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the team

WHAT IS YOUR FAVORITE THING TO GROW?

"I have a high-yielding Meyer lemon tree and grapefruit tree. Love to grow as many herbs as possible. Makes cooking more fun." **- LORI**



"Blueberries. We eat them straight off the bush." **- LANCE**



"My tequila collection." **- JEREMY**



"Tomatoes." **- CHARLES**



"Unfortunately, no green thumb here." **- ASHLAN**



"I wish I could grow a banana tree." **- MADDIE**



"Hydrangeas." **- MELISSA**



"My salsa garden goodies! Tomato, cilantro and jalapeño." **- REBECCA**



"Herbs for cooking with." **- LISA**



"More hair." **- BRUCE**



"Tomatoes, for home-grown tomato sandwiches, BLTs and salads." **- LEAH**

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ADVANCED CANCER CARE NOW AVAILABLE IN THE LOW COUNTRY

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St. Joseph's/Candler's new regional medical campus in Bluffton provides breakthrough cancer care in a warm, inviting and clinically-advanced setting. Here, access, convenience and unsurpassed medical technology combine to create an unparalleled patient experience.

Centrally located in Buckwalter Place, phase one of the new medical campus emphasizes high-tech cancer care with a significant expansion of both medical and radiation oncology services.

Leading-edge technology like the PET-CT for precision diagnostic imaging, the Varian True Beam linear accelerator for pin-point radiation treatments, and state-of the art infusion therapy virtually eliminates the need for cancer patients to travel to Savannah.

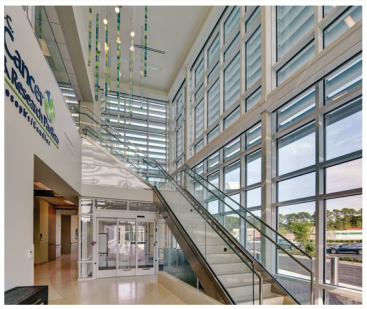
Upon completion, Phase Two of the new campus will ultimately expand primary care, specialty care, imaging services, and other vital medical services — all backed by the commitment and expertise of region's leading healthcare provider.

It's just one more way that St. Joseph's/Candler's continues to better serve the needs of Low Country residents, helping everyone live smarter and healthier lives.

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March features

The Farming Issue

Locally grown food tastes better, is better for you and supports the local economy. This hearty issue is dedicated to our many family farms, the bounty they produce and the positive impact they have on the Lowcountry. We hope you dig it!



©MICHAEL HRIZUK

SISTER ACT Three Sisters Farm is a USDA certified organic farm operated by sisters Beth Lee, Mary Connor and Priscilla Coleman in the Pinckney Colony community of Bluffton. The farm grows a wide variety of vegetables, berries, herbs, flowers, sugarcane, indigo and mushrooms. Learn more about the farm and many other small family farms on **page 88**.

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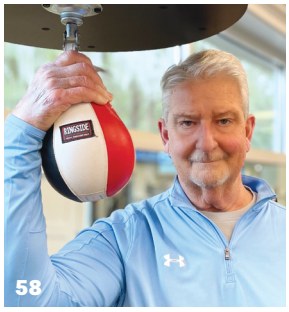
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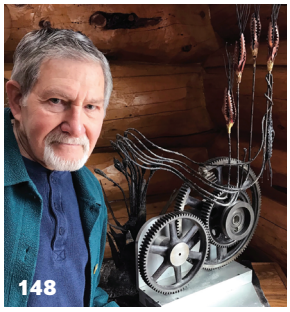


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Still growing strong

Family farms reconnect us with the Lowcountry's agricultural roots.



©LISA STAFF

E-I-E-I-O Publisher Lori Goodridge-Cribb is shown with a chicken and two goats from her sister Debi's backyard farm on the South End of Hilton Head Island. It's like a zoo over there!

Long before developers arrived in the 1950s, Hilton Head was an isolated island. For decades, Gullah families survived by hunting, fishing, raising livestock and growing produce on small farms.

While there isn't as much farming happening on Hilton Head these days, the Lowcountry's agricultural heritage lives on through many family farms operating in Beaufort, Jasper, Hampton, Colleton and Charleston counties.

I love spending time in my garden. To me, locally grown food tastes better and is better for you. Eating local also supports the local economy, benefits the local environment and promotes a safer food supply. With spring on the horizon, we felt it was the perfect time to write a love letter to our fantastic farmers and recognize the positive impact they have always had on our communities.

We dig in with locals who work the land, harvest the crops and sow the seeds for future generations. We identify many of the best local farms and share where you can find their sought-after produce and products.

We inspire you to cultivate your inner farmer with all types of growing tips and advice (did you know we can grow guava, bananas and a host of other tropical fruits here?). If you aspire to improve your gardening game, our local Clemson Cooperative Extension is here to help.

We encourage you to add some local flavor to your meals with recipes made with local ingredients. We also have useful articles for making better bacon and cooking the right way with radishes, an underrated root vegetable with a bit of kick.

We offer a behind-the-scenes look at Nectar Farm Kitchen, the cool new country-style farmhouse restaurant that sources its food from the fields, farms and forests of the Lowcountry.

Give your home a touch of farmhouse flair with decorative ladders, iron accents, farm art and more. Don't have a cow, just add some barn doors! We also share little-known farm facts (cows know their names) and uncover the therapeutic benefits of farm animal pets (fainting goats are the best!).

We feel it's our freshest issue yet and hope it plants a seed. Have a great spring!

"It is only the farmer who faithfully plants seeds in the Spring, who reaps a harvest in the Autumn."
- B.C. FORBES

LORI GOODRIDGE-CRIBB
PUBLISHER
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ETERNALLY GRAPEFRUIT

I get so much pleasure eating from my gardens and citrus trees. I have had great luck growing pink grapefruit. They taste great and are super healthy. In addition to drinking, you can also use the juice for:

Scenting your home
(mix juice and water and simmer on the stove)

Scenting your laundry
(mist with juice and water mix)

Keeping animals away from things
(cats hate citrus scents)

Exfoliating your skin
(mix juice with sugar and olive oil)



ON ISLAND TIME Have you seen the LOCAL Life Jeep around town? This month, we rolled up next to ***Eric Moret*** and ***Dru Brown*** of Island Time Hilton Head. They can help with your vacation home rental needs.

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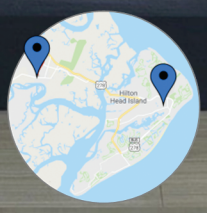
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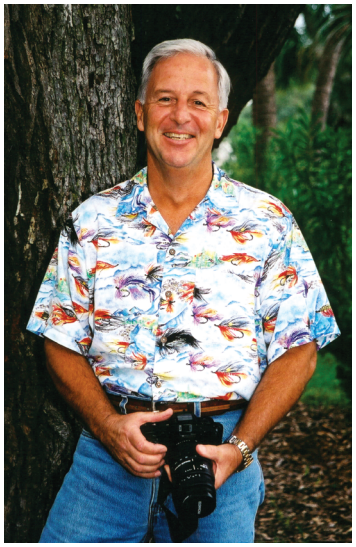
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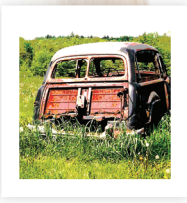
contributors

MEET OUR WRITERS + PHOTOGRAPHERS + PEOPLE BEHIND THE SCENES



Art Cornell *Artist, poet*





OTHER CREDS: Created several companies with my wife, Marcia. After retiring, I became a full-time artist and author of four poetry books. I teach at the Art Academy and am an art mentor at Memory Matters. artbyartcornell.com
FOR THIS ISSUE: "Old Ford" poem with image of Woody Wagon I photographed in a farmer's field in Maine.
HOMETOWN: Summit, N.J.
CURRENT HOME: Hilton Head Island
LOCAL SINCE: 1996
HOBBIES: Art, writing, photography, reading, philosophy, fishing, gardening, antique cars and cooking.
WHAT DO YOU GROW?: I've always had a small garden and now grow herbs, oranges and lemons when the planets are aligned.
FAVORITE FARM ANIMAL: ***Goat*** – eats anything, keeps grass mowed, and you can milk it.
WHAT'S HIGH ON YOUR BUCKET LIST? No bucket. My wish is always to be a better self, husband, father, granddad, artist and, finally, to catch a 5-pound small-mouth bass in Maine.

Lucy Elam *Writer*



OTHER CREDS: Studied journalism at the American University of Paris and current journalism student at Georgia Southern University. Completed a three-month primitive backpacking trip in the Sonoran desert of Arizona. Can make fire with sticks and change a car tire.
FOR THIS ISSUE: Frequent flyers, Locally grown, Stars Fell on Carolina
HOMETOWN: Savannah
CURRENT HOME: Hilton Head Island **LOCAL SINCE:** January
HOBBIES: Leather-working, shrinky-dinking, fire-staff spinning, ukulele strumming and anything involving my dogs!
WHAT DO YOU GROW?: I have several succulents that have miraculously pulled through, no matter how often I neglect them.
FAVORITE FARM ANIMAL: ***Chickens*** will always have a special place in my heart, ever since we got our first two Rhode Island Reds, Cosette and Tandoori.



WHAT'S HIGH ON YOUR BUCKET LIST?
I love hiking, camping, and spending time outdoors with my dogs, so I would love to visit every single national park.

The ones who make the wheels go 'round ...

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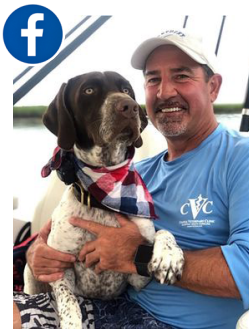
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About the Cover

Local fine art photographer ***Marge Agin*** *discovered the barn on our cover while traveling through the South for her beautiful photography book, "What It Means to be Here." While trying to get the perfect shot of the old barn, Marge accidentally ran over her wide-angle zoom lens with her car. "Miracle of miracles, the camera survived!," she said. Here is "Red," shown in its unedited state. Find more of Agin's stunning work at margeagin.com.*





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Lavender fields forever

With lavender fields on Warsaw Island just outside of Beaufort, ***Island Lavender*** on Bay Street is true to its name. Its flagship location in Wisconsin is also on an island — Washington Island in Lake Michigan. Chicago natives Scott Sonoc and Marsha Williams started out with their first lavender fields in Wisconsin in 2013 and have since extended their reach South. In 2019, Island Lavender planted 5,000 plants to figure out which strains will grow best here in the Lowcountry. So far they are testing out French, Spanish, and Portuguese varieties here. The lavender is either dried and used when it produces a bud, or it is harvested for its oil a bit later when it is in full flower. Once processed, it can be made into over 200 products, including Island Lavender's Rose Fragrance Oil. Its soft and lovely fragrance make a distinctive and unique perfume. You can also use it to scent your bath.

Locally grown

FIVE PRODUCTS MADE FROM INGREDIENTS GROWN IN THE LOWCOUNTRY.

STORY BY LUCY ELAM

The Lowcountry is the kind of place that isn't hard to love. It isn't hard to feel right at home, and it isn't hard to grow your roots deep and flourish. It has a lot to offer. Some people are taking advantage of that by sourcing their ingredients and fashioning their products right in the place that they call home. This allows them to cultivate their business, and their community, at the same time. For the farming issue, we highlight ***five products made by local operations*** that are growing their businesses right in their backyard.

Un-bee-lievable

You might not be familiar with mead, but this honey-made wine is produced at South Carolina's first-ever production meadery, ***Bee-Town Mead & Cider*** in Bluffton. Its semi-sweet mead is made with local Chinese tallow honey sourced in northern Beaufort County. The commercial beekeeper places his hives on the Chinese Tallow (aka "popcorn tree") during the flowering phase of the tree in order for the bees to collect the honey nectar. He then takes the hives to extract the raw honey. Bee-Town purchases the honey in 60-pound pails and uses about 11-12 pails for each batch of mead. The honey is what produces the alcohol in mead. Once in the facility on May River Road, the honey is mixed with water and yeast and allowed to ferment. The finished product is then filtered and stabilized. A small amount of Chinese Tallow honey is added back to the finished mead for a touch of sweetness.



Oh my gourd-ness

It's pretty hard to imagine using a vegetable to soap up in the shower, but that is one of the many uses of the luffa (or loufa or loofa). ***Sheldon Luffa*** grows these sponge gourds in Beaufort. Botanically related to the cucumber, luffa produces a fruit that contains a fibrous vascular system and grows on an annual climbing vine. It can be used as a sponge, packing material and even a filter. As a bath sponge, its exfoliating texture induces blood circulation on the skin that is credited with relief for rheumatic and arthritic sufferers. You can even use it as a vegetable scrubber. Luffa sponges can be cleaned in the washing machine or dishwasher. Luffa is environmentally safe, biodegradable and a renewable resource.



Vine and dandy

For over a century, ***Seaside Grown*** on St. Helena Island has been in the business of tomatoes. Six generations ago, Gus Sanders started Seaside Farm, discovering that the tomatoes grew best in the warm soil right by the water's edge. Today his family continues his legacy, shipping up to 24 million pounds of tomatoes in one month. Ross Taylor, a descendent of Sanders, expanded that legacy even further when he had the idea to find a use for the 20 percent of tomatoes that ripen on the vine and therefore can't be shipped. The Bloody Mary Mix was born. With fresh-off-the-farm, family grown tomatoes infused with an assortment of traditional Lowcountry spices, this bloody Mary mix comes with a QR code that allows you to take a virtual tour of the exact field where the tomatoes were grown. You can even find out the exact date that they were picked. It doesn't get any fresher than that!



You've goat to be kidding me

The operations at ***Sheldon Family Farm and Dairy*** are truly a family affair. Led by Mark and Sharon Mansell, it's all hands on deck as everyone pitches in to care for the critters on their 5-acre mini-farm. Their goats and cows provide milk that is used in a full range of all-natural, hand-crafted products with no parabens or sulfates. This family farm in Seabrook strives to be self-sustaining while also devoting the utmost care and expertise while crafting their soaps, lotions, shampoos, and other products. Their goat milk soaps are made with hand-milked goat's milk and essential oils for a gentle cleanser that is great for people with eczema and psoriasis. Their rosemary lemon goat milk soap is perfect for spring with refreshing lemon and exfoliating rosemary. It can be used as a whole-body bar, including a face soap, or as a disinfectant in the kitchen.

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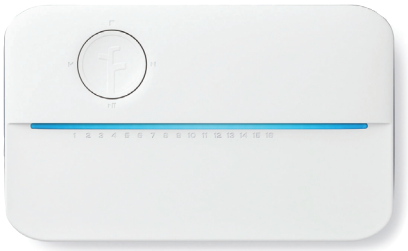
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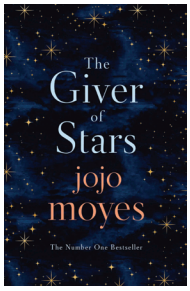
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THE GIVER OF STARS

BY JOJO MOYES

Alice marries a handsome American to escape her boring life in England, but her dream of moving to the exciting USA turns out to be rural Kentucky during the Depression. Life with her uptight husband and controlling father-in-law is unbearable, until she signs on with the pack-horse librarians, part of Eleanor Roosevelt's Works Progress Administration's (WPA) Pack Horse Library initiative established to bring books and magazines to poor and isolated parts of Western Kentucky. This group of women face danger and uplifting humanity, while forming a tremendous bond with each other and their trusty mules.



THE LIBRARIAN OF AUSCHWITZ

BY ANTONIO ITURBE

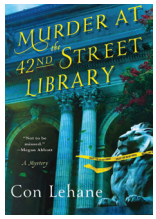
An exceptional tale of bravery and hope. Fourteen-year-old Dita, along with her parents, are some of the many imprisoned by the Nazis at Auschwitz. She discovers there is a secret library that attempts to bring some joy to the children of the camp. The discovery of the library, and the possession of the smuggled books would mean instant death to those involved if discovered, yet Dita agrees to take charge of the books and become the librarian of Auschwitz. Based on the experience of real-life Auschwitz prisoner Dita Kraus, an incredible story of a young girl who takes a stand in order to preserve the magic of books during the Holocaust.



THE MIDNIGHT LIBRARY

BY MATT HAIG

What if there were a book that tells you how different your life could have been if you made a different choice at any point in your life? In Haig's enchanting novel, there is a library on the edge of the universe that holds books with alternate stories of the same life. Main character Nora is faced with the decision of changing her life for a new one. A series of bad events lead Nora to attempt suicide. She wakes in an alternate universe, the Midnight Library, with a chance to go back and make different choices in her life. But what may be better in one way may greatly lack in another. What if you could live a different life than the one you have? Would you? A heartwarming story that takes its character from dark despair to a place of love and healing.



MURDER AT THE 42ND STREET LIBRARY BY CON LEHANE

Raymond Ambler is a curator of the special collection of crime fiction at 42nd Street research library in Manhattan. He also finds himself reluctantly drawn into real life mysteries, like the murder that happens right at the library. Lehane weaves a tale of interconnected characters, to each other and the library, that spins wildly and at a speed where no one knows where the danger is coming from or who may be next. Each character is flawed. Some you root for, others you want to murder yourself just for being such bad parents/spouses/human beings. A true who-done-it where the past catches up to those with a debt to pay.



Books librarians are reading

The HHI Branch Library staff is shown with books they're now reading:

"The Scorpio Races" by Maggie Stiefvater
"The Beekeeper's Apprentice" by Laurie R King
"A Week at the Shore: A Novel" by Barbara Delinsky
"The Wedding Dress" by Danielle Steel
"Library Lion" by Michelle Knudsen
"The Book Woman of Troublesome Creek" by Kim Michele Richardson
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MORE ABOUT ANNA

Colors: Red and white
Age: 3 years old
Likes: Sqeaky toys, play time and running.
"I never understood the point of toys that don't sqeak. I mean how else am I supposed to let everyone know I want to play?" ***— Anna***
Dislikes: Missing cuddle time and taking selfies.
"I'll admit I get a bit camera shy at first, but I just can't figure out how to pose. I've got the smile down, but never know what to do with my ears!" ***— Anna***
Adopt her: Due to the pandemic, all Hilton Head Humane Association adoptions are by appointment only. Call 843-681-8686 or visit hhhumane.org.

Official Mensa® Challenge

Answers are available on LocalLifeSC.com/Mensa

1. A variation on a proverb is coiled in the grid on the right. To spell it out, start with an "I" and move to the adjacent letter in any direction. All letters will be used exactly once. ***Hint:*** *The enumeration - that is the number of letters in each word, plus punctuation - is (2 2 5 3 3'1 7,3 9 9).*

2. What two six-letter words that are anagrams of each other can be used to complete the sentence below? After colliding on their downhill run, the two _ _ _ _ _ _ got into a huge brawl and one smacked the other right in the _ _ _ _ _ _.

3. What number is one more than one-fifth of one-half of one-half of 1,000?

4. Fill in the blanks to complete the word. T _ E _ L _ G _ C _ L _ Y

5. Allan is twice as old as Gloria was three years ago. In three years, Gloria will be as old as Allan is now. How old are Allan and Gloria now?

1.

D	G	N	H	R	T	S	T	N	I	F
I	F	I	T	Y	D	U	O	D	R	T
F	E	R	E	S	E	C	O	U	S	A
T	N	E	M	O	E	C	Y	T	F	I



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[LAST MONTH'S ANSWERS]

1. *UNCHARACTERISTIC* ***2.*** *allowed, aloud; bald, bawled; cell, sell; fair, fare* ***3.*** *Z (HAZARD, ZEALOUS, LIZARD, ZEALOT)* ***4.*** *DISCRETION*
5. *$20 (The total value of one penny, one nickel, one dime and one quarter is 41¢. $8.20 ÷ $0.41 = 20. Therefore, there are 20 of each coin in the piggy bank.)*

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Nonprofit Spotlight

Marshview Community Organic Farm

MISSION

To work with young farmers to develop skills in the areas of self-sufficiency, problem-solving, constructive communication, team-building and entrepreneurship. To produce future farmers of the Lowcountry, equipped with the educational expertise, knowledge and experiences to be stewards of the land and leaders in our community while increasing the amount of organic, nutritious food sources in the community of St. Helena.



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FUTURE FARMERS Marshview Community Organic Farm on Saint Helena Island focuses on training and promoting sustainable agriculture, traditional Gullah-style cooking, eating and planting in season, healthy eating habits and character development.

HISTORY

Marshview Community Organic Farm is a five-acre farm and nonprofit located on Saint Helena Island. The farm's origins grew out of a youth-run community beautification project started in May 2004, becoming the first certified organic farm on Saint Helena in 2007.

WHOM IT HELPS

All aspects of the farm are managed by the ***Young Farmers of the Lowcountry*** with adult advisors. These young farmers range in age from 10 to 18 and manage the farm from seed to harvest. They work after school and weekends to cultivate the land, plant seeds, nurture seedlings, plant the garden, weed, maintain and harvest the crops.

HOW TO HELP

Marshview Community Organic Farm relies solely on the generosity of its donors to keep its important work and farm moving forward. Make a fully tax deductible donation at marshviewcommunityorganicfarm.com.

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LETTER TO THE EDITOR
LOCAL Life asked ***Leslie Whitener*** to share her thoughts on what it means to be local. Whitener is the new harbormaster at the Harbour Town Yacht Basin. LOCAL Life welcomes letters to the editor and comments to our website. **Write to info@wearelocallife.com.**

What makes it local



adjective. lo·cal | lō-kəl

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

I feel like I am on my vacation, even when I'm working

BY LESLIE WHITENER + PHOTO BY ROB TIPTON

As a native South Carolinian growing up in Newberry, I developed an early love for boats, fishing and being out on the water. I'm truly blessed to have carved out a career where I'm paid for being around it every day.

A friend of mine encouraged me to come to Hilton Head Island after I graduated from Newberry College in 1983. Following an initial job with a catering company, I was hired as a dock hand at the Harbour Town Yacht Basin. I did a little bit of everything — from pumping fuel to docking boats to emptying trash. I started out at the bottom and 37 years later, I've now worked my way to the top as harbormaster!



LOCAL SINCE 1983 Leslie Whitener is the new harbormaster at the Harbour Town Yacht Basin, replacing Nancy Cappelmann who recently retired. Prior to her promotion, she served in many capacities at the Harbour, including assistant harbormaster for nearly 30 years.

I'm so fortunate to have worked closely with my best friend, Nancy Cappelmann. We were a great tag team together, and I wish her nothing but the best in her retirement. Now I'm the harbormaster and creating a new team, with seasoned veterans and some newbies, too. I'm so appreciative that The Sea Pines Resort has given me this opportunity to pursue each and every day.

I love everything about this Island; in fact, I still feel like I'm on vacation even when I'm at work. We have the coolest little marina on the East Coast, and our customer service is tops.

The staff and I couldn't be busier, as the marina has been packed since May. We're almost sold out through March 2021, where normally we'd be at 70 percent. But sales have gone through the roof since the pandemic started as people quickly figured there isn't any better way to social distance than being out on the water. We've seen our regular customers, for sure, but a lot of new people as well. Fuel sales and occupancy rates have never been like they are now.

Looking ahead, we all can't wait for the 2021 RBC Heritage golf tournament in mid-April and hope spectators will be allowed to return. As the only marina that is adjacent to a course hosting a PGA Tour event, it is always just a fun, crazy week here. This place just rocks, as it's the ultimate opportunity for people to entertain and network.

I'm often asked about some of the most memorable things I've seen during my long tenure here. While there are so many positive moments, it's hard for any of us to forget Hurricane Matthew in October 2016. The Island hadn't experienced a direct hit since the late 1800s, but Matthew ripped us apart. Hard to believe we didn't have any boat damage, but 60 percent of our docks were destroyed. We were able to pull together and rebuild, however — a true community effort.

We're so fortunate to work and live here, and we absolutely love catching up with our regulars — hearing their latest adventures and finding out who has a new boat, a new child, a new dog, and even a new husband or wife! Whether we've known them for decades or they're brand new, we are happy to welcome everyone here, show them our true Southern hospitality, our unparalleled customer service, and the sheer beauty of the area. Once you're here, you'll definitely fall in love with the area.

And just how lucky is that little girl who grew up around boats and is now harbormaster? Well, stop by and see me sometime: The views from my office are absolutely the best on Hilton Head Island! LL



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

From small seeds

THE LOWCOUNTRY RETURNS TO ITS AGRICULTURAL ROOTS.

STORY BY BARRY KAUFMAN
PHOTOGRAPHY BY LISA STAFF

It may be hard to look around at the modern Lowcountry and envision it as anything other than a wonderland of golf, tennis and outdoor pursuits. After all, for most of us this has always been an open-air playground, courting visitors from around the globe and providing the ultimate lifestyle for those of us lucky enough to call it home.

But on a long enough timeline, what we think of as the Lowcountry is really just a blip at the end of an unbroken chain of agriculture rolling backwards through the centuries. The native Americans planted their crops here, moving with the seasons. The plantations of the antebellum South built their fortunes on the fertility of the grounds. And for generations after, those who had worked the plantations in bondage found freedom in the self-sufficiency they coaxed from the soil.

There is history in our soil. ***And here you'll meet three locals keeping that history alive.***



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Joe McDomick

PLANTING SEEDS FOR FUTURE FARMERS

At the core of what farmers do, indeed at the core of what farmers have always done since the dawn of agriculture, is plant seeds. From the first person who dared dream that they could cultivate nature's bounty to the family farmers who feed us today, it all starts with a seed and faith that what grows from that seed will bear nourishment.

Joe McDormick is a planter of seeds, both in the literal sense – he maintains a small garden at his home with enough greens, corn, peas, squash and okra for the family – and in the figurative sense. He planted the first of those figurative seeds after graduating from Southern University and traveling with the Peace Corps to Brazil to help train leaders and organizers in the then-developing world.

His next plot was seeded in 1964, when he arrived at the Penn Center as an organizer, helping people get registered to vote, driving them to the polls, organizing running water to areas surrounding St. Helena Island and giving area parents options for day care. From these seeds grew a greater sense of community around Penn Center.

But in the 1980s, his literal and figurative seed planting came together. A program called Black Land Services was established to seek answers as to why the black community was losing so much land and what could be done. The answer turned out to be farming.

"We organized co-ops at Penn Center, just trying to keep people involved in farming," he said. "We figured if we keep people farming, they would keep the land that way. If you stop farming, you stop being able to pay the taxes, and the land ends up being sold. The longer we could





LOCAL SINCE 1964 Joe McDomick is president of the Gullah Farmers Cooperative Association. He has a long history of doing good in the Lowcountry, working with the Penn Center for 30 years and serving as magistrate of St. Helena Island from 1980 to 2006.

keep farming, the more we had a shot at keeping the land."

What had started with a few farmers selling their wares out of the back of pickup trucks parked in downtown Beaufort, mobilized into a 17-farm strong coalition called the Gullah Farmers Cooperative. "Most of the people were already farming. Some were growing on small farms, but the reason they had small farms was they had nowhere to sell this stuff. We're just trying to find an outlet for them," said McDomick.

The cooperative began working with area schools to provide fresh produce, using combined resources to buy machines to wash, chop and package produce. The operation grew and flourished, as most seedlings do, until it needed to be transplanted to a larger spot. This past year, the cooperative was given a new facility that members hope to have operational soon.

"We're hoping around March or April to be operating out of our own building," he said. "The idea is to keep farming and growing produce, and provide outlets for farmers to sell their produce when they grow it. And if we can do that, we can keep the land in the family."



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If there is one thing that this past year or so has taught us, it's that there's nothing like being self-sufficient. As pandemic-related closures shut down production at factory farms, hobbling the nation's food supply, many of us were given a wake-up call. We've become so used to the food we need to live simply being there, waiting for us on the grocery store shelves, that we've lost sight of how fragile the system is that supplies it. In waking up to that, we've realized the importance of small, local farmers.

It was a lesson that Pamela McClure already knew. Her husband, Chad, had come from a family of avid gardeners, and when the couple lived outside of Augusta, Georgia, they had maintained their own food supply. "We had an acre in the middle of downtown with a mini-farm," she said. "We grew everything from tomatoes and collards to fruits and vegetables. When you add in the bounty from hunting and fishing, we were self-sustaining."

Beyond simply living off of the land, McClure wanted to instill that respect for the land in others. "We really wanted to be part of a local food movement and connect people with local farmers, but we worked full time," she said. "When I became pregnant with my second child, I began exploring different options for how to teach people, especially kids, about where food comes from."

A job-related move to Beaufort saw the family downsize to a tenth of an acre, which effectively put the kibosh on traditional farming until they found a home





LOCAL SINCE 2013 Pamela McClure is the owner of Lowcountry Mushrooms and Microgreens. When she's not mushroom farming in her basement, she enjoys gardening, fishing, hunting, running and reading.

with all the farmland they need – in the basement. When the pandemic started throttling food supplies, McClure saw her chance.

"On the national scale, it was pretty scary with food shortages," she said. "It brought us back to that — how do we teach our boys to be self-sustainable? How do we teach them to love agriculture, aquaponics, hydroponics, urban farming?"

As an answer, she set up a fully functional mushroom-growing operation in her basement. Dubbing her new venture Lowcountry Mushrooms and Microgreens, she set out to teach her sons, Charles and William, the value of being self-sufficient. Three greenhouses now fill her basement, growing everything from oyster mushrooms to more exotic types like chestnut mushrooms in a temperature-controlled clean zone.

"We don't grow regular button mushrooms. It's just about bringing in different flavors and textures and hopefully getting people to eat more mushrooms," she said. "That's our goal, to get people excited to add this very healthy food to their daily diet. It's not just portobello and cremini and button. There's a whole world of fungus."

