads her groups through a journey that gets as deep into the food as you want to go. As a chef, I wanted to be fully immersed in learning the produce, cooking techniques and seeing the foods prepared. On both tours with Chin I felt as though my whole culinary spirit had been enlightened and revitalized. I know that Chin took me on a culinary journey that I appreciated. Had I not been as interested in the finer points of Thai cooking, she would have taken me on a much more basic tour. The great thing about this tour is it will allow you the ability to try so many unfamiliar things.



Bangkok Vanguards is another tour operator I can say will provide an unbelievable experience into the scenes of Bangkok. While still touching on food, these tours go behind the most common tourist sights and focuses in on areas that show the real Bangkok life. They offer both day and night tours and one that I especially loved was a night mountain biking excursion. This experience I would only recommend for those in really good physical condition.

Visiting Bangkok can be overwhelming, as the shear pace of life in this city can be very different from most cities in the US. With the exception of NYC, LA, Chicago and San Francisco, there are very few comparable places. I often say Bangkok reminds me of Manhattan 20 years ago. It has a pace and an energy that many cities do not possess. Whereas Singapore is the Asian equivalent of a perfect Disneyesque city with manicured hedges and immaculate streets. Bangkok is raw and welcomes exploration and allows equality where common appreciation of food, culture and humanity binds everyone together. Western, Eastern or neither, everyone is welcome and a smile is all that is necessary to have a great experience. If you love food, travel and adventure, Bangkok cannot be missed. It will change you forever. *LL*



WEXFORD PLANTATION

Thai Green Papaya & Persimmon Salad

INGREDIENTS (serves 4-6)

1 large shallot, peeled and diced
1 large garlic clove
1/2 bunch cilantro, washed and chopped
1 Thai Bird's Eye chili (add several more for authentic Thai Heat Level)
1 tablespoon palm sugar or 1 1/2 teaspoons agave syrup
2 tablespoons lime juice
1 teaspoon dried shrimp paste
1/2 tablespoon fish sauce (Three Crabs Brand)
Pinch salt
1 green papaya or 3 green mangoes, peeled and shredded
2 ripe persimmons, cut into wedges
1/2 English cucumber, peeled and shredded without seeds
10 cherry tomatoes, quartered
2 tablespoons crushed salted peanuts, garnish
1 tablespoon small cilantro leaves, garnish

DIRECTIONS (dressing) Pound in a mortar and pestle shallots, garlic and pinch of salt until smooth. Add cilantro and continue to pound until broken down into a paste. Add Bird's Eye chili, pound to incorporate; add shrimp paste and pound until smooth. Add palm sugar, lime juice, and fish sauce. Mix well. Taste for seasoning. This sauce should have a balance of sweet, spicy, salty and sour. All of these flavors can be adjusted to personal preference at this point.

DIRECTIONS (salad) Combine papaya, cucumber, and persimmon with tomatoes. Add 5 tablespoons of dressing. Mix lightly, taste and add additional dressing as desired as well as additional salt as needed. Served with crushed peanuts and cilantro leaves sprinkled on top.





MORNING GLORY Chef Frank captured these images of a morning glory harvest and Redman just outside Bangkok. Copeland travels the country and the world in search of new flavors and interesting cooking practices, bringing his findings back to Wexford Plantation menus and to his own kitchen.



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Green around the grills

COLORFUL GREEN RECIPES FROM LOCAL CHEFS & RESTAURANTS





THE CYPRESS

Yankee Collard Greens

INGREDIENTS

1 pound fresh collard greens, cleaned Yankee-style (see below)
1 tablespoon olive oil
*1/4 cup **diced raw bacon***
1 large onion, diced
1 clove garlic, minced
2 cups vegetable/or chicken stock
1/4 cup brown sugar
1 pinch red pepper flakes
2 shots of tabasco
Salt/pepper
Grated parmesan cheese

DIRECTIONS [1] To clean collard greens Yankee-style, pull leaves off of stem, rough chop leaves and reserve. Small dice stems. **[2]** Heat oil in a large pot over medium-high heat. Add bacon, cook until crispy. Remove bacon from pan, reserve. Add collard stems, onion and garlic cook for about 5 minutes. **[3]** Add brown sugar, coat until it looks like wet sand. Pour in stock, bring to a simmer and add chopped collard green leaves. Simmer for 10 minutes then add tabasco and red pepper flakes. Adjust seasoning with salt and pepper add bacon. Serve with a bit of grated parmesan cheese.

—From executive chef Eric Sayers



SPROUT MOMMA

Sprouts

INGREDIENTS



Candied orange peel (recipe below)
1 1/2 pounds Brussels sprouts, halved
3 tablespoons olive oil
3/4 tablespoon coarse salt
1/2 teaspoon black pepper
3 cloves garlic, chopped
*1/2 cup **pecans**, chopped*

DIRECTIONS [1] Preheat oven to 400 degrees. Mix sprouts, olive oil, salt and pepper in a bowl. Turn out on a sheet pan and roast for 30 minutes, turning every 10 minutes to get the proper sear. **[2]** Add the garlic and pecans. Roast another 10 minutes, turning once. When they are done, put back in the bowl and toss with 3-4 teaspoons of candied orange peel. Serve and enjoy.

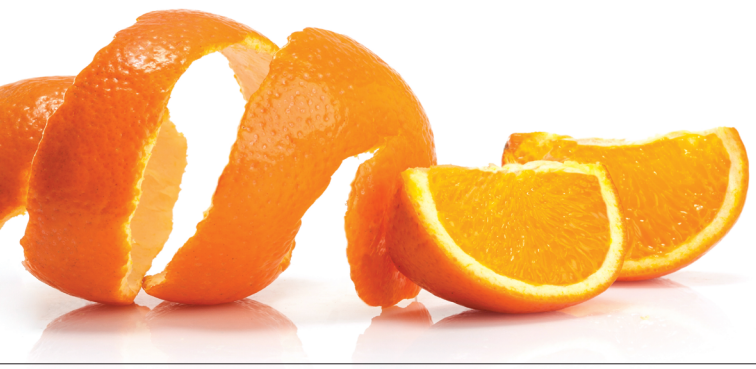
SPROUT MOMMA

Candied orange peel

INGREDIENTS

6 oranges, zested plus juice of the oranges
6 cups of water
6 cups of sugar
Juice and zest of one lemon

DIRECTIONS [1] Put all of the ingredients, except sugar, in a stainless steel pot or a cast iron cookware pot. Bring to a boil. **[2]** Add sugar to dissolve and turn off stove. Cover the pot and leave 12 hours or overnight. **[3]** The next day, skim off the peel (use for sprouts recipe above) and reserve the liquid. Take the liquid and cook over low until thickened or its reduced in half for some yummy orange jam. Store in glass jars in the refrigerator or use directions on a Ball Jar package to preserve.



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MOSS CREEK

Green Goddess Dressing

INGREDIENTS

3/4 cup mayonaise
3/4 cup sour cream
2/3 cup loosely packed flat-leaf parsley
1 tablespoon chopped fresh tarragon
2 teaspoon white wine vinegar
1 teaspoon anchovy paste
1 teaspoon lemon zest
1 tablespoon lemon juice
2 cloves of garlic, minced
1/3 cup chopped fresh chives
Salt and pepper, to taste

DIRECTIONS Process first 9 ingredients in food processor until smooth. Stir in chives, season. Cover, chill 2-24 hours. Serve and enjoy!

— From executive chef Lenny Giarratano



SPROUT MOMMA

Carrot Top Pesto

INGREDIENTS

1/2 cup toasted walnuts
2 cloves of garlic
1 cup coarsely-chopped carrot tops
Big handful of fresh basil leaves (about 1 cup)
Juice of 1/2 a small lemon
Sea salt
Fresh black pepper
1/2 cup first cold press olive oil
Pinch red pepper flake (optional)

DIRECTIONS Add everything to a food processor, except the oil. Spin until well combined. Then spin again slowly pouring in olive oil to emulsify. Store in a container in the fridge. Drizzle over honey glazed carrots or Sprout Momma breads!



HOLY TEQUILA

Decadent Mint Chocolate Cake

INGREDIENTS

1/4 cup butter
3 cups Oreo crumbs
1 gallon mint chocolate chip ice cream

DIRECTIONS [1] Mix butter and Oreo crumbs in a medium bowl until crumbs are coarse. Pour 1/2 of that mixture into a 9x13-inch pan. **[2]** Spread the gallon of ice cream evenly into the pan. **[3]** Top with the other half with the rest of the Oreo crumbs. **[4]** Freeze. Top with your choice of fudge and whipped cream. Garnish with a mint leaf.



POSEIDON

Green Goddess Bowl

INGREDIENTS (yogurt dressing)

1 1/4 cups of Greek yogurt
1 1/2 tablespoons of fresh mint
1 1/4 tablespoons fresh dill
1 1/4 tablespoons fresh basil
2 tablespoons of fresh lemon juice
1 teaspoon of kosher salt
1/3 ***avocado***

DIRECTIONS Put in blender or food processor and mix well



INGREDIENTS (salad)

2 ounces mixed greens
1 tomato, wedged
1/4 cucumber, small diced
1/4 cup toasted almonds
1/4 cup Kalamata olives
1/4 cup capers
1/4 cup of cooked barley

DIRECTIONS Place all ingredients in a large pasta bowl, add dressing and enjoy!

— From executive chef Chris Carge



Photography by M.Kat

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Many locals find themselves swimming in **Girl Scout cookies** this time of year. While there's nothing wrong with polishing off a few sleeves by yourself the old-fashioned way (nothing wrong, in our eyes at least), you can impress your friends and family by thinking outside the box with these creative recipes using the irresistible treats. Make one (or all) of these for Girl Scouts Day on March 12.



Thin Mints Mocha Ice Cream Sandwiches

INGREDIENTS (Makes 1 dozen)

2 cups half-and-half cream
1 1/2 cups sugar
3 tablespoons instant coffee granules
1 teaspoon vanilla extract
1 teaspoon peppermint extract
4 cups heavy whipping cream
1 package (9 ounces) Girl Scout Thin Mints cookies
1 cup chocolate ice cream topping

DIRECTIONS [1] Stir together half-and-half, sugar, coffee granules and extracts until sugar dissolves. Stir in heavy cream. Coarsely chop eight Thin Mints cookies. **[2]** Fill cylinder of ice cream maker no more than two-thirds full; freeze according to manufacturer's directions, adding chopped Thin Mints cookies during the last 2 minutes of processing. (Refrigerate remaining mixture until ready to freeze.) Remove from ice cream maker; mix in chocolate topping. Transfer ice cream to freezer containers, allowing headspace for expansion. Freeze until firm, 4-6 hours. **[3]** To make sandwiches, place 1 tablespoon ice cream between two Thin Mints cookies.



Samoas Swirl Ice Cream

INGREDIENTS (Makes 1 1/2 quarts)

2 cups heavy whipping cream
2 cups cream of coconut
12 Girl Scout Caramel deLites/Samoas cookies, coarsely chopped
1/2 cup flaked coconut, toasted
1 cup caramel sundae syrup

DIRECTIONS [1] Beat heavy cream until stiff peaks form. Gently fold in cream of coconut, then chopped Caramel deLites/Samoas cookies and toasted coconut. Spread evenly over an 8-inch square baking pan. Spoon caramel syrup over cream mixture; swirl with a knife. **[2]** Freeze, covered, overnight. Note: To toast coconut, bake in a shallow pan in a 350 degree oven for 5-10 minutes or cook in a skillet over low heat until golden brown, stirring occasionally.





Do-si-dos Dessert

INGREDIENTS (12-15 servings)

2 1/4 cups crushed Do-si-dos Girl Scout Cookies (about 11 cookies)
1/4 cup sugar
1/4 cup butter, melted
2 packages (3 ounces each) cream cheese, softened
1 cup confectioners' sugar
1 carton (8 ounces) frozen whipped topping, thawed, divided
2 1/2 cups cold 2% milk
2 packages (3.9 ounces each) instant chocolate pudding mix
Additional peanut butter cookies, broken into pieces

DIRECTIONS [1] In a large bowl, combine crushed cookies, sugar, and butter; press into an ungreased 13-inch x 9-inch baking dish. Bake at 350 degrees for 6–8 minutes or until golden brown; cool on a wire rack. **[2]** In a large bowl, beat cream cheese and confectioners' sugar until smooth; fold in 1 cup whipped topping. Spread over cooled crust. **[3]** In another large bowl, beat milk and pudding mix on low speed for 2 minutes or until thickened. Spread over cream cheese layer. Top with remaining whipped topping; sprinkle with cookie pieces. Cover and refrigerate for at least 1 hour before serving.





Tagalongs Nutty Caramel Turtles

INGREDIENTS (Makes 1 dozen)

12 Girl Scout Peanut Butter Patties/Tagalongs cookies
3 milk chocolate candy bars (1.55 ounces each)
12 caramels
60 pecan halves

DIRECTIONS [1] Preheat oven to 250 degrees. Break each chocolate bar into fourths. Place each piece 2 inches apart on a parchment paper-lined baking sheet. Top with one caramel. **[2]** Bake 5-7 minutes or until caramel just starts to soften. Immediately press one pecan half on one side for head; press four pecan halves onto each corner for legs. Place one Peanut Butter Patties/Tagalongs cookie over the top of each candy, pressing down to secure. Let stand until set.





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Tio's reopening in Towne Centre

*Fans of **Tio's Latin American Kitchen** can look forward to the restaurant reopening in early summer at Shelter Cove Towne Center. The restaurant, which closed its Main Street location abruptly last year, will reopen in the space that was occupied briefly by the Charlie Grainger's hot dog restaurant and the Rocket Fizz candy store. The restaurant plans to serve authentic cuisine from Latin American countries such as Peru, Puerto Rico and Cuba. The head chef will be Lynden Zuniga, who has worked for several SERG Group restaurants.*

Local restaurants nominated for "Best Shrimp and Grits in South Carolina"

Three local restaurants were finalists in USA Today's "10 Best Shrimp and Grits in South Carolina" voting. A Lowcountry Backyard Restaurant, The Cottage Cafe Bakery & Tea Room, and Red Fish were among the 10 finalists. Fans were allowed to vote once per day through Feb. 25. The winning restaurant will be announced on March 8 at the 10Best.com website.





Spring Island hosts Farm to Table event

Spring Island members enjoyed a beautiful and delicious dinner featuring ingredients picked from Waterfall Farm, literally farm--to-table. Chef Jeremy Halker presented six tasting courses, including salt roasted golden beet carpaccio, sous vide cauliflower steak and bison stuffed savory cabbage. The event was limited to 32 seats. Waterfall Farm is 6 1/2 acres of cultivated, community-run farmland, sown with an abundant variety of produce. Volunteers plant and manage the garden, and all Spring Island residents are encouraged to pick as much produce as they want.





Oak Terrace at Rose Hill now open

The new clubhouse at Rose Hill Plantation is open to the public. Oak Terrace features a restaurant, a bar and event space for up to 200 people. Located at 4 Clubhouse Drive, the clubhouse overlooks the course at Rose Hill Golf Club. The lunch menu is served from 11 a.m. to 6 p.m. followed by the dinner menu from 5 to 9 p.m. on Thursdays, Fridays and Saturdays. Sunday brunch is 10 a.m. to 3 p.m. The restaurant is managed by Lowcountry Kitchen. Menu highlights include chicken & waffles, brisket tacos, blueberry barbecue spare ribs and vegetarian risotto. Happy hour is offered daily from 4-6 p.m.



Fresh strawberries now available

Officials at the Bluffton Farmer's Market report now is a great time to pick up fresh locally grown strawberries. The popular market takes place from 1-6 p.m. each Thursday at 40 Calhoun St. Pick up a few fresh pints and make strawberry cake, pie, salad dressing, ice cream and lemonade. Strawberry Fields Forever!

Rollers hosting Matteo Correggia Wine Tasting



Rollers Wine & Spirits is hosting Giovanni Correggia, wine maker of Matteo Correggia Wines out of the Piedmont Region of Italy, for a special wine tasting. The event is set for 5-7 p.m. Thursday, March 7. The story behind Matteo Correggia wines began in 1985 when Giovanni's father, Matteo, inherited his father's land and farm. In that day, the wine coming from Roero was only shared with friends and family. After revolutionizing the agriculture business in Roero by focusing on organic and sustainable farming, in 1987 we saw the birth of Matteo's first vintage, Marun (pure barbera) and La Val dei Preti (100% nebbiolo). Matteo died in 2001, but not before he could instill his ideology into his two children who grew up on the vineyard and learned to appreciate wine and nature just as he did. Today, Matteo's family continues his legacy, and the wines have grown to be shared and enjoyed by people all over the world.

Bacon Diner opens in Bluffton



A new 1950s style diner is now open at 4 Oliver Court in Bluffton. Bacon Diner is decorated in 1950s decor and specializes in burgers, hot cakes, shrimp baskets and chicken fingers. The cash-only restaurant is open from 7:30 a.m. to 3 p.m., Tuesday through Sunday.

Michael Anthony's offering meals to go



Enjoy the cuisine of Michael Anthony's Cucina Italiana from the comfort of your own home. The popular Italian restaurant is offering a to-go menu that includes pasta, entrees, veal, sides and dessert. All food is prepared to order. A minimum of 24 hours is required for all orders. Many items are also available daily in the market for quick pickup, including Italian baguettes, housemade meatballs, homemade gnocchi and fresh sauces by the quart. Find more information online at michaelanthonys.com.