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B.J. Dennis

INSPIRING THE NEXT GENERATION OF GULLAH FARMERS

There are certain aspects of farming that, at times, seem like a miracle. You place a small seed in the ground, care for it as well as you can, and somehow that one seed becomes a mighty plant with the power to sustain life. Certainly, on an intellectual level we all understand the scientific processes at play, but all of us on some level still view it like some form of magic.

With all due respect to farmers, however, the real magic is what you do with that plant once it's harvested.

For the Gullah people who have worked this land for centuries, that magic lies in the hearty succulence of okra soup, the creaminess of Carolina gold rice or the blissful tenderness of collards slow cooked in a stew. Theirs is a cultural legacy of transforming the fruits of the earth into transcendent cuisine, and it's one that B.J. Dennis works every day to carry on.

"I'm trying to Inspire the next generation of Gullah farmers," he said.

On a practical level, his work as culinary director for Lowcountry Fresh Market and Café in Bluffton gives him direct access to Gullah farmers. He not only provides a valuable venue through which farmers can sell their wares, he also lends them his expertise.

"It's not just how can I help the farmers in the sense of buying the product, but how can we go to the farmer and start putting products together not just for Lowcountry Fresh Market, but in stores across the region?" he said. "Working with them to help them maximize what they have was big to me, because I'm closer and I can give them my thoughts. 'You're giving us vegetables; when are you going to start packaging and distributing across the country?'"





LIFETIME LOCAL B.J. Dennis is an award-winning chef, Gullah cultural bearer and is the culinary director of Lowcountry Fresh, a new market coming to Bluffton. He was born and raised in Charleston.

Growing up in Charleston in a Gullah family, Dennis was exposed to his culture's culinary traditions through his mother's cooking. "I have two sisters, but Mama told me I was the only one who would ask questions in the kitchen," he said.

He worked his way through the kitchens of a Charleston culinary scene that was then in its infancy, before taking a sojourn to the Virgin Islands in 2004 that changed everything.

"It was the culture. We have such a similar culture, because it all goes back to the West Indies," he said. "A lot of the time they would know about us. I'd say I'm from Charleston and they'd say 'Oh, you're one of those Gullah people.'"

Working alongside a chef there, Dennis learned more about the culinary roots of Gullah cuisine as they had been translated into the West Indian culture. "They are unapologetic about the culture there. I definitely came back to Charleston with more appreciation for the culture here."

He came back to a restaurant scene that was just making its mark on the world. "During the four years I was gone, it entered the new golden age of Charleston cuisine before it became PR-driven and overrun by folks from all over," he said. "You had that one glimmer of time where you had the renaissance in farming and produce and old seeds. I just wanted to represent Gullah culture because it gave Charleston its backbone, even if it never got its just due. I wanted to see that represented through the restaurant scene." *LL*

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CELEBRITY CONNECTION

Stars Fell on Carolina

THE STAR OF THE RECENTLY RELEASED ROMANTIC COMEDY, 'STARS FELL ON ALABAMA,' GIVES US THE INSIDE SCOOP ON FILMING IN BEAUFORT.

STORY BY LUCY ELAM

Hollywood descended on Beaufort in late 2019 to make the Lowcountry city the backdrop for the recently released indie romantic comedy, *Stars Fell on Alabama*. The first feature film to come to the town in 20 years, *Stars Fell on Alabama* showcased all of Beaufort (renamed Willow Valley in the movie), filming along Bay Street, at Beaufort Academy and the Beaufort Inn, to name a few. With the recent release of the movie, LOCAL Life interviewed one of the stars to talk about her experiences filming in the Lowcountry.



Directed by V. W. Scheich, *Stars Fell on Alabama* tells the story of Madison Belle (Ciara Hanna), a Hollywood actress on the brink of making it big, who agrees to play the girlfriend of her successful agent, Bryce Dixon (James Maslow), at his 15-year high school reunion in his Alabama hometown, Willow Valley.

For ***Ciara Hanna***, a California native who has worked on projects like the Nickelodeon show *Power Rangers: Megaforce*, and the supernatural horror movie, *Pernicious*, the film was a big



IN ON THE ACT Ciara Hanna grew up in Orange, Calif., and started acting at age 8. She is known for playing the roles of Gia Moran in *Power Rangers Megaforce* and Nicole Parker in *Blood Lake: Attack of the Killer Lampreys*.



MODEL BEHAVIOR Ciara finds peace and therapy through painting and poetry. In 2009, she was a semifinalist on America's Next Top Model.

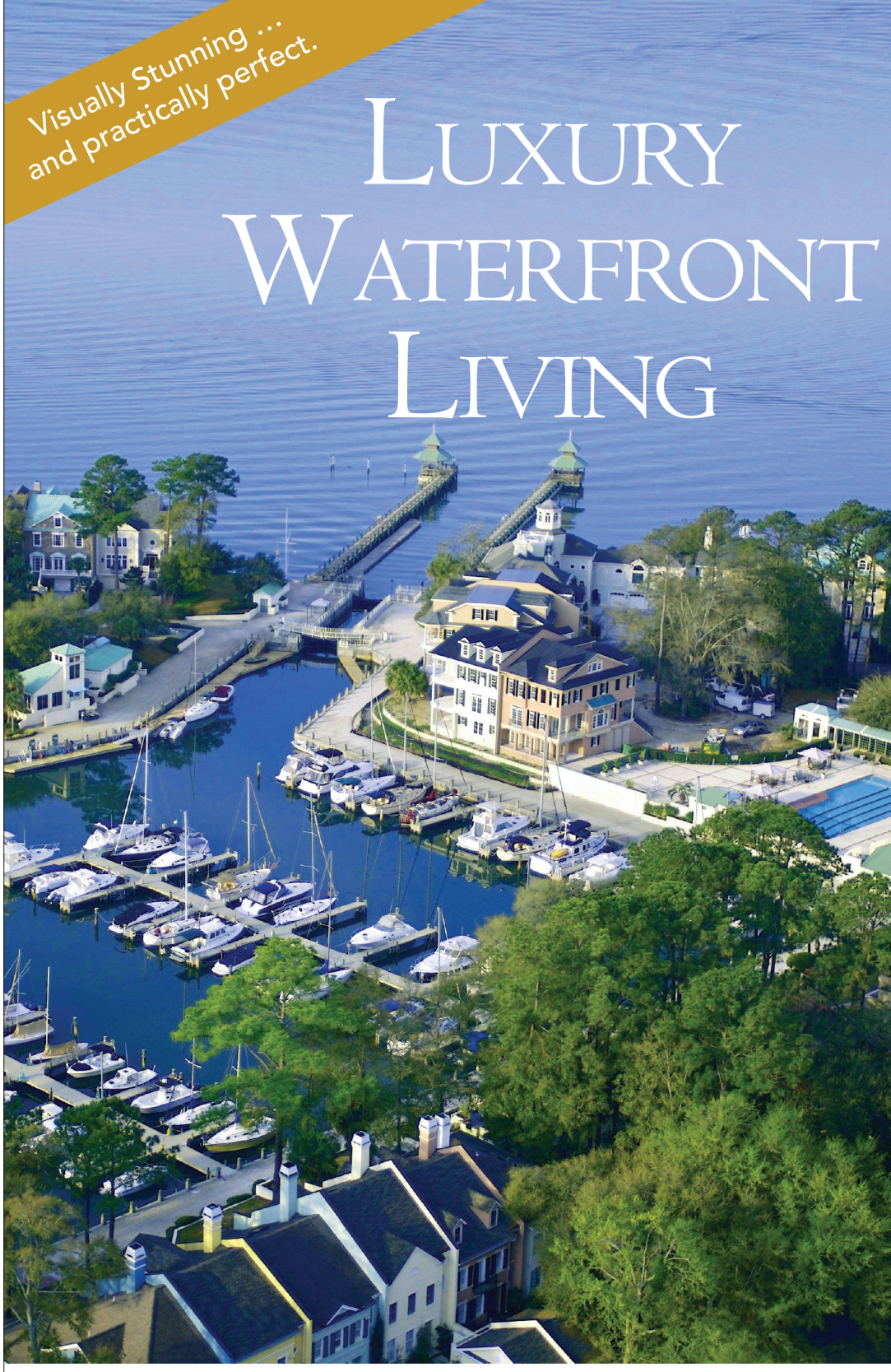
change compared to her previous projects. Hanna had never worked on a romantic comedy before, which is what drew her to the project in the first place. After acting in primarily horror films, she was ready to be in something that her grandma would want to watch.

"It is different from anything I've ever done, and I found out that I actually really love doing little romantic comedies," Hanna said. "You get a good feeling watching it, and you get a good feeling doing it — it's interesting."

Despite the very different nature of the film, Hanna says it wasn't difficult to transition into playing Madison Belle.

"With Madison, she's very much me," said Hanna. "A lot of times I'll take little parts of me in roles and just amplify that side of me. With Madison, I took the whole shebang of me and put it into her. So it wasn't hard at all, it was like I wasn't even acting. I was just kind of hanging out with friends. I've known James (Maslow) forever, so I just felt like I was being myself."

Filming finished up in November 2019, but Hanna has vivid, fond memories of her time in South Carolina. Other than a weekend trip to Myrtle Beach as a teenager, *Stars Fell on Alabama* was Hanna's first real experience on the East Coast.



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"I loved it. I'm not really from a small town, so I'm fascinated by small towns," she said. "I liked the idea of everyone knowing each other, everyone knowing what's going on. It was just very charming."

Hanna found herself drawn to the many stories of the South. Living in the Lowcountry sometimes feels like there's something of historical significance on every block, and it's easy to take that for granted. For Hanna, it was one of the most interesting things about her time here.

"I'm from the West Coast, so anything back East is so fascinating to me because it's old and has a lot of history," she said. "I just love knowing that so much happened there."

Hanna was intrigued by the depth of history at her fingertips. She was fascinated to learn while filming at the Beaufort Inn, called the Willow Valley Inn in the movie, that it was used to house wounded Union soldiers during the Civil War. During downtime, Hanna's favorite thing to do was walk around Beaufort and explore the cemeteries.

"I'd never seen so many in one place," she said.

Another favorite for Hanna was the Herban Market Cafe, which opened on North Street in Beaufort in 2019. Rather than having whatever was catered on set that day, Hanna would order her lunch and dinner from Herban Market Cafe, and on her days off she would walk over to eat there again.

"It was so fresh and delicious," she said. "They put capers in their tuna fish, and ever since then when I make it at home, I've been putting capers in my tuna fish. It reminds me of Beaufort every time."

When she's not acting, Hanna likes to spend time on other artistic pursuits. For the past six years, she has found a lot of pleasure in painting and writing poetry. "It became very therapeutic for me in my 20s," she said.



SOUTHERN HOSPITALITY For Madison Belle and Bryce Dixon, the fictional town of Willow Valley is a big change from their Hollywood high-rises.



Right before she started filming *Stars Fell on Alabama*, Hanna's dog Kokomo passed away.

"He was my everything, and it was really hard coping with it because of how sudden it was." Hanna took that emotion and decided to channel it into writing. "I am currently working on a children's book series under the "ruff" name of *Kokomo and Razzle's Adventures*." They are all based on the years of her watching Kokomo and her other dog Razzle, and what she imagined they were up to. "If you like rhyme, imagination, and two cute fluffs, keep a lookout!"

After *Stars Fell on Alabama* wrapped, Hanna filmed a horror movie called *The Call* and worked on a project called the *Legend of the White Dragon*. But this year, Hanna is taking on what she says might be her biggest role yet.

"My biggest role that I'm working on right now is creating a child," she said. "I'm eight months pregnant. I gotta focus on the little chalupa!"

While Hanna is going to be pretty occupied out West for a little while, she sees herself coming back to the Lowcountry in the future. "Oh yeah, for sure. Whether it's to Beaufort, or anywhere in South Carolina, I love the South." LL



LOCAL LANDMARK Built in 1897, the Beaufort Inn (renamed the Willow Valley Inn in the film) was a major filming location.



Ciara Hanna's favorite scenes

SLOW AND STEADY WINS THE RACE "There's one scene where Madison and Bryce are outside Bryce's childhood home with the tortoise, Bear. I had so much fun filming that scene because Bear (the tortoise) is supposed to just be chilling and hanging out with us, but if you look closely, you can see James (Maslow) holding onto him to keep him in the scene because he kept trying to go in the bushes. For every take, he had to pick him up and put him back. And tortoises are heavy! It was the funniest thing, and I had to try not to laugh while James was straining to hold on to him and trying to make it look casual."



EVERYTHING GOES BETTER WITH BARBECUE (Old Town Dispensary) "I loved filming the scene where we're eating barbecue and hanging out the night before the big high school reunion. It was just a lot of fun doing that scene, and I love any time when I can eat and just relax. I was eating ribs and french fries the whole time, dancing and playing games. That was a lot of fun hanging out with everyone."



TOUCHDOWN! (Beaufort Academy) "The football scenes were a lot of fun. We did a lot of running that day, I was very sore, but I like watching guys get together and just kind of get rowdy. It was a good time."



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Five tips from a successful businessman

FORMER TRACTOR SUPPLY EXECUTIVE SHARES HIS SECRETS FOR SUCCESS.

STORY BY EDDY HOYLE







LOCAL SINCE 2007 Former Tractor Supply Company executive Joe Scarlett is shown with his wife, Dorothy, and their five grandchildren. The Scarletts have homes in both Nashville and Hilton Head Island.

Joe Scarlett grew up in New Jersey but in 1978 moved to Nashville, Tennessee, for a job with Tractor Supply Company, which was founded in 1938. When he joined the company, it had 100 stores and was losing money. He spent nearly 30 years in leadership roles, and today there are 1,900 stores in 49 states. In 1982 Scarlett was part of a leadership team that bought the company and played a key role in the initiative to return the company to profitability through improved customer service and focused product selection. He was instrumental in developing the company culture that today is admired and often copied.

In 1994 Scarlett led the successful effort to take the company public. In 1986 he became president. He was the company's CEO from 1993 to 2004. Tractor Supply Company was honored by Forbes as one of the "Best Managed Companies in America," and Scarlett was recognized as Ernst & Young's Southeast Entrepreneur of the Year. Scarlett also served 20 years on the board of National Retail Federation, the nation's largest retail trade organization.

Scarlett discovered Hilton Head through the Tractor Supply Company. One of his predecessors had honeymooned on Hilton Head and purchased an executive home on the beach for the company to use for retreats. Eventually it was under-utilized, so he offered to buy the house. Scarlett and his wife, Dorothy, razed the house and built a new home and became part-time residents. They still call Nashville home, because that's where their two children, Tara and Andrew, and five grandchildren live. In 2005 Scarlett created the Scarlett Family Foundation to ensure that all students in Middle Tennessee have access to quality education. Today Scarlett is engaged in teaching and writing about leadership, working in the family foundation and mentoring business and community leaders. ***Here are his tips for success:***

Keys to Success

1. Walk the high road. "Always walk the high road," Scarlett said. "Don't compromise your principles, and never lose your ethics. Always do the right thing and encourage others to do the same."

2. People power. "Surround yourself with great people. The most important decisions you make as a leader are who you hire," he said. To get the best people, take time to know them. It should be more than an hour, so take 10 hours if you need to. "Challenge the people you hire. The role of a leader is to provide direction, not to make day-to-day decisions. Leaders empower key people to make decisions," he said.

3. Clarity and repetition. "Set clear direction for your people," Scarlett stated. "Adults learn just like kids--through repetition. Repeat often what's important and where we're going. Clear direction should be constantly given."

4. Create a culture. "Build a teamwork environment. When you do, amazing things happen. Talk to customers, team members, talk to managers and let them know they're part of the team. Team building means giving a pat on the back when you find them doing something good. Celebrate every success, no matter how small. And make a big deal when everybody works together."

5. Shake it up. "My father taught me to never stop learning in every possible way. Read the right books, read the news. I always ask my managers, 'What is your learning agenda?' Lifelong learning means to learn from varied sources. Expand your personal outreach. If you're going out to lunch, don't go out with the same friends – you'll only hear the same bologna. Make new acquaintances and listen. And pay attention." LL



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The fruits of the land

LOWCOUNTRY FRESH MARKET AND CAFÉ IS STOCKING UP ON THE AREA'S AGRICULTURAL BOUNTY.

STORY BY BARRY KAUFMAN + PHOTOGRAPHY BY LISA STAFF







A FRESH START Cindy and Andy Rolfe moved to Bluffton in 2017. The couple hopes to help local farmers sell their produce through their soon-to-open market and café.

Growing up on a dairy farm, Cindy Rolfe learned early on to respect the land and the people who work it. She still recalls being told in her youth, "If you're a farmer, you're never going to get rich. But you'll always have something to give."

In opening ***Lowcountry Fresh Market and Café***, she and her husband, Andy, are taking that credo to heart.

"Our goal is not to make a fortune," said Andy. "The vast majority of what we sell is going to provide for the suppliers and our employees."

Those suppliers – local farmers and fishermen – will be the true stars when the market opens in May. Looking for all the world like a high-end grocery store, the market will draw on suppliers from within a 250-mile radius to stock its shelves with produce, milk, eggs, meat, seafood and dry goods. For locavores, it represents a unique opportunity to fill their pantry knowing they're supporting Lowcountry producers.

(Although some items – wine, olive oil, etc. will come from slightly farther afield. "We don't want people to have to make two stops if they need to get bananas or avocados or something," noted Cindy).

When it opens, Lowcountry Fresh Market and Café will serve as much more than just a grocer. At its heart will be a café, serving everything from lunch fare to grab-and-go sandwiches (featuring barbecue smoked in house), plus a bakery selling fresh-made breads and pastries. Set up as a show bakery, customers will be able to watch each creation go from flour to finished product.

More than just showcasing these ingredients and techniques, the whole affair will serve as a freestanding love letter to the Lowcountry's unique epicurean heritage, with regular cooking demos sharing the traditions with guests. Culinary Director B.J. Dennis has spent years documenting the oral history of Gullah culinary traditions during his career in some of







EAT LOCAL
Lowcountry Fresh will source many of its vegetables from small growers like Barefoot Farms on St. Helena Island. Below, Alfonso inspects a field of green cabbage.

Charleston's top kitchens, and as such brings a tremendous respect for Lowcountry cuisine to his role.

When asked what excites him most, Dennis replied, "Honestly, just being able to work directly with the farmer and the produce team and being able to conceptualize not just a restaurant, but a whole program."

And working with the farmers is key to the entire concept at Lowcountry Market and Café. "It's all about supporting farmers, where they have a direct beeline to a place," said Dennis. "Working with them to help them maximize what they have was big to me. It's more than just a store."

His words speak to a greater truth about the entire concept. On paper, it's a grocery store with a bakery and a café. But in putting the producers first, the market serves a greater mission.

"People talk a lot about economic inequality, but it all starts with unequal opportunity," said Andy. "A kid growing

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up in Chicago has different opportunities than a kid growing up in Ridgeland. That just doesn't seem fair."

To the Rolfes, the market is a chance to balance the scales somewhat, creating opportunities for area producers, whether they are farmers, fishermen or chefs. The genesis of this concept came when the couple was rooting around the Lowcountry looking for opportunities to make a difference and met the farmers of the Gullah Farmers Co-Op. The co-op, a coalition of 17 farmers largely based in St. Helena, had just received a new building from the county and had approached the Rolfes for help getting it up and running.

"Beaufort County is a tale of two cities; there's a lot of affluence and a lot of poverty. And St. Helena has the shorter end of that stick by and large," said Andy. "We said, 'We can help you with the building, but that doesn't seem like it will alone change the direction of things. What if we open a market, and whatever you grow on all your land, we'll pay a good margin. Then you can start to turn the tide and attract younger generations to farming.'"

And that tide may turn more quickly than anyone anticipates. "We had some people from USC and Clemson run an analysis on the economic impact, and it's quite large because of the multipliers," said Andy. "It's not just impacting suppliers, but the people they're working with." LL





BEAR MARKET Cindy and Andy Rolfe are shown in a greenhouse at Barefoot Farms on St. Helena Island. The owner, Jacky Frazier (aka the barefoot farmer, left) was among the last graduating class in South Carolina State University's Department of Agriculture program.



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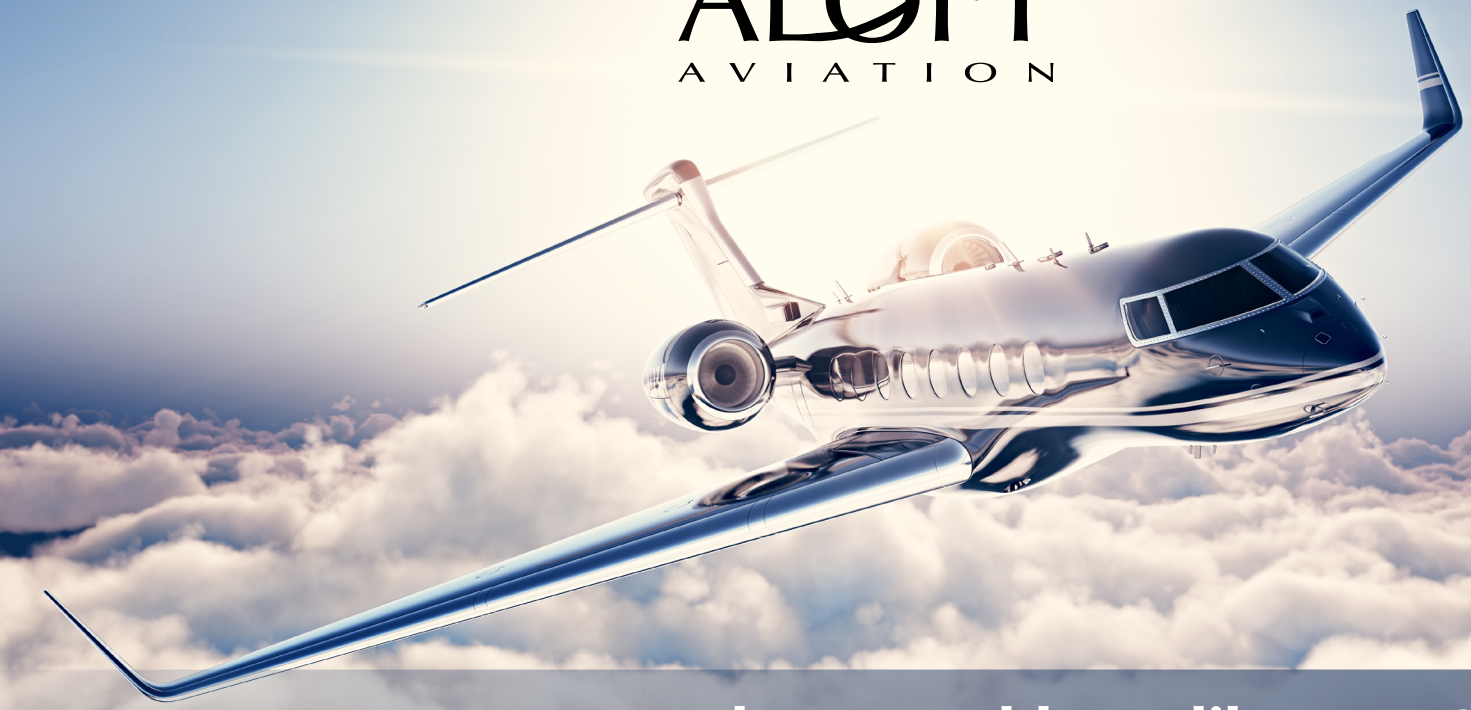
Lowcountry Fresh

Lowcountry Fresh Market and Café, located at 303 Bleecker Street South in Bluffton, is expected to open in the middle of May. It will be open seven days a week with online shopping and a pickup option. Offerings will include:

- *Grocery items and dry goods*
- *Local vegetables and fruits*
- *Local seafood*
- *Scratch-made baked goods*
- *House-smoked meats*
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Therapeutic animals

FARM BREEDS CAN HELP WITH RECOVERY AND DEVELOPMENT

STORY BY BECCA EDWARDS + PHOTOGRAPHY BY MIKE RITTERBECK







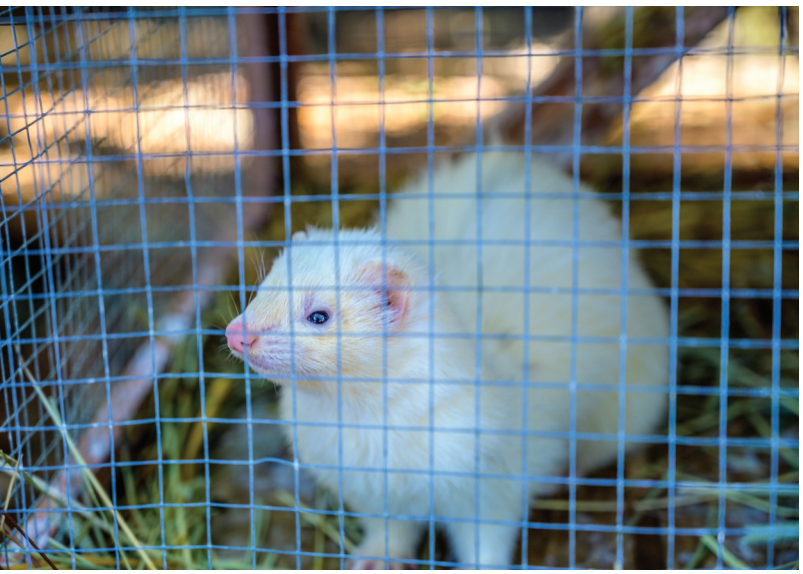
PARTY ANIMALS
Pictured clockwise, from top left: Berryman and Cece (goats), Bill (ferret), Sparkle and Party (bunnies) and Andrea (chicken).



It is Sunday afternoon. Berryman and CeCe, two therapeutic farm animals, are doing what they do best — being dwarf fainting goats. They eat just about everything in sight, including cardboard Amazon boxes, cotton clothing and lollipops still in the wrapper. They unapologetically go "number two" whenever and wherever they want. And there is something undeniably innocent and childlike in their eyes that softens you and makes you want to smile despite everything else that may be going on in your life.

"They ease anxiety," said local psychotherapist Dr. Debi Lynes. "As the goats go from person to person, the results are immediate. As the focus of the group turns toward the animals, the goats ease tension in the group, and the lines of communication within the group open up."

Lynes is describing a teen group therapy session in which Berryman and CeCe facilitate. Since launching her practice, Lynes has incorporated therapeutic animals into her patients' lives. In her yard along with Berryman and CeCe, you will find two Lionhead bunnies named Sparkle and Party; nine chickens named Bianca, Karen, Ciara, Skinny Ciara, Lulu, Gretchen, Martha, Andrea and Myrtle; and two ferrets named Bob and Bill.



HIDE AND SNEAK Bob, a slinky white weasel, is an escape artist who loves kisses and cheese and peanut butter crackers.

The names of these animals were given by both neighborhood kids and young clients, and, as a result, many of the children feel a sense of responsibility for the welfare of the animals. Lynes gives all the children the opportunity to interact with and care for the animals. Some children earn one dollar cleaning the enclosures. Some children sign up to change the water and do feedings. Some children like to collect eggs. Some children simply just want to pet and play with the animals. And yet all the children gain the same therapeutic benefits of coexisting with the animals.

"Animals provide unconditionally positive rewards as long as they are being cared for appropriately."

"Animals provide unconditionally positive rewards as long as they are being cared for appropriately. Many therapeutic animals like goats, chickens, horses and bunnies are prey animals, which make them very sensitive and skittish until they know and feel safe about their surroundings," said Lynes. "But once they feel secure, they are able to connect with humans and be forever companions.

"Animals allow us to feel vulnerable and express emotions that may be difficult," she said. "They give us a sense of purpose and protection and help us develop a sense of responsibility and of something bigger than ourselves."

Evidence shows that petting an animal lowers cortisol levels and, therefore, lessens anxiety and depression, as well as lowers blood pressure. For this reason, therapeutic animals are being used more and more for helping adolescents and teens.



Kaitlen is an active and fit 30-something who tried NAD+ because she is curious about anything that helps maintain youth and vitality.

"I'm up for anything that helps my overall wellness and believe in Restore's approach and philosophy. I didn't have any specific expectations of NAD+ Therapy but I watched the webinar about NAD+ figured it was worth a try"

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Asheville Academy, a therapeutic boarding school for girls ages 10 to 14, states that therapeutic animals are a great tool for neurofeedback therapy, a non-invasive treatment that targets brain waves in order to regulate the brain and nervous system. It can help with a large variety of things. The most significant improvements are classified with executive functioning, cognitive flexibility and sustained attention.

Asheville Academy offers neurofeedback treatments to students coping with anxiety, depression, ADHD, OCD, reactivity/tantrums, sleep issues, and impulsivity, just to name a few conditions. The school reports its students have seen an 87 percent improvement in cognitive flexibility and executive function, a 68 percent improvement in composite memory, and a 62 percent improvement in processing speed.

Animals also have the ability to teach children about important life concepts. "Animals provide teachable life lessons that are invaluable," said Lynes. "Sometimes the information is uncomfortable, but it is real." Lynes talked about the circle of life. "Many of us have experienced a pet as a part of the family, and when that animal passes on, for many children, it is the first time they experience loss of life. As sad as it is, it gives them the necessary skills to deal with death."

Lynes discussed how animals helped children during the pandemic and during quarantine via "transference of emotion."

"Animals are adept at reading body language. Interacting with therapy animals provides opportunities to address physical and mental pain. The animals have the power to help with self-awareness and insight," said Lynes. "The animals transform fear into respect which, in turn, allows children to trust other humans."

If you have a child or grandchild challenged with emotional, behavioral or learning issues, know that there are resources. Lynes can be reached at 843-301-6147. LL







GET YOUR GOATS Goats are very curious and love to be wherever their people are. They are also surprisingly smart. "They can open up the door on the back screened-in porch to lounge in the comfy chairs by the firplace," Lynes said.



"Evidence shows that petting an animal lowers cortisol levels and, therefore, lessens anxiety and depression, as well as lowers blood pressure."





BEST OF FRIENDS Above: Winken, Blinken and Nod are the three chicks that stay together all the time, like a clique. Party is the bunny. EMOJI is the dog. "He is the empath and is very dramatic. He often instigates trouble," Lynes reports.

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A puncher's chance

BY SHANE SHARP

PERSONAL TRAINER BRAD PARKER USES BOXING TO COMBAT PARKINSON'S DISEASE.





FIGHTING OFF PD Brad Parker is a personal trainer at Sea Pines Country Club. He is using boxing to help members with Parkinson's Disease combat its debilitating effects.

For most of us, it's hard to point to a single day in our existence that's irrevocably life-changing. For Sea Pines Country Club personal trainer Brad Parker, such a day is crystal clear in his mind, and serves as his "why" each and every morning.

Two years ago, a club member contacted Parker to schedule what he thought would be a routine fitness assessment that would lead to a customized program to help meet her fitness goals. As it turns out, the appointment was anything but routine.

The member had Parkinson's disease, a progressive nervous system disorder that starts gradually with small tremors but progresses to become debilitating and often deadly. Hall of Fame boxer Muhammad Ali suffered from Parkinson's before his death in 2016, as does Back to the Future and Spin City star Michael J. Fox.

"As soon as our meeting was over, I read everything about Parkinson's I could get my hands on," Parker says. "I did some research and discovered I could get certified through a Parkinson's-related organization to provide persons with the disease with specific fitness training."

More than 10 million people worldwide are living with Parkinson's, and 60,000 are diagnosed with the disease each year in the U.S. Only four percent of those with Parkinson's are under age 50, and the vast majority are over 60. Based on his research and demographics, it didn't take Parker long to surmise that other Sea Pines Country Club members could be living with Parkinson's.

"We did a seminar here at the club, and 15 or 16 members showed up," Parker says. "I had no idea there'd be so many. On a scale of one to 10, 10 being the worst, there were ones and 10s. But the common theme is that exercise is a major part of their existence."

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SWEET SCIENCE The dexterity boxing inherently enhances balance. The staccato nature of it also appeals to natural movement and rhythm patterns.

In fact, exercise is the single most important thing those with Parkinson's can do to manage their symptoms and regain control of their lives, according to the Parkinson's Foundation. Parker had read about the benefits of boxing in particular, so he integrated the pugilistic pursuit into his training regime from the onset.

"They love hitting the mitts and the footwork required, and they can be expressive when they are punching," Parker says. "With Parkinson's, you never know what's going on behind their eyes because their expressions don't give it away. Boxing is loud, live and they just love it."

The two major causes of death for those with Parkinson's are falls and pneumonia, according to Health Union. People with it are at higher risk of falling, and serious falls that require surgery carry the risk of infection, adverse events with medication and anesthesia, heart failure, and blood clots from immobility.

In other words, Parker's work with his clients could be a matter of life and death.

"The preventive part of it is powerful, but with boxing it's also about giving them a sense of pride and confidence in learning a new sport," Parker says. "I help them figure out what they want to pursue — like boxing, golf or riding horses — not just what they don't want to lose."

Tough road back

And Parker knows a thing or two about losing. After playing sports his entire life, he developed end-stage renal disease in his 30s, leading to complete kidney failure. He had his



PUTTING PARKINSON'S ON THE ROPES

Boxing classes typically last 30 to 60 minutes and are designed to tackle symptoms in multiple ways. For example, warm-up exercises stretch muscles and relieve stiffness. Hitting heavy bags builds power and strength. Punching speed bags improves hand-eye coordination and posture. To stimulate cognitive processing, a trainer may hold "focus mitts" as targets and bark out varied instructions — "right, left, uppercut!" Shouting exercises and loud counting work on soft-voice disorders is common in people with Parkinson's disease. Calisthenics and isometric exercises build extremity and core strength critical for posture and gait. Footwork and drills such as moving sideways, jumping rope, or walking on a two-by-four improve balance and agility. Group games that involve tossing footballs, medicine balls, beach balls, or Frisbees encourage socialization and improve reaction time.

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first kidney transplant in 1998 and a second one in 2008.

"I learned what it was like to be sick and completely broken down," he says. "I started the long journey back after my second transplant, and in 2011, I kicked it into a higher gear. With kidney function it is all about the numbers, and my numbers were finally good."

Parker's wife encouraged him to leave the mortgage business to pursue his passion of becoming a personal trainer. The couple then moved from Charlotte to Hilton Head Island, where Parker believed he'd have ample opportunities to work with seniors.

"I learned a lot from my daughter, who was diagnosed with breast cancer at 27 years old," Parker says. "Once the cancer was removed and she was cleared, she got no direction on what she should do after that. I wanted to give people here coming off of hip or knee replacements or recovering from cancer a next step and clear path forward."

Making connections

After working with his first Parkinson's client, Parker began making connections in the Parkinson's community on and off the island. He eventually made his way to Scott Rider, whose "I will never quit" mantra and YouTube Channel has become a rallying cry for those suffering from the disease.

A three-time Big 10 Champion and two-time All-American in track and field at Ohio State, Rider was diagnosed with Parkinson's in 2005. Parker was delighted to learn that fitness remained a major emphasis in Rider's life and invited him to speak to Sea Pines Country Club members at the aforementioned seminar in February 2020.

"It was amazing to see, and based on the statistics, there are probably more members with Parkinson's we don't know about," Parker says. "We really want to encourage them to come out and work with us. And Scott and I plan on doing more together soon once it is safe and we can do more group activities."

Knowing this dynamic duo, you'd better not bet against it. For more information about Sea Pines Country Club, its fitness programs and health and wellness focus, visit seapinescountryclub.com. *LL*







MODERN LOVE The textures of wood grain and stone veining add visual drama to this airy modern kitchen.









GLAM ROCK Facing one another in the kitchen, the backsplashes complement one another with natural stone.

From the earth and air

DAZZLING STONE ACCENTS GROUND A LIGHT AND AIRY REFRESH OF THIS STUNNING SEA PINES HOME.

STORY BY BARRY KAUFMAN + PHOTOS BY RYAN CHOWANSKY

Light. Breezy. Open. Airy.

This is the language of the oceanfront home, of an overriding design aesthetic that favors minimalism just barely tempered by the textures of coastal chic décor. For its part, it's a beautiful way to create a house. After all, when the vast beauty of the sea lies just beyond your rear windows, why would you try to compete with that?



There is a school of thought, however, that encourages such competition. Not content to merely frame the oceanside scenery, these homes enhance the view with subtle color choices and unapologetically bold materials. In this Sea Pines home, we see that philosophy beautifully executed.

"With this particular home, the client was great about being open to a different approach," said interior designer Kelly Caron of Kelly Caron Designs. "The stone was the art. It was sculptural in the color and the space, but made to simply pull everything together."



RAISE THE BAR By far the most compelling visual element in the great room, the bar delights with the patterns of Tiffany quartzite.



BLUE STREAKS The unique cuts and layout of the bar help the quartz veining pop against Tiffany blue.

While still feeling every bit the light, breezy, open and airy oceanside home we've come to expect, this home has magnificent stone accents in nearly every room that quite literally ground the home. "(The client) wanted a more transitional home, modern and coastal but cozy," said Caron. "She loves tile and stone, so that gave me opportunity to think outside the box to find materials that are connected to the coastal environment, but still have modern flair."

The stone not only added texture to the home's palate, they enlivened it with a splash of color. As seen in the kitchen, a quartzite swirl of seafoam and blue on a mitered-edge counter pairs with the natural tones of the ocean, with more blue stone accents found among the home's bathrooms. Generally in an oceanfront home, the scenery defines the visual palate. In this case, it was the dazzling tones of the earth. Said Caron, "That's really what set the color palette; these stones."

The stones found throughout the home were supplied by Distinctive Granite and Marble, which found itself rising to fresh challenges with this home. There is the en suite in the owners' suite as one example, where counters of semi-precious geode rock allow for uniquely luminous back lighting. And there is the signature piece of the home's geologic theme, the bar.



ATTENTION TO DETAILS
This home is defined by its rich stone details, adding flair to nearly every space.





Comprised of fabricated shelves and a backsplash that waterfalls down to a leathered countertop, the full vein of the rock is allowed to run free as a statement of the earth's artistic beauty. "It's not something we've done a lot, because there is a lot of structural thinking to put that much weight on one wall," said Courtney Jansen of Distinctive Granite and Marble. "But it turned out awesome."

DGM's metaphorical fingerprints are everywhere throughout the home, with each room showcasing some brilliant new stone. "Every room has a different look, but it flows," said Caron. "It doesn't feel broken up by a different dramatic stone piece in each room; it actually pulls it together more."

The architecture is informed by the owner's design brief to create a contemporary yet comfortable generational beach home.

"We looked to reimagine the classic Sea Pines beach architecture with modern, authentically scaled, low-maintenance materials," said Tom Parker of Parker Design Group Architects. "We updated the theme with a tabby cement stucco first floor, artisan cement shiplap siding with mitered corners on the second floor, deep synthetic bead board overhangs, abstracted PVC rafters and an aluminum standing seam hipped roof."

The pool area was designed by PDG Architects to reflect the architecture and define several unique seating areas. The pool has a beach entry, built-in shade umbrella, lap pool and spa, providing something for everybody when not enjoying the beach and ocean just a few steps down the beachwalk.

A masterclass in stone and sea, this home proves that even rocks hewn from the earth can be light, breezy, open and airy. *LL*







THE HOME TEAM

Fabricator: Distinctive Granite and Marble
Architects: Parker Design Group Architects
Builder: Graves Construction
Interior Design: Kelly Caron Designs
Stone: AGM Imports
Tile: Savannah Surfaces
Plumbing: Cregger Plumbing
Lighting: Capital Electric

Five ideas for your home

MINOR ENHANCEMENTS & UPGRADES THAT MAKE A MAJOR DIFFERENCE.

Can you dig it?

***Courtney Jansen** of Distinctive Granite and Marble shares the materials that make this house memorable.*

1. IN THE KITCHEN
Ocean Blue Quartzite. "This has really pretty veining throughout," said Jansen. "One thing we did was miter the kitchen island so it makes more of a statement. "

2. IN THE BATHROOM
Monte Carlo Quartz. "This is very durable and has that beach theme. The quartz itself is very easy to maintain, especially if you rent out or have kids."

3. ON THE PATIO
Seagrass Limestone. "It has little fossils and shells in it to carry that light beach theme. It comes out of the ground like that."

4. IN THE GUEST BATH
Zetrazzo. "This is a man-made material embedded with recycled glass that typically goes in a bathroom where people want to give it a pop of color. "

5. ON THE BAR
Tiffany Quartzite. "You'll generally see a higher concentration of quartz. A lot of times, quartzite is a little calmer. But we wanted it a little more veiny."













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In a kitchen, every inch counts. If you love your cabinets but feel the need for more space, easier access to your items or just better organization, consider a pull-out shelving system custom-built for your space. We reached out to ***Tresa and Chris Dorris, owners of ShelfGenie****, for inspiration. Tresa has a degree in interior design and has extensive experience with residential design. Chris is a licensed general contractor and seasoned business owner. They enjoy redesigning spaces to improve function and livability. Here are four areas of your kitchen that can be made more practical and beautiful with glide-out shelving.*



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HOME TECH

Unleash your inner Martha Stewart

FRESHEN UP WITH SOME LOW-TECH IDEAS FROM THE GROCERY STORE AND GARDEN

We know that Martha Stewart probably has a crew of people that make her styling look so effortless. But it really can be easy to freshen up a room without another trip to HomeGoods. Just ask yourself, 'what would Martha do?' or even easier, ***check out these five inspo pins.***



1. Edible decor. Fresh fruit in a clear bowl adds color and taste appeal. ***Bonus:*** *You may be more likely to grab a healthy, shiny apple than to reach for a chocolate bar. Or maybe not.*



2. Yes you can. These metal cans once held vodka drinks and were repurposed to herb containers straight from the grocery store produce aisle. ***Bonus:*** *Simply take the small herb container and drop it in the can. Easy peasy.*



3. Don't forget the veggies. Vegetables add a different spectrum of color and look farm-fresh in this cute white ceramic container. ***Tip:*** *If the veggies are on shelves in the grocery store, they can be left out on your counter.*



4. A little sprig adds a lot of color. When your flower bouquet starts to die off, grab some of the flowers and sprigs that are still pretty and put them around your home. ***Bonus:*** *This sprig is in an empty salad dressing bottle which gets extra points for upcycling.*



5. Get outside. Add a personal touch by combining the flowers from the grocery store with some greenery from your yard. ***Tip:*** *Open up the bouquet and rearrange the stems in your vase so it doesn't look like a grocery store bouquet.*

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BY ADDY CODISPOTI

Modern farmhouse style ideas



Don't worry, farmhouse style doesn't mean you have to put a cow or a chicken coop in your living room. Shows like "Fixer Upper" on HGTV have turned this down-to-earth style into a national phenomenon. Farmhouse style is described as warm, cozy, and welcoming. It's a way to use simple rustic designs while still maintaining an element of chic. Natural textures such as wood or iron are the backbone of this décor, as well as neutral colors such as gray, cream, tan, and navy. We've put together some ways you can add farmhouse elements into your own house while not having to take on an entire remodel.

Barn doors

Barn doors are so popular for a reason: they save a ton of floor space since they slide along the wall. Go above and beyond the barn door trend with the creative idea in this photo. Use barn doors as a way to separate your bedroom and bathroom and have them double as full-length mirrors. You still achieve the stylish barn door but with an added functionality. Mirrors give the illusion that the room is bigger than it actually is, and you can get a good look at your outfit every morning.



RUSTIC LADDER Ladders aren't only for functional purposes; they can be decorative too. Vintage wood ladders are full of character and charm. They can be a cute and subtle way to add extra storage, too. Hang towels and baskets on it in the bathroom or blankets on it in the living room. These ladders are the perfect sneaky storage hack since they don't take up a lot of space by leaning against the wall.



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HIGH COUNTRY
An iron bed frame and iron accents add a perfect farmhouse touch. Beautifully grained wood floors and tables enhance the look.

Iron bed frame

When looking to add farmhouse-style pieces to your house, why not start with the most defining feature in your bedroom: the bed. Iron bed frames are one of the most classic pieces you can find. The best part is they come in a variety of colors, such as white, black, baby blue, etc. This simple decor piece adds an abundance of charm to your room while fitting in with any aesthetic.

Iron accents

It's all about the details here. If you don't want to commit to the iron bed frame, you can still achieve the farmhouse look with other iron decoratives. Add accents of iron such as light fixtures in your kitchen. The material brings a rustic feel to the space while still remaining classy and sophisticated. Chandeliers work great, as well as wall fixtures and tabletop accessories such as vases or storage canisters. Mix the dark iron in with wood and other light colors to create contrast and make it pop.









Wood and metal

Mixing wood and metal gives off the ultimate farmhouse vibe, not to mention they go together beautifully. The coolness of metal combines with the warmth of wood, creating a stylish and cohesive look to a room. Incorporate metal and wood tables into your kitchen or living room. With so many wood and metal combinations, you are sure to find something that fits into your existing design theme.

Shiplap

If you really want to commit to the farmhouse style, shiplap is the way to go. The design adds intrigue and texture to any space. The wood can be natural or stained, but nowadays white and other neutral colors such as gray are the most popular. The unique thing about shiplap is that it fits in with multiple styles from rustic to contemporary. For a subtle look, decorate one wall with shiplap. Add elements of wood such as a bench, and experiment with greenery to add color and texture to the space.

Exposed wooden beams

If you have a room with high or vaulted ceilings, take advantage of them. Exposed wooden ceiling beams are the quintessential detail when it comes to farmhouse-style homes. The detail adds depth and perception to a room that was once plain and dry. The dark wood with a white ceiling adds the perfect amount of contrast without being too obvious or in your face. If you don't want to go all out with the wood color, you can paint the beams to match the color of your ceiling. This gives you the illusion and look of wood beams while still giving your room a cohesive look. *LL*

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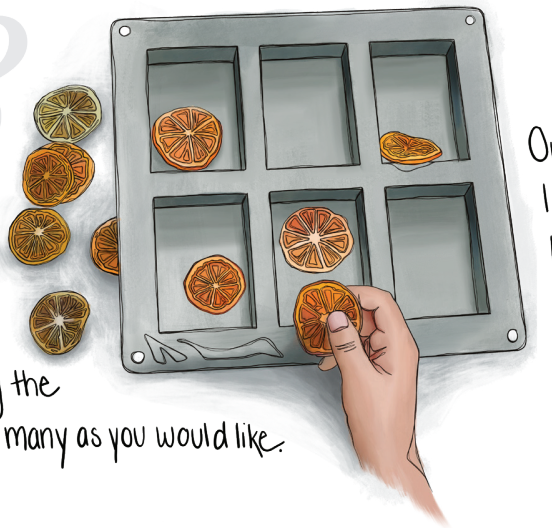
Thinly slice the citruses. Dry the slices in an oven set to 200 degrees (2-3 hrs).

2



Break up soap base and heat in microwave at 20 sec intervals. Add a few drops of citrus essential oil while stirring the mixture.

3



Place the citrus slices in the molds before pouring the soap. Place as many as you would like.

Oranges, lemons or limes work well!

4



Carefully pour the soap base into the mold.

5



After a couple of hours, pop the soaps out of the molds and enjoy your creation!

©MEGAN GOHEEN

Raise the bar

MAKING CITRUS SOAP AT HOME IS EASY AND FUN.

BY MADDIE BANE

This pandemic has created a time of DIY-ing nearly everything imaginable, but if you haven't made your own soap yet, now is the time. More often than not, commercial soap is made with harsh ingredients such as chemical detergents, hardeners and synthetic lathering agents. These ingredients can sometimes lead to dry and irritated skin. Lack of glycerin plays a big role in this. ***Glycerin*** *attracts moisture from the air, giving your skin a smooth and hydrated feel.* There are big soap-producing companies that remove this vital ingredient in order to sell lotions and creams. Thus, the beauty of making your own soap. You can make certain that the soap base you purchase has glycerin in it, and you can add several benefits by creating a citrus soap with a citrus essential oil.



Get oiled up!

Essential oils can have a different effect on everyone, but the citrus ones are commonly used as a mood booster to reduce stress and anxiety. They've also been said to aid in relieving stomach pain and reducing pain or inflammation. Another benefit of making your own citrus soap is you get to decide which fruit you want to add, and lucky for you, there are tons of options of all shapes, sizes, and colors that will pair well with the citrus scent:

Navel oranges, Valencia oranges, Blood oranges, Cara cara oranges, Seville oranges, Tangerines, Clementines, Kumquats

The really fun part of creating a soap masterpiece, though, is the options you have for silicone mold shapes. You can get almost any basic shape — square, star, rectangle, circle, etc. — but there are pretty unique ones out there now like frogs, flowers, honeycomb, paw prints, and even some that resemble a Spanish tile. Take it a step further by adding soap-compatible dye (P.S. don't use food coloring unless you want to turn into a smurf). Happy soap-making!



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If you've ever wanted to experiment with growing bananas, now is your chance! Living in the Lowcountry gives us the benefit of being able to grow fruits those up north can't. Tropical plants thrive in hot and humid weather, making them the perfect addition to your summer gardening lineup. Although it's a bit harder to grow tropical fruits here than in Florida or the Caribbean, it's still possible. ***Here are a few fruits to strive for.***

BY ADDY CODISPOTI



GUAVAS

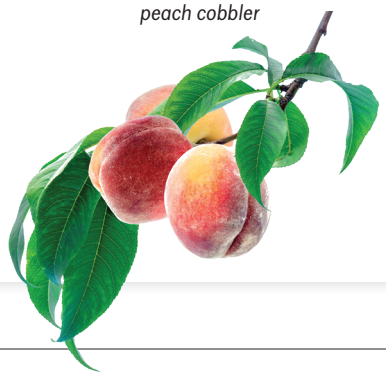
Though it's possible to grow guavas in the Lowcountry, they should be protected from cold weather during the winter months. Guava saplings need to be planted in full sun in well-drained soil with added compost. Guavas require a regular watering schedule, especially when the soil is dry. You'll want to fertilize your guava trees every one to two months while they are young and then three to four times per year as they mature. When guavas are planted from seeds, they take almost eight years to produce fruit. When they are planted from seedlings, you'll have ready-to-eat fruit in three to five years. Ripe guava will be completely colored and smell sweet.

How to use: *Guava Jam, smoothies, guava and cream pastries*

PEACHES

When choosing your tree from a local nursery, pick one that is at least one year old with healthy roots. Peaches should be planted in either late winter or early spring. The tree should be planted in an area that receives full sun, especially in the morning. Like the fruits above, peach trees need well-drained soil. Peaches are harvested when they are fully ripe, which will be from late June through July and August. When peaches are completely ripe, their color changes from green to yellow.

How to use: *Peach pie, peach jam, peach butter, peach cobbler*





GRAPEFRUIT

Grapefruit trees should be planted in either spring or fall in an area that receives full sun and protection from wind. Water them every couple of days for the first few weeks. After a month or so you can get by with watering them once a week, except when the weather is hot and dry. These plants don't require much maintenance except for watering once or twice a week. Harvesting grapefruit is in the fall once the fruits turn yellow or gold. However, newly planted grapefruit trees won't produce quality fruit for at least three years.

How to use: *Grapefruit yogurt cake, cinnamon sugar boiled grapefruit, marmalade*



BANANAS

Plant your banana plants in the spring or summer. Bananas love humidity, so be sure to water them two to three times a day to lock in humidity around the plants. Ideally, you need to plant them in full sun, but they can tolerate some shade. The plant tends to prefer moist, but not saturated soil. You can feed bananas with fertilizer once a month. Most banana varieties need three to four months from the time the fruit stems emerge until they reach maturity. Banana plants will die if the temperature drops below freezing. You can wrap a blanket around the trunk or the entire plant to protect it from the cold. Banana plants will be ready to harvest 15 to 18 months after planting.

How to use: *Banana bread, banana cream pie, banana pudding, smoothies*





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LIMES

You can either purchase a lime tree from a local nursery or start from scratch with some seeds. Make sure wherever you plant future limes, they will get plenty of sun and protection from wind. Make sure the soil is well-draining, and water the tree just often enough to keep the soil slightly wet. Limes turn yellow once they are ripe, but have the most flavor when they are green and developing a slight yellowish tint.

How to Use: *Key lime pie, lime bars, margaritas, cilantro lime salad dressing*



FIGS

Fig trees should be planted in either early spring or late fall. The trees need full sun and well-drained soil. Young fig trees should be watered at least once a week. Figs will be ready to harvest once they are fully colored and a bit soft. Wear gloves while you harvest them because the sap could irritate your skin. Figs are extremely perishable and have a fridge shelf life of two to three days.

How to use:
Fig jam, fig bruschetta, homemade fig newtons



KUMQUATS

Buy a kumquat sapling from your local nursery and plant it in early spring. Make sure you pick a spot where there is full sun and well-drained soil. Kumquats need to stay hydrated, so water the plant a few times a week, especially when you notice the soil becoming dry. You can start fertilizing the plant after one month. Harvesting is usually from November to April, depending on the plant's growth. Use scissors or pruning shears to pick the fruit without damaging the plant.

How to use: *Chutney, marmalade, cocktails*



MEYER LEMONS

Meyer lemons are a hybrid variety of fruit that is a little bit sweeter than normal lemons and easier for a home gardener to grow. The ideal time to plant a Meyer lemon tree is in late winter or early spring. These trees will need full sun and well-draining soil. You should water your plant once every two weeks; however, you shouldn't let the soil dry out. Giving your tree two tablespoons of fertilizer a couple of times a year will give it an extra boost. Harvest your lemons once their skin color changes from green to dark yellow.

How to use: *Meyer lemon vinaigrette, pound cake*



SATSUMA ORANGES

Plant satsuma in early spring once the cold weather has passed. Make sure the tree is planted in an area with well-drained soil and where it will get eight to ten hours of direct sunlight. Satsuma trees need regular watering throughout the season. At first, they need to be watered every two to three days, but once they have grown a bit, you can water them once every week to ten days. Satsumas will be ready for harvesting between November and January.

How to use: *Jam, muffins, salad add-In*









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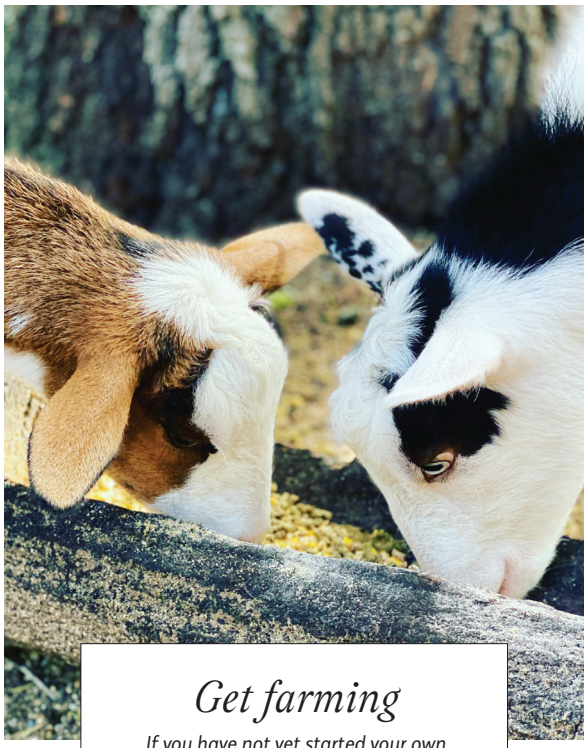
EDIBLE GARDENS AND EGG-LAYING PETS FEED THE MIND, BODY & SPIRIT

BY BECCA EDWARDS

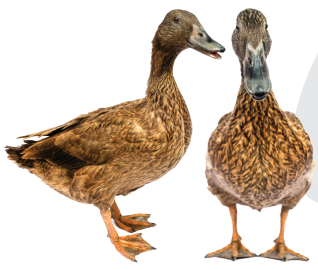








MAKING IT GROW With the threat of food shortages and the stress of going to the grocery store, urban farming is booming.



EGGCELLENT PETS
Khaki Campbell ducks are one the most popular domesticated breeds kept in the United States. They are the best egg-laying duck breed you will find, laying well over 300 a year.

During the Covid pandemic, many of us learned about strength and resiliency and cultivated a can-do spirit. For example, with the threat of food shortages and the stress of going to the grocery store, people in record numbers began farming edible gardens and purchasing egg-laying animals like chickens. Last March, the U.S. seed company W. Atlee Burpee & Co. sold more seed than at any time in its 144-year history, and Scotts Miracle-Gro reported, "36 percent more Americans are growing vegetables, herbs and tomatoes this year, with 65 percent of those individuals saying their decision was tied to coronavirus in some way."

This movement toward being self-sufficient and sustainable has dug up the inner farmer in many of us, and even my family joined in "soil-idarity". With the knowledge that animals can be therapeutic, we adopted two dwarf fainting goats (CeCe and Berryman), two cats (Sprout and Minerva), three ***Khaki Campbell ducks*** (Daisy, Randy Quacky and Commander), and a Lionhead bunny (Reese), who had two litters of baby bunnies (all of which we sold). Using social media to spread happiness and a message of compassion, my three young daughters and I also launched Edwards Urban Ark, which posts images of our animals with funny captions that are from the animals' points of view. We also began an herb and vegetable garden that included parsley, rosemary,

Get farming

If you have not yet started your own version of a farm, you're not too late to the party. Here's what you want to do:

1. Think about your objectives. Do you just want a small herb garden? Or, are you going for a full-blown vegetable garden?

2. Decide how much time and space you have to dedicate to your farm project. Note: It is always a good idea to start small and then organically grow into something bigger. This way you can ease into your new agro-lifestyle.

3. Research. You can do this online, by talking to other farm-friendly people, or heading over to your local Tractor Supply and just speaking with a customer service representative. Note: Everyone at the Tractor Supply in Okatie is super helpful and knowledgeable.

4. Set a budget. How much are you willing to spend? Know that this is an investment.

5. Make a calendar that lays out your growing schedule, as well as goals.



GOOD HARE DAYS
The average Lionhead rabbit will live between 8 to 10 years when it receives proper care in your home.



cilantro, thyme, oregano, celery, squash, potatoes, peppers and citrus trees.

By rolling up our sleeves and getting our hands dirty, we learned some important lifelong lessons, beginning with the sense of accomplishment that comes from harvesting a farmer's work ethic. Whether you are prepping your soil for growing season or building a chicken coop, if feels good to be productive. As much as our kids may say they want to binge watch Netflix or play video games, they truly enjoy working with their hands and seeing a hard day's work pay off when that first vegetable shoot emerges from the ground or when a duck lays an egg.

Our family also found that both the plants and animals taught us about ourselves and each other. Like us, they need love and care. You cannot just go through the motions and spray all your plants with the same amount of water or dump a large amount of dry food in an animal's bowl. Different plants like different amounts of water, sunshine or special soil treatments. Different animals like to be fed at different times of the day and different types of food. When you have a farm, or quasi farm like us, you are forced to be mindful and really think about what each individual living thing needs. We found the more empathy and affection we gave to our plants and animals, the more empathy and affection we felt internally. In turn, we were able to externally express more empathy and affection.