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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
Hilton Head Island
843-715-2649

ST. BALDRICK'S AT THE ROOFTOP BAR



The Rooftop Bar at Poseidon will host the eighth annual **St. Baldrick's** *headshaving fundraiser from 6-9 p.m. Friday, March 8. The fundraiser is organized by Terry and Cynthia Cermak, who started the event in honor of their son, Henry. The Cermaks' headshaving events have raised over $145,000 for Henry's Fund, and have supported research grants for pediatric brain cancer treatments at St. Jude Hospital and the Children's Hospital of Pittsburgh of UPMC. For more information, call 843-298-2775 or email henrys1ups@gmail.com.*

HILTON HEAD MID ISLAND

ALEXANDER'S
Seafood One of the island's most beloved restaurants, now operated by Palmetto Dunes Oceanfront Resort. Fresh local seafood and a great early bird special. $$$
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. $$
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
Seafood A destination for locals and visitors for more than 25 years. Voted one of the "Top 100 Scenic View Restaurants" by Open Table. $$
oldoysterfactory.com
101 Marshland Road, HHI
843-681-6040

HILTON HEAD SOUTH END

CAPTAIN WOODY'S
Seafood A neighborhood bar and grill specializing in shrimp, clams, oysters and signature fish sandwiches. $$
captainwoodys.com
6 Target Road,
Hilton Head Island
843-785-2400
17 State of Mind St., Bluffton
843-757-6222

CHARBAR CO.
Burgers Award-winning gourmet burgers. Additionally, it features specialty craft beers and nostalgic music memorabilia. $$
charbar.com
33 Office Park Road,
Suite 213, Hilton Head Island
843-785-2427

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,
Hilton Head Island
843-785-9277

HOLY TEQUILA

Mexican Gourmet tacos, salads, quesadillas, burritos and small plates all around $10, with a full bar offering mixologist-inspired cocktails and over 50 kinds of tequilas. Be sure to order the Street Corn before your main course and the churros after. $$

holytequila.com
33 Office Park Road, Park Plaza
843-681-8226

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
37 New Orleans Road, HHI
843-785-6272

PALMETTO BAY SUNRISE CAFE

Breakfast, American Serving the island's most popular breakfast all day long. Benedicts, omelets, quiche and baked dishes are out of this world. Early bird special from 6 to 8 a.m. Great sandwiches for lunch as well. $$

palmettobaysunrisecafe.com
86 Helmsman Way, HHI
843-686-3232

RED FISH

Seafood, American A blend of housemade spices, tropical fruits and vegetables are combined with Lowcountry specialties at this local favorite. The restaurant uses produce from its own farm. $$$

redfishofhiltonhead.com
8 Archer Road, Hilton Head Island
843-686-3388

SALTY DOG CAFE

Seafood Hilton Head's most famous restaurant. Serving seafood, salads and sandwiches at an incredible waterfront location. Eat inside, out on the deck or at the expansive outdoor bar. $

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

SHAMROCK HUNT AT SOUTH BEACH MARINA



The Salty Dog is hosting its annual ***South Beach Marina Shamrock Hunt*** *from 10 a.m. to noon Saturday, March 16. A little leprechaun will scatter shamrocks all over South Beach Marina. Search for the hidden shamrocks, which are redeemable for tasty treats and fun prizes. The event is for ages 12 and younger. For more information, call 843-671-2233 or go to saltydog.com.*

BLUFFTON

THE PEARL KITCHEN & BAR

Seafood, Steakhouse Serving dinner nightly. 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

SAVORY CAFE AND PROVISIONS

French. Chef Pascal Vignau offers a variety of old world French cuisine combined with a Lowcountry twist, rounding up classic treasures such as the Croque Monsieur Sandwich, renowned French Pommes Frites and the oh so fabulous Bacon Crusted Mac-n-Cheese. The warm berry crisp is simply not to be missed. $$

savorycafesc.com
1533 Fording Island Road, Ste. 302
Hilton Head Island
843-837-3336



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JOIN US MARCH 26, 6:00 – 8:30 P.M.
FOR A FIVE COURSE PRIX FIXE DINNER
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(Advanced reservations & payment required. Visit: AlexandersRestaurant.com/wine-dinner)

Located in Palmetto Dunes
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Pour decisions with Josh Peeples

CEO OF ELYSE WINERY TALKS INDUSTRY TRENDS, WINES TO WATCH FOR AND MORE

STORY BY ROBYN PASSANTE + PHOTOS BY W PHOTOGRAPHY



WINED AND DINED Hilton Head Island native Josh Peeples returned back home for a recent Elyse Wine Dinner at Rollers Wine & Spirits.

Napa Valley's Elyse Winery CEO Josh Peeples wants you to stop feeling sheepish about whatever kind of wine you like, whether it's sickly sweet or bone dry, corked, capped or bagged.

"Much like fashion, everyone has their own taste. Not everyone has to agree," says Peeples, son of former Hilton Head Mayor Tom Peeples and his wife, Mary Ann. Peeples has been on the West Coast since 1999, following friends into the dot-com boom after graduating from The College of Charleston. By 2002 he was immersed in the wine business, and has been ever since. In October 2018, Peeples and a few partners purchased Elyse Winery, where they're continuing the long tradition of Elyse-brand wines as well as adding a couple of their own — Addax, one of Peeples' previously established brands, and Institution, which is brand new.

If you didn't catch Peeples and his wines at last month's Hilton Head Seafood Festival, they'll be back for next month's RBC Heritage. In the meantime, **he shared a few tips for wine newbies and pros** on all points of the sweet-to-dry spectrum.









COAST TO COAST Peeples has been on the West Coast since 1999. He and a few partners purchased Elyse Winery in 2018. He plans to be back in town to promote the brand at the RBC Heritage golf tournament April 15-21.

Keep track of what you like — and hate.

Keep a log of wines you try, including the brand, year and style of wine, plus whether you liked it and why. "Then you can use pattern recognition," Peeples says. "If you figure out that your favorite Chardonnays are all from Russian River Valley, then just keep repeating that pattern instead of going from Russian River to Carneros to Santa Barbara to Washington State."



Get yourself a wine sherpa.

"Find a wine store personality; I call them wine sherpas. It doesn't have to be a sommelier, but someone you're consistently working with, and tell them what you like and what you hate. All people on the sales side that are knowledgeable about wine

JOIN US FOR AN ICONIC WINE DINNER
featuring ROMBAUER WINES & Guest Chef Clayton Rollison of Lucky Rooster.
5 wines | 4 courses | $150 per person
Only 20 seats available!



Tickets available via Eventbrite.com, Facebook, or in-store.



Enjoy wines by the glass, beer, and cheese & charcuterie plates in a private booth, at the bar, or on our cozy patio where you can also enjoy a cigar from our walk-in humidor!



9 Palmetto Bay Road
ROLLERS WINE & SPIRITS
843.842.1200
rollerswineandspirits.com

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www.islandlavender.com 920-737-1531

need to know your successes and failures." Then they can start suggesting wines for you with a much higher probability of success than you guessing on your own, he says.

Go international.

"I'm sure everyone in Napa Valley would kill me for saying this, but don't be afraid to drink internationally. There are some amazing values coming out of every part of the world. You can get some really amazing wines," he says. One to try is French Chablis. "If you really love Chardonnay, don't be scared to try Chablis. It's Chardonnay grown in France; it's not sweet. It's brazenly acidic, and amazing with oysters."

Let the wine display help.

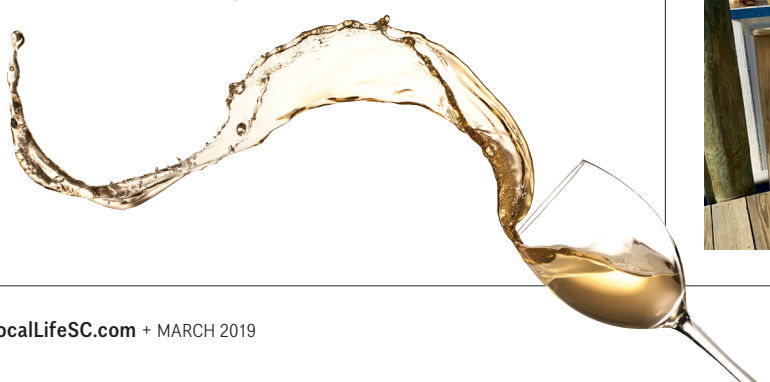
A lot of large retailers are now doing "progressive" wine displays, where wines get more intense as you go down the shelf. "So if you want something light and fruity it's on the far left, and if you want something that's the most intense wine you've ever had, it's on the right." Peeples was an early consultant for this trend in the designing of restaurant wine lists for outlets like P.F. Chang and Marriott Hotels. "We started listing the wines by intensity, so you knew where you were within each category," he says. "So now at the store if you see a Chablis, you might not know what it is, but if it's next to your favorite Chardonnay, chances are you might like it."

Don't be scared of Merlot blends.

"Merlot got a bad rap based on the 'Sideways' movie, but I think some of the greatest wines in Napa Valley, including what we make, are upwards of 50 percent Merlot. We might not put it on the label, but it's true. Cab is king in Napa Valley, so a 'Napa Valley red wine' is a blend of Cabernet and Merlot," he says. "People think, 'Oh it's a blend, it can't be good.' I would negate that."

Don't shun boxed wine.

"Box wine—'bag and box,' as they call it—technically is the best way to preserve a bottle of wine without it oxidizing, because there's no oxygen exposure as you drink it. So I would say there are higher quality wineries choosing that as a bottling option. That's what's increasing the quality of box wine, not box wine producers making better wine," he says. "Much like 10 years ago when people went to screw caps instead of cork, the next generation of that is going to bag and box instead of screw cap."





ON THE NOSE When you smell a wine, you're preparing your brain for the wine you're about to taste. Our sense of smell has a profound affect on the way our brain processes flavor.



WINE & FOOD FESTIVAL

What: Hilton Head Island Wine and Food Festival Public Tasting
When: Saturday, March 16
Where: Harbour Town Yacht Basin
Highlights: There will be more than 250 wines available for tasting from all over the world. In addition, see chefs in action at the Sysco Outdoor Gourmet Challenge, enjoy live entertainment and watch the fun and excitement of the waiter's race. You can also bid on wines at the silent auction. Proceeds support the John & Valerie Curry Scholarship Fund.
Details: hiltonheadwineandfood.com



WORDS ABOUT WINE Peeples is shown talking to Margaret Golson Pearman, the sommelier at Charlie's L'Etoile Verte.

Go to — or host! — a tasting party.

"Tasting parties are a great way of diluting the cost of figuring out what you like," he says. "Because you may have to bring one bottle, but you get to taste 15."

Keep an eye out for Napa's 2016 vintage.

"The 2016 vintage, which is coming to market now, is one of those once-in-a-100-years vintages. We had an amazing growing season and it really was a winemaker's vintage. The weather was perfect and the fruit came in in perfect condition. So it really was one of the easier vintages I've seen in a long time. Anything from '16 from Napa or Sonoma, you should have a home run with."

Support California wine country as it recovers from wildfire damage.

"Tourism has been down about 35 to 40 percent. So we've seen the effect of the wildfires, not in what's in barrel or bottle, but in the number of visitors to Napa Valley. I'd equate that to just how many people canceled trips after hurricanes on Hilton Head," says Peeples, whose winery was less than a mile away from last year's wildfires but sustained no damage. "So buy Napa Valley wines, and don't be scared to come out and visit. All the hotels and restaurants are just waiting for people to show up." *LL*



Join the club

Fans of Elyse Wine should consider joining their wine club. Enrollment and membership are free and you will have immediate access to special pricing programs, discount shipping, access to limited release wines and more. Find more information at elysewinery.com.





Local Cocktail

STORY BY TERRY CERMAK

New Yorkers love their alcohol, so much so that many cocktails have been named in their honor (The Manhattan, Long Island Iced Tea, The Brooklyn, to mention a few). Many Lowcountry residents love a great cocktail as well. With that in mind, the team of mixologists at Rollers Beer, Wine & Spirits have created a series of cocktails that celebrate local landmarks, events and founding fathers. This month's featured libation is The Bluffton Farmer's Market (aka, the Garden Vesper), wherein we transform James Bond's austere altered martini into a botanical wonderland. *LL*

LOCAL COCKTAIL

The Bluffton Farmer's Market

(AKA, THE GARDEN VESPER)

INGREDIENTS

1 ounce Bulrush gin
1 ounce Ketel One Grapefruit & Rose Botanical Vodka
1/2 ounce Cocchi Americano white
3 drops of lemon bitters
4 drops of Green Chartreuse (optional)

DIRECTIONS Add the first four ingredients into a mixing glass filled with ice and stir vigorously for 30 seconds. Rinse a chilled cocktail glass with the Green Chartreuse, if using. Strain the contents of the mixing glass into the chilled cocktail glass. Garnish with a dehydrated citrus wheel, a sprig of mint and flowered herbs.

©PHOTO BY LLOYD WAINSCOTT

Green vodka

RECIPES FOR YOUR ST. PATRICK'S DAY BENDER

*If green beer isn't your thing, consider these three high-powered recipes using **Tito's Handmade Vodka**.*



Green Apple Martini

INGREDIENTS

5 tablespoons Tito's Handmade Vodka
5 tablespoons sour-apple schnapps
5 tablespoons lemonade
5 tablespoons lemon-lime soda
Cinnamon and sugar for rimming glass
Lime slice for garnish

DIRECTIONS In a cocktail shaker filled with ice, combine vodka, schnapps, lemonade and lemon-lime soda. Cover and shake vigorously. Dip rim edge of martini glasses in a shallow dish with 1/4-inch water, then in a shallow dish with 1/4-inch of equal parts sugar and cinnamon mixture. Strain shaken mixture into prepared glasses, garnish with lime slice and serve.

Green Flash Cocktail

INGREDIENTS

1 ounce Tito's Handmade Vodka
1/2 ounce Peach Schnapps
1/2 ounce Blue Curacao
3 ounces orange juice
3 ounces Sprite
Lemon wedge, for garnish
Maraschino cherry, for garnish
Ice

DIRECTIONS Mix ingredients together and serve over ice. Garnish with orange slice and maraschino cherry.





Green Vodka Mojito

INGREDIENTS (mint simple syrup)

1 cup sugar
1 cup water
1 cup fresh mint leaves

DIRECTIONS [1] In a small saucepan over medium heat, combine the sugar, water and mint leaves. Bring to a boil, reduce the heat, and simmer for 5 minutes, stirring occasionally, until the sugar has dissolved. **[2]** Remove the pan from the heat and allow the syrup to cool for 20 minutes. Strain before using, pressing on the mint leaves to extract as much syrup as possible.

INGREDIENTS

1 1/2 cups mint simple syrup
1 cup Tito's Handmade Vodka, chilled
1/4 cup fresh lime juice
1 cup club soda, chilled
Ice
Fresh mint sprigs, for garnish
Lime wedges, for garnish

DIRECTIONS In a pitcher, combine the simple syrup, vodka, lime juice and club soda. Pour into ice-filled glasses and garnish with mint sprigs and lime wedges.



MAKE YOUR OWN GREEN BEER

Add 3 to 5 drops of green food coloring to the bottom of your favorite pint glass, then fill with your favorite light beer such as a pilsner (Oskar Blues Mama's Little Yella Pils) or a pale ale (Sierra Nevada Pale Ale). **Don't forget, put the coloring in the glass before the beer.** Also, go with the food coloring that comes in the little squeeze bottles. Some prefer to use blue coloring (yellow beer + blue coloring = green) but beware — it often comes out turquoise. The more green drops you use, the more vibrant your color will be. Enjoy!

***Editor's Note:** If you want to drink like a real Irishman and celebrate the Emerald Isle's heritage, nothing is more appropriate than a pint of Guinness or a shot of Irish whiskey.*



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COLOR SCHEME The crisp whites and clean lines may say contemporary, but look closer and you'll see little pops of mid-modern color all over this gorgeous Sea Pines home.



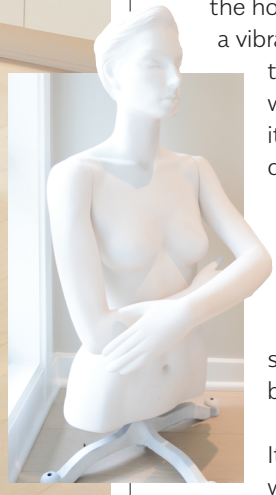


A different kind of cool

THE BOLD COLORS AND TIMELESS LINES OF MID-CENTURY MODERN DESIGN ARE ALIVE AND WELL IN THIS RETRO-CHIC SEA PINES HOME

STORY BY BARRY KAUFMAN
PHOTOS BY PHOTOGRAPHY BY ANNE

It may be hard to believe in this era of reclaimed bric-a-brac and brick-and-tubby rusticism, but there was a time when bold colors and even bolder designs ruled the world of home design. At the dawn of the space age, European designers like Hans Wegner and Catherine Holm redefined what the home could look like, infusing it with a vibrancy that reflected the optimism of the post-war era. What they created was called mid-century modern, and it defines cool as much today as it did then.



Stepping into the Sea Pines home of Bill and Alexis Buryk is somewhat like stepping back into that optimistic era, albeit one that is tempered by both a more modern sensibility and a sense of place that bows to Hilton Head's natural beauty.

"It doesn't look like a 1950s house. It's artfully curated," said Kelly Caron, who worked with the Buryks in realizing their mid-mod dreams. "It's a different kind of cool."













GRAND FUNK
Dazzling colors and funky furnishings establish the mid-mod flair that makes this home's design unique.









©EXTERIOR PHOTOS: SHOWCASE PHOTOGRAPHERS

QUIET PLACES Neutral tones in the master suite and the lush greenery that surround the home soften the bold, colorful theme of the home's main living spaces.

Indeed, while furnishings like the Hans Wagner "papa bear" chair, with its wide wings and timelessly cool stylings, and detail pieces like the Cherner Pretzel Chairs, give off a strong retro futuristic vibe, there's far more to this house than just throwback charm.

"What makes this house? We have these big windows. You don't see this that often," said Bill, gesturing toward a wall of plate glass beyond which the waters of Calibogue Sound sparkle. It was this view that first attracted the couple to the property, even if the design sensibilities in place didn't match their style.

"When we bought the house, I thought it had the bones for a modern house," said Alexis. They got to work gutting their new home, pulling up red oak flooring in favor of a light and airy engineered wood that doesn't compete with the home's bounty of colors. A closed-off galley kitchen was completely opened to let the entire room breathe in some of the home's best scenery. And the formal dining room was repurposed as a den, dominated along one wall by a blazing blue bookshelf highlighting some of the many artifacts from the golden age of mid-century modern.

"My mother was a mid-century modern fanatic, so a lot of the pieces here are things I grew up with," said Alexis. "I've been dragging those around with me for quite some time."

Those include the delightfully vintage bedroom set, the cocktail table, pretzel chairs, the Fornasetti and Raymor pottery and the dazzling Catherine Holm kitchenware. Not all of it came from her mother's house, however. Alexis is an avid collector of mid-century modern furniture and décor, regularly scouring websites and auctions for fresh finds, like the dresser in the upstairs bedroom that was once an office credenza.

"I try to get mostly original," she said. "You know, sometimes you have to fill in with revival, but the quality isn't there."

Walking the tight rope between vintage and revival, mid-century modern and Lowcountry luxe, this Sea Pines home is more than just a blast from the past. It's a painstakingly crafted love letter to a design philosophy that continues to define cool. *LL*

The home team

Architect: Kermit Huggins **Builder:** Gaal Custom Home **Interior Design:** Kelly Caron Designs, ASID
Appliances: Billy Wood Appliance **Cabinets:** Advanced Kitchen Designs **Quartz, Granite and Tile:** Stoneworks
Hardware: Bird Decorative Hardware and Bath **Flooring:** Gilman Floors **Lighting Fixtures:** Capital Lighting

Get the look of this featured home

*According to interior designer **Kelly Caron**, the powder room mirror was sourced by the designer from Made Goods, end tables were sourced by the designer from CTH Sherrill Occasional and rugs throughout were sourced from local rug dealer Gilman Floors. Here are a few items to help you achieve the look of this unique home.*

VADDEN GOLD AND GREY FUZZY STOOL

Fuzzy and fun, this stool adds a trendy bit of pizzazz to any space. Faux alpaca fur tops simple gold-tone iron legs. The thick oyster-colored fur blends in with a wide variety of room settings. Available through riverbendhome.com. $126



CANDIDE ROUND CHAIRSIDE TABLE

This end table offers jewelry like beauty and glamour with interesting circle detail showing off it is sleek styling. Perfect to spotlight with a chic lamp. Available through bernhardt.com. $835





MADE GOODS DAVID SHAGREEN MIRROR

This clean and classic rectangular mirror features a narrow border of highly detailed faux shagreen. It's the perfect piece when you want subtle textures to lead. Available through madegoods.com. $1,600.