With the birth of our baby bunnies, we saw firsthand the beginning of life and the power of motherhood. It was touching to watch Reese nurse and take care of her young. She would even tuck them into their nest at night.

The responsibilities of a farm, or again quasi farm in our case, are demanding, but in a good way. Upon rising, we do not immediately plug into our phones or turn on the TV to hear the latest stress-inducing news. Instead, our first priority is cleaning habitats, feeding the animals and then tending to the plants. It is almost a form of moving-meditation and extremely grounding and humbling. *LL*



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Saving Lowcountry farmland

CONSERVATION OF FAMILY FARMS IMPORTANT TO BEAUFORT COUNTY

STORY BY EDWARD THOMAS + PHOTOGRAPHY BY MICHAEL HRIZUK













WELL PRESERVED Three Sisters Farm was one of the first to participate in the Rural and Critical Land Program by granting a conservation easement to the Open Land Trust.

Lifetime Bluffton resident Mary Olive Pinckney Merrick, who died in 2014, would have been 100 years old this year. Yet her tangible legacy, today known as Three Sisters Farm overlooking the Okatie River, will last for countless generations forward, thanks to her abiding affection for her land and the help of land conservation initiatives by the Beaufort County Open Land Trust .

Mary O, as Ms. Merrick was lovingly known, recognized the immeasurable value of what she had been bequeathed by her parents, and the responsibility that accompanied it.

Mary's great-grandparents purchased approximately 100 acres of farmland in 1848. The acreage was blessed with fertile soil and a magnificent view across the tidal waterway. Rice, corn, lettuce, tomatoes and other crops thrived in the nutrient-rich loam fed by the tides.

However, 150 years later the pleasantness of the land in Southern Beaufort County had been discovered by newcomers from the Northeast and Midwest. Waterfront property started being sold for premium prices, as posh developments sprang up along U.S. 278, and pressure began being applied on local landowners. The Merrick family's acreage with its scenic river views was strategically situated between Rose Hill Plantation to the east and Berkeley Hall to the west. It was especially appealing to developers who saw a potential bonanza in the property. Yet, Mary was determined not to sell.

She later recalled: "After much thought and consultation with my children, we decided we wanted to preserve the land as we had inherited it. We didn't feel it was our privilege to do anything else. And, we're very happy we did."

As a result, Mary became one of the first landowners in Beaufort County to participate in the Rural and Critical Land Program by granting a conservation easement to the Open Land Trust and thereby selling the future development rights to the county for preservation purposes.

Today, Three Sisters Farm is overseen by Mary's three daughters, Mary Connor, Priscilla Coleman and Beth Lee. The farm produces a variety of certified organic vegetables plus berries, herbs, flowers, sweet potatoes and mushrooms. A select group of local restaurants are regular customers, and the family operates booths at local farmers markets. Additionally, Mary's son, Chuck Merrick, and his wife, Diane, opened U Pick Daffodils in 2017 on their acreage. It has become a popular place to visit in early Spring.

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EASE OF USE Protecting farmland with easements is an important tool that helps small farmers operate successfully across the Lowcountry.

Voters tend to agree that open space and working farmlands contribute to the quality of life and sense of place, factors that have helped stimulate overall growth in our region over the past two decades. During that period, voters have strongly endorsed four bond referendums that help farms and other open space to be protected. But, in some ways it is a two-edged sword since it limits supply. As demand for houses grows, land prices rise.

Beaufort County Councilwoman Alice Howard has been a staunch supporter of the bond referendums and conservation easements for farming. "Protecting our splendid farmland with easements is an important tool that allows farmers to operate successfully," says Howard.

Working lands certainly contribute to Beaufort County's historical identity, but also to its present day economy. "They supply jobs, provide locally sourced produce and support certain quality-of-life factors such as sense of place," says Kate Schaefer, the land trust's director of land protection. "It's part of our cultural identity that makes this area a unique draw for residents and visitors alike."

Three Sisters Farm is one of several farms in the surrounding area that have benefited from protections created by conservation easements, which are legal agreements that permanently protect farmland that grows crops ranging from peanuts to cotton and flowers.

The land trust, which began more than four decades ago to preserve scenic vistas in the City of Beaufort, has expanded its mission to become a regional clearing-house and title-holding entity for farmers who want to retain ownership by donating perpetual conservation easements.

A more recent beneficiary of the program has been blueberry growers. The popular berry has become a major cash crop in coastal South Carolina because of its antioxidant attributes that have been praised worldwide by health experts in recent years. Coosaw Farms, with locations on St. Helena Island and Allendale County, is well known for the quality of its blueberries. The nutrient-rich soil of its 149-acre St. Helena farm, protected by meandering tidal creeks and marshes, produces some of the best blueberries anywhere.

"Our work is never done when it comes to protecting valuable farmland," Schaefer said. LL



"And then we came to Hampton Hall"



Hole #18



Hole #13

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Fabulous family farms

MANY SMALL FARMS ARE KEEPING THE REGION'S AGRICULTURAL HERITAGE ALIVE AND WELL.

The demand for local and regional foods has grown as more of us look to connect with our food and the people who grow and raise it. Know your farmer, know your food. We highlight a few of the fabulous family farms scattered across the Lowcountry and surrounding counties.



WHIPPOORWILL FARMS

Just a few years ago, Marissa Paykos was working at a high-powered, 60-hour-a-week job in Savannah and hating every minute of it. Jumping out of the rat race, she met James Young, and the two fell in love. Their love story continues at Whippoorwill Farms in Ridgeland, 40 acres where the couple raises their daughter alongside fresh fruits and vegetables and responsibly sourced meat. "One of our biggest missions is connecting the local community," said Paykos. "Not just the haves, but the have-nots, with food that's high in nutrient density." The farm offers many workshops and classes as well as on-site RV and tent camping. Learn more at whippoorwillfarmssc.com.



THREE SISTERS FARM

The three sisters, the inspiration for the name of this Beaufort County farm, Beth Lee, Mary Connor and Priscilla Coleman, grew up on the farm and dedicated their venture to continuing that legacy. Beyond the traditional farmers market staples of fruits and vegetables, their Pinckney Island Road farm grows indigo, flowers, mushrooms and sugarcane.



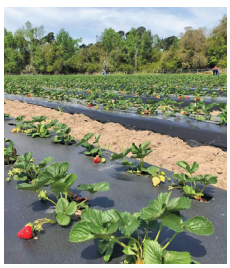
HICKORY HILL MILK

When the Dorn family established its Edgefield farm in 1764, it launched a family legacy that continues to this day. Dating back to the 1950s, the Dorn family's dairy farm is under the care of its fourth generation, providing authentic non-homogenized and low-temp pasteurized milk as well as the famed Clemson Blue cheese.



DEMPSEY FARMS

This family owned and operated farm has been growing and harvesting fruits and vegetables for the last 60-plus years on St. Helena Island. Its produce is available to purchase at its stand, or you can pick your own produce.



BAREFOOT FARMS

Located on St. Helena Island, this farm specializes in cantaloupe, muscadine grapes, peaches, squash, strawberries, tomatoes, cucumbers, okra, collard greens and watermelon.



JOSEPH FIELDS FARM

This 50-acre certified organic farm in Charleston is run by Joseph Fields, a third generation Gullah-Geechee farmer with more than 45 years of experience. The Fields family is partnered with Earth Heart Growers, a farm-to-school initiative working to educate public school children.



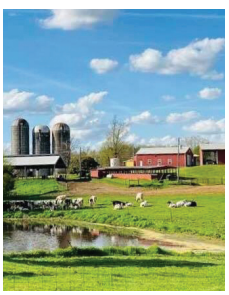
PECULIAR PIG FARMS

As a child, farmer Marvin C. Ross can remember spending Saturdays with his grandfather on his farm in Dorchester. He was fascinated by the pigs, which ultimately led him to running the farm after his grandfather died.



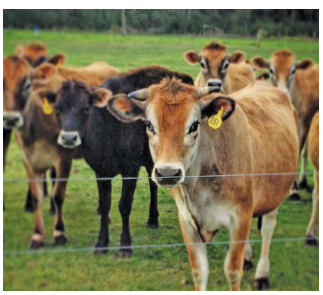
ADAM'S FARM

Located near Savannah, this small-scale garden and greenhouse offer a variety of vegetables, herbs, and fruits that are grown year-round using sustainable and environmentally friendly agricultural practices.



HICKORY HILL FARM

This fourth-generation farm in Edgefield County was established in 1764. Today, Watson and Lisa Dorn, along with their children, Daniel and Courtney, run the dairy farm.



LOWCOUNTRY CREAMERY

After becoming aware of the unmet demand for artisan dairy products, founders Patrick and Kent teamed up with fellow Clemson alum Josh Brooks to create yogurts, artisanal cheeses, flavored butters and more at this dairy farm in Orangeburg County.



MYERS FAMILY FARMS

This St. Helena Island farm provides farm fresh eggs from its pastured-all-day chickens. Its flocks love to eat greens, grains and grubs, resulting in healthier birds.



ANSON MILLS

Founder Glenn Roberts established Anson Mills when he noticed a lack of Carolina Gold rice being produced. After many years of growing, the farm located in Columbia now also harvests Japanese buckwheat, French oats and Mediterranean wheat and Italian farro.

HUNTER CATTLE FARM

Hunter Cattle Company, based in Brooklet, Georgia, produces 100-percent grass fed and grass finished beef, pastured pork, air dried beef snacks, eggs, tallow soap products and more.





WILL'S LOWCOUNTRY PRODUCE

This locally owned, family operated farm in Hampton County is dedicated to producing the highest quality fruits, vegetables and herbs.



VERTICAL ROOTS

High school friends Andrew Hare and Matt Daniels brought to life an indoor hydroponic container farming company that produces nutrient-dense lettuce with globally recognized food safety standards inside its eco-friendly upcycled container farms. Vertical Roots farm in Charleston uses 98 percent less water than conventional farming methods.



LOWLAND FARMS

Specializing in heirloom vegetables, flowers, and eggs, everything on this 14-acre farm is grown using organic methods. Farmer Kenneth "Skinny" Melton co-owns and manages the family farm on Johns Island with the help of his farmhands, parents, sisters, four children and four dogs.

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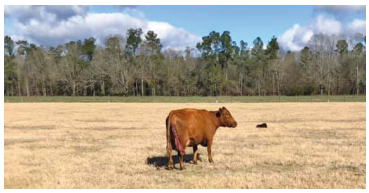
HICKORY BLUFF
Located in Holly Hill, the berry farm offers strawberries, blueberries, blackberries, produce, jams, local honey and flowers.



TUTEN FARMS
A small family owned and operated farm located in Hampton County, it offers fresh-from-the-field produce and fresh brown eggs from free-range chickens.



BRICKYARD POINT FARMS
Located on Lady's Island, Brickyard produces pecans, persimmons, pomegranates and citrus.



KEEGAN-FILION FARM
The farm in Walterboro raises free-range, pasture-fed poultry, beef and pork.



RIVER ROOT FARMS
This Bluffton-based farm grows a variety of microgreens that are starting to show up on menus at top local restaurants.

Beaufort County's top roadside stands and markets



FARMERS MARKET OF BLUFFTON
Opening in 2008 at the Bluffton Oyster Company Park, this market provides a place for community gathering and enjoyment. Due to its overwhelming success, it has since moved to historic downtown Bluffton, first along Calhoun and Lawrence streets and now on Green Street. From veggies and spices to poultry and pasta, the market highlights a plethora of local growers, farmers, and entertainment.
Where: *71 Green Street, Bluffton* ***When:*** *Noon-5 p.m., Thursdays*
Details: *farmersmarketbluffton.org*



THE FARMERS MARKET AT SEA PINES CENTER
The Farmers Market at Sea Pines Center began in June 2013 with the goal of addressing the need for quality local goods on Hilton Head Island. With a commitment to providing freshness to its attendees, Sea Pines Center and Lowcountry Produce worked together to connect with vendors. Reaching a variety of local farmers, artists, and purveyors they brought the unique small-town flavor of the island to visitors.
Where: *The Shops at Sea Pines Center, Hilton Head Island*
When: *10 a.m.-12 p.m., Tuesdays (Middle of March-November)*
Details: *lowcountryproduce.com*

FOREMAN HILL ROADSIDE STAND
Open on some weekends starting in March, this stand is a hotspot for everything fresh. Featuring produce and other miscellaneous items, owner Laura Sterling sells goods grown only by local farmers. In an effort to raise money for her nonprofit animal sanctuary, Laura's Little Critter Barn, Sterling opened the stand. The proceeds have allowed her to provide ample care for displaced squirrels and bunnies. Located next to Bluffton's tiniest traffic circle on Malphrus Road, you'll find baskets of squash, peppers, onions, and cucumbers. Delicious seasonal fruits such as peaches and berries also are on the menu if you're looking for something sweet.
Where: *113 Foreman Hill Road, Bluffton*
When: *Various weekends starting March (follow on Facebook for details)*
Details: *Facebook*





GRANT'S FRESH PRODUCE MARKET
Starting in the growing season around April, the Grant family will continue to provide Hilton Head with its fresh fruits and vegetables. In attempt to preserve small farm culture here, Grant's Fresh Produce Market has been serving the community for over 50 years. Making history as one of the island's first roadside stands, it serves all the produce necessities from watermelon to zucchini. About a block down from Harold's Diner on US 278, you'll find its white painted stand blossoming with colorful produce baskets. Become a part of the decades' worth of tradition by dropping in for some local deliciousness.
Where: *Near Singleton Beach Road, William Hilton Pkwy, HHI*
When: *April-November, hours of operation differ*



PORT ROYAL FARMERS MARKET
Located in Port Royal at Naval Heritage Park, this market is open every Saturday. Prepared food vendors serving barbecue, dumplings and breakfast sandwiches are only a portion of what it has to offer. Aside from poultry, produce, meats, and cheeses, the market also gives visitors the opportunity to purchase local seafood. If you're looking to add some life to your home or yard, they also offer plants, such as fresh flower bouquets and citrus trees.
Where: *Naval Heritage Park, Port Royal*
When: *9 a.m.-Noon, Saturdays*
Details: *portroyalfarmersmarket.com*

Get Fit for Life

Stunning private fitness center with an inspiring view of the marsh, one of the perks of Sea Pines Country Club membership.

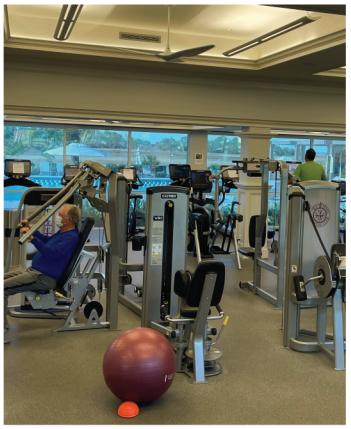
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HILTON HEAD ISLAND FARMERS MARKET

Nestled under the trees at Honey Horn Plantation every Tuesday, the Hilton Head Farmers Market is filled with products from hidden family farms and small kitchen operations. Its dedication to fixing the food system starts at the local level by giving the community an opportunity to buy produce straight from the source. By allowing attendees to get to know their farmers and neighbors, this market embodies the small-town experience. Take home an abundance of local goods ranging from cookies and bread to meats and salsas. You can even pick up some natural dog treats for your furry friend.

Where: *Coastal Discovery Museum, Hilton Head Island*
When: *9 a.m.-1 p.m., Tuesdays* ***Details:*** *hhifarmersmarket.com*



SPANISH WELLS SEAFOOD & PRODUCE

Specializing in tomatoes, peaches, grouper, and shrimp, this Spanish Wells family stand has been providing local goods to the community since 1998. Throughout the years, owners Solomon and Della Campbell have made numerous trips to local farms in order to get the freshest fare for their customers. Sadly, Sol died in October, but his wife, Della, has continued the legacy, as the stand was his pride and joy. For both of them it was not only about selling produce but also about connecting with customers. Knowledge of local history and genuine friendship come as a side with any products you purchase. Specialty goods such as homemade seasonings and jams are what set it apart from an average roadside stand.

Where: *556 Spanish Wells Road*
When: *10 a.m.-5 p.m., Tuesday-Saturday (April-Sept.)*
Details: *Facebook*

J WILTON GRAVES BRIDGE STAND

Open for as long as we can remember, this stand sits right before the bridge that takes you onto Hilton Head Island. Selling a variety of farm-fresh produce and seafood, owner Wesley Campbell is known for paying homage to the agricultural past of the island. Campbell's passion for produce began when he was just a kid pedaling goods around here to his neighbors. In keeping the tradition alive, this stand is full of oranges, tomatoes, and coolers stuffed with jumbo shrimp. His stands have since become very well-known and developed plenty of loyal customers. With this location being his only one, he soon plans to open a new stand off US 278 by Adrianna Lane. Fruits, veggies, and Hilton Head history make this a special stop for any visitor of Beaufort County. Just look for stand operator Josh under the tiki umbrellas and tents.

Where: *Corner of US 278 and Fording Island Road, Bluffton*
When: *10 a.m.-5 p.m. most days*





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One foot on a tractor

BY LISA ALLEN

UNDERNEATH THIS BLUFFTON BUILDER IS A FARMER, THROUGH AND THROUGH.







CONSERVATION FARMING Ben Kennedy, and avid hunter, grows sorghum, millet, sesame and more on his 270-acre farm near Ridgeland.

It's not unusual to get an email from Ben Kennedy at 2 in the morning. That's often what time his mind finally shuts off.

"I'm fortunate to be involved in a lot of different things, and sometimes it takes that long to catch up from the day," Kennedy said. He is involved in many local businesses and organizations (really, who could possibly keep count?), he is married with 7-year-old twins, is part of two operating farms, quail hunts, helped launch a veterans organization, and is an airplane pilot.

"But weekends are sacred. That's family time," he said.

While that sounds like an overwhelming life to most, it doesn't to those who grew up on a farm.



"My dad and grandfather were farmers (in Reidsville, Georgia). Starting in high school, I saw how valuable my experience on the farm was. You don't learn just one trade on a farm," Kennedy said.

You're a mechanic, an economist, a project manager, a builder, a scientist and a meteorologist.

"It also teaches you humility and gratitude."

Kennedy earned a bachelor's degree in agriculture from the University of Georgia and funneled that problem-solving expertise into building custom homes. He started Brighton Builders over 10 years ago in Bluffton.

But he's always kept one foot on a tractor.

"Right now, I'm doing conservation farming," Kennedy said. He's planted sorghum, millet and sesame on 270 acres in Ridgeland, mostly so that quail and dove can feast upon it. It's a common endeavor here in the Lowcountry. Wealthy industrialists snapped up plantations in the early 1900s and turned them into hunting preserves, managing the land to create ideal bird, deer and livestock habitat.

Some of the crop also will help feed the cattle herd at the family farm in Georgia, and some might show up on the breakfast table in the form of sorghum syrup. Sorghum, a heat-tolerant grass that came from Africa, has long been a source of sweetness in the South. It's a thinner, slightly more sour alternative to molasses, which is made from sugar cane.

"I grew up eating sorghum syrup on biscuits," he said. This cycle's crop is to help the quail population, which

needed his help. Overhunting and loss of habitat to development have taken a toll on the species.

Sorghum's far from the only thing he's grown.

"I also grew cotton for a movie set a few years ago. They were very precise. The rows had to be a specific distance apart, and they had to be a certain height. That was a fun challenge. It was precision agriculture. That's what I love about farming. There are no two days the same."

Later, he'll add corn to feed deer.

Kennedy works to keep the use of chemicals to a minimum. "This isn't like commercial farming where the only goal is to boost the yield. Ours is more holistic farming."

Farming, like building, is second nature to him.

"I managed a farm out of high school," he said. "I've been doing this for 20 years."

And he's not going to quit anytime soon. He has another crop of farmers to grow.

"My kids love to ride on the tractor with me. They love to be on the farm just as much as I do." *LL*







FAMILY TRADITION Ben Kennedy has managed a farm since high school. His father and grandfather were both farmers in Reidsville, Georgia.





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Udder nonsense?

THE TRUTH IS CRACKED WIDE OPEN ON THESE FARM FACTS

BY MADDIE BANE

Ever sit down and really think about which came first? The chicken or the egg? While the jury is still out on that one, ***here's a list of farm-related facts and myths*** that you might have wondered about before.



Cows know their names.

FACT. A study that was done in the U.K. in 2009 found that cows that are called by their names produce 3.4 percent more milk in a year than cows that are just simply looked at as part of a herd. It's been proven that dairy cows feel happier and more at ease when they are given one-on-one attention.



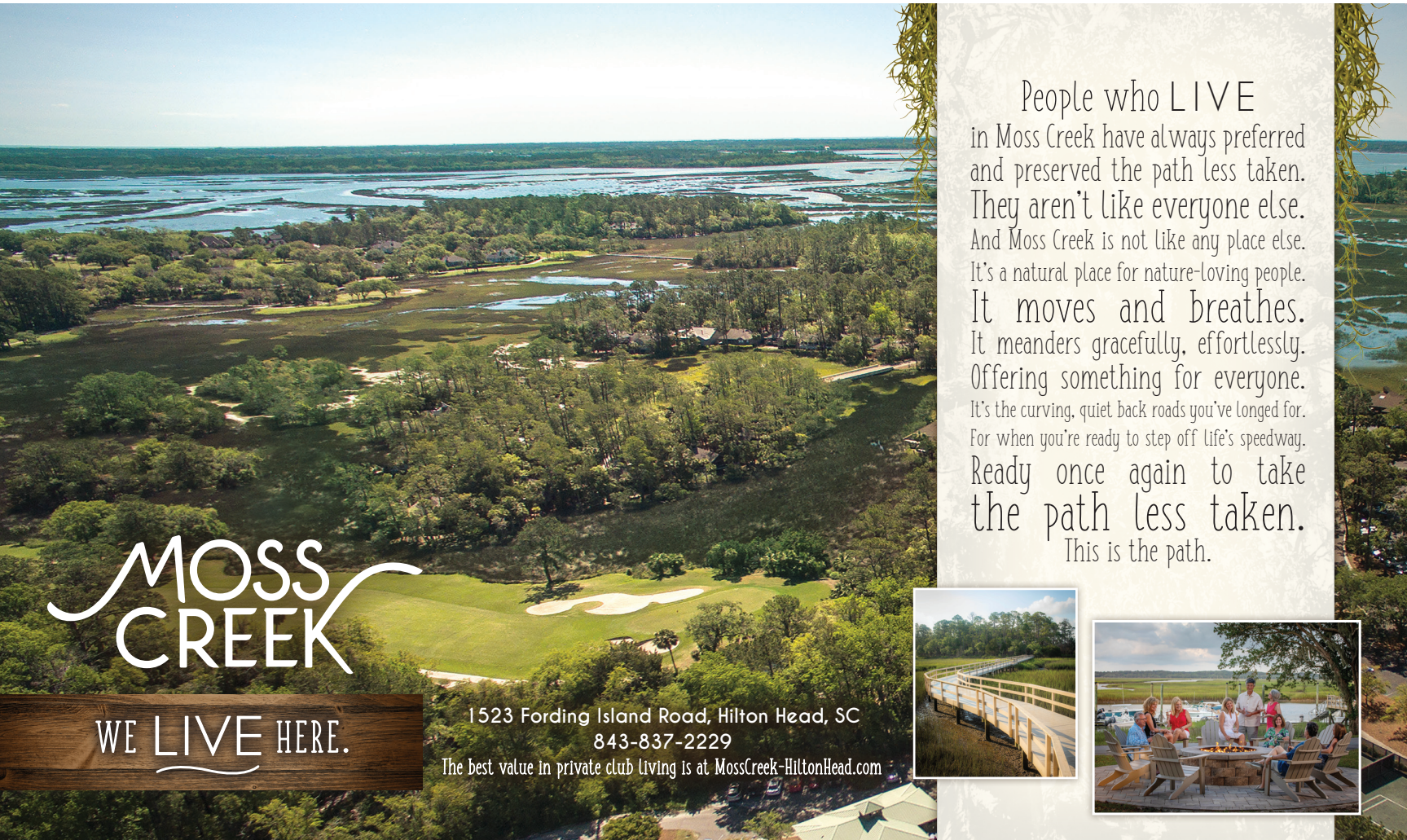
"Free-range" chickens are free to roam around the pastures.

MYTH. Being labeled "free-range" simply means that the chickens have been allowed limited access to the outside. This is usually a small fenced-in area right outside of the coop. In order to follow FDA guidelines, all poultry must always be somewhat enclosed for their own safety.



Turnips were the first jack-o-lanterns.

FACT. In Ireland and Scotland, they were carved and used to ward off evil spirits and unwanted visitors. It eventually became a Halloween tradition, and when immigrants arrived in North America, they found pumpkins were a little more suited for carving.





Different colored eggs have different flavors.

MYTH. The color of the egg shell just depends on the breed of chicken. There are no differences or variations in flavor, nutritional value, or cooking techniques.



Honey never goes bad.

FACT. Honey has such a low water content and low water activity, that it actually dehydrates bacteria. No bacteria equals no spoiling.



Georgia produces the most peaches.

MYTH. "The Peach State" actually ranks number three in peach production. California is the top producer, with South Carolina coming in at a close second.

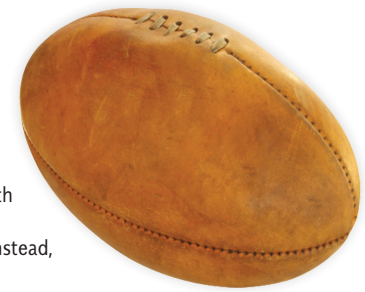


The Chicago River is turned green with a vegetable dye.

FACT. Although the full list of ingredients of this dye are locked up tight, the orange powder that turns the river green for St. Patrick's Day is made with a vegetable base. It was originally created by plumbers to locate leaks.

Footballs were once made of pig skin.

MYTH. They were actually inflated pig bladders. And if for some bizarre reason someone didn't feel like pumping air into a pig bladder, they would stuff it with materials like straw. Eventually, footballs were made out of rubber and cowhide instead, though it's hard to imagine why...







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-Sonia, Modern Message

"This is resort living at its best. We have everything we need in walking distance. We have been living at WaterWalk for a year and a half and looking forward to many many years."
-Judy, Modern Message

"I love to wake up every morning and see Broad Creek. The sunsets and sunrises are beautiful."
-John, Modern Message

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-Verified Resident, ApartmentRatings

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Skidaway Island

SECRET SPOT OFF THE BEATEN PATH

How to get there

Location: 52 Diamond Causeway, Savannah (15 miles south of downtown)
Mode of transport: Foot **Cost:** $5 entrance fee
If you go: Bring the babies and dogs







TAKE A HIKE Trails on Skidaway Island wind through maritime forest and past salt marsh, leading to a boardwalk and observation tower.

STORY + PHOTOGRAPHY BY MICHELE ROLDÁN-SHAW

Some spots are on the beaten track for a reason. ***Skidaway Island State Park*** is hardly a secret, with its well maintained trails and full-service campground conveniently close to Savannah. An oasis of that cheerful, unassuming, salt-of-the-sea charm that characterizes the Lowcountry, it provides just the ease and restoration people are looking for.

Yet for me personally, Skidaway was off the beaten track simply because in all these years I'd never been there. So on a recent sunny but chilly day I stashed a few snacks in a daypack and set out to explore. After walking all six miles of trails, here is my report: if you took the highlights of Pinckney Island National Wildlife Refuge and condensed them into one neat little package, that would be Skidaway. Of course, this means there isn't as much room to roam, and you will be crossing paths with more people on the trails. But if what you seek is a laid-back stroll through a park-like environment of beauty without the ruggedness, this local gem is on point.

What charmed me most about Skidaway was the boardwalks — nine of them, as indicated by little symbols on the map, bridging sloughs and stretching over salt flats. I love a good boardwalk: the weathered gray look of the wood, the sun-baked warmth, the hollow clunk when you walk over it. A boardwalk means wetlands, and what's not to love about traversing these fascinating environments without the bother of getting muddy or stepping on a reptile's head? Boardwalks are good for babies and dogs. An observation tower in the middle of the marsh offers commanding views toward Skidaway Narrows, while other trails take you right to its shores. Picnic tables and pioneer shelters in the woods invite youth-group adventures, and interpretive signs explain the history and wildlife.





STAY & PLAY
Make a weekend of it by renting one of three camper cabins at Skidaway Island State Park. Rates are $140 per night or $980 per week.

"If you took the highlights of Pinckney Island National Wildlife Refuge and condensed them into one neat little package, that would be Skidaway."



Long before this was a leisure environment, ***mastodons*** and giant ground sloths roamed Skidaway, as evidenced by the fossil record. Ancient Timucua Indians fished and left their middens — often still visible as piles of old bleached oysters and clams with cedar trees growing out of them — including several rare "ceremonial shell rings." Rather than just being prehistoric trash piles, this type of midden was heaped up seemingly with great care into symmetrical mounds that had center chambers swept clean of debris. Early European settlers raised ***cotton***, indigo, corn, cattle and hogs on the island, and the biggest and most prosperous plantation was Modena, a name still remembered today.