'KINA LILLET' FRAMED VINTAGE ADVERTISEMENT

This image is a classic example of Robys' execution of color and design in this famous wine art print. It is the perfect addition to your walls. Get a reproduction at canvasgalleryart.com. $296

Five ideas for your home

MINOR ENHANCEMENTS & UPGRADES THAT MAKE A MAJOR DIFFERENCE.

SECRETS TO STEAL FROM OUR FEATURED HOME

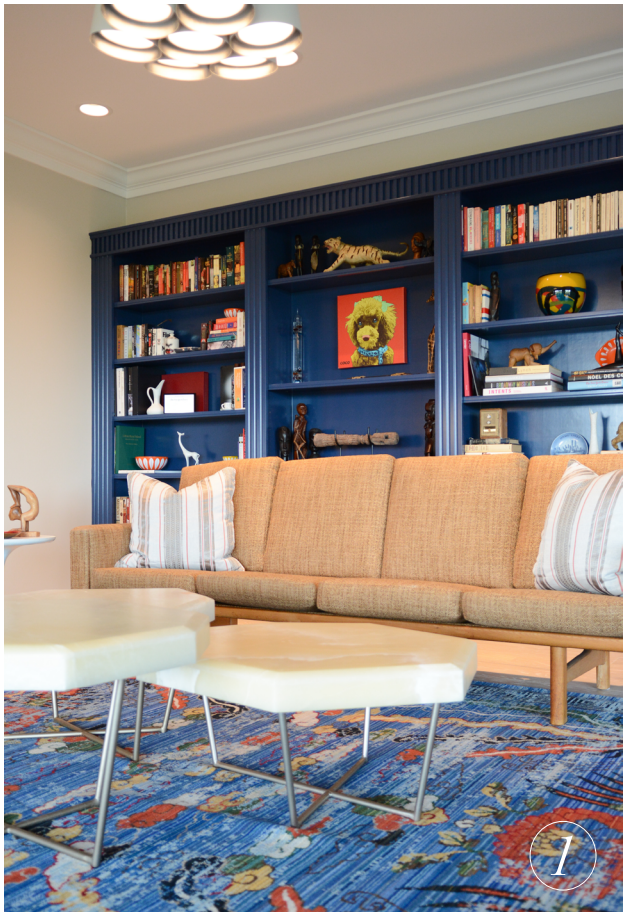
1. EXPERIMENT WITH COLOR
Yes, everyone is pushing neutral tones now. But if you want bold color, go for it. As a perfect example of color being used well, check out the way the blue bookshelf in the den ties the room together.

2. DON'T FORGET TO LOOK UP
It's one of the least-noticed aspects of décor, but ceiling fans do a lot to subconsciously build on a motif. For example, the Buryks installed a funky turbine-style fan in the lounge by the kitchen, adding to the space-age flair.

3. RECLAIM YOUR BACKSPLASH
When remodeling their kitchen, The Buryks wanted the backsplash to match the counter, and that meant eliminating the usual intrusive power outlets. Instead, they mounted power strips below the upper cabinets, keeping them out of sight.

4. DITCH THE DINING ROOM
Admit it – you rarely if never use it. If you have a larger, open-concept kitchen, you're going to eat all your meals there anyway, so turn this space into a comfortable lounge or home office.

5. DON'T BE A SLAVE TO YOUR THEME
Although mid-century modern rules the house, eclectic touches from African sculptures to hand-carved marionettes break up the theme enough to keep it from being overbearing.













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Home Accessories

Get your green on with these festive home accessories. A healthy mix of decorative and practical, these items will fit perfectly in your home and many of them work for the entire year, not just the month of March.



VINTAGE HALL CHEST
Rustic and welcoming, this hall chest is beautifully aged and majestic. *Available at Costal Home. $999.*



ELMIRA EMERALD GREEN BOUDOIR PILLOW
These gorgeously embellished pillows look as if they were taken right from the Emerald City and having them in your home is sure to leave all of your guests green with envy. *Available at pier1.com. $80*



PUREVU MONTEREY SHUTTER BY NORMAN
This smart shutter is made from wood composite medium density fiberboard, one of the most eco-friendly materials available, with up to 95 percent of every tree being utilized. Treatments are made free from lead and soluble heavy metals. *Available at Budget Blinds. Prices vary.*



SURYA LAMP
Illuminate any room with this gorgeous blue/green Surya table lamp. *It can be found at Pyramids for $499.*



ENV NAUTILUS TOTE
EnV Bags meet all of your shopping needs without the continuous plastic bag waste and the nautilus print fits perfectly with coastal lifestyle. *You can find it at Gifted for $9.99.*

DRYER BAG
These dryer bags are packed with lavender buds, sweet aroma and a ton of usage. Each bag lasts 30-40 dryer cycles and they help to eliminate static cling in the winter months. It's a great choice to help cut out dryer sheet usage while keeping it handmade and natural. *You can find them in sets of 3 for $12.95 at Island Lavender in Beaufort.*





FISH KISS SC BLANKET
Cuddle up babies in South Carolina pride with the Fish Kiss South Carolina Blanket. Made with 100 percent organic cotton, this blanket is a sustainable choice and is the perfect material for any little one. *You can find it at Gifted for $52.99.*



HATCHLING PAINTING
This hatchling scene is locally painted and portrays the delicate beauty of sea life. *You can find it at Lowcountry Mercantile for $350.*



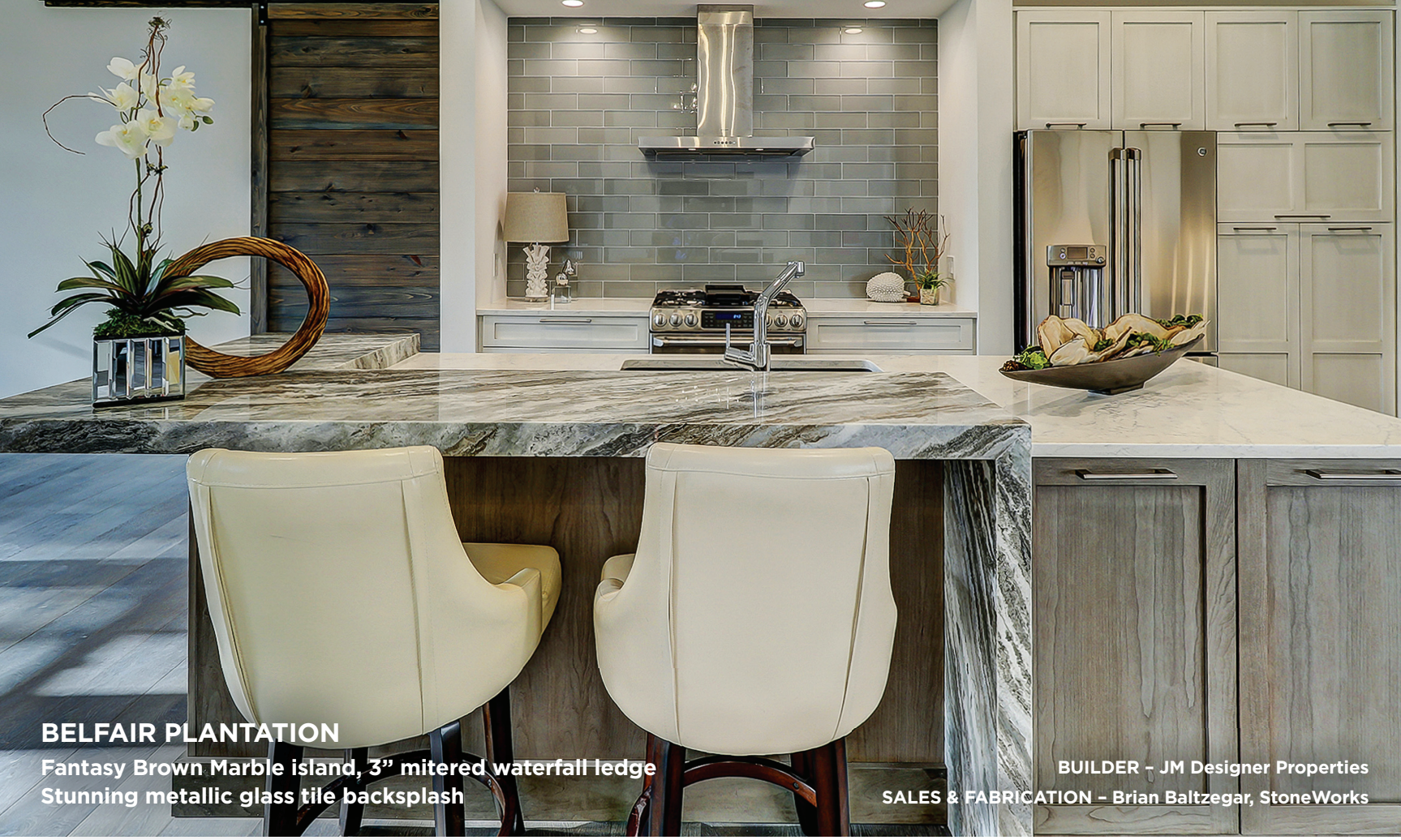
VIETRI TURTLE PLANTER
Simplistic and quaint, this planter holds the craftmanship of Tuscany along with your favorite plant. *Available at Le Cookery. $188*



SEAT BELT DINING CHAIR
This chair is just as classy as it is unique and provides a perfect "wow" factor for your home. *Available at Costal Home. $699.*

FLUSHMOUNT FLEUR-DE-LIS INVERTED PENDANT
Reminiscent of castle and cathedral glass, the fleur-de-lis pattern holds a prominent place in French Heraldry. *Available at Vallen. $3,762.*





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Home Hacks

BE GREEN WITHOUT SACRIFICING PERFORMANCE

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.

Being green in this world has become a priority, from how we power our homes, to the food we eat. Even the cars we drive are changing in an effort to conserve natural resources. The appliance world is no different. Over the past decade, there have been tremendous changes in almost every type of appliance you can think of. And things continue to evolve. In the age of giving our planet more attention, and finding ways to use less, the appliance industry will continue to focus on just that — without losing performance or convenience.



ECO-FRIENDLY FRIDGE
Gaggenau Vario 400 Series
This fridge-freezer offers the multiple benefits of the new Vario cooling 400 series in a three-door appliance. The temperature is adjustable from 35 to 46 degrees. One fully extendable, transparent, illuminated fresh cooling drawer can drop close to 32 degrees. The stainless steel interior houses an almost invisible rail system for flexible positioning of the safety-glass shelves. *Available at Billy Wood Appliance.*

Don't lose your cool

Home refrigerators are going through arguably their largest evolution in the industry today. Most of us can tell you when our refrigerator starts running. You can hear the loud click and then the buzz from almost anywhere in the room. This system is being replaced by many manufacturers to what is being referred to as a linear or an inverter system. When a refrigerator turns on and off constantly, it wastes a ton of energy as well as stops the consistency of air flow in your refrigerator, causing fresh items to age quicker. These new systems will save energy while keeping your produce and fresh foods lasting longer. Some of the new compressor systems will save more than 30 percent energy costs while claiming to keep produce lasting more than 50 percent longer.

Get steamed up

Our washing machines have gone through tremendous changes over the past two decades. Washers made today, either top or front load, use half as much water as they used to. With less water, you would think the quality of the clean has gone down, but it has not. Washing machines made today are agitating at different parts of the washing cycle to increase the quality of getting your clothes clean. Two great advancements are pre-mixing detergent and a steam cycle for stains. By premixing your detergent with the water, you get a better coverage of detergent throughout your entire load of laundry in the washer. This is especially noticeable on heavier articles like towels and jeans. The steam feature in washing machines is great for helping to lift stains out of clothing. Both of these feature help add to a higher performing washer that uses less than half the resources these machines did 15 years ago. LL



ECO-FRIENDLY WASHER
LG TurboWash Washer
This super washer's large capacity (4 1/2 cubic feet) means you have the room to do more laundry in fewer loads. Its TurboWash technology shaves 30 minutes off the wash time of a standard machine. Its steam technology penetrates fabrics to virtually eliminate dirt, odors and wrinkles. *Available at Appliances By Design. $1,199.*

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Serving + Kitchen Accessories

For many, a green kitchen conjures up images of those mint- or avocado-hued monstrosities of the 1970s and 1980s. Thankfully, the term has a totally different meaning today. Here are a few green serving and kitchen accessories you should consider adding to your kitchen.



LARGE GINGER JAR
Using materials from Jiangxi, this handmade porcelain ginger jar brings class and a touch of Chinese culture to your home. *Available at ethanallen.com. $589*



COCKTAIL NAPKINS
Bring Lowcountry Linens into your home with these hand-printed napkins. You can find them at Lowcountry Mercantile for $21 per set.



SMEG TOASTER
This four-slot toaster in pastel green features a powder coated steel body and stainless steel levers and knobs. *Available at Billy Wood Appliance. $240.*



TOADFISH FROGMORE SHRIMP CLEANER
(Top left) The Frogmore Shrimp Cleaner allows you to peel, devein, and butterfly shrimp in a single motion. Its handle is made from recycled materials and for every product sold, Toadfish replants 10 square feet of new oyster beds. The filter-feeding oyster helps by keeping coasts clean from toxins and runoff. *You can find it at Outside Hilton Head for $28*

TOADFISH CRAB CLAW CUTTER
(Top right) Like the Frogmore Shrimp Cleaner, this product is made by Toadfish to be sustainable and help our oceans. This product will help you cut evenly around crab claws while keeping meat intact and shell fragments out. *You can find it at Outside Hilton Head for $38*



BEADED LUCKY CLOVERS 54-INCH TABLE RUNNER
Handcrafted and lucky, this table runner is perfect for any festive St. Patrick's Day get-togethers. *Available at pier1.com. $80*



SWEET MINT SWELL BOTTLE
This reusable high-grade stainless steel bottle helps put plastic waste to bed while keeping your drinks cooler for a longer time. *You can find it in Sweet Mint or other colors at Gifted for $45 (25 ounce).*



TERRAFIRMA 13-INCH SQUARE TRAY
Located in New York City, Terrafirma Ceramics creates unique handmade pottery that's perfect for your home. *You can find this tray at Pyramids for $176 along with a wide variety of Terrafirma products.*



RSVP GREEN MARBLE CHEESE SLICER
This cheese slicer is elegant and practical. It's perfect for wine and cheese parties or any gathering. *Available at Le Cookery. $19.*



HESTAN KWC SERIES 24-INCH WINE COLUMN-GROVE
This wine fridge is convenient and protective for your prized wine collection. *Available at Appliances by Design. $10,099*

CHANTAL GREEN VINTAGE TEA KETTLE
Festively green and durable, this tea kettle will make the perfect tea for enduring any lasting cold air in March. *Available at crateandbarrel.com. $50*



Green Tip

Say no to non-stick. Producing non-stick surfaces releases perfluorooctanoic acid (PFOA), a "likely human carcinogen," into the atmosphere. Buy plain metal pans instead. Just rinse and scrape immediately after use.



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GOING GREEN IS NATURAL FOR THE

Big Green Egg

Protecting the environment is on everyone's mind these days – even when it comes to barbecuing. You can't go wrong with a cooker that has "green" as its middle name. The Big Green Egg actually can help you be a more environmentally responsible outdoor chef.

Here's how:

The Big Green Egg can save precious natural resources. The ceramics that are used in manufacturing the EGG are so durable, the cooker may be a once-in-a-lifetime purchase. On the contrary, most popular-priced metal grills need to be replaced every three to four years. So, purchasing a ceramic Big Green Egg results in fewer grills going into the waste stream and clogging up landfills. And it reduces the amount of non-renewable raw materials used to make comparatively short-lived metal grills.

The heavy walls of the Big Green Egg make it extremely fuel efficient. The cooker uses far less charcoal than other types of charcoal grills. Any charcoal that remains in the base of the grill after cooking can be reused at the next cookout.

The Big Green Egg uses all-natural lump charcoal for fuel, which contains no chemical or petroleum-based ingredients or artificial fillers or binders. Hardwood lump charcoal is made from unused log sections and recycled wood from lumber mills, furniture factories and other wood processors, diverting further waste material from landfills.

The natural charcoal lights easily with an electric charcoal lighter or natural lighter cubes made from refined wax and sawdust. This eliminates the need for petroleum-based lighter fluids and the release of damaging volatile organic compounds. In addition, the sawdust is another recycled product diverted from landfills.

Hardwood lump charcoal produces minimal ash compared with regular charcoal briquettes in traditional charcoal grills. What little of the all-natural ash that does remain can be added to your home compost pile to create a rich soil amendment for the garden. LL

TRY THESE!

Here are **two awesome recipes** you can make with one of these great green grills.

Perfect Ribs



INGREDIENTS

2 1/2 pounds baby back pork ribs
4 tablespoons paprika
*2 tablespoons **oregano***
1 tablespoon garlic powder
1 tablespoon brown sugar
1 tablespoon onion powder
1 tablespoon dry mustard
2 tablespoons cumin
2 tablespoons salt
Your favorite preserves

DIRECTIONS [1] Set the Big Green Egg for indirect cooking with the convEGGtor at 300 degrees. Combine all spices in a small bowl. Remove the membrane from the ribs and apply seasoning to both sides. **[2]** Place the ribs in the Rib and Roast Rack, bone side down, and cook for one hour. Flip the ribs and rotate the rack 180 degrees. Cook for another hour. **[3]** Baste the ribs with preserves (like salted caramel peach preserves) then wrap tightly in foil – you do not want any gaps in the wrap or you will steam the ribs. Cook for an additional 30 minutes, then unwrap the ribs and place directly on the grid for a final 15 minutes to allow the glaze to tighten up. **[4]** Let rest for 5 to 10 minutes before serving.



Barbecue Turkey Pizza



INGREDIENTS

1 pound of pizza dough
3/4 cup your favorite barbecue sauce
1 1/2 cups turkey, cooked and chopped
1 small red onion, chopped
1 small green pepper, chopped
1 garlic clove, minced
*1 1/4 cups shredded **mozzarella cheese***
1/2 cup shredded cheddar cheese
1/4 cup grated Parmesan cheese

DIRECTIONS [1] Set the Big Green Egg for indirect cooking at 400 degrees. Add a Pizza & Baking Stone to preheat. **[2]** Roll dough into a 14-inch circle and build up the edges slightly. **[3]** Spread barbecue sauce over crust. Layer with half of the turkey, onion, green pepper, garlic and cheese. Repeat the layers. Bake at for 25-30 minutes or until the crust is golden brown.

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Living Green

WAYS TO MAKE YOUR HOME GREENER

If you are building a brand-new home from the ground up, you can build green energy into its design. But what if you love your home but hate the wasted energy it requires? No matter where you live or what kind of home you own, there are always things you can do to go greener and save energy. **Here are a few things you can do to make your existing home even greener.**







Compost banana peels for your garden

Healthy Habit is one of many responsible local restaurants that composts the organic materials it uses. **Here is the process they use to compost banana peels.**

STEP 1: Place banana peel in oven at 225 degrees for 45 minutes. Banana peel should be completely dry and "crispy." It should have a snap like a potato chip.

STEP 2: Place oven-dried banana peels in a high power blender and blend until it turns into a powder.

STEP 3: Remove from blender and use as compost with your soil in your garden!



©ARNO DIMMLING

Consider solar power

Solar energy has emerged as the smart choice for homeowners looking to reduce and control their electricity costs while doing the right thing for the environment. While for many years, the initial cost of solar was out of reach for a lot of people, today's homeowner can install a complete solar energy system with little to no money down, and monthly payments could be less than your current electric bill.

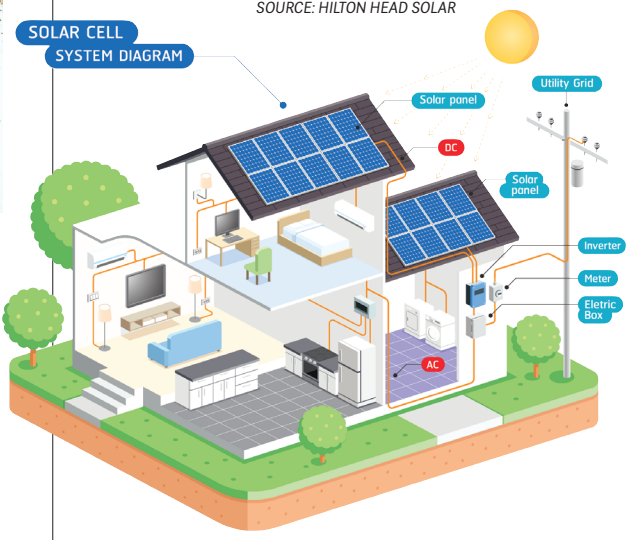
HOW IT WORKS

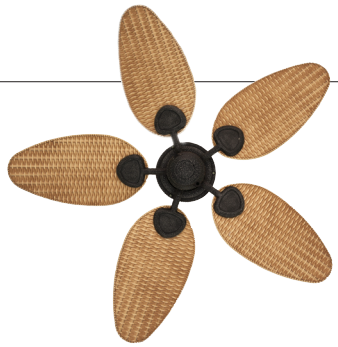
1. Solar panels convert sunlight into Direct Current (DC) electricity.

2. An inverter then changes the DC to Alternating Current (AC) electricity.

3. The AC is then connected to your home's existing electrical system for you to use.

SOURCE: HILTON HEAD SOLAR





Take advantage of natural light and free cooling

Opening the curtains on a cold day can flood your home with sunshine and reduce the need for extra heat. When it is hot, opening the windows will let the cool breeze flow in, so you can turn off the AC and enjoy natural comfort.

Maximize your fans: If using a ceiling fan, make sure the direction is changed to counterclockwise in the summer. If using a box or pedestal fan, placing a bowl of ice-cold water in front of it will create a chilly breeze. Also, don't forget to turn on your bathroom fan when you shower.



Update your light bulbs

You might not think something as simple as a light bulb could make a difference, but it can. Replacing your old light bulbs with energy-efficient LED bulbs could save you hundreds of dollars, all while helping the environment.

DID YOU KNOW?

The **average LED** lasts 50,000 operating hours to 100,000 operating hours or more. It is more than 40 times as long as the average incandescent bulb.



Replace your worst windows

If the cost of a full window replacement is just too daunting, focus on your most energy inefficient windows instead. You can use the energy savings to finance the cost of the next replacement until all your old windows have been replaced.

OLD: Single-pane windows are often the source of up to 70 percent of your home's heat loss.

NEW: Energy-efficient replacement windows are designed specifically to keep heat in or out, depending on the season.



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Create a low-flow bathroom

If you are renovating your bathroom, installing a low-flow toilet and a water-efficient showerhead can save you money and make your home greener. Also, ferret out leaks. Even a small water leak could waste thousands of gallons a year, running up your utility bills and harming the environment. So do some detective work, grab your wrench and fix those leaks once and for all.

WHAT TO LOOK FOR

Toilets that use less than one gallon of water per flush.
Faucets that operate at less than 1.5 gallons-per-minute.



Replace your chemical cleansers

You can make your own home cleaning supplies for far less, and reduce environmental damage in the process. Vinegar makes a great natural cleanser, and there are plenty of DIY recipes online.

All Purpose Cleaner

INGREDIENTS

1 teaspoon borax
1/2 teaspoon washing soda
1 teaspoon liquid castile soap
Essential oils of choice (consider 4 drops lemon, 4 drops lavender, and 10 drops orange)
Glass spray bottle for storage

DIRECTIONS [1] Place borax, washing soda, and soap in a spray bottle (preferably glass). **[2]** Add 2 cups of warm water. Distilled is best, but any water that has been boiled will work. **[3]** Add essential oils of choice. **[4]** Cover bottle and shake well. Use as needed. Works great as a bathroom cleaner, kitchen cleaner and on toys.

Small steps in the kitchen can have a big impact





Cut, scrape, trash; chop, scrape, trash; trim, scrape, trash, repeat. Stop! We are throwing away the best part (and money) of our vegetables, not to mention the wonderful benefits stored in the bones of meat, fish and chicken. It's not an easy goal, but what worthwhile goal ever is? Dedication to a greener lifestyle begins with a few small steps:

Living green begins in the kitchen and backyard. Embrace the compost pile — start saving all food scraps to create a compost pile. The internet has wonder ideas to launch you into compost heaven, large or small, DIY and even pre-fab compost containers.

GOING GREEN MEANS SAVING $GREEN$ AT THE GROCERY STORE.

Think whole: Start buying everything whole — whole chickens, fish and vegetables. Learn to break down these ingredients into usable portions and what you can't use goes into the compost.

Think bones: Bones make wonderful stock or broth. Trending is "Bone Broth" which is just stock, renamed. Again, the internet can provide wonderful easy recipes. Extra bonus is this practice cuts down on waste, fuel and packaging.

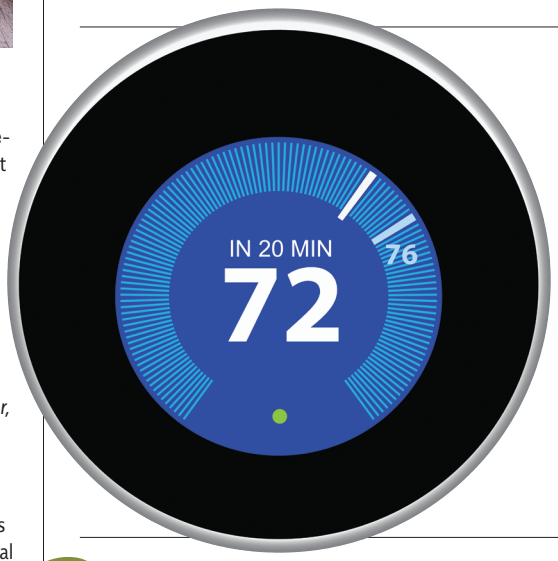
Always keep a scrap container in the freezer: Fill it with vegetable scraps and skins (onion, potato, celery, carrot, peppers), fish and chicken bones. When you have enough, make a stock and use the stock for soups or sauces. Freeze some in ice cube trays or small jars for future meals and sauces. Use reusable jars to store items instead of plastic storage bags or plastic wrap.

Cook in bulk: If you're making a dish, make it twice as much and freeze half for another day. It's not twice the effort, but it's half the prep time and saves in gas/water/electricity and fewer trips to the grocery store for last-minute dinners.

Don't buy canned legumes: Need black beans for a soup or dip? Buy dried. They are not only cheaper, they provide more flavor. They need to be soaked overnight in four times the water, and you're not adding aluminum cans to the garbage pile.

Most importantly, buy in season and if possible, local: Not only will the food taste better (it's fresher and hasn't traveled far), it's cheaper and doesn't leave the carbon footprint due to the fossil fuels left from food transport trucks, trains and ships. Occasionally, you might have to be creative using kale instead of romaine for your salad in winter.

– Eric Sayers, executive chef at The Cypress of Hilton Head



Adjust the thermostat

Simply turning the thermostat up a few degrees in the summer and down a few degrees in the winter could save you hundreds of dollars a year. Purchase a programmable thermostat and try following these money-saving settings.

WINTER

You are awake: 68 degrees
You are sleeping: 65 degrees
You are away: 60 degrees

SUMMER

You are awake: 73 degrees
You are sleeping: 70 degrees
You are away: 78 degrees

You don't have to live like a hermit to enjoy a greener lifestyle. With a few simple changes, you can make the home you already live in cleaner, greener and more energy efficient, all while reducing your energy costs. *LL*


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Upcyling ideas

A FEW GENIUS TRASH-TO-TREASURE IDEAS

PHOTOS BY ARNO DIMMLING

Show off your DIY skills and reduce waste by creating awesome furniture, art and more from random items around your house. Here are a few great ideas from Hospice Care of the Lowcountry's Thrift Store Flip event at LOCAL Life headquarters. Individuals picked up items at local thrift stores and transformed them into something creative and new. Those items were then displayed in a silent auction and raised nearly $5,000 for Hospice's many programs. **Here were a few of our favorites.**

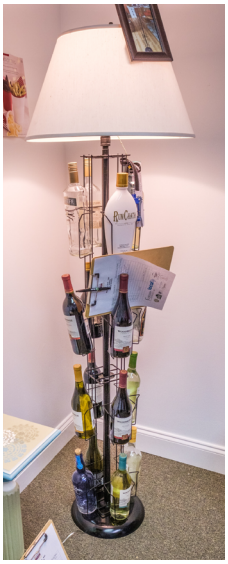




(Top) Got a cool cat? They will appreciate it if you transform an old dresser into a litter box storage area. (Bottom) Bring an old cutting board back to life with new handles and a little oil.



Kristen Augustine and Dennis Cutter teamed up to create this beautiful coffee table out of old wooden planks.







(Left) Why would you transform an old floor lamp into a hip wine rack? Better question: Why wouldn't you? (Center) An old CD/DVD shelf becomes a new house for miniatures. (Right) Turn an old bookshelf into a sweet cocktail and wine station.

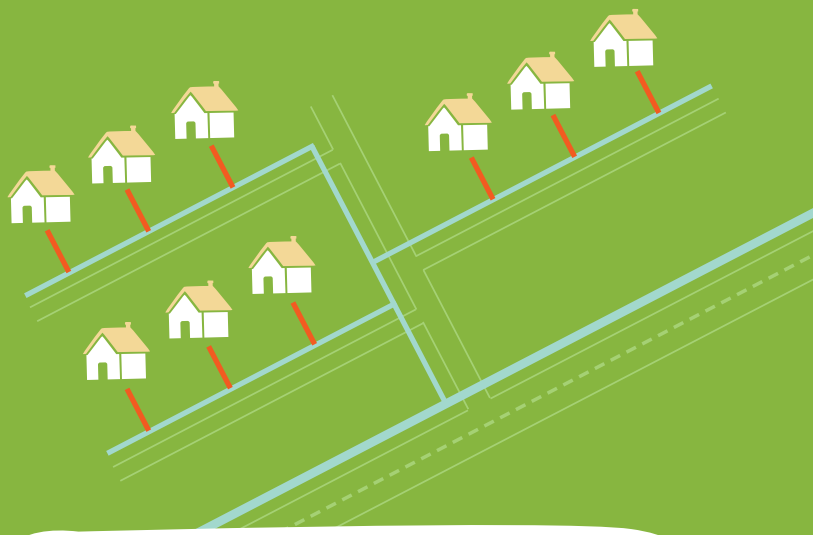




(Left) Paint an American flag on an old pallet for a patriotic piece of wall art. (Right) Put your old shutters to use by creating your own custom wine table.

WE HAVE A 'PIPE' DREAM.

The Town of Hilton Head Island, Hilton Head PSD, and Community Foundation of the Lowcountry have come together to connect low income homes on the island to our public sewer system. That means no more septic system waste contaminating our environment and no more children getting sick from playing in their own backyards. With your help, *Project SAFE* will provide the funds needed to connect and protect our island and our people permanently.



WE CAN DO IT. WE'RE ALMOST THERE. AND HERE'S HOW YOU CAN HELP.

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Grow your own collard greens

If you're disappointed by the availability, freshness or the price of collard greens at your favorite grocery store, consider growing your own. The delicious and nutritious leafy greens do well in our unique climate, growing outside in a garden, in a raised bed or in a large container, giving you fresh collards all year long. Here are a few suggestions from the Clemson Cooperative Extension's Home & Garden Information Center.

GET TESTED

To have a **soil analysis** done you need to collect 8 to 10 core samples, which will be combined as one composite sample. A simple garden trowel can be used to collect the samples. Place them in a clean plastic bucket and mix them thoroughly. Bring a minimum of 2 cups of soil in a clean jar or zip-lock bag to the Beaufort County Cooperative Extension office, located at 18 John Galt Road in Beaufort. Got questions? Go online to hgic.clemson.edu, email hgic@clemson.edu or call 888-656-9988.



PLANTING: Collards are cool-season plants that should be grown in early spring or fall. They grow best at temperatures of 60 to 65 degrees. Like many other cool-season crops, they will bolt or produce a flower stalk if exposed to a prolonged cold period following a favorable growing period. These crops must be planted early enough in the spring to ensure that the crop is harvested before temperatures become too hot. The mature plant will withstand frosts and light to medium freezes. Transplants can be grown and set out in early spring. It takes about six to eight weeks to produce plants ready for transplanting. Plant collards in rows that are 3 feet apart.

HARVESTING & STORAGE: Collards should be ready for harvest 70 days after direct seeding. Entire plants can be cut when very young, half-grown or full-grown. Tender leaves can also be harvested from full-grown plants. Store all harvested collards in the refrigerator.



WATERING: Water the garden in the morning so the leaves will be dry before nightfall. Water sufficiently to moisten the soil to a depth of at least 6 inches. Light sprinklings will encourage shallow rooting of the plants. It is important to have a constant uniform moisture supply to produce a high-quality crop and to have the spring crop mature before high summer temperatures. Mulching can help conserve water and reduce weeds.



SOIL: Heavier loam soils will produce the greatest yields. The light, well-drained, sandy soils are best for early spring crops. Soils should be well-drained, rich in organic matter and have a pH of 5.8 to 6.5. Nitrogen is important for these crops to produce a high-quality product.



PROBLEMS: Several worms (imported cabbageworm, cabbage looper, diamondback moth caterpillar) and harlequin bugs are the major insect problems. Aphids can also be a serious problem, especially during cool weather. Common disease problems include black rot, downy mildew and Alternaria leaf spot. Fusarium yellows may be a problem on summer-grown collards.

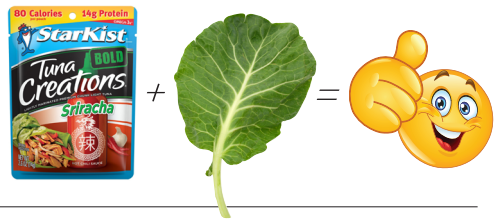
Cooking tips:

- **Don't wash the greens** unless you are going to use them in a day or two as they will start to wilt.
- If you are concerned that the greens will be too bitter, you can remove that bitter taste by **blanching** them first.
- **Add flavor** with aromatics like shallots, onions and garlic.



A quick, cheap and deliciously healthy snack!

Scoop StarKist Tuna Creations straight from the pouch, wrapping it in raw collard leaves. All flavors are solid but the "Bold" line is the best in our opinion for these **on-the-go wraps**.



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Feeling Froggy

SOUTH CAROLINA'S LOWCOUNTRY IS HOME TO MORE THAN 20 SPECIES OF FROGS LIVING IN OUR PONDS, SWAMPS, LAKES, FORESTS AND FIELDS.

STORY + PHOTOGRAPHY BY ROBERT ROMMEL



Sitting pretty

GREEN TREEFROG ON TOP OF PICKERELWEED

The most visible frog in the Lowcountry is the Green Treefrog, often flocking to lights around houses to feed on the insects that are attracted to these lights. One reason for their abundance is that Green Treefrogs will lay their eggs in nearly any body of freshwater, including large ponds and marshes. Many of our other frogs will refuse to lay their eggs if there are any fish present. Tadpoles grow fast in the Lowcountry. Green Treefrogs will typically emerge from the water as frogs smaller than the nail of your pinkie finger less than two months after egg laying.



Frog tested

BRONZE FROG RESTING ON A MOSSY ROCK

Frogs generally have moist skin that is porous and can absorb air or water around them. Because they easily absorb chemicals dissolved in water, frogs are often used as environmental indicators for certain types of aquatic pollution.

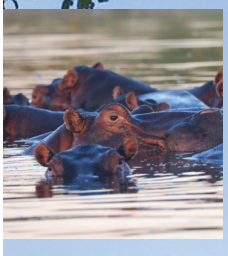


Call me maybe

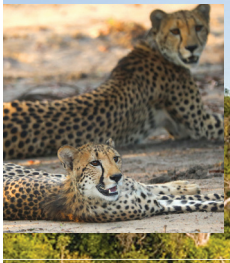
SOUTHERN TOAD CALLING

The song of frogs and toads heralds the coming of springtime. In the Lowcountry a few species like the abundant Green Treefrog might call and breed throughout the year, but most of our frogs and toads begin calling sometime between February and April and, depending on weather, might continue on and off until October or even November. Most people know the deep resonating call of the bullfrog, but some frogs sound like birds, whistles, bells or dogs. One of our species even got its name when people decided its grunts sounded like those of farmyard pigs.