During the Civil War, batteries were built here to defend the "back-door" creeks leading into Savannah, and the remains of these earthworks can be visited on the trails. After the war, Skidaway was abandoned until formerly enslaved people took up a new life alongside Benedictine monks who established a monastery and school for Black children. Later the remote, bridgeless island became a hideout for moonshiners; one of their busted-up stills has been left with an interpretive sign. Union Camp timber company — one of many Northern industrial interests that moved in to appropriate the ruined South after the War — consolidated its holdings on Skidaway, then made a bargain with the state: build a bridge so we can develop a massive 4,500-acre gated golf community, and we'll give you 500 acres to turn into a state park. Hands were shaken, papers signed, and in 1975 Skidaway Island State Park became the token public accessory to big private development.

Such has been the life story of one gorgeous little scrap between land and sea in the Lowcountry. You can review all this as you're walking, taking note of the vestiges, or you can forget all that and just enjoy whatever peace you find in the present. It's your adventure — make it whatever you want it to be. *LL*



Bluebird of happiness!

Backyard bird feeding has changed a lot over the years, but one thing remains the same...the joy birds bring each time you catch a glimpse of them at your feeders.

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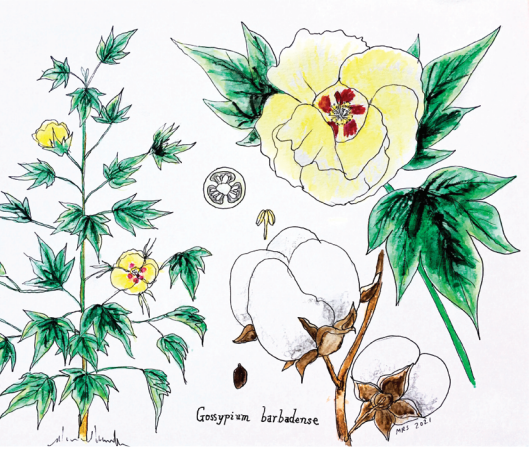
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WAYBACK LOWCOUNTRY

Sea Island Cotton

BY MICHELE ROLDÁN-SHAW





HIGH COTTON This illustration by writer and artist Michele Roldán-Shaw shows different stages of sea island cotton growth. Pima, Supima and Egyptian cotton are all different varieties of it.

The very sound of the name "sea island cotton" conjures all the allure of this fabled cloth: ease, luxury, the silky touch of breezes and sunshine on your skin. Once the wealth of the Lowcountry, it continues to be a mark of prestige today. There's a lot of history there, and not all of it is soft.

Gossypium barbadense, one of several species of cotton, is a tropical in the mallow family. Its cream-yellow blooms with blood-red centers are reminiscent of okra and hibiscus. The bolls pop open to reveal sumptuous silken snowballs that make ordinary cotton seem coarse. Originating in Ecuador and Peru, it was cultivated as early as 6,000 years ago, according to carbon dating. Native Americans were growing it in the Caribbean when Columbus arrived, and by the 1800s it had become a major commercial crop throughout the islands. The soft feel of British high society's undergarments contrasted sharply with the blistered backs of the slaves. G. barbadense, with its distinctive black seed and fine, long-staple fibers, would become a lucrative crop in many parts of the world. Today's famous high-end cottons — Pima, Supima, Egyptian — are all different varieties of it.

When the indigo market collapsed after the American Revolution, Lowcountry planters needed a new product. William Elliott II of Myrtle Bank

Plantation on Hilton Head experimented with G. barbadense, successfully raising the first crop of what became known as sea island cotton. In the mild, subtropical micro-climate of the barrier island chain stretching from Charleston to North Florida, these exotic 8-foot-tall bushes could reach maturity and harvest, whereas even just a little inland the killing frost would cut them down. Consequently, planters throughout the South took to growing "upland" cotton, a different, short-stapled species that became easy to produce, thanks to the cotton gin, but was considered of inferior quality. Meanwhile local planters cornered the specialty market of sea island cotton. The fibers were at once delicate and tough, allowing them to be spun out into a long, exquisitely fine thread that caressed the skin like no other. Planters competed to see who could produce the longest (by some accounts up to 160 miles!), and they would carefully save seed to become renowned specialists in what accounted for just a few percentages points of the cotton market, yet fetched ten times the price of the common variety. Unlike its upland cousin, sea island couldn't be mechanized, so its success relied even more heavily on the forced labor of millions of Africans and Black-Americans.

But no glory lasts forever — following successive blows of the Civil War and the boll weevil, sea island cotton was all but exterminated. Modern enthusiasts had to trace mysterious clues back to a sampling of seeds that was sent to a special facility in Texas in the 1920s to crossbreed it with another variety to create the closest modern descendant of the legendary crop. Some folks are trying to bring it back as a novelty item, much as there has been a resurgence of interest in indigo and Carolina gold rice. And though it will never bring the fortunes it once did, the name "sea island cotton" is still indicative of opulence. One modern luxury brand claims that while every year the world produces 100 million bales of cotton, only 150 of them are sea island cotton — but this rare product is coming out of Antigua, Barbados, and Jamaica, not Amelia, Beaufort or John's Island.

Oh, and in case you're wondering, a pair of this company's plain white men's boxers, like that worn by James Bond in The Man with the Golden Gun, as they proudly boast — will set you back $205. *LL*





80 Bridgetown Lane | *Located waterfront in the prestigious community of Wexford*

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

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

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

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



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FREQUENT FLYER



Eastern Bluebird

THESE INSECT-LOVING SONGBIRDS ARE A FARMER'S BEST FRIEND





©WILD BIRDS UNLIMITED

BY LUCY ELAM

Typically recognized as a symbol of joy and happiness, the ***eastern bluebird*** is one of the friendliest species of bird around. It's no surprise that these bluebirds are featured as the happy, helpful companions to the titular character in Disney's Cinderella.

The cheerful birds sing to wake her up, make her bed and even help her get dressed. While it's pretty far-fetched to ever hope for your own personal avian valet, the eastern bluebird is highly tolerant of human interaction, making it a backyard feeder favorite. Beautiful harbingers of spring, they can be found in open country with patchy vegetation. Meadows, fields and golf courses are good places to spot them. Here in the Lowcountry, eastern bluebirds are non-migratory, year-round residents that can fly at speeds up to 45 miles per hour and spot caterpillars and insects in tall grass at the remarkable distance of over 50 yards.

During mating season, unpaired male bluebirds average four to five hundred songs per hour but may sing up to 1,000 songs per hour. The male brings nest material to the nest and defends the edges of their territory, but the female eastern bluebird is solely responsible for building the nest, incubating the eggs, and defending the nest site. Bluebirds are generally monogamous and may raise two, sometimes three, broods per season. If you set up a proper cavity nest and feeders, you might be able to watch the whole process unfold right in your backyard. These affable songbirds will not begrudge you a close look at their nest, or even the freshly hatched chicks. If you want to see the entire nesting process firsthand, you will have to roll out the red carpet and get ready to host these songbirds as soon as possible, since eastern bluebirds start nesting this month. Just remember to clean out the nest at the end of the nesting season, or they won't come back. LL

Fun Facts

- Bluebirds consume about 4 grams of food per day or about 12 percent of their body weight. This is equivalent to a 200-pound human eating 24 pounds of food each day.
- These birds are very family oriented. The young of the first brood will occasionally help raise their siblings in the second brood.
- Eastern bluebirds are cousins of the mountain bluebird – which is the basis for the Twitter logo.
- With their love of insects, these birds are a gardener's best friend as they offer highly effective, natural insect control.

Where to see them

- Daufuskie Island
- Sea Pines
- Hilton Head Plantation

Eastern bluebird essentials

Find a full line of feeders, food and accessories for backyard bird feeding at ***Wild Birds Unlimited*** in Festival Centre at Indigo Park on Hilton Head Island. Now under new ownership.





ACCESSORIES

- Bluebird Plant Stake
- Eastern bluebird mug 16-ounce decorative mug that showcases the bluebird. Dishwasher and microwave safe.



FEEDERS

- Mealworm feeder
- EcoTough eastern bluebird nesting box
- Spiral tray feeder



FOOD

- Mealworms - dried or live
- Bark butter bits

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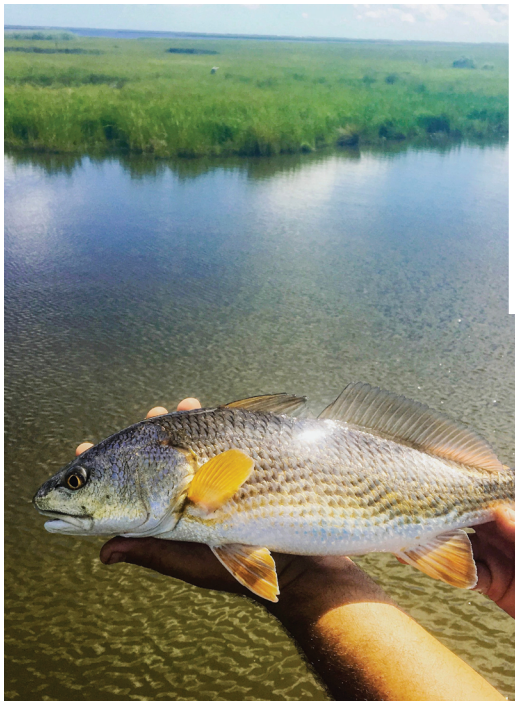
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Spring fishing tips & tactics

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



STORY + PHOTOS
BY COLLINS DOUGHTIE





Gator trout



Sheepshead

Redfish

It's hard to believe March is really here. Even more hard to believe, this month marks one entire year of living in this Covid-19 nightmare. Looking back through photos taken at the beginning of this pandemic, I was in Fort Lauderdale aboard my good friend, Dan Cornell's, new 60-foot Viking sport fishing boat "Game On" with plans to head over to the Bahamas in search of peace, quiet, sunshine and, Lord willing, some mahi, wahoo, tuna, and if all went right, a big beautiful ***blue marlin***.

Can I hear a wahoo?

With plans to make the run across to Treasure Cay the following day, we got word that the Bahamas was shut down to any boats coming from the U.S. for fear of spreading the Covid virus. With our grand plan out the window and heads hung low, we headed back to Hilton Head via the Gulf Stream. The only bright spot came in the form of nice wahoo we landed in sloppy Gulf Stream conditions off Hilton Head as we waited for the tide to rise enough to get into Wexford Harbour's entrance.



SPRING TACKLE BOX Here are a few plugs, spoons, sinkers, hooks and test line for inshore spring fishing. Use them to reel in more gator trout, redfish and sheepshead this month.

Keeping it reel

Though I always look forward to March, it isn't always warm and sunny, but it does mark the end of our 30-40 day winter when it is cold, gray and windy. It varies from year to year, but as water temperatures begin to rise and our waters begin to take on their normal greenish tint, the food chain begins to wake from its winter slumber. This year's awakening is foremost on my mind since I feel like I have been in a self-imposed quarantine for way too long. With all my tackle clean and reels oiled, I plan to be out on the water every chance I can get. Call it a rebirth of my spirit, a spirit that has been hit hard this past year.

The best medicine

Since most of you are inshore fishermen, three species come to mind as March arrives: gator trout, redfish and sheepshead. Gator trout are the really big roe trout that only show up a couple of times in a year. To catch them consistently, you need to be at your spot at first light. Using top water plugs like a Heddon white and chartreuse Super Spook or Super Spook Jr., big gator trout explode on them as if they had never eaten before. As for redfish, gold spoons, cut mullet or GULP new penny-color artificial shrimp all work well. Then there is my favorite in

March, sheepshead. Using live fiddler crabs or clams, a short 20-pound test leader with a swivel on one end and a #4 Eagle Claw J hook on the other with a 1-, 1 ½- or 2-ounce sliding egg sinker (depending on the current), these guys should be on fire. Hopefully, we are nearing the end of this life-altering pandemic, so whether you have gotten your vaccine or not, the ocean is the best medicine around. *LL*



LOCAL LIFE TEST KITCHEN

Fried redfish

INGREDIENTS

1 pound redfish fillets, patted dry
1 egg
1/3 cup milk
1/2 cup Italian seasoned bread crumbs
2 teaspoons roasted onion flakes
2 teaspoons minced garlic
1 teaspoon Old Bay seasoning
*2 pinches crushed **red pepper flakes***
1/4 teaspoon black pepper
1/4 teaspoon sea salt
1 1/2 tablespoons olive oil
2 teaspoons butter

DIRECTIONS [1] Beat the egg with milk in a shallow bowl. In a different bowl, mix bread crumbs, onion flakes, garlic, Old Bay, red pepper flakes, black pepper and sea salt. **[2]** Dip each redfish fillet into the egg mixture, then drop into the crumb mixture, pressing gently on both sides. Refrigerate the coated fillets for 20 minutes to help set the crumbs. **[3]** Heat the olive oil and butter in a skillet over medium heat. Pan-fry about 3 minutes per side, until golden brown on each side. Drain fillets on paper towels.



Side suggestion:
Vegetable brown rice with lemon slices

Wine suggestion:
Cakebread Sauvignon Blanc

Beer suggestion:
Riverwalk Empire Pilsner,
River Dog







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style trends

PHOTOS BY LISA STAFF

1. Eclectic

- Unconventional combinations
- Tied together by color, texture, or shapes
- Neutrals serve as the grounding color

2. Classic

- Timeless
- Neat hem lines
- Clean silhouettes

3. Children's

- Bright colors to inspire a positive mood
- Ease of movement
- High durability

4. Outdoors/Sustainable

- Sporty/on-the-go
- Common fixtures of hiking boots or down jackets
- Made of sustainable materials



*Ever wonder what your style would be defined as? Now you can find out with the **LOCAL Life style quiz!** Scanning this QR code will take you directly to it, and once you have your results, find the corresponding page to get some inspo from local shops and boutiques and their take on each style.*

eclectic



Available at Palmettoes



Available at SHOP

eclectic





Available at Back Door

classic



Available at Knickers



classic



Available at Cocoon



Available at Spartina

outdoors





Available at Outside Hilton Head



Available at Island Child

children







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"Spring will come and so will happiness. Hold on. Life will get warmer."

- ANITA KRIZZAN

Celebrating spring with beautiful colors

BY KATHRYN MADEMANN

Raise your hand if you feel exhausted, out-of-sorts, a bit blah, and tired of the same old wardrobe? What can we do to help ourselves out of this funk? Visualization.

Envision yourself emerging like a butterfly as we come out of our Covid/winter cocoons. By unfolding our wings and incorporating color, we can celebrate spring, sunshine, and Mother Nature through our wardrobe. When thinking how this could help you, first remember that color is emotional, it is visceral, and we react to it. How often do you walk by a beautiful garden or vase of flowers on your table and NOT smile? I am very excited to present the ***Spring/Summer 2021 color collections***. This spring, let's add beautiful colors to your wardrobe.

Style Tip

When choosing your colors, take the clothing item that is worn around your face such as a shirt, dress, scarf, wrap, or jacket, to see if the colors complement your personal canvas which includes your skin tones, color of your eyes and hair. You'll find that some colors are not as flattering as others. An easy test to see which colors are best for you is to look in the mirror with the color next to your face. If your skin tones illuminate pink and healthy and the color of your eyes pop, this is a good color for you. If the color casts a gray, jaundice color onto your face or your eyes look flat, it's not the right color for you. If you are having a difficult time deciding which colors are your personal "Wow" colors, call me. I'll be glad to help.


©JACQUELINE FRIEL PHOTOGRAPHY

***Kathryn** is an internationally known style consultant who recently relocated to Hilton Head Island. She can be reached at kathrynmademann@gmail.com or visit KM2Style.com. Makeup & hairstyle by True Beauty by Joanna Marie.*

PANTON COLORS SPRING/SUMMER 2021



Marigold
PANTONE 14-1050



Illuminating
PANTONE 13-0647



Cerulean
PANTONE 15-4020



French Blue
PANTONE 18-4140



Rust
PANTONE 18-1248



Green Ash
PANTONE 13-0117



Burnt Coral
PANTONE 16-1529



Mint
PANTONE 16-5938



Amethyst Orchid
PANTONE 17-3628



Raspberry Sorbet
PANTONE 18-2043

Ladies, think of pretty dresses, tops and skirts, and add color to your exercise clothes. It's an easy, fun pick-me-up to accent your wardrobe with a new colorful handbag and shoes. Gentlemen, this isn't just for women; I know many men feel stuck as well. By adding a few new items and colors to your wardrobe, it will give you a refreshed feeling. Buy a colorful golf shirt. You never know, it could help your game.

Let's bloom into spring!

Kathryn





Local Love

Shamrock and Roll. We're giving you the green light to go buy these fantastic products from our favorite local businesses.



LUCK OF THE SHUCK

Add some good luck charms to your home with these handcrafted Lowcountry oyster shells! Perfect for storing small trinkets, their gold leaf finishes belong at the end of a rainbow.

Available at Lowcountry Mercantile and lowcountrylinens.com.



TOO HOT TO CANDLE

These double-wick candles by Northern Lights come in three scents, all inspired by the flora of the sea. Made out of recycled glass, the hand-blown vessels have artisan-rolled rims and would add the perfect pop of color to any room.

Available at The Spirited Hand



TURTLE TIME

Show your love for turtles by carrying this adorable and reusable drink tumbler. Equipped with a metal straw and watercolor design, it's a trendy way to stay hydrated at all times.

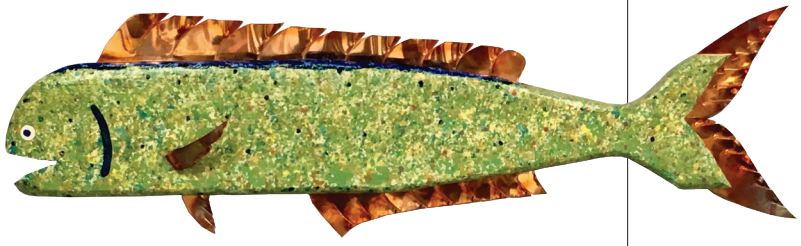
Available at Gifted.



FISH ON!

There are plenty of fish in the sea, why not hang one on your wall? Accented with copper fins, this unqiue sculpture has great texture and is probably the happiest Mahi you will ever see.

Available at Signore Coastal Art.



BAG TO THE BASICS

The Original Bogg Bag is the ideal tote for beach and pool days. Its durable and easily washable design is perfect for storing a variety of items from towels to sunscreen. Each bag comes with a set of two clear inserts and is available in a smaller size.

Available at Grayco.



UN-BE-LEAF-A-BOWL

Made in Italy, this bowl by Vietri has a beautiful reactive glaze finish. With the inspiration of keeping sacred time spent around the table, it's a great addition to any dinner party or family gathering.

Available at Pyramids.



BRIGHT & BUBBLY

Enjoy this delightful lavender juniper combination in the shower or bath. These 5 oz. soap bars are both refreshing and beautiful, making them the perfect product for any powder room.

Available at Island Lavender.

TOTEALLY GREEN

This reusable shopping bag is both trendy and eco-friendly. Holding up to 50 pounds, it's great for everyday grocery shopping. Its machine washable fabric is a fun addition to any farmers market trip.

Available at Coastal Treasures.



Celebrate Spring!

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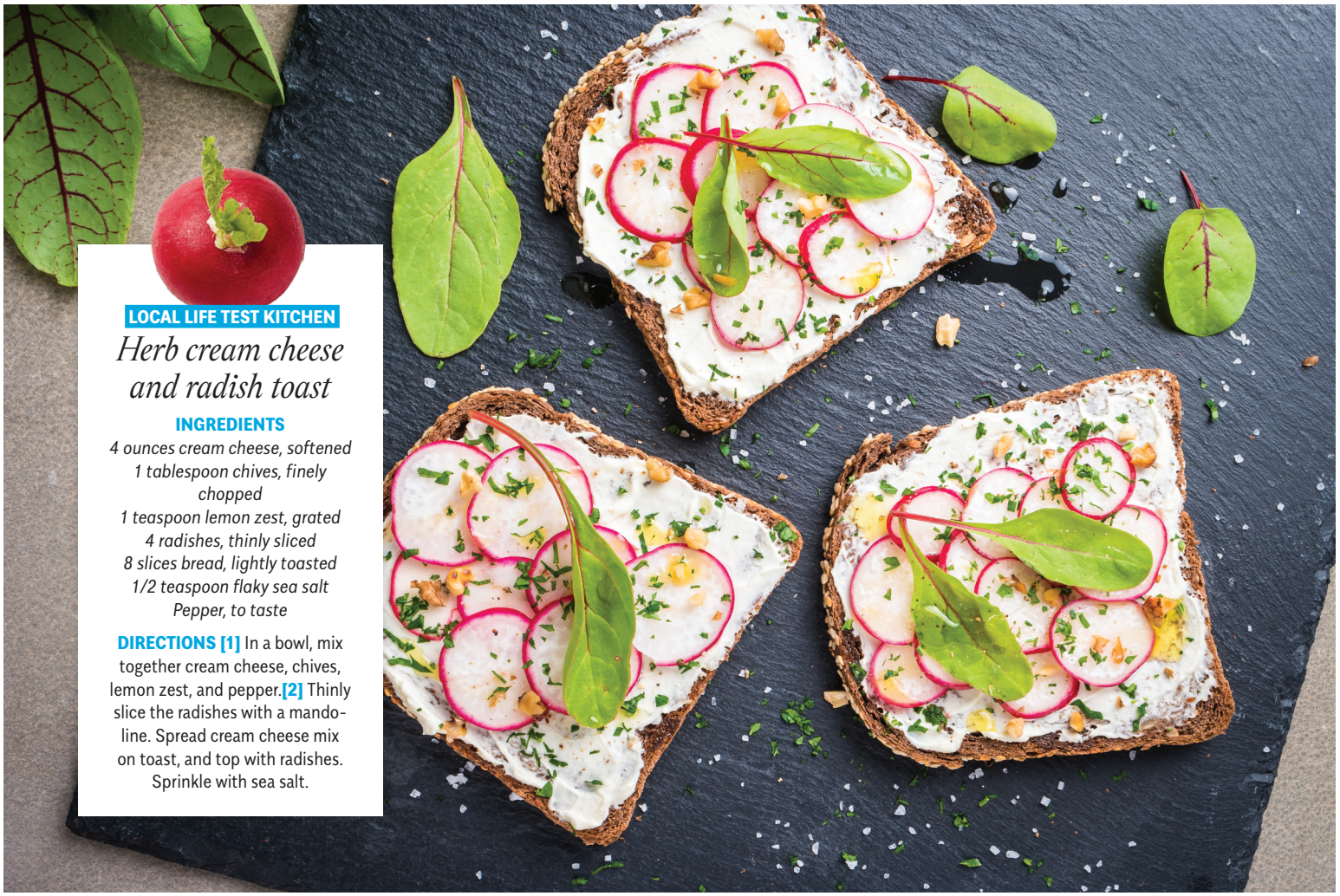
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WHAT'S FRESH IN MARCH?

Ravishing radishes

A ROOT VEGETABLE WITH A BIT OF A KICK



LOCAL LIFE TEST KITCHEN

Herb cream cheese and radish toast

INGREDIENTS

4 ounces cream cheese, softened
1 tablespoon chives, finely chopped
1 teaspoon lemon zest, grated
4 radishes, thinly sliced
8 slices bread, lightly toasted
1/2 teaspoon flaky sea salt
Pepper, to taste

DIRECTIONS [1] In a bowl, mix together cream cheese, chives, lemon zest, and pepper.**[2]** Thinly slice the radishes with a mandoline. Spread cream cheese mix on toast, and top with radishes. Sprinkle with sea salt.

BY MADDIE BANE

Whether you prefer them long and narrow or short and round, radishes are the perfect vegetable to kick off the spring season. They're easy to grow (or buy), great to snack on, and although they look particularly similar to beets, their crispy texture and spicy taste are what set them apart from their root vegetable cousin. Springtime in the Lowcountry is prime time for planting and harvesting this vegetable, as too hot weather can lead to "bolting," which causes the plant to turn bitter. The list of nutrients and benefits goes on and on, and with nearly 20 varieties of this produce, there's no reason not to enjoy radishes this season.





ROOTING FOR YOU
Radishes like cool weather, but it needs to be warm and wet enough for them to fill out before the weather really heats up.

Totally rad benefits

Radishes contain small amounts of nutrients such as calcium, magnesium, and zinc, and they are a great source of vitamin C. One half-cup serving contains 14 percent of daily recommended vitamin C consumption. This vitamin is a great source of antioxidants, and it also plays a huge role in collagen production.

You'll never be-leaf this

You'll most likely see or use radishes sliced on fresh salads or a vegetable tray, but don't neglect the leaves — they're used just as often. In fact, there are more nutrients in the radish leaves than the radish itself. They contain high amounts of vitamin C and fiber. Radish leaves are commonly found in potato soup, sauteed as a side dish, and blended into various fruit juices.



How to grow them

Radishes grow best in the spring in order to produce the best flavor and texture. Seeds should be planted two to three weeks before the last frost in loose, well-drained soil. After 20 to 30 days when the roots are an inch across, they are ready for harvesting.

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LOCAL LIFE TEST KITCHEN

Deviled eggs with radishes



INGREDIENTS

12 hard boiled eggs
1/2 cup mayo
2 tablespoons dijon mustard
1/2 tablespoon white vinegar
2 tbsp fresh dill, chopped
1/2 teaspoon salt
1/4 teaspoon pepper
1 stalk celery, finely diced
1 teaspoon paprika
2 radishes, thinly sliced

DIRECTIONS [1] Slice eggs lengthwise and place yolks into a bowl. Add in mayo, mustard, fresh dill, vinegar, salt, pepper, and celery and stir until creamy. **[2]** Spoon about a teaspoon of mixture into each egg half. **[3]** Top each with a couple slices of radishes, some fresh dill, and a sprinkle of paprika.



LOCAL LIFE TEST KITCHEN

Radish yogurt dip



INGREDIENTS

1 bunch radishes
1 cucumber
1 1/2 cups plain Greek yogurt
2 green onions, sliced
2 garlic cloves, minced
1 teaspoon lemon zest
1 tablespoon lemon juice
2 tablespoons fresh mint leaves, chopped
2 tablespoons fresh dill, chopped
1/4 teaspoon ground coriander
1/2 teaspoon sea salt
1/4 teaspoon black pepper

DIRECTIONS [1] Grate cucumber with coarse side of a box grater. Place in between paper towels to soak up as much liquid as possible. **[2]** Transfer cucumber to a bowl, and grate radishes into the same bowl. **[3]** Add yogurt, green onions, garlic, lemon zest, mint, dill, coriander, salt, and pepper. Stir gently. **[4]** Garnish with a few radish slices and fresh herbs. Cover and refrigerate for 15 minutes before serving.

Where to buy them

Your favorite grocery store will certainly have this root veggie. You also can keep an eye on the social media pages of local markets.

- ***Monday, Wednesday, Sunday:*** *Whippoorwill Farms SC, Ridgeland, 11 a.m.-6 p.m.*
- ***Tuesday:*** *Hilton Head Island Farmer's Market, Coastal Discovery Museum, 9 a.m.-1 p.m.*
- ***Thursday:*** *Farmers Market of Bluffton, Green Street, noon-5 p.m.*
- ***Saturday:*** *Port Royal Farmers Market, Naval Heritage Park, 9 a.m.-noon*



Where to order them

WISE GUYS

Blackened farm-raised Texas redfish: Smoked Gouda grits, fresh baby arugula, radish, tomato salad, light citrus dressing and extra virgin olive oil.

POSEIDON

All bowls (salmon poke, shrimp tempura, sesame crusted or big eye tuna poke, and upside down tuna nigiri): are served with cabbage slaw, watermelon radish and scallions.

SKULL CREEK DOCKSIDE

Taco salad: Mixed greens, seasoned ground beef, Colby jack cheese, avocado, carrot, radish, cucumber, pico de gallo, red onion, crispy tortillas and ranch. *LL*



Inspired by the Taste of Fresh

Agriculture has always been a part of Spring Island's history. And, for more than 20 years, the members of our community have joined together to cultivate fresh herbs and vegetables at Waterfall Farms. We don't do it to be fashionable or to jump on the latest fad. We do it because we like to get our hands dirty. We like to plant things in the Lowcountry soil. We're amazed at the miracle of growth. We revel in the sense of community. And we're inspired by the taste of fresh – at our tables and in our recipes.

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SPRING ISLAND



FIRST LOOK

Nectar Farm Kitchen

WITH ITS LATEST CONCEPT, SERG GROUP GOES BACK TO BASICS.

STORY BY BARRY KAUFMAN + PHOTOGRAPHY BY KIM SMITH PHOTO





NOW OPEN
Nectar Farm Kitchen is open seven days a week, serving locally sourced Southern-inspired dishes for breakfast, lunch and supper. The food shown is root beer-braised short rib (top) and spinach salad with local shrimp.



Nick Unangst is scrolling through photos on his phone, gleefully showing off shots from his day on the farm. There's Sam, the frisky border collie who became Unangst's best friend following a game of fetch, trotting toward a herd of dairy goats at Split Creek Farms. There's a shot of the equipment Forx Farm uses to make its deliciously rich gouda cheese. Each is a reminder of what a different venture Nectar Farm Kitchen represents.

Sitting at a side booth at Nectar, where construction crews were busy transforming the old Marley's Island Grille location into a warm, country-style farm house, he and fellow chef Chris Carge are working through a lengthy printout listing suppliers, cross-referencing delivery dates for fresh produce, eggs, meat and dairy from a network of around 40 farms.



A FRESH CONCEPT Pictured from left are five of the chefs connected to Nectar Farm Kitchen: Brad Blake, Orchid Paulmeier, Nick Unangst, Chris Carge and Andrew Davis.

"There's a lot of logistic involved," said Carge with more than a hint of deadpan humor.