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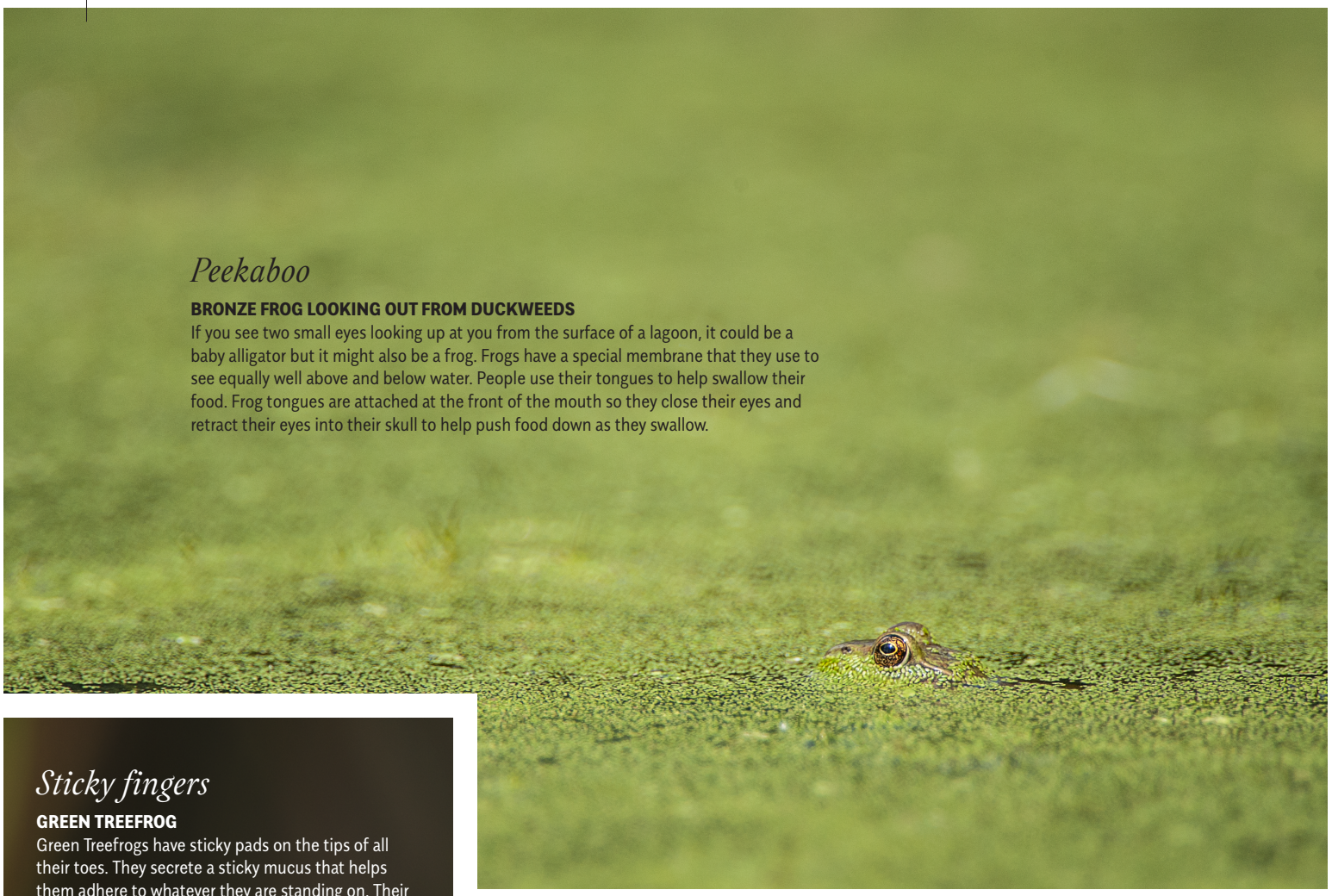

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Peekaboo

BRONZE FROG LOOKING OUT FROM DUCKWEEDS

If you see two small eyes looking up at you from the surface of a lagoon, it could be a baby alligator but it might also be a frog. Frogs have a special membrane that they use to see equally well above and below water. People use their tongues to help swallow their food. Frog tongues are attached at the front of the mouth so they close their eyes and retract their eyes into their skull to help push food down as they swallow.

Sticky fingers

GREEN TREEFROG

Green Treefrogs have sticky pads on the tips of all their toes. They secrete a sticky mucus that helps them adhere to whatever they are standing on. Their pads also have microscopic hexagonal structures that looks like a honeycomb which also aid in their ability to climb and cling. Since these treefrogs often have to hold onto slippery, wet leaves, they have little difficulty standing on windows and glass doors. Some scientists and engineers are studying treefrog toes in the hopes that this knowledge can improve tire traction when roads are slippery.





Hiding in plain sight

PINE WOODS TREEFROG

Some of the over 20 species of frogs found in the Lowcountry are rarely seen. The Pine Woods Treefrog for instance is very small at up to 1 inch long. They spend the majority of their lives up in trees and may be very abundant around homes yet never seen due to their small size, arboreal habitat and nocturnal nature.



In cold blood

BRONZE FROG SUNNING NEAR A POND

Frogs are cold-blooded and a few species will sun themselves for warmth to raise their metabolism. When it is cold, they might hibernate. Some species bury in the ground or find a protective log or hole in a tree. Some of the more aquatic frogs spend the cold months at the bottom of a pond or lake. Although they have lungs, they keep their metabolism extremely low and get all the oxygen they need by absorbing it through their skin.



Home to stay

SOUTHERN LEOPARD FROG

Frogs require freshwater to lay their eggs. Saltwater is not instant death for frogs, but they may slowly die from dehydration if exposed to saltwater for several hours due to the osmotic nature of their skins. Most likely, the first frogs came ashore on Lowcountry islands clinging to trees or other vegetation that washed up during storms.

Where Nature Meets Art Exhibit

SPRING ISLAND

Featuring the Artists of Spring Island



The preservation of the cultural and artistic history of Spring Island is as important as the conservation of its stunning environmental beauty. Both are woven into the fabric of our Island, and are fundamental to our vibrant Art community.

This is a place for our Member Artists of all mediums to experience and explore the Island's beauty, be inspired and create. The *Where Nature Meets Art Exhibit* at the Coastal Discovery Museum puts our vibrant Art culture on display.

Exhibition Dates

March 1-April 30, 2019

Mon-Sat: 9-4:30 | Sun: 11-3

Coastal Discovery Museum at Honey Horn

70 Honey Horn Drive

Hilton Head Island, SC 29926

Visit *SpringIsland.com* to learn about living LIFE AS ART.


Green Stink Bug


Green June Beetle

Watch your step

OTHER GREEN THINGS CREEPING AND CRAWLING AROUND OUR LOWCOUNTRY BACKYARDS


Timber Rattlesnake


Emerald Moth


Carolina Mantis


Eastern Hog-nosed Snake


Chicken Turtle


American Dagger Moth


Green Crab Spider


Box Turtle


Cuckoo Wasp


Dogbane Leaf Beetle


Carolina Locust


Orchard orbweaver spider


Rough Green Snake

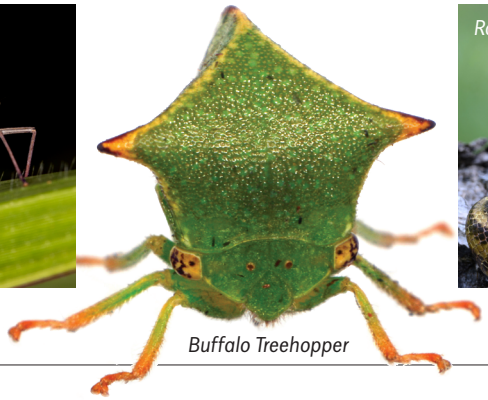

Alligator Snapping Turtle


Bog Turtle


Planthopper


Rat Snake

Eastern Diamondback Rattlesnake


Buffalo Treehopper



With our setting on the Okatie River, the private golf community of Oldfield is rich with details that define the Lowcountry and call out to you. That is why so much of our lifestyle and amenities are designed to get our members outside and enjoy the land. Golf. Tennis. Equestrian. Outfitters. Kayaks. Trails. Swimming. And more! If you cherish your time out of doors and you connect with the Lowcountry landscape, we invite you to embrace your nature at Oldfield.

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MARCH beach day



March brings mild temperatures and mainly dry weather to the Lowcountry. The water is too cold for enjoyable swimming but most afternoons are pleasant, with highs in the upper 60s and lows in the upper 40s. It's the perfect weather to read a book or go on a long beach walk. Lowcountry beaches are mostly empty, especially the remote ones far from resorts.



TYPICAL DAYS

The average daily high falls between **66 and 72 degrees**, with lows between 46 and 52 degrees. The temperature rises nearly every day and can get up to 80 near the end of the month. The sun is shining 62 percent of the time.



BEST BEACH



HUNTING ISLAND STATE PARK

Hunting Island State Park is the **most visited state park in South Carolina**, but it's quiet most days in March. Hours are 6 a.m. to 6 p.m. daily, extending to 9 p.m. during daylight savings time (starting March 10). Admission is $5 per adult. Be sure to explore the lighthouse ($2 admission), the only publicly accessible lighthouse in South Carolina.

CAMPING

Both RV and tent sites are available on Hunting Island's north end. The campground has restroom facilities, hot showers and dressing rooms, two dump stations for RVs, pay phones, sheltered picnic areas and a small convenience store. For reservations, call 866-345-7275. Rates are $25 for RVs and $19 for tents. There is also one rental cabin that is usually booked.

PETS ON THE BEACH



At Hunting Island, pets **are allowed** on the beach and camping areas but are not permitted in park buildings, cabins or on cabin grounds. All pets must be under physical control by owner or on a leash not more than 6 feet in length that is under physical control.



FUN FACTS

Originally known as Huntings Island in the colonial days, the small island was used as an elite hunting preserve for plantation owners before the construction of the lighthouse in 1859. The original lighthouse was destroyed by Confederate soldiers before its completion. In 1888 it was moved a mile inland from its original location due to beach erosion. The island and its beaches were used to film Vietnam scenes in the film **Forrest Gump**.

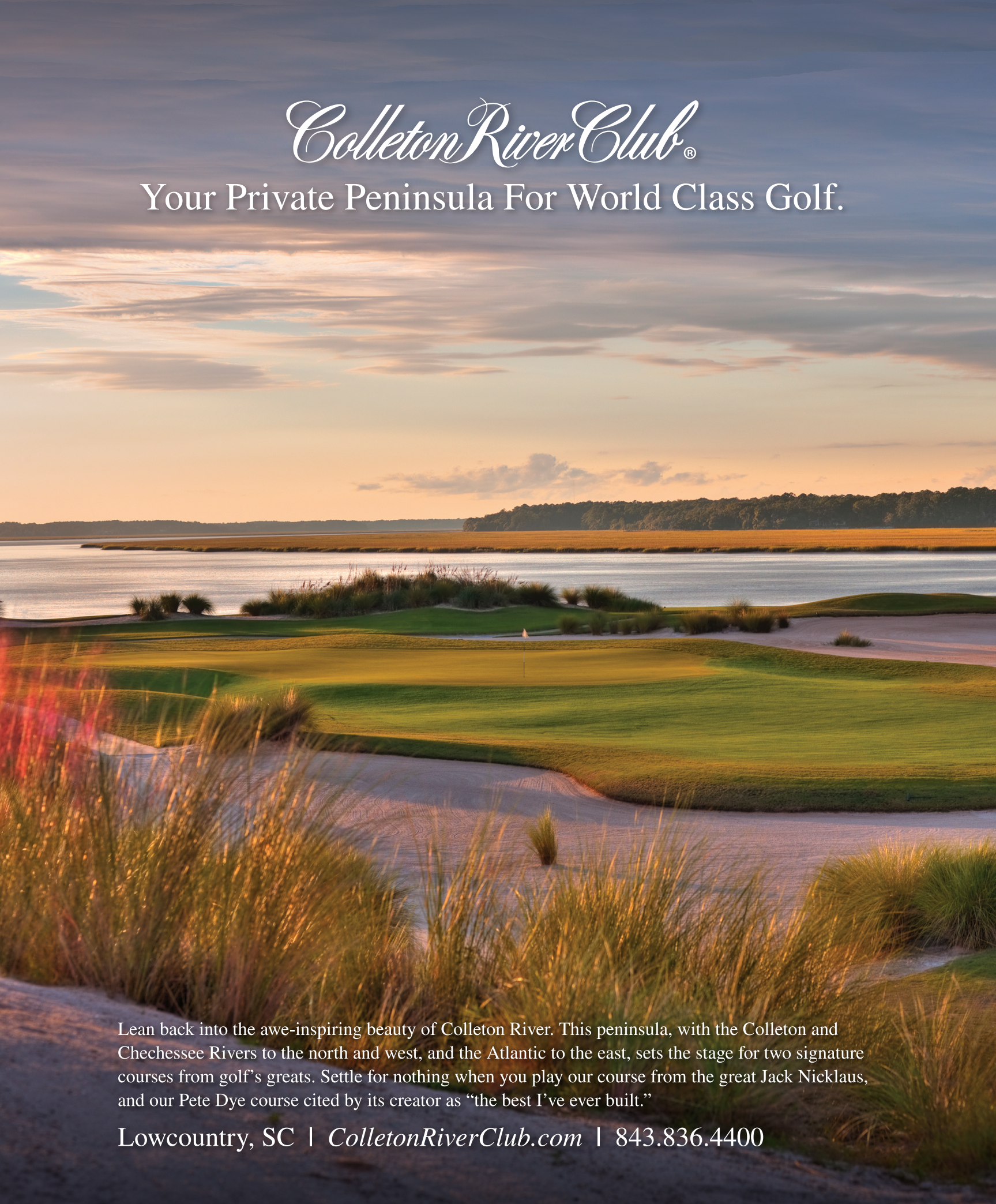


What to bring.

Bottle S'well Stainless Steel Water Bottle, $45 (available at Gifted) + **Bag** Casco Bay Nautical Chart Tote, $150 + **Toys** Green Toys Sand Play Set, $19.99 **Speaker** Solar Powered Wireless Bamboo Bluetooth Speaker, $79.99 + **Book** Green is the New Black: How to change the world with style, $14.05 **Sunscreen** Soleo Organics Sunscreen, $16.95 + **Shoes** Beachcomber Espadrille Kelp Shoes, $45

LOCAL TIDES

Fri, Mar 1	**Sun, Mar 17**
H 4:06 am	H 5:13 am
L 10:26 am	L 11:42 am
H 4:17 pm	H 5:47 pm
L 10:33 pm	
	Mon, Mar 18
Sat, Mar 2	L 12:02 am
H 5:01 am	H 6:17 am
L 11:15 am	L 12:40 pm
H 5:10 pm	H 6:48 pm
L 11:23 pm	
	Tues, Mar19
Sun, Mar 3	L 1:01 am
H 5:52 am	H 7:15 am
L 12:00 pm	L 1:33 pm
H 5:59 pm	H 7:44 pm
Mon, Mar 4	**Wed, Mar 20**
L 12:08 am	L 1:56 am
H 6:36 am	H 8:08 am
L 12:41 pm	L 2:24 pm
H 6:43 pm	H 8:36 pm
Tue, Mar 5	**Thurs, Mar 21**
L 12:50 am	L 2:49 am
H 7:16 am	H 8:58 am
L 1:20 pm	L 3:12 pm
H 7:23 pm	H 9:26 pm
Wed, Mar 6	**Fri, Mar 22**
L 1:30 am	L 3:40 am
H 7:53 am	H 9:46 am
L 1:56 pm	L 3:58 pm
H 8:00 pm	H 10:15 pm
Thu, Mar 7	**Sat, Mar 23**
L 2:08 am	L 4:29 am
H 8:28 am	H 10:34 am
L 2:32 pm	L 4:43 pm
H 8:35 pm	H 11:04 pm
Fri, Mar 8	**Sun, Mar 24**
L 2:44 am	L 5:17 am
H 9:00 am	H 11:23 am
L 3:06 pm	L 5:27 pm
H 9:08 pm	H 11:54 pm
Sat, Mar 9	**Mon, Mar 25**
L 3:21 am	L 6:06 am
H 9:32 am	H 12:13 pm
L 3:41 pm	L 6:12 pm
H 9:43 pm	
	Tues, Mar 26
Sun, Mar 10	H 12:47 am
L 4:58 am	L 6:56 am
H 11:06 am	H 1:06 pm
L 5:17 pm	L 7:01 pm
H 11:21 pm	
	Wed, Mar 27
Mon, Mar 11	H 1:41 am
L 5:38 am	L 7:51 am
H 11:45 am	H 1:59 pm
L 5:57 pm	L 7:55 pm
Tues, Mar 12	**Thurs, Mar 28**
H 12:05 am	H 2:36 am
L 6:23 am	L 8:51 am
H 12:32 pm	H 2:54 pm
L 6:42 pm	L 8:57 pm
Wed, Mar 13	**Fri, Mar 29**
H 12:57 am	H 3:32 am
L 7:16 am	L 9:52 am
H 1:27 pm	H 3:49 pm
L 7:37 pm	L 10:01 pm
Thurs, Mar 14	**Sat, Mar 30**
H 1:57 am	H 4:29 am
L 8:19 am	L 10:48 am
H 2:29 pm	H 4:45 pm
L 8:41 pm	L 11:00 pm
Fri, Mar 15	**Sun, Mar 31**
H 3:00 am	H 5:24 am
L 9:30 am	L 11:38 am
H 3:34 pm	H 5:38 pm
L 9:51 pm	L 11:52 pm
Sat, Mar 16	*Tide data collected from Port Royal Plantation locale. Tides can vary around the island.*
H 4:07 am	
L 10:39 am	
H 4:41 pm	
L 10:59 pm	


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Wingspan: 38 feet, 4 inches
Length: 26 feet
Height: 8 feet, 11 inches
Cabin width: 49 inches
Cabin height: 50 inches
Takeoff: 1,517 feet
Climb rate: 1,203 feet per minute
Max operating altitude: 25,000 feet
Stall speed with flaps: 60 kcal
Max cruise speed: 213 etas
Landing ground roll: 1,178 feet
MSRP: From $729,900 at cirrusaircraft.com







GREEN MACHINE

Porsche Panamera 4S Executive

Make your neighbors green with envy by parking this stunning Mamba Green Metallic Porsche in your driveway. Finding a new car that's great for family duty but is still easy to drive and pleasing to own can be tough, but the 2019 Porsche Panamera 4S Executive might fit the bill. Though it might not have the third row of a larger car, it still has plenty of cargo space and passenger space. It's also relatively easy to park and gets superior fuel economy compared to those larger models. If you can swing the six-figure price tag, give it a green light.

Built in: Leipzig, Germany
Horsepower: 440 hp
0-60 mph: 4.3 seconds
Transmission: All wheel drive
Combined MPG: 23 mpg
Top track speed: 179 mph
Engine: 2.9 liter twin-turbo V6
Interior: An ascending center console enables quick hand movements from the steering wheel to the gear selector. Choose between fine wood, aluminum or carbon interior schemes.
MSRP: From $115,300. Available through porsche.com







JUST ADD WATER

Hurricane Sojourn 146

The 146 is the premier model in the Sojourn series and, at 14 feet 6 inches long, offers excellent speed and tracking in a package that also navigates tight turns with ease. It is designed to fit medium to larger paddlers. It can carve and edge like much longer kayaks and is super stable from the moment it hits the water.

Built in: Warsaw, N.C.
Length: 14 feet, 6 inches
Width: 24.61 inches
Weight: 47 pounds
Cockpit: 36 inches x 19 inches
Capacity: 300 pounds
MSRP: From $1,399. Available through Outside Hilton Head

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10 INTERESTING FACTS ABOUT THE Masters Green Jacket

The Green Jacket is one of the most coveted trophies in all of sports. To get one, you must either win the Masters at Augusta National or be a member at Augusta National — one of the most exclusive golf clubs in the world. For three decades, Cincinnati-based Hamilton Tailoring Co. has made the traditional blazer. It uses wool fabric produced at the Victor Forstmann Inc. mill in the central Georgia town of Dublin. The company takes about a month to produce each blazer, which is fitted with custom brass buttons inscribed with the Augusta National logo. The owner's name is stitched on a label inside. The shade of its brilliant rye green is Pantone 342. Here are a few other interesting facts about the glorious green garment. LL



1 The idea for the "Green Jacket" came from **Bobby Jones**. While attending a dinner at Royal Liverpool, Jones noticed how the captains wore red jackets. He brought this idea back to co-founder, Clifford Roberts, and they chose green for the color of the jackets that August National members would wear.

2 In **1937**, Club officials started the custom of Augusta National members wearing a green blazer during Masters week so patrons could identify reliable sources of information. The Club extended the tradition to Masters champions with Sam Snead's win in 1947, indicating the winners were to become honorary members of Augusta National.

3 The first green jacket to be awarded to a winner of The Masters was in **1947** when Sam Snead won the tournament.

4 The **previous year's winner** awards the green jacket to the winner of the Masters each year. If the winner is a returning champion from last year, the Augusta National president has the honor of presenting the returning champion with the green jacket.



5 The first Masters champion to win the green jacket two years in a row was **Jack Nicklaus** in 1966. Nicklaus won The Masters six times during his career.

6 The first international golfer to wear the green jacket was South African golfer **Gary Player**, who won The Masters in 1961.

7 The green jacket that the Masters champion puts on at the ceremony is not the actual jacket he will keep. This jacket is owned by Augusta national Golf Club and **must be returned** 12 months later before the Masters.

8 Winners are presented with a **replica green jacket** that they may keep to commemorate their win of the Masters tournament.

9 Winners of the Masters **must wear** their green jacket whenever they play at Augusta National or visit.

10 To make sure that the champion will have a **jacket that fits**, there are several green jackets in various sizes stored on site at Augusta National. As the tournament comes to a conclusion, employees begin to pull jackets in the sizes of the top players to have a correct sized green jacket ready for the winner.

SOURCE: MASTERS.COM



©PHOTO BY ARNO DIMMLING

Satoshi Kodaira is shown in Cary Corbitt's Heritage plaid jacket after winning the 2018 RBC Heritage. He got his own jacket in the mail a few weeks later in Japan.

High Visibility Jackets

Want a cool jacket? Simply win either of these prestigious upcoming golf tournaments. Or you can just purchase a replica on eBay for around $100.

2019 RBC Heritage Presented by Boeing

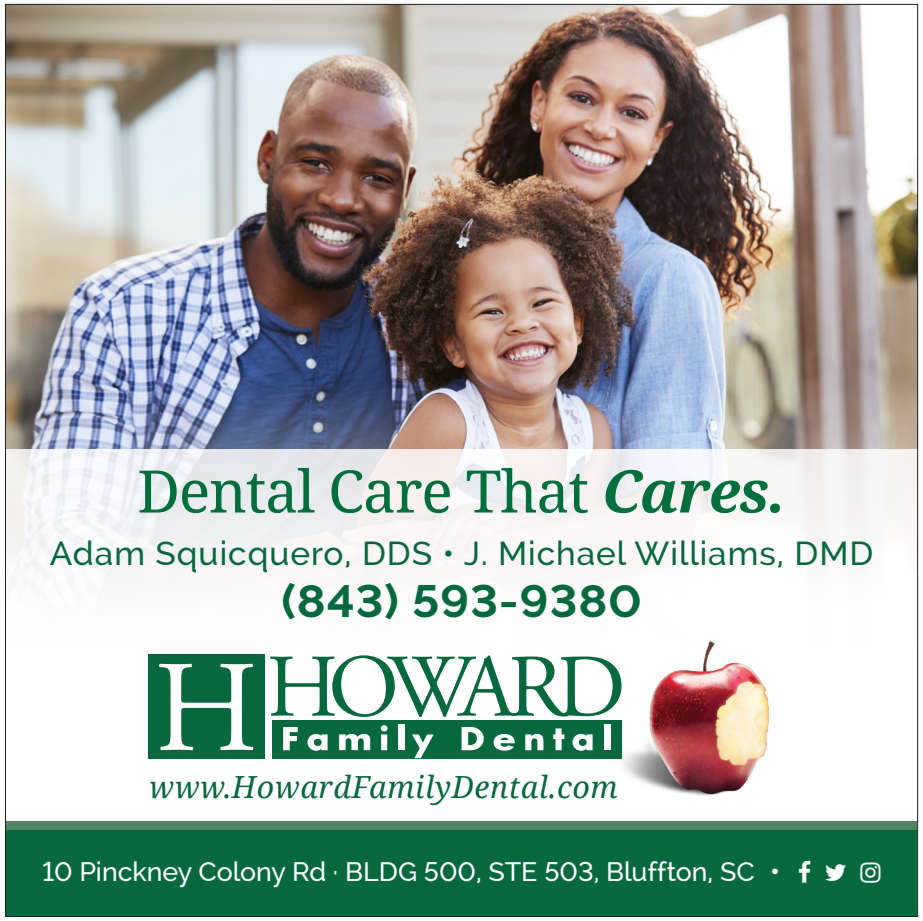
When: April 15-21
Where: Harbour Town Golf Links, Hilton Head Island
Tickets: rbcheritage.com
TV: The Golf Channel and CBS
Our jacket: Like the Masters, our PGA Tour golf tournament also awards a jacket to its champion. Instead of green, the Heritage jacket is plaid. When organizers started the tournament over Thanksgiving weekend in 1969, there were no plaid jackets. Rather, tournament officials wore canary yellow jackets. That was changed a few years later when organizers were inspired by the famous 1790 golf print of Sir William Innes, who was captain of the Society of Golfers at Blackheath in Scotland, playing in a tartan jacket.

2019 Masters Tournament

When: April 11-14
Where: Augusta National Golf Club; Augusta, Ga.
Tickets: Good luck. There are a limited number of tickets available, and those have been sold out for years. There's a waiting list you can't currently get on, and the number of tickets sold is secret. It is the second-most difficult ticket to get in sports behind the Super Bowl.



TV: CBS
Local connection: The Masters takes place one week before Hilton Head Island's RBC Heritage (April 15-21). The winner of the Heritage also qualifies for the Masters the following year. Best of luck to 2018 Heritage champion Satoshi Kodaira!







GREEN TRAVEL: Greenville

ROAD TRIP
Hilton Head Island to Greenville
Duration: 252 miles (4 hours, 3 minutes)

CRAIG A. LEE

One of the 'coolest towns in America' is just four hours away

BY TARYN SCHER



PRO BROS PRODUCTIONS

TOP Falls Park featuring The Liberty Bridge
BOTTOM Aerial View over Falls Park on the Reedy

Certainly you've head the buzz in recent years about Greenville — a short four-hour drive from Hilton Head Island. Travel + Leisure called it a "Top Place to Travel in 2018" and Men's Journal listed it among its "Top 18 Coolest Towns in America."

March is the perfect time to hit the road and see what all the hype is about.

Nestled in the foothills of the Blue Ridge Mountains, **Greenville** offers visitors a unique blend of traditional Southern charm and contemporary cool you won't find in many other places. Its award-winning, walkable downtown is packed tight with cultural and culinary distractions. Its tree-lined Main Street buzzes with people, locally owned boutiques and more than 100 restaurants. Art is alive through theater, street musicians, galleries and public displays of art scattered all over town.

It is also home to a ridiculously picturesque 32-acre park situated in the heart of downtown, complete with a 40-foot waterfall and a one-of-a-kind floating pedestrian bridge. Bike or hike in the nearby mountains or through one of three state parks.







The Anchorage



THE COMMUNITY TAP

The Community Tap



The Food

Greenville's been touted as one of the most underrated food cities in the U.S. for a few years now and it's thanks to the mainstays like **Bacon Brothers Public House, Soby's New South Cuisine, Stella's Southern Bistro, Rick Erwin's West End Grill, Grill Marks** and **The Trappe Door.** Last year, **The Anchorage** earned Greenville's first ever James Beard Nomination for Best New Restaurant. More than two dozen new chef-driven spots will open in 2019, including Gather GVL, a food hall made of shipping containers featuring 13 unique concepts.

Bring the beauty of Nature into your home





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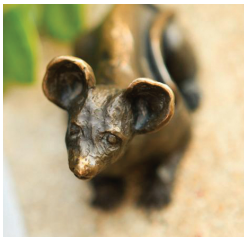
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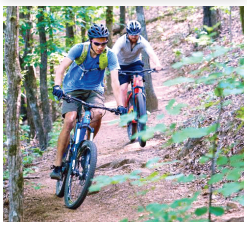
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The Arts & Culture

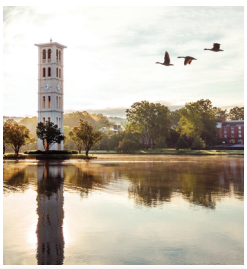
There are butterflies on the top of light posts, in parking garages and on the side of buildings; there are mice (bronze ones) all over Main Street, that lead you through a self-guided tour of the city; there are humorous thoughts embedded into the sidewalk that make pedestrians literally laugh out loud. Everywhere you look, art abounds in Greenville. **The Greenville County Museum of Art** showcases some of the world's top art collections; galleries feature regular open studio events. More than six theatres, a local symphony, two ballet troupes and 70+ works of public art will tantalize your senses. Plan your visit during the First Friday of the month to experience First Fridays at the **Greenville Center for Creative Arts.**





The Outdoors

Whether you're a novice hiker or a professional cycler, Greenville's got the trail for you. Just seven miles from downtown, **Paris Mountain State Park** has nine trails to choose from while **Ceasars Head State Park** offers 75 mile views across North & South Carolina. **Jones Gap** insider spot **Rainbow Falls & Pretty Place** offer two of the most Instagram-worthy sites you'll see and are totally worth the hike. Cyclers of all skill levels will love the 22-plus mile **GHS Swamp Rabbit Trail** – accessible from downtown Greenville and full of treasures along the way to Travelers Rest, including the **Swamp Rabbit Café and Grocery** and a scenic tour of **Furman University.**





The Events

Greenville has more than 200 event days a year — meaning there's almost always something going on from **Moonlight Movies in the Park**, the **Main Street Fridays** concert series, and the **Thursday Downtown Alive** concert series. Chances are you can always find something going on, whether it's skating outdoors during **Ice on Main** in the winter, **Shakespeare in the Park** in the spring, or the **Saturday Farmer's Market** in summer.

A number of annual signature events make for the perfect weekend getaway from **Artisphere** in May – showcasing more than 250 visual & performance artists to Fall for Greenville in October – giving festival goers the chance to sample bites from 50 local restaurants on Main Street.

You can also ride up and down Main Street on the free trolley and hop off at the **West End Fluor Field** to take in a Greenville Drive baseball game – the class A affiliate of the Boston Red Sox.



Suggestions from a Local...

Physical therapist **Ashley Goodridge** grew up on Hilton Head Island and now lives with her husband, **Derek**, in G-Vegas. They both love the area and exploring what it has to offer. Here are a few hot spots Ashley suggests.

WHAT TO DO



THE BMW DRIVING SCHOOL My husband raves about it. He says it is a blast.

BIKING ALONG SWAMP RABBIT TRAIL UP TO TR (Travelers Rest), which has great restaurants like Tandem (a creperie and coffee house) and a local brewery (Swamp Rabbit Brewery).





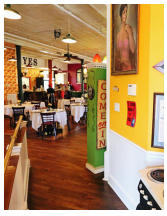
VISIT DOWNTOWN GREENVILLE AND EXPLORE THAT AREA There are several super cute boutiques and awesome restaurants. In summer, the farmers market takes up the street and it is amazing. Also, the festivals we have like Artisphere or Fall for Greenville are so much fun!

WHERE TO EAT



KITCHEN SYNC The food is all local and fresh and the Bahn Mi salad and Gnudi in Sunday sauce are out of this world! Plus the s'more cake. Yum. I absolutely love this place.





BACON BROS PUBLIC HOUSE This is a place my husband loves. They pride themselves on being fresh farmed and they cure their own meats.

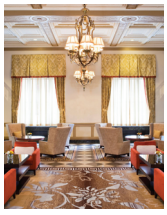
THE BRICK STREET CAFÉ This place is awesome! It's funky and the food is delicious. They are best known for their sweet potato cake. Their slices are huge and delicious.

WHERE TO STAY



The new **EMBASSY SUITES DOWNTOWN** A fun local restaurant Up On The Roof is at the top and overlooks the city.





THE ALOFT in the heart of downtown Greenville. Fun bar area with good food and drinks. It's near Mast General, an awesome outdoor store with a huge home and candy section. This place is a gem.

THE WESTIN POINSETT is another nice hotel with a bar, plus it's across from an amazing restaurant Soby's and near The Peace Center.

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BEN HAM AND THE... Art of Seeing

STORY BY CAROLYN MALES

Read the entire inspiration behind these photos and more online at **LocalLifeSC.com**



Road to Murisengo

"I was out scouting around Murisengo, Italy, and saw this dirt road. I couldn't drive up it because it turns into a horse or walking path so I came back early the next morning. The farmer came over the rise behind me and I pulled off so he could pass me," says Ham. "But then he comes up and starts saying all this stuff in Italian." Ham listened politely unsure of the man's meaning but in the end, he seemed okay with him being there so when the farmer left, Ben got to work. The sun, just starting to burn through, illuminated the grapes on the curved rows of vines, the pears in a tree, and the farmer's rake and hoe. In the foreground, lacy white flowers and grasses along the dirt road lead toward the hill town with its towers and old buildings. In the end, Ham was so entranced by the little Piedmont town he even considered buying a property there.



High Tide Cathedral

Ben Ham leads us on adventures. He pulls us into a photograph, sending us meandering along a dirt road to a distant Italian hill town, winding through Lowcountry creeks, hiking canyons to ancient ruins, strolling along rocky Pacific shorelines. With each step a time-traveling trek unfolds through past, present, and future.

Our gaze may come to rest on a gnarled live oak festooned with Spanish moss, a grand villa impossibly perched on a hillside, an open gate leading to a half-hidden building. But then Ham's sharp focus, angle of view, and the interplay of soft light on a subject compels us to circle back, making discoveries along the way. That majestic old live oak reaches out with twisted limbs, beckoning us to come closer and explore the thick greenery of the hammock it stands watch over. That Italian vineyard, lush with table grapes, entices us to pluck one. We don't see the farmer but we feel his presence, the sweat of his labors both completed and yet-to-come, in the rake and hoe propped against a tree.



Old Sheldon Church
"This was a transformative piece for me. It took me years to get this shot." Ham had been here dozens of times before but the atmospheric shot he was looking for had eluded him. He left the island at 4 a.m. on this particular foggy day, but by the time he arrived at the site, it was crystal clear. He was just about to leave when he looked up and saw the fog rolling back in. It was, "Oh, my gosh. This is the shot."

Then there's Old Sheldon Church in Yemassee, built in 1757 by William Bull, burned by the Redcoats, only to be reconstructed and then destroyed by Sherman's troops on their March to the Sea. The broken beauty of its brick columns and its walls open to the sky have enticed many a photographer. But I'd never seen its soul captured until I stood before Ben Ham's iconic black-and-white image. The mists blanketing the trees, the glow framing the interior arches, the dark branches arching toward the brick ruins all speak of long ago hopes and shattered dreams. Yet, as one woman told Ham, just looking at the print she could hear the crunch of leaves underfoot.

To get these mesmerizing images, Ham likes to go it alone, rising long before dawn and heading out to a spot he's been scouting. The tools of his trade—large format camera, black-and-white sheets of film, light meter, tripod, and other accessories—means he must cart a heavy load. Then he'll hike, boat, or climb to get to that place and wait, wait, wait until the fog rolls in, the tide rises or falls, the light streams in at the right angle, the clouds drift into place before he clicks the shutter. Even so, he won't even look through the viewfinder until he's really studied the scene and composed it in his mind.



©PHOTO BY JESSIE BAKER

That patience extends as well to exposure which may range from multiple seconds to multiple minutes. For example, when making ***Vino Nobile***, his photo of a dark winery cellar, he left the camera shutter open a full eighteen minutes.

After developing each image, he prints and mats only those that meet his exacting standards. The finished works, covered in archival museum glass, are encased in frames he's cut from olive wood molding imported from Italy.

When you walk around Ben Ham's Bluffton gallery amid his big sensual images of the Lowcountry,



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Vino Nobile

"I do this crazy thing where I imagine photographs and try to find them. And this is one that I always imagined." He'd been in Tuscany for four weeks when he wandered down an alleyway and spotted a sign for a winery and stopped in. Here he got into a discussion about wine production with the owner who then led him down a long flight of stairs. And there it was — the photo Ham had always wanted to capture — a cellar lined with eight-to-ten-foot-tall barrels.

the American West, and Italy, you immediately realize what is often lost in our modern embrace of digital photography with its temptation to fire off dozens of quick shots. The sheer beauty of his carefully composed visions encourage us to slow down and see nature in a new way.

What's more, getting lost in Ham's world evokes one's own memories, thus the image often becomes your story as well. Stephanie Tebrake, director of gallery operations, assures me that it's not an unusual occurrence. For example, looking at that vineyard in Road to Murisengo conjures up my own stroll through a similar field in Dozza after a wine-soaked lunch years back. Another collector, recalled youthful memories of walking among birches with her husband in Vermont, as she gazed at Ham's Snowy Aspens, a shot taken two thousand miles away in Vail, Colo. So vivid was the connection, the print found a place on her own walls.

On my most recent visit, I have the good fortune of being escorted around by Ben Ham himself. An exuberant storyteller, he recounts his quest for the perfect shot, his painstaking techniques, and his philosophy behind making a photograph.

"I'm trying to transport you, trying to create a window into a world that I see and to evoke an emotion," he declares. "And the wonderful thing for me about shooting with a large format camera is that each day when I'm producing work, it transports me back to that particular moment. Quite often I know the day. And I certainly know the time of year, the month, atmospheric conditions."

So, come along as we take a tour of some Ben Ham images and get a glimpse of a master photographer at work. *LL*



Bateau

Ham was on his way to an early dentist appointment when he spied this bateau floating like a ghost in a thick fog. So much for clean teeth. He called the dentist's office to cancel and they laughed. Mindful of the foggy conditions he liked to shoot in, they'd been taking bets he'd call. Cleaning rescheduled, he waded out into the water with his camera, hoping that the boat wouldn't bob around which would blur the shot. He was in luck. It had gotten lodged in grass. So he shot it as a vertical with a big sky.

Going Beyond Snapshots

"Photography is **all about learning to see**. I look upon the camera as a tool to capture your vision. It's the same for all artists, whether a canvas, paints and brush, or paper and pencil."

Scout out locations ahead of time. "If you stop and study each scene, you get little treats and see things that you might not discover on a passing glance."

Always look for light and patterns. Pointing to a nearby row of buildings he says, "See the way they stack up against each other and how the shadows fall. If you're constantly scanning for these design elements, you start seeing the world in a different way."

Think about what you're trying to convey with your photographs—ideas, mood, feelings—even if you're just taking family vacation shots or photos of your kids having a good time.

Once you get to your pre-scouted spot, **put your camera down and just look**. "I figure out a scene even before the camera comes out. That really teaches you to see." He encourages digital shooters to resist the urge to fire off exposure after exposure. Instead, know what triggers you to shoot a certain scene before looking through the viewfinder.

Create your own vision. "If you're trying to do something beyond snapshots, strive to make something that's your own vision and not just wow, I got that great shot that I saw in a book or a website. So many people look for trophy shots. They say 'I want to get that shot Ansel [Adams] got.'"



Ceremonial View

THINK ABOUT:

Creating depth by finding leading lines—roads, poles, rows of plants, curves, fences that will move you into and around an image.

Putting something strong in the **foreground**, something of interest in the **middle ground** and in the **distance**.

Composing on third lines. That is, dividing your composition vertically and horizontally in thirds (a grid of nine equal sections) and placing the focal points, important elements of your image, on those lines.

Remember, it's okay to **break these rules** but know why you're doing it.