The two of them represent nearly half of the five chefs taking the helm at Nectar, the other three being fellow SERG stalwarts Orchid Paulmeier, Brad Blake and Andrew Davis. For Unangst, who had been serving as corporate chef overseeing 10 different restaurants, Nectar represents a chance to narrow his focus onto one menu. For Carge, who had made his mark with Poseidon's wildly creative menu, it represents a chance to expand on the relationships he'd built with area suppliers.

"Local ingredients may be a big part of the appeal, but it's ultimately the culinary magic Nectar's chefs have created."

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"It worked out for the both of us," said Unangst.

The range of suppliers, proudly displayed on the back of the menu at Nectar, is impressive. But perhaps even more impressive is what these chefs have done with them. From breakfast to dinner, each item informs a massive menu that runs a broad gamut. While the overarching theme is one of farm-fresh cuisine, it's not necessarily a mandate.

"The theme is inspirational Southern ingredients, but things like the Korean fried waffles are a little more out there," said Carge. "But that's just the stuff we like to eat so we snuck it in there."

There are more than a few surprises. Alongside the traditional stick-to-your-ribs fare of breakfast and the approachable upscale dishes on the lunch and dinner menu, you'll find items like noodle bowls, African gumbo and Lowcountry cioppino. Yes, local is the rule, but farm-raised ingredients don't always need to make for farmhouse cuisine.





LOCAL FLAVOR Nectar scources produce and meats from local farms. Food shown is The Cure (above) and bacon steak (right).

When asked whether the menu drives the supply or vice versa, both chefs insist it's both. "It's a weird, wacky combination, I think," said Carge. "Something will spark an idea, and it morphs into us asking, 'Should we try this?'"

So the local ingredients may be a big part of the appeal, but it's ultimately the culinary magic Nectar's chefs have created from those ingredients that steals the show. That said, sourcing each ingredient on an almost individual basis, from Hilton Head Island tomatoes to Springer Mountain, Georgia, tomatoes, does represent a unique new test.

"When I was at Poseidon, I'd already been working with some of these local fishermen and farms, and it's really caught traction," said Carge. Nectar just takes those networks and takes them to the next level. "This is our baby for it."

"We were ready for this challenge," added Unangst. "The island doesn't have anything like this. And being socially conscious and trying to help communities, it's not a horrible idea. Small farmers need as much help as possible."







At its heart, Nectar represents a natural evolution for the farm-to-table movement. Long the province of smaller, more intimate eateries with a handful of exclusive tables, Nectar will take the same devotion to local sourcing and apply it to a much larger footprint.

"What we've learned is that there are a lot more people making artisanal products than we thought," said Unangst. "One challenge is getting them out of a farmers market mentality and into a distribution mentality, because they are two different animals."

It can be a tall order, but if anyone can pull it off, it's Nectar. As part of SERG Restaurant Group, Carge and Unangst can work alongside their fellow owner partners to leverage buying power and share in a network of farms already being developed by sister restaurants.

"With SERG in general, our chefs are motivated to work with locally sustainable products, and we've slowly been incorporating that into our DNA. I've been with SERG since 2002, and it's always an evolutionary process. Evolving and getting smarter, getting more socially conscious. As we move along, it's kind of a natural process," said Unangst. "I think this is the most evolved and enlightened thing we're doing." *LL*



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nectar
FARM KITCHEN

At Nectar Farm Kitchen we work with farmers who are as passionate about food as we are. Our group of distinguished chefs thoughtfully prepare every dish using ingredients made and grown throughout the Lowcountry and the South. Paired with a farmhouse atmosphere and local southern charm, Nectar Farm Kitchen is a pleasure one can only experience in our small corner of South Carolina.



a| Big Ole' Sticky Bun b| Farm Stand Bowl c| Yogurt Parfait
d| Mother Porker e| Lowcountry Cioppino
f| Biscuit Basket g| Root Beer Braised Short Rib

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Just A Taste Menu

BREAKFAST + LUNCH + SUPPER
8-11am 11am-4pm 4-9pm

STARTERS

BAG O' DONUTS $6
Cinnamon + Sugar

BIG OLE' 'STICKY' BUN $7
Pecan + Honey Glaze + Cream Cheese Icing

BISCUIT BASKET $8
Buttermilk Buscuits + Sweet Potato Biscuits
House Turned Butter + Seasonal Compote + Local Honey

BISCUITS & SAWMILL GRAVY $5
Buttermilk Biscuit + Sawmill Gravy

YOGURT PARFAIT GF $10
Lowcountry Creamery Nonfat Yogurt + Seasonal Fruit
House Made Granola + Honey Drizzle

AVOCADO TOAST V $9
Cashew Butter + Black Garlic + Yogurt + Preserved Lemon
Bee Pollen + Nutritional Yeast + Toasted Benne Seed Bagette

DEVILED EGGS GF $5
Orange Marmalade + Chicken Cracklings

SOUTHERN POUTINE $11.5
Fry Chips + Shredded Pork + Cheese Curds + Debris Gravy + Green Onions

OPEN FACED BACON STEAK $10
Tomato Jam + Arugula + Benne Seed Bagutte

TOMATO HAND PIE $6
Crispy Pie Crust + Tomatoes + Farmers Cheese + Goat Feta + Basil

DEVILED CRAB BALLS $12
Charlie's Dock Sauce

FRIED GREEN TOMATOES $10
Bacon Pepper Jam + Goat Feta + Basil

PIMENTO CHEESE BAKE $12.5
Spicy Country Sausage + Pork Rinds + Benne Seed Crackers

PANCAKES & WAFFLES

BUTTERMILK PANCAKES $10
Farm Stand Butter + Warm Vermont Maple Syrup

SWEET POTATO PANCAKES $14
Peach Butter + Candied Pecans + Warm Vermont Maple Syrup

BELGIAN WAFFLES $10
Farm Stand Butter + Warm Vermont Maple Syrup

KOREAN FRIED CHICKEN WAFFLES $16
Crispy Waffle Fingers + Fried Bone-In Chicken + Sambal Vinaigrette

SOUTHERN CHICKEN & WAFFLES $16
Spicy Country Sausage Waffle
Southern Fried Chicken Breast + Hot Honey

EGGS

***SIMPLE SOUTHERN BREAKFAST** $10.5
Local Farm Eggs + Choice of One: Thick Cut Bacon
Country Sausage Patty - True Country Ham or City Ham
Hashbrowns or Carolina Plantation Grits
Choice of: Multigrain - Country White Toast
Sweet Potato Biscuit or Buttermilk Biscuit

GREEN EGGS & HAM $12
Scrambled Local Farm Eggs + Potatoes
Salsa Verde + Farmers Cheese + City Ham
Adobo Crema + Corn Tortillas

MOTHER EARTH $12.5
Egg White Omelette + Spinach + Avocado
Broccoli + Tomato + Goat Feta + Herb Salad
Hashbrowns or Carolina Plantation Grits
Choice of: Multigrain - Country White Toast
Sweet Potato Biscuit or Buttermilk Biscuit

***SAUSAGE BISCUITS N GRAVY** $13
Buttermilk Biscuit + Country Sausage Patties
Fried Local Farm Eggs + Sawmill Gravy

***DUCK HASH** $17
Pulled Roast Duck + Seasonal Root Vegetables
Fried Local Farm Eggs + Hollandaise + Duck Crackling

SOUPS & SALADS

CREAM OF CHICKEN POT PIE *Cup $5.25 | Bowl $6.75*
Pulled Chicken + Vegetables + Biscuit Crumble

SEA ISLAND STEW *Cup $6.25 | Bowl $8.25*
Shrimp + Crab + Vegetables
Savory Tomato Broth + Carolina Gold Rice

GARDEN OF VEGAN (V) *Full $13 | Half $7.5*
Radish + Tomato + Cucumber + Avocado
Chickpea Croutons + Vertical Roots Greens + Vegan Ranch

COUNTRY COBB (GF) $16.5
Local Shrimp + City Ham + Local Farm Egg + Avocado
Shaved Onions + Bleu Cheese + Candied Pecans
Vertical Roots Greens + Lusty Monk Honey Vinaigrette

SPINACH SALAD (GF) *Full $14.5 | Half $8*
Pickled Golden Beets + Radish + Shaved Onion
Goat Feta + Adam's Hydroponic Spinach
Chicken Cracklings + Roasted Garlic Ranch

THE "WEDGE" (GF) *Full $14 | Half $7.5*
Thick Cut Bacon + Shaved Onion + Cucumber
Blistered Tomatoes + Bleu Cheese + Vertical Roots
Gem Lettuce + Toasted Almonds + Tomato Vinaigrette

BISCUIT BENNIES

Choice of Hashbrown or Carolina Plantation Grits

***LOWCOUNTRY FRIED BIRD** $13
Buttermilk Biscuit + Fried Chicken Breast
Poached Local Farm Eggs + Sawmill Gravy

***EGGS BENEDICT** $10.5
Buttermilk Biscuit + City Ham
Poached Local Farm Eggs + Hollandaise

***SOUTHERN BELLY** $14
House Made Sweet Potato Biscuit + Lusty Monk Mustard
Fried Green Tomatoes + Smoked Bacon Steak
Poached Local Farm Eggs + Hollandaise

***DEVILED CRAB** $15
Buttermilk Biscuit + Deviled Crab Cakes + Poached Local
Farm Eggs Hollandaise + Carrot Habanero Sauce

***TOSTADA** (GF) $13.5
Crispy Corn Tortilla + Butter Bean Mash + Goat Feta
Poached Local Farm Eggs + Adobo Crema + Salsa Verde

SANDWICHES

***DONUT SANDWICH** $12.5
House Made Donut + Cinnamon Sugar + Apple Compote
Fried Local Farm Egg + Cheddar Cheese + Country Ham
Country Sausage or Thick Cut Bacon

***SUPER DAVE BREAKFAST SANDWICH** $14
Fried Local Farm Eggs + Country Sausage Patties
Thick Cut Bacon + American Cheese + Toasted Sesame Bun

***FRIED BOLOGNA SANDWICH** $9.5
American Cheese + Fried Local Farm Egg
LTP + Lusty Monk Mayo + Country White Bread

***BRUNCH BURGER** $15
6oz. Grass Fed Beef + Country Ham + Mild Local Gouda
Fried Local Farm Egg + Tomato Jam + Sesame Seed Bun

***COASTAL HOSPITALITY BURGER** $15
Grass Fed Beef 6oz. + Bacon Pepper Jam
Pimento Cheese + Sesame Seed Bun

BACON TOMATO SANDWICH $14
Thick Cut Bacon + Bacon Pepper Jam +
Fried Green Tomato + Dukes Mayo + Arugula
Goat Feta +Toasted Country White Bread

CAROLINA CATFISH SANDWICH $15.5
Blackened or Fried + LTP
Charlie's Dock Sauce + Sesame Seed Bun

BLUE CRAB MAC $16
Deviled Crab Patties + Chow Chow Mayo
LTP + American Cheese + Sesame Seed Bun

HOT CAROLINA SHRIMP OR CHICKEN MELT $13
Local Shrimp Salad or Fried Chicken Salad
Mild Local Gouda + Tomato + Biscuit

SALAD SANDWICHES $11
Chilled Local Shrimp Salad or Fried Chicken Salad
Tomato + Gem Lettuce + Toasted Multigrain Bread

COUNTRY FRIED PORTABELLA MUSHROOM MELT (V) $13.5
Seasoned Flour + Goat Feta + Arugula
Tomato Vinaigrette + Sesame Seed Bun

BUTTERBEAN BURGER (V) $10
LTP + Vegan Mayo + Sesame Seed Bun

MOTHER PORKER $14
Roast Pork Shoulder + Debris Gravy + City Ham
Lusty Monk Mayo + Dill Pickle + Technicolor Slaw
Tomato + Benne Seed Roll

SPICY CHICKEN "N" PICKLES $12.5
Pickle Marinated + Chili Rubbed + Dill Pickles
Dukes Mayo + Honey + Country White Bread

***DUCK DIP** $17
House Made Duck Pastrami
Duck Fat Braised Cabbage + Chow Chow Mayo
Benne Seed Roll + Duck Jus

BOWLS

FARM STAND BOWL (V) $13
Ancient Grains + Kale + Pickled Shiitake Mushrooms
Sweet Potato + Brussels Sprouts
Broccoli Tomato Vinaigrette + Herb Salad

***THE CURE** $16
Buckwheat Noodles + Soft Poached Local Farm Egg
Pork Belly + Pickled Shiitake Mushrooms
Kale + Pork Broth + Charred Lime
Carrot Habanero Hot Sauce + Pork Cracklings

18 CENTURY STONE CUT TOASTED OATS (GF) $10
Certified Organic Oats + Lowcountry Creamery Cream
Seasonal Fruit Compote + Toasted Pecans

BASKETS

FRIED: Fry Chips + Technicolor Slaw
Charlie's Dock Sauce or Cocktail + Lemon
BROILED: Creole Butter + Butter Bean Ragout
Carolina Gold Rice

FRIED CHICKEN FINGERS $14
LOCAL SHRIMP (Fried or Broiled) $17
FRIED OYSTERS $18
DEVILED CRAB (Fried or Broiled) $16
CAROLINA CATFISH (Fried or Broiled) $17

FRIED COMBO $30
Carolina Catfish + Deviled Blue Crab
Local Shrimp + Oysters

BROILED COMBO $30
Carolina Catfish + Deviled Blue Crab + Local Shrimp

SUPPER PLATES

***PAN ROASTED SALMON** $24
Peach BBQ + Farm Vegetables
Whipped Potatoes + Sweet Potato Haystack

BLUE CRAB & GRITS $26
Lump Crab + Carolina Plantation Grits
Blistered Tomatoes + Creole Cream

BLACKENED CAROLINA CATFISH $19
Bacon Collards + Chow Chow + Potlicker
Carolina Gold Rice

LOWCOUNTRY CIOPPINO $27
Local Shrimp + Local Deep Water Catch + Lump Crab
Smoked Tomato Broth + Charred Okra Sweet Corn
Carolina Gold Rice + Toasted Benne Seed Baguette

COUNTRY CAPTAIN $18
Chicken Thighs + Tomato Curry + Currants
Toasted Almonds + Green Onion + Carolina Gold Rice

***LOCAL DEEPWATER CATCH** $MKT
African Gumbo + Peanuts + Carolina Gold Rice

FRIED CHICKEN $19
Half Bone-In Chicken - White & Dark Meat
Mac N' Cheese + Bacon Collards

SMOTHERED BONELESS CHICKEN BREAST $19
Pan Gravy + Farm Vegetables + Carolina Gold Rice

PAN FRIED PORK CHOP $24
Butter Bean Ragout + Farm Vegetables
Chow Chow + Carolina Gold Rice

BBQ COUNTRY RIBS $22
Peach BBQ + Bacon Collards + Mac N' Cheese

ROOT BEER BRAISED SHORT RIB $25
Sorghum + Farm Vegetables + Garlic Gremolata
Whipped Potatoes + Sweet Potato Haystack

LOCAL SHRIMP & GRITS $24
Sausage + Smoked Tomato Gravy + Cream
Onion + Bell Peppers + Celery + Green Onion

MEATLOAF $21
Mild Gouda + Country Ham + Farm Vegetables
Whipped Potatoes + Smoked Tomato Gravy

***COFFEE RUBBED FLAT IRON** $24
Farm Vegetables + Whipped Potatoes
Bourbon Peppercorn Butter

Farm-to-table

LOCALLY GROWN INGREDIENTS MAKE THESE RECIPES EXTRA TASTY AND FRESH.



For our farming issue, we asked a group of ***local chefs to share recipes using ingredients grown in local fields***. Awaken your tastebuds after winter with these fruit- and veggie-forward dishes that exemplify the farm-to-table movement.



FAB FARM: WATERFALL FARM

Community gardens are common in many of the Lowcountry's private communities. The garden at Spring Island is different. Waterfall Farm is 6 1/2 acres of cultivated, community-run farmland, sewn 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. Once members have collected their share, the remainder of the bounty is distributed to staff members, the local fire station and churches in neighboring communities.

GREEN PARTY

In 1912, Colonel William Copp bought and cultivated the land on Spring Island. Turning it into a working crops and livestock farm, Copp employed laborers and built 35 tenant homes to house them. Twenty years ago, an enthusiastic Spring Island member brought the farm back to life and, though a much smaller operation, it remains a wonderful homage to the history of the island. Waterfall Farm, as it has been affectionately named, is now one of the most popular destinations on Spring Island as more and more people enjoy the farm-to-table lifestyle. Every year, two farmhands and over 50 volunteers plant summer and winter crops. When harvesting time comes, Spring Island's chef becomes inspired by all of the farm-fresh options, and everyone in the community is encouraged to help themselves to the produce. ***Here is one of the farm's recipes using collard greens.***



SPRING ISLAND

Coconut-creamed, top-bunch collards with Thai chili, basil and cashews

INGREDIENTS

*4-5 top-bunch **collard greens** cleaned, trimmed and pulled apart*
1 tablespoon sesame oil
2 garlic cloves, shaved thin
1 teaspoon ginger, finely chopped
1 teaspoon lemongrass, finely chopped
1/2 cup coconut milk
1/4 cup water
1 tablespoon Thai chili or sambal dressing
2 tablespoon fresh basil, chopped
1/2 lime, juiced
1 tablespoon toasted cashews, chopped
Salt and pepper, to taste

DIRECTIONS [1] Bring a sauté pan to medium heat and add sesame oil, garlic, lemongrass, and ginger. Sauté until soft and add collard greens. **[2]** Cook for 3-5 minutes until collard greens become tender. Add coconut milk, water, dressing, and lime juice. **[3]** Once collards become creamy, finish with salt and pepper and top with toasted cashews.







COLLETON RIVER

Georgia winter citrus salad

MAKES 4

INGREDIENTS

1 each fennel bulb, trimmed sliced super thin
4 ounces arugula leaves, washed and dried
1 each ruby red grapefruit, segmented and reserved in its juice
2 each gold nugget mandarin or Georgia Tango, segmented and reserved in its juice
1 tablespoon pomegranate seeds
2 tablespoons extra virgin olive oil
Salt and freshly ground pepper, to taste

DIRECTIONS [1] Drain the citrus segments, reserving the juice to combine with extra virgin olive oil. **[2]** Combine arugula, citrus segments, shaved fennel, pomegranate seeds, and olive oil-juice mixture. **[3]** Season lightly with salt and pepper, and serve and enjoy this bright and savory seasonal expression.

ORANGE YOU SWEET



Chef Robert Wysong at Colleton River shared a recipe that uses one of his favorite farm-fresh ingredients: "There is nothing better in winter than beautiful citrus. As a kid growing up in Maryland, I remember one of my uncles sending us Texas grapefruit every year around Christmas. Years later as a cook and chef, it made perfect sense to feature citrus in the cold winter months in a new year. We are lucky here on the coast to enjoy a less intense seasonal change and the growing season that comes along with that. Today, we feature the Georgia winter citrus salad. The original concept was a grapefruit and fennel salad that was simply prepared with extra virgin olive oil and freshly ground black pepper. The jewel has evolved into what it is today. The absolute star of the show is the locally grown winter citrus from Franklin's Citrus Farm in Georgia. This gives us an opportunity to showcase a local regional producer and its specialty farm products."



FAB FARM: FRANKLIN'S CITRUS FARM

This juicy farm in Statesboro specializes in growing the amazing tree-ripe Delicious Satsuma Mandarin. It is sweet, juicy, easy to peel, almost seedless and relatively low in acid for a citrus. It's a perfect and healthy fruit snack for all ages. The farm also grows Georgia Tango tangerines, ruby grapefruit and more. They are regulars at the Bluffton and Port Royal farmers markets. You can also have it shipped by visiting georgiacitrus.com.

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ANGELA RUMMANS

Everything pretzel bagel sandwiches

INGREDIENTS

1 Everything pretzel bagel (recipe below)
2 tablespoons Tofutti cream cheese or sour cream
1 teaspoon chives, chopped
*Cracked **black pepper**, to taste*
1-2 thick slices tomato
1/4 cup arugula
1/4 cup sprouts
1/4 medium avocado, sliced
2-3 red onion rings
1 small radish, thinly sliced



DIRECTIONS [1] Slice bagel in half, and spread cream cheese or sour cream on bottom half. Sprinkle on chives and cracked black pepper. **[2]** Layer on tomato, arugula, sprouts, avocado, red onion rings and radishes. Top with other half of the bagel and enjoy.



ANGELA RUMMANS

Everything pretzel bagel



INGREDIENTS

1 tablespoon brown sugar
1 1/2 teaspoon active dry yeast
1 cup warm water
1 1/4 cup all purpose flour, extra for kneading
1 cup whole wheat flour
1 tablespoon vital wheat gluten
3/4 teaspoon salt
1 tablespoon baking soda
1 tablespoon olive oil
2 tablespoons Everything Bagel seasoning

DIRECTIONS [1] Heat oven to 425 degrees. In a small bowl, combine brown sugar, active dry yeast, and warm water. Stir well and let sit for 5-8 minutes for yeast to bloom. **[2]** In a separate bowl, add all purpose flour, whole wheat flour, vital wheat gluten, salt, and baking soda, stir to combine, and set aside. **[3]** Once yeast has bloomed, stir in olive oil. Pour yeast mixture into bowl with flours and stir until a shaggy dough forms. Lightly flour a flat surface and knead dough for 8-10 minutes. Then, place dough into an oiled bowl and cover with a tea towel. Place in a warm area of your home and allow dough to rise for 30-45 minutes. **[4]** Line a baking sheet with parchment paper and set aside. Once dough has risen, punch down and transfer to a flat work surface. Divide into six even balls, and create a hole in each with the bottom of a wooden spoon handle. Work your thumbs into the center of the dough to stretch into a bagel shape, and then place onto prepared baking sheet. **[5]** Bring a large pot of water to a boil. Turn off heat and place baking sheet on top of pot and let bagels rise again for 10-15 minutes. Remove from the pot and bring the water back to a boil. Add 2-3 bagels at a time and cook for 1-2 minutes on each side. While still wet, sprinkle on Everything Bagel seasoning. **[6]** Bake for 18 minutes in the oven until golden brown.



THANKS FOR EVERYTHING

Former Big Brother cast member Angela Rummans has released a plant-based cookbook titled ***Angela's Plant-Based Kitchen: 100+ Plant-Based Recipes.*** The recently engaged Hilton Head Island resident graciously shared her everything pretzel bagel sandwich recipe, which is chock-full of yummy and nutritious veggies. On the island, one of her favorite spots to grab fresh produce is Grant's Market. "My favorite vegetable to cook with is cauliflower," Rummans said. "I just love how versatile it is. In my cookbook, you'll see it disguised as buffalo wings, fried rice, and even in a low-carb gnocchi!"



SHE SAID YES!

Former Big Brother cast member Tyler Crispen came up with a creative way to ask former cast member Angela Rummans to marry him. He staged a fake interview with a LOCAL Life reporter and videographer, then pretended to take an emergency call for a water rescue near the beach at Hilton Head Resort. When Rummans eventually made it to the location, she found her family with Crispen, who was on one knee with a ring. The two reality stars bought a home on Hilton Head Island in 2019. The engagement video has been viewed more than 250,000 times. ***Scan this QR code to watch everything unfold.***



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RESTAURANT news

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Nunzio expands its Flight Night

After initiating Flight Night in January and seeing it be such a big hit, ***Nunzio has decided to include Sundays, Tuesdays and Wednesdays in addition to Mondays.*** *Each month, there are five different wines from some of California's and Italy's top wineries that you can enjoy in the bar or dining room.*





Gourmet popcorn store comes to Hilton Head

The Hilton Head Island House of Jerky has expanded to include The Hilton Head Island House of Popcorn. *The new store offers over 75 flavors of freshly bagged gourmet popcorn, and free samples are always available. It's located in Coligny Plaza on the corner between Piggly Wiggly and Stu's Subs.*



One Hot Mama's brings back lunch cards

***The lunch card rewards system is back at One Hot Mama's**, with the addition of Two for Tuesdays — a double punch when you come grab some lunch. After nine punches, your 10th lunch is on them.*

SERG rolls out paid vacation plan



*Hilton Head's largest restaurant group, which employs about 1,200 people and operates more than a dozen restaurants, introduced a **new policy that allows workers, including part-time staff, to accrue paid leave as they work.** Hourly employees who have worked for SERG for at least one year will now earn one hour of paid vacation time for every 40 hours worked.*



A Lowcountry Backyard renovated

***After finishing renovations, A Lowcountry Backyard is back open.** While the restaurant was closed from January 1 to February 4, owners Dave and Raina Peck made improvements on both the inside and the outside. The outdoor dining area, where tables are properly spaced for social distancing, has been resurfaced with pavers.*



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TRY THESE

Our top picks for March from the local food scene.



THE RIGHT STUFF
Ravioli with brown butter, ricotta and runny egg inside. Need we say more? Grab a plate at ***Michael Anthony's***.



EIGHT IS ENOUGH
These seared scallops served on top of a creamy carrot puree and sautéed spinach with a citrus reduction are a must-try at ***Black Marlin Bayside Grill***.



SUPER BOWL
This awesome-looking smoked salmon and potsticker rice bowl is available at ***Skull Creek Boathouse***.



OH FUDGE!
Satisfy your sweet tooth with maple walnut fudge, made fresh at ***Kilwins Hilton Head - Shelter Cove***.



Local restaurants win Good Food awards

For the fourth consecutive year, local Bluffton chef and restaurant owner ***Leslie Rohland has been recognized with multiple prestigious Good Food Awards*** *for new recipes available at her two local restaurants. The national Good Food Awards honor the people throughout the country who make food that is delicious, respectful of the environment, and connected to communities and cultural traditions. Out of this year's 1,928 entries in 17 categories, 336 food and drink crafters were selected as finalists, resulting in 219 winners. The Cottage won awards for its Cherry Bomb Jam and Green Tea Watermelon Rind Pickle. The Juice Hive won awards for its Black Garlic Kimchi, Amaranth Greens Kimchi and Zephyr Zucchini Pickle.*



New drinks at Holy Tequila

Taco Tuesdays just got a bit more chill at Holy Tequila. *Try its new Strawberry Frosé, made with Rioja rosé, Svedka citrus vodka, fresh lemon juice and strawberry purée. Or try the new Sweet Heat Margarita, made with fresh pineapple, ginger root mix, fresh lime, agave, jalapeno, and finished with a Tajin chili lime rim.*



Salty Dog hosting shamrock hunt and breakfast

A little leprechaun has scattered clues, prizes and treats all around South Beach for ***Salty Dog Cafe's South Beach Shamrock Hunt & St. Paddy's Breakfast from 8 to11 a.m. on March 13.*** *The event promises fun for the whole family. Enjoy a shamrock-themed breakfast on the waterfront before or after you tackle the hunt.*

MARCH FOOD HOLIDAYS





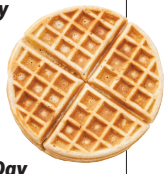












Mar. 1: Peanut Butter Lovers' Day
Mar. 2: Banana Cream Pie Day
Mar. 3: **Moscow Mule Day**
Mar. 4: Poundcake Day
Mar. 5: Cheese Doodle Day
Mar. 6: **Oreo Day**
Mar. 7: Cereal Day
Mar. 8: Peanut Cluster Day
Mar. 9: **Crab Day**
Mar. 10: Ranch Dressing Day
Mar. 11: "Eat Your Noodles" Day
Mar. 12: Milky Way Day
Mar. 13: Chicken Noodle Soup Day
Mar. 14: **Potato Chip Day**
Mar. 15: Peanut Lovers' Day
Mar. 16: Artichoke Heart Day
Mar. 17: Irish Food Day
Mar. 18: **Sloppy Joe Day**
Mar. 19: Oatmeal Cookie Day
Mar. 20: **Ravioli Day**
Mar. 21: Crunchy Taco Day
Mar. 22: World Water Day
Mar. 23: Chips and Dip Day
Mar. 24: Chocolate Covered Raisins Day
Mar. 25: **International Waffle Day**
Mar. 26: Nougat Day
Mar. 27: World Whisky Day
Mar. 28: Black Forest Cake Day
Mar. 29: Chiffon Cake Day
Mar. 30: Hot Chicken Day
Mar. 31: **Oysters on the Half Shell Day**



Palmetto Dunes hires new director of food & beverage

Palmetto Dunes Oceanfront Resort on Hilton Head Island has hired industry veteran Justin Rowland as its new director of food and beverage. *Rowland will oversee all elements of dining and catering at Palmetto Dunes, including Alexander's Restaurant & Wine Bar, all three restaurants located at the resort's trio of golf courses, the oceanfront Dunes House, and the resort's new food truck. Rowland arrives at Palmetto Dunes with nearly two decades of experience in the food, beverage and hospitality industries, including nine years at Montage Palmetto Bluff in Bluffton, where he served as director of restaurants and helped elevate the resort to a 5-star Forbes. He also worked at Grand Wailea Resort in Wailea, Hawaii, and The St. Regis in Atlanta.*





Sourdough bread with avocado, egg, bacon and scallions



Bacon wrapped chicken drumsticks



Asparagus wrapped in bacon



Bacon-wrapped dates with goat cheese



Chicken legs wrapped in bacon



Makin' bacon

TIPS FOR BRINGING HOME AND COOKING THE BEST

BY MADDIE BANE

Cured bacon versus uncured bacon — what's the difference? Turns out there may not really be one. Curing is simply a process in which foods are preserved, and since all bacon is preserved, there's technically no such thing as uncured bacon. However, there's a huge difference in how the two types are preserved. "Cured" bacon uses sodium nitrites, and "uncured" bacon does not.







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Country fried bacon

These artificial nitrites are used to give the meat its pink color, maintain its flavor, prevent odors and delay bacteria growth. "Uncured" bacon typically uses sea salt, various flavorings such as parsley and beet extracts, and some form of celery, which contains natural nitrites. So, is one better for you than the other? Experts are still unclear on the answer. Anything artificial is probably not best to put in your body, but it's still unknown if the natural nitrites that occur in celery are less "harmful."

There's also the big turkey versus pork bacon debate. The turkey version does have fewer calories than the pork version, which is a plus, but if you've ever tried to make bacon-wrapped jalapenos with turkey bacon, you'll know that it doesn't quite form the same or get as crispy as the traditional kind. There are tons of pros and cons to each, and it will probably come down to taste preference or crispiness preference, but ***here is a quick look at the nutritional information:***

SOUTHERN FRIED
Bad Biscuit on the South End of Hilton Head Island offers country fried bacon with sage country gravy and maple syrup dipping sauces.

THE FACTS

PORK (1 slice)
60 calories
210 mg of sodium
3.5 grams of fat
15 mg of cholesterol
6 grams of protein

vs.

TURKEY (1 slice)
35 calories
180 mg of sodium
3 grams of fat
15 mg of cholesterol
2 grams of protein

Bacon-wrapped jalapeño peppers stuffed with cheese





Ask the experts

When it comes to cooking bacon and knowing the best to buy, we asked **two local experts** for their advice.





Dave Peck at Bad Biscuit shared with us his favorite way to cook bacon:

"My personal favorite way is in the oven. I line a baking sheet with foil to catch any grease, place the bacon on it close together, and bake it at 425 degrees until it's browned. You have to flip them over about halfway through the cooking process. Drain the bacon on paper towels, and once the grease cools down, you can throw away the whole sheet of the foil that has grease on it. Very simple to clean up. I usually eat all the bacon before I can use it on a BLT."



Marissa Paykos of Whippoorwill Farms shared her bacon-wrapped thoughts with us, as well:

"Quit looking for bacon without fat on it. The fat is what has the most flavor. There's a difference between good fat and bad fat. If you buy bacon from a local farmer that raises pigs outside in the sunlight, it's going to be full of vitamin D and omega 3 fatty acids. It really has the same characteristics of olive oil and avocado — the good kind of fat. Be sure to find a reputable store or local farmer that you can purchase from. You'll also find that the contents of local bacon is going to be so much higher in flavor and nutrition compared to pre-packaged bacon that you buy at the store. We don't cure our bacon — we just use sea salt and brown sugar rub. No nitrates or nitrites. When it comes to cooking it, we like to use the air fryer. It comes out nice and crispy, and you don't have to worry about making a mess. We then take the grease from the bottom of the air fryer and put it in a jar to use for later. If you get it with a lot of fat, save the grease. It's great to cook with and good for you." LL



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WWMD

What would Margaret drink?

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






Brewer Clifton Winery

Farming & viticulture: Brewer Clifton wines



Although wine is innately attached to the ground, it all too often seems that the focus is on the score or review it receives in print. Sure, scores give the consumer a clear parameter as to the quality of wine they should expect, but wine industry insiders are not steered so harshly by these measures. There is just too much money poured into advertising to really distinguish those who bought their way in from those who earned it. However there is one award that the industry reveres as the holy grail of success: Wine Enthusiast's Winemaker of the Year. In 2020 ***Greg Brewer*** of Brewer Clifton Winery in Santa Barbara received the distinguished honor.

Greg Brewer has spent the last three decades working the land of a small four-mile stretch of Hwy 246 of the Santa Rita Hills AVA (American Viticulture Area). In fact he spent one of those decades making the case to define the area for its unique marine influence. Greg accepted the Winemaker of the Year Award as an affirmation that his wine is a true reflection of the distinct parcels of land he farms. Wine is made in the vineyard, meaning the winemaker is a steward of the land. The less intervention in the winery, the more the wine reflects its provenance.

While working as winemaker at Mellville in the late '90s, Greg met Steve Clifton. Their working relationship flourished. The two scrounged together a meager $12,000 and started their own label, producing Chardonnay and Pinot Noir on the side. As the business grew, the focus shifted from winemaking to farming. Greg relies heavily on his team of vineyard manager Francisco Ramirez and soil consultant Stan Kaduta. In the mid 2000s the Jackson Family Wine Company acquired the Brewer-Clifton label, leaving Greg at the helm of winemaking and investing the funds needed to own all of the vineyards. The wines of Brewer-Clifton come from four distinct vineyards, and the goal is to "deliver the essence of that vineyard as clearly and honestly as possible." Thus, all the wines are one hundred percent estate-owned and sustainably farmed.

Back in 2008, I ventured out to Santa Barbara to join a group of sommeliers to learn about the region in depth. At the first tasting, Greg was one of the presenting panelists. His passion for the land was overwhelmingly evident to me then, and continues to grow now. ***Brewer-Clifton's Santa Rita Hills bottlings of Chardonnay and Pinot Noir*** are a brilliant introduction to the magic in Greg's wines. Both are a blend of all four vineyard sites. Following the ethos of minimal intervention, they employ whole cluster fermentation and neutral barrels. Integrated ripe stems add structure in harmony with the bright fruit of the Santa Rita Hills. These wines truly sing the song of the vineyards. If you're lucky enough to find a single vineyard bottling, I hope you take advantage!



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Tempting strawberry cocktails



Strawberry Infusion

INGREDIENTS

750 ml Tito's Handmade Vodka
16 ounces of strawberries

DIRECTIONS Drop sliced strawberries into a glass container filled with Tito's Handmade Vodka. Let sit in the refrigerator for 5-7 days. Once desired flavor is reached, remove fruit.

Picture this... A warm Lowcountry afternoon, a sun-soaked front porch, and a fresh Tito's Handmade Vodka cocktail in hand (garnished with juicy slices of strawberry). *When cocktail hour calls, nothing beats a smooth cocktail made with Tito's, served with the freshest ingredients around; seasonal staples that add bright flavors to every sip and are sure to have you serving up a second round. From homemade infusions to classic cocktails and even elevated libations, Tito's is made to be simple, smooth, and easy to drink, so you can enjoy every sip with your favorite fresh fixin's. Drop a handful of just-picked berries into a bottle of the good stuff for a sweet addition to any sunny-day cocktail; muddle up aromatic mint and zesty citrus to cool down your days as temperatures climb; grab a batch of savory herbs and add a garden-fresh feel to your favorite drinks. No matter how you prefer to raise a glass, just add a splash of Tito's with whatever your latest farmers market haul has to offer. To find farm-fresh cocktail recipes, infusions and more, visit titosvodka.com.*



Strawberry MoTito

INGREDIENTS

1 1/2 ounces Tito's Handmade Vodka (or try it with a Strawberry Infusion)
1 1/2 ounces sparkling water
3/4 ounce fresh lime juice
2 teaspoons sugar
6-10 mint leaves
5 fresh strawberries, muddled

DIRECTIONS Gently muddle mint leaves and strawberries in a shaker. Add Tito's Handmade Vodka, sugar, fresh lime juice and ice. Shake well and pour everything into a rocks glass. Top with sparkling water and garnish with a mint sprig and lime slice.



FARM HACK *Sweeten your strawberries*

Strawberry harvest begins in the latter part of March here in the Lowcountry. If birds are getting to your berries first, the Clemson Cooperative Extension offers an easy solution: Simply mix 5 pounds of table sugar in 2 quarts of water and apply it to the plants as the berries begin to color. Birds lack the enzymes to digest sucrose, and it is also distasteful to birds. Another option could be ***grape-flavored Kool-Aid***. Grapes contain the chemical methyl anthranilate, which discourages birds from feeding. Mix 4 packets of Grape Kool-Aid in 1 gallon of water and apply it to the plants as the berries begin to change color.

SOURCE: CLEMSON COOPERATIVE EXTENSION

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Former triathlete now just runs for fun

(HE CONSIDERS UP TO 60 MILES A WEEK "FUN")

STORY BY LISA ALLEN



Jack Felix didn't jump into competing in triathlons with both feet. He nibbled around the edges, first running track and cross country in high school, then adding in some bicycle racing.

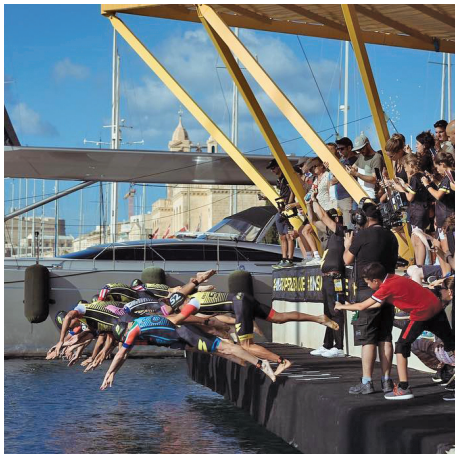
"I went to Hilton Head High, and the coach, Bill Wrightson, encouraged me to run cross country. He ignited a love in me for endurance sports."

He was a track walk-on at the University of Tennessee, and then a couple years later when he transferred to Clemson, he earned a degree in health science in 2016.

It wasn't until his last year in college that he tried a triathlon. "I had done running for so long, I wanted to try something different," Felix said. "I already ran and biked. I just added swimming."

He took to a triathlon like a duck to water but didn't take to swimming like a duck, or any water fowl for that matter.





"I like cycling the most because of the intensity and speed. And I've always been a runner. But swimming did not come naturally to me. My younger sisters, who are both competitive swimmers, absolutely smoked me. They made me a better swimmer."

Once equipped in all three sports, he perfected his triathlon techniques to the point that he was offered a spot on Team USA.

"After college, everyone else I knew at Clemson was going to work or grad school. I was moving to Arizona to compete in triathlons, having done it for only one year."

Risky, yes, but his parents supported the plan, knowing Jack had thought it through.

He competed in both sprint and Olympic distances. Sprint distances include a 750-kilometer swim (about a half mile); a 12.4-mile bike ride and a 3.7-mile run. Olympic distances are twice that.

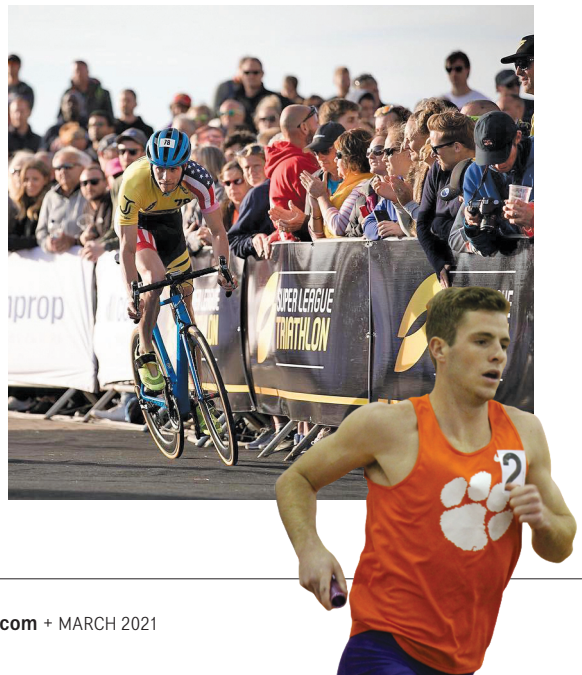
Races took him to South and Central America, Europe, Australia and Canada.

He trained for about 28 hours a week, adding in stretching and other exercises, which meant 40 hours of his weeks were devoted to his sport.

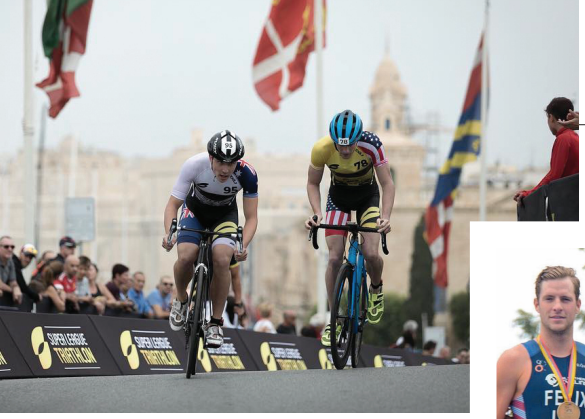
"Then Queens University in Charlotte offered me an athletic scholarship for my MBA. I couldn't turn that down."

He continued to compete professionally and collegiately. While at Queens, he was both the individual national champion and team national champion for men's triathlon. He represented Team USA at the FISU World Championships in Kalmar, Sweden, all while completing his degree. (He did the same thing in high school. He was a star athlete and a National Honor Society member.)

"Being a professional athlete, the lifestyle is unbelievable," Felix said. "You get to be outdoors all the time, and I loved the travel."



ON THE MOVE
Jack Felix is shown after winning the 2019 USA-Triathlon Collegiate Club National Championships, competing in a Super League Triathlon and running for Clemson.







TRI HARD Jack Felix competed in both sprint and Olympic distance triathlons. Races took him to South and Central America, Europe, Australia and Canada.

But after a few years, he realized his sports career had maxed out. "I was competing at the very top, but in Europe the top athletes were kicking my butt. But I was proud to be at the starting line with them."

His last triathlon was in Canada in July 2019.

"I don't regret stopping. I was able to leave on a good note. There are times when I miss it and times that I don't."

A year ago, he became a financial advisor, just as the pandemic hit. "I love that I'm learning so much. Anything I do, I go all in," Felix, 27, said. "There is no way I could do both things at once."

That means that his career is his focus now.

He said his experience as a professional athlete transfers to his new job. "Meeting new people, being sociable and having the ability to adapt are what you have to do in any career."

While he still works out, the intensity is less. "My colleagues tell me I work out for all of them."

He enters local amateur bicycle races and clocks 6- to 8-mile runs on weekdays, up to 20 miles on Saturdays.

"I try to take one day off a week."

He encourages people to consider triathlons. "It's a very welcoming community. It's open and warm community. And like any sport, you can make it expensive, or you can get by on a budget."

And to pay it forward, he and his dad, Nick, are volunteer coaches for the Hilton Head High School track teams.

Once a jock, always a jock. *LL*



HOW TO TRAIN LIKE A PROFESSIONAL TRIATHLETE

GET UP Drink almost dangerous amounts of coffee.
8 AM Out the door for a two- or three-hour run or bike ride
11 AM Stretch, rest, eat, drink more coffee. Some gym work.
2 PM Second two- or three-hour session, often swimming because it's warmer in the afternoon.
4 PM Depending on earlier sessions, either a light run or ride.
5 PM Eat. A lot.
EVENING Rest and prepare to do it all over again the next day.

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BY LISA ALLEN

TAKE FLIGHT

Southwest's daily flights out of Savannah-Hilton Head International Airport begin March 11.

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Nashville



Chicago
(Midway)



Dallas
(Love Field)



Houston
(Hobby)



For those who have flown Southwest, it's difficult not to gush. It rates as among the highest regarded airlines in the United States. We'll soon be able to gush locally when it adds Savannah/Hilton Head International Airport to its destinations on March 11.

Now, residents, business travelers and visitors get the best of all worlds: An adored airline flying out of one of the most hospitable airports that is right around the corner.

"Southwest's name recognition is incredible," said Lori Lynah, director of marketing and air service development for the Savannah/Hilton Head International Airport. "We're excited to welcome the throngs of Southwest loyalists. We know there are a lot of travelers who will only fly Southwest."

Until now, the closest Southwest flights were out of Jacksonville or Charleston. Yes, people made that sometimes hours-long drive just to fly Southwest.

"We know about the people who have been making the drive," Lynah said. "We've been working toward this for years. We think it's going to be huge for the airport and the region. We know we have a story to tell here at the airport. We have a lot of flights and airlines for a smaller airport. We're big, but we're small. The people who have been working here, they've been here for a long time. We all help each other out. This is Southern hospitality."

(In fact, many travelers will use only Savannah's airport because it's easy to get to, easy to park, easy to navigate and easy to quickly claim checked bags. And it's just so darned charming!)

Southwest will run six daily flights: two to Baltimore/Washington and one each to Nashville, Houston-Hobby, Chicago-Midway and Dallas-Love Field. From there, the world is your oyster.

According to Southwest, the initial destinations from Savannah were selected to offer customers nonstop access to five of the airline's largest markets where leisure and business travelers can travel to those cities or make one-stop connections to over 40 other Southwest destinations.

"We've had service to all of these locations, but the more service you have to any market, the more competition you get, which helps fares," Lynah said. More win-wins.

Lynah isn't worried that Southwest will eat into existing airlines' volume in Savannah.

"Southwest comes into a market with the assumption of stimulating the market, not taking from its competitors. That's true of any airline," she said. "It's a good sign. We are very honored that they feel confident in us."



Not only will the airline delight its passengers, it will create jobs, such as ticket counter staff, operations and baggage handlers. "That's going to be a whole new group of folks at the airport," Lynah said.

Started as an intrastate airline in Texas 50 years ago, Southwest continues to do things its way.

It allows two free checked bags per passenger and doesn't charge change fees for passengers who want to change their flights up to 10 minutes before their flight. You read that right. 10 MINUTES. Travelers pay the difference if the new flight is more expensive and get the difference back as a credit for future travel or a refund for refundable tickets, if it's cheaper.

Southwest boards by three groups, allowing passengers to choose any seat they want.

Southwest's onboard announcements also delight their passengers as flight attendants are, on occasion, known to sing, tell jokes or, sometimes, dance. For these reasons, Southwest has taken up residence at the top of most surveys and rankings. Southwest travelers, welcome to Savannah. It's a match made in the clouds. LL



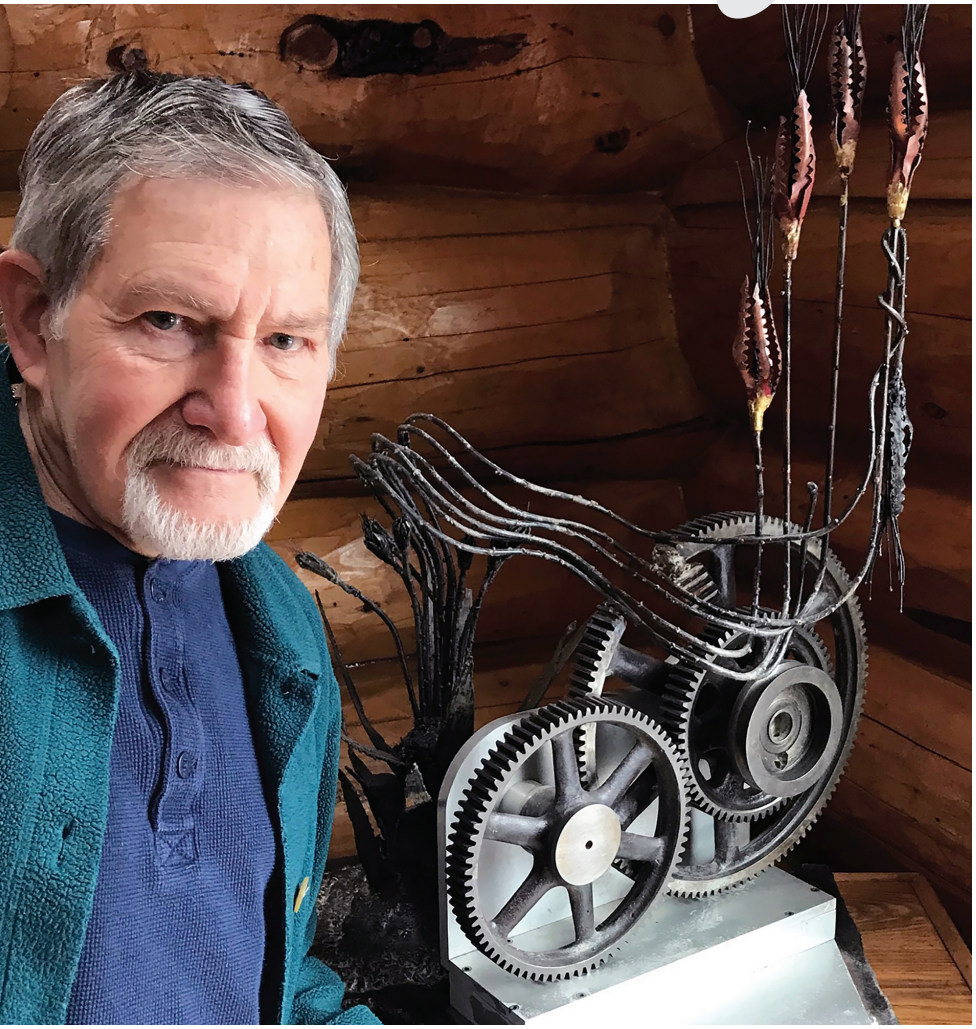
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Peter Dallos: Forged in Steel

BY CAROLYN MALES

"I love Zoom," sculptor Peter Dallos exclaims as he leans in toward the screen. Even though we're on separate computes more than 300 miles apart, I feel as if we're in the same room. In normal times, Dallos and his wife, Joan, would be here on the island. But for the past several months, they've opted to wait out "the misery" (as the artist has dubbed the pandemic) at their log cabin in the North Carolina mountains.

Before we connected I'd scoped out his Wikipedia page along with his online galleries: A fifty year-career doing groundbreaking work on the neurobiology of the human ear. ("I specialized in the small outer hair cells of the cochlea," he tells me, boiling down the complexities of his expansive research to a quick visual for my untutored brain.) National and international science awards. Solo exhibitions of his sculpture at New York and Chicago galleries. Juried shows at art museums. Nine pieces in the permanent collection of the US Memorial Holocaust Museum in Washington, D.C.

I should have been intimidated. Instead I was totally charmed by the brilliant, witty man who now speaks to me with a backdrop of his Haitian paintings collection.

To understand the roots of his own art, the 86-year-old sculptor begins with his childhood in Hungary.

By the close of World War II, Allied bombings and Nazi occupiers had all but destroyed the once splendid city of Budapest. Hungary, a close ally of Hitler, had enacted racial laws starting in the late 1930s, barring Jews from intermarriage and certain occupations including civil service and the armed forces. However, able-bodied Hungarian Jewish men were soon forced into labor under brutal conditions on military-led, war-related projects.

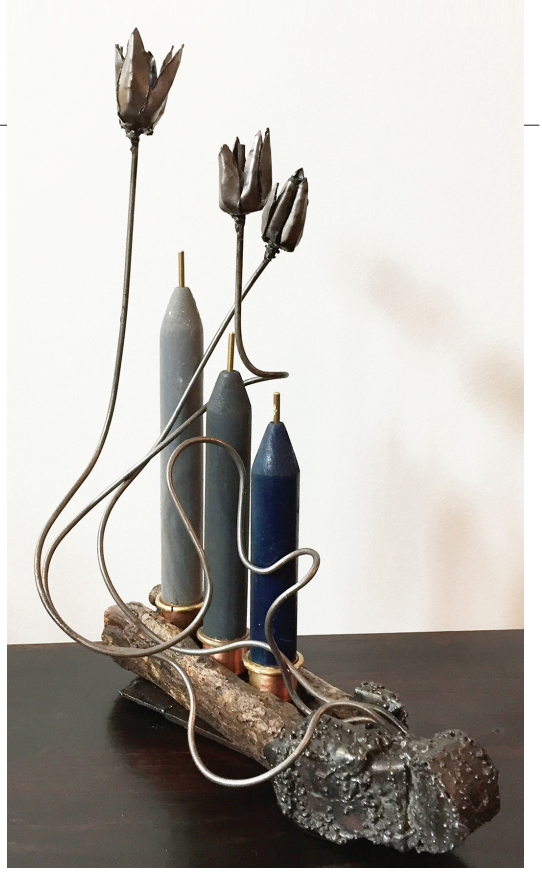
In the 1940s, Dallos' father had disappeared on one of those forced marches, never to return. Meanwhile, as the German occupiers searched for Jews, Peter and his mother scrambled to avoid deportation and death by hiding in a safe house run by the Swedish Red Cross. Then in December 1944, Soviet and Romanian troops began the Siege of Budapest. By February, the Nazis had been ousted.

"When the Soviet troops came in and liberated the country from the Germans, it appeared as if things would be wonderful for the rest of our lives," Dallos says with an ironic smile. But it was not to be.

In 1948 the Communists took over, pressing the country under the thumb of yet another totalitarian regime. Eight years later, while Dallos was an engineering student, the Hungarians staged an uprising against Soviet rule. Once again, Russian tanks rolled in. Thousands would die. He, along with 200,000 of his countrymen, fled.

An international rescue committee helped him emigrate to America, where he'd finish his degree at Illinois Institute of Technology followed by a Masters and PhD in biomedical engineering from Northwestern.

Afterwards, the university offered him a faculty position. To his surprise, it was in audiology. "I told them I had no clue about the ear. But they said that's okay. You can go to the library and study." He shrugs. "So I did, and, I discovered that the human ear is an absolutely fascinating structure." During his half-century tenure there, he became one of the country's foremost experts in the field. Upon retiring in 2012, he and Joan embarked upon a new phase of life in the Carolinas.



Candlestick 13

[Q] So, how does one get from a career in auditory neuroscience to a career as a master sculptor?

[PD] When I was twelve or thirteen, I wanted to become an artist. I drew and painted all the time and studied with a very prominent Hungarian artist. But as I grew a little older and a little smarter, I decided I was not good enough to make painting a career. So I got into engineering instead.

Then immediately upon finishing graduate school, I started to collect art. I got into the Chicago art scene. It was extremely vibrant and avant-garde with artists and trends like the Chicago Imagists that were trail blazing. Art collecting was a significant development in my life, so I was never a naïve or outsider artist. I understood contemporary art quite intimately.

[Q] What made you finally take the leap into sculpture?

[PD] In 1988, my wife and I were at a show at the Art Institute of Chicago, and I made the offhand remark, "You know it must be really fun to make sculpture." And so she filed that away. Three days later she told me she had enrolled me in a welded sculpture class at the Evanston Arts Center. Well, you know I'm extremely busy and don't have time for nonsense like this, I told her. "Well," she replied, "I paid the fee and it is not refundable." So I went and took the class and fell in love.

[Q] Why metal?

[PD] I love the feel of metal, the ability to work and to shape it, to create something out of scraps that was new and which meant something to me.



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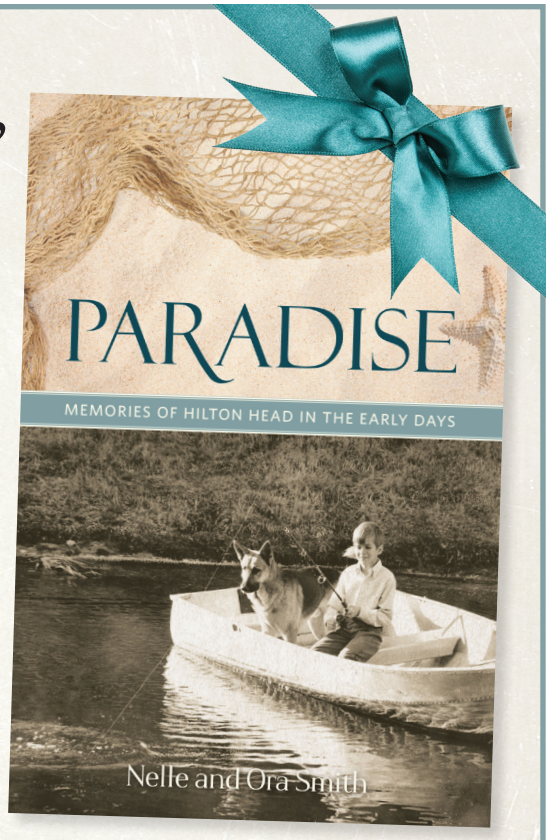
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Back in Budapest I went to a technical high school that was also college prep. And for four years we had one full day of shop each week. I came out of that along with some summer employment as a skilled tool-and-die maker. I could make anything out of metal with machines. That, along with the welding class, gave me the background to do sculpture so I kept doing it while I was still fully engaged in my research.

[Q] Your early series are commentaries on a dystopian world.

[PD] My sculpture has influenced the way I am and the way I interpret the world. That's where my *Struggle* and my *End of the Road* series came from. These are works that try to put the individual and civilization into the context of the very large world that threatens them.

The *End of the Road* was from the view of how a single individual can be devastated or hindered by circumstances for which he has very little control. So in all those pieces the individual somehow arrives at the juncture where he is blocked from going any further. And he now has to make a decision about what to do.

[Q] Fantastical Machines seems to be a departure from those earlier series.

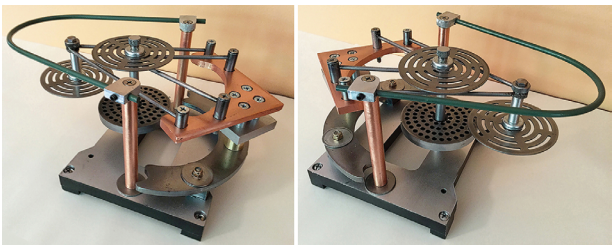
[PD] I began looking at the machine as an abstract object. I thought, why not glorify the machine as something that is the pinnacle of an achievement — creating something that will do something for you that was never there before?

[Q] The War Memories series, now at the Holocaust Museum. is chilling. They often feature a small figure about to be engulfed by dark forces.