Be patient. Once you've found what you want to shoot, wait for the right light and atmospheric conditions. For example, since Ham shoots long exposures, he keeps an eye on the wind. A breeze will throw grasses or other natural elements out of focus. In Oysters, he found himself on a creek at an oyster bed when the wind picked up. Given the conditions, he might have rejected shooting but then he studied the scene, planning for the image he wanted. His reward? Soft tufts of blowing grass fan enticing fingers toward the oyster bed.

Review the photograph. Does it say what you want it to say? Study it and understand why you chose that shot and what made it work. And if the image hasn't turned out, that teaches you something as well.



Prima Che Il Sole





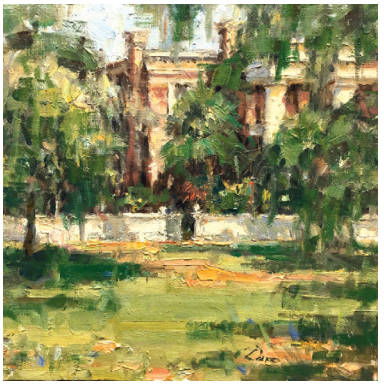
Green art

GREEN IS THE COLOR OF LIFE

The color green is said to be the most restful and relaxing color for the human eye to view. Many artists use the hue to express renewal, nature, harmony, fertility and more. For this "Green" issue, we showcase the best green art available from local artists and galleries.

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







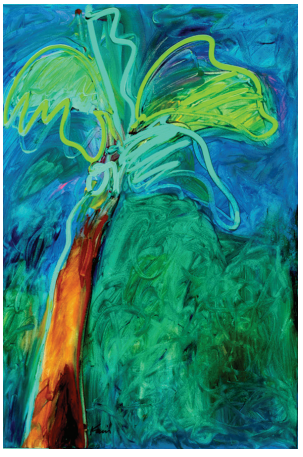
Marsh Creek Light by Michael B. Karas + The Green by Peter Rolfe + Hidden by Anne Blair Brown (Red Piano Art Gallery)



Green Oaks by David Randall (Karis Art Gallery)







Green Stem by David Simpson + A Day in the Park + Evening Palm by Peter Karis (Karis Art Gallery)





Country House + Hill House + Treesong Summer by Mary Hubley (Camellia Art)






A Season for Pink by Alice Dobbins + At the River Bend by Guido Petruzzi + By the Sea Oats by Greg Barnes + Hilton Head Summer by David Wendel (Karis Art Gallery)

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Hilton Head Choral Society

Tim Reynolds, Artistic Director










Having a Ball

What: 2019 Southern Coast Heart Ball
When it took place: Feb. 2
Where: The Westin Hilton Head Island Resort & Spa
Photographer: J.T. Smith
Highlights: The black-tie gala raised more than $290,000 for the American Heart Association. The evening festivities included dinner, a live auction and entertainment. Those in attendance got to hear the story of Lily Cochran, who was born with several congenital heart defects. Her father, a veteran of the U.S. Marine Corps, also had a heart disease and was honored at the event.












Young scholars

What: Heritage Classic Foundation Scholars luncheon
When it took place: Jan. 30
Where: Sonesta Resort
Photographer: Arno Dimmling
Highlights: Ten Beaufort County seniors were named Heritage Classic Foundation Scholars. Six will receive a $16,000 scholarship over the next four years. The four additional awards carry a $20,000 opportunity. Seniors selected were Battery Creek High School – Gabriella Morales; Beaufort High – Samuel Stewart; Bluffton High School – Elaine Guo, Caleb Kelly, Caleb Watkins; Hilton Head Island High School – Elizabeth Jordan, Justin Mlodzinski, Zachary Waters; May River High School – Faith Shupard, Joshua Yeddulayyagari.





















How sweet it is

What: Chocolate tasting tour
When it took place: Jan. 31
Where: The Pearl, Bluffton
Photographer: Babbie Guscio
Highlights: Award-winning, internationally trained chocolatier Oliver Kita of Oliver Kita Chocolates in Rhinebeck, N.Y., presented an exclusive chocolate tasting tour, co-hosted by The Store at The Pearl Kitchen and Bar. Guests learned about growing and harvesting cacao from around the equator and enjoyed a special tasting from five regions. Take-home samples also were given.







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Celebrating MLK

What: MLK Memorial March
When it took place: Jan 21
Where: Hilton Head Island High School parking lot
Photographer: Arno Dimmling
Highlights: Many locals marched in honor of Martin Luther King Jr. as part of Martin Luther King Jr. Celebration Weekend. The parade was one of several events happening around the island, including a worship service, a service day cleanup project and a memorial program. All events were free and open to the public.







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MARCH calendar

There are many events in the month of **March**, some family oriented and others thriving on drunken Irish culture. Here are a few of our favorites, including days of national and international interest.

Cut this page out and stick it on your fridge!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THINGS TO DO NEARBY **Savannah** Savannah Blues Festival (March 1) Joe Bonamassa (March 2) Gabriel "Fluffy" Iglesias (March 6) Legends of Hip Hop (March 9) The Sleeping Beauty (March 10) American Girl Live (March 13)	Brothers Osborne (March 15) Savannah Music Festival (March 28-April 13) **Charleston** Aaron Lewis (March 1) Wine and Food Festival (March 6-10) Jackson Browne (March 23) **Columbia** Snow White (March 1)	P!NK (March 7) Weezer & The Pixies (March 10) Elton John (March 13) Disney's Newsies (March 17) Mumford & Sons (March 18) Chicago (March 30) **Jacksonville** Mardi Gras (March 2) Science Festival (March 2)	Monster Jam 2019 (March 2) P!NK (March 5) Blake Shelton (March 7) Alice in Wonderland (March 9-10) Elton John (March 15) NCAA March Madness (March 21-23) Shamrock Showdown Barrel Show (March 30-April 1)	**ONGOING** Darius Rucker Intercollegiate (March 8-10) Hilton Head Wine and Food Festival (March 11-17) Hilton Head International Piano Competition (March 11-18) Art Center: Celtic Nights (March 14-15)	1 **Poseidon: *The Chiggers*** Dadgum That's Good Day	2 **Jewels and Jeans** USCB: *Met Opera Live* *La Fille de Regiment* Beaufort Charities Oyster Roast Gullah Museum Oyster Roast
3 **Page Island Oyster Roast** If Pets Had Thumbs Day I Want You to be Happy Day	4 **Marching Music Day** Grammar Day Pound Cake Day	5 **Mardi Gras/Fat Tuesday** Pancake Day Cheese Doodle Day	6 **Ash Wednesday** **Oreo Cookie Day** Dress Day	7 **Cereal Day** **Be Heard Day**	8 **Poseidon: *St. Baldrick's Fundraiser*** International Women's Day Proofreading Day	9 **Arts Center: *Youth ArtsFest*** USCB: *Dancing with our Stars* Panic Day
10 Palmetto Bluff Marathon **Daylight Savings Time** National Mario Day	11 **Promposal Day** Worship of Tools Day Napping Day *(Day after Daylight Savings Time)*	12 **Girl Scouts Day** Plant a Flower Day Baked Scallops Day	 **K9 Veterans Day** Good Samaritan Day	3.141 **Pi Day** Write Down Your Story Day	15 **Arts Center: *Celtic Nights*** Shamrock Shakedown Wine & Food Festival: *Grand Tasting* Ides of March	16 **USCB: *Pirates of Penzance*** Wine & Food Festival: Public Tasting HHI Shamrock 5K Run Everything You Do is Right Day
17 **St. Patrick's Day** Hilton Head St. Patrick's Day Parade Beachside Brunch and Bubbles	18 **Awkward Moments Day** Sloppy Joe Day Biodiesel Day	19 **Let's Laugh Day** Tea for Two Tuesday Chocolate Caramel Day	20 Lean Ensemble: *If You Forget Me* First Day of Spring **Extraterrestrial Abduction Day**	21 USCB: *Lunch with author Rebecca Kaufman* Country Fest **Hilton Head Christian Academy: *Little Mermaid***	22 **Hilton Head Choral Society: *Spring Serenade*** Hilton Head Wingfest **Full Moon Party** GALA-BRATION Gala & Auction	23 Beaufort Twilight Run Arts Center: *Bourbon Ball* **Hilton Head Wingfest** Hilton Head Eggfest
24 Harbour Town: *Spring Fest* Hilton Head Symphony Orchestra: *Viva Italiano!* 31	25 **Medal of Honor Day** Pecan Day Waffle Day	26 **Epilepsy Awareness Day: Purple Day** Spinach Day Make Up Your Own Holiday Day	27 **Manatee Appreciation Day** "Joe" Day Change Your Name Day Scribble Day	28 **Something on a Stick Day** Arts Center: *Get the Led Out* Black Forest Cake Day	29 **Arts Center: *Get the Led Out*** USCB: *Artrageous* Hilton Head Beer Mile	30 **Virtual Vacation Day** Arts Center: *Get the Led Out* Turkey Neck Soup Day

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Sylvia & Suzanne at The Cypress



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– Sylvia Penzel
Club Member

"I have the ***best job*** *ever! Never a dull moment with planning guest speakers, concerts, parties, trips, cruises, fitness classes and so much more! The members and I spend a lot of time together and* ***they have become a second family. The Cypress Staff work so well together*** *with the common goal of providing* ***exceptional care*** *and* ***hospitality.***"

– Suzanne Brown
Resident Life Services Director

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MARCH happenings

ART SHOWINGS, PLAYS AND PERFORMANCES



Symphony Under the Stars

Join the **Hilton Head Symphony Orchestra and Deas-Guyz** for an "unforgettable" collaboration of classical and jazz music under a big tent at Veterans Memorial Park at Shelter Cove. "Symphony Under the Stars" is always one of the orchestra's most popular events. Conductor John Morris Russell and the orchestra's performance with Reggie Deas and his popular band make this year's event particularly intriguing. Deas-Guyz are famous for their wide range of musical fare featuring an entertaining mix of Old Motown, Rhythm and Blues, Pop, Rock, Reggae and Dance beats. Their musical selections include Motown sounds of the Temptations, The Drifters, Smokey Robinson, Marvin Gaye and Bob Marley classics. Last year's concert was sold out, so book your tables early. You can provide your own refreshments, but wine, beer, soft drinks and water are available for sale by the League of the Hilton Head Symphony Orchestra.

SYMPHONY UNDER THE STARS
When: 7:30 p.m., April 8-9
Where: Veterans Memorial Park at Shelter Cove
Notes: Tickets for table seating are $85 and $75. Concert seating is $50 and outside lawn seating is $25. Gates open at 6 p.m.
Details: 843-842-2055, hhso.org



The Hilton Head Choral Society presents "Spring Serenade"

Experience the performances of **professional soloists and orchestra** as the Hilton Head Choral Society presents the elegant "Mass in G," by Viennese composer Franz Schubert and music from the award-winning Rodgers and Hammerstein Broadway musical "Carousel."

"SPRING SERENADE"
When: 8 p.m. March 22
Where: First Presbyterian Church
Details: hiltonheadchoralsociety.org or 843-341-3818

The Lean Ensemble presents: "If You Forget Me"

Having slipped your fiancé's mind is not a happy event especially when it's a permanent condition. In the **world premiere of Nora Leahy's dark comedy**, "If You Forget Me," her husband-to-be's memory-disabling accident sends Kate running back to her childhood home to heal. There she must fend off her mother's self-help pep talks, her sister's efforts to move her "recovery" along, and an old boyfriend's attempts to rekindle the flame. This new play is an exploration of growing up, the nature of memory, and the process of letting go. Talkbacks following each performance.

"IF YOU FORGET ME"
When: 7:30 p.m. March 20-23, 2 p.m. March 24
Where: HHPS Main Street Theater
Notes: Tickets: $40 evenings & matinees. $15 students/active military
Details: www.leanensemble.org or 843-715-6676

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FESTIVALS AND FUN

BOURBON BALL

The Bourbon Ball gala to benefit arts, outreach and education begins in fabulous outdoor, tented venues with open bar, bourbon tastings, delicious Kentucky inspired heavy hors d'oeuvres and an outdoor cigar lounge. Enjoy the bluegrass sounds of "Lowcountry Boil." Back in the theater, bid on bourbon, baubles and bucket-list adventures, featuring auctioneer extraordinaire Andrew Davis (WSAV). The evening wraps up with a performance by **Laura Bell Bundy**, the Tony-nominated star of Broadway's Legally Blonde – and a breakthrough country music artist – who will regale the audience with her sassy Southern charm and amazing musical talent.

BOURBON BALL
When: March 23
Where: Arts Center of Coastal Carolina
Details: www.artshhi.com or 843-686-3945





GET THE LED OUT

Far and away **the best Led Zeppelin tribute band** out there, Get the Led Out is vouched for by Jimmy Page himself. These professional musicians are passionate about their love of the music of Led Zeppelin, and doing justice to one of the greatest bands in rock history. Each night will feature a very different set list as is the GTLO rule. Experience the iconic songs in concert just the way you remember them – with all the guitar solos, drum fills, and vocal melodies intact, and performed with all the passion and fury that this legendary catalog deserves.

LED ZEPPELIN TRIBUTE BAND
When: March 28 - 30
Where: Arts Center of Coastal Carolina
Notes: Tickets: $51. Group rate available.
Details: www.artshhi.com or 843-686-3945

Beat the Leprechaun at the 24th Annual Hilton Head Shamrock Run

The Hilton Head Shamrock 5K is a **fun and healthy St. Patrick's Day family tradition**. The first 400 participants will receive a colorful Shamrock Run T-shirt and St. Patrick's Day Party beads. Every runner who beats the Hilton Head Leprechaun to the finish line also will receive a Shamrock Run gift. Get your Irish on and run in green! The 5K Run & Health Walk will start in front of New York City Pizza at Heritage Plaza and finish inside Coligny Plaza.

SHAMROCK RUN
When: 8 a.m. March 16
Where: Starts in front of New York City Pizza
Details: www.bearfootsports.com or 843-757-8520



CELTIC NIGHTS

Irish dancing and singing at its best. Celtic Nights includes World Championship dancers and All-Ireland winning musicians showcasing some of Ireland's 'sean nos' (old style) Irish dance and the famous Brush Dance. Their show "Oceans of Hope" tells an epic story through song, music, dance and narration, capturing the very essence of the Irish people -- who they are, where they came from, their dreams of a better place, and above all, family.

CELTIC NIGHTS
When: March 14 - 15
Where: Arts Center of Coastal Carolina
Notes: Tickets: $63. Group rate available.
Details: www.artshhi.com or 843-686-3945

Mitchelville Blues and BBQ Dinner and Dance

Come for the slow cooked BBQ, stay for music by Stee and the Ear Candy Band, and the Junior Jazz Foundation. Cash bar for beer, wine, and spirits. Proceeds from this event will support research and educational programs that provide deeper knowledge of the people that inhabited Mitchelville.

BBQ DINNER AND DANCE
When: 6 - 10 p.m. March 30
Where: USCB Hilton Head Island Campus
Details: exploremitchelville.org





The road to CARNEGIE HALL begins on Hilton Head!

This year's competition, held from March 11–18 will showcase 20 pianists ages 18–30 from Australia, Canada, China, Russia, Peru, Japan, Taiwan, Italy, Poland, South Korea, and the United States who were chosen by a Selection Jury from over 237 applicants.

"We are extremely proud to present you with these twenty incredibly talented pianists. The quality of the 237 applicants was amazing this year, certainly some of the most exciting emerging talents in the piano world," said Competition Director, Mona Huff. Many of our competitors have become prize winners at other prestigious competitions including the Cliburn, and have gone on to perform with internationally renowned orchestras and festivals around the world.

The 23rd HHIPC begins with pianists competing over four days at a new venue, Central Church, March 11 – 14; it will continue with a round for 6 semi-finalists at First Presbyterian Church on Saturday, March 16; and concludes with the Finals featuring 3 pianists, each performing a full piano concerto with the Hilton Head Symphony Orchestra conducted by John Morris Russell on Monday, March 18, 2019.

The 3 Finalists compete to win $34,000 in cash prizes plus concerts, with the First Prize Winner receiving a return engagement with the HHSO next season and a performance at Carnegie's Weill Recital Hall in the Fall of 2019. The winner is also entitled to record a CD which is produced and distributed on the Archiv/ Steinway & Sons label.

Rounds I, II and III will be available through live streaming. Find the live stream on our Facebook page and our website www.hhipc.org during the competition and for 30 days after its conclusion.

Begun in 1996, the HHIPC is presented by the Hilton Head Symphony Orchestra. Competitor biographies are available on the HHIPC website at www.hhipc.org. The HHIPC has been designated a Top 20 event by the Southeast Tourist Society.

2019 HILTON HEAD INTERNATIONAL PIANO COMPETITION

20 Pianists from 10 countries compete for $34,000 in cash prizes and performance opportunities.

ROUND I • MARCH 11 & 12
1:30 PM – 4:35 PM & 7:00 PM – 9:05 PM
$10 TICKETS • CENTRAL CHURCH • NEW VENUE

ROUND II • MARCH 13 & 14
9:30 AM – 12:30 PM & 1:30 PM – 4:30 PM
$10 TICKETS • CENTRAL CHURCH • NEW VENUE

ROUND III • SEMIFINALS • MARCH 16
1:00 PM – 4:45 PM & 7:30 PM – 9:15 PM
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Memory Matters Brain Health Summit 2

Keeping your memory sharp is Memory Matters' goal at its second-annual Brain Health Summit. The educational seminar will feature international speakers from Harvard and the University of British Columbia, as well as local experts.

BRAIN HEALTH SUMMIT
When: 10 a.m. to 3 p.m. March 7
Where: Hilton Head Beach & Tennis Resort
Notes: Open to the public, $50 per person, and seating is limited.
Details: mymemorymatters.org or call 843-842-6688

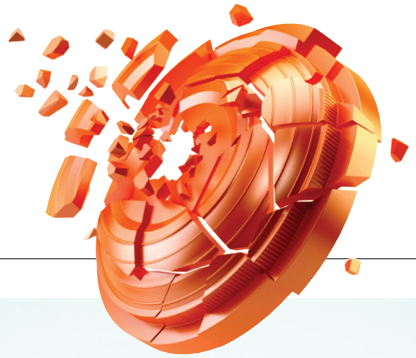




Pocket Full of Sunshine Sporting Clays Shoot

This annual event **raises funds for intellectually and physically disabled adults** in Beaufort County. Pockets Full of Sunshine provides social and vocational opportunities, as well as fun events for the community.

SPORTING CLAYS SHOOT
When: March 8
Where: Forest City Gun Club
Details: www.pocketsfullofsun.org



BO ART OPENS WITH ART NOIR

BO ART, Hilton Head's **newest arts destination and first Makers Space**, invites the community to its Art Noir black-tie gala. This event will showcase the BO ART facility and artists during an evening featuring a Red Carpet Premier, aerial elements performance artists, musicians, the Marquee Club, food from Trattoria Divina, Italian wines and an open bar. You'll get to meet and mix with some of Hilton Head's best emerging artists who will inspire you to get involved with the Island's growing art community.