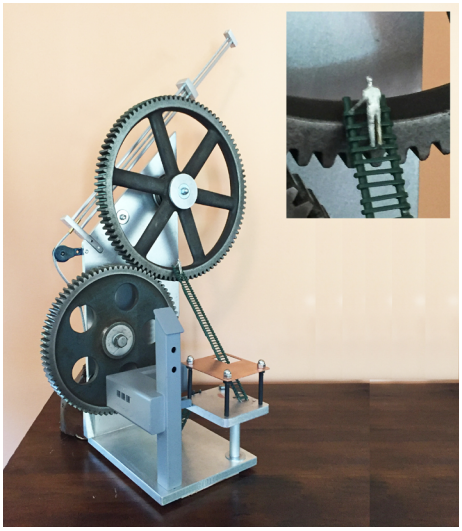
[PD] What I was trying to symbolize in a simple form was the overwhelming nature of the conflagration and the totally inadequate capability of a human to deal with it. It's overwhelming domination of war over the individual.

[Q] Yet your new work is about beautiful flowers.

[PD] This interesting situation of having been here now since mid-summer and being completely isolated in a way mellowed me, so I am doing something totally different. I'm doing a series of orchids — some in full bloom, others at the beginning and ends of blooms. In other words, I'm trying to gentle me down. My wife is a great gardener with tulips and other kinds of flowers, but I look mostly at the orchids because they are really beautiful. LL



Abstract Machine No.7



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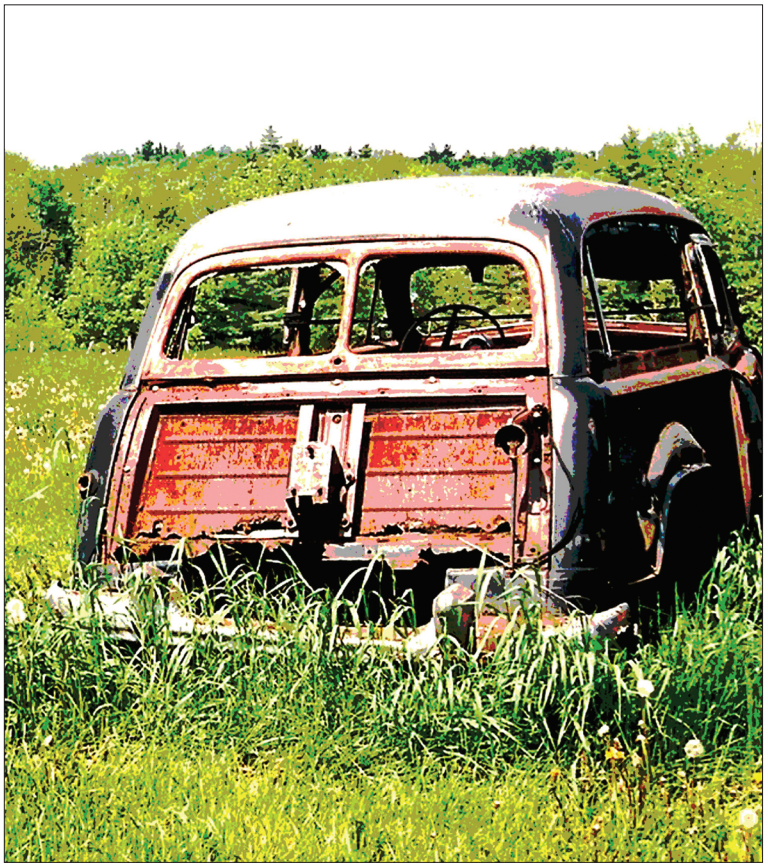
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LOCAL ART & POETRY

Old Ford
by Art Cornell

Artist's note:
The old woody station wagon was in a farmer's field in Maine when I was lucky enough to capture the image many years ago, so it fits right in with the theme.

Old Ford

I remember in the back seat
Of an old Ford
A friend had in the '50s –
Arms and legs akimbo
And enthusiasm
And fear and ignorance
And God knows what —
And it was not pretty,
And it was not love.
And when I got married
My dad asked me,
"Is there anything you want
To know?"
Like he had answers
Or I had questions!
And it took me the better part
Of a lifetime
To learn love,
The kind that gets under
Your skin—
The kind that gets under
Your fingernails
When you scratch at life.

— Art Cornell



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BEACH ART
Find Holly the Wishing Tree and other works by artist Hank Bellamy along the beach near Hickory Forest in Hilton Head Plantation.

Hank Bellamy: Artist and beachcomber

BY CAROLYN MALES

Around a curve of beach along Port Royal Sound, you catch your first glimpse of a lone, tall figure standing beneath a wind-blown pine. Draw closer, and *Holly the Wishing Tree* comes into focus, beckoning with armfuls of oyster shells dangling from her stick limbs, her handsome carved face gazing out to the sea. On the day I encounter her, she's sporting two pairs of glasses, a shell necklace with a yin-yang symbol, a feather in her ear, and ruby red lips. Making a wish, I bend down, pick up a shell and hook it on her shoulder.

A short stroll up the sand, beneath a stand of trees, sits the driftwood desk crafted by *Holly's* creator, **Hank Bellamy.** If you get here at the crack of dawn, you just might catch a glimpse of the artist perched on its rough-hewn bench, pen in hand, his journal open on the desk's weathered surface. There amid the collection of shells and other beach-combing finds left by passersby, he pens the next scene in his Harry Potter-type adventure novel.

Later kids and adults alike open the adjacent mailbox (address: #Beachmail), decorated with stickers (Ron Jon Surf Shop, Save Our Oceans) and pull out the notebooks he's tucked inside. Here they'll share drawings and doodles, poems, stories, prayers and professions of love, and other random thoughts with anyone who leafs through their pages.

So who is the artist behind these serendipitous beach finds?

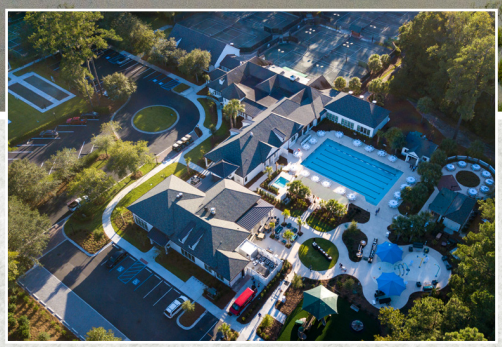
I discover he's a man who packs a lot into life. Along with a career as a Beaufort County builder dating from the Charles Fraser era to the modern day, Bellamy has overseen major building and infrastructure projects like power plants, race tracks, and resorts in several states, as well as in Italy.

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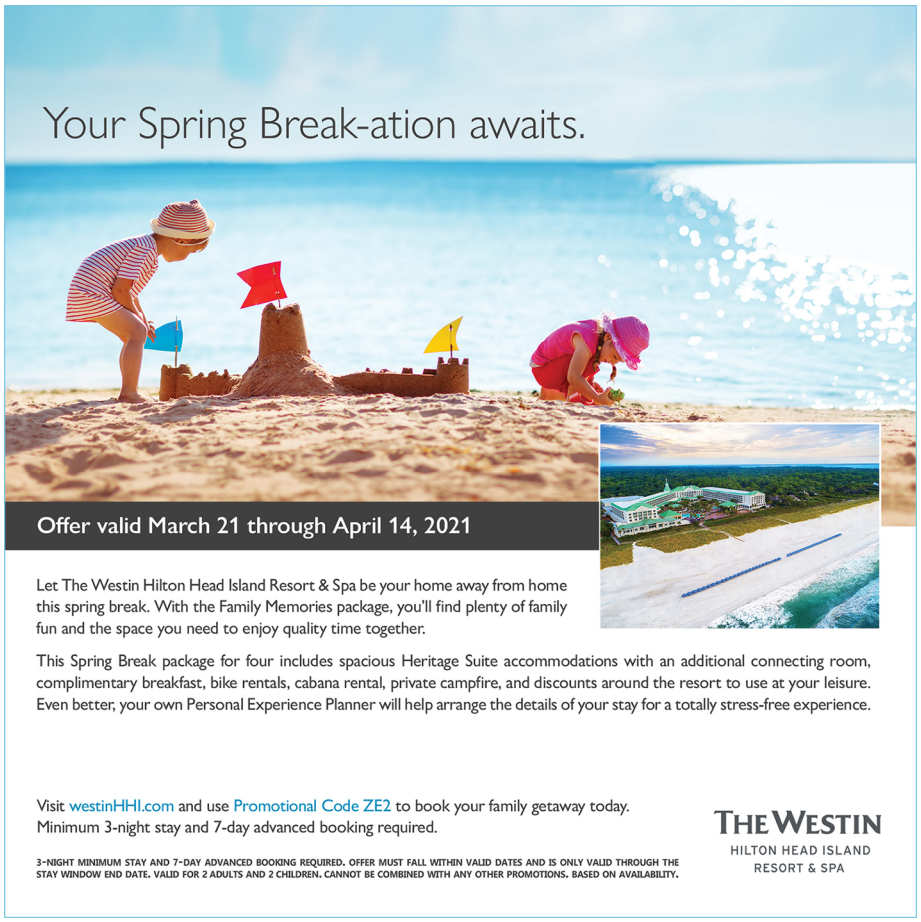
STUDENT AND TEACHER
The artist with *My Octopus Teacher* sculpture

What's more, he's a man who reaches out to embrace new ways of looking at the world and, in doing so, has explored a variety of art media like drawing, painting, music, video, and sculpture. As a result, talking to Bellamy is a wild ride, roller-coasting through rapid-fire observations, veering off on intriguing side trips — all reflected in his newest works.

[Q] Did your beach art begin as a kind of David Sedaris thing? You know, picking up trash as a public service?

[HB] Back in the 1980s, we started the "Adopt-a-Highway Program" here. I became grand marshal, and we gave prizes for the most valuable picker, the most unusual object. So, I was already in the mode of "I don't like littering." Meanwhile, as my wife and I walked the beaches, she would collect trash. I began emulating her but kept finding interesting things — fossils, bones, sea glass, artifacts and anthracite coal left from the Civil War.

So I decided to formulate something with this trash, something anthropomorphic. A while back I met naturalist Holly Feltner and was inspired to make this allegorical portrait out of driftwood. I named it *Holly the Wishing Tree*. The eyes represent her world view and empathy for the inhabitants of our marine environment. And the crystal embedded in her forehead represents her diamond-like clarity of vision and innate calm.





[Q] *Holly the Wishing Tree* has turned into quite the interactive installation.

[HB] It's taken on a life of its own. People put clothes, hats, sunglasses on her. Someone painted her lips red and put rouge on her cheeks. I make necklaces out of sea glass and put them around her neck and welcome people to take them.

[Q] And the #beachmail box and desk?

[HB] The idea came from a book about Joshua Slocum, an old guy who was the first to sail solo around the world. When he comes up to Post Office Bay in the Galapagos, he discovers that in whaling times, sailors would write letters home and put them in a barrel there. If anyone who was sailing past found a letter that was being sent to where they were going, they would deliver it. And they didn't need to put postage on it. I was fascinated by that. Then I happened to see a beach mailbox on Bird Island in North Carolina, so I put this one up on the beach here and people started finding it and writing in the notebooks.

I made the desk and a bench because I wanted to go down every morning and work on my book. (I carved the latitude and longitude on the desktop.) It's been quite a crowd pleaser. So many people have thanked me. They take out the notebooks and write poetry, and personal stuff like "this is our favorite beach" and "my daughter died and I miss her."





STAMP OF APPROVAL
Beach mailbox and desk have become a popular destination for those looking to record and share their thoughts.

[Q] You won the Port Royal Sound Foundation's recycled art contest last year with your *My Octopus Teacher.*

[HB] I portrayed the sculpture as "Mother Ocean," a sea creature collecting and cladding herself with debris for protection. The statue itself is made from anthracite coal gathered from the grounds where the Battle of the Port Royal Sound took place in 1861. The trash — refuse, flotsam and jetsam picked up from the beaches there — are examples of the fragmentation and deterioration that's taking place all the time. It's not all Bud Lite cans and single-use plastic water bottles polluting our waters. Those little broken-down pieces of debris are the most dangerous to marine life.

[Q] Any parting words on stoking one's creativity?

[HB] My watch word is to keep an open mind. Having a closed mind is anathema for producing creative work. Having an open mind is how you get there. *LL*



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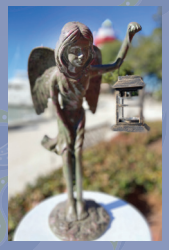
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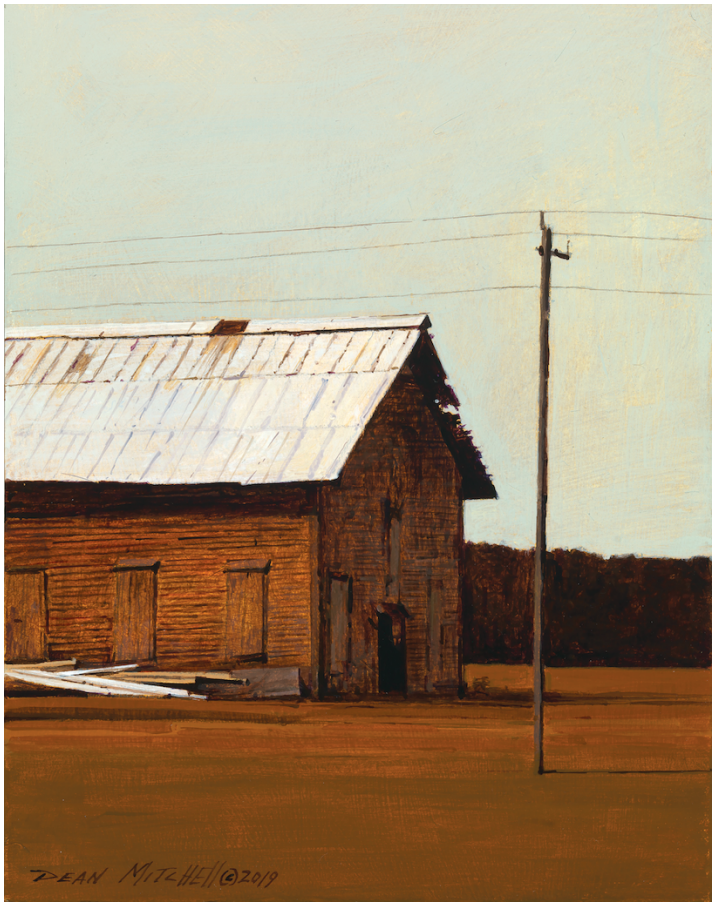
Find additional works of art online at **LocalLifeSC.com**

Isaac
by Wendy Norton
(Endangered Arts)



Pasture Ornaments I by Daly Smith (Camellia Art)

When artists feel the need to get back and reconnect with the earth, there's nothing like a rural landscape to do just that and reignite their passion. Nothing satisfies this urge quite like creating a pastoral scene. For hundreds of years, artists have created these country scenes, inviting viewers to take a mental vacation from the hustle and bustle of their daily lives. Ranking among famous works would be American Gothic by Grant Wood and The Hay Wain by John Constable.



Tobacco Barn by Dean Mitchell (Red Piano Art Gallery)

These artists' works have created that form of escapism and provided a tranquil decoration in many people's lives. The popularity of farm scenes today is even conveyed in modern interior design. The farmhouse look has become quite popular and very iconic as the need for family, home, and a sense of reassurance are becoming more vital. Camellia Art, Endangered Arts, artist Marge Agin and Red Piano Art Gallery shared art from their galleries in order to provide a glimpse into the works of local artists who have created this sense of tranquility in their own way. LL



Out of Service by Marge Agin

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Remembrance by Peter Batchelder (Red Piano Art Gallery)



Sergio by Steve Barton (Endangered Arts)



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Retirement by Dan Graziano (Red Piano Art Gallery)



Whiskey by Carylon Killebrew (Camellia Art)



On the Farm by Marge Agin



Experience the original artwork of Wendy Norton



Endangered Arts Limited

Visit the gallery to view a collection of Wendy's original oils/Commission works available

located at 841 Wm. Hilton Pkwy in South Island Square

endangeredarts.com 843-785-5075

March happenings

Plays & performances





©GUSTAVO RATTIA

You're a Good Man, Charlie Brown

Hilton Head Christian Academy will present its spring musical, "You're a Good Man, Charlie Brown," March 25-27. The 1999 revised version of the musical comedy is a revue of songs and vignettes based on the beloved Charles M. Schulz comic strip. The school's new playground will be transformed into the backdrop where Charlie Brown and the Peanuts gang explore life's great questions as they play baseball, struggle with homework, sing songs, swoon over their crushes, and celebrate the joy of friendship. It will be the first production to debut at HHCA's brand new state-of-the-art Bluffton campus. Tickets are limited and available to the public on March 1 at hhcadrama.eventbrite.com. Several outdoor showings will take place over three days. Detailed protocols are in place to ensure the health and safety of the cast, crew and audience members. ***hhca.org***



©CHRISTINA MASSAD

Terminus Modern Ballet Theatre

Merging modern and classical ballet, Terminus Modern Ballet Theatre is both visually stunning and emotionally stirring. Experience it at 7:30 p.m. on March 26 at The Arts Center of Coastal Carolina. The innovative group was founded in 2017 by five principal dance artists who joined forces to create their own unique vision of dance. By bringing together the classical and contemporary dance forms and strengths of each of its principal artists, Terminus has become celebrated for the creation of daring and theatrical dance works ***artshhi.com***.

UPCOMING PERFORMANCES AT THE ARTS CENTER

April 21-May 23: *Kinky Boots, musical*

May 28-29: *Black Jacket Symphony's Rumours, live music*



Cry It Out

Presented by Lean Ensemble Theater, "Cry It Out" will be virtual and free of charge. Cooped up on maternity leave and starved for conversation, corporate lawyer Jessie strikes up a fast friendship with community-college dropout Lina. They don't have much in common, but marooned at home with infants, they build a sleep-deprived bond. When a nearby stay-at-home dad, Mitchell, offers to join them, it complicates the neighborly camaraderie, not least because he's clearly upset that his wife is putting her career first. A candid comedy that takes an honest look at the absurdities of being home with a baby and the dilemma of returning to work. It will be available for viewing from March 5-14. ***leanensemble.org***.

Live Music



The Jazz Corner

Mar. 5, 6 (Friday and Saturday):
The Jazz Corner Ensemble honors Louis Armstrong
Mar. 12, 13 (Friday and Saturday):
Noel Freidline Quartet honors Dave Brubeck
Mar. 19, 20 (Friday and Saturday):
Grammy Award-winning musician ***Quentin E. Baxter*** presents The Quentin Baxter Quintet



The Roasting Room

Mar. 5: Campfire Tyler ***Mar. 13:*** Kim Richey
Mar. 25: ***Jakob's Ferry Stragglers***



Rooftop Bar at Poseidon

Mar. 3, 10, 17, 24, 31: Coastal Country Night
Mar. 4, 11, 18, 25: ***Dueling Pianos Show***
Mar. 6, 13, 20, 27: DJ Dance Party



Ruby Lee's South

Mar. 3, 4, 10, 11, 17 18, 24, 25, 31:
Target The Band
Mar. 5, 6, 12, 13, 19, 20, 26, 27:
Fresh Vibe

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HHCA has claimed five State Championship titles in the past five years. This year, the Eagles brought home SCISA's AA State Football Championship.



HHCA's award-winning Fine Arts department will present You're a Good Man, Charlie Brown in a unique outdoor setting, March 25-27, 2021.

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Festivals & Fun



Spring Golf Classes

Life skill classes will begin March 1. Fun-filled classes held once a week for eight weeks teach children how to use the life skills and healthy habits found in our nine-core values, all while learning to play the game of golf with specifically trained coaches. Ages 7 to 18 are welcomed, with pricing at $75 per child, per 8 week session. To view the full schedule and register online, visit ***www.FirstTeeLowcountry.org*** or call program director Nick Dunham at ***843-686-2680***.







Sip & Savor: A Seaside Weekend

Kick off the spring season by indulging in a sampling of some of the area's finest spirits, wine, beer, seafood and other Lowcountry favorites. This intimate seaside weekend, hosted by The Westin Hilton Head Island Resort & Spa and its event partners, features three unique events throughout the weekend.
A Lowcountry Oyster Roast & Barbecue ($60)
Mimosas on the March ($95) **Wine Pairing Dinner** ($135)
westinhiltonheadspa.com.





Fashion & Style



Lagos Trunk Show

Spring has always been a season synonymous with optimism and renewal. Lagos' spring collection carries an uplifting message of love and hope, the inspiration behind Lagos' theme of True Love, True Blue. **The event is 10 a.m-5 p.m., March 25-27 at Forsythe Jewelers.** View the new collections of Maya, Blue Ceramic, Caviar and more. Enjoy a complimentary gift with each purchase. ***forsythejewelers.biz***.



Island Child Trunk Show

Island Child is hosting a **First Holy Communion Trunk Show from 10 a.m.-3 p.m. on Saturday, March 6**. The event will feature a beautiful selection of gowns, head pieces, shoes and accessories for the special day. ***843-686-5437***.





Bluffton Artisan Market

Bluffton Artisan Market will take place from 1-5 p.m. on March 14 in the courtyard of the new Burnt Church Distillery in Bluffton. The market will include Lowcountry Lobster, Bluffton Candles, Handmade Beaufort, Sun Dog Pet Products, True South RH, 7th & Palm, BP Custom Carbon Furniture, Woodsman's Wife, Cottonwood Soap Co., Preservation Tree Art, Tout Sweet Macarons, Cupcakes 2 Cakes, Whip Savannah, Fire and Pine, Finch Sign and Design and Palmetto Kettle Corn.

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Rating by NICHE

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Festivals & Fun



Hilton Head Shamrock Run

This fun and colorful 5K Run & Health Walk will take place at 8 a.m. on March 13 in front of New York City Pizza at Heritage Plaza and will finish inside Coligny Plaza. In order to "Get Your Irish On," everyone is encouraged to run in green. The Hilton Head Shamrock 5K is a St. Patrick's Day family tradition. A percentage of proceeds from the event will go to benefit local charities. Register online.

When: *March 13th, 8 a.m.* ***Where:*** *NYC Pizza Heritage Plaza*
Details: *bearfootsports.com*



Fishing Show & Expo

The Bubba's Cabin Lowcountry Outfitters Fishing Expo, in partnership with Penn Fishing, is set for 10 a.m to 4 p.m., March 13-14 at the old cabin on William Hilton Parkway, next to Barnacle Bill's on Hilton Head Island. See new product from Penn and other Pure Fishing brands. Learn from pro staff seminars and demonstrations on inshore and offshore and surf fishing tactics. ***bubbascabin.com***.

When: *March 13-14, 10 am.-4.pm.* ***Details:*** *843-785-3971*
Where: *Old Cabin on William Hilton Pkwy*



The Boys & Girls Club telethon gala

For the second year in a row, the Boys & Girls Club of Hilton Head Island has been unable to hold its annual gala due to Covid-19. For this year's formal gala, the club has partnered with WSAV to produce a special telethon. There will be a variety of entertainers, speakers, and kids featured during the event, including host Stan Smith, tennis legend, and WSAV's investigative reporter ***Andrew Davis***. The club will also hold an online auction to support the event, and items will be available for bidding beginning at noon on March13 through March 23.

When: *Sunday, March 21 from 7-8 p.m (Telethon), 12 p.m, March 13-23rd (Auction)*
Where: *WSAV Channel & Online* ***Details:*** *bgchiltonhead.org.*

Save the Date



RBC Heritage Returns!

The Heritage Classic Foundation announced that the 53rd annual RBC Heritage Presented by Boeing will take place April 12-18, 2021, with limited spectators on-site and strict health and safety protocols in place. Working with officials from the Town of Hilton Head, the State of South Carolina, and the PGA TOUR, the Heritage Classic Foundation has developed a tournament plan that includes a limited number of sponsors and fans in open air and socially distanced settings. With fewer tickets available for distribution, the Heritage Classic Foundation will work first with the tournament's official partners, then open sales to past ticket buyers. For updates on tickets available to the general public, please visit ***www.rbcheritage.com***.

Virtual talks & educational events











Arctic Nesting Migratory Shorebirds in South Carolina

Many shorebirds undertake fantastic migrations each year from nesting grounds in the Arctic to wintering sites as far south as the southern tip of South America. Felicia Sanders, who leads the state Shorebird Program, will be highlighting shorebird natural history from nesting sites on the tundra, to wintering sites on the beaches in South Carolina and the incredible flights that shorebirds make each year to these destinations.
When: *Mar. 3, 2:00 p.m.* ***Where:*** *online*
Details: *coastaldiscovery.org*

OTHER UPCOMING COASTAL DISCOVERY MUSEUM EVENTS:
March 7, 28: *Sweetgrass Basket Making Classes*
March 8: *Wild and Wonderful - Our Dolphin Neighbors*
March *10: Bats of the Lowcountry*
March 15: *Biology and Conservation of Diamondback Terrapins*
March 17: *Connections in Nature: Pollinators and their Plant Partners*
March 20: *Native Plant Sale*
March 22: *The Nautical Origin of Everyday Phrases*
March 24: *Migratory Ducks at Savannah Wildlife Refuge*
March 29: *Next steps for Mitchelville*
March 31: *What is happening to our bees?*



Carl Cannon
Board Member

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Howl you help?

Virtual Talks & Educational Events



Taiwan: Cross-Strait Relations Beyond 2020

Russell Hsiao, executive director of Global Taiwan Institute, a senior fellow at The Jameson Foundation, and an adjunct fellow at Pacific Forum will be giving this presentation. Madame Tsai Ing-Wen won a second term in January 2020 to serve as the president of Taiwan for another four years. The first term of her presidency saw steady improvements in U.S.-Taiwan relations and a deterioration in cross-Strait ties as Beijing ramped-up diplomatic, military, and economic pressure on Taipei to accept its terms for unification. As the power disparity between Taiwan and China widens, Taipei is becoming more susceptible to Chinese coercion, and CCP General Secretary Xi Jinping may become more emboldened to use military force. What are the implications for the Taiwan Strait over the next four years and beyond?

When: *10 a.m., March 5*
Where: *Online via Zoom*
Details: *wachh.org*

An Olympic Odyssey: An insider perspective of Olympic history

Due to Covid-19, the Tokyo Olympics were postponed to the summer of 2021. Dr. Bill Mallon, a founding member of the International Society of Olympic Historians, will look back to the example of Berlin 1916, when the Games were cancelled because of World War 1. There were few who imagined that the next Olympics would take place in 1920, only two years after the armistice. It was virtually a miracle that Belgium, the nation which had suffered the most, agreed to host. This should encourage all as everyone takes on and copes with an epochal challenge such as the coronavirus crisis. Tickets are $10 and can be purchased in advance by calling ***843-384-6758*** or visiting ***wachh.org/evening-speaker-series-2021***

When: *7-8:15 p.m., March. 9*
Where: *Online via Zoom*
Details: *wachh.org*





Paige Island Oyster Roast

The fourth annual Page Island Oyster Roast is 1-5 p.m., Sunday, March 7 on Page Island. Spend a fantastic day in the Lowcountry, complete with authentic local cuisine, music and fun outside. The event is hosted by The Outside Foundation and benefits local students. Tickets ($300-$900) include a round trip boat cruise from Harbour Town to Page Island, an oyster roast and other local fare prepared on-site in authentic Lowcountry fashion, live music by a local band, live and silent auctions, and games and activities for kids. The event will be safe and socially distanced with several Covid protocols. All proceeds of this event go directly to the Kids in Kayaks Scholarship Fund. The mission of the Kids in Kayaks program is provide an opportunity for every 7th student in Beaufort County to go kayaking and explore local salt marshes and tidal creeks during a regular school day. ***Learn more at outsidefoundation.org***.

Real Estate Marketplace

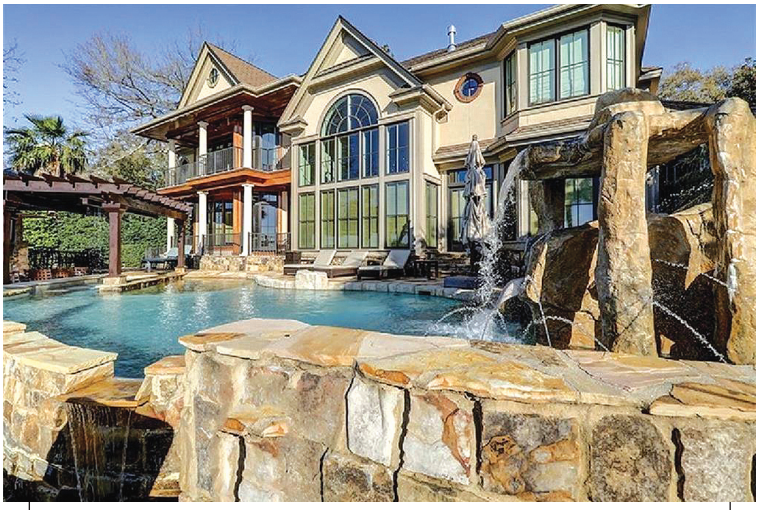


10 End Court, Hilton Head Island

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30 Widewater Road, Hilton Head Island

Noteworthy coastal design beautifully characterizes this waterfront retreat primely situated on the Broad Creek. This resort-style residence has been optimally designed for entertaining. The focal point is the extravagant open concept first floor that features floor to ceiling windows to soak in the natural light. The outdoor oasis is arguably the best on the island that includes rock water slide, swim-up bar, fountains, spa, kitchen, and fireplace. Private dock with boat lift. $4,600,000

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Field days



Hilton Head Island, 1904

Photographer Julian Dimock (1873-1945) traveled to Hilton Head Island in 1904 to capture these farming images for his famed collection of 3,400 photographs on glass. He donated the negatives to the American Museum of Natural History in 1920. Learn and see more at amnh.org.

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