ART NOIR
When: 5:30 p.m. March 9
Where: BO ART at 19 Dunnigan's Alley, upstairs
Details: www.BOART.com



Ambassador Roman Popadiuk: The Ukraine Russian Crisis

The presentation will **examine the historic relationship between Ukraine and Russia** and Ukraine's efforts to build a viable state in the face of Russian aggression. In this context, the presentation will also examine Ukraine's importance to European and regional security and to U.S. national interests.

AMBASSADOR ROMAN POPADIUK
When: 10-11:30 a.m. March 15
Where: First Presbyterian Church
Details: wachh.org or 843-384-6758



The Literacy Center Presents: The American Dream Celebration

Join in a **special evening of lavish food, festive drinks, live entertainment** by Bill Peterson, a fantastic silent auction and more. All proceeds benefit the Literacy Center programs, empowering adult learners and hero tutors to change lives forever. Home, family, health, education, prosperity comes through literacy.

AMERICAN DREAM CELEBRATION
When: 6 - 9 p.m. March 22
Where: Indigo Hall at the Golf Club at Indigo Run
Notes: Ticket are $25 and include raffle
Details: theliteracycenter.org or 843-815-6616



Wexford
PLANTATION
CHARITABLE FOUNDATION
Supporting Health, Housing, Hunger & Educational Charities of the Lowcountry

Since its inception in 2012, the Wexford Plantation Charitable Foundation has awarded over $1 million in grants to local charities in the Hilton Head Island and surrounding areas. This million-dollar milestone was recently celebrated at their 7th annual Grants Award Luncheon on February 6, 2019.

For more information visit www.wexfordfoundation.com



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www.hhhumane.org

INFORMATIVE & ENTERTAINING



An Evening in Italy Wine Dinner

Enjoy a **special evening of fine dining, celebration and camaraderie in support of the Children's Relief Fund**. The evening will include dining, wine pairings, live music and a limited live auction. All proceeds benefit the Lowcountry's special-needs children and their families. Programs that are supported include Area 8 Special Olympics, Heroes on Horseback, SOAR, Fishing with Friends, Pockets Full of Sunshine and the Island Rec Center.

WINE DINNER
When: March 15
Where: Venue 1223, Bluffton
Details: www.thechildrensrelieffund.org



WHERE NATURE MEETS ART EXHIBIT BY THE ARTISTS OF SPRING ISLAND

Offered by the Artists of Spring Island, this exhibition will provide a **glimpse into the beauty of one of our neighboring islands**. Spring Island's focus upon preservation and environmental conservation are complementary to the Coastal Discovery Museum's recently adopted mission to "inspire people to care for the Lowcountry." Visit the museum to see the works from some Spring Island artists who have gained an appreciation for our area's unique culture, heritage, and environment.

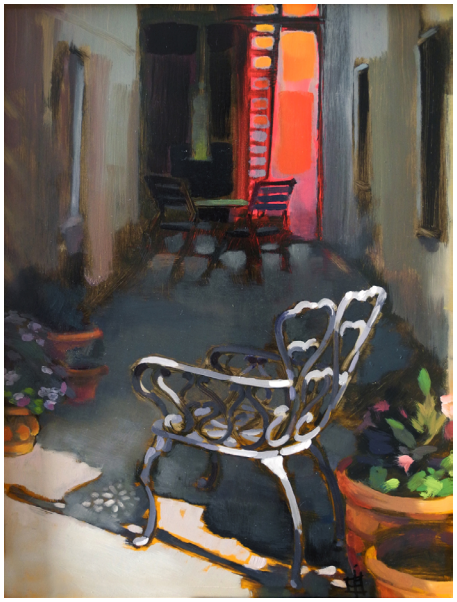
WHERE NATURE MEETS ART
When: March 1-April 30
Where: Coastal Discovery Museum
Details: www.coastaldiscovery.org or 843-689-6767



Seventh Annual Colleton River Collegiate

The Michigan State Spartans once again will host and showcase the talents of many of the nation's leading collegiate players as they vie for the coveted individual and team titles in a **two-day, 54-hole stroke play golf tournament**.

COLLETON RIVER COLLEGIATE
When: March 4 - 5
Where: Colleton River Club
Details: www.colletonriver.com



"The Appearance of Truth," paintings by Mickey Boisvert

Award-winning artist **Mickey Boisvert** will showcase her exhibit featuring eclectic style ranges from bold realism to relatable abstraction and communicates the beauty of ordinary things. We are invited to find a view that pleases us, and consider the story there. Opening reception 5 to 7 p.m. March 13.

"THE APPEARANCE OF TRUTH"
When: Exhibit runs March 12 through April 6
Where: Art League of Hilton Head Gallery
Details: www.artleaguehhi.org or 843-681-5060





INFORMATIVE & ENTERTAINING

TRANSPARENCY AND LIGHT EXHIBIT AT THE UNIVERSITY OF SOUTH CAROLINA CENTER FOR THE ARTS

The National Association of Women Artists presents **a juried exhibit, themed Transparency and Light**, at the University of South Carolina Center for the Arts in Beaufort. The public is invited to attend the wine and cheese reception on April 4.

TRANSPARENCY AND LIGHT EXHIBIT
When: Wine and Cheese Reception 5 - 7 p.m. April 4, Exhibit runs April 4 - 30
Where: University of South Carolina (USCB) Center for the Arts, Beaufort



New Directions, New Horizons

Anderson Kenney Fine Art presents a **collection of European Contemporary Art** in collaboration with Lana Hefner Art.

NEW DIRECTIONS, NEW HORIZONS
When: 12 noon - 6 p.m. April 4 -7
Where: Art Loft, Beaufort
Details: andersonkenney.com

BUILDING THE NAVY THE NATION NEEDS

World Affairs Council Hilton Head presents **Allison Stiller**, Assistant Secretary of the Navy, who will review the requirements and discuss the attendant Navy and industry investments in capital improvements, capital expansion, and a properly sized world-class workforce.

BUILDING THE NAVY
When: 5:15 p.m. April 9
Where: USCB Hilton Head Campus
Details: wachh.org

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WWW.HILTONHEADEXTERMINATORS.COM



FROM CLASSICAL TO CONTEMPORARY: HILTON HEAD DANCE THEATER PRESENTS "TERPSICHORE"

Hilton Head Dance Theater will present its annual **performance of classical and contemporary dance** featuring company members and distinguished guest artists. The name Terpsichore comes from the Greek muse of dance and is always an audience favorite. A journey in ballet, from neo-classical to contemporary to fairy tale, this is a program not to be missed.

"TERPSICHORE"
When: 7:30 p.m. April 6 and 2:30 p.m. April 7
Where: Arts Center of Coastal Carolina
Details: www.artshhi.com

Supporting Democracy in Eastern Europe in a Time of Uncertainty

Career Diplomat and former Deputy Foreign Minister to the Republic of Poland, **Ambassador Jerzy Pomianowski discusses the serious setbacks democracy has suffered**, authoritarian rule and ever more sophisticated disinformation campaigns. Consider how to best support local activists who can translate the strategic vision of the international democratic community into a local context relevant to ordinary people. How best to support them, especially in Eastern Europe, remains a challenge.

AMBASSADOR JERZY POMIANOWSKI
What: World Affairs Council of Hilton Head Global Speakers
When: 10 - 11:30 a.m. April 5
Where: First Presbyterian Church
Details: wachh.org





You're invited to "An Evening Celebration" for Family Promise of Beaufort County

Join in **support of the vision that "Every Child Will Have a Home,"** while enjoying an evening of live entertainment, a buffet dinner, beer and wine, and both live and silent auctions. As the only shelter program in Beaufort and the surrounding counties, Family Promise of Beaufort County's mission is to provide a temporary shelter, family stability and permanent housing solutions for homeless families with children.

"AN EVENING CELEBRATION"
When: 5:30 - 9 p.m. April 4
Where: Hampton Hall Clubhouse
Notes: Tickets $100
Details: familypromisebeaufortcounty.org







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world premiere by: Nora Leahy
directed by: Sarah Newhouse



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hilton head island

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March 24 · 2 pm

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MORE ONLINE



Jazz Corner performances
(March 1-30)

Youth ArtsFest
(March 9)

Hilton Head Island Wine and Food Tasting
(March 11-17)

Carolina Dreamer Car Club Cruise-In
(March 28)

The Gathering
(March 19)

Mentoring from SCORE
(March 14, 28)

Palmetto Quilt Guild meeting
(March 21)

Antiques, Home, and Garden Show
(March 7-10)

Hilton Head International Piano Competition
(March 11-18)

RBC Heritage volunteers
(April 17-21)

PGA Championship volunteers
(April 28-May 1)

Coastal Discovery Museum events



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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 Sea Pines, Port Royal Plantation, Singleton Beach, Windmill Harbour, Palmetto Dunes and Wexford — 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.

25 Oxford Drive
Offered by the Dollenberg Team
Carolina Realty Group
843.816.6489
$1,895,000

Real Estate Marketplace



67 Baynard Park Road

This gorgeous home has been renovated and rebuilt with exquisite detail & quality. This property offers views out to the tidal lagoon, marsh, and Calibogue Sound to include your personal landing with pull bridge to your private island. This home features 4,910 sq. ft. all on one level with 4 bedrooms, 4.5 baths, beautiful modern open Kitchen, multiple dining and lounging areas, Master Suite, an abundance of indoor/outdoor entertaining area, and park-like grounds. $4,500,000.

Becky Herman 843.301.3355 Monica Davis 843.384.4473
www.HermanAndDavisProperties.com

H&D HERMAN AND DAVIS PROPERTIES



9 Iron Clad, Palmetto Dunes Resort

BRAND NEW Oceanfront home being constructed by Cambridge Building Inc. Amazing finish details, using the finest materials available. Outdoor living environments take full advantage of the direct oceanfront views, including summer kitchen and master wing covered porch with fireplace. 5,000 heated square feet. Oceanfront, Brand New, Offered for $6,500,000

David Carroll 843.384.8111
www.HiltonHeadHomeSource.com

CHARTERONE REALTY | LUXURY REAL ESTATE



9 Old Ferry Point, Windmill Harbour

"SMART" home technology throughout- manage your home from anywhere in the world. The kitchen will be a delight to prepare meals in. The panoramic water views can be seen from most rooms. The master retreat is a true escape The top floor is the entertaining area – a personal home theater. Enjoy the 4 stop elevator, den with custom made murphy bed – perfect for last minute guests. The ground level has a covered outdoor living area. Priced below building cost. Offered fully furnished. $1,899,000.

Lonnie Goulet 843.338.0094
LonnieGoulet@gmail.com

CHARTERONE REALTY | LUXURY REAL ESTATE



80 North Sea Pines Drive, Sea Pines

A unique opportunity to own a beautiful 5th row Sea Pines beach home with beautiful golf views too! This open floor plan features great room with fireplace, dining room, and kitchen/family room opening to a lovely deck with pool, spa, and patio below. 5 bedrooms, 6 full bathrooms, fabulous kitchen, additional media room, gorgeous architectural detail, beautiful cabinetry, wood and stone floors. The perfect permanent residence, vacation home, or rental property. $2,195,000 Furnished.

Jeannie Lawrence 843.816.2275
www.wesellseapines.com

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Real Estate Marketplace



6 Sailwing Lane, Windmill Harbour

Charlestonian style home with superior craftsmanship overlooking private marina fairway. One owner, custom built home. Gracious Southern-style living with three covered porches, three gas fireplaces, library, formal and casual dining, and kitchen open to great room. Sleeping quarters on one floor, in-law suite on street level, and self-contained hobby room. Top tier appliances and surfaces with 3 stop elevator. Located on a small quiet street with short walk to SC Yacht Club. $1,639,000

Angela Barbic 843.227.2526
AngelaBarbic@gmail.com

CharterOne Realty · Luxury Real Estate



5 Singleton Beach Place

Direct Oceanfront with 180 degree views. 6 bedrooms each with full baths & large walk-in closet, 2 half baths & multiple living areas. Great rental house nestled between tidal marshes & ocean. Gourmet kitchen with custom wood cabinets, granite counters & Jenn-air cook top & grill opens to dining room & family room with gas fireplace. Large Bonus Room with kitchen on top floor. 2 large master suites with luxury baths. 2 laundry rooms. Gunite pool with spa. Convenient mid-island location. $2,385,000

James Wedgeworth 843.384.7825
www.JamesWedgeworth.com

CharterOne Realty



8 Everglade Place

Award-winning new home is a masterful combination of luxury design, rare craftsmanship & ultimate privacy. Live in the beauty of endless marsh to sky views, & the quiet peacefulness of a gated community. 3 levels provide up to 6 car storage, 3 stop elevator, main level master suite & entertaining spaces, top level guest suites & secondary living spaces. Outdoor areas feature an all weather room outfitted with kitchen, bath & gas fireplace, sun deck & gas fire pit overlooking the marsh. $3,600,000

Eric & Hillary Dollenberg 843.816.6489
www.EricDollenberg.com

Carolina Realty Group



1418 South Beach Villa, Sea Pines

Oceanfront villa rebuilt new in 2008. Improvements to the original floor plan allowed a larger kitchen, wide open living area, 4 bedrooms and 4 full baths, laundry room, re-positioned stairway, vaulted master ceiling and more. Lovely furnishings, designer selected interior colors, cabinets, counter tops, light fixtures, etc. Wood flooring in all public areas. Ipe decks. Outdoor shower. Sprinkler system. Concrete floors under building offer tons of storage. $1,299,000 Furnished

Linda Frank 843.422.6230
www.wesellseapines.com

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advertiser index

Alexander's Restaurant & Wine Bar 87
American Wood Reface 105
Anderson Kenney Fine Art 137
Arlene Williams Kitchen Design 109
Ben Ham Images 9
Berkeley Hall Club 107
Beverly Serral Properties 23
Billy Wood Appliance 13
Birdie James 125
Bishop Eye Associates 31
Budget Blinds 57
Buona Terra Woodworks 109
Camellia Art 45
Charlie's L'etoile Verte 83
Clark, Cramer & Frank
Sea Pines Real Estate South Beach 155
Closets by Design 103
Coastal Plains Insurance 39
Coastal States Wealth Management
of Raymond James 52
Coastal Treasures 130
Cocoon 135
Colleton River 123
Community Foundation of the Lowcountry . .113
Copper Penny 151
Cross Schools 127
Distinctive Granite & Marble 5
Dividend Assets Capital 49
Dr. Bonnie Rothwell 33
Eyeland Optique 133
Eric & Hillary Dollenberg 2, 3
Farmers Market of Bluffton 71
Floors To Go by High Tide 79
Forsythe Jewelers . . . . . Back Cover
Gifted 141
Gigi's Boutique 151
Hargray 17
Haskins & Co 85
Healthy Habit 7
Hilton Head Choral Society 138
Hilton Head Christian Academy 115
Hilton Head Dermatology - Dr. Bundy 25
Hilton Head Exterminators 152
Hilton Head Humane Association 150
Hilton Head Plastic Surgery and MedSpa . . 30
Hilton Head Preparatory School 154
Hilton Head Properties Realty & Rentals . . 135
Hilton Head Symphony Orchestra
& International Piano Competition 147
Howard Family Dental 127
Hudson's Seafood House on the Docks . . . 75
Island Child 139
Island Lavender Market 89
J Banks Design Group 27
Kelly Caron Designs 99
Knickers 77
KPM Flooring 4
KT Tours 117
Latitude Margaritaville 29
Le Cookery 69
Lean Ensemble Theater 154
Lowcountry Mercantile 153
LUX ~ A Medical Spa 14
Michael Anthony's Cucina Italiana 83
Moss Creek 55
Oak Advisors 51
Old Oyster Factory . . . . . Inside Back Cover
Oldfield 121
Orangetheory 57
Outside Hilton Head . . . . Inside Front Cover, 1
Palmetto Bay SunRise Cafe 85
Palmetto Bluff 15
Palmettoes 28
Plantation Interiors 35
Polaris Capital Advisors 41
Pretty Papers & Gifts 16
Pyramids 73
RBC Heritage 145
Red Fish 11
Robert Rommel Photography 129
Roller's Spirits, Wine & Cheese 89
S.M. Bradford Co 140
Shop!. 139
Signature Closets of the Low Country . . . 105
Spartina 449 65
Spring Island 119
Sprout Momma 71
Stoneworks 101
Susan Ochsner
Sea Pines Real Estate at the Beach Club . . . 37
The Back Door 6
The Cypress of Hilton Head 143
The Pearl Kitchen + Bar 81
The Red Piano Gallery 21
The Salty Dog 91
The Vacation Company 111
Tito's Handmade Vodka 93
WaterWalk at Shelter Cove Towne Centre . .131
Wells Fargo Advisors - Gary Bezilla 53
Wexford Plantation Charitable Foundation . 149
Windmill Harbour 43
Women's Financial Network 51

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OLD(FIELD) FRIENDS
Pictured, from left: Deb Shamyer, Dan Lorenz, Tim Rice, Elise Rice, Lisa Ghessie, Augie Ghessie, Diane Gawronski, Ed Gawronski, Nick Smilari and Sue Smilari

©PHOTOS BY LISA STAFF

1732 Rye Whiskey Manhattans



INGREDIENTS
3 parts rye whiskey
1 part vermouth
Orange wedges
Orange rind, for garnish
Cherries, for garnish

DIRECTIONS [1] Chill martini glasses. Muddle an orange wedge in the bottom of a shaker. **[2]** Fill the shaker 3/4 with ice cubes, then add 3 parts rye whiskey and 1 part vermouth. **[3]** Shake well for 20 seconds and pour into chilled martini glasses. Garnish with an orange rind and cherries. Nick uses the muddled orange wedge in place of bitters.

MORE ONLINE
Find more photos from this porch party and many great **porch party recipe ideas** online at LocalLifeSC.com.

Greener pastures found

Nick and Sue Smilari were eager to leave the hustle and bustle of northern Virginia, so they purchased a quiet plot of land in Oldfield to build their dream home. They moved to the Lowcountry as soon as it was completed in 2007.

"We couldn't wait to get away from the crowds and traffic," Nick said. "Even though it has gotten busier in the Lowcountry over the past 11 years, it's still a far cry from that craziness up north."

Nick, a retired marketing executive with Exxon Mobil, and Sue, a retired medical assistant, chose Oldfield for its beauty and amenities. The private community offers golf, tennis, hunting, fishing, boating and equestrian. There is also a book club, nature programs, an Outfitters Center and nearly 10 miles of nature trails through maritime and hardwood forests.

"We love it here in Oldfield and life in the Lowcountry," Sue said. "It is our paradise."

One of the many unique features of the Smilaris' home is the family room, which flows out sliding glass doors onto a tiled porch. It's the perfect place to entertain family and friends.

"We gather around the fireplace for morning coffee, nightly cocktails or making s'mores for the grandkids," Nick said. "It's also a great spot to quietly read by the fireplace and watch nature go by, or check out the golfers' skills on the course."

The Smilaris recently used the space to host a porch party for few Oldfield friends. Guests were served a roasted vegetable medley, a fruit and cheese board and sipped on rye whiskey Manhattans.

We close this "Green" issue with a recipe for that tasty red cocktail. Don't forget to stop, sit and drink it in every now and then. Local life is good! *LL*

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